July 16, 2010

AEDC implements night ops for fourth year to lower costs

By Philip Lorence III

AEDC has significantly lowered the cost to the customer since the organization’s leadership first implemented a night operations testing schedule for the summer months in 2007.

“Five years into this [this year] we’ve saved our customers slightly more than $1 million in energy costs,” said Gary Bryant, manager of AEDC’s Integrated Scheduling branch. “The cyclic nature of power usage in our larger facilities works to drive a rate structure with TVA that makes it financially beneficial for both AEDC and our test customers to operate those facilities during off-peak periods. Off-peak hours are those weekday clock hours during the summer when the energy demand across the Tennessee Valley is lowest, which translates to lower energy costs.”

Bryant said it helps to understand how the process works.

“Night ops is a scheduling methodology we’ve put in place during the summer months, June through September, which shifts the operation of our plant supported wind tunnels and altitude test cells away from periods of peak power demand across the area served by TVA,” he explained. “By moving this operation out of the peak demand hours, we are able to pass significant energy costs across to our test customers.”

2010 marks the fourth year AEDC has used this scheduling option.

“Test cells normally operating 24 hours per day don’t see a great deal of changes, but things are different for those with a typical two-shift schedule,” Bryant said.

Even though the motor/compressor unit has been out of service for almost two years, ASTF has been able to support all required testing.

“We have a test scheduled to begin in December that will require this unit to be in service, as it is good to see it back in time so we can get the drive back in operation,” Lester said. “With this drive back in service, it will go to new flexibility in supporting the overall drive line. We are restoring full exhaust plant capability.”

ATA had to overcome a number of challenges to off-load the motor before installing it and completing the repair.

The building’s floor would not support the motor’s weight using conventional means of a tractor trailer. Initially, an attempt was made to find outside vendors who could complete this requirement.

“None of the machinery movers contracted aside of AEDC had a system that would transport the motor inside the building and meet the floor-loading criteria,” explained Dave Simmons, ATA’s manager of the Model Shop. “That’s where AEDC’s expertise in Leece-Nevitt, ATA’s crane and rigging supervisor, met with Brian Monroe, ATA’s design engineer, on the design of a custom-built transport cart, to be fabricated in-house to roll the motor inside the building. The rigging crew used AEDC’s 140-ton mobile Mains- tower crane to off-load the motor from the 113-ton outside baulk and transport it to the cart.”

Dan Warren, ATA’s mechanical engineer, said there was an additional hurdle to overcome before the motor could be moved into the building.

“A gravel pad had to be constructed in advance of the motor’s arrival,” he said. “The gravel pad was topped with two per-feet of clean gravel and was used as an interface with a custom cart and distributed to be returned to service next month, Layton said.

A $49.67M contract was awarded to Walbridge Aldinger for Phases II-IV of Turbine Engine Dry Air Capability (TEDAC) program Tuesday through the U.S. Army Corps of Engineers, Mobile District. This project replaces the RC-1 Cooler in the Atmospheric Systems Test Facility complex which was built in the early 1980s. It provides condition, dry air for turbine altitude testing. The project is the culmination of a four phase effort to eliminate 45,000 gallons of trichloroethylene, 18,000 lb of R12 refrigerant and their significant environmental hazards. AEDC will no longer be able to transport trichloroethylene or R12 refrigerant for plant operations with the completion of TEDAC.

The project replaces the RC-13 and RC-14 refrigeration systems, brine piping and pumps, RC-3 and RC-6 chillers, 252 coils in the RC-1 Cooler and two glycol concentrators. The project will significantly improve plant reliability while reducing environmental risks. Additionally, the project constructs a 94-inch duct bypass to the RC-1 cooler that allows plant configuration to better match test requirements. The RC-1 Cooler (150-by-42 foot steel vessel) is a multi-stage refrigeration system that is currently the primary source of conditioned air for turbine testing. Phase II-IV construction is planned to begin September 2011 and conclude in September 2013. Phase I of the program is successfully progressing with construction of the desiccant dryer facility and is scheduled for a September 2010 completion. The desiccant dryer facility provides the only altitude test capability while the RC-1 Cooler is out of service in 2012 and provides additional altitude test capability after construction is complete. (Photo by Rick Goodfriend)

Another major TEDAC milestone met...
It is not the fall; it is the recovery that is important.

Brenda Bush
"On the road to a better, faster-paced world."

Scott Watletmore
"Air conditioning. It’s too cool where I was born."

Chris Robinson
"AC. It’s hot outside."

What one concept can you not live without? Why?

By Capt. (Dr.) Michael Washburn, 419th Test Wing

Since You Asked...

Core Values
- Honor: We serve the people first.
- Integrity: We conduct ourselves with honesty, respect others and do what is right.
- Service before self: We put the needs of others before our own.
- Excellence: We achieve results by making continual improvements in all we do.

Vision
Almost all of our Team members have roles and responsibilities that affect our mission and core values. As a member of our Team, you are an essential part of our successful effort.

Action Line
Team AEDC

Team AEDC offers two open and communications with our Team AEDC employees, and that’s why we have the Action Line. The Action Line is a telephone number (454-6000) that Team members can call to report any issue or concern they may have. People can use the Action Line to make a complaint, ask questions, or suggest ideas. People can call in person or by calling 454-6000. They, in turn, are responsible for addressing the issues.

Smoking Policy

Regulations of smoking tobacco, tobacco products, including cigarettes, must be left unattended or disposed of in trash receptacles. Smoking is strictly prohibited in conference room meetings and other areas, e.g. hallways, stairwells, and 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 located at the following locations: The Best Commanders on chiefs, first sergeants and other leaders, who depend on our security forces, personnelists, civil engineers and the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the workforce of choice for tomorrow’s leaders and the world as we know it would not exist.

The best answer to this question is: it depends. Some of the tough questions we face today are: Are mistakes recoverable? Can Airmen rehash their mistakes? What one concept can you not live without? Why?

In my opinion, attitude impacts success. Good leaders create leaders. They lead to victory. As a soldier, Cleitus’ role was to defend his king. 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.

Most supervisors and military training leaders. They, in turn, are responsible for addressing the issues. If Alexander lived up to his full measure of value only after his death, there is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the workforce of choice for tomorrow’s leaders and the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the workforce of choice for tomorrow’s leaders and the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the workforce of choice for tomorrow’s leaders and the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.

There is no place for elitism, favoritism or snobbery in our Air Force. We have different roles and responsibilities, but we are the world as we know it would not exist.
Employee’s hair grown, cut for a good cause

By Shawn Jacobs

Air Force Office of Special Investigations Detachment 169 reminds Airmen of the importance of avoiding situations that may lead to perpetration of repartite situations.

