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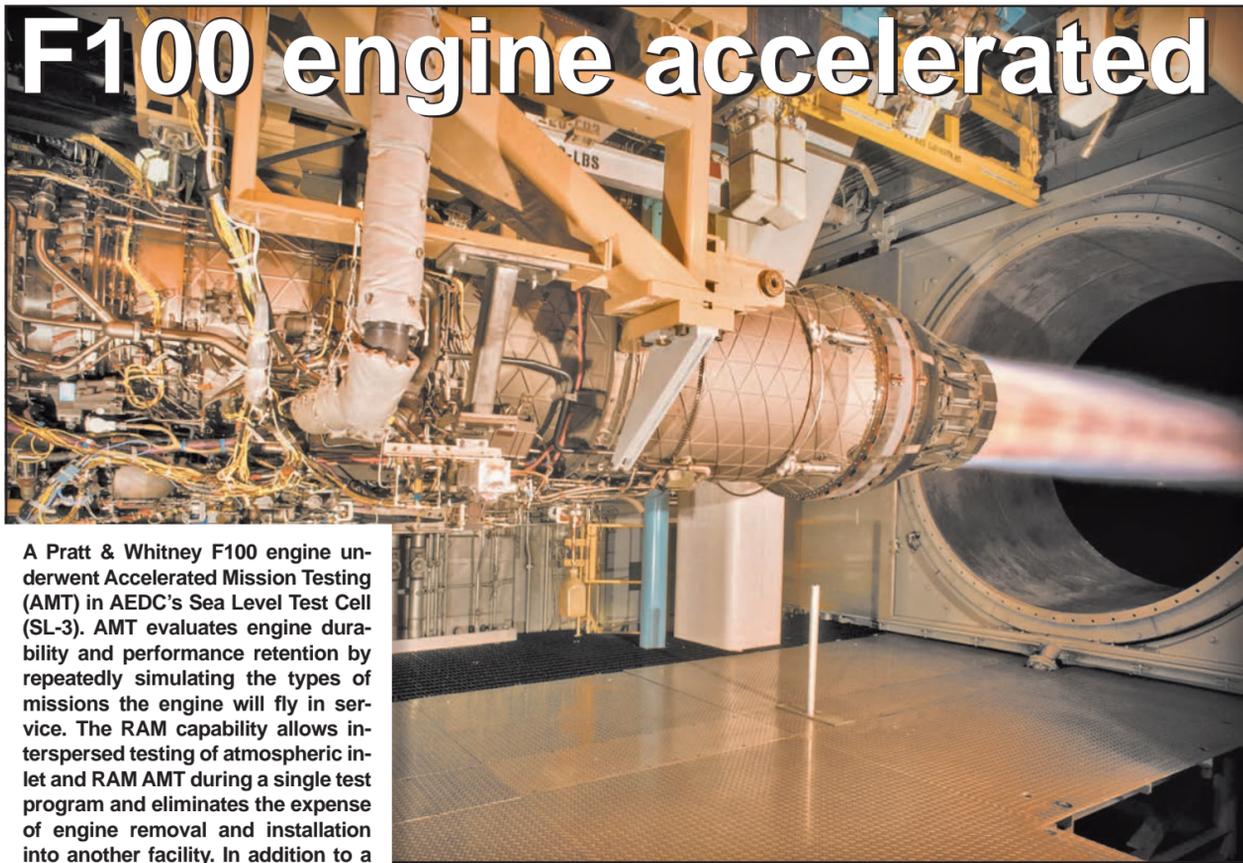
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F100 engine accelerated



A Pratt & Whitney F100 engine underwent Accelerated Mission Testing (AMT) in AEDC's Sea Level Test Cell (SL-3). AMT evaluates engine durability and performance retention by repeatedly simulating the types of missions the engine will fly in service. The RAM capability allows interspersed testing of atmospheric inlet and RAM AMT during a single test program and eliminates the expense of engine removal and installation into another facility. In addition to a more accurate representation of engine use, it saves the customer time and money by allowing the testing to be done with a single engine installation. Since atmospheric inlet testing in SL-3 doesn't require the plant machinery, test scheduling becomes very flexible, allowing rapid completion of test objectives. The F100 engine powers the Air Force's F-15 Eagles aircraft and the majority of the world fleet of F-16 Fighting Falcons aircraft. (Photo by Rick Goodfriend)

Malloy receives high engineering honor



Dr. Donald Malloy

By Raquel March
ATA Public Affairs

Dr. Donald Malloy, a licensed professional engineer in the U.S. Air Force's Arnold Engineering Development Complex (AEDC) Test Operations Division, was selected as the Air Force Materiel Command (AFMC) Federal Engineer of the Year and one of the top 10 federal engineers of the year for 2014.

He was honored at the Federal Engineer of the Year Award ceremony on Feb. 20 at the Washington D.C. National Press Club which was presented by the National Society of Professional Engineers.

The award is the only one of its kind to recognize exceptional engineers in the federal government at the national level. Engineers who are selected for the honor have made contributions such as maintaining power stability and efficiency of vital infrastructure; providing airfield and weapons expertise to support military operations; or instructing the future generations of military civil engineers.

Malloy is the aerodynamics analysis lead engineer at the Complex and provides leadership for multiple defense programs and provides high quality solutions to warfighters worldwide. His expertise extends to the areas of propulsion integration, weapons separation, and aerodynamic and aerothermal analysis and evaluation.

Malloy's responsibilities include integrated test team development across the AFMC's Air Force Test Center and support for the North Atlantic Treaty Organization Science and Technology Organization Applied Vehicle Technology Task Group on Reliable Prediction of Separated Flow Onset and Progression for Air Vehicles.

He also contributes his expertise to chairing and participating in multiple professional engineering committees and advisory groups and assisting young professionals.

Aside from his engineering contributions, Malloy supports a local charity for disabled and handicapped children and a cancer research hospital.

Winter weather results in \$235,000 of damage to AEDC



An AEDC employee begins work on some of the lines at the Complex after recent bad weather. (Photo by Rick Goodfriend)

By Kathy Gattis
ATA Public Affairs

Frigid temperatures are impacting AEDC from the heart of middle Tennessee to Silver Spring, Md.

The colder-than-normal winter weather is being blamed for 31 water leaks resulting in about \$200,000 in damages. At AEDC's remote operating site, Tunnel 9, freezing temps are blamed for a major water main break with an additional \$35,000 in damages.

While \$235,000 isn't cheap, AEDC Civil Engineer John Laviolette says it could've been much worse.

"AEDC has a robust freeze protection program, but recent events called for extraordinary actions by AEDC's operating contractor, ATA, and government personnel," Laviolette said. "These unusual conditions required balancing AEDC Electrical Power and Cooling Water systems to ensure the right equipment was running at the right time for freeze protection while



AEDC's remote operating location in Maryland, Tunnel 9 is shown here during one of the heavy snowfalls last month. The Tunnel 9 facility was closed for a day after receiving more than 12 inches of snow, but reopened the next day. In January, the same facility had a major water main break and they were without power for most of a day before GSA was able to make repairs. (Photo by Greg Wannenwetsch)

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Revolutionary Change: Air Force, ATA set up transition teams, roles

By Col. Raymond Toth
AEDC Command

AEDC Commander, Col. Raymond Toth is providing periodic updates on AEDC's Source Selection efforts to the entire workforce via email. The High Mach will reprint those messages in a series titled "Revolutionary Change." Additionally, Toth's messages and other information can be found online at www.arnold.af.mil/transition.

Team AEDC,

I wanted to start this installment of my updates to the AEDC source selection efforts with an alibi from my last two messages. What we thought would be six contracts now will actually be seven new contracts on base by Oct. 1, 2015. I was unaware of an Air Force Civil Engineering Center contracting effort to strategically source Installation Restoration Program (IRP) projects across the Air Force. The effort is progressing on a similar timeline as the Test Operations and Sustainment (TOS) and Facility Support Services (FSS) efforts. As with other strategically sourced initiatives, we will do our best to minimize impacts and ensure the AEDC interests are properly addressed in coordination with other contracting efforts.

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HIGH MACH

Arnold Engineering Development Complex
An Air Force Materiel Command Test Complex

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The complex's vision: Be the nation's best value ground test and analysis source for aerospace and defense systems.



Core Values

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



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

Professionalism and respect reflected in base newspaper

By Jason Austin
AEDC Public Affairs

In our Feb. 24 edition of *High Mach* there was a photo within an advertisement which could hinder a professional working environment where there is an emphasis on an environment of respect, trust and professionalism.

You may recall in December 2012, we went through a health and wellness inspection directed by the Air Force Chief of Staff, Gen. Mark A. Welsh III. It was during this time that supervisors removed from the workplace images and content which could be deemed disrespectful and unprofessional.

Among items found across the Air Force were pornography, and other sexually suggestive material. There is no place in our Air

Force for such materials. So when an image which could be construed as suggestive shows up in a base newspaper there is inconsistency in our message to the workforce.

As the chief of Public Affairs, it is my responsibility to review all content in our newspaper to include advertisements prior to publication. However, it is the publisher who ultimately decides what advertisements to print.

That may seem counter to many folk's understanding of the base newspaper. So, let me explain a little about the contractual relationship we have with our publisher and how Department of Defense Instructions support the publisher's ability to choose.

At Arnold AFB, our operating contractor Aerospace Testing Alliance, on behalf of the Air Force, has a Civilian Enterprise-type

contract with Lakeway Publishers, Inc. Under this contract, Lakeway Publishers is permitted to sell advertisements to cover the cost of printing and distribution. ATA and the Air Force under the Civilian Enterprise contract pay nothing for the paper beyond the labor required to produce the editorial content – stories and photos. Instead the publisher uses the advertisement revenue to cover costs.

