



HIGH MACH

Serving the World's Premier Flight Simulation Test Center



Vol. 58, No. 15

Arnold AFB, Tenn.

July 29, 2011

Change of Command is Tuesday

Col. Michael T. Panarisi will relinquish command of AEDC to Col. Michael T. Brewer Tuesday.

Gen. Donald J. Hoffman, commander, Air Force Materiel Command, will be the presiding official at the change of command ceremony.

Colonel Brewer is the former commander of the 46th Test Wing, Air Armament Center, Eglin AFB, Fla. He received his commission in 1986 after graduating from North Carolina State University with a Bachelor of Science degree in electrical engineering.

After pilot training, he flew the F-111F and F-15E before attending U.S. Air Force Test Pilot School in 1996. He was assigned to the 445th Flight Test Squadron at Edwards AFB as an F-15 experimental test pilot. He also served at the F-22 system program office as a test program manager.

Colonel Brewer is a command pilot with more than 3,200 hours flying the F-111, F-15E, and F-16 and has combat experience in both the F-111 and F-15E.



Brewer

Colonel Panarisi has overseen AEDC's aerospace testing facilities since July 13, 2009, when he took over duties from Col. Art Huber.

He will be heading to Eglin AFB to serve as the base's director of safety.

F135 initial production engine tested



From left, Greg Crabtree, ATA outside machinist, and Jeff Dodd, ATA project manager on the test, stand in front of an F135 engine undergoing validation and altitude development testing in AEDC's altitude test cell C-1. The F135 engine is a Conventional Take Off and Landing and Carrier Variant (CTOL/CV) that has been designated for low rate initial production to the U.S. government for the F-35 Lightning II program. The engine has been modified and improved based on findings from the F-35 flight and ground test program. (Photo by Rick Goodfriend)

AEDC to help "feds feed families" in 2011 drive

By Shawn Jacobs
Aerospace Testing Alliance

The Junior Force Council (JFC) at AEDC is organizing food collection for the Feds Feed Families food drive campaign.

This year's campaign theme is "Feeding Families One Fed at a Time."

JFC volunteers have set up collection boxes in various buildings across base, including Administration and Engineering (A&E), 1099, Commissary, Dispensary, Main Cafeteria, Fitness Center and the Carroll Building, according to JFC President Carrie Reinholtz, a project manager in the Test Technology Branch. The collection of nonperishable food items will run through Aug. 31, and the donations will be given to local food banks.

"JFC volunteers will be delivering [the food donations] to the Commissary, which we've established as our 'home base,'" Reinholtz said. "The Commissary will be weighing the food for national reporting. Good Samaritan's Food Pantries of Tullahoma and Manchester will then receive the collected donations."

Almost two years ago, President Obama



FEEDING FAMILIES ONE FED AT A TIME

signed the United We Serve Act into law, calling on all Americans to contribute to the nation's economic recovery by serving the communities. In response to this call, the U.S. Office of Personnel Management (OPM) and the Chief Human Capital Officers Council formed a partnership through the Feds Feed Families campaign.

With the current economic crisis, demands from food banks have been increasing while contributions have been simultaneously decreasing. Food banks across the country face severe shortages of nonperishable goods. The Department of Defense (DOD) is taking a leading role in the nationwide campaign challenging federal employees to donate to their local food pantries.

"The [overall] goal is to collect 2 mil-

lion pounds of food across the nation," Reinholtz said. "The DOD goal is 733,800 pounds of food."

Although there is no weight goal for AEDC, the JFC would like to collect as much food for the local food banks as possible.

"The food drive provides an opportunity to reach out to our own communities and families, particularly those who have recently been impacted by the flooding and devastating tornadoes," she said. "We only have six weeks to collect, so we're going to do our best to collect what we can."

In addition, Reinholtz said the Good Samaritan's in Tullahoma are conducting a "Give Me Back My Dignity" campaign, which is requesting personal hygiene products (shampoo, deodorant, razors, laundry

and dishwasher detergent, etc.).

Fay Jones, wife of AEDC Technology and Analysis Branch Manager Dr. Ralph Jones, is the food pantry coordinator at Good Samaritan's in Manchester. She cautioned against donating glass items but provided a list of most-wanted items, including the following:

- Peanut butter
- Macaroni and cheese
- Spaghetti sauce
- Spaghetti noodles
- Canned fruit
- Soup
- Dried beans
- Pork and beans
- Tuna
- Cereal
- Crackers
- Canned pinto beans
- Canned vegetables
- Rice

Reinholtz said, even though the DOD is spearheading the effort, all base employees are being invited to participate, including contractor, civilian, military, veterans and visitors. The campaign is unable to accept cash or monetary donations.

Estate planning briefings a hit with AEDC work force

By Shawn Jacobs
Aerospace Testing Alliance

Wills, powers of attorney, advance directives and living trusts are types of important legal documents that many people tend to avoid thinking about.

But a portion of the AEDC work force is now better educated about those topics after almost 200 people turned out for two separate briefings on estate planning, July 22 and 25.

The briefings were delivered by Lt. Col. John H. Baker III, staff judge advocate for the National Guard's 118th Airlift Wing in Nashville and a Murfreesboro attorney who specializes in estates and related matters.

Colonel Baker said nearly everybody needs to have an estate plan, even if that means forcing oneself to tackle a sometimes unpleasant task.

"If you don't plan it, you're kind of leaving the burden on your family and heirs to sort out your estate after you die," Colonel Baker said. "It's a lot easier for you to plan it while you're alive and well than to try to have them figure it out after you die. You certainly want to make sure you've got a plan in place - whatever that plan is - that achieves your goals, which typically are to take care of the spouse if there's a surviving spouse, to take care of any minor children ... or to otherwise get the estate to the intended beneficiaries, and if we don't plan these things out

See ESTATE, page 5



Lt. Col. John H. Baker III, staff judge advocate for the National Guard's 118th Airlift Wing in Nashville and a Murfreesboro attorney who specializes in estates and related matters, delivers an estate planning briefing July 25 at AEDC's main auditorium. Nearly 200 people attended one of two briefings by Colonel Baker, who is doing a two-week tour at Arnold AFB as part of his reserve requirements. (Photo by Rick Goodfriend)

In This Issue....

Education fair shows opportunities ...
Page 3

Self-taught artist brings joy to others ...
Page 4

Award winners of the quarter ...
Pages 9-10



HIGH MACH**Arnold Engineering Development Center**

An Air Force Materiel Command Test Center

**Col. Michael Panarisi
Commander****Jason Austin
Director,
Public Affairs****Steve Pearson
General Manager,
Aerospace Testing
Alliance**

High Mach Staff:
Kathy Gattis, ATA Public Affairs Manager & Executive Editor
Darbie Sizemore, Editor Information International Associates, Inc., Production

High Mach is published by *The Tullahoma News*, a private firm in no way connected with the U.S. Air Force, Arnold Engineering Development Center (AEDC) or Aerospace Testing Alliance (ATA), under exclusive written contract with ATA, center support contractor, at Air Force Materiel Command's AEDC, Arnold AFB, Tenn., 37389.

Everything advertised in this publication will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

The *High Mach* office is located at 100 Kindel Drive, Suite B212, Arnold AFB, Tenn. 37389-2212. Editorial content is edited and prepared by AEDC support contractor ATA. Deadline for copy is Wednesday at close of business the week before publication.

This commercial enterprise newspaper is an allowable ATA contractor publication for personnel at AEDC.

The content of *High Mach* does not necessarily reflect the views of the Air Force, AEDC or ATA. The appearance of advertising in this publication does not constitute endorsement by the Department of Defense, the Department of the Air Force, AEDC, ATA or *The Tullahoma News* of the products or services advertised.

For advertising information, call (931) 455-4545.

For general information about *High Mach*, call (931) 454-5617 or visit www.arnold.af.mil.

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

**Vision**

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

Core Values

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

**Core Values**

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

2009-2011 at AEDC ... our family's best ever

By Col. Michael Panarisi
AEDC Commander

Words just cannot describe our gratitude for what has become far and away the best two years in our Air Force journey.

When we arrived, we had no idea what lied ahead: a totally new mission, a completely unfamiliar area, and more than a little apprehension.

At the same time, we were thrilled with the opportunity, excited about the possibilities and eager to learn and experience everything that this assignment had to offer.

Little did we know that in just 25 short months, we'd be saying "so long" to the "family" that took us in as



Panarisi

one of their own and showed us why AEDC is such a magical place.

I truly mean it when I say that this job is absolutely the best job in the U.S. Air Force. I'm still a little shocked that on Tuesday our time with you will come to an end.

You all know I'm a

To be stereotyped as an Airman

By Lt. Col. Chris Callaghan
71st Operations Support Squadron

VANCE AIR FORCE BASE, Okla. (AFNS) – When we hear the word stereotype, we tend to attach negative connotations to it. After a conversation I had a few months ago, that word changed for me.

In late March, my wife Kelly and I attended a course at Randolph AFB, Texas, as part of our preparation for squadron command. The course was a week long and, on the last day, we attended a Basic Military Training graduation at Lackland AFB, Texas.

Following the graduation, we had lunch with trainees who were just one week from graduation themselves.

We ate with a female trainee from southern California. She didn't have her assignment yet, but wanted to be in either air traffic control or acquisitions. I, of course, encouraged her to become an air traffic controller and join us here at Vance AFB.

We talked about why she joined the Air Force. She didn't run through a variety of great reasons many of us have for joining: service, patriotism, opportunities, education or experience. Instead, she told us that she joined the Air Force because she wanted to be "stereotyped as an Airman."

She explained that in her hometown of Compton, Calif., there are stereotypes and expectations that seem to go along with whether you are male or female, your national origin and what part of town you are from.

As she learned about the Air Force, it became apparent to her that, as an Airman, none of that "stuff" mattered. What does matter is our mission, our commitment, our professionalism, the core values by which we live and the freedoms and ideals we defend.

This explanation by an 18-year-old Airman about to join our ranks absolutely floored my wife and me and has had us talking about it ever since. There is a lot we can take away from what this Airman said.

First, it reinforces that our reputation as the world's most dominant and most respected air, space and cyberspace force reaches far and wide.

Second, it tells us that our reputation is based on our people who serve something greater than themselves.

Third, it should convey to all of us that the impression we make on others translates into a calling for many to serve our country.

