



An F100-PW-229 Engine Enhancement Package engine undergoes ram testing in SL-3 as part of a year-long Accelerated Mission Test, the longest test of its kind at Arnold. Ram is a term describing test conditions in which inlet pressures are above ambient or atmospheric conditions. (Photo by Rick Goodfriend)

Longest running jet engine test is underway

By Philip Lorenz III
Technical Writer

Engineers at AEDC are excited about setting a new record with a performance and evaluation test on the most widely used advanced technology fighter engine in the world.

An increased performance aircraft engine, the F100-PW-229, is at AEDC's SL-3 test cell for the longest-running engine test ever conducted here.

The F100-PW-229 Engine Enhancement Package (EEP) engine being tested will be the most current operational version available to power the USAF fleet of F-15 Eagles and F-16 Fighting Falcons.

The year-long Accelerated Mission Test (AMT) at AEDC will subject the latest version of the F100 engine to 6,000 Total Accumulated Cycles (TAC) to simulate the operational stresses it would experience in flight between depot overhaul visits.

TAC is a unit of measurement for major rotating engine components tracked during an engine's operational life.

The F100-PW-229 engines currently are rated at 4,300 TACs.

Capt. Scott Rinella, AEDC's project manager for the year-long program, said the improvements to the engine are aimed at prolonging its operational life, reducing maintenance time and cost.

"The improvements were designed with the intent to extend the [programmed depot maintenance] interval from 4,300 to 6,000 [TACs]," said Christopher Szczepan, chief of the F100/TF33 Engineering and Technical Flight at Tinker AFB, Okla. "This test will establish if the engine can achieve 6,000 TACs from a durability standpoint."

Garry Blaisdell, Pratt and Whitney's (P&W) site manager at AEDC, said the potential financial savings for the U.S. government should be significant.

"The Air Force has the potential to save hundreds of millions of dollars in reduced depot overhaul costs through the remaining life cycle of the F100-PW-229, expected to be in service through 2045," he

See F100, page 7

T&E days conference to be held in Nashville Feb. 2-4

AEDC and the American Institute of Aeronautics and Astronautics (AIAA) are hosting the Air Force's T&E Days Conference, Feb. 2-4 at the Gaylord Opryland Resort and Conference Center in Nashville.

When asked about the T&E Days 2010 conference, Maj. Gen. David W. Eidsaune, the conference's general chair, stated: "The T&E Days 2010 conference brings together test and evaluation professionals from academia, industry and the military to focus on the implementation of the T&E Enterprise concept through the Air Force. Through a dynamic blend of panels, work groups, concurrent technical sessions and key note speakers, participants will develop ways to boost program efficiency and the nation's war-winning capabilities, and is a 'must-attend' event for everyone working in the test and evaluation field."

Keynote speakers for the conference include: Gen. Norton A. Schwartz, Air Force chief of staff; Maj. Gen. David W. Eidsaune, director, air, space, and information operations, Headquarters Air Force Materiel Command (AFMC); John T.

Manclark, director, test and evaluation, Headquarters U.S. Air Force; Lt. Gen. David A. Deptula, deputy chief of staff, intelligence, surveillance and reconnaissance, Headquarters U.S. Air Force.

The conference will also feature two panels of particular importance. The first panel of note is "Acquisition Excellence" on February 2, which will be moderated by Maj. Gen. Stephen Sargeant, commander, Air Force Operational Test and Evaluation Center, Kirtland AFB; and will feature: Maj. Gen. David W. Eidsaune; Maj. Gen. Charles R. Davis, commander, Air Armament Center, and the Air Force Program Executive Officer for Weapons, AFMC Eglin AFB; Maj. Gen. Jay H. Lindell, director, global power programs, Office of the Assistant Secretary of the Air Force for Acquisition, Headquarters U.S. Air Force; Maj. Gen. David J. Scott, director, operational capability requirements, deputy chief of Staff for Operations, Plans and Requirements, Headquarters U.S. Air Force; Maj. Gen. Thomas K. Andersen, director of requirements, Headquarters Air Combat Command, Langley AFB;

and Brig. Gen. James E. "Woody" Haywood, director of requirements, Headquarters Air Force Space Command, Peterson AFB.

The conference's second panel of note is: "The Time for High Speed Weapons," also on February 2, moderated by Dr. Mark Lewis, Willis Young Professor and chair of the Department of Aerospace at the University of Maryland, College Park, Md., and featuring: Maj. Gen. Curtis M. Bedke, commander, U.S. Air Force Research Laboratory, Wright Patterson AFB; Natalie Crawford, RAND Corp.; and John Foulkes, deputy director, Test Resource Management Center.

The T&E Days 2010 Conference is supported by the: Air Force Flight Test Center; 46th Test Wing at the Air Armament Center; Air Force Operational Test and Evaluation Center; Space and Missile Systems Center, Space Development and Test Wing; AFMC; Air Combat Command; AFRL; and Air Mobility Command. The conference's sponsors are Jacobs Technology and ATA.



AEDC has continued to play a vital role in space technologies and development. See page 5 for story and photos. (Ares 1-X courtesy photo by NASA)

AEDC now on Facebook/Twitter

By Jason L. Austin
AEDC Public Affairs

AEDC is often referred to as the Air Force's best kept secret.

However, the Public Affairs team is working hard to let the cat out of the bag about the largest and most advanced ground test facility in the world. After launching the AEDCtesttube YouTube channel in December, AEDC is now on Facebook and Twitter.

To follow AEDC on Facebook, log into Facebook and search Arnold AFB. AEDC is also found on Twitter at www.twitter.com/aedcnews.

"In addition to receiving breaking news, information on base events, photos and videos, followers of AEDC on these sites will have a simple way to communicate with us and us with them," said AEDC Public Affairs Director Joel Fortner. "These sites are not about just getting our message out there, they're really about having a conversation with those who follow us. That's truly the most exciting part."

AEDC has experienced success with

social media already, Fortner said.

"Like other Department of Defense units, we have a compelling story to tell the public, and social media is a great way to do so," Fortner said. "It's very apparent many people are interested in communicating with us through social media sites based on how well our YouTube channel is doing as it's steadily approaching 10,000 views."

According to Fortner, another benefit of using social media sites is the ability to communicate quickly and directly with the public and media during an emergency.

"During a crisis or emergency situation, it is imperative we communicate as quickly as possible to alleviate apprehension, minimize speculation and get facts out there," he said. "An organization has to start communicating in that first hour of the emergency or risk losing control of the situation or damaging our reputation. In my view, we can prevent that by using well-established communication tactics like social media sites, and when you couple those with existing relationships with media members, you create a powerful tool to communicate with."

H1N1 vaccine available for limited time

The H1N1 vaccine is available free of charge

at the Arnold Medical Aid Station for all Department of Defense beneficiaries (ages four and older) and for designated emergency essential personnel assigned to Arnold AFB.

If a child is coming in for a vaccination between the ages of 4-17, call (931) 454-5351 to schedule an appointment; all others may receive the vaccine on a walk-in basis between the hours of 7 a.m.-3:30 p.m., with a lunch break from 11:30-1 p.m.

For Active Duty members with children under the age of four, make an appointment or contact the primary care manager

(PCM) to obtain the H1N1 vaccination.

If the PCM does not carry the H1N1 vaccination, contact a TRICARE representative at (931) 454-3994 or (931) 454-3829.

Symptoms of the 2009 H1N1 flu virus include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have vomiting and diarrhea. People may be infected with the flu, including H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

Everyday precautions such as these can help:

- Cover your nose and

mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose or mouth.

- Try to avoid close contact with sick people.

- If flu-like symptoms occur, the CDC recommends that people stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities.

- Keep away from others, as much as possible, to prevent spreading the illness.

HIGH MACH

Arnold Engineering Development Center
An Air Force Materiel Command Test Center

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

**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

T&E days is a chance to showcase our efforts

By Col. Michael Panarisi
AEDC Commander

One of the highlights of the year for the Air Force test community is upon us. Test and Evaluation Days (T&E Days as it is usually called) is a week away. This premier event is our once-a-year opportunity to meet and network with the full spectrum of USAF T&E. We have a unique challenge this year ... as the "hosts" all eyes are on us, and I'm thrilled we'll get a chance to showcase your efforts here at AEDC. At the same time, we'll hear briefings and participate in forums from our colleagues across the country. This is our time to shine, and I'd like to emphasize a few things to guide our actions in this critical event.

T&E Days coordination team: I can't thank you enough for the countless hours you have devoted to making this event the best T&E Days ever. Your efforts will pay huge dividends in



Panarisi

the years to come. I know you have put our best forward, and I'll do all I can to amplify your hard work.

Briefers: Your audience is likely broader than you think. Focus your messages on how our work can benefit the rest of the community. If there are clear developmental test messages that must be communicated with the flight test community ... say it! Same goes for lessons learned. Many of the "lessons learned" from our ground tests directly apply to ranges, operational testers or even system operators. Keep that in mind.

Maintaining the human weapons system

By CMSgt. Rob Tappana
Air Education and Training Command command chief

Randolph AFB, Texas (AFNS) – It all started during a staff meeting when I was at Elmendorf Air Force Base, Alaska. Seeing a major I didn't know, I introduced myself. In reply she spoke a sentence that still echoes in my mind.

"Hello Chief, I'm Maj. Jennifer Halter, I am a crew chief on the human weapons system," she said.

Puzzled, I asked for clarification and she replied, "I am a crew chief on the human weapons system. I maintain the critical emotional guidance system of our most valued asset."

She was our new mental health officer.

I paused to consider her unique point of view. Was I a "weapons system?" Did I want to be one? The answer to that question was a quick "yes."

In the Air Force we revere our weapons systems. When I enlisted there were seldom pictures of people on the walls but there were always pictures of our weapons; aircraft, missiles, satellites, etc.

Afterward, I looked out my window and pondered the F-15 Eagles on the flightline. Each is a complex system of systems requiring dedicated and skilled maintenance. Each is assigned a crew chief and assistant crew chief responsible for ensuring the jet is always in good repair. No pilot steps to a jet until the crew chiefs prepare it and verify it is ready to go.

"Sir/ma'am, the jet is ready," a crew chief would say. "All systems are green. If you handle it properly it will take you out and back and you'll both be ready for tomorrow's mission."