Department of Defense Instruction 5120.4, *Department of Defense Newspapers, Magazines and Civilian Enterprise Publications*, Enclosure 4, spells out this contractual arrangement and establishes guidelines for the publications. When it comes to advertisements the DODI is pretty clear stating "any decision by a CE publisher to accept or reject an advertisement is final."

However, as I mentioned before, it is my responsibility to review the advertisements and discuss with the publisher any content which may be questionable. If after such a discussion, the publisher chooses to run questionable content, our Commander's only recourse would be to restrict distribution of the printed papers. I'm confident Lakeway Publishers would honor our requests to remove or alter questionable advertisements in the future.

It is our goal in the Public Affairs office to represent the base and its leadership, and communicate truthfully with our workforce and the public. With those goals in mind, our publications and the content within must reflect our workforce's values and support a workplace where we emphasize respect and dignity for everyone.

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My goal in the coming months is to keep you all as informed as possible to limit rumors and misinformation which distract all of us from our mission - to provide superior engineering solutions for our customers.

It is precisely the coordination of these contracts that I wanted to discuss today. In my past messages, I alluded to setting up a transition team to help us through the next 19 months. Today, I will define the roles and responsibilities of the transition managers. The Air Force division chiefs and ATA directors know specifically who these transition managers are and can route concerns to each team lead as necessary. Their work is critical to our future and I expect each of us to support their efforts when called upon.

First up is the Air Force transition manager. He reports directly to me and is charged with leading the overall transition planning and execution and will represent my interests to the senior staff for transition issues. He will also facilitate incoming and outgoing contractor transition planning and the government support required for the

contractors' transitions.

Equally important and perhaps less understood, he will be responsible for defining, with help, the roles and responsibilities for our government employees as we grow their responsibility for execution of critical functions here at AEDC. In the past, government employees have primarily managed and evaluated performance; in the future, our government workforce will be more actively involved in test and test support efforts.

Finally, the transition manager will identify and prepare mitigation strategies for new government-to-contractor and contractor-to-contractor interfaces or "seams."

Successfully transitioning each contract will require close coordination and scheduling across multiple efforts to ensure the best interests of the Complex are maintained. The transition manager will work closely with the Source Selection Office to monitor the master schedule for all of the contracting efforts. This coordination will also identify resource constraints between the various efforts and facilitate discussion and decisions required to finalize contract phasing over the next 19 months.

However, we as a Complex cannot make this transition smoothly without a dedicated staff of contractor employees providing their unique perspective. I have complete confidence that ATA will professionally aid the transition of the AEDC mission into the future contract construct and to that end, Steve Pearson has dedicated an ATA transition manager who will work directly for Pearson and who will have unfettered access to the Air Force transition manager. He will also have direct access to coordinate work with ATA directors and ATA Contracting.

For each effort, ATA will assign a team leader. Initially, the ATA teams will focus on issues relating to the Big Three, Preci-

sion Measurements Equipment Laboratory, NETCENTS-2, and IRP efforts. The Air Force transition manager will ensure unity of effort across all seven contracts and as we progress into the TOS and FSS efforts we will create a similar structure on the ATA side.

My goal in the coming months is to keep you all as informed as possible to limit rumors and misinformation which distract all of us from our mission - to provide superior engineering solutions for our customers.

If in the coming months you

feel there are topics that need to be addressed, please pass them up through your respective chain of command or use our Action Line process. It is my goal to send out topic-specific emails at least monthly throughout this transition to educate and inform everyone.

I look forward to this journey we are undertaking and know you will surpass all expectations in keeping each other safe, meeting our customer needs, and defining the AEDC of tomorrow.

Col. Raymond G. Toth

2014 AEDC FELLOWS

Nominations due by March 28

Nominations are currently being accepted for the 2014 AEDC Fellows Program. Nominations must be submitted in written form with supporting materials to: AEDC/CZ, 100 Kindel Drive, Suite A327 Arnold AFB, TN 37389-1327.

For information, including the format for AEDC Fellows nomination submissions, contact the AEDC Chief Technologist Office at (931) 454-6505.

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, smoking is not permitted 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. 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://papro.arnold.af.mil/PORTAL/images/Smoking_area_map.pdf. Smoking near a facility in an area not designated on the map is prohibited and any smoking receptacles located in areas not shown on the map will be removed. All "smoking permitted" and "no smoking" signs will be removed unless specifically required by OSHA.

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

Smoking, including the use of electronic cigarettes and smokeless tobacco, is prohibited in any area, at times when official business is being conducted with government clients, test customers, outside visitors and dignitaries, and where official business is being conducted including conference rooms, auditorium settings, business meetings, or in any other area where Air Force regulations specifically prohibit use. 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. Due to the nature, appearance, and safety concerns of electronic cigarettes (also known as "e-cigs"), the use of said products will abide by the same rules for tobacco products stated above and governed by AFI 40-102, *Tobacco Use in the Air Force*.

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 policy remains effective until rescinded. (This policy is dated December 20, 2013)

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. Raymond Toth
AEDC Commander

Local Engineers Week results in winning combinations for students



Gene Klingensmith (far left), an engineer in the AEDC Aero propulsion Ground Test Branch, describes the mechanics of an engine to aspiring, young engineers attending a tour of AEDC during Engineer for a Day. (Photo by Jacqueline Cowan)



AEDC engineer Tom Hartvigsen (center) mentors Bedford County, Community High School students Austin Sanders (left) and Josian Trainer during the Engineer for a Day visit at AEDC. Both students are seniors interested in mechanical engineering. (Photo by Jacqueline Cowan)

By Raquel March
ATA Public Affairs

Professional engineering society engineers at AEDC were involved in hosting 158 local students in three different engineering activities during Engineers Week, Feb. 16-22. The activities provided opportunities for student competition and engineering mentoring among seven counties.

MathCounts®

The MathCounts competition involved 62 mathletes competing on teams and utilizing their skills to answer math problems. Teams included Harris Middle School, Shelbyville; Highland Rim Elementary School,

Fayetteville; East Middle School, Tullahoma; North Middle School, Winchester; West Middle School, Tullahoma; The Webb School, Bell Buckle; and Moore County Middle School, Lynchburg.

West Middle School earned first place honors; East Middle School received second place and Harris Middle School received third place.

Individual awards went to Zane Sharp from East Middle School, first place; Trey Hippe from Harris Middle School, second place; and Cameron Haley from West Middle School, third place.

Team Tullahoma will compete at the Tennes-

see MathCounts Competition March 22 at the Tennessee Engineering Center in Nashville. The team consists of students from the winning team and the four top scoring individuals who were not part of the winning team. Team members are Sam Dougherty, Cameron Haley, Brandon Perry, Caleb Purdue and James Wagon of West Middle School; James Garret and Trey Hippe of Harris Middle School; and Zane Sharp of East Middle School. The team coach is Chris King.

Student Design Competition

The Student Design Competition presented some obstacles to challenge students in design-

ing a vehicle that would deliver a payload from a starting point to a target. Twenty-six teams comprised of two students from seven high schools were provided materials to design, build and compete their vehicle. Each school had three to four teams participating in the competition. Teams gave short presentations about the design choice challenges they faced and the trades they made in building their vehicle.

The participating schools were The Webb School, Cascade High School, Tullahoma High School, Coffee County Central High School, Huntland High School, Moore County High School and Shelbyville

Central High School.

Jim Sherwood and Ulysses Yu, from The Webb School, won first place. Josh Baker and Benjamin Cantrell, from Cascade High School, were in second place, and Grant Rigney and Becca White, from Tullahoma High School, placed third.

Engineer for a Day

During Engineer for a Day, 34 high school juniors and seniors were paired with AEDC engineers and engineers from the local community in an engineering discipline of the students' choice. The students toured AEDC during the morning of Feb. 19 and followed an engineering mentor during the afternoon on the

same day to understand the different engineering disciplines.

Twenty-one AEDC engineers and two Tullahoma Utility Board engineers volunteered to be mentors.

The Engineers Week activities are sponsored by the Tullahoma Chapter of the Tennessee Society of Professional Engineers, the Highland Rim Chapter of the American Society of Mechanical Engineers, the Tennessee section of the American Institute of Aeronautics and Astronautics, the Society for Maintenance and Reliability Professionals, the Project Management Institute, and the Arnold Association of Professional Societies.

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at the same time avoiding excessive use of power.

"ATA monitored the temperatures in the cooling water system around the clock and energized additional pumps that can move almost one million gallons of water per minute to keep the water temperatures above freezing."

This effort was further complicated by the

fact that Tennessee Valley Authority (TVA), AEDC's power supplier, was faced with record power demands in January (five days of the top 10 days in history) that required constant partnering with TVA to ensure AEDC had adequate power to fully implement the base's freeze protection program. At one point, AEDC worked

with TVA to obtain an additional four megawatts of power to supplement freeze protection measures. Four megawatts is enough electricity to supply over 2,000 average homes for one day.

"AEDC facilities have nearly three-million square feet with miles of water piping and numerous pieces of equipment that contain water... all of which

were susceptible to damage by freezing temperatures," Laviolette said.

Laviolette said leaks occurred primarily in areas not normally impacted by freezing conditions because of their location.

At Tunnel 9, the snow and freezing temperatures also forced closure during the last few months. "Living and operating in the Northeast,

Tunnel 9 has learned how to weather the storm," said Dan Marren, director of Tunnel 9 in Maryland. "We have good emergency policies in place and a dedicated staff who get us ready. Even so, this year we have been hit hard repeatedly by bad weather. With a completely full test schedule, it means that customers will suffer."

In the last couple of months AEDC Commander Col. Raymond Toth asked all employees to conserve power whenever possible by turning out lights, and unplugging heaters, coffee pots and other appliances as the demand for power throughout Tennessee and Maryland remains at all-time high levels of usage.

