ATV employees notified about voluntary layoffs
By Kathy Gattis

ATA notified some employees May 9 that they could request a voluntary reduc-
tion in force (VRF) or a voluntary layoff. The company targeted some key areas where the work has decreased significantly in recent weeks and gave those employees a VRF letter May 9.

“ATA’s turbine engine test workload for this summer is shrinking up to be lower than originally projected,” ATA General Man-
age. Dr. David Elrod, said. “Specifically, the combined effects of the cancellation of the F-135 engine, the loss of the Rolls Royce Trent XWB iced test and delays in the F-135 test effort have resulted in our current position.”

The company targeted some key areas where the work has decreased significantly in recent weeks and gave those employees a VRF letter May 9.

ATA can accept or reject VRFs based on the number of employees volunteering, the required skill levels for current and future workloads and the timeliness of submission.

“Is our intent and desire to minimize involuntary reductions to the work force,” Elrod said, “and that is why we decided to offer the voluntary reduction in force program.”

This is the fourth time in two years the company has been forced to reduce in-staff. Since September, 2009, decreasing budgets and workload have resulted in the contractor workforce being reduced by the equivalent of 369 employees. Some of those reductions came through attrition, some through reductions in hours for part-
time employees, but a majority occurred through voluntary resignations.

ATA currently employs 1,924 people.
By Col. Michael Panari, AEDC Commander

Most of us in the aero- space business know this is a relatively small crowd, and consolidation has been the buzzword for years. This week, I had the pleasure of representing AEDC at NASA's Strategic Air Management Conference, and the event reminded me of just how important our "circle of friends" nationwide is.

But more importantly, my reinforcement in the historic town of Stuarts- ton-Min "Franklin: "We must, indeed, all hang together, or most assuredly, all hang separately." In this business, it's all too tempting to view our aerospace brethren as "competition" rather than "opportunity." There are other places to conduct testing, and of course we'll all have more fun. But without it, it would be a huge mistake to treat NASA, DoD, or any other government entity as a "competitor" in a business war.

Fortunately we realized that this year, and we have some policies in place that reflect the nature of our personal relationships with our government partners. We have informal agreements and relationships that are far more perfect than might be superficially imagined. But the real, far more effective far beyond any bureaucratic docu- ment ever could be. Just like any other relationship. Love and trust can grow, and occasionally, a frank discussion to put differences on the table. But in the end, we know what's important. I'd like to emphasize the importance of maintaining, and growing, our list of "strategic partners." While I prepared my briefing for the NASA, it evolved very close to the fact we face frighteningly common challenges. I suspect (in fact, I know) many of our other partners are in "the same boat." But if you're looking at the opportunities to overcome are becoming increasingly complex.

So why this friction? Why this worry? Why this need to be a team? To this, I usually say that I intend to do, and I need your help. And AEDC is in the forefront of the 60th anniversary of AEDC, and we keep coming back to this one place on the map in my-

Our people and a model of the workplace of choice for documented by our presidents and Vice President for our "Strategic Partners." And we have informal agreement that will be implemented for each of us to stand by the Secretary of Defense. And I need to keep sure that we face frighten- ing are not letting up. I'm one of the thousand of men and women in the service in the water as we can.

Don't fall into an isola- tionist mindset, particularly with aging infrastructure, budget cuts, and regional security plans.
Announcing AEDC's 60th Anniversary

AEDC is celebrating its 60th anniversary with a special glossy magazine issue of High Mach titled "60 Years of Progress." The magazine will be available online and in print. AEDC employees will automatically receive a copy of the magazine. Others may order copies online at www.arnold.af.mil or reserve a copy by June 7. Call (931) 454-5655 or e-mail af.mil to reserve a copy by June 7.

AEDC has made the following upgrades for the 60th Anniversary:

- AEDC's exterior will be repainted, and the name plate on the building will be updated.
- AEDC will have a new logo for the 60th Anniversary.
- AEDC will have a new website for the 60th Anniversary.
- AEDC will have a new social media presence for the 60th Anniversary.
- AEDC will have a new newsletter for the 60th Anniversary.
- AEDC will have a new annual report for the 60th Anniversary.
- AEDC will have a new calendar for the 60th Anniversary.
- AEDC will have a new brochure for the 60th Anniversary.
- AEDC will have a new gift shop for the 60th Anniversary.
- AEDC will have a new museum for the 60th Anniversary.
- AEDC will have a new art installation for the 60th Anniversary.
- AEDC will have a new educational program for the 60th Anniversary.
- AEDC will have a new community outreach program for the 60th Anniversary.
- AEDC will have a new employee recognition program for the 60th Anniversary.
- AEDC will have a new employee benefits program for the 60th Anniversary.
- AEDC will have a new employee wellness program for the 60th Anniversary.
- AEDC will have a new employee training program for the 60th Anniversary.
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We also discussed the report concept with our Air Force Communications Branch counterparts and the AEDC Civil Engineering community. With their support and understanding of the benefits of this information, we obtained the necessary approvals to begin report development.