The crew chiefs have

access to specialists in the "back shops" to provide specialized maintenance beyond their expertise. Avionics, fuels, weapons, and others help with whatever is needed to ensure the performance and safety of the jet. On occasion, we will even take a jet off the line and send it for depot-level maintenance, an upgrade of its major systems. This allows us to fly our aircraft for 50 years and more.

I realized there are many parallels between Airmen and aircraft. I am, we are, complex structures of systems. We require constant and competent maintenance. Who is my crew chief? I believe I am. Basic maintenance – food, rest, exercise and education – is my responsibility. My supervisor, teammates, wingmen, and chain of command serve as assistant crew chiefs. Sometimes though, I need more maintenance than my supervisor and I can provide. This is where the "back shops" play their role in maintaining our human weapons system.

Should my spiritual compass go askew, our chaplains will help me "re-center" it. The professionals at the dining facility are here to ensure I am properly fueled. Should I suffer a physical breakdown, the medical group is standing by with specialists for all my physical systems. If I find my thrust-to-weight ratio off and my performance slowing, I can go to the health and wellness center and the fitness center for a fitness tune up. Just as we have preventative maintenance for aircraft, we also have preventative maintenance for people including routine performance feedback, proper diet and exercise and preventative health assessments. We even have

It's tempting to focus on the technical aspects of our work. Please avoid that trap and think how other consumers of our results might benefit from roads we've already paved.

Attendees (this goes for briefers as well): Attend presentations that are a little outside of your "comfort zone." For instance, the operational testers may have some techniques that could have a significant impact to our operations. How do they cut waste? How do they apportion their utilities? How do they balance a declining customer base? We live in a time of unprecedented ability to share information, and that's what this event is all about. The best ideas may come from an area completely foreign to you. I challenge our community to go to at least two briefings that you would normally not attend. I'm confident we can get some ideas that will make some positive impacts to the way we do business, and I KNOW we

have plenty to share with our colleagues. This is no time to be shy.

"Rookies": If this is your first T&E days, get the lay of the land. If this is your first "conference" get ready for a GREAT sip from the firehose! If you walk away with the basics of how we do test, or even just some of the "vocabulary" you've made a good start. The more quickly you can "learn the lingo" the more quickly you can have an impact and begin to improve our system. We need your "outsider's perspective." Be open minded, visit booths, talk to other CGO's and even FGO's, and try to glean what their perspective of Arnold and how we fit in the T&E commu-

nity. Take LOTS of cards, and leave even more behind. This is your chance to cast a very wide net and discover "who's who" in T&E. Be one!

For those not attending, you aren't off the hook! Plenty of great work to continue here, plus we're bringing a number of the attendees here to showcase our unique capabilities. This will be your time to shine. Please keep in mind this tour group will include some "heavy hitters" from across USAF T&E. It's up to you to put Team AEDC on the map in their worlds.

Again, my thanks to all who are making this year's event a success. This will be the one to remember!

Inspired by cannibals

By SSgt. Vanessa Young
Defense Media Activity-San Antonio

San Antonio (AFNS)

– In October, I went to cover a story at the 309th Aerospace Maintenance and Regeneration Group facility on Davis-Monthan Air Force Base, Ariz. Thousands of retired Air Force, Navy and coalition aircraft are retired at this "bone yard." Pilots used these aircraft to shoot down MiGs in the Vietnam War, patrol New York City after 9/11 and transport servicemembers home from Operation Iraqi Freedom. I was impressed by the history parked in this desert facility.

Then I met the maintainers who worked there, and I was in awe.

These maintainers don't perform typical aircraft maintenance. These maintainers tear these "old birds" apart and cannibalize their parts so they can be reused in the active fleet. On any given day they could cut the wings off of an F-15 Eagle, remove avionics from a C-130 Hercules or pull the wheels from an A-10 Thunderbolt II; all in an effort to regenerate the Air Force inventory.

Aircraft maintenance on a typical flightline is labor intensive and at times dangerous. These mechanics don't work on a typical flightline. There are no hangars to shield them from the 110-degree desert heat. The facilities' fences don't keep out the rattlesnakes, scorpions and other animals common to a desert climate. And since parts are constantly being removed, when they enter an aircraft they have to be extra vigilant for missing floor panels, protruding wires and decrepit components that could fall off the aircraft.

None of these maintainers are active-duty military; however, most of them are former Air Force or Navy aircraft

maintainers. I spoke with a few of the maintainers who have been turning wrenches since the Vietnam War -- tearing apart the same aircraft they were charged with keeping in the air.

Why would these guys still want to do this after all of these years?

The bad economy? Possibly. But looking in their eyes and listening to them talk about the aircraft they work on, the challenges they face and the Airmen they help, I knew it was something more.

It's something more than overtime pay that makes them stay after hours or come in on the weekend to get a critical part to an Airman downrange. It's something more than the opportunity to work on aircraft that keeps them working under the extreme conditions of the Arizona desert.

The white overalls they wear today have replaced the battle uniforms of their day, but it is evident their commitment to the mission hasn't changed. Almost everyone I spoke with told me how proud they were to still be able to support Airmen, but played down the fact that they were, at times, as integral to keeping an aircraft in the air.

I expected to be impressed by the thousands of planes. I expected to be humbled by the history of the aircraft. I even expected to be completely dwarfed by disassembled C-5 Galaxies.

I didn't expect to be inspired by the dedication of these aircraft "cannibals."

My mission was to write about how the "bone yard" saved the Air Force money. I quickly realized this story was about more than a money-saving storage facility; it's the people who make this organization successful. For all the time they spend in the sun, these civilian Airmen deserve their time in the limelight.

To the men and women of the 309th Aerospace Maintenance and Regeneration Group: thank you for your service.

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://lapro.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.

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

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

National Engineers' Week to be celebrated Feb. 14 – 20



Students, in two-person teams, design, build and compete their designs against other teams at the Hands On Science Center during the student design competition portion of Engineers Week. (Photos by Rick Goodfriend)

This year's celebration of National Engineers Week will take place during the week of Feb. 14 – 20.

Local area activities will include a MathCounts competition, a student design competition, an engineer-for-a-day program and a banquet.

These activities are sponsored by the Tullahoma chapter of the Tennessee Society of Professional Engineers (TSPE), the Highland Rim chapter of the American Society of Mechanical Engineers (ASME) and the Tennessee section of the American Institute of Aeronautics and Astronautics (AIAA).

John McInturff, vice-president of the Tullahoma TSPE chapter, is the chairman for the week of activities. He can be reached at (931) 454-3348. Paul Kelly is a second contact at (931) 454-6542.

The MathCounts competition will take place on Saturday, Feb. 13 at the University of Tennessee Space Institute (UTSI) at 8 a.m. Middle school students from Coffee, Franklin, Moore, Lincoln, Grundy, Bedford and Warren counties will compete on teams from their schools in a three-round competition. Each round gets successively harder. The winning team will be honored at the Engineers Week Banquet and will compete in the state competition.

Richard Dix, retired AEDC engineer, is the chairman for this event. He is in need of volunteers to help proctor rooms or grade exams. He can be reached at (931) 728-0509 or by e-mail at redix@bellsouth.net.

The student design competition will take place on Feb. 16 at the Hands on

Science Center in Tullahoma. High school students in grades 10-12 compete on two-person teams to design, build and compete their design against other teams. They will not have any idea what they will be asked to design until they arrive at the competition. The teams will be given kits with identical materials and will have about an hour and a half in the morning to design, build and test. After lunch, the teams will compete their designs.

Prizes will be awarded to the top three scoring teams. Total participation is limited to 25 teams and three per school. The deadline for school teams to sign up is Feb. 10. For information about this event contact Paul Kelly.

The Engineers Week banquet will be held on Feb. 17 at the Manchester/Coffee County Confer-

ence Center. The winning MathCounts team and winners of the student design competition will be guests at the banquet as will students who take part in the engineer-for-a-day program. There will be a guest speaker. For ticket information or to make a reservation, contact McInturff.

The engineer-for-a-day program is also geared toward high school students, generally juniors and seniors. The students will have a tour of AEDC, lunch and then go with a mentor to observe engineers at work. Some students will stay at AEDC, and others will go to companies in the local area. The date for this program is Thursday, Feb. 18. Engineers are needed to serve as mentors. To sign up contact Early McKnight at (931) 454-4968.

Article submitted by Paul Kelly.

Donating is not just a good idea, it could save a life

By Janaé Daniels
High Mach Editor

January is National Blood Donor month and what better way to continue the giving spirit from the holidays but by donating blood.

Rebecca Pyron, AEDC's blood drive coordinator, said "It is important for people at AEDC to donate blood to help out our friends and families," Pyron said. "The majority of blood donated by the base is utilized in Tennessee. Most of the blood donated is for people who are transferred from our local hospitals to the larger hospitals for cancer, surgeries and post accidents."

In 2009, during the five blood drives, there were 530 donors who participated and gave 496 productive units. There were also 25 first-time donors.

The American Red Cross was the first agency to handle our blood drives starting more than 25 years ago. Blood Assurance was added in 2005; which added an additional drive a year.

According to the American Red Cross, every two seconds someone in the U.S. needs blood and more than 38,000 blood donations are needed every day.

Sean Armstrong, Red Cross Donor Resources Development representative, Tennessee Valley Region in

Nashville, explains why it is important for people to donate blood.

"There is no substitute for blood and we rely on the generous donations of eligible donors throughout Middle Tennessee to ensure that we maintain an adequate blood supply," Armstrong said.

According to Armstrong, once the donated blood is collected from AEDC personnel it is sent to St. Louis to have the 12 tests that the Food and Drug Administration requires for each unit of blood. After testing, the blood is then sent back to Nashville and is distributed.

"We serve 60 hospitals throughout our region," Armstrong said. "Once the blood is tested it is distributed to the hospitals we serve so that it is available to patients throughout the area who are in need of blood."

There are many reasons why people do not donate blood.

"Our experience shows fear of needles and convenience are leading factors," Armstrong said. "But the number one reason people do not donate blood is that they were never asked to do so."

Armstrong said they attempt a variety of methods to get people to donate.

"We call our established donor base in some cases, we mail post cards, we send e-mails and we visit people

face-to-face. We also conduct presentations," Armstrong said. "But the best way to convince people to donate is through the formation of recruitment teams. These recruitment teams are made up of volunteers and are often our best donors."

When asked what causes a blood shortage, Armstrong said it depends on several factors.

