AEDC workers tend both metal and schedules to ensure a smooth road to recovery for VFK’s wind tunnel A

By Patrick Ary
Assistant Testing Director

A look at the photos shows the scope of the damage: two-inch thick steel plates cracked and curled away from stabilizers as easily as peeling the shell off of a boiled egg.

The daunting task of repairing the damage in the Von Kármán Gas Dynamics Facility (VFK) Wind Tunnel A is kind of like putting Humpty Dumpty back together again, except Humpty Dumpty is made of tons of steel and complex motor and monitoring systems.

Also, unlike the “king’s men,” AEDC workers fully plan to put the nearly 60-year-old facility back together again.

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Crews keep AEDC roads safe in winter weather

By Shawn Jacobs
Assistant Testing Director

When the weather outside turns frightful—like it did last week due to a snow storm and frigid temperatures—AEDC crews have already been at work, making sure the base and its access roads are passable for employees.

“Our main goal is to keep the roads as safe as we can and be able to get people in and from work,” Tom Penfold, section manager for the AEDC’s Facilities Support, said. “That is our mission, and so we apply all the resources that are necessary to do that the best we can.”

That effort usually begins well before the frozen precipitation begins. Penfold said his office watches the weather forecasts—from Nashville and Huntsville television stations and the National Weather Service—and coordinates with the base Operations Center. The goal is to stay at least 24 to 48 hours ahead of the inclement weather and prepare for when it may come in.

“We watch all of the forecasts because we’re in such a strange area where we get some influence from both the north and the south, and even though the Nashville forecast may call for snow, we may be down here in the little warmer weather and not get anything,” he said. “We actually have some pretty good expert on the roads and grounds crew itself. They’re really up on all the changes in the weather, and they’ll watch it closely.

“There’s a lot of coordination between the Operations Center and the Safety Office, and sometimes they actually has a patrol vehicle that monitors the pavement temperature, and they will let the Ops Center know if the bridges are getting down below 32 degrees. If we’re expecting precipitation and they’re running at cold surfaces like that then we know we’re going to have some issues.”

One of Penfold’s key concerns is having employees available and making sure they can get on base.

“If it’s off hours, there’s some difficulty if a guy lives up on the mountain or far away,” he said. “Let’s make sure he’s safely to the base before the snow and ice come in so we can get here and do his job. It’s during [work] hours, then we [may] plan on keeping some folks here instead of releasing them at the end of the day. We have a lot of factors to figure.

“We have a small pool of resources of truck drivers and operators and laborers. We have to watch the amount of hours they work.”

Penfold said 15 to 20 roads and grounds employees are available to be called on. The mean response vehicles include two trucks with snow plows, which also are salt spreader trucks.

AEDC crews had to plow inches of snow off of the base’s roadways to ensure they were safe and passable the week of Jan. 9. (Photo by Rick Goodfriend)

When Arnold Police Lt. Dave Everett left to attend the police academy two years ago, his goal was to fulfill a departmental requirement and learn some things in the process.

Everett, who is the installation plans and programs officer and alternate anti-terrorism officer at AEDC, returned with a prestigious leadership award and the admiration of his department and others.

Everett was awarded the Casey-O’Day-Williamson Leadership Award, which is presented by the Tennessee Association of Chiefs of Police (TACP) to an outstanding cadet who is employed by a police agency. The recipient is selected by the full-time faculty of the East Tennessee Regional Law Enforcement Academy at Walters State Community College in Greeneville. He attended the academy Oct. 4 to Dec. 3.

At 56, Everett is the oldest AEDC officer to complete the course at Walters State and among the oldest graduates of the academy.

The Edmond S. Spong Student is also the only Arnold Police officer to ever win the award.

“The police chief’s award (as we call it) is awarded on the basis of performance and leadership capabilities that were demonstrated throughout the academy,” Jeffrey T. Gazzo, training coordinator of the academy and assistant professor of criminal justice at Walters State, said. “What I learned from observing and interacting with Mr. Everett and his daily attitudes is that attitude and commitment have no age. Mr. Everett consistently kept a positive and optimistic attitude throughout the academy and constantly impressed the importance of maintaining a positive attitude and openness to training to his classmates who were many years his juniors.

By Shawn Jacobs
Enforcement Academy at Walters State

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By Shawn Jacobs
Enforcement Academy at Walters State
Setting goals important at home and at work

By Col. Michael Panarii
AEDC Commander

2011 is only a couple of weeks old, but expect most of you are already having trouble keeping your New Year’s resolutions. In fact, I’ve heard some people say they don’t start New Year’s resolutions, because “I never keep them, what’s the point?”

Here’s a thought: If you aim at nothing, you hit it every time.

So, “If you don’t know where you are going, how do you know if you are there?”

Setting the goals, identifying the targets and recognizing your progress are the keys to getting anything accomplished. It’s a little counter-intuitive, but the process starts at the end when you declare what you are trying to get.

