



HIGH MACH

Serving the World's Premier Flight Simulation Test Center



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Arnold AFB, Tenn.

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AEDC receives environmental award

Base now competing with others to win on Air Force-wide level

By Patrick Ary
Aerospace Testing Alliance

As a major environmental cleanup project at AEDC is starting to wind down, the work being done to restore the environment here is getting some prestigious recognition.

The base recently earned the Air Force Gen. Thomas D. White Environmental Restoration Program Award for the Air Force Materiel Command.

Now, Arnold will compete with other major commands for the Air Force-level award.

Arnold's restoration program covers the Installation Restoration Program, the Military Munitions Response Program and the Operational Range Assessment Program.

Denny Timmons, the Air Force program manager for restoration, says the focus for AEDC now is incorporating

remediation methods that are green and sustainable.

"The Air Force set a deadline of 2012 for all bases to clean up or reduce the risk of contaminated soil and groundwater left by past industrial operations and practices," Timmons said. "Arnold met that goal in fiscal year 2010, well ahead of the deadline."

One project underway involves cleaning up contaminated groundwater at an old solvent cleaning facility behind the Model Shop on base. The seven-month project involves using an innovative strategy known as thermal remediation.

"This project, when completed, will save years of pumping and treating contaminated groundwater and result in a huge cost savings for the base," Timmons said.

Dennis Flatt, the Aerospace Testing Alliance (ATA) section manager for environmental restoration and environmental compliance, says the thermal remediation project has collected more than 100,000 pounds of perchlorethylene contaminant from the groundwater since May, and it's possible another 100,000 pounds could be collected and destroyed before the project is over.

"All of the data indicates that this is



Terra Therm foreman Jeff McDonnell prepares to change a filter bag at the thermal remediation project being conducted behind AEDC's Model Shop. The project is one of the reasons AEDC won the Air Force Gen. Thomas D. White Environmental Restoration Program Award for the Air Force Materiel Command. (Photo by Rick Goodfriend)

going to be a very effective contaminant mass removal effort," Flatt said.

The thermal remediation involves putting electrical energy heaters in the ground and injecting steam into the bedrock. The perchlorethylene in the groundwater is

heated and converted to a vapor, removed through a vacuum system and processed above the ground in an on-site equipment system.

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Longest-running jet engine test at AEDC complete



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

By Philip Lorenz III
Aerospace Testing Alliance

Engineers at the U.S. Air Force's Arnold Engineering Development Center (AEDC) reached a mission-critical performance and evaluation testing milestone on the most widely used advanced technology fighter engine in the world.

"The year-long F100 Accelerated Mission Test (AMT) in SL-3 achieved a successful conclusion," said Tom Schmidt, the Aerospace Testing Alliance

(ATA) project manager on the test. "This is a major accomplishment for AEDC and Pratt & Whitney."

An increased performance aircraft engine, the F100-PW-229, has been at AEDC's Sea-Level 3 (SL-3) Test Cell for the longest-running test ever conducted at the world's most advanced and largest complex of flight simulation test facilities.

Testing began Oct. 19, 2009 and concluded Sept. 21, 2010.

The F100-PW-229 Engine Enhance-

ment Package (EEP) engine tested at AEDC is the most current operational version available to power the Air Force fleet of F-15 Eagles and F-16 Fighting Falcons and is currently being flown by U.S. allies.

The Accelerated Mission Test (AMT) subjected the latest version of the F100 engine to 6,000 Total Accumulated Cycles (TAC) to simulate the operational stresses

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ATA earns award fee rating of 92

By Darbie Sizemore
Aerospace Testing Alliance

The Air Force announced an award fee rating of 92 for Aerospace Testing Alliance for the period April 1-Oct. 31, 2010.

The award fee determining official, Randall D. Culpepper, gave the contractor high marks with an excellent overall rating in the areas evaluated. Culpepper is the Deputy Program Executive Officer for Combat and Mission Support, Office of the Assistant Secretary of the Air Force for Acquisition in Washington, D.C.

"Once again our work force proved that they are a valuable asset to both the Air Force and to Aerospace Testing Alliance," ATA General Manager Dr. David Elrod, said. "Through their dedication and hard work, we achieved another successful award fee period."

Dr. Elrod said the company will share a portion of the award fee money with its employees.

ATA's rating of 92 results in \$6,007,000 of their possible award fee of \$6,826,000.

In addition to the award fee determination, AEDC leadership also performed a separate review of ATA's overall performance over the last seven years.

"This award term review evaluated us on both quantitative and qualitative criteria," Dr. Elrod said. "The quantitative criteria were to earn an average score of 90 for award fee periods 11, 12, 13 and 14 and to have no single score less than 80. We met that target with an average score of 95. The qualitative criterion was to have effectively delivered on the five objectives in the Air Force's Statement of Objectives. The Air Force notified us that we met that criterion as well, thus earning the award term for fiscal year 2012."

ATA was awarded the center support and testing contract on June 30, 2003. The operating contract is for up to 12 years and worth potentially \$2.7 billion. ATA currently employs more than 2,000 people from 15 Tennessee counties and four states.

Pinching pennies at the pump station



ATA Utility Machinist David Stewart operates a large lathe in the Model Shop. He is machining the shaft assembly supporting the recently fabricated impeller for a pump that is located in AEDC's Secondary Pumping Station. (Photo provided)

Upgrade project saves money, reduces test time

By Philip Lorenz III
Aerospace Testing Alliance

Water has been called AEDC's "life's blood" – it is essential to channel billions of gallons a year to all of the test cells at Arnold AFB where turbine engines, rocket motors and other systems generate tremendous heat during testing.

A failure in any part of Arnold's cooling water system can result in lost test time, program delays and considerable cost overruns.

Approximately five years ago, inspections conducted on the eight pumps at the Secondary Pumping Station (SPS) revealed

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HIGH MACH

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An Air Force Materiel Command Test Center

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



Vision

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

Core Values

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



Core Values

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

There's plenty to give thanks for this season

By Col. Michael Panarisi
AEDC Commander



Panarisi

Next week, we will come together as a nation and celebrate a uniquely American holiday: Thanksgiving. The hustle and bustle of the holiday season will officially be underway, and before you know it we'll be ringing in the second decade of the 21st century.

But before we all succumb to a pleasant tryptophan induced slumber on Thursday, please join me in a little reflection on 2010.

This time of year, we often think about looking back and making a list of things we should be thankful for.

While some would have us believe the nation is still in crisis, uncertainty abounds, the economy is still struggling ... the reality is, if all else fails, we can THANK GOD WE LIVE IN THE USA!

I'm not going to pretend that 2010 will go down in the record books as a "banner year" for the nation,

but we have plenty to be proud of.

While not quite out of the woods, our economy has proved the doomsdayers wrong again. Companies across the country are rebuilding, unemployment lines are shrinking and the worst of the housing problems seem to be behind us. And through it all, rather than losing our national identity, we have instead reinforced what America means to the world.

No other nation has repeatedly proven resilience in the toughest times, no other nation has the opportunities, and despite our own struggles, we contin-

ued to reach out and lend a hand to those hit by natural disaster, disease, or other tragedies.

Throughout the year, team AEDC stood as a shining example of giving in tough times, and time after time, reminded me of what makes this place so special.

From diving in to perform life-saving acts for a colleague to joining the relief efforts in the Nashville floods, you proved that at AEDC, we will not retreat when our own circumstances have room for improvement.

We just completed our annual Combined Federal Campaign, and despite our challenges, we exceeded last year's record contribution. It's so easy to hunker down and "look out for the ol' number one" these days, but it just doesn't happen here. I for one, will have that at the top of my "list."

For that, I am truly thankful. It's what makes team AEDC a different place to work and live, and

we have so much more than that to celebrate on Thursday.

I know this has been a particularly challenging year for our workforce, and sadly we are smaller than we were last year. But our mission became no less important, the work no less challenging, and the need to bring AEDC to bear on the nation's challenges if anything, actually grew. You met the challenges head on, and despite a tough headwind, we racked up another round of "firsts" for the center, and delivered critical solutions that only AEDC could. The fact that we did it amidst less than ideal circumstances is just one more reason I am truly thankful to be here at AEDC.

As we head into the holiday season, I hope you will continue to keep the needs of those who are still struggling in mind. There are so many ways we can help "spread the holiday cheer," and this year, those who can really use a lift

are putting a strain on the organizations that are committed to lending a hand. So this year, think about a different way to spend "black Friday." Rather than fight the crowds, how about spending some time with a local charity? Or helping out at a church function, or maybe "ringing the bell" in front of the mall? It's this spirit of giving that will make this year stand out, and once again prove that we all have so much to be thankful for.

I can't thank you all enough for your amazing efforts this year. I couldn't be prouder of what you've accomplished, and the class you have shown in tough times. Best of all, we KNOW we made a difference, in our work, in our giving, and in our tireless efforts to make lemonade out of the lemons that came our way. So when we raise our glasses around the table next week, I will have this place, and this team on my "list." This will indeed be a Thanksgiving to remember!

The rules on renting a car under TDY orders

You have TDY orders which authorize you to rent a car. Do you know the rules about renting the vehicle? What happens if the vehicle is damaged? What if you are in an accident?

DoD travel regulations require you to make transportation arrangements, including rental cars, through the Defense Travel System (DTS) or your Commercial Travel Office (CTO). For rental cars, the Defense Traffic Management Office entered into an agreement with many rental car companies, both in the United States and abroad. The agreement provides guaranteed rates and con-

ditions for the rental, and insurance for the benefit of the traveler and the United States Government. Insurance coverage includes claims for damage to the rental vehicle, as well as claims from individuals who collide with the rental car. Passenger vehicles which carry the coverage are cars and mini-vans, but not SUVs. So that the government will receive the maximum benefit of this insurance, TRANSCOM policy is to rent, whenever possible, from a rental company that participates in the Agreement with DTMO. Basically, this means that unless you need a special vehicle such as an SUV

or 9-passenger van, or you need to rent a vehicle in a place where none of the car rental companies subscribe to the DTMO Agreement, you will be renting a vehicle from a DTMO participating company. Most of the time, all you need to do is reserve a rental car through DTS or let your CTO make your reservation for you.

When you arrive at the rental counter to pick up the vehicle, you should decline the insurance offered by the rental company - it's automatically included for vehicles rented for official business under the DTMO Agreement. You may see an additional administra-

tive charge of \$5 per day on your rental. This is a fee the rental companies are authorized to charge under the DTMO Agreement, and it is fully reimbursable under the travel regulations. Except for special situations (classified or undercover operations, or rentals in a few foreign countries where insurance is required), travelers are not authorized reimbursement for insurance charges.

When renting a vehicle under the DTMO Agreement, authorized (and covered) drivers include fellow employees executing employment duties. These employees do not need to be listed on the rental agreement.

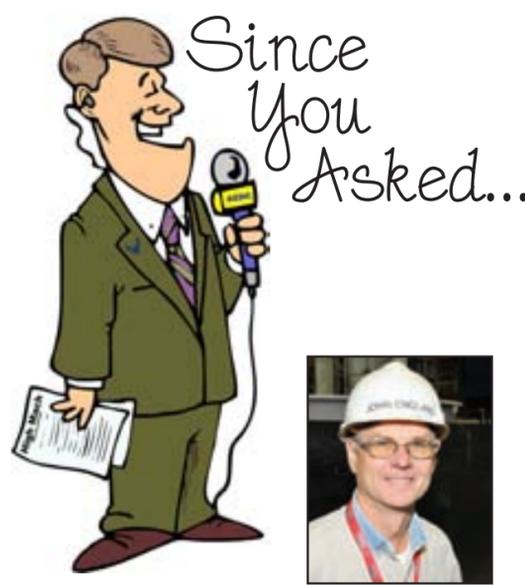
Now that you've rented your vehicle pursuant to orders, the travel regulations specify it may only be used for official purposes. These are defined as "transportation to and from duty sites, lodgings, dining facilities, drugstores, barber shops, places of worship, cleaning establishments, and similar places required for the traveler's subsistence, health or comfort." There's nothing in these regulations that allows you to take a rental

car to the movies, to buy souvenirs for your children, to shop at the mall, or to sightsee. There has been some confusion as to whether you can rent a car and use it for pleasure on the weekend during a TDY. Currently, the regulations don't authorize such use. Moreover, the DTMO Agreement, under which most vehicles will be rented, is only for vehicles rented and used for official business.