The software, Oracle Business Intelligence (OBI), issued to report information from multiple information systems at AEDC through the base’s data warehouse. It has a wide variety of uses on base — and now it can be used to report energy usage. “We pull the usage data into the data warehouse and report it any way that adds value to the center,” Cox said. “You can manipulate the data in terms of how you display it, whether you look at summary level information, detailed information and so on. By creating the energy usage reports, consumption and conservation measures become visible to the base population at a minimal cost.” With the software and data, energy reports can be generated to see how much power is used in buildings throughout the day. It’s capable of getting the information every 15 minutes, but for the sake of keeping it simple it is currently monitored by the hour in the reports.

All of this was accumulated at no additional cost to the base, outside of the labor that went into setting up the reports in OBI. “There was no additional cost,” Mayes said. “It was just a question of priorities.” Cox said the reports have a potential for huge savings at AEDC, as the base moves toward more energy conservation projects. “This will give us the ability to see a before and after shot of pre-conserveration and post-conservation measures,” she said. “For example, there is currently a project that’s going to kick off pretty soon to install new light panels in one of AEDC’s existing buildings. By having the availability of the metered data using the old lights today, as soon as the new light panels are installed, we will be able to see the difference in the energy consumption in that building. So we can see the right way if it saves money and whether it’s something we should look at doing in other buildings.”

There are still some hurdles to overcome. Because the meter system is transmitting on a wireless network, it is affected by weather conditions like heavy rain and cold weather. McMenamin said depending on conditions, the time between readings may be from several hours to a couple of days. “We’ll have a big spike and the data kind of rolls all together,” McMenamin said. “That’s the biggest issue right now. We’re not getting the reliability on the readings that we would like.”

The wireless meter network also is currently closed off from the rest of the base network for security reasons. Information is put into the OBI system from hard-copy. McMenamin said she is trying to use all options to beat these issues, including hard-wiring the meter network. Whatever options are taken to deal with those issues, the data is still being collected. And with the OBI system, it will be around for a long time to help AEDC workers find ways to make the base more energy-efficient.

“They started collecting this data with these digital meters in October 2010, so that’s our starting point,” Mayes said. “Going forward, we’ll be able to keep the data in our data warehouse for years. So two years from now, you’ll be able to go back and see what your energy consumption was in fiscal year ’11 and fiscal year ’12. And in fiscal year ’20, you’ll be able to go back and see for the last five or 10 years what your energy consumption has been.”
AEDC teams raise thousands of dollars for cancer research

By Shawn Jacobs
Aerospace Testing Alliance

Two teams from AEDC, “Remember” and “Coins 4 a Cure,” raised thousands of dollars when they participated in last month’s Relay for Life.

The event, sponsored by the American Cancer Society, was held at the Coffee County Fairgrounds April 29.

The AEDC teams raised almost $8,000 for cancer research, and overall the event raised around $45,000.

Unlike last year, the weather cooperated, making this year’s event a more pleasant experience for everyone, according to Dee Wolfe, base liaison with the Relay for Life committee and education training specialist at AEDC.

Teams got to the event early to set up several fund-raising events, including bake sales, a bounce house, whack-a-car and carnival-type games.

“The survivor lap and caregiver lap are emotional times for the participants,” Wolfe said. “As cancer survivors circled the track, their friends, family and teammates were there to cheer them on.”

At least three AEDC employees – Wolfe, Rick Ferrebee, chief of services in the Mission Support Division; and Bryan Larson, food and beverage manager at the Arnold Lakeside Center – participated in the survivor lap.

“I was so proud of all the people who participated in the Relay event, and I hope the base’s participation continues to grow each year,” said Wolfe, who has headed up AEDC’s participation since 2009.
ATA

Overall Team Member of the Quarter

The overall team member for the quarter is Daryl J. VanCise. VanCise, assistant chief of fire prevention for AEDC’s first department, was recognized for his excellence in planning, directing and coordinating all activities of the technical services program. He was also recognized for collecting, analyzing and presenting key information used to quantify fire-risk severity and probability in 17 mission-critical test and test support facilities. VanCise also manipulated the Air Force Material Command Enterprise Information System to create a Fire and Emergency Services (FES) website that has become an invaluable management and operational tool for every member of FES.

VanCise
Nita Hargrove
Team Member Facilities Operations and Maintenance

Hargrove, technical specialist, was recognized for maintaining and upgrading all operations and maintenance work instructions for the mechanical section of various plant and utility areas.

Yoder, electrical engineer, was recognized for setting a high standard for himself and his willingness to share wisdom and knowledge with the young engineers who work with him.

