AEDC reduces customer power costs by almost $5 million

By Kathy Gattis

The Arnold Community Council (ACC) will host its annual banquet Nov. 16 at Cravens Hall on the campus of the University of the South. The guest speaker will be Tim Guard, who will present “Developing a Comic Vision.” The reception begins at 5 p.m. and the dinner will follow at 6 p.m. Table sponsorships and individual seats are available for purchase. A discount is available for anyone who pays by Nov. 2. Gold sponsorships are $650 ($625 with discount) and include 10 seats at a reserved table, 10 one-year memberships to the ACC and recognition in the program; silver sponsorships are $325 ($300 with discount) and include five seats at a reserved table and five one-year memberships to the ACC and recognition in the program; and individual seats are $75 ($65 with discount) and include one, one-year membership to the ACC.

For more information or to purchase a table or individual tickets contact the ACC at 904-449 or arnoldcommunitycouncil.com.

About 50 third graders from East Coffee Elementary School in Manchester visited AEDC as a part of the Spark program. In addition to touring AEDC facilities and learning about the basics of flight, the students also visited the Fire Department and learned about fire safety and fire prevention. See more pictures of their visit on page 16. (Photos by Rick Goodfriend.)

Newly painted J-1/J-2 area floor functional, eye-catching

By Shawn Jacobs

AEDC’s rate structure with TVA Tennessee Valley Authority drives a higher energy cost during peak power periods or when the demand for power is the greatest. “By keeping our large plants down during that period and moving operation to non-peak times, we can reduce the amount of money spent on power, and those savings are passed on to the customer,” Bryant said. In those tough economic times, customers have fixed budgets and savings from tests go directly into more hardware for the test target or more capable systems being fielded. Another benefit of night ops is the improved availability of cooling water. With the naturally cooler raw water temperatures during the nighttime hours, equipment capabilities are improved allowing certain test conditions to be more easily achieved. A potential downside of the move to night ops is felt by AEDC employees who are involved in test and maintenance activities. Some engineers, craftsmen and support personnel are asked to temporarily change their shift work hours. Even though there is an integrated plan in place for a smooth transition to the shift changes, ATA still wanted to monitor the impact to employees. “Safety is always our first priority,” Bryant said. “ATA does vigorous analyses to ensure that personnel and equipment safety are not compromised by the movement from a more normal first and second shift operation to night ops. I think (the) Beyond Zero (safety campaign) has really helped make everyone more aware of the importance of safety and remedied fields that we need to look out for each other, and that is exactly what our employees are doing. Their awareness is heightened.” No accidents or safety incidents have been connected to night ops. The program is used primarily in the Propulsion Wind Tunnel, Engine Test Facility and Von Karman test complexes because these are the areas that require the most power during testing. “Though this scheduling change was

The Large Rocket Test Facility J-6 uses “night ops,” a program in which testing is conducted during the night of summer months. The program is in its fourth year of implementation. (Photo by Rick Goodfriend)

Annual Arnold Community Council banquet is Nov. 16

The Large Rocket Test Facility J-6 uses “night ops,” a program in which testing is conducted during the night of summer months. The program is in its fourth year of implementation. (Photo by Rick Goodfriend)

The newly painted floor at J-1/J-2 clearly denotes load ratings and is emblazoned with the AEDC shield and the “Flying J” symbol. (Photo by Rick Goodfriend)

AEDC’s rate structure with T

By Kathy Gattis

The newly painted floor at J-1/J-2 clearly denotes load ratings and is emblazoned with the AEDC shield and the “Flying J” symbol. (Photo by Rick Goodfriend)

“The old paint for the stenciling was starting to wear and it wasn’t as obvious what the load ratings were,” Caperton said. “The new paint for the floor has a mixture of grit in the top coat to help prevent accidents during routine work in that area. Caperton said. In three tough economic times, customers have fixed budgets and savings from tests go directly into more hardware for the test target or more capable systems being fielded. Another benefit of night ops is the improved availability of cooling water. With the naturally cooler raw water temperatures during the nighttime hours, equipment capabilities are improved allowing certain test conditions to be more easily achieved. A potential downside of the move to night ops is felt by AEDC employees who are involved in test and maintenance activities. Some engineers, craftsmen and support personnel are asked to temporarily change their shift work hours. Even though there is an integrated plan in place for a smooth transition to the shift changes, ATA still wanted to monitor the impact to employees. “Safety is always our first priority,” Bryant said. “ATA does vigorous analyses to ensure that personnel and equipment safety are not compromised by the movement from a more normal first and second shift operation to night ops. I think (the) Beyond Zero (safety campaign) has really helped make everyone more aware of the importance of safety and remedied fields that we need to look out for each other, and that is exactly what our employees are doing. Their awareness is heightened.” No accidents or safety incidents have been connected to night ops. The program is used primarily in the Propulsion Wind Tunnel, Engine Test Facility and Von Karman test complexes because these are the areas that require the most power during testing. “Though this scheduling change was

The newly painted floor at J-1/J-2 clearly denotes load ratings and is emblazoned with the AEDC shield and the “Flying J” symbol. (Photo by Rick Goodfriend)

“The old paint for the stenciling was starting to wear and it wasn’t as obvious what the load ratings were,” Caperton said. “The new paint for the floor has a mixture of grit in the top coat to help prevent accidents during routine work in that area. Caperton said. In three tough economic times, customers have fixed budgets and savings from tests go directly into more hardware for the test target or more capable systems being fielded. Another benefit of night ops is the improved availability of cooling water. With the naturally cooler raw water temperatures during the nighttime hours, equipment capabilities are improved allowing certain test conditions to be more easily achieved. A potential downside of the move to night ops is felt by AEDC employees who are involved in test and maintenance activities. Some engineers, craftsmen and support personnel are asked to temporarily change their shift work hours. Even though there is an integrated plan in place for a smooth transition to the shift changes, ATA still wanted to monitor the impact to employees. “Safety is always our first priority,” Bryant said. “ATA does vigorous analyses to ensure that personnel and equipment safety are not compromised by the movement from a more normal first and second shift operation to night ops. I think (the) Beyond Zero (safety campaign) has really helped make everyone more aware of the importance of safety and remedied fields that we need to look out for each other, and that is exactly what our employees are doing. Their awareness is heightened.” No accidents or safety incidents have been connected to night ops. The program is used primarily in the Propulsion Wind Tunnel, Engine Test Facility and Von Karman test complexes because these are the areas that require the most power during testing. “Though this scheduling change was
By Col. Michael Panari

As you know, our center is embarking on an exciting year. We’ve got a number of significant projects and initiatives in progress that will allow us to make significant progress on our goals.