Air Force Instruction 110-4 requires all active-duty Air Force, Air Force Reserve and Air National Guard personnel (when identified), as well as Air Force civilian employees to report any situations:

- Personal contact with an individual (regardless of national origin) who suggests that a foreign intelligence or military organization may have targeted them or others for possible intellectual theft.
- Any request (regardless of national origin) to unauthorized access to computerized data or classified controlled information.
- Contact with a known or suspected intelligence or military organization to include attacks from the customer and AEDC.
Come to AEDC and tour the world’s largest and most advanced complex of flight simulation facilities

By Shawn Jacobs
ATA Public Affairs

With the start of school just around the corner, AEDC officials are encouraging people around the community and across the country to visit Arnold Air Force Base.

As the world’s most advanced and important complex of flight simulation test facilities, AEDC has hosted distinguished visitors from all over the world, but this opportunity is also available to the general public and students in at least third grade.

The visit includes a center briefing followed by a tour of various facilities, such as the 16-foot supersonic wind tunnel, the world’s largest jet turbine engine test facility or the large rocket motor test facility.

“Tours here at AEDC are a great opportunity for the local community to experience a part of our nation’s flight history as well as keeping informed about the latest technology in defense systems,” said Raquel March, ATA senior public affairs specialist.

“Many teachers utilize the technical aspects of the tour to enhance mathematical applications from their calculus, algebra, computer or CAD classes.”

AEDC has developed two initiatives designed to expose students to science, technology, engineering and mathematics and get them excited and thinking about a future in this critical field. Spark is designed for third, fourth and fifth grades, while Minds in Motion is for eighth grade students who work in those facilities.

Toon Arden, in charge of tours, said, “Many students have been involved in the development of nearly all U.S. military and NASA high-performance jets, missiles and space systems. The center’s propulsion test cells, aerodynamic and propulsion wind tunnels, space chambers and ballistic missile range can simulate virtually every aspect of flight from ground level to deep space.”

Ground testing reduces risks and saves lives, equipment and money in operational testing. For more information on AEDC, visit the website at www.arnold.af.mil.

Mission-to-Mission exhibit and excursion July 22

From July 22 – 29, the AEDC Junior Force Council will present an exhibit provided by the Marshall Space Flight Center (MSFC) that showcases the collaborative efforts between AEDC, MSFC and NASA.

The exhibit will be available for viewing from 7:30 a.m. to 4 p.m. Monday through Friday at AEDC’s Mark I high bay. Also during the exhibit, there will be an opportunity for DoD personnel to sign up for the “Constellation” excursion to the U.S. Space and Rocket Center in Huntsville, Ala. As part of their adult-specific activities, participants will receive a guided tour of the museum, rocket park, shuttle park and some interactive with the hands-on exhibits and simulators. The cost of this excursion is $25 per person, which includes lunch and is limited to the first 50 people who sign up.

For additional information on the exhibit or the excursion, contact Capt. Joseph Byker at 454-5802.
It’s time to do a little leg work

By Col. Michael Panarisi
AEDC Commander

If you just can’t get on the ground, then focus on keeping your knees together and use opposing arms (roll up on your left ankle with your right hand) to help keep everything lined up.

And standing next to a wall, a pole, or a partner for stability will eliminate the wobbles.

Calves are easy too, with lots of options.
My favorite is the “over the stair” heel drop.
Start with two “calf raises” and then gently lower your heels until you feel the stretch.

As you relax, the load will be on your calf, and it’s an easy way. As you gain confidence, switch to “one-footers” and soon you’ll have the calves at ease.

Shins are little tougher and often overlooked.
Again, getting horizontal is the key.
First, a little “loosening up.” Start by lying on your back, and lift your shoulders off the ground. Then rotate your foot around a circle at full range of motion clockwise and counterclockwise.
About 20 cycles in each direction should do it.

Then, the tricky part. To stretch your shins you have to “point your toes,” and for most of us, our calves do that work.

But typically the calves aren’t strong enough to really get a good stretch in, so we need some leverage. For this move, you’ll need a mat, or at least a softer surface (grass etc.)
Then kneel down, and “sit on your heels” keeping your feet straight (they’ll tend to rotate outward).
A gentle rocking motion left and right will add leverage.

No more bouncing your feet straight (they’ll tend to rotate outward).

Nearly all involve “pulling” on your ankle, but injury risks abound if you get the angles wrong or if you are standing up (like nearly all quad poses require) a humble can cause quite a setback.

So the fix here is simple...get horizontal! Lie down on your stomach, keep your knees together, reach back and gently pull your heel towards your glutes.

No more bouncing around on the other foot, no hip lurches, and no strain on your progress.
If you can get your heel to touch your glutes, there’s likely no tighter spot in the quad to worry about. The problem with the standing, one-footed approach to a big tendency to pull your knees apart, negating the stretch motion and weakening your hip flexors.

Quarterly awards luncheon set

The second quarter award luncheon will be held from 11 a.m. - 1 p.m. Monday, July 26 in the AEDC cafeteria.

A “Civilian Exceptional Achievement Award (CALT) Breathing” will be given by Dr. Richard Roberts from 1:30-2 p.m. Aug. 2 in the PWT conference room at Building 749.

CALT is open to civilians in pay bands one and two (equivalent) with 2-5 years continuous federal service, with no prior military service, and hold a bachelor’s degree.

Since seating may be limited respond no later than Thursday.

CALT briefing offered

Walcott “Wally” Alan Miller, 90, of Talihina, Okla., passed away June 21.

Miller was born in Spring, Wis., April 2, 1920, to Walter and Alma (Yonker) Miller.

After completing school, he enlisted in the U.S. Army. He served from Oct. 1, 1945, to May 25, 1945. He received the Purple Heart after being wounded in combat July 17, 1944, in Italy.

In 1949, he married Rosella Guess in Russellville, Ark.

He was a member of the American Legion, V.F.W., and a life member of DAV.

He worked at AEDC for 35 years.

He had been preceded in death by his parents; four brothers, Orval, Ralph, Lyle and Melvin Miller.

He is survived by his wife of 60 years, Rose; a sister, Margaret Miller; several nieces and nephews; Penny Sue Scannehon and husband Wayne of Naples, Fl.; Mary and Richard Pinto, of Calif.; Roger Miller, of Austin, Texas; Michelle Gerster and husband Steve, of Missouri; Nicole Meikle and husband Roger of Talihahou, Annette Wettlaufer; and a special friend, Phil Byrd.

Obituaries

He is survived by his mother, Phil Ryals.

Osborne and husband, of Russellville; great niece, Brittany Webster; and a special friend, Phil Byrd.

