



# HIGH MACH

Serving the World's Premier Flight Simulation Test Center



Vol. 57, No. 18

Arnold AFB, Tenn.

September 17, 2010

## AEDC team tests F-15 Eagle engine using unique tri-fuel blend for first time

By Philip Lorenz III  
Aerospace Testing Alliance

Continuing the march toward certifying the entire Air Force fleet on alternative fuels, an F-15 Eagle engine is undergoing performance testing here using a unique blend of three different fuel types.

The F100 engine is being tested with JP-8 conventional aviation fuel, a bio-fuel derived from tallow, which is an animal fat, and a synthetic fuel derived from coal through a process commonly known as Fisher-Tropsch.

The fuels testing is being conducted to ensure the different fuels, in varying combinations, are suitable for an upcoming series of F-15 flight tests tentatively scheduled for mid-to-late October at Eglin AFB, Fla., according to Brian Knack, ATA's program engineer for the test. ATA is the operating contractor at AEDC.

"This [first phase of the test] evaluated a 50 percent (by volume) tallow-derived fuel, while the final phase is bringing Fischer-Tropsch-derived fuel together with the bio-fuel forming yet another new and unique blend," he said.

Testing has simulated the overall engine conditions experienced at near sea-level conditions.

A baseline test using JP-8 was performed in the first phase of the test program. Then a blend of 50 percent tallow-derived fuel and 50 percent JP-8 was evaluated. Finally, a blend of 25 percent tallow-derived fuel and 25 percent synthetic fuel and 50 percent JP-8 was evaluated.

"They've engineered these alternative fuel blends, both the tallow and FT, to meet the existing JP-8 specs (specifications) requirements," Knack said. "So, we're just verifying that, although it's within the same specification chemically, that it doesn't adversely affect engine performance."

Second Lt. Drew Miller, AEDC's project manager for the test, pointed out that this entry is not a certification test series per se nor is it intended to include an analysis of wear and tear on the engine.

"We're just demonstrating that the engine can successfully perform on the bio-fuels that we're testing," he said, adding that this test series has presented their team with its share of challenges.

Engineers from the Air Force Alternative Fuels Certification Office (AFCO) at Wright-Patterson AFB, Ohio, noted that



ATA Project Engineer Patricia Oberdorf and 2nd Lt. Drew Miller are responsible for successfully executing the current series of F100 engine alternative fuel tests. (Photo by Rick Goodfriend)

the hydro-treated renewable jet (HRJ) bio-fuels – currently only available in research & development quantities – are expensive. The expectation is that once they are certified for use by the Air Force and by airlines participating in the Commercial Aviation Alternative Fuels Initiative, industry producers will respond to the market demand and prices will fall in line with conventional jet fuel.

"The logistics involved in delivering the fuel was another challenge," Knack said. "Between the last project and this project, we have regular JP-8, which is normal for our base, then we brought in both Camelina and tallow derived bio-fuel, and we're [also] bringing in more FT fuel."

See TRI-FUEL, page 3

## ATA reduces work force by 64

By Kathy Gattis  
Aerospace Testing Alliance

ATA, the primary contractor at AEDC, will have fewer employees after Sept. 24.

A total of 64 employees were given layoff notices today; 36 people volunteered for the layoff; 28 people were involuntary.

The company says declining DoD budgets and fewer major defense projects mean a reduced work force at AEDC.

ATA General Manager, Dr. David Elrod said, "ATA fully recognizes the challenges that loss of a job can have on families in the current economy and as such has engaged professional support to assist with outplacement services."

"As a company we will be working with each of ATA's displaced employees over the next two weeks through a structured outplacement process that will complete on Sept. 24," said Dr. Elrod.

Job counseling services, including resume development, skills self assessments, interview techniques, resume distribution and job search assistance are part of the outplacement.

ATA is also extending coverage for the Employee Assistance Program (EAP) to all affected employees and their families for six months beyond the separation date.

Dr. Elrod told employees several months ago that layoffs might be necessary for the upcoming fiscal year which begins Oct. 1.

ATA has been the operating contractor at AEDC since 2003; the company employs about 2,170 people.

## Arnold Police K-9 team wins four medals in olympics

By Shawn Jacobs  
Aerospace Testing Alliance

The Arnold Police Department's K-9 team, Bikkel and his handler Officer Jason Layne, was among the top finishers at the American Working Dog Police Academy Olympics.

The olympics are held annually at Vohne Liche Kennels in Denver, Ind. More than 100 local, state and federal agencies had teams at this year's event, which was held Aug. 23-27.

Layne and Bikkel, a 4-year-old male Belgian Malinois, placed first in vehicle exterior search and vehicle interior search. The team won second place in the open area search and third place in an event called the scramble.

"The scramble consists of probably a two-acre parking lot that had probably 500 ... just miscellaneous small items scattered out everywhere," Layne said. "They told us we had, I believe, eight minutes to conduct your search on the whole parking lot."

Layne said it was his first time to compete with Bikkel. His first time at the olympics, in 2008, he won two second place awards with the Aerospace Testing Alliance's (ATA) previous dog, Astrid.

In addition to the competition, the olympics also allowed Layne and Bikkel to be certified in odor detection, man tracking and Patrol Level One (bite work and apprehension).

"When we compete, we get to actually recertify, so we're actually saving the company and Air Force a lot of money [by combining two events into one] ... so we stay above the standards here."

Arnold Police Chief Rick Trull said he is very proud of all of the K-9 team's accomplishments.



Arnold Police K-9 Officer Jason Layne and his partner, Bikkel, garnered four awards at the recent Police K-9 Olympics. (Photo by Rick Goodfriend)

"The important part of this, I think, for us is that Jason and Bikkel's primary work is on vehicle searches," Trull said. "You often see them at the gates searching commercial vehicles when they come through, and the fact that the team took first place in exterior and interior vehicle searches just goes to show that the training and work they do every day is good quality work."

"He didn't just go to a competition; he also received recertification. That's important because it helps us in court, it helps in the state, but the certifications

See K-9, page 3

## Video now playing on YouTube



Country music singer Marty Falle's video for "Fly Me Back" is now available for viewing on YouTube. The video, which features footage shot at Arnold and the Tullahoma National Guard, is intended to salute our fighting men and woman and draw attention to the Wounded Warrior Project. To view the video, use the address: <http://www.google.com/url?sa=X&q=http://countrymusiclisten.com/country-music-video-fly-me-back-marty-falle-wounded-warrior-project-tribute>. (Photos by Raquel March)

## In This Issue....

The annual Veterans picnic will be held from 10:30 a.m.-3 p.m. Sept. 24

CGOC looking for donations ... Page 3

ATA employee wins Chamber award ... Page 5



# HIGH MACH

**Arnold Engineering Development Center**  
An Air Force Materiel Command Test Center

**Col. Michael Panarisi**  
Commander

**Joel Fortner**  
Director, Public Affairs



**Dr. David Elrod**  
General Manager, Aerospace Testing Alliance

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

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

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

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

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

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

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

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

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



## Vision

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

## Core Values

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



## Core Values

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

# How was your "remember 9/11" weekend?

By Col. Michael Panarisi  
AEDC Commander



Panarisi

"How was your weekend?"

How many times have you heard this question?

For most of us, our answer will highlight the family activities, kid's sports events, sometime with a favorite hobby, or maybe details of a short trip.

I hope that over this past weekend, your answer was a little different.

Saturday marked the ninth anniversary of the terrorist attacks on our nation, now commonly referred to as "9/11."

Few events in our nation's history have had such a profound impact.

In my parent's generation, everyone "knew where they were" when President Kennedy was assassinated.

9/11 holds that same eerie place in my mind.

I can tell you exactly where I was, what I was doing, and how all of our lives changed forever on that day.

Once again, the nation was called to arms, and we haven't stopped since.

So much has been written about the events of that day, so much has been done in response, but less commonly known is how we, as a nation, have chosen to honor those that lost their lives on that day.

Shortly after the attacks, the House of Representatives voted 407-0 to ask President Bush to establish a national day of mourning, known as "Patriot Day" on Sept. 11.

President George W. Bush signed the bill into law on Dec. 18, 2001, and declared Sept. 11, 2002, as the first observance of this Day.

As with other days of national significance, the president asks all of us to fly our flags at half-staff, and more importantly, ob-

serve a moment of silence at 8:46 a.m. EST, the exact time the first plane impacted the World Trade Center.

Many of our local municipalities have adopted and hosted "events in the square" this weekend.

But surprisingly, I sensed that overall the day passed without much attention.

That scares me. It's up to all of us to keep the memory of that event alive.

We owe it to the thousands who were killed on that day; the countless heroes who literally ran into burning buildings to save lives and, in the act, gave up their own, and the tens of thousands who have been sent into harm's way as a result of that event.

In what has become one of the most well known speeches in our history, President Roosevelt declared Dec. 7, 1941, "a date that which will live in infamy."

While the losses in our current campaigns will never come close to the tragedies of World War II, the strategic impact of the events are markedly similar.

We CANNOT let time dilute the pain, the loss, nor the significance of that day.

I'm touched by the fact that some of our own did their part in keeping this day at the forefront of our awareness.

A team of our star firefighters traveled to Nashville to participate in an annual tribute to their fallen colleagues of the New York Fire Department.

They were joined by more than 300 "patriots" who scaled the stairs of the Pinnacle at Symphony Place, marching up to the 110th floor in full gear.

I couldn't be more proud of their efforts.

You may have seen them prepping for the event ... the stairs in Mark I became their training site.

What a tremendous feat, inspiring tribute and model for us all.

In so many ways, this has become a "distant war" in our daily lives.

No draft. No rationing. No "war bonds."

It's as if it's not really affecting "business as usual."

Nothing could be far-

ther from the truth.

There's nothing "usual" about tens of thousands deployed, many on their third or fourth rotation.

Nothing "usual" about 3,000 lost in action.

Nothing usual about our medical facilities overflowing with IED casualties.

There's nothing distant about this war to them, and we can't let it slip into our back burners either.

In his declaration of "Patriot Day," President Bush asked us all to stop, observe a moment of silence, reflect on the magnitude of that day and remember the sacrifices of all those who endeavor to keep the promise of "Never Again."

We don't need to wait for next year's anniversary to honor our colleagues. If Saturday came and went for you, please just take a moment today.

And help us all get ready for next year's events. Maybe some of us can "make the climb" with our firefighters or find a similar way to dignify the occasion.

Whatever you decide to do, I thank you.

## All I really ever needed to know about leadership I learned in BMT

By Lt. Col. Kieran Denehan  
11th Bomb Squadron Commander

**Barksdale AFB, La. (AFNS)** – The only thing that amazes me more than approaching 24 years in the Air Force is how quickly time has flown by. Thus, I was grateful for the opportunity to share some thoughts for this article, because it made me sit back and reflect on all the people, places and adventures, good and bad, that I had the fortune to meet, go to or experience in my

career.

As far as examples of great leaders go, I could spend several pages writing on any one of the many outstanding individuals I have worked and served with over the years. Yet, all of them are similar in that they share several traits, which I believe were the key to their organizations' success.

Among their most important traits were enthusiasm, a positive attitude and the abilities to listen and "read" their people to determine what moti-

vates each individual. One particular leader stands out in my mind and does so because he was not an experienced and respected senior officer or noncommissioned officer, yet demonstrated many of aforementioned traits at such a young age.

I'm prior enlisted, and going through Basic Military Training is tough. Going through BMT and being handpicked to lead other new recruits is even tougher.

As our dorm chief in BMT, Airman 1st Class

Denny Cook faced the daunting task of getting a group of strangers from very different backgrounds and experiences to work together in a very demanding environment.

He was constantly under pressure, top-down from our training instructor who demanded steady improvement from the flight, bottom-up from his flight-mates who constantly bickered and fought for the first week of training, and from outside-in as he worried for his young wife and 8-month old daughter back at home. For a 19-year old in BMT, he bore the weight of the world on his shoulders.

The easy thing for him to have done would have been to threaten or punish us in order to get us to perform. After all, he had the authority to do so, the motivation to get through BMT to provide for his family, and the knowledge that he did not have to make friends since he would likely never see any of us again after our 30 training days were over. It also seemed like the likely response to stop the petty juvenile arguments that

plagued the dorm.

Instead, Airman Cook took it upon himself to inspire rather than intimidate, to listen rather than yell, and in doing so, showed us we were a lot more talented and capable than how we saw each other and ourselves.

The ways he did this were many.

First and foremost, he learned what motivated each individual. He figured out that if you gave the guy from Connecticut a pat on the back and a "great job," he would polish the floors until they gleamed.

He challenged the north wing of the dorms to beat the south wing in pushups and run times.

His special project was teaching the kid from New York City how to shine his boots so it actually looked like there was polish on them, and he would sit down with the clueless kid and work with him for hours.

He was able to motivate so effectively because he did a heck of a lot more listening than talking, and teaching instead of yelling.

See BMT, page 6

Since You Asked... Who (current of former player) would be #1 in your fantasy football draft?

