



David Anderson, ATA test project engineer, inspects the 1/20-scale models of an F-15E Strike Eagle aircraft and a wing-mounted Small Diameter Bomb (SDB II), during a break in the ongoing store separation test for the new weapon's development phase trials in the aerodynamic wind tunnel 4T of the Propulsion Wind Tunnel (PWT) facility. The test marks the second time the SDB II has been tested at Arnold. (Photo by Rick Goodfriend)

## RIGHT ON TARGET

*AEDC testers work to ensure Small Diameter Bomb II finds its mark*

By Philip Lorenz III  
Aerospace Testing Alliance

Imagine a lightweight and powerful precision-guided bomb that would enable an F-15E Strike Eagle fighter pilot to find and destroy a moving enemy target under challenging conditions – like during a powerful dust storm at night with anti-aircraft rounds being launched.

And in case that first bomb fails to take out the target, several more of these 250-pound class destructors are available on the aircraft to finish the job.

AEDC engineers are helping to ensure Raytheon's Small Diameter Bomb (SDB) II is just what the warfighter ordered.

Store separation and aerodynamic testing of a 1/20th scale model of the weapon and F-15E is ongoing in Arnold's 4-foot

See **BOMB**, page 4

## AEDC Commander driving first hybrid vehicle on base

By Patrick Ary  
Aerospace Testing Alliance

It wasn't long after AEDC Commander Col. Michael Panarisi started driving his new hybrid car that he realized he had something else to do while he was behind the wheel: find ways to get as much gas mileage as possible.

"It's neat to drive," he said. "It's almost a challenge to maximize the little economy meter and learn what you have to do to do that."

After some tweaking he was able to get his mileage up to 41 miles a gallon, and that took only a few simple changes

in his driving habits. One was gentle acceleration. Another was taking advantage of the regenerative braking system that recharges the car's battery when the brakes are applied.

"The biggest behavioral change is when I see the stop sign, I get off the gas," Colonel Panarisi said. "It will coast quite nicely for some period, and then you can gently apply the brakes and immediately the little economy meter turns green, meaning it's charging the battery as you're approaching the stop. It's amazing how far out from a stop sign you can get off the gas and not hinder traffic behind you."

The commander's new hybrid is a 2011 Ford Fusion, one of two hybrids recently leased for the base fleet. It will take the place of his Ford Expedition, which he says was getting an average of 16 miles to the gallon.

"The hope is the long-term fuel savings will result in overall savings across the life of the lease," Colonel Panarisi said.

The new additions to the fleet are the response to an Air Force energy plan that requires a two percent reduction in petroleum use, according to AEDC Logistics Manager Erik Wineland.

Most Air Force bases have responded to

the requirement by switching to "flex fuel" vehicles that are capable of using E85 fuel, Wineland said. The Air Force has recommended the fuel, which is a blend of fuel that is 85 percent ethanol and 15 percent gasoline. The problem at Arnold is there's no convenient place for the base's vehicles to fill up on E85.

"We don't have E85 tanks here, so that means I have to drive off base to fill up our vehicles with E85," Wineland said. "It just so happens if we go to the nearest E85 station, it winds up costing us more money

See **HYBRID**, page 5

## Community members promote Arnold in D.C.

*ACC reps meet with delegates from 11 states*

By Kathy Gattis  
Aerospace Testing Alliance

A group of about 20 area business and community leaders walked the hallways of Capitol Hill last week to talk about AEDC and its importance to the nation.

Members of the Arnold Community Council (ACC), a support group for AEDC which was formed in 2000 to promote and support the base, met with Congressional members and staffers from Tennessee and 10 other states that have a tie to the Center.

"It never ceases to amaze me how many people in Washington, D.C. want to help when they understand how important Arnold AFB is to the defense of our nation," businessman and ACC Public and Community Relations Chair, Mike Niederhauser said.

"Arnold Air Force Base is the lifeblood of our community and an asset to our nation. We as individuals must do everything we can to protect it."

See **ACC**, page 7



Among the lawmakers Arnold Community Council members met during their trip to Washington were 4th District Rep. Scott DesJarlais, above, and Senators Lamar Alexander, below left, and Bob Corker, below. (Photos provided)



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## HIGH MACH

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An Air Force Materiel Command Test Center

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Commander

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Public Affairs



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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

# Shutdown threat should serve as a wake-up call

*National crisis was averted, but you should always be ready for the future*

By Col. Michael Panarisi  
AEDC Commander

Whew! That was close. Now that it looks like we've escaped the threat of a government shutdown, it's time to take a hard look and make sure our own "house" is in order.

Just as we repeatedly emphasize the importance of prudent planning in the interest of safety, this week's near miss should have served as a wake-up call to all of us to review our own personal finance situations and how vulnerable we are to unexpected interruptions to our income.

To borrow a famous phrase from the Boy Scouts, "Always Be Prepared" applies to this area of our lives as well.

Putting the politics aside, if anything, this week should have warned all of us that even the most secure income source is hardly guaranteed, and we need plans in place for all kinds of eventualities.

I know personal finances can be exactly that – personal – so I would be way out of bounds if I tried to get too prescriptive on the topic, but I think there are some general principles worth emphasizing that we all can relate to.

This is particularly relevant to our military members ... financial issues are a leading cause in disciplinary actions, and most if not all of these issues are preventable if we just make the tough choices now, before they are made for us.

First and foremost, living within our means is a solid start.

Since I've arrived, I've been amazed at how many radio shows cover family financial topics, and most of them share a common



Panarisi

theme ... get and stay out of debt.

My favorite radio personality even goes as far as to celebrate the achievement of "debt-free" status with his listeners.

Not owing anyone any money puts a huge safety net under your income needs, and the biggest culprit these days is credit card debt.

Getting out from under that load should be high on your list of "emergency actions."

And even a temporary loss of income certainly qualifies as an "emergency." Most planners recom-

mend an "emergency savings account" as the first step, maybe on the order of \$1,000. Then the plans typically favor establishing a "living account" equal to a few months' salary. With those in place, you're well on your way to dealing with all kinds of unplanned events.

Building these up can be a tall order, but things really get personal when it comes to looking at a budget. There's something very illuminating about taking an afternoon and physically writing down all the "Ins" and "Outs" and looking for how important each "Out" is.

I love the line "If you will live like no one else, later you get to live like no one else." For most, that would mean eliminating a whole line of expenses that we have become accustomed to, but in reality, would not make the "critical" list.

Freeing up those dollars and controlling your spending is the best path

towards getting debt down and savings built.

Lifestyle changes can be challenging, but this week should serve as a warning to all of us. If we lose our income, even temporarily, it's a MUCH bigger challenge.

Get out in front of that one, and if financial planning isn't your forte' then I highly recommend seeking some advice on this topic.

For our military and DOD civilian members, we have LOTS of options, and our very own Autumn Standley (454-4574) at the Airmen and Family Readiness Center knows how to hook us up.

And locally, there are plenty of good sources for our ATA partners through the Employee Assistance Program.

So, if you haven't thought about this issue recently, now is the time. Don't let another week pass you by, and leave yourself at risk for the next time old "Murphy" jumps out of the closet.



### Next issue's question:

**Who were the first military troops to take up residence at Camp Forrest in the 1940s?**

### Previous winners:



Charles Cannon



Pamela Hinton



Janet Gammon



Bob Lindeman

Read this issue of *High Mach* to find the answer if you don't know it! E-mail your answers to [Arnold.HighMachAnswers@arnold.af.mil](mailto:Arnold.HighMachAnswers@arnold.af.mil) no later than next Friday, April 22. Three winners will receive a 60th anniversary *High Mach* hat. The winners' names will be drawn at random from all correct entries. Only current AEDC employees are eligible to win.

### Last issue's answer:

Due to the ambiguous wording of the last issue's question, we accepted two answers. The first rocket motor tested at AEDC was the **Skybolt**. The first turbine engine tested on base was the **J47 Turbojet** engine for the B-47 bomber, which was tested in 1954.

## Law Day celebration examines legacy of first lawyer-president

Each year on May 1, the United States celebrates Law Day. The American Bar Association picks a theme for Law Day. This year's theme is "The Legacy of John Adams: From Boston to Guantanamo."

So who was John Adams? Resistance leader and patriot, advocate and diplomat, and constitutional theorist and political activist, John Adams became our nation's first lawyer-president in 1797. He developed one of the largest legal practices in colonial Massachusetts. Born in 1735, Adams died at the age of 90 on July 4, 1826, the 50th anniversary of the Declaration of Independence. Thomas Jefferson, Adams's fellow revolutionary and later political opponent, died on the same day.

In 1775, Adams coined the famous phrase "a government of laws, not men." The phrase expressed his firmly-held belief in the rule of law as the foundation for republican government and the basis for political liberty. It was subsequently incorporated into the 1780 Constitution of the Commonwealth of Massachusetts, written principally by Adams and a model for the subsequent U.S. Constitution of 1787. The phrase was also famously quoted in the landmark 1803 U.S. Supreme Court case *Marbury v. Madison*, which established judicial review, the federal courts' power to void executive and legislative action as

unconstitutional.

Roots of the modern right to counsel for the defendant who cannot afford to pay a private lawyer can be found more than a century ago. In *Webb v. Baird*, (6 Ind. 13), the Indiana Supreme Court in 1853 recognized a right to an attorney at public expense for an indigent person accused of crime, grounded in "the principles of a civilized society," not in constitutional or statutory law.

The Sixth Amendment to the United States Constitution states: "In all criminal prosecutions, the accused shall enjoy the right ... to have the Assistance of Counsel for his defence." The right to counsel in federal proceedings was well-established by statute early in the country's history, and was reaffirmed by the U.S. Supreme Court in 1938 in *Johnson v. Zerbst*. For military members involved in criminal or administrative matters, they too are entitled to assistance from the Area Defense Counsel. Although not physically located at AEDC, Capt. Isaac Kennen at Robins AFB provides such services. Civilian employees can also receive assistance through public defender resources.

So, on the 1st of May, reflect on the liberties and protections we enjoy due to our founding fathers and the law and celebrate Law Day!

(Information provided by the Arnold AFB legal office.)

## 60th anniversary website online

To commemorate the 60th anniversary of Arnold AFB, AEDC is putting some of its history online at [www.arnold.af.mil/60th.asp](http://www.arnold.af.mil/60th.asp).

ATA's Public Affairs office has gone through base archives and compiled a comprehensive online archive that features past base commanders, the history of AEDC and its previous incarnation as the Army's Camp Forrest and information on the people who have paved the way for aerospace innovation throughout AEDC's 60 years in existence.

Some notable items from the past include video and audio of President Harry Truman dedicating the base in memory of General Henry "Hap" Arnold on June 25, 1951. Videos about the mission of AEDC from decades past are also available for viewing.

Arnold's base newspaper, *High Mach*, is running several stories leading up to the June 25 anniversary about the base and some of the historical work that has taken place in its facilities. Those articles will be posted on the website as they run in the paper.

As AEDC approaches the 60th anniversary date June 25, more information will be added to the site.

## Smoking Policy

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

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

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

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

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

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

## Commander Meets CLP members



**Gen. Donald Hoffman, commander of Air Force Materiel Command, meets with his Community Liaison Program members March 30, 2011, at command headquarters. A key discussion item for the group included Air Force efficiencies. Among those at the meeting were (from left) Alis Odenthal, representing Edwards AFB, Calif., and Jim Apple and Janice Bowling, both representing Arnold AFB, Tenn. Arnold CLP members in attendance but not pictured were Brian Skelton and Mike Niederhauser. The commander's Community Liaison Program comprises civic leaders from the cities and towns where AFMC's installations are located, with members invited by center or wing commanders to represent to General Hoffman their community partnerships with their installations. (U.S. Air Force photo/Rob Ely)**

## Tennessee Tech alumni to meet May 4

By Shawn Jacobs  
Aerospace Testing Alliance

Local Tennessee Technological University (TTU) alumni are hoping to break their own attendance record when they meet May 4 at Arnold AFB's Arnold Lakeside Center (ALC) from 11:30 a.m. to 12:30 p.m.

During the last event held May 14, 2009, the local group set the record for the largest alumni gathering outside the university campus, with nearly

175 attending.

The previous record was 125. "We have nearly 250 TTU graduates employed by ATA (Aerospace Testing Alliance) and estimate we have between 50 to 100 more when we include the government, Technology Group employees, General Physics, ATA subcontractors, retirees and the spouses of AEDC employees," said Sharon Carter, ATA deputy director of Projects and Design Engineering, a TTU alumna and organizer of the event.

Lunch will be provided by the university.

The event will include a presentation by TTU President Bob Bell on "What's Happening at TTU."

The luncheon is open to all TTU alumni, not just AEDC employees, and attendees are asked to wear their TTU colors.

