The first vertical landing of the F-35B is welcome news at Arnold

By Kathy Gattis

By Philip Lorenc III


test is involved prior to or on a flight. Recently, while testing an F-15 Convventional Take Off and Landing (CTOL) variant, AEDC surpassed the 3,000-hour test mark during the early hours of the morning on March 24 where everyone else was probably still asleep.”

Kelly pointed out that AEDC has a direct influence on the flight test and one that will provide confidence for upcoming flight tests.

“The AEDC community should take pride in their personal achievements,” he continued. “For years Flight Test is a pretty strong statement and not many people realize how much

The first vertical landing of the F-35B in-flight test and Edwards AFB will be ramping up their flight test operations.

A new initiative at AEDC is striving to expose students to science, technology, engineering and mathematics and get them excited and thinking about a future in this critical field.

“Our ultimate goal is to inspire the next generation,” said AEDC Commander Col. Michael T. Pantanis. “We are living on the accomplishments of an entire generation who were inspired by the space race. The next quantum leap in aerospace will come from the minds of the children we are targeting right now.”

Unfortunately, due to age as early as elementary school, students are balancing class work, sports, church activities, the latest video games and television shows, as well as everything on the Web. It’s much harder now to get them excited about their future careers and commit to the work it will take to succeed in 15-20 years.

“With so much competition for children’s time and attention now,” the colonel said, “we really want to get into that line and give these children the opportunity to explore what Tennessee calls STEM—science, technology, engineering and mathematics. We are looking for an entry as early as possible. We know it takes a lifetime of learning to become a ‘game changer’ in any field. When you think about it, it’s a pretty tall order to build a professional baseball player if they pick up the bat for the first time in eighth grade. It’s the same problem in technical fields. We have a perfect environment here where we can show them the results of that lifetime of learning.”

Colonel Pantanis’ passion for education is rooted in his belief that it is literally an issue of national defense.

“From a national asset and test perspective, we need a large pool of excellent, interested, inspired engineers, mathematicians and scientists to sustain the capability we have here. But this won’t happen if we don’t get to AEDC. Not only do we need that population to grow locally; this is a need across the nation.”

A new STEM program designed to inspire the next generation of engineers underway at AEDC

See Article, page 3

See Article, page 4

See Article, page 4

See Article, page 4

See Article, page 4

See Article, page 4
The center's vision: to be when you call or a surprise visit will be when you know that you are a valued customer, an unexpected kind word, an unexpected gift will be when you are a valued employee, while you have to hunker down in the spirit of care, it's too easy to hunker down and look out for “the back.” I challenge all of us to do just the opposite. This is the time to reach out. A kind word, an unexpected call or a surprise visit will make a real difference. The seeds you plant in those fields are the most important of all.

Panarisi

Continually improve in all we do
Core Values
- Integrity first
- Service before self
- Excellence in all we do
- People first

What did you want to be when you grew up? Why?

Smoking Policy

The following revised AEDC smoking policy is effective immediately. Smoking is permitted solely in designated areas identified as a “plastic smoke zone.” This policy applies to all AEDC employees, contractors, and guests. Smoking is defined as the act of inhaling and exhaling tobacco smoke, whether from a cigarette, pipe, or tobacco product. Smoking is prohibited in all buildings, parking lots, and on all AEDC property. Violation of this policy may result in disciplinary action. Disciplinary action is appropriate for repeat violations.

Regardless of use, smoking, whether from a cigarette, pipe, or tobacco product, is prohibited in all buildings, parking lots, and on all AEDC property. Violation of this policy may result in disciplinary action. Disciplinary action is appropriate for repeat violations. 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 policy for their respective location.

2nd Lt. Wes Meredith APTU Project Manager

“I invented because I liked that things and make sure that you understand how they work.”

Who are the power of the human spirit?