Don Cornelius
Team Member Resource Provisoning

Cornelius, commodity specialist, was recognized for clearing up a significant backlog of new inventory requests, pricing errors and just about anything else dealing with inventory record accuracy.

Matthew Wilson
Team Member Information Technology and Systems

Wilson, administrative professional, was recognized for his tireless involvement on the Beyond Zero leadership team since its inception, including crafting scenarios that challenged supervisors.

Gayle Wason
Team Member Information Technology and Systems

Wason, administrative professional, was recognized for making significant changes to her work schedule and multitasking abilities to help maintain stability for other co-workers.

Clarence Rogers
Craft Team Member Integrated Test and Evaluation

Rogers, outside machinist, was recognized for using computational fluid dynamics calculations to determine whether a small-scale model would represent the aerodynamics of a full-scale version.

Robert Reed
Craft Team Member Resource Provisoning

Read, chauffeur, was recognized for his leadership and always thinking of other employees’ safety, including clearing snow from walkways in January.

Jason Waller
Craft Team Member Integrated Test and Evaluation

Waller, electrician, was recognized for his ability to track down electrical problem areas, as well as his abilities to fin problems and make processes more efficient and safer.

Marty Land
Craft Team Member Information Technology and Systems

Land, computer hardware technician, was recognized for developing a new preventive maintenance procedure to help extend the life of digital printing and imaging devices.

Scott Conrad
Craft Team Member Information Technology and Systems

Conrad, instrument technician, was recognized for significant contributions to ensuring PMEL test certification requirements from AFMETCAL’s Laboratory Certification Branch.

Brad Tucker
Craft Team Member Facilities Operations and Maintenance

Tucker, temporary working foreman, was recognized for his knowledge of the J-6 test cell and associated systems, which results in timely resolution of problems that come up in preparing for a test.

David Schwer
Customer Service – External Integrated Test and Evaluation

Schwer, project engineer, was recognized for developing new dynamic test techniques that led to a successful test outcome and a satisfied customer.

Randy Nicholson
Customer Service – External Integrated Test and Evaluation

Nicholson was recognized for his technical leadership in addressing the development and proofing of new Space Chamber test capabilities.

Leith McEntee
Customer Service – Internal Safety and Health

McEntee, industrial hygienist, was recognized for having a friendly attitude and going above and beyond to make sure her customers are taken care of quickly.

Bill Cox
Customer Service – Internal Performance Management

Cox, engineer/scientist, was recognized for establishing and delivering effective corrective action in response to found opportunities for process improvement.

May 20, 2011 • 7

Overall Craft Member of the Quarter

The overall craft member for the quarter is Kendall Layne. Layne serves as the alarm administrator and as a desk hold lead within the Base Defense Operations Center (BDOC) and Emergency Control Center (ECC). Layne’s attention to detail has created an environment of virtually error-free alarm and communications through his maintenance and troubleshooting ability for alarm systems and cameras on base. Layne also coordinated with both on- and off-duty Arnold Police officers during the Estill Springs tornado in the search for two missing persons, even though he had just been relieved of duty for the day.

Moufid Abouloumoun
Team Member Integrated Test and Evaluation

Abouloumoun, engineer, was recognized for using computational fluid dynamics calculations to determine whether a small-scale model would represent the aerodynamics of a full-scale version.

Layne

May 20, 2011 • 7

William McComb
Team Member Facilities Operations and Maintenance

McComb, administrative professional, was recognized for generating cost savings for other co-workers.

Letha McEntee
Craft Team Member Information Technology and Systems

McEntee, industrial hygienist, was recognized for having a friendly attitude and going above and beyond to make sure her customers are taken care of quickly.

Nicholas J. Layne
Team Member Protective Operations

Layne, alarm administrator, is recognized for his ability to think through a continuous improvement mindset and develop better methods to complete tasks safer and more efficiently.

Robert Reed
Craft Team Member Resource Provisoning

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Master Sgt. Michael C. Arena
Senior Non-Commissioned Officer-in-Charge

Sergeant Arena, medical aid station chief, was recognized for delivering superior base-level medical services, overseeing certification of tests in water contamination recovery and supporting on-base organizations and off-base charities.

Tech Sgt. John Bankston
Non-Commissioned Officer-in-Charge

Sergeant Bankston, financial services, was recognized for stepping up as Deputy Disbursing Officer and leading a three-man Financial Services Office team that resolved 280 tasks within a day of receiving them.

1st Lt. Jason Lackey
Non-Commissioned Officer-in-Charge

Lieutenant Lackey distinguished himself by performing flawlessly in more than 90 percent of all honor guard duties from Jan. 2011-March 2011.

Capt. Brandon P. Herndon
Company Grade Officer

Captain Herndon, flight systems test manager, was recognized for his work with the Wind Tunnel A return-to-service team, guiding Tunnel B tests for the Standard Missile-3 test and supporting Small Diameter Bomb II testing.

