



HIGH MACH

Serving the World's Premier Flight Simulation Test Complex



Vol. 60, No. 20

Arnold AFB, Tenn.

October 14, 2013

NASA awards Duesterhaus for outstanding leadership

By Raquel March
ATA Public Affairs

NASA Ames Research Center recently awarded the NASA Outstanding Leadership Medal to Dave Duesterhaus, currently the chief of the Technology Branch in the AEDC Test Division.

He was awarded for his outstanding leadership in the operation of the National Full-Scale Aerodynamics Complex (NFAC) which ensured the successful completion of critical NASA wind tunnel test programs.

Duesterhaus served as the NFAC director from 2008 – 2012. He led the NFAC in test programs such as the Mars Science Laboratory (MSL) parachute development and flight verification; the

Advanced Model for Extreme Lift and Improved Aeroacoustics (AMELIA); the UH-60A Individual Blade Control rotor and Airloads rotor; and the NASA Hypersonic Inflatable Aerial Decelerator (HIADS).

“The results from these tests have provided critical data for the development of both aeronautic and space systems,” said Dr. William Warmbrodt, NASA Ames Research Center Aeromechanics Branch chief. “Mr. Duesterhaus’ leadership and ability to effectively manage resources was critical to the timely completion of these important NASA test programs.”

Warmbrodt recognized Duesterhaus’ ability to communicate the complex missions to different members of government and the aerospace community.

“His direct collaboration with other government leaders, especially in the U.S. Army and NASA, has ensured a consistent understanding of the benefits and challenges of operating such a unique facility. Through his leadership, the NFAC was successfully able to complete 14 major test programs over the past four years, providing direct support to NASA, Defense Advanced Research Projects Agency (DARPA), U.S. Army, U.S. Navy, U.S. Air Force and the Department of Energy.”

Duesterhaus began his career at AEDC in 1972 with Sverdrup Technology, Inc. where he conducted applied technology on advanced test techniques for propulsion systems. He then joined the AEDC U.S. Air Force civilian staff in 1981.



Duesterhaus

J-6 paint restoration begins for 3 million gallon water tank

By Raquel March
ATA Public Affairs

The AEDC Test Support Division Civil Engineering Branch (TSDCN) has contracted Charlie Irwin Painting LLC to paint the interior and exterior surfaces of the J-6 Large Rocket Test Facility 3 million gallon elevated water tank.

The project plan, which supports the Space and Missiles Test Branch, is to replace a coating system that has reached the end of its service life.

“The interior of the tank will be blasted to remove the old coating system and recoated using an epoxy based primer and finish coat,” said Josh Cooke, an engineer with the AEDC TSDCN. “Since the interior of the tank is a confined space, the TSDCN consulted with the AEDC Fire and Rescue team to create a rescue plan as well as practicing rescue scenarios.”

J-6 provides ground-test simulations for solid-propellant rocket motors. The facility has been used mainly for aging and surveillance and in testing of stages II and III for Minuteman and Peacekeeper ICBMs and for Castor[®] 30.

Due to the high exhaust temperatures from a rocket during a test, an excessive amount of water is needed for cooling. The 185-foot high tank releases 1 million gallons of water per minute while testing.

The contractor’s notice to proceed with the project was issued Sept. 9 and the contractor is expected to complete the project by April 2014.



above: Members of the AEDC Fire and Rescue team are shown here simulating a confined space rescue by moving a rescue basket into the J-6 Large Rocket Test Facility water tank through the main discharge line at the bottom of the photo. This rescue simulation prepares the team for a paint restoration project ongoing inside the water tank. (Photo provided by Josh Cooke)



left: External view of the J-6 Large Rocket Test Facility water tank. (Photo by Rick Goodfriend)

October blood drive new schedule convenient for AEDC

By Raquel March
ATA Public Affairs

For past blood drive events at AEDC, personnel have taken personal time during their work day to donate blood. The Oct. 22-25 blood drive will offer an alternative schedule.

The October bloodmobile is sponsored by Blood Assurance and the blood drive will be conducted in four days instead of five. This drive will offer after work times or before work times for different work shifts. On Oct. 22 the bloodmobile will accept donors between 12:30 p.m. – 5 p.m. at the Propulsion Wind Tunnel; Oct. 23, 12 p.m. – 5 p.m. at the Carroll EAF Building; Oct. 24, 11 a.m. – 7 p.m. at the Administration and Engineering Building; and Oct. 25, 11 a.m. – 7 p.m. at the Main Auditorium. Employees may donate at any of the four locations during work hours with approval of the supervisor.

“Blood Assurance isn’t accepting donors on Monday [Oct. 21], and then offering extended hours after 3 p.m. to encourage more people to donate – those that don’t have time during the normal work day or second shift employees,” said

Leslie Myers, a Comprehensive Occupational Resources registered nurse for ATA.

Another incentive, besides the alternate schedule, will be offered by way of gift cards and a \$500 ATA donation.

“We will have four gift cards – one for each of the four days we’re on base,” said Vickie Shelton, Blood Assurance donor recruiter. “Each donor will register for the gift card and the drawing will be done by Leslie on Friday. She will notify winners and distribute cards. The cards will be from Wal-Mart.”

ATA General Manager Steve Pearson announced that ATA will conduct a \$500

school donation drawing for ATA personnel who donate blood. The winner will choose a school to receive the \$500 donation.

Shelton expressed that there is a more important encouragement to donate blood besides a gift card.

“Encouragement for donors should be that each donation could save up to three lives,” Shelton said. “Eighty-five percent of persons who receive blood never thought they would need it. Bottom line is we just never know. All donations thru Blood Assurance stay in county to local hospitals.”

See DRIVE, page 3



Blood Drive Schedule

Oct. 22	12:30-5 p.m. PWT
Oct. 23	12-5 p.m. Carroll EAF bldg.
Oct. 24	11 a.m. - 7 p.m. A&E bldg.
Oct. 25	11 a.m. - 7 p.m. Main Auditorium

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HIGH MACH

Arnold Engineering Development Complex
An Air Force Materiel Command Test Complex

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Commander

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High Mach is published by *The Tullahoma News*, a private firm in no way connected with the U.S. Air Force, Arnold Engineering Development Complex (AEDC) or Aerospace Testing Alliance (ATA), under exclusive written contract with ATA, complex support contractor, at Air Force Materiel Command's AEDC, Arnold AFB, Tenn., 37389.

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The *High Mach* office is located at 100 Kindel Drive, Suite B212, Arnold AFB, Tenn. 37389-2212. Editorial content is edited and prepared by AEDC support contractor ATA. Deadline for copy is Wednesday at close of business the week before publication.

This commercial enterprise newspaper is an allowable ATA contractor publication for personnel at AEDC.

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Core Values

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



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

Leadership about everyone moving 'up' together

By Chief Master Sgt. Thomas Stiles
60th Dental Squadron

TRAVIS AIR FORCE BASE, Calif. (AFNS) – You can find leadership lessons in the strangest places.

Some people search high and low, far and wide for mentors and wise sages with the hope of finding leadership enlightenment, the moment when everything in your supervision tool box finds a purpose.

For me, that moment didn't happen during a weeklong seminar, conference or executive boot camp. It happened moments before a mandatory safety briefing during a video montage used to occupy the crowd before the briefing starts. It was a simple YouTube clip and I almost missed it.

Like many people in the auditorium, I was engaged in pre-weekend conversation and wasn't paying any attention to the screen. The event emcee was still making script changes and hadn't given the "turn off cell phones and pagers" warning.

I stopped talking and found myself turned to the screen. The clip played, I listened and I learned. I looked around the auditorium with the same excitement I feel watching great football, "Did you just see that?" I had found something that tied my leadership expectations in a nice and neat, three-minute package. The video clip is titled "Up Time America" by the late Kim-

berly Alyn, a motivational speaker, and inspired this commentary.

I was taught since basic training that you have the responsibility to take care of everyone who has fewer stripes than you. This is the basis of servant leadership.

Once we allow our own credibility to waver and our integrity to buckle to protect ourselves at the expense of our subordinates, the entire team is weakened.

As leaders, we must be the voice. We must be the shield. We must strive to improve. This doesn't mean everyone gets a trophy. We also must deliberately deliver the hammer when needed. Our teammates deserve candor and transparency.

Accountability, credibility, resiliency and responsibility are the pillars of great leadership. However, I would say humility is the one trait that supports the trust bridge. The main goal of any supervisor should be to prepare, provide and prevent. Prepare them for the wartime mission by providing all the tangible and intangible things they need to accomplish the mission while preventing them from making the same mistakes you made. We must share our failures and successes for the greatest impact.

Respect those who have traveled the road before you and those who are

walking behind you. So often, we are too quick to dismiss veterans' ideas as experiences built in a different Air Force then turn around and dismiss a junior Airman's idea because they lack experience. We can't have it both ways. A true conscientious leader values the input of all.

The easiest things to fix seem to be the things we hold off on completing and then complain that the issue has given birth to more issues. No problem is too small for your position regardless of your pay grade. However, as a leader, you will never know problems exist until they are too large if your people don't feel comfortable coming to you. I have watched plenty of stubborn, inflexible, one-trick ponies fail because they thought they had "arrived."

One of the greatest lessons I learned from a dentist was the only thing more contagious than enthusiasm is lack of it. If you don't love what you do, your people will see it. You can't be the fat gym teacher and tell your students to run while you live on a steady diet of Krispy Kremes. Your actions tell the tale. How you deliver your message is equally important. If you want your co-workers to display professionalism, teamwork and compassion, show them what it looks like.

We are an all-volunteer force and we know what we signed up to do. We signed up to be an active

player in the greatest Air Force, representing the greatest country in the world. Fulfill your obligations to the best of your ability. Your teammates are counting on you. Don't spend too much time contemplating the obstacles. The ride won't last forever

so make the best of it. So there you have it, a short lesson on leadership. You can find knowledge in the strangest places. I have never met Kimberly Alyn, but I imagine she is someone who would make an appointment at the dental clinic and show up.



U.S. Air Force Memorial in Arlington

Leadership lesson: My biggest mistake as an NCO

By Command Chief Master Sgt. David Duncan
319th Air Base Wing

GRAND FORKS AIR FORCE BASE, N.D. (AFNS) – What was the most important leadership lesson you learned during your career? This question has been asked of me quite a few times as I get the awesome opportunity to speak with our Airmen around base. I have been asked this question from such groups as the First-Term Airmen Center, Airmen Leadership School and the Senior NCO Induction class this past July. I think they are expecting me to come up with some incredible quote or leadership principle from one of a hundred authors we have the chance to read during our times in professional military education. When answering this question, I usually set people back a little by telling the story of what I think was my biggest mistake as a young NCO.

Back in 1990, when I was a brand new staff sergeant, I thought the world revolved around me. Up to that point, I had been named the Squadron Airman of the Year, I was promoted to senior airman below-the-zone and had made staff sergeant in the second cycle of my first year eligible. Anyone with such an impressive resume

was all that and a box of chocolates. I fell into the trap of believing my own press.

One day, a young airman 1st class who worked on my engine crew came to work with a very strong body odor. Everyone on my crew was complaining to me about this situation.

Being the straight forward person I am, I sat him down and discussed this issue with him. My intent was to straighten this Airman out and make things right. It turned out the neighborhood he, his wife and four-month old daughter were living in was being torn down to allow for the construction of a new highway overpass just outside of the base. Theirs was actually the last house being occupied in this particular area. As a result, they had no electricity and no water. He had a house to move into in base housing, but wasn't able to get the key for another two weeks. However, he and his wife came from very poor families deep in the woods of Louisiana and they were quite content to "camp" for a few weeks until they could move to their new house.

