



HIGH MACH

Serving the World's Premier Flight Simulation Test Center



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AEDC Fire Department among best in AFMC

Base now competing on Air Force level

By Shawn Jacobs
Aerospace Testing Alliance

The AEDC Fire Department has been selected as the Air Force Materiel Command's Small Fire Department of the Year for 2010.

The department will now compete in the same category among the various major commands at the Air Force level. The winners at that competition will vie for honors across all levels of the Department of Defense.

"It's an annual competition," AEDC Fire Chief Daryle Lopes said. "The package is put together with information on categories like customer service, department-level awards, accreditation, certifications and other recognition that you might get, innovative actions within your department, health and safety initiatives on the firefighters' side, quality of life efforts and other information."

Lopes said the Air Force-wide winners will be announced at the Air Force Civil

Engineer's luncheon in Washington, with the DOD winners announced in Atlanta in August.

"I've been involved in one fire department that went all the way to DOD and that was at Little Rock AFB in Arkansas," Lopes said. "The recognition is cool as far as other people seeing our department is strong and doing a good job, but I like to think of it as a way to pat the men and women in the department on the back for really doing an excellent body of work."

Col. Robert Bender, chief of AEDC's Mission Support Division, said he is excited for the fire department.

"They work hard all the time," he said. "Command-level competitions are very, very tough, so I think it's fantastic. This win means our fire department has excelled. Additionally, I'm really glad that AFMC competitions are blind to whether it was a contractor- or government-manned fire department. We at Arnold are a 'one team, one fight' organization, and I could not be prouder."



AEDC firefighters routinely train to test and improve their skills and response. Pictured is their response to a Feb. 15 plane crash exercise on base. (Photo by Rick Goodfriend)

Colonel Bender called the department "unsung heroes" for the job they do every day on base.

"You never think about firefighters until the day you need them, and the day you need them you're glad they're there," he said. "The support that we give responding to fires in the community is just really superb. Additionally, employees on this base should sense what a great insurance

policy we have with our fire department; that sense allows us to go to work knowing that if there is an emergency that we have the best team in the AFMC that's going to come get you.

"We have a great partnership with ATA and the military. I know the team works hard every day, between our firemen and

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Congressman visits with Community Council



Retired Maj. Gen. Mike Wiedemer briefed U.S. Rep. Scott DesJarlais on issues affecting AEDC during a meeting with members of the Arnold Community Council in Tullahoma Feb. 24. Council members will discuss these issues with officials at the Pentagon and with members of Congress during the council's annual visit to Washington in April. (Photo provided)

Base earns StormReady certification

By Patrick Ary
Aerospace Testing Alliance

When a deadly tornado rolled through Franklin County Feb. 28, AEDC employees took shelter as the storm passed just south of the base. They were alerted through their computers and base communication system speakers in base facilities.

But employees who carry radios on base had the capability to monitor the hazardous weather thanks to a weather warning that was broadcast over those radios. It was a new system, and one that was the final hurdle for AEDC in gaining StormReady status from the National Weather Service.

"I think it was a great test run of the system with the tornado that hit the area just to the south," said Tom Johnstone, a warning coordination meteorologist with the National Weather Service (NWS) office in Nashville. "It was a real close call but everything was in place. Even though

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Huntsville group tours world-class testing facilities

By Philip Lorenz III
Aerospace Testing Alliance

Twenty-five engineers from the Missile Defense Agency (MDA) in Huntsville, Ala., had an opportunity recently to learn about the world's largest complex of ground testing facilities.

"The objective was to get a firsthand look at the equipment being used at AEDC and so that we could better understand how MDA benefits from the facilities," said Ryan Franey, a general engineer with MDA. "The tour also increased awareness about the facility's line of work so that MDA employees will be able to call upon AEDC for help with future testing needs."

For Kenneth Delano, a senior systems engineer with MDA's global deployment division, the tour of AEDC was his first time to visit the facilities.

Delano said Arnold AFB provides unique ground testing capabilities to their customers.

"AEDC brings some early data and test realism to our programs," he said. "A realistic ground test is a much more efficient way to refine designs and find and fix problems that otherwise might not be found until flight test."

Prior to this visit, he thought AEDC was primarily comprised of wind tunnels.

"I learned about the environmental chambers, static motor test facility and other facilities I was not aware of," he said. "AEDC is a national treasure with some unique facilities that would be costly to duplicate. The test facility managers are very knowledgeable and experienced."

"[Our] primary objective was to understand the capabilities that AEDC has and how they currently support MDA or could support MDA in the future," he said. "[And our] secondary objective was to give new employees the opportunity to visit a

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Engineers from the Missile Defense Agency in Huntsville, Ala., recently toured base facilities like the Mark I Space Chamber. (Photo by Rick Goodfriend)

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HIGH MACH

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The center's vision: AEDC as the test center of choice, the workplace of choice for our people and a model of environmental excellence.



Vision

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

Core Values

- Be accountable for our own actions
- Ensure the safety of individuals and equipment
- Demonstrate the highest integrity and ethical standards
- Communicate clearly and openly
- Deliver professional and technical excellence
- Nurture, enable and treat people fairly
- Align with customer goals and objectives
- Use disciplined and innovative processes
- Continually improve in all that we do



Core Values

- Integrity first
- Service before self
- Excellence in all we do

D.C. trip an opportunity to show off AEDC

By Col. Michael Panarisi
AEDC Commander

Another week, another trip, though this one was a "four-bagger!"

Part of my duties is to take a trip to Washington D.C. and show off what we do around here. It still amazes me just how well we keep our little secret, and I've been on a mission to get the word out. The D.C. trip is a big part of that campaign, and we raced around Capitol Hill to get in and see congressmen, senators and anyone else who would hear our story.

It's a fast-paced, planes-trains-and-automobiles thrash from start to finish (in the rain of course!), but in the end it's a fantastic event and a part of the job that I look forward to every year.

What? He looks forward to going to D.C.? Well, hang

with me. It's not the trip; it's the mission.

In just a few hours, we took our story to more than a dozen lawmakers, staffers and office members, many of whom had never heard of AEDC.

In fact, one of our stops was to brief a team from the House Armed Services Committee. It's not every day you get a special invitation to brief congressional staffers (and if you do, it's usually NOT a good thing!), so we were elated to add this to the itinerary.

As expected, we heard lots of "I had no idea ..." comments as we walked through the mission here and the wide range of activities I'm so proud to represent. Apparently, that was a little obvious ... one of the staffers mentioned "I can see you are pretty en-



Panarisi

thusiastic about your base."

I guess I didn't know I come across that way. But then again, who wouldn't? Even after almost 20 months here (yes, it's been that long already!), I still get pumped up every time I swing through ETF, stroll through the Model Shop or sneak in to see some action at the Arcs. I think I've found my true calling: tour guide!

Give me a tour group and a bus, and I'm like a kid in a candy store. I've taken the governor, the adjutant general, the mayors and our local representatives' staffs all around our little piece of paradise. I never get tired of telling our story, and you make it easy.

Every time I take a group around I hear something like "You can really see the pride in the mission here." It starts at the gate, where we always get a hearty welcome from the guards, all the way across the base where our guests get to see what you do in real time. I love to see the look on their faces when we open a door, come around a corner, and take them "backstage" for an experience you just can't get anywhere else. Sign me up for another one!

It's an important part of

our jobs, and one I encourage you to take on as well. The more people know about the mission here, the better. Living in obscurity is no way to win in budget battles, and this is truly a national treasure that we can't let live in the shadows. Any time you get the opportunity to showcase what we do for the nation and our allies, I hope you'll jump at the chance.

The best part of the trip? Invitations!

We ask the members at all of our stops to take a trip and see this place in person. Good news! We've already picked up our first inquiry, so shine up the hard hats; we've got company coming.

This time, they're on our stage, and you are the reason they came. Nothing makes me prouder. See you on the tour!

Displaced reality: a wakeup call to why we're here

By Staff Sgt. Samuel Morse
374th Airwing Public Affairs

YOKOTA AIR BASE, Japan (AFNS) – Long shifts, little sleep and an operations tempo akin to attempting to sprint a marathon can make us lose sight of the bigger picture – Japan is in its largest and most expensive crisis since World War II, and needs us more than ever before. Recently, I saw that need first-hand, and it put new perspective on my role here, now.

I remember disasters in the past, watching them on TV like some sort of demented television series, always disconnected from the devastation. Even the events of 9/11 never sunk in all that deep, despite growing up in Connecticut. As I sit here at my desk, writing this, head swimming with sleep deprivation and trying to get my head around what might come next in these busy times, I have to reflect on the surrealistic nature of the past few days.

I just moved here a little over two weeks ago, but I've been living in Japan for more than three years. Before this assignment, I was at Misawa AFB in northern Japan. I did my best to travel around Japan when I could, visiting Aomori, Oirase Gorge,

Towada, and even spending an entire day exploring downtown Sendai and the massive electronics store there. When it came time to move to Yokota AB, I opted to drive the roughly 700 kilometers rather than fly or take the train.

Then, the earthquake hit. Having lived in Japan for a while, I'm used to earthquakes. Usually, they are barely noticeable, feeling similar to that slight loss of equilibrium caused by mild dehydration or sleep deprivation. This started out that way, but slowly grew in intensity. I remember the moment that I realized this was no ordinary earthquake, and fear set in. I scrambled to the nearest door frame, and waited what seemed like a very long time before the shaking finally abated. I remember it being roughly on par with standing on one of Tokyo's metro rail cars while in motion.

As odd as it is to have solid ground move beneath your feet, things did not return to normal. Our public affairs office "spun-up" with a fervor. We began covering the aftermath immediately, starting with the civilian airliners diverted here from Narita

International Airport. Still, the reality of the situation never really sunk-in for me. Yokota AB was left intact, and we still had all the creature comforts from before the quake.

It wasn't until two days later that the gravity of Japan's suffering hit me. I was called upon to go with a survey mission on an HH-60G Pave Hawk, assigned to search for useable air strips where we could land planes for supplies closer to the affected area. This meant flying up the coast through Sendai. I was very excited at the prospect of flying since my job normally does not allow me to do so, and helicopters are my favorite. I was curious to see what had happened in the north, but did not really understand the impact it might have on me.

I had driven this route only two weeks prior when I moved to Yokota AB, and saw it countless times traveling to and from Tokyo, as the bullet train (called the Shinkansen) was my preferred means of travel. The landscape of mountains, farmland and cities was familiar to me, and I was recognizing the terrain we passed over. But, as we traveled further and further north, the landscape became more foreign to

me. It started with rice paddies that were flooded more than usual, rivers devouring their banks and a few overturned or stranded boats. Gradually, I watched the peaceful Japanese countryside become a desolate wasteland. There were fields of shattered timber, rooftops with no house to stand on, cars strewn about as if a toddler was playing with matchbox cars, and even a train torn from the tracks and mangled like a discarded tin can.

I was able to see the land I had driven through superimposed through the carnage and was left dumb, unable to even explain my reaction to myself.

I have grown to love Japan, and it left a pit in my stomach to see such destruction sweep its coast. I captured the photographs I needed to, reminding myself of the importance of my mission – providing decision-makers with quality imagery of airfields as well as informing the American public of current events. It was small consolation though, as I found myself feeling incredibly small against the awe-inspiring destruction below my feet. It was hard to believe a few curved pieces of glass and a digital sensor could make any sort of measurable difference.

And yet, here I am. My small piece of the puzzle has helped rescue forces

get the momentum they need to get to a forward airfield. I've been "pulling" some of the longest work hours in my career, ranging from 14- to 18-hour shifts, putting a face on the relief effort. The times that I've encountered Japanese workers here at Yokota AB, they've thanked me for my contributions without asking what they were. I'm not always sure if what I do always makes a difference, but it would seem that being here and giving it my all means a good deal to the honor-bound culture of Japan.

I ask my fellow Airmen to take a step back during their day to reflect on what they do. Commanders regularly drill into us the importance of everyone for mission success, but it's not very often that the success is in our own backyard.

We owe it to our host nation and to the honor of the United States, to work at the pinnacle of integrity, service and above all excellence.