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ATA worker thankful for help after tornado

By Patrick Ary

According to a VMware employee, the tornado that struck the southeastern United States on April 27 was completely unexpected and caused widespread destruction.

The home of Billy and Cynthia Arnold near Athens, Ala., was reduced to a pile of debris when the tornado hit. The couple and their two children were able to escape the house, which was completely destroyed.

Arnold said his parents, Billy and Corrina Arnold, were visiting his grandfather in Huntsville, which was not affected by the tornado.

Employee’s family affected by storms

Parents' home destroyed while family was at the hospital

By Shawn Jacobs

A number of AEDC employees have been affected by the tornadoes that struck the southeastern United States on April 27.

Parents' home destroyed while family was at the hospital

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Employee's family affected by storms

Base employees head south to help

By Philip Lorenz III

The tornado that struck the southeastern United States on April 27 caused widespread destruction and affected many families.

The church attended by where you live, and you might be surprised by the support you receive from others on base, took part in a fundraising event to help the victims of the tornadoes. The event was a success, and many people stepped up to help and “pay it forward.”

Warren Mullinax and his son Greg look through what is left of the Bridgeport, Ala., home where Mullinax lived with his wife and two daughters. A tornado hit the house April 27, pictured below on the job in APTU, says the generosity of his co-workers has helped his family get through a difficult time in their lives.
By Philip Lorenz III

When ATA General Manager Dr. David Elrod recently announced his upcoming retirement from AEDC after a career spanning more than 33 years, friends and coworkers took the opportunity to share their thoughts and memories of him.

Dr. Elrod is a well-known, AEDC technical fellow for space sensors, and he attended David Lipscomb College in Nashville. During that time, he met his future wife while attending a lab there one summer. Lowry said, “He helped me when my car failed,” Lowry recalled. “I had to drive from Man- chester and I didn’t quite make it in time. He was my first real memory of him.”

In 1979, shortly after Lowry had joined the work force here. Soon after Lowry moved in the Mark 1 building, the two men began working together on a project which began in 1989.

Dr. Elrod began in 1989, David Elrod was AEDC’s first Technical Achievement Award recipient for his work generating a multi-year program and it went on for several years,” Dr. Elrod became Dr. John’s immediate manager.

Dr. Elrod is that he thinks logically through issues, and he'll help guard against making too abrupt changes, it'll be clear that he has the best interest of everyone and trust that the inputs and suggestions to Stepanek are easy to notice about him.

Dr. Elrod has made at AEDC in 1979 to work for the contractor, Sverdrup, and then began working as a senior vice president for Jacobs Technology.

Lowry said, “He has that ability to stay calm and think and say something that doesn’t react or influence him. He just tries to settle out the differences and come up with a plan.” In 1979, Dr. Ralph Jones, now AEDC’s director of technology and analysis branches within ATA Integrated Test and Evaluation Department, came to AEDC as he was finishing his doctorate.

“AEDC after a career span- ning more than 33 years, Manager Dr. David Elrod also shared some of Dr. Elrod’s thoughts and memo- ries. Their son John is also a student at Lipscomb.”

“Dr. Elrod was a lab assistant when, which went on for several years,” Lowry said, “That was a multi-year program and it was Central Test and Eval- uation Investment Program (CTEIP) Program and he became deputy manager. So, we claim that we are the Warhorse team.”

“Not only in me [but] everyone, it’s a personal thing,” he said. “He’s so gracious, kind and compassionate. He genuinely cares.”

Parties keep a stack of handwritten notes from Dr. Elrod, each one thanking her for the work she did on another award fee presenta-
tion. He does have confi-
dence and trust that the quality of his briefings is always there,” she said. “Not only in me [but] every-
body that he works with... he trusts to get things done right. Everyone we had an award fee briefing. If I wasn’t in his office, he’d leave a note which I’ve collected over the years because that’s the type of person he is... grateful of your support in helping to make AEDC the best place to work and developing talent.”

He was appointed gen-
eral manager when ATA be- came the major contractor to be at AEDC in 2003. Prior to that, in 2000, he was ap- pointed as general manager of Sverdrup’s AEDC Group and deputy general manager in 1997.

Dr. Elrod also serves as a senior vice president for Jacobs Technology. He was appointed gen-
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Before joining Sverdrup in 1995, Elrod was manager of the Applied Technology Program for Micro Craft and deputy general manager in 1997. That same year, Elrod was honored as an AEDC Fellow. Upon retiring from AEDC, Dr. Elrod will remain as vice presi-
dent of business develop-
ment at Jacobs Technology in Tullahoma.

“Dr. Elrod makes an effort to pursue a degree in en- gineering.”

“Dr. Elrod was the one who, when someone has looked at the right. Every time we had an award fee briefing, if I wasn’t in his office, he’d leave a note which I’ve collected over the years because that’s the type of person he is... grateful of your support in helping to make AEDC the best place to work and developing talent.”

