



HIGH MACH

Serving the World's Premier Flight Simulation Test Center



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Meeting coming soon on privatized base housing

By Patrick Ary
Aerospace Testing Alliance

As negotiations continue for a private company to take over housing at Arnold AFB and three other bases in the Southeast, Arnold's housing manager says he expects they will meet with families soon to discuss how the change will affect them.

"A town hall meeting is planned in mid-March, pending finalization of the developer's plans," said AEDC Housing Manager Mark Anderson.

In August, the Air Force announced it had chosen Forest City Military Communities, LLC to privatize housing at Arnold, as well as at Keesler AFB in Mississippi and Charleston and Shaw Air Force bases in South Carolina. Since then, all parties involved have been negotiating the agreement.

"Over the past several months, we have been working diligently with our Air Force partners towards the transfer of privatized housing assets for the Southern Group Air Force [project]," said John Ehle, Forest City Military Communities senior vice president. "This is a rather complex process in which delays can arise, as has been the case with other privatized housing projects. We want to be sure the transfer is as seamless as possible as we look forward to enhancing the quality of life for the military families we will serve for years to come."

There are many aspects of both property management and initial development that have to be ironed out, Anderson said. He says he personally speaks with Forest City representatives two or three times

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Homes like this one at the U.S. Air Force Academy in Colorado are being built and updated by Forest City Military Communities, LLC. The company is in negotiations to build new homes at four southern bases, including Arnold AFB. (Photo provided)

Schleider takes reins as new AEDC director of engineering and technical management

By Philip Lorenz III
Aerospace Testing Alliance

AEDC's new director of engineering and technical management arrived earlier in December and is busy getting settled into his new position.

Prior to taking on his new job at Arnold, Michael Schleider was the director of engineering for the Warner Robins Air Logistics Center's Aerospace Sustain-

"When I was the chief engineer over support equipment in early 2000 at Warner Robins AFB, Ga., we actually managed hush houses and test cells," he said. "We did manage some similar types of equipment as Arnold does as far as ground test [is concerned], but I've never had any specific [ties] with Arnold."

Speaking of his role at AEDC, Schleider said, "The primary function of my office is engineering force development - basically we want to make sure that the engineers who come on board here are taken care of professionally - making sure they have the requisite technical skills as well as providing avenues to further develop those skills. [This may also include] some [additional] training or higher level education as well

as making sure they understand what it takes to work their way up their chosen career track.

"A secondary mission running this office is also to define and provide oversight to engineering processes," he said. "This office is the technical authority over the engineering processes here at the center and right now that's being driven primarily by the systems engineering efforts that are currently underway."



Schleider

Schleider acknowledged he is still in the process of learning what the engineering processes are for a test and evaluation center like AEDC. However, he said the different test area directors have been extremely helpful in getting him up to speed in their respective areas of expertise.

Schleider is also the lead on recruiting new engineers for AEDC through the PALACE Acquire program and the Science, Mathematics and Research for Transformation (SMART) Education Program.

The purpose of SMART is to promote the education, recruitment and retention of outstanding undergraduate and graduate students in science, mathematics and engineering (SME). The government offers

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Emergency exercise



AEDC Fire Department Crew Chief Dennis Eggert stands by awaiting transport for a simulated victim of a plane crash Feb. 15. Base personnel were involved with an exercise simulating a C-130 crash. Firefighters responded to extinguish the fire, remove victims to a triage area and then simulated taking them to helicopters at the AEDC airfield. (Photos by Rick Goodfriend)

Submit 2011 Fellows nominations by March 23

AEDC is currently accepting nominations for the 2011 Fellows Program with submissions due no later than March 23.

Established in 1989, the Fellows program recognizes AEDC individuals who have made substantial and exceptionally distinguished technical contributions to the nation's aerospace ground testing capability at AEDC.

Since the inception of the program, AEDC has bestowed the center's highest honor to a grand total of 67 individuals (Fellows, Lifetime Achievement Fellows and Honorary Fellows).

AEDC Fellows nominations may be submitted by any present or former AEDC government or operating contrac-

tor/subcontractor employee. All current or retired military, civilian and operating contractor and subcontractor personnel assigned or previously assigned to AEDC can be considered candidates for selection as an AEDC Fellow. Candidates qualified for consideration as an AEDC Fellow must personally have made sustained, notable and valuable contributions in aerospace ground testing at AEDC.

AEDC Lifetime Achievement Fellow nominations may be submitted by any present or former AEDC government or operating contractor/subcontractor employee. AEDC Lifetime Achievement

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Base water deemed safe

By Shawn Jacobs
Aerospace Testing Alliance

Employees may now drink the water on base.

AEDC Commander, Col. Michael Panarisi, lifted a no drinking order Monday afternoon, after repeated tests found potable water on base to be free of contaminants.

Colonel Panarisi imposed the no drinking/no contact with base water order when evidence of glycol was found in the potable water supply Jan. 28.

The order was revised Jan. 31 to no drinking after the glycol concentration was found to be extremely low.

"Our initial actions in response to the trace levels of glycol discovered in our drinking water are complete, and, after literally millions of gallons of flushing

and hundreds of samples, I am confident that our water is no longer a risk," Colonel Panarisi wrote Monday in an e-mail to base personnel. "Over the weekend and throughout the day, our team has been removing signage, flushing icemakers/coffee pots, double checking the lines in the cafeterias and other common areas and have reported to me that they are ready to resume normal operations. I am lifting the no drink order effective immediately, contingent upon each building manager's completion of our routine 'return to service' actions."

According to sample results, the base water supply has contained no detectable levels since Feb. 3, but the no drinking order was kept in effect as a matter of precaution.



PLUNGE

AEDC takes a freezing dip for a good cause ...
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BOOT CAMP

A workout for the hardcore in our new Health and Fitness Section ...
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HIGH MACH

Arnold Engineering Development Center
An Air Force Materiel Command Test Center

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The center's vision: AEDC as the test center of choice, the workplace of choice for our people and a model of environmental excellence.



"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

Lean times call for everyone's best efforts

By Col. Michael Panarisi
AEDC Commander

With this week's roll-out of the fiscal year 2012 President's Budget request, we've been fielding a barrage of questions. They all are looking for answers to "what does it mean for Arnold?" Unfortunately, the answer is, "we don't know yet."

Here's what we do know. We have been forecasting a decline in the DoD budget for some time, and here at Arnold, your leadership team has been fully engaged in finding and executing cost-savings measures in preparation for a reduced budget.

Many of these initiatives are already in place: everything from slimmed-down electric bills to streamlined processes, all designed and delivering a cost savings that will help minimize the impact of reduced funding.

Many of you have been enlisted to fight the "war on waste," and we are generating hundreds of ideas that will eventually lower the cost of our operations.

The President's budget is a complicated document, and we are a long way from knowing what it will mean to AEDC.

The President's budget is a starting point, but Congress is in the driver's seat.

Historically, budgets that Congress approved never looked just like what presidents submitted.

The President's budget shows a decline for the USAF of about \$4 billion. Of that amount, we're seeing on the order of a \$20 million decline in AEDC's mission-related accounts.

Depending on how you count it, it works out to somewhere around 10 percent.

But we need to keep this in perspective.



Panarisi

That decline is compared to our current "program," so any cost savings we've already reaped will apply against that number. Plus, many of our projects are coming in under budget, again, providing some breathing room as the numbers firm up.

Time is on our side ... fiscal year 2012 is still seven months away, so we have an opportunity to work through options that will minimize the impact of whatever cuts we see.

Over the next few weeks, we will be very busy running through a long list of scenarios that would account for a reduction of that magnitude.

But these drills are nothing more than that ... planning efforts to posture us for any eventuality.

While it is unrealistic to expect that we would see an increase in our funding when the final spending bill is passed, it's also unlikely that what we learned this week is the number that we will actually experience. None of this will be easy, but the nation is facing some very tough choices.

We are charged with being part of the solution.

We can do our part by continuing to find ways to conduct our mission with maximum efficiency, and turning over every rock until we've rooted out waste at every point.

We're going to have to

do it better, and more efficiently than ever before, and decide on some things that we can and must "stop doing."

This challenge is not new to AEDC.

We work in the home of innovation. Great minds and strong hands work together to solve the toughest problems.

We have another big advantage. In partnership with Aerospace Testing Alliance, we have a very thorough and detailed understanding of where our dollars go, and a focused, deliberate, collaborative process to understand and balance risk, mission and workload.

There is MUCH more to come in this story.

But in the meantime, let us take on this challenge, while we continue to show how vitally important our work is, and just how well we do it here at AEDC.

A message from the USAF Chief of Staff on force management

Fellow Airmen, Secretary Donley and I recognize and appreciate the tremendous sacrifices asked of you and your family, and we are proud of your exceptional contributions to our nation in a time of war.

As you may recall, last March, the Secretary and I announced a Force Management Plan intended to size and shape the officer and enlisted force to align the Air Force within our congressionally authorized personnel ceiling.

Through the Force Management actions we took last year, we met our enlisted goal in FY10; however, we remain approximately 2,300 officers above our authorized ceiling.

Our Air Force is now at a 16-year high in retention at a time when we already exceed authorized

personnel strength levels. It is for this reason that the Secretary and I made the difficult, but fiscally responsible, decision to continue Force Management measures. This will not be easy, and we do not take this decision lightly.

First, in an effort to minimize the impact to our current force, we will reduce active duty accessions as much as prudent. In addition to the previously announced voluntary programs, we will also implement involuntary programs to include enlisted date of separation rollbacks, officer retention boards, and reduced officer promotion opportunities.

Our over strength situation is such that offers of selective continuation for twice deferred officers may be limited. More information on this multi-tiered

Force Management Plan is available on the Air Force Personnel Center website and will be communicated by your base-level Force Support Squadrons in the near future.

This is a difficult time. The results of last year's reductions are no doubt affecting units and lives across our Air Force family. With a very talented, all-volunteer force answering our nation's call in a variety of global commitments, it is not easy to select Airmen for early transition from the active duty force.

For those of you choosing or selected to transition from active duty, I sincerely thank you for your service and encourage you to stay with our Air Force family through our Guard and Reserve programs. Leaders at all levels are

committed to assisting you through transition to the next phase of your careers, and our Airman and Family Readiness Centers are standing by with valuable resources to support your transition.

As I stated last March, the Secretary and I have carefully considered all options and their impacts. In the end, we arrived at the conclusion that these additional force management measures are necessary for the Air Force to reduce personnel strength to authorized levels over the next two years. In short, we seek to do the difficult now in order to put this dilemma behind us, returning to more predictable career paths for all Airmen.

Norton A. Schwartz
General, USAF
Chief of Staff

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



Since you Asked...

What is your ideal vacation location?



Rick Hutchings
"Greece."



Patricia Reynolds
"Cayman Islands."