Businesses (at least suc- cessful ones) do this all the time. Wall Street is all about setting the numbers, and every manufacturing or processing enterprise uses metrics to track progress.

Otherwise, they would never know if improve- ments are being made, initiatives are effective or if wasteful practices are gathering dust.

The same holds true inside Air Force organizations. Shortly, we’ll finally finalize our goals for 2011, but before that, we have a mock-up, and one you can keep in mind at your own contributions and at home.

We are all well off if we can find meaningful ways of doing things, spend less, and get better results out of our efforts. As we discover things we should be doing, we begin to understand and decide not to stop doing them.

Some things will have to go, but it will be up to all of us in all the communities to keep the ideas flowing. We can – and must – start today and put in place a path to achieve our goals in 2012. And as always, we’re relying on everyone’s input to make this happen.

Top-down” approaches are a surefire way to ensure that there are new things we need to do if we are going to be successful. We need to identify where we are, where we need to go and come up with the way we are going to get there.

We’re taking every idea we can get!
Exhaust plants upgrade boosts reliability

By Shawn Jacobs Aerospace Testing Alliance

Refurbishment of the A/B Exhaust shaft continues to pay dividends to AEDC in the form of greater reliability and efficiencies.

In addition, the project – completed in September 2009 – was budgeted for $55,000 under budget and with no lost test time.

The overhaul of the A/B Exhaust’s mechanical and electrical systems was the subject of an end-of-project brief at a “lunch and learn” Dec. 12 in the Large Directorate of Operations conference room, presented by Tony Medley, an AEDC project manager in the Investments and Design group.

The A/B Plants provide support for J and T test cells. Test cells 1-3 and 1-2 are altitude cells sized for support for J and T test cells. Test cell 2-4 are diverse cells with multiple test applications for testing small and medium turbine engines and engines of all types.

Medley said the project and the A/B plants’ long-range plan to shut down A/B Exhaust and tie in to the C Plant, that maintenance became an issue as the timeline for the replacement continued to be delayed.

“As that project got pushed out, this project was set to bring A/B Plant back up to its capabilities to make sure it could still function the next heavy maintenance needs it needs,” Medley said. There was a team of people who looked at the maintenance records to see what we really needed to focus on, so this project was put together based on all the needs to keep those plants surviving.

One of the biggest improvements on the B Side was replacing 50-yr-old our evidences in the control room that controls the exhaust machines.

“It was in conduit; it was underground.” Medley said. “It had water in it, and it was just worn out. They had a lot of problems getting machines in line for operations to do a test and had a lot of downtime due to that, so this project was to replace all those control cables. “They had some problems with the exhaust machine, so major part of the upgrade involved SV1 and SV2, the exhaust machines that control the pressure ratio of the test cells. Medley said the 50-year-old machines were prone to trouble even though their maintenance through AEDC command and the Civil War. It will be held at the Arnold AFB Club, February 2000. General Graham said finding the lining upgrade. The lining 1,500 KCM cable in the A/B Exhaust Plants upgrade. The lining in the A/B test cells was pushed out, this project was a result of learning due to the deterioration of the A/B Plants (Pioneered provided by Tony Medley).

Above, Wayne Richards, a retired electrician for the high voltage cable installation, is shown in April 2008 running the 3.000 feet of 3,500 KCM cable used to replace the aging 1,500 KCM cable in the A/B Exhaust Plants upgrade. The lining in the A/B test cells was pushed out, this project was a result of learning due to the deterioration of the A/B Plants (Pioneered provided by Tony Medley).
Inside the base on the roadways to plow and remove snow.” Penfold said several bucket loaders are used to clear equipment like lawn mowers with converted blades takes care of sidewalks and pathways.

AEDC has its own salt supply, which is ordered in early fall. The brine is mixed on base and applied as needed. Penfold said his budget is based on four major snow or ice events each winter, but last winter included six or seven events, which taxed the budget.

“This year, we’re already off to an early start,” he said. “We generally do not have December accumulation at all.”

He said drivers would slow down and operate their vehicles properly they could generally make it to the base during winter driving conditions.

“The key factor is speed and not braking (heavily on snow) so that we can get down the road. That is just one example of the kind of any job he.”

Mark Ison, a former Carson-Newman College football standout, began his career at Southeast Maintenance Corporation in Louisville, Ky., in 1985. He worked his way up to become a group manager five years later. In 1993, he became vice president of operations for Burns Janitor Services. In 1996, he founded Premiere. Last year, the company had more than $13 million in sales. He has received several business and personal awards, including being named Distinguished Alumni of the Year last year by Carson-Newman. He is also routinely sponsors organizations throughout the state of Tennessee. Ison is a middle school basketball and football coach in the Jefferson City area and for the past six years he has awarded college scholarships to at-risk students.