Those wishing to attend should e-mail [sharon.carter@arnold.af.mil](mailto:sharon.carter@arnold.af.mil). The first 200 people to RSVP will get a seat due to limited capacity at the ALC.

"We are pleased that Tech is hosting another alumni luncheon," Carter said. "TTU has made considerable contributions with nearly 300 AEDC alumni working and hundreds more who have retired. This relationship has proven to be extremely beneficial for both parties and will continue to be in the future."

The ALC will be serving a deli bar accompanied by potato salad, chips and fruit, with a choice of tea, coffee or water, and cookies for dessert.

## AEDC testers share with elementary students

By Philip Lorenz III  
Aerospace Testing Alliance

Picture this. You are a senior Air Force officer overseeing, among other projects, the testing of alternative fuels on fighter aircraft engines at the world's premiere ground testing complex. And your son, a fifth-grader, wants you to come to his school to talk about what you do. But he is also asking if it would be applicable to his extracurricular Energy Team study group.

When Col. William Bailey's son Will, who is a fifth-grade student at Robert E. Elementary School, asked his father these questions, it only took five seconds for the colonel to come up with an answer.

Colonel Bailey, AEDC's chief of the test division, recently brought along two other subject matter experts to the school to share their professional experience and talk about alternative fuels testing at the base.

"The focus was on the alternative fuels testing that we had done on the engines, and along those lines it wasn't so narrow," the colonel said. "We talked in general about alternative fuel and then the specific types of fuel that we were testing in the engines. And then we also talked generally about what you do when you test an engine. So, it was kind of a broad treatment of it."

Colonel Bailey said his decision to do a presentation at his son's school was also influenced by priorities set by AEDC Commander Col. Michael Panarisi.

"Colonel Panarisi is very big on a few topics, and energy conservation is one of them, as well as engagement with the local area," he said. "[Also] I think all military members have that additional duty to get involved with the local community and help educate [and] provide role models out there when people are trying to under-



**Lt. Col. Brent Peavy, AEDC's Turbine Engine Ground Test Complex commander, shows Air Force posters and photos to members of Kathy Hagerty and Sherry Roepke's fifth grade extracurricular Energy Team group at Robert E. Elementary School in Tullahoma. (Photo provided)**

stand what it is the military really does, to try and demystify that, show yourself as a real person."

2nd Lt. Drew Miller, a turbine engine test manager at AEDC, spoke about how the presentation began.

"Colonel Bailey spoke a little bit about the capabilities we have at AEDC as far as the wind tunnels, engine testing and space and missiles," he said.

Lieutenant Miller began his part of the presentation with a question.

"Who knows what renewable energy is?" he asked the students.

Without hesitating, a student quickly raised his hand and the lieutenant asked the young man to give his answer.

"He gave me a textbook definition," said the lieutenant, who acknowledged the student's grasp of the topic caught him a little off guard.

Lt. Col. Brent Peavy, AEDC's Turbine Engine Ground Test Complex commander, who

also took part in the educational event, said, "We quickly had to recalibrate our conversation up, not having expected the level of knowledge these kids had on the topic of alternate fuels and the testing we do."

Sherry Roepke and Kathy Hagler, fifth grade teachers at the school, oversee the extracurricular Energy Team.

"The answers children gave to the speakers came from information that was shared during our Energy Team meetings," said Roepke. "Will invited his father to come to our meeting and share his knowledge concerning alternative fuels."

"It is important to include people from different disciplines to share their knowledge and to show how it applies to everyday life and their jobs. Children enjoy having their parents come to school and give presentations as well."

Roepke said she encourages students to schedule speakers for the group.

Colonel Bailey said much of the credit for success of their presentation should go to Lieutenant Miller, who did much of it and kept it as engaging as possible for the students.

"They really enjoyed it, the main thing was to keep it interactive and let them raise their hand at anytime and answer their questions," Lieutenant Miller said. "Overall, I was amazed, these kids were pretty smart and I had a fun time doing it."

The three Air Force officers also brought up more general topics related to AEDC's mission. They showed the students photos of military aircraft and the engines being tested at the base.

"Just to keep it interesting for the kids we [also] talked about off topic stuff like drag and lift, and parts of the engine, like the 'turkey feathers' on the nozzle," the lieutenant said. "Regarding lift and draft - we gave them some examples."

See SCHOOL, page 5

## BRIEFS

### Personal Shred Day on May 5

AEDC is holding a Personal Shred Day 8 a.m.-noon May 5 in the main cafeteria parking lot.

AEDC employees are encouraged to bring old tax returns, bank statements or any personally identifiable information that is not safe to dispose of in the trash.

Cintas will have a truck on hand with a special strainer attachment that helps to ensure information is shredded more finely in regard to shredding documents with Social Security numbers.

### AIAA social set for April 21

The Tennessee section of the American Institute of Aeronautics and Astronautics (AIAA) is sponsoring a Young Professional and Student Social 4-8 p.m. April 21 at the Gossick Leadership Center.

The event is an opportunity for students to network with professional members, learn about local opportunities and ask questions about the profession. For young professionals, it is an opportunity to socialize and network. There will be games and free finger food.

The event is open to young professionals (age 35 and under) and college undergraduate and graduate students. AIAA membership is not required.

To RSVP, e-mail [dustin.cridler@arnold.af.mil](mailto:dustin.cridler@arnold.af.mil) by 4 p.m. April 18. Please indicate if you are a student or young professional. Attendance will be limited to 40 people.

### Job Shadow Day is April 20

AEDC Commander Col. Michael Panarisi has authorized April 20 as AEDC Job Shadow Day.

Students in grades 8-12 are encouraged to accompany their parents on the job. Individual school approval is required for student attendance at this event and to be counted as an approved absence.

For forms and more information, visit <http://www.arnold.af.mil/shared/media/document/AFD-110404-078.pdf>.

### Volunteers for Special Olympics needed

Volunteers are being sought for the 2011 Special Olympics games taking place April 26 at Tullahoma High School's track and field.

Anyone wishing to register as a volunteer should visit [bit.ly/fmUaOm](http://bit.ly/fmUaOm). People who volunteered in past events should be sure to include a preferred position.

Volunteer contacts for the event are 2nd Lt. William Parker at 454-5493, Becky Combs at 454-5895 and Wilsie Ford at 454-7484.



## AEDC technical library gets new document scanner

By Philip Lorenz III  
*Aerospace Testing Alliance*

Shortly after the *Columbia* shuttle disaster in 2003, NASA engineers wasted no time in contacting their counterparts at AEDC, seeking historical test data on foam tiles.

Fortunately, AEDC Historian David Hiebert had retrieved the only copies of that data from Tunnel F before the hypersonic wind tunnel was closed and disassembled. Often, these test reports and data exist only on microfilm formats.

A new asset at AEDC's Technical Library will allow engineers and others on the base to rapidly convert technical reports and other professional documents preserved on microfilm or microfiche into enduring digital formats like PDFs.

The problem with these older film formats is with the microfiche and microfilm readers, which are largely obsolete.

"We frequently receive requests for copies of both tabulated test data and reports," said Sherry Simons, a senior technical specialist in AEDC's von Kármán Gas Dynamics Facility. "In the VKF archive, we have cabinets full of microfilm and microfiche dating from the 1970s.

"Sometimes this is the only existing copy. Fortunately, in the case of the *Columbia* shuttle inquiry, we had saved years of data on that program from our VKF Tunnels as well.

At one time we had a film reader that would allow users to view the data and make copies of pages of interest, but it has long ago fallen into disrepair



Sharon Butcher, a reference librarian at AEDC's Technical Library, demonstrates the new digital scanner to David Hiebert, Arnold's historian. (Photo by Rick Goodfriend)

and spare parts are not available.

The new scanner/digitizer in the Technical Library will be a great asset for providing this service to our customers as well as our engineers."

The new digital reader

at the library will help in several ways.

"These formats allowed us to reduce the bulk of these hardcopy publications to a compact form," explained Fred Rascoe, the lead at AEDC's technical library.

AEDC Historian David Hiebert said the digital scanner will be particularly helpful to his work.

"The Air Force still does microfilming of the histories because microfilm is still one of the very best mediums, besides paper, to

preserve information on," he said. "In terms of longevity microfilm is much better than CD-ROMs. The irony is that companies don't produce readers for microfilm anymore."

See **SCANNER**, page 6

### BOMB from page 1

transonic wind tunnel.

Dr. Andrew Frits, Raytheon project engineer, said AEDC is the logical choice when his company wants to conduct complex store separation testing on products like the SDB II.

"There are advantages of coming to AEDC, most of it is the experience-base and the fact that they've done so much validation on the F-15E with other rounds [stores]," he said. "We consider AEDC to be the Cadillac of wind tunnel testing. You go there if you have something that needs to be done right; testing that carries a lot of complexity. Another thing, too, is AEDC actually has the F-15E parent model as well."

Ensuring the effective and efficient ejection and trajectory of a weapon or other store from an aircraft in flight to an enemy target is imperative to the safety of the pilot, aircraft and the success of the mission.

According to Dr. Frits, wind tunnel testing is critical to the success of the Small Diameter Bomb II program and paves the way for a safe, effective and less costly flight test campaign.

"[The] SDB II is the next generation air-to-ground weapon," he said. "It is designed to hit ve-

hicles, trucks, tanks [and] those types of things, either moving or not moving in adverse weather conditions.

"It has a very advanced tri-mode seeker. It's a fully networked weapon with a full data link capability so it will be able to communicate with launch platforms and off-platform targeting groups."

Dr. Frits said work on the system has provided a weapon that is currently in the midst of the engineering, manufacturing and development (EMD) phase. He said a considerable effort went into preparing the weapon system for the current phase of wind tunnel testing at AEDC.

"We designed a weapon that safely separates from the aircraft," he said. "You won't have any trouble of it accidentally coming back up and hitting the airplane.

"This wind tunnel test supports a flight clearance recommendation for the full operational weapon envelope on the F-15E. The data from this test will help determine what additional flight test points need to be gathered, then the flight test data along with wind tunnel and computational fluid dynamics data will be used to determine the separation envelope."

Adam Plondke, the ATA test project engineer, said the project's first phase was to conduct free stream testing of the bomb which is still in the EMD phase.

"This was just the SDB II model by itself in the tunnel, there was no aircraft present," he explained. "We go through a whole array of store attitudes in the tunnel, which gives us a database of forces and moments the store will see at these various orientations in the pure free stream flow field by itself."

The next phase involved the use of a captive trajectory system (CTS) to put the bomb, mounted on a sting, through a computer-generated series of attitudes simulating the store deploying from the aircraft.

"With a computer, we simulate the ejector pistons pushing on the store and the forces and moments that our internal balance measures."

Plondke said, "This data will then be used to calculate where the store would move next."

The CTS allows the testers to put the SDB II model through a full range of simulated release conditions, including ejector and control forces as well as G-forces due to pull-up



The Small Diameter Bomb II is undergoing store separation testing to ensure effective and efficient ejection from an aircraft to an enemy target. The end goal is to keep pilots safe and make sure missions are successful. (Photo provided)

or push-down maneuvers of both the store and the plane.

The system also simulates how the airflow interactions between the aircraft and other airborne stores, including conformal fuel tanks, other weapons and sensors affect the SDB II as it drops away from the aircraft.

This includes subjecting the weapon and aircraft models to a variety of attitudes of pitch, roll and yaw configurations.

"We do the first part of the trajectory with the

fins stowed," Dr. Frits explained. "Then, in a tactical trajectory – at some point shortly after the weapon deploys – the fins will deploy, changing the aerodynamic characteristics of our weapon and then we can begin steering it if we need to."

The third phase of the test at AEDC involves a grid survey approach, in which SDB II aerodynamic loads are measured at a pre-determined array of store positions and attitudes.

The information from

this testing is used to create a database of the spatial variation of the loads in proximity to the F-15E.

"Our primary goal there is we want to just collect enough data that we can build a model of the aerodynamics of the system," Dr. Frits said. "And from there we get nice sets of clean data at various different orientations and we can build a nice computer model of the aerodynamics at any given angular orientation relative to the aircraft."

**HYBRID** from page 1

than we save. So it still doesn't relieve us of the responsibility to try and save fuel."

That's when ATA Transportation Manager Renee Gunn came up with an alternative to the alternative fuel.

"This award fee period ATA was asked by the Air Force to develop an implementation plan for energy conservation for AEDC, and alternative fuels for transportation was one of those projects in the plan," Gunn said. "This is part of that alternative fuels plan. We're also looking at hydrogen fuel cells, methanol and compressed natural gas. This is just a small piece of some of the things we're looking at."

The Fusions were leased from the U.S. General Services Administration (GSA) Fleet. Right now, the commander is driving

one; the other is being used in AEDC's investments area. Two more are on order from GSA.

For Colonel Panarisi, the hybrid is a step in the right direction – and he wants to be the one setting the example for everyone else at AEDC.