CALT briefing offered

Walcott “Wally” Alan Miller, 90, of Talihina, Okla., passed away June 21.

Miller was born in Spring, Wis., April 2, 1920, to Walter and Alma (Yonker) Miller.

After completing school, he enlisted in the U.S. Army. He served from Oct. 1, 1945, to May 25, 1945. He received the Purple Heart after being wounded in combat July 17, 1944, in Italy.

In 1949, he married Rosella Guess in Russellville, Ark.

He was a member of the American Legion, V.F.W., and a life member of DAV.

He worked at AEDC for 35 years.

He had been preceded in death by his parents; four brothers, Orval, Ralph, Lyle and Melvin Miller.

Obituaries

He is survived by his wife of 60 years, Rose; a sister, Margaret Miller; several nieces and nephews; Penny Sue Scannehon and husband Wayne of Naples, Fl.; Mary and Richard Pinto, of Calif.; Roger Miller, of Austin, Texas; Michelle Gerster and husband Steve, of Missouri; Nicole Meikle and husband Roger of Talihahou, Annette Wettlaufer; and a special friend, Phil Byrd.
Top military and local community leaders gathered here July 9 for a dedication service for the F-22 Raptor.

Hundreds of onlookers gathered with members of the 199th Fighter Squadron, 154th Wing, Hawaii Air National Guard and people from Joint Base Pearl Harbor-Hickam in welcome the F-22, a fifth generation fighter, which replaces the F-15 Eagle that the squadron has flown since 1987. The 199th FS is the first guard unit to receive the F-22.

“The 199th (FS members prove) that National Guard forces are capable of maintaining a strategic presence with its active duty association and providing a great value to our nation and the state of Hawaii,” said Gen. Craig R. McKinley, the chief of the National Guard Bureau. The F-22, a single-seat, twin engine aircraft that utilizes stealth technology, was originally designed primarily as an air superiority fighter.

“These F-22 Raptors are the state-of-the-art air superiority fighter and couldn’t be located at a better place,” General McKinley said. Many of the guard members will serve as the lead in a “total force” concept that is already in use at JB Hickam. The 199th FS, 15th Air Wing will fly and help maintain the F-22s that bring a new capability to the HIANG, as well as the Air Force.

“The Air Force is a seamless total force. Along with our Air Force Reserve and civilians, the National Guard and our active-duty component form a very severe fighting force that can get the job done,” General McKinley said.

An F-22 Raptor is put through a demonstration display July 9 above the water surrounding the island of Oahu in Kapolei, Hawaii, as part of the dedication celebration of the F-16 and will serve as the only ANG-led joint guard and active-duty squadron in the Pacific. (Photo by Tech Sgt. Jerome S. Tayborn)

President Obama announces return of the SAVE award

Washington (AFNS) - President Barack Obama wants federal employees to submit their ideas for eliminating government waste and saving American taxpayers’ money as part of the 2010 SAVE, or securing Americans’ value and efficiency, award program.

President Obama made the announcement in a video on the White House website July 8.

“If you see a way that the government can do its job better or do the same job for less money, I want to know about it,” he said.

The program began last year and was an instant success.

“In just three weeks, federal employees submitted more than 38,000 ideas identifying opportunities to save money and improve performance,” said Peter Orszag, the director of the Office of Management and Budget.

Nancy Fichtner, a federal program support clerk at the Colorado Veterans Affairs Hospital in Grand Junction, Colo., received the 2009 SAVE award for her proposal that saved approximately $2 million. She suggested that the Veterans Affairs Department find a way to reuse medicines that are prescribed by physicians, but not used by patients.

The deadline for submissions is July 22, with the winners being announced in September.

“In a change from last year, we also are asking federal employees to help rate the submissions from their fellow workers,” Orszag said. “This new feature will allow employees to apply their insight to the evaluation process, making sure the best ideas make it into the fiscal 2012 budget.”

Civil servants interested in submitting their ideas should go to http://saveaward.gov.
Unfortunately, this distinction cannot always be captured by merely reading bullet statements crafted by the most gifted writer in the organization, as the current “records only” system restricts us to. Once again, it’s time to “hold the line.”

Fifth Chief Master Sgt. of the Air Force Robert Gaylor talks about the importance of balancing “High Tech” and “High Touch.” Chief Gaylor says, “There’s nothing better than face-to-face communication to get your message across.”

This was an important element of recognition boards early in my career. The process fostered interaction between supervisors and subordinates. Often times the entire section would be involved preparing its representative to meet the board.

Another benefit of meeting a face-to-face board is the opportunity for personal growth to occur. An early supervisor of mine used to say, “If you are not uncomfortable, then you are not growing.”

We witnessed the transformation of an Airman through a succession of boards. At his first board, he was so nervous that he actually had difficulty responding to questions. However, his incredible achievements during the award period propelled him to win that board. To better prepare him for the next level, his supervisor organized several mock boards. I was shocked at the change when he met the next board a couple of weeks later. He introduced himself to the board and articulately responded to their questions. It was immediately apparent how comfortable he was a different person.

A supervisor’s involvement in the development of his or her junior Airman transcends a military face-to-face board. Scottish novelist, poet and politician John Buchan said, “The task of leadership is not to put greatness into humanity, but to elicit it, for the greatness is there already.” During the process, a junior member grows, and sometimes the senior member grows too!

A common concern associated with this initiative has been whether or not deployed Airmen would receive a fair chance. Many installations implemented records only boards following 9/11 because too many Airmen were unable to physically appear before the board due to high deployment tempo.

We will have procedures in place so that deployed Airmen are not adversely affected by their absence. Also, while our Airmen will predominately face the board in person, the board president will retain authority to conduct a records only board when situations dictate the need.

Senior leaders, we must be active in our span of influence to ensure Airmen are engaged. Addressing that, we have revised the headquarters operating instruction for enlisted and company grade officer quarterly and annual awards. And, of course, any Airman is free to request assistance from any senior NCO to prepare for the board.

Face-to-face boards will offer the advantage of meeting, interviewing and hearing the perspective of our best and brightest before selecting a winner. This is a much more valid measure than just reading bullet statements. I can’t wait to get started.
A combat controller, who was just wounded in a hospital fighting for his life, is now riding his bicycle across the United States as part of his rehabilitation and to inspire wounded warriors.

In March with 19 of his teammates, Staff Sgt. Marc Esposito from the 21st Special Tactics Squadron at Pope AFB, N.C., is participating in the Sea to Shame Sea ride. The bike ride, which started at the Golden Gate Bridge in San Francisco, and will end in Virginia Beach on July 24.

“The goal of the ride is to honor the courage of (servicemembers), recognize the American spirit and challenge perceptions of how we view athletes,” said Melcion McKinley, a public relations specialist for the event.