"Interesting. Since my passion is baseball, I just never understood why anyone would want to play with a ball that won't roll straight when it hits the ground."



Don Cornelius

"Chris Johnson. He is going to score if he touches the ball."



Dave Uselton



Paige Turner  
"Peyton Manning"



Russ Parker  
"Chris Johnson of course"



Doug Powell  
"Bo Jackson (War Eagle)"

## Action Line

### Team AEDC

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

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

Col. Michael Panarisi  
AEDC Commander

## Smoking Policy

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

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

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

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

## Are you ready?

# AEDC recognizes National Preparedness Month

By Shawn Jacobs  
Aerospace Testing Alliance

Safety and security are emphasized every day at AEDC.

But the base Emergency Management Office is highlighting overall awareness during September, which is designated National Preparedness Month (NPM).

Sponsored by the Federal Emergency Management Agency's (FEMA) Ready Campaign, in partnership with Citizen Corps and the Advertising Council, NPM is held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and communities.

"National Preparedness Month is kind of a culmination of everything we've done throughout the year as far as

passing information along to the base as what you do in a specific disaster situation such as a tornado or shelter in place – in the event of a terrorist attack or chemical release," according to Brad Walker, an emergency management coordinator at AEDC. "This National Preparedness Month is overreaching where it looks at what you have done overall ... in preparation.

"It's just an emphasis on the overall program on information we disseminate throughout the year. We have taken the opportunity to jump on the bandwagon here to promote individual preparation, such as some precautions you can take with your family, and also some things you could look at while at work."

Emergency Management Coordinator Daryl Justice noted

that emergency preparedness is emphasized all year long at AEDC and that NPM is just a good opportunity to give it an extra push.

"We do exercises [intermittently throughout the year], we write disaster plans, we train and buy equipment," Justice said. "What we try to do is to emphasize that fact to everybody, and that's why we've issued information about having a family disaster plan. National Preparedness Month came about because of Sept. 11."

Walker said they also want to emphasize emergency preparedness and personal responsibility at home.

"A lot of the things that we really don't emphasize here is what you do with family members who might have disabilities," Walker said. "It kind of puts the onus back on

the individual because we really don't consider that a lot here."

In addition to the availability of fire, police, medical and emergency management personnel on base, AEDC employees are informed almost daily with safety and security advice. As a result, Walker said some employees may take their well-being for granted.

"The immediate response really boils down to the individual because in those times [of disaster] we're all going to be busy and we can't really go back and tell people where to go," Walker said. "It does take an element of those people being involved and knowing what action to take."

In addition, officials are urging employees to exercise emergency preparedness at home. Walker said that involves preparing an emergency kit,

stocked with nonperishable food, flashlights, a radio, water and special needs items such as medicines in case you are isolated for a few days.

"I think it's even more difficult in the community because communities are so spread out that it does take time for emergency responders to get to those needs," Walker said. "Immediately, it's important to take care of yourself in these kinds of situations."

September 2010 is the seventh annual NPM. This year the focus is on encouraging Americans to work together to take concrete actions toward emergency preparedness. FEMA is encouraging all Americans to join a readiness team and truly help themselves, their neighbors and their community be ready.

For more information visit [www.ready.gov](http://www.ready.gov).

## Workshop held at Arnold



The Air Force-wide Force Development Technician's Workshop was held recently at the Arnold Lakeside Center. The goal of the workshop was to provide civilian training/force development information, guidance and current force development system tools user-experience and exposure. More than 45 personnel from around the world and 15 subject matter experts from the Air Force/A1 and various major commands facilitated the workshop and presented the information. Overall, the workshop was a deemed success for the attendees who work at the local operations level and work day-to-day Force Development Programs. (Photo by Rick Goodfriend)

## Tri-fuel from page 1

"The guys at the fuel farm had to blend them with JP-8 and manage all of those [combinations], take all the fuel samples that AEDC, AFCE and the users each require, and make sure that all the right samples go to all the right places. Because these fuels are so expensive, we have to keep the waste to a minimum when switching over from one fuel to

the other."

Lieutenant Miller said it is important to view this test from a wider perspective.

"The Secretary of the Air Force has an initiative to reduce our dependence on oil 50 percent by 2016 and this is just leading the way to make that happen," he said. "The Air Force is the largest oil consumer in the DoD and this is a major step towards

increasing our independence."

Knack is already looking toward the future of bio-fuels.

"This is the next step of bio-fuel evolution and a couple years from now we could be running algae-based fuels or whatever is deemed to be the most efficient, economically produced on a mass production level. Then we will probably see it here."

## K-9 from page 1

that the team has are required by law."

Trull also had praise for the training the dogs received at the kennels.

"We received both of the dogs that Jason talked about from Vohne Liche Kennels, and we need to give credit where credit is due," Trull said. They do some of the best training that I've ever seen in my career."

In addition, Layne and Bikkel train a minimum of 16 hours per month. This training is in conjunction with the state of Tennessee, where David Frost provides professional training, advice and state certification, according to Trull.

As Layne's supervisor, Don Miller, Arnold assistant police chief and chief of operations,

likes what he sees from the AEDC K-9 unit.

"I've worked with K-9s before in the military and what I've seen from Jason and the dogs ... it's by far the best program I've seen outside the military. The training is above what the military gives their dogs."

Trull called the K-9 unit "absolutely critical to the mission, to the work that we do here. They've been tremendously helpful to our antiterrorism program and to the police work that we do on a day-to-day basis.

"We've had great support from ATA and from the base, which makes it possible to attend this venue where our team can get recertified. It's a great effort from everyone who's involved."

## Vanguard to hold workshops

A representative from The Vanguard Group will be at the Main Auditorium today to present information to those employees who are part of VRIF or RIF process.

Employees considering retirement in the next few years are also welcome to attend this presentation.

The presentation will discuss some of the following topics:

- Budgeting

- Short and long-term solutions
- Retirement planning
- Investing

The presentation will be given from 9-10:30 a.m.; 12:30 - 2 p.m.; and 2:30-4 p.m.

Employees involved with the VRIF or RIF may charge their attendance time to their organization's overhead work order. All other employees who attend the workshop must do so on personal time.

## Crouch earns 2010 Jacobs Scholarship

Anna Colleen Crouch has been awarded the Dr. Joseph J. Jacobs Global Scholarship.

A 2010 graduate of Tullahoma High School, she is the daughter of Nelson and Jennifer Crouch who both work for Jacobs. Her dad works at AEDC while her mother works at Marshall Space Flight Center.

In addition to being the valedictorian of her class, she was also president of the National Honor society; treasurer of the student body; a Student Council officer; state winner of the Daughters of the American Revolution (DAR) Good Citizenship Award freedom essay contest; a member of Mu Alpha Theta (math honor society), the National English Honor society; and the Key club. She was also the winner of the school's Service Award each year she attended high school.

She was also a three-year member of the Tullahoma Lady Wildcat soccer and tennis teams.

Crouch attends Georgia Institute of Technology as a President's Scholar majoring in polymer engineering.

Under the Global Scholarship Program, the Jacobs Engineering Foundation may award up to 20 academic scholarships of up to \$3,000 per year for up to four years to qualified, eligible children of a Jacobs employee.

These scholarships are limited to students majoring in any of the



Crouch

science and technology fields of study at an accredited four-year college or university worldwide.

The purpose of this program is to encourage children to further their college education in these fields and to honor the children for their academic achievements, community involvement and leadership.

## CGOC seeking donations for "Let Freedom Ring"

The Company Grade Officer's Council (CGOC) at AEDC is supporting the "Let Freedom Ring" event being held from 2-4 p.m. Nov. 7 at the Franklin County High School Gymnasium.

The CGOC is seeking donations of basic homecare items in support of this annual

See CGOC, page 6

## Firefighters participate in the Nashville Stair Climb



Eleven firefighters representing the AEDC Fire and Emergency Services and three from the Tullahoma Fire Department participated together in the inaugural Nashville Stair Climb on Sept. 11. In all, 343 firefighters from around the area climbed 110 floors at the Pinnacle at Symphony Place to honor the firefighters who lost their lives in the attacks on the World Trade Center. "We have an outstanding everyday relationship and mutual aid agreement with the Tullahoma Fire Department and we wanted to get together and do something to honor the occasion," AEDC Fire Chief Daryle Lopes said. "Outside of saving a life it was the most gratifying thing I've ever done. I'm thrilled that both the AEDC and Tullahoma departments could represent this part of Middle Tennessee." AEDC firefighters, in addition to Lopes, included Assistant Chief for Operations George DeShields, Charlie Armstrong, Dennis Eggert, Gary George, Brandon Gunn, Anthony Jimcoily, Chuck King, Ken Locker and Samuel Treat. Jason Armstrong, Charlie's Armstrong's son, is a firefighter with the city of Shelbyville but climbed beside his father as an honorary member of the AEDC team. Tullahoma firefighters who participated included Derek Jordan, Davis Sanders and Craig Stroop. (Photo provided)

# AEDC's Joel Reynolds is enjoying the ride of his life

By Philip Lorenz III  
Aerospace Testing Alliance

Not long ago, Joel Reynolds finally saw the light, or in his case, the lights.

Reynolds, who has been with AEDC's police department for 23 years, had purchased his "dream machine," a new GL1800, a Goldwing three-wheeled motorcycle in 2005, but it was only recently that he decided to take it to the next level and beyond.

This meant having his motorcycle extensively customized with specialized light-emitting diode (LED) lighting and a few other illuminating features.

"I got interested in the lights by going to rallies and seeing light shows," Reynolds said. "And I said, 'Man, I've got to have that.'"

"I knew it was expensive. So, last summer I had it done by Daniel Nicholson, at Cycle Concepts in Murfreesboro. So he started on it and he lightened my checkbook considerably."

Sitting on his motorcycle on a break at work, Reynolds was showing a co-worker the result of his friend's labors.

"There's about, roughly 3,216 LEDs on that [motorcycle], which comes out to about 45 feet of LEDs," the veteran lawman said as he used a switch to run the lighting through a spectrum of colors, including red, blue, green, yellow, teal, white and orange. He not only changes their colors but could also make them strobe.

"I've had all of the tail lights done, gone from a regular bulb light to LED," he said. "My headlights are the HID (high-intensity discharge) headlights. There are really great at night, as long as I can be seen, that's what I care about. I want to be seen."

Reynolds, who came to AEDC in 1988 after retiring from a career in law enforcement with the Air Force, has a few words of advice for anyone who is considering buying a motorcycle.

"Safety [is] number one," he said. "If you're going to ride a motorcycle, get yourself a safety course, I don't care whether it's a two-wheel course or three-wheel course."

"Wear the right safety gear," he said. "People will cheat, [saying] 'Well, it doesn't matter if I have long pants on, it's not going to make it any less [damaging].' Well, that first contact with the pavement is going to be a little less if you've got long britches on versus shorts. If you've got over the ankle boots, that will possibly save you from twisting up a little bit there. Anything you can do to be safe and have fun with it."

Reynolds has also found a way to combine his love of riding his highly customized motorcycle with making a difference in the lives of young people.

About four years ago, he joined the Tullahoma chapter of the Gold Wing Road Riders Association (GWRRA) and soon learned about the fundraising rides some of their other chapters make in support of the work being done at St. Jude Children's Research Hospital, located in Memphis.

"We have been riding for the past three to four years I guess [for the St. Jude benefit]," he said, explaining that he rides with the group from Bristol.

"This ride starts out in Bristol, Tennessee and it travels from there to Dickson, where we spend the night," he explained. "Then the next morning we get up and travel through Jackson and into St. Jude. This year I believe it will be the 18<sup>th</sup> of September."

Reynolds recalled how the tour of St. Jude affected him.

"It touches you right in the heart," he said. "Unless you've been to it and seen the presentation and seen the hospital, you don't get to mingle with the patients and understand [how important these donations] for diseases [help the organization]. It's very warming to see that hospital and it's a worthwhile venture."

Reynolds said the GWRRA's efforts have already paid off over the years he's been involved with them.

"Last year we broke the million dollar mark," he said. "Every year it seems like it's been about \$80,000 to \$90,000 that we donated. All year long they have fundraising events and some people donate quilts, some people donate toys and it goes on and on."

Reynolds, who said a focus on helping others, has been what has guided his law enforcement career, reflected on how that choice of occupations happened.

"I was a military brat," he recalled. "My stepfather was stationed in California. I went to high school there. The draft was knocking on my door and I didn't want to go to Vietnam, so, I joined the Air Force, and a year later I volunteered to go to Vietnam."

Reynolds said he never went into the Air Force with the intention of making it, or law enforcement his life's work.

"I never was serious about saying, 'I'm going to make it a career,'" he said. "I just took it a four-year hitch at a time. The highlight was working with the dogs. I worked with military working dogs, and I was patrol dog handler."

"Then I was a narcotics slash patrol dog handler, and then I worked as a kennel master in my last

four-five years. I had one stretch in Alaska where I was on snowmobile patrol, that was right up there with the dogs, that was really neat, but the dogs, in my opinion, the dogs were the most important and the most fun part."