This is one of the few opportunities we have at home station to make a verifiable difference in the world, so don't give up because of long shift hours, and don't give in to complacency or a "good-enough" attitude because you're tired and haven't slept.

Let's show the world the benevolent and awe-inspiring side of air power.



Next issue's question:

What Tennessee Valley city was the first preferred site for locating AEDC?

E-mail your answers to **Arnold.HighMachAnswers@arnold.af.mil** no later than next Friday, March 25. Three winners will receive a 60th anniversary *High Mach* hat. The winners' names will be drawn at random from all correct entries. Only current AEDC employees are eligible to win.



Action Line

Team AEDC

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

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

Col. Michael Panarisi
AEDC Commander

Smoking Policy

1. The following revised AEDC smoking policy is effective immediately. Smoking is permitted solely in designated areas identified by a plastic "smoke genie." This receptacle is for the sole purpose of cigarette butt disposal. If there is no receptacle, you cannot smoke in that area. It is the responsibility of all smokers to clean up the area surrounding the receptacles for any cigarette butts on the ground. Smoking in government-owned vehicles is strictly prohibited. Personnel are allowed to smoke in their personal vehicles at any time. In case of inclement or cold weather, employees are encouraged to use their personal vehicles if a sheltered designated smoking area is not available nearby. Smoking areas will be held to the absolute minimum and will be located in low traffic, low visibility areas away from points of building ingress/egress and air intakes. A map of all authorized smoking areas is available on the AEDC web portal at [https://lpapro.arnold.af.mil/PORTALimages/Smoking area map. pdf](https://lpapro.arnold.af.mil/PORTALimages/Smoking%20area%20map.pdf). Smoking near a facility in an area not designated on the map is prohibited and any smoking receptacles located in areas not shown on the map will be removed. All "smoking permitted" and "no smoking" signs will be removed unless specifically required by OSHA.

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

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

- Supervisors at every level will ensure this policy is followed. Disciplinary action is appropriate for repeated violations.
- Updates to this policy will be made in the future to further align with Air Force guidelines.
- This letter supersedes previous letter dated 28 October 2006, subject as above.

Protecting information



AEDC Chief of Staff Ken Jacobsen feeds documents into a paper shredder that's certified for classified destruction March 14 as Information/Personnel Security Project Manager Jack Glasser looks on. The second Friday of March is the annual classified clean-out day for all base organizations. AEDC encourages personnel to destroy all classified material in certified shredders as soon as it has served its purpose. (Photo by Rick Goodfriend)

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government-owned test facility and gain an appreciation for the unique test facilities."

Dennis Greer, an MDA test resource manager, said it is important for engineers like him and others to know what resources are available to organizations like the one he represents.

"The principle reason [for our visit] was to get MDA personnel familiar with AEDC test capabilities so that future testing may be directed to AEDC," he said. "AEDC has some unique test capabilities that are only available here. AEDC has the potential to support several aspects of MDA test needs."

Huntsville's Redstone Arsenal, where the MDA is located, was once considered as a potential site to locate AEDC.

Ryan Franey, a general engineer with MDA, said before the tour he wasn't aware of AEDC's existence despite its proximity to

Huntsville.

"I also learned a lot about the nature of the tests being performed at AEDC and the extent of the facility's testing capabilities," he said. "AEDC left a good impression on me. The members of the workforce at AEDC were more than happy to show us around and answer our questions about technical details. The leadership welcomed us and appears to have AEDC steered in the right direction."

Asked about the significance of AEDC to the mission of the agency his group represents, Franey said, "AEDC is important to the MDA program because it provides valuable testing opportunities that are capable of validating models. It supports MDA/AB (Aegis Ballistic Missile Defense System) through its wind tunnel testing of SM-3 missile models and the kill vehicle impact tests."

For Franey, 24, the opportunity

to see AEDC's ground testing facilities first hand appealed to both junior engineers like him and more senior professionals in his group.

"For engineers who are starting their careers and those who have been in the agency for a while, the visit gave us all a chance to see the testing equipment first hand and ask questions that furthered our understanding of the principals behind the machinery and test vehicles.

"Before the visit, the testing apparatuses were just things that I've read about in books. The visit really created a better appreciation for the work being done at AEDC."

For Greer, the trip to AEDC brought back a lot of memories.

"I was active duty at AEDC from 1986 to 1991 and worked in most of the facilities except J-6," he recalled. "This was a reorientation tour for me. So, I essentially

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you dodged a bullet this time, you're that much more prepared next time."

In a matter of days, signs designating AEDC as a StormReady community will be ready to put up at base entrances. AEDC joins 50 Tennessee counties (including Coffee, Franklin and Moore counties), six cities and four universities in gaining the status.

"It just confirms that we're doing everything we can possibly do to make people safe," said Aerospace Testing Alliance (ATA) Emergency Management Lead Daryl Justice. "It shows we have a good shelter program, we're doing education and we offer training."

Even though dozens of communities across the state have the designation, StormReady status isn't given to just anyone, according to Johnstone. There are four main components that communities must have to earn the designation.

There's a preparedness component, which AEDC has with trained weather spotters who can spot hazardous weather conditions.

Repeated promotional campaigns are another component, which Justice says have been accomplished by educating employees with the base's Toolbox Topics on weather preparedness.

StormReady communities also have a working relationship with the NWS that helps establish a good communication flow and regular meetings between the NWS and community leaders.

The final component involves receiving warnings. StormReady communities have multiple ways

to receive warnings, Johnstone said.

"If for some reason one method of getting a warning goes down, the redundancy built into the action plan for StormReady communities allows them to get the warning regardless," he said.

At AEDC, that includes siren systems, telephone trees and the new warning system that broadcasts the weather warnings on employees' radios.

The system that got its first real-world test at the end of February only cost about \$400 and does more than pay for itself when it comes to the potential for saving lives.

"It expedites notification, especially if you work outside," said ATA Emergency Manager Brad Walker. "And in the case of the Ops Center, it's one less thing they have to do because everyone has a radio and it broadcasts across that."

In the next couple of weeks, the NWS plans to schedule a ceremony on base to present new StormReady signs and a plaque.

"It's very good work that has been done to keep everybody safe, and we want to recognize that," Johnstone said.

AEDC Fire Chief Daryle Lopes said he's also proud of the work the base's emergency management team has done to make sure everyone on base is as safe as possible when something bad happens.

"These guys won't say it because they're too humble, but they put a great deal of effort and hard work into it," Lopes said. "And as their boss, I'm proud of them."

Relay teams still open

This year's Relay for Life is being held April 29-30 at the Coffee County Fairgrounds, and AEDC employees will again participate in the fundraiser for the American Cancer Society.

At Relay, teams of people camp out and take turns walking or running around the track. Each team is asked to have a representative on the track at all times during the event. Relay starts at 6 p.m. Friday and ends at 6 a.m. Saturday.

All team members do not have to be at the fairgrounds the entire night.

If anyone needs more information about Relay or is interested in joining the teams, contact Dee Wolfe at dee.wolfe@arnold.af.mil or (931) 454-4313 or Shawn Wolfe at shawn.wolfe@arnold.af.mil or (931) 454-7732 as soon as possible.

AEDC to host boating safety class coming up in May

By Shawn Jacobs
Aerospace Testing Alliance

Tennessee law requires everyone born after Jan. 1, 1989, to pass a boating safety class presented by the Tennessee Wildlife Resources Agency (TWRA) before operating a vessel on state waterways.

Thanks to the Arnold Police Department (APD), area residents can take that course May 14 at AEDC's Gossick Leadership Center.

The course will begin at 9 a.m. and last about six hours. Participants must pass an exam at the conclusion of the course.

"It's an opportunity for the base and local area communities to get their young operators qualified to operate a boat," Lt. Charles Cook, APD Training officer and resource protection program manager, said. "You can register on TWRA's website [<http://www.tn.gov/twra/boatmain.html>] and it's open to anybody from the geographical area."

Interested individuals must be at least 11 years old and may be registered by calling (615) 387-6013 or e-mailing Debbie.powell@tn.gov. The only cost involved is a \$10 Type 600 exam permit from the TWRA, which must be brought to the class.

"Our officers go through TWRA certification every year and providing this operators class was something that TWRA showed interest in," Cook said. "We thought it would be a good thing for the base and the surrounding community."

Lt. Buck Young, APD's combat arms training manager, helps coordinate the boat patrols on Woods Reservoir and said he is definitely in favor of the class being held on base.

"Yes, it's a proactive measure, I think, on our part to try to get it out here to the masses to where everybody can have [a chance to] take advantage of it," he said.

Young said the boat patrol has been ongoing for several years and is a key part of the police department's mission.

"The boat patrol's primary purpose is to make sure that there are no unsafe acts out there on the water and the security of the base as well," he said. "We run it basically from Memorial Day to Labor Day, and it's predominantly a safety-type issue. We want our base and community natural resource users to feel as safe and secure on the water as they do on any other part of Arnold Air Force Base.



Lt. Buck Young and other Arnold policemen conduct a training session on the department's patrol boat in April 2009. (Photo by Rick Goodfriend)

"We want to make sure there are no reckless boaters on the water causing anybody else any issues. We have our officers out there patrolling, being proactive, and if they see an incident citations

will be issued. They do conduct random safety inspections to see if the boat has enough life preservers for everyone on board; they will also check (if applicable) to see if operators have had the safety

course."

It is clear that Arnold Police and the TWRA hope such safety classes will reduce the likelihood of mishaps, violations and the citations that result from them.

UXO detonations resume on base



Workers clearing unexploded ordnance (UXO) on AEDC property March 3 found and destroyed two 2.36-inch anti-tank practice rockets similar to the one pictured. The rockets were found under a layer of leaves in the wooded area between UTSI Road and Hap Arnold Drive, south of Wattendorf Highway. A third rocket was found and detonated the next day. Since last year, Bay West Inc. crews contracted by AEDC through the U.S. Army Corps of Engineers-Omaha have been working to clear UXO from the 518-acre Old Impact Area South historical range, which was used for various types of explosives training when it was the U.S. Army's Camp Forrest in the 1940s. The UXO is disposed of by digging a hole and placing it in the ground with a charge, covering it with plywood and dirt and then detonating the ordnance. The remains (frag) of the UXO are recovered, designated munitions debris and stored in a secure location until they can be shipped off for recycling. (Photo provided)

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Security Forces and all those professionals over there that don't do the test missions but make sure that they come off, and I'm proud of all of our support entities."

Lopes praised his employees from top to bottom of the chain of command but said many other entities deserve credit, too.

"There's a lot to be said about the support that we get from other people; Security Forces are great friends to us, our mutual aid partners outside the gate are great friends to us and they're part of our strength," he said. "The leadership at ATA and the Air Force are very supportive of us.

"The way that ATA and the Air Force work together to try to keep us well cared for and supplied is awesome. The quality of life change when we got the new fire station is awesome, and that's one of the examples how other people work together for

the good of the fire department. When these guys have that excellent living environment, it translates to good ops."

Odell "Crutch" Crutchfield, firefighter/crew chief and chief steward of Local I-14, a member of the Air Engineering Metal Trades Council (AEMTC), said the department's rank and file personnel are pleased and humbled that the AFMC recognized what they do.

"It's a small base, but this past year we did respond to several incidents in which life-preserving measures were accomplished," he said. "It's all a team effort. There is no big 'I' or little 'U' here, and that's what makes us a special department and makes it so enjoyable to work here.

"Everybody's working together and we accept the honor as a team, including the fire officers, our secretary, paramedics, firefighters, dispatchers



The AEDC Fire Department strengthens its partnerships with surrounding communities through mutual aid agreements. Here, AEDC Engine 2 and its crew help the Tullahoma Fire Department fight a fire at Damron's Restaurant Jan. 27. (Photo provided by Sam Crimm II)

and everybody. As emergency responders ... there to try to make the best of a bad situation, you realize you've got grace and mercy coming from a higher source. That understand-

ing further strengthens our resolve and purpose in service."

Neil Felver, DOD Emergency Management and Fire Department program manager at AEDC, joined other officials in

expressing his congratulations.