Before Sergeant Esposito could even get his bike, he was almost in hospital a year ago in a motorcycle accident that resulted in severe injuries and extensive rehabilitation.

“In May 2009, I was operating in Afghanistan as a combat controller in support of an Army special operations team,” Esposito said. “We were going after the bad guys when I hit an improvised explosive device. Everyone in the vehicle was thrown out. I was in the medical element, where the concentrated blast came from. I was unconscious and paralysed from the waist down.

“When the special operations medical technician found me, he said I was ‘in shock and wasn’t breathing.’ He said, ‘My legs and back were broken, and a lot of my toes were smashed. I also suffered a traumatic brain injury.’

“And now, thanks to the tremendous care and support he received from the medical community and his squadron, Sergeant Esposito is riding his bike cycle 4,000 miles through deserts, mountain passes, big cities and small towns. It is so inspirational to see Marc and his teammates helping each other along the way,” McKinley said. “After conquering a hill, Marc will ride back down so he can ride along with someone who needs them. He will make it up the hill. That’s how he is: he always wants to help others.”

“I want to help other understand that life is after an injury or illness,” said Esposito.

“When something traumatic happens, you feel like your life has been turned upside down. But you have to get back into the level you and want to help other people who are going through some of the things I went through. I want to be part of solving any injury problems.”

“He said, ‘I want to go back by talking to the young troops and letting them know to get back to what you want to do. I want to be involved in helping them to get their minds to do it.’”

And an inspiration like this, is Senior Airman Brayden Peters who is also participating in the Sea to Shame Sea ride. “We met at the Center for the Leukemia while we both were going through rehabilitation, and we have inspired each other.”

“By doing the Sea to Shame Sea ride, we want to prove that we are still an asset to our great country, that we are still very capable and can continue to serve,” Airman Peters said.

Along with Sergeant Esposito and Airman Peters, the team will also include Christopher Frost, of Idaho; Mark Wright, of Scott, Blythe.

The team rides anywhere from 30 to 120 miles in one day, averaging 16 miles an hour. For two months, team members will only rest 11 days.

Rich Esposito explains the newly installed weather station in the desert to a friendly aircraft pilot. When there is an eight inch of rain, the weather system knows when to shut down when a drop hits the desert. The new system is expected to reduce water usage for irrigation at Peterson AFB, Colo., by 30%. This photo shows an eighth of an inch of rain.

“Now, the sprinklers are on a timer,” Jacobsen said. “Every drop counts.”

Rich Esposito explains the newly installed weather station in the desert to a friendly aircraft pilot.
Egress Airmen ensure ‘last chance for life’

By Airman 1st Class Jason J. Brown
351st Air Base Wing PA

Langley AFB, Va. (AFNS) - If something goes wrong in a fighter jet flying at 30,000 feet, the pilot needs a reliable way to escape danger, and fast. When all else fails, the pilot relies on the ejection system to exit the jet and return safely to earth. Some say this system is the pilot’s “last chance for life.”

The 1st Component Maintenance Squadron egress technicians apply their expertise, attention to detail and dedication to the maintenance and proper employment of the Advanced Concept Ejection Seat II ejection systems in F-15 Eagles and F-22 Raptors.

The system includes the seat, fitted with gas and explosive lines in the case of an ejection, and a telescoping rocket catapult is affixed to the back of the seat, which propels the seat to the back of the fighter jet. A gas-powered motor is used in the F-15 Eagle to deploy the seat, while the F-22 uses an explosive and a telescoping rocket catapult due to its integration into the ejection system.

“Each component of the system is dated, meaning it’s only dated to be in working order for a prescribed amount of time,” said Tech. Sgt. William Gamble Jr., the 1st CMS egress noncommissioned officer in charge. “These systems need to work 100 percent of the time, so we are constantly servicing them.”

Each system undergoes an egress final inspection every 30 days, in which technicians physically inspect every component of the system they can touch. Every 36 months, each seat is disassembled and given comprehensive functional tests to ensure it operates necessary. This is known as a “backshop” team, the egress team works from workbenches to fighter jets, servicing as the only team that can work on the ejection system.

“There are eyes on the system the entire time,” Sergeant Gamble said. “One technician will dictate the instruction, and the other will verbally confirm before accomplishing it. Afterwards, a five-level tech inspects the work, followed by a final approval by a seven-level supervisor.”

Unlike other maintenance shops that include a flightline crew and a “backshop” team, the egress team works from workbenches to fighter jets, servicing the only team that can work on the ejection system. In addition, because proper maintenance is so vital and complex, only egress technicians can “null it,” or sign off for the ejection systems during egress maintenance.

The technicians, including members of the Virginia Air National Guard’s 192nd Fighter Wing, devote one morning a week to hands-on and video training sessions and also instruct an annual refresher course.

“The work is challenging,” said Airman 1st Class William Stanton, a 1st CMS egress apprentice. “There’s so much at stake, you can’t afford to make mistakes; we are responsible for saving pilots’ lives.”

While ejections are rare, pilots appreciate the egress team’s dedication in making sure they get back to earth safely in a worst-case scenario.

“We don’t get to see the reward of the work often, and that is a good thing,” said Staff Sgt. Michael Oswald, a 1st CMS egress technician. “It’s a slick unit; it works really well,” he said. “The water savings are going to be substantial.”

Paquette predicts the system will reduce water usage for irrigation by 50 percent in one year.

Water conservation is especially important as 21st CES officials try to balance the water reduction goals with keeping the grass green, Paquette said.

The 21st CES has tackled the water reduction goal from a number of fronts including installing low-flow water toilets, urinals and showerheads throughout the base.

Landscapers have planted native grasses, which use less water than the bluegrass previously planted on base. They’ve also incorporated xeriscape landscape designs, which use low water plants and colored stones instead of grass, in the areas close to buildings or on side streets. And run sensors on sprinkler heads have been used to turn off the water when not needed.

“We’ve done pretty well with water reduction, Paquette said. “We’ve met our goal for 2009.”

For Peterson AFB, the installation of the new high tech irrigation system couldn’t be more critical.

Pocahontas Utilities is building a $1.1 billion pipeline from the Pueblo Reservoir to Colorado Springs, which will necessitate an increase in water rates.

“CSI has notified us that we will see a 12 percent increase in the water bill each year through 2016 - that effectively doubles our bill,” Jacobson said.

