



HIGH MACH

Serving the World's Premier Flight Simulation Test Complex



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AFMC outlines near-term budgetary guidance

Air Force Materiel Command
Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The budgetary uncertainties currently facing the Department of Defense, combined with a projected \$1.8 billion shortfall in Air Force funding for overseas contingency operations (OCO), require prudent steps to mitigate budget execution risks, according to Gen. Janet Wolfenbarger, Air Force Materiel Command commander.

“Based on guidance received last week from Headquarters Air Force, my intent

is for AFMC to take immediate actions to reduce spending across all appropriations, Working Capital Funds and other reimbursable programs within AFMC’s governance authority,” she said. “In line with the Air Force direction, our actions will – to the maximum extent possible – be reversible or recoverable and minimize impacts to core readiness programs.”

The guidance came in a Jan. 14 memo sent to all major commands by Air Force Vice Chief of Staff Gen. Larry Spencer and Acting Under Secretary of the Air Force Jamie Morin.

“These actions are necessary in order

to support our DOD and our nation,” Wolfenbarger said. “However, we still have a requirement to continue the critical missions that we execute on behalf of the Air Force. Therefore, mission critical exceptions to these actions can be approved with discretion.”

In a Jan. 18 memo to AFMC’s five center commanders, General Wolfenbarger listed key near-term actions AFMC will take to handle the uncertain budget environment ahead. Field commanders were told to:

- Implement a temporary civilian hiring freeze for permanent, temporary and

term vacancies with exceptions for mission-critical activities, and release current temporary and term employees with exceptions for mission-critical activities; there are no current near-term plans to furlough civilians

- Review overseas contingency operations requirements and identify potential reductions which will not impair wartime operations, such as delaying asset reconstitution and incrementally funding OCO contracts
- Cancel all travel that is not mission

See **BUDGETARY**, page 3

Executive Director Dr. Douglas Blake settles into new job, mission at AEDC



From l - r, AEDC Flight Systems Acquisitions Branch project manager Ozey Young and AEDC Propulsion Wind Tunnel Branch project manager Rob Merrill show AEDC Executive Director Dr. Douglas Blake the progress to date on an upgrade to the complex’s von Kármán Gas Dynamics Facility (VKF) Tunnel A flexible nozzle. The upgrade is part of a significant VKF modernization program currently underway and scheduled for initial Return to Service (RTS) in March 2013. (Photo by Rick Goodfriend)

See the complete story on page 3

AEDC’s National Engineers Week events planned

By Philip Lorenz III
ATA Public Affairs

This year’s celebration of National Engineers Week will take place Feb. 17–23. Local area activities will include a math competition for middle school students, a design competition and an engineer-for-a-day program for high school students, and a banquet featuring a former astronaut as guest speaker. These activities are sponsored by the Tullahoma Chapter of the Tennessee Society of Professional Engineers (TSPE), the Highland Rim chapter of the American Society of Mechanical Engineers (ASME), the local Tennessee chapter of the International Test and Evaluation Association (ITEA) and the Tennessee section of the American Institute of Aeronautics and Astronautics (AIAA).

The theme for Engineers Week 2013 is “Celebrate Awesome.”

On the National Engineers Week Foundation’s website, is the post, “This year’s

See **ENGINEERS**, page 5

AEDC engineers’ AIAA award-winning technical paper presents future hypersonic test capability

By Philip Lorenz III
ATA Public Affairs

An American Institute of Aeronautics and Astronautics (AIAA) award-winning technical paper, authored by AEDC’s Tom Fetterhoff and Wade Burfitt, represents a significant stepping stone to the future of hypersonic weapons system program development.

The AIAA Hypersonics Program Committee recently selected “Overview of the Advanced Propulsion Test Technology Hypersonic Aero Propulsion Clean Air Testbed (HAPCAT)” as a co-recipient of the Best Hypersonics Program Paper from the 17th AIAA International Space Planes and Hypersonic Systems and Technologies Conference.

Fetterhoff is AEDC Test Division’s technical director and Burfitt is AEDC’s site manager for MIRATEK, Inc. and the deputy executing agent for Office of the Secretary of Defense’s (OSD) High Speed Systems Test (HSST) program at the Complex.

In 2002, the OSD, represented by

George Rumsford, the manager of OSD’s Test Resource Management Center, had tasked Fetterhoff, Burfitt and their team at AEDC to devise methodologies for ground testing hypersonic flight regime technologies.

Fetterhoff said, “We [at AEDC] should be very proud of the fact that we managed this technology area for OSD and that this, along with some other projects, are world-class, recognized by the Department of Defense as ground-breaking technology advancements.”

Burfitt said the award-winning AIAA technical paper that Fetterhoff and he authored has provided an excellent opportunity to get the word out to the public on the initial tangible payoff from their team’s efforts – a special facility located at ATK GASL (General Applied Science Laboratory) in Ronkonoma, New York.

“Once the clean air, variable Mach number technologies are perfected in the HAPCAT demonstration facility, it is envisioned that similar larger scale capabilities will be built at AEDC to enable much more

accurate and thorough test and evaluation of hypersonic weapons systems,” he said. “HAPCAT will be operational in 2016 and will likely be followed by an applicable investment program at AEDC.”

Fetterhoff and Burfitt were unable to attend the award ceremony for their paper, held at the 2012 awards luncheon at the 18th AIAA/3AF International Space Planes and Hypersonic Systems and Technology Conference in Tours, France.

However, Burfitt said he appreciated being acknowledged, but the significance of the award went well beyond two engineers writing a paper.

“The acknowledgement is more tied to the importance the hypersonic community sees in the technologies we are developing rather than the paper in and of itself,” he said. “We received a great deal of interest in the topic while at the conference [held in San Francisco, Calif., in April 2011].”

Fetterhoff said, “I’m proud of the organization we built between the government

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Dr. Jan Davis, a former NASA astronaut, will be the National Engineers Week banquet speaker on Feb. 21. (Photo provided)



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HIGH MACH

Arnold Engineering Development Complex
An Air Force Materiel Command Test Complex

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- Excellence in all we do



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

Core Values

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- 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

Physical fitness, struggle between mind, body, pain

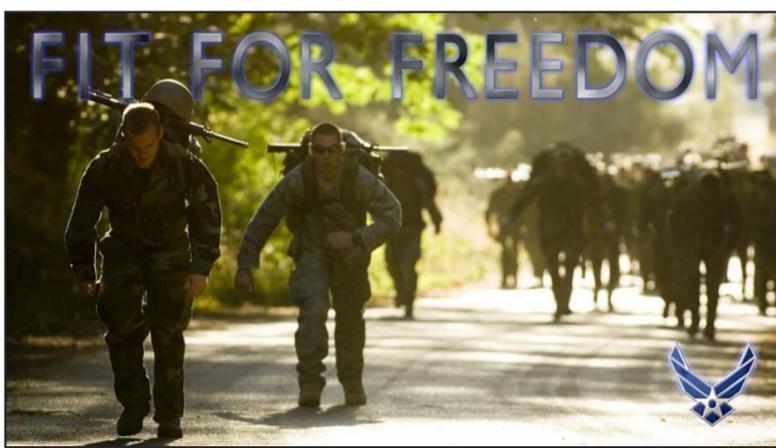
By Airman 1st Class Jared Trimarchi
Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. (AFNS) – Losing weight isn't easy. It took almost five months to accomplish my goal of losing 40 pounds.

I am physically average, but mentally I am tough. To lose the weight, I motivated myself after I experienced a humiliating personal setback. I was serving in a position my old eating habits did not support. In June 2012, I was released as a member of the Joint Base Charleston Honor Guard because my personal appearance

did not measure up to their stringent standards. I was devastated.

Being a member of the Honor Guard was my greatest and most humbling experience in the Air Force. I loved every part of the job ... from participating in retirements, change of command ceremonies and parades, to providing military honors to those service members who had given the ultimate sacrifice. I had two months of experience and performed my duties with military bearing and dedicated professionalism. I failed in one important



(Air Force Graphic)

aspect of the job; maintaining a high standard of dress and personal appearance. I knew I was breaking the rules and my

uniform was feeling snug. I knew that my appearance was a crucial, highly visible responsibility and I was representing the Air

Force and the sacrifices of the service members who wore the uniform before

See **FITNESS**, page 4

Flag and song courtesies are recognized by all at AEDC

By Pat Eagan
ATA Mission Support

Recently, the AEDC Commander authorized a change in the time that early morning broadcast of "Reveille" and "To the Colors" will be played. "Reveille" is now played at 7:30 a.m. each morning and immediately followed by the musical version of "To the Colors."

Until this past October, the base used to play "To the Colors" at 7 a.m. each morning and was used by some base activities to signal the beginning of the work day. However, our base leadership believes it is more appropriate to use "Reveille" to signal the beginning of the Arnold Engineering Development Complex's official duty day.

As we are all either military, government civilian employees, or contract employees who work at Arnold AFB, there are some proper respects, or protocol we should all be aware of when we hear the music for "Reveille" and "To the Colors" start at 7:30 a.m. each day.

Whether in uniform or not in uniform, at the first sounds of Reveille, stop where you are and turn to face the flag, or in a case where the flag is not visible, turn in the general direction of the flag or the sound and, if in uniform, stand at parade rest (arms to your side for government civilians and contract employees). If not in uniform, protocol still dictates that you stop and face the flag or the music out of respect.

For those employees already engaged in physical work and stopping your task will create a safety risk, please continue to work but respect those fellow workers who are observing the morning ceremonies.

If in a vehicle during Reveille pull the car to the side of the road and stop. All occupants should sit quietly at attention until the last note of the music has played.

The gate officers will be stopping traffic coming onto the base at 7:30 a.m. each day to coincide with the playing of "Reveille" and "To the Colors".



(Photo by Rick Goodfriend)

"To the Colors" is not the national anthem. However, it is played at Arnold AFB in the morning instead of the national anthem to offer respect to our nation's flag. During "To the Colors," military members and civilians should render the same customs and courtesies as those given to the playing of the National Anthem.

At 3:30 p.m. each day at AEDC, the Air Force Song is played as a reminder of our heritage and to instill pride in our Air Force military personnel. It also serves to remind our government civilians and contract employees that we are also a part of the Air Force team in support of our national defense.

When the Air Force Song is played, it is customary to stand, clap and join in singing as direct by the nature of the ceremony. However, it is not necessary for you to clap and sing at the 3:30 p.m. playing of the Air Force Song. Each individual should at least stand and face the music if outdoors. Do not salute.

AEDC will continue to observe the playing of the national anthem each day at 5:00 p.m. During rendition of the national anthem when the flag is displayed, all present except those in uniform should stand at at-

tention facing the flag with the right hand over the heart. Men not in uniform should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should render the military salute at the first note of the anthem and retain this position until the last note. Veterans and service members not in uniform may render a salute during the national anthem if they so desire. When the flag is not displayed, those present should face toward the music and act in the same manner they would if the flag were displayed there.

Additionally, the gate officers will stop traffic at 5 p.m. to coincide with the playing of the national anthem.

If in a vehicle during the playing of the national anthem, pull your car to the side of the road and stop. All occupants should sit quietly at attention until the last note of the music has played.