I quickly realized just how bad I was at this whole leadership thing. Not only was I unaware of where

Anyone with such an impressive resume was all that and a box of chocolates. I fell into the trap of believing my own press.

my Airman even lived, I was unaware of this entire situation until this very discussion. In short, I failed my Airman and his family in a very big way. To make matters even worse, I was still selfishly only interested in taking care of his body odor condition only, mainly because I couldn't see the bigger picture that was put before me. I am embarrassed to admit all I could come up with was that he and his family begin using the fitness center for taking showers. There, problem solved.

When I let my supervisor, Tech. Sgt. Miller, know of my "brilliant" solution to this problem, he said something that sticks with me to this very day.

He said, "Staff Sgt. Duncan, that is the most stupid thing I ever heard come out of our mouth and you did

not earn your pay today."

Then he quickly proceeded to ask me some very basic questions concerning their ability to do laundry, wash dishes, provide healthy food, and even baby formula for their new daughter. I remember we had a very long and informative discussion about helping agencies and how it was my job as an NCO to know them and know how to use them. He was very disappointed in my performance that day. Long story short, Tech. Sgt. Miller, my Airman and I walked out of the housing office less than one hour later with a set of keys to his new house and the rest of my crew and I moved his family into their new house by the end of the day.

So the most important leadership lesson I ever learned in my career is very simple. Being an NCO or Leader is not about you. Rather, it is about everyone one around you. Surely, it is about the Airmen and their families who the Air Force trusts you to care for. It is not about having the right answer all the time. But it is about being smart enough and humble enough to admit that you don't know the right answer and you might be in over your head. It is about having situational

awareness and knowing you have resources and helping agencies all around you which are available to assist you in taking care of your people.

To be an effective leader one must know their people. A leader knows not just where their people live, but under what conditions they (and their families) are living. A leader is not concerned with building their resume. They are concerned with developing their subordinates to become the best Airmen our Air Force deserves. Where are your Airmen in terms of Career Development Courses, their Community College of the Air Force degree, physical fitness? How is your Airman's family doing? What is their spouse's name? What about the names of their children? What school does your Airman, their spouse, their children attend? How are their parents doing? What about their brother who has been sick lately, how is he doing?

The word sergeant means servant. NCOs are expected to serve the sons, daughters, nieces and nephews of our country. Those very moms, dads, aunts and uncles send their most precious gifts to us and expect us to be good stewards of these gifts. Be the good sergeant they expect you to be.

In the end, this Airman thanked me for taking care of his family and for the lesson I taught him about taking care of people. Tech. Sgt. Miller is the one who deserved all the credit for the final outcome of this situation. Truth be known, I should have been thanking both my Airman and my supervisor for the lesson they taught me that day – a lesson, which has stuck with me for the rest of my career.

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. Raymond Toth
AEDC Commander

AEMTC votes to approve new contract with ATA

By Kathy Gattis
ATA Public Affairs

The membership of the Air Engineering Metal Trades Council (AEMTC) voted today to accept a new collective bargaining agreement with the Aerospace Testing Alliance (ATA).

Members voted 292 to 180 in favor of the agreement.

The AEMTC represents 11 craft unions; the agreement will continue through Sept. 30, 2015.

“Both the company and the union have put much time and effort into working through this agreement and doing the best they could to balance the needs of the workers and AEDC,” ATA General Manager Steve Pearson said. “I’m proud of the team and

the work done by both sides.”

AEMTC President, Jimmy Nance, agreed.

“I am happy we were able to reach an agreement,” Nance said. “We looked at some difficult issues, and overall, I think our membership is pleased with what we did.

“Our craft work force is very proud of the work they do and

the contributions they make to our nation’s defense through the testing done at AEDC. They are dedicated to their jobs and are the best at what they do. I’d say they are one of the highest skilled work forces in this country,” Nance said.

“I also want to thank all of the committees for the long days and late nights and all of the effort that went into making this happen. I

want to thank all the members who voted – it was the largest voting percentage we’ve ever had.”

About 665 AEMTC represented employees work for ATA. The company employs 1,715 people and is one of middle Tennessee’s largest employers.

ATA became the primary contractor at Arnold Air Force Base on Oct. 1, 2003.

New Air Force app helps Airmen with workplace problems

By Tech. Sgt. Beth Anschutz
Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO – RANDOLPH, Texas (AFNS) – Airmen can now download an Air Force mobile application designed to help them better get at the root of workplace problems.

Air Force Smart Operations for the 21st Century, or AFSO21, is the Air Force’s eight-step problem solving method and the application puts AFSO21 resources right at their fingertips. The application, available for free download from the two most popular mobile marketplaces, provides a breakdown of problem solving steps with common tools and a rubric for each step. A glossary of AFSO21 terms wrapped up with tools and methodologies related to other problem solving models is also available.

The Air Force eight-step problem solving model is taught to Airmen through AFSO21 and Professional Military Education programs to generate efficiencies and improve combat capabilities across the Air Force. Although the application was developed with a focus on AFSO21 facilitators, any Airman will benefit from the application’s user-friendly steps when working through a problem.

“This application will make problem solving information more readily available to any Airman who wants to help improve processes within their organization,” said Dan Kjolhede from the Air Education and Training Command Chief Learning Office. “Instead of having to rely on a piece of paper, they can use their smart device. The steps are available to them anytime, anywhere.”

Process improvements come in different forms, from a quick fix to a more complex problem that requires time and coordination through several organizations. The AFSO21 application provides a one-stop resource with detailed information on each step in the problem-solving process and interactive tools providing users with an avenue to take photos, record data, populate charts and graphs, and store their inputs on their mobile device.

The AETC Chief Learning Office used this development project as a reconnaissance mission of sorts with hopes of paving the way for more applications. With service-wide budget cuts, the Air Force is transforming its training model to maintain its edge in education and training.

“Our mission is to transform education, and mobile applications will play a big part in that,” said A.J. Ranft, AETC’s Chief Learning Officer. “This was a great way for us to build a mobile device framework for use in the future.”

Although the CLO team learned a lot through the application development process, they hope to gain even more information from the users.

“Feedback functions are embedded into the application,” Kjolhede said. “We’re looking forward to feedback from our users to make this application even better.”

According to the CLO, the bottom line is facilitating better problem solving.

“It’s very helpful to have a reference and to go through the problem-solving steps instead of just jumping to a solution ... that’s what we tend to do,” Ranft said. “The Air Force has sanctioned this methodology for problem solving and this application gives all Airmen a resource to really work through problems effectively.”

There are two AFSO21 applications available on the market, so Airmen should search their smart device’s application store for “AFSO21” and choose the application developed by Griffin Mobile. The Griffin, the 367th Training Support Squadron at Hill Air Force Base, improves Air Force combat capability through world-class interactive multimedia instruction for aircraft and munitions maintenance training for Air Combat Command and Air Mobility Command. The application is also searchable by the terms Lean Six Sigma, Continuous Process Improvement, CPI, Smart Operations, Air Force, AETC or DMAIC.



Airmen can now download an Air Force mobile application designed to help them better get at the root of workplace problems. The AFSO21 application, available for free download from the two most popular mobile marketplaces, provides a breakdown of problem solving steps with common tools and a rubric for each step. (U.S. Air Force photo/Tech. Sgt. Beth Anschutz)

AF Materiel Command promotes Depression Awareness Month

AFMC Wellness Support Center

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – During the month of October, Air Force Materiel Command will promote Depression Awareness. Depression is a common and treatable condition that, if left unrecognized, can lead to behavioral health issues and possibly suicidal thoughts and behaviors.

“The primary goals of this mental health awareness campaign are to educate the workforce about the signs and symptoms of depression, offer anonymous behavior health screenings, and promote the availability of support services,” said Greg Chadwick, AFMC’s Wellness Coordinator.

According to the National Institute of Mental Health, symptoms of depression may include:

- Feeling sad or “empty”
- Feeling hopeless, irritable, anxious, or guilty
- Loss of interest in favorite activities
- Feeling very tired
- Some difficulty concentrating, remembering or making decisions



- Thoughts of suicide and suicide attempts
- Persistent physical symptoms such as headaches, digestive disorders, or chronic pain

If you are experiencing some of these symptoms consistently, for at least two weeks, you may be interested in a depression screening. An anonymous and voluntary mental health screening tool is offered on our website, AFMCwellness.com. Screening results are not a diagnosis, but are provided so participants may quickly and easily find out whether or not a professional consultation would be helpful.

If you or someone you know

is experiencing signs of depression, help is available. Military OneSource is an option for military members, spouses, and dependents. For more information call (800) 342-9647 or visit www.militaryonesource.com. Active duty may also contact their local mental health clinic for services.

Civilian employees can contact the Employee Assistance Program for free, confidential counseling services at (800) 222-0364 or via the EAP website at www.foh4you.com.

For more information about depression education materials, visit AFMCwellness.com, or contact your local Civilian Health Promotion Services team.

Army & AF Exchange Service supports service members during shutdown

DALLAS – Although many services on military installations have closed or curtailed operations, as a result of the federal government shutdown that began on Oct. 1, the Army & Air Force Exchange Service remains open to support service members, retirees and their family members.

“Some of our military installations are located in rural areas, with a few located as far away as a two hour drive to a major metropolitan area. So when, as result of the government shutdown, the on-base commissaries and other appropriated funded services close, the Exchange is able to step up and provide an outlet for service members to purchase essential items,” said the Exchange’s Deputy Director Maj. Gen. Joseph S. Ward.

He added, “The Exchange has worked with its vendors to keep Express convenience stores well stocked with customer essential items, such as diapers, bread, milk and frozen food, during this period of higher demand as a result of commissary and dining hall closures (overseas commissaries remain open).”

The Exchange goes wherever service members work or live and operates facilities during contingency operations, such as in Afghanistan, when military personnel responded and assisted in Hurricane Sandy in 2012 or during the current government shutdown.

“We are proud of our ability to respond whenever the need arises; whether it is a contingency, disaster relief or a government shutdown, the Exchange stands ready to answer the call,” said Ward.

The Exchange operates facilities for service members, retirees and their families in more than 30 countries, 50 states and five U.S. territories. Nearly two-thirds of the Exchange’s earnings are given back in the form of dividends to the Army and Air Force to support morale, welfare and recreation programs on military installations.

“All of our stores, including our website <http://www.shopmyexchange.com>, are open during this government shutdown providing tax-free shopping with quality products, including name brands at convenient prices too,” added the Exchange’s Chief of

Staff Col. Tom Ockenfels. “The Exchange is largely unaffected by the shutdown as it is a non-appropriated funded instrumentality,” said Ockenfels. “This means nearly 97 percent of the Exchange’s funding is generated by sales and three percent from tax dollar support.”

“By operating the Exchange as a non-appropriated funded instrumentality with 97 percent of its operating budget funded through sales, while providing dividends back to help service members and their families and to support quality life programs, we saved American taxpayers \$688 million last year,” said Ockenfels.

The Exchange’s worldwide facilities, including 131 main stores, 174 Military Clothing stores, 72 movie theaters, 850 specialty stores (Express convenience stores, gas stations, troops stores, Class Six outlets, bookstores, etc.) and 1,590 quick serve restaurants, such as Taco Bell, Subway, Burger King, Popeye’s and Starbucks remain open to support service members and their families during this shutdown.

DRIVE from page 1

“Many donors report that they feel better after donating blood. Sometimes it is a physical reality, but many times it is psychological – knowing they are helping others.”