Reynolds said it is an understatement to say the bond between the handler and the dogs is memorable and unique.

"You can take a dog and train them to do just about anything and they're so happy when you reward them," he said. "When they do a good job, they know they're going to get rewarded and they're very dedicated to you, the handler. It is a very special kind of relationship – It's hard to describe, a police dog is the most loyal partner you could have."

He added, "I was stationed in Arkansas and after I made the comment that, having to give up a dog in the military and leave him behind is probably like, it was probably harder than getting divorced, leaving a wife. There's a special bond there that I can't quite describe."

Reynolds no longer works with dogs in his job, but still enjoys his work.

"I am a police lead officer, and I work the desk," he said. "That is my primary job, and I do the dispatching and the report writing, and the scheduling, the charting of overtime, etc."

Reynolds spoke highly of his coworkers and their qualifications.

"Nobody is going to come in here unless they've had prior police experience," he said, pointing out that many of them have Air Force or other military backgrounds.

"We've got such a wide variety of people with [an extensive breadth of] knowledge," he said. "There's a lot of dedication with the people here. I haven't found anybody yet that I can't say, 'Hey I need help in doing this and doing that,' and you know, they give a hand."

Reynolds' advice to anyone considering law enforcement as a career is straight forward.

"Use your head. If you stop using your head then you're going to have problems; it's not the way to go."

He also said it depends on what someone wants



Joel Reynolds, an ATA police lead and dispatcher for AEDC's Police Department, shows off the customized lighting features on his 2005 GL1800, a Goldwing three-wheeled motorcycle. (Photos by Philip Lorenz III)



Joel Reynolds is ready to ride for a St. Jude Children's Research Hospital fundraising event. St. Jude is located in Memphis. He is encouraging others to learn about the hospital and to make a donation to help their mission.

out of a career in law enforcement, whether in the Air Force or in the civilian sector.

"If you're in it to better yourself and be a better person, you're going to have to keep your morals high because there's going to be a lot of temptation and you can't have that," he cautioned. "It's going to catch up with you, it really

is."

Asked if he misses working with dogs in his job, Reynolds smiled.

"No, that part of my life is over," he said. "I've got a dog at home, and she's my friend and that's it. Macey is 10 years old – she's a yellow lab, and I haven't trained her, she's got her own head, I just let her be."

Reynolds said he is looking forward to hitting the road in his well-lit motorcycle and he encourages others to donate either their time, or consider sending donations, to St. Jude.

For more information on the organization, go to [www.stjude.org](http://www.stjude.org), and go to [www.gwrra.org](http://www.gwrra.org) to learn more about that organization and what they do.

## AEDC Commander guest speaker at NARFE meeting



AEDC Commander Col. Michael Panarisi, AEDC Commander, was the guest speaker at the monthly meeting of the National Active and Retired Federal Employees Association (NARFE). Col. Panarisi discussed the center's mission, recent testing activities and new educational outreach programs. NARFE is for active and retired federal employees and is the only organization that works to protect federal employees' benefits, for both active and retired employees. (Photo provided)

## Redefining “soccer mom”

# Prebola’s efforts lead to Tullahoma Chamber’s “Extra Miler” award

By Shawn Jacobs

*Aerospace Testing Alliance*

Cindy Prebola sort of backed into her role as the recreational soccer director for the Tullahoma Soccer Association.

Growing up in the South – first in Tullahoma, then in Mississippi – she was not exposed to the sport as a child. That changed when she and her husband, John, who is from the Northeast, moved to Tullahoma to work at Arnold Engineering Development Center (AEDC).

Cindy is an engineer specialist, working in the Computational Simulation, Modeling and Analysis group of the Technology and Analysis Branch. John is the Space Threat Assessment Testbed (STAT) technical director and works in the Instrumentation and Diagnostics Group of the Technology and Analysis Branch.

“My husband has been coaching soccer, either middle school or a select team or a recreational team for nine years,” Prebola said. “We have a son who is six now, and he’s in his third year of soccer. “When our son started playing is when I started getting involved.

“I was U-6 (under six years old) coordinator for a season or so, and I guess for a little over a year I’ve been recreational director.

And now we also have a daughter, who is four, involved in soccer.”

The nearly 10-year AEDC veteran helps set up all the registration procedures, coordinates all of the children who want to sign up, recruits coaches and much more.

“It’s a voluntary position,” Prebola said. “The previous recreational director had been director for several years. When her son got into in high school, she needed to step out. Cara Chadwick and I decided to do the job together. I’m technically the recreational director and Cara is the assistant recreational director, but she helps out with all the work. I couldn’t do it without her or the whole board.”

Prebola is also in charge of scheduling the games.

That part is fun for me,” Prebola said. “I mean I enjoy math and solving problems. It’s a puzzle when you take into consideration all the constraints like having coaches that coach more than one division, so you try to help [those coaches] to keep their games close together.”

Prebola’s untiring efforts at helping the soccer league run smoothly have not gone unnoticed. Recently she was awarded the Extra Miler Award from the Tullahoma Area Chamber of Commerce for going “above and beyond

the call of duty” in aiding the community.

She was nominated by Joe Martin, a board member of the Soccer Association and secretary of ambassadors for the Chamber.

“Twice a year Cindy becomes the go-to person for all kids and their parents who want to sign up for soccer,” Martin wrote. “Cindy takes it upon herself to manage the draft, the uniform purchases, the scheduling of the games and the prepping of the fields as well as the academy practices for the younger children.

“Cindy never turns away a child [for] the fact that a child may not be able to afford to pay for the upcoming season. Every association out there needs a Cindy to help keep them grounded ...”

Prebola said she had no idea she was getting the award.

“I was totally surprised,” she said. “I felt a little bad standing up there because I don’t do it all by myself. There is a lot of help that goes behind it.”

Nonetheless, this fall 315 children are enrolled in the Tullahoma Soccer Association, and the success of the season will depend a lot on Cindy Prebola’s efforts.

“I think it’s great for the kids,” Prebola said. “It keeps them well conditioned and active, and my kids love it.”



Cindy Prebola receives the Tullahoma Area Chamber of Commerce’s Extra Miler Award from Pat Williams, chair of the Extra Miler Committee and Chamber board member. Prebola is the recreational soccer director for the Tullahoma Soccer Association. (Photo provided)



Cindy Prebola at the soccer field with her husband, John, and children, Justin and Hailey. (Photo provided)

## Ms. Cheap speaks at luncheon



Mary Hance, known throughout Tennessee as Ms. Cheap, was the guest speaker at the annual Women’s Equality Day luncheon sponsored by the Federal Women’s Program. Ms. Cheap spoke to the audience about her favorite ways to be cheap. Hance’s Ms. Cheap column, which appears Mondays, Thursdays, Saturdays and Sundays in the Tennessean’s Life section, is in its 16th year and focuses on being a smart, frugal consumer. (Photo by Rick Goodfriend)

## Jack Daniel’s Master Distiller at ALC tonight

Jack Daniel’s Master Distiller Jeff Arnett will be at Arnold Lakeside Center in The Landing from 5:30-7:30 p.m. tonight.

He will be custom signing commemorative bottles of Jack Daniel’s

whiskey.

During this limited time the commemorative bottles will be sold for \$41.95 to Members First Plus members and \$45.95 to nonmembers.

There is a limit of two bottles per member and one

bottle per nonmember.

Any bottles remaining after this special will be generically signed only and be sold for \$46.95 members and \$49.95 nonmembers.

For more information, call the ALC 454-3350.

# Motivation: keep your eyes on the prize and get results

By Col. Michael Panarisi  
AEDC Commander

For most people, sustaining a challenging workout regimen can present some challenges over the long term.

Many of us have suffered from the “morning aches,” felt like the effort just “isn’t worth it” or otherwise had a hard time just getting to the gym.

It happens. But armed with a little data and taking a few moments to reflect on why you’ve chosen this endeavor, you can re-stoke the fires and get after it with renewed energy.

Perhaps the most important element of keeping motivated is “listening to your body.” The vast majority of workout programs get abandoned, not

due to lack of results, but due to the inability to keep going.

If you find yourself struggling with this, you might just be “overdoing it.”

In our zeal to get results quickly, it’s really easy to push too hard and eventually “cumulative fatigue” will get in your way. It can be very disappointing to accept the fact that you just need to back off a little, but here’s another way to think about that.

Have you ever missed a workout or two due to a trip or some other unexpected scheduling conflict?

Think about how good you felt in the first few minutes of the workout when you were back in the game. That renewed “spring in your step” is a clue that you needed a break and a reminder that

Napoleon was right ... “No plan survives first contact with the enemy!”

Your body will give you the clues you need to adjust your intensity, frequency, content and duration of your program.

Another crucial weapon in your arsenal ... feedback.

Remember what the trainer asked you when you started this venture? “What are your goals?”

If you we’re very specific (something like “get in better shape”) you’ll have a more difficult time knowing if you are making progress and that will present another challenge.

All this effort has to be taking you somewhere ... but you can’t hit a target you haven’t aimed at.

So refresh your goals and, if necessary, tighten them up

a little.

If weight loss is in your plan, select a target weight and date and know how many pounds per week that means.

And keep it executable. It’s well understood that anything more than about two pounds a week is a real challenge. Don’t take on more than you have to. But identifying your goals is only the first step.

You have to get real feedback along the way.

That’s why I’m such a proponent of recording heart rate monitors. You get mountains of “proof” that what you are doing is working, and that proof can be all the relief you need when you need a shot of motivation.

Here’s an example from my own program.

I’ve been rebuilding my fitness after a knee injury, and my plan includes riding my bike into work. For those that have been around the base, you can appreciate the challenge Pumping Station Road represents to a cyclist.

In my plan, I need to spend at least half of my training time below 70 percent of my max heart rate. It’s counter intuitive, but spending too much time at higher intensities will slow your progress. But just this week, I got to Wattendorf Highway not only faster than ever, but I was able to maintain 10

mph or greater up those hills while keeping my heart rate below 135.

Comparing the data from a month ago, I couldn’t get up those hills at all without my heart rate blowing through 150. Knowing that it’s working is huge.

But the best motivator I can think of is going back to why you chose this lifestyle in the first place.

For the military members, it’s a mistake to think that “because it’s in the regs” will carry you very far. Go a little deeper.

Go ALOT deeper. What’s my motivator?

I have a few, but here’s the big one. Both of my parents passed away (from preventable heart and lung diseases) before Michael Jr. and Reanna were born. They never saw their grandkids.

Maybe more importantly, now that Michael’s finally arrived, he’s totally dependent on Rebecca and I.

I want to be there for them, and I know that my workouts are the key to pulling that off. If you focus on yourself in this effort, you might come up short. Think about who gets the real benefit of your time on the treadmill, and you’ll find getting to the gym a little easier.

We’ve all struggled with motivation during a workout program. It’s totally predictable. But with a written plan, data to track

your results, and a little reminder of what’s really important in your life, you can break through these phases and keep the fires burning.

---

## BMT from page 2

Airman Cook would also sit down with guys and talk about their families and their futures or be the first one to share a package from home. He genuinely showed he was interested in them. When things went wrong, as they often did those first few weeks, he would never lose his good-natured smile, and his Georgia drawl never got faster or louder.

After what seemed a decade back then, BMT was finally over and we all went on our separate paths.

Mine took me through several twists and turns over the years, but I always tried to make sure it crossed Denny’s once and a while for several reasons.

First, he made such an impression on me that I wanted to make sure we kept in touch throughout our careers. Second, I felt it important to tell him that the more I learned about leaders and leadership the more I saw how remarkable his was during our short but demanding time together.

I have learned that all effective leaders share common traits, traits exemplified then by young Airman Cook, and that I was very fortunate to see them so early in my career.

Hence the parody title of this article, “All I really ever needed to know about leadership I learned in BMT.”

Finally, I had to show him that it had taken me a few years, but I finally learned how to polish a mean boot.

---

## CGOC from page 3

event, which is a military/veterans appreciation program supported by volunteers from AEDC and throughout the local area. Donations will go to the veterans at the Alvin C. York Veteran’s Home in Murfreesboro.

“We encourage everyone on base to check out the list of approved items at <https://cs.eis.afmc.af.mil/sites/TeamAEDC/Announcements%20Library/Donation%20List.pdf> and consider making a donation to these veterans and in support of this worthy event,” said AEDC Investment Project Manager 2nd Lt. Rachael Clark.

There will be collection sites at the following locations, buildings 1099 and 1103, outside A&E Cafeteria in Building 100 and at the Main Cafeteria. The list of approved items will be posted on the boxes at each collection point. The collection will run until the close of business Oct. 1. For additional information, contact Lieutenant Clark at 454-4779.

The community organizations sponsoring this event are Trinity Christian Fellowship, Franklin County AM Rotary, and the Winchester Christian Center International. The committee members are Gayle Haywood (Chairperson), Rev. Bobby Beal, Rev. Marion Pope, Kathy Buchanan, Hazel Taylor, Jo Anne Shaver, Frances Brazier, Jessica May, Cynthia Weatherby, Tammy Goodwin, Jerry Campbell, Tammy Decker, Lt. Rachael Clark, Lt. Brad Chronister, Mike Foster and Larry Williams.