"If you want to change the culture, you have to lead by example," he said. "There's no doubt about it. Everybody knows what car the commander is driving, so there is a message there that I'm taking steps to save fuel in the car that I'm driving, and let that be an example to everyone."

Wineland is a believer. The same day he drove the base's new Fusion, he went out and bought a hybrid to offset the cost of his 120-mile round trip commute from DeKalb County to the base. He's now spending a fraction of the \$200 it cost

him in gas each week to drive to work. He wanted to keep money in his wallet as gas prices climb, and he says everyone at AEDC has been doing the same.

"Now you'll see everybody else scramble to get the hybrids and we're already there," Wineland said. "Sometimes you run into the problems where you try to convince people there's a need way before there's a need, and they don't realize how important it is until you're there and it's too late. That's the good thing about AEDC; the way we're set up with best commercial practices and with our contract, we can react a lot quicker than a regular Air Force base can and do neat things and do them faster."

Gunn said some of the credit lies with GSA's representatives, who even gave one of the hybrids

their office was using to support AEDC with its energy goals.

"GSA has also demonstrated their commitment to energy conservation by the outstanding support they have provided and continue to provide by our regional fleet manager, Debbie Tague, and field representative Tabitha Boyd, to assist AEDC in reaching some of their clean energy goals in fleet management," Gunn said.

Mike Ramsey, ATA's branch manager of logistics, says ATA has taken the lead in the last year on energy efficiency, putting AEDC on the forefront when it comes to savings.

"I'd say on average we're at least on par or ahead of many facilities, commercial and government," Ramsey said. "It's just exciting to see what's out there and what's being

improved right now."

And there are other steps being taken to address the need in conserving fuel. Two above-ground storage tanks are scheduled to be installed at AEDC in 2014; one will store E85 and the other will hold biodiesel. To prepare for that, ATA has been adding vehicles capable of burning E85 to the fleet over time. Out of the 428 vehicles on base – which includes forklifts, cranes and bulldozers – there are currently 47 that can use E85.

There are also two electric utility vehicles being used in the base's Roads and Grounds section, which Ramsey says were cheaper than the diesel equivalents that were previously used. Gunn says they have performed well.

"With the data collected so far, we have documented an estimated 86 percent

savings in annual energy consumption," Gunn said.

These are just some of the ways AEDC is trying to save energy. Colonel Panarisi keeps the lights off in his base office and uses natural light from his windows whenever possible. Every other light in the hallways of the A&E building is turned off to cut back on energy consumption. Those are two examples of the free and easy-to-implement strategies, and his new car is another way he's championing savings.

"It's just another part of our never-ending effort to find efficiencies, and I'm more than happy to do my part," he said. "It's a zero-sum game. Every dollar that we don't consume in energy, we can use to preserve or maintain our capabilities. We can leave no stone unturned as far as that goes."

**SCHOOL** from page 3

Roepke said the students were receptive and the interactive approach taken by the presenters was effective.

"The students enjoyed the pictures, discussions and information that were shared," she said. "They were very excited to meet and interact with Colonel Bailey, Colonel Peavy and Lieutenant Miller. The information shared during this meeting will have a lasting impression on the team members. They will benefit by seeing the real-life application of information they are learning about."

As it turned out, many of the students in this group looked familiar to Colonel Bailey.

"The entire fifth grade class from Robert E. Lee participated in a Spark tour [at AEDC] earlier this year," said Roepke. "The students

had a great time and learned many interesting facts."

AEDC's Spark program is designed for elementary students in third, fourth and fifth grades. A hands-on demonstration teaches students about the aspect of flight which is tied directly to the testing conducted at AEDC.

Colonel Bailey said it is important to reinforce that program with visits to local schools as well. From what he heard from the teachers and students that day, the presentation had the desired effect.

"We were surprised at the amount of involvement the Air Force has with alternative fuels," Roepke said. "That is an area we had never thought about having a need. We were pleasantly surprised with the amount of knowledge that our students were able



**Robert E. Lee Elementary School's Energy Team study group and guest speakers from AEDC assemble for a group photo. Pictured are (front row, l-r) Cooper Yoder, Bradley Holmes, Leach McClure, Maddie Kane, Sam Uselton, Janhvi Patel, Sarah Schweitzer and Will Bailey; back row: Kathy Hagler, Sherry Roepke, Charity Tyler, Megan Schweitzer, 2nd Lt. Drew Miller, Col. William Bailey and Lt. Col. Brent Peavy. Energy Team member not present was Dante Brown. (Photo provided)**

to share with the officers."

Colonel Peavy said he and his colleagues also see the bigger picture. They realize that these fifth-graders represent the future.

"I think one of the key roles of AEDC, certainly expressed by Colonel Panarisi, is the desire that we reach out to the community and students, both

secondary and higher, to let them know what we do at the base," he said. "These young people will be the ones who will take the work we're doing here

and carry it even further into the future. We're a forward looking organization and we're building the next generation who will work here, we hope."

SCANNER from page 4

Rascoe said the speed of converting the film to a searchable digital format is a tremendous benefit to engineers who need rapid access to test reports, many dating back decades.

"The ScanPro 2000 gives us the ability to scan the data to a PDF file or print hard copies if needed," he said. "Our goal is to have all the data on microfiche scanned to PDF files and stored on our data servers."

Doyle Veazey, an AEDC test project engineer, said film-formatted material is stored in many areas throughout the base.

"The vault on the second floor of the Propulsion Wind Tunnel complex's office building contains microfilm and microfiche from the 1960s through the early 1990s," he said. "Magnetic media from that era either can no longer be read because there's no reader or the media is degraded beyond the point of use.

This leaves a wealth of information in film formats that is still potentially accessible to a multiple of users.

"A scanner that can readily convert the microfilm and microfiche to PDF could save hours of time and the information – stored in an appropriate server location – would be much more accessible to staff," Veazey said. "Historical data is periodically needed to support investigations, either in how our facilities should or do operate and to satisfy customer requests. Having data in a PDF format could also lend itself to importing it into other formats, like Microsoft Excel or Matlab for further calculations, plotting, and etc."

Rascoe said all AEDC personnel are welcome to use the new scanner.

"Just call us at 454-7220 or drop by the Technical Library in Building 100, suite C212 any time to discuss and to see the scanner in action," he said.

## Troops to receive mid-month pay April 15

By Jim Garamone  
American Forces Press

WASHINGTON – All service members will receive their full mid-month pay they have earned in their paychecks April 15, Pentagon officials said Monday.

"Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April," Pentagon spokesman Marine Col. Dave Lapan said. "It may be in two separate payments, but on the 15th everyone will receive their full allotted pay."

Confusion arose about the April 15 payday due to the threatened closure of the U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late April 8.

The Defense Finance and Accounting Service had posted "net pay advice" to some service members, telling them what to expect



in their accounts.

"Those net pay advice statements were made ... before we knew there was an agreement to fund the government," Colonel Lapan said. "When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served and it may be in more than one deposit."

Officials urge service members to check their end-of-month leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts April 22.

The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service members on the

myPay website.

"The most-current advice of pay will still only show the partial payments for April 1-8," the finance service posted on its website. "This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts on the 15th."

For more information, visit the myPay website.

**ACC from page 1**

ACC members scheduled meetings with Congressional members from Tennessee, Georgia, Florida, Maryland, California, Washington, Ohio, Massachusetts, New Mexico, Illinois and Alabama.

AEDC has facilities in Tennessee, Maryland and California; related Air Force test missions facing similar budget issues with facilities in California, Florida and New Mexico; major customers in Ohio, Massachusetts, Washington, Illinois, California and Florida.

"I think the legislators and staff were very receptive to our message," said Brian Skelton, ACC member and Air Force Materiel Command Community Liaison member. "They all seemed impressed that AEDC had almost 20 volunteers in D.C. advocating for the base and for the Air Force."

"The ACC has built up a good reputation among the Tennessee delegation due to the hard work of many volunteers over the last several years."

ACC President, retired Major General and former AEDC Commander, Mike Wiedemer, agrees.

"AEDC has accomplished its mission to help make American aerospace technology second to none. I want to ensure it continues to be successful in accomplishing that mission in the future," he said. "It's imperative Congress is aware of the current status of AEDC's on-going mission and to ensure that our representatives are prepared to help solve issues that only they can address."

In previous years the council requested Congressional support for a variety of military construction (MILCON) projects – primarily maintenance and upgrades. In 2010, the ACC formed a Strategic Planning Committee to look at long range goals for their support of AEDC.

Wiedemer is leading the effort to reduce restrictions on commercial customers at AEDC.

"Sometimes Congressional statutes that are intended to help constituents have unintended consequences," he said. "International Trafficking in Arms Regulation (ITAR) is one of those in my opinion."

"ITAR was intended to prevent the inappropriate transfer of defense technologies into the wrong hands. That statute has made it more difficult for international customers to test at AEDC. The ACC is



**Pictured from left, Sen. Lamar Alexander, John Payne, Franklin County Industrial Development Board; Steve Cope, Avion, Inc.; Brian Skelton, Tullahoma Utilities Board; Ben Craig, Craig and Wheeler Realty; Bill Comer, Industrial Board of Coffee County; Kathy Gattis, ATA Public Affairs; Dr. David Elrod, ATA general manager; Jimmy D. Nance, Air Engineering Metal Trades Council; Ted Hackney, Industrial Board of Coffee County; and Sen. Bob Corker.**

working with the executive and legislative branches of our government to amend that law to make it easier for international customers to test at AEDC while still preserving the intent of the statute."

ITAR budget stability for test and evaluation capabilities and increased flexibility for local Air Force leadership in responding to funding and budget constraints were a departure from items requested in previous years by the ACC.

"We have been pretty successful over the years getting support for MILCON items like TEDAC (Turbine Engine Dry Air Capability), for example," Steve Cope, legislative affairs chairperson, said. "This time we took a different approach – one that seeks additional missions for Arnold that could produce additional jobs."

"I don't believe most people understand nor appreciate the impact that it would have on the communities around Arnold (AFB) if it was not here – it is the engine that keeps a lot of enterprises going."

"This area is dependent on the income from jobs at Arnold – our property values depend on jobs at Arnold – our commerce depends on jobs at Arnold, but having worked at the center for seven years, I have witnessed first-hand the importance that Arnold has in our nation's air power since it has tested every weapon system that flies."

Skelton says he believes in the mission of what AEDC does to ensure air superiority for America's national defense, but also knows how important AEDC is to the area.

"TUB (Tullahoma Utilities Board) has been participating in the ACC visit

to D.C. for several years and we realize the importance of AEDC to our community."

"While TUB does not currently sell any direct services to AEDC, the base is vital to our community," he said. "Hundreds of AEDC employees who live in Tullahoma are customers of TUB and Light-TUBE, pay taxes in our community and support our local businesses."

Senators Alexander and Corker, 4th District Congressman Scott DesJarlais and the ACC jointly hosted a breakfast for Congressional officials and their staffs April 6.

Representatives from Tunnel 9 and the Air Engineering Metal Trades Council locally and the Metal Trades Department of the AFL-CIO in Washington also attended the event.

The ACC met with OSD and T&E officials at the Pentagon to discuss AEDC and the challenges it faces. A small group also met with the Vice Chief of Staff for the Air Force.

ATA General Manager Dr. David Elrod said he appreciates what the ACC does for the Center.

"The majority of the ACC members who went to Washington this week did so wholly at their own expense," he said. "Their engagement and advocacy for the Center and our shared interests make a real difference. We want to thank them for their ongoing support and advocacy."

The ACC plans to follow up with elected officials in the coming months and will begin planning next year's trip by early fall.

For more information about ACC, go to [www.arnoldcommunitycouncil.com](http://www.arnoldcommunitycouncil.com).



**Ricky Peters, left, AF/TE, and Mike Niederhauser, Niederhauser China and Gifts**



**From left: Ted Hackney, John Payne, Walt Wood, Bedford County Chamber and Economic and Community Development; 5th District Rep. Jim Cooper, and Bill Comer**



**Brian Skelton, left, and 8th District Rep. Stephen Fincher**

## AFMC bases to implement single-source staffing process this month

By Debbie Gildea

*Air Force Personnel, Services & Manpower Public Affairs*

**RANDOLPH AIR FORCE BASE, Texas** – Beginning April 25, all Air Force Materiel Command bases and Hurlburt Field, Fla., will implement the USAJOBS single source job application process currently used to fill civilian positions at all Air Force bases except Luke AFB Ariz. Officials will inform Air Force employees when Luke AFB transitions to the new process.

Under the single source system, civilian vacancy

announcements for appropriated fund positions are posted on the Air Force civilian careers website [www.afciviliancareers.com](http://www.afciviliancareers.com) and at [www.usajobs.gov](http://www.usajobs.gov).