To be eligible to donate, you must be at least 17 years old (16 years old with parental consent), weigh at least 110 pounds and be in good health. The process usually takes about 30 minutes and includes a complimentary snack and t-shirt. Donors are asked to drink plenty of fluids - avoiding caffeine - and eat a meal that is rich in iron prior to donating.

Blood Assurance is a non-profit, full-service regional blood center serving more than 50 health care facilities in Tennessee, Georgia, Alabama and North Carolina. Founded in

1972 as a joint effort of the Chattanooga-Hamilton County Medical Society, the Chattanooga Area Hospital Council, and the Chattanooga Jaycees, the mission of Blood Assurance is to provide a safe and adequate supply of blood and blood components to every area patient in need.

Blood Assurance is licensed by the Tennessee Department of Public Health, the Georgia Department of Human Resources, the Alabama State Board of Health and the U.S. Food and Drug Administration.

For more AEDC blood donation guidelines and information, contact Myers at 454-5387.

Scan the QR code on page one using a smartphone to view the Blood Assurance video *Yesterday*.

Do your part – Please recycle this paper after reading!



TSP operates during shutdown

By Airman 1st Class Alexander Riedel

Air Force News Service

FORT GEORGE G. MEADE, Md. (AFNS) – As the closure of government offices and activities continues, the Thrift Savings Plan, the retirement savings program for federal employees and members of the uniformed services, will carry on operations.

Since neither the TSP nor the Federal Retirement Thrift Investment Board depend on congressional appropriations, investment activities will continue as usual, according to a TSP news release. In addition, current investments and resulting gains are held in trust for the participants and neither congress nor the administration has access to the funds.

If military pay and allowances for uniformed members will continue, so will any scheduled contribution allotments to the TSP funds. Civilian employees, on the other hand, have options to consider when it comes to additional furlough days.

Because the shutdown is expected to last only a short time, government agencies should not send a Form TSP-41, Notification to TSP of Nonpay, the release stated.

While federal employees are not paid during a furlough, TSP contributions from pay deductions will also stop and any contribu-

tions to Federal Employees' Retirement System accounts will likewise be halted.

For those needing to access their previous TSP contributions to supplement for missing income during the furlough, TSP hardship withdrawals, limited to the individual's financial need, are possible. While such withdrawal may seem like a convenient way to fill a short-term gap in income, premature withdrawals will prevent members to contribute income for six months and may incur a 10 percent early withdrawal penalty. This type of withdrawal cannot be repaid and will permanently reduce TSP accounts.

Alternatively, participants may be eligible to apply for a TSP loan, which enables the borrower to repay their own TSP account and therefore still accrue earnings on their contributions once they are repaid – with interest on the loan. The loans generally require a repayment through payroll deductions, with the first payment due before the 60th day after the issue of the loan. Employees may therefore only take a loan against their TSP if a furlough (and time without pay) is expected to last less than 30 days; borrowers would still be responsible for payment if the a shutdown were to extend beyond 60 days.

Upgrade gives B-52 more teeth

By Airman 1st Class Joseph Raatz

AF Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. (AFNS) – The B-52 Stratofortress is set to receive an upgrade that will significantly increase its weapons payload, officials said.

The initial 1760 Internal Weapons Bay Upgrade will allow the B-52 to house up to eight advanced precision-guided Joint Direct Attack Munitions in its internal weapons bay, in addition to the 12 it can currently carry on exterior weapons pylons.

"It will increase the B-52's overall carrying capacity by 67 percent," said Alan Williams, the B-52 Deputy Program element monitor at Air Force Global Strike Command.

The 1760 IWBU is based on rewiring the existing B-52 launcher into a Common Rotary Launcher, which carries the munitions and is housed in the B-52's bomb bay. The rewiring allows the B-52 to communicate with the newest weapons in the Air Force's arsenal.

"Military Standard 1760 is the technical name," Williams said. "It determines how the wiring will be laid out and what signals will go through them. It's similar to your home's internet connection; you need a specific type of wiring to access the signal and a software agreement as to what those signals will be. Without that correct type of wiring and the software agreement, your computer can't talk to the internet."

While the B-52 has long been able to carry JDAMs and other cutting-edge weapons from that fam-

ily, on an exterior pylon under each wing, the interior weapons bay was not equipped to communicate with those types of munitions.

"The system uses a digital interface," Williams said. "Then there's a software piece called a storage management overlay, or SMO. We currently have the SMO that can talk to the weapons on the wing. With the new wiring in place, we're now going to be able to change the software to also allow for communication with those weapons in the bomb bay."

The addition, the wiring in the internal weapons bay also lays the ground-

work for future expansion to other advanced weapons.

"By having 1760 in the bay, it allows us to upgrade the aircraft," Williams said. "As new J-Series weapons come onboard, all we have to do is rewrite the software and add those weapons to the aircraft inventory. For instance, increment 1.2 will add the JASSM-Extended Range missile and the MALD-J missile into the complement in the bay," Williams said, adding that these missiles will bring greater mission flexibility to the B-52.

A contract for Engineering and Manufacturing Development has been awarded to Boeing to develop and produce six

of these upgrades by April 2016. After those have been installed and tested, a new contract will be awarded for procurement of an additional 38 units.

All 1760 IWBU's should be online by October 2017, Williams said. With them, each B-52 will bring much more firepower to the fight.

"Now instead of three aircraft carrying 36 weapons, we can have two aircraft carrying 40 weapons," Williams said. "That lowers your number of crews for a mission, and lowers your fuel requirement, or it gives you the option to be able to put more weapons on target with the same number of aircraft. It will make us more efficient and more responsive to the warfighter."



Senior Airman Gregory Quailer speaks with Acting Secretary of the Air Force Eric Fanning about a Guided Bomb Unit during the secretary's visit Aug. 14 at Barksdale Air Force Base, La. Airmen from the 2nd MUNS spoke with Fanning about the GBU, the DATM-160 Miniature Air Launch Decoy and the Massive Ordnance Penetrator – all munitions the B-52H Stratofortress is capable of launching. Quailer is a conventional maintenance crew chief with the 2nd Munitions Squadron. (U.S. Air Force Photo by Senior Airman Micaiah Anthony)

Check out what the Air Force is doing on social media!

The Air Force Social Media Program includes key social networking websites where the Air Force engages with Airmen, families and the general public. Here are a few links to official Air Force social media pages:

Social Media Directory

<http://www.af.mil/socialmedia.asp>

Air Force Live Blog

<http://airforcelive.dodlive.mil>

Facebook

<http://www.facebook.com/usairforce>

Flickr

<http://www.flickr.com/usairforce>

Twitter

<http://www.twitter.com/usairforce>

YouTube

<http://www.youtube.com/afbluetube>

Vine (for mobile iOS, Android devices)

@usairforce

Instagram

<http://instagram.com/officialusairforce>

New F-35 fighter creates culture for 21st Century and beyond

By Rich Lamance
Air Force News Service

EGLIN AIR FORCE BASE, Fla. (AFNS) – She didn't have a smudge on her. Not a leak found anywhere. She even had that "new jet smell." Skies were blue, everything was perfect. Those were the conditions on that July day in 2011 when Lt. Col. Eric Smith took off from the Lockheed facilities at Fort Worth, Texas, in the first operational F-35 to fly to its permanent home at Eglin Air Force Base, in the Florida panhandle. And the rest, according to Smith, who would go on to pick up three of the first six F-35s from the factory, is history.

"It was just a great day – I was just a little bit nervous because I knew that if I messed it up it would be on the front page of every newspaper in the country," said Smith. As he approached the runway at Eglin, he found bleachers full of people and a red carpet rolled out to signify the beginning of an era for not only the plane, but for the newly reorganized 33rd Fighter Wing, Eglin Air Force Base and the future of Air Force air superiority for the 21st Century.

The pick of the 33rd Fighter Wing "Nomads" to transition the Air Force's newest and most lethal fighter into this century and beyond was no accident. With a history that dates back to World War II when the wing was a pursuit group, the 33rd showcased the F-4 Phantom during Vietnam and the F-15 Eagle through crises such as Grenada, Panama, Desert Storm, and post 9/11, when the Nomads

provided armed over-watch throughout North America for Operation Noble Eagle, securing two presidents of the United States and multiple space shuttle launches.

"On Oct. 1, 2009, we stood up as an F-35 unit," said Lt. Col. Matt Renbarger, 58th Fighter Squadron commander. "We were handed keys to an empty building, with five pilots, a technical sergeant, two lieutenant colonels and three majors."

Renbarger and Smith both admitted that those early days, following the arrival of the first F-35, was a whirlwind of planning, creating policy and guidelines and putting together a training program with a syllabus, academics, and a completely new maintenance program.

Smith said that the early days with the first few aircraft were a challenge, not only for the pilots, but for the newly trained crew chiefs as well. "There was a lot of tech data that the technicians needed before they could work on the airplane, so the first six planes we delivered sat for about eight months before we were issued flight clearance. We didn't receive our first flight clearance until March of 2012."

Renbarger said that, like anything brand new and right out of the box, there were a lot of things that had to be learned that weren't known before. He said that as a training unit, it was more Air Combat Command versus Air Education and Training Command. "It's not a different mindset, but it's more of a different mission. Here we create new pilots and maintainers, so we don't have the down-



Senior Airman Jeremy McKague stands by to pull chocks after an F-35 Lightning II joint strike fighter pilot performs a preflight inspection before a training and testing mission June 20 at Eglin Air Force Base, Fla. The aircraft is still in the testing phase and will be used by the Air Force, Navy and Marine Corps, along with international partners such as the United Kingdom. McKague is an aircraft armament systems journeyman assigned to the 33rd Maintenance Group. (U.S. Air Force photo/Shannon Collins)

range focus. Training pilots is our product.

"When test pilots at Edwards find something they tell us, and when we find something we tell them. When software is released they'll come down here and tell us things they've learned. We'll take new capabilities and bring them into our training syllabus. The folks at Edwards bring us the latest so we can teach the people who teach the people. We teach the teachers and the teachers teach the students."

Renbarger said there is a lot to like about the F-35, from the standpoint of the pilot, the maintainer, the trainer, down to the bottom line of mission success. "I've never seen a pilot come back from his first sortie without a huge smile on his face. It's something new, and programs like this only come around every 30 years or so, and to be on the ground floor – it's the perfect time.

"Most pilots come from the F-16, F-15 and A-10 legacy aircraft. Sensors on the front of the F-35 allow us to have that 360-degree awareness. That was the big leap forward. Com-

puter technology that is 30 years or more advanced than the legacy aircraft is what makes the F-35 so advanced."

Lt. Col. Anthony Pelkington is the 33rd FW chief of safety and was one of the first of the legacy pilots selected for the F-35 program. He said that for pilots transitioning from those legacy systems, the F-35 is a huge deal.

"For 10 years in the F-16, I dealt with essentially monochrome cathode ray displays – approximately 6 inch square – and I've got two of them. Now I move up to a contiguous 8 x 20- inch color display that is a huge step forward for the pilot's situational awareness. Plus, there's a lot more capability in the display itself.

"In the F-16, I had a radar display with a selectable, like turning pages in a book, something that would show my ordnances like I had a stick figure map with monochrome lines on a black background. It would try to give us a semblance of where we were to maybe a weapons system. But I had to choose. Every one of those displays was

limited to the confines of that small 6-inch to 8-inch screen.

"In the F-35, we now have this massive amount of screen real estate. I can now see multiple sensors at once, which is great because I don't have to pick and choose. I don't have to take away my situational awareness with what the radar is telling me in terms of traffic to bring up situational awareness and what the target pod looks like. It's all there available for me."