Now, Peterson AFB pays about $100,000 a month in water bills. The good news is that once the pipeline is built, Peterson AFB hopes to tap into it for non-potable water, which could be used to water the grass and would be less expensive, Paquette said.
Behind the scenes with an A-10 student pilot

By Capt. Steve N. Shaffer
355th Fighter Wing PA

It was a little after 4 p.m. on June 8 when I found myself scratching at my head while being placed under the scrutiny of the flight instructor. I was on my first flight in a student A-10C and was preparing for my sortie. My instructor, Capt. Louis Griffin, was in the cockpit with me, and we were about to begin an interactive, hands-on experience.

The previous few weeks had been filled with study sessions and practice sorties, but this was the first time I would actually be flying a Combat Talon. I was nervous, but I was excited to see what it was like to be in the cockpit of an A-10C.

As we taxied to the end of the flightline, I looked up at the sky and watched as the other pilots took off. I felt a sense of excitement mixed with a little bit of fear. I knew I was about to embark on an adventure.

We taxied for about an hour before our flight, and during that time, I had a chance to observe the other pilots and learn from their experiences. I was impressed by their professionalism and the way they handled each aspect of the flight.

Once we were cleared to take off, I took control of the aircraft and began to execute the pre-flight checklist. I was a little nervous, but I knew that I had prepared well for this moment.

As we gained altitude, I looked out the window and saw the landscape below. I felt a sense of freedom and excitement.

We flew for about an hour before we were cleared to return to the flightline. I was tired, but I was also excited to see what the next flight would bring.

I learned so much during my time in the A-10C, and I'm grateful for the experience. It was an adventure I won't soon forget.
Backbone of independence

Accounts of four decorated U.S. war heroes

By Tech. Sgt. Kevin Wallace

July 16, 2010  •  13

Independence Day was a day of celebration for all Americans, civilians and families where, in the midst of the heat and the rush of activities, it was a time to remember and honor the contributions of the fallen heroes, and equally vital to understand how to learn from our mistakes.

Looking back over the past two and a half centuries, it’s clear that heroes have defined both the nation’s path to greatness. But the Fourth of July is one thing that, even here in the U.K., is a true test to what it means to be American.

This Independence Day, it’s important to remember that America’s security has always rested on the backs of the men and women willing to sacrifice whatever is necessary to defend it.

Following in the footsteps of our Soldier, Sailor and Marine brothers, Airmen stepped up to serve at the tip of the spear more than 70 years ago.

Airmen have answered their nation’s call, and continue to serve with tradition and honor.

In every battle the U.S. has seen, heroes have shown us a beacon for others to follow.

Heroes come from every branch of service, rank, race, gender and walk of life. For America’s warriors in uniform, it is vital to learn from our fallen heroes, and equally vital to remember their contributions.

Below are the stories of four American heroes.

Chief Master Sgt. Duane Hackney

While in basic training at Lackland AFB, Texas, during the Vietnam-conflict era, Chief Master Sgt. Duane Hackney chose to pursue a career in pararescue, a choice that continually earned him nearly 70 individual awards, including the Air Force Cross.

Chief Hackney graduated from pararescue training as an honor graduate in every phase of the course. For this, he earned the right to pick his first assignment.

Instead of choosing a desk assignment state-side or in Europe, far away from the swirling jungle, he volunteered for Det. 187, 10th Air Rescue and Recovery Squadron Da Nang, Vietnam.

Three days after reporting for duty, he fired his first combat mission.

During the mission, he was struck in the leg by a .30-caliber bullet.

To avoid being6gold, he had a fellow pararescueman remove the bullet on the spot. This selfless act set the tone for Hackney’s mission.

Before he could finish buckling into the jungle 250 feet below. In the air space, the chopper was struck by anti-aircraft artillery, and the compartment filled with smoke and fire.

The chief strapped his parachute on the pilot’s back and shepherded the pilot out the door. He then searched the craft for a spare parachute, finding one just prior to a second anti-aircraft shell ripping into the helicopter.

He then risked his own life to remove the bullet on the spot. His helicopter was shot down Feb. 6, 1967. He was the first living recipient of the medal. The first was Maj. Audie Murphy with a Distinguished Service Cross.

The dawn of the Feb. 6 mission started like any other.

Chief Hackney descended from his Jolly Green Giant to look for a downed pilot near Mu Gia pass, North Vietnam.

He then searched the craft for a spare parachute, finding one just prior to a second anti-aircraft shell ripping into the helicopter.

Despite being severely burned and wounded by shrapnel, Chief Hackney managed to evade the enemy and thwarted capture. The heroic rescue was repeated by a fellow pararescueman and he returned to Da Nang Air Base.

When he got back, he learned that he was the only survivor from the mission. Four decorated members and the pilot he rescued were lost in the operation.

Retired Maj. Gen. John W. O’Daniel presents 1st Lt. Audie Murphy with a Distinguished Service Cross. (Courtesy photo)

Retired Lt. Gen. Lewis Puller is accounted as the most decorated Marine in history. (Courtesy photo)

So for giving up his parachute and risking his own life, he received the Air Force Cross.

He was the youngest Airman and the second enlisted member to receive the medal. The first was posthumously awarded to Airman 1st Class William Pitzenbarger, also a pararescueman.

After Vietnam, the chief continued his distinguished Air Force career, and retired in 1991.

Two years later he died in his Pennsylvania home, of a heart attack. He was 46 years old.

Lt. Gen. Lewis Puller

Lt. Gen. Lewis Puller, the most decorated Marine in U.S. history, is one of only two people to receive a Navy Cross, the Navy’s second highest decorations, five times.

General Puller earned 52 separate, subsequent and foreign awards in his 37-year career with the Marine Corps.

With five Navy Crosses and a Distinguished Service Cross, the Army’s second highest decoration, General Puller received the nation’s second highest military decoration six times.

Prior to his involvement in World War II, General Puller, then an Army sergeant, was accepted into the Virginia Military Institute, Lexington, Va., to pursue a commissioned career in the Army.

Airmen 1st Class Duane Hackney receives an Air Force Cross. He was the first living recipient of the medal. (Courtesy photo)

Boatwain’s Mate First Class James Williams stands aboard River Patrol Boat 105 in Vietnam. (Courtesy photo)

For his actions on the parachute and saving his own life, he received the Air Force Cross.

He was the youngest Airman and the second enlisted member to receive the medal. The first was posthumously awarded to Airman 1st Class William Pitzenbarger, also a pararescueman.

After Vietnam, the chief continued his distinguished Air Force career, and retired in 1991.

Two years later he died in his Pennsylvania home, of a heart attack. He was 46 years old.

Lt. Gen. Lewis Puller

Lt. Gen. Lewis Puller, the most decorated Marine in U.S. history, is one of only two people to receive a Navy Cross, the Navy’s second highest decorations, five times.

General Puller earned 52 separate, subsequent and foreign awards in his 37-year career with the Marine Corps.