Her words reflect the trust and confidence that the American people have in us, and how important that trust is in defining us as Airmen and defining what we stand for.

By joining the Air Force, that young woman from southern California earned the label of "Airman" in the hopes of being stereotyped with us, her fellow Airmen, for the integrity, service and excellence for which we are known. When she goes home to Compton, wearing her uniform, she will return mostly as the girl they all knew, but she will also be the Airman she has become.

She won't fit the stereotype someone else had for her; she will have changed in their eyes. By deciding to serve and put on the uniform of her country, that Airman has become something far greater than the superficial expectation someone used to have for her.

When I think of the American dream, I think of Airmen like her who are living it. To me, being considered by others as a stereotypical Airman is a tremendous honor.



Callaghan

huge fan of the capabilities here, the world-class equipment, the technology and the hands that put it all together. But what made this place special for us is the pride, the passion and the unending dedication that puts AEDC in a class all by itself.

When I took command, I mentioned that my philosophy was to "take care of the people, and they will take care of the mission." Little did I know just how well the people would take care of us; how much you would teach us about what it takes to keep America's airpower advantage; how vision, technology and perseverance can combine to make the seemingly impossible look routine; and how no matter how high the obstacle, this team will find a way to overcome it. It's been a truly humbling, and heartwarming experience.

We've been all over the world, moved 15 times and lived places that some have

called "paradise." But for all our adventures, this one is the hardest to leave.

The men and women of AEDC and our "host communities" will hold the fondest spot in our memory. We will be forever indebted to how you welcomed us into the community, how you powered through adversity and how you banded together in our darkest hours.

You have without question lived up to Gen. Hap Arnold's legacy and, through your efforts, we still have an Air Force "second to none."

One thing is for sure ... I am leaving you in exceedingly good hands.

Your new commander, Col. Mike Brewer, is a truly outstanding leader. I know ... we have flown together on countless missions and shared assignments at RAF Lakenheath, Edwards AFB, Air Command and Staff College, and the Industrial College of the Armed Forces.

We were at the Air Force Test Pilot School together, and I know firsthand that he will lead this team with passion, integrity and a dedication to the mission that you will find absolutely refreshing. He's coming with his wife of more than 20 years, Debbie, and she is nothing short of a saint.

While I'm a little bummed our time here is coming to an end, I couldn't be happier about handing the keys over to Colonel Brewer. If I have to give up the flag on Tuesday, I will sleep very well knowing Colonel Brewer is on the receiving end.

I wish you all the very best as you continue to forge tomorrow's airpower. It has been a true honor to serve and lead this phenomenal team.

Godspeed to you all, and I hope our paths will cross again.

"So long" team AEDC, and THANK YOU for the best two years ever!

Stay safe in summer heat

By Dr. Rob Tessier
CORE

During the summer months when high temperatures and high humidity combine, the impact on the human body can be harmful and potentially life-threatening.

Heat is the most common weather-related killer and approximately 1,500 people in the United States die annually from overexposure.

The good news is that heat-related illness is preventable if some basic common sense techniques are followed.

How does this all work? Heat-related illness and dehydration syndromes include heat rash, heat cramps, heat exhaustion and heat stroke.

These should not be seen as individual entities but as part of a continuum. The earlier the intervention is undertaken, the better the odds of avoiding a life-threatening chain reaction.

The skin is the key to the body's ability to regulate its temperature and is the body's main cooling organ.

It maximizes heat loss by using radiation, convection, conduction and evaporation.

Radiation is where heat is directly lost to the atmosphere.

Convection is where heat loss is facilitated by moving air or water vapor. Conduction is heat loss by direct contact with a cooler body.

Finally, evaporation is where heat is lost by turning liquid (sweat) into vapor,

and is the skin's major heat loss mechanism.

If the skin is so effective at cooling, why do people get into trouble?

First, for any of the skin's cooling mechanisms to work, there needs to be adequate skin exposure.

Sometimes much needed clothing and protective equipment does not facilitate optimal skin exposure.

Secondly, the environment needs to be conducive for heat transfer from the body.

The combination of high temperatures and humidity impair the cooling mechanisms, especially evaporation.

What can you do?**Stay cool:**

- If able, perform outdoor tasks in the morning or evening when the outside temperature is lower.

- Know the environment you are going to be in and take adequate time to get acclimated.

- Take frequent rests and if able, remove clothing/equipment that may impair cooling. Specifically, the head has an ideal body-mass to surface-area ratio for maximizing heat loss. Therefore if able to safely do so, remove head gear while taking a rest break.

Stay hydrated:

- Drink often and drink regularly. Do not rely on thirst because by the time you are feeling thirsty you are already fluid deficient.

- It is best to drink water. Avoid alcohol, soda or other caffeinated drinks as

these can ultimately lead to further dehydration.

- Monitor your urine. It should be the color of lemonade. If it looks like apple juice you are dehydrated.

What to look for?

Individuals with heat exhaustion tend to have symptoms such as profuse sweating, weakness, muscle cramps, headache and nausea/vomiting.

If you or someone else is exhibiting these symptoms:

- Stop the activity immediately.

- Move to a cool (shaded) area.

- Begin rehydration.

When should medical care be obtained?

Heat exhaustion can usually be treated without medical assistance as long as proper hydration can be maintained. However medical attention may be needed if nausea and vomiting prevent rehydration or if rehydration cannot relieve muscle cramps.

It is very important to realize that if an individual becomes confused or has a seizure despite rehydration, heat stroke, a life-threatening condition, may be developing and medical attention should be sought.

In hindsight, most cases of heat-related illness and dehydration syndromes could have been prevented and predicted.

With a little knowledge of heat illness, a moderate level of suspicion and a little common sense, everyone can make it through the dog days of summer.

Action Line**Team AEDC**

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

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

**Col. Michael Panarisi
AEDC Commander**

Smoking Policy

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

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

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

2. Supervisors at every level will ensure this policy is followed. Disciplinary action is appropriate for repeated violations.

3. Updates to this policy will be made in the future to further align with Air Force guidelines.

4. This letter supersedes previous letter dated 28 October 2006, subject as above.

Education fair showcases available opportunities

By Shawn Jacobs
Aerospace Testing Alliance

Members of the military, Department of Defense (DOD) civilians, contractors and the public showed up for the third annual Arnold education fair July 15.

This was the first year the fair, which was held at the Arnold Lakeside Center (ALC), was opened up to the public.

The event began three years ago to showcase various educational opportunities that are available to the AEDC work force, but it was opened up to the public this year due to popular demand, according to Dee Wolfe, education training specialist in the Arnold Education Office.

"The community asked us if there was any way they could be a part of this, and we worked the logistics through the base and Colonel [Robert] Bender and they said it wasn't a problem," Wolfe said. "We had 29 schools confirmed. It's just a venue for people to see what kinds of schools are out there and see how they could further their education and not just Googling schools randomly. They can actually talk to representatives, see what they have to offer face-to-face and get that connection with them."

Twelve institutions were represented at the first fair two years ago and 23 showed up last year when only AEDC employees, their spouses and dependents were invited. Wolfe said 29

schools are about the maximum the fair can accommodate due to space.

"We have some that are strictly online, some that are strictly in-residence and some that are a combination of both," she said. "The schools here offer associates, bachelor's, master's, doctorates, [and] certification programs. We have a little bit of everything for just about anybody out here."

Senior Airman Eric Ball was at the fair, meeting with a representative from American Military University (AMU), where he is pursuing a business administration degree online.

"I was just asking her a few questions about some of the different classes and my senior seminar," Airman Ball said. "I'm about halfway through my junior year right now. I was asking her some questions about some of the upper level courses."

Airman Ball said the education fairs have been very helpful to him.

"Oh, it's been great," he said. "Since I go to an online university, it's kind of nice to have the face-to-face time with a representative from the university and be able to talk to somebody and have them answer my questions."

James Tucker, who attends Coffee County Central High School in Manchester, also came by the fair to see what options might be available for him.

"I'm a junior in high school, and I need to look around at col-

leges and see possibly where I might go," Tucker said. "There are a lot of colleges here and there are a lot from around here, so I get to see what's here in the state."

"I'm going to get my bachelor's degree in maybe science and mathematics, maybe something in engineering. I'm not exactly sure yet."

Tucker said he heard about the fair from a friend who works at AEDC.

Cathy Delametter was at the event representing Middle Tennessee State University (MTSU) in Murfreesboro.

"I have two different hats I wear," she said. "I work with the Adult Degree Completion Program, and then I also work with our Military Center. I work with all of our veterans, National Guard and returning students."

Delametter said the education fair was a good venue for her to showcase MTSU's various programs.

"It is a perfect opportunity, especially when you're talking about some military, military contractors, those sort of folks, plus I've talked to a couple of high school students who are interested in MTSU, so certainly I've got information for them, too," she said. "I try to cover everything that MTSU offers, which is a huge job."

Wolfe said the education fair is just one example of AEDC's commitment to education.

"In the Education Office,



Top, James Tucker and his mother, Jennifer, check out the degree programs from Columbia College, one of 29 higher education institutions signed up for the AEDC education fair. Tucker is a junior at Coffee County Central High School in Manchester. Below, Senior Airman Eric Ball talks with a representative from American Military University (AMU) at the AEDC education fair July 15 at the Arnold Lakeside Center. Airman Ball is studying online for his Bachelor of Business Administration degree from AMU. (Photos by Patrick Ary)



we're definitely all about educating our force: our enlisted force, our officer force and our DOD civilians," she said. "We defi-

nately include ATA. Any chance to educate our work force just makes them better, well-rounded people."

Project Management Institute organization now local

By Shawn Jacobs and Philip Lorenz III
Aerospace Testing Alliance

A team effort, spearheaded by Susan Rymer, business manager for ATA's Investments Department at AEDC, recently resulted in the establishment of the Project Management Institute (PMI) Chattanooga Chapter Middle Tennessee Branch. The new branch gives local project management professionals residing in Coffee, Moore, Franklin, Lincoln, Grundy and Warren counties of Middle Tennessee convenient local association with PMI.

PMI is internationally recognized as being the largest association of project management professionals, having more than 500,000 members and credential holders in 185 countries.

Rymer, who earned her Project Management Professional (PMP) certification last year, credited ATA General Manager Steve Pearson and ATA Director of Investment Projects and Design Engineering Louis Vanacore with encouraging the effort to establish the local branch.