We welcome your support and participation in the various military and national ceremonies that pay respect to our nation, our national flag, and our Air Force and thank you in advance for your observance of the courtesies describe in the paragraphs above.

Call to action, ways to combat sexual assault

By Airman 1st Class Krystal Tomlin
Air Force Public Affairs Agency

JOINT BASE SAN ANTONIO - LACKLAND, Texas (AFNS) – While moderating the U.S. Air Force Facebook page recently, I came across a question I found personally difficult to answer. The question was asked by a concerned parent preparing to send a daughter to basic training in light of a widespread sexual assault investigation. She asked, "Will my daughter be safe?"

It's difficult to reassure parents about their child's safety knowing the threat of sexual assault exists even beyond basic training. I've heard too many stories of service members who have experienced sexual trauma.

There were 3,192 reports of sexual assault in the military during fiscal 2011, according to an annual report by the Department of Defense. An estimated 86 percent of sexual assaults go unreported, bringing the total to approximately 19,000 sexual assaults per year. Do the math ... that's two assaults every hour in a population comparable to a single major U.S. city. Of those reporting, approximately 397 were men.

"Sexual assault has no place in this department. It is an affront to the basic American values we defend, and to the good honor of our service members and their families," said Defense Secretary Leon Panetta to the House and Senate Armed Service Committee April 13.

Top civilian and military leaders are working to define root causes for such widespread atrocity and to provide solutions to correct the problem. Nonprofit organizations, news media and bloggers are holding them accountable. New training was implemented and changes were made in reporting and investigation processes, but there's still work to be done.

Changing policies and processes is an invaluable component to ensuring the safety of our troops. However, I propose every service member, regardless of rank or position in the chain of command, is duty-bound to perpetuate change toward a military culture free from sexual assault.

The nation is calling on us to end military sexual assault and violence. Are you ready to answer the call? Our weapons will be intellect, self-awareness and social activism. Here are three ways we can

See **ASSAULT**, page 14

Action Line

Team AEDC

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

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

Col. Raymond Toth
AEDC Commander

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://cs.eis.afmc.af.mil/sites/cio/IM/Pubs/AEDC/Pubs%20and%20Forms/AEDC%20Publications/Smoking_area_map.pdf. Smoking near a facility in an area not designated on the map is prohibited and any smoking receptacles located in areas not shown on the map will be removed. All "smoking permitted" and "no smoking" signs will be removed unless specifically required by OSHA.

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

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

Due to the nature, appearance, and safety concerns of electronic cigarettes (also known as "e-cigs"), they are considered to be in the same category of tobacco products whose use is governed by Air Force Instruction (AFI) 40-102, Tobacco Use in the Air Force. Therefore, all rules stated above for tobacco products apply to electronic cigarettes.

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.

Air Force leaders deliver budget guidance to force

WASHINGTON (AFNS) – Air Force leaders delivered guidance to the force recently, telling them to begin planning for the uncertain budget environment ahead, Secretary of the Air Force Michael Donley said Jan. 11 in a press briefing.

"Even though we're not presuming this worst case will occur, prudent planning for the third and fourth quarters is required," Donley said.

Secretary of Defense Leon Panetta issued guidance to the services to begin planning to help mitigate budget risks, to ensure planning measures are reversible and recoverable, and to the extent feasible, minimize any harmful effects on readiness.

"I've asked the military services and the other components to immediately begin implementing prudent measures that will help mitigate our budget risk," said Panetta Jan. 10. "For now, I've made clear that these actions must be reversible to the extent feasible

and must minimize harmful effects on readiness. But we really have no choice but to prepare for the worst."

Impacts to the Air Force include curtailing non-readiness or mission-essential flying and travel; curtailing or stopping minor purchases such as furniture and information technology refresh; deferring non-emergency facility sustainment, restoration and modernization; and implementing a civilian hiring freeze as well as release of non-mission critical temporary employees.

"To be clear, these near-term actions cannot fully mitigate the impacts of sequestration should that occur," Donley said. "If we do not have resolution by March, sequestration will have immediate and negative impacts on Air Force readiness, specifically flying hours and maintenance."

Once implementation plans for these near-term actions have been finalized, the details will be shared.

Regardless of the outcome, Air Force leaders said the priority is to avoid the hollow military of the late

1970s and early 1980s.

A hollow military looks good on paper, Donley said, "but has more units and equipment than

it can support (and) lacks the resources to adequately man, train and maintain them, or to keep up with advancing technologies."



(U.S. Air Force graphic, photo/Scott Ash)

Executive Director Dr. Douglas Blake settles into new job, mission at AEDC

By Philip Lorenz III
ATA Public Affairs

Dr. Douglas Blake took the reins as AEDC's executive director only last month but he is ready to tackle the challenges and explore the possibilities of his new position.

One current focus is advancing hypersonic flight with programs like the X-51 WaveRider and Hypersonic Technology Vehicle-2, but he acknowledged the complex technical challenges those programs have presented to the ground and flight test community.

"I'm a huge believer in the potential of what hypersonics can bring to the fight," Blake said. "There's tremendous opportunity there, but that doesn't come without costs. Hypersonics is one of those games that is very expensive to get into and to develop the technology for."

"AEDC is uniquely positioned to contribute to that effort. There is a target of opportunity for a contribution there that needs to be made by a consortium of folks

as opposed to a relatively small number [of people]."

Blake said AEDC's world-class flight simulation testing facilities are only half of the story when it comes to supporting the mission. This translates to supporting the workforce and promoting science, technology and mathematics career choices to ensure future generations of scientists, engineers and technicians will bring their skills to places like AEDC.

"I am in a learning mode at this point," he said. "If you look at my background, you will see I've been heavily involved in aerospace systems, whether that was in academia or project management. I was involved in the follow-on test and evaluation programs for the Minuteman III and Peacekeeper weapons systems, and I am just interested in this field."

Blake is an aerospace engineer whose career that has ranged from academics to management of major weapons systems programs and included a deputy director-



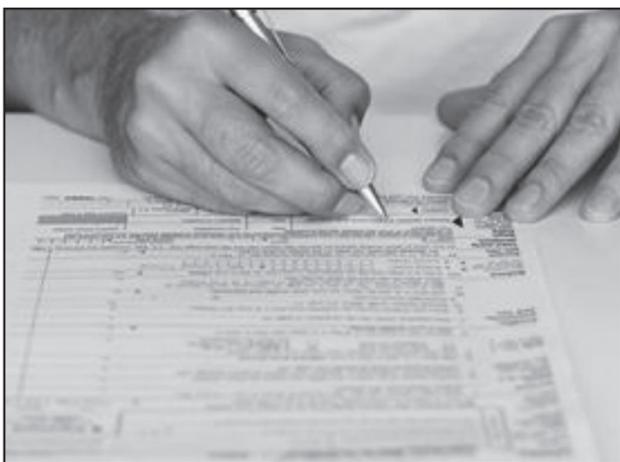
Dr. Douglas Blake

ship at the Air Force Research Laboratory at Wright-Patterson AFB, Ohio and a directorship at Tinker AFB, Oklahoma.

He said that whenever you're in a position of leadership over an organization, the more you identify with and understand the business that you're over, that in turn, allows you to be a benefit to the organization.

"Teaching aerospace engineering, thermodynamics and computational aerodynamics,

See **BLAKE**, page 7



Arnold AFB legal office offers tax help to the military and dependents

By Leslie McGowan

AEDC Staff Judge Advocate Office

The 2012 income tax season has arrived and the Arnold AFB legal office is offering free Volunteer Income Tax Assistance (VITA) for eligible personnel.

All service members on active duty, retirees and their dependents are eligible to receive these services. Unfortunately, this year the legal office is unable to provide tax services to other categories of filers, including DOD civilians due to manning.

Internal Revenue Service (IRS)-trained volunteers assist tax-filers in preparing, reviewing and electronically filing their income tax returns. Most customers receive their refund within two weeks.

Tax assistance appointments are available and continue until the yearly tax filing deadline of April 15. Eligible personnel may call the Arnold AFB legal office at 454-7814 to schedule an appointment.

VITA volunteers can provide tax preparation up to advanced and military certification levels which includes rental properties and Schedule A itemizations.

However, tax payers filing taxes that are beyond the VITA scope of training and certification, with complicated returns such as non-deductible Individual Retirement Accounts (IRA), business with losses, and complicated capital gains and losses, will need assistance from a paid professional tax preparer.

Military members should access and print their W2 form from the MyPay website at <https://mypay.dfas.mil/mypay.aspx> before arriving for an appointment.

For "do-it-yourself tax returns," Military One Source has a free federal tax preparation and e-filing program available to military members and their dependents through the website at www.militaryonesource.com.

The website allows tax filers to utilize a free online version of H&R Block At Home. The software is a simple question and answer program that is a quick and easy way to complete and e-file federal tax returns. The program also allows military members the option to e-file their state returns for a small fee.

To file federal and state taxes using the paper forms, go to www.irs.gov or the individual state tax websites to download forms.

The IRS also offers a free tax program called Free File, at www.irs.gov where individuals who make less than \$57,000 can e-file for free.

For those who are not eligible for the military tax assistance programs, the IRS VITA program is offered at the Coffee County Lannom Memorial Library in Tullahoma and the Franklin County Library in Winchester by appointment only.

For a tax appointment at Tullahoma, call 409-3602 or 967-3706 to make an appointment in Winchester.

If you live outside the Tullahoma or Winchester area and wish to locate the nearest VITA site, call the IRS information VITA line at 1-800-829-1040.

To assist taxpayers with tax preparation at the Arnold AFB legal office or for more information call 454-7814.

AFMC promotes American Heart Month

WRIGHT-PATTERSON AIR FORCE BASE, Ohio—February is American Heart Month, a time dedicated to raising awareness about heart disease and the importance of heart health. According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States; approximately one in every three deaths is from heart disease and stroke.

You can take action for your health and lower your risk of developing heart disease by:

- Maintaining a healthy weight
- Monitoring your blood pressure
- Limiting the amount of dietary fat, cholesterol, and alcohol you consume
- Exercising regularly
- Not smoking and avoiding secondhand smoke
- Managing stress

- Knowing your numbers: cholesterol, blood pressure, blood glucose
- Civilian Health Promotion Services (CHPS) will be conducting heart-healthy activities during American Heart Month to help prevent heart disease and increase awareness of heart healthy lifestyle habits. Activities include:

- The Heart and Sole Walking Initiative for physical activity
- Heart-healthy education classes for awareness and prevention
- Cardiac Risk Profile Wellness Screenings to monitor for risk factors (for Department of Defense civilians only)

During the month of February, Air Force Materiel Command will be promoting the Heart and Sole Walking Initiative. This initiative involves the use of the AFMC Wellness Support Center website (<http://www.afmcwellness.com>) and the Pedometer Walking Program. The goal of the initiative is to log steps into the Pedometer Walking Program five days a week during the month, for a total of 140,000 steps. Participants who complete this task will receive a travel fitness kit. The Heart and Sole Walking Initiative is open to AFMC active duty military and appropriated-fund civilian employees.

To sign up for the Heart and Sole Walking Initiative, visit <http://www.afmcwellness.com> or contact your local CHPS team for more information.