With five Navy Crosses and a Distinguished Service Cross, the Army’s second highest decoration, General Puller received the nation’s second highest military decoration six times.

Prior to his involvement in World War II, General Puller, then an Army sergeant, was accepted into the Virginia Military Institute, Lexington, Va., to pursue a commissioned career in the Army.

See HEROES, page 15
Officer Williams moved his vessel to another enemy area where they came under heavy fire from more enemy boats, then turned and went after the second, which was running at full speed. His .50 caliber machine gun and those of his crew were the only effective weapons in the battle. He secured its .50 caliber machine gun and used it to stop the Japanese from killing or capturing any more Americans. Williams skillfully maneuvered his vessel to engage and destroy the enemy’s vessel. He proceeded with his plan. However, after exiting the battle area, he ran out of ammunition. Without the means to return fire, Lieutenant Murphy released his fury on the enemy for almost an hour. When he returned to his unit, Lieutenant Murphy became the company commander and was wounded by mortar rounds that killed two Soldiers near him. He was awarded a battlefield commission and given a plaque. Twelve days after the promotion, he was shot by a sniper and spent 55 weeks recuperating. As America’s involvement in World War I intensified, his reasons were summed up in his quote, “I want to go where the guns are.”

After his 1919 re-enlistment, he saw action in Haiti. There, he participated in more than 40 combat engagements over the course of five years. In 1924, he returned to the U.S. and was commissioned as a second lieutenant. He spent four years at various state-side assignments before returning overseas in 1928, where he earned his first Navy Cross in Nicaragua. He spent a second tour in Nicaragua in 1933, where he earned a second Navy Cross in World War II. He received one in Guanacastal and finally Japan. On Guadalcanal, for an action that is now known as the “Battle of Henderson Field,” General Puller’s battalion was the only American unit defending an airfield against a regiment-strength Japanese force. In a three-hour fire fight that night, his unit sustained 70 casualties while the Japanese lost more than 1,400 and he held the airfield. General Puller was quoted as saying, “All right, they’re on our left, they’re on our right, they’re in front of us, they’re behind us... they can’t get away this time... about the battle.”

In 1942, the general requested to be reinstated in the Marine Corps in order to see action in the Vietnam War, but his request was denied on the basis of his age. He died October 11, 1971.

Boatman’s Mate First Class James Williams
Born and raised in South Carolina, Boatman’s Mate First Class James Williams was the most-decorated enlisted man in Navy history. Petty Officer Williams received a Medal of Honor, Navy Cross, Silver Star, Navy and Marine Corps Medal, Bronze Star, Purple Heart and a Navy Commendation Medal with combat distinguishing device.

The petty officer received the Medal of Honor for his service on the Mekong River in Vietnam on Oct. 31, 1966, while serving as a boat captain and patrol officer. Williams was in a boat with three other patrol boats searching for contraband when crewmembers spotted two speed boats. Petty Officer Williams and two other crew members of the boats, then turned and went after the second, which was firing an eight-foot-wide cannon in front of a rice paddy. He knew his boat wouldn’t fit in the canal, but after checking a map, he realized he could pass through a wider canal and intercept the enemy’s vessel. He proceeded with his plan. However, after exiting the canal, he found himself and his crew in a hostile staging area where they came under heavy fire from more enemy boats and North Vietnamese troops on the shore. U.S. helicopter support eventually arrived, so Petty Officer Williams moved his vessel to another enemy boat staging area downstream, where another fierce battle was under way.

After more than three hours of fighting, his patrol had accounted for the destruction or loss of 65 enemy boats and more than 1,000 enemy troops...”

Mag. Audie Murphy
Immediately following the Japanese attack on Pearl Harbor on December 7, 1941, Audie Murphy, a 17-year-old private in the Marine Corps, was accepted into the Army and was sent to Camp Wolles, Texas, for basic training. During a close order drill session, he passed out. Fearing his apparent weaknesses, his company commander tried to have him transferred to a cook and bakers’ school, but the private insisted on becoming a combat soldier. His initial three for combat was finally quashed when he was ordered to help liberate Sicily on July 10, 1943. Shortly after arriving, he experienced his first combat encounter and defeated two enemy officers. For this action, his captain promoted him to corporal.

Major Murphy distinguished himself in combat on many occasions while in Italy, earning several promotions and decorations.

Following the Italian campaign, Sergeant Murphy’s unit was ordered to invade southern France. Shortly thereafter, Sergeant Murphy and a fellow Marine were killed while approaching a German soldier firing surrender.

His initial thirst for combat was finally quenched when he was appointed to the staff of Gen. Douglas MacArthur. He was awarded a battlefield commission and given a plaque. Twelve days after the promotion, he was shot by a sniper and spent 55 weeks recuperating. When he returned to his unit, Lieutenant Murphy became the company commander and was wounded by mortar rounds that killed two Soldiers near him.

The next day, despite the bitter-cold temperature and more than 24 inches of snow on the ground, his unit entered the battle at Holtzwihr, France. He led a party of 400 men along a ridge, and when it seemed doomed. Subsequently, he sent all of his men to the rear while he continued to engage the Germans until his run out of ammunition.

Without the means to return fire, Lieutenant Murphy led an abandoned, battered tank nearly 1,000 yards into the German lines. He secured its .50 caliber machine gun and used it to saw down German infantry at a distance. During the engagement, he destroyed a full squad of German infantry that had crowded into a ditch to within 100 feet of his position. Lieutenant Murphy suffered several leg wounds, yet released his fury on the enemy for almost an hour. Eventually, his telephone line to the artillery fire direction center was cut by enemy fire. Without the ability to call on artillery, he summoned his remaining men and organized them to conduct a counter attack, which ultimately drove the enemy away from Holtzwihr.

These actions earned Lieutenant Murphy the Medal of Honor.

During World War II, Major Murphy was credited with destroying six tanks, killing more than 240 German soldiers, and wounding and capturing many others. By the end of World War II, he was a legend within the 3rd Infantry Division as a result of his heroism and battlefield leadership.

During his career, Major Murphy received 33 U.S. medals, five French medals and one from Belgium. Despite suffering from insomnia, bouts of depression and nightmares as a result of post-traumatic stress disorder, he used his hand and volunteered for duty when the Korean conflict broke out in 1950. However, he was never called up for combat duty.

By the time he retired in 1966, he had attained the rank of major. He died May 28, 1971.

While these heroes have all passed away, each and every day current servicemembers distinguishe themselves honorably in battles far from home.

While celebrating Independence Day with British friends, some U.S. Airmen here will remember those who have served and continue to serve.