## DOD plans to reduce fossil fuel, water consumption by 20 percent, Commander to appear on Channel 6

By Lisa Daniel  
American Forces Press Service

### Washington (AFNS)

– Defense Department officials plan to reduce the military's water and fossil fuels consumption by more than 20 percent in the next decade, under an Obama administration plan to make government agencies better stewards of the environment.

Ashton B. Carter, the undersecretary of defense for acquisition, technology and logistics, wrote in the DoD's portion of the Strategic Sustainability Performance Plan that the DoD's priorities for 2010 and 2011 are to invest in fixed installations, enhance buildings and ensure sustainability concepts in doctrine and policy.

White House officials released the plan Sept. 9. It includes a roadmap submitted from officials in each department, outlining how they will reduce their impact on the environment while meeting mission goals. The plan is the result of an executive order by President Barack Obama.

The department's goals are in line with the 2010 Quadrennial Defense Review, which highlighted for the first time the importance of having a strategic approach to climate change and energy.

"Our military's heavy reliance on fossil fuels creates significant risks and costs at a tactical, as well as a strategic level," Carter wrote in the plan. "We measure these costs in lost dollars, in reduced mission effectiveness, and in U.S. Soldiers' lives. Freeing warfighters from the tether of fuel will significantly improve our

mission effectiveness, as well as reducing our installations' dependence on costly fossil fuels and a potentially fragile power grid."

The DOD's eight overarching goals include:

- Reducing the use of fossil fuels in facilities and vehicles, while using renewable sources of energy
- Improving water management
- Further reducing greenhouse gas emissions to a 34 percent reduction since fiscal 2008
- Curbing greenhouse gases further through contracted landfill disposal, increased teleworking and less air travel
- Reducing and better managing solid waste, such as by using less paper
- Minimizing chemicals released into the environment through better electronics disposal and pesticide applications
- Promoting sustainability as the norm in procurements and buildings
- Building sustainability into management systems, and with coordination with local and regional planning boards

The goals apply to all of the department's mission and program areas, with the objective of incorporating sustainability principles into daily operations, officials said.

Making such changes will improve mission effectiveness, while enhancing the environment, said Shannon Cunniff, the DoD's director of chemical and material risk management.

She added that implementation will be challenging.

"Implementing the plan won't be easy, but it will be

rewarding," she said. "We'll lower our vulnerabilities associated with reliance on fossil fuels and a fragile power grid, and preserve other assets critical to our readiness and training and, over the long run, we'll save money by doing so. It's a win-win-win (situation)."

The DoD has been recognized in recent years as a leader in environmental sustainability, and Cunniff said she expects that to continue under the new plan.

The DoD "has the innovative spirit and creativity, as well as the mission benefits, to drive successful implementation of the plan," she said.

"The federal government occupies nearly 500,000 buildings, operates more than 600,000 vehicles, employs more than 1.8 million civilians, and purchases more than \$500 billion per year in goods and services.

As the single-largest energy consumer in the U.S. economy, the federal government spent more than \$24.5 billion on electricity and fuel in 2008 alone, officials said in a White House news release.

Executive Order 13514, issued Oct. 5, 2009, requires agencies to set a 2020 greenhouse gas emissions reduction target, increase energy efficiency, reduce fleet petroleum consumption, conserve water, reduce waste, support sustainable communities, and leverage federal purchasing power to promote environmentally responsible products and technologies.

To promote accountability, annual progress will be measured by the Office of Management and Budget and be reported online to the public.



From left to right, Benny Garrick, Manchester Mayor Betty Superstein, AEDC Commander Col. Michael Panarisi and Coffee County Mayor David Pennington will appear on an upcoming program on Charter Communications Channel 6. Col. Panarisi was interviewed about his interests, hobbies and how he got into the Air Force. (Photo by Joel Fortner)

# A chaplain's view from the Air Force mortuary center

By Chaplain (Lt. Col.) Richard Cavens  
Alaska Air National Guard

**Dover AFB, Del. (AFNS)** – A day off is a cherished and holy time when you are deployed to the Air Force Mortuary Operations Center here.

Every military death overseas, from Alpha to Omega, comes through the Dover AFB mortuary.

A new part of the mortuary mission, added a couple of years ago, is having families invited to see the arrival of their fallen loved one come home to U.S. soil.

A new government decision allowed the media to be present at a dignified transfer, which is when the flag-draped fallen come off the aircraft and are transported to the mortuary.

President Barack Obama said he felt if the media was there, then families should be invited to see their loved one come home, and so it was ordered.

My primary duty as a chaplain here at the mortuary is working with the grief-shocked families when they watch the dignified transfer, but sometimes I'm with the fallen as I help move gurneys and work with the people working with the fallen servicemembers. As a laborer in this casualty vineyard, you can't help but have images of grief and death come tripping through your mind in stocking feet.

Seeing the dead and their families in grief is a reality for me. To compensate and change your brain when that offered day off comes, you find a diversion away from the base.

My diversion on my day off is soaking up American history. Like a pig in mud, I'm deployed to the center of the homeland of American history.

Within a two hour drive from Dover AFB, everywhere you go there is a historical site from the Revolutionary or Civil Wars.

If the church sign out front says, "First" in its title it may have really been the very first Lutheran, Methodist, Presbyterian, Quaker, or other church in the original colonies. The first great thoughts and spoken words of our democracy are littered on every corner of the combined states of Delaware, Maryland, Pennsylvania, and Virginia.

After my lunch at the City Tavern, I saw the masts of a tall ship on the waterfront. It was time to keep exploring history by foot. In my walk to the pier I found a Korean War memorial.

A wonderful series of dark panels with pictures of the war etched into its marble. As I came to the side facing the river, there was an old man wearing a Korean War veteran ball cap. He was alone and in tears. This is where the chaplain instead of the historian took over.

I inquired of my tear filled Soldier, "You were there weren't you?"

My vet nodded and pointed to the carved letters on the marble that read, "7th infantry."

I heard of the Battle of Inchon, and how he had been wounded. I listened deeply as he told me of holding a comrade who was dying as they were surrounded by the Chinese. Again, he was wounded, but had escaped capture with others from his unit.

He looked up at me and said, "My brother fought in World War II and told me I would never get it out of my head, and he was right."

I saw the dead comrades he told me about, in my mind, for I had just seen them recently in body bags from Afghanistan and Iraq. He looked at my head and eyeballed my recent haircut.



Chaplain (Lt. Col.) Richard Cavens salutes as an Army carry team transfers the remains of Army Spc. Pedro A. Millet Meletiche, of Elizabeth, N.J., at Dover AFB, Del. Spc. Millet Meletiche was assigned to the 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division, at Fort Carson, Colo. Chaplain Cavens is with the Alaska Air National Guard. (Photo by Roland Balik)

"You're military, you understand don't you?"

I nodded, and told him I was a deployed chaplain at Dover AFB's mortuary.

Like a child wanting a hug, his arms reached out and we held onto one another reaching across the decades. Two wars, memories dropping like fall leaves building a foundation of understanding and healing.

To place my story into a simple theology, even when we are not expecting it, God places us where we are needed. We can embrace the moment and find the holy in stories, and care for one another, or we can walk on, to the waterfront where stuff just floats by. The joy of finding the holy moment when we are sent is that we don't forget the real sacrifice.

## Pakistan flood aid tops 5 million pounds

**Islamabad, Pakistan (AFNS)** – U.S. military aircraft supporting Pakistan's flood relief efforts achieved a significant milestone Sept. 11, exceeding 5 million pounds of relief supplies delivered since U.S. military relief flight operations in Pakistan began Aug. 5.

To date, U.S. military helicopters and fixed-wing aircraft have transported more than 5.4 million pounds of relief supplies and rescued more than 13,000 people, delivering aid and providing transport to people who need emergency assistance.

Members of the 15th Marine Expeditionary Unit and 16th Combat Aviation Brigade are providing 30 helicopters to support relief operations. Eighteen U.S. helicopters are operating out of Ghazi Air Base in northern Pakistan, eight are operating out of Pano Aqil

Air Base in southern Pakistan, and four helicopters are at Chaklala Air Base being prepared for follow-on missions.

Meanwhile, U.S. military C-130 Hercules and C-17 Globemaster III aircrews also have been providing airlift support to Pakistan. The C-17, the second-largest aircraft in the Air Force inventory, has the capacity to carry 90,000 pounds of supplies. Together with Marine Corps and Air Force C-130s, these aircrews have delivered more than 2 million pounds of relief supplies to multiple locations throughout the country, including Skardu, Quetta, Jacobabad, Sharea Faisal and Gilgit.

U.S. flood relief support to Pakistan is being provided through a whole-of-government, interagency response. Relief efforts are



Aircrew assigned to the 455th Air Expeditionary Wing fly meals to Pakistan as part of a humanitarian relief mission to assist more than 50,000 people July 31, 2010. To date, U.S. military helicopters and fixed-wing aircraft have transported more than 5.4 million pounds of relief supplies and rescued more than 13,000 people, delivering aid and providing transport to people who need emergency assistance. The aircrew is a part of an Air National Guard Unit deployed from Peoria, Ill. (Photo by Staff Sgt. Christopher Boitz)

being coordinated through the U.S. Embassy here, in full consultation with the Pakistan government, including Pakistan's National Disaster Management Authority and other agencies. Article courtesy of U.S. Central Command Public Affairs

## Secretary of the Air Force reflects on year's accomplishments, looks ahead in 'State of the Air Force' speech at AFA conference

By Tech. Sgt. Amaani Lyle  
Secretary of the AF PA

**Washington (AFNS)** – Air Force leaders will continue to use technology, efficient resourcing strategies and Airmen to strengthen combat power and meet changing security environment demands, the service's top civilian said during his keynote address at the 2010 Air Force Association Air & Space Conference Sept. 13.

Secretary of the Air Force Michael Donley highlighted the year's total force successes, and pledged to ensure the service remains well-postured for tomorrow's challenges.

"The technology, resource and strategic dynamics in this environment make it imperative that we keep the pressure on ourselves, for we have yet more work to do in the immediate years ahead," Secretary Donley said.

The secretary added that Air Force officials will continue to face challenges such as the need for new missile defense and cyber requirements, greater situational awareness in space, recapitalization of satellites, and modernizing our aging aircraft inventories by bringing on the F-35, trainers, bombers and es-

pecially tankers.

Improving internal efficiencies and reallocating resources is not a new concept for the Air Force, the secretary said, citing the perennial task of acquisition improvement.

"Our ongoing tasks are to be better negotiators, know our internal business imperatives, understand contracts ... know our industrial base and respect that every dollar is an Air Force dollar, every dollar is a taxpayer dollar," Secretary Donley said.

The secretary noted "continuing and powerful" examples of Airmen in action such as members of the 100th Maintenance Squadron at RAF Mildenhall, England, who purchased time- and cost-reducing work-assist vehicles in place of bulky B-4 stands currently used for aircraft inspections.

On the subject of long-range strike, Secretary Donley explained the Air Force would continue to work with the Department of Defense on "the next steps to advance the family of systems" – the weapons, platforms, (intelligence, surveillance and reconnaissance), electronic warfare and communications that make up this critical na-

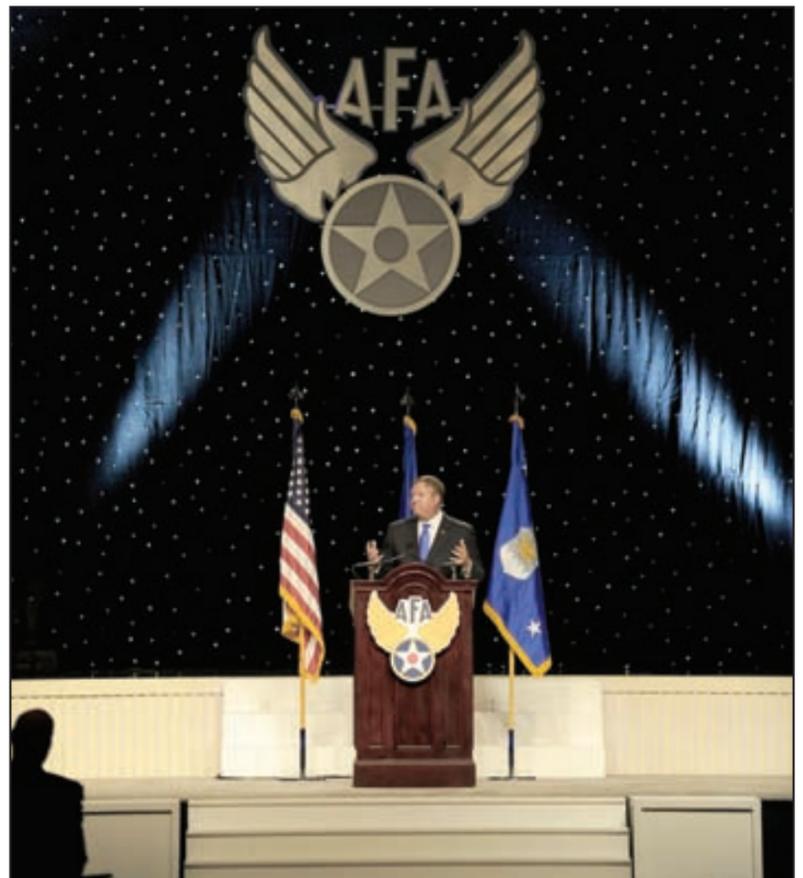
tional capability."