"There are eight different types of blood. Often, shortages become present in the O blood types and the Negative blood types. Sometimes, we are able to replenish by appealing directly to our donor base," Armstrong said. "We also have an extensive network that allows us to rely on other regions within our organization. When there is not enough of a particular blood type available and we are not able to readily replenish it, procedures and treatments are postponed until a sufficient supply of blood becomes available."

The American Red Cross provides blood products to much of middle Tennessee and is part of a greater nationwide network. Blood Assurance serves a smaller network in Tennessee, Georgia, Alabama and North Carolina, including many of the areas surrounding AEDC.

The next blood drive at AEDC is scheduled for March 22-26.

Jacobs scholarship winners announced

The Jacobs Technology Group recently announced the winners for the 2009-2010 Dr. Joseph J. Jacobs Global Scholarship Program.

This year's winners are students with parents working for one of the Jacobs Technology groups. They are Derrick Bigham, son of Lisa Bigham and Elizabeth Winkleman, daughter of Bradley Winkleman.

The scholarship program, which was created as a tribute to Dr. Jacobs and his commitment to higher education, is exclusively for children of Jacobs employees -worldwide. As a result more students were recognized.

Jacobs Technology founder, Dr. Jacobs, was a committed supporter of humanitarian issues, community involvement and education. His humanitarian endeavors included the establishment of the Jacobs Family Foundation to promote community-based economic development, aid families and youth at risk and provide educational and other opportunities to underrepresented groups. His philanthropic leadership went beyond financial assistance and he also gave his time to support causes such as the United Way, the Boy Scouts of America and The Salvation Army.

Dr. Jacobs showed a particular devotion to education. While he earned bachelors, masters and doctorate degrees from New York's Polytechnic University, he gave back to the education community, becoming a member of the board of trustees for Polytechnic University and Harvey Mudd College. In fact, both schools have buildings that bear his name. He also recognized the significant value of making higher education attainable for any child who sought it.



Bigham



Winkleman

Base legal office offers tax help to military and retirees

The 2009 income tax season has arrived and the Arnold AFB legal office is offering free Volunteer Income Tax Assistance (VITA) for eligible personnel.

Active duty service members, guard and reserve members on active status and their dependents, are eligible to receive these services. In addition, tax assistance will be available to military retirees and their dependents on a space available basis. Through the VITA program, IRS-trained volunteers assist tax-filers in preparing and electronically filing their income tax returns. Most customers receive their refund in as little as one week.

Tax assistance appointments are available beginning Feb. 1 and continue until the yearly tax filing deadline of April 15. Eligible personnel may call the Arnold AFB Legal Office at (931) 454-7814 to schedule an appointment.

Military members should access and print their W2s from the MyPay Web site at <https://mypay.dfas.mil/mypay.aspx> before arriving for their appointment.

If you like to "do-it-yourself", Military One Source has a free federal tax preparation and e-filing program available to military members and their dependents through their Web site at www.militaryonesource.com. The Web site allows tax filers to utilize a free online version of H&R Block's TaxCut Basic. The software is a simple question and answer program that is a quick and easy way to complete and e-file your federal tax returns. The program also allows military members the option to e-file their state returns for a small fee.

If you prefer to file your federal and state taxes using the paper forms, these forms are now available online for download and printing at www.irs.gov or through the individual state tax Web sites. For more information, call the legal office at (931) 454-7814.

For those who are not eligible for the military tax assistance program, the IRS VITA program is also offered at the Coffee County Lannom Memorial Library in Tullahoma on Thursdays from 5-9 p.m. and Saturdays from noon-4 p.m. Eligibility is limited to those families whose household combined income does not exceed \$49,000 annually. For employees who live outside the Tullahoma area and wish to locate the nearest VITA site, call the IRS information VITA line at 1-800-829-1040.

Phil Kemp knows the time has arrived to hit the road

By Philip Lorenz III
Technical Writer

As a high school student, Phil Kemp loved history and envisioned pursuing an educational career. He wanted to be a school teacher.

Kemp, who is a special agent for the U.S. Office of Personnel Management's (OPM) Federal Investigative Services at AEDC, is hanging up his badge at the end of January after enjoying a career spanning 32 years, with 21 of them at Arnold AFB.

As an investigator with OPM, he is the individual who conducts background investigations to determine whether an employee at AEDC is trustworthy to have access to classified information. For Kemp, this often involves driving long distances to conduct interviews with the prospective employee's friends, neighbors, classmates, fellow college students and former employers and coworkers. He also investigates DoD contractors and other government agencies.

So, how did a young man with plans to go into teaching get into law enforcement?

Kemp said his interest in that profession began when he was young.

"You have to understand, I grew up in Adamsville, Tenn., the home of Buford Pusser," he said. "You might recall that movie 'Walking Tall,' that was based on his life."

However, another event also helped to push Kemp in the direction of a career in law enforcement.

"I had a friend who was

a cop," he said, recalling an event that took place when Kemp was a senior in high school.

"It's kind of a funny story," he continued. "My friend was married to the chief of police's daughter. So, daddy-in-law had to find him a job, so, he made him a cop. I was sitting in town one cold night. My friend was sitting there watching the traffic – he was in a patrol car and I was in mine. There was a car that came through town and ran a red light and nearly caused a wreck. My friend ran them down and they [people in the car] were drunk and all wanted to fight. So, I helped my friend and that sort of stuck in my blood."

However, by the time Kemp was considering college, he realized that teaching didn't pay well and his father wanted his son to consider engineering as a career.

"My dad was one of the Oak Ridgers," Kemp said. "He was a millwright, he and my grandpa both. They were taking apart a lot of the stuff they had used to build the [atomic] bombs. They were taking that apart and refurbishing stuff."

Kemp lived in Oak Ridge area until about 1959 when his family moved to Adamsville.

He attended the University of Tennessee at Martin and started taking classes that would have lead to a degree in electrical engineering. Before long, Kemp realized engineering wasn't for him and he finally pursued an undergraduate degree in criminal justice, graduating in 1977. Later, he received

his master's degree in Criminal Justice Administration from Troy University at Montgomery, Ala.

His first real paying job in law enforcement was as a dispatcher for Adamsville Police Department and then the McNairy County Sheriff's Department. Later, he was a police officer for Sharon, Tenn., for about a year, and then a police dispatcher for the city of Martin. This was followed by a six-month stint with the fire department.

"Then I went to work for TVA's Public Safety Service," he said. "This was his first federal job. Then I found out about the Defense Investigative Service in 1982. A guy I worked with was former Air Force and he knew about them."

Kemp met the man who had conducted the background investigation on his friend, who had been hired by the Defense Investigative Service.

"I talked to the guy that did the job [background investigation] and I applied and got a job six months later," he said. "You went through a four-week school and somebody was always with you for six months [of on-the-job training]."

Kemp, who first came to AEDC on a part-time basis in 1988 before it turned into a full-time position in 1994, has enjoyed his job. He said all too often, good people have something in their past that requires investigating. He said it is important to be fair and thorough in conducting a background investigation.

However, Kemp also said he didn't hesitate to



Mary Ann and Phil Kemp pose for a photo of them with the Smoky Mountains (looking into North Carolina) as a backdrop during an RV camping trip they took in October 2008. (Photo provided)

flag someone for a criminal investigation if that was warranted.

When he first began working as a background investigator, the agency was called the Defense Investigative Service and by 1997, it became the Defense Security Service.

"At the time the mission went to OPM [before 2005], we did background investigations strictly for the DoD, for those needing security clearances or who were being considered for sensitive positions. After the mission went to OPM, we conduct investigations for most all branches of the government."

Kemp said he is proud of his career as a special agent with OPM's Federal Investigative Services.

"I believe it is very important to the safety of our country," he said.

Kemp said recognizing the right time to retire was a very personal decision.

"I had looked forward to

retirement for several years so I could go help my dad, who loved to work on old cars," he said. "My dad had totally restored one 1954 Hudson so far by himself and a 1951 for another fellow. I mentioned my dad was a millwright, so he knew what to do and how to do it."

Doctors learned that Kemp's father had colon cancer in January 2009 and other health problems followed.

"He died in October 2009," Kemp recalled. "So, so much for my plans to help him do something we both enjoyed. I also realized we're not promised tomorrow and I want to do a little 'living' while I'm still healthy enough and young enough to enjoy it. It's not that I don't want to work. I may even go to work after a few months, in fact, would love to find something to do that I enjoy. And it sure doesn't have to be in investigations or law enforcement - just some-

thing to keep me busy, but not too busy."

Holly Petty, who is the consolidated unit IP program manager for AEDC's Information Protection Office, has known Kemp since she started working at Arnold in June 1995.

Her job is to ensure everyone has the required investigations to have access to classified material in the scope of their duties.

Petty shares a hobby with Kemp that brings their families together outside of work.

"Phil and his wife, Mary Ann, go camping with my parents, my son and I," she said. "We hope to all go to a campground this summer where you can search for diamonds. My family also plans to go to a campground in Alabama where you can pan for gold. We hope they go with us. We also eat together with the same 'lunch bunch' each day. Phil and his wife are great people, I love their company, and I will really miss him."

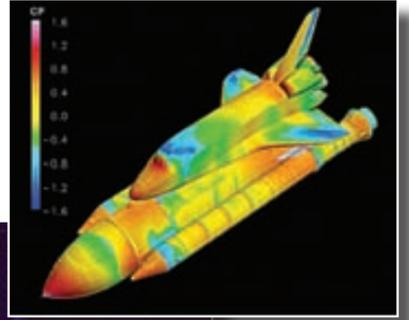
You already know about these...



Project Apollo



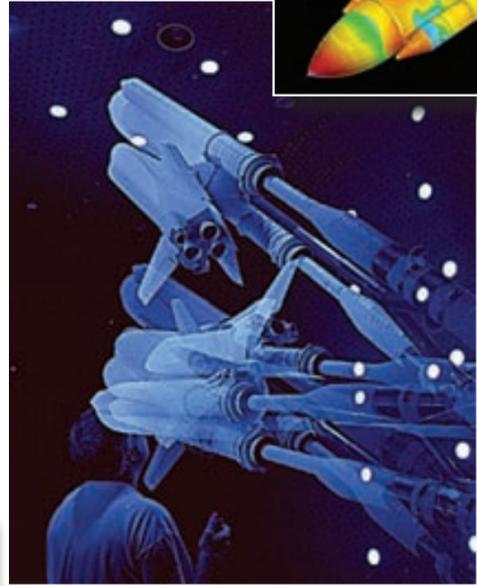
Project Mercury



Space shuttle



Project Gemini



Space shuttle



Crew Exploration Vehicle



Ares 1-X

Several systems that have been tested at AEDC may not be widely known by the general population. They are somewhat...