The DTMO Agreement's insurance provisions provide full comprehensive and collision coverage for the rental vehicle. So, damage to the vehicle, so long as you were using it pursuant to your official duties, will be covered unless you meet one of the specific exceptions within the agreement:

- Intentionally damaging the vehicle or obtaining it through fraud.
- Driving under the influence of intoxicants.
- Using it for an illegal purpose.
- Using it to push or tow another vehicle.
- Using it to carry passengers for hire.
- Operating it in live

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What new ice cream flavor would you like to see Ben & Jerry's come out with?



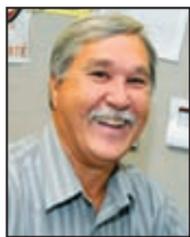
John England
"Pistachio with Frank's hot sauce."



Joel Gregory
"Bacon."



Joy Rogers
"Candy Corn."



Scott Glass
"Apple Crisp."



Jill Russell
"Sun-Drop."

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.

AEDC prepares for environmental audit

By Patrick Ary
Aerospace Testing Alliance

Environmental engineer Keith Carnley said the Air Force Materiel Command will send in auditors to review Arnold Engineering Development Center's environmental management system during the second week of December.

They won't be auditing data systems, according to Carnley. Instead, they will assess how AEDC's Environmental Management System maintains compliance with environmental rules and regulations, and how the work force at AEDC is educated

when it comes to environmental awareness.

"It's more of a program philosophy," Carnley said. "It's the things we do to make sure we're complying with environmental laws and regulations and minimizing our impact of our daily activities on the environment."

As the current environmental policy states, AEDC is committed to sustaining mission capability while integrating sound environmental practices.

AEDC's Environmental Management System includes educating every member of the work

force, so everyone thinks about the environmental impact of what's done at the base, Carnley said.

In addition, the system includes an aspect inventory list where potential impacts on the environment are reviewed on a regular basis. That way, Carnley said, workers can find out whether their actions put AEDC's environmental compliance at risk, especially when the laws and requirements change.

Part of this overall approach is the Environmental Compliance Assessment and Monitoring Program (ECAMP). It starts with

a list of protocols and checklists that environmental workers go through to make sure we are not out of compliance with any regulations.

"It's a significant effort, involves a lot of folks and requires support from senior management all the way to the shopkeeper," Carnley said.

The AFMC auditors have already given notice of some of the specifics they'll be looking for, Carnley said, and his department is preparing to give them the documents they will want. Some specific areas will be hazardous

materials management and how workers deal with hazardous waste.

The audits happen about every three years, and Carnley said auditors will look for areas of improvement. His group will be ready.

"We had some findings (last time), and the majority of those findings were closed within 30 days of the visit," he said.

More information regarding AEDC's EMS program can be found on the Environmental Management Web page at <https://aedcgisweb.arnold.af.mil/enviro/>.

Arnold Community Council holds annual membership banquet

The Arnold Community Council 2010 Annual Banquet took place Nov. 16 at Cravens Hall on the University of the South campus in Sewanee.

At right, outgoing council president Bill Comer was honored by incoming president Mike Wiedemer. Below, ATA's Dr. David Elrod and others watch the festivities as guest speaker Tim Gard entertained the crowd with help from a variety of props.

The Arnold color guard, bottom, presented the colors for this year's event. (Photos by Philip Lorenz III)



Safety emphasis "Changing Direction" for the season

By Shawn Jacobs
Aerospace Testing Alliance

Coming off a highly successful safety campaign this summer called "Break the Cycle," Aerospace Testing Alliance (ATA), the operating contractor at Arnold Engineering Development Center (AEDC) wants to "Change Direction" this fall and winter.

With ATA, the number of slips, trips and falls generally increases during the months of October through February, but company officials want to see that number go down. One might blame the increase on frosty and icy surfaces, but ATA safety officials blame the jump on several culprits, including structures, material and equipment and uneven working and walking surfaces and parking lots.

The "Break the Cycle" campaign placed a heavy emphasis on exercising extra caution and preparation to reduce the number of industrial accidents, which generally trend upward each summer at AEDC. Safety officials said the program worked well.

"We closed out the fiscal year with the lowest number of injuries we've had since the contract began," Warner Holt, ATA safety manager said. "We're seeing continuous progress and we've done a lot of research and analysis to identify these periods and ... to really dig in and understand first of all what the types of injuries are and next, what's causing them and how we mitigate the risk in these particular areas."

The key to reducing slips, trips and falls comes down to paying more attention and situational awareness, according to Holt.

That familiarity with surroundings is made more difficult by the fact that ATA craft employees are working increasingly in multiple facilities, instead of working exclusively in the same building.

Even though ice may not be

the primary cause of falls, it is a significant factor, especially in the months of January and February.

It is critical that the work force be especially mindful of the hazard during the coming months, according to Holt.

"If you see water that's standing now in the more moderate temperatures, when it freezes that's definitely going to be a slip hazard," he said. "We've had a lot of folks reporting these issues — we've got a water leak here or there or an uneven surface that needs to be smoothed out where it doesn't hold water and that kind of thing. We're just trying to get ahead and be more proactive than reactive."

One way of being proactive is getting employees to report potential slip, trip or fall hazards, which could include uneven surfaces and parking lots, bumper stoppers, and potholes.

Holt said ATA tries to maintain facilities the best it can, but with the reduced budget the fear is that it could get worse.

"The idea is to get ahead of that, get it reported and put a load of gravel in there before it becomes a serious trip hazard. There is stored energy, trip and slip hazards, bump hazards for head injuries and that kind of thing.

"Our key focus through February is on slips, trips and falls," he said. "We know that's an issue that we've dealt with, and our intent is to continue to drive down the number of injuries and keep our folks safe."

Holt advises asking the following questions to help reduce the number of slips, trips and falls (STF).

- How do you assess your area for STF hazards? "A lot of that is the supervisor walking around with some of the craft folks periodically because things here at AEDC just seem to sprout up overnight," Holt said. "You'll

have a project that may take place over a month or so, and there's no way [a supervisor] can know everything that is going on."

- Where do you see water standing or wet sidewalks now? "Of course that's going to become ice at some point. We would like to say that we've got this area lit up at night where people can see, but the truth is there's no way to do that. We can't mitigate every slip, trip or fall hazard, so it gets back to paying attention and situational awareness."

- Do you use handrails when going up and down stairs? "We're trying to get our folks to intervene. If you saw me walking down the stairs with my hands full, we want that culture where

you can say, 'Let me help you with that.'"

- Do you store material properly and clean as you go when working? "Housekeeping and safety go hand-in-hand. If you've got materials that are laid out in a walkway, you're just asking for trouble; it's just a built-in hazard. Some folks come from backgrounds where they don't have that skill — and it is a skill — to identify a hazard."

- How can we step up to the challenge to reduce STFs? "That's just by reporting them to a supervisor or, in some cases, I've seen the employee just fix the problem [especially if it's something fairly small]. It's a constant battle, a constant fight to

try to educate our work force, and remind them to be safe. Again, it goes back to paying attention, situational awareness, getting leaders involved. It's a lot about common sense, [and] our craft folks are blessed with ample amounts of common sense."

As with all the safety advice he offers, Holt wants employees to implement these tips at home as well.

"We see a lot of injuries that occur at home," he said. "I hear more stories of folks who have said, 'I was doing so-and-so this weekend, and I thought about the safety aspect and sat down and did a little plan as to how I was going to get this work done [safely].'"

AEDC Visitors Center to close, change hours for holidays

By Patrick Ary
Aerospace Testing Alliance

A change is coming to the Arnold Engineering Development Center (AEDC) Visitors Center's hours this holiday season, but according to data gathered over the last couple of years, it is a change most people probably will never notice.

Starting this Thanksgiving, the Visitors Center at the main gate will close down completely during holidays designated by Aerospace Testing Alliance (ATA). The federal holidays ATA personnel work throughout the year are banked and taken in conjunction with the Thanksgiving, Christmas and New Year's holidays. During these ATA holiday periods, Department of Defense personnel sometimes work, but they often take leave, and there is very little activity on base.

The Visitors Center will close Nov. 25-26 for Thanksgiving. Out of the 10 days between Dec. 24 and Jan. 2, the only day the center will be open for business is Dec. 30.

Installation Security Section Supervisor Dan Hawkins said the decision comes after studying the amount of business that has been conducted at the center during those times over the last three or four years. He said the data shows that on days the base is closed for ATA business, there just aren't enough customers to warrant keeping it open.

"It seemed like a lot of money and a lot of effort going into very little support," Hawkins said.

On a typical day, the Visitors Center will serve between 100 and 200 personnel for ID cards, base entry or both. But on a holiday, Hawkins said typically two or fewer people would stop by to do business. It just isn't cost-effective to man the facility for one percent of the normal business, Hawkins said.

Although a small crew of DoD and ATA people may still work on these ATA holidays, Hawkins said it's rare that anyone needs assistance during this time frame. He said personnel who are working and have an emergency need for a common access card can contact the Operations Center.

In addition to making more fiscal sense, it also gives more employees the chance to spend time with their families during the holidays.

"It's a positive quality of life change for our folks as well, because most of the rest of the base is off and the workload isn't there to warrant keeping the VC open," Hawkins said.

Bust dedication honoring Lance Cpl. Posey is tomorrow

By Shawn Jacobs
Aerospace Testing Alliance

U.S. Marine Corps Lance Cpl. Gregory A. Posey gave his last measure of devotion to his country on a battlefield in Afghanistan.

Now, AEDC and ATA employees are showing their devotion to Lance Corporal Posey by unveiling a bronze bust in his honor at 2 p.m., Nov. 20 on the public square in Winchester. If it rains, the dedication will be held at Franklin County High School.

The unveiling is a project of Operation Never Forget (ONF), a national project of the Congressional District Programs, a 501c3 non-profit organization of Falls Church, Va. Virtually all of the funds for the bust were donated by AEDC and ATA employees and organizations, including a matching contribution by ATA, according to Dave Useton, the southeast regional director and charter advisory board member for ONF, and manager of ATA material control.

“Operation Never Forget doesn’t have a pot of money, so we developed in my district a plan that would allow us to meet with the community leaders and shakers and plant a seed with them,” Useton said. “Our vision is to help communities all over the country to take the lead in memorializing their heroes in such a way that they will never be forgotten.”

“It really is the beginning of the healing process, not just for the families of our fallen heroes, but for the community as a whole. Communities are family, so this is just our way of bringing them together so that they help each other as families do.”

Lance Corporal Posey was the son of Steve and Delma Posey.

Steve is a supervisor in AEDC’s Precision Measurement Equipment Laboratory.

“People from the AEDC community came to me and insisted that we do something because they felt the loss too,” Useton said. “At first, I called [ATA General Manager] Dr. Elrod and talked to him and he said, ‘Whatever you do, I’ll support it,’ and we went from there. ATA made a sizeable donation; they matched what we collected.”

“On behalf of the ATA work force, it was an honor to be able to support Greg’s family through this memorial,” ATA General Manager Dr. David Elrod said in an earlier interview. “The statement made by the men and women of AEDC in raising funds for this cause and by ATA in matching those funds with our corporate donation is a clear testament to the respect and appreciation with which we hold Lance Corporal Posey and all who serve. May we never forget what they have done for us and for our nation.”

“We didn’t initially talk to the Air Force about this because Steve [Posey] works for ATA and he’s retired Navy ... but the Air Force got word of this ... and [various Air Force organizations and individuals] wanted to help,” Useton said. “The effort became a family act of love.”

Useton said ONF actually exceeded their goal due to the generosity of the AEDC community, and the additional funds will go toward erecting another bust in Tennessee.

“Here at AEDC, it’s always been apparent to me that this is a family atmosphere, which is why I have stayed here for almost 30 years,” Useton said. “You don’t find this everywhere, and I am very fortunate to be a part of such a family.”



Useton also expressed his appreciation to Franklin County, the mayor’s office, the Chamber of Commerce and other leaders who have

come together to support the event.

Employees and internal organizations such as the Air Force Sergeant’s As-

AWARD from page 1

The process here is one of the largest efforts of its kind in the world, and Flatt said it even attracted the attention of a group of Vietnamese nationals who were interested in seeing if they could put the technology to use.