"I am so proud of Chief Lopes, his firemen and the paramedics for this outstanding accomplishment," he said. "Their dedication and willingness

to go the extra mile truly sets them apart from the rest of the AFMC fire departments. I look forward to hopefully congratulating them again as they compete for the Air Force Best Small Fire Department."

Painting to close down Hap Arnold

Contractors will be painting the ETF Air Supply Duct on North Hap Arnold Drive between now and April 30.

During that time, North Hap Arnold Drive will have intermittent closures between Third Street and Fourth Street due to the painting. Please be aware of the detour signs when posted and take extra caution in the area during this time frame.

The SL parking lot will remain open, however, do not park in the north end of the parking lot closest to the duct when painting is in progress. Parking near Building 850 is prohibited when road closure signs are in place.

Nashville hosting Air Force health symposium next week

By Roger Williams

Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. (AFNS) – Approximately 1,200 Airmen are set to convene in Nashville March 21-25 for four and a half days of classroom training at the Air Force's 2011 Environment, Safety and Occupational Health (ESOH) Training Symposium.

More than 525 class sessions and 175 technical sessions in the fields of safety, engineering, environment, energy and occupational health will be offered by subject-matter experts from government and international industry.

Sponsors are the Air Combat Command, Air Force Space Command, Air Education and Training Command, Air National Guard, Air Mobility Command and Air Force Reserve Command.

The partnership extends to the Air Force Center for Engineering and the Environment, the Air Force Institute of Technology, and support from the staffs at the Air Force School of Aerospace Medicine, U.S. Department of Labor's Occupational Safety

and Health Administration Training Institute and the U.S. Department of Transportation.

The symposium is set to be opened by the Assistant Secretary of the Air Force, the Honorable Terry Yonkers; Maj. Gen. Tim Byers, the Air Force civil engineer; and Brig. Gen. Dave Howe, the Air Combat Command director of installations and mission support.

Bruce Stephens, the ESOH Symposium Deputy Director, said he sees many benefits to this week of training away from Air Force bases.

"With today's budget-tightening climate, finding a venue to integrate training in one central location saves valuable time and taxpayer dollars."

The symposium combines training needs of more than 60 installations in 34 states and six countries and more than eight out of 10 attendees are new to this school each year, Stephens said.

"It's rare for Air Force units to find economical opportunities like this symposium where Airmen can

receive 40 plus percent of their annual training requirements in a single week."

Students are scheduled to receive 26 hours of training with a commercial value of \$15,000 to \$20,000 at no unit cost, other than travel pay.

One example of the savings is the Federal OSHA Safety Certification.

With training complete, more than 300 will become certified for an estimated cost of \$1,500, versus \$60,000 for the same training at just one installation.

Additionally, instruction is extended online in more than 100 courses utilizing the multi-service ESOH training network, Stephens said.

Pooling scarce training resources into a week-long, concentrated event maximizes efficiencies and just makes good sense, he said.

"We are forging a solid foundation for teams to manage our most valuable resources – Air Force professionals, families and surrounding communities."

More information about the symposium can be found at http://twitter.com/AF_ESOH and <http://www.esympo.com>.

Air Force surgeon general details 'Trusted Care Anywhere' for House panel

By G.W. Pomeroy

AF Surgeon General Public Affairs

WASHINGTON (AFNS) – The Air Force Medical Service's simple mantra, "trusted care anywhere," fits what AFMS does today and will continue to do in years ahead, the Air Force surgeon general told Congress March 15.

In testimony before the House Armed Services

Committee's subcommittee on military personnel with his military health system counterparts, Lt. Gen. (Dr.) Charles B. Green said "trusted care anywhere" means creating a system that can be taken anywhere in the world and be equally as effective whether in war or for humanitarian assistance.

"Military health system achievements have changed the face of war," Dr. Green said.

"We deploy and set up hospitals within 12 hours of arrival anywhere in the world," he said. "We move wounded warriors from the battlefield to an operating room within minutes and have achieved and sustained a less than 10 percent died-of-wounds rate. We move

our sickest patients in less than 24 hours of injury and get them home to loved ones within 3 days to hasten recovery."

Dr. Green said more than 85,000 patients have been safely evacuated from Afghanistan and Iraq since October 2001. In 2010, 11,300 patients, many of whom were critically injured, were safely evacuated.

To further advance these capabilities, Dr. Green pointed out that Air Combat Command now has an expeditionary medical system deployable hospital capable of seeing the first patient within one hour of arrival and performing the first surgery within 3 to 5 hours.

"These systems are linked back to American quality care and refuse to compromise on patient safety," Dr. Green said, referring to the diagnostic informatics, which have also advanced greatly, both from deployed locations and in garrison, since the war began.

Dr. Green also emphasized the Air Force Medical Service focus on patients and populations.

"Patient-centered care builds new possibilities in prevention by linking the patient to a provider team, and both patient and provider team to an informatics network dedicated to improving care," he said.

"Efficient and effective health teams allow recapture of care in our medical treatment facilities to sustain currency," he said. "Continually improving our readiness ensures patients and warfighters always benefit from the latest medical technologies and advancements."

Air Force officials support the DOD strategy to control health care costs, and they believe it is the right approach to manage the benefit while improving quality and satisfaction, he said.

"By the end of 2012, Air Force patient-centered medical homes will provide one million of our beneficiaries new continuity of care via single provider-led teams at all Air Force facilities. We will do all in our power to improve the health of our population while working

to control the rising costs of health care."

Dr. Green closed his comments by noting that Air Force Medical Service officials, through partnerships with the Army, Navy, Veterans Administration, civilians and academic partners, "leverage all the tools you (Congress) have given us to improve retention and generate new medical knowledge.

"We will continue to deliver nothing less than world-class care to military members and their families, wherever they serve around the globe," he said.

In addition to his testimony, Dr. Green also answered questions from committee members.

In response to a question from committee chairman Rep. Joe Wilson about examples of efficiencies in the AFMS, Dr. Green said AFMS officials had decreased headquarters manning to increase staffing at clinics, looked closely at support staff ratios, and spent considerable effort looking at the management of operating rooms and emergency rooms.

Arnold's finest honored at annual awards banquet

ATA Team Member of the Year



Paul Denton
Facilities Operations,
Program/Project Management

ATA Team Member of the Year



Darhl Frazier
Integrated Test & Evaluation,
Process Improvement

ATA Team Member of the Year



Jason Layne
Support Services,
Administrative NES

ATA Team Member of the Year



Erin Robinson
Facilities Operations,
Administration

Outstanding Craft Person of the Year



Norman Smith
Facilities Operations

ATA Customer Service Team Member of the Year



Mia Wilkerson
Information Technology &
Systems, Internal Customer

ATA Customer Service Team Member of the Year



Howard Frederick
Investments, Internal
Customer

ATA Customer Service Team Member of the Year



Justin McLellan
NFAC, External Customer

ATA Customer Service Team Member of the Year



David Smith
Integrated Test & Evaluation,
External Customer

ATA Technical Award Winner of the Year



Brandon Jones
Information Technology &
Systems, Engineering Design

ATA Technical Award Winner of the Year



James Winchester
Information Technology &
Systems, Science and
Technology

ATA Technical Award Winner of the Year



Jon Seely
Investments, Technical
Project Leader

ATA Technical Award Winner of the Year



Bill Bonson
Integrated Test & Evaluation,
Engineering Analysis

ATA Technical Award Winner of the Year



Marvin Sellers
Integrated Test & Evaluation,
Engineer of the Year

William Dunne People's Choice



Douglas Miller
Investments (Jacobs)

AEDC Safety Achievement



Jon Mansfield
Integrated Test & Evaluation

Noncommissioned Officer of the Year



Tech Sgt. Jamie Johnson
Support Asset Branch

Senior Noncommissioned Officer of the Year



Master Sgt. Patrick Lazarus
Support Asset Branch

AEDC Airman of the Year



Senior Airman Eric Ball
Financial Management
Directorate

Company Grade Officer and Honor Guard Member of the Year



2nd Lt. Will Parker
Technology Branch

Reservist of the Year



Senior Master Sgt. Gwendolyn Hinson
Historian's Office

AEDC Technical Achievement



AEDC Remote Test Monitoring Development Team – Sayeed Sidiqyar, ATA Team Leader



General Lee Gossick Team Excellence



AEDC Installation Restoration Team (pictured with ATA General Manager Dr. David Elrod, left, and AEDC Executive Director Britt Covington, right) – Dennis Flatt, ATA Team Leader

Air Force officials use Global Hawk to support Japan relief



An RQ-4 Global Hawk like the one pictured is being used to assist Japan in disaster relief and recovery efforts. (U.S. Air Force photo/Senior Airman Nichelle Anderson)

JOINT BASE PEARL HARBOR-HICKAM, Hawaii (AFNS) – Pacific Air Forces officials are using an RQ-4 Global Hawk from Andersen AFB, Guam, to assist Japan responders in disaster relief and recovery efforts, following the March 11 earthquake and the resulting tsunami off the eastern coast of Japan.

The Global Hawk, a high-altitude, long-endurance unmanned aircraft, is being used to help assess damage to towns, industrial infrastructure and other facilities affected during the earthquake and flood waters.

“The Global Hawk is an ideal ISR asset to aid in disaster relief,” said Gen. Gary North, the PACAF commander. “It directly complements ongoing efforts in the region and

represents how advanced technology can provide crucial and timely support to senior officials and search, recovery and disaster relief efforts.”

The Global Hawk also was used for disaster relief efforts following the 7.0-magnitude earthquake that struck Haiti in January 2010, officials said.

This will be the aircraft’s first use in a humanitarian operation in the Pacific theater since it was permanently assigned at Andersen AFB in September 2010.

With approximately 30 hours of flight endurance, the Global Hawk provides a broad view of the situation on the ground, officials said. Its ability to survey large geographic areas also offers decision-makers and first responders near real-time informa-

tion to assess damage and prioritize for local need. Its long airborne dwell capacity also assures continuous and long-lasting support for whatever requirements Japan’s government officials may require.

“The Global Hawk and the expertise offered by our Airmen further enhances the country’s already robust capabilities as our Air force members work side by side with Japan’s Self Defense Force professionals,” General North said.

The aircraft allows the U.S. to effectively support contingencies throughout the region, demonstrating a commitment to partners throughout the Pacific, and is one part of a wide range of PACAF personnel and aircraft that are supporting the Japanese operations, officials said.



BAT

Problem

To gather census data on gray bats in Hubbard's Cave, Tenn., last winter, biologists, including AEDC's John Lamb and George Wyckoff, TWRA, U.S. Fish and Wildlife Service, Nature Conservancy and Bat Conservation International personnel, counted bats in small areas, then extrapolated the data to get approximate cave populations. The estimate for this cluster was 300,000 and 513,000 bats in the entire cave. Lamb said the fungus hasn't affected this endangered species yet, but other caves and species in Tennessee have been infected. WNS appears to be caused by a specific fungus, but no treatment has been found yet. (Photo by National Geographic photographer Stephen Alvarez)

By Philip Lorenz III
Aerospace Testing Alliance

Bats throughout the country are in serious trouble as a deadly disease has rapidly spread from state to state, wiping out whole colonies of the flying mammals.

According to U.S. Fish and Wildlife agency officials, in 2006, a caver photographing hibernating bats approximately 40 miles west of Albany, N.Y., observed an unusual white substance on their muzzles. Several of the bats were dead.

The following winter, observations at the same cave revealed that the bats were flying out of caves in the dead of winter and dying on the snow-covered landscape and their noses had

this same white substance. Many more were found dead or dying inside the caves. Conservation biologists began documenting what is now known as White-Nose Syndrome (WNS) to determine the extent of the disease, find ways to mitigate it and hopefully find an effective treatment.

Since then, wildlife officials have found sick, dying and dead bats in large numbers in and around caves from New England to Tennessee. In many cases, there have been declines of 95-100 percent at hibernation caves and some formerly common species are predicted to go extinct in the northeast within the next 15-20 years or sooner.

WNS was detected in a few caves in Tennessee last winter

and biologists are anxious to see what surveys will reveal by this spring.