For advertising information, call (931) 728-9040. For advertising information, call (931) 728-9040. For advertising information, call (931) 728-9040.
Military force management plan reduction to continue despite other initiatives

Fellow Airmen: Secretary Donley and I are proud of the tremendous contributions you make each day to secure our nation. We recognize and appreciate the sacrifices that are asked of you and your family. Now, the Secretary and I must make a difficult decision for the health of the Air Force family.

Air Force retention is at a 17-year high, despite an incredibly robust operations tempo. We are nearly 5,000 Airmen above our authorized, funded and strength ceiling. Career fields are overmanned in certain year groups, while at the same time, we have critical manpower shortages in some of our most stressed career fields and mission areas. We must correct these overages and skill imbalances by sizing and shaping our mission without having to worry about my job back home. If so, we want to make sure that is reflected overseas, without the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without the employer has done something to lighten the soldier’s mind a little, giving them more of a mindset to care what has been done overseas, without

Support Services Director Pat Ergen, left, accepts on behalf of the ATA National Committee Employer Support of the Guard and Reserve (ESGR) award from Committee Member of the Tenessee ESGR Committee Shelly Beatty. (Photo provided)

As you know, in November 2009 we offered a variety of voluntary measures aimed at reducing personnel numbers. Unfortunately, not enough people took advantage of those programs. Thus, we had to make the tough decision to move forward on a plan to shrink the active duty force by almost 3 percent. Although it will be a challenging time, our goal is to minimize the impact on Airmen currently serving. We are reducing accessions for both officers and enlisted Airmen while expanding voluntary retirement and separation programs to try and protect those currently serving. When possible, we will cross-fuel Airman from overmanned career fields into those that are undermanned, and where appropriate, we will implement involuntary measures.

More information on this multi-tiered force management plan is available on the Air Force Personnel Center website. Voluntary programs will allow personnel to leave the service immediately; non-voluntary programs will start this summer with deployments targeted to begin later than April 2011. I encourage all of yourgo to the ESGR website to review the programs that may impact you and your families.

Norton A. Schwartz
General, USAF
Chief of Staff
The American Cancer So-
ociety Relay For Life is being held at Fairfield County Fairgrounds in Man-
chester starting at 4 p.m. April 23 and going through the night end-
ing at 1 a.m. April 24. There are three teams comprised of people who are affiliated with the Relay for Life for their 'parents'. All teams are looking for participants interested in joining the team or making donations.

Team members do not have to work on base; friends and family members are encouraged to participate.

For more information, contact Delicia Wolfe at 454-3213 or by e-mail at delicia.wolfe@arnold.af.mil or Shawn Wolfe at 454-8770 or by e-mail at shawn.wolfe@arnold.af.mil.
Local boy scouts help “exercise” Arnold

Tylee Marcum, paramedic, attends to patients in the simulated triage area during the March 23 exercise. (Photo by Philip Lorenz III)

Members of AEDC’s Fire Department provided first aid and in the triage area to local boy scouts during a natural disaster exercise March 23.

The exercise was conducted to determine AEDC’s ability to respond to a severe weather event involving a tornado hitting the base industrial area. The boy scouts, from Tallahassee Troop 402, helped the Exercise Evaluation Team provide sufficient patients in order to test AEDC’s response to a medical disaster.

Additionally, the scouts’ participation fulfilled a key requirement to their way to achieving an Emergency Preparedness Merit Badge.

After the exercise, the scouts received a base tour.

Commander visits with locals at expo

AEDC Commander Col. Michael Panarii welcomes Duncen Weddington, a former construction management manager at AEDC, and other attendees at the Franklin County Business Expo as they visit the AEDC booth. The commander also took time to walk around to the other booths and introduce himself to the local business leaders. (Photo by Philip Lorenz III)

F-35B from page 1

There is truth to the rumor that seatbelts save lives

Most people realize that seatbelts really do save lives. In most places, they are required by law to be worn, but there are still those who aren’t aware of how seatbelts can save your life or who decide not to wear one for various reasons.