“It’s being looked at by people far and wide across the world as a demonstration of this technology,” Flatt said.

When the thermal remediation is finished early next year, Flatt estimates that 99 percent of the contaminants in the groundwater behind the Model Shop will be gone.

His team has had to do that while also making sure the Model Shop’s work

could continue without interruption.

“It has really been a challenging and rewarding opportunity to be able to work here at Arnold and see the site go through the investigation phase and through the remediation phase to having a remedy in place,” Flatt said. “And we’ve done that through a number of sites already. This one was one of the most complex of all.”

But the Gen. Thomas D. White award is for more than having one good project on base, according to Timmons.

Named for the former Air Force chief of staff who changed the course for en-

vironmental programs, the award focuses on cleaning up the environment while conserving energy, saving money and maintaining great community relations.

Those are things Timmons said AEDC does through the other programs under the base restoration program, as well as through meetings twice a year with the Tennessee Department of Environment and Conservation (TDEC) and with a very active Restoration Advisory Board on base.

“The success of Arnold’s restoration projects has been teamwork and communication,” Timmons said. “Teamwork and communication with AEDC

stakeholders, teamwork and communication with TDEC, teamwork and communication with restoration contractors, teamwork and communication with the Air Force Center for Engineering and the Environment and the Corps of Engineers, and teamwork and communication with the community have continually kept Arnold’s restoration projects at cost and on schedule.”

“I’m proud of the people that make the program work,” Flatt said. “I can’t say enough about the professional staff we have at ATA and their diligence and perseverance in trying to see things through from start to finish.”

Eventually, the original manufacturer decided to fabricate the impellers and this was facilitated by the vintage contents of the crate found in the main warehouse.

Barlow said, “Now all Jeff needed was funding and this is where the team work came into play. He approached his financial contact, Marcheta Darnell, about the need. She worked with her Air Force counterpart, Allen Fleenor, and they were successful at identifying funds to purchase the impellers.”

Last month, the first impeller was built, installed, and successfully checked out, according to Quattlebaum.

Quattlebaum also gave credit to the craft workers who are instrumental in ensuring the whole system functions properly, including the new impeller.

“Our machinists repair, rebuild and perform all of the maintenance to the large pumps on base, including the Primary Pumping Station at Woods Reservoir, Secondary Pumping Station, the cooling towers, return basin and pump at Roland Creek,” said John Richardson, a utilities supervisor with ATA’s test and facility support branch.

Barlow, referring to the recently installed impeller, said, “It works great. Based on that success, seven more impellers are being made. We will install those as each pump is taken out of service for maintenance. This will avoid additional outages and negate the expense of impeller installation.”

“Sound maintenance strategies, a lot of teamwork, and a little perseverance result in an effort that allows AEDC to keep performing its mission for years to come and a great sense of ‘job well done’ for all those involved.”

“Replacement of the impellers at a cost of approximately \$30,000 each is much less than the \$750,000 it would cost to replace each of the pumps and motors – a huge savings to AEDC,” Barlow said. “Several years ago, Jeff [Quattlebaum] recognized the value of replacing the impellers.”

As it turned out, not only did the company no longer make the impellers, they

no longer had the plans or molds for them either. Finally, he realized that whatever that company had in the way of the original plans or a model of the impeller had ended up at AEDC.

“After a week-long search, we found a crate that hadn’t been opened or touched since 1967. It had a bunch of cardboard and plywood pieces [inside], but these weren’t like a mold you could pour something into, it was the thing they built the mold from.”

Mike Barlow, ATA’s utilities operation manager, said the entire effort to keep the Secondary Pumping Station, which in turn is key to keeping AEDC operational is noteworthy.

PUMP from page 1

significant wear, beyond what scheduled and condition-based preventive maintenance could address.

“These pumps were originally installed in 1950,” said Jeff Quattlebaum, the cooling water systems engineer with ATA’s reliability engineering branch.

It helps to understand how the entire system works. The base’s Primary Pumping Station draws water four miles from Woods Reservoir to fill a 56 million gallon capacity secondary reservoir. Then the Secondary Pumping Station is used to pull water from this source and routes it to and from all of the testing facilities. The water is eventually filtered of any contaminants and then returned to Woods Reservoir.

Quattlebaum realized a major upgrade to the SPS’s 25,000 gallons-per-minute pumps would be necessary in a couple of years, unless he could find a way to replace the impellers that drive the water through the

pumps and throughout the base where it’s needed.

“The impeller itself is the big rotating element that moves the water,” he explained. “Impellers transfer energy from the motor driving the pump to the water being pumped by accelerating the fluid outwards from the center of rotation.”

The company that originally manufactured the pumps at the Secondary Pumping Station was contacted with the aim of having new impellers fabricated to replace the aging ones in the facility’s pumps.

“Probably within three or four months we got the word back that they don’t make those anymore, that model had been discontinued,” Quattlebaum recalled. “They told me, ‘All we can do is sell you a new pump for somewhere between a half and three quarters of a million dollars.’”

As it turned out, not only did the company no longer make the impellers, they

Courthouse grounds.

The second was U.S. Marine Corps Staff Sgt. Marcus Golczynski, whose father-in-law John Southward worked as an Air Force civilian employee at AEDC. Sergeant Golczynski’s memorial is located in the Marshall County Courthouse Annex, along with two Army fallen heroes’ memorials also presented by ONF.

The bronze busts are created by Marble Cast Inc. in Salt Lake City, which has pledged to construct the busts at their costs as long as there is a need, according to Useton.

More information about ONF can be found at www.operationneverforget.org.

UTSI student receives ITEA scholarship

James Rogers works with AEDC team on experiment

By Philip Lorenz III
Aerospace Testing Alliance

James Rogers, a second-year aerospace engineering graduate student at the University of Tennessee Space Institute, got a pleasant surprise at a recent Arnold Professional Society lunch and learn event at the Arnold Lakeside Center.

Prior to a presentation from Wright Patterson AFB's Senior Leader for Propulsion Ted Fecke, the UTSI student was presented with a scholarship check.

Tom Best, AEDC's technical director of plans and programs, who presented Rogers with the check from the Volunteer chapter of International Technology and Engineering Educators Association (ITEA), said, "I was glad to restart the tradition we had in the past of awarding scholarships to UTSI students. ITEA is strong in supporting testing and evaluation education through short courses, conference tutorials and chapter scholarships.

"ITEA encourages college students to choose a career in test and evaluation and the scholarships are a way to do that."

Rogers, who is helping with an experiment being conducted at AEDC's Space and Missiles Test Division through the UTSI Task Order Contract, said he can trace his interest in engineering back to his childhood.

"Ever since I was little, outer space and building things like Legos® seemed to be the things I liked the most," said the Columbia, Tenn. native. "[Initially] I went to college at Tennessee Tech and was studying physics, and astronomy, but



Tom Best, AEDC's technical director of plans and programs, presents an ITEA scholarship check to James Rogers, a second year graduate student at the University of Tennessee Space Institute (UTSI). The occasion was a lunch and learn event sponsored by the Arnold Professional Society at the Arnold Lakeside Center Oct. 20. (Photo by Rick Goodfriend)

it wasn't really clicking for me. I think I just really wanted to build something. [With] engineering, it finally seemed to click for me, that's what I want to do and aerospace engineering really seemed to be calling me because it's involved with space."

Rogers added, "Being an engineer is probably what I should have been doing from the beginning. My dad is a chemical engineer and my mom was a draftsman before I was born; so I guess it just sort of runs in my blood somewhere."

Rogers credits his father with giving the final push for the young man to return to school.

"At first I wasn't thinking about grad school and then I was thinking well, I'll just float around for awhile, but my dad said, 'You need to go to grad school.'"

Dr. Trevor Moeller, Rogers' advisor and instructor, explained how his student became involved with a project at AEDC.

"There's an experiment that we're working in the ultra high vacuum [chamber] there," he said. "James came to UTSI from

Tennessee Tech and he had good grades, letters of recommendation and I had an opportunity for somebody to work on that project at AEDC and James was available under a UTSI research assistantship."

Dr. Moeller was particularly impressed with the way Rogers approached the work with confidence and didn't hesitate to contribute in any way he could.

"James was highly motivated and didn't shy away from challenges and unknowns," Dr. Moeller said. "He wasn't afraid to try and tackle things and nothing ever goes perfectly, but James seemed to bounce back pretty well.

"I like working with students who don't need to be micromanaged, you give them a task and they work towards the goal and report to what their finding is as they go along. He fits these qualities very well. Out of all of my students currently working on experiments, I thought he was the most deserving of a nomination."

Dr. Heard Lowry, an ATA technical fellow for space sensors, is heading up the project with help from Rogers and another student, who is playing a crucial role in the design and development of the experiment.

"The purpose of the experiment was to learn ways to limit the deposition contaminants, including water vapor, on optical and mechanical surfaces in the cryo-vacuum space simulation chambers," Dr. Lowry explained. "James and another graduate student, Jesse Labello, supported all of the setup and test work.

"Education is more than just book learning and solving application problems on paper. The experience gained by participating in actual experimentation and test activities is vital to bringing the students successfully from the classroom into the workplace. It will allow them to 'hit the ground running' and give them confidence in the environment of their new job."

ENGINE from page 1

it would experience in flight between depot overhaul visits.

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

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

Capt. Scott Rinella, AEDC's project manager for the nearly year-long program, said the program consumed 2.9

million gallons of fuel in order to accomplish the 2001 test hours required to qualify component improvement program hardware.

He said that improvements to the engine are aimed at prolonging its operational life, reducing maintenance time and cost, thereby providing the warfighter with a much-needed resource for their mission.

"Additionally, the completion of testing marks the successful demonstration required to certify and extend the service life of the engine from 4,300 TACs to 6,000 TACs or 40 percent," Capt. Rinella said. "This will eliminate one depot maintenance cycle over the life of each engine carving out substantial life cycle costs when you consider there are more than 350 F100-PW-229 engines in the Air Force inventory."

Lt. Col. James Peavy, director of the Turbine Engine Ground Test Complex, said this test program has been extremely beneficial to the Air Force and those it supports.

"There is immeasurable value to the field from the increased availability of the engines to support the warfighter both in terms of less maintenance and longer life spans," he said. "This testing lets us develop a more robust engine, and gives us a chance to look at the performance of improved parts for fielding later."

Schmidt added, "The F100 is an engine that has been around for many years and this phase of the engine's life

is [part of] the component improvement program. It's continually being improved and upgraded, and this is just part of the evolution of making a good engine better."

From the outset of the test program on this F100 engine, Garry Blaisdell, Pratt and Whitney's (P&W) site manager at AEDC, said the potential financial savings for the U.S. government should be significant.

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

"Growing the depot overhaul limit to 6,000 TACs essentially eliminates one full [programmed depot] maintenance period on all EEP upgraded or newly procured -229 engines before the fleets retirement," Blaisdell said. "The facilities at AEDC enable the U.S. government to safely validate this type of an engine and certify it prior to entering active service."

TDY from page 1

fire exercises or for tactical maneuvers.

- Racing.
- Allowing an unauthorized driver to drive.
- Driving across international boundaries without the permission of the rental agency.
- Losing the vehicle to theft because the keys were left in it.
- Driving off paved roads.

But, what if you go to a location where a vehicle is not available under the DTMO Agreement (some foreign countries or remote areas)?

Damage to the rental vehicle may be covered by Visa, presuming you rented the vehicle on your government travel card.

The government Visa card currently has the same coverage for rental cars as many other credit cards.

To be effective, you must report the damage not later than 45 days after it occurs. The number for Visa, 1-800-VISA-911, is located on the back of your credit card.

If the vehicle isn't rented under the DTMO

Agreement, and Visa coverage doesn't apply, then presuming you're using the vehicle for an official purpose at the time of the accident, the damage to the rental vehicle is paid as a miscellaneous travel expense.

Consequently, if your credit card is charged for the damage, you simply file this amount on your travel voucher and you are paid from your unit's TDY funds.

What about the other party in the accident?

You must report the accident to the rental car company as soon as possible.

You also need to obtain a copy of any accident reports that are completed.

And, if at all possible, contact the nearest Air Force legal office to report the accident.

If you're unable to contact the local legal office, report the accident to the legal office at your duty station when you return.