Currently, AFMC installation, Hurlburt Field, and Luke AFB civilian employees use the legacy system on the AFPC website to self-nominate for positions. Hiring officials receive copies of candidate career briefs, rather than resumes, for internal employees. After April 25, only Luke

AFB will continue to use the legacy system.

According to Air Force civilian service marketing specialist Pat Stokes, career briefs contain cryptic codes that are sometimes difficult for supervisors to decipher.

“The resume requirement levels the playing field, enabling internal applicants to provide information that a career brief may not have included, and that makes them more competitive,” Stokes said.

Under the single source process, every candidate will be required to submit

a resume when applying for a position posted on USAJOBS. Those new to the site will find a helpful resume coach on the [www.afciviliancareers.com](http://www.afciviliancareers.com) and

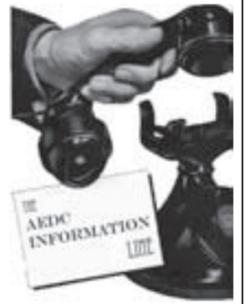
[www.usajobs.gov](http://www.usajobs.gov) websites. The installation Airman and Family Readiness Center also offers resume-building assistance.

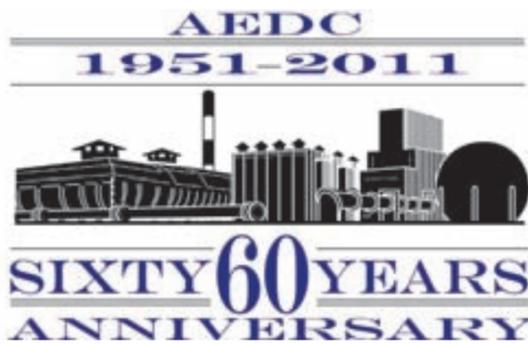
For more information

about civilian careers and other personnel issues, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.

# 454-3600

The AEDC Information Line is available for ATA employees to get the latest information on a wide variety of emergency circumstances that could impact base operations or driving conditions.





## Camp Forrest: World War II-era memories

By Philip Lorenz III and Darbie Sizemore  
*Aerospace Testing Alliance*

Few remnants remain of what was once one of the largest training bases during World War II, Camp Forrest.

Along old road beds that crisscross some 10 square miles, there are crumbling chimneys and foundations of what were once barracks and other buildings now overtaken by vegetation. These “leftovers” stand as reminders of the area’s rich military past to passers-by traveling along Wattendorf Highway.

Camp Forrest was built on land previously utilized in 1926 as a Tennessee National Guard camp, known as Camp Peay. It was built on land thought to be worthless, at a time when Wattendorf Highway was known as the Peay Highway. Both the camp and highway were named after Gov. Austin Peay.

Construction of Camp Forrest facilities began in earnest in 1940, with the first troops in residence by March 1941. Covering 85,000 acres, Camp Forrest was used as an induction center, where soldiers were trained in the basics of artillery.

The first troops to move in the camp were 1,000 men of the Tennessee National Guard 181st Field Artillery Regiment.

Plans were made for 20,000 troops to be trained at Camp Forrest; however, revisions were continually being made. Between September 1942 and March 1944, there were never less than 70,000 troops stationed in and around the area.

Camp Forrest possessed an Army Service Forces baker and cook school, a medical depot company and two Women Air Corps detachments. Camp Forrest was an active community, possessing a full-service hospital, three clubs with cafeterias, dance facilities, library, sports arena, post office, chapel, movie theaters, Red Cross, post exchange, administrative offices, warehouses, ordnance shops, barracks and a variety of recreational facilities. Available transportation included bus and taxicab services.

On May 12, 1942, Camp Forrest officially became a prisoner of war camp. All totaled, more than 22,000

Italian, German and Japanese prisoners were received during the war. At the camp, the prisoners worked in the general hospital, the bakery, kitchens and automotive shops and assisted with local agriculture crops.

But, by 1946, the war was over and Camp Forrest was no longer needed. It was declared surplus property. Water and sewage systems and electrical systems were sold as salvage. Buildings were sold at auction, torn down and carted away, leaving few physical reminders of the camp.

Records of Camp Forrest, too, are scarce. In 1973, most of the camp’s records were destroyed in a fire at the National Personnel Center in St. Louis. Only about 500 pages of correspondence were salvaged.

AEDC Historian David Hiebert said a lot of research has been conducted over the years to regain what was lost, which will help to preserve the history and legacy of Camp Forrest.

“Camp Forrest truly represents what a nation thrust into war was able to do so well and in such a relatively short time,” he said. “It was true historical irony, because Camp Forrest took a rural Tennessee community and turned it into a very national camp with soldiers from all over the country.”

Those who spent time at Camp Forrest don’t need records or structures to recall their days at the training site. Many World War II veterans, like Robert Allen, stop at the Camp

Forrest Memorial to reminisce about their days at the camp.

During the war, Allen was a 19-year old corporal who served as a line corporal with the 831st engineering aviation battalion for the 8th Air Force in England. Later, he helped construct bases and remove unexploded ordnances with the 9th Air Force in Germany.

Toward the end of the war, he received instructions to report to Camp Forrest.

“The Army sent me to Camp Forrest to serve out the three months,” Allen said. “It was used at that time to house ... POWs.

“My job was to man a machine gun post in a tower there, guarding the base’s perimeter from prisoners trying to escape. That was ironic because I had to forgo any liberty passes to get out of the military in such a short time, but the German POWs had girlfriends in town, some [POWs] even had [paying] jobs.”

Yet, as time passes, unfortunately, so do the firsthand accounts. But, thanks to the initiative of members of the Junior Force Council, glimpses into what life was like at the camp are still possible.

In 2009, Tracy Carter, council secretary, spearheaded a cultural walk for center employees that focused on Camp Forrest and the history of the area today known as Arnold Air Force Base.

“I had always wondered what those concrete foundations and chimneys were left from along Watten-



Structures like these are just memories today on the grounds of what was the Army’s Camp Forrest. Originally an induction center, the base became a POW camp in May 1942. (File photos)



dorf,” she recalled. “My background before coming to Arnold was working in environmental at Grand Forks AFB. I had worked with the natural/cultural resources manager on Earth Week and was aware of the Air Force Instruction requirement to educate the base populace on the culturally significant aspects of the installation.”

Carter took her idea to

the base’s cultural resource manager and the result was a walking tour and presentation led by Hiebert and ATA Archeologist Shawn Chapman.

Those who attended the event learned about the layout of Camp Forrest and an overview of its history which included selections from old letters written by locals and Camp Forrest soldiers who had shared

their memories and experiences.

Today, a solitary guard tower and a former “brig” are the only intact structures that remain of the former Army training camp which is now a part of AEDC.

Like Camp Peay before it, Camp Forrest serves as the origin of this area’s contribution to and support of the nation’s military endeavors.



## Chaplain talks about the path to faith and spiritual fitness

By Philip Lorenz III  
Aerospace Testing Alliance

As AEDC's Air Force reserve chaplain for 22 years, Colonel Martin Nutter has been there for people during the best and worst of circumstances.

Whether it was officiating a wedding or consoling the family of a military member who died in combat or as the result of an accident, Chaplain Nutter has personally experienced the whole range of human emotions in their most raw forms.

The Oak Ridge, Tenn., native has been to Air Force bases around the country, including Dover AFB where the Air Force Mortuary Affairs Operations is located. This is the base that receives the bodies of fallen service members from Iraq, Afghanistan and other parts of the world.

He recalls how he came to join the Air Force in 1984.

"In the course of ministry as a pastor in the Lutheran Church – Missouri Synod, I started out by serving a church in West Virginia, but then I went to Oklahoma," he said. "I accepted a call to Altus, Okla., and, lo and behold, I found out [about]

Altus AFB there. There were 5,000 blue suits and maybe 400 civilians and contractors there at Altus AFB and I was very much intrigued with serving my country anyway.

"I thought this might be a great opportunity, to not only serve as a pastor in the civilian parish, but also through the military. So, I pursued becoming a part of the Air Force reserves and that's where it all started."

Chaplain Nutter said his parents divorced when he was only eight years old and being the recipient of food baskets and clothing left an indelible impression early in his life.

"I could see how the church helped me at a time when my father couldn't or didn't and I thought, I could see how my Heavenly Father was providing for our needs and I thought how can I best serve you," he recalled.

Helping console the family of deceased service members is both a challenge and an opportunity to serve, according to the chaplain.

"Arnold is unique in that we serve a fairly large area, northern Alabama, northern Georgia, pretty much all of Tennessee, southern Ken-

tucky and western South Carolina and western North Carolina," he said. "To notify the next of kin in the event that there has been an active duty death, as a result of current war on terrorism or the mission here locally, is a very tall order.

"I've gone with men and women who've both said 'I've been in the military for 18 years, but I've never known how difficult something is until this point, to go in your service dress and to notify your family that their son or their daughter or their husband or their wife has been killed.'"

Chaplain Nutter said helping others with their spiritual fitness, regardless of the situation, is at the core of his ministry at AEDC and full-time position as pastor of Faith Lutheran Church in Tullahoma.

One of his first considerations is protecting an individual's privacy, which enables an individual to seek counsel without inhibition.

Asked to define spiritual fitness, Chaplain Nutter said, "There is, I believe, a strong connection between one's spirituality and one's overall health. It occurs when individuals, regard-



*"Having a good relationship with one's Lord really spills over into other aspects of one's life. Regarding your own physical well-being, your outlook on life, mental and emotional stability is all tied together."*

– Col. Martin Nutter  
AEDC Chaplain

less of their faith, incorporate powerful biblical principles and truths into their lives.

"Forgiving, loving others, believing, worshipping in community, prayer and meditation are just a few that if practiced, seem to have a positive impact on one's quality of life and health."

Chaplain Nutter said spiritual fitness is inseparably tied into all aspects of a person's health.

"I truly believe that being sound spiritually affects all other areas, [including] mental, emotional and physical, and I think it's imperative to have a relationship with one's Lord, to [include] prayer, to study his word and to grow.

"Having a good relationship with one's Lord really spills over into other aspects of one's life. Regarding your own physical well-being, your outlook on life, mental and emotional stability is all tied together."

He also spoke about the challenge in advocating

spiritual wellness.

"The world is very different now than it was 20, 30 years ago," Chaplain Nutter said. "I think for me personally, it's trying to take the same, good solid wine of the message of the Lord and put it into different wine skins. With technology changing – with computers and technology – how do we take the solid, eternal word and put it into the vernacular of today?"

Regardless of these challenges, spiritual fitness is essential and ultimately, the way to achieve it is straight forward.

"I would say one's attitude is critical to attain spiritual wellness," he said. "A person basically has two options, and only two. A person can choose to include God in their efforts to deal with life and its 'stressors,' or one can choose to 'go it alone.'"

Chaplain Nutter added, "What I have so often witnessed is that those who 'go it alone' are normally frustrated, on-edge and bit-

ter and angry. Those who recognize God and call upon Him for help and guidance seem to possess an 'inner peace' and 'happiness.' Even in the midst of stress, there is this deep-seated peace, this contentment."

Chaplain Nutter said his role in helping others attain spiritual wellness is equally straight forward.

"I am simply 'a voice, calling in the wilderness' and pointing people to look to Him as their 'refuge and strength' in times of trouble."

Chaplain Nutter acknowledged that even though people have different views of what spiritualism is, there seems to be a general consensus that it is a search for meaning and purpose in human existence.

It is his hope that the quest for spiritual fitness will lead an individual to strive for a state of harmony within and also with others, to strike a balance between their inner needs and those of others in the world around them.

## Weather can't dampen walkers' spirits

*Despite rainy day, people turn out for Pot of Gold walk*

By Philip Lorenz III  
Aerospace Testing Alliance

Due to inclement weather, the turnout may have been lower than usual for AEDC's annual Pot of Gold walk/run on March 30, but the high level of enthusiasm shown by the event's participants made it a success.

According to Ron Stephenson, AEDC's sports and Fitness Center director, the success of this year's Pot of Gold is not just his take on the event, which dates back to 1993 and probably earlier.

He said people who tend to show up for the Pot of Gold are motivated and usually complete the 3.5 mile distance, even when it rains like it did for this year's event.

"This is just an incentive program, just to get people out exercising," he said. "And you get benefits just from walking half a mile and [it] reduces the stress and gives us something to do for the day."

Joe Waters, the Fitness Center programs coordinator, said, "We have a lot of people who are regular runners who choose to do it. Most of those people run it anyway. And we have a lot of people who we might not see them except for events like this."

This marked the first Pot of Gold event for Janet Gammon, a technical specialist in ATA's project



**Jean Holt and Allyssa Hartsfield, store associates at the base commissary, were among approximately 24 individuals, mostly AEDC employees, who took part in the annual Pot of Gold walk/run hosted by the Fitness Center. According to Ron Stephenson, the numbers were lower than normal due to overcast skies and rain, but still a success. Participants got free T-shirts, while supplies lasted, from the sponsors of the event. (Photo by Rick Goodfriend)**

design engineering branch. "Suzanne Singleton and Lisa Waddell are always participating in activities like the Pot of Gold and Turkey Trot and so I decided if they can do it, I can do it too, not to mention the fact that we work out together at lunch when our schedules permit," she said.