AEDC biologists John Lamb and George Wyckoff have helped train personnel from the Tennessee Wildlife Resources Agency (TWRA) and U.S. Fish and Wildlife Service on the techniques for conducting bat counts, banding and gathering other statistical information to help with the effort.

Lamb and Wyckoff have also joined forces with other scientists in a comprehensive study to document the health and numbers of gray bats, Indiana bats and other cave hibernating species in Tennessee caves, including a survey conducted in the winter of 2010 at Hubbard's Cave in Warren County. More than a half a

million gray bats hibernate there every winter.

"The gray bat and Indiana bat are federally listed as endangered," Lamb said. "Based on previously observed patterns and rates of spread, we had anticipated that WNS could appear in bat populations in Tennessee as early as winter 2009-2010.

"Given the long-distance migratory movements of gray bats, according to a study by Dr. Merlin Tuttle in 1976, movement patterns of gray bats banded over the past 10 years at Arnold AFB and at caves in Middle Tennessee and the tendency for gray bats to roost in large colonies, it was thought that this species could potentially serve as a vector for the transmission of WNS

throughout the southeastern U.S."

How will the decline in bat populations affect people?

"A bat can eat half its weight in insects every night," Lamb said. "Many people point out how important this is in terms of mosquitoes, but the more important impacts might be to agriculture and our forests. Many bat species specialize on moths, some of which – like the corn earworm moth – can cause major damage to corn crops and the gypsy moth can devastate forests. An added concern to the Department of Defense is that once common species will more than likely be added to the endangered species list thereby adding to our regulatory burden."



Commander's Fit Tip: Negativity is a good thing on the track

By Col. Michael Panarisi
AEDC Commander

Here's one I hear far too often... "I start out OK, but then I die at the end." Particularly common among USAF PT testers, those experiencing this phenomenon are often bewildered about the cause.

The good news is, for the vast majority of cases, there is an easy fix. Provided of course, you subscribe to the "Theory of Negativity." For the physicists out there, hang with me on this!

In a short-duration, high-intensity event (like the PT test!), timing and pacing play a HUGE part in your performance. It's hard enough to squeeze in workouts, take care of your diet, manage hydration, stress, sleep and all the other factors that influence your final score.

What you simply cannot afford is to blow all your hard work with suboptimal execution.

Even the best-prepared athlete will suffer mightily if they bust the plan on game day. Fortunately, with a little practice and some science on your side, you can make the most of your preparation and significantly boost your score. On a 1.5 mile run, you can shave as much as 30 seconds off your time, and it has nothing to do with fitness. It's all in the execution.

Although we refer to the 1.5 mile run as an "aerobic test," it's far too short to absorb pacing errors.

Think about it: the average time is under 15 minutes, and we usually run the test on a quarter mile track. Just a few seconds a lap can take a big bite out of your score. Most "testers" start off behind the power curve by ignoring advice about adequate pre-test rest, warm up and hydration. But even if you've cleared these obstacles, the biggest trap lies ahead.

Where do you really lose points? On the first lap.

Trained athletes know one aspect of their fitness level very well: if you really want to sound sophisticated, talk about your "lactate threshold" (sometimes called the "anaerobic threshold"). This measure identifies the breakpoint in your muscle activity, and marks a shift from "aerobic" to "anaerobic" exercise.

It's not too far off to think of the 1.5 mile run as an "aerobic" event, but in reality, the short duration and high intensity commonly seen on this test puts the results squarely in the "anaerobic" category. So, which is it? Standard answer: it depends.

If you are producing lactic acid faster than you can get it out of your muscles, you are above the "lactate threshold" and are operating on the anaerobic side of the line. And as that lactic acid accumulates, muscle performance decreases. You "feel" this as a "burning" sensation in your muscles.

On a PT test, this is a disaster. Cross that line too soon, you are losing points, and the run is just too short to get them back.

Here's how it happens: you start the run "feeling good" and run at what seems like a good pace, only to start "feeling the burn" somewhere during the second lap (let's assume you are on a six lap course). You're done. You just don't know it yet. You have flooded your muscles with lactic acid, and no matter how hard you "push it," you will start to slow down.

I've heard the claim "I can just get it out the last two laps" over and over, but what most people don't realize is that while your

ability to tolerate discomfort is important, it doesn't make your muscles work any better.

You can drive your "effort" higher, thinking you can "push through" the pain, but along the way your pace will drop off. That's when your score drops like a rock. You cross the line exhausted, gasping, in pain and wondering what happened. Simply, you started too fast.

Track-trained runners use a term called "negative splits" to avoid this trap. It's totally counter-intuitive, but absolutely essential for a short, high-intensity run like the 1.5 mile test. In a six-lap event, it's very easy to plan but exceedingly hard to execute. It's just so difficult to hold back on the first couple laps. You think you are just leaving seconds on the track. In reality, you are keeping them in the bank.

"Negative splits" means that your lap time actually decreases on every lap (in track lingo, a "split" is the time elapsed on each lap.) Your first lap is the slowest, and you gradually increase speed on each successive lap. Let's say you are shooting for "sub 12:00" on this run. That's two minutes per lap, right? That will only work if you can hold that pace and run below your lactate threshold. If a two-minute pace gets you into the anaerobic mode, you'll see the lap times actually increase, and by the fourth lap, you'll see 2:10 or worse. Your "sub 12:00" goal is out the window.

Need proof? In the top graph below are the heart rate and speed trace from a training run I did last

week. This is a little extreme, but I wanted to exaggerate the lactic effect so you can see it in the data. On this run, I did all the prep (rest, warm ups, stretching, hydration), so this is all execution.

Look at the first lap time: a smokin' 1:26 (that's a pace of close to a 5:30 mile)! If I was shooting for a "sub 12:00" I just put nearly 30 seconds in the bank, right? Sorry! Needless to say (and obvious in the heart rate trace!), I was already at full tilt before the lap was half over. That's totally unsustainable. You can sustain the max heart rate, but the pace will drop off.

Just to prove a point, I walked a full lap next to rest up. Now, look at the next lap. Even after a full lap "recovery walk" the next split was over 1:40. And that one was at max heart rate as well.

Predictably, things only got worse. I couldn't hold two minutes on the third lap, again even after a full lap of recovery.

I didn't take this any farther, but you can imagine on a six-lap event with three more laps to go, there's no way I had enough "pad" built up in the first two laps to prevent busting the 12:00 goal.

But in the bottom example, there's a textbook execution the week prior (same regimen, similar conditions, same fitness level.)

Look at that! I hit the first lap right at 2:05, decreased the lap time on every lap, and with no recovery at all, I cranked out a 1:40 on the last lap, for an easy "sub 12:00" overall. In a negative splits execution, that first lap is critical.

Note I didn't hit max heart rate until somewhere in the middle of lap three (recall that on the first run, I was at max heart rate before the end of the first lap.)

Obviously, you don't want to build too big a deficit, but erring on the slow side is actually recoverable. 2:10 might be too much, but you really won't know unless you work through a few "schedules" to see when and where your threshold becomes a factor. That means PRACTICE!

The prescription is pretty simple. To start out, target a finishing time, divide by six to determine the base lap time.

Add a few seconds to laps one and two, try to hold the base time on three and four, and make up the "lost time" on laps five and six.

Properly executed, it will seem agonizingly slow on the first lap. But you MUST remain below your lactate threshold on the first two laps. You will cross this point on the next two laps, but the accumulation rate will be too slow to significantly affect muscle performance.

Make no mistake, this is a muscle test...every step proves "F=Ma" (physicists, are you still with me?) and if "F" goes down, you are losing points. After a few experiments, you'll find a good schedule.

The next step is to train with it. Hitting those lap targets accurately will take practice.

You can REALLY help yourself if you pick up a heart rate monitor, and even better, one that displays your pace (you can

find GPS-based sets for under \$150 now).

When I run the PT test, I check the heart rate and pace several times a lap. I've found I can nail the schedule to within a couple seconds per lap very reliably. And the big benefit comes in the last two laps. You'll actually feel strong, in control, and ready to "attack."

On the "sub 12:00" goal, a 1:50 final lap is not unreasonable. And yes, your last lap will be your fastest; probably your fastest ever! Try this on your next run, and you too will believe in Negativity.

It will take a few attempts to nail this down, so don't wait until your actual test to sort this out, and you need to run these "trials" well-rested.

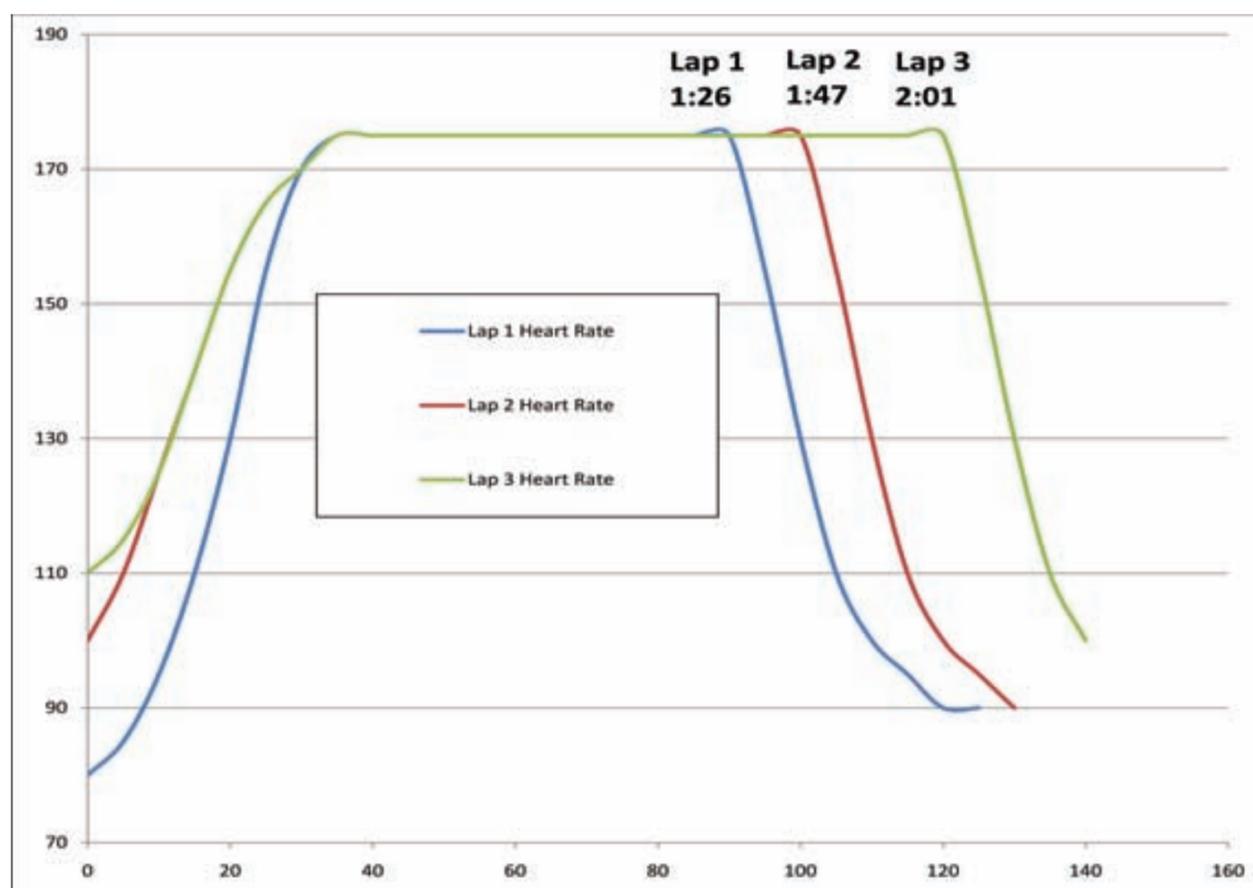
Mondays typically work well. If you don't have time to refine the schedule (i.e., your test is next week!) then you can use a target heart rate plan instead (run the first two laps at 80 percent max heart rate and accelerate from there.)

But make no mistake, no (successful) professional runner violates the negative split principle. 1.5 miles, 5K, 10K – the same theory applies.