Memorial gets restored
Retired Army Brig. Gen. George Price (from left); John Pittbeck, National Mall and Memorial Parks superintendent; Lindy Hart, widow of sculptor Frederick Hart; and Jan Scruggs, Vietnam Veterans Memorial Fund founder and president, unveil the Three Servicemen Statue during a rededication ceremony at the National Mall in Washington, D.C. The statue, which originally was unveiled in 1984, underwent six weeks of restoration to repair damage and restore the original patina. (Photo by Army Spc. 1st Class Michael J. Carden)
A dinner dance event will be held July 20 from 6 p.m. to 10 p.m. Cost is $25 per couple and $20 for non members. Call for reservations.

Trivia Contest will be held beginning at 6 p.m. July 10. Teams can have up to four people. No cell phones are permitted during the event. Anyone entering a group while a question is underway will be disqualified. A tutorial will be given promptly at the beginning of the event to all participants prior to the start of the game. It will be necessary to follow the tutorial. Six rounds of questions will be administered consisting of three questions per round. Each round is worth ten points. The team with the most points at the end will be the winner. Prizes will be given for first and second place. Tie will be broken by a trivia play-off.

Tullahoma City Modal Play Championship July 24-25
Arnold Golf Course will host the annual Tullahoma City Modal Play Championship with an 8 a.m. shotgun start both days, July 24 and 25. The field will be flighted depending on the number of participants. Second round flighting will be based on first round scores. Second round score improvement limit is 15 percent determined by the Tournament Director. Percentage of improvement limit to be determined by the Tournament Director. Prizes will be awarded in each flight. The top 50 percent of the field will receive tokens for 72 players to sign up. Priority for riding carts will be given to applications with payment. Payment is required at time of registration. Entry fee is $50 for advanced green fee participants and $50 for others. Pooling will be in effect for one free practice round during the week of July 19. Cart fee is $20 per day. Registration in person is required. Deadline for sign up is close of business July 21. For more information call 444-7076.

Range Rat Program continues throughout July.
During this time, golfers are eligible to use any Services activity during regular operating hours unless it is specified as a non-refundable. Those mentioned above include Wingo Inn (lodging), Arnold Lakeside Center, Outdoor Recreation (Marina, FamCamp, Crockett Center), Golf Course, Family Member/Youth Programs and Fitness Center. Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a non-refundable. There are four pieces of child-sized fitness equipment, a picnic table and several other items to keep children entertained. A television, VCR and DVD player are also available inside and on the patio during this 60-90 day period. A grand re-opening with ribbon cutting will be scheduled upon completion of this improvement project.

Outdoor Rec plans flying, rafting, and skydiving trips
A trip to Urban Rocks is one of three ways Outdoor Rec has planned for August.
Outdoor Rec has many exciting trips coming up—three of them in August.
The month starts with an Indoor Rock Climbing Adventure in Chattanooga at Twin Falls Gym-Aug.
Tullahoma City Chamber of Commerce Fishing Classic winners announced
Fishing Classic winners announced
Ages 9-12:
1st, Drake Sizemore, 9, 72.5" total, son of Darbie and Bill Sizemore, ATA
2nd, Zach Sizemore, 9, 25" total, son of Joe Sizemore, ATA
Ages 18 and up:
1st, Robbie Evans, 66" total, son of James Melton, ATA
3rd, James Melton, 38" total
Biggest Fish
Robbie Evans, 23"
Total Overall Length Winner
Drake Sizemore, 72.5"
A trip to Urban Rocks is one of three ways Outdoor Rec has planned for August.
Outdoor Rec has many exciting trips coming up—three of them in August.
The month starts with an Indoor Rock Climbing Adventure in Chattanooga at Twin Falls Gym-Aug.
Tullahoma City Chamber of Commerce Fishing Classic winners announced
Fishing Classic winners announced
Ages 9-12:
1st, Drake Sizemore, 9, 72.5" total, son of Darbie and Bill Sizemore, ATA
2nd, Zach Sizemore, 9, 25" total, son of Joe Sizemore, ATA
Ages 18 and up:
1st, Robbie Evans, 66" total, son of James Melton, ATA
3rd, James Melton, 38" total
Biggest Fish
Robbie Evans, 23"
Total Overall Length Winner
Drake Sizemore, 72.5"
A trip to Urban Rocks is one of three ways Outdoor Rec has planned for August.
Outdoor Rec has many exciting trips coming up—three of them in August.
The month starts with an Indoor Rock Climbing Adventure in Chattanooga at Twin Falls Gym-Aug.
Tullahoma City Chamber of Commerce Fishing Classic winners announced
Fishing Classic winners announced
Ages 9-12:
1st, Drake Sizemore, 9, 72.5" total, son of Darbie and Bill Sizemore, ATA
2nd, Zach Sizemore, 9, 25" total, son of Joe Sizemore, ATA
Ages 18 and up:
1st, Robbie Evans, 66" total, son of James Melton, ATA
3rd, James Melton, 38" total
Biggest Fish
Robbie Evans, 23"
Total Overall Length Winner
Drake Sizemore, 72.5"
**Services Division Phone Numbers**

<table>
<thead>
<tr>
<th>Area code 931</th>
<th>DSN 340</th>
<th>Service Chair – 454-7729</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnold Lakeside Center (ALC) – 454-3350</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Arnold Lakeside Center**

**H2 • July 16, 2010**

---

**August 2010**

<table>
<thead>
<tr>
<th>Sunday 1</th>
<th>Monday 2</th>
<th>Tuesday 3</th>
<th>Wednesday 4</th>
<th>Thursday 5</th>
<th>Friday 6</th>
<th>Saturday 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Community Adventure Walk 10 a.m.</td>
<td>PE Yoga 11 a.m.</td>
<td>DC Unlimited 11 a.m.</td>
<td>ALC Yoga 11 a.m.</td>
<td>DC Unlimited 11 a.m.</td>
<td>PE Yoga 11 a.m.</td>
<td>PE Yoga 11 a.m.</td>
</tr>
</tbody>
</table>

| Friday Night 5-8 p.m.; Camp Adventure runs 1 June through 6 August 7:30 a.m. – 4:30 p.m. Monday |

---

**New ALC hours**

**Beginning Aug. 1:**

**ITF:** 10 a.m. - 3 p.m., Tuesday-Friday

**Thursday:** dinner, 5-8 p.m.

**Friday:** bar 3:30 -10 p.m., dinner 4-9 p.m.

**Saturday:** 5-10 p.m., dinner dance 6:30-9:30 p.m.

---

**Hours of operation**

Arnold Lakeside Center – Special function lunchrooms available. Call 454-3350 for arrangements. Catering/Management offices Tuesday 10 a.m. - 3 p.m.; Lunch: limited menu Wednesday, 11 a.m. - 1 p.m.; call 454-5555 to place orders. Dinner: Arnold Express Menu or Hap’s Pizza only Tuesday 5-8 p.m.; dinner or Arnold Express Menu and Hap’s Pizza Friday and Saturday 5-9 p.m.; Main Bar: Thursday 4-10 p.m. Friday and Saturday 4-5:30 p.m., Social Hour Friday 4-6 p.m., Movie Thursday 5-6 p.m.