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critical, such as attendance at or hosting of conferences and symposia, staff assistance visits and training seminars

- Curtail flying not directly related to readiness, such as air shows, flyovers and

familiarization rides

- Curtail or cancel ongoing and scheduled studies that are not Congressionally-directed or mission critical
- Limit supply purchases to essential fiscal 2013 consumption and stop minor

- purchases that are not mission critical, such as furniture, information technology refresh and unit equipment
- Defer non-emergency Facility Sustainment, Restoration and Modernization projects
- Where practical, de-obligate

or incrementally fund severable service contracts that cross the fiscal year only to Oct. 31, 2013, and defer the remainder of the contract

"We don't expect these near-term reductions to solve the entire fiscal challenge facing us in

the event sequestration is triggered or we receive significant topline reductions," the general said. "These near-term actions are only small steps towards absorbing the impact. Planning is underway for the possibility of larger reductions."

New vision and mission to guide AF Materiel Command

WRIGHT-PATTERSON AFB, Ohio – New vision and mission statements are at the foundation of a new command strategy designed to ensure Air Force Materiel Command continues to deliver preeminent support to the warfighter.

The command's vision is "one team, delivering capabilities to fly, fight and win...today and tomorrow." AFMC will strive to attain that vision by accomplishing its mission to "equip the Air Force for world-dominant airpower."

General Janet Wolfenbarger, AFMC commander, said the new vision and mission statements leave no doubt as to the command's resolve.

"AFMC exists to provide our Airmen and allies with the best warfighting systems and equipment – bar none," Wolfenbarger said. "Our strategic plan with its vision and mission statements better defines what the nearly 82,000 people of AFMC deliver to the fight."

The new strategic plan includes clear command priorities supported by goals. Objectives and metrics will be developed in the coming weeks that will define and measure the success of AFMC in executing its critical roles. The plan can be found at <http://www.afmc.af.mil/shared/media/document/>



AFD-130122-013.pdf.

The plan comes at an important time in AFMC's history as the command refines its new five-center command structure. "This plan gives us a roadmap to help guide our new 5-center construct and achieve an even higher level of warfighter support at a point in history where money and resources are extremely constrained," Wolfenbarger said.

In 2012, AFMC began a well-planned, deliberate process of reducing the command's number of centers from 12 to five in an effort to become more effective and efficient with standardized and repeatable processes command-wide. The five centers reached initial operating capability Oct. 1.

AFMC's ability to deliver airpower will be

measured and reported to command leadership on a regular basis. The command will, in turn, be able to illustrate how well it is accomplishing its mission to stakeholders inside and outside the Air Force.

Wolfenbarger emphasized that mission measurements will be results-oriented. "We will measure real productivity, not simply activity," the general said.

The five centers are Air Force Research Laboratory and the Air Force Life Cycle Management Center, both headquartered at Wright-Patterson AFB; Air Force Test Center, headquartered at Edwards AFB, Calif.; Air Force Sustainment Center, headquartered at Tinker, AFB, Okla.; and the Air Force Nuclear Weapons Center, headquartered at Kirtland AFB, N.M.

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me. The Honor Guard was better off without me.

The day I left I felt a mix of emotions. I was upset I let myself gain extra pounds. I put the blame on genetics; it runs in the family. I blamed fast food, candy, soda and even my PT leader.

Those emotions and feelings were wrong. The only one to blame was myself.

Realizing I was to blame, I understood I was the only one who could make a change. If I added all of the pounds, I knew I had to be the one to lose them. In order to improve my body, I had to change my mental state of mind and the way I thought about eating. I wanted to lose weight and get back into Honor Guard. Nothing was going to stand in my way.

Being hungry is not the same as starving to death. It took me a while to get used to eating proper portions. In my new mindset, when I was hungry I ate small meals. I would eat one turkey sandwich instead of the usual two. Then, I would tell myself I was full and I didn't need another, although, 10 minutes later I was 'starving.' Your body can lie to your mind and tell it you need to eat more. But my mind is smarter than my body and I reminded it I already ate.

After a week of consuming approximately 1,500 to 2,000 calories a day, my body adjusted to eating for one person again. I chose my meals carefully, too. A pound of cheeseburgers weighs less than a pound of grilled salmon, figuratively speaking. Cheeseburgers and sweets are my Achil-

les heel. It takes plenty of mind power to walk away from a perfectly grilled burger while watching your favorite team play at a sports bar. If your mind is strong enough to say no, your body will follow. A strong support network made the work easier. My wife was on board and helped push me to eat smarter, while my wingmen at work offered their encouragement.

However, eating less and making better decisions wasn't enough. I wanted to get back to Honor Guard as soon as possible. Many physical trainers will tell you that "pain is weakness leaving the body." I say, pain is your mind fighting against your body. Waking up at 5 a.m. to go for a morning run when your body is sore from the workout the night before is rough mentally and physically. When you decide to push further and run that extra mile and your legs scream 'no' ... that's pain.

A balance of eating less, working out more and being mentally tough enough to maintain my new habits helped me lose 30 pounds in six weeks. My uniform fit better than before. I had more energy for PT, and to do my job effectively.

I felt my age again. I spoke with leadership from Honor Guard and they were pleased to have me back on the team. My goal to return had been accomplished, but my goal to lose 40 pounds was still in the works.

To be honest, losing the weight wasn't the hardest part of my new lifestyle. It's keeping the weight off that has become the real challenge. While in Honor

Guard, I was on the road almost every day. Fast food and gas stations were our main sources for fuel. It's hard not to reward yourself with a cheeseburger, large fries and a large milkshake, but luckily fast food and even convenience stores have some pretty smart food options. Now, I eat a chicken sandwich, without the fries and a shake at a fast food joint, or a protein bar, fruit and water from the corner quickie mart. Food is fuel. Would you put regular gas in a \$100,000 sports car?

After about three months of chicken sandwiches, protein bars and running at 5 a.m., I lost another 10 pounds. My goal had been met. I finished my tour with the Honor Guard and went back to my shop.

Eating less and choosing better options for food is a mindset. It is harder to change a mindset than to change your diet. If you change the way you think about food and what food you put in our body, it's harder to lose the battle to temptations.

I look better and feel better, but the journey to meeting my goal would have never happened without the right mindset and support. I recommend setting a goal, finding support and never quitting. If you conquer your mind, your body has no choice but to follow.

I am not a nutritional specialist. I am merely sharing my personal experience with weight loss. I recommend using base resources such as the Health and Wellness Center for professional advice.

MY STRENGTH IS FOR DEFENDING
AEDC Victim Advocates Hotline:
(931) 581-7494

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To advertise in the High Mach, contact
 the Tullahoma News, 455-4545

ENGINEERS from page 1

Engineers Week theme celebrates you – engineers, engineering students, and technicians – and all of the amazing things you do every day to make the world a better place.”

National Engineers Week kicks off with the MathCounts competition Feb. 16 at the University of Tennessee Space Institute (UTSI), Rm. H-111 with Harry Clark, PE, Tullahoma Chapter MathCounts coordinator and a senior manager for test facility planning at AEDC, coordinating the event.

The student design competition will take place Feb. 19 at the Hands-on Science Center in Tullahoma. High school students in grades 10, 11 and 12 compete on two-person teams to design, build and compete their design against other teams. They will not know what they will be asked to design until they arrive at the competition. The teams will be given kits with identical materials and will have about an hour and a half in the morning to design, build and test. After lunch, the teams will compete their designs against each other. Prizes will be awarded to the top three scoring teams. Total participation is limited to 25 teams and four per school.

The engineer-for-a-day program is also geared towards high school students, generally juniors and seniors. On Feb. 20, the students will tour AEDC, have a pizza lunch and then go with a mentor to observe engineers at work. After lunch, some students will stay at AEDC, and others will go to companies in the local area.

The National Engineers Week banquet will be held Feb. 21 at the Manchester/Coffee County Conference Center. Winners of the student design competition will be guests at the banquet as will students who take part in the engineer-

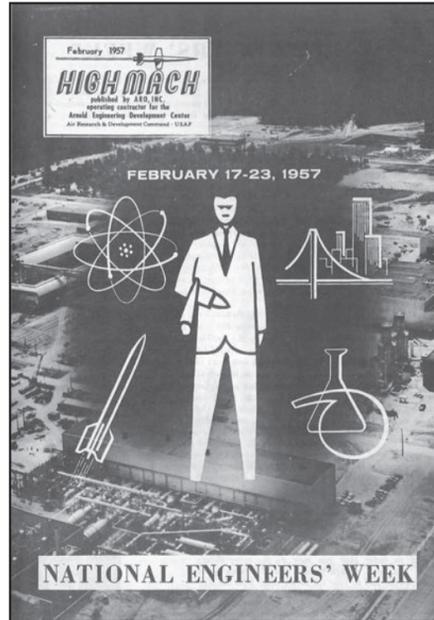
for-a-day program. The guest speaker will be Dr. Jan Davis, a former NASA astronaut who is currently the Jacobs Engineering Group vice president and deputy general manager at the Marshall Space Flight Center in Huntsville, Ala.

Dr. Davis' presentation for the Feb. 21 banquet is titled, "Space Shuttle and beyond – from the eyes of an astronaut and engineer." Dr. Davis' appearance is sponsored by the Southern Middle Tennessee Branch of the Project Management Institute Chattanooga Chapter.

Selected to join the astronaut corps in 1987, Dr. Davis' initial technical assignment was in the Astronaut Office Mission Development Branch, where she provided technical support for shuttle payloads. She then served as a CAPCOM in Mission Control communicating with Shuttle crews for seven missions. After her first space flight, Dr. Davis served as the Astronaut Office representative for the Remote Manipulator System (RMS), with responsibility for RMS operations, training, and payloads. After her second space flight, she served as the Chairperson of the NASA Education Working Group and as Chief for the Payloads Branch, which provided Astronaut Office support for all Shuttle and Space Station payloads. A veteran of three space flights, Dr. Davis has logged more than 673 hours in space. She flew as a mission specialist on STS-47 in 1992 and STS-60 in 1994, and was the payload commander on STS-85 in 1997.

For additional information on Engineers Week activities, contact AEDC's Paul Kelly, Tullahoma TSPE Chapter member and chairman for the Engineers Week activities, at (931) 454-6542 or call Harry Clark at (931) 454-4495.