Pelkington added that one of the best aspects of the fifth generation fighter is its ability to communicate with all aspects of the aircraft, as well as customize information to fit each pilot's needs. "The displays talk to each other, the sensors talk to each other, and a lot of information is displayed in sensible formats with other sensors in one combined picture. Now I can bring up large formats on displays so I can see things easier – I can even bring up many formats if I want with a different orientation on how the displays will look. Whatever I want to do to aid my situational

awareness I can do and the reality, as a pilot, is that I can customize that setup quite easily to a format that best suits how a pilot understands."

The wing's safety chief said that one of the biggest advantages to the F-35 over legacy aircraft is the growth in options. "Choosing between a pilot's eye and 'god's eye' are all in the system now and weren't in the F-16. I had one particular display option for radar format for the F-16 – I couldn't choose anything else. I had to learn to read it in that manner. Which didn't necessarily match how somebody looking out on a battlefield could see the picture. So you always had to do that conversion in your mind. With the F-35 you can choose the display format that best suits your ability, and there are multiple options to allow you to see things from a 'god's eye' perspective. It allows me to see from a much greater perspective than the F-16 ever allowed."

The equipment

Tech. Sgt. Andre Baskin is the wing's aircrew flight

See F-35, page 7

F-35 from page 6

equipment NCOIC, responsible for equipping pilots with the specialized gear required to fly the world's most state-of-the-art aircraft. He and his small staff of specialists agree that the differences between the F-35 helmet and the rest are many.

"One of the biggest differences the F-35 helmet has over the others is that the new helmet encom-passes multiple gadgets such as night vision goggles, and for that function you would have to modify the pilot's flying helmet and add the components on there," said Baskin. "With the F-35, it's all encompassed in the helmet. The cameras on the jet work in sync with the helmet and whatever the jet picks up visually will be displayed on the visor in the helmet."

From a pilot's point of view, Renbarger agrees that the nicest part of the new helmet is that everything is self-contained. "The best thing about the F-35 helmet is that it has a big visor with a big display, and we can display a night vision camera visual on the visor and then a distributor aperture system that is basically a set of cameras that are all over the airplane and work in the infrared spectrum. That can be displayed on our visor as well.

"When we get our helmet fit, there is actually a complicated scan process that takes an image of our heads and provides a laser cut-out foam insert for the helmet that is molded to our heads. Then there's ear cups that close the helmet around our head and a custom nape strap in the back that basically locks the helmet down on our heads. There's very little, if any, motion in the helmet when we move our head around. Very well balanced, a very well fit and it feels great wearing the helmet. It's very specific to each individual pilot."

Pelkington also talked about the difference between the traditional G-suit, which offers pilots about a G and a half of protection, to the one used by F-35 pilots. "Some pilots acclimate to the Gs by genetic makeup, some by experience and can develop a tolerance for 5-ish Gs. With the new suit you can now go up to 7 or 8 Gs without ever having to strain. When you're focused on pulling Gs – on making sure your eyesight doesn't gray out – your mind isn't thinking about the adversary or the situation or the awareness of



An F-35A Lightning II joint strike fighter from the 33rd Fighter Wing at Eglin Air Force Base, Fla., flies over the Emerald Coast Sept. 19, 2012. (U.S. Air Force photo/Master Sgt. Jeremy T. Lock)

the battlespace. When you can pull 7 or 8 Gs without having to think about it, combined with the fusion of all the systems and the display on the glass set up the way you want to see it...it's an amazing reduction in pilot workload."

The maintainers

Senior Master Sgt. Paul Fulkerson is the production superintendent with the 58th Aircraft Maintenance Unit who is on the ground floor of maintenance for the F-35. He said that for F-35 maintainers, the biggest element that sets them apart is the electronic maintenance program called ALIS. Standing for Autonomous Logistics Information System, ALIS, according to Fulkerson, has all of the forms needed to perform maintenance on the new aircraft.

"With ALIS, there are no paper forms and the system allows maintainers to pretty much manage the fleet with the information on the computer," said Fulkerson. "With the F-16s, we had to use paper tech data to perform maintenance, where you followed it step-by-step to do the task. With ALIS, our maintainers us 'tough books,' where they read the tech data on the screen."

While a very young aircraft, Pelkington said the F-35, maintenance-wise, is very stable and makes a lot of information available to both the pilot and maintainer that isn't available on the legacy aircraft.

"Oftentimes, in a legacy aircraft, you don't know that something is wrong until you have a major systems failure that generates a warning in the aircraft. The aircraft can no longer perform to spec. A lot of warnings in the F-35 tend to be advisory, that says

'this is going to have to be worked on by maintenance when you land.' In the F-35, there's no mission degradation. When a pilot gets back, there's a load of data on every aspect of how the aircraft performs. From the maintenance standpoint, it gives them an awesome opportunity to catch issues before they become problems."

Staff Sgt. Michael Sanders is an F-35 crew chief who has been with the program for the past three years and has more than a decade of experience on the F-16 and F-15 as a backshop engine maintainer. He explained that while maintainers in the legacy aircraft normally specialized in one area, such as engines or avionics, in the F-35, maintainers do it all.

"My job is completely different now from in the past. We would handle all teardown and build-up required for the engine, whereas now, we perform maintenance on the F-35 as a whole. We're trained on all maintenance tasks, including the engine. I traveled TDY to Connecticut where I performed teardown and buildup for the new aircraft."

Training

The F-35 Academic Training Center, or ATC, is a sprawling complex responsible for every facet of F-35 training at Eglin. From pilots to maintainers to support Airmen, the ATC has developed, or is in the process of developing, the training syllabuses, procedures, guidelines, certifications and "textbooks" that will become the training standard for decades to come, according to Renbarger.

He said that for pilots, training in the F-35 simulator is by far, the best

there is. "I've flown in F-16 simulators and F-22 simulators and the F-35 simulator is truly state-of-the-art. They've got the best visuals, full dome coverage, 360-degree views, target set build-up, they have runways and very much replicates flying the airplane. I haven't heard one pilot say it wasn't the best simulator they've ever been in short of flying the airplane."

Renbarger added that because the F-35 is a single-seat plane, the first time a pilot flies the F-35, he's by himself, making the simulator even more critical. "The operational flight software that runs the airplane – that same software is in the simulator," said Renbarger. "In other aircraft I have flown, there have been differences between the simulator and the airplane. This is as close as I've ever seen between the simulator and airplane. Exact same cockpit. The cockpit sits on a rail and you sit in the cockpit and it drives forward and raises up inside the dome and the screens you see are the exact same screens you see on the jet."

On the maintenance side, students are confronted with a similar real-world view, with a weapons load trainer mock-up of the F-35 that contains everything but the tail and the cockpit. Tech. Sgt. Adam Zakrzewski is an ATC instructor with Detachment 19 of the 372nd Training Squadron. He said that during train-

ing on the F-35, students will practice opening and closing doors, checking the hydraulics levels, oil levels, etc., but there's a big difference between maintenance on legacy aircraft versus the F-35.

"There are a lot more steps in gaining access to the legacy aircraft than there are to accessing the F-35," said Zakrzewski. "I'm an old A-10 guy, where you have to unfasten 200 screws to get a door panel open. On the F-35, there's one interface connect and click two buttons."

Tech. Sgt. Justin Weddle is an ATC instructor and flight chief with the field training detachment of the 372nd Training Squadron, who says that in normal maintenance training, instructors would give students a PowerPoint presentation, cover some TOs and give students hands-on training on the aircraft.

"The maintenance group would have to give up an aircraft or whatever students were training on such as a weapons system, AGE, anything like that. At the ATC, and in the F-35 training plan, we begin with an EML, or electronic mediated lecture, kind of like the traditional PowerPoint, but it's done through an electronic system." Weddle said the student will then transition, in the same classroom and setting, to more self-paced training on the computer. "It's just a reinforcement of what the instructor has

said during his portion of the training.

"Students will then go through an ASMT, which is an aircraft systems maintenance trainer. It's essentially an avatar, and from that you go and do whatever task you're learning about whether you are installing a hydraulic pump or some other portion of the aircraft. On one side of the screen, students will have their avatar and on the other they'll have their joint tech data laptop and they can follow all of the steps exactly. That way the training is not all front-loaded, it can be weaved in and out of the training course."

F-35: Fighter of the future

In addition to the Air Force's F-35A, the Marine Corps and the Navy have their own versions of the F-35. The F-35B will give the Marine Corps a short take-off and vertical landing capability, while the Navy's F-35C will give them a carrier-based capability. Smith believes that for the future of the F-35, it may not change the way we fly, but it will make the U.S. and its allies the dominant air power for the next 30 to 50 years.

"That's the beauty of the F-35. There are three variants out there, but all three are going to use the same system software. So as they develop something new for our country, our allies who fly the F-35 will get that same capability. That will make integration much smoother."

Since Smith's journey home with the first F-35 in 2011, Air Force, Marine, Navy and U.K. pilots have amassed more than 3,100 flying hours in the three versions, flying more than 2,300 sorties.

To those who have spent the past four or five years learning the intricacies of a new aircraft – how to fly it, how to fix it and how to create a plan to teach it, the F-35 has become much more than an airplane showcasing state-of-the-art technology. For the men and women of the 33rd Fighter Wing at Eglin, responsible for getting the F-35 ready for its grand entrance as the dominant airpower for the 21st Century and beyond, it has spawned a completely new culture and way of life.

Milestones



Shea

40 YEARS
James Moore, ATA
Kathleen Shea, ATA

35 YEARS
John Grissom, ATA
David Henninger, ATA
Stan Powell, ATA

30 YEARS
William Carter, ATA
William Looney Jr., ATA
Michael Murphy, ATA

25 YEARS
Sandra Sullivan, ATA



Grissom

20 YEARS
Frank Corder, ATA

15 YEARS
Robert Holley, ATA

10 YEARS
Carl Schweinfurth, AF
Sean Smith, AF

5 YEARS
Matthew Duran, ATA
Inna Kurits, ATA
Nathan Lister, ATA
Christopher McBee, ATA
Brent Rodgers, ATA



Henninger

Summer Shields, ATA

RETIREMENTS
Terry Bradford, ATA
Martha Casey, ATA
Calvin Jones, ATA
George Kiber, ATA
Thomas Larry, ATA
James Moore, ATA
William Peters III, ATA

NEW HIRES
William Casteel, NAF
Caitlin Dunn, NAF
Samuel Fugate, NAF
Jennifer Garner, NAF



Powell

Cynthia Geierman, NAF
Miriam Harris, AF
Sonja Hayes, AF
Laura Hudgens, NAF
Jeffrey Staines, AF

PROMOTIONS
Nichol Northcutt, ATA
Kathleen Jones, ATA

GRADUATE/DEGREES
Michael Malloy, Master of Mechanical Engineering

Congratulations!

Hill welcomes F-35 workload

By George Jozens
75th Air Base Wing Public Affairs

HILL AIR FORCE BASE, Utah (AFNS) – Several hundred people gathered in hangar 237 to witness the first F-35A Lightning II which arrived for depot level maintenance during a ceremony hosted by the Ogden Air Logistics Complex commander, Maj. Gen. H. Brent Baker Sr. Center commander and Sen. Orrin Hatch. Baker was the final speaker and gave the order to open the doors and unveil the aircraft to the capacity packed hangar's attendees. Other dignitaries at the ceremony included local mayors, Utah Lt. Gov. Greg Bell and members of the Utah State House and Senate.