In a review of the last 12 months, the secretary described the Year of the Air Force Family as a "focused assessment" of how the service supports Airmen and their families. He said the program identified successes and areas for improvement in current programs such as Airman resiliency, spouse support, the exceptional family member program, and military dependents' school transitioning among others.

Calling Airmen the "very best hedge we have against the future," Secretary Donley recognized the 12 Outstanding Airmen of the Year and the thousands of others who "translate their organizations, doctrine, training and equipment into combat power in the air, space and cyber domain."

"For ... the 12 represented as our Outstanding Airmen of the Year here, there are nearly 35,000 Airmen for each of them around the globe providing combat power for America," the secretary said.

Secretary Donley also lauded Chief Master Sgt. Richard Etchberger as the epitome of an outstanding Airman for his heroic achievements and ultimate



Secretary of the Air Force Michael Donley delivers his keynote speech during the opening morning of the Air Force Association's Air & Space Conference and Technology Exposition in National Harbor, Md. In concluding his speech, Secretary Donley discussed the world we live in today and how to ensure the Air Force remains well-postured for what tomorrow brings. (Photo by Scott M. Ash)

sacrifice in Laos 42 years ago. President Barack Obama will present a post-humous Medal of Honor to Chief Etchberger's family Sept. 21.

Overall, the secretary emphasized that along with the Air Force's balanced approach to investments, wise application of technologies and strengthened commitment to efficiencies, the service's true strength lies in Airmen who deliver global vigilance, reach and power "upon which our joint and coalition partners depend."

## She's just one of the guys

# Airman only one of four female loadmasters deployed in Southwest Asia

By Staff Sgt. Nika Glover

379th Air Expeditionary Wing PA

**Southwest Asis (AFNS)** – Her favorite color is pink. It's the color of choice for many of her accessories to include the clips she uses to hang her gear, the case for her laptop and the reflective belt around her waist. Although she's often covered in sweat, wears combat boots to work and doesn't mind getting her hands dirty, she still wants people to know she's all woman.

"I like pink because it's feminine and having my pink reflective belt is my chance to be feminine," said Airman 1st Class Christina Gillespie, a loadmaster with the 816th Expeditionary Airlift Squadron. "Pilots always ask why I wear it and I say because it's cute and it gives me a chance to be girly in a very masculine setting."

She describes herself as a "girly girl" who has a big heart and is willing to help anyone and everyone. Her mother is her best friend and she knows the people back in her home city of Paola, Kan., love her unconditionally. It's what keeps her going, lets her be herself and live with no regrets.

Airman Gillespie is only one of four female loadmasters deployed here. Seeing the other three women who are assigned to different units is rare. So to her, it often seems like she's the only woman doing her job. She said she's gotten so used to being the only girl on her crew that she often feels like she's just one of the guys.

When she joined the military three years ago, she didn't have a clear vision of her career goals. The idea to become a part of the loadmaster career field was implanted in her mind during a visit to her local military entrance processing station. She thought the job sounded interesting and the prospect of traveling was exciting. So after nearly a year of mentally and physically challenging technical training, she arrived at her home station at Joint Base Lewis-McChord, Wash.

A few months ago, when the chance to deploy arose, she jumped at the opportunity.

"I chose to volunteer for this deployment because I'm single and I didn't want someone who has a family or a spouse to have to be away from them," Airman Gillespie said. "This is an awesome job if you're single. It can be a little more challenging if you have a family."

Since arriving here, Airman Gillespie has made her mark and an impression on others around her.

"Loading is hard work, but she never complains," said Tech. Sgt. Amenia Coleman, 8th Expeditionary Air Mobility Squadron crew chief. "Instead, she always looks for a solution to get the job done. She has a really positive attitude."

Being a loadmaster takes physical stamina and it's not for the faint-hearted. They are required to load everything from fire trucks to pallets weighing thousands of pounds.

They must properly secure the loads, evenly distribute the weight and be able to calculate the amount of weight in relation to the fuel the aircraft can handle.

"We're expected to know so much," Airman Gillespie

said. "That's probably the hardest part of our jobs. We have to know all the aircraft limitations for loading. If anything happens or breaks on the jet, it comes down on us because we're the overall supervisor."

She said just being able to wake up and function for each mission is tough.

"We have to fly often which in itself takes a lot out of you physically," she said. "Along with that, if you're not properly hydrated, you can easily become dehydrated up there. "At high altitudes the air pressure is low so you breathe more and exchange your moist air for drier air. So we drink a lot of water."

She recently returned from an 18-hour trip and even with so little rest she's still upbeat about the missions.

"This is a great job," she said. "The incredible experiences I've gotten to be a part of and the traveling has been great. I would have never imagined doing all the things I have done by the age of 22."

She does get to have a little down time when the aircraft is airborne, so she uses that time to read a good fiction novel, watch a movie or kid around with her fellow crewmembers.

It was only 30 years ago that the very first female loadmaster, now retired Chief Master Sgt. Donna Lehmann, was assigned to the 326th Airlift Squadron at Dover Air Force Base, Del. She admitted being the very first female in a male dominated career was challenging.

"I had to prove to myself consistently that I was able to do the job, which I did extremely well, and not expect any special treatment as a woman," she said.

The chief said she became a mentor to young women as they entered into the career field.

"I believe any person, regardless of their sex, can overcome any challenge if they are committed to their program," she added. "As more and more women enter the flying career, acceptance will be less of a problem."

Chief Lehmann offered some advice for Airman Gillespie.

"She shouldn't expect any special treatment," said the chief. "She should stay ahead of her training, ask questions and pull her weight on the crew. Not only is she a loadmaster on the crew, she is also responsible to the other crewmembers for doing her job above and beyond so that the cohesiveness of the crew will safely, efficiently complete the mission. If she believes in the core values of the Air Force, she will succeed."

Upon hearing the words of encouragement Chief Lehmann had to offer, Airman Gillespie said she was excited to hear from her and truly appreciated the advice she had to give.

However, she said she doesn't feel like the job is more difficult because she's a woman.

"To me it's just the type of job that requires you to toughen up a little bit," she said. "Being a man or woman doesn't matter. It takes a certain person to do this job. It's not for everyone. It's true; sometimes being a woman on an (otherwise) all male crew can be challenging. But the overall job requires you to be gone a lot, be flexible, able



**Airman 1st Class Christina Gillespie prepares a C-17 Globemaster III for take-off at an air base in Southwest Asia. Airman Gillespie is a loadmaster with the 816th Expeditionary Airlift Squadron and is deployed from Joint Base Lewis-McChord, Wash. (Photo by Senior Airman Katie Gieratz)**

to think quickly and make a wise decision when put on the spot. That's the real challenge."

The crewmembers, who call her 'Diz' after the late jazz musician Dizzy Gillespie, don't overly tease her about being the only girl.

"She's just as much a part of the crew as any one of us," said Capt. Theodore Shanks, 816th EAS instructor pilot. "I wish we had 20 more like her. She's a fantastic troop. She has excellent knowledge and skill for the job. We're glad to have her and I wish we could steal her away for our unit on a permanent basis. But at some point we'll have to give her up."

With three years left on her enlistment, Airman Gillespie said she's not entirely sure if she's going to retire from the military.

"A lot can change in time but I enjoy this job right now and I think I would enjoy a full career," she said. "I'm just taking it one choice at a time."

For now, she said she's motivated by the people she meets and the places she gets to visit while on assignment.

"Also, it's the knowing that each time we move the mission, it's directly affecting someone else," she added.

## New aircraft fire simulator 'heats up' training for responders

By Senior Airman Scott Saldukas  
86th Airlift Wing PA

**Ramstein Air Base, Germany (AFNS)** – Construction team members and fire trainers came together Sept. 9 to view a new aircraft fire training simulator designed to enhance future firefighter training for the Air Force and host nation responders.

The aircraft simulator is already scheduled for use by the 886th Civil Engineer Squadron, 435th Construction and Training Squadron and local mutual-aid departments at the end of October.

The training site is the only one of its kind in Germany and will offer new scenarios including cockpit, battery, passenger seat, cargo, above wing engine, below wing engine, high tail engine, wheel well and full-spill fires.

"It will allow fire fighters to practice with hot-fire situations and will give them the opportunity to practice truck set up and water application methods," said Peter Stuhlmueller, the 886th CES deputy fire chief. "The major benefits are that we can train firefighters on material and situations that are required to fill the daily operational needs."

Offering the advanced training to the different agencies will better prepare firefighters for their real-world mission while in a safe learning environment, said Stefan Kuntz, 886th CES training officer.

"This will be a great but safe training site," Kuntz said. "It will offer training opportunities some firefighters may not encounter until the real thing."

The sophisticated scenarios are designed to give the most realistic type atmosphere that was not offered before.

"It's good that we get this because it is our primary mission here to save people and the aircraft," Kuntz said. "It's not possible to have a fire in an aircraft and train. Here they can go inside the darkness and feel the heat and extinguish a fire."

In addition to the training being unlike any other in Germany, the design of the project is also unique.

The simulator is equipped with a water cooling system to help extinguish a fire and drop structural temperatures at a faster rate. The new design aims to prevent any fire situation to begin until the water system is functioning properly, minimizing any hazards. Also, inside the aircraft, two ventilation systems are

in place to help clear out smoke within seconds in case of an emergency.

"In addition, the trainer uses a first-in-the-Air Force water-recycling system," said Bernhard Ochsenreither, U.S. Army Corp of Engineers project manager.

It uses a drainage system in place to collect all water used during training, and then recycle it for further use, saving money and resources.

"It took a long time, since 1996, for us to have this training area started on and it will add to the quality of fire fighting once it is completed," Stuhlmueller said.

The fire simulation site is scheduled to be open for training at the end of October.

**Construction team members and fire trainers view a new aircraft fire training burn site at Ramstein Air Base, Germany. The new burn site is the only aircraft training site in Germany and will help train in many aircraft scenarios.** (Photo by Senior Airman Caleb Pierce)



## Deployed Air Force Marathon mirrors annual stateside race

By Senior Airman Melissa B. White  
451st Expeditionary Wing PA

**Kandahar Airfield, Afghanistan (AFNS)** – Nearly 300 coalition forces and civilians ran in the deployed Air Force Marathon Sept. 11.

With a full 26.2-mile marathon starting at 4 a.m. and a half-marathon starting at 4:30 a.m., runners started the race before their biggest opponent would be in full force: the heat.

With temperatures hovering around 100 degrees, the safest time to begin the marathon was before sunrise.

"All runs on KAF have to be done before 9 a.m. due to heat stress factors – it's cooler early in the morning," said Tech Sgt. Eric Brown, the coordinator for this event who is assigned to the 451st Expeditionary Force Support Flight.

Despite the early morning start and high temperatures, Master Sgt. Chris Edgerton, from the 738th Air Expeditionary Advisory Group, was able to finish the marathon first with a time of 3:28:18. No females registered for the full marathon.

Slovak Army Cpl. Gabriel Lovas came first in the half-marathon with a time of 1:40:53, and U.S. Navy Petty Officer 2nd Class Karol Sucec was first in the female category with a time of 1:50:24.

"This went way better than I expected,"

said Sergeant Edgerton, who is deployed from the 342nd Training Squadron at Lackland AFB, Texas. "Toward the end, I really thought it would make sense for an Air Force member to win the Air Force Marathon, so I pushed it out. It was really motivating, and the support from all the spectators was great."

Winners were presented with plaques to acknowledge their accomplishments, and all others who completed the race were presented with a medal.

The Air Force Marathon is an annual event held at Wright Patterson AFB, Ohio, which is scheduled for Sept. 18.

The race this year marks the 14th annual Air Force Marathon. This is also the fourth marathon at deployed overseas locations.

However, with events like this, there are also some challenges to cope with or overcome. With the constant operations at KAF, Sergeant Brown said the operation of a marathon in a deployed environment presented some unique consideration, including force protection and traffic. Fortunately, with the support of nearly 100 volunteers, the marathon was pulled off without a hitch.

"This is my first time planning something like this," said Sergeant Brown, who is deployed from the 633rd Force Support Squadron at Langley AFB, Va.



**Staff Sgt. Joe Daly runs around the flightline during the Air Force Marathon Sept. 11 at Kandahar Airfield, Afghanistan. Sergeant Daly is assigned to the 451st Expeditionary Aircraft Maintenance Squadron.** (Photo by Tech. Sgt. Chad Chisholm)

"I feel this event was a huge success due to the assistance from all the individuals who volunteered their time and efforts to help support this event, especially all the 451st EFSF members."