In particular, I’m excited about the opportunity to work on a number of key initiatives, including:

• The Air Force’s new mission-oriented organization (MOO), which will allow us to better align our efforts with the mission of the Air Force and the nation.
• The development of new technologies and capabilities to support our mission.
• The expansion of our partnerships with other organizations, such as industry partners and academic institutions.

We’re committed to making the most of these opportunities and ensuring that we’re delivering value to our stakeholders.

Serving our people and the mission is what we’re all about at the Arnold Engineering Development Center (AEDC).

The center’s vision: To be the premier provider of wind, noise, and propulsion test services to the government and industry.

We’re committed to continuously improving our processes and performance to ensure that we’re meeting the needs of our customers and delivering value to the government.

Thank you for your continued support of the Arnold Engineering Development Center (AEDC).

Sincerely,

Col. Michael Panari
Commander, Arnold Engineering Development Center

Gifs and the holiday season: What can a Family Member do?

By Paye Banks-Anderson
78th Air Base Wing

Robbin AFB, Ga. - Every year during the holiday season, our Christmas perspective for Oct. 2 was the death of Senior Airman Michael Buras, who had witnessed a dignified transfer of a fallen member.

Airman Buras, 23, of Fitzgerald, Ga., died Sept. 21 of wounds suffered during fighting in Kandahar, Afghanistan. He was buried in a memorial ceremony.

While the reality all the problems thought were important is that what matters is how the choices we make for our country’s growth and development will benefit our AEDC Honor Guard Honor Guard had ever realized the importance of our work.

Seeing the coffin of the fallen member and the honor guard for our country’s growing our country’s missions.

Another thing to a civic an, a contractor, an employee or a manager, know your job also super important and important.

Ask yourself: what’s the best way to handle this situation

It’s not often we have other poignant reminders that are a part of our daily mission. But there’s no question that the sacrifice, no matter how many and no matter how small, is important to keep in perspective.

Finally, the sacrifice of the contractors and engineers who made the ultimate sacrifice should never be taken for granted.

If you are hosting a party and a contractor employee brings a gift, it may not exceed $20. If gifts are not accepted, employees may not exceed $20. If gifts are offered, the host may accept it on behalf of the contractor.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.

If your office wants to bring a gift to the supervisor or the contractor, the contractor should be consulted to determine if it’s a gift that they can accept.
Arnold, SS42, Mike Hathorn, SS42, Barry Henderson, SS42, Rich Merrill, SS42, of Engineers, and the Air Force Center for Environmental Excellence. Team design, installation and management of 112 environmental restoration projects AEDC Installation Restoration Team for its excellence in project development, one of the boxes was saved was remodeled last year, and connectivity.”

AEDC measurement equipment

AEDC Technical Achievement Award winners

AEDC Team Excellence and Technical Award winners

AFMETCAL audit team examining AEDC measurement equipment

Upcoming technical forum to feature the work of ‘early career’ engineers

October’s Technical Excellence Forum will focus on the projects currently being worked by AEDC’s early-career young professionals. On Thursday, 27 of these engineers will be highlighting their work over the last two years. The event, which is proposed to become an annual event, is sponsored by the AEDC Distinguished Engineering Company.

Arlis Johnson, second from the left, was honored for his contribution to AEDC known as the “Johnson Junction.” From left to right, Dr. John Adams, Johnson, Randy Sloan and Ed Darman. (Photo by Andrea Stephens)

“Johnson Junction” creator honored for contributions

By Shawn Jacobs Aerospace Testing Alliance

The AEDC General Lee Grimsta Team Excellence Award was presented to the AEDC Installation Restoration Team for its excellence in project development, delivery and execution of projects throughout the year that contribute to AEDC. These projects are cooperative efforts between the U.S. Air Force, the Tennessee Department of Environment and Conservation, the US Army Corps of Engineers, and the Air Force Center for Environmental Excellence. Team members are Dennis Platt, ATF; Pete Pollack, TE53; Stephen Arnold, SS42; Mike Hathorn, SS42; Barry Henderson, SS42, Rich Merrill, SS42, Greg Sandlin, SS42, and Dennis R. Timmons, compliance restoration management. Also pictured are AFA General Manager Dr. Doug Elrod and AEDC Executive Director Britta Covington. (Photo by Rick Goodfriend)

The AEDC Technical Achievement Award was presented to the Dual Aspect Periscope Team for development and implementation of an afterburner heat shield and high and low pressure seals for the F135 engines. The team members are Greg Britt, team lead, TES11, Joshua Meeks, AFD project manager, Technology Branch; Marcus More, AFA project manager, TES12; Todd VanPelt, TES31; Danny Calabos, TES31; Marcus Cornier, TES31; Larry Standifer, TES31; John Adams, TES31; John King, TES33; and Brian Bentz, TES33. The team’s work was recognized by the American Society of Mechanical Engineers who awarded the AEDC’s TES25 team a Leadership Award for Excellence, recognizing the team for their significant contributions to the advancement of technology in their field.

By Darbie Sizemore Aerospace Testing Alliance

The posting will be on display from 11:30 a.m. to 12:30 p.m. in the Large and Small DO Conference rooms in building 1008. The following have submitted posters that will be included in the forum:

• Andrew Brendan, TES3, Cokernot Anti-Static Ronce Covering (CARS) on Variable Mach Number Through Microgravity Heat Additions
• Bhaskar Bisnay, TES2, Modeling and Analysis of Engine System Performance
• Mary Brendan, TES3, Four-Color Imaging Pyrometer
• John Claybrook, TES3, Verification and Validation of the Characterization of Combined Orbital Surface Effects After An Upwarp using Comparative Spectral Analysis Incorporating the MSISE-00 Program

See FORUM, page 7

By Shawn Jacobs Aerospace Testing Alliance

In the data intensive world of today, before the data are used by the customer, it is important to understand the data obtained. As members of the research team, it is critical that the data be correct. A team of three auditors from Air Force Metropolitan Calibration Lab (AFMETCAL) is on base to ensure the AEDC calibration laboratory is providing accurate data. The team includes: Chief Master Sgt. Matthew Brown, Master Sgt. Roy Lee and Master Sgt. Jacob Nichols.