The ceremony addressed Hill's key role in the depot repair and the F-35's role in national defense by several different speakers which included Sen. Mike Lee; Lorraine Martin, Lockheed Martin's Executive Vice President and General Manager of the F-35 Lightning II Program; Rear Adm. Randolph Mahr, DoD F-35 Deputy Program Director; Lt. Gen. Bruce Litchfield, Air Force Sustainment The first F-35A conventional takeoff and landing variant is from the 422nd Test and Evaluation Squadron, Nellis AFB, Nev., and is in a prototype configuration. The Ogden ALC will modify the aircraft with a series of structural and systems modifications to enhance critical capabilities needed during operational test and evaluation testing.

Refined engineering



ATA's Integrated Test and Evaluation Department (IT&E) recently concluded the FY13 Developing Engineering Professionals (DeEP) program with 23 participants taking part in a half day off-site finale at the Jacobs Conference Center in Tullahoma. The purpose of the DeEP program is to develop and refine leadership skills for top technical performers in the IT&E department. (Photo provided)

FY14 tuition assistance suspended

WASHINGTON (AFNS) – With the U.S. government failing to pass a fiscal 2014 budget, all tuition assistance for classes starting on or after Oct. 1 will be suspended until further notice.

As a result, effective immediately, the ability to apply for TA through the Air Force Virtual Education Center is on hold.

“Airmen with approved TA for FY14 may incur debt with their school should they attend classes,” said Kimberly Yates, the Air Force force development office. “Students should take action to withdraw from their current class or pursue using another funding source, such as the Montgomery GI Bill or the Post 9/11 GI Bill.”

As information becomes available, it will be posted on www.af.mil and the AFVEC site, which can be accessed via the Air Force Portal.



It is 'Rocket Science'

ATA engineers recently volunteered their rocket science expertise at the Polly Crockett Festival in Cowan. Engineers assisted young rocket scientists in building and launching straw rockets at the ATA Build & Fly a Rocket Contest. Sponsors for the contest included ATA, AEDC STEM, the Society for Maintenance & Reliability Professionals (SMRP), the Tennessee Society of Professional Engineers (PE), the American Institute of Aeronautics and Astronautics (AIAA), the Air Force Association (AFA), the International Society of Automation (ISA), the International Test and Evaluation Association (ITEA), the American Society of Mechanical Engineering (ASME) and the Project Management Institute (PMI) (Photo by Lynn Moran)



Photo by Lynn Moran



Photo by Lynn Moran



Photo by Lynn Moran



photo by Jacqueline Cowan



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Air Force intern: 'I have never felt less disabled'

By Michele Eaton
 AF Equal Opportunity

WASHINGTON (AFNS) – Natalie Labayen may look fine on the outside, but inside, a battle wages.

A senior at George Washington University and intern with the Air Force, LaBayen was diagnosed with an autoimmune disease in 2011, an ailment that some days leaves this 23-year old in severe pain.

Basically, an autoimmune disease develops when the immune system sees healthy body cells as foreign and attacks them. Depending on the type, the disease can affect the body in many ways.

Daily pain is one of them. Emotional strain is another.

Since being diagnosed, LaBayen said confidence is tough to feel some days, but she's not at all shy about her ailment. Sharing, she said, actually helps her deal with it.

"As a disabled student, especially one who only recently (became) ill, confidence is sometimes hard to muster," she said. "You are frequently told how 'inspiring' you are while not being given opportunities to act on it."

LaBayen said the Air Force did the exact opposite, giving her an outlet to showcase how a disabled person can be more than an inspiration to someone, but can be a productive member of a team.

She was so productive that earlier this year LaBayen was awarded the Department of Defense Judith C. Gilliom Award at the 2013 Workforce Re-



Air Force intern Natalie Labayen, Air Force Diversity Office, walks down the halls of the Pentagon, Sept. 13, 2013. Labayen recently won a Department of Defense award for her significant contributions in the Air Force Strategic Diversity Integration Office. Labayen, who has an autoimmune disease, won the Judith C. Gilliom Award, presented by the Workforce Recruitment Program Award Ceremony Aug 2. (U.S. Air Force photo/Staff Sgt. David Salanitri)

cruitment Program awards ceremony for her work in the Air Force Diversity office at the Pentagon.

Her boss, Dr. Jarris L. Taylor, Jr., heads the service's effort to improve diversity and further an environment of dignity, inclusion, and respect in the workplace.

With that charge, it seems Labayen landed in the right place.

"In giving me creative and organizational control over my own projects, Dr. Taylor allowed me to grow and to actually feel valuable and appreciated for the outcome I produced," she said. "Thanks to my amazing mother, my career advisor at the George Washington University, and the [Workforce Recruitment Program] family, I was able to see myself as me again, and not as a 'disability.' In fact, I have never felt less disabled."

The WRP is a recruitment and referral program that connects federal and private sector employers nationwide with disabled college students and recent

graduates. Since the program's expansion in 1995, more than 6,000 students and recent graduates have received temporary and permanent employment opportunities.

"(This program) is an opportunity to directly contribute to the nation's efforts and our Air Force diversity priorities to institutionalize, attract, recruit, develop, and retain a highly qualified diverse and inclusive total force," Taylor said. "My vision is that the Air Force becomes the preeminent employer of choice. By highlighting our various diversity and inclusion outreach programs and initiatives, such as the WRP, we must continue to communicate that diversity is a military necessity."

For the 2014 WRP, interviews will be held this fall. Qualified students can obtain interviews by working with their college's career advisors. For more information, candidates and hiring managers can visit www.wrp.gov or email questions to ability@osd.mil.

STOP.THINK.CONNECT.™

Government Tip Card

DID YOU KNOW?

- The Federal Government faces an average of 15,000 cyber attacks on its networks per day. ⁱ
- Information security incidents at 24 federal agencies have increased 650% during the past five years due to a combination of more numerous threats and persistent shortcomings in security controls. ⁱⁱ
- In 2010, 55% of security staff members within state governments identified accidental breaches of information originating from inside the enterprise, including the loss of unencrypted lap tops and hard drives. ⁱⁱⁱ

SIMPLE TIPS

- Lock and password protect all personal and company-owned devices including smart phones, laptops, notebooks, and tablets.
- Regularly scan your computer for spyware and keep your software up to date.
- Dispose of sensitive information properly.
- Do not provide personal information or information about your organization, including its structure or networks, unless you are certain of a person's authority to have the information.

RESOURCES AVAILABLE TO YOU

- USCERT.gov
 - The United States Computer Emergency Readiness Team's (US-CERT) has a desktop software tool to assess control systems and information technology network security practices.
- NIST.gov
 - The National Institute of Standards and Technology (NIST) Computer Security Division Computer Security Resource Center (CSRC) provides computer security resources and oversees the national guidance on setting the security configuration of operating systems and applications.
- MSISAC.org
 - The Multi-State Information Sharing and Analysis Center (MS-ISAC) comprises members of all 50 states, local governments, and U.S. territories and districts, and provides downloadable awareness materials including newsletters, posters, bookmarks, and briefings.

IF YOU'VE BEEN COMPROMISED

- Notify your organization and the authorities.
- Report your incident with the Internet Crime Complaint Center at <http://www.ic3.gov>.

Stop.Think.Connect. is a national public awareness campaign aimed at increasing the understanding of cyber threats and empowering the American public to be safer and more secure online. The Campaign's main objective is to help you become more aware of growing cyber threats and arm you with the tools to protect yourself, your family, and you community. For more information visit <http://www.dhs.gov/stophinkconnect>.

ⁱ Nextgov, <http://www.nextgov.com/governing-security-in-a-networked-world/>

ⁱⁱ Government Accountability Office, <http://gcn.com/articles/2011/10/24/fbi-official-alternate-internet.aspx>

ⁱⁱⁱ Deloitte-NASCIO Cybersecurity Study, 2010



Department of
**Homeland
Security**



STOP | THINK | CONNECT™

Being Mobile: Online Safety and Security

U.S. Department of Homeland Security

People increasingly connect to the Internet outside of their homes and offices, enjoying technological innovations and the convenience and connectedness it brings. With smartphones and other portable devices giving us the ability to conduct every day activities such as mobile banking, online shopping, teleworking, and social networking, cyber criminals are constantly looking to take advantage of unsecure wireless networks, third party applications, and texting to acquire personal information.

According to the U.S. Computer Emergency

Readiness Team (US-CERT), many of the safety practices that are used to guard home and work computers apply to your portable devices as well. They include:

- Restricting access to your wireless network, by only allowing authorized users access to your network.
- Changing any pre-configured default passwords to ones that would be difficult for an outsider to guess.
- Keeping your anti-virus software updated.
- Using caution when downloading or clicking on any unknown

links.

In addition to the things you can do on your own, DHS works with other federal agencies and branches to help provide the public with information on how to better educate themselves to the threat of cyber criminals:

- The White House: The Comprehensive National Cybersecurity Initiative (CNCI) consists of a number of mutually reinforcing initiatives designed to protect the United States from various cyber criminal threats. Additionally, the White House developed a Digital

Strategy to guide the Federal Government on protecting information while using mobile devices.

- General Services Administration: The GSA provides information to help individuals and businesses comply with mandates and guidelines for cyber security products, services, and solutions.
- Department of Defense (DoD): With the release of a mobile device strategy and a Commercial Mobile Device Implementation plan, the DoD is committed to keeping Americans safe on-

line, no matter their location.

- Federal Law Enforcement: The U.S. Secret Service and U.S. Immigration and Customs Enforcement works with the Federal Bureau of Investigation to investigate high-tech crimes, including cyber-based terrorism and espionage.
- Federal Communications Commission: The FCC provides tips and resources for small businesses on how to better secure their infrastructure from cyber criminals. Protecting yourself through simple steps can

prevent you from becoming the victim of a cyber criminal seeking to gain access to your personal information, steal your identity, or read personal e-mails and work documents.

At AEDC, ensure individual awareness and compliance with AEDC DoD Information Assurance requirements while using DoD information system and network resources, including standalone systems. Ensure employee and visitor compliance with prohibited devices and actions. Ensure all personnel accessing AEDC DoD information systems have the proper background investigation and IA training prior to authorized access.

Keeping Airmen healthy and informed through Operation Supplement Safety

Air Force Surgeon General Public Affairs

WASHINGTON (AFNS) – For peak performance, Airmen should eat healthy and exercise regularly. But in the quest to gain an “edge,” many Airmen resort to dietary supplements.

Enter Operation Supplement Safety, or OPSS. This Defense Department educational campaign, accessible at www.hprc-online.org/opss, educates the warfighter and healthcare provider on responsible dietary supplement use.

While some supplements, such as multivitamins, are generally safe, other supplements can pose a hazard to health and jeopardize careers from adulterants that cause a positive urine drug screen.

“One third of Airmen report using legal body

building supplements and one in six report weight loss supplements in the past year,” said Col. (Dr.) John Oh, the chief of health promotion for the Air Force Medical Support Agency. “Body building and weight loss supplements, as well as sexual enhancement and diabetes supplements, are high-risk categories that

should raise red flags.”

Ephedra is a cautionary tale of a problematic dietary supplement. Heavily marketed as a supplement to help improve athletic performance and promote weight loss, serious health events, including deaths first reported in the military, led the Food and Drug Administration to ban

ephedra in 2004.

The OPSS website contains videos, fact sheets, FAQs and briefings to help Airmen make informed, responsible decisions on supplement use, as well as an “Ask the Expert” feature in which Airmen can

directly pose a question to a supplement expert.

“The OPSS website is a must read source for Airmen, commanders, first shirts, superintendents and their healthcare providers,” Oh said. “People think if a dietary supplement is sold

on base, it must be safe, but that’s not necessarily true.”