## Researchers developing analysis tool to track anomalous behavior

By Elizabeth Long  
711th Human Performance Wing

**Wright-Patterson AFB, Ohio (AFNS)** – Researchers in the Anticipate and Influence Behavior Division’s Behavior Modeling Branch, part of the 711th Human Performance Wing’s Air Force Research Laboratory, also known as 711th HPW/RHXB, are developing an analysis tool that will help military specialists discover and track unusual behavior in a city setting to help avert criminal or dangerous behavior that could have deadly consequences.

The CityBeat Project incorporates direct sensors, such as a camera, and indirect sensors, such as social networking, to assist a person in behavior evaluation.

“The name CityBeat is analogous to the police officer who walks a beat,” explained Rik Warren, a CityBeat Project technical advisor here. “The officer knows his or her beat – the territory, the trouble areas, the family-friendly areas, and which streets have drug activity. Knowing this makes it very easy for the beat cop to spot something unusual.”

CityBeat is being designed to ascertain normal activity baselines in a community and to find unusual patterns of behavior.

“If anything occurs other than those normal types of patterns, those rhythms of life, then an analyst might determine that there is something interesting going on that is worth investigating,” Warren said.

The researchers in the 711th HPW/RHXB are

developing CityBeat at the TecEdge Innovation and Collaboration Center in Dayton, Ohio. The branch received a great deal of research assistance from several summer student interns from colleges and universities.

The students were funded by the Department of Homeland Security; the Department of Defense’s Science, Mathematics and Research for Transformation Scholarship for Service Program; and the Science, Technology, Engineering and Mathematics Program.

“The students have been tremendous,” Warren said. “Their energy, their knowledge, their diverse backgrounds really helped us. They generate ideas and are very enthusiastic about developing these ideas.”

“Where we started at the beginning of the summer and where we are now have changed because of the students,” said John Duselis, the CityBeat project manager. “Rik and I had mapped out the direction of the research that we were going to pursue at the beginning of the summer, and the students really drove where we wound up at the end of their internships.”

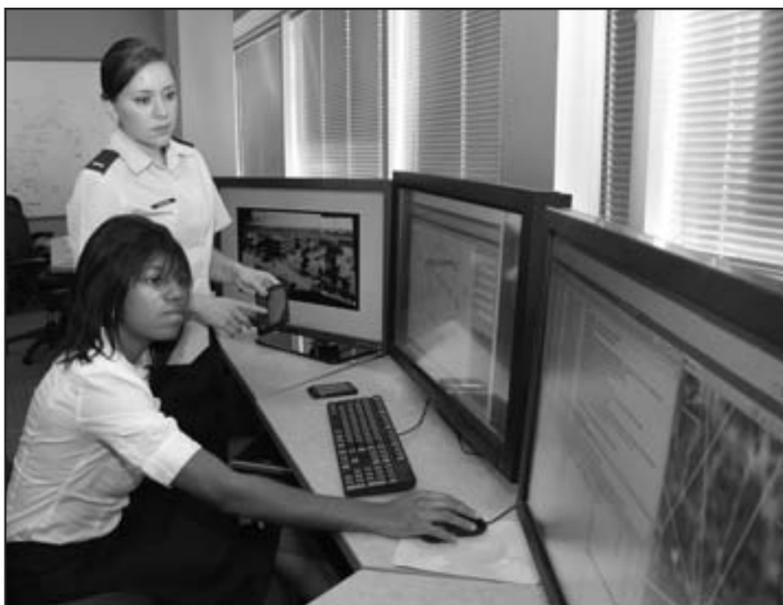
One of the projects the students researched involved integrating social networking sites like Twitter into the CityBeat system.

“All tweets are publicly available,” Warren said. “There are ways for people to pick up these tweets and try to form various patterns. The students have been tweeting and tracking their tweets using various software to establish pat-

terns.”

Both Warren and Duselis said CityBeat will be a valuable tool in assisting the warfighter.

“Part of the Anticipate and Influence Behavior Division’s mission is to increase the effectiveness of our military’s intelligence, surveillance and reconnaissance,” Warren said. “CityBeat is one such ISR program. We are exploring the value of these sensors, such as a video camera, as well as sensors that are more social, such as Twitter and Facebook. Our hope is that we can integrate these different kinds of sensors and package them in such a way that an analyst can use them for ISR to help prevent disastrous events from occurring.”



**Second Lt. Katherine Gleason and Kelcey McKinney, a student from Ohio State University, study social networking patterns in the 711th Human Performance Wing’s Air Force Research Laboratory at Wright-Patterson AFB, Ohio. They are using the Behavior Modeling Branch’s CityBeat Project’s analysis tools to assist in behavior evaluation. (Photo by Chris Gulliford)**

# Ramstein squadron celebrates 60 years of Air Force service

By Senior Airman Amanda Dick  
86th Airlift Wing PA

**Ramstein Air Base, Germany (AFNS)** – The 7329th Labor Service Unit was established Sept. 8, 1950, at Rhein-Main Air Base, Germany, and consisted entirely of civilians.

Sixty years and several name changes later, the 435th Construction and Training Squadron now includes both civilian and military, and serves three primary missions for U.S. Air Forces in Europe.

“Just as our name implies, the squadron’s main missions are construction and training,” said Lt. Col. Michael Miller, the 435th CTS commander. “We have a team of 189 local nation civilians and 86 military experts who execute USAFE-wide support in three main areas: construction and repair of facilities and

infrastructure, depot rebuild and installation of aircraft arresting systems, and civil engineer and force support squadron wartime task training.”

The squadron completes about 20 projects per year, ranging from new construction to maintenance and repair.

Pivotal in the build-up of U.S. military bases in Europe, the 435th CTS helped build Spangdahlem AB, Sembach AB, Ramstein AB, and many other bases in Germany, as well as several throughout Europe, Africa and the Middle East.

“In the 1950s, there were 41 units like us to help rebuild Europe,” said Reinhold Brückner, the 435th CTS deputy commander. “The 435th CTS is the only existing unit that is still in action today.”

To help meet the training mission requirements, the squadron presently has a staff of 41 skilled instructors. The 435th CTS conducts three types of training: Silver Flag, mission essential equipment training and specialized training.

“Silver Flag is about preparing engineers for contingencies, whether peacetime or wartime,” said Capt. Patrick McVay, the USAFE AAS depot and civil engineer contingency training flight commander. “It’s also an opportunity for the trades to get together to see what the other guy does.”

Along with Silver Flag, the squadron conducts specialized fire rescue training.

According to Captain McVay, all of the training given by the 435th CTS helps to prepare the force support and civil engineer career fields, except explosive ordnance disposal, for what they may face during overseas contingency operations.

“Quite often it’s the only chance students have to operate with their equipment and each other before they deploy,” he said. “We try to make the training as immersive as possible, so that one, what we teach them sticks, and two, because it gets their head in the game and allows them to fully absorb it.”

Another central element in the 435th CTS mission is the Aircraft Arresting System Depot, which was adopted by the squadron in 1971 as the Air Force’s only all-military depot.

“The AAS catches, or safely stops, fighter air-



**Airmen work together to build small shelter-system tents during a Silver Flag exercise at the 435th Construction and Training Squadron contingency training site at Ramstein Air Base, Germany. The 435th CTS celebrated its 60th anniversary Sept. 10, 2010, at Ramstein Air Base, Germany.** (Photo by Airman 1st Class Grovert Fuentes-Contreras)

craft during an in-flight emergency,” said Master Sgt. Francisco Hernandez, the 435th CTS AAS Depot superintendent. “The system comes in a set of two, one for each side of the runway, with a cable in between. As soon as the aircraft hits the cable, or tape as we call it, it pulls on the tape and creates higher pressure on the hydraulics system which puts more pressure on the brakes and safely slows (the aircraft) down at a steady pace.”

The squadron owns more than 35 permanent systems and about six mobile systems. The mobile systems are used to support joint, NATO and U.S. European Command exercises.

The Ramstein AB depot is one of just three in the Air Force.

As the 435th CTS hits its 60th anniversary, the squadron will celebrate by holding several events to commemorate their legacy of service.

“It’s amazing to still be here,” Brückner said. “We are very glad to be the only unit that’s still alive after the Second World War from the original 41 units.”

This is a sentiment that’s felt throughout the squadron as they press on with future challenges.

## First Global Hawk lands at Andersen AFB, Guam



**An RQ-4 Global Hawk taxis down the runway at Beale AFB, Calif. The RQ-4 program will undergo an evaluation in October 2010.** (Photo by Airman 1st Class David Tracy)

By 2nd Lt. Nicole White  
9 Reconnaissance Wing PA

**Beale AFB, Calif.** – In a stride forward for the RQ-4B Global Hawk remotely piloted aircraft program, the first aircraft landed at 9th Operations Group Det. 3 at Andersen Air Force Base, Guam, Sept. 1 after an 18 hour flight.

The aircraft was flown by pilots and sensor operators from the 12th Reconnaissance Squadron here. The flight to Andersen AFB marked the surpassing of the 45, 000 flight-hour mark for the Global Hawk program.

The RQ-4 Global Hawk is preparing to go through the Department of Defense-directed Initial Operation Test and Evaluation process. Upon completion, Det. 3 will be operational. The current focus at Andersen AFB will be to bed down and conduct procedural testing with the aircraft.

“Det. 3 will take care of validation and character testing such as taxi and pattern tests,” said the 12th RS commander.

It is anticipated that future missions will be strategic reconnaissance and humanitarian support.

“We will provide support for things such as hurricanes and volcanic eruptions to areas from (South) Korea to as far as the Indian Ocean,” the commander said.

The landing of the RQ-4 at Andersen AFB marks a historical step forward for the 12th RS and for the 9th Reconnaissance Wing.

“It was exciting to be out there,” said squadron’s mission commander. “Being new to the RQ-4 career makes this a very significant moment.”

Airmen from the 12th RS will be working closely with Det. 3 and PACAF officials to ensure the stand up of the forward operation location runs smoothly.

**Arnold Golf Course  
454-7076**

**Mulligan's Grill at Arnold Golf Course estimated grand reopening mid October.** The grill is currently closed for completion of the major renovation project. This project includes new counters that will extend across the room and include an order station and pick-up station, the bulkhead will be removed, a digital menu board with LCD monitors will be added, a grab and go cooler will be built into the counter for easy access to salads, cold sandwiches, desserts and more. A highlight of this endeavor will be the addition of Starbucks coffee. Mulligan's Grill will now be "Proudly Brewing Starbucks." These changes and improvements are provided for the loyal Arnold golfers as well as the non-golfer customers. The success of the grill contributes to the overall success of the golf course. Watch for more details on the ribbon cutting grand reopening and new specials.

**Arnold Lakeside Center  
454-3350**

**Sign up now for three months of free club membership**

All personnel who join any Air Force club between Oct. 15 and Dec. 31 will automatically receive three months free dues, a free cash back rewards program, and two free lunches at their club.

"We want all personnel to consider club membership and understand the benefits of club membership, and our "Your Club Your Card" club membership campaign gives them the opportunity to try their club free for the first three months," said Mr. Fred McKenney, Chief of the Air Force Food and Beverage Division.

During the period everyone interested in AF Club membership should look for the membership promotional materials in their local club and other Services activities, said McKenney. "Pick up an application, fill it out, and experience the benefits of membership!"

The membership card provides numerous benefits. The Military Free Cash rewards program is an outstanding benefit to members. When you use your club membership card in any on-base Services activity, you earn 2% cash back on every eligible purchase including AAFES (to include gas) and Commissary. Additionally you earn 1% cash back on eligible purchases everywhere else including all off base purchases. In addition to being able to redeem points for cash back and gift cards, you now can also redeem for travel, to include airline tickets, hotel, and car rental – super flexibility – and it is all free, as a benefit of club membership!

Air Force Clubs offers members numerous free and inexpensive activities including discounts on every meal to include special functions, an annual \$25,000 scholarship program, Football Frenzy, Air Force Hoops, and other member's only programs. Your Club is a great place for entertainment and meeting new friends in a fun and safe environment. Join now – enjoy free lunch and the first three months are also free on us!

**Karaoke is now a Second Friday event each month.** Karaoke will be Oct. 8 from 6-10 p.m. All ages are welcome from 6-8 p.m. but 8-10 p.m. is reserved for adults only. Special for members only 7-9 p.m. - .25 cent wings and ½ priced pizzas. Dining room special will be Ahi Tuna Steak with strawberry sauce with two sides and salad bar for \$13.95 members and \$14.95 non members served 4-9 p.m. Call ahead for dinner reservations at 454-3350.

**Trivia Contest** is back Oct. 29 beginning at 6 p.m. A tutorial will be given promptly at 6 p.m. to all participants prior to the start of the game. The game will begin immediately following the tutorial. Six rounds of questions will be administered consisting of three questions in each round. Each round is worth 10 points. The team with the most points at the end wins. Ties will be broken by a trivia play-off. Teams can have up to four people. No cell phones

See Briefs, page H3

## Cash prizes total \$550 at annual chili cookoff

The annual Chili Cookoff has been set for Oct. 1 behind Arnold Lakeside Center.