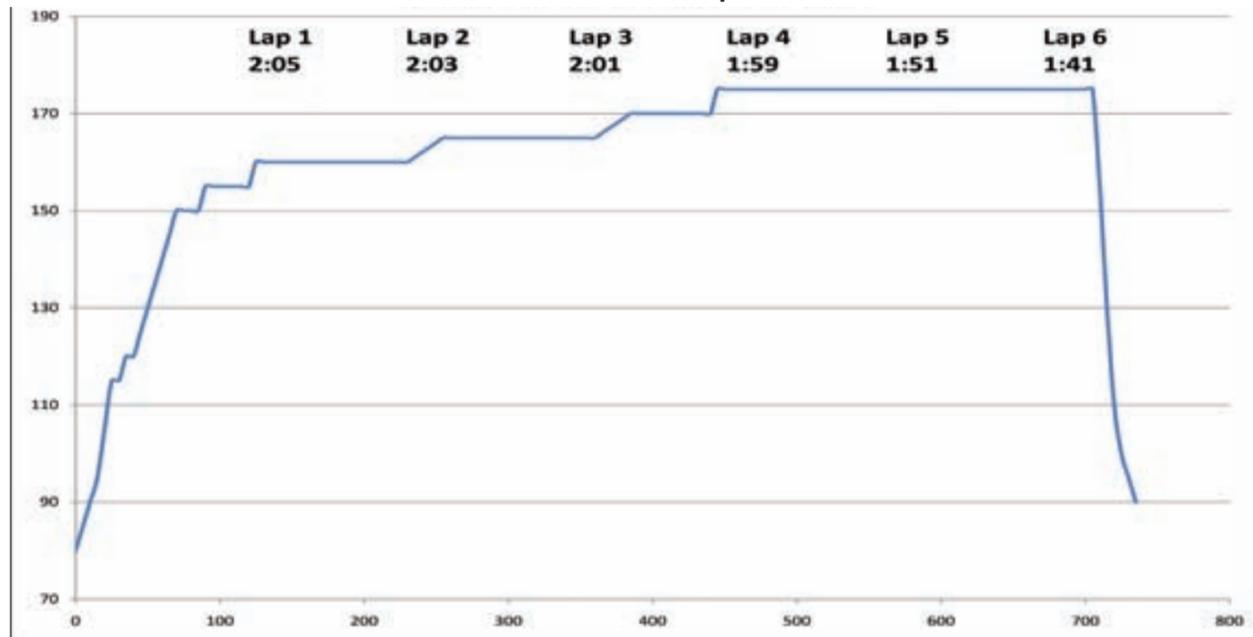
It's all a matter of negativity. Just ask any accomplished runner; you can't win the race on the first lap, but you can certainly lose it.

Now you know the "secret." You will put points on the board with this technique and get the best bang for your training buck on test day.

Training Run Times



1.5 Mile Heart Rate & Split Times



Critical time to roll up your sleeve and give blood

Next drive set for March 21-25

By Shawn Jacobs
Aerospace Testing Alliance

You would never expect it to happen to you.

But there you are – in an emergency room or on an operating table – in need of that life-saving fluid: human blood.

Fortunately, blood is usually available at local and regional hospitals, and it may have been donated by the person in the cubicle next to you at AEDC or an employee on the other side of the base.

It is relatively easy to donate blood at AEDC because two different blood supply organizations, the American Red Cross and Blood Assurance, alternate setting up bloodmobiles on the base, with each organization making two, week-long visits each year, according to Leslie Myers, a registered nurse at the CORE/ATA dispensary and event coordinator for the bloodmobiles.

“It’s really important to donate blood in general because there’s always a shortage,” Myers said. “Of course, O negative is the type they [especially] want ... because that’s the universal donor and they can give that blood to anybody without a type and cross-match. Blood is used on accident victims, cancer patients and surgical patients, and there’s always a shortage of available healthy blood for those people.”

Sean Armstrong, the Red Cross’ donor recruitment representative for Coffee County,

said the blood supply has been critically low recently, due to the holidays and several days of inclement weather earlier in the winter.

“We are under a National Emergency Appeal ... and so right now is a very critical time,” Armstrong said. “Christmas and summer are always the most difficult times for us to collect blood; it’s really a supply and demand issue.

“We collect about 25 to 30 percent of our blood from schools, and when they go out of session we watch our supply go away. During the holidays and the summer, sometimes folks will do more [medical] procedures, which will create more of a demand.”

A main difference between the Red Cross and Blood Assurance is the hospitals they serve. The Red Cross serves more than 60 hospitals throughout the Middle Tennessee area, including those in Nashville and Murfreesboro. Blood Assurance provides blood to many of the local hospitals in Coffee County and the surrounding area.

“I think this community should be grateful that we have two blood centers,” Armstrong said. “Coffee County’s perfectly positioned between Chattanooga and Nashville, so the citizens here ... can rest assured they’re surrounded by two great blood centers that can provide for their needs.”

Armstrong said the Red Cross has a great tradition at AEDC and



Shelly Cowan, system administrator for MIRATEK, donates blood during a recent Blood Assurance bloodmobile visit to AEDC. (Photo by Rick Goodfriend)

they have been coming for years because of the large population and donor base. He listed several motivations for people’s willingness to donate.

“Some of them are very personal,” he said. “They may have had someone in their life who has sometime needed blood. They say in a lifetime about 90 percent of us will need blood at some point.

“Other folks do it because they want to be a hero. One donation can save up to three lives. So each person comes for their own reasons, but it makes a tremendous impact in the community. It only takes an hour.”

The next blood drive on base will be March 21-25 with the

American Red Cross.

Blood Assurance will visit June 6-10.

Myers said the bloodmobiles make it as convenient as possible for employees to donate by visiting a different building each day.

“They do, and they stay here from 10 a.m. until 3 p.m.,” Myers said. “They’ll interview you and find out if you’re a candidate and then you’ll go to their bloodmobile and give. Most of the time supervisors are pretty [agreeable] with you missing work for that period of time to give blood.

“At the last blood drive, we had a total of 112 donors and they were able to get 109 productive units from that, which is a pretty

good amount of blood to help with individuals in need of that. I’m hoping there will be even more people come out this time and give.”

There has been much research toward finding a substitute for human blood, but it has been, for the most part, unsuccessful, according to Myers.

“If your blood count’s low they can give you a little fluid to get you by until you can get your blood, but true human blood is really the only thing they can use.”

ATA company policy requires employees to coordinate with their supervisors and use vacation or compensatory time when donating blood.

Participants in exercise competition find their limits

Push-ups, pull-ups, sit-ups bring out dedicated exercisers

By Patrick Ary
Aerospace Testing Alliance

They are three of the most basic exercises that can be done without weight assistance: push-ups, pull-ups and sit-ups.

Even though they can be done anywhere and without spending money on workout equipment, they are like any other form of exercise: eventually you reach a point where you can’t do anymore.

On Feb. 23 participants at the AEDC Health and Fitness Center tried to find that point.

The Push-up/Pull-up/Sit-up Competition at the Fitness Center brought out more than a dozen people who tried their hardest to get the most of each.

Throughout the day, participants could head to the center to do as many

reps of each exercise as possible in the space of a minute – a contest that was not for the faint of heart or the unfit.

“They were pretty spent,” said Joe Watters, the Fitness Center program coordinator. “It was kind of interesting to see. These guys come in and work out and do their routine, but to do something like that as a challenge of the moment thing ... these guys give 100 percent of what they have.”

Push-ups primarily work the chest and tricep muscles. The pull-up is the standard point of measure for back strength and sit-ups strengthen the hip flexors and abdominal muscles.

They are beneficial exercises, but Watters said they shouldn’t be done to the point of exhaustion for every workout.

“It’s definitely not anything you would do as routine,” he said. “You could do it every so often to check your numbers and see how you’re improving.”

Most of the participants

in the competition showed up in the evening after work.

Watters said everyone had a good time watching as they tried to best each other.

“There was good camaraderie, a lot of guys helping each other out, cheering each other on ... that sort of thing,” he said.

There was a three-way tie in the push-up competition, with Mike Lazalier, Buddy McFadden and Marine recruit Joshua Weaver all doing 75 in one minute.

Weaver and another Marine recruit, Michael McChesner, tied for first in the sit-up competition with 71 each.

Lazalier took home the pull-up portion of the competition.

His first attempt put him ahead of the pack with 25 in one minute, but Watters said Lazalier came back after his regular workout and wanted to try again.

He actually ended up doing four more for a total of 29 in one minute.

“That’s impressive,” Watters said.

Lazalier, an aeropro-

pulsion plants test asset manager at AEDC, says he was actually disappointed in his performance.

He says the workout he went through during the competition was different from his normal strength and endurance routine.

“Basically what you’re doing is running to failure until you can’t do anymore,” Lazalier said. “That’s attributed to a buildup of lactic acid, and I don’t usually do that so that’s probably where I ran into issues.”

The winners in each category received prizes from the Services Division.

Watters said the turnout for the first event was successful enough that he is considering holding another competition in the future.



Tech Sgt. John Bankston works for a few more pull-up repetitions during a competition at the AEDC Health and Fitness Center Feb. 23. (Photo by Patrick Ary)

Deadline for student scholarships approaching

There is still time to apply for the Jacobs Global Scholarship program. Deadline is April 1, 2011.

Scholarship Management Services is accepting applications for the Dr. Joseph J. Jacobs Global Scholarship Program.

Employees with students who would like to be considered for scholarships for the 2011-12 school year must apply by Friday, April 1, 2011.

Over the last two years, the Jacobs Engineering Foundation has awarded 40 academic scholarships of \$3,000 each from over 700 applications submitted.

This program was introduced in memory of founder Dr. Joseph J. Jacobs. His vision, leadership, and commitment to the business helped make Jacobs one of the world's

JACOBS™

largest and most diverse providers of technical, professional, and construction services. Dr. Jacobs showed a particular devotion to education and recognized the significant value of making higher education attainable for any child who sought it.

The program is independently administered by Scholarship Management Services, a division of Scholarship America.

Scholarship America is a nonprofit educational support and student aid service organization located in the United States.

Information on eligibility, the scholarship awards, the application, and the selection process is available on the AEDC Portal.

Click on the Employee Resources Tab, on the Human Resources panel (which is on the right hand side of screen), choose Human Resources Branch (at the bottom of the HR panel), then

choose Benefits and scroll down and select the Scholarship link.

It can be found as well as on Scholarship America's webpage for the Dr. Joseph J. Jacobs Global Scholarship Program at <http://sms.scholarshipamerica.org/jacobs>. If you have additional questions, feel free to reach out to Scholarship America or your local human resources representative.

U.S., Romanian forces join up for Carpathian Spring

By Tech Sgt. Jocelyn L. Rich
86th Airlift Wing Public Affairs

OTOPENI, Romania (AFNS) – More than 70 Airmen and Soldiers headed to Romania March 14, officially marking the kick-off of Carpathian Spring 2011.

The weeklong annual exercise was designed to strengthen the partnership between the U.S. and Romanian air forces, while also enhancing their individual capabilities through training scenarios that participants said are difficult to achieve at home station.

Members of the 37th Airlift Squadron, the 435th Contingency Response Group, the 86th Aircraft Maintenance Squadron, the 86th Aeromedical Evacuation Squadron and the 5th Quarter Masters Battalion are among the key members involved in this year's event held at Airlift Base Otopeni and Campia Turzii, Romania.

The first day of flying missions from Otopeni couldn't have gone better. The weather was cooperative, the crews were ready to go, and Lt. Daniel Motoroui, a Romanian air force pilot who was a special guest aboard a C-130J Super Hercules, said he was excited to be flying with the Americans for the first time.

"I am really looking forward to this; the weather is perfect," the lieutenant said. "I think we are going to fly over the village where I am from today."

Lieutenant Motoroui is a MiG 21 pilot who recently changed airframe specialties to the C-130.

"I have not flown one (C-130) yet; I am still in training," he said.

However, he has been flying with the Romanian air force for 12 years.

When asked how long he has been in the air force, he said, "I was born in the air force," because he comes from a long line of air force tradition.