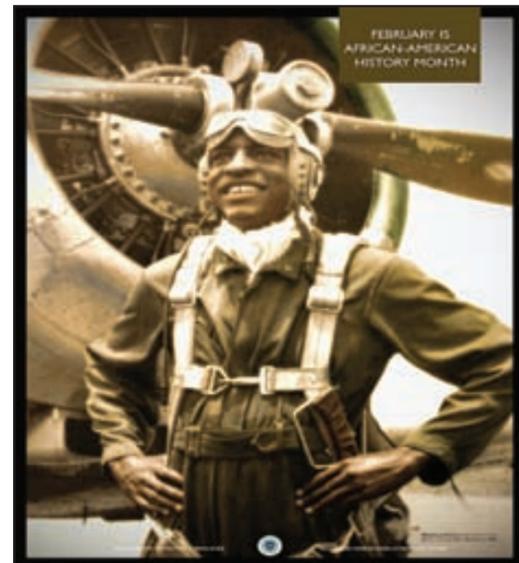
Michael Bennett
"St. John, Virgin Islands."



AEDC Information Line

454-3600

The AEDC Information Line is available for ATA employees to get the latest information on a wide variety of emergency circumstances that could impact base operations or driving conditions.



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. 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.

General Clark: "Understand your purpose."

Luncheon speaker says it's important to know the "why"

By Shawn Jacobs
Aerospace Testing Alliance

The speaker at the African-American Heritage Luncheon Feb. 8 at AEDC asked the audience if they understood the "why" of what they do.

The event honored African-Americans and the Civil War and Brig. Gen. Richard M. Clark, Commandant of Cadets at the U.S. Air Force Academy in Colorado Springs, played clips from the movie "Glory" to illustrate how the first U.S. black soldiers to face combat were not successful until they understood why they were actually fighting.

Following the luncheon at the Arnold Lakeside Center, General Clark talked with High Mach about African-American History, AEDC and how he discovered the importance of knowing his "why."

HM: What made you think of that concept and could you elaborate about how important it is for us to understand?

General Clark: If you are truly going to be inspired and believe in what you're doing, then you have to know why you are doing it. You've got to understand your purpose or understand your "why." Otherwise, you may find yourself going through the motions. It's something that I've read about, I've heard others speak about, and it's really hit home with me. It keeps me going everyday – whether it's with my family or my job – to know why I'm doing the things that I'm doing, and it helps to inspire me and to put my heart into what I'm doing. It's my mantra now – "remember my why" – and it has been for several years.

HM: How important do you think these kinds of events in remembrance of African-American

history are?

General Clark: I think they're incredibly important. Not just African-American history, but as we honor different cultures of people across our country, the insight everybody gets from participating in these types of events is vital. We can all learn something from someone who is different than us. I think from a mission standpoint promoting that diversity is critical. Events like this educate people about others who may not be like them or cultures that they're not that familiar with. It just makes us better as a whole, and I want to thank everyone for having me here for this phenomenal event. I'm inspired.

HM: You spoke of the 54th Massachusetts Volunteer Infantry, the Tuskegee airmen and Dr. Martin Luther King Jr. and how they eventually realized their "why." Do you think that we're finally close to accepting that people should be judged by their character and not by the color of their skin?

General Clark: I think we're definitely moving closer. We still have a ways to go and racism is still out there. I hate to say it, but I believe that's the truth of the situation. We just have to keep moving in the right direction. I think there are constant signs that we are making progress, and we are most certainly closer than we were in Dr. King's day and even closer than we were a decade ago. We all need to keep in mind that all must be respected regardless of what they look like or what they believe. It's all about inclusiveness and understanding, and those are things that are going to make us better. I think we're moving in the right direction; I really do.

HM: Is this your first trip to AEDC and what do you think about it?

General Clark: It's really incredible. I had no idea of the details of your mission or the expansive facilities that you have. The most impressive thing,



Brig. Gen. Richard M. Clark, Commandant of Cadets at the U.S. Air Force Academy in Colorado Springs, was the guest speaker at AEDC's African-American Heritage Luncheon Feb. 8. (Photo by Rick Goodfriend)

however, is the expertise among the people on the base. It is just incredible. It's such a huge resource and a treasure for our Air Force and our country.

HM: You're the Commandant of Cadets at the U.S. Air Force Academy. What does your position consist of, and what do you think about the quality of cadets coming through the academy?

General Clark: My job is to ensure that the cadets are receiving the proper military training. We have a Dean of Faculty responsible for the academic side. We have an athletic director who ensures the physical fitness of the cadets. I'm there for the military piece so that when they leave and become lieutenants they're prepared to serve in our Air Force. As far as the quality of the cadets, it's a high as it's ever been. They're more savvy technologically, certainly. When you consider that these cadets are signing up for the Air Force Academy while we're at war, knowing

full well that they will have a high probability of being deployed to go fight, it says something about their commitment to their country and their patriotism. They know what they're getting into, eyes wide open, and they do it anyway. I'm immensely proud of our cadets and what they stand for and what they've committed to.

HM: You are not that far removed from being deployed to Iraq yourself. Could you describe your experience there?

General Clark: It was actually a great experience. I worked with the Army, and I was the director of a strategy cell called the Joint Interagency Task Force. We had members from all different agencies: Army, Navy, Air Force and Marines, as well as the Department of State, Department of Homeland Security, FBI and several other interagency partners. We planned big picture strategy issues for the commanding officers. I was honored to work with the people that I had

the opportunity to serve with. It changed my life; I had experiences there I'll never forget, and I was proud and honored to do it.

General Clark was invited to speak at the event by AEDC Commander, Col. Michael Panarisi. The two were classmates at the Air Force Academy and recently became reacquainted.

At least 186 people attended the event according to Jackey Gates, luncheon chairperson and emcee, who said she was very proud of the turnout.

"We were deeply honored to have General Clark visit with AEDC and help make our luncheon truly a successful and special event," she said. "The insight he shared is worth pondering and gleaned principles for practical applications to our work and personal life."

Gates thanked all the members of the African-American Heritage Observance Committee members for helping make the event a success.

Documentary to highlight AEDC boilermakers' work

By Philip Lorenz III
Aerospace Testing Alliance

When James Holley and Amy Priest came to AEDC recently to document what boilermakers do at the world's premiere ground testing facility complex, they were impressed. They learned that AEDC, which officially opened in 1951, shortly after World War II, owes a measure of its success to crafts workers like boilermakers, ironworkers, pipefitters, machinists, carpenters and other crafts included in the Air Engineering Metal Trades Council (AEMTC).

Holley is the International Brotherhood of Boilermakers' curator for boilermaker archives with the organization's history preservation department in Kansas City, Mo. Accompanied by Priest, a photographic assistant, the two came to Arnold to document the contribution made by today's boilermakers and learn more about their past.

"Boilermakers have built this country, starting with [steam locomotives for] the railroads," Holley said. "Now, in the 21st century, they build the components for everything from nuclear power plants to submarines."

Holley and Priest's visit to AEDC was part of a wider effort to document the role of boilermakers in Tennessee, including TVA and industry in general.

"The event that brought AEDC up on my radar was a conversation I had with Dale Branscome in our construction division," Holley said. "The AEDC installation has been vital to the aerospace

capabilities of the United States of America and every boilermaker member will be proud when they see how our craftsmen have made such a facility a reality. It [the documentary, when completed] will play well at our convention in July 2011.

"In fact I was very moved by the men we met at the AEDC model shop. This experience has inspired me to think of how we might shoot some film to include in the segment of our documentary that tells the story of how boilermakers have been on the leading edge of technological development from the invention of the Bessemer steel process to the F-35 fighter jet."

After their stop at AEDC, Holley and Priest traveled to Oak Ridge to inspect the TVA photo archives to research for their documentary.

"My take away from this [visit to AEDC and our subsequent travels] had more to do with my scope of knowledge," Holley acknowledged. "I was awed by the matrix of cooperation and team play in our great country."

Jim Hicks, a boilermaker at AEDC and chief steward with the local chapter of the International Brotherhood of Boilermakers Union, was one of their guides on base.

"There are 27 boilermakers at AEDC," Hicks said. "We probably had something on the order of 45 boilermakers in the 1990s."

Jimmy Nance, the president of the AEMTC at AEDC, said boilermakers play a significant role at



Vaughn Wilson, ATA's Model Shop section supervisor, recently took James Holley, the International Brotherhood of Boilermakers' curator for boilermaker archives, on a tour of the AEDC Model Shop. Holley and an assistant were gathering information and taking photographs to record the work done by the base's boilermakers for a documentary the union is producing. Here Wilson is showing Holley modifications that boilermaker were making to a C-2 (test cell) viewing duct at the world's largest ground testing complex. (Photo by Rick Goodfriend)

AEDC and TVA.

"They've got a big scope of work at AEDC in particular," he said. "They do the fabrication work on the huge wind tunnel ducts, the pressure vessels on the boilers. They [also] do inspections on some of the FOD (foreign object debris) screens, things like that."

Nance spoke about the project Holley and Priest have embarked upon.

"They're going around the country and looking at different projects that they've [boilermakers] done in places like Air Force bases, TVA and just getting a feel of how different areas where they have different scopes of work. Our boilermakers have done some big projects here."

At AEDC, boilermaker do the fabrication, installation and maintenance of pressure vessels, ducting, female labyrinth seals,

coolers, storage tanks, heat exchangers, boilers, test cells, wind tunnels, diffusers, venturis, bell mouths, nozzles and supports for the above.

According to Hicks, boilermakers provide burning and shearing support for plate thickness above 10 gauge, which translates to .13 inches thick (for standard steel).

"Boilermakers provide pressure testing on work within their jurisdiction," he said. "They rig and set all the boilermaker work that falls under the guidelines of the Davis-Bacon Act."

Holley said he is excited about the project he is working on for the union.

"We are in pre-production on a film project which is due in July of 2011 for our 32nd Consolidated Convention," he said. "A significant segment in the narrative will deal with the history of our craft's relationship with the strategic as-

sets and national security of our country.

"It began with building the infrastructure which made the Industrial Revolution possible. The blast furnaces made the steel that made the railroad and iron ships a reality. We build and maintain the power houses and hydroelectric facilities that power our way of life. We have always been at the leading edge of technology. So, in this segment of the film I would like to do an expose' of our work at Arnold AFB test facility."

Walt Bishop, ATA's test and facility support branch manager, explained the scope of work boilermakers are specifically responsible for at AEDC.

"Our boilermakers are generally responsible for repairs and fabrication of pressure vessels

Tunnel 9 volunteers take disabled veterans hunting

By Patrick Ary
Aerospace Testing Alliance

Several employees who work at AEDC's Hypervelocity Tunnel 9 in White Oak, Md., recently had the hunting experience of a lifetime.

But it wasn't about what they bagged on the trip; it was about the people they were hunting with.

Recently they took part in a hunting party along with dozens of other volunteers to give 16 disabled veterans a chance to get out in the woods for a day.

The volunteer opportunity came to them from Terry Mullin, an Aerospace Testing Alliance (ATA) technician at Tunnel 9. Mullin found out about it from Robert Bartlett, an Army scout sniper who was wounded in an IED attack in Iraq. The two met a couple of years ago at a fundraising dinner for Safari Club International, a hunting advocacy organization that also sponsors disabled hunting trips through its local chapters.

Bartlett and Mullin have kept in touch since then, and when Bartlett called Mullin to see if he'd be interested in taking disabled veterans on a hunting trip organized by a group called No Person Left Behind, he jumped at the chance.