Teams entering the event will need to provide all of their own supplies to start, cook and complete their chili entry and plan to make enough to provide samples as well as a batch for final judging.

Teams need to be self sufficient and make all necessary arrangements for electrical (if required), tables, chairs, utensils, containers, ingredients, etc.

Costumes and booth decorations are highly encouraged.

Official rule sheets are available upon request.

Cash prizes are sponsored by Ascend Federal Credit Union and will be given for best tasting (\$200), best tasting runner-up (\$150), best team spirit - decorations and costumes (\$100), most unusual ingredient (\$50) and people's choice voted on by others in attendance (\$50 plus half of ticket sales).

People's choice votes are \$1 for three tasting bowls to sample chili and cast votes.

There is no cost to enter chili. No federal endorsement of sponsor intended.

## Outdoor Rec to take fall color cruise Oct. 30



Cruise the Grand Canyon of the Tennessee River and see one of nature's most magnificent wonders dressed in its entire fall splendor.

Outdoor Rec is going to Chattanooga to take a ride on the Southern Belle Riverboat Oct. 30.

Meet at Outdoor Rec at 10:30 a.m. and return approximately 6:30 p.m. Cost is \$45 per person and deadline to sign up is Oct. 19 (nonrefundable if canceled after Oct. 20).

There must be a minimum of 12 to make the trip and the maximum number of participants is 28.

The cruise will take you on the famous Tennessee River Gorge to see nature's brilliant canvas of vivid fall colors.

There will be live entertainment for a foot stompin' good time, free bingo with gift shop prizes and a delicious buffet for lunch to include roast beef and rotisserie chicken.

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

## Be a part of Football Frenzy at ALC and win prizes

Arnold Lakeside Center is ready for some football. Are you?

Watch Sunday NFL games every week and Saturday college games every week beginning Oct. 23. Thursday games will also be shown Nov. 11, Dec. 2, 9 and 16.

Other special games will be Sugar Bowl, Jan. 4, Cotton Bowl, Jan. 7, and College Championship, Jan. 10. The grand finale of Football Frenzy will be Super Bowl on Feb. 6.

The ALC will be open 11:30 a.m. to 8 p.m. on Sundays, 11:30 a.m. to 10 p.m. on Saturdays and 5 to 9 p.m. on Thursdays. Times will vary once bowl games and play-offs begin in Jan.

There will be no games shown on Nov. 27, Dec. 11, 18, 25 or 26.

While attending a Football Frenzy game event, all Members First Plus members are eligible to enter to win a trip to two regular games and Super Bowl.

See FRENZY, page H2

**Arnold AFB SERVICES**  
Combat Support & Community Service

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

Services information written and provided by Tanya Haggard



Costumes and decorations have become a big part of the annual chili cookoff, but the chili always takes center stage. (Photo by David Housch)

## Casino Night is back at ALC Oct. 16



Casino Night is back with Oktoberfest theme Oct. 16 from 6-10 p.m.

The event is for ages 18 and up and the gaming portion is free.

Participants will be given play money to try their hand at various tables to include blackjack, roulette, craps and wheel of fortune.

After gaming is complete, participants will use their winnings to bid on prize items during an auction.

All are encouraged to come in appropriate costume and a contest will be held for Most Oktoberfest Spirit.

A German buffet will be served for \$12.95 for members and \$14.95 for nonmembers.

Call 454-3350 for dinner reservations.



### October contests and food specials

**Oct. 3:** Chicken Quesadillas \$4.99 member, \$5.99 nonmember; Football toss contest – during halftime participants make as many tosses in 30 seconds through a target; most tosses wins

**Oct. 10:** Barbecue meatballs and chips 'n' dip (all you can eat) \$7.50 member, \$8.50 nonmember; Titans vs Cowboys game. All present entered into drawing; if Titans score more than 35 points against Cowboys winner receives \$50 Services Bucks; if points not reached winner receives Football Frenzy prize

**Oct. 17:** The "Big Dawg" – Supersized chili dog and chips \$4.99 member, \$5.99 nonmember; Best cheer contest. Teams of three perform their best cheer during halftime

**Oct. 23:** ALC Burger and fries \$5.50 member, \$6.50 nonmember; Football trivia contest; most correct answers wins. No cell phones allowed.

**Oct. 24:** Philly cheese and fries \$5.50 member, \$6.50 nonmember; Pin the football on 50 yard line – while blindfolded. Try to get closest to the 50 yard line to win prize

**Oct. 30:** Sliders and fries \$4.99 member, \$5.99 nonmember; Football toss contest – make as many tosses in 30 seconds through a target; most tosses wins

**Oct. 31:** "Witches Brew" – Chili and crackers \$3.99 member, \$4.99 nonmember; Best original costume – no store bought costumes

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

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

## Services Division Phone Numbers

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

Hap's Pizza – 454-5555  
 Membership Information – 454-3367  
 Information Tickets, Tours – 454-3303  
 Fitness Center (FC) – 454-6440  
 Outdoor Recreation (ODR) – 454-6084  
 FamCamp – 454-4520 or 454-6084  
 Marina – 454-6084 or 454-3838  
 Recycling – 454-6068

Family Child Care – 454-3277  
 Family Member/Youth Programs – 454-3277  
 Human Resources – 454-5481  
 Marketing & Sponsorship – 454-3128  
 Barber Shop – 454-6987  
 Wingo Inn – 454-3051  
 Golf Course (GC) – 455-5870 or 454-7076  
 Gossick Leadership Center – 454-3024

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Family Member Youth Programs classes, call 454-3277</b> <b>Piano lessons start, Oct. 5</b> <b>Gymnastics, tumbling lessons start Oct. 6</b> <b>Home alone training and babysitting class, Oct. 11</b>					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>ALC Football Frenzy</b> , 11:30 a.m. – 8 p.m., Special: Chicken Quesadillas \$4.99 member, \$5.99 non, play Football Toss to win prizes, members enter to win grand prizes	<b>FC Cycle Pump Class - Zesty cycling</b> 11 a.m. <b>FC Yoga</b> 11 a.m. <b>FC Intramural Bowling</b> , 5 p.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>ALC AEDC Woman's Club luncheon meeting</b> 9:30 a.m. <b>FC Cycle Pump Class - Endurance Cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FamY Piano Lessons</b> , 4 and 4:30 p.m., \$60 for four half hour sessions and instruction book, all ages, sign up by Sept. 27, 454-3277 <b>FC Zumba</b> 4:15 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>ALC Lunch</b> , 11 a.m. – 1 p.m., call ahead 454-5555 <b>FC Pilates</b> 11 a.m. <b>FamY Gymnastic/Tumbling Lessons</b> , 4-5 p.m. beginner, 5-6 p.m. advanced, \$75 for 8 sessions, ages 2-18, sign up by Sept. 29, 454-3277 <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Yellow shirt cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>ALC Dinner &amp; Movie Night "Grown Ups"</b> PG-13 dinner 5-8 p.m. movie 6 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>FC Piloga 11 a.m.</b> <b>ALC Ahi Tuna Steak</b> with strawberry sauce, \$13.95 members, \$14.95 nonmembers, 4-9 p.m. <b>ALC Second Friday Karaoke</b> , 6-8 p.m. family time, 8-10 p.m. adult time, 25 cent wings and half price pizzas for members only 7-9 p.m.	<b>ODR Paintball</b> , 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 <b>ALC Grilled Red Snapper or Tilapia</b> , \$11.95 members, \$12.95 nonmembers, 5-9 p.m.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>ALC Football Frenzy</b> , 11:30 a.m. – 8 p.m., Special: Barbecue Meatballs & Chips n' Dip (all you can eat) \$7.50 member, \$8.50 non, enter Titans by 35 drawing to win prize, members enter to win grand prizes	<b>FC Open 5 a.m.</b> – 6 p.m. <b>FamY Home Alone Training</b> 9 a.m. – noon, sign up by Oct. 4, 454-3277 <b>FamY Red Cross Babysitter Training</b> , 9 a.m. – 4 p.m., sign up by Oct. 4, 454-3277 <b>FC Cycle Pump Class - Zesty cycling</b> 11 a.m. <b>FC Yoga</b> 11 a.m. <b>FC Int Bowling</b> , 5 p.m. <b>FC Int Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Endurance Cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>FC 5 Card Draw Walk/Run</b> , anytime during regular hours <b>ALC Lunch</b> , 11 a.m. – 1 p.m., call ahead 454-5555 <b>FC Pilates</b> 11 a.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Yellow shirt cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>ALC Dinner &amp; Movie Night "Ramona and Beezus"</b> G dinner 5-8 p.m. movie 6 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>ALC Membership Campaign</b> begins; join through Dec. 31 and get 3 months free dues and two free lunches <b>FC Piloga 11 a.m.</b> <b>ALC Stuffed Pork Tenderloin</b> , \$12.95 members, \$13.95 nonmembers, 4-9 p.m. <b>FamY Teen Outdoor Movie Night</b> , "Freddy vs. Jason" rated R, 5-7 p.m.	<b>ALC Oktoberfest Casino Night</b> , 6-10 p.m., ages 18 and up only, free gaming 3 hours then prize auction, German buffet, \$12.95 members, \$14.95 nonmembers, RSVP for dinner 454-3350
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>ALC Football Frenzy</b> , 11:30 a.m. – 8 p.m., Special: The "Big Dawg" super chili dog and chips \$4.99 member, \$5.99 non, enter Best Cheer contest, members enter to win grand prizes	<b>FC Cycle Pump Class - Zesty cycling</b> 11 a.m. <b>FC Yoga</b> 11 a.m. <b>FC Intramural Bowling</b> , 5 p.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Endurance Cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>ALC Lunch</b> , 11 a.m. – 1 p.m., call ahead 454-5555 <b>FC Pilates</b> 11 a.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Yellow shirt cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>ALC Dinner &amp; Movie Night "Jonah Hex"</b> PG-13 dinner 5-8 p.m. movie 6 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>FC Piloga 11 a.m.</b> <b>ALC Prime Rib for Two</b> , \$31.95 member, \$32.95 nonmembers, 4-9 p.m.	<b>ALC Football Frenzy</b> , 11:30 a.m. – 10 p.m., Special: Burger and Fries \$5.50 member, \$6.50 non, members enter to win grand prizes <b>ALC Surf and Turf</b> : 6 oz. Beef Tenderloin and 6 oz. Skewered Shrimp, twice baked potato, broccoli spears, salad bar, \$15.95 members, \$16.95 nonmembers, 5-9 p.m.
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>ALC Football Frenzy</b> , 11:30 a.m. – 8 p.m., Special: Philly Cheese and Fries <b>ALC Football Frenzy</b> , 11:30 a.m. – 8 p.m., Special: "Witches Brew" Chili, Costume Contest – best original	<b>FC Cycle Pump Class - Zesty cycling</b> 11 a.m. <b>FC Yoga</b> 11 a.m. <b>FC Intramural Bowling</b> , 5 p.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Endurance Cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>FC Intramural Volleyball</b> , 6 p.m.	<b>ALC Lunch</b> , 11 a.m. – 1 p.m., call ahead 454-5555 <b>FC Pilates</b> 11 a.m. <b>FC Intramural Flag Football League</b> , 6 p.m. <b>FC Body pump boot camp</b> , 6 a.m.	<b>FC Cycle Pump Class - Yellow shirt cycling</b> 11 a.m. <b>FC Karate</b> 3 p.m. <b>FC Zumba</b> 4:15 p.m. <b>FamY 4-H Club Meeting</b> , 4:30-5:30 p.m. <b>ALC Dinner &amp; Movie Night "Salt"</b> PG-13 dinner 5-8 p.m. movie 6 p.m. <b>ODR Trunk or Treat and Car Decorating Contest</b> , 5-8 p.m., 454-6084 <b>FC Intramural Volleyball</b> , 6 p.m.	<b>FC Piloga 11 a.m.</b> <b>ALC Never Ending Pasta Bowl</b> , \$8.95 member, \$9.95 nonmembers, 4-9 p.m. <b>ALC Trivia Contest</b> , 6 p.m., teams of 4, 6 rounds, prizes	<b>ODR Southern Bell Fall Color Cruise</b> , 10:30 a.m. – 6:30 p.m., \$45 includes lunch, RSVP by Oct. 19, 454-6084 <b>ALC Football Frenzy</b> , 11:30 a.m. – 10 p.m., Special: Sliders and Fries \$4.99 member, \$5.99 non, play Football Toss to win prizes <b>ALC Prime Rib for Two</b> , \$31.95 member, \$32.95 nonmembers, 4-9 p.m.
<b>31</b>						

## Hours of operation

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

## BX/Commissary customer eligibility

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

### AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for August 2010 totaled \$8,153.16.

### Frenzy from H1

Each winner will receive two airline tickets, hotel accommodations, rental car and two game tickets. A bonus drawing will be held for 10 lucky winners to receive \$500 each. Only one entry per member per visit. Members and non-members are eligible to compete in local contests and give-

aways. Food specials will be offered with member and non member prices or order from the Hap's Pizza or Express menus. Regular dinner menu is available on Saturday nights in the Four Seasons dining room from 5-9 p.m. October specials and contests are listed. Watch for more details or call 454-3350.