"As an organization, we highly encourage our project managers to become certified project management professionals, and certification is through PMI," Vanacore said.

The new branch will provide current members of PMI a convenient means to participate in a PMI organization with educational and networking opportunities including professional development units (PDUs) that are needed to maintain a PMP certification. Members benefit by gaining knowledge, resources and networking opportunities that help improve and advance their project management skills.

Rymer, who serves as director of the new branch and as a member of the Chattanooga PMI Chapter board of directors, said,

"A PMP certification is not required to become a member of the organization. In fact, many members are new to project management or students that are pursuing a career in project management. The Middle Tennessee Branch has high expectations to grow and serve not only AEDC employees but local companies in the surrounding communities."

"We invite individuals wanting to learn more about project management as a profession to become a part of the organization. All are welcome to attend our meetings and become a member of our local organization. I encourage any company or individual to contact me to learn more about the benefits of becoming involved with the organization."

"Currently, a steering committee is working to ensure the branch formation will be successful. AEDC individuals from ATA and the Air Force are represented on the committee, along with Nortel, Jacobs Engineering and Computer Science Corporation employees from outside the gates of AEDC. I am confident with the individuals who are volunteering and the vast amount of talent and knowledge we have in the local area, the Middle Tennessee Branch will be successful."

Sharon Carter, deputy director, ATA Investment Projects and Design Engineering, explained, "The importance of aligning AEDC's project managers with an organization like PMI makes good business sense. PMI is the largest project management organization in the world. Steve Pearson thought it was important for us to adopt a common set of project management standards and practices and PMI provides those."

The newly formed branch recently hosted a "meet and greet" at O'Charley's in Manches-



A June 23 "meet and greet" social kicked off the newly formed Chattanooga Project Managers Institute (PMI) Chapter Middle Tennessee Branch's formation. Approximately 30 local area PMI members came together at O'Charley's in Manchester for the event. Several branch formation steering committee members who attended are pictured, including; front row, left to right, Melissa Smith, Susan Rymer, Diana Plummer, JonPaul Wallace, Brenda Butner; and back row, left to right, Jim Duncan, Tom Coffman, Peggy Glass, Jon Duvall and Doug Brown. (Photo provided)

ter. Rymer said it was a successful launch with approximately 30 current PMI members and guests in attendance.

A membership drive is planned with future meetings scheduled to occur in August and October. Guest speakers will be announced soon. For those who would like to attend or want more information,

call Rymer at 454-7683 or Peggy Glass, director of membership, at 454-7475. Other contact numbers are JonPaul Wallace, director of programs, at 454-4904 and Doug Brown, director of finance, at 454-5407. Additional information about PMI and the parent organization can be viewed at www.pmi.org and www.chattanoogaapmi.org.

No early retirement incentives for AFMC civilians in fiscal 2011

WRIGHT-PATTERSON AFB, OHIO – Air Force Materiel Command officials have announced that voluntary retirement and separation incentives will not be offered to its civilian workforce during the remainder of fiscal year (FY) 2011 which ends Sept 30.

Instead, the command will continue using Air Force civilian hiring controls to manage the size and make-up of the force, including the filling of only one civilian vacancy for every two that occur.

"Considering budget and manpower uncertainties, we felt it prudent to begin planning for a potential reduction in force," said John Steenbock, AFMC director of personnel. "That included our survey asking how many might be interested in incentives provided by the Voluntary Early Retirement Authority/Voluntary Separation Incentive Program. As it turned out, 6,652 indicated an interest."

However, the command has no firm data on force structure changes or how many – if any – manpower reductions it may have to take, so it will not reduce positions or offer the incentive this fiscal year.

The command will reassess in fiscal 2012 and will continue managing the size and composition of the work force through existing hiring controls.

Following AFMC's announcement in May that it would restrict hiring and survey its work force to gauge interest in the incentives, Air Force officials also implemented service-wide hiring controls.

Those service-wide hiring controls are similar in nature, intended to maintain civilian manning at fiscal 2010 levels while also giving higher priority to filling positions in strategic mission areas such as the nuclear enterprise, acquisition, and test and evaluation.

Commander receives key to the city



Tullahoma Mayor Troy Bisby presented AEDC Commander Col. Michael T. Panarisi, a commemorative key to the city of Tullahoma at the July meeting of the Board of Mayor and Aldermen. The commander has provided quarterly updates to the board on topics relating to AEDC. He also provided updates to the Manchester, Estill Springs and Winchester governing bodies during his tenure at Arnold. Colonel Panarisi's goal at the meetings was to create an open dialogue between the base leadership and the cities which surround the base. (Photo by Jason Austin)

Self-taught artist brings joy to self and others

By Shawn Jacobs
Aerospace Testing Alliance

From an early age, Tony Medley had an interest in art.

Medley has sketched and drawn – with notebook paper and pencils – since grade school, starting out with cartoon characters and the like. His mother, in particular, encouraged him, but college, career and family eventually caused Medley to put his hobby on hold.

“Probably three or four years ago my son was in high school, and I played around with some sketches and drawings again and started reading about oil paintings,” said Medley, now a project manager for ATA’s Investments Group at AEDC. “I really love the oils more than I do anything.

“I’m not big into water color or acrylic. I started buying books and videotapes and easels and [supplies] when my son started college [and] I had a lot more time ... to get more involved in it, so I’ve been just teaching myself for the last three or four years.”

Even though Medley, a resident of Pelham who’s worked at AEDC for almost 24 years, wasn’t actively pursuing his hobby all those years, it still wasn’t far from his heart.

“Every time I go on a business trip or vacation, the first thing I usually do is look for an art gallery or an art studio and go look at all the paintings, especially oil paintings,” Medley said. “I’ve been getting an artist’s magazine for years and reading about different artists, anyone from very popular people to people who aren’t popular but, to

me, are just as impressive.”

Medley admits artists tend to imitate the work of people they admire, and he’s no exception, noting that he particularly likes the work of Katherine Hurley.

“Thomas Kincaid’s stuff is impressive,” Medley said. “I have a lot of respect for his work and what he does. There are a couple of others in these art magazines [whom I like].

“Mostly, I did landscapes; that’s where I first started out. Then I had people look at those and they’d say, ‘Have you ever done flowers? Have you ever done animals?’ I hadn’t, of course. It’s not that I didn’t want to. I [was just trying] to work through these things.”

That changed after Vickie Seaton, whose cubicle is next to Medley’s, began to admire some of the paintings he had recently hung in his office.

“From that point forward, I kept hounding him to paint me a picture,” Seaton said. “He was always evasive in his response but told me several times that when he got in the mood he might paint me something.”

The mood apparently struck when Medley noticed a photograph of Seaton’s miniature schnauzer, Hank, in her cubicle.

“I snuck over there and made a copy of it and took it home and started,” he said. “I thought, ‘Well, I’ll try it,’ so I did that one for Vickie and brought it in and gave it to her. It turned out better than I would have thought to be my first animal.

“I’m my own worst critic, and I guess when you stop being your own worst critic you don’t seem to

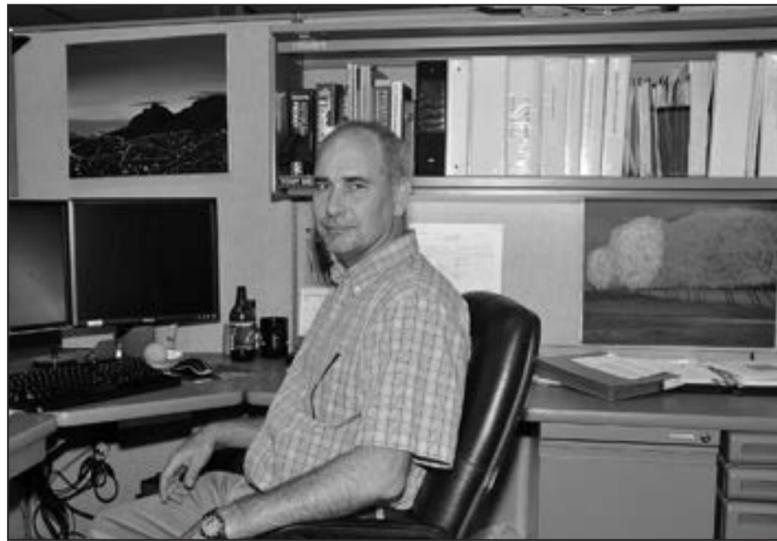
advance much. Plus, you learn how to look for different things by reading magazines and understanding how other artists do the same things.”

Seaton, meanwhile, had no idea Medley was painting a picture of her dog until he recently finished it and brought it to work.

“I was thrilled beyond belief,” she said. “I could not believe that he had never painted an animal before. He captured Hank’s facial expression perfectly. He painted me something that will forever serve as a wonderful memory of my little dog. I think his talent is awesome.”

Medley said he’s never sold any of his paintings, but he has given several away to people who expressed an interest.

“I’ve never really thought a lot about [selling



Above, Tony Medley is shown July 7 in his Carroll Building cubicle, which is usually adorned by one or more of his oil paintings of landscapes. (Photo by Rick Goodfriend)

them],” he said. I’ve had people lately try to push me toward that, but, at this point in time, I feel like there’s a lot more for me to learn before I get into that.

Sometimes that puts more pressure on you, and it takes some of the fun away.

“Oils and paint supplies are not cheap. It wouldn’t be bad to get just enough to

help buy supplies. I’ve got some very nice equipment, but there are a lot of things I’d like to add.”

See ARTIST, page 7

Tunnel 9’s Ray Schlegel loves to ride

By Philip Lorenz III
Aerospace Testing Alliance

Ray Schlegel, who began his career at Hypervelocity Wind Tunnel 9, White Oak, Md., as a co-op student in 1981, has loved motorcycles since he was young.

“I’ve known how to ride a motorcycle since I was about 12 years old and I’ve always wanted one,” said Schlegel, who is now Tunnel 9’s senior electronics technician. “Of course with a family growing up over the years, I never had the money to buy one. Now that my kids are grown and out of the house, I finally bought one when I turned 54.”

Schlegel’s interest in motorcycles and riding goes beyond his joy in hitting the open road with his friends over a weekend or vacation.

Growing up during the Vietnam War era, he saw how many of those veterans were not respected at the time. More recently, Schlegel’s daughter, Sgt. Allison Schlegel, Maryland Army National Guard, 58th Battlefield Surveillance Brigade, served in Iraq from April 2007 through April 2008. Now, the situation was personal.