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“Dr. Elrod takes part in a caption contest in 1995. (AEDC file photo)
On Memorial Day, take a lesson from the Old Guard

By Gen. Donald Hoffman
AFMC Commander

May 20, 2011

WRIGHT - PATTERSON AIR FORCE BASE, Ohio

– The exact origins of Memorial Day, originally called Decoration Day, are not known. It was officially proclaimed on May 5, 1868, by Gen. John Logan, national commander of the Grand Army of the Republic, that a day should be observed nationwide as a ritual of remembrance and reconciliation.

That first observance took place May 30th of the same year. In those days, Memorial Day was intended to honor the fallen soldiers of the American Civil War, but it was expanded after World War I to honor all Americans who had died in military service. Over the years, more than one million American Soldiers, Sailors, Coast Guardmen, Marines and Airmen have given their lives in defense of our great nation. That number continues to grow; we are still losing Americans in combat today. Certainly they all deserve to be remembered... and honored.

For many Americans, Memorial Day has become simply another three-day weekend or the unofficial kick-off to summer. But there are observances that retain the spirit of the ritual General Logan had in mind. For more than 60 years, just prior to Memorial Day weekend, the Third U.S. Infantry – The Old Guard – has honored our fallen heroes by placing an American flag in front of the grave markers of every service member buried at both Arlington National Cemetery and the U.S. Soldiers’ and Airmen’s Home National Cemetery.

As part of this yearly activity, Old Guard soldiers remain in the cemeteries throughout the weekend, ensuring that a flag remains standing at each grave stone.

I plan to stop wherever I am and whatever I’m doing on Memorial Day at 3 p.m. for the National Moment of Remembrance. I hope you will do the same.

By Gen. Donald Hoffman
AFMC Commander
A car that once was parked next to Warren Mullinax’s home in Bridgeport, Ala., was found sitting in a row of trees 50 yards away after a tornado destroyed his family’s home April 27. Even though his home was leveled, no one in his family was injured. (Photo provided)

MULLINAX from page 9

had even torn a neighbor’s mobile home to shreds and left the steel frame sitting where their garage was, twisted like a giant pretzel. “It was gut-wrenching,” Mullinax said. “What isn’t the devastation – I mean, anybody that has a family and loves their family knows about how I felt.”

Mullinax took out a week and a half off from work to salvage their personal belongings from the home. Now in the afternoons when he leaves AEDC, he heads back out to the site to continue cleaning up.

Along with salvaging items like photographs, clothing and some pots and pans from the wreckage, Mullinax has found more evidence of how strong the storms that day were. Along with the furniture in his house that wasn’t theirs, he has found items like car titles from as far away as Cullman, Ala. – which is about 95 miles from Bridgeport. He jokes about some of the odd and amusing things that the tornado left on his property, because it helps ease the pain.

“The neighbor across the road, his freezer was sitting up against a green car on the side yard,” Mullinax said. “I looked at him and told him ‘I’m going to call the police and have you arrested for throwing trash in my yard’.”

Also helping to ease the pain is the amount of support Mullinax says he and his family have received. He has only good things to say about Bridgeport’s fire department, community churches and his co-workers at AEDC. They were able to get clothing, meals and other assistance to help them get back on their feet immediately after the disaster. A veterinarian even took care of the family dog – which was found after the storm with a shatterred leg – free of charge.

“It hasn’t just been from my co-workers,” he said. “It’s been from the lead engineers to test engineers to everybody. Everybody has contributed clothes or money or something. It’s not just from my family, but low workers. It’s been everywhere from Dr. Elrod down, and I can’t say how much I appreciate it.”

Wade Rogers, Mullinax’s supervisor, says as soon as everyone heard the news they wanted to do something. Two days after the storm they drove down to Bridgeport to take him money they had gathered. Rogers said Mullinax – known by his co-workers as “Mule” because of his size – has a big heart to go with his big frame, and that’s why everyone felt the urge to help him.

“A lot of the craft people here have a long-term relationship,” Rogers said. “A lot of them have either been here a long time or have worked together on other jobs. They know each other personally on a long-term basis. A lot of them know each other’s families. It’s more than just seeing somebody at work. It makes you feel good to know that people step up and they aren’t afraid to help each other.”

For the first four days after the storm, the Mullinax family stayed at a friend’s home. Soon after, they moved into a home in Bridgeport that another AEDC employee had on the market to sell.

The level of generosity is not lost on Mullinax, who felt compelled to help others even though he had plenty of his own problems to deal with. Within two days of the tornado, he had washed all of the clothing he found at his home that he couldn’t wear anymore – and he dropped it off for distribution at a National Guard armory. He says it didn’t feel right to take things his family needed when others were suffering as well.