LOST IN SPACE

Tennessee Space Week is Jan. 24-30

Those systems, shown below, include the Navstar Global Positioning System (GPS), Geostationary Operational Environmental Satellite-M (GOES-M) weather satellite, Mars Science Laboratory, Chandra, the Evolved Expendable Launch Vehicle (EELV), Cassini Huygens and the International Space Station (ISS).

Tennessee Space Week runs Jan. 24-30 this year providing an opportunity for students and parents alike to learn of the Volunteer State's role in space exploration.

AEDC remains at the center of that effort today providing essential testing for our nation's, and the world's, ongoing space programs just as it did in the early years of space exploration for programs such as projects Mercury, Gemini and Apollo.

The most recent of those contributions came in October 2009, when the first test

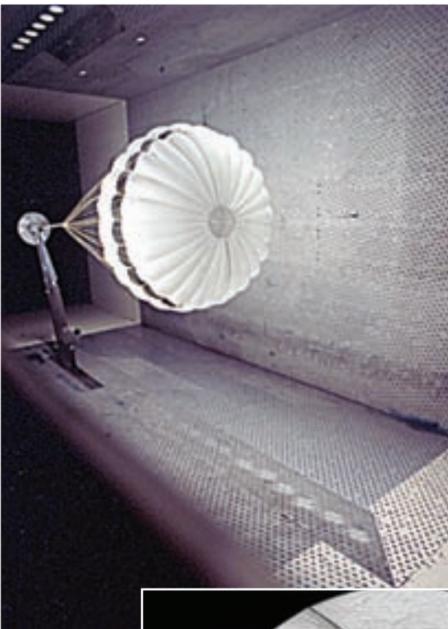
flight of Ares 1-X flight vehicle was successfully launched. The Ares 1-X is set to replace the shuttle and is slated for completion in 2017.

AEDC has supported the development and integration of these technologies into operational space systems by simulating the expected operational environment and assessing design performance using a variety of center test cells – wind tunnels, thermal vacuum chambers and rocket altitude test cells.

Article by Janae Daniels, High Mach Editor.

But, did you know about these...

Cassini Huygens



Titan IV - Evolved Expendable Launch Vehicle



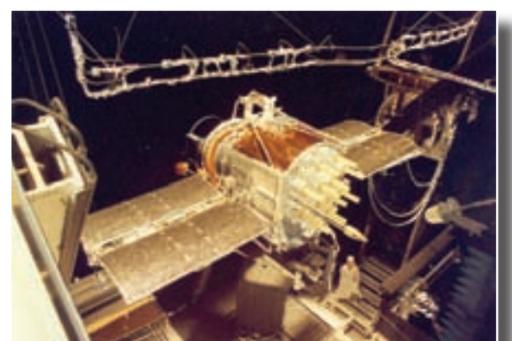
GOES-M weather satellite



Aeroshell - Mars Science Laboratory



Space illustration - Chandra X-Ray Observatory



Global Positioning System

Guest speaker reflects on Dr. King's leadership

By **Janaé Daniels**
High Mach Editor

Col. Allen Jamerson, 72nd Air Base Wing and Installation commander at Tinker AFB, Okla., was the guest speaker at the observance and birthday celebration of Dr. Martin Luther King Jr.

"We are blessed to have with us a speaker who absolutely embodies the immortal words we all know from Dr. King 'I have a dream,'" AEDC Commander Col. Michael Panarisi said as he introduced Colonel Jamerson.

"I suspect when Col. Jamerson started his tour in the Air Force in 1986, I don't know that he had visions or thoughts about being a wing commander one day but this is where we found him. Through every step of his career he has excelled and we couldn't have found a better presenter to come and represent the spirit of [Dr.] Martin Luther King in its entirety and to come out here in Middle Tennessee to break up his day and celebrate with us."

Colonel Jamerson had never been to AEDC before, but was excited about the opportunity to visit a base he has heard many positive things about over the years.

"I had a picture of Arnold, and this place completely does not match that picture," Colonel Jamerson said. "This is an incredible installation."

Colonel Jamerson's speech focused on Dr. Martin Luther King's leadership style, what he was able to accomplish with it and how people can use some of his leadership traits to achieve success.

"I find events like the MLK birthday celebration to be very important because it celebrates the life of a great American hero; it puts focus on how far our great nation has come in terms of opportunity and equality for all and it gives us pause to think about what more we all can do to address and tackle the challenges that we face



Col. Allen Jamerson speaks at the Martin Luther King Jr. birthday celebration and observance in the A&E Lobby Jan. 15. (Photos by Rick Goodfriend)



Jackey Gates views the literature written about Dr. Martin Luther King Jr. displayed in the A&E Lobby before the celebration and observance.

today and in the future."

Depending on how people thought of Dr. King, one thing they couldn't deny was that he was a great leader.

"Every great leader has something about him or her, some trait or traits that make him or her, a great leader," Colonel Jamerson said. "Dr. King was a leader who cared about underrepresented people, mistreated people and he cared about the people of various races – not just blacks or Negroes as they were called then."

Colonel Jamerson said Dr. King's goal was to lead everybody into the mainstream of American life.

"He led with supreme articulate skills and I don't think anybody wants to argue that his 'I have a dream' speech was one of the greatest speeches in world history," he said. "He also led with an absolute belief that nonviolence was the only way that we would achieve civil rights success.

"And finally, he led with an unwavering vision that all men and women regardless of racial and social status deserved to be treated with respect and they had the right to live their lives freely and equally."

Basing his comments on a book written by Donald T. Phillips, Colonel Jamerson realized many of Dr. King's leadership skills could be applied to the military.

"When I finished the book the first time, I came to the conclusion and I never thought about it before, that Dr. King's leadership traits have military relevance," he said. "We, as military leaders, can use some of the things that he applied and be successful in what we do."

Three focus areas Colonel Jamerson feels leadership skills can be developed are mastering the art of public speaking, encouraging creativity and innovation and involving everyone through

alliance, teamwork and diversity.

An example of this, Colonel Jamerson said, is the Air Force's air and space history.

"How many times throughout our history have we crashed planes and programs failed – and maybe it even happens today, but we don't stop," he said. "We go back to the drawing board, we figure out the better way to do it and we come back again. Were it not for the creativity and innovation of our forbearers, AEDC and the Air Force would not be the great organizations they are today.

"Case in point about AEDC – your center has a tremendous history in playing a pivotal role in the development and sustenance of America's air and space power because you employ some of America's best and brightest leaders."

Miriam Harris, chief of Military Personnel, attended the event because she views Dr. King as the most prolific leader of the 20th century – a divinely inspired orator and the epitome of moral courage.

"We're fortunate that DoD recognizes special observances and the diversity in its work force," Harris said. "It's important for AEDC to hold events like this to remember that it's the melting pot that makes this country great. It's not just a day off, it's a day to celebrate, commemorate and act to further Dr. King's dream of equality and equal opportunity."

John Sutton, director of contracting, felt the message was clear and presented well by Colonel Jamerson but the single thing that stood out most for him was written right on the program.

"It showed his birth date and the date he died," Sutton said. "I never realized that Dr. King was only 39 years old when he was killed. It's almost unbelievable that someone so young could change the nation for the better, and probably the world, at such a young age."

Arnold Golf Course 454-7076

Mulligan's Grill is open seven days a week from 7 a.m. to 2 p.m. Try the "Good Morning Breakfast" special Monday through Friday. This includes two eggs, choice of bacon or sausage, hash browns and one biscuit and gravy for \$4.50. Breakfast is served until 10:30 a.m. Lunch specials are: **Monday:** hot ham and cheese sub, fries and fountain drink for \$6; **Tuesday:** Cranberry Walnut chicken Salad Croissant, fries and fountain drink for \$6; **Wednesday:** turkey club Panini, fries and fountain drink for \$6; **Thursday:** chili cheese dog, fries and fountain drink for \$6; **Friday:** club sandwich, fries and fountain drink for \$6. Try the soup of the day with a sandwich. Mulligan's Grill meals are a great value and include unlimited drink refills. Call ahead for advance or to go orders at 454-7076. Remember to show your Members First Plus membership card for a ten percent discount on purchases of \$4 or more.

Arnold Lakeside Center 454-3350

Pizza Wednesdays continues in February. Call ahead to 454-5555 to order takeout pizza for your office luncheon or group gathering. Pizza is available for pick up on Wednesdays from 11 a.m. to 1 p.m. No delivery available. For better service, you may call on any day and preorder. Pizzas are available in 12 or 16 inch and range in price starting from \$7. House favorites include the Falcon (cheese), Eagle (pepperoni and cheese), Stratofortress (pepperoni and bacon Stromboli with mozzarella and ricotta), Mustang (ham, bacon, pineapple and cheese), Spirit (veggie – mushrooms, green pepper, onion, tomato, black olives, basil, olive oil and feta cheese) and Galaxy (pepperoni, sausage, ham, green pepper, onion, mushrooms, black olives, bacon and extra cheese). Gourmet specialties include the Warthog (ground beef, cheddar, red onion, tomato, spinach and sesame seeds), Phantom (spinach, basil, sun-dried tomatoes, garlic, olive oil, pesto, mozzarella and parmesan), Blackbird (chicken, spinach, jack cheese, alfredo sauce, parmesan, gouda and mozzarella) and Raptor (pepperoni, ham, sausage, bacon, ground beef, olive oil and cheese). Fly solo and build your own (\$1 for individual toppings). The pizza menu is also available for dinner on Thursday, Friday and Saturday from 5-9 p.m.