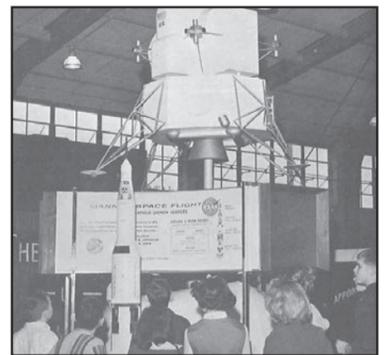
AEDC celebrating its engineers for 56 years, the beginnings



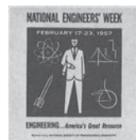
The Tullahoma Chapter of the American Rocket Society, with the cooperation of ARO, Inc., and others, put on one of the best exhibits of its kind at the Tullahoma Armory during National Engineers Week. Roy Matz explains the operation of a vernier motor for Atlas, beside the 1/30 scale Atlas model used in VKF tests, to members of the Tullahoma High School science club. (excerpt from March 1960 High Mach)



POSTER WINNERS - Engineers' Week posters wound up with these three winners. Gene Anspach, PWT, publicity chairman congratulates Mary Dailey, Franklin County High School, Winchester, third place; and John Deaderick and Mike Delamere, both of Sewanee Military Academy, second and first prize winners respectively. (excerpt from March 1965 High Mach)



HIGH SCHOOL STUDENTS look over the Lunar Excursion Module (LEM) on display at the Armory during Engineers' Week. The ascent engine for the module has been tested at the Center and the descent engine is scheduled for test. (excerpt from March 1965 High Mach)



“Engineers’ Week”

“Engineering... Our Greatest Resource” is this year’s theme for National Engineers’ Week. It is knowledge of the atom rather than the atom itself which will revolutionize the power industry of the future, and that knowledge is the possession of the scientist and the engineer.

Engineers’ Week, sponsored by the National Society of Professional Engineers, is a national celebration of the achievements of the ENGINEER. It is scheduled during the week of Washington’s birthday to do him honor and at the same time call the attention to the fact that he began his public career as an engineer.

The President of the United States has written a letter of greetings; the governors of the states and the mayors of the cities have set aside this week for engineering recognition. Engineers make display of their work; they present their wares to civic clubs, and in many areas they sponsor radio and television programs.

Here at Arnold Engineering Development Center, where engineers are key employees in all the facilities, it is like carrying coals to New Castle to sing his praise. Yet he needs to be called to the attention of all communities. His work had its beginning with the invention of the first wheel or the making of the first stream crossing and it has grown in importance with every mechanical and scientific device which has been developed in a modern industrial civilization.

At AEDC there is a close cooperation between the engineer, the scientist and the mathematician. This is as it should be because the work of the engineer is the application of mathematics, science and technology to the problems of research test, construction and production. AEDC is one of the unique engineering developments of the world and we find the engineer in key positions everywhere. He has done the design; he has done and is doing the construction, and he will be the key man in operation and maintenance.

Tennessee affords excellent examples of engineering activities. Three outstanding engineering facilities have come to the state. First came the Tennessee Valley Authority developing power and flood control for a whole area, then came Oak Ridge to split the atom and set in motion era of power and research, and finally came AEDC to test engines, missiles and any other device which flies, or is projected through the atmosphere. TVA furnishes the power; AEDC furnishes the know-how to look into the future of projectiles and aviation. Army engineers, Air Force engineers and civilian engineers have made a team to design, to build and to operate a facility which will revolutionize the thinking in its major fields. Today it is testing jet engines and missiles, but the time will soon come when AEDC will be testing even more advanced means for future flight.

We greet you engineers who have done so much to make possible modern production and distribution. Here at AEDC we know of your work and we wish you a prosperous future and may your numbers be augmented in order that you may do the many things which you have chosen to do, and the many other things which fall to your lot as we pass from the age of coal and oil to the age of atomic fission.



N.W. Dougherty
Consultant

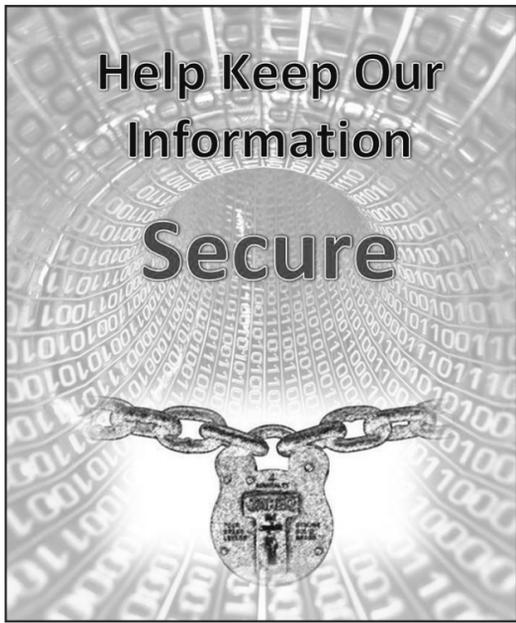
(excerpt from High Mach, February 1957)

REDUCE

REUSE

RECYCLE





ATA ready for personnel's 2013 suggestions

By Raquel March
ATA Public Affairs

ATA welcomes employee suggestions to benefit AEDC and its employees in this New Year through the Ideas in Action Employee Suggestion Program.

Due to the many different occupations within ATA, employees have saved AEDC money and time in many areas ranging from transportation to testing to safety.

Last year ATA employee suggestions provided a total cost savings

of \$53,530 for AEDC. The ATA employees who submitted suggestions received awards totaling \$6,271.

The Ideas in Action Employee Suggestion Program is designed to encourage employees to exercise initiative within and beyond their basic job requirements to develop suggestions that improve the performance and quality of work while achieving company objectives. It also establishes open communication of ideas and maximizes employee talents.

"It just gives our employees the opportunity to improve processes, the work environment, safety and quality," said Tina Bonner, an administrator in ATA's Human Resources office.

Bonner said some suggestions may qualify for a monetary award.

If tangible suggestions result in cost savings or in avoiding expenses, that employee is eligible to receive 10 percent of the first year's annualized savings or avoidance up to a maximum of \$3,000.

Approved intangible

suggestions, where no cost savings is involved, can result in employees being awarded from \$25 to \$100.

Suggestions should be submitted through Matrix or Ideas in Action form GC-1390 to the department suggestion coordinator.

In addition, suggestions that have potential costs savings or avoidances must be submitted on form GC-1570, Cost Analysis Summary.

For more information, employees may contact Tina Bonner at 454-6804.

Air Force officials anticipate pay delays for officers and enlisted Airmen promoted in March

By Tech. Sgt. Steve Grever

Air Force Personnel Center Public Affairs

JOINTBASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – Officers and enlisted Airmen getting promoted in March will experience pay delays because of the Military Personnel Data System (MilPDS) upgrade occurring that month.

"Individuals to promote from Mar. 4 to 26 will not get their promotions updated in MilPDS because of the upgrade," said Lt. Col. Shelley Strong, the Air Force Personnel Center (AFPC) operations division chief. "Their promotions will be

projected in MilPDS and will automatically update as soon as the system is back online."

Airmen are authorized to sew on their new rank on their respective promotion dates, but they will not receive an increase in pay until their promotion is updated in MilPDS and processed by the Defense Finance and Accounting Service.

"Unfortunately, until MilPDS is back online, promotions that become effective during this window will not be able to be processed," Strong said. "Once the sys-

tem is available, they can view their promotion data in the virtual Military Personnel Flight (vMPF) application to ensure their promotion information is accurate and updated."

Airmen should contact their base military personnel section if their promotion information is not updated in vMPF within 10 days after the MilPDS upgrade is completed. Base military personnel sections will track local personnel records to avoid overpayment for Airmen who received a promotion cancellation or delay. AFPC officials are also requesting that base commanders ac-

complish Stripes for Exceptional Performer promotions before the MilPDS upgrade to avoid pay delays.

The Air Force is upgrading and transferring the Military Personnel Data System to the Defense Information Systems Agency's Defense Enterprise Computing Center in March. The upgrade project is scheduled to take approximately 23 days to complete, during which time, MilPDS will not be available.

The information above also applies to Reserve promotions. Reserve members should contact their MPS if their promotion informa-

tion is not updated in vMPF within 10 days after MilPDS upgrade is completed. More information is available on the myPers website.

Guard members should review the "MilPDS Upgrade and Migration Guidance -- Unit Assigned Members" section on the myPers website, under the "Alerts" or "Announcements for Airmen" sections.

MilPDS is the primary records database for personnel data and actions that occur throughout every total force Airman's career. MilPDS is also used to initiate Airman pay actions, maintain Air Force accountability and

strength data and support a host of interactions with other Air Force processes and systems that rely on personnel data.

Officials will continue to release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to continue to educate them on how the service will perform critical personnel and pay tasks during the MilPDS upgrade.

For more information about enlisted promotions and the MilPDS upgrade, visit the myPers website at <http://mypers.af.mil>.

BLAKE from page 3

running computational fluid dynamics calculations and having been over a wind tunnel test facility at the Air Force Research Laboratory have helped me to understand the mission of AEDC, I would say much more readily than had I not been involved in that type of activity. All of that experience helps me to understand and understanding what we do here puts me in a position that I can help the organization. My job here is to help the organization in any way I possibly can."

Blake said it is important for leaders to keep the big picture in mind and team with their colleagues.

"I'm going to learn what this place needs, and not just here at AEDC," he said. "Especially in today's world, you can't be myopic and just focus on your own installation; you've got to focus on the needs of the larger [test] community.

"We're a national asset here; there's no doubt about it. [But] there are other national assets that are out there. We need to be asking ourselves, 'How do we bring these national assets together to bear on problems that we need to solve as a nation moving forward, in the most effective manner possible?'"

Blake said everyone

must remain cognizant of challenges – rapidly evolving technologies and encouraging young people to stay the course toward STEM-oriented careers – facing the Department of Defense, especially in a fiscally constrained environment.

Even under ideal circumstances, he emphasized effective leadership requires ongoing collaboration and education beyond formal academics.

"So, it's not just about learning about AEDC, but it's about learning about the test community in general – that's my number one priority," Blake said. "I also don't believe in a single person's vision for an organization because I'm going to leave some day and if it's 'my' vision, it leaves with me. If it's 'our' vision, then it stays behind. So, it's a process of developing that as opposed to walking into an organization with a preconceived notion of what that is."

Blake said his own career path provides a good example of how a person's life can take many unexpected turns before finally finding something that excites an individual professionally.

"I became an aerospace engineer because I loved

airplanes," he said. "I thought airplanes were the coolest thing in the world. [However], I quickly realized in my junior year that I wasn't ever going to design an airplane and some of that theoretical aerodynamics stuff I didn't like at all."

He learned what he really liked was programming computers.

"I literally would come home from work at night and write computer code, just for fun" he said. "Then I learned about this thing called computational fluid dynamics (CFD) – something that can be solved on a computer. I got to solve these massively large fluid dynamics problems, like a heat transfer problem on a computer. I went, 'That's it and there you go!'"

This interest motivated Blake to continue his education and led to a master's degree in aeronautical engineering with a specialty in computational fluid dynamics and a doctorate in aeronautical engineering where he conducted research in computational electromagnetics and massively parallel computing. As much as he appreciates what CFD brings to the mission, Blake said it is only one tool and not a substitute for ground testing at a place like AEDC.

HYPERSONIC from page 1

and the contractor workforce – and their expertise – it's second to none."