"My grandfather was in the air force, my father is in the air force, and so was my uncle," he said.

Lieutenant Motoroui joined 37th AS members Capt. Justin Gripp and 1st Lt. Cory Killian on their mission from Airlift Base Otopeni to accomplish low-level flying through the Carpathian Mountains to Campia Turzii.

Once there, they picked up Romanian paratroopers and U.S. jumpmasters to perform a personnel drop over a landing zone nearby.

"It is always good to be able to interfly with other countries even though there are some unique challenges," said Captain Gripp of the minor differences due to procedures and language barriers.

Due to the combination of the weather, the skills of those involved and the overall cooperation, the mission was a success, according to participants.

"The mission today was



Staff Sgt. Jim Gettis pulls static lines into a C-130J Super Hercules after a successful static line jump of Romanian paratroopers that exited the aircraft March 14, 2011, over a landing zone near Campia Turzii, Romania. The jump was performed on the first day of Carpathian Spring 2011, an exercise where members of the U.S. military join their Romanian counterparts to learn from one another and strengthen alliances. Sergeant Gettis is a loadmaster assigned to the 37th Airlift Squadron. (U.S. Air Force photo/Tech. Sgt. Jocelyn L. Rich)

very good," said Col. Edward Watson, a 37th AS pilot and the deployed commander for the exer-

cise. "We met all of the Romanian objectives today and got all of the jumpers out safely."

Nominations for AEDC Fellows are due March 23

AEDC is currently accepting nominations for the 2011 Fellows Program with submissions due no later than March 23.

Established in 1989, the Fellows Program recognizes AEDC individuals who have made substantial and exceptionally distinguished technical contributions to the nation's aerospace ground testing capability at AEDC.

Since the inception of the program, AEDC has bestowed the center's highest honor to a grand total of 67 individuals (Fellows, Lifetime Achievement Fellows and Honorary Fellows).

AEDC Fellows nominations may be submitted by any present or former AEDC government or operating contractor/subcontractor employee.

All current or retired military, civilian and oper-

ating contractor and subcontractor personnel assigned or previously assigned to AEDC can be considered candidates for selection as an AEDC Fellow.

Candidates qualified for consideration as an AEDC Fellow must personally have made sustained, notable and valuable contributions in aerospace ground testing at AEDC.

AEDC Lifetime Achievement Fellow nominations may be submitted by any present or former

AEDC government or operating contractor/subcontractor employee. AEDC Lifetime Achievement Fellows are reserved for exceptional candidates and are not necessarily selected each year.

All current or retired military, civilian and operating contractor/subcontractor personnel assigned or previously assigned to AEDC can be considered candidates for selection as an AEDC Lifetime Achievement Fellow.

Candidates qualified for consideration as an AEDC Lifetime Achievement Fellow must personally have made notable and valuable lifetime contributions to AEDC in any area relevant to the AEDC mission.

Only AEDC Fellows may submit a nomination for an AEDC Honorary Fellow. AEDC Honorary Fellows are reserved for exceptional candidates and are not necessarily selected each year.

Candidates qualified for

consideration as an AEDC Honorary Fellow must have made sustained, notable, valuable and significant contributions to AEDC. These eminent individuals need not have worked at Arnold AFB.

Newly selected AEDC Fellows are honored annually on or about June 25, the birthday of General of the Air Force Gen. Henry "Hap" Arnold.

For more information including the format for AEDC Fellows nomination

submissions, contact AEDC Historian David Hiebert at (931) 454-4203. Nominations must be submitted in written form with supporting materials to: AEDC/CZ, 100 Kindel Drive, Suite A327, Arnold AFB, TN 37389-1327.



Arnold Golf Course 454-GOLF, 454-FOOD

Waffle fries are back on the menu at Mulligan's Coffee Bar & Grill by popular demand!

The 2011 AEDC Intramural Golf League will begin April 11. This year's league will be limited to 20 four-person teams that sign up. The format is 4-person team match play and a maximum individual 9-hole handicap of 13 has been established. Each team will play either Monday or Tuesday for 19 weeks.

There will be no league play on Memorial Day and Tuesday of that week. To enter, provide your team name, names of members, phone numbers and identify the team captain. All entries must be submitted by March 25. If you are interested in participating please contact J.T. Northcutt, 454-4771, or Lyle Sissom, 454-5199.

Spring Into Golf Special! \$26 April 1-30 (good seven days a week) Price includes 18-hole green fee, 18-hole cart fee, a hot dog and fountain soda – a \$35 value!

The **Commander's Season Opener 4-Person Scramble** is set for April 16 with a 9 a.m. shotgun start. Cost is \$25 and includes lunch. Green fee and cart fee are extra. Sign up in the Pro Shop by April 14.

Mulligan's Coffee Bar and Grill has an expanded breakfast and lunch menu as well as a great selection of popular beverages in store for customers. Hours are 6:30 a.m. to 2 p.m. Monday - Friday and 7 a.m. to 2 p.m. on Saturday and Sunday. A highlight is the "We Proudly Brew" coffee bar featuring Starbucks beverages including hot and iced coffee, lattes, macchiatos, frappuccinos, espressos, hot chocolate and a variety of teas. A convenient "to go" parking area has been created right outside the Mulligan's side door. A punch card program offers \$2 off any purchase after getting five punches (given with any purchase). The newest addition to Mulligan's is the installation of Wi-Fi.

Check out Arnold Golf Course on Facebook!

Arnold Lakeside Center 454-3350

Membership just got better. Air Force Material Command Family Fun Daze program is here. Arnold Lakeside Center will offer a **Family Game Night for members only** beginning at 5 p.m. March 26. Members and their families will enjoy a fun family night featuring board games such as Scrabble, Monopoly, Apples to Apples, Life, Yatzee, Clue and others. Games will be played in the ballroom and prizes will be awarded to each table winner. There will also be door prizes. Kids age twelve and under may enjoy a buffet of items such as pizza, hot dogs and mac n'cheese for only \$2. Others may enjoy half price selections from the Express menu or 12-inch pizzas.

Wednesday Lunch is available for dine in or carry out from 11 a.m.-1 p.m. Call ahead to 454-5555 to place orders. No delivery available. For better service, you may call on any day and preorder. Regular menu items available during lunch include specialty burgers, chicken tenders, salads and stuffed breadsticks. Call to see what other specials are available each week or check Sharepoint.

Second Friday Karaoke will be April 8 from 6-10 p.m. All ages are welcome from 6-8 p.m. but 8-10 p.m. is reserved for adults only. Dining room special will be 50-cent buffalo wings for members only served 4-9 p.m.

Movie nights are every Thursday with movie start time of 6 p.m. and dinner available from the Express or Pizza menus from 5-8 p.m. The schedule for April is: **April 7** – "Chronicles of Narnia: Voyage of the Dawn Treader," rated PG starring Georgie Henley, Skandar Keynes and Ben Barnes. Lucy and Edmund Pevensie return to Narnia with their cousin Eustace where they meet up with Prince Caspian for a trip across the sea aboard the royal ship The Dawn Treader. **April 14** – "Gulliver's Travels," rated PG starring Jack Black and

See Briefs, page H3

No Camper, No Problem If you like to camp but do not have a travel trailer, Outdoor Recreation can help

By Preston Martin
AEDC Services

Would you like to be sitting on a deck overlooking beautiful Woods Reservoir with the majestic Cumberland Plateau in the background?

For people without a camper this could only be done by tent or in one of our rustic cabins. Not anymore.

Outdoor Recreation would like to invite you to stay at their new permanent travel trailers they have on Dogwood Ridge next to Crockett Cove.

As you drive down the gravel road to Crockett Cove there will be a split in the road. If you take a left it will take you on top of Dogwood Ridge. Once on top of the ridge you will see the lodge, pavilion, trailers and parking lot.

There are six travel trailers which are 30 feet in length and sleep up to six people. They have water, sewer, electric and propane accommodations. Each trailer has a deck, picnic table, four chairs and a lake view.

The cost of renting each trailer is set up so the longer you stay the cheaper the cost. Pricing for one night is set at \$40, two night stay is \$75 and six night stay is \$185. The maximum stay is 14 days. If no one has the trailer reserved after your 14 day stay you can extend your reservation for a maximum of 14 more days. Anyone wanting to stay for extended amounts of time must have approval from Services upper management.

Pets are welcome; there is an additional \$10 per night fee, the renter is responsible for any damages and there is a three night minimum. For every reservation there will be a \$50 refundable cleaning deposit.

A kitchen set is available free of charge and can be picked up at Outdoor Rec building upon check-in. The set includes a variety of cooking and cleaning utensils, pots, pans, silverware, glasses, plates, bowls, Tupperware, toaster and coffee maker. Upon check-out the set will be returned, inventoried and inspected for cleanliness. For an after hour check-in the kitchen set can be dropped off in the trailer with the inventory list attached, to be filled out and returned to the Outdoor Recreation building at time of check-out. Check-in for the trailers is 2 p.m. and check-out is 11 a.m.

If you would like to stay in a little more rustic setting, Crockett Cove also has log cabins to rent. The five cabins come with a coffee maker, microwave, refrigerator and air conditioner unit. Two cabins will sleep up to six people, while three sleep up to four. For family or work functions Crockett Cove has two pavilions available for rent.

With a view of Woods Reservoir in the background how could you not want to enjoy the outdoors with Outdoor Recreation? Call 454-6084 for more information or to make reservations.



Outdoor Recreation shows their new permanent travel trailers they have on Dogwood Ridge next to Crockett Cove.

ALC plans trip to Nashville's Chaffin's Barn Dinner Theater April 29

Arnold Lakeside Center has planned an evening getaway to Chaffin's Barn Dinner Theater in Nashville to see "The Foreigner," a comedy by Larry Shue.

In a rural fishing lodge in Georgia, frequent visitor and British demolitions expert "Froggy" LeSeuer deposits a friend, a pathologically shy man named Charlie who is overcome with the thought of making conversation with strangers. (And the "strangers" couldn't be more strange: a sinister, two-faced minister and his red-neck associate, the minister's debutante fiancée and her half-witted brother, and the feisty proprietress of the lodge.)

Before leaving, "Froggy" tells everyone that Charlie is from an exotic foreign country and speaks no English.

Once alone, the fun really begins as Charlie overhears more than he should.

If you've never seen this perennial Barn favorite, you must. If you have, you'll want to see it again! Enjoy dinner before the show and then watch as the real magic begins, the lights dim and the stage descends from the ceiling.

Cost is \$55 if signed up by April 15. Cost will increase to \$60 if signed up April 15-22. Depart from the ALC at 4:30 p.m. and return approximately 12 a.m. This trip has all the elements for an outstanding night of fun located in one building and with transportation provided at a great price.

Chaffin's Barn Dinner Theater is rated one of the top 25 tourist attractions in Nashville. Call Melissa at 454-3303 to sign up for the trip. There must be a minimum of five to go and maximum participants allowed is 20.

Arnold Golf Course Customer Loyalty Program

Arnold Golf Course has established a new Customer Loyalty Program for golf advanced green fee players to start for the 2011 season. Purchase an annual green fee at Arnold Golf Course for 2011 and receive:

- 10 percent discount on Pro Shop merchandise

- 10 percent discount on cart rental
- 10 percent discount on Driving Range tokens
- 10 percent discount on food and beverage purchases at Mulligan's Coffee Bar & Grill

These discounts will be good during the 2011 season which runs April 2011

Outdoor Movie and Cookout planned for April 22 at ALC

Arnold Lakeside Center is going country April 22 with a Cowboy Cookout and outdoor showing of "True Grit". Dinner will begin at 6:30 p.m. with BBQ chicken leg quarters, potato salad, baked beans, chips, hot dogs, tea and lemonade served on the side patio. Cost is \$6.95 for members and \$7.95 for nonmembers. Enjoy the bluegrass acoustic sounds of The Loading Dock Boys during dinner and once darkness sets in the movie will begin (probably around 7:30 or 8 p.m.). "True Grit," rated PG-13, is the story of 14-year-old Mattie Ross seeking justice for the murder of her father. To aid her, she hires the toughest U.S. Marshal she can find – a man with true grit, Reuben J. "Rooster" Cogburn – to track down the killer, Tom Chaney. Mattie insists on accompanying him, and her faith is not boosted by his drinking, sloth and generally reprobate character. They are joined by Texas Ranger LaBoeuf who wants Chaney for his own purposes. The unlikely trio finds danger and surprises on the journey, and each has his or her grit tested. In case of inclement weather, the event will be rescheduled for April 30.