“It was basically the Westboro Baptist church; I had heard about them and saw what they were doing,” he said. “If something had happened to my daughter I wouldn’t want them anywhere near her.”



Ray Schlegel, Tunnel 9’s senior electronics technician, rounds a curve on his Harley Davidson Fatboy along the roadway known as the “Tail of the Dragon” at Deals Gap, N.C. The photo was taken during a 3,000-mile trek Schlegel took with other members of the Old Glory Harley-Davidson HOG Chapter. (Photo provided)

So Schlegel joined the Patriot Guard in 2008.

“We’re just a barrier between the family and anybody who wants to interfere,” he said. “Mostly they don’t show up a lot. I have been there when they’ve been there twice

See RIDE, page 7

AEDC's Kirk Rutland is dancing with his star

By Philip Lorenz III
Aerospace Testing Alliance

In 1983, before following his dream of becoming a pilot, Kirk Rutland tried something he was less comfortable with, on an impulse.

"I took one ballroom dancing class before I went to flight school, with a community center, kind of as a whim," said Rutland, AEDC's deputy for the maintenance division. "My wife loves to dance, but I never felt comfortable being out there."

Rutland, who once dreamed of becoming an astronaut, proceeded to earn his bachelor's degree in aerospace engineering from Georgia Tech.

Two years after beginning flight training, he and Tracy got married. Any thoughts of learning to dance took a backseat to a busy life.

Rutland joined the Navy and flew the A-7 Corsair II, an aircraft carrier-based subsonic light attack aircraft.

After eight years with the military, he transitioned to contracting and then civil service, working mostly with test and evaluation and progressing to the management side of engineering.

"I worked out on the range at China Lake doing weapons testing, and then went back to NAVAIR (the Naval Air Systems Command)," he said. "It was mostly staff jobs and then my last job before coming here was actually as a division head running the target boats out on the Chesapeake Bay and in the ocean."

"The high speed anti-radiation missile (HARM) was actually what took me out to China Lake. I was the project pilot out there and



Vincent Ballard, a ballroom dance instructor with the National Dance Club in Murfreesboro, explains the proper dance hold and frame for the Waltz to Kirk and Tracy Rutland. (Photo provided)

then when I transitioned [to being a] contractor and then DOD, I continued to work the HARM missile program as an engineer."

Rutland's personal life was equally busy as he and his wife started a family.

Back in 1981, AEDC came into the picture when Rutland was still a student at Georgia Tech.

"I was part of AIAA back at Georgia Tech and we came up to AEDC to see the wind tunnels and just to see how you go about doing that kind of engineering," he recalled. "As part of the Major Range and Testing Facility Base, from a test and evaluation management standpoint, I had gotten involved in all the different [aspects] so I knew about AEDC. I knew several of the senior folks here in that kind of context."

To say he was impressed by what he saw at AEDC would be an understatement.

"From an engineering standpoint it was tremen-

dous, remembering all the wind tunnels and the kind of work that was done – it was 'Now we're into some hardcore engineering.'"

Rutland joined AEDC's work force in September 2006, and by 2010 the dynamics of home life had changed.

"The kids finally were out, we were now empty nesters and so it was like, okay, if we're going to dance let's take some lessons," he said. "The timing was right for it. This was just in the last year, around Christmas maybe."

Rutland's wife Tracy had wanted to learn how to dance for years.

"I have enjoyed dancing for a long time," she said. "I knew no structured dances, though, and Kirk was not comfortable just getting out on the floor and moving."

"We have actually talked about ballroom dancing for many years. With kids, it was just too difficult to arrange. Now that kids are gone, we have time

and money to pursue our interests."

Rutland spoke about some of the challenges encountered when learning to dance and how he used his professional training to help him and his wife overcome them.

He said one hurdle has been "getting the foot work [down] and making it smooth, making sure the woman looks good."

Fortunately, the couple had started out at the same level.

"We're pretty much even because we'll take a lesson [and] then we'll go home and slowly walk through it," he said. "Unfortunately, I approach it like an engineer and so, it's that muscle memory, maybe it's the combination of athlete and engineer where you kind of walk through it and get it to where it becomes almost second nature so that you don't have to think about it."

Tracy Rutland said she has been facing the same

hurdles.

us into competing a little bit, brush up things a little bit. And I think to motivate you to stay current with it, but we're not really – that wasn't our goal, to take it to the competitive level."

Tracy Rutland said the direction they've chosen in dancing was the result of both practical and aesthetic considerations. She said it also helps to have a healthy sense of humor.

"We have concentrated on swing mainly because it seems the most usable dance at a club," she said. "Also, it is a very fun dance. We enjoy the turns and spins a lot. We have done a lot of laughing trying to figure out the footwork. I must say, this has been one of the most fun things that we have done together."

Rutland said it took awhile before they found the right fit for sharing their time, but dancing has been ideal.

"The key is it's something Tracy and I can do together and do it for awhile," he said. "We've tried different sports to do together and that didn't really work out. She would rather be at home reading and I'd be out on the tennis courts and this is the one thing that we can stay together and do."

"That's a big part of it as well – I wanted Tracy to feel comfortable where she could go out and meet more people in a social setting. She was a stay-at-home mom for a number of years and just last year went back to work as the kids were leaving."

"She recognized that she needed to do it [even] when we were in a subdivision in Maryland with other women who were close by. Living in Manchester out in the county – it's not quite the same."

ESTATE from page 1

that may not happen."

In addition to planning for death, virtually everyone also needs a plan in place that will assure one's wishes are carried out in the event of incompetency or disability.

"If we become incompetent and disabled and don't have a plan in place, then your family is going to be forced to go to court through an expensive process called a conservatorship to get things taken care of," Colonel Baker said. "Again, this puts a lot of burden on the family or loved ones when, if we took some time to plan those things in advance, we might be able to greatly reduce that burden and make sure that everybody's taken care of, including yourself if you're disabled."

Colonel Baker said the core documents needed in any estate plan include a will to take care of your estate when you die and powers of attorney, both financial and for health care, to take care of your affairs if you become disabled or incompetent. The core documents might also include a living will, which is an expression of your intent as far as medical care in the event that you are in a terminal or other dire medical condition with no hope of recovery.

Colonel Baker said he highly recommends having an attorney assist you in developing an estate plan.

"I believe that it is one

of those areas that is very difficult to do in a self-help or on your own," he said. "There are too many matters there that could go wrong if it's not done right. If you make a mistake here it may not be correctable or it's going to be very expensive and difficult to correct."

"If you think about it, we're talking about planning for your long-term care if you become disabled and for the disposition of your entire life's estate, so it's probably worth spending some money on if you can do that. I don't want people to go out and purchase a document from the Internet or whatever and think they're getting legal advice or assurance that the documents will meet their legal needs because they specifically do not provide legal advice or any assurance that the documents will achieve their estate planning goals."

Anything you purchase over the Internet, Colonel Baker said, is usually generic in form – "kind of one size fits all." In real life, one size doesn't fit all.

"Everybody's families and situations are different; no two are exact," he said. "The more you can get it tailored to your situation I think the better off you'll be. If they consult a general practitioner, who works in multiple areas of the law, they're probably going to get a more basic service when it comes to the will. If you hire somebody

who specializes in those areas [estate planning], then you'll probably get a more thorough review and get more time ... with the attorney and more planning will be involved."

In addition, AEDC's Legal Office can provide assistance in estate planning to active military, military retirees and dependents and reservists in a deployment mobilization status.

"The Legal Office can provide you with consultation on estate planning, but as far as document preparation, they prepare wills, powers of attorney, health care powers of attorney and living wills," Colonel Baker said. "They do not prepare living trusts. They do not do sophisticated tax planning such as inheritance and estate taxes. If you need these more complicated matters, then you need to consult a civilian lawyer who works in these areas."

Colonel Baker said he was pleased at the turnout for the estate planning briefings and thought it was beneficial that the base Legal Office planned the sessions.

"I think from the Legal Office's perspective, this is a great preventative law tool," he said. "If we can keep the people out here from having their own personal legal problems, they're probably going to be more focused on their job and able to do a better job."

AEDC's Baxter helps to bring scouting back to Iraqi children

By Philip Lorenz III
Aerospace Testing Alliance

When Lance Baxter, chief of AEDC's technology branch, volunteered to deploy to Iraq late last year, he made an interesting and unexpected discovery.

Baxter, who works for the Missile and Space Intelligence Center in Huntsville in his capacity as a major in the Air Force reserves, arrived at Baghdad's Victory Base Complex in 2010 to help wind down the mission before American forces depart the country.

"My job was to help the organization plan for an orderly and responsible withdrawal while maintaining mission coverage and support to the commanders in theater," Baxter explained. "That's a real challenge and it's a big mission to do."

Baxter said his assignment normally wouldn't have brought him into contact with many Iraqis, but two weeks into a four-month deployment, his first ever, that all changed.

Word reached him about a need for volunteers to help a three-year-old effort to restore scouting as a viable youth organization in Iraq.

"My day-to-day work contact was largely with the U.S. side," he said. "But then I got involved with the Victory Base Council, which is an organization that was formed a few years before I arrived to provide a scouting program for the children of some Iraqi soldiers who live on the Victory Base Complex."

Baxter's three sons had drawn the electrical engineer into scouting, first as a den leader and cub master in Pack 142 and now as troop committee chairman for Troop 158 in Tullahoma. He said the last thing he expected to see or experience in Iraq was scouting.

"Iraq has a really strong scouting tradition," he said. "They're one of the nations that helped to form the World Scouting Organization back in the 1920s and 1930s. With their English colonial history, they were very strongly tied to the original English scouting movement."

"The British military brought the program with them and the Iraqi culture really embraced it and had a very strong scouting program for many years. Saddam Hussein corrupted that, and eventually toward the end of his rule, he made their scouting program very militant. They were dismissed from the World Scouting Organization at that point."

Baxter said highly motivated Iraqis, several who spoke very good English and worked as translators, helped to enable the Iraqi and American military volunteers to interact well with each other and with the children.