Before a motorcycle accident sidelined her in April 2000, Gammon had been training to run the

Marine Corps. marathon with her sons.

"So here, [at] almost 60, I never got to do it," she said. "And on my bucket list I have the goal to do a half marathon; not necessarily run it but maybe a jog/sprint/walk type of sequence.

"The time is not important to me, just the satisfaction of knowing I did it. The Pot of Gold was not on my list to do, but I have walked the trail when I was

in the Carroll Building."

So, despite overcast skies and rain, Gammon said for her, participating in the Pot of Gold this year was never in doubt.

"Going around the trail twice was a big deal yesterday," she said. "I was huffing and puffing by the time I was through and Suzanne and I were both drenched, not because of the drizzle, but the humidity was unbelievable. It was a good feeling."

## AFMC seeking runners for Air Force Marathon

**WRIGHT-PATERSON AIR FORCE BASE, Ohio** – Air Force Materiel Command is currently seeking members for its command Air Force Marathon team.

A total of 10 active-duty members will be selected to participate.

Three male and two female runners will be selected for both the full-marathon and half-marathon races.

Individuals interested in participating should submit an Air Force Form 303 to their local installation's fitness center director no later than April 30.

Team members selected will receive reimbursement from AFMC Services.

Each member will be granted permissive temporary duty status in accordance with Air Force Instruction 36-3003, Military Leave Program.

As part of the AFMC team, members' participation can earn points tallied toward the Major Command Challenge.

The winning com-

mand earns possession of a prestigious traveling trophy. The top male and female Air Force finishers in all age groups and both the half- and full-marathon races earn points for their commands.

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

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

Headquarters AFMC Services will appoint a selection board to evaluate nominations for the AFMC team based on the AF Form 303 content.

The board will make its recommendations for final approval.

Individuals will be selected based upon most recent experience and fastest times.

For more information please contact Tech. Sgt. Hugh Word at (937) 656-0887.

# Commander's Fit Tip: Slow rides bring fast results

By Col. Michael Panarisi  
AEDC Commander

A few weeks ago, we explored some of the mythology surrounding weight loss routines and exercise intensity. In that edition, I introduced the “hard day, light day” strategy, and since then, I’ve received a number of questions about that approach.

So let’s look at that in more detail and maybe I can convince you to add this to your workout portfolio.

The “hard day/light day” strategy is a fantastic method developed for those of us who need to improve our fitness, but are not professional athletes. When you think about what it takes to get “to the pros” you can see how from their perspective, every tenth of a percent gain in performance is worth going after.

But chasing the upper limits of your performance capability greatly increases injury risk, and with dedicated coaching, you can reduce this risk. But if you don’t earn your living by

taking your mind and body to the limit in front of millions of spectators, you need a better plan.

The “hard day/light day” approach will get you close to 90 percent of your maximum capability without carrying the injury risk a pro routine represents. Here’s how it works.

The routine is a cardio-based approach, and acknowledges the reality that even the pros run into a wall if they try to max out their efforts every day. By introducing low intensity (aka light) days, you allow your body to adapt to the challenge gradually, and more importantly, let your psyche adapt as well.

Let’s face it: I enjoy a hard workout about as much as anybody, but the thought of facing the threshold of pain every day can get old. But if I know I have a break planned in between, I’m more apt to stick to the plan, and that’s where the magic happens.

It turns out that sticking to a plan is the biggest obstacle, so a less chal-

lenging plan, more closely followed, will beat a tough plan that you just can’t execute. Plus the “light days” offer a chance to merge your weight training efforts with your aerobic work. Trust me, if you try to “hit the weights” in conjunction with a “hard day” aerobic workout, chances are one or the other (or both!) will be compromised. So, what’s a light day? It might not be what you think.

As a cardio-based strategy, the line between “hard” and “light” is largely understood in terms of heart rate. To qualify as a “light day,” you’re looking for something around 70 percent of your max. It’s still a “workout,” but it needs to be totally sustainable and light enough that you could repeat it a few days in a row without getting into cumulative fatigue or strain. So for most of us (myself included!) a light day does not include running.

Maybe I’m a mutant (some would argue there’s no “maybe” in that statement!) but if I try to run at

all, my heart rate climbs right past 130 beats per minute (that’s 70 percent for me) even if I try to execute a slow jog. So rather than lumber along in a clumsy trot, I hit the machines on light days. The ellipticals, spin bikes, stationary bikes, and even the hand bike, all offer a very controllable load, making it easy to sustain a target heart rate.

Light days will cost a bit more time though. Shoot for 45 minutes, with 30 as a bare minimum. But there’s a trap ... the cadence. You can’t let “light day” drag you into a lethargic, glacial event. You’re much better off keeping your cadence higher and adjusting the load on the machine to drive your heart rate.

Why? Efficiency. You only benefit when your muscles contract, so a higher cadence will get more contractions per minute. I maintain at least 90 RPM on the bikes, and 150 “strides per minute” on the elliptical. These rates will seem unnaturally high at first, but in just a short

while, your “natural pace” will rise and these will not seem so awkward to maintain.

And don’t forget your tunes! Adding your favorite music to this routine will make the minutes fly by, and the higher cadence helps overcome the concern that you are not getting bang for your buck.

If you are just restarting your workout routine following an illness or injury, this is the perfect plan. For the first couple weeks, shoot for a hard Monday, light Tuesday, rest Wednesday (maybe weights only), hard Thursday, light Friday schedule. As you gain confidence, you can add Wednesday, but for that first week, start off with the light day on Monday, so you’ll get three light days (M, W, F) in that week.

Then look at starting off with a hard day, and you’ll have three hards, two softs that week. If you are a little achy on Thursday, just repeat the light day on Friday. In the early phases when you have three “light days,”

add in your weight routine. In short order, (about six weeks) you’ll see some real performance gains and your injury risk is very low.

I know many aspiring fitness aficionados can’t get over the feeling that they are “wasting time” on the light days. All I can say is the science behind this technique is bulletproof. Aggressive training schemes can produce higher levels of performance more quickly, but inevitably, you suffer a setback due to injury, overtraining, cumulative muscle fatigue, or mental fatigue.

The time lost to forced recovery shifts the progress meter back towards the hard day/light day routine, and over the long term, the success rates are much higher.

So enjoy the workouts, and feel good about “taking it easy” two or three times a week. After a few weeks, you’ll be shocked at just how hard a “light day” has to be to get you up to the 70 percent target. And you’ll have plenty of gas left in the tank for the hard day that follows. Try it!

## Air Force leaders issue sexual assault prevention and response message

WASHINGTON (AFNS) – Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force James Roy issued the following message to the men and women of the United States Air Force:

We must commit to eliminating sexual assault from our Air Force.

Air Force leaders have focused on sexual assault prevention and response for several years, with special emphasis on victim care.

Unfortunately, sexual assault continues to burden our Airmen and degrade our mission effectiveness. Sexual assault is a crime, and there is no place for this behavior in our Air Force. We demand better of ourselves.

Experts tell us sexual assault is the most under-reported crime in America. For that reason, we contracted with Gallup, Inc., to conduct an anonymous survey about sexual assault in the Air Force.

The results show that in the 12 months prior to the survey, 2,143 (3.4 percent) women and 1,355 (0.5 percent) men were sexually assaulted, with the majority of female victims reporting that their assailant was a fellow Airman.

The results also confirm that most assaults go unreported. We encourage you to review the complete report.

Airmen cannot allow this destructive behavior to persist in our Air Force. Every Airman has the moral obligation and professional duty to intervene appropriately and prevent an assault, even when it means taking difficult or unpopular actions.

The Air Force Bystander Intervention training provides you tools and skills to meet those responsibilities, to intervene in situations where fellow wingmen seem vulnerable and to encourage victims to seek help.

We remain committed to meeting this challenge. (The complete report can be viewed at [www.afpc.af.mil/shared/media/document/AFD-110317-008.pdf](http://www.afpc.af.mil/shared/media/document/AFD-110317-008.pdf).)

# VFW post to host grand re-opening April 30

By Patrick Ary  
*Aerospace Testing Alliance*

Last year's 80th birthday should have been a good one for Veterans of Foreign Wars Post 1893.

As it turned out, it was the start of several months of hard work and recovery; but members of VFW Post 1893 are going to have a new home where they can celebrate their 81st birthday.

"It has not been an easy task these past seven months," said Ray Cutrell, the post's assistant commander. "But we are there and now that we're there, I think the fruit of our effort will prove itself in just the appearance alone."

VFW Post 1893 burned to the ground Aug. 16. No one was hurt physically, but it was a shock to everyone who was heavily involved in the post's activities.

Despite the pain, Cutrell said everyone knew they had to get started on a new building and continue the group's community service.

"On the 17th we were all kind of stunned," he said. "On the morning of the 18th, me and four or

five other Vietnam vets set up a tent on the property and established a command post, and we've been going since then to reach where we're going to be on April 30."

On that day the VFW will have a grand opening of its new post, located in the same spot on Highway 127 in Franklin County. For anyone familiar with the old building that overlooked Woods Reservoir, walking into the new one will be a surprise, according to Dave Uselton.

"They have gone to every expense to change the way the VFW is looked at," said Uselton, a Marine Corps veteran and manager of Aerospace Testing Alliance (ATA) material control at AEDC. "They wanted to make this a family atmosphere where people could come to a nice facility located on the lake with a great view, come and have dinner and talk to veterans."

Uselton got involved with helping the VFW recover from the fire when members asked him to serve on the building committee. He said it was an easy decision to help a



**New construction on Veterans of Foreign Wars Post 1893, located on Woods Reservoir in Franklin County, is almost complete. VFW members have scheduled an April 30 grand opening for the building, which was rebuilt after a fire destroyed the old building in August.** (Photo by Rick Goodfriend)

service organization that was in need of a little help itself.

"Since they have put their heart and soul in this and they've basically spent every dime they've made, they're not going to owe any money when they're done," Uselton said. "But they're going to be at zero, and they have to make money."

One of the biggest changes to the new building is taking advantage of its view of Woods Reservoir. The old building, which Cutrell said was built in the 1950s and had already been added on to when the VFW located there in the 70s, was overdue for an overhaul.

Now the brick building that burned has been replaced with a steel-framed building that has been designed with large windows that give a view of the water from the dining area.

"It's just drop-dead gorgeous here right now," Cutrell said. "It really has an unbelievable view, the way we have it set up now."

But the road to the grand opening has been hard. Even though there is a dining facility, a bar and a state-of-the-art kitchen, most of the war memorabilia that decorated the

walls of the old building is gone. Among them, Cutrell said, was a bullet-riddled flag that flew over Pearl Harbor in 1941.

The VFW members have also spent the months after the fire working with its insurance company, the Franklin County commission and the Air Force to get everything in order to rebuild.

Even as they've worked toward getting their new building ready, Cutrell said the VFW members have continued to provide all of their normal services to the community. That includes feeding veterans bused in from Nashville and Murfreesboro, giving away Christmas baskets during the holidays and working with young people through ROTC and sports teams.

"We have continued to do what we've always done, and we've actually

had meetings like we're supposed to have to maintain the charter," he said. "So we haven't skipped a step, even though we've been down and out for a while."

The April 30 grand opening at the post will have a ribbon-cutting ceremony at noon. Barbecue pork butts will be sold to raise money for the post.

VFW Post 1893 will be open to the public for breakfast, lunch and dinner, with the exception of times when meetings are scheduled. Cutrell said more than half of the post's 260 members are retired Air Force veterans who worked at AEDC, and the members want everyone to come and see the changes that have taken place there.

"We've had a lot of downs and a lot of ups," Cutrell said. "And we're looking forward to the future of it."

## Hanscom team helps ‘forge’ new path for software development, testing

By Chuck Paone

66th Air Base Group Public Affairs

**HANSCOM AFB, Mass. (AFNS)** – Acquisition by its nature is a fairly rigid business, governed by established rules and procedures designed to ensure integrity, fairness and programmatic oversight.

This creates a vexing problem for those trying to increase acquisition speed and agility. It’s particularly challenging when dealing with information technology, and software specifically, where the rate of innovation is very fast.

“Commercial IT and software development advances occur so rapidly that the only hope we have of keeping pace is to embark on a completely different and open path,” said Dr. Tim Rudolph, the Electronic Systems Center chief technology officer.

That’s why he and many senior leaders throughout the Department of Defense have embraced a new approach and destination for software development.

That place is Forge.mil, a Defense Information Services Agency-led effort being worked, in part, out of the Air Force Electronic Systems Center here.