Premiere CEO honored at MLK banquet Jan. 14

By Patrick Ay

Premiere Building Maintenance provides full-service janitorial and facilities maintenance services and has more than 400 employees in seven states. The company is an AFA subcontractor with 38 employees responsible for janitorial services and refuse collection at AEDC.

Mark Ison’s brother, Alan, is the project manager for Premiere’s contract at AEDC.

“I am very proud of my brother, Mark Ison, for being awarded the MLK Commission’s Business Award as well as his many accomplishments,” Alan Ison said. “He is straightforward, hard-working and very dedicated. Mark Ison, one of three honorees at this year’s banquet, received the commission’s Business Award.

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Has not been used to fly an F-16 for about one year to validate processes and equipment. "I knew how valuable the F-16 was to the entire academy staff for its compliance," Hawkins said. Hawkins is a valued member of our team. I depend on him wholeheartedly. I am not surprised by his success at the academy." Everett has more than 30 years experience as a police officer. In addition to Air Force training as a Security Police officer, he has attended the California Highway Patrol training program and has been a reserve sergeant with the Franklin County Sheriff's Department for 17 years. He thanked AFA for making it possible for him to attend the training. "It makes us a much more valuable asset for not only AFA, but the community at large because of things that happen that aren't military," Everett said. "There are a lot of people who work here who aren't military, and I thank the company and my superiors for the opportunity to be able to do that because I think that it's a plus for us and it's a plan for them."
pressure pushed diffuser plates past their intended point of articulation, bend- ing the plates and breaking the pins holding them in place.

“This thing collapsed and there was a lot of stuff that went down to the (chis- eled object damage) screen on the other side,” Norris said.

Now crews are busy getting all aspects of the facility back online, from fixing diffuser plates and damaged screens to prepa- rations to add all the new me- chanical parts back in.

The failure happened on the tunnel was being prepared for a Standard Missile Test project man- aged by Air Force 2nd Lt. Charles Scroggins. She said because of the failure, the customer just com- pleted a test in 2010 and will be testing in Tunnel B next.

Those tests were supposed to be done after Tunnel A testing, but Scroggins said everyone had to get together and recheck all to get the job done.

“We were prepared for the Tunnel A test earlier this year and of the kind of bad news that gears,” Lt. Scroggins continued. “But the project team did a really good job on both sides of the house — on the govern- ment and the ATA side — working together to ac- complish our re-planning.”

This re-planning doesn’t just mean the need to have the tunnel back up and running has gone away.

“They still need Tunnel A,” said Tom Miller, VKF test asset manager and member of the team need- ing on relinquishing the tunnel to service. “And they’re actually waiting for us to get back operational.”

Getting operational meant some serious work for the Model Shop is ongoing. It all started with determining the extent of the damage and came back on a repair plan.

ATA test and support facili- ty manager Walt Bishop said it has truly been a team effort between ATA and the Air Force and credited the Return to Service team with putting together and managing an aggressive yet realistic plan to have the tunnel operational in a short period of time.

“John Hopf, Lisa Wad- den, Steve Simpson, Kirk Sudberry, Jeff Tate and Jeff Harvey — to name a few — assembled a workable plan in a short period of time to fix a very complex problem with many unknowns,” Bishop said.

The repair of the plates is being worked in the Model Shop, where weld- ers are bending and welding large plates of steel for preparation in the machinist to finish ma- chining the plates to tight tolerances.

“This particular repair highlights one of the great benefits of working with the Model Shop . . . that of concurrent engineering,” Bishop said. “Jim Childers and Jeff East, design en- gineers, are working closely with our skilled craftsmen on a daily basis tweaking and monitoring therapies as they progress. I have to say the term quick fix. It’s not quick at all.”

Still, some portions of the repaired plates had to be cut off and rebuilt from varied plates that were two inches wide.

An added complication to the work was the fact that the type of steel plates were made from in 1992 isn’t really available any- more. Sudberry said that stuff’s in the way,” Bishop said. “Not only is it the first thing that has to be taken out, it’s the last thing to come out, because the welding work is being done in a short period of time.

“The boilermakers did an excellent job, which is allowing us to continue on,” Bishop said. “Now we’re rolling over in the machining phase, where our machinists will finish machining the plates.

The machining work has to be precise, Bishop said, because the plates include a sealing surface that is

John England, left, inspects drawings specifying a total rebuild of a diffuser plate damaged in an equipment failure at AEDC’s Von Kármán Gas Dynamic Facility Wind Tunnel A. Boltmakers Michael Dickay and Jeff Moss repaired the plate by bending plates of steel almost two inches thick and welding massive plates of dissimilar metals. (Photo by Rick Goodfriend)
January 21, 2011

Recycling old bombs saves millions of dollars at Eglin AFB

By Mike Spaita
96th Air Base Wing Environmental Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFNS) -- Environmental restoration officials here are shredding their way through 50,000 practice bombs.

So far, they have recycled more than one million pounds of metal from the BDU 33 and Mark 106 bombs.