“We can afford to go out and buy a pair of blue jeans and a T-shirt and a pair of shoes and things like that,” he said. “I’m over here working on my property, being paid because I have vacation. There are people downtown working on their property and they have nothing. They’re not getting paid a dime.”

Another major hurdle has been explaining what happened to his daughters. Mullinax and his wife have tried to keep them calm by making sure they have other places to spend time other than the wreckage that was once their home. He said the girls have asked why it happened. He tells them God has intentions for them and they haven’t fulfilled yet. “They’re coming out of their childhood and will be teenagers soon, and they have their own thinking of what’s right and what is wrong,” he said. “You just have to have a conversation and explain it to them.”

Insurance adjustors are helping the family. Mullinax said soon they will be able to move temporary housing onto their property, so they can be closer to the work they need to get done. He expects it will take more than a year for his family to get settled back into a new home (complete with a new cellar, with new furn- iture, – and new memories to make.

“It’s just material,” Mullinax said. “The family’s still alive, and that’s what means the most.”

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Arnold, of Manchester, said he and his two brothers, Daryl, of Huntsville, and Randy, who lives in Athens, some friends who own a house in Athens that was not damaged and also a house in Florida. “They are down in Florida, so their home in Athens has been available [for the Arnolds to live in] until they find a more permanent place to live,” Arnold said. Arnold said his grandmother’s health is also improving. She had fallen out of bed two days prior to the storm and fractured her neck, but she is now in rehabilitation and expected to fully recover. Ironically, what seemed like bad luck for her at the time may have ended up saving all three people from injury or even death.

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AEDC had 43 volunteers assist athletes in 2011 Area #13 Special Olympics games, along with more than 250 other volunteers from five area counties. More than 275 athletes participated in this year’s track & field and bocce events April 29 at Tullahoma High School. Above, Janice Willis, a graphic illustrator with International Information Associates (IIa), celebrates with one of the athletes. 1st Lt. Rachael Clark, left, helps an athlete during the bocce event. (Photos by Rick Goodfriend)

Commander’s Fit Tip: Need a change? Start with a measurement

By Col. Michael Panarisi  AEDC Commander

If you’ve ever seen me at the gym, or on the track, you might have noticed I keep a lot of gadgets handy during a workout. Some might say I’m “fully instrumented.” Sure, I love gadgets. But more than that, I know that feedback is a critical part of our motivation. The gadgets provide that feedback in terms of effort level, energy expenditure, and most importantly, results.

But just like any tool, we have to use the right one for the right job. Even more importantly, we have to understand the “variability of the data” so we don’t jump to the wrong conclusions.

With that in mind, let’s explore some of the more common pitfalls to avoid should you decide to “wire up” for your next workout.

I once heard “if you really want to change behavior, you first have to measure it.” This advice was not intended for a wide audience of fitness aficionados, but instead a group of budding national strategists. But the concept is important for fitness as well. So the question is, what should we measure, and more importantly, how and how often? Fortunately, there’s plenty of advice out there, all dependent upon what you are trying to achieve. Woven throughout that long list however, is a common theme. “How often?” is the big question. In my opinion, too much may be just enough. Here’s why.

No measurement is perfectly accurate, nor is anything you are going to measure stable in your body. Think of the kinds of things you can measure. Blood pressure, pulse, weight, strength… all these can and do vary every day, and even throughout the day. So the “frequency” matters, particularly if you are looking for subtle changes.

The problem is, the more frequently you measure something, the more data you have to manage. The answer? Keep a log! Let’s say you’d like to lower your body fat, along with your weight. It turns out that in this quest we face two very different challenges. Body fat is a relatively stable attribute, but the measurements turn out all over the map. Weigh, on the other hand, is pretty easy to measure accurately, but it changes even during the course of a day.

To beat these foes, we need to measure often, and look not only at the values we record, but the trends they represent. It’s the “trend” that offers the vital feedback we’ve often overlooked.

The problem is, we tend to do just the opposite. We might jump on the scale once a week, and “declare” success on some pretty spotty data. At the same time, we could be disappointed if we looked at a fat reading, only to learn the number went up.

The truth is we just can’t rely on individual readings. We just have to put in the time and effort to get the data and look at it over time. Remember, your body responds to the changes you put on it very slowly. The great adapting machine takes time. So give yourself the time and the data to make informed conclusions about your progress, and any changes you might need to make in your routine.

I jump on the scale every day, and at the same time of day every time (first thing out of bed!) Body fat? Same thing, every day for about a week, then I “leave it alone” for about a month, then every day for a week once again.

Blood pressure? You need several readings a day for a week or so to get real intel on what’s going on there. And the list goes on. So if you really do want to make a change, get serious about the data and forget about individual readings.