"I said 'Sure, I'd love to,'" Mullin said. "I asked if they needed anybody else, and he said 'We'll take whoever you bring.'"

Mullin took the idea to his Tunnel 9 co-workers, many of whom are avid hunters. More than half a dozen immediately jumped at the opportunity, including Tunnel 9 lead operator Steve Faini.

"To spend a day out

there and just walk around, get to know a couple of these guys and help them out and enjoy a day out in the woods, it was a no-brainer for me as well as the other guys," Faini said.

An estimated 60-70 people from various groups volunteered to help, doing everything from assisting the hunters to cooking a massive lunch. Some, including the Tunnel 9 contingent, brought extra rifles and hunting clothes for the veterans to use.

"These guys, some of them are stationed in the area, some are still recuperating from their wounds, and they don't have the clothing and stuff like that," Mullin said. "So we brought clothing and gloves and boots and all kinds of stuff for them to use."

The hunt was conducted using a technique called a deer drive, which involves people walking through an area and scaring up the deer, sending them toward waiting hunters.

The veterans were set up with volunteers who offered tips and helped them maneuver into tree stands and blinds on one end of a large piece of property. Once the hunters were in place, "drivers" were taken to the other end of the property. The drivers walked in a line toward the hunters' positions in an attempt to drive the deer toward the hunters.

"We do it in the areas where the deer are overpopulated," Mullin said. "It's actually part of a managed hunt that the state allows these guys to do to reduce the deer herd in certain areas."

In most deer drives, two or three hunters wait while



Above, Disabled veterans stand with their kills after a recent hunting expedition organized by volunteer groups in Maryland. Pictured below from left, Tunnel 9 employees Steve Faini, Terry Mullin and Rob Hale, college student Stephen DiBenedetto, Ed Hall, Tunnel 9 employee Chester DiBenedetto and his brother, Dennis DiBenedetto. Not pictured is Tunnel 9 employee Ray Schlegel, who took the photo. (Photos provided)



five or six drivers walk through the woods. For this drive, 16 hunters were at the ready as more than 30 people walked through the woods stirring up the deer.

"Oh, it's huge," Faini said. "You can barely control the deer when you're walking with four or five guys in the woods. They pretty much go wherever

they want. You're just getting them up and getting them moving. You might hear one gunshot after three or four drives. This was a very well-orchestrated event."

The hunt took place on two different pieces of property that were donated for the day. The first half took place in the morning, followed by a hearty lunch and a second hunt in the afternoon.

The first hunt didn't go so well, with only two or three hunters getting kills. But Faini said after lunch, they picked up steam.

"As soon as you got to the point where deer were starting to move and you started to hear the soldiers shooting, the cheers started coming out," Faini said. "Everybody was excited that the veterans were getting the excitement that they were getting. It was a good thing."

Roughly 12 hours after they started the hunt, almost every soldier had taken down a deer, Faini said, and all of them at least got to take a shot at one.

The veterans beamed and laughed as they had their photographs taken with their kills, but even those who didn't pick up a gun that day were proud of what had been accomplished.

"The whole idea of it is to get these guys out of their hospitals or out of their rooms or out of the environment that they're in right now and get them back in the outdoors and doing things that they used to do before they were wounded," Mullin said. "And they had a great time. We had a great time. One of the best times we've ever had."

The event left a lasting impression on Faini, who said it has spurred his

interest in finding more organizations that could use a hand helping others.

"It leaves you thinking 'I wish I could do more than that. I wish I could do that again next weekend or the weekend after that,'" Faini said. "At the end of the day, I felt good about myself and I hope I gave them some enjoyment."

The veteran hunts are getting more and more popular, Mullin said, and when the next one comes around in their area, all of the Tunnel 9 hunters plan to get involved again.

"It's really something when you get out there and see the time that's involved by these people to put something together and to find out they're not getting anything out of this," Mullin said. "They're just doing it out of the goodness of their heart and appreciation for what these soldiers have done for us."

FELLOWS from page 1**Relay for Life fundraiser**

Fellows are reserved for exceptional candidates and are not necessarily selected each year. All current or retired military, civilian and operating contractor/subcontractor personnel assigned or previously assigned to AEDC can be considered candidates for selection as an AEDC Lifetime Achievement Fellow. Candidates qualified for consideration as an AEDC Lifetime Achievement Fellow must personally have made notable and valuable lifetime contributions to AEDC in any area relevant to the AEDC mission.

Only AEDC Fellows may submit a nomination for an AEDC Honorary Fellow. These eminent individuals need not have worked at Arnold AFB.

Newly selected AEDC Fellows are honored annually on or about June 25, the birthday of General of the Air Force Gen. Henry "Hap" Arnold.

For more information including the format for AEDC Fellows nomination submissions, contact AEDC Historian David Hiebert at (931) 454-4203. Nominations must be submitted in written form with supporting materials to: AEDC/CZ, 100 Kindel Drive, Suite A327, Arnold AFB, TN 37389-1327.



Donna Paredez buys a slice of pizza from Danita Harvey for the AEDC Relay for Life team's fundraiser Feb. 10. Participants in this year's Relay sold pizzas in the Carroll Building and A&E lobbies, raising \$525. This year the American Cancer Society's fundraiser takes place April 29-30 at the Coffee County Fairgrounds. (Photo by Rock Goodfriend)

SCHLEIDER from page 1

scholarships to individuals who have demonstrated the ability and special aptitude for training and education in SME.

Schleider will also support his new Technical Director in the EN office, Jerry Kitchens, in advocating a design of experiments (DOE) approach, where it is applicable, to testing at Arnold.

DOE can be applied to ground testing at AEDC and will enable engineers to determine simultaneously the individual and interactive effects of many factors which could affect the results in a given test, and, therefore, the effect those factors will have on the system being tested.

"Design of experiments is a statistically defensible methodology that supports the Secretary of the Air Force initiatives to improve our weapon system acquisition processes," Kitchen said. "DOE is the most effective and efficient test and evaluation tool I've used in my 27-plus years of test experience, bar none."

An Eagle Scout and outdoor enthusiast who has hiked all of the Appalachian Trail in Georgia, Schleider views his role at AEDC in much the same way as he did when embarking on the famed trail. He approaches his job as he does when tackling the miles of rugged terrain

ahead on a hike – it is exciting and challenging.

"I think the biggest challenge for me is to really understand and appreciate the Arnold mission," he said. "Coming out of the logistics world, I can talk test, but to really understand what this center does, you have to first understand the history [of this place]."

"It's an incredible history and I'm [still] trying to understand how the different organizations are set up, who all is coming aboard, what their skill sets are, [what skills they will] need, etc. I'm trying to take a lot of the experience that I [gained] in logistics and transfer what's relevant to what I'm doing here."

HOUSING from page 1

a week and also keeps in touch with the Air Force Center for Engineering and the Environment, which was in charge of the solicitation process and is still involved in the negotiations.

Anderson says the biggest benefit of privatization is that Arnold will get new houses for families, a goal that has been difficult to achieve until now.

"We've been trying to do a MILCON (military construction) replacement project to get new houses for several years now," Anderson said. "We've been close to getting a construction project awarded several times, but we lost the funding."

The plan under the deal would have Forest City demolish the 40 existing housing units on base – and replace them with 22 new units over the next two and a half years. Anderson says several families will have to be relocated during demolition and construction, but the end result will be much nicer housing.

"I think the new houses will go a long way toward taking care of our military families," he said. "Even the smallest house for a junior NCO has a two-car garage. Right now, we have no garages. Even the smallest houses are about 200 square feet bigger than the current houses. Plus

there are only six duplex units, and the rest are single-family homes versus the four-plex townhouses that we have today."

The housing deal involving all four bases is valued at \$270 million in development costs. Under the deal, Forest City will lease a combined total of 846 acres from the Air Force and take over 2,387 existing housing units.

Forest City Military Communities, LLC is a subsidiary of Forest City Enterprises. The company's military portfolio includes approximately 12,000 homes for the armed forces in nine states, including the U.S. Air Force Military Academy.

Westwood students visit AEDC



Fifth-grade students from Westwood Elementary in Manchester visited AEDC as a part of the Spark program Feb. 9.

The students toured the Fire Department, left, where fire fighters Ken Locker and Steve Macon showed them the different equipment they use when fighting fires.

Far left, the students practice blowing out a candle to illustrate how the walls of 16S force air to move faster through the tunnel.

Right, after building a straw rocket, the student prepare to launch it at a target some 12 feet away.

In addition to touring the Fire Department and 16S, the students also learned about the center's ballistic impact ranges. (Photos by Rick Goodfriend)



‘Don’t Ask, Don’t Tell’ repeal training detailed

By Maj. Joel Harper

Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) – Air Force officials will soon begin training Airmen in anticipation of the repeal of the law and policy commonly known as “Don’t Ask, Don’t Tell.”

This training will help Airmen understand what is expected in a post-repeal environment, said Air Force Chief of Staff Gen. Norton Schwartz.

“I know our Airmen will approach this issue professionally and will continue to adhere faithfully to our core values of integrity, service before self, and excellence in all we do,” General Schwartz said. “Implementing this change while fighting a war is challenging, but I have no doubt that the Air Force will do this in a way that minimizes operational impact and successfully accomplishes the important task of training our force.”

The first tier of training will focus on Air Force ex-

perts responsible for implementing policy changes and personnel providing repeal-related services to Airmen.

This group includes several functional communities including chaplains, judge advocates and benefit counselors. This training explains guidance for implementing policy changes, and includes tools and information to help these experts answer Airmen’s questions about the repeal.

The second tier will focus on Air Force leaders and will assist commanders, senior NCOs and civilian supervisors in preparing for and implementing repeal.

The final tier will train and prepare the broader force while reinforcing expectations of professional and personal conduct through engagement by experts and leaders at all levels.

The training for all tiers

“We need to ensure our changes in policy happen in a professional, deliberate manner.”

– Chief Master Sgt. James A. Roy

will commence on the same date and training will occur concurrently.

“We need to ensure our changes in policy happen in a professional, deliberate manner,” said Chief Master Sgt. of the Air Force James A. Roy. “This training is an important part of making the transition, and it should answer many questions that Airmen at all levels have been asking.”

Airmen will have ample training opportunities, said Col. Jeff White, the leader of the education and training working group for the Air Force repeal implementation team.

The training is a standardized program developed by armed services officials working in conjunction with the Office of the Secretary of Defense repeal

implementation team.

“This training explains the new policies and provides information about specific behaviors, statements and actions to our Airmen, ensuring a consistent understanding grounded in an organizational climate of dignity and respect,” Colonel White said. “When local conditions or mission requirements demand additional training, commanders may supplement accordingly. However, they must include, at a minimum, the information in the Air Force-approved briefings.”

Face-to-face training is the Air Force-preferred training method, but in the event that this is not possible, computer-based training is authorized to facilitate training completion.

Additionally, a ‘Don’t

Ask, Don’t Tell’ repeal site will open on the Air Force Portal and will include informational resources for leaders at all levels to include lesson plans and slide presentations, frequently asked questions, vignettes, guiding principles, and the “Top 10 Things You Need to Know,” Colonel White said.

“The Air Force will accomplish this training expeditiously, in the disciplined, professional manner our nation expects from its Airmen,” Colonel White said.