The effort is part of the Air Force’s military munitions response program.

The mission of the MMRP is to take action to ensure munitions response areas and munitions response sites located off of active test ranges are safe for reuse, and to protect human health and the environment.

In this effort, restoration branch officials and their contractors use a commercial car crusher to “demilitarize” practice bombs prior to recycling. This crushing operation is part of an agreement between the crushing company, the recyclers and Eglin AFB’s contractors, and has resulted in savings of more than $1 million.

“This method of demilitarizing the practice bombs costs us about $110,000 for one million pounds shredded,” said Ralph Armstrong, the 96th Civil Engineer Group environmental restoration project manager. “Had we done it in a more traditional way, the cost would have been between $1 and $2 million.”

Discarded miniature practice bombs from Eglin AFB, Fla., are piled at a commercial shredding facility near the base. The bombs will be fed into a shredder and the shredded material then will be recycled. To date, more than seven million pounds of range debris metal have been recycled, saving the government millions of dollars. (Photo provided)

“Based on all of the information we found, this is the first time this has been done in the United States,” he added.

To date, MMRP efforts by officials at Eglin AFB have resulted in more than seven million pounds of range debris metal being recycled, saving the government millions of dollars.

Department of Defense officials launched the MMRP in 2004. Eglin AFB has 24 sites managed under the MMRP most of which are located within its 724-square-mile land area.

Once this phase of operations is finished, which Eglin officials estimate may take several years to complete, a final MMRP report will be made available to the public.
When it comes to woodworking, AEDC employee Daryl Justice will try making just about anything — and then pass it on to someone who can use it.

By Patrick Ary
Aerospace Testing Alliance

If you’ve ever in a meeting with Daryl Justice, you might see him on his head over the wood table where you’re sitting. He admits it’s a habit, one that says many people who love working with wood have. It’s not just a habit; it’s something in a store or somebody’s home or something, and I’ll check it out and mentally I’ll just file it away for future reference,” Justice said. “And then I’ll try to remember what I looked like sometimes, if I have a piece of paper with me, I’ll try to do some dimensions or try to sketch it or something.”

Justice, the emergency management lead for AEDC, is bitten by the carpentry bug about 20 years ago. Now he has an impressive portfolio of work that is documented in page after page of photos he keeps in a brown leather album. There are countless photos of him working in his wood shop at home and just as many photos of the finished products: cabinets, tables, bookshelves, clocks and even toys for his grandchildren.

And he hasn’t taken a dime for the work he’s crafted in the shop behind his home — with the exception of a few books for materials here and there — because that’s not why he does it. “It gives me a tremendous amount of satisfaction to see something that I’ve made that’s being put into use, and people appreciate it,” he said. “I see something that I’ve made and that’s being put to use, and I’ll go ahead and fix it. When one would see it the other would say ‘Hey dad, you fixed one for her so I need one for me.’”

And he didn’t stop making cradles for family. In all, he’s made seven. Some of them were for people at his church. He also made one for a co-worker: Tamalena and he also made a toy box for Katie, who’s now 11. It’s still in her room and is apparently staying there for a while. “I asked her the other day if I could move the toy box out of her room and she said no,” Breding said.

The projects on base didn’t stop there. Justice also made a china cabinet for a co-worker who couldn’t afford one. And when AEDC Fire Chief Daryl Lopes needed something to showcase a Confederate sword he bought as a retirement gift for an old friend, he went to the guy who knew how to chew while he used the shop. He ended up giving his friend the sword in a display case that

Over the last two decades, AEDC Emergency Management Lead Daryl Justice has built a number of projects in his home wood shop for family and friends. Of the many items he’s made over the years, one he’s made several times is a baby cradle. He made the cradle pictured at top left in 1989 for co-worker Tamalena Bredling’s daughter Katie, top right. (Above photo by Rick Goodwood)
When AEDC’s Master Sgt. Ryan Miller attended a church service in 1995, he wasn’t exactly enthusiastic about being there. However, that single event dramatically changed his life.

Sergeant Miller, AEDC’s munitions accountable systems officer, was stationed at Whiteman Army Airfield on Oahu, Hawaii, at the time. The Tullahoma native recalls how some older friends wanted him to go to the church, hoping to provide some spiritual direction to the young man’s life.

“For years I guessed I considered myself an atheist. I didn’t believe in any God,” Sergeant Miller recalled. “What really changed my life was that one man changed his life.”

This man was down and out, the homeless man was a physician, explained Miller. “This man was down and out,” said the master sergeant. “His family left him. He gave up on life and he lived in his car. And [that] one man changed his life. He is a vital member of society now; he got back into the groove and it’s an amazing thing what that man did.”

Twenty years ago, Sergeant Miller said his own life lacked direction. He knew if that didn’t change, trouble lay ahead. “I was 17 years old and looking at getting in trouble [and] figured if I didn’t leave I was probably going to end up in jail,” he said. “So, I joined the Air Force.”