Unlike prescription meds, the FDA does not approve dietary supplements for safety and effectiveness prior to marketing.

17th Air Force Marathon kicked off at Wright-Patterson



U.S. Air Force photo

By Brian Brackens
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AFB, Ohio (AFNS) – Runners from across the country and around the world competed in the 2013 U.S. Air Force Marathon Sept. 21 here.

Lt. Gen. C.D. Moore, the Air Force Life Cycle Management Center commander welcomed runners and spectators to the 17th annual event.

“This year we have 15,000 participants in various races and over 2,500 runners participating with you virtually at eight deployed locations around the world, and they are with you in thoughts and sweat,” Moore said. “Dur-

ing the race you will have the opportunity to traverse grounds that cover over 100 years of aviation history dating back to the early days of the Wright brothers. Enjoy your jog through history, do your best, stay safe and have fun!”

The three-day event started Sept. 19 with a Sports and Fitness Expo held at the Ervin J. Nutter Center on the campus of Wright State University. The expo highlighted exhibits on the latest in sports, fitness, health and nutrition.

Additional prerace activities included a training clinic and speaker’s panel with 1972 Olympian and best-selling author Jeff Galloway and a gourmet pasta dinner held at the National Museum of the United States Air Force.

Marathon participants had the option of competing in the full marathon, a half-marathon, and 10K, as well as a wheeled division. The 5K event was cancelled due to inclement weather.

This year’s men full marathon winner was James Beyer from Dayton, Ohio.

“The race was great,” Beyer said. “What I really enjoyed was running the course and seeing all of the military members in their uniforms. This is the only race I wear the USA jersey because it’s been really patriotic for me to be able to participate.”

Michelle Farr from Medina, Ohio, was the women’s full marathon winner.

“I teach high school

track and cross country,” Farr said. “One of my former students is a member of the Air Force, and while I was running I was thinking of him and how proud he would be that I won the race. But my accomplishment is nothing compared to the service and sacrifice of our men and women in uniform.”

The Air Force Marathon is sanctioned by the USA Track & Field Association and is a qualifier for the Boston Marathon.

Winners are listed below. All times were unofficial at the time of this release:

- Men’s full marathon: James Beyer, 46, Dayton, Ohio, 2:35:47

- Men’s full marathon overall active military winner: Joseph Czabaranek, 28, Shalimar, Fla., 2:41:56

- Women’s full marathon: Michelle Farr, 40, Medina, Ohio, 3:04:44

- Women’s full marathon overall active military winner: Sarah Auer, 23, Colorado Springs, Colo., 3:05:04

- Men’s full marathon, crank wheelchair division: Brad Baumann, 40, Zeeland, Mich., 1:29:03

- Women’s full marathon, crank wheelchair division: Holly Koester, 53, Walton Hills, Ohio, 2:20:36

- Men’s full marathon, rim wheelchair division: Grant Berthiaume, 51, Tucson, Ariz., 2:14:27

- Men’s half marathon: Jim Walmsley, 23, Great Falls, Mont., 1:08:08

- Men’s half marathon overall active military winner: Jim Walmsley, 23, Great Falls, Mont., 1:08:08

- Women’s half marathon: Emily Shertzer, 33, Jonestown, Pa., 1:20:46

- Women’s half marathon overall active military winner: Emily Shertzer, 33, Jonestown, Pa., 1:20:46

- Men’s 10K individual: Christoph Cikraji, 14, Durango, Colo., 35:46

- Men’s 10K overall active military winner: Ryan Hoff, 26, Mountain Home Air Force Base, Idaho, 38:10

- Women’s 10k individual: Darcy Mascotti, 22, Bellbrook, Ky., 37:04

- Women’s 10K overall active military winner: Ana Velez, 37, Wright-Patterson AFB, Ohio, 57:51

B-2 undergoes communications upgrade

By Airman 1st Class Joseph Raatz
Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. (AFNS) – After a 20-year wait, the B-2 Spirit will receive a significant new communications upgrade.

The first increment of the Common Very Low Frequency Receiver, or CVR, program was designed to be a successor to the very low frequency communication system originally slated to be included with the B-2’s communication package. The original system was deferred in 1992 because of budget constraints.

“CVR Increment 1 will provide the B-2 aircrew another, more reliable means to receive presidential force direction via emergency action messages,” said Gary Doolittle, Air Force Global Strike Command B-2 requirements.

Currently, the B-2 uses an ultra-high frequency communications system to fill that role. However, the Military Strategic Tactical and

Relay, MILSTAR, satellites that facilitate that form of communication are approaching the end of their operational life, Doolittle said.

The upgraded communication system would allow the B-2 to receive Very Low Frequency signals bounced off of lower levels of the atmosphere, bypassing the satellite relay. This would ensure the B-2 remains a viable nuclear platform until such time as a replacement for current satellite communications can be deployed.

The CVR Increment 1 program reached its milestone B on July 23, which authorized the program to enter the Engineering and Manufacturing Development Phase and award Engineering Manufacturing Development contracts. During this phase, the program will develop the VLF communications system, complete full system integration and test on the B-2, develop an affordable and executable manufacturing process, and ensure operational supportability, Doolittle said.

Though CVR Incre-

ment 1 is designed purely for use on the B-2 Spirit, a proposed second increment would expand the system into other platforms such as the B-52 Stratofortress and the E-4B Advanced Airborne Command Post, Doolittle said.

“Increment 2 would provide a broader set of longer-term capability upgrades across the entire airborne nuclear command, control, and communications fleet,” he said, adding that Increment 2 requirements and acquisition strategies are currently in development.

With CVR Increment 1 now reaching mile-

stone B, the program is on-track to begin fielding in 2017. The capabilities it brings will help ensure the B-2 will continue to be a premier weapon system far into the foreseeable future.

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A B-2 Spirit bomber flies across an open stretch of sky. The B-2 Spirit is a multi-role bomber capable of delivering both conventional and nuclear munitions. (U.S. Air Force photo/Gary Ell)

Arnold Golf Course 454-GOLF, 454-FOOD

Check us out on Facebook! Arnold AFB Services Golf Course

Sausage and biscuits available in the Pro Shop Monday through Friday. If you have an early golf outing during the week grab a quick breakfast before you start. These sausage and biscuits are from the Mulligan's Grill menu prepared in advance and placed in the warmer in the Pro Shop for your convenience. The biscuits are \$2 each and coffee is also available. The grill opens at 10:30 a.m. during the week and serves a full breakfast on Saturday and Sunday starting at 7 a.m. The Pro Shop will have the sausage and biscuits available starting at 7 a.m. Monday through Friday but limited quantities will be available so get them while they last.

Mulligan's Grill is open 10:30 a.m. to 2 p.m. Monday through Friday and 7 a.m. to 2 p.m. Saturday and Sunday. Call ahead orders for dine in or carry out, 454-FOOD (3663).

Arnold Lakeside Center 454-3350

Check us out on Facebook! Arnold AFB Services Arnold Lakeside Center and Arnold AFB Services Information, Tickets and Travel

The Gatsby Event and Chili/BBQ Cookoff events have been cancelled for October.

2013-2014 Walt Disney World Salute Promotion starts now. Arnold Air Force Base is pleased to announce the 2013-2014 Walt Disney World Salute Promotion! Three and four day tickets are available for order at the ITT office located at the Arnold Lakeside Center. Walt Disney World has a number of new rides and attractions waiting to be explored this year. The Princess Fairytale Hall is scheduled to open in the fall of 2013. There is always a reason to visit Walt Disney World. Now eligible service members (active or retired members of the U.S. Military, including members of the National Guard and Reservists, also active and retired members of the United States Coast Guard) can save up to 50% through this promotion. Tickets can be ordered in two business days. Call 454-4003 for more information.

Air Force Services Club Membership Drive now through Dec. 31, 2013. Everyone who joins any Air Force club during this time will receive three months free dues, be enrolled in the free cash back rewards program, and receive an instant win scratch off ticket worth \$5-\$100. Existing members who sign up new members are eligible for referral bonuses. For each referral that signs up for club membership, individuals will receive a \$5 coupon good for food that may be used at Café 100, Mulligan's Grill or the Arnold Lakeside Center.

Brushes and Bottles will be held 6-8 p.m. at the GLC Nov. 14. Bring your favorite beverage and get ready to get creative as an instructor will lead you through a canvas painting work of art step-by-step. By the end of the evening you will have your own masterpiece to take home. A different design will be done each month. These painting parties are for all skill levels ages 21 and over with a cost of only \$25 per person. All paint, brushes, aprons, easels, canvas and other necessary materials will be provided. All you have to bring is your beverage of choice. Light snacks will be provided and other beverages will be available for purchase. Deadline to sign up for this event is Nov. 7. Class size is a maximum of fifteen. Call 454-3350 to sign up or for more information.



Fall Canyon Cruise Set for Nov. 3

Join Outdoor Recreation to see the beautiful sights of the Tennessee River, as they travel to Chattanooga's Riverfront Parkway. The Blue Moon cruise lasts approximately four hours and includes a meal of pulled pork with all the fixin's. We will meet at ODR at 6:30 a.m. and return at approximately 4:30 p.m. This trip is for all ages and cost is \$60 per person. Remember to bring your camera and extra money for drinks and/or souvenirs. Call 454-6084 by Oct. 26 to sign up for this trip. There must be eight to go and no more than 16. Cancellations after Oct. 27 are non-refundable.

Holiday Bazaar Returns Nov. 19

Arnold Lakeside Center will hold a Holiday Bazaar in the training rooms of building 100, 8 a.m. to 3 p.m., Nov. 19. Anyone on base may sign up to have a booth space. No food, alcohol, or items in bad taste will be allowed at the event. Booth space is \$10 per day and includes one table and a chair. Services is not responsible for any items left unattended. Sign up for booth space by Nov. 12 at 454-3350.

Racquetball Tournament held at Fitness Center Nov. 4-8

Ladder style tournament is coming to the FC. Players can add in on the bottom of the ladder anytime. Players agree on a playing time when challenged, and challenges may be made one or two spots up the ladder. Final standings will be as of Nov. 8 at 4 p.m. A free t-shirt will be given to the first 20 to sign up and prizes will be awarded for 1st, 2nd, and 3rd place. Call 454-6440 to sign-up.

Children's Christmas Party Dec. 1

The annual Children's Christmas Party will be held from 1-4 p.m., Dec. 1 at the Arnold Lakeside Center (ALC) for ages twelve and under. This event is free and open to all AEDC employees (active duty military, civil service, contractors), National Guard, Reserves, retirees and their immediate families (includes nieces, nephews, and grandchildren). Santa is scheduled to arrive at 2 p.m. along with some of his friends. Santa and Mrs. Claus along with their elves will also be in the Winter Wonderland tent to give out goodies to children age 12 and under. It is important to sign up so the elves bring enough. There will be other activities to enjoy throughout the afternoon. A special Santa Hotline, 454-SNTA (7682), has been setup for children to leave a message for Santa. This number may also be used by parents to register children for the event. Simply press one to leave a message or two to sign up. Be sure to give your name and specify how many children and how many adults will be attending.

Deck the Doors Contest is back

It's time to get the Christmas season going. Outdoor Recreation is once again conducting the Deck the Doors competition. Squadrons, offices or groups may enter and decorate their office door with a holiday theme or message. All wanting to enter must call 454-6084 to indicate they are participating by Nov. 15. Remember to give your building number and location of the door. Doors used for this event must remain functional if they were prior to decoration. Decorations on the door will be the only part judged. Any additional work on walls, etc. will not be judged with the door. Doors must be decorated by close of business Nov. 21. On Nov. 22 ODR staff and judges will take pictures or come by every door that has entered. Select judges will make their selections for first, second and third place, where each winner will. The winners will be announced at the DOD Holiday Party Dec. 13.