"Not much Arabic is necessary when you want the kids to kick a soccer ball, but doing things like teaching archery, how to play basketball or football or teaching them about principle-centered leadership is a little more difficult," he said. "It's not too hard to convince kids



Maj. Lance Baxter shows off a plaque presented to him for his service during the recent deployment to Iraq. (Photo provided)

that [it's] a good time to play soccer by dragging out a soccer ball and start to kicking it around, they catch on to that pretty quickly."

Baxter was encouraged by the growth in scouting he witnessed during his deployment. There were approximately 75 children when he first arrived in Iraq. Four months later that number had grown to about 150 boys and girls ages 4-18.

"By the time I left, we had some very encouraging developments with the Iraqi side picking up more responsibility for planning and directing the program and an Iraqi business was providing additional buses to bring even more kids in from the Iraqi village just outside the base," he said.

Baxter said his first deployment proved to be an excellent experience, both professionally and personally. Having the opportunity to contribute to the renewal of Iraq's scouting program was particularly satisfying.

"Frankly I think it was the best thing that I did," he said. "I think it's the thing that has the potential to make the biggest difference over time – these are the kids who are going to grow up to be in charge of Iraq, and they will be better prepared to do it because of the scouting program."

Baxter said he views the U.S. military volunteers who've teamed up with their Iraqi counterparts to help restore scouting in the country as an essential partnership.

"It lets these children see what's possible and helps them to understand who we are as Americans and how we really feel about them," he said. "They're going to be better equipped to be the good leaders that their country needs, just like scouts are here in the United States."

Artist from page 4



Vickie Seaton displays the painting of her miniature schnauzer, Hank, which was recently presented to her by co-worker, Tony Medley. (Photos by Rick Goodfriend)

Medley said he would like to eventually find time to take some art classes, either at an art studio or a university. He said he's either painting or reading about painting almost every day and always has at least one painting under way. He's also always thinking about his next project.

"I've actually got another dog I'm thinking about working on," he said. "I've also actually got a picture of a three- or four-year-old kid that I've had for years. It's just a picture that I thought was really neat, and I think about doing seascapes."

Medley's motivation for painting is simple: it's fun.

"I get a lot of pleasure out of it, and – the good thing is – it seems like I make other people happy," he said, "That gives me pleasure.

"I love being an engineer; I love my job by all means, but I want to learn how to do something and enjoy something on the side that later in life I can continue."

Ride from page 4

and I've done more than 50 of these now."

Schlegel said he attends the funerals regardless of whether protesters show up for them.

"Mostly it's just...when you shake hands with the family after the funeral and you give them a hug, shed a little tear with them; it just touches your heart," he said. "It's not about me, it's about the families."

Schlegel, who has been a member of the local Old Glory Harley-Davidson HOG chapter since 2007, also enjoys taking his Harley Davidson "Fatboy" on the road to enjoy the ride, scenery and shared adventure with his friends.

He recently made a 3,000-plus mile trek on his motorcycle from White Oak to New Orleans and back with 15 other cyclists.

"This was a pleasure trip with my Old Glory Harley-Davidson HOG chapter," Schlegel said. "It started out at the local Harley Davidson dealer where I belong to that chapter. [We] drove to Danville, Va., [on the] first day, second day drove to Asheville N.C., drove about 300 miles in the Smokies over to the Tennessee side in Etowah, drove some more mileage through the Smok-

ies, drove down to Leeds, Ala., and from there [drove] to the Barber Vintage Motorsports Museum. This guy [George Barber] has one of every motorcycle since the beginning of time, it's really quite impressive."

Schlegel's involvement with motorcycles is a balance between fun and his commitment to supporting the troops.

"The weekend before I went on this trip, I was at Walter Reed where our Maryland chapter of the Patriot Guard was putting on a picnic for them," he said. "I delivered the food up [to] the wounded warrior ward at Walter Reed.

"Talking to those guys, giving them a little boost is all you can do for them. And even the doctors and nurses there; they have to deal with that every day."

Schlegel's interest and commitment to America's military service members was strongly influenced by his father, Walter Schlegel, a Navy machinist mate who "served in all theaters during World War II."

Schlegel said, "From 1946 to 1968 my father was in the Naval Reserve, taught steam engineering at the Navy Yard in Washington, D.C., before transferring to aviation. [He



Ray Schlegel, Tunnel 9's senior electronics technician, is a member of a Maryland chapter of the Patriot Guard, "an organization supporting those who risk their lives for America's freedom and security." (Photo provided)

was] called up during the Cuban Missile Crisis; he was an aviation machinist mate, a chief petty officer. He also worked as a civilian at the National Institute of Health as a mechanical engineering technician and branch head."

Schlegel enjoys working at Tunnel 9 and spend-

ing time on his motorcycle, whether it's a road trip or supporting veterans.

Regarding his recent 3,000-plus trip, he said, "I had a good time, the friends I rode with, they're very good people, a lot of ex-military, policemen and current military."

ATA Overall Team Member of the Quarter

The Overall ATA Team Member of the Quarter is Dan Henley.

Henley, administrative professional, was recognized for leading AEDC's infrared Condition-Based Maintenance (CBM) program. CBM technology has played a significant role in identifying problems with many different types of equipment (electrical equipment such as transformers, switchgears, overhead lines and unit substations; mechanical equipment such as pumps, compressors, hydraulic systems, coolers, tanks, gaseous nitrogen, service air and trichloroethylene).

In addition, the technology has also pinpointed almost \$1 million in cost avoidances and helped single out problems that could have resulted in lost test time.



Henley

Overall Craft Member of the Quarter

The Overall Craft Member of the Quarter is Don Newsome. Newsome, precision inspector, was recognized for being key player this quarter in providing outstanding customer support for dimensional calibrations. He is currently single-handedly supporting all of PMEL's dimensional calibrations. Jones increased productivity by almost 50 percent compared to this same period last fiscal year (FY) – 165 items calibrated this quarter in FY10 to 329 items for FY11. He achieved this without a single quality nonconformity for this same time period. His actions allowed the PMEL to maintain a 5.2 day turnaround time in the Dimensional Lab which exceeds our Air Force customer's expectations by more than three-and-a-half days.



Newsom



Christopher Gernaat
Team Member
Investments

Gernaat, design engineer, was recognized for ensuring that the AEDC and MCI Program Recovery Plan, which will ultimately produce a new specification package for the C1 Spacers Project, is adhered to.



Michael Bennett
Team Member
Information Technology & Systems

Bennett, senior data systems design engineer, was recognized for being a driving force in developing a standard data acquisition system (EDAPS) currently used throughout the aer propulsion and space mission areas.



William "Bill" Coppeans
Team Member
Integrated Test & Eval.

Coppeans, test engineer, was recognized for demonstrating a commitment to accomplishment of the goals of validating/testing the Aerodynamic and Propulsion Test Unit (APTU) in support of the re-designed Facility Control System.



Reggie Riddle
Team Member
Integrated Test & Eval.

Riddle, engineer/scientist, was recognized for his excellence in being one who demonstrates a spirit of unselfish volunteerism within the Flight Systems Product Branch.



Derrick Garner
Team Member
Performance Management

Garner, administrative professional, was recognized for his work approach, which is to learn everything he can, work on everything he can and complete everything he gets assigned to the satisfaction of the task's stakeholders.



Michael Mann
Team Member
Support Services

Mann, assistant anti-terrorism officer, was recognized for his work when the base was ordered to implement a change in the force protection condition in the absence of the primary anti-terrorism officer.



Christopher Sloan
Craft Team Member
Facilities Operations

Sloan, HVAC technician, was recognized for going above and beyond to ensure that the customers, no matter how impatient, are taken care of and treated with dignity and are given service that would be expected in the private sector.



David Jones
Craft Team Member
Facilities Operations

Jones, instrument technician, was recognized for providing expertise and support for boiler operations during routine and emergency work days. If a problem occurs, he troubleshoots, identify repairs and makes the repairs.



Joel Bettis
Craft Team Member
Integrated Test & Eval.

Bettis, instrument technician specialist, was recognized for being trusted leader among his peers. As a qualified model position operator at 4T and 16T, he is an excellent troubleshooter for the various PWT test diagnostic equipment.



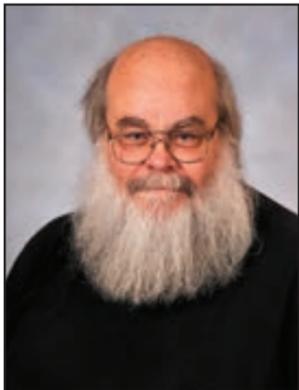
Kevin Hill
Craft Team Member
Resource Provisioning

Hill, storekeeper, was recognized for his special effort in distributing more than 300 items that were held in the lab for the Air Force Metrology and Calibration audit that prevented delays by delivering the equipment.



Joseph D. Martin
Craft Team Member
Integrated Test & Eval.

Martin, boilermaker/working foreman, was recognized for ensuring that the J-6 crew is properly staffed for the work to be done. He makes the J-6 operations run like a well-oiled machine.



Daniel Meaker
Craft Team Member
FRC

Meaker, instrument technician, was recognized for being crucial in the planning and implementation of the relocation of the base cable television (CATV) system to a facility specifically designed to house the CATV head-end equipment.



Glenn Dale Smith
AEDC Safety Achievement Award
Facilities Operations

Smith, power system dispatcher, was recognized for addressing unfollowed procedures that are required in the B4 High Voltage Standards and assisting in information to remedy missteps.



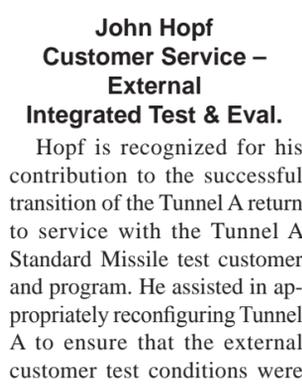
Maxine Davis
Customer Service – Internal
Resource Provisioning

Davis is recognized for her devoted attention to detail and knowledge of the short and long term disability insurance processes and willingness to go out of her way to make sure employees' benefits are in place and timely.



Rick Goodfriend
Customer Service – Internal
Integrated Test & Eval.

Goodfriend, base photographer, is responsible for capturing test and non-test events whenever and wherever they occur. He always strives to please with his professional attitude, excellent work ethic and quality product.



John Hopf
Customer Service – External
Integrated Test & Eval.

Hopf is recognized for his contribution to the successful transition of the Tunnel A return to service with the Tunnel A Standard Missile test customer and program. He assisted in appropriately reconfiguring Tunnel A to ensure that the external customer test conditions were communicated and considered as the test section diffuser system was rebuilt.