Should the party with whom you collided send you letters or serve you with the notice of any lawsuit, contact your local

Veterans Day celebration

AEDC Commander Col. Michael Panarisi speaks with a Korean War veteran after the Veterans Day ceremony in Manchester on Nov. 11. The event was held on the square in Manchester. Col. Panarisi was the main speaker for the event. (Photo by Jason Austin)

legal office immediately and provide them with a copy of whatever you received.

As long as you promptly notify the legal office of any lawsuit, and you

were acting in the scope of your employment at the time of the accident, the United States, by law, will be substituted for you if you are sued.

Questions about rental

cars may be directed to the Arnold AFB Office of the Staff Judge Advocate at 454-7814.

[Note: references to the DoD travel regulations are to the Joint Federal Travel

Regulations (JFTR, for military personnel) and the Joint Travel Regulations (JTR, for civilians).]

Information furnished by the AEDC Legal Office.

Exchange offers \$10,000 presidential vacation

Dallas – The Army and Air Force Exchange Service and Sandberg and Sikorski Jewelry are partnering to provide \$10,000 worth of patriotism to one lucky Exchange shopper.

Now through Dec. 24, the Exchange is accepting entries for the opportunity to win a five-day four-night trip to the nation's capitol.

The winner will receive luxurious accommodations, airfare and an arranged tour to visit some of Washington, D.C., and the surrounding area's most famous monuments.

The drawing will take place Jan. 28, 2011. All authorized shoppers, age 18 and older, may enter at their nearest Army or Air Force Exchange.

Firefighters get hands-on training

Donated junkers give department a chance to learn new techniques

By Shawn Jacobs
Aerospace Testing Alliance

The Arnold Engineering Development Center (AEDC) Fire Department is now on the “cutting edge” of vehicle extrication technology.

Firefighters used their rescue equipment, including a new metal-cutting saw, on a variety of vehicles during annual training conducted Nov. 8-10 at LKQ Salvage in Manchester. The Training was significant because it allowed the firefighters to learn and practice new techniques necessary for extrication performed on late-model vehicles.

For instance, new safety systems, air bags and new types of metals and alloys can make extracting an accident victim more difficult, and even dangerous, according to George DeShields, AEDC assistant fire chief for operations.

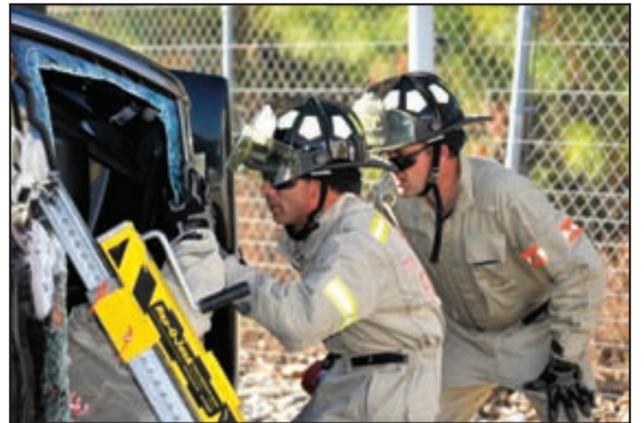
“We’re used to pulling up and taking the doors off a car, cutting the roof off and getting the people out,” he said. “With the new safety systems there are some metals we can’t cut or are very difficult to cut or bend. Because the cylinders that carry the gas that will cause the air bag to open and the location of the air bags, we have to take a different approach about how we get into those vehicles and how we open those up to disentangle the entrapped people.”

In years past, the AEDC Fire Department had to purchase wrecked cars for the training and pay to have them transported to and from base, but DeShields said LKQ was very generous in letting firefighters practice in the salvage yard.

“LKQ donated us as many cars as we could use, different models, shapes, colors and in different configurations – be it just the wheels off it and [otherwise] looking like a brand new vehicle to vehicles that were in real automobile accidents and crashed up,” he said. “They put cars and trucks up on their side for us, where we would have to practice



AEDC firefighters use a variety of their extrication tools during training Nov. 9 at LKQ Salvage in Manchester. Pictured above: Rescue Crew Chief Charlie Armstrong, Assistant Fire Chief Tom Lombard, Firefighter Marvin Greeson and Driver/Operator Lonnie Brown. At left, Crew Chief Richard Gunn. Below, King and Brown. (Photos by Rick Goodfriend)



stabilizing the vehicles and then extracting people from them.”

DeShields provided the instruction in the new techniques, which also saved the department precious funding, according to Jeff Thames, assistant chief of training.

Firefighters were also able to spend more time training than if they had to pay someone to come in and deliver the instruction.

“About two months ago Assistant Chief DeShields had

the opportunity to attend and participate in a ‘Vehicle Extrication in the New Millennium’ class, a new concept class that updates everybody on the new training methods and hazards,” Thames said. “As the AEDC crews rotated through the three-day training at LKQ, DeShields gave every firefighter the benefit of what he had learned and each firefighter received the same type of instruction. With budget restrictions what they are, we

could never have afforded this type of opportunity, so it was very valuable.

“I appreciate the opportunity that LKQ gave us. They’re a very large operation, and they did not have to do this. We were treated very well and, hopefully, we’ll have the same opportunity to go out there once or twice a year.”

DeShields said the AEDC Fire Department is probably better trained in vehicle extrication than ever before.

He said some of the specialized equipment employed in the extrication exercise included the Power Hawk, an electric tool similar to the Jaws of Life, which is more suitable for confined, flammable areas; Res-Q-Jacks to stabilize the cars and the Sawzall for cutting metal.

The new metal-cutting saw is called a Milwaukee Saw, and a tool called a Glass Master was used to take out automobile windows.

AEDC workers pack care packages full for deployed

Success means another round of giving likely

By Patrick Ary
Aerospace Testing Alliance

On Nov. 8, Master Sgt. Andre McDowell and Staff Sgt. James Key set out a box for donations in the Logistics office at AEDC’s A&E Building.

They were hoping to get enough items to fill a printer paper box, which they would use to put together care packages for Air Force personnel who are currently deployed overseas.

But it wasn’t long before they realized they were going to need a bigger box.

And a week later when they

started organizing everything, they weren’t using a box at all.

In fact, donations had taken over a whole desk in an office cubicle and overflowed onto the windowsill and overhead desk cabinets.

“The mountain continues to grow,” Sergeant McDowell laughed as he unloaded two cases of Girl Scout cookies, Frisbees and mugs that were dropped off that morning.

Sergeant McDowell has been deployed several times during his career, including a couple of times to Kuwait. And at those times when he’s been away

from his family and friends, he knows how it feels to get a gift that serves as a reminder that people are thinking of him.

That’s why he decided to put out a box for people to drop off items to send to AEDC personnel who are deployed overseas.

“It’s always nice to get a package, especially from your unit, because you know they’re thinking about you while you’re gone,” Sergeant McDowell said. “We understand the mission goes on. You don’t want to forget the ones that are there.”

Currently, four people from AEDC are deployed: one to Africa, two to Afghanistan and one in training to go to Afghanistan.

“I don’t know those individuals personally,” Sergeant McDowell said, “but they wear the uniform like we do.”

Sergeant McDowell set the box out on Nov. 7. By the next morning, it already was holding toy cars, travel versions of board games and travel soap and shampoo.

By week’s end the box was still sitting out in the same spot, but it was only serving as a way station for the board games, food and books that had flowed into the office. Everything else was piled up in a cubicle.



Air Force Master Sgt. Andre McDowell unloads a box of items on Nov. 15, 2010, to be added to care packages for AEDC personnel deployed overseas. Four Air Force members from the base currently are deployed. (Photo by Patrick Ary)



Air Force personnel from AEDC who are deployed overseas during the holiday season will have a big holiday gift in the mail this year, thanks to donations. (Photo by Patrick Ary)

Sergeant McDowell and a couple of others boxed the items up and shipped them out earlier this week with the goal of getting the packages to their destinations by Thanksgiving—giving their recipients an early holiday present.

“It’s something small, but on the other end it’s a good thing,” he said. “You get a box like this with goodies and games and stuff, and you go through and pick all the goodies and stuff you want out. Then you set it out on a table and watch the troops have at it. It’s like

Christmas.”

After Christmas, more people from AEDC will be leaving the country, Sergeant McDowell said. He believes they will have a lot of items left over from this drive to send to those personnel, but he’s still planning to ask for another round of donations.

And he will keep a cubicle handy, just in case the response is anything like what he received this time.

“I think everyone on base has done a very good job supporting our people,” he said.

AEDC's Civilian Health Promotion Services offers help for Air Force civilians

By Patrick Ary
Aerospace Testing Alliance

There are a number of resources at AEDC that are offered for Air Force civilians who need help for everything ranging from substance abuse to wellness planning.

Included in those resources is the Civilian Health Promotion Services, administered out of the base Health and Fitness Center. Ron Stephenson, the director of the center, says there are several programs and classes for civilians who need direction in getting healthy.

Equipment orientation, smoking cessation, stress management and prevention services for diabetes and other conditions are some of the programs the center provides.

Stephenson says the center also has many more programs and classes than it is required to provide each year. He says an installation the size of

Arnold means having to change up programs frequently to keep people motivated and interested.

"At a base like this you want to gear your programs toward the pulse of the people," he said. "What do they want? You can't just offer one program all the time. Folks will get bored. A key component to long-term success in any exercise program is variety. Mix it up and make it fun."

Currently, the center offers 12 group exercise classes, and people are always asking for more group classes like Boot Camp, which is a conditioning and endurance class.

Stephenson says programs are constantly reviewed, and changes are made based on customers' desires.

Civilians who are looking for help can call to set up an appointment. From there, a baseline is determined to show where

a person is physically, and then a plan is developed to get him or her on the road to a behavioral change that will improve their health.

Stephenson says the primary goals of the center's staff are to assist and motivate people who come to them for help.

"If you can pique their interest enough to get them in here for anything physical, then over a period of time they will learn to enjoy what they're doing more," Stephenson said. "Give me 28 days and I'll give you a positive habit."

Stephenson encourages civilians and others to contact the Health and Fitness Center at 454-6440.

If they are seriously interested in making a change and willing to commit, they should visit the center.

"You can either start your exercise now," he said, "or at 65 when the doctor tells you that you have to."

Worried about keeping off the pounds? These tips should help

By Col. Michael Panarisi
AEDC Commander

Around this time last year, we looked at just how many miles it would take to run off a typical "holiday" meal.

That didn't exactly fill my inbox with "thank you's" so I have a new idea this time around.

I'm sure you've heard of the KISS principle (keep it simple). Here's a "simple" list of ways to keep the pounds off and still enjoy a few goodies this season.

By far the most important is to adapt your routine to the changing weather.

You just can't give up your routine in the face of a little rain or some cold temps.

I'm no fan of running in less-than-comfortable conditions, so I head indoors.

We have treadmills, ellipticals, stair steppers, and spin bikes all at our disposal.

Plus, if you've never taken advantage of one of our instructor-led workouts, this would be a great time to start.

It doesn't really matter how you do it, you just have to stay committed.

Next up: portion control!

You don't have to deprive yourself of all those goodies, you just have to keep the serving size and numbers down.

Just one scoop of mashers, a smaller dose of pumpkin pie, and an oc-

casional cookie instead of the whole batch!

A recent study showed that a test group actually lost weight over the holidays, not by foregoing their favorites, but instead literally using smaller plates. Just can't beat the physics on this one!

Here's a great one: we call it "pre-dinner." Whenever we eat out, we grab a snack right before we leave.

Why? When you don't eat at home, you typically eat a little later, and you have less control over portions, content, preparation methods, etc.

So you start out at a disadvantage, and you're likely to be a little extra hungry too boot.

So the "pre-dinner" lets you arrive without that starving feeling, and if you start the meal with the salad (not the "starters!") you'll be in a much better position to fend off the urge to over eat when the meal finally arrives.

My favorite pre-dinner is a protein shake ... pre-made and down the hatch in a minute or two. Works like a champ.

Finally, a little regimen at lunch can make a big difference.

I call this "simply salad." If you eat a large salad for lunch, you'll get all the benefits of a really healthy meal, plus a little headroom in your calorie budget for all those goodies.