Thanksgiving Day Brunch Nov. 28

Arnold Lakeside Center is hosting a Thanksgiving Day Brunch Nov. 28 from 11 a.m. to 1:30 p.m. Cost is \$16.95 for members, \$18.95 for non-members, \$8.95 for children for age 12 and under. The menu will include scrambled eggs, bacon, sausage, French toast, roasted turkey, glazed ham, dressing, green beans, yams, baby bakers, turkey gravy, cranberry sauce, rolls, pumpkin and pecan pie. Reservations are required for this event by Nov. 21 and may be made by calling 454-3350.



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 Holly Jones

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 Aerospace Testing Alliance (ATA). 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, the Department of the Air Force or ATA. 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 (Club, Community Center, Information, Tickets & Travel (ITT), Barber Shop, Café 100), Outdoor Rec (Marina, FamCamp, Crockett Cove, Dogwood Ridge), 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.

Services Division Phone Numbers

Area code 931 DSN 340

Services Chief – 454-7779
 Services Deputy – 454-5915
 Community Services Flight Chief – 454-4062
 Arnold Lakeside Center (ALC) – 454-3350
 Arnold Lakeside Center catering – 454-3350
 Café 100 – 454-5885

Membership Information – 454-3367
 Information, Tickets & Travel – 454-3303
 Barber Shop – 454-6987
 Gossick Leadership Center – 454-4003
 Human Resources – 454-5481
 Marketing & Sponsorship – 454-3128
 Recycling – 454-6068

Wingo Inn – 454-3051
 Fitness Center (FC) – 454-6440
 Golf Course (GC) – 454-GOLF (4653)
 Mulligan's Coffee Bar and Grill - 454-FOOD (3663)
 Outdoor Recreation (ODR) – 454-6084
 includes Marina, FamCamp,
 Crockett Cove &
 Dogwood Ridge

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Center Yoga and Cycling Classes may still be suspended, please call 454-6440 for more information.					1 GC – 8 a.m.-4:30 p.m. FC Interval Class 6 a.m. FC Cycling Class 11 a.m.	2 GC – 8 a.m.-4:30 p.m. FC Interval Class 6 a.m. FC Cycling Class 11 a.m.
Winter Hours begin November 1: ODR – Tuesday-Saturday 10 a.m.-5 p.m. GC- 8 a.m.-4:30pm						
3 ODR Fall Canyon Cruise, \$60/person . 6:30 a.m.-4:30 p.m., sign up by Oct. 26	4 FC Interval Class 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m. FC Racquetball Tournament	5 ALC AEDC Woman's Club luncheon FC Interval Class 3:45 p.m.	6 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m. FC Cycling Class 11 a.m.	7 FC Interval Class 3:45 p.m. ALC Movie Night "Turbo" PG 6:30 p.m. dinner available 5-8 p.m.	8 FC Interval Class 6 a.m. FC Cycling Class 11 a.m.	9 ODR Archery Basics Class, 9 a.m., \$5
10	11 ALC, Barber Shop, Café 100, GLC, ITT Closed FC Open 5 a.m.-6 p.m., classes as scheduled FC Interval Class 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m.	12 FC Interval Class 3:45 p.m.	13 FC Interval Class 6 a.m. ALC Café 100 BBQ lunch special \$6 FC Yoga 11 a.m. FC Cycling Class 11 a.m.	14 FC Interval Class 3:45 p.m. ALC Movie Night "Percy Jackson: Sea of Monsters" PG 6:30 p.m. dinner available 5-8 p.m. ALC Brushes and Bottles, 6-8 p.m.	15 FC Interval Class 6 a.m. ALC Jewelry Fair, Café 100 8 a.m. FC Cycling Class 11 a.m. ODR Introduction to Fall Camping, \$10/person, 4p.m., sign up by Nov. 13 ODR Deck the Doors entry deadline	16
17	18 FC Interval Class 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m.	19 ALC Holiday Bazaar, 8 a.m.-3 p.m., A&E training rooms FC Interval Class 3:45 p.m. FC Harvest Smoothie Day, Café 100 11 a.m.-12 p.m.	20 FC Interval Class 6 a.m. FC Cycling Class 11 a.m. FC Yoga 11 a.m. ALC Café 100 BBQ lunch special \$6	21 FC Interval Class 3:45 p.m. ALC Movie Night "Planes" PG 6:30 p.m. dinner available 5-8 p.m.	22 FC Interval Class 6 a.m. FC Cycling Class 11 a.m. ODR Deck the Doors competition	23 ODR Archery Basics Class, 9 a.m., \$5
24	25 FC Interval Class 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m.	26 FC Interval Class 3:45 p.m.	27 ALC Café 100 Open 7:30 a.m.-12:30 p.m. FC Open 8 a.m.-1 p.m., no classes	28 Barber Shop, Café 100, GC, GLC, ITT Closed for Thanksgiving ALC Thanksgiving Brunch, \$16.95 member/\$18.95 non, sign up by Nov. 21 ALC closed after lunch- no movie night	29 ALC, Barber Shop, Café 100, GC, GLC, ITT Closed FC Open 8 a.m.-1 p.m., no classes FC Interval Class 6 a.m. FC Cycling Class 11 a.m. ALC Last Friday Trivia, 6:30	30 ODR Fiery Grizzard Hike, \$25/person, 9 a.m.-3 p.m., sign up by Nov. 26

Hours of operation

Arnold Lakeside Center: Catering/Management offices by appointment. Operations Clerk Monday- Friday 7:30 a.m.-4 p.m. Dinner: full menu available Thursday 5-8 p.m., Friday and Saturday 5-9 p.m.; Main Bar Thursday 5-8 p.m., Friday 4-10 p.m. and Saturday 5-9 p.m.; Social Hour Friday 4-6 p.m., Movie Night Thursday 6:30 p.m. **CLOSED Oct. 14, Nov. 11 and Nov. 28 after lunch Thanksgiving Day through Nov. 30**
Information, Tickets & Travel (ITT): Tuesday through Friday 10 a.m. – 3 p.m. **CLOSED Oct. 14, Nov. 11 and Nov. 28-30**
Café 100: Monday through Friday 6:30 a.m. – 1 p.m. Lunch starting at 10:30 a.m. **Nov. 27: 7:30 a.m.-12:30 p.m.; CLOSED Oct. 14 and Nov. 28-29**
Barber Shop: by appointment – Monday, Tuesday, Thursday & Friday 8 a.m. – 4 p.m. **CLOSED Oct. 14, Nov. 11 and Nov. 28-29**
GLC (office located at Arnold Lakeside Center): Monday through Friday 7:30 a.m. – 4 p.m. May vary depending on bookings. **CLOSED Nov. 11 and Nov. 28**
Outdoor Rec: Tuesday through Sunday 8 a.m. – 6 p.m. FamCamp Store Friday through Sunday 12-4 p.m. Also open Monday when in conjunction with a holiday weekend. Winter hours begin Nov. 1: Tuesday – Saturday, 10 a.m. – 5 p.m. **CLOSED Nov. 28**
Fitness Center: Monday-Friday 5 a.m.-7:30p.m.; Saturday 8 a.m.-1 p.m.; Sunday Closed. **Nov. 11: Open 5 a.m.- 6 p.m., classes as scheduled. Nov. 27: 8 a.m.- 1 p.m., no classes; CLOSED Thanksgiving Day. Nov. 29, 8 a.m.-1 p.m., no classes**
Arnold Golf Course: Pro Shop & Driving Range 7 a.m. – 7:30 p.m. Closed during inclement weather. Driving Range open 24 hours with prepurchased key card. Mulligan's Grill Monday through Friday 10:30 a.m. – 2 p.m., Saturday and Sunday 7 a.m. – 2 p.m. **CLOSED Nov. 28**
Recycling: Monday through Friday 6 a.m. – 2:30 p.m. **CLOSED Nov. 11 and Nov. 28**
Wingo Inn: Monday through Friday 7 a.m. – 6 p.m., Saturday and Sunday 8 a.m. – 4 p.m.
Nonappropriated Funds Human Resources: Monday through Friday 7:30 a.m. – 4 p.m. **CLOSED Nov. 11 and Nov. 28**

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 Christopher Floden, BX manager, at (931) 454-7153 or Patrick Jordan, Commissary manager, at (931) 454-5921.

AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services non-appropriated 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 September 2013 totaled \$4842.87.

BRIEFS from page H1

Jewelry Fair returns Nov. 15 to Café 100. Arnold Lakeside Center welcomes back Pretty Discoveries for a jewelry fair in the A&E building, Café 100, from 8 a.m. to 2 p.m. All jewelry prices are below \$20 and they also carry belts and handbags.

Arnold Lakeside Center will host a **New Year's Eve Casino Night** Dec. 31. This event is for ages 18 and older and gets underway at 6 p.m. Gaming will be from 7-10

p.m. and includes craps, roulette, blackjack and wheel of fortune. Participants are given play money to try their hand at these games to increase their dollars which will then be used at a prize auction beginning at 10:15 p.m. An auctioneer will take bids on items such as hotel stays, gift baskets and much more. There will be a wide variety of items to bid on with your winnings. Then as midnight nears, watch the New York City ball drop countdown on the big screen and raise a champagne toast. The

dining room will be open from 6 p.m.-1 a.m. with full menu available.

Barber Shop is located in the A&E Building in room A107 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 4 p.m. Haircuts are \$8 and are by appointment. Call 454-6987.

**Fitness Center
454-6440**

Check us out on Facebook! Arnold AFB Services Fitness Center

Harvest Smoothie Day sponsored by the Fitness Center in Café 100 Nov. 19. Stop by the café and sample one of the tasty treats created by the FC staff. Complementary smoothies will be available from 11 a.m.- 12 p.m.

Group Class Schedule: (for eligible users only)

Cycling - Monday, Wednesday, Friday 11a.m.-12 p.m.

Yoga - Monday and Wednesday 11 a.m.-12 p.m.