Most states require the use of seatbelts because they save lives. In most states, you can receive a citation for disobeying seatbelt laws. Such laws exist because motor vehicle accidents are the most common cause of accidental deaths, both on and off the job. These laws exist because statistics have shown that motor vehicle accidents cause millions of disabling injuries per year and result in billions of dollars in medical expenses and lost wages each year. You may be thinking that this doesn’t happen to you. However, each year there are 20,000 people worldwide who are injured in vehicle accidents and employed about 20,000 people worldwide.

Aerodynamics, thrust and control are key components for the unique takeoff and landing capabilities of the F-35B, said Graham Tomlinson, BAE Systems test pilot for the first vertical landing flight. “A conventional speed that comes from the wings. In the hover, the aircraft sits on engine thrust (core engine & lift fan combined) and vectored engine and lift fan thrusts are used to control the aircraft in all axes. “The hover and conventional flight is a seamless blend of lift and thrust as the aircraft accelerates or decelerates.”

Tomlinson emphasized the importance of ground testing conducted prior to flight. “The work at AEDC has helped to quantify basic aerodynamic and engine responses so that our control models are updated using best possible data,” he said. “That is itself is of critical importance to F-35B. But any fighter pilot will tell you ‘lift is a gift but thrust is a must’.”

F-35 Lightning II will replace a wide range of existing aircraft, including A-10C, F-16C, F/A-18A and A-4B Huravans. The STOLV version of the F-35 will be used by the U.S. Marines and the British Royal Navy.

The F-35 program is the world’s largest military project, involving 11 countries and employing about 20,000 people worldwide.
**Local student wins Gen. Hap Arnold Science Award, the Naval Research Institute Award, and the AIAA Technology Award.**

Adam Yardumian stands with his science fair project at the Chattanooga Regional Science Fair at the University of Tennessee at Chattanooga where he won several awards including the Gen. Hap Arnold Science Award. (Photo provided)

**Arnold promotes fairness, dignity, respect for victims of crime during observance of National Crime Victims’ Rights Week.**

By Col. James Kennedy

The Office for Victims of Crime will launch National Crime Victims’ Rights Week in Washington, D.C., with its annual National Candlelight Observance Ceremony April 15, and its awards ceremony April 16, to honor extraordinary individuals and programs that provide services to victims of crime.

For ideas on how to volunteer and help victims in your community, call the base legal office or visit the Office for Victims of Crime online at www.crimevictims.gov.

**Dr. Samuelson**

Dr. Richard A. Samuelson, the guest speaker for the Thomas Jefferson Lectures to be held at the University of Tennessee Space Institute’s auditorium from 3-4:30 p.m., Thursday, April 22. The topic of Dr. Samuelson’s lecture will be “Thomas Jefferson, John Adams and the American Future.” It was an exciting time for Jefferson, Adams and their friends as they proceeded in creating a new nation, knowing the task at hand.

John Adams wrote in the spring of 1776, “You and I, my dear friend, have been sent into the world to be the greatest lawyers of antiquity who would have lived to wish. How few of the human race have ever enjoyed an opportunity of making an election of government, more than of air, soil, or climate, for themselves or their children!”

Dr. Samuelson, assistant professor of History at California State University, San Bernardino, Calif., has held fellowships or teaching appointments at Claremont McKenna College, the University of Paris VIII, the National University of Ireland, Galway, the University of Glasgow, Liberty Fund, the Massachusetts Historical Society and the International Center for Jefferson Studies.

He also writes about ‘constitutionality, the role of law, religion, politics and import in America’s founding era.’ He has been published extensively and currently is writing a book on Adams’ political thought. “John Adams and the Republic of Law.”

The Thomas Jefferson Lectures began in 1996 as the result of a gift from a generous benefactor and UT has been able to bring to the community guest lecturers who presented many interesting and informative areas of The Enlightenment and the revolutionary period.