Repeal of the policy was set into motion Dec. 22, 2010, when the president signed legislation that set conditions that must be met

prior to the repeal of title 10, United States Code, section 654, “Policy Concerning Homosexuality in the Armed Forces.”

The current law and policy remains in effect until 60 days after certification by the president, the secretary of defense, and the chairman of the Joint Chiefs of Staff.

“By following our core values, we will successfully implement this change with the same unparalleled professionalism we have demonstrated with every transformation we have undertaken, in both peace and war,” General Schwartz said.

BOILERMAKERS *from page 3*

larger than 30 inches in diameter, therefore all of the large ducts and pressure vessels you see here at AEDC were fabricated and are being maintained by our boilermakers,” he said. “They are the experts at setting, assembling and welding large pressure-related infrastructure [components], including test cells and work to ensure it all stays within ASME (American Society of Mechanical Engineers) pressure vessel codes. Without their expertise it would be impossible to acquire the data we collect here at AEDC. And this would have a direct impact on the success of our country’s warfighters.”

At one time most of the crafts professionals who began their careers at AEDC went through a two-year apprenticeship program.

John England, an ATA boilermaker at the Model Shop, is one of the few remaining craft workers who began his career in an apprenticeship program at AEDC. He said the program was excellent.

“The AEDC apprenticeship, as well as the train-

ing program, was a good experience simply for the fact that there are very few other places where projects are taken from conception to completion at one location,” England said. “Most fabrication facilities except the very largest would not have their own research and design departments but would simply build a particular job per customer’s specs. Construction outfits would only afford assembly or installation experience.”

Referring to people like Powers and himself, he said, “AEDC has allowed young men to learn by working projects from the blueprint reading, layout, cutting, forming, fitting, welding and installation phases. Additionally we have been privileged to work with project and design engineers on some projects during the conception, design, planning and scheduling phases. Several of AEDC’s crafts-men are products of the apprentice programs of the 1960s and 1970s, including boilermakers, pipefitters, machinists [and the other crafts represented by the AEMTC].”

Taking the PLUNGE

Events and charities benefit from a morning of torturous fun

By Shawn Jacobs
Photos by Rick Goodfriend

Capt. Alex Hausman leaps into Woods Reservoir as Steve Passarello and 2nd Lt. Will Parker watch.

At 11:30 a.m. Feb. 4, it was 34 degrees outside, with an icy rain falling.

So what would cause 16 officers, government civilians and contractors to jump into a nearly freezing Woods Reservoir? "To raise money for a good cause," said 2nd Lt. Rachael Clark, who was one of the participants in the Arnold Air Force Base Company Grade Officers' Council's (CGOC) Polar Bear Plunge held at the beach near the Arnold Lakeside Center.

Lieutenant Clark, who said she had never done anything similar to the plunge before, had not planned on participating until "somebody decided to put [pledge] \$55 yesterday afternoon."

The Plunge raised \$1,271 through donations and food sales, all of which will benefit events and charities on base or in the local area supported by the CGOC, according to 2nd Lt. Brad Chronister, the community service events organizer for the council.

"Last year we did the children's Christmas party," Lieutenant Chronister said. "We do ROTC tours for cadets coming into the base to get more knowledge of the Air Force. [We support] the quarterly and annual awards luncheons, that kind of thing."

He said the CGOC also helps fund deployed member care packages.

Lieutenant Chronister, who took the plunge himself, indicated he was happy with the participation and turnout for the event.

"We put the company grade officers up initially; they're the ones who were eligible, but we had a lot of field grade officers and civilians as well volunteer," he said. "They just wanted to be a part of it, so it's really drawn a lot of base interest and we're really happy about it."

"The highest individual total was in the name of Mr. [Roy] Babb. He made a deal with his office that he'd jump if they raised \$100, so they raised \$125."

First Lt. Alex Henning explained what motivated him to jump into the 40-degree water.

"Well, \$50 to be honest," he said. "Enough money came under my name and I was obligated to either pay up or jump in, so I decided to jump in and just throw a little in on the side for a donation."

"[We had] a pretty good turnout and we got a lot of support from the base. That's the great thing here. People are always willing to donate, and the Top 4 [the top four ranks of noncommissioned officers], Junior Force Council and CGOC really do a good job of putting that money toward great causes in the community."

Harry Clark, a facility integration manager for information technology in XPR, said his motivation to participate was two-fold.

"First, I wanted to support the efforts of the Company Grade Officers, so I was happy to solicit my office mates to pony up to 'put me in the water,'" he said. "Second, I personally don't need a big excuse to go do something out in nature, even if jumping in Woods in February isn't what most folks would choose to do with their time."

Clark said he had never participated in a Polar Bear Plunge before but would gladly do it again.

"The water was cold, but not the coldest water I have ever voluntarily been in," he said. "I was glad to see that a couple of the CGOs got fired up and went in for a second round. They were the ones who truly 'got it.'"



Cmdr. Brian Allen, above, tries to shake off the cold after jumping into the water. At right, 2nd Lts. CharMeeka Scroggins and Rachael Clark take the plunge.



From left, Steve Passarello, 2nd Lt. Will Parker, Capt. Alex Hausman, 1st Lt. Alex Henning, 2nd Lt. Wes Meredith and 2nd Lt. J.J. Labouliere take the plunge to benefit events and charities on base or in the community. The base's Company Grade Officers' Council received \$1,271 through the event to put toward those causes.



Above, 2nd Lts. J.J. Labouliere and Wes Meredith react to the water temperature, which was about 40 degrees. Left, Stacie Trybe warms up with a towel after the plunge.

Lieutenant Clark said the water was actually colder than she anticipated.

"Yes, super, super cold," she responded. "I can't feel my toes."

Lieutenant Chronister thanked everybody involved with the event for making it a success.

"The CGOs were good sports, leadership and ATA came out with some great volunteers and an overwhelming number of people were willing to donate as well as come out and watch," he said. "Hopefully, we can bring the event back next year. A costume contest is already being discussed

due to some of the outfits."

In addition, Lieutenant Chronister thanked Outdoor Recreation for the use of the ALC facilities and the Arnold Fire Department for having an ambulance and emergency medical technicians on standby at the event.



IN FOCUS:

Health and Wellness

BOOT CAMP

Following is building for extreme workout regimen

By Philip Lorenz III
Aerospace Testing Alliance

A new physical fitness class that debuted in October at AEDC has proven to be a hit with several employees and is now a three-day a week opportunity to get in shape.

AEDC Fire Chief Daryle Lopes, 51, said participating in the “fitness boot camp” class made sense, “partly because it’s a challenge” but also for a more practical reason.

“I wanted to set a good example for the physical fitness program in the fire department,” said Lopes, who served in the Air Force for 26 years. “We have a mandatory physical fitness program [but this class] mixes it up – it’s something different, it pushes you. This [class] keeps my heart rate at the same or better level than when I was doing 30 minutes on the elliptical machine, except I’m doing it for an hour.”

Lopes and the others in the class, which includes approximately 25 people, are quick to point out that the instructor, Kelly Wyble, is a dynamic and motivating force behind the success of the class.

“Kelly has really encouraged me and is a great instructor,” said Janet Gammon, a technical specialist in ATA’s project design engineering branch. “She also can get on to me if she thinks I’m not trying hard enough, but when she knows I’m doing my personal best. She’s a great cheerleader.”

Gammon, who had a motorcycle accident in April 2000, said the class has been a transformational

experience for her.

“As far as exercise, I don’t think I have ever done anything so hard in my life,” she said. “I thought physical therapy was hard after my motor vehicle accident, but Kelly’s class takes the cake. As far as goals, I just want to feel better and stronger. I’m the oldest in the class and that made me even more determined that I was going to try and get in shape. When I started, I couldn’t even do a pushup.”

Wyble, a retired police officer who is the primary instructor for the class at AEDC’s Fitness Center, said her students represent a wide age range and varying levels of physical fitness. She explained how the class is structured.

“The boot camp class consists of strength and cardiovascular training as well as core stability training,” she explained. “I have always been a physically active person in weight training, running and sports. I joined the Manchester Recreation Center and began taking aerobic classes. After speaking with some of the instructors, I became a certified instructor myself. I then began teaching group exercise and spin classes.”

Last year, a co-worker introduced her to a base employee, who in turn learned of Wyble’s interest in doing some physical training at AEDC.

Wyble’s enthusiasm for physical fitness and instructing the boot camp class are obvious.

“It is a class that people



Col. Robert Bender, chief of AEDC’s Mission Support Division, lifts an 8-pound hand weight during the boot camp class at the Fitness Center. He advised others to pace themselves during a class that mixes traditional callisthenic and body weight exercises with interval training and strength training. (Photo by Philip Lorenz III)

with all different levels of fitness can conquer,” she said. “The class is very challenging and is meant to push you out of your comfort zone at times, because who really wants to do boring aerobics.”

She also keeps a progress report on all those who want to track their progress.

“The report consists of a measurement of body fat composition as well as body size measurements and is done on a one to two-month basis,” Wyble said. “I have seen remarkable strength improvement in all my participants who have started with me from the beginning in October 2010. Those who have come after also have shown major cardio and strength improvement. The class has grown in size and continues to prosper which makes me truly excited for everyone.”

A more active winter had proven to be a deterrent to the exercise routine that Col. Robert Bender, chief of AEDC’s Mission Support Division, usually does to keep in shape to meet the Air Force physical fitness requirements. So, when a

friend recently asked him to provide moral support and attend the class, he did and said it was the right decision.

“It’s a blend of strength and aerobics and I would call it [a] hard, full-body workout,” he said. “At times we use light weights, and really exercise all the muscles in the body. [In this class] you’re using your body’s mass – it’s a completely different workout.”

Colonel Bender said Wyble encourages her stu-

dents to tailor the exercises to their ability, but still expects them to strive to do more.

“She’s pretty tough and she won’t let you off easy,” he said.

Tim Dolan, a technical specialist with ATA’s Information, Technology and Systems department, said hiking, snow and water skiing, biking and unicycling, plus racquetball, handball and some weightlifting had all been things he enjoyed when he was younger.

However, recently his activity level didn’t match his caloric intake and he realized a change was in order.

“I’ve always been a big boy, but normally quite active in all kinds of sports and activities,” he said. “I never thought I would hit the old 300-pounder club. I had to change my ways... started paying attention to my caloric intake, picked up walking on the treadmill and elliptical torture devices.”

Dolan, who dropped 75 pounds since getting back into an exercise routine last spring, was one of the first people to sign up for the boot camp class and is a regular participant.

Demetra Wilhoite, an administrative assistant for ATA’s support services department, has been involved in various exercise regimens for the past few years, before adding the boot camp class to her routine.

“The class has been a very positive experience,” she said. “I really enjoy it and the camaraderie of my other fellow boot campers and I feel a great sense of accomplishment at the end of each class. I’m hoping to increase my cardiovascular

endurance and to have noticeable total body toning and I wouldn’t be upset if I dropped a few pounds in the process.

“Actually the most challenging part of the class is getting up at 4 a.m. to get prepared to come to class and I guess I would say that the core conditioning is still pretty tough for me, but I’m getting better with some of it.”