Air Force focuses on sustainability for Earth Day 2014 observance

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) – Each year Air Force installations around the world observe Earth Day on April 22 by taking actions to support the Air Force’s Earth Day theme of “Conserve Today - Secure Tomorrow.”

This year, Air Force activities will focus on sustainability, referring to the capacity to continue the mission without compromise and operate into the future without decline - either in the mission, or the natural and man-made systems that support it.

Sustainability includes, to a large degree, sustainable installations and is important to making sure that we have and will continue to have, the water, materials and resources to protect human health and our environment.

In its 2013 Strategic Sustainability Performance Plan, adopted by the Air Force, the Department of Defense outlined four key priority areas: energy and reliance on energy, chemicals of environmental concern, wa-

ter resource management and maintaining readiness in the face of climate change.

The Air Force is committed to reducing energy demands at its installations and increasing the availability of renewable energy sources.

While the Air Force’s commitment to sustainable and energy-efficient facilities is not new – the first policy to “apply sustainable development concepts” to facilities and infrastructure projects dates back to 2001 – the Air Force issued guidance in June 2011 building on the Air Force’s vision for sustainable installations where new vertical and major renovations fully incorporate federal requirements for high-performance and sustainable buildings. This includes achieving a minimum of 20 Leadership in Energy and Environmental Design, or LEED, points dedicated toward energy efficiency and water conservation.

At Aviano Air Base, Italy, a new 144-Airmen dormitory was constructed in accordance with the latest energy efficien-

cy standards, guaranteeing energy-saving performance. The facility’s energy-reduction initiative included a solar-heating system for domestic hot water production.

The 64-panel heating system provides domestic hot water for the entire building, providing anticipated energy savings of at least 50 percent. Compared with traditional gas boilers, a total savings of more than 10,500 cubic meters of natural gas per year is anticipated as well as a reduction of 23,000 kilograms of carbon dioxide emissions per year. The structure is the largest of its kind on the installation and additionally serves as covered parking for Airmen.

Six sustainable technologies were installed atop a roof on a security forces building at Goodfellow Air Force Base, Texas: cool roofing, solar-power generation, solar thermal, above-sheathing ventilation and rainwater catchment. The features are expected to reduce the utility bill, produce energy and provide water for irrigation. The project was funded

by the Department of Defense Environmental Security Technologies Certification Program, which provides grants to industry to demonstrate sustainable products and systems. Preliminary data shows a 44-percent reduction in energy consumption, said Mary Lumsdon, Goodfellow’s base energy manager.

“We were very excited to have been selected to have this project completed on our installation,” Lumsdon said. “This project is a combination of several technologies coming together to aid in our goal of energy reduction and develop our on-base renewable energy sources.”

Besides energy conservation, the Air Force is also focusing on reducing the use of hazardous and toxic chemicals and materials as part of its sustainability efforts.

At Vandenberg AFB, Calif., the 30th Civil Engineer Squadron implemented a green product procurement initiative to encourage more than 220 client shops to specify more environmentally friendly commodi-

ties when submitting their hazardous material requests. Any time a hazardous product is requested, the HAZMART team researches and recommends green alternatives.

Sometimes, making a change in an existing process can drastically reduce the production of hazardous waste. Engineers with the 72nd Air Base Wing at Tinker AFB, Okla., installed a filter press to remove water from hazardous industrial sludge prior to disposal. The filter reduced the amount of sludge disposed by 92 percent and over seven million pounds per year, saving about \$1.2 million annually.

Fresh water is a limited and mission critical resource, and water conservation plays an important role in sustainability efforts. Installations across the Air Force are installing low-flow sinks and lavatories in their facilities, as well as promoting the use of landscaping using indigenous drought-tolerant lawn and plant varieties.

Wastewater treatment plays an important role in conservation. In 2013, Hurlburt Field, Fla., began operations to clean and recycle water for reuse. The water will predominantly be used for irrigation and wash rack purposes.

“Hurlburt Field is in a water resource caution area,” said Jonathan Colmer, air and water program manager for the 1st Special Operations Civil Engineer Squadron at Hurlburt. “Implementing the Hurlburt Field Re-use System will help conserve these groundwater resources for years to come.”

Small changes can reap large savings, even at a facility which was built to save water. Engineers at Tinker AFB, Okla., discovered that installing valves on the cleaning discharge lines

at a wastewater treatment plant there, and asking plant operators to close the valves at the end of their shifts, resulted in a fiscal 2013 savings of 104 million gallons of water and \$1.7 million.

As stated in the DOD’s sustainability plan, strategies which improve sustainability can also make the DOD more resilient to climate change. Conserving energy and water, while increasing the use of renewable energy, can help the Air Force be less vulnerable to fluctuations and shortages of the resources.

Although the Air Force continues making progress, officials emphasize more needs to be done and every Airman can make a difference.

“The Air Force recognizes its responsibilities to conserve, reduce waste, prevent pollution and make the Air Force a cleaner, more sustainable force every day,” said Gen. Mark A. Welsh III, Air Force Chief of Staff. “Earth Day provides an opportunity for every individual Airman to show their commitment to the environment and to wisely using our limited natural resources.”

The Air Force will continue to collect personal posts on its “Blue Acts of Green” Facebook page at www.facebook.com/blueactsofgreen. Airmen and their families are encouraged to demonstrate their support by committing to perform an act of “green” at home or work to benefit the environment.

To assist installations in observing Earth Day, the Air Force Civil Engineer Center is producing an Earth Day Toolkit which will be available March 3 on the AFCEC website at <http://www.afcec.af.mil/news/earth-day2014>.

(Courtesy Air Force Civil Engineer Center Public Affairs)

National Women's History Project recognizes Women's History Month

National Women's History Project

Each year, March is designated as National Women's History Month to ensure that the history of American women will be recognized and celebrated in schools, workplaces, and communities throughout the country.

This year's theme, Celebrating Women of Character, Courage, and Commitment, honors the extraordinary and often unrecognized determination and tenacity of women. Against social convention and often legal restraints, women have created a legacy that expands the frontiers of possibility for generations to come. They have demonstrated their character, courage and commitment as mothers, educators, institution builders, business, labor, political and community leaders, relief workers, women religious, and CEOs. Their lives and their work inspire girls and women to achieve their full potential and encourage boys and men to respect the diversity and depth of women's experience.

The lives and work of the 2014 Women of Character, Courage and Commitment Honorees span the centuries of American history and come from different cultural and ethnic backgrounds. National Women's History Month 2014

provides an excellent opportunity to honor women and their accomplishments.

Chipeta (1843 – 1924) Indian Rights Advocate and Diplomat Chipeta was a Ute Indian leader, diplomat, and peacemaker who used her influence with Chief Ouray (her husband) to avert a war between the Ute tribe and the White settlers. In 1880 she was included in a Ute delegation to negotiate a reservation resettlement treaty in Washington DC.

Anna Julia Cooper (1858 –1964) African American Educator and Author Anna J. Cooper was an author, educator, speaker, and among the leading intellectuals of her time. Born into enslavement, she wrote "A Voice from the South" (published in 1892), widely considered one of the first articulations of Black feminism.

Agatha Tiegel Hanson, (1873-1959) Educator, Author, and Advocate for Deaf Community Agatha Tiegel Hanson was a teacher, poet, and advocate for the deaf community. In 1893 she became the first woman to graduate from Gallaudet University. Her valedictorian speech argued for the recognition of the intellect of women, a cause she advocated throughout her career.

Katharine Ryan Gibbs (1863 – 1934) Women's Employment Pioneer Katharine

Ryan Gibbs founded the Gibbs Schools (1911), providing women with high-level secretarial training and the opportunity to earn their own incomes. Her schools quickly expanded, opening branches near many ivy-league universities, and effectively establishing secretarial work as a desirable occupation.

Frances Oldham Kelsey (1914 – Present) Pharmacologist and Public Health Activist Frances Oldham Kelsey is a pharmacologist who, while working at the FDA, refused to authorize thalidomide for market (a drug that later proved to cause severe birth defects). She went on to help establish the rules for clinical trials and directed the surveillance of drug testing at the FDA.

Roxcy Bolton (1926 – Present) 20th Century Women's Rights Pioneer Roxcy Bolton is a lifetime advocate and activist for women's rights. She founded Florida's first battered women's shelter (1972) and the nation's first hospital-based Rape Treatment Center (1974). Her extensive work includes lobbying for passage of the Equal Rights Amendment and convincing NOAA to name hurricanes after both women and men.

Arden Eversmeyer (1931 – Present) The Old Lesbian Herstory Project, Founder Arden Eversmeyer founded

the Old Lesbian Oral Herstory Project (1999), to ensure that the stories of lesbians born in the first part of the 20th century, who were labeled "mentally ill", fired from their jobs, rejected by their families, and even raped and murdered with impunity, are recorded in history.

Carmen Delgado Votaw (1935- Present) International Women's Rights Activist Carmen Delgado Votaw is a leading advocate for girls and women's rights both nationally and internationally. She served on the International Women's Year Committee, worked with the first United Nations Conference on Women, and has significantly influenced the advancement of women in Latin America.

Ann Lewis (1937- Present) Women's Rights Organizer and Women's History Advocate Ann Lewis is a leader of progressive political reform focusing on the importance of civic involvement, health-care reform, economic and work-family policies, and international and national women's rights. She served as a White House Communication Director and is a national commentator on public policy.

Jaida Im (1961 – Present) Advocate for Survivors of Human Trafficking Jaida Im founded Freedom House (2010), the first residential shelter and aftercare program for

adult female survivors of human trafficking in Northern California. In 2013, Freedom House opened a similar shelter for girls. The organization already has served hundreds of survivors, offering holistic case management, counseling, and educational and job-training resources.