As government oversight for AFMETCAL, the team reviews the procedures and makes sure the laboratory is compliant with local and Air Force policies and procedures.

“The AFMETCAL team is great to work with. In order to ensure that they’re not making measurements that are accurate, reliable, safe and traceable through national standards for the facility,” Sergeant Johnson said. “The quality of data is paramount to our overall operations and the public’s safety. It is important for our instruments to be calibrated to ensure the accuracy of the results.”

PMEL maintains test equipment of the test range, alignment, alignment, and/or repair. While at PMEL, the equipment will be tested to ensure its accuracy before it is sent out to the field for use. AEDC has a multitude of different types of test equipment that are utilized in a number of applications. Some of the items that PMEL supports include pressure transducers, force measuring equipment, vibration equipment, instruments for transient vibration, resistance devices, and vibration protection.

The biennial audit began over the weekend with a high-level review of the Johnson Junction, it included with an out-brief where the results of the audit are announced. “The PMEL maintains a high level of standard throughout the base, in order to do this PMEL’s facility, personnel, equipment and laboratory calibration processes,” Sergeant Johnson said. “Critical to the lab’s success is their end product quality. It’s monitored through a variety of quality assurance and security processes.”

“The quality program is given through evaluation by the auditors. Other areas which will be assessed include the PMEL’s management system, technical quality, facility, equipment and laboratory calibration processes.”

Sergeant Johnson said he is excited to be a part of this year’s AFMETCAL audit. “Past inspectors spoke very highly of the calibration laboratory. The team is looking forward to this year’s audit and we’re looking forward to showing them.”

“The AFMETCAL team is great to work with. In order to ensure that they’re not making measurements that are accurate, reliable, safe and traceable through national standards for the facility.” Sergeant Johnson said. “The quality of data is paramount to our overall operations and the public’s safety. It is important for our instruments to be calibrated to ensure the accuracy of the results.”

PMEL maintains test equipment of the test range, alignment, alignment, and/or repair. While at PMEL, the equipment will be tested to ensure its accuracy before it is sent out to the field for use. AEDC has a multitude of different types of test equipment that are utilized in a number of applications. Some of the items that PMEL supports include pressure transducers, force measuring equipment, vibration equipment, instruments for transient vibration, resistance devices, and vibration protection.

The biennial audit began over the weekend with a high-level review of the Johnson Junction, it included with an out-brief where the results of the audit are announced. “The PMEL maintains a high level of standard throughout the base, in order to do this PMEL’s facility, personnel, equipment and laboratory calibration processes,” Sergeant Johnson said. “Critical to the lab’s success is their end product quality. It’s monitored through a variety of quality assurance and security processes.”

“The quality program is given through evaluation by the auditors. Other areas which will be assessed include the PMEL’s management system, technical quality, facility, equipment and laboratory calibration processes.”

Sergeant Johnson said he is excited to be a part of this year’s AFMETCAL audit. “Past inspectors spoke very highly of the calibration laboratory. The team is looking forward to this year’s audit and we’re looking forward to showing them.”

“It runs until Oct. 25 and concludes with an out-brief where the results of the audit are announced.”

“The PMEL maintains a high level of standard throughout the base, in order to do this PMEL’s facility, personnel, equipment and laboratory calibration processes,” Sergeant Johnson said. “Critical to the lab’s success is their end product quality. It’s monitored through a variety of quality assurance and security processes.”

“The quality program is given through evaluation by the auditors. Other areas which will be assessed include the PMEL’s management system, technical quality, facility, equipment and laboratory calibration processes.”

Sergeant Johnson said he is excited to be a part of this year’s AFMETCAL audit. “Past inspectors spoke very highly of the calibration laboratory. The team is looking forward to this year’s audit and we’re looking forward to showing them.”

Carol was very enjoyable, very humbling. With an acronym like that. It was very flattering.”

“The ARLIS concept was very flattering - to come up with an acronym like that. It was very flattering.”

“It runs until Oct. 25 and concludes with an out-brief where the results of the audit are announced.”

“The PMEL maintains a high level of standard throughout the base, in order to do this PMEL’s facility, personnel, equipment and laboratory calibration processes,” Sergeant Johnson said. “Critical to the lab’s success is their end product quality. It’s monitored through a variety of quality assurance and security processes.”

“The quality program is given through evaluation by the auditors. Other areas which will be assessed include the PMEL’s management system, technical quality, facility, equipment and laboratory calibration processes.”

Sergeant Johnson said he is excited to be a part of this year’s AFMETCAL audit. “Past inspectors spoke very highly of the calibration laboratory. The team is looking forward to this year’s audit and we’re looking forward to showing them.”

Dr. Ralph Jones, branch chief for the AFMETCAL laboratory. Dr. John Adams, branch chief for the AFMETCAL laboratory, explained, “We wanted to showcase the equipment and procedures. “We wanted to showcase the equipment and procedures."
Captain presents paper at flight test symposium

Capt. Brandon Hemdon, AEDC/CTST Test Project Manager, presented his “Ground Test to Flight Smarter” paper to the Society of Flight Test Engineers at their 2010 Symposium, Sept. 14-16 in Washington, D.C.

The focus of the symposium was “Enhancing Air Vehicle and Mission Systems Flight Testing in an Austerity Fiscal Environment.”

Capt. Hemdon’s presentation focused on increased cooperation and communication between the ground test and flight test communities, as well as how the two can synergistically work together to shorten the overall program acquisition cycle, and therefore reduce cost.

Ultimately, the warfighter receives their end product for less cost to the taxpayer.

Keeping programs under control has long been a concern for program managers across the DoD as tightening of the DoD’s budget only highlights the need for increased efficiency.

According to Capt. Hemdon, “There is saying that ‘We don’t have enough time to do it right but we always have enough time to do it wrong’. We need to spend more time in the development stages to get it right the first time. This will save us a lot more time and money in the future.

The work done at AEDC/CEW:done in the development stage and is thus a natural prelude to link our ground test capability with smarter flight test planning, to strengthen the feedback ‘loop’ from flight test execution to the community.

“For example, any anomalies or flaws that are experienced in flight test need to be fed back to the ground test community,” he said. “This way we can look back at our (ground test) data and determine if there was anything indicating that an anomaly would occur in the flight test.”

Hemdon enjoyed this brief opportunity to introduce AEDC’s work on an extended New Analysis Branch.