But don't punish your-

self with a lousy iceberg lettuce pile. Get a large salad with lots of ingredients, topped off with a sizeable portion of your favorite lean protein.

My recipe includes baby spinach, cucumbers, broccoli slaw, tomatoes and shredded carrots. I toss in diced chicken breast or salmon, and dress it up with salsa.

A very large one is under 300 calories, or about the calories in two slices of bread. Tons of natural vitamins and nutrients, and plenty of protein to stay with you through the afternoon.

And I make it big enough that there's no way I'm hungry at the end.

I mean a BIG one. A full dinner plate full, not some measly salad bowl. I don't skimp on the protein either ... six to eight ounces, maybe more.

There's really no limit here, there just aren't enough calories there to worry about.

Then you can indulge a little at dinner without busting your calorie limit for the day.

Just a few simple steps, and a little extra time in the gym, and you can hit the new year stronger, lighter, and guilt-free.

You may even find these tricks useful all year, and if so, you can accelerate meeting your goals without depriving yourself of some of life's simple pleasures. Good luck!



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

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

IF YOU NEED HELP WITH...

TRY THESE AGENCIES & THEIR RESOURCES

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

AEDC safety team works to keep drivers safe in winter

By Phillip Lorenz III
Aerospace Testing Alliance

AEDC's Air Force Safety Office, supported by active duty Air Force personnel on base, conducted a free private vehicle check for DoD personnel in the Base Exchange/Commissary parking lot Nov. 9.

The courtesy check was timed to help those on base prepare their vehicles for winter weather, according to Jim Raabe, AEDC's chief of safety.

"This check was not a substitute for any state inspection your vehicle may be required to undergo, nor is it a substitute for the normal duty of diligence and care you have as a vehicle owner or operator," he said. "The intent was to help the vehicle operator conduct checks in preparation of a winter season trip."

Volunteers from AEDC's Support Division, Logistics and Top Three Enlisted Force prepared a checklist, helped operators conduct checks of their own vehicles, pointed out obvious deficiencies and provided winter safety survival tips.

"This winter safety pri-

ate motor vehicle check was a brainchild of AEDC Commander Col. Panarisi," Raabe said. "This limited check covered tire condition, fluid level, wiper serviceability and ensured lights were working and checked for obvious leaks. We also checked battery connections, seat belts and child seats for wear and correct installation, if horns were working, hoses for dry rotting and leaks, belts for wear, current registration and insurance and anything else that was recognized as a possible deficiency."

Raabe emphasized how important proper auto care and maintenance is for all base employees.

"Nothing is more important to an employer and supervisor than the safety and well being of people and their family members," he said. "The loss or injury

of one person due to an unsafe act not only impacts our ability to accomplish the mission, but it also adversely impacts co-workers and family members. The quickly approaching holiday travel season inherently increases personal risk. For these reasons,

we at [AEDC's] Air Force Safety have always had a significant focus on off-duty as well as on-duty safety,"

Donna Spry, AEDC's Maintenance Division program manager, said, "We received an e-mail letting us know there would be vehicle checks in preparation for winter at the BX/Commissary parking lot. I thought they probably wouldn't find anything, but why not let them take a look.

"The inspectors found my battery was loose and the terminals needed cleaning. I take care of the maintenance on all my vehicles to ensure they are in good working order and was surprised of the outcome from this courtesy check."

She applauded the effort and said the check was more thorough than she had anticipated.

"I think this was a great idea for our DoD folks to provide vehicle checks," she said. "Having another set of eyes on what you are so familiar with can lead to unexpected findings that could potentially prevent damage to your vehicle, or even worse, to the driver."



Senior Master Sgt. Curtis Allen, AEDC's senior enlisted leader, and Frank Hayes, an AEDC safety technician, check under the hood of Tech Sgt. Jamie Johnson's vehicle for defective belts, hoses and to look at fluid levels and possible leaks during a check conducted for DoD employees on base Nov. 9. Also on hand was Tech Sgt. Brian Fair, bioenvironmental technician, who checked the wheels for security, tire pressure and the location and serviceability of the tire changing tool. He also provided another set of eyes to look for any other obvious and potentially hazardous conditions. Master Sgt. John McDowell, an AEDC transportation superintendent, holds a clipboard and reviews a checklist with Sergeant Johnson, the NCOIC for AEDC's Precision Measurement Equipment Lab, during the vehicle checks. (Photo provided)

Turbine engine community leader guest speaker at AAPS meeting

By Phillip Lorenz III
Aerospace Testing Alliance

The technical adviser for the Propulsion, Engineering Directorate, Aeronautical Systems Center at Wright-Patterson AFB, Ohio, was the guest speaker at an Arnold Association of Professional Societies (AAPS) lunch and learn event Oct. 20.

Ted Fecke, who is also the chair of the Air Force's Propulsion Engineering Council (PEC), was at AEDC to lead the biannual meeting of that organization. The PEC is an organization chartered to ensure technical excellence by sharing knowledge and developing best practices within the Air Force's testing and evaluation work force in support of weapons systems acquisition.

"Mr. Fecke has been a long-standing supporter of the test and evaluation mission that we carry out, providing advocacy for test capability improvements and guidance on strategic direction for the



Ted Fecke, the technical adviser for the Propulsion, Engineering Directorate, Aeronautical Systems Center at Wright-Patterson AFB, Ohio, was the guest speaker at an Arnold Association of Professional Societies (AAPS) lunch and learn event Oct. 20. (Photo by Rick Goodfriend)

Turbine Engine Ground Test Complex," said Turbine Engine Ground Test Complex Technical Director Dr. Charles Vining, AEDC's representative with the PEC.

AEDC Turbine Engine Ground Test Complex Commander Lt. Col. James Peavy, who also attended

the event, said, "Mr. Fecke is the Technical Lead for the Air Force's Turbine Engine community, so we were very pleased to have him speak at AEDC. His presentation began with the history of jet engines and took us into the challenges of the next 15 - 20 years. Not only did he touch on

the daunting cost and logistics challenges to support the large number of turbine engines that the DoD owns, he also spoke to the resource, fuels, materials and technology issues that will drive future development and utilization."

Colonel Peavy emphasized that the challenge at AEDC "is to try to understand the impact of all these factors and to develop and fund a strategy to have the capability to address these current and future needs."

He added, "For me, focus of the message that Mr. Fecke laid out is to look at how far we've come in the capability of such a complex piece of machinery [turbine jet engines] in just 60 years, and how pervasive these are in our military force structure. But at the same time, Mr. Fecke made it clear how much research and development AEDC still needs to do to make that technology more affordable to build, operate, and maintain in order to continue to take advantage of that capability."

Air Force officials using report findings to stop violence

By Lt. Col. Karen Platt
Secretary of the AF PA

The Air Force Follow-On-Review, Protecting the Force: Lessons from Fort Hood released Nov. 9, concluded that Airmen at all levels are key to preventing future tragedies like the one at Fort Hood, Texas.

The tragic shooting of U.S. military personnel at Fort Hood in November 2009 underscored the need for the Department of Defense (DoD) to review its approach to force protection and broaden its force protection policies, programs, and procedures beyond traditional external threats.

Following the release of the DoD independent report in January 2010, the Secretary of Defense directed his staff and each of the military services to conduct follow-on reviews to ensure the Department maintains an enduring focus on eliminating the gaps and deficiencies in Protecting the Force.

Air Force Secretary Michael Donley appointed General Stephen Lorenz, commander, Air Education and Training Command, to chair the Air Force's follow-on review.

The results of the Air Force follow-on review are based on inputs from more than 2,000 Total Force commanders and civilian directors who provided their insights into practices related to information sharing, training, recognition of internal threats, force protection, mass casualty response, and incident recovery.

"Our review expanded its focus beyond traditional force protection measures by addressing a broader range of violent physical threats and the potential precursors or indicators of violence," said General Lorenz.

Air Force officials are addressing three fundamental force protection

shortfalls identified in the DoD independent review, including no commonly accepted list of indicators related to internal threats, no centralized process outside of the medical field for assessing an individual's potential for violence, and a lack of effective means for sharing information among those who should be aware of potential violence indicators to enable appropriate action.

Routine information sharing among pertinent organizations and individuals is paramount for effective force protection; however, current policies and processes are not sufficient for identifying or acting on potential internal threats.

"We specifically recommended establishing an installation-level forum to assist unit leaders and facilitate information sharing and effective support for our personnel," said General Lorenz.

The proposed forum, called the Status of Health and Airmen Resiliency Exchange (SHARE) program will offer commanders an opportunity to discuss potential at-risk members and seek assistance and feedback.

It also will foster sharing of information between commanders and other support professionals outside of the SHARE forum to more effectively address concerns.

"Accessible leadership is the most critical element of preventing workplace violence. As Wingmen, Air Force members can help guide troubled or potentially violent individuals toward the care they need," said General Lorenz. "Our overall goal is to move toward an institutional emphasis on preventing violence through trained and vigilant Wingmen."

The report added, "Unit leaders must instill confidence that they are en-

ATK tours AEDC



Representatives from aerospace and defense company ATK visited AEDC Nov. 10. ATK will be the contractor for constructing the STAT/Spiral 1 or 2 (Space Threat Assessment Testbed) in the space test area. Pictured from left at the Mark I Space Chamber are ATK Vice President of Military Systems Donald Hairston, Air Force Public Affairs Acting Director Jason Austin, ATK's Gerald Robinson, Operation Manager Daves Perkes and Optics Business Unit Lead Dave Higham.

Deployed servicemembers can read their children a bedtime story

By TSgt. Scott P. Farley
512th Airlift Wing Public Affairs

United Through Reading offers parents the chance to read to their children every day, an opportunity many servicemembers haven't had in the past.

The reading is recorded onto a DVD and sent with a copy of the book to the servicemember's child.

"United Through Reading's partnership with the USO has led to a program that encourages children to read, but also encourages a family to read together," said Joe Danner, a USO Delaware volunteer and coordinator of the local United Through Reading program. "This program is available to any deployed or deploying troops."

Deployed servicemembers can go to more than 60 USO locations, or 200 other Department of Defense sites, to record themselves reading a book to their children.

USO officials encourage servicemembers to be animated and personalize the book as much as possible.

"It's very simple," Danner said. "We have a small camera that records right to a DVD. We try to give the (servicemembers) some privacy and let them read. No one else sees the DVD but you and your family."

Deployed servicemembers are not limited to just one book on one occasion.

According to Danner, servicemembers can read a book for each of their children, and participate at as many locations as they like.

Tech. Sgt. David Acev-



Tech. Sgt. David Aceveda reads a children's book in front of a video camera Sept. 24, 2010, inside the USO Community Center on Dover AFB, Del., as part of the United Through Reading program. While Sergeant Aceveda is deployed, the pre-recorded DVD and book will be sent to his children. Sergeant Aceveda is a member of the 744th Communications Squadron at Joint Base Andrews Naval Air Facility, Md. (U.S. Air Force photo/Tech. Sgt. Scott Farley)

eda, a 744th Communications Squadron member at Joint Base Andrews Naval Air Facility, Md., read books to his children Sept. 24, before deploying in October.

"This is wonderful for anybody who has a child and is going to be gone for a while," Sergeant Aceveda said. "This means a lot to me, because this will really help them remember who Daddy is."

Sergeant Aceveda, whose two youngest children are both under two years old, said he wasn't nervous with the video camera and had done some-

thing similar in the past but had recently heard of this USO reading program during his pre-deployment briefings.

He added his older children, who were toddlers when he deployed to Kuwait in 2000, were able to speak to him on the phone, but it wasn't the same as being able to see him in the video.

"They didn't correlate my voice to my face," Sergeant Aceveda said. "That's why a DVD is especially important for kids, because they can watch Mom or Dad as many times as they want."

Air Force officials select preferred alternative base for Globemaster

WASHINGTON (AFNS) - Air Force officials announced their preferred basing decision for eight C-17 Globemaster IIIs Nov. 16.

The preferred base, approved by the secretary and chief of staff of the Air Force, is Stewart Air National Guard Base, N.Y.

Along with the C-17 basing action, 12 C-5 Galaxies assigned to Stewart ANGB will be retired.

"The Air Force has completed its initial analysis of a full range of alter-

natives and determined that basing the C-17 at Stewart is the preferred alternative," said Kathleen Ferguson, the Air Force deputy assistant secretary for installations.