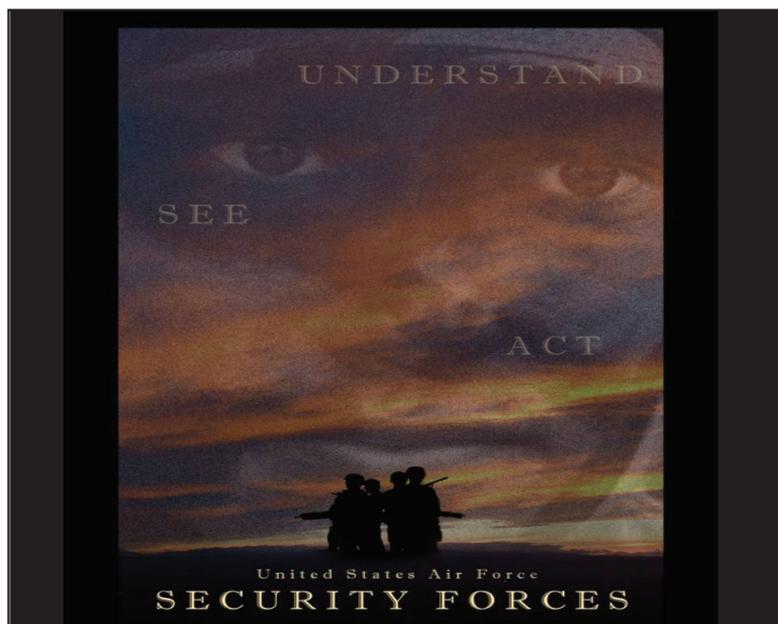
He emphasized that the work accomplished by the collective team at AEDC will benefit a wide range of customers and the network of commands, including AEDC, which will support the technical requirements for those cutting-edge hypersonic weapons system programs.

"It's important because

most of the investments that they're making will be transitioned into capabilities we have here," he said. "We're talking about a \$100 million worth of project-on-contract. That's a very large investment in advancing technologies aimed at supporting our mission at AEDC or the Air Force Test Center's mission."

Regarding the award-winning technical paper, AEDC Chief Technologist

Dr. Ed Kraft said, "Tom and Wade have successfully articulated an ongoing collaborative effort that hopefully will position AEDC to provide unique ground test capabilities to the hypersonic weapon systems program community. Their paper sums up how the High Speed Systems Test (HSST) program team at AEDC and HAPCAT will help enable us to meet future test needs."



AEDC police driving electric, low-speed vehicle

By Philip Lorenz III
ATA Public Affairs

The AEDC Police Department recently acquired an electric, low-speed vehicle for use exclusively in the mission area for transporting officers and their equipment to and from testing facilities and bringing officers to relieve those who man the complex's gates.

Buck Young, AEDC Police Department combat arms training manager, said he had been tasked by his leadership to find a low-cost vehicle that would relieve his department from needing to use their existing fleet vehicles for other than the most pressing mission-essential uses.

"A few months back, Rick [Trull, the ATA Emergency Services Branch manager] asked me to look into finding a low-speed vehicle that would provide us with an alternative to using our existing fleet for things like emergency response calls out of the ground testing business area of Arnold AFB, mutual aid response requests and transportation out of the area for meetings and training off base," Young said.

With budgets becoming more restricted and assets being limited, Young started his search for a vehicle that would fit his department's needs.

"We did a little bit of legwork and I looked at some options [like] the low-speed vehicle that we got, and a couple of others, but I didn't think they [the other vehicles] would have fit our needs," he said. "[Finally,] I told the people up at logistics that it was going to be something that wouldn't use [conventional] fuel, would have straight power, low speed – basically, it's just an electric golf cart, but a little bit longer, with bigger seats."

Young added, "We're using this electric vehicle primarily for testing-related purposes. If we've got a test going on at 10V, instead of one of my officers coming and going in a patrol car that might be needed to go out on the road, they can get into the electric cart and go over to 10V or J-6 or wherever they've got to go. They can relieve the officer who is there and they can drive it back. It's not something that's going to ever see the outside of the mission area. It's perfect for posting our guys back and forth to the gates. [If] the chief needs to run up to the A&E Building for a meeting, he can hop in. We're not tying up a necessary vehicle that would be needed out on patrol or if somebody's got to go to Nashville or Chattanooga. It fits the bill."



Buck Young, AEDC Police Department combat arms training manager, checks the electric connection for charging the battery of his department's electric, low-speed Polaris GEM E-4 vehicle for use exclusively in the mission area of Arnold AFB. (Photo by Philip Lorenz III)

State of the Air Force is 'strong'

By Master Sgt. Jess D. Harvey
Air Force Public Affairs

WASHINGTON (AFNS) – The Air Force's top leaders said today the service has accomplished much while dealing with many challenges in the last year.

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Mark A. Welsh III briefed members of the media here on the state of the service and its focus on the areas of force structure, readiness and modernization.

"America's Airmen are focused on their missions, and they demonstrate every day what it means to be members of the world's finest air force," Donley said.

"These Total Force Airmen – active duty, Guard, Reserve, and civilian – are the reason I can say without reservation that the state of our Air Force remains strong."

The secretary dedicated a significant amount of time explaining how the nation's fiscal challenges have affected and will continue to affect the force.

"Our nation's ongoing budget gymnastics exert costly consequences upon the Air Force and our sister services and create an atmosphere of unease among many of our uniformed and civilian Airmen," Donley said. "Given that we are now into the second quarter

of (fiscal 2013), we can no longer live under the uncertainty of sequestration and continuing resolution without taking action."

Prudent planning is required to mitigate budget risks and minimize impacts to readiness, the secretary said, adding that guidance will be provided to the force in a few days to begin planning for the uncertain budget environment ahead.

As part of the planning, Air Force leaders are dedicated to avoiding a hollow force – one that looks good on paper but has more units and equipment than it can support, lacks the resources to adequately train and maintain them, and keep up with advancing technologies.

"We believe the best

path forward is to become smaller in order to protect a high quality and ready force that will improve in capability," Donley said.

In doing this, Welsh emphasized the importance of sustaining the enduring contributions the Air Force provides that will continue to guide the service as it moves forward, no matter what happens with the fiscal realities of the future.

"As we move toward that smaller, more capable and ready force; we have to be careful to protect our whole mission," Welsh said. "If we don't, the entire joint force is affected, and it's impacted in a significant way."

According to the sec-

See **STRONG**, page 10

AEDC personnel make donations to ‘Teens for Jeans’

By Raquel March
ATA Public Affairs

Jeans, blue jeans, skinny jeans, denim or dungarees are all familiar to everyone as a ‘go to’ article of clothing for work or play.

According to DoSomething.org there are 1.7 million homeless teens in the U.S. and the number one item teens request in shelters is a pair of jeans.

AEDC has teamed again with the Air Force Junior ROTC (AFJROTC) at Franklin County High School (FCHS) for a Teens for Jeans drive. The jeans will be provided for home-



(Image provided)

less teens in Middle Tennessee. “Thanks to you, we col-

lected over 6,500 jeans last year, the fifth most in the nation out of 12,000 schools that participated,” said Chief Master Sgt. Everett Smith, an AFJROTC instructor at FCHS. “The year before, we collected the most out of any school in the country.”

The year the school collected the most jeans of any U.S. school, at 3,692 pairs, was in 2011 and they received an award from the drive sponsors DoSomething.org and Aeropostale, Inc., a specialty retailer of casual apparel.

The school’s goal this year is at least 4,000 pairs

of jeans. Due to the generosity of the community they exceeded that goal last year.

This drive is the third time AEDC has participated. 2nd Lt. Chance Johnson, in the AEDC Test Systems Acquisitions Branch, is leading the drive at AEDC and expects continued involvement from the base.

“I hope this effort not

only brings awareness to the concerning amount of teens who are homeless but that it also demonstrates the base’s continued support for the local community,” Johnson said.

All sizes and styles of jeans are accepted and may be dropped off in donation bins located in the lobbies of the Carroll Engineering Analysis Facility building 1103, the ASTF Test Sup-

port building 1099 and the Administration and Engineering building 100. The jeans must be in wearable condition and may be donated through Feb. 7.

Since the start of the Teens for Jeans drive in 2007, 2.5 million pairs of jeans have been collected.

For more details on the nationwide drive, see this site: www.DoSomething.org.

AF releases new 'Vision'

By Master Sgt. Jess Harvey
Air Force Public Affairs Agency

WASHINGTON (AFNS) – The Air Force released a new Vision document outlining the force's vision and way forward.

"Focused on 'Airmen, Mission, and Innovation,' I believe this short document captures what today's Air Force is all about and where I think we ought to focus on for tomorrow," said Air Force Chief of Staff Gen. Mark A. Welsh III in an email to all Airmen.

"We are the greatest air force in the world because of our Airmen – Active, Reserve, Guard, and Civilian – to remain the greatest, we must make our team even stronger," the Vision states. The Vision discusses the

Air Force's enduring contributions of air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility; global strike; and command and control and the need to strengthen them.

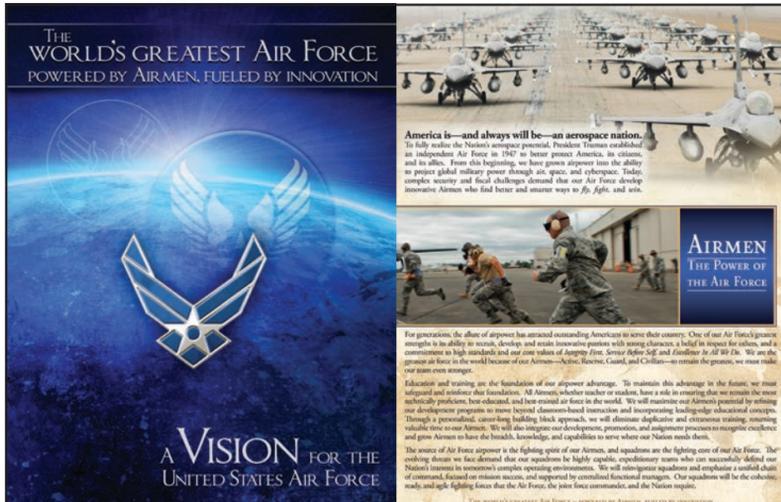
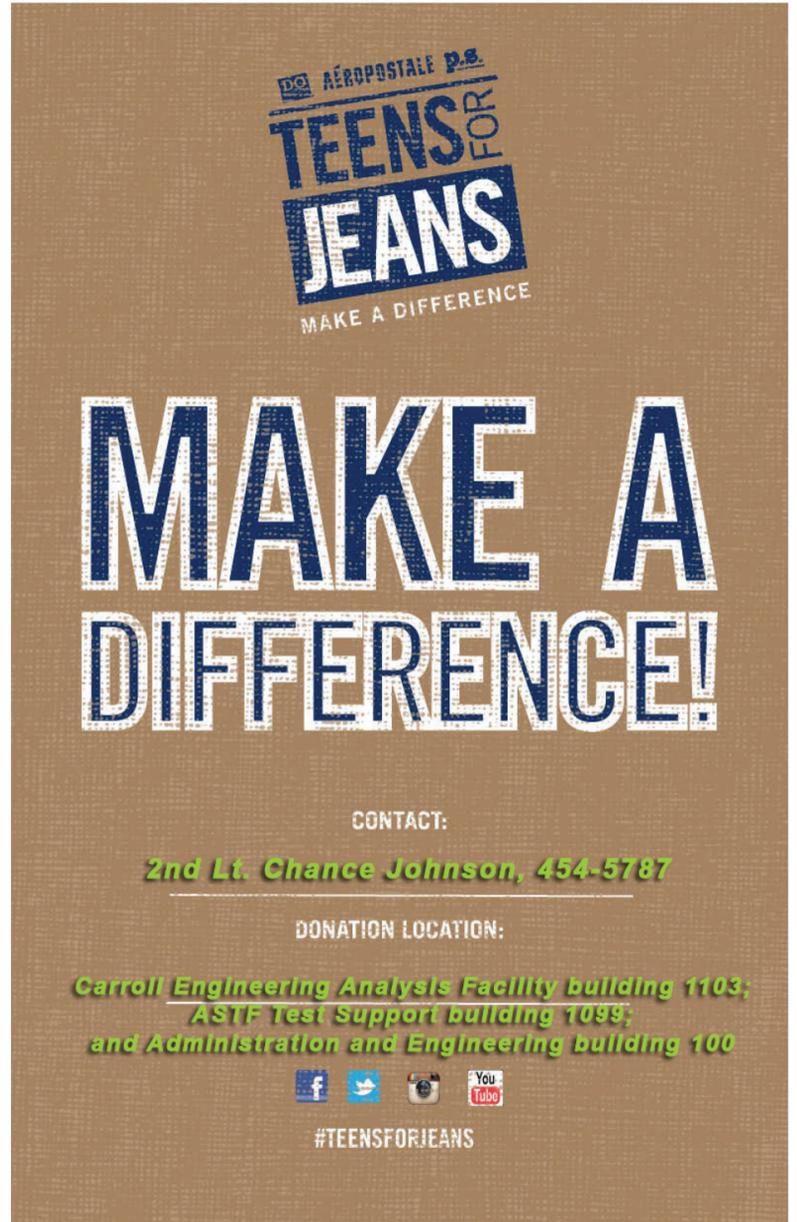
"We already combine our air, space, and cyber forces to maximize these enduring contributions, but the way we execute these five calling cards must continually evolve as we strive to increase our asymmetric advantage," the Vision says. "Our Airmen's ability to rethink the battle while incorporating new technologies will improve the varied ways our