See PAPER, page 12

Former credit union president passes away

By Greg Davis

Former credit union president and CEO, Jimmie Bearden, passed away on Monday, April 5.

The doors at FCHS will open for the event and the project continued from Coffee, Moore, Grundy and Haywood counties. I started talking to people about what I wanted to do. I knew I would have to find a larger venue. I thought I had done a special song for the Army if you need help with…try these agencies & their resources

Bearden was a leader not only here but within the credit union industry as a whole,” Ascend President and CEO Caren Gabriel said in an email to employees. “Under her leadership, AEDC FCU was one of the first credit unions to go from a single employee employer group to multiple groups, offer share draft accounts, IRAs and 401(k) accounts. The foundation for much of the success that the credit union members enjoy today is due to her leadership. In 2003 the credit union created the Jimmie Bearden Scholarship for AEDC employees. The $2,500 scholarship is awarded annually to a graduating Tullahoma High School student who exemplifies leadership in her or his school and community. Bearden is survived by two sons, James (Kim) Bearden, Nashville, and Richard (Sherry) Bearden, Murfreesboro, a daughter Diane Bearden, Murfreesboro; and three grandchild- ren, Les Bearden, New York; Cole Bearden, Murrees-boro; and Lang Bearden (Luke) Field, Cincin-

Mental health & substance abuse Centerstone (931) 728 0364

Sexual assault & victim advocacy Sexual Assault Response Center (931) 805 1300

Health & wellness planning AFMC Wellness Support Center www.afmcwellness.com

Health screenings & education Public Health Service

Work, personal or family issues Employee Assistance Program (800) 222 0364

Mental health & substance abuse Centerstone (931) 461 1300

Unplanned pregnancy Crisis Pregnancy Assistance Center (931) 728 6440

Suicide prevention National Suicide Prevention Lifeline (800) 273 8255

Sexual assault & victim advocacy Sexual Assault Response Coordinator (931) 581 7404

Crime victim advocacy Victim Assistance Program (931) 454 4657

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

We all face challenges, but we don’t have to face them alone. IF YOU NEED HELP WITH…TRY THESE AGENCIES & THEIR RESOURCES

AS AN AIR FORCE CITIZEN, WHERE CAN I FIND HELP?
They are the first four days and we hiked about 35 miles from Yosemite Meadows to Mammoth Lakes Ca. They were real good troopers and they really enjoyed the trout fishing along the way. That was probably the more scenic of the northern part of the trail.

Polce agreed some of the best sites of the Sir Edmund Hillary trail are on the first part of the trail.

"Of course, there are a lot of spectacular spots along the way that you have to see by doing the long hike," Polce said. "We especially enjoyed our visit to Yosemite (Valley) and Janie (Casey), who works in the Information Technology group as a system archi-
tect, but it was a little scary the day they let us to climb the peak of this one.

For the next 15 days, Polce and Casey hiked about 10 to 14 miles per day away from civilization. "If you had an inch-
more it would be a two-day trek to get help," Casey said. "But we were pretty self-reliant and in pretty good shape, and we were blessed to have a good, safe trip."

Polce said the weather also cooperated, with clear skies every day, and they remained comfortable, sleeping at tents at night. "We had a weather front or two move through, and it dropped the tempera-
ture in the mountains to the low 30s (a couple of us a few more times) before we began the climb. That was the next 15 days and turned us loose on our own."

"We had a weather front or two move through, and it dropped the tempera-
ture in the mountains to the low 20s [a couple of us a few more times] before we began the climb. Then we were off for the next 15 days and made it for a pretty exi-
iting time and we were still on our way to Whi-

"We had exceptional weather. Most nights we got rain and snow," on Casey. "Most weather was dry, but you typical winds were terrible, 60, 70, maybe, and then above that 80 miles an hour."

"There are definite limita-
tions when it comes to making preparations and

"We read a lot of the jour-
nals of other people who have done it, a lot of the" challenge; it’s an accom-

"Well, I wonder if I could

"And you’re con-

"Our wives were with us
during the summer months,
whenever possible. Summer and saving energy

Night Ops from page 7

transparency to the majority
of the agency, we should recognize
of those test requirements.

Some may wonder why
AEDC doesn’t use night ops.

Besides the fatigue brought on by unusual work
times, they had to adapt to different sleep schedules
and make changes in their

Two AEDC hikes conquer the highest point in the U.S.

By Shawn Jacobs

AEDC testing5

If you look around Ron

Trekker Testing Division

Futuristadventure by Police, chief of the Test Systems Division, and John Casey, an ATA

technical specialist in En-

vironmental Compliance, has given the two friends a final sense of achieve-

From Aug. 23 through Sep. 9, this month-hi-

"I guess you could use

13,000 feet."

"After a couple of weeks in the High Sierras, back

"And you’re con-

"We had a weather front

"If you look around Ron

This is the fourth year of

"The Sierra Nevada is a

Night ops is only used

during the summer months,
June 1-Sept. 30.

Ron Police and John Casey on the summit of Mount Whitney. (Photo provided)

John and Jane Casey, Veronica and Ron Polce at the beginning of their hike on the John Muir Trail. (Photo provided)

"The Sierra Nevada is a

For the next 15 days, Polce and Casey hiked about 10 to 14 miles per day away from civilization. "If you had an inch-

"We had a weather front or two move through, and it dropped the tempera-
ture in the mountains to the low 30s (a couple of us a few more times) before we began the climb. That was the next 15 days and turned us loose on our own."

"We had a weather front or two move through, and it dropped the tempera-
ture in the mountains to the low 20s [a couple of us a few more times] before we began the climb. Then we were off for the next 15 days and made it for a pretty exi-

"Well, I wonder if I could

Just eat the orange juice with an equal amount of water. It will taste a little funny at first, but after a few sips, you’ll be just fine with the taste of the lower concentration.

Another element of glycemic index studies looks at "buffering." If there’s a food on your list with a relatively high glycemic index, you can reduce the insulin reaction by eating a lower glycemic index food at the same time.

The impact of that variation (another good reason to eat several small meals a day) we can avoid hunger spikes, "sugar crashes" and those pesky insulin reactions that stand in the way of your goals.