"This is not a final basing decision," Ferguson said. "It is the alternative we believe will fulfill our mission responsibilities while considering economic, environmental, and technical factors."

Once the environmental impact analysis process is complete, a final decision will be made.



A C-17 Globemaster III approaches a KC-135 Stratotanker Sept. 18, 2010, over the Pacific Ocean during a Total Force partnership mission. Air Force officials announced Stewart Air National Guard Base as their preferred base for eight C-17 Globemaster IIIs Nov. 16, 2010. (Photo by Staff Sgt. Mike Meares)

Flight Test Squadron hits testing milestone with unique aircraft



A highly modified Air Force C-12J with an inert Laser Maverick on the belly of its fuselage is flying after a testing mission Aug. 26, 2010. The Laser Maverick is an air-to-ground missile that can seek out laser-designated targets. This is the first time the 586th Flight Test Squadron at Holloman Air Force Base, N.M., has tested external stores on the modified C-12J, which is normally a "people mover." (Photo by Airman 1st Class Joshua Turner)

Holloman AFB, N.M. (AFNS) - The 586th Flight Test Squadron, part of Air Force Materiel Command's 46th Test Group, recently hit an aviation milestone when members of the unit completed flight testing of an inert missile, the LTGM-65 Laser Maverick, currently under development by Raytheon Missile Systems.

Air Force testers have flown many variants of the air-to-ground missile throughout the years, but the significance of this testing was the aircraft used to carry it: an Air Force C-12J.

Normally a "people mover," this C-12, nicknamed "Ms. Mable," is an Air Force version of a Beech 1900C airliner that has been highly modified to support agile, low-cost testing of advanced avionics and weapons.

Perhaps the most unusual modification is the addition of two pylons and bomb racks that enable the aircraft to carry test items, like the Laser Maverick, on the belly of its fuselage.

"This is a really unique test capability ... because you usually don't find missiles underneath a transport aircraft," said Capt. Reid Larson, chief flight test engineer with the 586th FLTS. He also noted that the aircraft does not launch the missiles; it only carries them into the air for testing purposes.

"(This capability) provides a much-needed low-cost, long-loiter capability for weapons and avionics development," added Lt. Col. Monte Cannon, the 586th FLTS commander.

Captain Larson explained that the concept of placing bomb racks on the aircraft was born about three years ago when the need was identified for testing external stores at slower speeds and at significantly

lower cost than testing on a typical fighter aircraft.

"There is a real need for an inexpensive way to conduct risk-reduction flight testing," he said. "Testing early in the development helps work out the major bugs in a new weapon or system before loading it on a fighter that costs much more to operate."

According to Colonel Cannon, the C-12 is cheaper to operate per flight hour largely because it consumes significantly less fuel than an F-15 Eagle or F-16 Fighting Falcon, for example.

"There is obviously a tradeoff here," he said. "We can't go nearly as fast as a fighter, but that's fine in the early stages of testing."

He explained that once the test item has proven itself during this early testing, it gets flown on the aircraft from which it will be employed.

"A team of experienced pilots and engineers across the 46th Test Group initially began a study to assess the feasibility of attaching bomb racks to the C-12J," said Captain Larson. "The team determined that it was not only something that we could do, but also should do. It made sense from a technical perspective and from a cost-savings perspective."

What followed was a two-year design and modification effort, followed by a year-long test program to verify that the addition of the bomb racks did not affect the behavior of the airplane during flight.

The recently-completed Laser Maverick testing marks the first time this new capability has been used. The program aimed to show that this variant of the Maverick could successfully track a fast moving target illuminated by a laser.

"The need to strike mobile targets was identified as an urgent need for current operations in theater," said 2nd Lt. Rob Erickson, lead flight test engineer for the program. "By any measure, this was an enormously successful demonstration. It was truly a team effort with outstanding support from the (people at) White Sands Missile Range as well as numerous members (from) Holloman."

Operators from one of Holloman's remotely piloted aircraft flying training units also assisted in the testing.

"We were especially excited to work with members of 6th Reconnaissance Squadron who operated an MQ-1 Predator to laser designate the simulated target as part of the testing," said Colonel Cannon.

Eric Peterson, Laser Maverick lead engineer with Raytheon, explained that upgrades to guidance and control software, which help get the missile to its intended target, will make up the next generation Laser Maverick.

"This was an important milestone for us," Mr. Pe-

terson said. "The 586th team here was really focused on the outcome and made sure that we got a realistic test of the missile."

He added that this test is an important risk-reduction milestone before full development and operational tests commence later this year.

According to Captain Larson, the squadron doesn't have long to savor this success. There are plans in the works to certify several other technologies for flight on Ms. Mable.

"We're looking to eventually test targeting pods, such as LITENING and SNIPER, that would allow us to zoom in on, track and even laser designate targets just like many of our fighters can," he said.

Each of these technologies will provide a key capability to support the squadron's test customers.

"In the end, this is about providing world class testing that helps cost-effectively verify new combat capability," Colonel Cannon said. "Our aim is to help get things right before the weapon or system gets to the fight."

VIOLENCE *from page 12*

gaged and accessible to their people. Creating more effective and resilient communities, capable of preventing violence from internal and external threats, is essential to meeting the complex and evolving force protection challenge leaders face today."

"The 151 recommendations identified in the report are intended to strengthen the Air Force community through processes that better care for our people, prevent violence, and ultimately protect the force from both internal and external threats," said General Lorenz.

Gift cards ensure no service member is left behind for holidays

Dallas - A favorite time of year for thousands of military members serving overseas is just around the corner. While the holiday season and the gifts that accompany them always bring a sense of joy, time is running out for those considering sending mail to troops in Afghanistan and Iraq.

According to the Military Postal Service Agency, "space-available" mail should be postmarked no later than Nov. 26; parcel airlift mail, Dec. 3; priority and first-class mail, letters and cards, Dec. 10; and express mail military service, Dec. 18.

Regardless of the date sent, the Army & Air Force Exchange Service offers fast, easy and convenient gift cards that anyone can include in a package or even have sent directly to loved ones serving overseas.

Exchange gift cards can be used at stores, ranging in size from 900 to 24,000 sq. ft., that have all the candy bars, protein shakes and magazines a service member could desire. The Exchange has also partnered with food

vendors such as Subway, Burger King and Pizza Hut to ensure troops get a taste of home.

"From milkshakes to sneakers, just about anything you would think of putting in a care package is already on the ground and in these stores," said the Exchange's Chief of Staff Col. Virgil Williams.

The Exchange's infrastructure makes the gift cards both convenient for those looking to send support and the deployed troops who receive it. The Exchange uses partnerships with several organizations to take the confusion out of gift giving.

"Exchange gift cards are a great way to ensure Soldiers, Sailors, Airmen and Marines are able to get what they want at any of 81 stores and more than 200 food vendors in contingency locations including Afghanistan and Iraq," said Williams.

Friends, family, and even civic groups can send Exchange gift cards ranging from \$10 to \$500 by calling 800-527-2345 or logging on to <https://shop.aafes.com/gcs/default.aspx>.

Arnold Golf Course
454-7076

Merchandise Sale the entire month of December. Do your Christmas shopping at Arnold Golf Course with special discounts ranging from 5 to 30 percent off. Pick out your merchandise then come to the counter and roll a die to determine your discount. You must pay for the merchandise immediately after rolling. Roll a 1 for 5 percent off, 2 for 10 percent off, 3 for 15, 4 for 20, 5 for 25 or 6 for 30 percent off. No double discounts and Members First Plus discount does not apply in conjunction with this offer.

Mulligan's Coffee Bar and Grill now open. An expanded breakfast and lunch menu as well as a great selection of popular beverages are in store for customers with the reopening of Mulligan's Coffee Bar and Grill. Hours are 6:30 a.m. to 2 p.m. Monday - Friday and 7 a.m. to 2 p.m. on Saturday and Sunday. A new feature is the addition of the "We Proudly Brew" coffee bar featuring Starbucks beverages including hot and iced coffee, lattes, macchiatos, frappuccinos, espressos, hot chocolate and a variety of teas. A convenient "to go" parking area has been created right outside the Mulligan's side door. A punch card program offers \$2 off any purchase after getting five punches (given with any purchase). The newest addition to Mulligan's is the installation of WiFi.

Arnold Lakeside Center
454-3350

The Arnold Lakeside Center is hosting a **Thanksgiving Day Lunch Buffet** Nov. 25 from 10:30 a.m. to 1 p.m. with seatings every thirty minutes. Cost is \$17.95 for members, \$19.95 for non members, \$9.95 for children under twelve and free for age three and under. The menu will include turkey, ham, carved prime rib, bread stuffing, green beans, fried okra, macaroni and cheese, yellow corn, mashed potatoes with gravy, yams, pasta salad, rolls, assorted cakes and pies. Reservations are required for this event and may be made by calling 454-3350.

Be a part of **Football Frenzy** at ALC and win prizes. Watch Sunday NFL games and Saturday college games every week. Thursday games will also be shown 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 playoffs begin in Jan. There will be no games shown on Dec. 5, 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. Each winner will receive two airline tickets, hotel accommodations, rental car and two game tickets. A bonus drawing will be held for ten 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 giveaways. 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. December specials and contests are listed. Watch for more details or call 454-3350. The ALC will be closed Dec. 22-30 and Jan. 1-3.

December contests and food specials are as follows:

Dec. 2: Chicken Quesadillas \$4.99 member, \$5.99 non member
Halftime Yard Prediction – whoever predicts total yardage for the Titans vs. Jaguars game without going over wins

Dec. 4: Philly Cheesesteak and Fries \$5.50 member, \$6.50 non member
College Football Trivia – most correct answers wins (no cell phones allowed during contest)

Dec. 5: No Football Frenzy due to Children's Christmas Party

Dec. 9: Chili and Crackers \$3.99 member, \$4.99 non member

Touchdown is a "bad word" – get a sticker upon entering, if you hear the word "touchdown" you get to take that person's sticker; most stickers at the end wins.

See Briefs, page H3

Paintball, The Extreme Team Sport Its popularity is growing and for good reason.

By Preston Martin
704th Services

Running through the woods diving, ducking and dodging pellets may seem dangerous to most people but not to the skilled paintballer.

Paintballers need to acquire athleticism, marksmanship, teamwork and concealment skills to be successful. Hearing the paintballs whiz past your head gives even the most experienced players a newfound shot of adrenaline.

To participate in the sport you'll need to obtain a marker, compressed air, paintballs and safety equipment. How did paintball get started? It began in 1981 in Henniker, N.H. Twelve players participated in the first game.

They used pistols which held 10 shots and used a 12-gram CO2 tank to propel the paint through the air.

The group played capture the flag, a game in which each team has a flag at their base. When the game starts you have to make it to the other team's base, steal the flag, and bring it back to your base without getting shot.

Growth of the sport has been extremely fast. According to MomsTeam.com, the premier online youth sports information gateway, paintball is currently ranked third in extreme sports with 9,640,000 participants across the U.S.

Players need to be athletic to be successful in the sport. Working at Arnold Air Force Base with Services Outdoor Recreation, I am responsible for hosting our monthly paintball event.

Being the referee allows me to see how the game is played. Over the past two years of watching and participating in the sport, I can assure you that nine times out of 10 the last people to walk off the field are the ones who are athletic.

In addition, marksmanship is a necessity when it comes to paintball. Players have to be able to shoot around objects and while running. The best paintballers can successfully run through the woods with their marker raised shooting targets and never trip over a stump or limb.

"I find that paintball is a very good team-building activity because you have to work with complete strangers to achieve success," explains Edward Friz, a Marketing instructor at Middle Tennessee State University and avid paintballer.

Working together plays a major role in paintball. One person could be an amazing player, but if he or she doesn't have teammates to help there is no reason for them to be on the field.



At Arnold we play a game called rabbit, which is like hide and seek.

When Friz was asked about his experiences with teamwork he started to laugh and remembered one experience as a guest at Arnold Air Force Base. "It was my second time playing and I and four or five other guys were trying to corner an opposing player. I kept trying to get my teammates to flank him so he couldn't escape, but they did not know what flanking meant ... eventually we got on the same page and took out the player," he exclaims.