Family Member/Youth Programs – Tuesday through Friday 10 a.m. - 6 p.m., Saturday 10 a.m. - 12 p.m., Final Friday Movie Night 5-8 p.m.; Camp Adventure each June through August 7:30 a.m. - 4:30 p.m. Monday through Friday, during Camp Adventure Open REC only every Friday through Saturday, 10 a.m. - 8 p.m. Outdoor REC – Main Office, Check In, Marina and ALC Shop Tuesday through Friday 8 a.m. - 6 p.m., Saturday 8-11 a.m., 25 p.m. Lagoon & Marina begin Memorial Day weekend GLC beach daily 10 a.m. - 6 p.m., ALC beach Saturday and Sunday 10 a.m. - 6 p.m. Fitness Center – Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m.-4 p.m.; Sunday 12-4 p.m.

Arnold Golf Course – Pro Shop and Driving Range daily 7 a.m. - dusk, Mugger’s Grill: daily 7 a.m. - 2 p.m.

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

Wings Inn – Monday through Friday 7 a.m. - 8 p.m., Saturday 8 a.m.-4 p.m.

Barber Shop: by appointment - Monday, Wednesday & Friday 8 a.m.-9 p.m., Thursday 8 a.m.-12 p.m.

---

**Services is an exclusive area available to all AEDC personnel, active duty, retired military, National Guard. Reserve military and others as approved by the commander. Services activities include Wings Inn (lodging), Arnold Lakeside Center, Outdoor Recreation (Marina, FamCamp, Crockett Cove), Family Member/Youth Programs, Golf Course and Fitness Center.**

Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a “members only” event. Membership is a personal choice. However, only members are entitled to discounts and other benefits associated with membership.
Arkansas lodge Calendar – 454-3350

The Ultimate Fighting Championship returns Aug. 15, 2010, at the Ferrell Coliseum, and will be treated to a world championship showdown between pound-for-pound king and former pound-for-pound king. "The Spider" Silva and former pound-for-pound king, Anderson Silva. Silva has dominated the 185-pound division for almost 10 years and will be facing a former pound-for-pound king and former pound-for-pound king in the main event.

The next sessions of Arkansas Lake Center dances will be held Aug. 2 and 26. Each session includes seven weeks of instruction. Tuesday and Thursday night days ending with a dance and Wednesday nights will be instruction. Session I is scheduled from 6-7:30 p.m. sessions on Tuesday and Thursday and Wednesday from 7-8:30 p.m. Cost for the adult class includes seven weeks of instruction and dance days are open to anyone 18 years of age and older.

Friday night dancing will be held from 9-11 p.m. from 5-9 p.m., Aug. 6, 13, 20, 27; Sept. 3, 10, 17, 24; and Oct. 1, 8, 15, 22, 29.

Saturday available and special events: July 17, 24, 31, Aug. 7, 14, 21, 28; Sept. 4, 11, 18, 25, 31; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20, 27; Dec. 4, 11, 18, 25; Jan. 1, 8, 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30; May 7, 14, 21, 28; June 4, 11, 18, 25, 32; July 2, 9, 16, 23, 30; Aug. 6, 13, 20, 27; Sept. 3, 10, 17, 24; and Oct. 1, 8, 15, 22, 29.

Camp Adventure to end Aug. 6. Camp Adventure is a day camp for children who have completed kindergarten through 12th grade. This camp is sponsored by the Family and Youth Center. Contact 454-3373, extension 337.

Fitness Center offers a 5 percent cash rebate to the Class, taught by Debbie Lemmon and/or Andie Robins, at Chattanooga Dance. Class is taught at 7:30 a.m. and is designed for any swimmer who would like to wear comfortable clothing and shoes.

Wingo Inn: 454-3051

The GLC has a snack bar on the back deck open 8 a.m. to 9 p.m. until 10 a.m. to 4 p.m. Menus include a variety of sandwiches, chips, crackers, candy bars, coffee, tea, soda, water and beer.

The Services insert to the High Mark is designed to inform our customers of events and specials in various activities. All program dates and prices are subject to change, without notice. To help with our scheduling, please call 454-3051 for reservations.

Arkansas lodge Calendar – 454-3350

The next sessions of Arkansas Lake Center dances will be held Aug. 2 and 26. Each session includes seven weeks of instruction. Tuesday and Thursday night days ending with a dance and Wednesday nights will be instruction. Session I is scheduled from 6-7:30 p.m. sessions on Tuesday and Thursday and Wednesday from 7-8:30 p.m. Cost for the adult class includes seven weeks of instruction and dance days are open to anyone 18 years of age and older.

Friday night dancing will be held from 9-11 p.m. from 5-9 p.m., Aug. 6, 13, 20, 27; Sept. 3, 10, 17, 24; and Oct. 1, 8, 15, 22, 29, 2010.

Saturday available and special events: July 17, 24, 31, Aug. 7, 14, 21, 28; Sept. 4, 11, 18, 25, 31; Oct. 2, 9, 16, 23, 29; Nov. 6, 13, 20, 27; Dec. 4, 11, 18, 25; Jan. 1, 8, 15, 22, 29; Feb. 5, 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23, 30; May 7, 14, 21, 28; June 4, 11, 18, 25, 32; July 2, 9, 16, 23, 30; Aug. 6, 13, 20, 27; Sept. 3, 10, 17, 24; and Oct. 1, 8, 15, 22, 29.

Camp Adventure to end Aug. 6. Camp Adventure is a day camp for children who have completed kindergarten through 12th grade. This camp is sponsored by the Family and Youth Center. Contact 454-3373, extension 337.

Fitness Center offers a 5 percent cash rebate to the Class, taught by Debbie Lemmon and/or Andie Robins, at Chattanooga Dance. Class is taught at 7:30 a.m. and is designed for any swimmer who would like to wear comfortable clothing and shoes.

Wingo Inn: 454-3051

The GLC has a snack bar on the back deck open 8 a.m. to 9 p.m. until 10 a.m. to 4 p.m. Menus include a variety of sandwiches, chips, crackers, candy bars, coffee, tea, soda, water and beer.

The Services insert to the High Mark is designed to inform our customers of events and specials in various activities. All program dates and prices are subject to change, without notice. To help with our scheduling, please call 454-3051 for reservations.