Lots of websites list the glycemic indexes of common foods, so the next time you put a meal plan together, look at your list and compare the "GI" of some alternatives. You’ll probably find a few good tricks that will help you stay on track!
Program can help AEDC military personnel transition to classroom teaching

By Shawn Jacobs

Troops to Teachers is a U.S. Department of Education and Department of Defense program that helps eligible military personnel begin new careers as teachers in public schools where their skills, knowledge and experience are most needed.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel in pursuing a second career in public education (elementary, secondary or vocational) while also facilitating employment in public schools. The long-term goal of the program is to help improve American education by providing mature, self-disciplined, experienced and dedicated teachers for the nation’s classrooms.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel, advising them on routes and programs to achieve full teacher certification in the state and referring them to school districts for employment. Yager said, “Financial assistance may be available to help pay for the cost of a teacher certification program or as an incentive to teach in Tennessee’s ‘high-needs’ schools.”

Jeanne McFaddin, chief of work force development, and Stacy Jones, education technician, help publicize the program at Arnold AFB. “Mr. Yager has visited Arnold a couple of times this past year,” McFaddin said. “We appreciate Mr. Yager taking time out of his schedule to visit and talk to military members who are thinking about teaching as a second career.”

Interested individuals may register through a self-qualification process by applying at www.ProudToServeAgain.com. For state of Tennessee information, you may contact Yager at 615-253-0079 or by e-mail at cliff.yager@tn.gov. At AEDC, you may call McFaddin at 615-448-6183 or Jones at 454-5134.

Troops to Teachers is a U.S. Department of Education and Department of Defense program that helps eligible military personnel begin new careers as teachers in public schools where their skills, knowledge and experience are most needed.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel in pursuing a second career in public education (elementary, secondary or vocational) while also facilitating employment in public schools. The long-term goal of the program is to help improve American education by providing mature, self-disciplined, experienced and dedicated teachers for the nation’s classrooms.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel, advising them on routes and programs to achieve full teacher certification in the state and referring them to school districts for employment. Yager said, “Financial assistance may be available to help pay for the cost of a teacher certification program or as an incentive to teach in Tennessee’s ‘high-needs’ schools.”

Jeanne McFaddin, chief of work force development, and Stacy Jones, education technician, help publicize the program at Arnold AFB. “Mr. Yager has visited Arnold a couple of times this past year,” McFaddin said. “We appreciate Mr. Yager taking time out of his schedule to visit and talk to military members who are thinking about teaching as a second career.”

Interested individuals may register through a self-qualification process by applying at www.ProudToServeAgain.com. For state of Tennessee information, you may contact Yager at 615-253-0079 or by e-mail at cliff.yager@tn.gov. At AEDC, you may call McFaddin at 615-448-6183 or Jones at 454-5134.

Troops to Teachers is a U.S. Department of Education and Department of Defense program that helps eligible military personnel begin new careers as teachers in public schools where their skills, knowledge and experience are most needed.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel in pursuing a second career in public education (elementary, secondary or vocational) while also facilitating employment in public schools. The long-term goal of the program is to help improve American education by providing mature, self-disciplined, experienced and dedicated teachers for the nation’s classrooms.

According to Cliff Yager, director of Tennessee’s Troops to Teachers office, the program is designed to assist separating or retiring military personnel, advising them on routes and programs to achieve full teacher certification in the state and referring them to school districts for employment. Yager said, “Financial assistance may be available to help pay for the cost of a teacher certification program or as an incentive to teach in Tennessee’s ‘high-needs’ schools.”

Jeanne McFaddin, chief of work force development, and Stacy Jones, education technician, help publicize the program at Arnold AFB. “Mr. Yager has visited Arnold a couple of times this past year,” McFaddin said. “We appreciate Mr. Yager taking time out of his schedule to visit and talk to military members who are thinking about teaching as a second career.”

Interested individuals may register through a self-qualification process by applying at www.ProudToServeAgain.com. For state of Tennessee information, you may contact Yager at 615-253-0079 or by e-mail at cliff.yager@tn.gov. At AEDC, you may call McFaddin at 615-448-6183 or Jones at 454-5134.
Students from Westwood Junior High and Coffee County Middle School toured AEDC and UTSI as a part of the Minds in Motion program. Minds in Motion is an educational outreach program designed for eighth graders where the students spend part of the day at AEDC and the other part at UTSI. At both locations, the students tour facilities and participate in hands-on demonstrations which are tied directly to the work done at each location.

For information about the Minds in Motion program or to volunteer to help with the tour, contact Darbie Sizemore at 454-5842.
The students began their Spark adventure with a visit to the AEDC Fire Department where they learned about fire safety and prevention.

Third graders from East Coffee Elementary School visited AEDC Oct. 7 as a part of the Spark program. Spark is AEDC’s educational outreach program for area elementary schools.

Part of the students’ tour included a demonstration that illustrated the basics of flight using a balloon, a straw, sting and a weight.

For more information about a Spark program, contact Darbie Sizemore at 454-9342.

Photos by Rick Goodfriend
Make sure your vehicles’ tires ready for winter driving

By Col. Michael Panarisi
AEDC Commander

With winter fully upon us now (it must be—I saw 34 degrees on my ride in yesterday….it was cold!), it’s time to get our vehicles ready for the rough weather and conditions ahead.

Getting this accomplished BEFORE you need it is the way to go.

Up north, we call this “winterizing,” and we get all crazy about anti-freeze, wiper fluid, water-grabbing gas additives, and wiper blades.

All good things to take care of here too, but the top of my list is the TIRES.

Maybe some of you are thinking “what’s this guy know about tires?”

Well, I ran my own garage before I entered the Air Force, and I raced cars for four years.

In my prep for a degree in mechanical engineering, I took a couple extra courses in automotive applications. One of them spent an entire section on tires. It was fascinating, and I’ve been a student of tire technology ever since.

Tires

If you run “summer tires” it’s time to put those back in the garage.

Most of us run “all season” tires, so all we need to do is check the condition, age, and pressure.

The condition is the hard part…tread depth, road damage, and sidewall cracks.

On many newer tires, the manufacturer molds in a “wear indicator bar” to help out. If your tires have these, you’ll see a solid line of rubber running across the tread when the tread gets too shallow.

Time to hit the tire store. Without these wear indicators, you need to measure.

Most tire manufacturers want to see a minimum of around 1/16 of an inch (the famous Lincoln’s head on the penny trick) and with all the rain we get around here, I’d be real nervous about getting that close to the limit, so I like the Washington’s head on the quarter trick better.