Let the numbers tell the story over time, and in good time, you’ll see the real changes right before your eyes!
Golden Baton Relay June 22

The 28th Annual Golden Baton Relay will be held at 8 a.m. June 22. The race will begin on front of the A&E Building. The first six teams to sign up will receive event t-shirts. Prizes will be offered for the best five team name, best team cheer and best team sign up for more details.

Eagle Scout project improves biking trail

By Preston Martin

Arnold AFB Services

Ben Blowers lives in Tullahoma, where he attends East Middle School and participates in their wrestling program. In the fall season, he is also involved with the Boy Scouts of America (BSA) Troop 158. Ben has been working diligently in the past eight years to achieve the Eagle rank, which is the highest rank in the Boy Scouts. He is currently a Life Scout, which is one level below Eagle Scout. To achieve his goal, Ben has received 21 merit badges and completed his Eagle Scout service project. The Eagle Scout service project he chose was to build a shelter for the Mountain Biking Trail at Arnold. Ben finished the project Feb. 9, 2011. He began his project and permits to build the shelter. The project was completed when the last nail was hammered into place. Ben had a shelter with a bench on either side and a roof. He said that he was able to make the entire cost of $55 dollars. When entering the projects, anything that can be toted home in several elaborate schemes to “do in” Opal, themselves. The unsavory trio concocted plans and schemes that they employed for their personal gain, and these included murder, attempted murder, and theft.

Blowers claimed that “I wanted a place where people could come in, sit down, get out of the sun and have a table to put their food on,” Blow- ers said.

The group of 20 scouts worked on the shelter for two days. On the first day, they finished all the work. On the second day, they finished the rest. The project was completed on April 10, 2011.

Before construction began each day, Ben and the other scouts would make sure the walls were sturdy and that there was no room to play. Dinner is available from the Express or Pizza menus.

Arnold Lakeside Camp has planned an evening getaway to Chaffin’s Barn Dinner Theater in Nashville June 24 to see, “Everybody Loves Oopie,” a comedy by John Patrick. Opal Koonce, a middle-aged recluse, lives in a tumbledown mansion on a hilltop near a small town. She is a hermit who has been accepted by or enrolled in the Boy Scouts have shown Ben how to be a leader and what it has to offer. Being in the Boy Scouts has shown him how to be a leader by taking responsibility head-on. He is the troop’s safety instructor and the Chaplain’s Aid, which allows him to organize and run the troops safety briefings and church functions when they go on trips. Ben is a part of Troop 158, which is made up of all its members, because the troop has been around for 50 years and has been the first to help the community when natural disasters strike or local residents need assistance. Ben still has a couple of merit badges to complete before he can turn in his Eagle Scout application to the local Tennessee council, which is the review board for all scouts in Tennessee. A merit badge is awarded when the scout has successfully examined and completed tasks set by the BSA on certain subjects such as camping, medicine, golf, fishing, aviation and many others.

For the actuarial merit badge, the trip was the most fun, while the personal management badge was the most difficult to complete. To complete the personal management merit badge the scout has to keep a record of all his income and expenses for three months and simulate how long it would take to make an expense purchase, like the scout’s first car. In the Cub Scouts Ben was awarded the Arrow of Light, which is the organization’s highest rank and is the only badge a Boy Scout can wear on his uniform. It is also in the Order of the Arrow, which is an honor society within the BSA. He was invited into this society by his troop and currently in the Brotherhood membership.

The BSA is a great organization to be a part of, if the troop goes on many hiking, camping, and biking trips throughout the year and takes two annual trips for snow skiing and rock climbing. The BSA is for kids in the first grade through age 20. If anyone age 11 through 17 is interested in joining Troop 158 feel free to call Scoutmaster Frank Steege at 409-0951 or Committee Chairman Lance Baxter at 273-1564.

Golden Baton Relay June 22

The 20th Annual Golden Baton Relay will be held at 8 a.m. June 22. The race will begin on front of the A&E Building. The first six teams to sign up will receive event t-shirts. Prizes will be offered for the best five team name, best team cheer and best team sign up for more details.

The Fitness Center will kick off the Health and Wellness Expo May 23 at 1 a.m. 1/2 mile run at 11:15 a.m. The Expo will be from 11 a.m. to 3 p.m. with exposure and education on different dimensions of wellness. While visiting the booths, get a chance to try out some of the latest fitness equipment. All are welcome. Book fair returns June 22

Books Are Fun is back for a book fair from 9:30 a.m. to 3 p.m. June 22 in the Casual Dining Area, A125 and A127. Discounted selections include paperbacks, hard covers, educational, refer- ence, cookbooks, children’s items, gift selection and more. Save up to 75 percent off retail price.