Area high school students have an opportunity to write an essay that will be judged and the winner will be announced at the end of the lecture. A reception will follow in the UTSCI lobby. This event is free and open to the public and everyone is invited to attend.

**UTSI hosts annual Thomas Jefferson Lecture April 22**

By Mudge Gibson

Office of the Executive Officer, UTSI

During the week of April 18-24, community guests will be “Thomas Jefferson: In the Face of a Revolution.”

**By Janice Daniels**

**High Mach Editor**

By Janaé Daniels

Local student wins Gen. Hap Arnold Science Award, the Naval Research Institute Award, and the Air Force拔茂 Ban, the Hap Arnold Science Award. March 11, Yardumian won physics. The Chattanooga Regional awards including the Gen. Hap Arnold Science Award. (Photo provided)

**Oral history of the ATA Employee Assistance Program**

By Madge Gibson

Office of the Executive Officer, UTSI

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Washington (AFNS) – The new Department of Defense policy allowing access to social media from computers connected to the military’s unclassified network balances the mission value of Web 2.0 tools and the need for security, a top defense official said.

Since being hired as principal deputy assistant secretary of defense for public affairs in June, Price B. Floyd has made waves as the Pentagon’s “social media czar,” promoting the use of Facebook, Twitter, YouTube and other social networking tools to spread the department’s message.

Floyd explained the new policy announced recently to participants in a “DoDLive” bloggers roundtable March 1.

“This means all (Defense Department) components have been told ... that the default switch on access is to be open,” Floyd said. “It’s balanced with the need to be security-conscious and tells the combatant commanders to continue to deny access to sites when people try to access them inappropriately.”

The policy upholds longstanding regulations denying access to Web sites with inappropriate content, such as gambling, hate crimes or pornography, he said. “Don’t say or do anything on these sites you wouldn’t say or do in any other form of communication,” he said.

The new policy also keeps in the round the importance of operational security, which he said becomes more important because of social media reaching new audiences.

“Don’t try or do anything on the Web that you wouldn’t say or do in any other form of communication,” he said. “These people in public affairs have started an education campaign to push out information, and they need to use it appropriately.”

He cautioned that certain ca-

veats apply to the policy. In many areas where servicemembers are stationed around the world, the infrastructure simply doesn’t exist to support high bandwidth applications such as video streaming, he explained.

“A place like Afghanistan, bandwidth is going to be a problem. Just because we have a new policy, doesn’t mean everything’s open,” he said. “If we don’t have the bandwidth, we don’t have the bandwidth.”

The new policy comes largely as a result of a culture shift outside the Defense Department, Floyd said. That shift needs to be carried over into the department’s culture, he added, as young people, many of whom have grown up using sites such as MySpace and Facebook, join the military. Along with educating servicemembers on how to use social media tools appropriately, Floyd said, some trial and error also must be part of the process. Because these technologies are constantly emerging and evolving, he explained, leaders should be less concerned about being given step-by-step guidance on how to use each application and more about finding what works best for their unit in its location.

The early months of the new policy will be a learning period for everyone, Mr. Floyd said. In six months, he added, a review will lead to further guidance. “We should learn from using social media,” he said. “We shouldn’t be so prescriptive about this stuff,” he said. “Try it, pay attention, make sure it works for your mission.”

What works for one unit in Washington might not work on the rest of the chain, he said. “We are learning as we go,” he said. “We will lead to further guidance.”

The 28-year-old junior officer in the first Afghan to fly a combat mission in a cargo fixed-wing aircraft as well as the first Afghan pilot in 50 years to complete U.S. pilot training.

Ramaki earned his latest distinction March 24, when he helped pilot a C-27 Spartan with Lt. Col. James Piel, commander of the 538th Air Expeditionary Advisory Squadron. Ramaki received his wings at June at Columbus Air Force Base, Miss.