Air Force accomplishes its missions.

"Every Airman should constantly look for smarter ways to do business. The person closest to the problem is often the one with the best solution. Leaders should empower Airmen to think creatively, find new solutions, and make decisions," according to the Vision.

The Vision concludes with a call to action for all Airmen to tell their story, being proud of who they are, what they do, and how well they accomplish the mission.

To access the entire contents of the Vision document see this site: www.af.mil/shared/media/document/AFD-130110-114.pdf.



(excerpts from the Air Force new Vision document)

Airmen featured in upcoming documentary series

By Maj. Brandon Linglie

Air Combat Command Public Affairs

LANGLEY AIR FORCEBASE, Va. (AFNS) – A six-episode television documentary exploring Air Force combat rescue in Afghanistan through the stories of deployed Airmen slated to premiere Feb. 18, at 10 p.m. EST/PST.

The show, "Inside Combat Rescue," provides a real-time look at the experiences of Airmen working to save the lives of NATO coalition members, Afghan security forces and Afghan civilians.

In this first-of-its kind series for the Air Force, a National Geographic film crew embedded with pararescuemen, combat rescue officers, HH-60G Pave Hawk crews and support forces of the 23rd Wing during a 2012 deployment to Kandahar Airfield, Afghanistan.

The show features Guardian Angel team members, PJs and CROs, deployed from Moody's 38th Rescue Squadron and Pave Hawk crews deployed from the 66th Rescue Squadron and associated units at Nellis Air Force Base, Nev.

"We're excited for people to have a first-hand look at the great work Air Force combat rescue Airmen do every day around the world," said Col. Billy Thompson, 23rd Wing commander. "The series portrays just a fraction of the capabilities Air Force personnel recovery forces bring combatant commanders, and it captures what a true team effort this mission set requires. It's important to realize it takes the work of hundreds of Airmen in dozens of career fields to make

the lives saved by our rescue crews possible."

In addition to cameramen on the ground, more than 40 mounted cameras recorded each mission to capture thousands of hours of raw footage during this Air Force and Department of Defense sanctioned project.

"I am extremely proud of our combat rescue officers, pararescuemen, and support personnel teams," said Lt. Col. Patrick O'Rourke, the 38th Rescue Squadron commander. "We train hard every day to ensure that when the mission drops, we are ready and will accomplish what is required without fail."

During the deployment, the rescue crews flew 130 missions and saved 108 lives. Air Force rescue forces saved more than 12,200 U.S., allied and host-nation

forces in conflicts worldwide since Sept. 11, 2001. They have rescued more than 5,000 people worldwide during catastrophic natural disasters and other responses.

"We feel humbled and honored to be able to tell the stories of such a brave, selfless and heroic group of people in this series. Their inspiring mission not only depicts the tragic consequences of war, but the humanity as well," said Jared McGilliard, "Inside Combat Rescue" series producer. "Spending two months filming and getting to know them in Afghanistan was an amazing experience I will never forget."

The entertainment industry regularly engages the U.S. Air Force for involvement in motion pictures, television and video games through the Air Force Entertainment Liaison Office in Los Angeles, Calif. This office works to protect the Air Force's interests and project its missions, capabilities and Airmen through entertainment.

"Our priority is to ensure we have the opportunity to engage with the creative community so we can put the Air Force in the best position to inform the nation through entertainment. Programs like this, which allow us to showcase our real Airmen and missions, are priceless," said Lt. Col. Francisco Hamm, director, Air Force Entertainment Liaison Office.

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A Moody Air Force Base, Ga., pararescueman, keeps an eye out for any signs of danger while an HH-60 Pave Hawk lifts off in Afghanistan. In a first-of-its-kind project, Nat Geo had unprecedented access to all aspects of the Air Force rescue mission in Afghanistan for a new television series called "Inside Combat Rescue." (National Geographic Channel photo/Jared McGilliard)



David Clawson, a member of the National Geographic film crew, captures the action for "Inside Combat Rescue" as pararescuemen from Moody Air Force Base, Ga., exit their helicopter after touching down in a remote area of Afghanistan. The show is a Department of Defense supported Nat Geo television series about Air Force combat rescue efforts in Afghanistan. (National Geographic Channel photo/Jared McGilliard)

STRONG from page 8

retary, the service has already suffered great impacts to its readiness levels.

"More than two decades of war and other operations have had an impact on our readiness, straining our Airmen and their families, reducing opportunities for training and taking a toll on equipment," Donley said.

In order for the Air Force to improve on current readiness levels, Welsh said modernization remains a top priority, recalling a childhood memory of his grandfather's then new, 'sweet' car to help characterize the issue.

"If we were at Minot (Air

Force Base) today, I could take you out on the flight line and show you a whole bunch of 'sweet' B-52s," Welsh said. "And in 2028, when we deliver the last KC-46 tanker, we'll still have about 200 'sweet' KC-135s on the ramp. And they'll be about the same age then – 60 – as my grandfather's car would be today."

The difference is, he said, his grandfather's car has an antique license plate on it today, while America's Airmen will be flying these aircraft in 2028, in contingencies and combat zones around the world.

Which is why, modernization isn't an option, Welsh said. "It doesn't matter if we get smaller. We have got to figure out how to make modernization happen."

During the briefing, the general also took time to highlight the recent release of the Air Force Vision Statement, which embraces innovation as almost a genetic trait of every Airman.

"I believe that's true. In order for us to be successful, I think it has to be true," Welsh said. "We intend to remain the world's greatest air force, powered by Airmen and fueled by innovation."

Arnold Golf Course 454-GOLF, 454-FOOD

Check us out on Facebook! Arnold AFB Services Golf Course

Winter Special will go through Feb. 28. Play all day for \$10 green fee. Regular cart fees apply.

Sausage and biscuits available in the Pro Shop Monday through Friday. If you have an early golf outing during the week grab a quick breakfast before you start. These sausage and biscuits are from the Mulligan's Coffee Bar & Grill menu prepared in advance and placed in the warmer in the Pro Shop for your convenience. The biscuits are \$2 each and coffee is also available. The grill opens at 10:30 a.m. during the week and serves a full breakfast on Saturday and Sunday starting at 8 a.m. The Pro Shop will have the sausage and biscuits available starting at 7 a.m. Monday through Friday but limited quantities will be available so get them while they last.

Arnold Lakeside Center 454-3350

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

The "Make the Right Choice - Get Rewarded" **Membership Drive** will run from Feb. 1 through March 31. During the drive there will be special events and promotions for current and new members. The Kick-Off event will be Feb. 1 in Café 100 from 10:30 a.m. to 1:30 p.m. Current and new members will receive a free slice of single topping pizza. New members that join anytime during the drive will get three months free dues plus instant win \$5-\$100 Services gift card. Promotions during the event for current and new members will be Punch Cards and Enter to Win. Punch cards will be available in Café 100 and Mulligan's Coffee Bar & Grill. Two cards are available - Combos and Coffees. Buy five combos and get your sixth one free (up to \$6) and buy 10 coffees and get your 11th free (up to \$3). Earn punches during the drive, Feb. 1 through March 31, and redeem by April 30. Show your membership card (or temporary membership card for new members) and enter to win weekly drawings during the drive. Entries may be made at Arnold Lakeside Center (ALC), Café 100, Outdoor Recreation (ODR), Golf Course (to include Mulligan's Coffee Bar & Grill) or Fitness Center. Entries are limited to one per member per visit. Prizes include lunch for two at Mulligan's Coffee Bar & Grill, canoe or kayak for the day from ODR, Large pizza from ALC or Café 100, \$25 Services Bucks, dinner for two from ALC, Dinner for four at ALC movie night, one night at Crockett Cove or Dogwood Ridge, and \$50 Services Bucks. Drawings will be held Friday afternoons and winners will be notified by close of business the following Monday. The Mid Drive Event will be held March 1 in Café 100 from 10:30 a.m. to 1:30 p.m. Current and new members will receive free

Otis Spunkmeyer cookies. On March 16, ALC will host a St. Patrick's Day Bash where members can enjoy dinner for free. Non-members and guests are invited but will be required to pay for their meal. Watch for more details coming soon on this event. The Finale Event will be held March 29 in Café 100 from 10:30 a.m. to 1:30 p.m. Current and new members will get a free sampling of baked goods coming soon to Café 100. As always, membership is your choice, but we hope you will make the choice to become a Members First Plus member with Services. Once you do, you can begin to reap the benefits that come with membership. Show your card - and save!