Gammon said the class represents a unifying theme for anyone on base who participates.

“This class is important because fitness is a priority to the commander and whether you are Air Force, civil service, or ATA, we are all team AEDC and can benefit from it by feeling better about ourselves,” she said.

News of the class even brought in two people not directly associated with AEDC. After Maj. Brad Shepard, the base operations supervisor for the Tennessee Army National Guard Tullahoma training site, attended the class, he told Sgt. 1st Class Stanley Pickett about it.

“Major Shepherd told me the class was very challenging, and would give you a total body workout,” said Sergeant Pickett, who is a construction supervisor at the unit’s training site in Tullahoma. “I have only been doing it [the class] for a couple of weeks. It is not easy to get used to – it is a full hour of intense exercise. I am looking forward to getting through the workouts and not skipping any of the repetitions.”

Anyone interested in the class should call Joe Waters, the Fitness Center programs coordinator, at 454-6440.



Sara Rozell, AEDC financial management specialist, stretches after a vigorous hour-long boot camp class at the Fitness Center. (Photo by Philip Lorenz III)

Commander’s Fit Tip: Don’t burn out in warm weather

By Col. Michael Panarisi
AEDC Commander

“Spring has sprung” here in middle Tennessee, as we enjoyed temps in the mid sixties and a string of sunny days, prompting many of us to “up the ante” and accelerate our tune-up plans. But there’s a BIG trap in those rising temps, and with just a little planning, you can avoid the pitfalls that will surely set you back days, if not weeks, in your achieving your goals.

When the snow finally clears, it’s all too tempting to break out the running shoes and hit the road for that first “good run” of the season.

But inevitably, we set our sights way too high and end up in pain or worse, injured as a result.

It’s just too hard to resist ... the sun is shining, and the road is literally begging us to get our training moving. But

there’s a long-proven maxim in training programs, and one we all need to adhere to ... too much too fast will only slow you down.

If you rely on running for a good portion of your training program (and I

think you should!), it can be very hard to turn down Mother Nature’s invitation to spend some extra time outdoors. But it’s well-known in the training circles that any increase of more than about 10 percent a week will spell trouble.

So what does that mean for a recreational or fitness runner? That means that if you haven’t been running outdoors all winter, your first few runs should be very short and very slow.

I mean agonizingly short and slow. A couple miles, maybe on Tuesday and Thursday, for the first two weeks, then follow the 10 percent rule.

If you’ve been on the treadmill twice a week, for three miles at a time, you’ll do well to cut that in half for your first week on the road, maybe three times the first week, then hit the bike or elliptical for the rest of your workout.

If you’ve been braving the cold all winter, and managed to crank out 20 miles a week, just a few minutes more is all you

should plan on now that Old Man Winter has moved north.

If you were holding true to a Monday, Wednesday, Friday routine of three miles each time, adding just a half mile a day is about all you should do. Any more is just asking for the “achies” or worse, a nagging injury that can set you back a long time.

At this rate, you shouldn’t see a string of five milers for nearly a month.

If you want to add “sprints” to your routine (I’m a BIG fan of that!) then you have to follow the advice of the world class coaches: never run your “last” sprint.

Keep track of your interval times, and at the first sign of slowing down (i.e., you just can’t maintain a “sprint” pace) call it a day and start your cool down.

Leave the track BEFORE you are exhausted.

That last few hundred yards at less

than full tilt will add almost nothing to your progress, and can very well add days to your recovery. It’s just not worth it!

I know it will feel like you are barely making progress, but this is really one area where a slow and steady increase will outpace a “burst” of activity. A plan you can stick with and execute reliably will get you where you want to go.

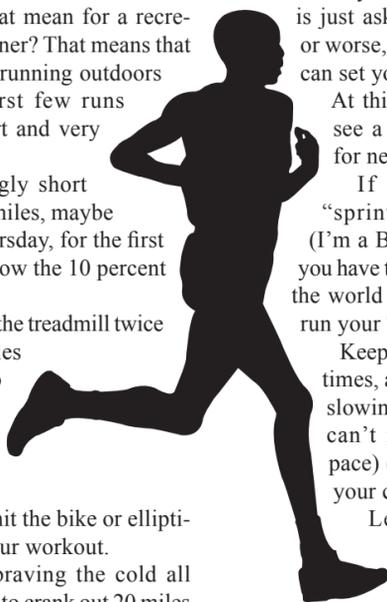
There are plenty of other ways to work on your fitness (spin bikes, ellipticals, and weight training!) while you gradually increase your outdoor efforts.

And don’t drop the treadmill entirely ... it can be your friend as you up the distance and pace as the temps continue to rise. But you if you want to avoid injury, you have to ramp up very slowly, to the point where you are convinced you are just wasting your time.

This is one of those “pay it forward” deals. The pain you save now will allow you to dig deeper later.

It’s only February! The beach is still months away, so do yourself a favor and take the change in season in stride. Just tweak the plan a little.

No need to hit the “afterburners” just yet. If you do, you risk a real “burn out!”



Piloga classes offer challenges, benefits at AEDC Fitness Center

By Patrick Ary
Aerospace Testing Alliance

Soothing music washed through the gym at the AEDC Health and Fitness Center on Feb. 11.

At the back of the basketball court a dozen people stand, each on one leg. Their bodies are outstretched and perpendicular to the ground, as if they're grasping for something just out of reach.

Slowly, each follows a teacher's calmly-delivered instructions and lowers the other foot to the ground so they are standing with one leg stretched to the side, most of their weight resting on the leg bent in front of them.

It looks serene until a closer look reveals strain on a few faces, a few quivering muscles and, in some cases, a lot of sweat.

That's when it becomes more apparent that underneath the slow and graceful movements, these people are working. Hard.

Three days a week during the lunchtime hour, these people head to the gym for the deceptively difficult exercise class known as piloga.

Piloga is a blend of the yoga and Pilates fitness systems. On Mondays, participants in Cassidy Grow's class at the Fitness Center practice yoga. Wednesdays are for Pilates and Fridays are when Grow fuses them into one.

Grow, who has been teaching yoga fitness classes

for 14 years, says anyone who walks past their class and into the weight room with a smirk on their face hasn't tried it.

"A lot of people who have gone in there have actually come out here," Grow said.

Yoga's roots are in Hindu philosophy, where it originated as a system of meditation designed to unite the body and spirit.

In Western culture today, yoga has become a popular form of physical exercise and breathing control.

Pilates is a form of exercise designed to strengthen the body's core muscles, which are the body's center of gravity. It is usually practiced with equipment, such as exercise balls.

It is easy to blend the two systems together because of their similarities, Grow said. And the workout is different from running or lifting weights, because it focuses on the link between mind and body.

"With yoga it's a little different because it's a full mind-body process where you're maybe focused on some discomfort you might be feeling or something that might feel good," Grow said. "It kind of helps you be more aware of what things your body might not pay attention to when you're working out cardiovascularly."

According to Grow, piloga benefits practitioners by increasing their flexibility



UTSI professor Jackie Johnson, above, holds a pose during piloga class Feb. 11 at the AEDC Health and Fitness Center. Johnson, who likes to run 5K races, says she hopes the blend of yoga and Pilates will help her in her running. Instructor Cassidy Grow, below, teaches the class at the Fitness Center three days a week. (Photos by Patrick Ary)

and giving them more range and fluidity in their movements, which can help prevent injury.

It's a principle she's teaching in local sports, where she has given half a dozen lessons to the Tullahoma High School baseball team.

At first, she says the team members – including her son – thought it was going to be an easy workout. They learned quickly that it can be difficult, and she says they've warmed up to the program's benefits.

"They really do like it and they're starting to feel better," Grow said. "Because people lift weights all the time – especially men – and they run, but they don't stretch."

Many of the people in Grow's class at the Fitness Center are active runners, like UTSI professor Jackie Johnson. Johnson has been in the piloga program for three months and says at first, she felt the same way



a lot of people felt when they see the exercises.

"I used to come here to lift weights two to three times a week for body strength, and I would walk through and see these people and kind of laugh actually, until I did it," Johnson said. "Then I realized it's much harder than it looks."

Johnson says her son is a professional soccer player,

and his coaches advised taking yoga to improve his game. She's hoping it will help hers as well.

"I think it helps your flexibility," she said. "And I'm hoping it's going to help my running."

Johnson says the great thing about the Fitness Center's piloga program is the way Grow tailors it to everyone who is there.

Grow says her goal is to make sure participants don't get bored.

"I try to adjust it to who's here and what they like and don't like," she said.

The piloga classes take place on Mondays, Wednesdays and Fridays from 11 a.m. until noon at the Fitness Center.

DOD say it's time to kiss the spit goodbye

FALLS CHURCH, Va. (AFNS) – When the Department of Defense weighs in on kissing and spitting, it's with good reason - two good reasons, in fact: love and health.

Using smokeless tobacco - spit, dip, chew, snus, etc. - can pose a stinky, unsavory obstacle to sharing a kiss with a loved one, parent, child or sweetheart. It also may cause a slew of serious health problems. That's why DOD/TRICARE officials want military personnel to participate in the Great American Spit Out on Feb. 24, and kiss the spit goodbye for a day.

Some 19 percent of 18- to 24-year-old men in the armed forces use smokeless tobacco, more than double the national rate. To help cut that number down, DOD Quit Tobacco--Make Everyone Proud campaign officials at www.ucanquit2.org are focusing this month on helping those who spit and chew tobacco to develop a personalized quit plan, and to take action that may get them more kisses and help them gain more years of a healthy life.

"Many of our servicemen started using smokeless tobacco at a young age due to peer pressure and became addicted before realizing the negative effects it could have on their personal relationships and health," said Navy Cmdr. Aileen Buckler, the TRICARE population health

physician and the chairman of the DOD Alcohol and Tobacco Advisory Committee.

Throughout the month, the DOD website will host a special GASpO page, www.ucanquit2.org/facts/gaspo/, where service members can publicly post their pledge to quit. Navy Capt. Larry N. Williams, the U.S. Navy tobacco clinical cessation champion, will host an "Ask the Expert" forum, answering questions about smokeless tobacco. Installations planning GASpO events will find ideas, an event registration page, pledge cards and down-

loadable promotional materials.

Service members and their friends, family and other supporters are invited to join the GASpO event on Facebook. Those planning to quit can get a "Kiss me, I'm tobacco-free" badge to post on their Facebook page.

Oral cancer has been linked to smokeless tobacco use. Surgery to treat oral cancer can remove parts of the face, tongue, cheek or lip. Visitors will also find hard-hitting facts that dispel the myth that smokeless tobacco is a safe alternative to smoking.

Women's Leadership Symposium coming up in San Diego in March

By Lt. Col. Ann Stefanek
Air Force Public Affairs

WASHINGTON (AFNS) – Women from all branches of the Armed Forces will have the opportunity to learn leadership skills and network at the Joint Women's Leadership Symposium March 15 and 16 in San Diego, Calif. Themed "Connect. Empower. Succeed," this year's symposium will offer women from all service branches an opportunity to focus on their leadership development while also highlighting the achievements of women leaders on the front lines around the globe.