Movie nights are every Thursday at 6:30 p.m. with dinner available from the Express or Pizza menus from 5-9 p.m. The schedule for February is: **Feb. 4** - "Law Abiding Citizen," rated R starring Jamie Foxx and Gerard Butler. A frustrated man decides to take justice into his own hands after a plea bargain sets one of his family's killers free. He targets not only the killer but also the district attorney and others involved in the deal. **Feb. 11** - "Love Happens," rated PG-13 starring Jennifer Aniston and Aaron Eckhart. Dr. Burke Ryan is on the brink of a major multimedia deal, but the therapist who asks his patients to openly confront their pain is secretly unable to take his own advice. Eloise Chandler has sworn off men and decided to focus on her floral business but when she meets Burke there is an attraction. To move forward they both must let go of the past. **Feb. 18** - "Twilight Saga: New Moon," rated PG-13 starring Robert Pattinson, Taylor Lautner and Kristen Stewart. The story continues as the Cullen family flees Forks in order to protect Bella, and the heartbroken high-school senior discovers that vampires aren't the only creatures in town. **Feb. 25** - "Planet 51," rated PG starring voices of Dwayne Johnson and Jessica Biel. American astronaut Capt. Chuck Baker lands on Planet 51 thinking he's the first person to step foot on it but to his surprise, he finds the planet is inhabited by little green people whose only fear is being overrun by alien invaders . . . like Chuck!

Friday night dining room specials available from 5-9 p.m. **Feb. 5:** All You Can Eat Catfish, \$9.95 for members, \$11.95 for non members. First Friday Jam begins at 6 p.m. with a Valentine's Day theme. **Feb. 12:** Chicken Marsala, \$9.95 for members, \$11.95 for non members. **Feb. 19:** Lynchburg Ribeye, \$11.95 for members, \$13.95 for non members. **Feb. 26:** Cedar Plank



Book Fair returns Feb. 9

Books Are Fun will be back for a book fair Feb. 9 from 9:30 a.m. to 3 p.m. in the A&E Building, Room A123. Discounted selections include paperbacks, best sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to seventy percent off retail prices and find some great items for Valentine gifts. (Photo by David Housch)



Valentine Dinner Dance is Feb. 13

The AEDC Woman's Club Valentine Dinner Dance committee members are busy getting ready for this year's event. This is the club's big fundraiser of the year in the form of a silent auction to help raise money for scholarships going to local graduating high school seniors. The dance portion of the event will feature Timeline from Nashville. For reservations call Anne Wonder, 461-0213, or Liz Jolliffe, 393-2552. This is a private organization which is not part of the Department of Defense or any of its components and it has no governmental status. (Photo provided)

Fight Night coming to ALC Feb. 20

Arnold Lakeside Center recently installed new televisions and purchased a satellite sports package which premiered with professional and college football games. Now that football is nearing its end the ALC is planning for a fight night. Come to The Landing bar Feb. 20 to see Nogueira vs. Velasquez at 9 p.m. Regular dinner service is available from 5-9 p.m. and the Pizza and Express menus will be available until 10 p.m. The dinner special for this event is ½ pound Peel-n-Eat Shrimp for \$9.95 for members and \$10.95 for nonmembers.



Monte Carlo Casino night with Mardi Gras theme comes to ALC Feb. 27

Arnold Lakeside Center will transform into a casino on Feb. 27 from 6 to 10 p.m. complete with black jack, roulette, craps and wheel of fortune. The event is free and open to ages 18 and above. Participants will be issued toy money to play for approximately three hours. After gaming concludes there will be an auction for prizes using the toy money. The night's theme is Mardi Gras and there will be party favors to include masks, beads and hats along with a "Most Mardi Gras Spirit" costume contest at the conclusion of gaming. A Cajun buffet will be served from 6-9 p.m. to include crawfish, dirty rice, jambalaya, gumbo and more. Buffet cost is \$12.95 for members and \$14.95 for nonmembers. Please call 454-3350 for dinner reservations. The ALC will be open 5-11 p.m. for socializing before and after the casino portion of the event.

Dance Class arrives at ALC

The Arnold Lakeside Center (ALC) will begin dance classes Feb. 3.

The classes will be held in sessions with seven weeks of instruction on Wednesday nights (excluding March 17) cumulating with a dinner dance event March 31. Instruction is scheduled 6:30-7:30 p.m. with supervised practice 7:30-8:30 p.m.

Cost for the all inclusive class (seven weeks of instruction and dinner dance event) is \$58 per person for members and \$60 for nonmembers. Full payment is required in advance to participate in the class and refunds or prorated fees are not applicable for missed classes.

The class will be taught by Chattanooga Dance Sport's Denny Lennon and/or Amanda Robinson. To sign up for the classes, call 454-3350.

Remember to wear comfortable clothing and shoes. Future sessions will be held beginning June 2 and Aug. 11.

Super game to be shown on super screen at ALC

Come to the ALC for an indoor tailgate party Feb. 7 to watch the pro football final game of the season for the ultimate title.

The game will be shown on all televisions throughout the center to include the jumbo screen in the ballroom.

Things get underway one hour before kickoff. Come in your football attire and be ready for the half-time trivia contest to include all subjects, not just football. This will be a test of wits and speed to see who can write down the correct answer and get it to the stage first.

Other prizes will be given throughout the game to include quarterly score board winners. The first three quarter winners will win a \$50 Wal-Mart gift card and the final, grand prize winner will receive a 22-inch flat screen television.

Participants must be present to play/win and must be age 18 or older. Members will receive two squares on the board and non members will receive one square. The board will be completed on a first come first served basis until it is full.

The quarterly winners will also win the honor of sitting in a special recliner to watch the following quarter. The person to win this honor for the first quarter will be determined by random drawing of those participating. The Express and Pizza menus will be available throughout the night.

As a precursor to this event, watch the pro football championship playoffs on Jan. 24 to see who will make it to the final game. During this event, buy one get one free on any 12-inch pizza or 25 cent wings (dine in only). Take-out pizza orders during game time are \$2 off.

Youth Programs heads to Memphis Feb. 13

Join Youth Programs on a trip to Memphis for an overnight stay to include a tour of the Civil Rights Museum Saturday from 3-5 p.m.

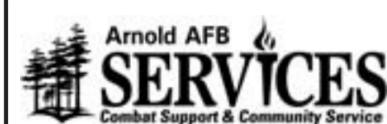
The trip will begin at the Youth Programs building (3055) at 8 a.m. Feb. 13 and end approximately 6 p.m. Feb. 14 returning to building 3055.

After the museum tour on Saturday a visit to the Millington Naval Station Youth Center is planned. Lodging will be at Glenn Eagle Cabins. Each cabin includes a fireplace, cable television, VCR/DVD combination player, fully equipped kitchen and dining room.

Cost for the trip is \$65 per person and ages 12 and under must be accompanied by parent or guardian.

Deadline to sign up is Feb. 2 and there will be a \$15 late/cancellation fee after that date. There must be a minimum of 10 to participate and maximum allowed is 25. Dinner Saturday night will be build a pizza. Each person is asked to bring an item such as meat, cheese, sauce or bread for the pizza. Drinks will be provided.

Call 454-3277 to sign up or for more details. Youth Programs will be closed Feb. 12 and 13 due to this trip.



Services information written and provided by Tanya Haggard

704th Services Division is an exclusive area available to all AEDC personnel, active duty, retired military, National Guard, Reserve military, Civil Service employees within 50 miles of the base, AEDC alliance employees, and others as approved by the commander. 704th Services activities include Wingo Inn (lodging), Arnold Lakeside Center, Outdoor Recreation (Marina, FamCamp, Crockett Cove), Golf Course, Family Member/Youth Programs and Fitness Center. Those mentioned above are eligible to use any 704th Services activity during regular operating hours unless it is specified as a "members only" event. Membership remains a personal choice, however, only members are entitled to discounts and other benefits associated with membership.

Horizon is a 704th Services Division publication designed to inform our customers of events and specials in 704th Services Division activities. All program dates, times and prices are subject to change. 704th Services Division mailing address is at 100 Kindel Drive, Suite C321, Arnold AFB, Tenn. 37389-3321

704th Services Division Phone Numbers

Area code 931 DSN 340
 Services Chief – 454-7779
 Services Deputy – 454-5915
 Community Services Flight Chief – 454-4062
 Complex Manager – 454-3367
 Arnold Lakeside Center (ALC) – 454-3350
 Arnold Lakeside Center catering – 454-3350
 Hap's Pizza – 454-5555
 Membership Information 454-3367
 Fitness Center (FC) – 454-6440
 Outdoor Recreation (ODR) – 454-6084

FamCamp – 454-4520 or 454-6084
 Marina – 454-6084 or 454-3838
 Recycling – 454-6068
 Family Child Care – 454-3277
 Family Member/Youth Programs – 454-3277
 Human Resources – 454-5481
 Marketing & Sponsorship – 454-3128
 Barber Shop – 454-6987
 Wingo Inn – 454-3051
 Golf Course (GC) – 455-5870 or 454-7076