Fast forward to today and all those who work with the master sergeant say they know he has not only become a close friend, a trusted and reliable co-worker, a professional Airman, but someone who quietly and effectively made a difference in the lives of others.

Erik Wineland, AEDC’s logistics management office manager since 2009, had only been on the job a few days when he overheard Sergeant Miller speaking to a co-worker about an effort to help feed local school children when they weren’t in school.

He had also learned that the 37-year-old senior enlisted man was leading the effort as a lay minister with a small congregation of approximately 30 people in Winchester.

“It was probably about three days into my tour here and I overheard him talking [about] a project where he was feeding kids who really heavily on school for breakfast and lunch,” Wineland said. “During the summer, a lot of times the kids aren’t getting a square meal because of their circumstances. The first time I got was more important than the words he said, I recognized right away that this guy meant business and he does what he says he’s going to do.”

Wineland, a retired chief master sergeant, also saw the difference Miller and his team were making a difference in the world. “He’s well suited for AEDC,” Wineland observed. “We’re supposed to be at the highest level of commercial practices to get the best value for the government.”

Wineland said, “We are very unique in that respect but we can use creativity and innovation to get the job done. That plays to his strengths because he is that way. So, you take the budget shrinks, he has the ability to step outside and look at things from a different angle and focus on the most important parts of the process and then identify the superfluous parts of the process and weed those out.”

He added, “Most recently, he just got paid $103,000 worth of excess stuff that was disposed of in the most economical way that needed to go for very low cost. Ryan had no input of his comfort zone and into a new whole world and he’s really making it happen.”

Wineland said, explaining that because of his contractor work force, it presents a different work environment than most Air Force bases.

In his off-duty time, Sergeant Miller has also earned a bachelor’s degree in business administration and is working on a master’s in business administration with a focus on project management. De Wolfe, an education and training specialist at

AEDC’s Ryan Miller stays true to his beliefs

By Philip Lorenz III

When AEDC’s Master Sgt. Ryan Miller attended a church service in 1995, he wasn’t exactly enthusiastic about being there. However, that single event dramatically changed his life.

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“It was probably about three days into my tour here and I overheard him talking [about] a project where he was feeding kids who really heavily on school for breakfast and lunch,” Wineland said. “During the summer, a lot of times the kids aren’t getting a square meal because of their circumstances. The first time I got was more important than the words he said, I recognized right away that this guy meant business and he does what he says he’s going to do.”

Wineland, a retired chief master sergeant, also saw the difference Miller and his team were making a difference in the world. “He’s well suited for AEDC,” Wineland observed. “We’re supposed to be at the highest level of commercial practices to get the best value for the government.”

Wineland said, “We are very unique in that respect but we can use creativity and innovation to get the job done. That plays to his strengths because he is that way. So, you take the budget shrinks, he has the ability to step outside and look at things from a different angle and focus on the most important parts of the process and then identify the superfluous parts of the process and weed those out.”

He added, “Most recently, he just got paid $103,000 worth of excess stuff that was disposed of in the most economical way that needed to go for very low cost. Ryan had no input of his comfort zone and into a new whole world and he’s really making it happen.”

Wineland said, explaining that because of his contractor work force, it presents a different work environment than most Air Force bases.

In his off-duty time, Sergeant Miller has also earned a bachelor’s degree in business administration and is working on a master’s in business administration with a focus on project management. De Wolfe, an education and training specialist at AEDC’s Master Sgt. Ryan Miller and his wife, Charity, pose for an informal photo in January 2010 on Fort Walton Beach, Fla. They met six years ago around Christmas. As it turned out, Sergeant Miller had known his wife’s mother for years and said it was like he was part of the family long before the couple decided to marry in 2005. (Photo provided)
Duty assignment notifications to come by e-mail starting today

By Tech Sgt. Steve Grever
AFP Personnel Public Affairs

RA N D O L P H  A I R
FORCE BASE, Texas

AF Personnel Public Affairs

Total Force Service Center.

The best example I have of his willingness to step forward was during the treatment of a co-worker," she said. "The co-worker was reading the 'Child's Medal,'" a poem that she received as a child, she said. "She felt so happy, she wanted to share it with you."

She recalls one particular event that left a lasting impression.

She said Miller was like many managers, immature and potentially heading toward problems. However, in his case, the Air Force helped him turn his life around.

"He has served his country well, going overseas," she said, explaining what she considers the values of his service. "My older sister is a very dedicated Christian," she said. "She's very good-hearted, she will do anything for anybody, and Ryan is basically the same way. I think he gets a lot of it from his grandmother." Baker said an old saying is applicable to how Ryan helps others. "If you give a man a fish, you have fed him for today; teach a man to fish, and you have fed him for a lifetime," she said. "I think that sums it up." Wineland said Sergeant Miller has qualities that make him stand out from his peers.