"The Air Force needs America's best talent to succeed in this very com-

petitive environment", said Mr. Dan Sitterly, Air Force director of Airman force development. "Therefore, it is imperative that even while the Air Force is reducing the force to meet end strength, we do everything possible to continue to attract, develop, and retain the most talented and diverse Airmen."

This year the Air Force and Army are partnering with the Marines, Navy and Coast Guard in the Women's Leadership Symposium, making it truly a joint event.

Melanne Verveer, ambassador-at-large for global women's issues, and Tammy Duckworth, Department of Veterans Affairs' assistant secretary for public and inter-

governmental affairs, will speak during the first day of the conference. The conference also will feature speakers and panel sessions on issues relevant to military women, such as "Achieving Career Success," "Maintaining a Healthy Lifestyle" and "Financial Management."

A female general officer panel including representatives from all branches will address leadership issues.

The second day will include high-ranking senior officer speakers and agendas specific to each of the service branches. Air Force speakers will focus on topics including career development and work/life balance. There also will be mentoring lunches and breakout sessions for

Airmen from similar assignments.

According to Mr. Sitterly, retaining Airmen with different experiences and perspectives strengthens the force and ensures the Air Force's long-term ability to support the Air Force mission.

"The Air Force has a rich heritage of visionary leaders and we need to develop and retain the best and brightest Airmen to continue that tradition for the next generation", he said.

Air Force members interested in attending can register at fiscal year 2011 Joint Women's Leadership Symposium until March 14, 2011, as well as find additional conference information.

UTSI receives \$10 million NASA purchase agreement

The UTSI Aviation Systems Program has been awarded a NASA Aircraft Catalog Blanket Purchase Agreement (BPA) to provide flight and engineering support for the conduct of airborne science missions.

This BPA has the potential to provide significant external research funding to UTSI, with a maximum ordering value of \$10 million over the next two years.

Dr. Robert Moore, Executive Director for UTSI commended Dr. Corda on this program accomplishment.

"I am extremely proud of this major milestone," commented Dr. Moore.

NASA awarded seven new Aircraft Catalog BPAs in February 2011, with UTSI Aviation Systems winning one of these.

These awards will fund aircraft platforms to accommodate light and heavy-lift instrumentation payloads, on fixed wing platforms.

The instrumentation payloads will be provided by U.S. government and non-U.S. government customers.

Additional services for engineering, fabrication and installation may be requested by NASA depending on the particular pay-

load and science mission.

To qualify for these awards, an organization must meet stringent NASA standards in many flight research related areas including aircraft maintenance, flight operations, engineering expertise, experiment integration capabilities and flight safety.

All of the Aviation Systems team, comprised of faculty, staff and several graduate students, contributed to the development of the successful proposal submitted to NASA. The award was also favorably

influenced by the Program's successful completion of the Marshal Air-

borne Polarimetric Imaging Radiometer (MAPIR) airborne science mission for the NASA Marshall Space Flight Center, which was considered by NASA to be one of the best contractor flight research operations that they have seen.

The catalog of airborne platforms is managed by the NASA Goddard Space Flight Center's Wallops Flight Facility, and the airborne science missions are conducted at various locations within and occasionally outside the United States. This BPA will run through Feb. 7, 2013.



AS AN AIR FORCE CIVILIAN, WHERE CAN I FIND HELP?

We all face challenges, but we don't have to face them alone.

IF YOU NEED HELP WITH...

TRY THESE AGENCIES & THEIR RESOURCES

Health & wellness planning	AFMC Wellness Support Center	www.afmcwellness.com
Health screenings & education	Civilian Health Promotion Services	(931) 454-6440
Work, personal or family issues	Employee Assistance Program	(800) 222-0364
Mental health & substance abuse	Centerstone	(931) 461-1300
Unplanned pregnancy	Crisis Pregnancy Assistance Center	(931) 728-6440
Suicide prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual assault & victim advocacy	Sexual Assault Response Coordinator	(931) 581-7494
Crime victim advocacy	Victim Witness Assistance Program	(931) 454-4657

Efficiencies, balance main focuses of FY12 budget

WASHINGTON (AFNS) -- Air Force officials said despite a reduction in the top line request, combat capabilities and balance will remain focal points in the Air Force's portion of the president's fiscal 2012 budget presented here Feb 14, 2011.

The total Air Force budget request for FY12 is \$166.3 billion, down from \$170.8 billion in FY11. The largest portion of the \$4.5 billion decrease from FY11 to FY12 is a \$4.4 billion reduction in Air Force overseas contingency operations.

Maj. Gen. Al Flowers, the Air Force budget director, said the budget request is structured through a deliberate process that interweaves the national military strategy, the quadrennial defense review, combatant command requirements and the service's priorities and core functions.

As military forces poise to leave Iraq by Dec. 31, Air Force officials subsequently have sought funding consistent with one-quarter of FY11 operating levels for overseas contingency operations in Iraq. Although the largest budget request reduction relates to the drawdown in Iraq, Air Force officials still will request full-year support for operations in Afghanistan consistent with the FY11 operating levels.

The "blue," or operational, baseline has remained relatively flat, transitioning from \$119.6 billion last fiscal year to \$119 billion this fiscal year. The FY12 budget request reflects multiple factors, including a Department of Defense mandate to identify efficiencies and cost savings.

"There's a lot of move-

ment in the blue Air Force total obligation authority," General Flowers said. "There are programmatic increases, decreases and inflation adjustments, all offset by efficiencies of about \$1.9 billion in (operation and maintenance) and \$3.4 billion across the budget."

The general said that the efficiency initiative objective was to identify resources in support and overhead that could be moved to warfighter and readiness enhancements.

"Our efficiencies include plans to consolidate four air operations centers, streamline three numbered air forces and introduce cost reduction efforts in the information technology area," General Flowers said, adding that the Air Force exceeded its efficiency target by \$5 billion and moved \$33 billion to enhancement areas.

"With this budget, the Air Force demonstrates its steadfast commitment to Secretary Gates' efficiency agenda by achieving \$3.4 billion in cost savings and balancing measures," said David Tillotson III, the Air Force deputy chief management officer and office of business transformation director.

Care for Airmen, families

Within the \$30.2 billion request for pay and allowances, General Flowers said Airmen can expect a pay raise of 1.6 percent, including a 4.2 percent housing allowance increase and a 3.4 percent subsistence allowance increase.

"There is a significant amount of money in this budget for Airmen and families, with \$813 million alone allotted for family and support programs,"

General Flowers continued. "This breaks down to about \$189 million for family readiness centers and warfighter support to include \$8 million to fund Air Force resiliency programs."

Also included is \$224 million for childcare and youth programs, with another \$400 million for community support and education assistance programs. The general also noted \$2.8 million allotted for additional case workers and program managers to meet the growing demands of the Air Force's wounded warrior populations.

"This total force budget provides our Airmen and civilians the necessary funding to protect readiness, reduce overhead costs and apply the savings from efficiencies to force structure and modernization," the general said.

Force structure, modernization

General Flowers explained there is considerable movement within the military personnel account in order to maintain end strength numbers while keeping critical career fields afloat.

"We have realigned 2,100 military manpower billets to support (intel-

ligence, surveillance and reconnaissance) in order to meet our goal of 65 combat air patrols by the end of 2013," the general said. "Even with the improved retention, we still have some career fields in which we have critical shortages." To address these shortages, the budget includes \$626 million dollars for career fields such as intelligence language specialists, contractors, security forces, nurses, psychologists, civil engineers, special operations forces and explosive ordnance disposal personnel.

"We'll continue to identify enabling capabilities that support the combatant commanders and meet the needs of the warfighter," General Flowers said. "It's all about taking care of Airmen and meeting the mission of our United States Air Force."

In order to provide critical support to the joint and coalition team to win today's fight, General Flowers said, Air Force officials will use innovative acquisition strategies that enable investment in critical mission areas.

Procurement and research, development, test and evaluation accounts

include changes based on the Air Force's plan to modernize the force, increase readiness and maintain acquisition excellence, he said.

"The procurement portion of the FY12 budget includes funding for 48 MQ-9 Reapers, the maximum number that can be produced for the Air Force within a given year," General Flowers said.

The Reaper fleet plus-up will help ensure the Air Force meets its goal of 65 combat air patrols by the end of 2013, he added.

"We're asking for support in buying multiple advanced extremely-high-frequency satellites and space-based infrared system satellites using innovative acquisition strategies in order to procure satellites more efficiently and stabilize work for our industrial base," General Flowers said.

"Many programs will benefit from these efficiencies through reduced costs to procure satellites," he continued. "We'll need special Congressional language that will allow us to use procurement, advanced procurement and advanced appropriated funds to do so."

The Air Force's FY12 budget request includes \$553 million for AEHF satellites, and \$244 million toward advanced procurement for SBIRS.

General Flowers presented another example of acquisition improvement with a reference to "block buying," specifically in the Air Force's evolved expendable launch vehicle program.

"Through these more efficient purchases of launch vehicles, we'll start to see some of our acquisition improvements come to fruition," General Flowers said. "We've already implemented approximately 75 efficiency initiatives that range in scope and impact throughout the acquisition enterprise."

Additional modernization efforts include F-15 Eagle radar upgrades, C-5A Galaxy engine and reliability upgrades and C-130 Hercules avionics modernization and improvements, General Flowers said, adding Air Force officials also are requesting \$5.2 billion to strengthen the nuclear enterprise.

General Flowers said the overall budget reflects the Air Force secretary and chief of staff's priorities.

AEDC's Ray Powers proud of traditions

By Philip Lorenz III
Aerospace Testing Alliance

When Ray Powers heard his father, an ironworker who worked for 32 years at AEDC, talk about his job, the young man was intrigued and thought welding would be his calling.

Ray, a boilermaker at AEDC, said joining the Navy in 1967 only served to steer him closer to a future involving welding. Shortly after enlisting and completing basic training or "boot camp" at San Diego, Calif., the South Pittsburg, Tenn., native was given a choice to train for clerical work or steer toward the job done by the Navy's boatswain's mates. He chose the latter and never regretted it.

"I had the option of going on to office work or on the barge, [a] 40-foot boat," he recalled. "I chose to work on that 40-foot barge for the admiral – that was boatswain's mate work, tying the lines up, ox-splicing knots, tying bowlines [and] so on. [Our crew included] a 1st class boatswain mate, engineer, 3rd class boatswain mate, a seaman and myself. That's when I really wanted to be a boatswain mate like [my] daddy was in World War II in the Navy."

A boatswain's mate is responsible for the ship's maintenance, including boat seamanship, painting and upkeep of the ship's external structure, rigging, deck equipment and boats. They also operate and maintain equipment used in loading and unloading cargo, ammunition, fuel and general stores. Another facet of the job, the ability to tie all types of knots of varying complexity, is a skill Powers still enjoys sharing with others.

After working on the admiral's barge, including a stint as the coxswain, Powers was ready for another opportunity.

"The admiral said I did such an outstanding job he didn't want to let me go, but that fourth set of orders was so good he didn't want to hold me back and allowed me to go on to duty on board the USS Wichita (AOR-1), the lead ship of the Wichita-class replenishment oilers, only

the second ship to bear that name," he said.

Welding was not part of his job on the ship. However, since the recently commissioned vessel was still undergoing its post-construction outfitting for sea trials at its homeport of Long Beach, Calif., Powers saw what those professionals do first-hand.