ALC Easter Fun in the Sun Picnic and Egg Hunt April 23

Arnold Lakeside Center will host a special Fun in the Sun picnic and egg hunt April 23. The picnic lunch will be served buffet-style on the patio from 10 a.m. to 1 p.m. and includes fried chicken, potato salad, baked beans, bag chips, cole slaw, mac-n-cheese, pecan pie and carrot cake. Cost is \$8.95 members, \$9.95 nonmembers and \$4.95 for ages 12 and under. This will be open seating, no reservations required. The egg hunt will begin at noon on the lawn with candy and prize slips inside the eggs, so don't forget your Easter basket. Prize slips will determine what prize is won. There will be three age brackets: 2-5 years old, 6-8 years old and 9-12 years old. The Easter Bunny will be present from 11 a.m. to 1 p.m. for photos with kids and families. This event will replace the traditional Easter Sunday Brunch. The ALC will be closed Easter Sunday.



Horizon is a Services Division publication designed to inform our customers of events and specials in Services Division activities. All program dates, times and prices are subject to change. Services Division mailing address is at 100 Kindel Drive, Suite C321, Arnold AFB, Tenn. 37389-3321

Services information written and provided by Tanya Heggard

This Services supplement is published by *The Tullahoma News*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the Air Force. This supplement is an authorized publication for members of the U.S. military services. Contents of this supplement are not necessarily the views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

Services Division is an exclusive area available to all AEDC personnel, active duty, retired military, National Guard, Reserve military and others as approved by the commander. Services activities include Wingo Inn (lodging), Arnold Lakeside Center, Outdoor Recreation (Marina, FamCamp, Crockett Cove), Golf Course, Family Member/Youth Programs and Fitness Center. Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a "members only" event. Membership remains a personal choice, however, only members are entitled to discounts and other benefits associated with membership.

through March 2012. This discount program is not to be used in conjunction with the Members First Plus discounts. Maximum discount allowed is 10 percent. Sale items and alcohol are not authorized for these discounts. Come by to purchase your annual green fee and get your card for a year of savings.

Services Division Phone Numbers

Area code 931 DSN 340

Services Chief	454-7779	Information, Tickets, Tours	454-3303	Barber Shop	454-6987
Services Deputy	454-5915	Wingo Inn	454-3099	Fitness Center (FC)	454-6440
Community Services Flight Chief	454-4062	Family Member/Youth Programs	454-3277	Golf Course (GC)	454-7076 or 454-GOLF (4653)
Complex Manager	454-3367	Family Child Care	454-3277	Mulligan's Coffee Bar & Grill	454-FOOD (3663)
Arnold Lakeside Center (ALC)	454-3350	Gossick Leadership Center	454-4003	Outdoor Rec (ODR)	454-6084
Arnold Lakeside catering	454-3350	Human Resources	454-5481	FamCamp	454-4520 or 6084
Hap's Pizza	454-5555	Marketing & Sponsorship	454-3128	Marina	454-3838 or 6084
Membership Information	454-3367	Recycling	454-6068		

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Customer Loyalty Program for golf advanced green fee players to start for 2011 season.</p> <p>Co-ed/Open League Softball starts May 2. Sign up by April 20. 454-6440.</p> <p>Chess Club and Mini Texas Hold 'Em Tournament coming to ALC in May.</p> 					<p>1</p> <p>FamY AF Teen Aviation Camp applications due FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Buffalo Shrimp and Crawfish, \$11.95 member, \$12.95 non member 4-9 p.m. ALC First Friday Jam Night, 6-10 p.m. FamY Movie Night, 5-7 p.m., age 9 and up, free popcorn, 454-3277</p>	<p>2</p> <p>ODR Mobile Car Wash, 9 a.m., GLC parking lot, \$25-30, basic detail inside and out, sign up by March 30, 454-6084 ALC NY strip with stuffed portobello mushrooms, \$20.95 member, \$22.95 non member, 5-9 p.m.</p>
<p>3</p>	<p>4</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>5</p> <p>ALC AEDC Woman's Club luncheon meeting 9:30 a.m. FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>6</p> <p>FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>7</p> <p>FC Cycle Pump Class – Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Chronicles of Narnia: Voyage of the Dawn Treader" PG dinner 5-8 p.m. movie 6 p.m.</p>	<p>8</p> <p>FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC .50 cent Buffalo Wings – members only ALC Second Friday Karaoke, 6-8 p.m. family time, 8-10 p.m. adult time</p>	<p>9</p> <p>ODR Air Force Arts & Crafts Gallery Showcase entries due ODR Paintball, 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 ALC Garlic salmon, \$13.95 member, \$14.95 non member, 5-9 p.m.</p>
<p>10</p>	<p>11</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>12</p> <p>FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>13</p> <p>FamY Air Force Space Camp and Air Force Teen Leadership Camp applications due FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>14</p> <p>FC Cycle Pump Class – Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Gulliver's Travels" PG dinner 5-8 p.m. movie 6 p.m.</p>	<p>15</p> <p>FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Peel-N-Eat Shrimp, \$10.95 members, \$11.95 non members, 4-9 p.m.</p>	<p>16</p> <p>ODR Spring Time Flea Market, Fitness Center parking lot, 9 a.m. – 4 p.m., booth space \$15, sign up by April 9, 454-6084 GC Commander's Season Opener 4-person scramble, 9 a.m., \$25 FamY Drum lessons start, \$50 for four 30 min sessions, 12-4 p.m., sign up 454-3277 ALC Filet mignon with strawberry spinach salad, \$21.95 member, \$23.95 non member, 5-9 p.m.</p>
<p>17</p>	<p>18</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.</p>	<p>19</p> <p>FamY Jewelry Fair, A&E Rm A123, 9a.m.–3p.m., all jewelry below \$20 FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>20</p> <p>FC Deadline to sign up for Softball League FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>21</p> <p>FC Cycle Pump Class – Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Country Strong" PG-13 dinner 5-8 p.m. movie 6 p.m.</p>	<p>22</p> <p>FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Outdoor movie and cookout: "True Grit" PG-13, BBQ Chicken and fixin's \$6.95 member, \$7.95 non member, dinner 6:30 p.m., movie begins at dark, western wear welcome</p>	<p>23</p> <p>ALC Easter Fun in the Sun picnic and egg hunt, lunch 10a.m.–1p.m. \$4.95 member, \$9.95 non, \$4.95 age 12 and under, egg hunt 12 p.m. with prizes and Easter Bunny ALC To go orders and pizza only; closed for special event</p>
<p>24</p>	<p>25</p> <p>FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m. FamY Sideline Sports Camp starts, M-F, 4:30-7:30 p.m., \$20, ages 9-16, sign up by April 20, 454-3277</p>	<p>26</p> <p>FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m.</p>	<p>27</p> <p>FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.</p>	<p>28</p> <p>FC Cycle Pump Class – Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FamY 4-H Meeting, 4-5 p.m. FC Zumba 4:15 p.m. ALC No movie night due to special event</p>	<p>29</p> <p>ALC Chaffin's Barn Dinner Theater trip, 4:30 p.m., \$55 thru April 15, \$65 April 16-22, sign up 454-3303 FC Body Pump Boot Camp 6 a.m. FC Piloga 11 a.m. ALC Lynchburg ribeye, \$15.95 members, \$16.95 non members, 4-9 p.m. ALC Last Friday Trivia Contest, 6 pm, teams of 4</p>	<p>30</p> <p>ALC Prime Rib for Two, \$34.95 member, \$36.95 non member, 5-9 p.m.</p>

Hours of operation

Arnold Lakeside Center – Special function luncheons available. Call 454-3350 for arrangements. Catering/Management offices Tuesday–Friday 10 a.m.–3 p.m.; Lunch: limited menu Wednesdays, 11 a.m.–1 p.m., call 454-5555 to place orders; Dinner: Arnold Express Menu or Hap's Pizza only Thursday 5–8 p.m., dinner 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., 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/Youth Programs – Tuesday through Friday 10 a.m.–5 p.m., Saturday 12–5 p.m., First Friday Movie Night 5–7 p.m.

Outdoor Rec – Main Office, Check In and Auto Shop Tuesday through Saturday 10 a.m.–5 p.m., Marina by appointment only.

Fitness Center – Monday–Friday 5 a.m.–9 p.m.; Saturday 8 a.m.–4 p.m.; Sunday 12–5 p.m.

Arnold Golf Course – Pro Shop 8 a.m.–5:30 p.m., Driving Range open 24 hours with prepurchased 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.

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

Barber Shop: by appointment – Monday, Wednesday & Friday 8 a.m.–2 p.m.; Thursday 8 a.m.–noon.

BX/Commissary customer eligibility

AEDC government civilian and AEDC contractor employees have access to the following limited items at the base exchange (BX): consumable items including toiletries and over-the-counter pharmaceuticals, food items such as candy, chips, little meal items, hot dogs and soft drinks. Alcohol and cigarettes are not included as consumable items. However, only active duty and retired uniformed services personnel and their dependents are eligible to use the base commissary next to the BX. The commissary hours of operation: Tuesday, Wednesday and Friday 9 a.m.–5:30 p.m., Thursday 9 a.m.–6:30 p.m. and Saturday 8 a.m.–4:30 p.m. The BX hours of operation: Tuesday through Friday 9 a.m.–5:30 p.m., and Saturday 8 a.m.–4:30 p.m. For more information contact Janie Warren, BX manager, at (931) 454-7153 or Jeff Lillard, Commissary manager, at (931) 454-3545.

AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for February 2011 totaled \$8,735.05.

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

Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a "members only" event. Membership is a personal choice. However, only members are entitled to discounts and other benefits associated with membership.

Briefs from H1

Jason Segel. Travel writer Lemuel Gulliver takes an assignment in Bermuda, but ends up on the island of Lilliput, where he towers over its tiny citizens. **April 21** – “Country Strong,” rated PG-13 starring Gwyneth Paltrow and Tim McGraw. Soon after a rising young singer-songwriter gets involved with a fallen, emotionally unstable country star, the pair embarks on a career resurrection tour helmed by her husband/manager and featuring a beauty-queen-turned-singer. Between concerts, romantic entanglements and old demons threaten to derail them all. **April 22** – **special Friday presentation outdoor movie and cookout** – “True Grit,” rated PG-13 starring Jeff Bridges and Matt Damon. A tough U.S. Marshal helps a stubborn young woman track down her father’s murderer. **April 28** – No movie due to special function.

Friday night dining room specials available from 4-9 p.m. April 1: Buffalo shrimp and crawfish, \$11.95 member, \$12.95 nonmember. First Friday Jam is 6-10 p.m. **April 8:** 50-cent buffalo wings (members only). Second Friday Karaoke 6-10 p.m. **April 15:** Peel-n-eat shrimp, \$10.95 members, \$11.95 nonmembers. **April 22:** Outdoor Movie Night & Cookout: BBQ chicken leg quarters, potato salad, baked beans, chips, hot dogs, tea and lemonade \$6.95 members, \$7.95 nonmembers. Special movie presentation of “True Grit” beginning at dark (approximately 7:30-8 p.m.) **April 29:** Lynchburg ribeye \$15.95 member, \$16.95 nonmember. Last Friday Trivia 6 p.m. ALC Friday Lent special goes through April 22: Grilled red snapper or tilapia \$11.95 member, \$12.95 nonmember. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Saturday availability and specials: April 2: NY strip with stuffed portobello mushrooms, \$20.95 member, \$22.95 nonmember. **April 9:** Garlic salmon, \$13.95 member, \$14.95 nonmember. **April 16:** Filet mignon (8 ounce) with strawberry spinach salad, \$21.95 member, \$23.95 nonmember. **April 23:** To-go orders only; closed for special event. **April 30:** Prime rib for two, \$34.95 member, \$36.95 nonmember. The dining room is open on Saturdays from 5-9 p.m. unless otherwise specified. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Trivia Contest returns 6 p.m. April 29 with a Food and Drinks theme. Teams can have up to four people. No cell phones are permitted during the event. Anyone using a phone

while a question is underway will be disqualified. A tutorial will be given at 6 p.m. to all participants prior to the start of the game. Six rounds of questions will be administered consisting of three questions in each round. Each round is worth 10 points. The teams with the most points at the end will win prizes. Ties will be broken by a trivia playoff.