Tammy Duckworth (1968 - Present) Member of Congress and Iraq War Veteran Tammy Duckworth is an Iraq War veteran and US Representative from Illinois. Recognized for her commitment to serving veterans with disabilities, she seeks mandatory government funding of veterans' healthcare and improvements in transition assistance. She is the first woman with a disability elected to the House of Representatives.

Lisa Taylor (1974-Present) Civil Rights Attorney Lisa Taylor is a civil rights attorney for the Department of Justice where she has enforced the rights of HIV victims, autistic children, and educational opportunities for minority students. As a Naval Officer she challenged sexual harassment and aided in establishing her ship's first anti-harassment program.

For more information about these Honorees or National Women's History Month, visit www.nwhp.org or email nwhp@nwhp.org or call (707) 636-2888.

Electronic cigarette use increasing among Airmen

FALLS CHURCH, Va. (AFNS) – Electronic cigarette use is becoming a popular alternative to traditional cigarettes, but the upward trend is becoming a concern for Air Force health care providers.

The battery-operated products, known as e-cigarettes, are designed to deliver nicotine, flavor and other chemicals as a vapor that is inhaled by the user. According to data from the 2011 Department of Defense Survey of Health Related Behaviors, e-cigarettes have been tried by 5 percent of Airmen, and 2.2 percent of Airmen have used e-cigarettes in the past year.

"Airmen are using e-cigarettes at a level comparable to the civilian adult population," said Col. (Dr.) John Oh, the chief of health promotion at the Air Force Medical Support Agency, citing data from the Centers for

Disease Control and Prevention. "But e-cigarettes' use is rapidly growing among youths and have been used by 10 percent of high school students."

While e-cigarettes have been advertised as a safer alternative to conventional cigarettes, studies have found potentially harmful ingredients are contained in the product, including nitrosamines, diethylene glycol and animal carcinogens. Colonel Oh cautioned Airmen against using e-cigarettes as a substitute for smoking.

"Not enough is known about the long-term safety of e-cigarettes to definitely state that they are safe," he said.

The Food and Drug Administration categorizes e-cigarettes as a tobacco product. Regulatory guidance, however, is pending, so e-cigarettes are marketed without any of the restrictions of conventional cigarettes.

They may also be sold to minors, advertised widely and marketed without warning labels.

"There is a real concern that unfettered access to, and marketing of e-cigarettes will create a generation of youths hooked on nicotine – and this trend could lead to greater traditional cigarette or other smokeless tobacco use," Oh said.

Air Force Instruction 40-102, Tobacco Use, establishes tobacco policy in the Air Force and explicitly includes e-cigarettes under the definition of tobacco, subjecting the product to all the restrictions implemented for cigarettes, cigars, and smokeless tobacco. The Air Force is the first service to establish an e-cigarette policy.

Although e-cigarettes have passionate devotees, the Air Force position is to treat e-cigarettes as any other tobacco product. Oh said fu-

ture changes to policy will be made based on the scientific evidence and in consultation

with subject matter experts, both within and outside the Department of Defense.

(Courtesy of the Air Force Medical Support Agency Health Promotions)

Why I chose AEDC

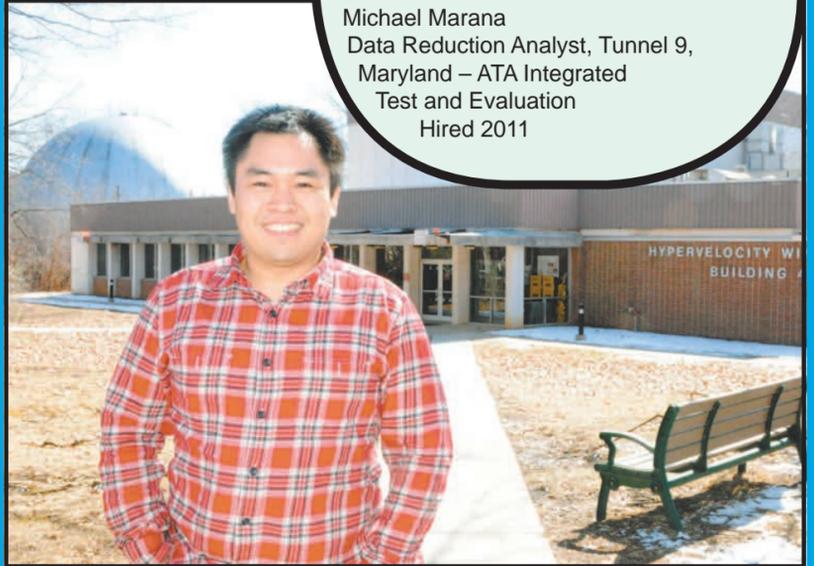


"I chose AEDC because I wanted to work at a place where I could be on the cutting edge of science and technology. Here at Tunnel 9, I am analyzing data no one has ever seen before from groundbreaking experiments that no one has ever tried before. In addition to the 'cool factor' of working at a hypersonic wind tunnel, I am surrounded and mentored by knowledgeable people who have a true passion for their work. Rather than feeling like a cog in the machine, I feel appreciated and was given a large amount of responsibility from day one. As a result, I take great pride and ownership in my work, and look forward to making more contributions to Team AEDC and Tunnel 9."

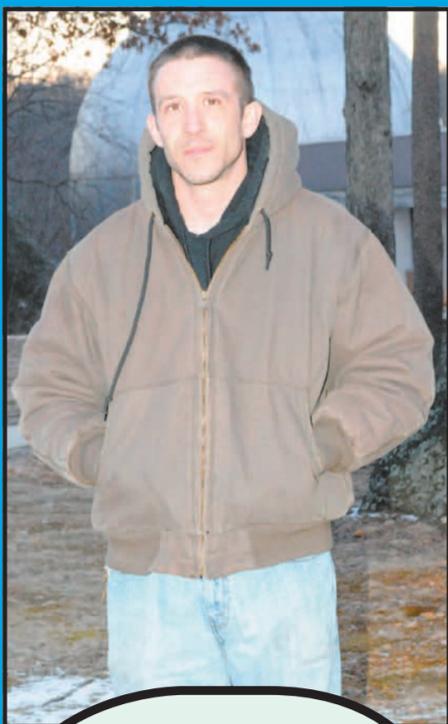
Michael Marana
Data Reduction Analyst, Tunnel 9,
Maryland – ATA Integrated
Test and Evaluation
Hired 2011

"I chose AEDC to be part of the Hypervelocity Wind Tunnel 9 team where I develop technology for a world unique hypersonic wind tunnel that provides critical aerodynamic and aerothermal data for DOD and NASA. My first assignment at Tunnel 9 gave me the opportunity to perform in depth analysis of unique laminar heating augmentation data on the NASA Orion capsule to shed light on a problem that has been plaguing hypersonic wind tunnels ever since the Apollo area. Also, from the get-go, I had the opportunity to play a key role in the newly established TRMC/AFOSR Center of Testing Excellence (CoTE) with objectives to develop the a new generation of testing and evaluation experts and to further the understanding of hypersonic boundary layer transition, shock turbulent boundary layer interaction. This opportunity allows me to collaborate with world class faculties, scientists and engineers and mentor undergraduate and graduate students at the University of Maryland."

Eric Marineau
Lead Aerospace Technologist, Tunnel 9,
Maryland – AEDC DOD
Test Operations Division
Hired 2011



Photos by Arnold Collier



"After serving in the United States Marine Corps for several years, I demanded a challenge. At AEDC's Hypervelocity Wind Tunnel 9, our leadership demands innovation, efficiency, safety, and mission success. The combination of these tasks not only foster growth as a professional but as an individual. Why did I choose AEDC? During my site interview I witnessed a group of diverse individuals coming together as one entity to accomplish a common goal. Each person was essential to mission success. This type of team environment seemed like a perfect fit."

Jason McDonald
Engineering Technician, Tunnel 9,
Maryland – ATA Integrated Test and
Evaluation
Hired 2012

Saturday, May 10, 2014

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Northcutt relays how 'Civil Rights in America' impacted his life at Black History luncheon



Andrea McElroy (left) is shown here with Terry Tucker, both in the AEDC Personnel Division, at the luncheon. McElroy said, "Mr. Northcutt is a powerful storyteller. I was most impacted by his detailed recollections of his childhood and early days as an AEDC employee."

Jerry (J.T.) Northcutt addresses an audience at the AEDC African American Heritage Luncheon last month sharing memories and experiences on how the Civil Rights Act of 1964 affected his life. (Photos by Jacqueline Cowan)



Cmdr. Brian Allen (right), of the AEDC Test Support Division, is shown here at the luncheon with AEDC personnel Clark Brandon (left) and Col. James Krajewski. Allen said, "The thing that impacted me the most about Mr. Northcutt's speech was the way that the African-American community confronted the extreme injustices they faced."

Julius Lockett (center), an AEDC mechanical engineer, shown here attending the luncheon said, "My favorite take away from the AAHL was a quote Mr. Northcutt said by Sun Tzu, author of 'The Art of War', 'Those that do not know their history may be doomed to repeat it.'" He is seated with AEDC employees Ben Partin (left) and Dale Alexander.

By Raquel March
ATA Public Affairs

Participants at the AEDC African American Heritage Luncheon last month reflected on the Civil Rights in America theme which was presented in a speech by ATA Management System Branch Manager and Quality Manager Jerry (J.T.) Northcutt.

The luncheon theme marked the 50th anniversary of the Civil Rights Act of 1964, a legislation prohibiting discrimination on the basis of race, color, religion, sex or national origin in hiring, promoting and firing.

Northcutt spoke to the luncheon participants about his memories and experiences with the separate but equal legal doctrine that permitted racial segregation and how the Civil Rights Act affected his life and career.