The co-pilots completed the flight from Kabul in 96 minutes, delivering 30 pounds of cargo and 23 passengers. Waiting to congratulate them on the joint flight was a crowd of Afghan and American airmen that included Brig. Gen. Michael Boera, commander of the 438th Air Expeditionary Wing and Combined Air Power Transition Force. Ramaki, the flight mean more for his country than for himself.

“I am very proud,” he said. “It is good for Afghanistan and makes my country my priority.”

Ramaki started working with the U.S. military in 2002 as an interpreter for the U.S. Special Forces training team embedded with the Afghan National Army’s 1st Battalion.

His work as an interpreter eventually connected Ramaki to an Air Force unit, whose commander recommended he take a test to qualify for undergraduate pilot training in the U.S.

He passed the highest score on the test, Piel said. Ramaki had the highest score on the test, Piel said. Ramaki said himself he’d trained first to Texas for nine months of English classes, then to Mississippi for a year of pilot training.

Ramaki started C-27 training in December and qualified two months later. He’s a quick study,” Piel said. “Vicko it once and he could repeat it immediately.”

Most Afghan pilots are in their 40s, products of Soviet flight training, and don’t have the jealousy of their younger, American-educated counterpart.

“They don’t like me because they are Russian-trained and I am U.S. trained and I do things differently,” Ramaki said.

Right now, two Afghans are in U.S. pilot training. When they return to Afghanistan, they will join Ramaki’s unit in Kabul to train with the 538th. The Afghan unit flies three C-27s and five slightly smaller An-32s, twin-engine turboprop transports.

Piel’s squadron expects the Afghan flight to eventually grow to three C-27s, and two more aircraft will be delivered this month.

“These young pilots aren’t going to accept the status quo. They are determined to change history,” Piel said.
Minot AFB, N.D. (AFNS) – Minot Air Force Base Airmen responded to a mock attack during a massive accident response exercise at the McAdoo Sports and Fitness Center March 26 here.

More than 50 evaluators and exercise planners, including officials from local and state emergency management staffs, the FBI, Minot Police Department and Trinity Hospital, as well as more than 50 volunteers came together to create a realistic simulation of an attack by an active shooter assault at the base fitness center.

The exercise consisted of teams of security forces whose mission was to neutralize a gunman in the fitness center, rescue those trapped in the facility and secure the scene; said P.J. Pallotta, a 5th Bomb Wing antiterrorism officer.

Follow-on emergency responders, to include first and medical forces, then dealt with multiple casualties as a result of the shootings and from a low-grade dirty bomb that had been detonated by the gunman.

"Simultaneously, the rest of the base went into lockdown and all major control centers were activated," he said. "Even our all major control centers were activated,“ he said. "Even our

Major Walsh said while Airmen do not have control over the kinds of disasters they encounter, they do have control over how they react when put in dangerous situations. "This training is key," the major said. "It can literally make the difference between life and death."

The importance of such exercise training wasn’t lost on Tech. Sgt. Kerry Koepp, a Minot AFB antiterrorism officer. "This exercise was a great training tool for all entities, but especially important to security forces," Sergeant Koepp said. "Initial responding security forces were faced with mass panic; personnel fleeing the scene and chaos inside the facility, all with minimal information at their disposal. Trying to gather information, secure a scene, and be ready to accept follow-on emergency responders, all in a short time, is a monumental task. From an antiterrorism perspective, it was a terrific opportunity for all base personnel to practice their force protection Condition Delta and sheltering-in-place actions.

By Tech. Sgt. Thomas Dow

Minot AF/B Public Affairs

Shooter, sirens prepare Minot Airmen for emergency exercise training

"This exercise was a great training tool for all entities, but especially important to security forces," Sergeant Koepp said. "Initial responding security forces were faced with mass panic; personnel fleeing the scene and chaos inside the facility, all with minimal information at their disposal. Trying to gather information, secure a scene, and be ready to accept follow-on emergency responders, all in a short time, is a monumental task. From an antiterrorism perspective, it was a terrific opportunity for all base personnel to practice their force protection Condition Delta and sheltering-in-place actions.