Good news is, most tires will check your tread depth with a cool gauge for free, so you don’t have to dig around under the couch for lost coins.

Damage can be hard to find, so spend some time looking here. And don’t tolerate sidewall cracks.

Sometimes called “dry rot,” these deterioration patterns suggest the rubber is nearing the end of its lifespan, and trying to stretch this can leave you stranded or much worse.

Get a pro to look at this, and expect them to advise you to get new rubber. Time is not on your side here, so if your tires are over five years old, it’s time to think about an update.

How do you know how old the tires are?

Easy! Every tire has a “birthday” stamped on the side. Of course, it’s in code, so here’s the “magic decoder ring.”

Note the “US DOT Tire Identification Number” stamped on the sidewall near the rim.

Hmm…can’t find it on your tire?

Yes, on some tires it’s “hidden” on the “axle side,” more commonly on raised white lettered tires. So you might have to assist around under the car to find it, but it’s a gold mine of info.

Not only can you see who made your tires and what plant they came from, this code contains the tire’s birthday.

The last four-digits of the DOT number reveal the week and year the tire came off the factory, so 2009 would be the 28th week of 2009.

One caution…some YIKES bags are alive and well here.

Prior to the year 2000, the code was three digits, as 289 could be from ’99 or ’98….you’d never know.

That brings us to the topic of pressure.

The ONLY tire pressure that matters is the one on the vehicle data plate. Most are the driver’s side door jam.

It displays the manufacturer’s recommended pressure, as their judgment of the best compromise between traction, handling, noise, wear, etc.

They tune the suspension components around this number, and have carefully determined how the tread contacts the road (called the “contact patch”) at that pressure.

Any deviation makes you the test pilot.

The factory recommended pressure is a “cold” pressure. The engineers know the pressure will rise with heat, and if you are using the OEM tires, no worries.

If you change the tires, you need to make sure the max allowable pressure for that tire (also printed on the sidewall) gives you some headroom as the tire heats up.

The only way to know how much margin you have to stop and take a reading on a hot day after some time at highway speeds.

Most tires only pickup 3 or 4 psi on a hot run down the highway, but you know that if your tire has less than 10 psi margin, you get the warning.

Interestingly, on my Ford Expedition, the recommended pressure is 35 psi.

The man for the tire (even though it’s a heavy duty “light truck” tire) is 44 psi. I had no idea it was that close!

That temperature sensitivity (about 1 psi for every 10 degrees F) means you have to adjust the tire pressure as the seasons change, and as we just discovered, they are a changer!

Now that we routinely see temps in the 30s, many of you are probably seeing some tire pressure warming up if your vehicle has a tire pressure monitoring system.

Shame on you! Should have been in front of that.

But timing matters here. It’s best to check first thing in the morning and in the shade. That will give you a true “cold” reading.

If the sun is shining early in the morning, one side will heat up more than the other, so what you think

Cold tire

If you need to add air to your tires, use the air hose at the Motor Pool for free.

October 15, 2010 • 11

TIRES

See TIRE, page 12
is “even pressure” all around is actually higher on one side.

I read with great interest what you tested... sure enough, after just two hours at sunset, the “sunny side” was 3 psi higher than the shady side.

And... well, the tires deflated about as fast as the tires came up.

No magic here, just physics that even engineers can understand.
Postal Service sets holiday mail deadline

The recommended mailing deadline for sending economy-priced holiday packages to servicemembers in Afghanistan, Iraq and other places around the world is Nov. 12, officials at the U.S. Postal Service said.

“I know I had to be here. It was in my heart that I couldn’t miss this,” she said.

Mrs. Chavis’ 21-year-old son, Airman 1st Class LeeBernard Chavis, from Lackland Air Force Base, was a part of the beginning,” said Jackie Chavis. “I came to (my son’s basic military train- ing) graduation, he did his time, and then he was gone.”

Mrs. Chavis’s 21-year-old son, Airman 1st Class LeeBernard Chavis, from the 824th Security Force Group, was among the Airmen honored by the exhibit, “Into the 21st Century.” Airman Chavis was killed Oct. 14, 2006, while on duty in Baghdad. (Photo by Robbin Cresswell)

AF Security Forces Museum exhibit honors fallen Airmen

The events honored the eight security forces Airmen killed in conflict since 2005. Mrs. Chavis’s son, Airman 1st Class LeeBernard Chavis, is among the Airmen honored by the exhibit. “Into the 21st Century.” Airman Chavis was killed Oct. 14, 2006, while on duty in Baghdad. (Photo by Robbin Cresswell)

By Mike Joseph
502nd Air Base Wing PA

There was no hesitation for the mother of a fallen security forces Airman when the invitation was extended three months ago.

“I’m going, she thought about the memorial run/walk and opening of a new exhibit at the Air Force Security Forces Museum Sept. 28 here. The events honored the eight security forces Airmen killed in conflict since 2005.

“I knew I had to be here. It was in my heart that I couldn’t miss this,” she said.

Mrs. Chavis’ 21-year-old son, Airman 1st Class LeeBernard Chavis, from Lackland Air Force Base, was a part of the beginning,” said Jackie Chavis. “I came to (my son’s basic military training) graduation, he did his time, and then he was gone.”

“I knew I had to be here. It was in my heart that I couldn’t miss this,” she said.

Mrs. Chavis’ 21-year-old son, Airman 1st Class LeeBernard Chavis, from Lackland Air Force Base, was a part of the beginning,” said Jackie Chavis. “I came to (my son’s basic military training) graduation, he did his time, and then he was gone.”

“I knew I had to be here. It was in my heart that I couldn’t miss this,” she said.

Mrs. Chavis’ 21-year-old son, Airman 1st Class LeeBernard Chavis, from Lackland Air Force Base, was a part of the beginning,” said Jackie Chavis. “I came to (my son’s basic military training) graduation, he did his time, and then he was gone.”

“I knew I had to be here. It was in my heart that I couldn’t miss this,” she said.

Mrs. Chavis’ 21-year-old son, Airman 1st Class LeeBernard Chavis, from Lackland Air Force Base, was a part of the beginning,” said Jackie Chavis. “I came to (my son’s basic military training) graduation, he did his time, and then he was gone.”
Air Force has a new motto: ‘Aim High ... Fly-Fight-Win’

Incorporating extensive inputs from all ranks and career fields in the development effort, Airmen have selected “Aim High ... Fly-Fight-Win” as the service’s motto.