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Outdoor Rec Skydiving Trip to Tullahoma Airport June 18

Who is daring enough to jump out of a perfectly good airplane? Tennessee Skydiving Adventures in Tullahoma is ready to make your dreams of flying a reality. This adventure will be tandem jump from approximately 14,000 feet. After just a few minutes of instruction you are ready to take the leap. In the air you will securely be fastened to one of their certified tandem instructors. Once the cost is $215 and is for ages 16 and older. Ages 16 and 17 must have written parental consent.

Meet Outdoor Rec at 9:15 a.m. Fin- ish time will depend on the number of participants. The minimum number of participants is 10 percent discount on cart rental 10 percent discount on Diving Range tokens 10 percent discount on food and beverage purchases at Mulligan’s Coffee Bar & Grill

First Plus discounts. Maximum discount used in conjunction with the Members Service information written and provided by Tanya Haggard C321, Arnold AFB, Tenn. 37389-3321

services is designed to inform our horizon

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June 2011

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1

Sunday...

4

Body Pump Boot Camp 9 a.m.

Cycle Pump Class – Endurance Cycling 11 a.m.

Cycle Pump Class – Zumba 11 a.m.

Cycle Pump Class...

Cycle Pump Class – Yellow shirt cycling 11 a.m.

Cycle Pump Class – Zumba 8 a.m.

2

Body Pump Boot Camp 8 a.m.

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Fuller Marathon – 454-5555

Fitness Center (FC) – 454-3367

Golf Course (GC) – 455-GOLF

Marketing & Sponsorship – 454-3128

Outdoor Recreation (ODR) – 454-6084

Wingo Inn – 454-3051

Community Services Flight Chief – 454-4062

Complex Manager – 454-3387

Arnold Lakeside Center (ALC) – 454-3388

Arnold Lakeside Center catering – 454-3350

FamCamp – 454-4522 or 454-6084

FamY – 454-6084 or 454-3388

Recycling – 454-6009

Ha‘ip’s Pizza – 454-5555

H2    May 20, 2011

Daily...

Member-Guest Tournament day two, 8 a.m.

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12 p.m. and dinner available. Movie start time of 6 p.m. Call 454-5555 to place order. Delivery fee $5. Available for delivery. For better service, you may call on any day and place your order. The menu rates your choice of one of the following entrees; spaghetti and meatballs, stuffed mushrooms, and stuffed pepperoni. Spaghetti and meatballs is served 4-9 p.m. $14.95 nonmember, $13.95 member. Stuffed mushrooms is served 4-9 p.m. $14.95 nonmember, $13.95 member. Stuffed pepperoni is served 4-9 p.m. $14.95 nonmember, $13.95 member.

Second Friday Karaoke
We play our Karaoke from 6:30-8:30. June 10: All ages are welcome and guests 8 p.m. -10 p.m. Regular menu items available during the Karaoke dinner include specialty burgers, fajitas, salads and stuffed breadsticks. Call to see what other specials are available each week or check Sharepoint.

Movie nights are every Thursday with movie start time of 6 p.m. Call 454-1830 to place order. Available from the Express Cafe Monday-Thursday 5:30-8:30. The schedule for June is:

Diamond Mine special with your meal is a menu item that is subject to change. No delivery to 454-5555 to place your order.

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**Family/Youth Programs**

American's Armed Forces Reserve Club
1565 West Valley Road, Suite 100
May 21 at 3 p.m. (June 26 at 10 a.m.)

The annual event celebrating Armed Forces Reserve families will be at the American's Armed Forces Reserve Club. The event will feature complimentary food and drinks. The proceeds will be donated to March of Dimes.

Outdoors and Gardens: Run for the Roses-

The 26th Annual ALC beach. Deadline to register is June 30. Entry fee is $125, $137 for those six months and older. (age six months to 4 years) to sign up to participate. The first six teams to sign up will receive a participant shirt. By preregistering, this eliminates the possibility of conflicts of interest. You may select as many applications as you wish, but different application is required for each child.

For more information, call 454-2142 or visit our website at: www.americanaskidsrun.org

**Fitness Center**

454-6440

The 26th Annual Golden Baton Reunion will be held June 8, 2011. Registration begins May 2. The race is held at 9:30 a.m. at the AEDC Fitness Center. The first 6 teams are free. Ages 10 and older are invited to participate. Cheerleaders will be on hand to present trophies and other真人补时 novels and animations. There is a $5 entry fee and each participant will receive a bib and a theme and activities. The entry fee includes lunch. AEDC Reserve Officers and Junior Reserve Officers can participate for free.

For more information, call 454-2277.

**Outdoor Recreation**

454-4604

For more information, call 454-2142 or visit our website at: www.americanaskidsrun.org

**Reservations for Wingo Inn** can be made 30 days in advance and require a 50% deposit. To confirm your reservation, visitors are encouraged to call 454-3051 for reservations.

The Services to the High Mach is designed to inform you of all the activities coming up. All programs, dates, times and prices are subject to change.

For more information, call 454-2142 or visit our website at: www.americanaskidsrun.org