Becky Combs
Customer Service – External
Integrated Test & Eval.

Combs is recognized for her role in supporting AEDC's call to assist the F-22 Safety Investigation Board at Elmendorf AFB, Alaska. With only two days notice, Ms. Combs managed to specify, procure and arrange delivery and logistical support of roughly 4,000 pound of critical test support equipment.



Combs



ATA
Aerospace Testing Alliance

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

Government



2nd Lt. Drew L. Miller
Company Grade Officer

Lieutenant Miller, turbine engine test manager, was recognized for leading the \$7.8 million Component Improvement Program (CIP) testing of the PW229 engine for the F-15 and F-16 and for being an alternative fuels expert.



Tech. Sgt. Randall H. Lusk
Non-Commissioned Officer-in-Charge

Sergeant Lusk, NCOIC Fabrication, was recognized for resolving repairs on large Horizontal Mill, allowing B-52H model schedule remained uninterrupted; identifying machine availability issues, avoiding costly delays on B-52H's Yaw Adaptor; and ensuring resources were in place to machine nose tips for HI Arc Heaters.



Senior Airman Tara Kindermann
Airman

Senior Airman Kindermann, financial services technician, was recognized for being a Defense Travel Service expert, overseeing 385 accounts, creating new accounts within 24 hours of member arrival and receiving a 100 percent "excellent" rating by customers.



James Burns
Civilian of the Quarter
Scientist/Engineer

Burns, SMTC senior space test leader/engineer, was recognized for expertly handled all aspects of \$1 million ground test in support of MDA in the 10V Space Chamber and for successful management of multi-year Short Focal Length Collimator (SFLC) to upgrade 7V chamber.



Leslie Tuttle
Civilian of the Quarter
Clerical/Technical Support

Tuttle, a claims paralegal, was recognized for expertly investigating, researching and processing eight claims; saved AEDC from \$175,000 traffic accident claim; and made AEDC's busiest tax season a success by ensuring no cost, quality tax services were provided to all eligible.



Jeff Ross
Civilian of the Quarter
Administrative

Ross, financial management analyst, was recognized for being a masterful "comptroller" of AEDC's most technically diverse and dynamic portfolio of technology and investment programs valued at about \$100 million and for initiating/leading in-depth monthly execution reviews/analysis for all PECs.



Patricia Wilder
Services Employee of the Quarter, Category I

Wilder, a cook, was recognized for becoming the go-to person for the ALC kitchen as a steady back-up for our higher-graded cook and has done an outstanding job expanding her job knowledge and creativity with cooking and for using knowledge gained at another job to the ALC's pizza operation, improving portioning, cook time and consistency.



Melissa Hester
Services Employee of the Quarter, Category II

Hester, recreation specialist, was recognized for doing outstanding job planning and coordinating events for both the ALC, GLC, CAC and ITT programs. She has been indispensable in gathering new tickets and recreation information for military and civilians and laying the groundwork to get ITT involved with the Military Travel Voucher Program.

Roosa wins William M. Dunne People's Choice Award

Russell Roosa, an ATA safety consultant, received the William M. Dunne People's Choice Award for the quarter.

Roosa was recognized for his ability to manage and deliver a huge volume of diverse work with timeliness and accuracy. He possesses a largely self-taught mastery of database development acquired through many hours of off-duty study and trial-and-error practices. His resulting knowledge has been put to use to develop a variety of databases that enhance and facilitate numerous safety programs.

He developed and now maintains and provides enhancements to a Hazard Abatement Log (HAL) database which involved field-testing and fine-tuning HAL to ensure accu-



Roosa

racy and ease of use; facilitating tracking and correction of hazards reported during safety, hygiene and high interest inspections as well as those submitted via Safety Observation Reports;

See **ROOSA**, page 15

Milestones

30 YEARS

Margaret Smith, ATA
Vernon Branch, ATA
Thomas Phillips, ATA
Robert Brim, ATA
James Bailey, ATA
Tony Mason, ATA
Curtis Walters, ATA
Mark Duke, ATA
David Duesterhaus, AF
Lawrence Resch, AF
Gary Lewandowski, AF

25 YEARS

Sheila Sullivan, ATA
Roberta Kologinczak, ATA
Moufid, Aboulmouna, ATA
Mark Brandon, ATA
William Armstrong, ATA

20 YEARS

Dennis Flatt, ATA

Robert Tate, ATA
Ferriss Blackwell, ATA

15 YEARS

Susan Rhodes, ATA

10 YEARS

Kay Odell, ATA
Rebecca Sisk, ATA
David Claudio, ATA
Gregory Sandlin, ATA
Kendall Layne, ATA
Jimmy Nance, ATA
Charles Falk III, ATA
James Zelkan, AF

5 YEARS

Harry Cooper, ATA
Sarah Toll, ATA
Crawford Parrish, Jr., ATA

INBOUND MILITARY

Col. Michael Brewer
Lt. Col. Rick Petito
2nd Lt. Joshua Coughenour
2nd Lt. Sam Stephens

OUTBOUND MILITARY

Col. Kim Brooks
Staff Sgt. David Holman

RETIREMENTS

Master Sgt. Carl Miller, AF
Richard Ferrebee, AF

NEW HIRES

Joshua Hartman, AF
Antonina York, AF

PROMOTIONS

Gary Cunningham, ATA
Edgar Wantland, ATA

Arnold Golf Course 454-GOLF; 454-FOOD

Check us out on Facebook!
Arnold AFB Golf Course

Arnold Golf Course **Club Championship** will be held August 27-28 for members only. Play will begin with an 8 a.m. shotgun start for 36-holes individual stroke play. Cost is \$40 and includes lunch on Sunday. Cart is not included. Sign up in the Pro Shop by Aug. 24.

Arnold Lakeside Center 454-3350

Check us out on Facebook!
Arnold Lakeside Center and
Arnold AFB Service Informa-
tion Tickets and Tours

Arnold Lakeside Center will have a special Date Night Movie evening Aug. 6.

Dinner will be available in the ballroom at 6 p.m. with the movie starting at 7 p.m. The Four Seasons Dining Room will be open for dinner at 5 p.m.

Choose from either the two for \$25 (\$24 member price) special menu or pizza menu. The regular dining room and Express menu will not be available.

The special menu includes choice of appetizer: spinach artichoke dip, cheese sticks, fried mushrooms, onion rings or two cups of mushroom and brie bisque; choice of two entrees: 8 ounce grilled sirloin, 10-spice vegetable pasta, Monterrey chicken or grilled cold-water salmon filet; and choice of dessert (served with two spoons): carrot cake, five-layer chocolate cake, bacon ice cream sundae or Spanish flan.

Beverages not included. Reservations are requested but not required, 454-3350.

“Water for Elephants” is rated PG-13 and stars Reese Witherspoon and Robert Pattinson.

Pattinson is veterinary student Jacob who meets and falls in love with Witherspoon’s character, Marlena, a star performer in a circus in a bygone era.

They discover beauty amid the world of the big top and come together through their compassion for a special elephant.

Against all odds, including the wrath of Marlena’s charismatic but dangerous husband, August, Jacob and Marlena find lifelong love.

Members Only Texas Hold ‘em Tournament starts Aug. 13.

Arnold Lakeside Center will hold an eight-week tournament for members only beginning Aug. 13.

Play will be in The Landing on select Saturdays and Thursdays beginning at 6 p.m. each week except for the finals which will begin at 5 p.m. Tournament dates are: Aug. 13, 20, 25, Sept. 1, 10, 17, 24.

The finals will be Oct. 1. Members age 18 and older are eligible. Players will be divided evenly among tables in random draw placement each week.

The number of tables will be determined by the number of participants each week. Tables will be responsible for the deal at each table.

A dedicated dealer will be provided for the championship table. As players are eliminated, the number of remaining players will be redistributed throughout the night to make as many even-number tables of players per game until the final eight.

Placement points will be determined by finishing ranking each week once the player pool gets down to the final eight players of the night.

Players eliminated before final eight will not receive points. Point placement chart is as follows: eighth place: 1 point, seventh place: 2 points, sixth place: 3 points, fifth place: 4 points, fourth place: 5 points, third place: 6 points, second place: 7 points, first place: 8 points.

A running seven-week tally of total weekly points will determine the ranking order to decide who plays in the final championship rounds. Player’s best six of seven weeks will constitute the total number of points.

The Championship Table will be made up of the top 16 players plus ties from seven-week standings. Winning a single week does not guarantee a seat at the Championship Table.

Seats are decided by point ranking only. Play will be single elimination round to determine a final 2011 ALC Texas Hold ‘Em Champion. Prizes will be given to top two winners each week.

Grand prizes will be given to the top three finishers in the championship.

Arnold Lakeside Center has planned an evening getaway to **Chaffin’s Barn Dinner Theater** in Nashville Aug. 19 to see “Annie.”

In this classic Broadway musical, plucky orphan Annie is given the opportunity to spend the day with billionaire Oliver Warbucks.

Annie believes her parents will come back for her, so Warbucks offers a reward to anyone who can find her parents.

Miss Hannigan, the gin-guzzling orphanage matron concocts a wicked plan to collect the reward using her crooked brother and his dim-witted girlfriend as accomplices.

Their scheme is foiled, and along the way Annie inspires FDR’s “New Deal.”

A delightful evening for the entire family.

Enjoy dinner before the show and then watch as the real magic begins, the lights dim and the stage descends from the ceiling.

Cost is \$55 if signed up before Aug. 1. Between Aug. 1-10, the cost is \$60.

Deadline to sign up is Aug. 10.

Depart from the ALC at 4:30 p.m. and return approximately 1 a.m.

This trip has all the elements for an outstanding night of fun located in one building and with transportation provided at a great price.

Chaffin’s Barn Dinner Theater is rated one of the top 25 tourist attractions in Nashville. Call Melissa at 454-3303 to sign up for the trip.

Maximum participants allowed is 20.

First Friday Jam is back August 5 starting at 6 p.m. Come to play, listen, dance and enjoy. Join in with the band to play an instrument or sing. Or take over and do your own performance. Dinner special is Chicken Bryan, \$10.95 member, \$11.95 non.

Last Friday Trivia Contest returns 6 p.m. Aug. 26. 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 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 teams with the most points at the end will win prizes.