Membership Benefits & Information

Services new member benefits - during the Membership Drive, Feb. 1 - March. 31

- First three months dues free
- Instant win scratch off worth \$5, \$10, \$25, or \$100 issued on Services gift card
- Services promotional item for joining
- Sign up in Café 100 Feb. 1 and receive free slice of single topping pizza
- Sign up in Café 100 Mar. 1 and receive free cookies
- Sign up in Café 100 Mar. 29 and receive a free sample of new Café 100 baked goods.
- Eligible for Punch Cards at Café 100 and Mulligan's Coffee Bar & Grill
- Eligible to enter weekly prize drawings

Services member benefits - during the Membership Drive, Feb. 1 - March 31

- Café 100 Feb. 1 receive free slice of single topping pizza
- Café 100 March 1 receive free cookies
- Free dinner at St Patrick's Day Bash, March 16
- Café 100 Mar. 29 receive free sample of new Café 100 baked goods
- Eligible for Punch Cards at Café 100 and Mulligan's Coffee Bar & Grill
- Eligible to enter weekly prize drawings

Services member benefits - ongoing

- Save 10 percent at most Services activities on purchases
- Arnold Lakeside Center - personal functions/special events
- Outdoor Recreation - Equipment Rental (tents, tables, grills, coolers, canopies, paintball, etc) FamCamp (RV and tent sites) Crockett Cove (cabin rentals) Dogwood Ridge (trailer rentals) Inflatables Marina (boat rentals - excluding gas/oil) Storage fees
- Golf Course - Mulligan's Coffee Bar & Grill purchases Pro Shop merchandise Cart rental Daily/Annual green fees Trail fees Club rental Lessons
- Save \$2 off dinner at Arnold Lakeside Center and \$1 off lunch (when available)
- Membership Night free buffets at Arnold Lakeside Center
- Free Friday social hour

snacks at Arnold Lakeside Center

- Eligible for special promotions such as Air Force Club Membership Scholarship Program (members and dependents meeting criteria may enter essay contest to win scholarship), Texas Hold 'Em Tournaments, etc
- Added advantage at special events such as Casino Nights (issued higher dollar value play money) and Super Bowl (allowed two squares on prize board)
- Contractor members authorized use of Fitness Center (Military and DoD have access regardless of membership)

Chase Bank member benefits

- Cash back rewards program/Military Free Cash (available to MasterCard members)
- Members can redeem points for cash back, gift cards, and travel (airline tickets, hotel, car rental)
 - Two points per dollar on card purchases made on-base in Services activities, BX (to include gas), and Commissary
 - One point per dollar on all other card purchases for all charges off base
 - Points never expire
- No foreign transaction fees
- Blue Star Benefit
 - All fees and interest refunded on account while member or any authorized user on account is deployed.

Membership accounts are handled through Chase Bank and come with MasterCard (pending credit approval) with charging privileges anywhere MasterCard is accepted. There are no fees associated with Chase Bank.

Arnold Services Members First Plus monthly membership fees: \$15 for officers, civilians GS-9 and above, all contractors; \$8 for enlisted, civilians GS-8 and below

Movie Schedule

Movie nights are Thursdays with movie start time of 6:30 p.m. and dinner available from 5-8 p.m.

Jan. 31 - "Alex Cross," PG-13 (1 hr. 41 min.) starring Tyler Perry, Matthew Fox and Rachel Nichols. A homicide detective is pushed to the brink of his moral and physical limits as he tangles with a ferociously skilled serial killer who specializes in torture and pain.

Feb. 7 - "Frankenweenie," rated PG (1 hr. 27 min) starring voices of Winona Ryder, Catherine O'Hara and Martin Short. Young Victor conducts a science experiment to bring his beloved dog Sparky back to life, only to face unintended sometimes monstrous, consequences.

Feb. 14 - Special Valentine Date Night Dinner & Movie for Two (dinner optional; pizza menu also available) "Cloud Atlas," rated R (2 hr. 52 min.) starring Tom Hanks, Halle Berry, Hugh Grant, and Susan Sarandon. An exploration of how the actions of individual lives impact one another in the past, present, and future, as one soul is shaped from a killer into a hero, and an act of kindness ripples across centuries to inspire a revolution.

Dinner for Two includes choice of appetizer (spinach artichoke dip, cheese sticks, fried mushrooms or onion rings), choice of

Hours of operation

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

Information, Tickets & Travel (ITT): Tuesday through Friday, 10 a.m. - 3 p.m.

Café 100: Monday through Friday, 6:30 a.m. - 1:30 p.m.

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

GLC (office located at Arnold Lakeside Center): Monday through Friday, 7 a.m. - 3:30 p.m. May vary depending on bookings.

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

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

Arnold Golf Course: Pro Shop & Driving Range - 8 a.m. - dusk. Driving Range - open 24 hours with prepurchased key card. Mulligan's Coffee Bar & Grill - Monday through Friday, 10:30 a.m. - 2 p.m.; Saturday and Sunday, 8 a.m. - 2 p.m.

Recycling: Monday through Friday, 7 a.m. - 4 p.m.

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

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

two dinners (grilled bacon wrapped sirloin steak, Monterrey chicken, blackened tilapia, ten spice vegetable pasta), choice of two sides per dinner (rice pilaf, mashed potatoes, baked potato, steamed broccoli, corn or fries), choice of dessert served with two spoons (carrot cake, five layer chocolate cake, pecan pie or bacon ice cream sundae) - \$23 per couple members, \$25 per couple non members. Reservations due Feb. 12.

Feb. 21 - "Chasing Mavericks," PG (1 hr. 56 min.) starring Jonny Weston, Gerard Butler and Elisabeth Shue. When young Jay Moriarty discovers that the mythic Mavericks surf break, one of the biggest waves on Earth, exists just miles from his Santa Cruz home, he enlists the help of local legend Frosty Hesson to train him to survive it.

Feb. 28 - "The Cold Light of Day," PG-13 (1 hr. 33 min.) starring Henry Cavill, Bruce Willis and Sigourney Weaver. After his family is kidnapped during their sailing trip in Spain, a young Wall Street trader is confronted by the people responsible: intelligence agents looking to recover a mysterious briefcase.

First Friday Jam will be Feb. 1 beginning at 6 p.m. Come to play, listen, dance and enjoy. Join in with the band to play an instrument or sing. Or take over and do your own performance. Dinner is available from 5-8 p.m.

Arnold Lakeside Center will hold a **Super Bowl Party** Feb. 3 beginning at 4:30 p.m. All attending are invited to wear their football attire and support their favorite team. The game will be shown on all televisions and on the big screen in the ballroom. All over age 18 will be eligible to put their name on the square board and any Members First Plus members will get to put their name on two squares on the board. The board will be filled in first come, first served until they are all gone. The winners for each quarter will receive prizes. In the event a square is blank for any quarter a random drawing will be held of those in attendance. During halftime there will be a trivia contest where teams of four will compete to win prizes. The dining room will be open and there will be food and beverage specials throughout the night.

Books Are Fun is back for a **book fair** from 9:30 a.m. - 3 p.m. Feb. 6 in the A&E Building's Café

100. Discounted selections include paperbacks, best sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to 70 percent off retail prices.

Arnold Lakeside Center will host a **Valentine's Day Date Night Dinner and Movie** for Two Feb. 14. Dinner for two includes choice of appetizer (spinach artichoke dip, cheese sticks, fried mushrooms or onion rings), choice of two dinners (grilled bacon wrapped sirloin steak, Monterrey chicken, blackened tilapia, ten spice vegetable pasta), choice of two sides per dinner (rice pilaf, mashed potatoes, baked potato, steamed broccoli, corn or fries), choice of dessert served with two spoons (carrot cake, five layer chocolate cake, pecan pie or bacon ice cream sundae). Cost is \$23 per couple for members and \$25 per couple for non members. Reservations are due Feb. 12. The pizza menu will also be available. As always, dinner is optional at movie nights. The free movie will begin at 6:30 p.m. and will feature a special date night selection, "Cloud Atlas," rated R for violence, language, sexuality/nudity and some drug use. This two hour and fifty-two minute movie stars Tom Hanks, Halle Berry, Susan Sarandon and Hugh Grant. "Cloud Atlas" is an exploration of how the actions of individual lives impact one another in the past, present and future, as one soul is shaped from a killer into a hero, and an act of kindness ripples across centuries to inspire a revolution. Call 454-3350 for reservations or more information.

Last Friday Trivia Contest

will be Feb. 22. Trivia starts at 6:30 p.m. with questions in random categories. Teams may have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. There are eight rounds with three questions per round. Each round teams have two, four and six points to wager before the question. Only one point value may be used per question. For example, if you wager four points on the first question then you must choose either two or six points for the next question. Whichever value is left must be used for the final question in that round. After the eighth round, teams may wager up to their total points earned for the final question. Prizes are awarded for top finishers.

Fitness Center 454-6440

Check us out on Facebook! Arnold AFB Services Fitness Center

Push up, Pull up, Sit up Competition is set for Feb. 6 and may be completed anytime during the day. The top finisher in each category will receive a reward for the highest number of reps performed in proper form.

Blood Pressure Screening

will be held in Café 100 at 11 a.m. - 12 p.m., Feb. 13. Not sure what your blood pressure level is or why it matters? The Fitness Center staff will be providing free assessments and providing information. High blood pressure usually has no symptoms but can lead to serious problems. You can control high blood pressure through healthy lifestyle habits and medication. Stop by and see where your numbers fall and learn more about heart health.

Outdoor Rec (ODR) 454-6084

Check us out on Facebook! Arnold AFB Services Outdoor Recreation

Leave No Trace Hike

is set for Feb. 16 at Crockett Cove from 10 a.m. - 1 p.m. for ages 10 and up. This class is \$5 per person and is a nationally recognized outdoor skills and ethics awareness program. Remember to wear warm clothes, gloves, and other necessary items to keep warm outdoors as this class will be in the natural elements to give hands-on instruction on how to treat the environment. The seven principles are guidelines to follow at all times and are an awareness of and an attitude toward the land rather than a set of rules. These seven principles will teach how to plan ahead and prepare, camp on durable surfaces, dispose of waste, leave what you find, minimize campfire affects, and respect wildlife and other hikers. At the end of this session participants will be able to identify personal nature awareness and stewardship goals, learn simple, but effective, skills related to minimum impact outdoor activities, and develop an action plan for implementing Leave No Trace principles on future outdoor activities. Call to sign up for this class at least three days in advance.

See BRIEFS, page 15

Air Force captain coaches ultra fitness while deployed

By Capt. Tristan Hinderliter

451st Air Expeditionary Wing Public Affairs

KANDAHAR AIRFIELD, Afghanistan (AFNS) – Six days a week, her iPhone alarm – a soothing instrumental melody – goes off at 4:10 a.m.

She puts on her PT uniform, stops by her office to check e-mail, then drives across base to the outdoor CrossFit pad, where this time of year it is cold and dark.

That's how Capt. Lesley Lilly, 451st Expeditionary Force Support Flight commander and a volunteer CrossFit coach, has spent the past month. For two months before that she attended the 5 a.m. class as an athlete, then she stepped up as a coach when the previous coaches redeployed back home.

Lilly, deployed here from Joint Base San Antonio-Lackland, Texas, has been doing CrossFit for about a year, but fitness and health education is nothing new to her. She earned her bachelor's degree in community health education from the University of Tennessee in Knoxville, and during college she had an internship at a non-profit organization, Church Health Center in Memphis, Tenn., where she taught classes on

health and fitness.

She's currently working on her master's degree in health and kinesiology from the University of Texas at San Antonio.

"A key philosophy I live by is, 'your health is your greatest wealth,'" Lilly said. "You can't buy good health in the sense that you can go out and buy a nice home. You have to invest in good choices to really be healthy throughout your life."