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m. FC Bowling League, Tullahoma Lanes, 5 p.m.	2 FamY Deadline to sign up for Memphis trip Feb. 13-14, 454-3277 AEDC Woman's Club Luncheon, 9:30 a.m., 455-5676 FC Cycle Pump Class - Endurance cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball, 5:30 p.m.	3 ALC Pizza to go, 11 a.m.-1 p.m., pick up orders only, call ahead 454-5555 FC Pilates 11 a.m. ALC Dance Class starts, 6:30 p.m., 7-week session plus dinner dance March 31, \$58 member, \$60 nonmember	4 FamY Preschool Playgroup, mom and children 0-5, 9-11 a.m. FC Cycle Pump-Yellow Shirt cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night, dinner 5-9 p.m.; movie 6:30 p.m. "Law Abiding Citizen," R FC Intramural Basketball, 5:30 p.m.	5 FC Piloga 11 a.m. ALC All you can eat catfish, \$9.95 member, \$11.95 nonmember, 5-9 p.m. ALC First Friday Jam - Valentine's Day Theme, 6 p.m.	6 ALC Pork chops, \$9.95 member, \$11.95 nonmember, 5-9 p.m.
7 ALC Football's Super Game on the big screen, half time trivia contest, prizes throughout game time, square board with quarterly prizes - grand prize 22" flat screen TV, Express and Pizza menus available, open one hour before kickoff	8 FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m. FC Bowling League, Tullahoma Lanes, 5 p.m.	9 ALC Book Fair, 9:30 a.m.-3 p.m., A&E Room, A123 FC Cycle Pump Class - Endurance cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball, 5:30 p.m.	10 ALC Pizza to go, 11 a.m.-1 p.m., pick up orders only, call ahead 454-5555 FC Pilates 11 a.m.	11 FamY Preschool Playgroup, mom and children 0-5, 9-11 a.m. FC Cycle Pump-Yellow Shirt cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night, dinner 5-9 p.m.; movie 6:30 p.m. "Love Happens," PG-13 FC Intramural Basketball, 5:30 p.m.	12 FamY Closed FC Piloga 11 a.m. ALC Chicken marsala, \$9.95 member, \$11.95 nonmember, 5-9 p.m.	13 FamY Memphis trip, \$65 sign up by Feb. 2 (Youth Center closed due to trip) ODR Paintball 9:30 a.m., \$20 ALC AEDC Woman's Club Valentine Dinner Dance, 6 p.m., \$35 per person, call 461-0213 or 393-2552 for reservations; regular dining room closed, Express and Pizza to go orders available, 454-5555
14	15 FC Open 5 a.m.-6 p.m. FC Cycle Pump Class- Zesty cycling, 11 a.m. FC Yoga 11 a.m. FC Bowling League, Tullahoma Lanes, 5 p.m.	16 FC Cycle Pump Class- Endurance Cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball, 5:30 p.m.	17 FC Indoor Triathlon anytime between 9 a.m.-5 p.m., 5K run, 10-mile bike, 2-mile "swim," 3 fastest overall times win prize ALC Pizza to go, 11 a.m.-1 p.m., pick up orders only, call ahead 454-5555 FC Pilates 11 a.m.	18 FamY Preschool Playgroup, mom and children 0-5, 9-11 a.m. FC Cycle Pump Class-Yellow Shirt cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night, dinner 5-9 p.m.; movie 6:30 p.m. "Twilight Saga: New Moon" PG-13 FC Intramural Basketball, 5:30 p.m.	19 FC Piloga 11 a.m. ALC Lynchburg ribeye, \$11.95 member, \$13.95 nonmember, 5-9 p.m., FamY Movie Night 6-9 p.m., age 9 and up, free popcorn and \$1 pizza by the slice, 454-3277.	20 ALC Fight Night: Nogueira vs. Valesquez, 9 p.m., dinner menu 5-9 p.m., Express and Pizza menus 5-10 p.m.; dinner special: 1/2 1lb peel-and-eat shrimp, \$9.95 member, \$10.95 nonmember
21	22 FC Cycle Pump Class- Zesty cycling, 11 a.m. FC Yoga 11 a.m. FC Bowling League, Tullahoma Lanes, 5 p.m.	23 FC Cycle Pump Class- Endurance Cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball, 5:30 p.m.	24 ALC Pizza to go, 11 a.m.-1 p.m., pick up orders only, call ahead 454-5555 FC Pilates 11 a.m.	25 FamY Preschool Playgroup, mom and children 0-5, 9-11 a.m. FC Cycle Pump Class-Yellow Shirt cycling, 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night, dinner 5-9 p.m.; movie 6:30 p.m. "Planet 51," PG FC Intramural Basketball, 5:30 p.m.	26 FC Piloga 11 a.m. ALC Cedar plank tilapia, \$9.95 member, \$11.95 nonmember, 5-9 p.m.,	27 ALC Monte Carlo Casino Night with Mardi Gras theme, ages 18+, costume contest and game prizes, Cajun buffet 6-9 p.m., \$12.95 member, \$14.95 nonmember, (regular menu not available) reservations recommended for dinner, 454-3350, Express and Pizza menus available to go only, 454-5555
28	"UGT" (You Got Talent) family talent contest is coming March 20. Call 454-3277 to sign up and for complete details.		Check out Fight Night Feb. 20 and Monte Carlo Night Feb. 27 at Arnold Lakeside Center			

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.; Dinner Arnold Express Menu or Hap's Pizza only Thursday 5-9 p.m., dinner or Arnold Express Menus and Hap's Pizza Friday and Saturday 5-9 p.m.; Main Bar Thursday 4:30-8:30 p.m., Friday and Saturday 4:30-9 p.m.; Social Hour Friday 4-6 p.m.
Family Member/Youth Programs – Youth Open Rec Tuesday and Thursday 4-7 p.m., Wednesday 1-6 p.m., Friday 4-9 p.m., Saturday 12-5 p.m.; Mommy and Me Playgroup Thursday 9-11 a.m. **Closed Feb. 12 & 13 due to Memphis Trip**
Outdoor Rec / Arts & Crafts – Main Office, Check In, Marina and Auto Shop Tuesday through Sunday 8 a.m. – 6 p.m.; FamCamp Store Tuesday through Friday 3-5 p.m., Saturday and Sunday 8-11 a.m., 2-5 p.m.
Fitness Center – Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m.-4 p.m.; Sunday 12-5 p.m. **Open 5 a.m. – 6 p.m. Feb. 15**
Arnold Golf Course – Pro Shop and Driving Range daily 8 a.m.- 5 p.m.. Mulligan's Grill: daily 7 a.m. – 2 p.m.
Recycling – Monday through Friday 7 a.m. – 4 p.m.
Wingo Inn – Monday through Friday 7 a.m. – 6 p.m., Saturday and Sunday 8 a.m. – 4 p.m.
Barber Shop: by appointment – Monday, Wednesday & Friday 8 a.m.-2p.m.; Thursday 8 a.m.-noon

BX/Commissary customer eligibility

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

AAFES Dividends

Dividends generated from Army & Air Force Exchange Service (AAFES) base exchange overall earnings are a major contributor to 704th Services non-appropriated fund construction and renovation projects as well as equipment purchases. 704th Services Division would like to thank all AAFES customers for their support. Dividends received for December 2009 totaled \$6,493.46.

Briefs from H1

**Arnold Lakeside Center
454-3350**

Tilapia, \$9.95 members, \$11.95 nonmembers. Please call for reservations to ensure special is available. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Saturday availability and specials: **Feb. 6:** Pork Chops, \$9.95 for members, \$11.95 for nonmembers. **Feb. 13:** AEDC Woman's Club "Top Hats and Roses" Valentine Dinner Dance, 6 p.m. choice of London broil au jus or Rosemary roasted pork loin, \$35 per person, make reservations by Feb. 5, call Anne Wonder, 461-0213 or Liz Jolliffe, 393-2552; regular dining room closed; Express and Pizza menu orders available to go only, 454-5555. **Feb. 20:** 1/2 pound Peel-n-Eat Shrimp, \$9.95 members, \$10.95 nonmembers. Landing Special: Order from Express and Pizza menus 5-10 p.m. in conjunction with Fight Night: Nogueira vs. Velasquez airing at 9 p.m. **Feb. 27:** Cajun Buffet 6-9 p.m. during Monte Carlo Mardi Gras Casino night, \$12.95 members, \$14.95 nonmembers. The dining room is open on Saturdays from 5-9 p.m. unless otherwise specified. Please call for reservations to ensure these specials are available. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

**Family Member/Youth Programs (FamY)
454-3277**

4-H Project Groups set to meet 5-6 p.m. Jan. 28. Join the Dog Group and learn how to care and groom your favorite companion. Join the Line and Design Group and learn about different life skills. Become part of the photography Group and learn how to become a great photographer.

Youth Movie Night set for Feb. 19 from 6-9 p.m. Ages 9 and up are invited to the Open Rec. Center to watch a movie. There will be free popcorn and pizza by the slice for \$1. Juice and water will also be provided free of charge.

"UGT" - You Got Talent contest is coming March 20 to be held at the Arnold Lakeside Center beginning at 6 p.m. Start getting your acts together for this event and sign up by calling 454-3277. Contestants can enter various categories to include solo, group, instrumental and performance. Group performances are limited to eight people and if comprised of different ages the category is determined by the oldest performer. All acts should not exceed four minutes. There will be prizes for the top three performers in each category. Some winners may qualify to go forward (by DVD recording) to Air Force-level competition. A performer meeting will be held March 16 at 4:30 p.m., at the Youth Programs building (3055).

Apply now for Teen Aviation Camp. This camp is open to eligible high school students entering their sophomore or junior year in fall 2010. This program is for those who would like to explore the U.S. Air

Force Academy as a possible choice for college. The camp will be held June 5-10 with a wide variety of outdoor and classroom activities in Colorado Springs. Interested teens can pick up an application from Youth Programs. Selected participants are responsible for their airline and travel cost to and from Colorado Springs. Transportation, lodging and meals are covered upon arrival to location. All applications must be submitted to Youth Programs by March 22 and selections for the camp will be made on April 23. For more information call 454-3277.

Preschool Playgroup meets every Thursday from 9-11 a.m. in the Youth Programs area (back portion of building 3055, previously known as Community Activities Center; enter through back doors) Parents and children up to age 5 engage in arts and crafts, story time and games. Call 454-3277 with any questions. Sign up is not required, just show up and have a good time.

**Fitness Center
454-6440**

Indoor Triathlon set for Feb. 17. Come by the Fitness Center any time between 9 a.m. and 5 p.m. and record your best overall time in three activities: 5K run on the treadmill, 10-mile bike ride on a stationary bike and 2-mile "swim" on the upper body exercise unit. The three fastest overall times will receive a prize.

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

Intramural Basketball continues. Games are played on Tuesdays and Thursdays beginning at 5:30 p.m.

The **Bowling League** is every Monday at Tullahoma Lanes beginning at 5 p.m. Teams of three compete for top spots of the season. Nightly fees apply.

Complete Group Class schedule is as follows: Cycle Pump classes are Monday, Tuesday and Thursday from 11 a.m.-noon. Each day has a different focus: Monday - Zesty cycling - an easy paced tempo ideal for beginners; Tuesday - Endurance cycling - a bit harder class with mountain climbs, in and out of saddle work and at times completed to a simulated tour ride; Thursday - Yellow shirt cycling - challenging and intense preparing for outdoor circuits with a combination of hill climbs, speed drills, in and out of saddle work and tempo rides. These are a super way to get a good cardio workout without excessive impact on your joints. Yoga is on Monday from 11 a.m. to noon and provides strength and flexibility enhancement. Zumba class is Tuesday and Thursday from 4:15-5:15 p.m. Zumba is a fusion of music-dance themes featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and

sculpt the body. Pilates is a strength building and core class on Wednesdays from 11 a.m. to noon. Piloga is on Fridays from 11 a.m. to noon and also a strength building and core class. All classes are free and open to all AEDC personnel. Cycling and Zumba classes are held in the Eagles Nest room upstairs. All other classes are held on the gym floor.