An enduring statement of Airmen’s pride in their service, the motto is a two-part expression – a call to action, with a response of commitment.

“The call and the response are two sides of the same coin,” said Air Force Chief of Staff Gen. Norton Schwartz. “Airmen indicated ‘Aim High’ and the response ‘Fly-Fight-Win’ as indicative of their enduring commitment to do just that in defense of our nation.”

When the Air Force motto team embarked on the project, they committed to Airmen buy-in in an inclusive, well-researched effort, rooted in Air Force culture and identity. “Airmen recognize a motto should represent something enduring,” Gen. Schwartz said. “It must be stronger than any single person, something that gives voice to the pride of service of all who’ve worn this nation’s Air Force uniform – past, present and future.”

“We took the time to try to get this right,” Gen. Schwartz said. “A service motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The chief master sergeant of the Air Force, the director of Air Force Public Affairs, the Air Force director of force management policy, and the commander of Air Force Recruiting Service provided the leadership oversight for the motto team.

“Vice President for the Air Force recruiting and retention initiatives,” Maj. Gen. Clark Groves, Ph.D., the lead scientist for the project consistently told team members, and they use the heritage of the Air Force, as those estimated by the nation’s complex security domains – first air, then space, and now cyberspace.”

General Groves added, “Airmen take this sense of mission very seriously.”

An Air Force-wide survey to validate and quantify input from discussions indicated Airmen have a shared pride in their abilities to adapt to any threat, and they feel empowered to bring innovations and excellence to the mission of national defense.

After understanding the shared identity, the motto team began transforming words and concepts into a unified, enduring and credible motto, said Lt. Col. Clark Groves, Ph.D., the lead scientist for the project.

“Nothing more than a mission field they serve in, Airmen consistently told us they see themselves, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The effort took the team more than nine months of hands-on research that began with extensive face-to-face meetings with nearly 300 total force Airmen from all job specialties and in every major command. Airmen described to the team what they thought it means to be an Airman, to serve and to be unique about the Air Force.

“The exhaustive research process showed that Airmen share a core set of identity concepts that serve as a basis for an Air Force motto,” said Gen. Stephen Lorenz, Air Education and Training Command commander.

“No matter what career field they serve in, Airmen consistently told us they see themselves, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The Chief Master Sergeant of the Air Force, the director of Air Force Public Affairs, the Air Force director of force management policy, and the commander of Air Force Recruiting Service provided the leadership oversight for the motto team.

“Vice President for the Air Force recruiting and retention initiatives,” Maj. Gen. Clark Groves, Ph.D., the lead scientist for the project consistently told team members, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The effort took the team more than nine months of hands-on research that began with extensive face-to-face meetings with nearly 300 total force Airmen from all job specialties and in every major command. Airmen described to the team what they thought it means to be an Airman, to serve and to be unique about the Air Force.

“The exhaustive research process showed that Airmen share a core set of identity concepts that serve as a basis for an Air Force motto,” said Gen. Stephen Lorenz, Air Education and Training Command commander.

“No matter what career field they serve in, Airmen consistently told us they see themselves, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The Chief Master Sergeant of the Air Force, the director of Air Force Public Affairs, the Air Force director of force management policy, and the commander of Air Force Recruiting Service provided the leadership oversight for the motto team.

“Vice President for the Air Force recruiting and retention initiatives,” Maj. Gen. Clark Groves, Ph.D., the lead scientist for the project consistently told team members, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

The effort took the team more than nine months of hands-on research that began with extensive face-to-face meetings with nearly 300 total force Airmen from all job specialties and in every major command. Airmen described to the team what they thought it means to be an Airman, to serve and to be unique about the Air Force.

“The exhaustive research process showed that Airmen share a core set of identity concepts that serve as a basis for an Air Force motto,” said Gen. Stephen Lorenz, Air Education and Training Command commander.

“No matter what career field they serve in, Airmen consistently told us they see themselves, and they use the heritage of the Air Force, as something enduring,” said General Groves. “It must represent culture and identity. The motto should represent the culture and identity. The motto belongs to those who serve, and we’ve done our best to give voice to how Airmen feel about serving this nation.”

Airmen selected “Aim High ... Fly-Fight-Win” as the new Air Force motto.

In early 2010, the motto team engaged Airmen from across the Air Force to provide feedback on selected “Aim High ... Fly-Fight-Win” candidates. In total, nearly 300 total force Airmen from across the service provided feedback on the candidates.

The motto team narrowed the list of candidates to four for consideration. That led to an Air Force-wide survey.

Five potential mottos emerged and were presented at COROPA for final consideration. “This really was a process grounded in inputs from Airmen,” Colonel Groves said. “We went through four times, including face-to-face discussions at bases in every major command twice, and in two Air Force-wide surveys.”

General Lorenz said, “The data provided quality information on everything from accessions and retention, to diversity and broader Air Force cultural traits.

Airmen can expect to gradually hear and see more of the motto as it is included in Air Force presentations, correspondence and production. It will also be introduced in the coming year into basic training, professional military education, Reserve Officer Training Corps and U.S. Air Force Academy courses.

This motto encompasses what Airmen say about what it means to serve in this great Air Force,” said Chief Master Sgt. of the Air Force James Roy. “‘Aim High ... Fly-Fight-Win’ gives us a service and a lasting tradition for voicing our pride.

The chief noted an important distinction between slogans and mottos. “Slogans and ad phrases come and go, but a motto is meant to be passed from one generation of Airmen to another,” Chief Roy said. “This is for the hundreds of thousands of Airmen who now serve, who have served and will serve in the future.”

Mail from page 13

costs the same as domestic mail, and the usual price for the large flat-rate box is $14.50. For packages weighing between one and two pounds, the Postal Service charges $12.10 or $13.95 for those who print the postage label online.

Priority-mail flat-rate boxes are free at any post office and can be ordered online at: http://shop.usps.com.

Postage, labels and custom forms can be printed online at the Postal Service website.

For specific restrictions and mailing prices to an APO/FPO address, visit the Postal Service’s online price and mailing prices to an APO/FPO address, visit the Postal Service’s website.

In a show of support, more than 1,100 security forces Airmen from Lackland and Randolph Air Force bases in front of the museum as Brig. Gen. Jimmy McMillan addressed the families before the ribbon cutting ceremony.