There’s no doubt that a quick and effective response by the base populace will save lives."

With so many moving parts in motion during a crisis situation, communication between 5th BW and 91st Missile Wing responders was vital to ensuring the right thing happens at all times. "It is important that our leadership and emergency responders, practice the teamwork and communication needed for such an incident," said Timothy Allen, a 91st MW antiterrorism officer. "When you’re in a high-stress situation like this, your actions will inevitably fall back to your training."

To provide added realism, some Airmen arrived at the base hospital at 5:30 a.m. to be mongage victims. The Airmen volunteered to assist exercise planners by portraying panicked, injured and even dead victims. Some stayed in the main cardio room acting as victims of the dirty bomb while others simply sprawled on the gymnasium floor covered in fake blood and realistic injuries as a result of the mass shooting. Minot AFB Airmen performed their tasks with precision and inflicting resolve, said the 5th BW vice commander. Had the situation been real, the base would have been ready. "The Airmen who participated in today’s exercise showed focus and willingness to overcome the many obstacles seen with such a scenario," he said. "It’s unfortunate we must train for days like today, but I feel confident knowing the base has skilled professionals ready to react to any situation."
AEDC Commander
By Col. Michael Panarisi

pact of your life or the lives of it – how would a long-term, and potential injury. Think about improve the mechanics, but they amount of fluid. Our workouts good mechanics and the right cy, the pump needs two things…

fluids" at the very time we need our blood supply. The problem put to the test as well. These sys-
cles. The cooling system has to lenge more than just our mus-
cs. There’s a huge blood vol-
ume in the lungs, primarily to exchange oxygen and carbon dioxide. But the physics of the problem explains the secondary role in cooling. Unless the air you breathe in is better than your body temp, every breath literally cools the blood, making your lungs almost a natural “radiator.” This is almost a freebee, except for one thing. Unless it’s raining, (i.e., the relative humidity is low), every breath transfers some water into the exhasted vol-
ume.

At lower temperatures, this transfer represents a volume loss that creates both discomfort and experience in perspiration. At the higher temps, it’s a double whammy…we perspire more, and the cooling effect drops. The trick is to stay ahead of the curve, the best is being hydrated when your tanks are full.

Since most of us don’t work at the gym, we don’t let us take physics like this for a free.

Trick #1: Tank up on the way in. At the start of any run, the kilos will have sorted out how much of that you really needed, and at the same time, give you the reservoir condition where your real hydration level is.

OK, so you drained a bottle, traveled and changed, and you are ready to get warmed up. What’s next? If you were nearly fully hydrated, you won’t need any prodding to head to the re-

strom along the way. If you are about to start your workout, and you just don’t have “the urge,” you are not fully hydrated. I can pro-

prove it. When the urge finally comes, promise it won’t be “clear” and the darker the fluid, the more de-
hydrated you are. So the target is a little urge as you put on your shoes, and a clear stream tells you the tanks are full as they can get. Now it doesn’t count if you have “the urge” and you didn’t tank up first. I’m talking about inducing an undesired trip, not just executing one that was lying in wait.

So the “before” is done, what’s the “during” part? Very simple; just “10 minutes, two swigs.” This is really easy on the treidul, elliptical, spin bike, or while weight training. In a typi-
cal aerobic cycle, it’s like that sloshing feeling.” OK, you drained a bottle, you are ready to get warmed up. Treadmill, elliptical, spin bike, or while weight training. In a typi-
cal aerobic cycle, it’s like that sloshing feeling.” OK, you drained a bottle, you are ready to get warmed up.