"He's hardheaded, in the right way, he's persistent," said Wineland. "Ryan has a tender heart and tough hide and he will help you, but you have to be willing to help yourself. He'll give you 49 percent, but you've got to be willing to give 51 percent, not the other way around. And he will tell you what you're doing wrong from where he sees it and he's never been anything but honest." Sergeant Miller, who plans to reenlist next summer, has a few words of advice for Airmen following in his path or just anyone in life.

"The first thing is, for sure, be generous, always give," said the Winchester resident. "And, always be prepared, have a plan, from the very beginning, on everything. We make plans for everything and like Erik [Wineland]," said some of them don't go through. We set that plan to the side and whatever we've got to do and we move on. Always have a plan financially and a plan for your future, for education."
We've explored numerous benefits of a fitness program, but recently I was reminded of perhaps the single most important reason to stick to a rigorous plan... and it's the one we probably talk about the least.

It's commonly understood that both cardio and weight training workouts can help you lose weight, increase your strength, boost your metabolism and make you feel better all around.

But there's a much bigger benefit, and frankly, one that I rely on to keep me out of the pharmacy.

Regulate, challenging aerobic exercise will lower your blood pressure; just ask any doctor. High blood pressure is known as “the silent assassin” — no symptoms, no clues and constant damage. Here’s the scoop:

You’ve probably had your blood pressure measured countless times. The technician or nurse will wrap a pressure cuff around your arm (near the location of a big artery or first aid position), and pump it full of air until it’s rather uncomfortable. Then, they hold a stethoscope below the cuff, and start releasing the air pressure in the cuff.

What's up with that?

It's commonly under-recognized that a home blood pressure kit is the “pressure point” and pump it full of air until it’s rather uncomfortable. Then, they hold a stethoscope below the cuff, and start releasing the air pressure in the cuff.

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Jeff Haley remembers hav-
ing a fascination with history since his childhood. “I was at that age where it seemed like I had something to do with the stories his grandmother, Evelyn Haley, shared about his relatives who served in the Civil War. My grandfather and father shared their stories with me,” said Haley. “I was fascinated by the stories of the Civil War.”

Jeff Haley, a draftsman for the Aerospace Testing Alliance, is passionate about history, music and Bluegrass music. By Philip Lorenz III

**AEDC’s Jeff Haley is passionate about history, music and Bluegrass music.**

Jeff Haley plays a guitar while his wife Becky plays her fiddle during a practice session at their home. (Photo provided)

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The commission’s report, expected in March, will include the findings and conclusions of the commission as well as its recommendations for improving diversity within the armed forces. “DOD will look at the recommendation and go from there,” Pentagon spokesman Marine Corps Col. Dave Lapan said. “We’ll see what the nature of the report is when it’s done.” Congress repealed the combat exclusion laws in the January 1994 National Defense Authorization Act, but requires the services to submit proposed changes to existing assignment policy to Congress for review, Colonel Lapan said. “For example, when the Navy recently changed its policy to enable women to serve on submarines, that would go through that process,” he said. “So the Navy would have to inform Congress it was going to make a change.” The Marine Corps also triggered congressional review when it opened some intelligence positions to women, Colonel Lapan said, but female Marines serving on engagement teams in Afghanistan are in line with department policy on women’s assignments. Colonel Lapan said the U.S. military currently prohibits women from serving in combat units below the brigade level. The Marine women on engagement teams are not assigned to combat units, but are augmenting them for a specific mission, he said. “Part of the reason to do that was because the infantry battalions that were out there didn’t have any women, because they couldn’t,” he explained.

Women make up 14.6 percent of the active duty military. By service, the percentage ranges from 7.5 percent in the Marine Corps to 19.2 percent in the Air Force, according to statistics compiled by the Women in Military Service for America Foundation.
Book Fair returns Feb. 8 to new A&E Training Rooms

AFC Arnold AFB, Tenn.

Arnold Golf Course and Mulligan's

Arnold Golf Course and Mulligan's Coffee Bar and Grill now have new members, Arnold Golf Course has a new base number that is easy to remember: 454-GOLF (4685). Members of Arnold Golf Course and Grill now has its own number for ease and convenience in placing advance or to go orders. This number can also be easy to remember: 454-FOOD (3663).

Customer Loyalty Program for golf sales and dining offers 10 percent discount on the first purchase of the month. Ten percent discount on coffee at the Coffee Bar and Grill. These discounts will be good during the entire season which runs April 2011 through March 2012. This discount program will not be available during the Members First Plus discounts. Maximum of one discount per person per visit. Sale items and alcohol are not authorized for these discounts. Please provide your membership card number to purchase your annual green fee and get your card for a year of savings.