Forge.mil picks up on the globally popular software development community, Source Forge, where developers have collaborated for years in an open environment, said Ray Smith of Jackpine Technologies, a contractor working within ESC’s Capabilities Integration Directorate.

“With Forge.mil, the push is for the DOD to adopt some of the same tools and methods that industry uses to rapidly design, develop, test and field software,” Smith said. “We’re trying to go toward small, incremental, functioning software deliveries rather than a single monolithic one at the end of a contract.”

Forge.mil is less open than Source Forge; a Common Access Card or External Certificate Authority login is required. However, it’s still a radical departure from old ways of doing business in that it enables developers to collaborate with other developers, users, mission assurance specialists and testers while developing.

Testers have always been a welcome part of the Forge.mil community, but until

recently there hadn’t been a component designed specifically for testing. The Hanscom team is working to change that.

Originally called Test Forge, and now referred to as Forge.mil Testing Services, this new segment being developed here provides tools for continuous testing of software being developed.

“This is a huge leap forward,” said Peter Walsh, a contractor with NPLACE Inc., who is working on the effort here. “Now for instance, the Joint Interoperability Test Command can place its test procedures out there, and the developers can run them as they go. That way, they’ll know right away, long before going into an official testing phase, if there are any problems, and can address them before getting too far along.”

Users also can automate the testing process, so that regression tests will run at pre-established times each day.

“Any new source code added that day is automatically tested that night,” Walsh said.

The team developing these new testing services knows how they work be-

cause they’re using the features themselves as they continue to refine them.

“We’re one of the 478 projects ongoing within Forge.mil right now,” Smith said. “We’re doing what we’re doing completely within the Forge.mil environment.” Forge.mil itself has about 8,700 registered users.

The great benefit of working in this collaborative environment is that it makes development truly iterative.

“Under the old model, software systems were developed and then thrown over the fence (to testers or users). And then when we wanted to modify something, we’d have to come up with an engineering change proposal and negotiate that and spend more money and more time,” Smith said. “Now we can develop, share, test and refine throughout the process.”

Another key benefit is the use of virtualization, which enables users to “call up” the tools they need rather than having to buy them and configure them on independent servers. This saves resources and adds consistency.

“Now you no longer

run into a situation where something works in one environment but, because of some slightly different configuration, doesn’t work in another environment,” Walsh said. “Here, everyone’s working with exactly the same tools.”

Dr. Rudolph agrees that this new paradigm is vastly superior.

“You can’t realistically become more agile in a critical area like software development any other way,” he said. “You have to be willing to work in a relatively open, collaborative environment and improve and fix things as you go. This is one of the few ways to kick the tires of software in a larger environment for transition to the live network.”

Like any big change, its success depends on people feeling at ease with it. That includes the contractors paid to develop the software-based systems DOD relies on.

Rather than having the government wait for the final product, an open process where program managers, operators, testers and others can see what is being built might make developers uncomfortable, said William Cook, the

Joint Command and Control Air Force liaison, who works out of the center’s Command, Control, Intelligence, Surveillance and Reconnaissance Directorate.

“I’m a huge proponent of the Forge.mil operating model,” he said. “It allows us to attain efficiencies in software testing. We want our contractors and, by extension, our programs to get all the benefits of developing while using agile testing practices, too, and we want them to feel comfortable doing it. That’s why we’re looking at creating workgroup versions for individual contractors to use.”

With those workgroup “editions,” contractors would have access to all the development tools and all the testing procedures, so they know what the enterprise environment will be when they load their software up into Forge.mil.

That’s really what’s at stake here, Walsh said, noting that as a contractor, even he had to make a mental adjustment to working this way.

“Once we started doing it, though, we could see right away that the benefits were far greater than the risks,” he said.

## Burger Burn raises money for AEDC activities and programs



Above, AEDC Executive Director Britt Covington pays Tech Sgt. Naomi Bullock for a hot grilled meal at the AEDC Top 4 Burger Burn April 6. Top left, Chief Master Sgt. Curtis Allen tends to the grill, cooking the food sold during the lunch hour to AEDC employees. The Top 4 raised \$1,100 by grilling hamburgers and hot dogs along with side dishes. The money will be used to support various base programs and activities. (Photos by Rick Goodfriend)

## Military family support a 'national priority,' President Obama says

By Fred W. Baker III

American Forces Press Service

WASHINGTON (AFNS) – President Barack Obama made caring for military families a national priority Tuesday, calling to action his entire administration and communities across the U.S. on their behalf.

“The strength and the readiness of America’s military depend on the strength and readiness of our military families,” the president said. “This is a matter of national security. It’s not just the right thing to do. It also makes this country strong.”

President Obama made the remarks at the White House, accompanied by Defense Secretary Robert M. Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, along with other senior officials, as he announced a national initiative aimed at increasing support for the families of U.S. service members.

The initiative will focus on employment, education and wellness, and aims to raise awareness about the sacrifices and needs of military families. First lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, will this week launch a national tour as part of the initiative.

The president praised the efforts of today’s military but added that no troop serves alone.

“Behind every American in uniform stands a wife, a husband, a mom, a dad, a son or a daughter, a sister or brother,” he said. “These families, these remarkable families are the force behind the force. They, too, are the reason we’ve got the finest military in the world.”

In President Obama’s travels to military installations since taking office, he said, one theme recurs in his conversations with service members.

“There’s one thing they request more than anything else: Take care of my family. Take care of my family,” President Obama said. “Because when our troops are worried about their families back home, it’s harder for them to focus on the mission overseas.”

The president cited his recent directive to establish a coordinated federal approach to support mili-

tary families. Released in January, the report detailed nearly 50 commitments from cabinet agencies to reform, strengthen, or better coordinate the federal government’s efforts.

The efforts range from protecting families from financial scams, to improving education for military children and spouses, to helping end homelessness among veterans.

“As commander in chief, I’m not going to be satisfied until we meet these commitments,” President Obama said. “Across this administration, we’re going to keep doing everything in our power to give our military families the support and the respect that they deserve.”

But, the president said, national support for military families cannot be solely a government function. Support needs to be at the community level.

“Our military and our military families can’t be the only ones bearing the burden of our security,” he said. “The United States of America is strongest, and as Americans, we are at our best, when we remember our obligations to each other; when we remember that the price of freedom cannot simply be paid by a select few, when we embrace our responsibilities to each other, especially those who serve and sacrifice in our name.”

Mr. Biden, whose son deployed for a year to Iraq, said he understands firsthand the value of family support to deployed service members.

“We learned at that time how much it means to those who are in a war zone thousands of miles away, knowing that their family is being cared for, that their next-door neighbor has offered to cut their grass while their husband is overseas or that the next-door neighbor will give a jumpstart on that cold morning when they’re trying to get their daughter or son to elementary school,” Mr. Biden said. “They know that those little things are the things that make every day work or not work. It matters. It matters because it’s one less thing they have to worry about in theater.”

Arnold Golf Course  
454-7076

Check us out on Facebook!

The 2011 **AEDC Intramural Golf League** will begin April 25. This year's league will be limited to 20 four-person teams that sign up. The format is four-person team match play, and a maximum individual nine-hole handicap of 13 has been established. Each team will play either Monday or Tuesday for 19 weeks. There will be no league play on Memorial Day and Tuesday of that week. To enter, provide your team name, names of members, phone numbers and identify the team captain. Deadline to sign up is April 15. If you are interested in participating please contact J.T. Northcutt, 454-4771, or Lyle Sissom, 454-5199.

**Spring Into Golf Special** continues through the end of April. \$26 includes 18-hole green fee, 18-hole cart fee, a hot dog and fountain soda – a \$35 value!

A **Two-Person Triple Play Tournament** has been set for May 14 beginning with an 8 a.m. shotgun start. This 27-hole tournament will be scramble for the first nine, best ball for the second nine and alternate shot for the third nine. Handicaps will be used to determine which tee you play from. Flighted into A and B flights. Entry fee is \$80 per team and includes breakfast buffet at 7 a.m. Green fee and cart fee are extra. Sign up by May 11.

Arnold Lakeside Center  
454-3350

Arnold Lakeside Center is going country April 22 with a **Cowboy Cookout and outdoor showing of "True Grit."** Dinner will begin at 6:30 p.m. with barbecue chicken leg quarters, potato salad, baked beans, chips, hot dogs, tea and lemonade served on the side patio. Cost is \$6.95 for members and \$7.95 for nonmembers. Enjoy the bluegrass acoustic sounds of The Loading Dock Boys during dinner, and once darkness sets in the movie will begin (probably around 7:30 or 8 p.m.). "True Grit," rated PG-13, is the story of 14-year-old Mattie Ross seeking justice for the murder of her father. To aid her, she hires the toughest U.S. marshal she can find, a man with true grit – Reuben J. "Rooster" Cogburn – to track down the killer, Tom Chaney. Mattie insists on accompanying him, and his drinking, sloth and generally reprobate character do not boost her faith in him. They are joined by Texas Ranger LaBoeuf, who wants Chaney for his own purposes. The unlikely trio finds danger and surprises on the journey, and each has his or her grit tested. In case of inclement weather, the event will be rescheduled for April 30.

Arnold Lakeside Center will host a special **Fun in the Sun picnic and egg hunt** 10 a.m.-1 p.m. April 23. The picnic lunch will be served buffet style on the patio and includes fried chicken, potato salad, baked beans, bag chips, cole slaw, macaroni and cheese, pecan pie and carrot cake. Cost is \$8.95 members, \$9.95 nonmembers and \$4.95 for ages 12 and under. This will be open seating, no reservations required. The egg hunt will begin at noon on the lawn with candy and prize slips inside the eggs, so don't forget your Easter basket. Prize slips will determine what prize is won. There will be three age brackets: 2-5 years old, 6-8 years old and 9-12 years old. The Easter Bunny will be present from 11 a.m.-1 p.m. for photos with kids and families. This event will replace the traditional Easter Sunday brunch. The ALC will be closed Easter Sunday.

Arnold Lakeside Center has planned an evening getaway to **Chaffin's Barn Dinner Theater** in Nashville April 29 to see "The Foreigner," a comedy by Larry Shue. In a rural fishing lodge in Georgia, frequent visitor and British demolitions expert "Froggy" LeSeuer deposits a friend, a pathologically shy man named Charlie who is overcome with the thought of making conversation with strangers. (And the "strangers" couldn't be more strange: a sinister, two-faced minister and his red-neck associate, the minister's debutante fiancée and her half-witted brother, and

## Tops in Blue to perform at Tullahoma High School May 2

Arnold Lakeside Center is proud to announce Tops in Blue 2011 tour performance to be held May 2 at the Tullahoma High School auditorium. Although the show is free and open to the public, tickets are required and must be obtained in advance from Services Marketing (Room C303 in the A&E building). Priority for tickets will be given to military only on April 18-19, DOD employees April 20-21 and open to all others on April 22. Doors will open at 6:30 p.m. in anticipation of the 7 p.m. show.

Tops in Blue is the Air Force's premier entertainment showcase with an all active duty military special unit made up of talented amateur performers selected for their entertainment abilities. Each year thousands compete in base talent contests, and the most talented move on to higher level competitions.

The result is an elite group composed of 35 of the most talented vocalists, musicians, dancers, comedians, magicians and

dramatists worldwide.

Known as the Air Force's "Expeditionary Entertainers," the group performs throughout the world on a yearlong tour. Not only is this small group the performers, but it also is the roadies and stage crew.

They begin their performance day early by unloading the trucks of gear, stage, lighting and sound. They spend the day constructing their elaborate stage and sets along with erecting lighting and sound.

As this process nears its end, they begin sound checks and then it's time for costume changes and show time. Once the show is over they meet the audience as they depart and change back into their work gear to do the entire process in reverse, tearing down the lights, sound, sets and stage and reloading the trucks. Their day is jam-packed for more than 20 hours.

The show itself is always impressive, but to think of what all they have done earlier that day and what is yet to come makes it totally remarkable.

## Arnold Lakeside Center plans family and teen talent contest

"The family that gets up on stage together, stays together." Isn't that how the old cliché goes? If not, it should as the Arnold Lakeside Center hosts the annual Family and Teen Talent Contest.

On May 24, the Arnold Lakeside Center invites moms, dads, brothers and sisters to sing, dance and perform together in the family-oriented event.

Contestants can enter in one of eight categories: Children (ages 6-8 inclusive), Preteen (ages 9 – 12 inclusive) Group Act, Preteen (ages 9-12 inclusive) Solo/Individual Act, Teen (ages 13-18 inclusive) Solo/Individual Act (Vocal), Teen (ages 13-18 inclusive) Solo/Individual Act (Instrumental), Teen (ages 13-18 inclusive) Solo/Individual (Performance/Specialty), Teen (ages 13-18 inclusive) Group Act, Family (parent and youth, husband and wife).

Participants must be of the same immediate family.