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

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

**Outdoor Rec (ODR)
454-6084**

Paintball set for Feb. 13. Ages 10 and older are invited to play. Meet at Outdoor Rec., at 9:30 a.m. Cost is \$20 and includes lunch. Remember to wear long-sleeved shirts and long pants.

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

Corn Hole is now available for rent for office functions and private events. Each set rents for \$10 per day or \$15 for two days. Four sets are available to accommodate larger groups. Rental reservations may be made through Outdoor Recreation (building 3055, previously known as Community Activities Center) or by calling 454-6084.

Reservation Policy: FamCamp and Crockett Cove reservations may be made 45 days in advance for active duty military and reserve components and 30 days in advance for all other eligible patrons. Marina reservations may be made 15 days in advance for active duty and reserve components and 10 days for all other eligible patrons. Reservations are made through Outdoor Rec, 454-6084.

The Armed Forces Vacation Club (AFVC) is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$329 per unit per week. All AEDC personnel are eligible to use this program. The AFVC makes this possible by utilizing "excess" inventory at condominium timeshare resorts. "Excess" inventory consists of condominium units that resort owners do not use, which generally means off-season or short-notice travel. If

you enjoy off-season activities in popular locations without the hassle of high-season prices, crowds and lines or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value.

The current 7-day, Space-A, condo rental offer is a great value, but some people may like other vacation choices and support as well - those that can't travel off-season or on short notice. To help meet this need, they also offer a separate travel club that provides 24-hour service for discounted airline, rental cars and hotel reservation services, as well as discounted cruise and tour packages. Book airline tickets, rental cars and hotel reservations and getting a 5 percent cash rebate after the trip.

To make a reservation, travelers need their AFVC Account Number (7033-xxxx), the toll-free number (1-800-724-9988), a credit card number, an idea of when and where they want to go and the desire to get away, relax and have fun! If this is your first call, tell them you are a "first-time AFVC caller." The vacation guide will take your name, address, telephone number, AFVC Installation Number

(Arnold is #327) and assist with making your reservation. At the end of the call, even if you do not complete a reservation, the guide will assign you an account number for future use. Your Installation Number is very important. 704th Services will receive a commission for your confirmed reservation to put back into programs offered for you locally.

The **Auto Shop** is a great place for do-it-yourself minor work and repairs. There is one stall available with a lift, air compressor, parts washer and a variety of tools. There is a fee of \$2 per hour. Staff can repair, mount, balance and rotate tires, by appointment. A repair using a plug is \$5 or a mushroom patch is \$10. The charge for mounting is \$3 per tire and for balancing is \$2 per tire. Tire rotation includes balancing for four tires and is \$16 for cars and vans and \$20 for trucks.

**Wingo Inn
454-3051**

Reservations for the Wingo Inn can be made 120 days in advance. Room rates start at \$39 per night.

Please call 454-3051 for reservations.

**Gossick Leadership Center
454-3024**

The Gossick Leadership Center (GLC) recently became part of the Services Division. Events such as meetings, conferences, luncheons, dinners, etc. may be 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 931-454-3024.

New manager brings wealth of knowledge

By **Janaé Daniels**
High Mach Editor

Jay Stewart, ATA Environmental Branch manager, grew up in the Air Force so when he joined AEDC in October it felt like home.

"My father retired as a Senior Master Sergeant from the Air Force after 23 years of service," he explained. "I was born at Andrews Air Force Base in Maryland, and when my father retired we moved to Chattanooga. My parents still live in the same house they bought when they retired. This part of the country is really home to me."

Stewart brings more than 20 years of experience in environmental management and compliance across a variety of manufacturing operations.

"I have worked in industries ranging from textile manufacturing, flexible polyurethane manufacturing, automotive interior components, metal finishing and painting, chemical manufacturing, to natural gas exploration and development," he said.

Stewart has also had environmental compliance responsibility for facilities across the United States, Canada, Mexico and in Europe.

"Jay brings a wealth of formal education and experience to ATA's Environmental Management Program," Support Services Director Pat Eagan said. "His experience with industry environmental operations and his interface with environmental regulators such as the U.S. Environmental Protection Agency and the Tennessee Department of Environment and Conservation are impressive. This will help AEDC continue with improvements to plant and test operations compliance and environmental stewardship for the 40,000-acre wildlife reservation



Stewart

we are responsible for."

This is Stewart's first position with the Department of Defense and the Air Force.

"I have heard about AEDC since my parents moved to Chattanooga in the 1970s," Stewart said. "It seemed that everyone in Chattanooga knew a little about AEDC, but they thought it had something to do with Oak Ridge, so nobody talked about it much."

Stewart decided to apply for the environmental job opening for the opportunity to move closer to home and the opportunity to work with the Air Force and DoD.

"I am very fortunate to have a great group of people to work within the Environmental Management branch. With the complexity of the test operations and size of AEDC, good people make any transition much easier."

With any new job there can be challenges to overcome, but going through those challenges can make the rewards worth it.

"A very high standard of Environmental Management has been established through the years at AEDC, and my biggest challenge is going to be maintaining that high level of performance, in spite of the constantly changing environmental regulations and testing programs."

Space team achieves key ground-segment milestones

Los Angeles AFB, Calif. (AFNS) – A joint Air Force and Lockheed Martin team developing the Space-Based Infrared System program, known as SBIRS, has achieved two key milestones: a testing milestone demonstrating the ground system is on track to support launch of the first SBIRS geosynchronous GEO-1 satellite in the constellation; and a maturity milestone moving the ground system into the next level of integration.

The testing milestone, known as the Combined Day-In-The-Life test, or CDITL, validated the functionality, performance and operability of the SBIRS GEO ground system for its planned operational use. The campaign included testing more than 1.5 million source lines of code and 133 ground segment requirements.

The new SBIRS ground system includes software and hardware necessary to perform activation, checkout and initial operations of the GEO-1 satellite after launch. SBIRS uses "Day-in-the-Life" test events to validate the integrated ground system following successful verification at the segment level.

"Our ground system performed very well," said Col. Winthrop Idle, commander of the SBIRS Ground Systems Group. "This test paves the way for the SBIRS program to provide a new, even more impressive level of information to the warfighter with the GEO system. The exceptional performance of the ground system is a true testament to the hard work and dedication put forth by our strong government and industry team."

The CDITL test integrated several geographically separated sites used for command and control, factory engineering support and direct interface to mission data users. The 17-day test included the use of high-fidelity spacecraft simulators to complete the launch and early-orbit test processes and products that will be used for the GEO-1 launch. Each site contributed significantly to the observed stability, robustness and operability of the SBIRS system.

"We are extremely pleased with the team's dedication and effort in delivering the cornerstone for a significantly enhanced early warning and intelligence capability for the warfighter," said Dave Sheridan, director of Lockheed Martin's SBIRS GEO-1 program. "SBIRS is now another step closer to fielding this critical capability and achieving total mission success for our customer."

Completion of the ground segments verification process and the CDITL led to the readiness milestone, known as the System Integration Readiness Review. This event, completed Jan. 12, officially moves the ground segment into the next level of integration. The Sunnyvale-based System Engineering, Integration and Test group formally accepted SBIRS' approved completed ground component delivered for system level integration to include multiple end-to-end test and rehearsal events with space vehicle simulators and the GEO-1 vehicle itself. This series of events are the final efforts leading to system operations readiness for launch of the GEO-1 space vehicle.

The first SBIRS GEO spacecraft recently completed thermal vacuum testing, the most comprehensive and the largest risk mitigation component of the integrated spacecraft environmental test program. The satellite is planned for delivery to Cape Canaveral AFS, Fla., in late 2010 where it will then undergo final processing and preparation for launch aboard an Atlas V launch vehicle.

SBIRS will deliver unprecedented, global and persistent infrared surveillance capabilities by providing early warning of missile launches, and simultaneously support other missions including missile defense, technical intelligence and battlespace awareness.

The SBIRS team is led by representatives at Air Force Space Command and Space and Missile Systems Center's Space Based Infrared Systems Wing at Los Angeles AFB, Calif. SBIRS' prime contractor is Lockheed Martin Space Systems Company, Sunnyvale, Calif. Northrop Grumman Electronic Systems, Azusa, Calif., is the payload integrator.

F100 from page 1

said. "Growing the depot overhaul limit to 6,000 TACs essentially eliminates one full [programmed depot] maintenance period on all EEP upgraded or newly procured -229 engines before the fleets retirement. The facilities at AEDC

enable the U.S. government to safely validate this type of an engine and certify it prior to entering active service."

Tom Schmidt, ATA project engineer on the test, added, "The F100 is an engine that has been

around for many years now and this phase of the engine's life is [part of] the component improvement program. So, it's continually being improved and upgraded, and this is just part of the evolution of making a good engine better."

Thunderbird returns to Nellis for final farewell

By Tech Sgt. Russ Martin
Air Force Thunderbirds PA

Nellis AFB Nev. (AFNS) – A Thunderbird pilot killed in Southeast Asia and listed as missing in action for more than 40 years returned to the location of his last Air Force assignment Jan. 14 for a celebration of his life among a sea of family and peers.

“Today, we welcome Maj. Russell C. Goodman home,” said Brig. Gen. Russell J. Handy, the 57th Wing commander during a funeral service with full military honors at the Air Force Air Demonstration Squadron hangar at Nellis AFB.

“We welcome him home to the United States, welcome him home to Nellis Air Force Base, and welcome him home to the Thunderbirds,” he said.

Major Goodman served as Thunderbird No. 8, the team’s advance pilot and narrator, from 1964 to 1965. While assigned to squadron, he was selected to serve as a liaison officer between the Air Force and the Navy.

On Feb. 20, 1967, just days after completing a combat mission for which he earned the Silver Star for saving a downed aircrew, he and his weapons systems officer, retired Cdr. Gary Thornton, were flying an F-4 Phantom fighter from the USS Enterprise during a bombing mission against a railroad siding in North Vietnam. At a point about eight miles south of the city Thanh Hoa, they were struck by enemy anti-aircraft fire and their plane exploded. Commander Thornton was able to eject

at just 250 feet altitude, but Major Goodman did not escape. Commander Thornton survived and was held captive until his release in 1973.

“That day, a husband, a father and a friend was lost, said Commander Thornton as he recounted his time with Major Goodman during the service. “I lost a mentor and my professional big brother. I am honored to be here to see him come home. We welcome home a hero, a professional and a patriot.”