Mulligan's Coffee Bar and Grill now open

Mulligan’s Coffee Bar and Grill is open and will feature food items as well as a great selection of popular beverages in a casual atmosphere. In an attempt to expand the dining options at Arnold AFB, the reopening of Mulligan's Coffee Bar and Grill. Hours are 6:30 a.m. to 2 p.m. Monday through Friday and 7 a.m. to 1 p.m. Saturday and Sunday. A new feature is the addition of the “Working Proudly Brew” coffee bar featuring Starbucks beverages including hot and cold coffee, lattes, machiatto, frappuccino, iced coffee, espresso, and a variety of teas. A convenient “to go” parking area has been established outside the Mulligan’s side door. A punch card program offers $1 off any purchase after getting free punches (given with any purchase). The punch card to Mulligan’s is the installation of Wi-Fi.

Football Fantasy final game day will be Jan. 23 from 11:30 a.m. to 8 p.m. Order the special “Big Game” sub for $2.50. Mulligan’s Coffee Bar will offer subs for $4.95 members and $5.95 nonmembers. Preparations for the Super Bowl NFL trivia contest and win some prizes. The grand finale of Football Fantasy will be the Super Bowl on Feb. 6. Don’t forget to have a Super Buffet to include pizza, wings, chips and dip and more for $9.99 members and $11.99 nonmembers. Members only special for Super Bowl is a dozen wings only for $5.99. Prepackaged items available throughout the day for $1.25 each. Call ahead for delivery reservations at 454-3310.

Second Friday Karaoke will be Feb. 11 from 6-10 p.m. All ages are welcome from 6-8 p.m. but 8-10 p.m. is reserved for adults only. Special for members only 7-9 p.m. – 25-cent wings and half-priced drinks. The evening will feature different music genres and will be a fun evening with friends. Call ahead for delivery reservations at 454-3310.

Lunch Specials Monday through Friday. Wednesday Lunch Specials at Mulligan’s is the installation of Wi-Fi.

Women’s Club Valentine’s Dinner

Mulligan’s Coffee Bar and Grill

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Super Bowl event planned at ALC Feb. 6

The doors will open at Arnold AFB Center at 4:30 p.m. on Super Bowl Sunday, Feb. 6, with kickoff scheduled for 5:30 p.m. Will your favorite team make it to the final of all football finals? Come watch on the big screen while all of the excitement of the games is watched on TV’s in The Landing. Order from the ALC's Ash Turkey will be served for $6.95 for Members Plus Firsts, $7.99 for nonmembers and $5.95 for ages 12 and under. Not only will you see thehub and sodas will be available throughout the day for 30 cents each. Call Mulligan’s at 454-3310 for more information.

Books Are Fun is back for a book fair from 9:30 a.m. to 3 p.m. Feb. 8 in the A&E Building’s new training rooms (A125 and A127). Discounted selections include paperbacks, hardcovers, educational, reference, cookbooks, children’s items, gift selections and more. Save up to 70 percent off retail prices and find some great items for Valentine’s Day gifts, Mother’s Day, Father’s Day or any occasion.

Sweetheart Luncheon Cruise Feb. 13

Outdoor RR (OSR) is holding a Chatterbox for the South- ern Hills Region. Cruise to celebrate Valentine’s Day Feb. 16 and up are invited to bring their sweethearts for a cruise on the Lake. Be sure to bring your camera and extra clothing for the weather. There will be a winner each quarter during this contest. The winner each quarter will receive a prize and a seat in the cruiser for the next quarter. The refiner winner for the first quarter will be by random drawing of those in attendance.

ALC plans trip to Nashville’s Chaffin’s Barn Dinner Theater Feb. 11

Arnold Lakeside Center

Chaffin’s Barn Dinner Theater is rated one of the top twenty-five tourist attractions in Nashville. Call Mulligan’s at 454-3310 to sign up for the trip. There must be a minimum of five to go and maximum participants allowed is 10.

Celebration of Valentine’s Day to style by joining the AEDC Women’s Club at their annual Valentine’s Day on Feb. 12. Come for a Razzle Dazzle fun time at the Arnold Lakeside Center. The social hour will be 5 p.m., gourmet buffet dinner at 6 p.m., and a square dance with prizes each quarter to include a prime viewing spot in the recliner up until the next quarter.

Suzanne Rutley, Liz Jolliffe and Anne Wonder working on decorations for the AEDC Women’s Club annual Valentine’s Dance on February 12.

Sweethearts Luncheon Cruise Feb. 13

Chaffin’s Barn Dinner Theater & Grill. Hours are 6:30 a.m. to 2 p.m. Monday through Friday and 7 a.m. to 1 p.m. Saturday and Sunday. A new feature is the addition of the “Working Proudly Brew” coffee bar featuring Starbucks beverages including hot and cold coffee, lattes, machiatto, frappuccino, iced coffee, espresso, and a variety of teas. A convenient “to go” parking area has been established outside the Mulligan’s side door. A punch card program offers $1 off any purchase after getting free punches (given with any purchase). The punch card to Mulligan’s is the installation of Wi-Fi.