Ties will be broken by a trivia play-off. Dinner special is spicy garlic lime chicken, \$10.95 member, \$11.95 nonmember.

Wednesday Lunch is available for dine in or carry out from 11 a.m. to 1 p.m. Call ahead to 454-5555 to place orders. No delivery available.

For better service, you may call on any day and preorder.

Regular menu items available during lunch include specialty burgers, chicken tenders, salads and stuffed breadsticks.

Call to see what other specials are available each week or check Sharepoint.

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 August is: **Aug. 4** – “Source Code,” rated PG-13 starring Jake Gyllenhaal and Michelle Monaghan. A soldier wakes up in the body of an unknown man and discovers he’s part of a mission to find the bomber of a Chicago commuter train.

Aug. 11 – “Hop,” rated PG starring Russell Brand, James Marsden and Kaley Cuoco. E. B., the Easter Bunny’s teenage son, heads to Hollywood, determined to become a drummer in a rock band. In LA, he’s taken in by Fred after the out-of-work slacker hits E.B. with his car.

Aug. 18 – “Something Borrowed,” rated PG-13 starring Kate Hudson, Ginnifer Goodwin and Colin Egglesfield. Friendships are tested and secrets come to the surface when terminally single Rachel falls for Dex, her best friend Darcy’s fiancé.

Aug. 25 – “Thor” rated PG-13 starring Chris Hemsworth, Anthony Hopkins and Natalie Portman. The powerful but arrogant warrior Thor is cast out of the fantastic realm of Asgard and sent to live amongst humans on Earth, where he soon becomes one of their finest defenders.

Friday night dining room specials available from 4-9 p.m.

Aug. 5: Chicken Bryan, \$10.95 member, \$11.95 non. First Friday Jam 6-10 p.m.

Aug. 12: Prosciutto stuffed chicken breast, \$11.95 member, \$12.95 non.

Aug. 19: Cheddar penne with sausage and peppers, \$9.95 members, \$10.95 non.

Aug. 26: Spicy garlic lime chicken, \$10.95 member, \$11.95 non. Trivia Night 6 p.m.

All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Saturday availability and specials: Aug. 6: Special Date Night Movie menu (two for \$24 members, \$25 non) or pizza menu.

The special menu includes choice of appetizer: spinach artichoke dip, cheese sticks, fried mushrooms, onion rings or two cups of mushroom and brie bisque; choice of two entrees: 8 ounce grilled sirloin, 10-spice vegetable pasta, Monterrey chicken or grilled cold-water salmon filet; and choice of dessert (served with two spoons): carrot cake, five-layer chocolate cake, bacon ice cream sundae or Spanish flan.

Aug. 13: Prosciutto stuffed chicken breast, \$11.95 member, \$12.95 non.

Aug. 20: Prime rib for two \$29.95 member, \$31.95 non.

Aug. 27: Pizza and Express take out only; no dining room.

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.

August Drink Specials (all month long): The Emerald City – Irish whiskey, Midori melon and Ginger Ale; Chocolate Russian – chocolate vodka, Kahlua, cream.

Family Member/Youth Programs (FamY) 454-3277

Check us out on Facebook!
Arnold AFB Youth Programs

It’s almost school time again and what better way to celebrate the end of summer than with a **Back to School Ice Cream Social**.

This is a time to meet other school-age kids plus have a nice cool break from the hot weather outside.

Ice cream and “the works” will be provided Aug. 5 from 3-5 p.m.

Participants are encouraged to bring their own bananas for banana splits or brownies for a delicious brownie sundae.

We will also have root beer and cola to make old fashioned floats.

This event is for ages 5-18 and their families.

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

Pretty Discoveries returns for a **jewelry fair Aug. 19** in the A&E building, room A123, from 9 a.m. to 3 p.m. All jewelry prices are below \$20 and there will be door prize drawings for free jewelry. Pretty Discoveries also carries belts and handbags.

Fitness Center 454-6440

Check us out on Facebook!
Arnold AFB Services Fitness Center

Battlefield Day is coming Aug 31 beginning at 11 a.m. This event will be a field day at the running track behind the A&E building consisting of a four person 400 meter relay (1 lap each), 60 meter sprint, tire hammer and toss and tug of war. Services prizes will be given to the winners in each event. T-shirts will be given to the first thirty to sign up. Call for more details or to sign up.

Outdoor Rec (ODR) 454-6084

Check us out on Facebook!
Arnold AFB Services Outdoor Recreation

“Take a Trek Thru Outdoor Rec” Treasure Hunt will be held the entire month of August. Visit the main ODR office to pick up a ‘treasure map’ which will guide you on your ‘trek thru ODR.’

To be eligible for program prizes, follow the treasure map to each participating ODR area where the treasure map must be ‘stickered’ by Services ODR personnel.

Those participating activities will also offer an incentive prize that you can select from the treasure chest.

After all of the ODR activities have been visited and the treasure map ‘stickered,’ turn in the com-

pleted treasure map to the main ODR office (the same place you initially began the ‘trek’) where the map will be placed into a treasure chest for the grand prize drawings.

Be sure to complete the contact information on the back of the treasure map.

At the end of the month drawings will be held for the grand prize of \$500 Services Bucks and a second prize of a Global Positioning System (GPS).

Hands-On Boat Certification Class is now mandatory for renting boats from the marina.

Watch the video during the week any time from 8 a.m. to 4:30 p.m.

After watching the video and taking the test sign up for the hands-on portion which is available Saturday and Sunday at 8:30 a.m., 9:30 a.m., 10:30 a.m., 11:30 a.m. and 12:30 p.m.

This class costs \$20 and certification is valid for two years. Call to sign up or for more information.

An **Archery Basics Class** has been scheduled for Aug. 20 beginning at 9 a.m. for ages 10 and older for only \$3 each. 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 Aug. 16. There must be a minimum of three to hold the class and maximum participation is 10.

This class will teach how to properly hold a bow, correct shooting technique and even some archery history.

This is a great opportunity to start a new hobby.

Outdoor Rec is heading back to the Tullahoma Airport for **Sky-diving Aug. 27**.

This adventure will be a tandem jump from approximately 14,000 feet.

After just a few minutes of instruction you are ready for a 60-second freefall while attached securely to one of their certified tandem masters.

The cost is \$215 and is for ages 16 and older.

Ages 16 and 17 must have written parental consent.

Meet at Outdoor Rec at 8 a.m. Finish time will depend on the number of participants.

There must be a minimum of three to go and no more than eight.

Sign up by Aug. 16. Cancellation after August 24 will be nonrefundable.

If interested in video or pictures of your jump you must request this at time of reservation. Additional charges will apply for this service.

Call Outdoor Rec at 454-6084 for more information and to sign up.

Wingo Inn 454-3051

Check us out on Facebook!
Wingo Inn

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

Services 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, Marina and Auto Shop Tuesday through Sunday 8 a.m.-6 p.m.

Fitness Center – Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m.-4 p.m.; **now closed on Sundays**

Arnold Golf Course – Pro Shop & Driving Range 7 a.m. – dusk, 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.-2p.m.; Thursday 8 a.m.-noon.



Arnold Airman part of AFMC marathon team

1st Lt. Bradley Chronister has been selected to represent the Air Force Materiel Command (AFMC) at the Air Force Marathon as a part of the men's half marathon team.

The marathon is scheduled for Sept. 17 at the National Museum of the United States Air Force located on Wright-Patterson AFB, Ohio.

Lieutenant Chronister, project manager in the Investments Branch, responded to an e-mail sent out earlier this year from Ron Stephenson at the fitness center asking if anyone was interested in running for the AFMC team.

"I wanted to pursue competitive running again," Lieutenant Chronister said. "I already planned on doing the Air Force marathon so I applied. There's an established system in the Air Force for requesting what they call 'specialized sports training.' You just list information on your past performances on a standard form then Services submits it to Headquarters. I put down all the races I had done in the last two years or so and a few weeks later they informed me that I was selected."

The following individuals have been selected to represent the command at the marathon:

Men's full marathon

- Maj. Derek Speten, Hanscom AFB, Mass.
- Capt. Joshua Stoley, Edwards AFB, Calif.
- Capt. Justin Manganaro, Eglin AFB, Fla.

- Master Sgt. Thomas Smith, Hill AFB, Utah

Men's half marathon

- Maj. Lance Campbell, Eglin AFB, Fla.
- 1st Lt. Bradley Chronister, Arnold AFB, Tenn.
- Airman 1st Class Monte Murillo, Kirtland AFB, N.M.
- Airman 1st Class Joseph Medley, Kirtland AFB, N.M.

Lieutenant Chronister said he has a pretty simple training philosophy – "just run a bunch of miles and try to mix in a couple faster runs every week."

"There's really not much of a trick to running endurance races," he said. "Like anything else it just takes a lot of long, boring practice. The tough part is ignoring that internal voice that tells you to lay off for a day or cut a run short. Once I've established a good endurance base I try and mix in some speed work on the track, but there's not much speed involved in a race this distance. It's mainly just getting used to running a faster pace."

For the September race, the lieutenant has yet to set his goals or expectations.

"After the holidays I thought under 1:10 was realistic, but I lost a couple months due to injury and I'm not sure that's attainable right now," he said. "On the other hand, I still have about six solid training weeks until the race. There will be some very fast runners up there to help pull me along, so that's probably the pace I'll try to keep."

As part of the AFMC team, members' participation can earn points tallied toward the Major Command Challenge. The winning command earns possession of a prestigious traveling trophy.

The top male and female Air Force finishers in all age groups and both the half- and full-marathon races earn points for their commands.

The MAJCOM Challenge is an Air Force-wide competition open to active-duty and activated Guard and Reserve service members.

The challenge pits uniformed members of the service against one another in a friendly competition determined by participation points and race performance.

Now in its fifth year, the MAJCOM Challenge was established to boost involvement in the marathon. The point system rewards commands for their percentage growth in active-duty or activated military participation based on MAJCOM population.

Darbie Sizemore contributed to this article

Final Commander's Fit Tip

Let's review what we have learned

By Col. Michael Panarisi
AEDC Commander

It's hard to believe, but this will my last edition of the "Commander's Fit Tip."

It's been a fantastic two years, and I can't thank you enough for your interest, comments and correspondence as we explored the universe of topics related to boosting performance, shedding pounds and developing a healthy, life-enhancing lifestyle.