"We had the whole main deck re-worked [during my first months of duty] and there were all kinds of welders who came on board and I said, 'I'd just like to be a welder when I get out,'" he recalled.

Powers also enjoyed his travels as a crewmember on the ship, once it had made its initial 'shake-down' cruise.

The young man from rural middle Tennessee particularly enjoyed passing through the Panama Canal on two Wes Pac (western Pacific) cruises aboard the USS Wichita which included port calls to Hong Kong, Bangkok, Thailand and Yokosuka, Japan, where he saw Sumo wrestling for the first time. He eventually served aboard the ship when it was stationed off the coast of Vietnam.

After four years of active duty, the 2nd Class Boatswain's Mate decided he was ready to return to civilian life.

Powers was honorably discharged from the Navy on Dec. 9, 1971.

When he told his father about his desire to pursue welding professionally, the older man told his son "No, you don't need to do that, that's too hard."

Instead, Ray attended Chattanooga State College and graduated with an associate's degree in electrical engineering.

Even before completing the program he knew his heart wasn't into it.

However, he emphasized, "I always finish what I start. [But] I just had

that in the back of my mind; I still wanted to be a welder."

Fortunately for Powers, like other students on the G.I. Bill, there is an opportunity to change direction academically if certain guidelines are followed.

"So, I went to welding school at Chattanooga State Area Vocational Technical School," he said. "I came out as a combination welder a year later."

His career as a welder wasn't all smooth sailing and a number of job layoffs made life difficult in those early years.

His first welding job was with a company called Chattanooga Boiler and Tank, where he worked on large tanks, welding huge panels together.

The experience only served to solidify his passion for the large-scale welding that boilermakers do versus the work ironworkers usually do.

A position for a boilermaker trainee opened up at AEDC in 1977 and Powers didn't hesitate to apply and was accepted, which took him a little by surprise.

"It was hard to get on with AEDC at that time," he said. However, he was laid off a few months later and he took a job with Bellefonte Nuclear Generation Station in Alabama.

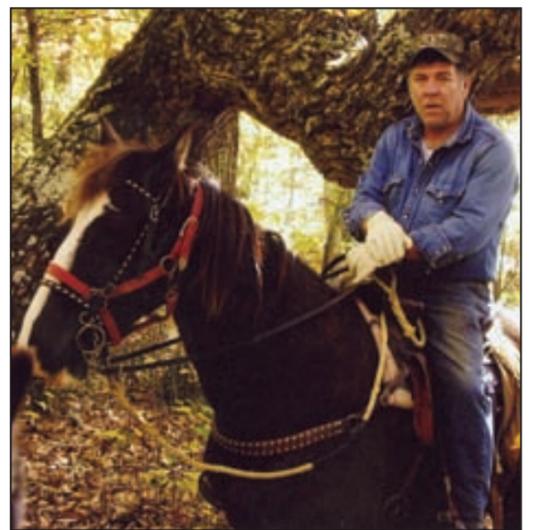
Powers was able to return to AEDC in 1979 as a boilermaker in a two-year apprenticeship program and he has been working at Arnold's Model Shop ever since.

He acknowledged another reason he chose boilermaker as a profession was because his father, Fred Powers, was an ironworker at AEDC.

He did not want to work for his father and wanted an independent work environment. Father and son rode to and from work together for the next 10 years.



ATA Boilermaker Ray Powers welds from a stainless steel spool in the Model Shop on a project for one of AEDC's test facilities. The boilermakers fabricate, install and maintain large sections of metal ducting, the components making up wind tunnels, pressure vessels, seals, coolers, storage tanks, heat exchangers, boilers, test cells, diffusers, venturis, bell mouths and nozzles. In his spare time, Powers enjoys horseback riding and hunting. (Photos provided)



"He would come by and check my work out every once in awhile," Ray said, referring to his father. "[He would] put the red pencil on those welds. He carried a red pencil in his pocket all the time and he'd mark where the defects were in the weld. It's hard to get a weld to a 100 percent without a defect somewhere. You'd have a ripple out of place just a little bit, might be a little bit too high in one spot and a little bit low in another spot, might skip a beat a little bit, there's a lot of things there."

Approximately five years ago, Ray Powers took on a new assignment as the tool and equipment custodian at the Model Shop – a role that has benefited everyone who works there.

Equipment includes everything from ladders to

chains and fasteners to weld test stations and the tools range from hand-held wrenches, hammers and mallets to power tools. "Ray is very organized, prompt and pays attention to detail," said Vaughn Wilson, Model Shop supervisor. "He serves as tool control custodian and also helps control other equipment for the model shop. His relentless desire to be the best he can be at whatever task he is given makes our ability to stay in compliance with policies and procedures easier."

Ray's attitude toward a welding job or ensuring all the equipment and tools used in the Model Shop are accounted for is the same.

"It's got to be four-oh (4.0)," he said, referring to the Navy's grade of excellent or what would translate in more common

usage to something being perfect.

"I like everything four-oh – there isn't any half way about it, you've got to be po-zact, as my daddy used to say."

Powers, who has served as chief craftsman and lead man for the boilermakers in the past, takes tremendous pride in his custodial job, but welding is never far from his thoughts.

"It's not hard to find boilermakers, but to find the type of boilermakers that AEDC requires is a little bit [of a] different story," he said. "Here you've got [a] lot more complex blueprints to read and there have been a lot of intricate drawings – a lot of it is really technical, pretty hard work. You see things here you wouldn't see anywhere else – it's just a different world."

Arnold Golf Course 454-7076

New Base Numbers for Arnold Golf Course

Pro Shop: 454-GOLF (4653) or 454-7076

Mulligan's Coffee Bar and Grill: 454-FOOD (3663)

Golf Fax: 454-7222

Golf Maintenance: 454-7228

Golf Rec League will begin in April with play on Mondays or Tuesdays at 4:30 p.m. Watch for more details coming soon.

New 2011 Club Car Golf Carts just received! Nine new golf carts have replaced older carts in the fleet. Rental prices will remain the same.

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.-2 p.m. Monday through Friday and 7 a.m.-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

Arnold Lakeside Center's (ALC) **Second Annual Bridal Fair** is Feb. 19. The event is open to the public and will be from 1-5 p.m. with multiple vendors expected. The ALC staff will be available for menu planning and event booking for eligible patrons. Those who book an event will receive a complimentary Air Force Catering Wedding Planner (while supplies last). A deli buffet will be served for \$6.95 for Members First Plus members, \$7.95 for nonmembers and \$3.95 for ages 12 and under. Bottled water and sodas will be available throughout the day for \$1.25 each. A Bridal Fair is a great place to get ideas for any wedding and meet potential vendors to provide services for your big day. Even if you aren't planning a wedding you may find a great source for other special event planning needs. Call Melissa at 454-3303 for more information.

Wednesday Lunch is available for dine in or carry out from 11 a.m.-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 \$5.95 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.

Second Friday Karaoke will be March 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 grilled red snapper or tilapia, \$11.95 member, \$12.95 nonmember served 4-9 p.m. Call ahead for dinner reservations at 454-3350.

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 March is: **March 3** - "Tangled," rated PG starring voices of Mandy Moore and Zachary Levi. The magically long-haired Rapunzel has spent her entire life in a tower, but now that a runaway thief has stumbled upon her, she is about to discover the world for the first time, and who she really is. **March 10** - "Yogi Bear," rated PG starring voices of Dan Aykroyd and Justin Timberlake. A documentary filmmaker travels to Jellystone Park to shoot a project and soon crosses paths with Yogi Bear, his sidekick Boo-Boo, and Ranger Smith. **March 17** - "Harry Potter and the Deathly Hallows: Part 1," rated PG-13 starring Daniel Radcliffe, Emma Watson and Rupert Grint. As Harry races against time and evil to

Buy an annual green fee at Arnold Golf Course, get new loyalty discounts

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

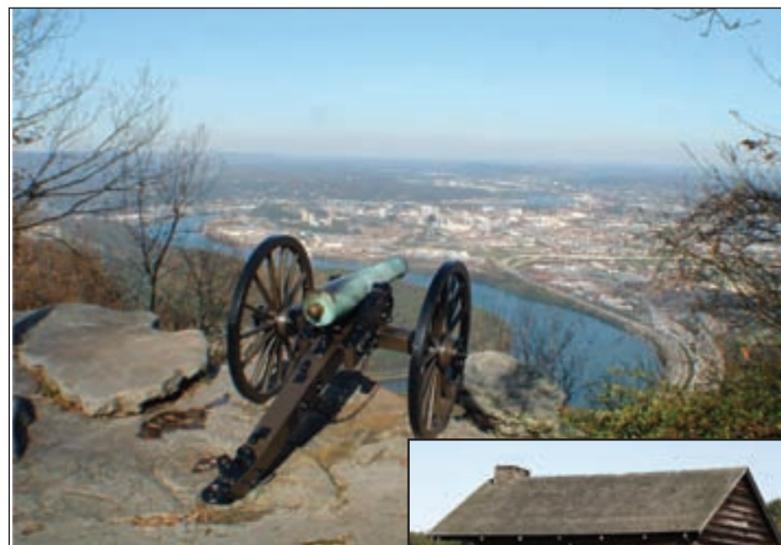
- 10 percent discount on Pro Shop merchandise
- 10 percent discount on cart rental
- 10 percent discount on Driving Range tokens
- 10 percent discount on food and beverage purchases at Mulligan's Coffee Bar & Grill

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.



Outdoor Rec to visit local Civil War battlefields



Outdoor Rec (ODR) has planned trips to learn more about the significant things that happened in this country's history in places that aren't that far away.

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 ODR for a trip to Murfreesboro March 19 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 ODR 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 a 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 March 26. Meet at ODR at 8:15 a.m. and return approximately 4 p.m. The tour will be from 11 a.m.-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.

Call 454-6084 to sign up or for more details.

Members Only event March 26

Membership just got better. Air Force Material Command Family Fun Daze program is here. Arnold Lakeside Center will offer a Family Game Night for members only beginning at 5 p.m. Members and their families will enjoy a fun family night featuring board games such as Scrabble, Monopoly, Apples to Apples, Life, Yahtzee, Clue and others.

Games will be played in the ballroom and prizes will be awarded to each table winner. There will also be door prizes. Kids age 12 and under may enjoy a buffet of items such as pizza, hot dogs and macaroni and cheese for only \$2. Others may enjoy half-price selections from the Express menu or 12-inch pizzas.

Body Pump Boot Camp adds Fridays

Body Pump Boot Camp will now be held on Mondays, Wednesdays and Fridays from 6-7 a.m.

This class 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).

Wingo Inn now taking reservations on Web



The Wingo Inn Lodging Operation has transitioned to a new Web-based reservation system making it easier than ever for guests to book their stay. The system, called Defense Lodging System (DLS), has many advantages including the capability to make online reservations at <http://www.dodlogging.net> as well as a direct link with the Defense Travel System (DTS) utilized for official temporary duty.

Created by Softbrands, the software is an industry standard that is utilized at hotel chains across the U.S. This new technology, being implemented across the Air Force, brings many changes including digital signature pads, credit card swipe keyboards and a full-page itemized receipt.