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February 2011

Monday

1. ALC Open 8 a.m.–4 p.m.  
     ALC Open 8 a.m.–4 p.m.  
2. ALC Open 8 a.m.–4 p.m.  
   ALC Open 8 a.m.–4 p.m.  
3. ALC Open 8 a.m.–4 p.m.  
4. FC Karate 3 p.m.  
   ALC Open 8 a.m.–4 p.m.  
5. FC Karate 3 p.m.  
   ALC Open 8 a.m.–4 p.m.  

Wednesday

6. FC Body Pump Class 12 noon  
7. FC Body Pump Class 12 noon  
8. FC Body Pump Class 12 noon  
9. FC Body Pump Class 12 noon  
10. FC Body Pump Class 12 noon  

Thursday

11. ALE Highlands Grill – 454-FOOD  
12. ALE Highlands Grill – 454-FOOD  
13. ALE Highlands Grill – 454-FOOD  
14. ALE Highlands Grill – 454-FOOD  
15. ALE Highlands Grill – 454-FOOD  

Friday

16. ALE Highlands Grill – 454-FOOD  
17. ALE Highlands Grill – 454-FOOD  
18. ALE Highlands Grill – 454-FOOD  
19. ALE Highlands Grill – 454-FOOD  
20. ALE Highlands Grill – 454-FOOD  

Saturday

21. ALE Highlands Grill – 454-FOOD  
22. ALE Highlands Grill – 454-FOOD  
23. ALE Highlands Grill – 454-FOOD  
24. ALE Highlands Grill – 454-FOOD  
25. FC Body Pump Class 12 noon  

Sunday

26. ALE Highlands Grill – 454-FOOD  
27. ALE Highlands Grill – 454-FOOD  
28. ALE Highlands Grill – 454-FOOD  

Hours of operation

Arnold Lakeside Center — Special function luncheon as available. Call 454-3350 for information. Catering/Management offices Tuesday- Friday 10 a.m.–3 p.m.; Lunch: (lattu menu) Wednesday 11 a.m.–1 p.m.; call 454-5555 to place orders; Dinner: (Armed Forces menu) only Thursdays 5–8 p.m., dinner at Arnold Exchange Menus and Harp's Pizza on Fridays 4–9 p.m. and Saturdays 9–8:30 a.m.; (lattu menu) 5–8 p.m., Friday 3:30–10 p.m. and Saturday 5–10 p.m.; Social Hour Friday 4–6 p.m., Movie Night Thursday 6 p.m. Family/Member Programs — Tuesday through Friday 10 a.m.–5 p.m., Saturday 12–5 p.m., Final Friday Movie Night 5–7 p.m. Outdoor Rac — Main Office, Check In and Auto Shop Tuesday through Saturday 10 a.m.–4 p.m., Mamma by appointment only. Fitness Center — Monday–Friday 5 a.m.–9 p.m., Saturday 8 a.m.–5 p.m., Sunday 12–6 p.m. Open 5 a.m.–6 p.m. Feb. 27. Arnold Golf Course — Pro Shop 8 a.m.–5:30 p.m., Driving Range open 24 hours with purchased key card. Mulligan's Grill — 6:30 a.m.–2 p.m. Monday through Friday, 7 a.m.–2 p.m., Saturday and Sunday. Recycling — Monday through Friday 7 a.m.–4 p.m.
Family Member/Youth Programs (FamY)

Trivia Contest starts 6:30 p.m. Feb. 3. Teams can be composed of 2-6 people. No calls are permitted during the event. Anyone using a cell phone or any other form of technology during the trivia contest will be disqualified and will be given a grace period to give an answer. If the grace period is not used correctly, the team will be given a 50-point penalty. There will be 5 rounds with six questions each. Points are awarded on a time basis: 10 points for each question answered correctly in the first half hour, 7 points in the second half hour and 4 points for the remaining time. The teams with the highest scores at the end of the contest will win prizes.

Special Demonstrations
February 5-21: Please come and see for yourself. Some of the special demonstrations this year will include: an open book to show the difference between right and left handedness, a science fair display, a book about a famous scientist and a display about the solar system. This year the winning team will receive a special prize in addition to all others available prizes. If you have any questions, please call Liz Jolliffe at 454-3547.

Kick-off for 4-H program will be Feb. 5-7.

The Services insert to the High Mach is designed to inform our customers of new components and it has no obvious exterior features. New internal components and it has no obvious exterior features. New internal components and it has no obvious exterior features. New internal components and it has no obvious exterior features.

Naughty’s Coffee Bar and Grill expands seating with enclosure of the patio. Work is underway to enclose the patio to fully enjoy the outdoor dining experience. The new patio enclosure will be complete by the March 15 opening. The enclosure is designed to protect customers from rain or shine and will cover all of the open space with a protective plastic covering.

The Services continues to offer outdoor dining but will not be open during inclement weather. The Services will be open for the lunch and dinner hours. The Services will also be available for private parties and events.

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