Family Member/ Youth Programs (FamY) 454-3277

Join Arnold Youth Program as we start the new adventure of image making a comprehensive photography program designed for youth ages 6-18 years. Our club will consist of three different components: beginner, intermediate and advanced. Each component has eight sessions and embraces four different modalities for approaching photography. Each session of the **ImageMakers Club** will involve students in hands-on activities; examinations of photographs from current news media and from famous photographers; discussions of composition and intention; and practical drills to acquiring new skills. The club will also have an annual national photography competition. The annual contest will include five regional competitions as well as a national competition with separate categories for digital photography, photo essays and non-traditional, as well as traditional color and black and white. Whether it’s creating a self-portrait, documenting a family event or exploring the club itself, members will get involved on both sides of the lens. They will develop an understanding of the many roles – both artistic and vocational – that photography plays in our lives. And even when they don’t have a camera in their hands, club members will learn to see and appreciate the world around them through a new and more focused lens. Remember photography is a way of seeing, expressing, documenting and storytelling. Plan to meet weekly, twice a week or once every two weeks. The schedule will be created at the appropriate pace of the club members. The first scheduled club meeting will be 10 a.m. March 26. Join the ImageMaker Club today by calling 454-3277 to sign-up.

The **Air Force Teen Aviation Camp** is scheduled for June 4-9 at the Air Force Academy in Colorado Springs, Colo. Interested youth must complete an application and apply through Youth Programs. The intent of the camp and scheduled tours are to give attendees an experience that will help them determine if aviation or the Air Force Academy are areas they would like to pursue. Applicants may not have attended previous aviation camps.

This program is open to family members of active duty Air Force, other branches of the military assigned to or living on an Air Force base, Air Force retired military, Air Force civilian and contract employees and active Air National Guard or Air Force Reserve members. Transportation to the academy is the responsibility of the attendee if selected. Lodging, meals and activity costs are funded at no cost to the participant. All applications must be fully completed and returned to Youth Programs by April 1. Call for more information.

Youth Movie Night will be April 1 from 5-7 p.m. Ages 9 and up are invited to the Open Rec Center to watch a movie. There will be free popcorn, juice and water.

Air Force Teen Leadership Camp will be conducted July 11-15 at the University of Texas in San Antonio, Texas. Interested youth must complete the application and apply through Youth Programs. This is a five-day residential camp that will provide youth a glimpse of what university life is like while developing their leadership skills. Activities include team building, high/low ropes courses, conflict resolution, public speaking and more. This program is open to family members of active duty Air Force, other branches of the military assigned to or living on an Air Force base, Air Force retired military, Air Force civilian and contract employees and active Air National Guard or Air Force Reserve members. Transportation to the academy is the responsibility of the attendee if selected. Lodging, meals and activity costs are funded at no cost to the participant. All application must be fully completed and returned to Youth Programs by April 13. Call for more information.

The **Air Force Space Camp** will be conducted July 25-30 at the U.S. Space and Rocket Center in Huntsville, Ala. 48 scholarships are available for youth ages 12-18. Interested youth must complete the application and apply through Youth Programs. Applicants may not have attended previous Space Camps. This program is open to family members of active duty Air Force, other branches of the military assigned to or living on an Air Force base, Air Force retired military, Air Force civilian or contract employees and active Air National Guard or Air Force Reserve members. Transportation to Huntsville is the responsibility of the attendee if selected. Lodging, meals and activity costs are funded at no cost to the participant. All applications must be fully completed and returned to Youth Programs by April 13. Call for more information.

Drum Lessons will begin a new session April 16. Cost is \$50 for four 30-minute sessions and is open to ages 7 and up. Classes are held on Saturdays from 12-4 p.m. in 30-minute blocks for four-week sessions. Call to set up your time preference.

Welcome back Pretty Discoveries for a **Jewelry Fair** April 19 in the A&E building, room A123, from 9 a.m.-3 p.m. Now is the time to get something special for your loved ones for Easter, Mother’s Day, back to school, birthdays or any occasion. All jewelry prices are below \$20 and there will be door prize drawings for free jewelry. Pretty Discoveries also carries belts and handbags. The next jewelry fair is scheduled for Aug. 19.

Sideline Sports Camp scheduled for April 25-29 for ages 9-16 to be held Monday through Friday from 4:30-7:30 p.m. Cost is \$20 per child (second child receives 20 percent discount) and includes snacks and water. Deadline to sign up is April 20. Late registration fee will be \$25 and cancellation fee will be \$10. This camp is geared to teach youth the understanding of different sports and to have an appreciation for those sports as a lifelong skill. Youth will engage in Ultimate Frisbee, badminton, lacrosse, team handball, obstacle course and lawn games such as bocce, croquet, horseshoes and disc golf to name a few. In the event of inclement weather the program will move indoors for high- and low-impact games. There must be a minimum of 15 to sign up to hold the camp. Maximum participation is set at 45. Be sure your children wear comfortable clothing with closed-toe shoes.

4-H meeting is set for April 28 from 4-5 p.m. The 4-H program is for youth in fourth grade through 18 years of age.

Coming Soon: **Lock-In, Max-Out** – Take the Air Force Challenge for Teens May 13-14 for ages 13-18 years, spend the night in the Fitness Center and get to know our neighbor teens from Robins AFB and Ft. Campbell Army base; special presentation by Chef David Owens along with fitness activities and information. Call to sign up for this free event.

Fitness Center 454-6440

Pot O’ Gold Run/Walk will be March 30 anytime during regular business hours (5 a.m.-9 p.m.). This is “on your honor” for two laps around the Fitness Center trail. The first 25 to sign up receive an event T-shirt.

The Group Class

The Services insert to the High Mach is designed to inform our customers of events and specials in Services activities. All program dates, times and prices are subject to change.

Big 6 challenge may be completed anytime during April. Participate in at least one of all six types of classes offered – Cycle Pump, Yoga, Body Pump Boot Camp, Zumba, Pilates and Piloga – and earn an incentive prize.

Coed/Open League Intramural Softball to begin May 2. Sign up as teams or individuals by April 20. Games will be played on Mondays, Tuesdays, Wednesdays and Thursdays at 6 p.m., 7 p.m. and 8 p.m.

Outdoor Rec (ODR) 454-6084

Mobile Car Wash is coming to the GLC parking lot April 2 beginning at 9 a.m. Get a basic detail, which includes hand washing, wheel cleaning and dressing and inside vacuuming and dusting. Cost is \$25 to \$30 depending on the size of the vehicle. Anyone interested must sign up in advance no later than March 30, at which time you will be given a confirmation number to present to Dr. Detail to obtain your car detailing.

Paintball is set for April 9. Ages 10 and older are invited to play. Meet at Outdoor Rec. at 9:30 a.m. Cost is \$20 and includes lunch. Remember to wear long-sleeved shirts and long pants.

The **Air Force Arts & Crafts Gallery Showcase** entries are due April 9. Ages 6 to adult are invited to enter the Artist-Craftsman and Photography showcase. There are three age divisions within each category: youth age 6-12, youth age 13-17 and adult age 18 and older. There is a limit of three entries per person per category, for a maximum of six. Digital photographs and digital images of artist-craftsman entries must be in JPEG format, size 5x7 inches and no larger than 450 pixels at the long end. Submissions should be titled specifically and appropriately. All photos must be titled. Email entries to phillip.n.buckner@arnold.af.mil. This gallery showcase is not a contest; all submissions selected at base level

will be forwarded to headquarters who will then choose entries to forward to Air Force level for the gallery showcase website to be posted in the summer.

A **Spring Time Flea Market** has been scheduled for April 16 at the Fitness Center parking lot from 9 a.m.-4 p.m. Booth space is available to base personnel for \$15 per 8 ft. space and includes one table. Additional tables may be available for rent while supplies last. Deadline to sign up for booth space is April 9. An extra \$10 late registration fee will be accepted through April 14. Cancellations after April 14 are non-refundable. There must be a minimum of seven participants and maximum space allowed is 40 booths. Set up may begin at 7:30 a.m. and the area must be cleared no later than 6 p.m. This sale will be open to the public.

Coming soon: **Skydiving** is back on June 18 at the Tullahoma airport at 10:15 a.m. Meet at ODR at 9:15 a.m. Cost is \$15 per person. This trip is for ages 16 and older. Sign up by May 23. If interested in video or pictures of your jump you must request this at time of reservation. Additional charges will apply for this service.

Swimming Lessons have been scheduled for June 20-24 and July 11-15. Cost is \$15 per person and is for ages 6 months and older. The Parent-Tot Group (age 6 months to 4 years) will be held at 10 a.m. and ages 4 and up will meet at 11 a.m. Classes will be Monday through Friday for 50 minutes each at the ALC beach. Deadline to sign up is June 18 and July 9 respectively.

Wingo Inn 454-3051

The Wingo Inn Lodging Operation has transitioned to a **new Web-based reservation system** making it easier than ever for guests to book their stay. The system, called Defense Lodging System (DLS) has many advantages including the capability to make

online reservations at <http://www.dodlodging.net> as well as a direct link with the Defense Travel System (DTS) utilized for official temporary duty. Access to all Air Force Inns, around the globe, is available at <http://www.dodlodging.net>. Each installation will maintain a limited block of rooms accessible via the internet. The site provides contact information, photos of accommodations and other general information for each location. Reservations for the Wingo Inn can be made up to 120 days in advance. Active Duty, retirees, DOD civilians, Guard and Reserve, ATA employees and government contractors doing work on Arnold AFB are eligible to use the facility. The location is ideal for a weekend getaway, out-of-town guests and events such as conferences, family or class reunions. Bundled with one of many of the Services facilities including the Arnold Lakeside Center, Gossick Leadership Center, Golf Course, Information, Tickets and Tours and Outdoor Recreation, Lodging is ready to make your time at Arnold relaxing, fun and enjoyable.

AEDC Woman’s Club 455-5676

Dr. Lana Sievers, Governer Bredesen’s former Commissioner of Education and now dean of the College of Education at MTSU will be on hand at the April 5 meeting to award college scholarships to our most impressive applicants. The award winners will be present to tell us of their aspirations and accept the awards. These young people are our future so be sure to make a reservation for the meeting to support them. Make reservations by noon March 30 by calling Liz Jolliffe at 393-2552 or JAJolliffe@aol.com or Jane Ricci at 962-1378 or dickanjane@comcast.net.

This is a private organization which is not part of the Department of Defense or any of its components and it has no governmental status.

2011 Tournament Schedule

- April 11** AEDC Golf League begins
- April 16** Commander’s Season Opener (4-person scramble)
- May 5** Thursday Night Dog Fight begins
- May 14** Two-Person Triple Play Tournament (27 holes – 1 day)
- June 4** AEDC Law Enforcement Invitational
- June 25-26** AGC Member-Guest Tournament (36 holes – 2 days)
- July 23-24** Tullahoma City Open Championship (36 holes – 2 days)
- Aug. 27-28** AGC Club Championship (36 holes – 2 days)
- Aug. 30** AEDC Golf League ends
- Sept. 6** AEDC Golf League Awards Banquet
- Sept. 10** Petty Cup Match Play Championship begins
- Sept. 15** Thursday Night Dog Fight ends
- Sept. 17** AGC Member-Member Tournament (18 holes)
- Oct. 8** Season Ending Tournament (4-person scramble)
- Oct. 16** Petty Cup Match Play Championship ends

Junior Golf Camps

- June 20-24** AGC Junior Golf Academy (Session 1)
- July 18-22** AGC Junior Golf Academy (Session 2)