"I am a product of the Civil Rights Movement ... most of your careers have been impacted by the Civil Rights Movement," Northcutt said. "The realization of segregation and separate but equal hit me at seven years old. My father, at the time, was a minister who lived in McMinville and traveled here to Tullahoma where he spoke one night. After the service we stopped by the Dairy Queen to get food." Northcutt recalled how his father, who served in the military, stood outside looking through the window of the Dairy Queen and Northcutt asked his mother why his father didn't go inside. Northcutt's mother replied that his father couldn't go inside, implying that it was because of his race. Northcutt said that was the first time he realized that he was separate.

Northcutt went on to talk about the things that were separate but not necessarily equal such as old books handed down from

other schools to the segregated black schools, separate drinking fountains and separate neighborhoods.

Through his speech, Northcutt expressed how knowledge is the key to progress and how the Civil Rights Act was important in achieving more equality.

"The Civil Rights Act did away with segregation in public schools, it did away with discrimination in public jobs, it did away with discrimination for women," Northcutt said. "It's very important that we realize that the Civil Rights Act was not just for blacks, but the Civil Rights Act was actually for equal rights for everybody in America."

"We began to see laws established so that people like me could receive assistance to go to college. It brought up the level of education in this country. You can't have 25 percent of the country illiterate and expect your country to be great. Soon after that affirmative action laws were established."

Northcutt, who has worked at AEDC for 38 years, accredited the affirmative action law for his employment at AEDC.

Andrea McElroy, a human resources specialist in the AEDC Personnel Division, stated how she was affected by Northcutt's experiences.

"Mr. Northcutt is a powerful storyteller. I was most impacted by his detailed recollections of his childhood and early days as an AEDC employee," McElroy said. "He described his first experiences with the separate but equal law as a child and also recounted his first day at AEDC and how someone made a rude joke to try to break the ice. I cannot imagine growing up and joining the workforce under the conditions he did. But no matter what, he never allowed anything to deter him. He is an excellent example of determination and

perseverance."

Cmdr. Brian Allen, U.S. Navy and of the AEDC Test Support Division, was impacted by Northcutt's memories.

"The thing that impacted me the most about Mr. Northcutt's speech was the way that the African-American community confronted the extreme injustices they faced," he said. "They countered incredible hate, discrimination, and brutality with grace and human dignity. It takes a lot of character and discipline for someone to fight for their country and then come home to separate water fountains and seating in a theater. I think personally, I would not have been able to deal with that as well as the African American community did, and it was because of this firm, but non-violent response that the hatred and bigotry eventually subsided. If the alternative reaction had occurred, violent protest and physical confrontation, I don't believe any progress would have been made in the area of civil rights."

Northcutt reminded the audience that although the nation has progressed in equal treatment of American citizens – civil rights is a continuing journey.

He said, "It would be easy to believe that this thing (civil rights), now, will take care of itself. Guaranteed civil rights is a continuing journey and I believe there are more issues to come. Let's not ever

downplay what we have accomplished."

Northcutt said some of those future issues deal with equal income for women, equal employment opportunities for disabled veterans and college funding for lower income families.

After he presented his experiences with history portions of Civil Rights in America, he ended his speech with stating that leaders will need to be vigilant in ensuring that equal treatment continues in the workplace. He also expressed how proud he was of today's America and how far the nation has pro-

gressed.

Julius Lockett, an AEDC mechanical engineer, said, "My favorite take away from the AAHL was a quote Mr. Northcutt said by Sun Tzu, author of 'The Art of War', 'Those

that do not know their history may be doomed to repeat it.' Mr. J.T. Northcutt used the quote to relate his life experiences with many of the struggles going on around him over the course of his life."

Future bomber has legacy to uphold

By Senior Airman
Zachary Vucic

Air Force News Service

ORLANDO (AFNS) – With a proven history of success, today’s bomber fleet has a reputation for excellence. It is, however, an aging fleet in need of a new addition, the deputy chief of staff operations, plans and requirements said during the 30th Annual Air Force Association Air Warfare Symposium and Technology Exposition Feb. 20, here.

Throughout history, bombers have played an integral role in major conflicts and rose to the challenge of new threats, said Lt. Gen. Burton Field of Headquarters Air Force, Washington, D.C.

Major campaigns have been well documented, crediting their capabilities as both bombers and hostile act deterrents. As the technological climate of war advances, the new long-range strike bomber will need the capability to combat these new threats.

“Because of what (bombers) have done, they represent power, they represent potential ... and they have a proven record of effectiveness in conflicts going back to War World II, and in every (conflict) until today,” Field said.

The LRS-B must continue the legacy by as-



Lt. Gen. Burton Field and Dr. Rebecca Grant talk about new capabilities during their, “The Future Bomber,” discussion at the 30th Annual Air Force Association Air Warfare Symposium and Technology Exposition Feb. 20, 2014, in Orlando, Fla. Field said as the technological climate of war advances, the new long-range strike bomber will need the capability to combat new threats. Field is the deputy chief of staff for operations, plans and requirements and Grant is the president of IRIS Independent Research. (U.S. Air Force photo/Scott M. Ash)

sisting with land, sea and even cyberspace warfare in the form of communications interception, said Dr. Rebecca Grant, the president of IRIS Independent Research, a small business that specializes in national security.

The bomber must be proficient in all theaters.

“We have a tremendously noble fleet that has performed beyond expectations in conflicts ranging from Iraq to Afghanistan,” Grant said. “(However,)

we are already short for today’s current theater demands. Looking a little bit ahead, it’s clear we don’t have enough penetrating bombers for the threats and challenges of the 2020’s and beyond.”

Grant cited the U.S. has yet to face a modern surface to air, or SAM, missile threat with its current fleet and may not be adequately suited for combat against more advanced SAM sites. A new bomber would be up to the task of

tomorrow’s combat environment and possibly replace some of the more dated aircraft, especially during a time when forces are being rebalanced.

“In (the mid 2020’s) ... our armed forces will face challenges for which it was not designed,” Grant said, noting the way to mitigate that challenge is by beginning plans now.

The bomber fleet is important not only for its ability to get bombs on target, but as a show

of force, Field said. He cited several examples of bombers used as deterrence, including flying B-26 Peacemakers over Russia in 1952 during a parade, a B-52 Stratofortress’ flight over China, and the more recent B-2 Spirit flight to the Korean Peninsula.

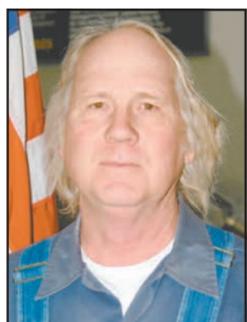
The inventory goal for the new long-range strike bomber is 80-100 bombers by the mid 2020’s, Field said. Bombers must be able to reach deep be-

hind enemy lines with sufficient numbers to conduct operations across the depth of an entire theater simultaneously, the general continued.

The addition of a new bomber is paramount to maintaining this capability for tomorrow’s conflict.

“Bombers can send messages,” Field said. “They can influence or initiate action, and they are credible because of what they have done in the past.”

Milestones



Dwight Freeze
ATA Test Assets and Support, Pipefitter, 35 years



Garry Burnett
ATA Test Assets and Support, Pipefitter, 35 years

What is your most memorable AEDC moment during your years of service?

"Seeing the destruction that occurred when the J-5 test cell blew-up."



Jeff Tate
ATA Test Assets and Support, Technical Specialist, 35 years

What is your most memorable AEDC moment during your years of service?

"There are so many good memories of friendship, combined expertise, and accomplishment in my 34 years here at AEDC that it would be hard to pick out just one. The memories that do stand out most to me, more than any others, are the ones that didn't go as planned. The most memorable was a night working as a Boilermaker at J5 replacing exhaust diffuser panels. A crew working in J4 to remove rocket fuel mishandled something in a way that caused the fuel to ignite. We heard a sound of rushing air in the exhaust duct and assumed that someone had somehow opened a valve isolating us from ETF Plant operations. As we rushed to evacuate the duct and test building, we saw the plume of white smoke pouring out of the 6-foot diameter opening at J4 and realized that something there had gone wrong. I was among several craft folks that helped set up a crane and personal basket for the first futile attempts to rescue anyone left alive. Several men died in this mishap. Another is the day I was working as a boilermaker on a compressor PM at PES. Still to this day I have no memory of the actual event, but somehow I fell from a scaffold down into the open compressor ducting below fracturing my skull, most of the ribs on my left side, and the T12 vertebrae of my spine. The injuries also included a punctured lung and twisted left leg. I do remember the 16 weeks of pain and rehabilitation required before I could return to work, and I have reminders daily through a lost sense of smell from the head injury along with aches and pains. What I'm most proud of today at AEDC is not the work accomplishments, but it is the improvements made in work safety and the culture of caring that is so prevalent from the craft folks up through the OGM. In the end my most memorable moment would mean nothing if I wasn't here to remember it."



Greg Wilson
ATA Performance Management, Administrative Professional, 35 years

What is your most memorable AEDC moment during your years of service?

"The morning that my wife called me from home to tell me that a second plane had crashed into the World Trade Center towers. She called me earlier after the first plane crashed into the North Tower. After she informed me of the second tower being hit, I knew it was not just an accident and that something was bad, wrong. As a co-op student working at an Army base in northern New Jersey, I had traveled to New York City during the bicentennial year and stood atop the south tower on its observatory one evening in awe of the view. Consequently, the destruction of the towers was somewhat personal for me."



John England
ATA Test Assets and Support, Boilermaker, 35 years

What is your most memorable AEDC moment during your years of service?

"A memorable moment during my years at AEDC was once presenting a fellow Boilermaker with a live opossum as a retirement gift. On a serious note though, a memorable milestone and turning point in my career was leading a team in the fabrication and installation of the Valve 100 Bleed Stack for ETF in 1996."