"Our installation was seamless," stated Greg McCreary, lodging manager, "due in large part to the diligent coordination between Softbrands, the Communications Branch and our ATA partners." Access to all Air Force Inns, around

the globe, is available at <http://www.dodlogging.net>.

"Each installation will maintain a limited block of rooms accessible via the Internet," said McCreary.

The site provides contact information, photos of accommodations and other general information for each location. Reservations for the Wingo Inn can be made up to 120 days in advance. Active duty, retirees, DoD civilians, Guard and Reserve, ATA employees and government contractors doing work on Arnold AFB are eligible to use the facility. The location is ideal for a weekend getaway, out-of-town guests and events such as conferences and family or class reunions.

Bundled with one of many of the Services facilities including the Arnold Lakeside Center, Gossick Leadership Center, golf course, information, tickets and tours and outdoor recreation, lodging is ready to make your time at Arnold relaxing, fun and enjoyable.



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 Haggard

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
 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 – 454-3099
 Golf Course (GC) – 454-GOLF (4653) or 454-7076
 Gossick Leadership Center – 454-4003
 Mulligan's Coffee Bar & Grill – 454-FOOD (3663)

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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.	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.	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 "Tangled" PG dinner 5–8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Surf & Turf, \$15.95 member, \$16.95 non member 4–9 p.m. ALC First Friday Jam Night, 6–10 p.m. FamY Movie Night moved to Tuesday, March 8	ODR Archery Basics Class, 1 p.m., for ages 10+, sign up by March 2, 454-6084 ALC Homemade Lasagna, \$9.95 member, \$10.95 non member, 5–9 p.m.
6	7	8	9	10	11	12
	FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.	FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FamY Movie Night, 5–7:30 p.m., call to sign up 454-3277 FC Intramural Basketball 6 p.m.	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.	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 "Yogi Bear" PG dinner 5–8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Grilled Red Snapper or Tilapia, \$11.95 member, \$12.95 non member 4–9 p.m. ALC Second Friday Karaoke, 6–8 p.m. family time, 8–10 p.m. adult time, 25 cent wings and ½ price pizzas for members only 7–9 p.m.	ODR Paintball, 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 ALC Steaks with Crab Sauce, \$13.95 member, \$14.95 non member, 5–9 p.m.
13	14	15	16	17	18	19
	FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 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.	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.	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 "Harry Potter: Deathly Hallows Part 1" PG-13 dinner 5–8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Monterrey Chicken, \$10.95 members, \$11.95 non members, 4–9 p.m.	ODR Stones River Battlefield Trip, 11:30 a.m., \$10, sign up by March 16, 454-6084 FamY Drum Lessons start, \$50 for four 30 min sessions, 12–4 p.m., sign up 454-3277 ALC Prime Rib for Two, \$31.95 member, \$32.95 non member, 5–9 p.m.
20	21	22	23	24	25	26
	FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 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.	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.	FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FamY 4-H Meeting, 4–5 p.m. ALC Dinner & Movie Night "The Tourist" PG-13 dinner 5–8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Italian Cheese Stuffed Pork Chops, \$13.95 members, \$14.95 non members, 4–9 p.m. ALC Last Friday Trivia Contest, 6 pm, teams of 4	ODR Chickamauga Battlefield Trip, 8:15 a.m., \$12, sign up by March 23, 454-6084 ALC Smoked Cheese Ravioli, \$9.95 member, \$10.95 non member, 5–9 p.m. ALC Family Fun Daze Member Only Event: Family Game Night, 5–8 p.m., kids' buffet for ages 12 and under \$2, Express menu and 12" pizzas half priced
27	28	29	30	31		
	FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.	ALC Day Trip to Country Music Hall of Fame, 10 a.m., \$25 plus lunch, sign up by March 15, 454-3303 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.	FC Pot O' Gold Run/Walk 2 laps on trail anytime during reg hrs, first 25 to sign up get t-shirt, 454-6440 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.	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 "TRON: Legacy" PG dinner 5–8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.		

Briefs from H1

destroy the Horcruxes, he uncovers the existence of three of the most powerful objects in the wizarding world: the Deathly Hallows. **March 24** – “The Tourist,” rated PG-13 starring Angelina Jolie and Johnny Depp. During an impromptu trip to Europe to mend a broken heart, Frank unexpectedly finds himself in a flirtatious encounter with Elise, an extraordinary woman who deliberately crosses his path. **March 31** – “TRON: Legacy,” rated PG starring Jeff Bridges and Garrett Hedlund. The son of a virtual world designer goes looking for his father and ends up inside the digital world that his father designed. He meets his father’s creation turned bad and a unique ally who was born inside the digital domain of The Grid.

Friday night dining room specials available from 4-9 p.m. March 4: Surf & turf, \$15.95 member, \$16.95 nonmember. First Friday Jam is 6-10 p.m. **March 11:** grilled red snapper or tilapia, \$11.95 member, \$12.95 nonmember. Second Friday Karaoke 6-10 p.m. Member’s Special: 25-cent wings and half-priced pizzas 7-9 p.m. **March 18:** Monterey chicken, \$10.95 members, \$11.95 nonmembers. **March 25:** Italian cheese stuffed pork chops, \$13.95 members, \$14.95 nonmembers. Last Friday Trivia 6 p.m. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

ALC Friday Lent special: March 11–April 22: Grilled red snapper or tilapia \$11.95 member, \$12.95 nonmember.

Saturday availability and specials: **March 5:** Home-made lasagna, \$9.95 member, \$10.95 nonmember. **March 12:** Steaks with crab sauce, \$13.95 member, \$14.95 nonmember. **March 19:** Prime rib for two, \$31.95 member, \$32.95 nonmember. **March 26:** smoked cheese ravioli, \$9.95 member, \$10.95 nonmember. The dining room is open on Saturdays from 5-9 p.m. unless otherwise specified. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Trivia Contest returns 6 p.m. March 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.

March 29 is a **Day Trip to the Country Music Hall of Fame** with lunch at the Hard Rock Café. Meet at the ALC at 10 a.m. Cost is \$25 plus lunch. Must be a minimum of five to participate and a maximum of 15 allowed. Call 454-3303 to sign up or for more details.

Family Member/ Youth Programs (FamY) 454-3277

Special Demonstration Projects 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.

Parent & Tot workout area has been relocated from the Fitness Center to the Youth Center, located in building 3055, room 102. Hours of operation are Tuesday through Friday 10 a.m.–5 p.m. and Saturday 12-5 p.m.

Youth Movie Night will be moved from first Friday to Tuesday, March 8, this month to accommodate service needed for the annual awards banquet. Ages 9 and up are invited to the Open Rec Center to watch a movie from 5-7:30 p.m. There will be free popcorn, juice and water. Please call ahead if your child will be attending.

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 Ti-

tle 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!

Drum Lessons will begin a new session March 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. The next session will begin April 16. Call to set up your time preference.

4-H meeting is set for March 24 from 4-5 p.m. The 4-H program is for youth in fourth grade through 18 years of age. The next meeting is scheduled for April 28.

Fitness Center 454-6440

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

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.

Pot O’ Gold Run/Walk will be March 30 anytime during regular business hours (5 a.m.–9 p.m.). This is “on your honor” for two laps around the Fitness Center trail. The first 25 to sign up receive an event t-shirt.

Outdoor Rec (ODR) 454-6084

Paintball is set for March 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.

An **Archery Basics Class** has been scheduled for March 5 beginning at 1 p.m. for ages 10 and older. There will be bows, arrows and targets on location but you may bring your own equipment if you have it. Deadline to sign up for the event is March 2. There must be a minimum of five to hold the class and maximum participation is 13. This class will teach how to properly hold a bow, correct shooting

technique and even some archery history. A great opportunity to start a new hobby.

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.

Corn Hole is available for rent for office functions and private events. Each set rents for \$10 per day or \$15 for two days. Four sets are available to accommodate larger groups. Rental reservations may be made through Outdoor Recreation (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.

The **Armed Forces Vacation Club** (AFVC) is a “Space Available” program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$329 per unit per week. All AEDC personnel are eligible to use this program. The AFVC makes this possible by utilizing “excess” inventory at condominium timeshare resorts. “Excess” inventory consists of condominium units that resort owners do not use, which generally means off-season or short-notice travel. If you enjoy off-season activities in popular locations without the hassle of high-season prices, crowds and lines or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value.

The current 7-day, Space-A, condo rental offer is a great value, but some people may like other vacation choices and support as well – those that can’t travel off-season or on short notice. To help meet this need, they also offer a separate travel club that provides 24-hour service for discounted airline, rental cars and hotel

reservation services, as well as discounted cruise and tour packages. Book airline tickets, rental cars and hotel reservations and getting a 5 percent cash rebate after the trip.

To make a reservation, travelers need their AFVC Account Number (7033-xxxxx), the toll-free number (1-800-724-9988), a credit card number, an idea of when and where they want to go and the desire to get away, relax and have fun! If this is your first call, tell them you are a “first-time AFVC caller.” The vacation guide will take your name, address, telephone number, AFVC Installation Number (Arnold is #327) and assist with making your reservation. At the end of the call, even if you do not complete a reservation, the guide will assign you an account number for future use. Your Installation Number is very important. Services will receive a commission for your confirmed reservation to put back into programs offered for you locally.

The **Auto Shop** is a great place for do-it-yourself minor work and repairs. There is one stall available with a lift, air compressor, parts washer and a variety of tools. There is a fee of \$2 per hour. Staff can repair, mount, balance and rotate tires, by appointment. A repair using a plug is \$5 or a mushroom patch is

\$10. The charge for mounting is \$3 per tire and for balancing is \$2 per tire. Tire rotation includes balancing for four tires and is \$16 for cars and vans and \$20 for trucks.

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.

Gossick Leadership Center 454-3024

The **Gossick Leadership Center** (GLC) may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to arnold.glc@arnold.af.mil. All event coordinators are required to sign an agreement. Official unit functions are authorized at no charge and are defined as bona fide official meetings or training held as part of the normal duty day. Unofficial and private functions may be held for authorized users at a fee. Community members may host events with the approval of the Services Director for a fee. Outside food and beverages are not al-

lowed. First consideration must be given to Arnold Lakeside Center. In the event they cannot accommodate, an outside source may be utilized with CCM approval. For more information contact the CCM at 931-454-4003.

AEDC Woman’s Club 455-5676

The ladies of the AEDC Woman’s Club will explore one of our local natural marvels at the March 1 meeting. Park Ranger Merrill Meadows will take us on a visual journey of the wildlife, wild flowers and cascading falls that exist in Short Spring Park near Tullahoma. Ranger Meadows will bring a program you will be sure to enjoy. The visions of wild flowers will make us all think of spring and inspire us to get out and enjoy nature!

The meeting is at Arnold Lakeside Center March 1 with social hour at 9:30 a.m. and meeting at 10 a.m. If you are not currently a member of AEDC Woman’s Club, consider this your invitation to join us.

Reservations must be made by noon Feb. 23 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.

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 pre-purchased 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.–2 p.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. **ALC**ohol 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 Glenda Terrill, 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 January 2011 totaled \$7,045.66.

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.