## New group exercise program at the Fitness Center: Body Pump Boot Camp

This Boot Camp will become a regular class starting Oct. 4 on Mondays and Wednesdays at 6 a.m. It will incorporate plyometrics, jump squats, burpees, mountain climbers, calastinics, jumping jacks, sit ups, push-ups and strength training utilizing dumbbells,

medicine balls and your own body weight. It will also address cardiovascular endurance and core conditioning in interval fashion. Forums will also use concepts such as team exercises - grab a partner for additional fun and exercise. This class will be progressive as the weeks go on and a

progress sheet will be developed for all participants to track their improvement. This class is geared towards all levels of fitness so come out and have some fun. Classes are for eligible users only (Members First Plus members, active duty military, retired military and DoD civilians).

## Jack Daniel's Master Distiller at ALC tonight

Jack Daniel's Master Distiller Jeff Arnett will be at Arnold Lakeside Center in The Landing from 5:30-7:30 p.m. tonight. He will be custom signing commemorative bottles of Jack Daniel's whiskey. During this limited time the commemorative bottles will be sold for \$41.95 to Members First Plus members and \$45.95 to nonmembers. There is a two bottle limit per member and a one bottle limit per nonmember. Any bottles remaining after this special will be generically signed only and be sold for \$46.95 members and \$49.95 nonmembers.

**Briefs from H1**

are permitted during the event. Anyone using a phone while a question is underway will be disqualified. Ties will be broken by a trivia playoff.

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

For better service, you may call on any day and preorder. In addition to the Hap's Pizza menu, chef salad is available for \$4.50 which comes with ham, turkey, cheese and boiled eggs. Add grilled or fried chicken for \$2 more. Call to see what other specials are available each week.

**Movie nights** are every Thursday with movie start time of 6 p.m. and dinner available from the Express or Pizza menus from 5-8 p.m.

The schedule for October is: **Oct. 7** – "Grown Ups," rated PG-13 starring Adam Sandler, Kevin James, Chris Rock, David Spade and Rob Schneider. Five friends and former teammates reunite years later to honor the passing of their childhood basketball coach. With wives and kids in tow they spend the weekend together at the lake house where they celebrated their championship years earlier. Picking up where they left off, they discover why growing older doesn't mean growing up.

**Oct. 14** – "Ramona and Beezus," rated G starring Selena Gomez and Joey King. Ramona's vivid imagination, boundless energy, and accident-prone antics keep everyone she meets on their toes but it comes in handy when she puts her mind to helping save her family's home.

**Oct. 21** – "Jonah Hex," rated PG-13 starring Josh Brolin and Megan Fox. The U.S. military makes a scarred bounty hunter with warrants on his own head an offer he cannot refuse: in exchange for his freedom, he must stop a terrorist who is ready to unleash Hell on Earth.

**Oct. 28** – "Salt," rated PG-13 starring Angelina Jolie and Liev Schreiber. A CIA agent goes on the run after a defector accuses her of being a Russian spy.

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

**Oct. 1:** Lynchburg Ribeye, \$13.95 members, \$14.95 non members. First Friday Jam is back 6-10 p.m.

**Oct. 8:** Ahi Tuna Steak with strawberry sauce, \$13.95 for members, \$14.95 for non members. Second Friday Karaoke 6-10 p.m. Member's Special: .25 cent wings and half priced pizzas 7-9 p.m.

**Oct. 15:** Stuffed Pork Tenderloin,

\$12.95 members, \$13.95 non members.

**Oct. 22:** Prime Rib for Two \$31.95 members, \$32.95 non members.

**Oct. 29:** Never Ending Pasta Bowl, three types of sauces and three types of pasta, \$8.95 members, \$9.95 non members. Halloween Last Friday Trivia Night begins at 6 p.m. 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.

**S a t u r d a y availability and specials:** **Oct. 2:** Homemade Lasagna, \$9.95 members, \$10.95 non members.

**Oct. 9:** Grilled Red Snapper or Tilapia, \$11.95 members, \$12.95 non members.

**Oct. 16:** Oktoberfest Casino Night: German theme buffet \$12.95 members, \$14.95 non members. Buffet includes schnitzels, sauerkraut, brats, boiled potatoes and more.

**Oct. 23:** Surf and Turf – 6 oz. Beef Tenderloin and 6 oz. Skewered Shrimp, twice baked potato and broccoli spears with salad bar, \$15.95 members, \$16.95 non members.

**Oct. 30:** Prime Rib for Two, \$31.95 members, \$32.95 non members. 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**

**Youth Movie Night** will be Oct. 1 from 5-7 p.m. Ages 9 and up are invited to the Open Rec Center to watch a movie. There will be free popcorn, juice and water.

**Piano Lessons** will begin Oct. 5 for all ages with half hour sessions each week for four weeks. A new session will begin every four weeks as long as there are at least two students registered for the class.

A maximum of four students per month will fill the 4-5 p.m. timeframe of half hour classes.

Cost is \$60 and includes instructional book. Deadline to sign up for the first session is Sept. 27. Future sessions will require sign ups the last Monday of the month for the next month's classes.

If you've ever wanted to get your hands on a piano but didn't know where to start or worried because you couldn't read music that's no

problem. This class will have you playing music in no time. Call 454-3277 now to sign up.

The Youth Center is now offering **G y m n a s t i c s Tumbling Lessons** for beginners to advanced starting Oct. 6 for ages 2-18.

Master the art of cart wheels, back tucks, backward rolls and front hurdles with professional coaching. Understand using your strength to allow you to perform safer, stronger and more beautifully.

Beginner classes will be held from 4-5 p.m. and advanced classes will be 5-6 p.m. Cost is \$75 for eight one hour sessions.

Deadline to sign up is Sept. 29. Students should wear comfortable clothes that they can easily move in. Call 454-3277 to sign up.

**Home Alone Training** will be held Oct. 11 from 9 a.m. to 12 p.m. This training is for ages 9-11 and is mandatory for youth living in Arnold AFB housing that may be left without a sitter for two hours or less. Active duty Air Force dependents assigned to Arnold may attend for free.

All others are welcome to attend for \$30. This course will teach what to do and what not to do when home without adult supervision. Included are tips on how to supervise siblings, hide the house key, call for help during an emergency, answer the door and handle non-emergency phone calls.

Deadline to sign up for this class is Oct. 4. A late/cancellation fee of \$5 will be applied where applicable after that date. Must have a minimum of six to take the class and no more than 15 are allowed.

It is recommended that all attending bring a snack and drink. Call 454-3277 to sign up.

**Red Cross Babysitter Training Class** is scheduled for 9 a.m. – 4 p.m. Oct. 11.

Ages 11-16 will gain the knowledge, skills and confidence to care for infants and school-age children. The course is fun and fast-paced with hands-on activities, exciting video, role plays and lively discussions.

It will show you how to respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parent to learn household rules, recognize safety and hygiene issues, manage young children and feeding, diaper changing and care for infants.

Cost for the class is \$50 and includes a Babysitter's Training Handbook, Emergency Reference

Guide and Training CD. Participants should bring a sack lunch, snack and drinks. Deadline to sign up for the class is Oct. 4. A \$5 late/cancellation fee will be applied after that date. Must have six students enrolled in order for the class to take place. Maximum class size is 20 students.

**Teen Outdoor Movie Night** Oct. 15 will be showing "Freddy vs. Jason" (rated R) for an early Halloween celebration. Dare you to come! Bring a blanket or chair and a friend and meet on the back lawn of the Youth Center at 5 p.m. and watch the movie on the inflatable screen. Hot chocolate, sodas, pizza slices and hot dogs will be available for \$1 each. Popcorn and smores will be provided for free. There will be a prize for the teen that brings the most friends.

**4-H Oct. 28** will introduce all new members to the public speaking contest. All participants that receive a blue or red ribbon will get to move on to the county contest. The regional contest for the seniors will be held at MTSU and the sub regional contest for juniors is still to be determined. Seniors also have to give an impromptu speech.

There will also be a short program from the 4-H microwave usage program. The 4-H program offers many different opportunities such as the Demonstration Contest, Clover Bowl, Judging Teams, showing livestock, camps and many more opportunities. When you join 4-H you are joining the world's largest youth organization. 4-H is also not just an American organization as there are 4-H clubs in over 80 countries around the world. Some of the big contests that 4-H really encourages are the speaking events and the poster contest. These events allow 4-Hers to express their creative sides and develop skills that will come in handy later on in life. 4-H also offers many different contests, camps, and honor's programs that the members can become involved with. 4-H is always striving to teach young adults how to become better citizens and leaders through the many programs available.

Call 454-3277 for more information and to sign-up. Arnold Youth Programs 4-H Club is open to all AEDC affiliated children from 4<sup>th</sup> grade to 12<sup>th</sup> grade.

**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.

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

**Paintball** is set for Oct. 9. 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.

**Trunk or Treat and Halloween Car**

the Misfits and the runner up was Dirty Dozen. The Women's League winners were the Gunners. Women's Tournament champions were the Gunners and the runner up was Vipers. Congratulations to all the teams!

Effective Oct. 1 the **Fitness Center will assume the roles and responsibilities of the Health and Wellness Center.**

The workout room in the A&E Building, Room C203 will now be referred to as the Fitness Center Annex. Programs and services designed to improve overall health as well as attaining a better sense of well-being will be offered. Among the services planned will be professional nutrition counseling, stress management, tobacco cessation, cancer, cardiovascular disease, diabetes and other preventative programs. These services and programs will be limited to installation active duty, DoD and NAF civilian work force.

Appointments must be made through the main Fitness Center by calling 454-6441.

The Fitness Center will be **open 5 a.m. to 6 p.m. Oct. 11** in observance of Columbus Day. Group classes will continue as scheduled.

**5 Card Draw Walk/Run** will be held Oct. 13 any time during normal business hours, 5 a.m. – 9 p.m. Complete the Fitness Center trail and pick up five sealed cards along the way. The top three hands of the day receive prizes.

**I n t r a m u r a l Leagues** underway. Bowling League has games every Monday (except Dec. 27) from 5-7 p.m. at Tullahoma Lanes. The league continues through March 28. Flag Football League has games every Monday and Wednesday starting at 6 p.m. at the Arnold Village Softball Field outfield. Volleyball League has games every Tuesday and Thursday starting at 6 p.m.

**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.

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

**Paintball** is set for Oct. 9. 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.

**Trunk or Treat and Halloween Car**

**Decorating Contest** coming Oct. 28. Bring your car decorated in its Halloween best and pop the trunk and fill with treats (store bought, individually wrapped candy only, please) and prepare for the trick or treaters. While the little goblins make their way around collecting candy judges will be critiquing the cars to determine the best decorated.

The event gets underway at 5 p.m. with judging at the conclusion at 8 p.m. The top three winners in the car decoration competition will receive prizes.

Participants may attend and participate in both portions of this event but it is not required. The car competition is open to all ages but the trick or treating is limited to age 15 and younger.

Bring your children and their bags or buckets and get an early start on Halloween candy collecting.

**Reservations for pavilion usage** by authorized personnel must be made through the Outdoor Recreation Program.

This includes the two pavilions at Gossick Leadership Center Beach, the Arnold Lakeside Beach and two in the Crockett Cove area.

Rental fee is \$25 per day and a \$50 refundable cleaning deposit is required.

Reservations may be made up to 30 days in advance at Outdoor Rec (building 3055, previously known as Community Activities Center) or by calling 454-6084.

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

The **Auto Shop** is a great place for do-it-yourself minor work and repairs.

There is one stall available with a lift, air compressor, parts washer and a variety of tools. There is a fee of \$2 per hour.

Staff can repair, mount, balance and rotate tires, by appointment. A repair using a plug is \$5 or a mushroom patch is \$10. The charge for mounting is \$3 per tire and for balancing is \$2 per tire. Tire rotation includes balancing for four tires and is \$16 for cars and vans and \$20 for trucks.

**Wingo Inn 454-3051**

**Reservations for Wingo Inn** can be

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

**Gossick Leadership Center 454-3024**

The **Gossick Leadership Center (GLC)** may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance.

Requests must be made in writing by email to [arnold.glc@arnold.af.mil](mailto: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.

**AEDC Woman's Club 455-5676**

Because October is Women's Health Month, the AEDC Woman's Club is addressing the topic of long-term care.

Even though the subject of this program may sound "dry", it will be entertaining as well as informative.

Some of you may have already addressed the all important issue of long-term care, but there are many others who haven't.

It is something for which we will all have to plan and use if we are lucky enough to survive until very old age.

Ann Williams, the speaker and a graduate of the University of Tennessee, has experienced firsthand the financial and emotional impact that having a relative in long-term care can impose.

Her mission is to protect consumers from the significant financial and psychological costs a long term care event can have on families' lives.

The meeting will be Oct. 5 beginning at 9:30 a.m.

Make reservations by calling 455-5676.

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