Head protection – adjust the fit to suit your head. A heart rate gadget! In many jobs, personal protec-
tion equipment (PPE) is the last, and perhaps the most im-
portant救命!, personal protective and potential injury. Think about it – how would a long-term, possibly permanent, injury im-
 pact of your life or the lives of your family and friends? Imagine a life with a crimson nose, or a lit-
s of sight, hearing, smell, taste or touch. Imagine life with a handle-
cup. Now think about the proper PPE – at work or during tasks at home – can help prevent injury.

Eye protection – maintain clear vision for the duration of your work and ensure all protective eyewear is clean before use and take the time to clean the eyes-
wear as required throughout each workday.

Hearing protection – wear hearing protection in loud envir-
one and wash easily and thoroughly, dis-

Hearing protection – wear hearing protection in loud envir-
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April 9, 2010  •  9

Protection that matters: A personal protective equipment checklist

In many jobs, personal protec-
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Eye protection – maintain clear vision for the duration of your work and ensure all protective eyewear is clean before use and take the time to clean the eyes-
wear as required throughout each workday.

Hearing protection – wear hearing protection in loud envir-
one and wash easily and thoroughly, dis-
junction and ensure earplugs are clean.

Head protection – adjust hardhat suspension to distribute the impact evenly, wear hardhat directely on top of your head and inspect the hardhat regularly. The choice of the correct footware often to ensure the sole provides good traction and the rest of the shoe meets safety standards.
First pilot to fly plane into space dies

On July 17, 1962 U.S. Air Force Major Robert White flew his X-15 rocket plane to an altitude of 59 miles above the Earth and reached weightlessness. He could see the coastline of the western United States from north of San Francisco down to Mexico. On his radio, he said, “This is a fantastic view.”

For his achievements in the X-15 aircraft, General White received the Harmon International Aviators Trophy, the Collier Trophy and the National Aeronautics and Space Administration’s Distinguished Service Medal.

General White passed away at his home in Florida. He was 85.
Browns and one biscuit and "Morning Breakfast" specialty. Mulligan's Grill serves lunch any second lunch combo. Call 454-3350 for dine in or carry out. At Mulligan's Grill, menus. Call ahead orders to $15.00 for members and $19.00 for nonmembers. The dining room is open only when otherwise specified. Please call for reservations as seating is limited. All specialities and house favorites include beverages. Without please call. Notice: Please call for reservations as seating is limited. All specialities and house favorites include beverages.

Spring Cheer Ball scheduled for April 15 for $27 all age 11 will need parent or guardian's permission. Playform is set to open to all levels and all difficulties. 40 players are needed. The official spring cheer camp is for all participants regardless of skill level. Sign up by 8:30 a.m. By 10:30 a.m. in the gym at Fitness Center. Advance reservations are required to ensure availability. For reservations or details.

$7. House favorites include turkey and sesame seeds), Phantom red onion, tomato, spinach (pepper, tomato, black olive, ground beef, olive oil, and cheese) becomes torn between fol

Open Lunch: Monday – Friday at the Arnold Lakeside Center. Applicants may apply 4:15 - 5:15 p.m. Pilates is on Monday – Friday at the Arnold Lakeside Center. Camp will be held from April 15 – May 30, 2010. The camp runs for four weeks and is for children ages 7 – 12. A minimum of 20 participants is required. The camp will take place at Arnold Golf Course, Arnold Lakeside Center, Arnold Fitness Center, Arnold Tennis Courts, Arnold Aquatic Center and Arnold Family Program. Camp will be held on the Arnold Golf Course, Arnold Lakeside Center, Arnold Family Program. Camp will be held on the Arnold Golf Course, Arnold Lakeside Center, Arnold Family Program. Camp will be held on the Arnold Golf Course, Arnold Lakeside Center, Arnold Family Program. Camp will be held on the Arnold Golf Course, Arnold Lakeside Center, Arnold Family Program. Camp will be held on the Arnold Golf Course, Arnold Lakeside Center, Arnold Family Program. 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