“Major Goodman represents the thousands of American heroes who have put their name in to serve and sacrifice so others won’t have to,” General Handy said. “Today the numbers of missing service men who gave their lives in service

of our nation are now one lower, now that he is home.”

With Major Goodman’s return, there are now 556 Airmen, 550 Soldiers, 369 Sailors, 213 Marines and 32 civilians still unaccounted for who served in Southeast Asia during the Vietnam era.

“America has long honored the pledge of leaving no man behind,” said Maj. Rick Goodman, the current Thunderbird No. 5 lead solo pilot and organizer of the funeral service, who is not related to Major Russell C. Goodman.

Goodman’s wife and high school sweetheart, June Goodman, passed away Nov. 10 just six days before the family was notified that Major Goodman’s remains had been positively identified.



Friends and family of Maj. Russell Goodman pray during the funeral service held inside the Thunderbird hanger at Nellis Air Force Base, Nev. Major Goodman served as the narrator for the Air Force Thunderbirds from 1964 to 1965 and was declared missing in action after his aircraft was hit by a surface-to-air missile in February 1967 while on a combat mission over North Vietnam. (Photo by Staff Sgt. William P. Coleman)

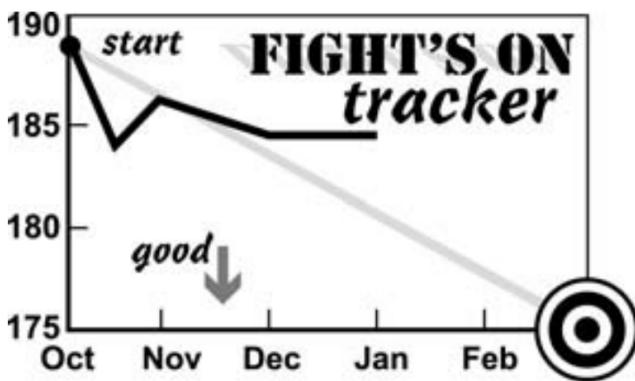
Commander's fit tip: A new year, a new you

By Col. Michael Panarisi
AEDC Commander

I'm hearing that there is a remote possibility that not everyone conquered the munchies over the holidays, and my suggestion of just running a marathon on Christmas Day to make up for it might not have had universal appeal. So for those of us who didn't holler "ya hooo!" when we jumped on the scale for the first time in 2010, let's strategize a bit on the road ahead.

First and foremost, let's not get in a hurry. Setbacks are the enemy, and we can't let our fresh enthusiasm lead us into an injury. I'm not talking about an ankle sprain or a pulled muscle, I'm talking about anything that will generate a nagging pain and slow us down.

If you are re-starting a workout regimen after a month-long layoff, ease back in. Hit the gym twice on the first week, and be REALLY deliberate and methodical. Back off the resistance. Ramp it the



next week, and then on week three resume your daily routine. You aren't wasting your time, you are preserving your ability to stay in this fight for the rest of the year. If you are essentially starting over, "period one" of our phased routine is the way to go.

The high rep, low weight approach will prep your muscles, tendons, and blood vessels for the challenges ahead. Trust me, moderate soreness the next morning is hugely overrated. If you "feel" like you worked out the day prior,

that's enough of a signal. If you find yourself reaching for a pain reliever, you've done too much.

Next, reconsider my plea for all of us to seek out professional advice and a tailored program. The "pros" will build a goals focused routine, and take into consideration any limitations you might already face. Bad back? Knee pain? Shoulder ache?

These guys have work arounds and it's likely that many nagging issues will resolve with regular workouts and a targeted strength

building campaign. Plus we can all benefit from a fresh look at the techniques on the menu. Proper positioning, adjustments and careful execution are the secret.

To help get the active-duty and several DoD civilians off to a good start this year, we're bringing in some professional help. Next week, we're hosting the Evolution Running clinic, which teaches runners efficient and injury-reducing techniques. Turns out, many of us run, but we were never taught how to run correctly! We're going to help fix that.

Finally, commit. I mean really commit. Make your health the priority. So many of the chronic ailments are preventable with a dedicated fitness program, and the minutes you spend in the gym will add years to your life, and improve the quality of those years.

Along the way, you will have more energy, improve your concentration, sleep better, and enjoy the feeling of accomplishment as you attain and set new goals.

OK, just one more thing... try something new. Often we get into a bit of a rut, and forget that a portfolio of activities is one of the best ways to keep our motivation up and further reduce injury risk.

Here's one I'd really like you to consider...take a group class at least once a week. My favorite is "spinning" but there are so many to choose from. There's just something special about working out among friends. I truly appreciate the serenity of a solo run in the woods, and if that's your "relief valve" I applaud that. But just give a group class a chance.

For me, I'm facing a bit of an uphill climb here... seems all this writing is costing me precious minutes on the treadmill, and my "Fight's ON!" tracker is a little out of whack. Must be the shiny new scale. Data errors!

But before I send it to the PMEL shop, I'll refocus on the off chance it's telling me what I should already know. See you at spinning!

Surgery, lifestyle changes charge man's massive weight loss

By Sean Bowlin
12th Flying Training Wing
Public Affairs

Randolph AFB, Texas (AFNS) – Mike Porter is about half the man he used to be.

His weight reduction is due in large part to an Air Force bariatric surgery program, plus eating healthy, weightlifting and running. Surgery changed the retired master sergeant's life.

"I'd been trying to lose weight for about four years," said Mr. Porter, who's shrunk from a peak of 334 pounds and a 46-inch waist down to 198 pounds with a 34-inch waist. "Nothing was working. I'd lose five pounds, just to gain back 10."

He was doing aerobic

exercises, but his diet, the missing link, was killing the 12th Force Support Squadron assistant lodging manager.

"I was just spinning my wheels," he said. "My eating habits were the worst. I'd eat a nine-piece bucket of fried chicken and drink eight sodas a day. I was too heavy to run."

He asked for help, after a Sunday school session in which he told classmates his lack of self-discipline was hurting him.

"I used to think when I walked down the street, people would view me as fat and disapprove of my appearance. That's the image of myself that I had in my mind," he said. "So, I got frustrated. I asked myself, 'Does God really care?' And I went to church and discussed my

battle with my weight with others in the group."

Up next was a psychological test and a physical, where he found out his heart was ok. But his blood pressure read hypertension, his cholesterol numbers were high and Type II diabetes was about to set in. His physicians studied his sleep patterns and diagnosed him with sleep apnea.

With all of those weight-induced issues, it was no surprise to Mr. Porter that he was approved for the bariatric surgery at Wilford Hall Medical Center located nearby at Lackland AFB, Texas.

"My doctors told me that a gastric bypass couldn't be used as a total solution for weight loss," Mr. Porter said. "Instead, it would merely be a tool to help me jump-start

my weight loss. In the meantime, I had to learn how to eat healthy, fist-sized portioned meals five times a day, run and lift weights."

Maj. (Dr.) Richard Peterson, the WHMC chief of bariatric and advanced laparoscopic surgery, said in 99 percent of patients, the surgery is done laparoscopically with small incisions and a camera.

"Two weeks after my surgery, I picked up running at the Rambler Fitness Center, building up to run the Carabara's Half-Marathon," Mr. Porter said.

"I did it in 2:38. Now I'm running 10 minute, 30 second miles. I told my boss, Terry Heagerty, my goal was to do the Rambler 120 in 2009. I did it."



Mike Porter works out with weights at the Rambler Fitness Center at Randolph AFB, Texas. (Photo/Don Lindsey)

AEDC-tested Global Hawk collects reconnaissance data during ongoing Haitian earthquake relief efforts

An RQ-4 Global Hawk is providing imagery to determine the extent of damage to earthquake-stricken Haiti and usability of its infrastructure, an Air Force official said during a Department of Defense Bloggers Roundtable Jan. 15.

Workers at AEDC have conducted aerodynamic testing on the Global Hawk at the world's largest ground testing complex during 2005, 2006 and 2007.

"Having tested all of the Global Hawk versions in the AEDC Propulsion Wind Tunnel 16T, it is very gratifying to see this impressive aircraft utilized in a humanitarian effort," said Marvin Sellars, ATA's lead project engineer on the testing. "I am very glad someone in the intelligence area took the initiative to propose such an idea to the president."

Col. Bradley G. Butz, the 480th Intelligence, Surveillance and Reconnaissance Wing vice commander described the role the Global Hawk and its operators have taken during the massive relief effort.

"We've got pretty good coverage of the entire country of Haiti, [including] a lot of images of destroyed buildings," he said "They are looking at images of airports to find airfields to land aircraft. The image quality and clarity is good enough whether or not an airfield can accept aircraft."

The Global Hawk is a high-altitude, long-endurance unmanned aircraft with an integrated sensor suite that provides worldwide ISR capability.

The 480th ISR, based at Langley Air Force Base, Va., is providing its images to U.S. Southern Command officials for use by whomever needs the images, Colonel Butz said. The objective is mass distribution to people and organizations that need the images to support relief and recovery operations.

These images can help determine the level of destruction since aerial images of Haiti exist from June 2009. Comparing the June 2009 and the January 2010 images can give an indication of the extent of the disaster.

Without context "we just don't know the impact," the colonel said.

In addition, the Global Hawk provides assistance to Soldiers of the 82nd Airborne Division who are deployed to Haiti. The Global Hawk is providing images of where the U.S. soldiers are deploying to help them prepare for their mission, Colonel Butz said.

The Global Hawk flew 14 hours Jan. 14, providing between 400 to 700 images, the colonel said. It is flying daily out of Naval Air Station Patuxent River, Md. The colonel said the Global Hawk will continue providing Haitian overflight support as long as the president requests.

This is the first use of the Global Hawk in a disaster relief mission in the Caribbean, according to the colonel.

Compiled by Philip Lorenz III, ATA Public Affairs, from an article by Master Sgt. Russell P. Petcoff, Secretary of the Air Force Public Affairs.



An aerial view of the damaged National Cathedral in Haiti from an Air Force Global Hawk unmanned aircraft Jan. 14. Aerial images are providing planners valuable situation awareness as they coordinate U.S. military support to the Haiti relief effort. (Air Force photo)



Jeffrey Castleman, ATA outside machinist, inspects the Global Hawk model being tested for aerodynamics in 16T. (Photo by Rick Goodfriend)