When playing in the woods paintballers have to be like ghosts running through the forest. Some players wear camouflage and some go all out and put on a ghillie suit, a 3D suit with strips of twine or fabric to add more concealment, to blend in better with their surroundings. "There are no straight lines in nature, so we have to learn how to blend in so we do not stick out like a sore thumb," Friz says.

Here at Arnold, players are required to wear long pants, a long-sleeved shirt and closed toe shoes. Paintballs fly at 300 feet per second and can leave a bruise the size of a silver dollar. A young man who came out and played one warm spring day ended the day with three whelps on his back in a perfect triangle.

We commented on his bruises and I didn't think anything else about it until I went on the lake a few days later. I knew the young man looked familiar in the face, but could not remember where I had met him, then he turned around and the triangle stood out like a sore thumb. I immediately remembered his experience and his temporary souvenir from being a paintball target.

Other supplies needed are a mask, marker, compressed air and paintballs. If you don't have equipment we can supply you with a marker, mask, compressed air and 500 paintballs for \$20 with lunch included.

However, some experienced players bring their own equipment. They pay just

a \$10 field fee.

"I've got approximately seven paintball markers at my house," says Jeremy Mills, son of ATA's Mike Mills and who is on the collegiate paintball team at MTSU, adding, "Like any other sport, paintball can get expensive, if you want to spend the money."

What are the rules and games of paintball?

- *Players participate until they or their equipment are hit directly by a paintball.* If the paint does not bust then you are not out. If you are unsure whether it was a direct hit you can call the ref over for a paint check.

- *Keep safety equipment on at all times.* If you are playing and decide to take your mask off there's a chance you could get hit in the eye, and it could easily put your eye out.

- *Do not touch the players on the other team.* This sport is contact free, which means no fighting.

See Paintball, page H3

ALC's New Year's Eve Casino Night

Arnold Lakeside Center will ring in the new year with a Casino Night on New Year's Eve, Dec. 31, beginning at 6 p.m. for ages 18 and older.

A dinner buffet will be served from 6-9 p.m. and includes Spring Mix Salad, Stuffed Chicken Breast, Baked Cod, Carved Prime Rib, Steamed Asparagus, Broccoli, Scalloped Potatoes, Mashed Potatoes with gravy, desserts and more.

Gaming will be from 7-10 p.m. and includes craps, roulette, blackjack and wheel of fortune. Participants are given play money to try their hand at these games to increase their dollars which will then be used at a prize auction beginning at 10:15 p.m.

As midnight nears, watch the New York City ball drop countdown on the big screen and raise a champagne toast. Immediately following there will be a breakfast buffet served until 1 a.m.

Reservations are required for the buffets by Dec. 21. Cost is all inclusive for both buffets, champagne and party favors at \$30.95 for members and \$35.95 for non members. Call 454-3350 for reservations or more information.



Children's Christmas Party returns Dec. 5

The annual Children's Christmas Party will be held from 1-5 p.m. Dec. 5 at the Arnold Lakeside Center (ALC) for ages 12 and under.

This event is free and open to all AEDC employees (active duty military, civil service, contractors), National Guard, Reserves, retirees and their immediate families.

The annual Tree Lighting Ceremony will be held in conjunction with this event and will begin when Santa arrives to help flip the switch.

Santa is scheduled to arrive at 2 p.m. by antique fire engine along with some of his friends. Santa and Mrs. Claus along with their elves will be in the Winter Wonderland tent to visit with the children immediately following the tree lighting ceremony.

Some of Santa's elves will also be in the Winter Wonderland tent to give out goodies to children age 12 and under. It is important to sign up by Dec. 2 so the elves bring enough.

There will be inflatable jump houses, Shriner's Tin Lizzie show, petting zoo (2-4 p.m.), Dolly Parton's Imagination Library, face painting, letter writing to Santa, 4-H crafts such as card making and more.

A canned food drive will also be held so please remember to bring a contribution. Drop off for all canned food donations will be at the front entry of the ALC.

In addition to the various activities hot dogs, hamburgers, chips, kettle corn, cotton candy and drinks will be available.

Santa and Mrs. Claus will have a number of special guests again this year. You may see Buddy the Elf, Frosty the Snow-

man or Rudolph just to name a few.

A special Santa Hotline, 454-SNTA (7682), has been setup for children to leave a message for Santa. This number may also be used by parents to register children for the event. Simply press 1 to leave a message or 2 to sign up. Be sure to specify how many children and how many adults will be attending.

For event parking the ALC and Wingo Inn parking lot is being reserved for lodging guests and those with special needs. All others are asked to park at the Gossick Leadership Center (GLC). Buses will be used to transport to the ALC. Shuttles will begin running at 12:50 p.m.

We thank you in advance for being considerate of those in need. Security will be assisting to ensure successful traffic flow and limited delays of party attendees.



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

Services information written and provided by Tanya Heggard

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

Services Division Phone Numbers

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

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

Family Child Care – 454-3277
 Family Member/Youth Programs – 454-3277
 Human Resources – 454-5481
 Marketing & Sponsorship – 454-3128
 Barber Shop – 454-6987
 Wingo Inn – 454-3051
 Golf Course (GC) – 455-5870 or 454-7076
 Gossick Leadership Center – 454-4003

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December merchandise sale at Arnold Golf Course. Save 5-30% off!</p> <p>Bridal Fair coming to ALC January 22. Open to the public. 1-5 p.m.</p> 			<p>1</p> <p>FC Body Pump Boot Camp 6 a.m. ALC Hap's Pizza, 11 a.m. – 1 p.m., also available Chef Salad or Surprise Special, call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>2</p> <p>FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Inception" PG-13 dinner 5-8 p.m. movie 6 p.m. ALC Football Frenzy, 5-9 p.m., Special: Chicken Quesadillas \$4.99 member, \$5.99 non; Contest: Halftime Yard Prediction; members enter to win grand prizes</p>	<p>3</p> <p>ODR Christmas Card Lane entries due by 10 a.m. FC Piloga 11 a.m. ALC Bacon-wrapped Stuffed Chicken Breast, \$10.95 member, \$11.95 non member 4-9 p.m. ALC First Friday Jam Night, 6-10 p.m. FamY Movie Night, 5-7 p.m., age 9 and up, free popcorn, 454-3277</p>	<p>4</p> <p>ALC Football Frenzy, 11:30 a.m. – 10 p.m., Special: Philly Cheesesteak and Fries \$5.50 member, \$6.50 non; Contest: College Football Trivia; members enter to win grand prizes ALC Seafood Platter, \$13.95 members, \$14.95 non members, 5-9 p.m.</p>
<p>5</p> <p>ALC/FamY Children's Christmas Party, ages 12 and under and immediate families, 1-5 p.m., gifts, inflatables, crafts, food, and more; park at GLC for shuttle to ALC; call Santa Hotline to leave message for Santa or transfer to register. 454-SNTA</p>	<p>6</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>7</p> <p>ALC AEDC Woman's Club luncheon meeting 9:30 a.m. FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FamY Piano Lessons, 4 & 4:30 p.m., \$60 for four ½ hour sessions and instruction book, all ages, sign up by Nov. 29, 454-3277 FC Zumba 4:15 p.m.</p>	<p>8</p> <p>FC Body Pump Boot Camp 6 a.m. ALC Book Fair, A&E Rm A123, 9:30 a.m. – 3 p.m., save up to 70% off ALC Hap's Pizza, 11 a.m. – 1 p.m., also available Chef Salad or Surprise Special, call ahead 454-5555 FC Pilates 11 a.m. FC Bench Press Competition, 4 p.m., 1st place prize in men's and women's, sign up 454-6440</p>	<p>9</p> <p>FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Nanny McPhee Returns" PG dinner 5-8 p.m. movie 6 p.m. ALC Football Frenzy, 5 – 9 p.m., Special: Chili and Crackers \$3.99 member, \$4.99 non member; Contest: Touchdown is a "bad word"; members enter to win grand prizes</p>	<p>10</p> <p>FC Piloga 11 a.m. ALC Lynchburg Ribeye, \$13.95 for members, \$14.95 for non members, 4-9 p.m. ALC Second Friday Karaoke, 6-8 p.m. family time, 8-10 p.m. adult time, 25 cent wings and ½ price pizzas for members only 7-9 p.m.</p>	<p>11</p> <p>ODR Paintball, 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 ODR How to "Utilize Your Backpack for a hike" class 10-11:30 a.m. Ages 12+, sign up by Dec. 8, 454-6084. ALC Grilled Red Snapper or Tilapia, \$11.95 members, \$12.95 nonmembers, 5-9 p.m.</p>
<p>12</p> <p>ALC Football Frenzy, 11:30 a.m. – 8 p.m., Special: Supreme Nachos \$4 members, \$5 non members; Contest: Pin the Football on 50 yard line; members enter to win grand prizes</p>	<p>13</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>14</p> <p>FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>15</p> <p>FC Body Pump Boot Camp 6 a.m. ALC Hap's Pizza, 11 a.m. – 1 p.m., also available Chef Salad or Surprise Special, call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>16</p> <p>FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Dinner for Schmucks" PG-13 dinner 5-8 p.m. movie 6 p.m. ALC Football Frenzy, 5 – 9 p.m., Special: Chicken Strips and fries \$4.99 member, \$5.99 non; Contest: Most Team Spirit; members enter to win grand prizes</p>	<p>17</p> <p>FC Piloga 11 a.m. ALC Ahi Tuna with Raspberry Sauce, \$13.95 members, \$14.95 non members, 4-9 p.m.</p>	<p>18</p> <p>ODR Old Stone Fort Hike, 1-5 p.m., ages 12+, sign up by Dec. 16, 454-6084 ALC Farfalle Parmesan Pesto Guazetto, \$9.95 members, \$10.95 non members, 5-9 p.m.</p>
<p>19</p> <p>ALC Football Frenzy, 11:30 a.m. – 8 p.m., Special: Burger and fries \$5.50 member, \$6.50 non; Contest: Football Trivia; members enter to win grand prizes</p>	<p>20</p> <p>FC open 5 a.m. – 6 p.m. FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>21</p> <p>FC open 5 a.m. – 6 p.m. FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>22</p> <p>ALC Closed through Dec. 30 FC open 5 a.m. – 6 p.m. FC Body Pump Boot Camp 6 a.m. FC Pilates 11 a.m.</p>	<p>23</p> <p>ALC Closed FC open 8 a.m. – 4 p.m.; no classes</p>	<p>24</p> <p>ALC Closed FC open 8 a.m. – 4 p.m.; no classes</p>	<p>25</p> <p>All activities Closed Happy Holidays</p> 
<p>26</p> <p>ALC Closed FC open regular hours 12-5 p.m.</p>	<p>27</p> <p>ALC Closed FC open 5 a.m. – 6 p.m.; no classes</p>	<p>28</p> <p>ALC Closed FC open 5 a.m. – 6 p.m.; no classes</p>	<p>29</p> <p>ALC Closed FC open 5 a.m. – 6 p.m.; no classes</p>	<p>30</p> <p>ALC Closed FC open 5 a.m. – 6 p.m.; no classes</p>	<p>31</p> <p>FC open 10 a.m. – 4 p.m.; no classes ALC ALC New Year's Eve Casino Night, ages 18+, 6 p.m. – 1 a.m., dinner & breakfast buffets, gaming 7-10 p.m., prize auction 10:15 p.m., midnight champagne toast and party favors – all inclusive \$30.95 members, \$35.95 non members, reservations required for buffets, 454-3350</p>	

Hours of operation

Arnold Lakeside Center – Special function luncheons available. Call 454-3350 for arrangements. Catering/Management offices Tuesday-Friday 10 a.m.-3 p.m.; Lunch: limited menu Wednesdays, 11 a.m. – 1 p.m., call 454-5555 to place orders; Dinner: Arnold Express Menu or Hap's Pizza only Thursday 5-8 p.m., dinner or Arnold Express Menus and Hap's Pizza Friday 4-9 p.m. and Saturday 5-9 p.m.; Main Bar Thursday 5-8 p.m., Friday 3:30-10 p.m. and Saturday 5-10 p.m.; Social Hour Friday 4-6 p.m., Movie Night Thursday 6 p.m. **No movie Nov. 25 – moved to Nov. 26 in conjunction with Membership Night; Closed Dec. 22-30 and Jan. 1-3**
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. **Closed Nov. 25; Open 10 a.m. – 4 p.m. Dec. 24; Closed Dec. 25; Open 10 a.m. – 4 p.m. Dec. 31 and Jan. 1**
Outdoor Rec – Main Office, Check In and Auto Shop Tuesday through Saturday 10 a.m. – 5 p.m., Marina by appointment only. **Closed Nov. 25; Open 10 a.m. – 1:30 p.m. Dec. 24; Closed Dec. 25 & 31; Open 10 a.m. – 4 p.m. Jan. 1**
Fitness Center – Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m.-4 p.m.; Sunday 12-5 p.m. **Closed Nov. 25; Open 8 a.m. – 4 p.m. Nov. 26 (no classes); Open 5 a.m. – 6 p.m. Dec. 20-22; Open 8 a.m. – 4 p.m. Dec. 23 & 24 (no classes); Closed Dec. 25; Open 5 a.m. – 6 p.m. Dec. 27-30 (no classes); Open 10 a.m. – 4 p.m. Dec. 31 & Jan. 1 (no classes).**
Arnold Golf Course – Pro Shop 8 a.m. – 5:30 p.m., Driving Range open 24 hours with prepurchased key card. Mulligan's Grill: 6:30 a.m. – 2 p.m. Monday through Friday, 7 a.m. – 2 p.m. Saturday and Sunday. **Closed Nov. 25, Dec. 25 and Jan. 1. Pro Shop will close 3 p.m. Dec. 24.**
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. **Closed Nov. 25 & 26, Dec. 23-Jan. 9.**

Book Fair returns Dec. 8



Services welcomes back Books Are Fun for a book fair from 9:30 a.m. – 3 p.m. Dec. 8 in the A&E Building's Arnold Room, room A123. Discounted selections include paperbacks, best sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to 70 percent off retail prices and find some great items for Christmas gifts.