40 YEARS
Sherry Simons, ATA

35 YEARS
Garry Burnett, ATA
David Crocker, ATA
John England, ATA
Dwight Freeze, ATA
Richard Limbough, ATA
Forrest McCullough, ATA
Maverick Mosley, ATA
David Ramey, ATA
Jeff Tate, ATA
Greg Wilson, ATA
Shirley Womack, ATA

30 YEARS
Betty Estabrooks, ATA
Robert Hiers III, ATA
Lyndon Haston, ATA
Kimberly Loudermilk, ATA
Gary Preston, ATA
Dwayne Strickland, ATA

25 YEARS
Michael Sisk, ATA
Thomas Stovall, ATA
Fred Wagnon, ATA
Steve Willmore, ATA

20 YEARS
Johnny Bonee, ATA
Timothy Orange, ATA
Reina Shanks, ATA
Philip Sherrill, ATA

15 YEARS
Charles Walls, ATA

10 YEARS
Sarah Cothran, ATA
Daniel Harris, ATA
Larry Oakes, ATA
Holly Sudberry, ATA

5 YEARS
Charles Champion, ATA
Benjamin Klingler, ATA
John Templeton, ATA

INBOUND MILITARY
Capt. Matthew Hornung, AF
1st Lt. Paul Malone, AF
Col. Timothy West, AF

OUTBOUND MILITARY
Senior Airman Eric Ball, AF
1st Lt. Matthew Karczewski, AF

RETIREMENTS
Burnice Banaszak, AF
Mark Dettler, ATA
Dennis Elston, ATA
Frank Hayes, AF
Charles Morgret, ATA

NEW HIRES
Charmaine Harrison, AF
Joshua Higginbotham, ATA
Jeremy Hill, ATA
Clifton Hookey Jr., ATA
Michael Howington, ATA
Shawn Jones, ATA
Mackayla McCollum, NAF
Loren Parker, ATA
Dwayne Privett, ATA
Kenneth Seale, ATA
Daniel Toth, NAF
Robert Walker, ATA
Jacob Weller, ATA
Alan Womack, ATA

PROMOTIONS
Timothy Bagley, ATA
Dereck Hammock, ATA
Edward Mickle, ATA
Alice Moran, ATA
Karen Nicholson, ATA
Michael Wilson, ATA

Employees milestone comments do not reflect the views of the U.S. Air Force, AEDC, or ATA.

Drug misuse, abuse: No excuse

By Senior Airman Courtney Paxton
341st Missile Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. (AFNS) – Airmen have a duty to uphold and must be "fit to fight."

Maintaining that fit lifestyle means routine health checkups, having a proper diet, exercise and sometimes using medications to combat illness and physical ailments.

While picking up an over-the-counter medication at the local drug store or being prescribed medication by a healthcare provider are common practices for Airmen looking to get or remain healthy, misuse or abuse of any drug can be a serious problem with serious consequences.

"It's hard to define medication misuse because some people think of it as medication abuse and they're not the same thing," said Capt. Arnaldo Figueroa, the 341st Medical Support Squadron officer in charge of pharmacy services. "Medication misuse is anything from not using the medication that has been prescribed by your healthcare provider the way it was instructed to using a medication prescribed to someone else. This is in comparison to medication abuse where there is a behavioral issue and there may even be a psychological or dependency component to it; normally known as substance use disorder. So while misuse and abuse are not the same thing, both are problems."

The misuse of prescription medications has drastically increased over the last 10 years and has become one of the most common reasons for emergency room visits and sudden death. In 2008, the Office of National Drug Control Policy found that one-third of all new abusers of prescription drugs in 2006 were 12 to 17 years of age. This data underscores the importance of proactively addressing drug misuse to prevent potential abuse, additional cost to

healthcare and the burden that it may cause to society and military members.

"It's important that unused drugs are being disposed of properly," Figueroa said. "Leftover medications remaining in cabinets at home could eventually lead to teenagers or children finding them and not knowing or understanding what the repercussions are of taking something that was not prescribed for them and could cause them serious health consequences. That's why it's so important."

Improper drug disposal can also have negative environmental impacts.

"Proper drug disposal is important in order to keep drugs out of our landfills and water systems," said police Capt. Bob Armstrong, the Montana Highway Patrol District II. "People just got used to dumping them down toilets and throwing them in the garbage - that's not the proper way to do it because it effects the environment."

Additionally drugs improperly disposed of, or not disposed of at all, could fall into the hands of a child, teenager or an individual the drug wasn't prescribed, to leading to the misuse of the drugs and sometimes adverse consequences.

According to the Uniform Code of Military Justice, "Any person ... who wrongfully uses, possesses, manufactures, distributes, imports into the customs territory of the United States, exports from the United States or introduces into an installation, vehicle or aircraft used by or under the control of the armed forces a (controlled) substance... shall be punished as a court-martial may direct."

This includes the sharing of prescription medications. While misuse of controlled substances could warrant adverse legal consequences, not disposing of or misusing expired prescribed drugs may result in negative consequences as well.

Arnold Golf Course (GC)
454-GOLF, 454-FOOD

Check us out on Facebook! Arnold AFB Services Golf Course

Spring Into Golf special every day in April for \$26. Includes 18 hole green fee, 18 hole cart fee, hot dog, and fountain soda – a \$35 value!

Arnold Golf Course Customer Loyalty Program Purchase annual green fee for 2014 and receive: 10 percent discount on Pro Shop merchandise, 10 percent discount on Cart rental, 10 percent discount on Driving Range tokens, 10 percent discount on food/beverages at Mulligan's Grill. These discounts are good April 2014 through March 2015. Not valid in conjunction with the Members First Plus discounts. Maximum discount allowed is 10 percent. Sale items and alcohol are not authorized for these discounts.

The Commander's Season Opener will be a four-person scramble April 26 with an 8 a.m. shotgun start. Entry fee is \$25 per player and includes lunch. Green fee and cart fee are extra. Sign up by April 24.

Hot dogs available in the Pro Shop Monday through Friday. These hotdogs are placed on the roller in the Pro Shop for your convenience. The hotdogs are \$1 each.

Mulligan's Grill is open 10:30 a.m. to 1:30 p.m. Monday through Friday and 8 a.m. to 1 p.m., Saturday and Sunday. Call ahead orders for dine in or carry out, 454-FOOD (3663).

Arnold
Lakeside Center(ALC)
454-3350

Check us out on Facebook! Arnold AFB Services Arnold Lakeside Center and Arnold AFB Services Information, Tickets and Travel

Arnold Lakeside Center is hosting a **Members Only Texas Hold 'em Mini Tournament** every Thursday night that lasts through May 22. Play will begin at 6 p.m. in The Landing bar. There is no cost to enter but all players must be age 18 or older. 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. Prizes will be given to top three winners each week. First place wins \$20 Services bucks, second place wins \$15 Services Bucks, and third place wins \$10 Services bucks. Dinner is available every Thursday from 5-8 p.m.

First Friday Jam will be held 6 p.m. on April 4. 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. First Friday Jam is a very informal, stress-free, and kid friendly environment. If you would like to sing or play an instrument, please contact Jim "JJ" Jolliffe at jajolliffe@aol.com to get on the schedule, or simply show up with your instrument and/or singing voice. Room will be made for anyone wishing to perform. Dinner is available at the ALC from 5-8 p.m.

Brushes and Bottles will be held 6-8 p.m. at the GLC on April 10, and again 6-8 p.m. at the GLC on April 24. Bring your favorite beverage and get ready to get creative as an instructor will lead you through a canvas painting work of art step-by-step. By the end of the evening you will have your own masterpiece to take home. These painting parties are for all skill levels ages 21 and over with a cost of only \$25 per person. All paint, brushes, aprons, easels, canvas and other necessary materials will be provided. All you have to bring is your beverage of choice. Light snacks will be provided and other beverages will be available for purchase. Deadline to sign up for this event is April 4 and April 18. Class size is a maximum of 15. Call 454-3350 to sign up or for more information.

See BRIEFS, page H2

Daddy Daughter Dance "Luau" April 12 at Arnold Lakeside Center

The Community Center at Arnold Lakeside Center will host a Daddy Daughter Dance Luau on April 12 from 5-8 p.m. All ages are invited to attend with their daddy. If daddy is unavailable, another Kane may come in his place. Dress will be in Hawaiian theme. The menu will follow traditional Hawaiian fare with Hawaiian shredded pork sliders, teriyaki beef skewers, Polynesian rice, ginger roasted potatoes, fresh tropical fruit skewers and chocolate liliko'i parfaits. A frozen tropical smoothie will also be served in a commemorative glass. Dinner will be served from 5- 6:30 p.m. and the tiki smoothie bar will be open from 6:30 to 8 p.m. Upon arrival, have your picture taken and a commemorative photo will be ready for you to take home at the end of the event. A DJ will provide music from 5-8 p.m. and there will be a hula hoop demonstration and costume contest. Prizes will be awarded for first, second, and third place. Cost for evening is \$16 per couple for members and \$17 per couple for nonmembers. Additional hula girls in the same family will be \$5 extra for members and \$6 extra for nonmembers. To make reservations, call 454-3350 by April 4.

Easter Eggstravaganza at Arnold Lakeside Center



Arnold Lakeside Center will host a free Easter Eggstravaganza event on April 19 from 1-3 p.m. This event is open to children ages 2-12. Attendees will take part in an egg toss, egg relay and egg roll, and finish the event with a traditional Easter egg hunt on the ALC lawn at 2 p.m. Prizes will be awarded in three age groups, 2-5, 6-8, and 9-12, and a special appearance will be made by the Easter bunny. Call 454-3350 for more information or to reserve your spot.