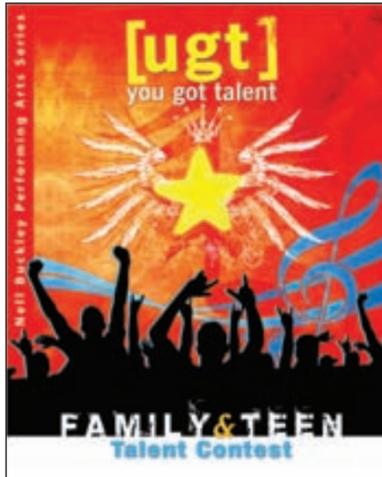
DVDs of installation winners will be submitted for the Air Force-level contest.

"We invite everyone to enjoy an evening of entertainment while cheering for

their co-workers and neighbors," said Melissa Hester, Arnold Lakeside Center programmer.

Dinner will be available during the show from the Express or Pizza menus. A rehearsal will be held at 6 p.m. May 23.

Those interested can call the Arnold Lakeside Center at 454-3303 for more information and to sign up.



## Camp Adventure set to begin May 31

Camp Adventure is a 10-week summer day camp for ages 5-12 sponsored by the Services Community Flight and run by skilled professionals through the University of Northern Iowa. Activities are held 7:30 a.m.-4:30 p.m. Monday through Friday. The camp will run from May 31 to Aug. 5. Children may attend any or all of the 10 weeks; however, we ask that attendance information be completed at time of registration.

Each week is set to a theme, and activities and field trips are planned to coincide with that theme. Only a.m. and p.m. snacks will be provided. Parents must supply their child with a sack lunch daily. Please do not send carbonated beverages of any kind to camp. Please ensure that lunches are clearly marked with your child's name. Cold items can be accommodated in our central refrigerator; however, we will not be able to heat any meals. Please keep this in mind when determining your child's lunch.

Outdoor and swimming activities are planned throughout the week (weather permitting). To be sure no one is left out of these exhilarating activities, each child should bring an extra pair of clothing and a swimsuit daily to camp. Closed-toe shoes must be worn at all times during camp activities and on field trips. Camp starts at 7:30 a.m. and ends at 4:30 p.m. Children will not be accepted before 7:15 a.m. At 4:30 p.m. children that are not picked up will be transitioned to Open Recreation. Families picking their child up after 6 p.m. will be charged a late fee of \$1 per minute. No grace period is allowed.

Weekly fees are based on total household income. The categories are determined based on DOD Childcare Fee Policies. Fees include snacks and field trip costs. Payment in advance for the first and last week of camp is required at time of enrollment. Weekly payments are due on the third day of the week. A late payment fee of \$20 will be applied to payment after the third day of the week.

Category	Total Household Income	Weekly Rate Per Child
I	\$0-29,400	\$55
II	\$29,401-35,700	\$65
III	\$35,701-46,200	\$75
IV	\$46,201-57,750	\$91
V	\$57,751-73,500	\$106
VI	\$73,501-85,000	\$122
VII	\$85,001-100,000	\$131
VIII	\$100,001-125,000	\$134
IX	\$125,000 +	\$137



## ALC Mother's Day Brunch May 8

Arnold Lakeside Center will celebrate mothers on May 8 with a special Mother's Day Brunch. Seating times are available every 30 minutes from 10 a.m.-1 p.m. with the event ending at 1:30 p.m. Cost is \$24.95 for members, \$26.95 for nonmembers and \$11.95 for ages 12 and under. Menu includes bacon, sausage patty, scrambled eggs, French toast, turkey breast, pit ham, corn on the cob, broccoli, fried okra, green beans, mashed potatoes, baby carrots, macaroni and cheese, pasta salad, spinach salad, bread stuffing, brown and white gravy, pecan pie, carrot cake and rolls. Reservations are required by May 4 by calling 454-3350.

## Lock-In, Max-Out – Take the Air Force Challenge for Teens

Join Youth Programs at the Fitness Center May 13-14 along with neighbor teens from Robins AFB and Fort Campbell Army Base. Ages 13-18 will spend the night in the Fitness Center and learn about a healthy lifestyle with challenging activities and healthy meals. The Fitness Center staff will provide a regiment of activities and provide information on work out routines. Chef David Owens, author of "Brocklee and the Little Chef," will demonstrate how to prepare a healthy meal, and each participant will get hands-on in this process. Chef Owens will also provide an autographed copy of his book to all teens which includes recipes kids can do at home. Be sure to bring your sleeping bag and a change of clothes if you want. A box breakfast will be provided the following morning. Call 454-3277 to sign up by May 11.

## Health and Wellness Expo coming May 25

The Fitness Center will kick off the Health and Wellness Expo on May 25 with a 3 1/2 mile run at 11:15 a.m. The Expo will be from 11 a.m.-1 p.m. with exposure and education on different dimensions of wellness. While visiting the booths, get a card initialed. Once the card is complete it may be entered for a chance to win prizes.

The following documentation must be completed to enroll each of your children in the program: application form, AF Form 1181—Youth Registration, AF Form 1055—Medication Permission Slip (if applicable), copy of your leave and earnings statement or W2 (note: if information is not provided, the highest category (IX) will be used to calculate weekly rate).

To start your child on this extraordinary adventure, contact Youth Programs for applications. The first and last week's fees are due at time of enrollment to hold your child's slot. A two-week written notice of cancellation must be provided or fees will be forfeited. Fill out the Summer Camp Adventure Application and return it along with the other required documentation and weekly fees to Youth Programs no later than two weeks prior to start of camp. You may select as many weeks as you want on one application, but a different application is required for each child attending.

For more information contact Youth Programs at 454-3277.



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	Information, Tickets, Tours	454-3303	Barber Shop	454-6987
Services Deputy	454-5915	Wingo Inn	454-3099	Fitness Center (FC)	454-6440
Community Services Flight Chief	454-4062	Family Member/Youth Programs	454-3277	Golf Course (GC)	454-7076 or
Complex Manager	454-3367	Family Child Care	454-3277		454-GOLF (4653)
Arnold Lakeside Center (ALC)	454-3350	Gossick Leadership Center	454-4003	Mulligan's Coffee Bar & Grill	454-FOOD (3663)
Arnold Lakeside catering	454-3350	Human Resources	454-5481	Outdoor Rec (ODR)	454-6084
Hap's Pizza	454-5555	Marketing & Sponsorship	454-3128	FamCamp	454-4520 or 6084
Membership Information	454-3367	Recycling	454-6068	Marina	454-3838 or 6084

# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m. FC Intramural Softball League begins 6 p.m. ALC <i>Tops in Blue</i> , Tullahoma High School auditorium, 7 p.m., free show, tickets required in advance	<b>3</b> 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. FC Zumba 4:15 p.m.	<b>4</b> FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. - 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	<b>5</b> 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 "The Dilemma" PG-13 dinner 5-8 p.m. movie 6 p.m. ALC Chess Club begins, 5 p.m. ALC Texas Hold 'Em Mini Tournament begins, 6 p.m., members only	<b>6</b> FC Body Pump Boot Camp 6 a.m. FamY Fit Family Kick-off at Commissary, 10 a.m. - 3 p.m. FC Piloga 11 a.m. ALC Shrimp Alfredo, \$9.95 member, \$10.95 non member 4-9 p.m. FamY Movie Night, 5-7 p.m., age 9 and up, free popcorn, 454-3277 ALC First Friday Jam Night, 6-10 p.m.	<b>7</b> FamY Fit Family Kick-off at Commissary 10 a.m. - 3 p.m. ALC Lynchburg Ribeye, \$13.95 member, \$14.95 non member, 5-9 p.m.
<b>8</b> ALC Mother's Day Brunch, 10 a.m. - 1:30 p.m., \$24.95 member, \$26.95 non member, ages 12 and under \$11.95, reservations required by May 4, 454-3350	<b>9</b> FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m.	<b>10</b> FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.	<b>11</b> FamY Deadline to sign up for Lock In Max Out Teen event, 454-3277 FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. - 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	<b>12</b> 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 "Gnomeo and Juliet" G dinner 5-8 p.m. movie 6 p.m. ALC Chess Club, 5 p.m. ALC Texas Hold 'Em Mini Tournament, 6 p.m., members only	<b>13</b> FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Prime Rib for Two, \$34.95 member, \$36.95 non, 4-9 p.m. ALC Second Friday Karaoke, 6-8 p.m. family time, 8-10 p.m. adult time	<b>14</b> FamY Teen Lock-In, Max Out ends, 7 a.m. GC 2-Person Triple Play Tournament, 8 a.m., \$80 per team, sign up by May 11 ODR Paintball, 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 ALC Closed for special function
<b>15</b>	<b>16</b> FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m.	<b>17</b> FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.	<b>18</b> FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. - 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	<b>19</b> 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 "I am Number Four" PG-13 dinner 5-8 p.m. movie 6 p.m. ALC Chess Club, 5 p.m. ALC Texas Hold 'Em Mini Tournament, 6 p.m., members only	<b>20</b> FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Onion & Feta Crusted New York Strip, \$13.95 members, \$14.95 non members, 4-9 p.m.	<b>21</b> ALC Day Trip to Chattanooga Aquarium, 8:30 a.m., \$40, \$30 age 3-12, sign up by May 17, 454-3303 FamY Armed Forces Kids Run, 8:30 a.m., ages 5-13 ALC Closed for special function
<b>22</b>	<b>23</b> ODR Deadline to sign up for Skydiving trip, June 18, \$215, 454-6084 FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class - Zesty cycling 11 a.m. FC Yoga 11 a.m. ALC You Got Talent "UGT" Family and Teen Talent Contest rehearsal, 6 p.m.	<b>24</b> FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC You Got Talent "UGT" Family and Teen Talent Contest, 6 p.m., sign up by May 12, 454-3303	<b>25</b> FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. - 1 p.m., call ahead 454-5555 FC Pilates 11 a.m. FC Health and Wellness Expo, 11 a.m. - 1 p.m.	<b>26</b> 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 "Big Mommas - Like Father, Like Son" PG-13 dinner 5-8 p.m. movie 6 p.m. ALC Chess Club, 5 p.m. ALC Texas Hold 'Em Mini Tournament, 6 p.m., members only	<b>27</b> FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Bacon Wrapped Stuffed Chicken \$10.95 member, \$11.95 non member, 4-9 p.m.	<b>28</b> ALC Buffalo Wings (dozen) \$7.50 member, \$8.50 non member, 5-9 p.m. ALC UFC 130: Edgar vs. Maynard in The Landing, 8 p.m.
<b>29</b>	<b>30</b> FC Open 8 a.m. - 4 p.m., no classes	<b>31</b> FamY Camp Adventure begins FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.				

## Hours of operation

**Arnold Lakeside Center** - Special function luncheons available. Call 454-3350 for arrangements. Catering/Management offices Tuesday-Friday 10 a.m.-3 p.m.; Lunch: limited menu Wednesdays, 11 a.m. - 1 p.m., call 454-5555 to place orders; Dinner: Arnold Express Menu or Hap's Pizza only Thursday 5-8 p.m., dinner or Arnold Express Menus and Hap's Pizza Friday 4-9 p.m. and Saturday 5-9 p.m.; Main Bar Thursday 5-8 p.m., Friday 3:30-10 p.m. and Saturday 5-10 p.m.; Social Hour Friday 4-6 p.m., Movie Night Thursday 6 p.m. Family Member/Youth Programs - Tuesday through Friday 10 a.m. - 5 p.m., Saturday 12-5 p.m., First Friday Movie Night 5-7 p.m.

**Outdoor Rec** - Main Office, Check In, Marina and Auto Shop Tuesday through Sunday 8 a.m. - 6 p.m.

**Fitness Center** - Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m. - 4 p.m.; Sunday 12-5 p.m.

**Arnold Golf Course** - Pro Shop & Driving Range 7 a.m. - dusk, 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.

**Recycling** - Monday through Friday 7 a.m. - 4 p.m.

**Wingo Inn** - Monday through Friday 7 a.m. - 6 p.m., Saturday and Sunday 8 a.m. - 4 p.m.

**Barber Shop: by appointment** - Monday, Wednesday & Friday 8 a.m.-2p.m.; Thursday 8 a.m.- noon.

## BX/Commissary customer eligibility

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

### AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for March 2011 totaled \$4,962.24.



to perform 7 p.m. May 2  
at Tullahoma High School  
auditorium. Get tickets in  
advance from ALC.



MISSOULA CHILDREN'S THEATRE *mct Inc.*  
helping kids reach a new stage

Missoula Children's Theatre returns in July  
with

"The Jungle Book".

Preregistration starts June 1.