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 October 2010 totaled \$6,161.88.

Briefs from H1

Dec. 12: Supreme Nachos \$4 members, \$5 non members Pin the Football on 50 yard line – while blindfolded, see who can get closest to the center

Dec. 16: Chicken Strips and Fries \$4.99 member, \$5.99 non member Most Team Spirit – come decked out in team colors to win

Dec. 19: Burger and fries \$5.50 member, \$6.50 non member Football Trivia - most correct answers wins (no cell phones allowed during contest)

Sign up now for three months of free club membership and also receive two free tickets to a Nashville Predators game. All personnel who join any Air Force club between now and Dec. 31 will automatically receive three months free dues, a free cash back rewards program, two free lunches at their club and two free tickets to a Nashville Predators hockey game. 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!

The ALC will be closed Dec. 22-30 and Jan. 1-3.

Second Friday Karaoke will be Dec. 10 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 Lynchburg Ribeye for \$13.95 members and \$14.95 non members served 4-9 p.m. Call ahead for dinner reservations at 454-3350.

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. The ALC will be closed Dec. 22 and 29.

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 December is: **Dec. 2** – “Inception,” rated PG-13 starring Leonardo DiCaprio. Dom Cobb is a skilled thief, stealing valuable secrets from deep within the subconscious during the dream state. Instead of the perfect heist, Cobb and his team have to pull off the reverse: plant an idea. If they succeed, it could be the perfect crime. **Dec. 9** – “Nanny McPhee Returns,” rated PG starring Emma Thompson and Ralph Fiennes. Nanny McPhee arrives to help a harried young mother who is trying to run the family farm while her husband is away at war. She uses her magic to teach the woman's children and their two spoiled cousins five new lessons. **Dec. 16** – “Dinner for Schmucks,” rated PG-13 starring Steve Carell and Paul Rudd. Tim is a rising executive who “succeeds” in finding the perfect guest, IRS employee Barry, for his boss's monthly event, a so-called “dinner for idiots,” which offers certain advantages to the exec who shows up with the biggest buffet. The ALC will be closed Dec. 23 and 30.

Friday night dining room specials available from 4-9 p.m. Dec. 3: Bacon-wrapped Stuffed Chicken Breast, \$10.95 members, \$11.95 non members. First Friday Jam is 6-10 p.m. **Dec. 10:** Lynchburg Ribeye, \$13.95 for members, \$14.95 for non members. Second Friday Karaoke 6-10 p.m. Member's Special: .25 cent wings and ½ priced pizzas 7-9 p.m. **Dec. 17:** Ahi Tuna with Raspberry Sauce, \$13.95 members, \$14.95 non members. **Dec. 31:** New Year's Eve Casino Night – 6 p.m. to 1 a.m. for ages 18 and up. Dinner buffet will include Spring Mix Salad, Stuffed Chicken Breast, Baked Cod, Carved Prime Rib, Steamed Asparagus, Broccoli, Scalloped Potatoes, Mashed Potatoes with gravy, desserts and more. Gaming will be from 7-10 p.m. and includes craps, roulette, blackjack and wheel of fortune. Participants are given play money to try their hand at these games to increase their dollars which will then be used at a prize auction beginning at

10:15 p.m. As midnight nears, watch the New York City ball drop countdown on the big screen and raise a champagne toast. Immediately following there will be a breakfast buffet served until 1 a.m. Reservations are required for the buffets by Dec. 21. Cost is all inclusive for both buffets, champagne and party favors at \$30.95 for members and \$35.95 for non members. Call 454-3350 for reservations or more information. The ALC will be closed Dec. 24.

Saturday availability and specials: **Dec. 4:** Seafood Platter, \$13.95 members, \$14.95 non members. **Dec. 11:** Closed for special function; Pizza and to go orders only. **Dec. 18:** Farfalle Parmesan Pesto Guazetto, \$9.95 members, \$10.95 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. The ALC will be closed Dec. 25 and Jan. 1.

Arnold Lakeside Center will open to the public on January 22 to host the **Second Annual Bridal Fair**. The event will be from 1-5 p.m. with multiple vendors expected. The ALC staff will be available for menu planning and event booking for eligible patrons. Those who book an event will receive a complimentary Air Force Catering Wedding Planner (while supplies last). A deli buffet will be served for \$6.95 for Members First Plus members, \$7.95 for non members and \$3.95 for ages 12 and under. Bottled water and sodas will be available throughout the day for \$1.25 each. Call for more information.

Family Member/ Youth Programs (FamY) 454-3277

Youth Movie Night will be Dec. 3 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.

4-H will not meet in December due to the holidays but will resume Jan. 27 (4:30-5:30 p.m.). 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 re-

ally 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 4th grade to 12th grade.

Fitness Center 454-6440

Bench Press Competition set for 4 p.m. Dec. 8. Each participant will get three attempts to lift their maximum setting their own weight as they go. A judge will determine a clean lift. There will be separate categories for men and women. Winners will be the man and woman who presses the highest percentage of their bodyweight and overall heaviest weight for men and women. Call to sign up.

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

The Fitness Center has assumed 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 workforce. Appointments must be made through the main Fitness Center by calling 454-6441.

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

Outdoor Rec (ODR) 454-6084

Outdoor Rec is headed to Nashville on Jan. 29 for **Shrek the Musical at TPAC**. Sign up by Nov. 26 to

ensure this trip is able to go. There must be a minimum of ten signed up and maximum group size is twenty. Cost is \$74. Fee is nonrefundable if cancelled after Nov. 30. Meet at Outdoor Rec at 5 p.m. and return approximately 12:30 a.m. Show time is 8 p.m. Remember to bring money for food, drinks and souvenirs. Shrek the Musical tells the story of a swamp-dwelling ogre who goes on a life-changing adventure to reclaim the deed to his land. Joined by a wisecracking donkey, this unlikely hero fights a fearsome dragon, rescues a feisty princess and learns that real friendship and true love aren't only found in fairy tales. The show features a terrific score of nineteen all new songs, big laughs, great dancing and breathtaking scenery.

Christmas Card Lane entries due by 10 a.m. Dec. 3. The theme for 2010 is “Sledding into the Season”. All squadrons, groups, divisions or offices are invited to create a life-sized greeting card on 4'x8' plywood. Outdoor Rec will provide one sheet of plywood per entry. This piece cannot be altered (cutting, making holes, etc.). There is no electrical provided but teams are allowed to supply their own means and be responsible for it. Services event certificate will be presented for first place (\$300), second place (\$200) and third place (\$100). Call to register your entry and arrange for pickup of plywood.

Paintball is set for Dec. 11. 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.

How to “Utilize

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

Paintball from H1

• *Absolutely no shooting within 15 feet!* Since the paintballs travel at a high rate of speed it is too dangerous to shoot any closer.

• *The most important rule is to listen to the refs and have fun.*

“For new players this is the most important rule because the refs are there to help you and keep you safe. With their expertise they can point you in the right direction and help in your development,” Mills explains.

Many games can be played in the sport of paintball. The most common are capture the flag and team elimination. Both are self explanatory.

At Arnold we play a game called rabbit, a game that's like the old time game of hide and seek.

Let's say there are 20 participants, you take six players and send them out to hide. Give them a three-minute head start and then send the other 14 out after them.

Another game is a spinoff of capture the flag. Center flag poses a bigger challenge because you have to race the other team to the one flag in the middle of the field. Whoever gets to the flag first has the best chance of getting it back to their base.

Having all this new knowledge

Your Backpack for a Hike” Class to be held at Outdoor Rec 10-11:30 a.m. Dec. 11 for ages 12 and older. This class will help you fit your pack to you, learn what size pack you need, the proper way to pack your backpack for a hiking or backpacking trip and the order of packing. Learn the different ways to pack depending on the length of hike or number of nights camping. Also see how the environment and terrain can determine what you should pack and how you pack it. Is too much food a bad thing? Bring your own pack if you have one. Part of the class may go outside so make sure you have proper clothing for the weather that day. There must be at least four sign up for this class. Maximum class size is 30. Call to sign up by Dec. 8.

Old Stone Fort State Park hike planned for 1-5 p.m. Dec. 18. This is a non-strenuous hike for ages twelve and older to learn how to use your hiking skills in the actual field. The 2.6 mile leisure hike goes around the archeological ruins within the park where you will see high river bluffs, narrow rock ridge, riverside bottomland and waterfalls. The trail is easy to moderate with a surface of wood chips, leaves and rocks. If you live in the Manchester area, you can meet us at the park. If you live further out and prefer, you can meet at Outdoor Rec and transportation will be provided. If you choose to meet at Outdoor Rec the cost will be \$3 per person to help cover fuel and driver. Remember to wear proper shoes and weather appropriate clothing. If you have a backpack you may want to practice carrying it. Bring a snack if you want and be sure to bring water. Dead-

line to sign up for the event, whether meeting at Outdoor Rec or at the park, is Dec. 16. There must be three signed up to take the trip. Maximum number of participants for provided transportation is fourteen.

FamCamp and Crockett Cove cut prices for winter months. Outdoor Rec will be marking down prices by half for camping from now through February 2011. Call for further information or to make reservations.

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 GLC has a new phone number. Please call 454-4003 to schedule functions or for more information.

AEDC Woman's Club 455-5676

Local songwriter and singer, Kathy Martin, will entertain us with a medley of Christmas songs at our December 7 meeting. Kathy has performed in many different venues and with a variety of groups. She has even entertained at the famous Bluebird Café in Nashville on songwriter's night. Maybe she will sing her award winning song “Trains through Tullahoma”.

The meeting will be Dec. 7 beginning at 9:30 a.m. Make reservations by calling 455-5676.

of a sport you may or may not have heard about should motivate you to want to participate.

If you find it fun to run through the woods you should give paintball a try.

If you want to build on your athleticism, marksmanship, teamwork or concealment this could be your opportunity.

Players at Arnold must have military affiliation. This can be Active Duty, Retired, National Guard, Reserve, Department of Defense and AEDC prime operating contractor employees or have an authorized sponsor.

Paintball is played on the second Saturday of each month except for July and August.

Private events are also available, with an authorized sponsor host, for events such as birthday parties, family reunions, team building or any group looking for a fun and inexpensive outlet.

Cost of admission \$20 includes (500 paintballs, marker rental, air, mask, field fee and lunch), \$10 includes (field fee and lunch). Extra 500 paintballs—\$13 Refill of CO2; \$5—(20 oz) \$4—(10 oz).

For more information or to book an event contact Services Outdoor Recreation at (931) 454-6084.