The CrossFit workouts consist of a warm-up routine, stretching, a skill – such as a particular lifting movement – and the Workout of the Day, or "WOD" in the parlance of the athletes.

Most workouts include strength training movements such as snatches, deadlifts, hang cleans, push jerks or squats. There are kettle-bell swings, handstand push-ups, sprints and box jumps. There are exercises with names like burpees, thrusters, kipping pull-ups, double-unders and the Sumo Deadlift High Pull.

"CrossFit is really good in developing well-rounded athletes because it incorporates so many different types of physical activity," Lilly said. "The workouts

are intended to be constantly varied, high-intensity, functional movements."

Lilly is one of two coaches for the 5 a.m. class. The other is Joey Wisniewski, a General Dynamics contractor who is a mechanic on the Stryker armored combat vehicle.

Wisniewski, from Renton, Wash., has been at KAF since June 2011 and has been a CrossFit coach here for the past two months, including the past month with Lilly.

"Lesley is very positive, encouraging, and always brings everybody up," he said. "She's a really hard worker, and I appreciate her positive feedback and motivation to all the athletes."

Lilly said when she returns home to Texas she hopes to get her CrossFit Level 1 certification and to be able to coach part time.

"Coaching here has been a great experience," she said. "Trying to figure out what you need to do individually to improve as an athlete is very different than observing someone else's form and technique and trying to articulate to them how they should improve."

One of the most rewarding things about coaching is watching people develop and improve, she said.

"When you see an athlete

that couldn't do a certain exercise a month ago and now you see them able to do that because you are giving them the instruction they need, that's been really rewarding," Lilly said.

Her passion for fitness, it seems, is matched only by her enthusiasm for nutrition.

"When you're thinking about nutrition, it's so important to incorporate it with physical activity," she said. "They really do work hand in hand."

The overall principle to keep in mind, she said, is that food is fuel.

"What you eat fuels your body throughout the day," Lilly said. "So you want to focus on eating a lot of natural, healthy fresh fruits and vegetables, lean meats such as poultry and fish or lean cuts of red meat. Fuel your body for success."

When she's not teaching CrossFit or picking out healthy food at the dining facility, Lilly leads 20 Airmen in the 451st EFSF. The flight is responsible for Manpower, Personnel and Services functions for the 451st Air Expeditionary Wing.

Lilly said one of the

highlights of her deployment so far was arranging activities as part of a "12 Days of Christmas" campaign.

"It was very rewarding to be able to provide a venue for our Airmen to enjoy the holidays while they were deployed and away from their families," she said.

Despite a very demanding work schedule, Lilly said she tries to get at least seven hours of sleep a night in order to have the energy to keep up her workout routine. 4:10 a.m., after all, comes early.



Capt. Lesley Lilly, 451st Expeditionary Force Support Flight commander and a volunteer CrossFit coach at Kandahar Airfield, leads her class in stretching before their workout on Jan. 14. Lilly, deployed here from Joint Base San Antonio-Lackland, coaches a 5 a.m. CrossFit class six days a week. Classes typically have athletes from the U.S. Air Force, Army and Navy as well as civilians. (U.S. Air Force photo/Master Sgt. Russell Martin)

ASSAULT from page 2

all join in the fight:

1. Educate ourselves about elements in society that promote the false notion of feminine being inferior to masculine. Let's put our search engines to work and learn about things like gender stereotypes, consent, victim-blaming, sexual objectification, rape culture and the impact they have on society.

We can use what we learn to raise self-awareness, challenge the effect media has on our perception of gender dichotomy and help others see common, harmful messages in pop culture and how certain comments or jokes contribute to the damages.

2. Volunteer at the base Sexual Assault Prevention and Response Office. There's always a need for advocates,

especially in deployed locations, to provide immediate support to men and women who have been assaulted or raped. This type of work isn't for everybody, so if you feel you aren't a good fit, you can find other ways to help like organizing an awareness event.

3. Speak up when we hear jokes or comments that are sexist, hateful or de-

meaning toward people who are lesbian, gay, bisexual or gender nonconforming. Tolerating these comments may unintentionally normalize a frame of mind that is consistent with rape and sexual assault. Most people aren't rapists, but we can't assume everybody within earshot understands we don't really mean what we say. These jokes can also give

somebody experiencing harassment or assault the impression their unit will be unsupportive.

Believing the unit will be apologetic to the perpetrator, question a survivor's masculinity or use sexuality as "proof" that it must have been consensual may prevent somebody from seeking necessary help. We have to make it clear from the begin-

ning that we'll be supportive.

I'm honored to work with men and women who uphold the ethical code citizens expect from our military. It's unfortunate a few bad seeds have infiltrated the military, but we don't have to give them room to grow. It's in our hands. This is not a mission for the faint of heart, but we are the U.S. military. Am I right?

BRIEFS from page 13

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

Hiwassee Island is one of the most important migrating areas in Southeast Tennessee. **The Blue Moon cruise** in the Hiwassee Wildlife Refuge is the only way to view the refuge from the water during February. The Hiwassee Wildlife Refuge has over 100 species of resident and migrating birds along with rich Native American and early history of the area. An on board naturalist and riverlorian will point out the sights, tell stories and gladly answer questions. The cruise will last three and one half hours and includes a barbecue buffet. The cost is \$60 per person and reservations are due by Feb. 8. Cancellations after Feb. 9 are nonrefundable. Meet at Outdoor Rec in time to depart by 8 a.m. and plan to return by 6 p.m. Remember to bring your camera, binoculars and extra money for drinks not included in the buffet. Call 454-6084 to sign up or for more details.

Paintball continues with regular play every Saturday except third Saturday which is tournament day. Paintball is for ages 10 and older and ages 10-17 must have a parent permission form. Remember to wear appropriate clothing – long pants, a long-sleeved shirt and closed toe shoes.

Regular Saturday play is every weekend from 9:30 a.m. to 2:30 p.m. except third Saturday due to monthly tournaments. Those interested need to call and sign up at least a day ahead of time to ensure equipment availability. When the day arrives, simply meet at the paintball field and get play underway with the direction of an Outdoor Rec (ODR) staff member. Cost is \$35 per person with equipment provided and includes 500 paintballs and a tank of air. It is \$20 per person for those with their own equipment and that also comes with 500 paintballs. All paintballs used must be purchased from ODR for \$13 per bag of 500 or \$45 for a box of 2000.

Monthly tournaments are on the third Saturday beginning at 10 a.m. Teams of four play double elimination to test your skills until the best team arises. Prior to the tournament there will be a 25-minute warm up field time with team on team play. There must be at least one team member above age 18 and there

must be at least eight teams to hold the tournament. ODR has 20 paintball guns available on a first come first served basis. Indicate at time of registration if you will be using your own equipment or need to reserve equipment. Cost to enter the tournament is \$55 per team and includes a bag of 500 balls and air for the day for each team member. The winning team will receive a free day of paintball (regular Saturday play) for all four team members valid for one year and includes equipment, field fee, air for the day and bag of 500 balls. Sign up deadline for the tournament will be the Tuesday prior and late registration/cancellation fees will be applied the Wednesday prior.

Call 454-6084 for more information about the paintball program or to sign up for these events.

Extended Stays available at FamCamp. The FamCamp is a wooded area off of Northshore Road on the banks of Woods Reservoir with tent and RV camping. Amenities include bathhouse with shower, barbecue grills, fire rings, lantern hangers, boat launch pad, picnic and beach area, covered pavilion as well as washer/dryer service and boat docking service. There are 18 tent sites and 36 RV sites, 15 of which are pull-through. All RV sites are equipped with 30 and 50 amp 115V service. Daily rates for RV camping are \$20 during the summer and \$15 during the winter (Nov.-April). Did you know that you can stay for up to three months at FamCamp? Monthly rates are \$450 during the summer and \$400 during the winter. Sites 27-36 are designated for extended stays. Extended stays are only allowed in three month increments and there must be a one month gap between stays. Reservations may be made up to 45 days in advance for active duty, National Guard and Reserve military. Up to 40 days in advance for military retirees and up to 30 days for DOD employees. All others may make reservations up to 20 days in advance. Tent camping is available at \$7 daily. Washer/Dryer service is \$2 and boat docking is \$5. A convenience store is open 12-4 p.m. Friday through Sunday May through October and open Mondays if in conjunction with a holiday weekend. Other camping is available at Crockett Cove and Dogwood Ridge. Crockett Cove offers five rustic cab-

ins with heat and air, mini fridge, microwave, front porch swing, grill and picnic table. There is no running water, but a bathhouse is on site. The one or two room cabins rent for \$40/\$50 per day during the summer and \$30/\$40 during the winter. Dogwood Ridge consists of six travel trailers with water, sewer, electric and propane complete with deck, picnic table and chairs. The trailers rent for \$40 daily, \$75 for two days or \$200 per week. Extended three month stays are also available at these areas. Call Outdoor Recreation at 454-6084 for more details or to make reservations.

RV and Covered Boat Storage slots available.

Outdoor Rec has open slots available in the RV storage yard. Each slot is 30 feet long and 10 feet wide and rents for \$25 per month or \$250 per year. The covered boat storage has nine slots open. The boat storage slots are 40 feet long and 12 feet wide and rents for \$45 per month or \$450 per year. Both storage yards require proof of registration and insurance of item placing in storage along with a signed contract based on length of stay. Access to the storage yard will be granted at the time the contract is signed. Call for more details or to reserve your slot.

Outdoor Rec inflatables. There is an assortment of inflatables for almost everyone's needs. We have a huge backyard obstacle challenge measuring 40 feet long x 10 feet wide x 13 feet high, and a double lane jump slide for only \$150 per day. We also have a giant basketball hoop for \$30 per day and a Rocket Bounce House for \$75 per day. If you need a water slide then our 18 foot Double Drop Wet/Dry slide will be great for any event and is only \$150 per day. Please contact Outdoor Recreation at 454-6084 to make your reservation today!

Teambuilding Facilitation now available through Outdoor Rec. Book your team building event at least two weeks in advance and customize your activities to include leadership, communication, trust, conflict resolution and more. Our kit has 289 activities and can serve up to 120 participants. Large group challenges can accommodate up to 60 people. This equipment must be facilitated by an Outdoor Rec staff member and is not available

for rent for private use. Department of Defense organizations may utilize the program for free. All others have the option of half day (4 hours) for \$50 or full day (8 hours) for \$100. Call to find out more information or book your team building event.

**Wingo Inn
454-3051**

Check us out on Facebook! Wingo Inn

Reservations for Wingo Inn can be made 120 days in advance. Room rates start at \$53.25 per night. Please call 454-3051 for reservations.

**Gossick Leadership Center
454-4003**

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

The Gossick Leadership Center (GLC) may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to arnold.glc@arnold.af.mil. All event coordinators are required

to sign an agreement. Official unit functions are authorized at no charge and are defined as bona fide official meetings or training held as part of the normal duty day. Unofficial and private functions may be held for authorized users at a fee. Community members may host events with the approval of the Services Director for a fee. Outside food and beverages are not allowed. First consideration must be given to Arnold Lakeside Center. In the event they cannot accommodate, an outside source may be utilized with CCM approval. For more information contact the CCM at 931-454-4003.



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