Golf League Play begins April 22



The 2014 AEDC Golf League will begin play at Arnold Golf Course April 22. The league is limited to the first 20 four-person teams to sign-up. The format is four-person team match play with a maximum individual nine-hole handicap of 13 established. Ladies will play from the red tees, men under the age of 60 will play from the blue tees, and men age 60 and over may choose to play from the gray tees. Each team will play either Monday or Tuesday at 4:30 p.m. for a maximum of 19 weeks dependent upon the number of teams entered. There will be no league play on the weeks of Memorial Day and July 4th. If play continues through September, there will be no league play on Labor Day. Daily green fees will apply and vary depending on use category (i.e. military, DOD, contractor, other). To enter a team, call one of the contacts below. Provide your team name, names of members with phone numbers, and identify a team captain. All entries must be submitted by April 15. Contact Phillis Brown, 454-GOLF, or Ron Stephenson, 454-6440, to enter your team. This is a Fitness Center program ran through and held at Arnold Golf Course. (Graphic illustration)

Administrative Professionals' Day special in Café 100 April 23

In honor of Administrative Professionals' Day, April 23, Café 100 will be offering a "buy one, get one half off" special, available for breakfast or lunch. This special is for all customers, not only administrative.

Outdoor Rec Expo comes to A&E building May 1

Outdoor Rec will hold an outdoor Expo at building 100 (loading dock side) from 10 a.m. to 2 p.m., May 1. All base employees are encouraged to come by and see some of the items available for rent from Outdoor Rec. Stop by to see what is new for the summer and learn about many of the customer favorites available. Some of the new items include stand-up paddle boards and course. Other items include kayaks, canoes, windsurfer, pontoon, team building kit, inflatables, grills, canopies, fishing poles and more. Brochures with pricing and information on these items as well as camping at Fam-Camp, Crockett Cove and Dogwood Ridge will also be available. Door prizes will be given throughout the event so be sure to register. You do not have to be present to win, but all entries must be filled out completely to be eligible. Prizes may be picked up at a later date from Outdoor Rec. Hot dogs and beverages will be available free of charge so stop by during lunch and check us out.

The Group Class Big 3 Challenge

Arnold Fitness Center challenges you to participate in the Group Class Big 3 Challenge anytime during the month of April. Participate in at least one of all three types of classes offered – Interval Training, Yoga, and Cycling – and earn an incentive prize. Be sure to use the sign in sheet for each class or check in with Joe Watters to get credit for taking the class. Group Classes are for eligible users only. See the Fitness Center section for the complete class schedule.



Horizon is a Services Division publication designed to inform our customers of events and specials in Services Division activities. All program dates, times and prices are subject to change. Services Division mailing address is at 4176 Westover Rd. Suite 204B Tullahoma TN 37388-9145

Services information written and provided by Holly Jones

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Services Division Phone Numbers

Area code 931	DSN 340		
Services Chief	454-7779	Human Resources	454-5481
Services Deputy	454-5915	Marketing & Sponsorship	454-3128
Community Services Flight Chief	454-4062	Recycling	454-6068
Café 100	454-5885	Wingo Inn	454-3051
Arnold Lakeside Center (ALC)	454-3350	Fitness Center	454-6440
Arnold Lakeside catering	454-3303	Golf Course	454-GOLF (4653)
Membership Information	454-3367	Mulligan's Grill	454-FOOD (3663)
Information, Tickets & Travel	454-4003	Outdoor Rec (ODR)	454-6084
Gossick Leadership Center	454-4003	includes Marina, FamCamp, Crockett Cove & Dogwood Ridge	
Barber Shop	454-6987		

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spring Into Golf Special- \$26 includes 18-hole green and cart fee, hot dog and soda Fitness Center Group Class Big 3 Competition Members Only Texas Hold 'em Mini Tournament- every Thursday night		1 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	2 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	3 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night – "Tyler Perry's A Madea Christmas," rated PG-13; dinner available 5-8 p.m. ALC Members Only Texas Hold 'em Mini Tournament, 6 p.m.	4 FC Interval Class 6 a.m. ALC First Friday Jam Night 6 p.m.	5 ALC Saturday age 18+ only Movie – "Homefront," rated R
6	7 FC Interval Class 6 a.m. ALC Café 100 Lasagna lunch special \$6 FC Yoga 11 a.m.	8 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	9 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	10 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night – "Frozen," rated PG-13; dinner available 5-8 p.m. ALC Brushes and Bottles, 6-8 p.m., \$25, 454-3350 to sign up ALC Members Only Texas Hold 'em Mini Tournament, 6 p.m.	11 FC Interval Class 6 a.m.	12 ALC Daddy Daughter Dance Luau, \$16 per couple member, \$17 per couple non, 454-3350 to sign up
13	14 FC Interval Class 6 a.m. ALC Café 100 Lasagna lunch special \$6 FC Yoga 11 a.m.	15 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	16 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	17 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night – "Walking with Dinosaurs," rated PG; dinner available 5-8 p.m. ALC Members Only Texas Hold 'em Mini Tournament, 6 p.m.	18 FC Interval Class 6 a.m. ALC Last Friday Trivia, 6:30 p.m. MOVED FROM April 25	19 ALC Easter Eggstravaganza, free event, ages 2-12, 1-3 p.m. ALC Saturday age 18+ only Movie – "47 Ronin," rated R
20	21 FC Interval Class 6 a.m. ALC Café 100 Lasagna lunch special \$6 FC Yoga 11 a.m.	22 FC AEDC Golf League begins, 454-6440 or 454-GOLF to register FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	23 ALC Administrative Professionals Day – buy 1 get 1 half off special FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m. FC Spring 3.5 mile Fun Run, 11 a.m., FC trail	24 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Brushes and Bottles, 6-8 p.m., \$25, 454-3350 to sign up ALC Members Only Texas Hold 'em Mini Tournament, 6 p.m.	25 FC Interval Class 6 a.m.	26 GC Commander's Season Opener, 8 a.m. shotgun start
27	28 FC Interval Class 6 a.m. ALC Café 100 Lasagna lunch special \$6 FC Yoga 11 a.m.	29 FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	30 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	Reminder: ODR, Resource Management and Administrative offices are now located in Wingo Inn.		

Hours of operation

Arnold Lakeside Center: Catering/Management offices by appointment. Operations Clerk – Monday-Friday 7:30 a.m.-4 p.m. Dinner: full menu available Thursday 5-8 p.m., Friday and Saturday 5-9 p.m.; Main Bar – Thursday 5-8 p.m.; Friday 4-10 p.m.; and Saturday 5-9 p.m.; Social Hour – Friday 4-6 p.m., Movie Night – Thursday and select Saturdays 6:30 p.m.

Information, Tickets & Travel (ITT): Office at Arnold Lakeside Center – Tuesday through Friday, 10 a.m. – 3 p.m.

Café 100: Monday through Friday, 6:30 a.m. – 1 p.m. Lunch starting at 10:30 a.m.

Barber Shop: by appointment – Monday, Tuesday, Thursday & Friday, 8 a.m. – 4 p.m.

GLC (office located at Arnold Lakeside Center): Monday through Friday, 7:30 a.m. – 4 p.m. May vary depending on bookings.

Outdoor Rec: Tuesday through Saturday, 10 a.m. – 5 p.m.

Fitness Center: Monday-Friday, 5 a.m.-7:30 p.m.; Saturday, 8 a.m.-1 p.m. Sunday Closed

Arnold Golf Course: Pro Shop & Driving Range, 8 a.m. – 4:30 p.m. Closed during inclement weather. Driving Range open 24 hours with prepurchased key card. Mulligan's Grill Monday through Friday, 10:30 a.m. – 1:30 p.m.; Saturday and Sunday, 8 a.m. – 1 p.m.

Recycling: Monday through Friday, 6 a.m. – 2:30 p.m.

Wingo Inn: Monday through Friday, 7 a.m. – 6 p.m.; Saturday and Sunday, 8 a.m. – 4 p.m.

Nonappropriated Funds Human Resources: Monday through Friday, 7:30 a.m. – 4 p.m.

BX/Commissary customer eligibility

AEDC government civilian and AEDC contractor employees have access to the following limited items at the base exchange (BX): consumable items including toiletries and over-the-counter pharmaceuticals, food items such as candy, chips, little meal items, hot dogs and soft drinks. Alcohol and cigarettes are not included as consumable items. However, only active duty and retired uniformed services personnel and their dependents are eligible to use the base commissary next to the BX. The commissary hours of operation: Tuesday, Wednesday and Friday 9 a.m.-5:30 p.m., Thursday 9 a.m.-6:30 p.m. and Saturday 8 a.m.-4:30 p.m. The BX hours of operation: Tuesday through Friday 9 a.m.-5:30 p.m., and Saturday 8 a.m.-4:30 p.m. For more information contact Christopher Floden, BX manager, at (931) 454-7153 or Patrick Jordan, Commissary manager, at (931) 454-5921.

AAFES Dividends
Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for February 2014 totaled \$6,153.28.

BRIEFS from page H1

Last Friday Trivia moved to April 18 for this month and starts at 6:30 p.m. with questions in random categories. Teams may 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. There are eight rounds with three questions per round. For rounds 1-4, teams have two, four and six points to wager

per round. For rounds 5-8 teams will have four, eight and twelve points to wager per round. Only one point value may be used per question. For example, if you wager four points on the first question then you must choose either two or six points for the next question. Whichever value is left must be used for the final question in that round. After the eighth round, teams may wager up to their total points

earned for the final question. Prizes are awarded for top finishers.

Making plans for Spring Break? Ask about Universal Orlando's "3rd Day Free" ticket special offer brought to you by ITT (Information, Tickets and Travel) at Arnold Lakeside Center. The 2-Day Base with 3rd Day Free Ticket entitles one guest admission to one theme park per day. Ticket is

valid for any three calendar days during a 14 consecutive calendar day period which includes the first day any portion of the ticket is used. This ticket also includes 14 consecutive calendar days of admission to the paid entertainment venues of Universal City Walk which commences and includes the first day any portion of the ticket is used. First use of this ticket must be on or before May 9 to receive full

benefit of the ticket entitlements. All ticket usage must be completed on or before May 22 when the ticket will expire in full. For complete details and to order tickets, call ITT at 454-4003.