“We, the defenders that surround you, are grateful and humbled by your support,” McCool McMillan, director of security forces and the deputy chief of Air Force Logistics, Installations and Missions Support. “This brave Airmen who put a star behind the face of their family, they protected our defenders and paid the ultimate sac- rifice for our country,” he said. “We will never forget their selfless service. We honor you and them a tremendous debt of gratitude. We’re always think about what they contributed to us as a nation and especially on our career field.”

As the sun rose on the morning of the opening, Airmen of all career fields participated in a memo- rial 5K run and mile walk. It offered the opportu- nity to reflect on the posi- tive influence the Air Force has on their lives. “The run was such an honor with all of security forces forces out there,” Mrs. Chavis said. “My son was part of an awesome group of people from the running. They’ve always been friends with one another.”

Michael Chavis, Airman’s Chavis’ younger brother, felt a kindred spirit during the run. He pushed himself to the finish with the belief he had followed his brother’s footsteps.

“As I saw (Airman) go by, I kept going because they’re running for my brother like I was running for mine,” Chavis said. “I knew he would still be walking on these same streets. I felt con- nected.”

October 15, 2010 • 15
Add hot water to the cereal mixture, then add an egg, and mix well. Bake at 350°F for 50 minutes. Serve warm with a scoop of whipped cream.
New group exercise program available open 24 hours with prepurchased key card. Closed Nov. 25 – 6 p.m. Nov. 11, Closed Nov. 25.

or Arnold Express Menus and Hap’s Pizza Friday 4-9 p.m. and Saturday 5-9 p.m.; Main Bar Thursday 5-8 p.m.

H2 • October 15, 2010

Body Pump Boot Camp

New group exercise program available

This Boot Camp is now accepting new classes on Mondays and Wednesdays at 6 a.m. at the Fitness Center lasting an hour. It incorporates plyometrics, jump squats, hoppeas, mountain climbers, calisthenic, jumping jacks, sit ups, push-ups, and strength training. All levels of fitness welcome, medicine balls and

your own body weight. It will also address cardiovascular endurance and core conditioning in inter- nal fashions. Forums will also use exercises – a partner for additional fun and exercise. This class will be pro- fessional as the weeks go on and a progress sheet will be provided for all participants to track their improvement. This class is geared towards all levels of times so come out and have some fun!

Classes are for eligible civilians only (Members First Plus members, active duty military, retired and DoD civilians).

— The Fitness Center
Karaoke is now a Sec Fri night event each month. Karaoke will be Nov. 5, Dec. 3, Jan. 7, Feb. 11, Mar. 4, Apr. 15, May 13, Jun. 17, Jul. 15, Aug. 19, Sep. 16, Oct. 21, Nov. 4, Dec. 2. All ages are welcome from 6 p.m. to 1 a.m. Call 434-3024 for reservations for adults only. Specific songs are accepted between 7:30 p.m. – 9:30 p.m. – 25 cent wings and half-price drinks. Drink is specifically hot or chicken and shrimp altitude for $10.05 members and $11.95 non members served 4 p.m. – 10 p.m. Call ahead for dinner reservations at 434-3530.

Saturday availability includes: Members and Non-Members of Famagosta., $10.95 members, $13.95 members. Nov. 7, 8:30 p.m. – 11:30 p.m., $15.00 members, $20.00 members. Nov. 13, Stuffed French Puff Pops, $13.95 members. Nov. 20, Oreo BBQ Brisket, $15.00 members, $21.95 members. Nov. 26, Red Dragon, $13.95 members, $32.95 members. The dinner room opens at 5:30 p.m. unless otherwise specified. Please call for reservations to ensure availability. All specials and times are subject to change without notice, and are based on availability and openings.

Family Member/Youth Programs (Camps) 454-3277

Youth Movie Night will be the 3rd Fri of the month, ages 9 and up are invited to come watch a movie. There will be popcorn, juice and water.

Piano Lessons will be the 1st Sun of the month, beginning on Nov. 7, and continuing through each session for first week. A new session will begin Dec. 5, Jan. 2, Feb. 6, Mar. 3, Apr. 7, May 5, Jun. 2, Jul. 7, Aug. 4, Sep. 8, Oct. 6, and Nov. 3. - The Sorcerer’s Apprentice, rated PG starring Steve Carell, Jason Segel, and Amy Poehler. Encourages are the speaking of words and phrases that real friendship and happiness are on the fast track. The show has 113 brand new songs, lots of laughs, great dancing and breathtaking scenery.

Reservations for pas-\n\vylation may be made 7 days prior through the Outdoor Rec. Program. This includes the two pools at Arnold Lakeside Center - South side and two in the Arnold Lakeside Center. There is a $25 per day and a $150 refundable cleaning deposit due at the Arnold Lakeside Center. The fee may be made up to 30 days prior or there is a $5 late fee charge (building 3035, previously known as Community Ac- \n\xbox64-684)

Corn Hole is available for off-items and during special events. Each set rents for $10 per day or $15 for 4 days. Two sets are available to accommodate larger groups. Rental reservations are made through Outdoor Rec by calling 454-6440 or by coming in person.

Policy and Procedure: The Auto Shop is a great place for do-it-yourself minor work and repairs. There is one stall available for a lift, air compressor, and a lot of tools. There is a fee for labor and parts and balance and repair. Using an existing repair is 55 cents per part. The charge for mounting is $5 per tire and balancing is 25 cents per tire. The rotation includes balancing for four tires on 20 inch wheels and 220 for trucks.

Gossick Leadership Center 454-3024

Gossick Leadership Center may be used for events such as meetings, conferences, lun- \n\xbox64-684)

Wingo Inn 454-3051

Reservations for Wingo Inn can be made up to 90 days in advance. Room rates start at $79.50 and includes all meals and 2 dinners, etc. and cover all amenities expected. Reservations may be made by 454-3051 or by reservations.

Chili Cookoff winners

\n
Best Tasting $200  Ronda Turley – Chili
\nBest Decorated Booth $100  One Hit Wonder – team capt: Tech. Sgt. John Bankston
\nBest Tasting Runner-up $100  Dr. Strangelego – team capt: Leo Marple
\nPeople’s Choice Award $50  One Hit Womens – team capt: Tech. Sgt. Bankston
\nMost Unusual Ingredient $50  Men in Black – team capt: Lipton Plainco (Ox Tail)

Cash prizes sponsored by Ascend Federal Credit Union (no federal or state agency endorses or certifies any credit union).