454-3277

**Briefs from H1**

the feisty proprietress of the lodge.) Before leaving, "Froggy" tells everyone that Charlie is from an exotic foreign country and speaks no English. Once alone, the fun really begins as Charlie overhears more than he should. If you've never seen this perennial Barn favorite, you must. If you have, you'll want to see it again! Enjoy dinner before the show and then watch as the real magic begins, the lights dim and the stage descends from the ceiling. Cost is \$60 and the deadline to sign up is April 22. Depart from the ALC at 4:30 p.m. and return approximately midnight. This trip has all the elements for an outstanding night of fun located in one building and with transportation provided at a great price. Chaffin's Barn Dinner Theater is rated one of the top 25 tourist attractions in Nashville. Call Melissa at 454-3303 to sign up for the trip. There must be a minimum of five to go and maximum number of participants allowed is 20.

**2011 Club Membership Scholarship Program** begins May 2. Members First Plus members and their family members who have been accepted by or enrolled in an accredited college or university for entry during the fall term as part-time or full-time are eligible to enter. There will be 25 \$1,000 scholarships awarded during this program. To enter you must write a 500-word essay on an assigned topic (TBA) and submit to Services Marketing, A&E Room C303, by July 1. Along with the essay, complete the entry form and provide current college/university acceptance letter for new students or official transcripts for those already enrolled. Winners will be announced Sept. 16. For more information visit [www.afclubs.net](http://www.afclubs.net).

**Wednesday Lunch** is available for dine in or carry out from 11 a.m.-1 p.m. Call ahead to 454-5555 to place orders. No delivery available. For better service, you may call on any day and preorder. Regular menu items available during lunch include specialty burgers, chicken tenders, salads and stuffed breadsticks. Call to see what other specials are available each week or check Sharepoint.

**Texas Hold 'Em Mini Tournament** will run May 5-26 in The Landing bar beginning at 6 p.m. each night. Players must be members age 18 or older. There is no entry fee but players must be present at time tables are drawn. Prizes will be awarded each week for first, second and third place finishers. Dinner is available from the Express or Pizza menus.

**Chess Club** is back meeting in the Four Seasons Room May 5 through June 9 from 5-8 p.m. All ages are welcome and there is no cost to play. Dinner is available from the Express or Pizza menus.

**Karaoke** will be May 13 from 6-10 p.m. All ages are welcome from 6-8 p.m. but 8-10 p.m. is reserved for adults only. Dining room special will be prime rib for two is \$34.95 members and \$36.95 for nonmembers served 4-9 p.m.

**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 May is: **May 5** - "The Dilemma," rated PG-13 starring Vince Vaughn and Kevin James. Since college, Ronny and Nick have been through thick and thin and are now partners in business. When Ronny sees Nick's wife out with another man he learns he doesn't know Nick as well as he thought and must decide if he will reveal the truth. **May 12** - "Gnomeo and Juliet," rated G starring the voices of James McAvoy and Emily Blunt. Garden gnomes have as many obstacles to overcome as their quasi-namesakes when they are caught up in a feud between neighbors. **May 19** - "I am Number Four," rated PG-13 starring Alex Pettyfer and Timothy Olyphant. John is an extraordinary teen, masking his true identity and passing as a typical high school student to elude a deadly enemy seeking to destroy him. Three like him have already been killed. **May 26** - "Big Mommas - Like Father, Like Son," rated PG-13 starring Martin Lawrence and Brandon T. Jackson. FBI agent Malcom Turner returns as deep-cover alter-ego Big Momma. Turner's stepson, Trent, also goes undercover as hefty coed Charmaine as they try to solve a murder at an all-girls performing arts school.

**Friday night dining room specials available from 4-9 p.m.** **May 6:** Shrimp alfredo, \$9.95 member, \$10.95 non-member. **First Friday Jam** is 6-10 p.m. **May 13:** Prime rib for two, \$34.95 member, \$36.95 nonmember. **Second Friday Karaoke** 6-10 p.m. **May 20:** Onion- and fetacrusted New York strip, \$13.95 members, \$14.95 nonmembers. **May 27:** Bacon-wrapped stuffed chicken \$10.95 members, \$11.95 nonmembers. **Last Friday Trivia** 6 p.m. **ALC Friday Lent special** goes through April 22: Grilled red snapper or tilapia \$11.95 member, \$12.95 nonmember. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

**Saturday availability and specials:** **May 7:** Lynchburg ribeye, \$13.95 member, \$14.95 nonmember. **May 14 & 21:** Closed for special event. **May 28:** Buffalo wings (dozen), \$7.50 member, \$8.50 nonmember. The dining room is open on Saturdays from 5-9 p.m. unless otherwise specified. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Join us on a **Day Trip to the Chattanooga**

**Aquarium** May 21. We will leave from the ALC at 8:30 a.m. and return between 5-6 p.m. Cost is \$40 for adults, \$30 for children age 3-12 and free for under age 3 and includes transportation, admission to the aquarium, IMAX movie "Ultimate Wave Tahiti 3D" and box lunch (if lunch is needed for under age 3 cost will be \$8). Sign up in advance by May 17.

**Trivia Contest** returns 6 p.m. May 27. Teams can have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. A tutorial will be given at 6 p.m. to all participants prior to the start of the game. Six rounds of questions will be administered consisting of three questions in each round. Each round is worth 10 points. The teams with the most points at the end will win prizes. Ties will be broken by a trivia play-off.

**Fight Night** at the ALC May 28 in The Landing! Come to watch **UFC 130: Edgar vs. Maynard** beginning at 8 p.m. Dinner special for the night is buffalo wings by the dozen for \$7.50 members and \$8.50 non-members.

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

**Sideline Sports Camp** scheduled for April 25-29 for ages 9-16 to be held Monday through Friday from 4:30-7:30 p.m. Cost is \$20 per child (second child receives 20 percent discount) and includes snacks and water. Deadline to sign up is April 20. Late registration fee will be \$25 and cancellation fee will be \$10. This camp is geared to teach youth the understanding of different sports and to have an appreciation for those sports as a lifelong skill. Youth will engage in Ultimate Frisbee, badminton, lacrosse, team handball, obstacle course and lawn games such as bocce, croquet, horseshoes and disc golf to name a few. In the event of inclement weather the program will move indoors for high- and low-impact games. There must be a minimum of 15 to sign up to hold the camp. Maximum participation is set at 45. Be sure your children wear comfortable clothing with closed-toe shoes.



**Fit Factor/Fit Family Kick-off** event May 6-7 at the Commissary parking lot 10 a.m.-3 p.m. Join us for a fun-filled day and a healthy sack lunch. Fit Factor encourages physical activity and healthy eating habits for youth. Fit Family shows the importance of healthy lifestyle choices and en-



The AEDC Woman's Club presented scholarships to six area high school seniors at its April meeting. Pictured from left are Ethan Reed, Paisley Reed, Jessica Metcalf, Katherine Smith and Matthew Loehle; not pictured, Ethan Gregory. (Photo provided)

courages families to be active together. These programs are more than just logging points and earning incentives; it's about stimulating interest in physical activity, making time for each other, spending quality time together and setting goals with each other. Get Up, Get Out and Get Fit!

**Youth Movie Night** will be May 6 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.

**America's Armed Forces Kids Run** is set for May 21 with check in at 8:30 a.m. at the Youth Programs building. As part of Armed Forces Day activities in May, each year military dependents in the United States, Bahrain, Greece, Puerto Rico, Germany, Japan, Iceland, England and Italy will participate in America's Kids Run. The annual event began in 1986 as Junior Bloomsday, the child's answer to the annual Bloomsday race that so captivates the Inland Northwest in early May each year. Mike Erwert, whose own boys were too young for Bloomsday in 1986, noticed that despite their ambitions, most children just couldn't manage the 7.46 mile Bloomsday course. So he decided a run for children would capture the excitement of the annual Bloomsday run; thus Junior Bloomsday was born - an event for children ages 5 to 13. The younger kids would run half a mile, with the 7- and 8-year-olds running one mile, and the older kids running two miles. Over the years 120,000 children have earned their own T-shirt by completing the annual spring run. After 16 years of success, Junior Bloomsday realized a name change was in order to capture the national and international interest it was receiving by military bases, thus America's Kids Run reflected its growth beyond Spokane's borders. Erwert explains, "It is time to move forward with a name that truly identifies the wonderful Event Spokane has authored." The run has been recognized nationally in National Geographic World, National Road Runners Management, Runner World, USA Today and voted Best Children's Run by Runner World May 2003. To register

for this fun run go [www.americaskidsrun.org](http://www.americaskidsrun.org) or call for more information.

Arnold Youth Programs will host **Missoula Children Theatre's production of "The Jungle Book"** July 11-16. Auditions are open to AEDC families and the local surrounding communities to perform a full production for the public at 2 p.m. July 16 at the Manchester Performing Arts Center. Preregistration is required and will begin June 1. Cost is \$20 per child (\$5 discount for additional children in the same family). Deadline to register is July 7. Once each age group is filled to capacity (total of 60 cast members and four assistant directors) no additional children may sign up. By preregistering, this will eliminate the possibility of children being turned away at the audition. Registered children will participate in an audition at 4:30 p.m. July 11. The audition process will take approximately two hours and some may be required to stay an additional two hours for rehearsal. Call 454-3277 to register. Payment is due at time of registration.

**Fitness Center 454-6440**

**The Group Class Big 6** challenge may be completed anytime during April. Participate in at least one of all six types of classes offered - Cycle Pump, Yoga, Body Pump Boot Camp, Zumba, Pilates and Piloga- and earn an incentive prize.

**Co-ed/Open League Intramural Softball** to begin May 2. Sign up as teams or individuals by April 20. Games will be played on Mondays, Tuesdays, Wednesdays and Thursdays at 6 p.m., 7 p.m. and 8 p.m.

Attention all runners - you can become a part of the **AFMC Marathon team**. A total of 10 AFMC active duty members will be selected to participate. Three male and two female runners will be selected for both the full marathon and half marathon races. Team members selected will receive reimbursement from HQ AFMC A1S. Those interested should submit an Air Force Form 303 to the Fitness Center no later than April

30. The Marathon takes place on Sept. 17 at the Museum of the United States Air Force, located on Wright-Patterson AFB, Dayton, Ohio.

Some time ago the Fitness Center acquired the workout room in the A&E Building, Room C203, which was since referred to as the **Fitness Center Annex**. As with the main Fitness Center facility, access to this annex facility is reserved for eligible users which include Active Duty, Guard and Reserve, DOD Civilians (APF & NAF), Retired Military and dependents. Prime contractors that are "Members First Plus" members are also authorized access. A new cipher lock system has been installed and the door will remain closed at all times. Personnel wishing to use this facility will be issued a personal pin number not to be shared. To request a pin number, please email [james.duncan2@arnold.af.mil](mailto:james.duncan2@arnold.af.mil). You may be required to visit the main Fitness Center to confirm eligibility. For more information, please contact the Fitness Center Staff at 454-6440.

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

**Paintball** is set for May 14. 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.

**Skydiving** is back on June 18 at the Tullahoma airport at 10:15 a.m. Meet at ODR at 9:15 a.m. Cost is \$215 per person. This trip is for ages 16 and older. Sign up by May 23. If interested in video or pictures of your jump you must request this at time of reservation. Additional charges will apply for this service.

**Coming soon: Swimming Lessons** have been scheduled for June 20-24 and July 11-15. Cost is \$15 per person and is for ages 6 months and older. The Parent-Tot Group (age 6 months to 4 years) will be held at 10 a.m., and ages 4 and up will meet at 11 a.m. Classes will be Monday through Friday for 50 minutes each at the ALC beach. Deadline to sign up is June 18 and July 9 respectively.

**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.

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

The AEDC Woman's Club was proud to present scholarships to six area high school seniors at the April meeting. From Huntland High School is Ethan Reed, from Franklin County High School is Paisley Reed, from Coffee County High School are Jessica Metcalf and Ethan Gregory and from Tullahoma High School are Katherine Smith and Matthew Loehle. Each spoke of their plans for continuing their education and their aspirations for the future. Our speaker, Dr. Lana Seivers, Dean of Education at MTSU, had an excellent message and presented some very challenging goals to these young people.

Welcome in the new spring fashions at the May 3 meeting! Carolyn's Shoppe of Shelbyville along with the runway models of the AEDC Woman's Club will be showing off all the latest styles. Members may even be able to purchase outfits right from Carolyn at the meeting! So, come on and enjoy the show.

Also at this meeting, new officers for the AEDC Woman's Club 2011-2012 year will be elected and installed.

Come join us for an exciting event! Everyone is welcome and we sincerely hope you will be able to join us. The meeting will be at the Arnold Lakeside Center on May 3 with social beginning at 9:30 a.m. and meeting at 10 a.m. Reservations must be made by noon April 27 by contacting Liz Jolliffe at 393-2552 or [JAJolliffe@aol.com](mailto:JAJolliffe@aol.com) or Jane Ricci at 962-1378 or [dickanjane@comcast.net](mailto:dickanjane@comcast.net).

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

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