Barber Shop is located in the A&E Building in room A107 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 4 p.m. Haircuts are \$8 and are by appointment. Call 454-6987.

Café 100 454-5885

April special in Café 100: Try our BLT combo special. A BLT sandwich, fries or tots and drink for \$4.50.

Daily \$6 specials in Café 100: Every Monday is Lasagna served with salad, garlic bread, and drink. Every Wednesday is Pulled Pork BBQ sandwich served with slaw, choice of chips or potato salad, and drink.

See BRIEFS, page H3

BRIEFS from page H2

Café 100 Soup of the Day. Warm up with one of our daily soup selections.
 Monday: Chicken Noodle
 Tuesday: Loaded Baked Potato
 Wednesday: Broccoli Cheddar
 Thursday: Vegetable Barley Beef
 Friday: Tomato

Fitness Center(FC) 454-6440

Check us out on Facebook! Arnold AFB Services Fitness Center

Spring 3.5 mile Fun Run April 23 at 11 a.m. on the Fitness Center trail. Complete two laps around the trail, and mark this Fun Run off of your to do list. First 25 people to sign-up will get a free t-shirt. Call 454-6440 to reserve your spot.

Group Class Schedule: (for eligible users only)
 Cycling: Tuesday and Thursday, 11a.m.-12 p.m.

Yoga: Monday and Wednesday, 11 a.m.-12 p.m.
Interval/Circuit Training: Monday, Wednesday and Friday, 6-7 a.m. Tuesday and Thursday, 3:30-4:30 p.m.

If you want more options for classes, then try the **Fitness on Request (FOR) kiosk.** The kiosk provides virtual instructors leading exercises in areas such as Vibe Dance, Fusion Mind Body, Fit for Duty, Rev Cycling, TKO Kickboxing, Stomp Step and Kinetics. FOR can accommodate individuals or groups and is available any time during regular hours. Ask about kiosk orientation and scheduling.

Outdoor Rec (ODR) 454-6084

Check us out on Facebook! Arnold AFB Services Outdoor Recreation

Winter Rates now available at FamCamp. RV sites at FamCamp will be \$12 per night, and \$300 per month, and tent sites will be \$4 per night. These rates will continue through May 1.

Teambuilding Facilitation available through Outdoor Rec. Book your team building event at least two weeks in advance and customize your activities to include leadership, communication, trust, conflict resolution and more. Our kit has 289 activities and can serve up to 120 participants. Large group challenges can accommodate up to 60 people. This equipment must be facilitated by an Outdoor Rec staff member and is not available for rent for private use. Department of Defense organizations may utilize the program for free. All others have the option of half day (4 hours) for \$50 or full day (8 hours) for \$100. Call to find out more information or book your team building event.

Outdoor Rec inflatables! There is an assortment of inflatables for almost everyone's needs. We have a huge backyard obstacle challenge mea-

suring 40'L x 10'W x 13'H, and a double lane jump slide for only \$150 per day. We also have a giant basketball hoop for \$30 per day and a Rocket Bounce House for \$75 per day. If you need a water slide then our 18' Double Drop Wet/Dry slide will be great for any event and is only \$150 per day. Please contact Outdoor Recreation at 454-6084 to make your reservation today!

Did you know ODR now has disc golf? Disc golf is a flying disc game in which individual players throw a flying disc at a target. Much like golf, the object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. The ODR course targets are portable so course location may change. Initial plans are to begin in the softball outfield behind the ODR building. Players may play for free with their own discs or rent discs from ODR for \$1 each. There are different sizes and weights of discs much like different clubs in golf to better serve the needs of the target desired. For more information on disc golf

call ODR at 454-6084.

Reservation Policy: FamCamp, Crockett Cove and Dogwood Ridge reservations may be made 45 days in advance for active duty and reserve military, 40 days for retired military, and 30 days for all other qualified personnel. Boat reservations may be made 15 days in advance for active duty and 10 days for other eligible individuals. All reservations are made through the Outdoor Recreation in person or calling 454-6084.

Wingo Inn 454-3051

Check us out on Facebook! Arnold AFB Services Wingo Inn

If you have **family and friends visiting** and need extra space then call Wingo Inn. Reservations for Wingo Inn can be made 120 days in advance and room rates start at \$56 per night. Call 454-3051 for reservations and more information.

Gossick Leadership Center 454-4003

Check us out on Facebook! Arnold AFB Services Gossick Leadership Center

The **Gossick Leadership Center (GLC)** may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to arnold.glc@arnold.af.mil. All event coordinators are required to sign an agreement. Official unit functions are authorized at no charge and are defined as bona fide official meetings or training held as part of the normal duty day. Unofficial and private functions may be held for authorized users at a fee. Community members may host events with the approval of the Services Director for a fee. Outside food and beverages are not allowed. First consideration must be given to Arnold Lakeside Center. In the event they cannot accommodate, an outside source may be utilized with CCM approval. For more information contact the CCM at 454-4003.

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

April Movie Schedule

Movie nights are Thursdays (family themed) with movie start time of 6:30 p.m. and select Saturdays (age 18+ only)

April 3 – “Tyler Perry’s A Madea Christmas,” rated PG-13 (1 hr. 40 min.) starring Tyler Perry, Chad Michael Murray and Tika Sumpter. Madea dispenses her unique form of holiday spirit on rural town when she’s coaxed into helping a friend pay her daughter a surprise visit in the country for Christmas.

April 10 – “Frozen,” rated PG (1 hr. 42 min.) starring Kristen Bell, Josh Gad, and Idina Menzel. Fearless optimist Anna teams up with Kristoff in an epic journey, encountering Everest-like conditions, and a hilarious snowman named Olaf in a race to find Anna’s sister Elsa, whose icy powers have trapped the kingdom in eternal winter.

April 17 – “Walking with Dinosaurs,” rated PG (1 hr. 27 min.) starring Charlie Rowe, Karl Urban, and Angourie Rice. Author P.L. See and feel what it was like when dinosaurs ruled the Earth, in a story where an underdog dino triumphs to become a hero for the ages.

April 24 – “The Nut Job,” rated PG (1 hr. 25 min.) starring Will Arnett, Brendan Fraser, and Liam Neeson. An incorrigibly self-serving exiled squirrel finds himself helping his former park brethren raid a nut store to survive, that is also the front for a human gang’s bank robbery.



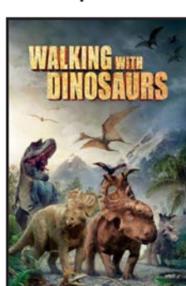
Apr. 3



Apr. 10



Apr. 5



Apr. 17



Apr. 24



Apr. 19

Rated “R” movie nights are select Saturdays in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

April 5 – “Homefront,” rated R (1 hr. 40 min.) starring Jason Statham, James Franco, and Winona Ryder. A former DEA agent moves his family to a quiet town, where he soon tangles with a local meth druglord.

April 19– “47 Ronin,” rated R (1 hr. 58 min.) starring Keanu Reeves, Hiroyuki Sanada, and Ko Shibasaki. A band of samurai set out to avenge the death and dishonor of their master at the hands of a ruthless shogun.

Movies are shown at the Arnold Lakeside Center

Dinner available from 5-8 p.m.

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AEDC Victim Advocates Hotline:
(931) 581-7494

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AFMC promotes chronic pain management awareness

By Greg Chadwick
AFMC Wellness Support Center

WRIGHT-PATTERSON AIR FORCE BASE, Ohio –

During the month of March, Air Force Materiel Command will promote Chronic Pain Management Awareness. Chronic pain is American's biggest health problem. It affects more individuals than diabetes, heart disease, and cancer combined, according to the Institute of Medicine of The National Academies.

Chronic pain is defined as pain that lasts more than three months, or pain that continues when it should not. Examples would include: arthritis, cancer, and low back pain. Chronic pain can adversely affect an individual's well-being, and may cause emotional distress with thoughts of fear, despair, and hopelessness.

It is important to see a physician as soon as possible when suffering from chronic pain because the condition could worsen if left untreated. The primary goal of pain management is to reduce any disability caused by the pain. Treatment can be divided into three categories:

- Physical (e.g. physical therapy)
- Psychological (e.g. relaxation methods)
- Pharmacological (i.e. medicines)

The treatment of persistent pain may involve one, two or all three of these categories. The use of pain relievers and other medications are the most common methods of treatment.

While medications can help relieve symptoms, there is a risk for some patients to develop dependency or other serious side effects due to misuse or abuse. Prolonged use of opioid (narcotic) pain medications such as oxycodone (OxyContin®), and hydromorphone (Dilaudid®) increase the possibility of adverse reactions including: gastrointestinal distress, internal organ problems, sexual dysfunction, and endocrine problems.

A life threatening side effect is respiratory depression.

«More people die from overdoses of prescription opioids than from all other drugs combined, including heroin and cocaine,» said Steven Callon, Air Force Materiel Command Drug Demand Reduction Manager.



If you or someone you know is struggling with prescription drug dependency or misuse, assistance is available. Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at (800) 222-0364 or visit the EAP website at www.foh4you.com.

Active-duty personnel can contact their local installation Alcohol Drug Abuse Prevention and Treatment Program (ADAPT), or Primary Care Manager. Military OneSource is another option for military members, spouses, and dependents. For more information, call (800) 342-9647 or visit www.militaryonesource.com.

Civilian Health Promotion Services will be offering classes on chronic pain management during the month of March. Attendees of the class will receive a self-care handbook on managing pain. For more information on class times and location, contact your local CHPS team or visit www.AFMCwellness.com.



DON'T FORGET TO FEED THE BIN!