It's been an honor to serve as your guide on this journey.

So for this last tip, let's review a bit and sum up the major themes we've explored over the past two years.

1. Change takes time.

The human body is a great adapting machine, but it doesn't adapt quickly.

In a way, this protects us from wild variations in our systems in response to short-term stimuli. So any change you'd like to make will challenge your patience.

Weight loss, muscle gain, aerobic capacity increase, speed increase ... whatever your goal, let the clock tick a little.

That doesn't mean you can't track and monitor progress along the way, but for a lasting result, think in terms of weeks, not days.

2. Stick to a plan.

If you want to initiate an adaptation,

you have to sustain the stimulus and keep it consistent. Otherwise, your body won't "know" what to adapt to!

It can get a little monotonous at times, but repetition is the key to adaptation. Written (and tracked!) plans have the best records.

3. Get a coach!

If you really want to make a big change, a coach means the difference between wasted time and surprisingly good results.

Not only will they help you stick to the plan, they are the best protection against setbacks and injuries.

Certified personal trainers, physical therapists and athletic trainers are among the best to add to your arsenal. But, whomever you choose, make sure they understand what you are trying to accomplish and how you will "know" when you've done it.

4. Measure and track your progress.

Did you ever wonder why the "really big guys" at the gym are always checking a worksheet or scribbling something down?

They learned long ago that a plan and a log offer hard to refute evidence of your effort.

Plus, your coach will need some data to help them understand how you are interpreting their advice.

The few minutes you spend on this will save you hours of workout time.

5. MAKE IT FUN!!

So many plans go down in flames because they are just drudgery.

Variation is the key to keeping your gym time off the "dreaded" list. That's why I've become a huge fan of "multi-sport" training.

In my workups for the Mach Tenn Triathlon, I saw firsthand what a powerful tool this can be.

By combining running, cycling, spinning, swimming and elliptical trainers, you can all but eliminate the monotony; and more importantly, those nagging aches and pains that so often accompany repetitive routines.

6. Listen to your body.

Far and away the best advice I've ever received from a trainer.

This goes beyond "if it hurts, stop doing it." This is about paying attention to the subtle signals, aches, "twinges" and all the little things that can keep you from hitting the wall, or worse, heading for the doctor's office with a problem they won't be able to solve quickly.

Remember the first item on our list... adaptation takes time.

Rush for results will more than likely slow you way down.

I wish you all the very best as you continue toward your goals.

Take care aficionados!

Motorcycle safety: Airman speaks from experience

By Senior Airman Steve Bauer
30th Space Wing Public Affairs

VANDENBERG AIR FORCE BASE, Calif. (AFNS) – On a sunny and dry Saturday afternoon last August, an Airman was traveling 40 mph in northbound traffic on Highway 101 in California, when three lanes quickly merged into two lanes of congested traffic.

Maj. Richard Apple, the 30th Logistics Readiness Squadron commander, was returning home after having routine maintenance work completed on his motorcycle. As the lanes merged, he found himself in the left lane of traffic.

Being in the left lane, Major Apple said he scanned the road ahead and his peripheral vision for potential threats. Inherently, his focus was on the right lane, where he thought danger was most prevalent.

Driving defensively, Major Apple said he recognized a motorist who was recklessly trying to gain ground in the congestion by swerving in and out of the lanes of traffic. The motorist's vehicle had a burnt-out brake light on its right side.

"There was nothing but the median to my left and bumper-to-bumper traffic to my right," he said. "Here's my mistake, I let myself become fixated on everything to my right."

At one point, the motorist who was driving aggressively was to the immediate right of the major's motorcycle.

"So, I am scanning to my right and I'm looking at the right side (driver's side) of his car," Major Apple said. "We are probably doing about 40 (mph) at this point, he accelerates and I am starting to get on the throttle. The next thing I know, his car is rushing up toward me."

Due to an inoperable brake light on the vehicle ahead, Major Apple said he was not alerted by the illumination put off by the automobile, signaling the vehicle was decelerating.

"I see his car rapidly decelerating, so I get on my brakes," he said.

Clutching the brakes, the major was able to slow his motorcycle down to a speed of approximately 10 mph. However, these efforts were not enough to avoid impact.

"I hit the stopped car's right tail light, and the bike stopped dead," Major Apple said. "I went from 10 (mph) to zero (mph) in a millisecond."

At impact, the handlebars were yanked out of his hands.

"The handlebars went to the right, the bike fell to its left," Major Apple said. "I tucked and I went over. In this case, I knew I was either going through his back windshield or I was going under the car. I went into a ball and I went over on my side hard."

The momentum of a 600-pound motorcycle traveling 10 mph before abruptly colliding with a stopped automobile proved



Maj. Richard Apple was involved in a motorcycle accident in August 2010 on Highway 101 in California. Major Apple attributes his survival of the accident to the use of proper personal protective equipment. Major Apple is the 30th Logistics Readiness Squadron commander at Vandenberg AFB, Calif. (Photo by Staff Sgt. George Solis)

to be a jarring experience. Although Major Apple hit the pavement hard, the shaken up commander was fortunately able to pick himself, and his motorcycle, up off of the ground with the help of bystanders.

"I was shook up, but I knew instinctively that I hadn't broken anything," he said. "However, the bruising was so bad that I'm convinced that the safety gear I was wearing saved me."

Major Apple said he had the wind knocked out of him and sustained only bruises in the aftermath of the accident. After a thorough self-conducted motorcycle inspection, Major Apple was able to ride home safely on his bike just moments after what could have been a more serious, if not life-threatening incident.

"I don't want to repeat the experience;

Experts teach Airmen proper running techniques, methods

By Staff Sgt. Kevin Chandler
452nd Air Mobility Wing Public Affairs

MARCH AIR RESERVE BASE, Calif. (AFNS) – Dr. Mark Cucuzzella, the medical consultant for the Air Force Marathon, and Ian Adamson, an ultra-athlete and three-time record holder, shared information on proper techniques and methods for injury-free running during two, three-hour running clinics June 12.

Dr. Cucuzzella, an associate professor of family medicine at West Virginia University and an Air Force Reserve flight surgeon stationed at Wright-Patterson AFB, Ohio, told those in attendance the primary concern for runners is their feet.

Feet are "critical to movement" and can be a source of injuries for many runners, he said.

however, it solidified in my mind that nobody needs to be on a motorcycle without the proper safety gear," he said.

Major Apple admits he used to wear only the minimal amount of personal protective equipment required to ride his motorcycle until a quote from an article he read in a magazine greatly influenced his thinking.

In regards to wearing PPE that can sometimes be cumbersome and hot, the author's quote in the magazine stated "sweat can be wiped off, road rash cannot," Major Apple recalled. Ever since reading the quote, he has become a strong advocate of the use of proper safety gear.

"I am a living testament of the importance of wearing PPE while on a motorcycle," Major Apple said. "I would have been seriously injured without it."

In fact, it was a toe injury that led the doctor, who won the 2006 Air Force Marathon, to re-evaluate his running form.

After examining the running technique of successful Kenyan marathoners, the doctor said he realized his training regimen needed some modification.

He developed a 12-step plan for running, based on the barefoot style of running Kenyans employ and Western children enjoy, but eventually abandon as they grow up.

The plan focuses on developing proper form and posture to ensure runners are using the natural engineering of the foot to absorb shock from impact and keep the runner's hips and knees from bearing too much strain and ultimately sustaining injury.

Running *from page 12*

Dr. Cucuzzella played a short video on this technique, which featured him running barefoot on a highway.

Adamson said he is also a proponent of barefoot running.

Despite his numerous races and years of training, he said he never experienced a running injury until he transitioned from barefoot running to wearing his sponsor's shoes.

While barefoot running is growing in popularity, a recent article in the New York Times cautioned that barefoot running can lead to new injuries, due to the body's inclination to keep

striding as if the feet were still in shoes. People who are used to walking barefoot tend to impact the ground at the mid-foot, while those who are used to wearing shoes strike more with the heel.

Dr. Cucuzzella acknowledged this fact and cautioned that retraining your feet to adopt a natural stride should be done gradually to avoid harm to foot bones and tissue.

He also advised those runners trying to improve their aerobic conditioning to run slower.

According to scientific research, by maintaining a pace that keeps the runner's

heart rate in an aerobic zone, the body taps into fat stores instead of burning glucose, allowing the runner to go longer distances. Additionally, as time passes, that target heart rate will become more difficult to reach, causing the runner to increase their pace.

Adamson agreed with the doctor and said he only used long, slow runs to prepare for The Badwater Ultramarathon. The 135-mile race is widely considered to be one of the most grueling runs, due to the change in elevation throughout the course and the scorching heat at the race's starting point at Death Valley in

California.

Adamson credited his aerobic conditioning for allowing him to finish the race.

After the classroom presentation, the running experts escorted the attendees outside to practice these techniques. All attendees removed their shoes to try running barefoot for a short distance, and they learned some new drills to increase their strength and stability.

"I'm glad I came," said Staff Sgt. Jose Marin, from 752nd Medical Squadron. "Next time I run, I'll use this."

A total of 90 runners attended the two sessions.



Dr. Mark Cucuzzella demonstrates running forms during a clinic June 12 at March Air Reserve Base, Calif. The clinic was a joint effort between the 452nd Air Mobility Wing and the March Fitness and Inspiration Through Teamwork organization. Dr. Cucuzella is the chief medical consultant for the Air Force Marathon and the 2006 Air Force Marathon winner. (Photo by Staff Sgt. Kevin Chandler)

Roosa from page 10

and providing mechanism to rank findings according to risk assessment code and other classifications. Additionally, he has trained personnel in use of database to support various organizational needs.

Due to software updates and changes since 2003, the previous ATA injury database was experiencing errors and other problems, including the contractor who had developed the software had stopped servicing the database.

Roosa has nearly completed development of a new easier-to-use database with minimal cost and transferred valuable data from previous database to preserve required history. Furthermore, he streamlined storage and retrieval of data required to complete Air Force and OSHA-required reports.

Roosa improved ATA's Integrated Safety Training Assessments process. He surveyed requirements of safety staff and needs of work force in general and adopted new methods for collecting training knowledge from craft employees.

His improvements have resulted in a tool that is used to assess training effectiveness for ATA's craft personnel.

He also developed database to record and track findings and facilitate data retrieval for reporting and analysis.