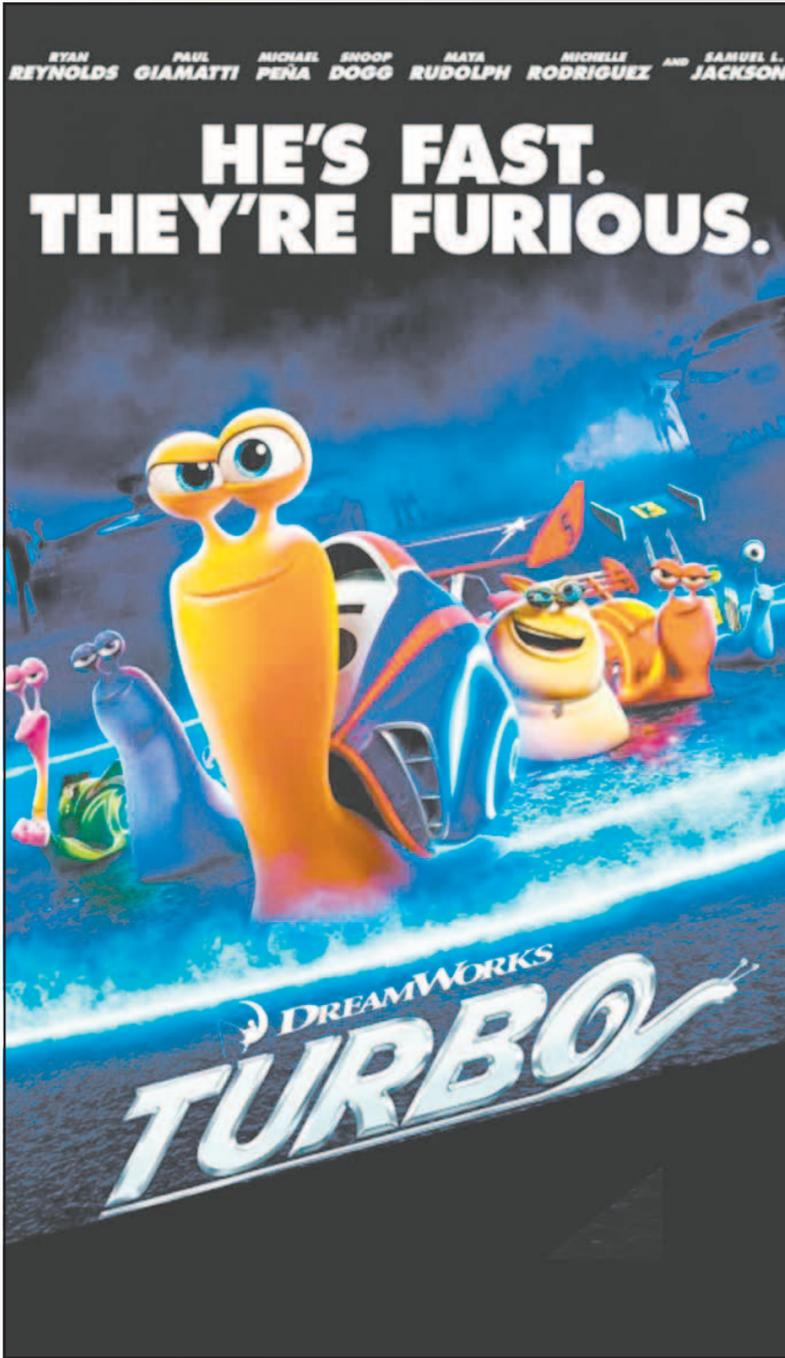
Interval Training - Monday, Wednesday and Friday 6-6:45 a.m./Tuesday and Thursday 3:45-4:30 p.m.

Yoga and cycling classes are cancelled until further notice.

Paintball Tournaments have been cancelled.

See BRIEFS, page H4

November Movie Schedule



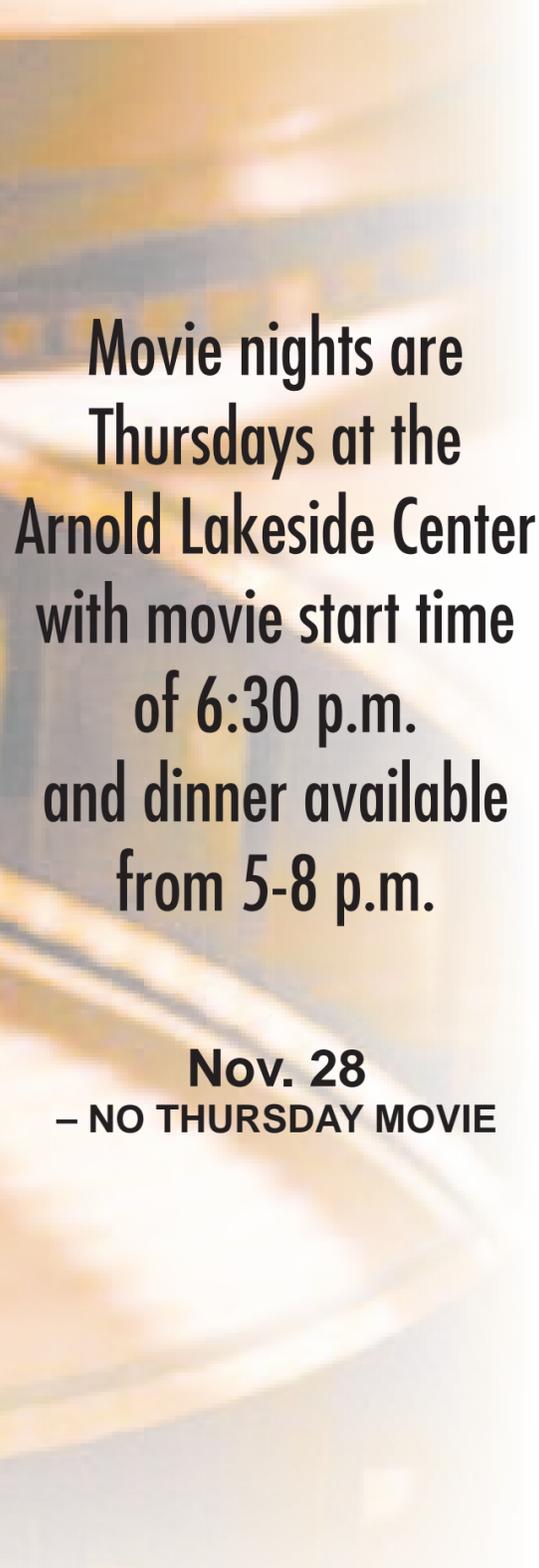
Nov. 7 – "Turbo," rated PG (1 hr. 36 min.) starring Ryan Reynolds, Paul Giamatti and Maya Rudolph. A freak accident might just help an everyday garden snail achieve his biggest dream – winning the Indy 500.



Nov. 14 - "Percy Jackson Sea of Monsters," rated PG (1 hr. 46 min.) starring Logan Lerman, Alexandra Daddario and Brandon T. Jackson. In order to restore their dying safe haven, the son of Poseidon and his friends embark on a quest to the Sea of Monsters to find the mythical Golden Fleece while trying to stop an ancient evil from rising.



Nov. 21 – "Planes," rated PG (1 hr. 31 min.) starring Carlos Alazraqui, Dane Cook and Stacy Keach. A cropdusting plane with a fear of heights lives his dream of competing in a famous around-the-world aerial race.



Movie nights are Thursdays at the Arnold Lakeside Center with movie start time of 6:30 p.m. and dinner available from 5-8 p.m.

Nov. 28
– NO THURSDAY MOVIE

BRIEFS from page H2

**AEDC Woman's Club
393-2552**
**AEDC Woman's Club
2013-2014**

The agenda for the Nov. 5 meeting of the AEDC Woman's Club will be three secret shoppers and the "wares" they have found for their \$50. The interesting items will be on display, and the ladies in attendance will be able

to vote on their favorite shopper. What did they buy? (table decorations, fancy clothes, jewelry, dishes or something secret) Come join us and you will find out!!!! The items will then be presented for a silent auction purchase. A

special program will also be presented along with the shoppers. The Social Hour of the meeting starts at 9:30 a.m. at the Arnold Lakeside Center, with the business meeting and program at 10 a.m. Hope to see you there! Reservations and

cancellations for the Nov. 5 meeting must be made no later than noon Oct. 30. You may make reservations or cancellations by contacting Liz Jolliffe at 393-2552 or jajolliffe@aol.com and Jane Ricci at 636-4152 or dickanjane@comcast.net.

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.

AEDC Woman's Club secret shoppers



Pictured at the top of the steps is Suzette McCrorey, scholarship chairperson, leading the three SECRET SHOPPERS into the Arnold Lakeside Center.

**Outdoor Rec
454-6084**
Check us out on Facebook! Arnold AFB Services Outdoor Recreation

Did you know ODR now has disc golf? Disc golf is a flying disc game in which individual players throw a flying disc at a target. Much like golf, the object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. The ODR course targets are portable so course location may change. Initial plans are to begin in the softball outfield behind the ODR building. Players may play for free with their own discs or rent discs from ODR for \$1 each. There are different sizes and weights of discs much like different clubs in golf to better serve the needs of the target desired. For more information on disc golf call ODR at 454-6084.

Winter Rates now available at FamCamp. Starting Nov. 1, RV sites at FamCamp will be \$12 per night, and \$300 per month, and tent sites will be \$4 per night. These rates will con-

tinue through May 1.

Archery Basics Class will be held at the Outdoor Recreation building at 9 a.m. on Nov. 23. Individuals will learn how to properly hold a bow, correct shooting technique and archery history. There must be at least 2 to hold the class and maximum class size is 12. The cost is \$5 and is open to all ages. Call ODR to reserve your spot by Nov. 22.

Introduction to Fall Camping class starts on the afternoon of Nov. 15 lasting through the morning of Nov. 16. This class will teach setting up camp for those cool fall nights, keeping a safe campfire throughout the night, fall camp fire treats, and proper teardown the next morning. We will enjoy campfire treats including, s'mores, fire roasted hot dogs, and stories throughout the evening. We will also be teaching how to make easy to carry snacks for hiking or fishing while on a fall outing. Cost is \$10 and you must sign up by Nov. 13 by calling 454-6084. Keep in mind, ODR has a limited number of tents available for rent.

Join Outdoor Recreation as they're on the move again with a trip to **Fiery**

Grizzard Trails in beautiful Tracy City, Tennessee. We will be hiking the trails up the gorge. There are light and intermediate trail areas. Shoes with ankle support and deep tread are advised to prevent any injuries. Anyone wishing to ride along can inquire with ODR at 454-6084.

Outdoor Rec inflatables! There is an assortment of inflatables for almost everyone's needs. We have a huge backyard obstacle challenge measuring 40'L x 10'W x 13'H, and a double lane jump slide for only \$150 per day. We also have a giant basketball hoop for \$30 per day and a Rocket Bounce House for \$75 per day. If you need a water slide then our 18' Double Drop Wet/Dry slide will be great for any event and is only \$150 per day. Please contact Outdoor Recreation at 454-6084 to make your reservation today!

Teambuilding Facilitation now available through Outdoor Rec. Book your team building event at least two weeks in advance and customize your activities to include leadership, communication, trust, conflict resolution and more. Our kit has 289 activities and can serve up to 120 participants. Large group

challenges can accommodate up to 60 people. This equipment must be facilitated by an Outdoor Rec staff member and is not available for rent for private use. Department of Defense organizations may utilize the program for free. All others have the option of half day (4 hours) for \$50 or full day (8 hours) for \$100. Call to find out more information or book your team building event.

Reservation Policy: FamCamp, Crockett Cove and Dogwood Ridge reservations may be made 45 days in advance for active duty and reserve military, 40 days for retired military, and 30 days for all other qualified personnel. Boat reservations may be made 15 days in advance for active duty and 10 days for other eligible individuals. All reservations are made through the Outdoor Recreation by stopping by or calling 454-6084.

**Wingo Inn
454-3051**

Check us out on Facebook! Arnold AFB Services Wingo Inn

Reservations for Wingo Inn can be made 120 days in advance. Room rates start at \$56.00 per night. Please call 454-3051 for reservations.

Wingo Inn right-sizing Implemented. Lodging rates have been altered AF wide, as of Oct. 1. VQ's are now \$56/night, and DVQ's cost \$58.75/night. Also changing at the Wingo Inn is the number of rentable rooms. Beginning Nov. 1, rooms will reduce from 36 to 22. Due to historical occupancy rates, the reduction in availability will be virtually transparent to the customer, as we will still be at approximately 88% occupancy. Rooms will still be available for the Space A traveler, Wingo's largest customer base. While Wingo Inn will face slight alterations, there is absolutely no plan to close the facility, nor change the operation of the 14 room downsize. Wingo Inn and the Services team strive to provide the best service and facilities possible to our guests and Arnold community, while meeting budgetary constraints. We are pleased to say that impact will be minimal, if even noticed by our customers, as staffing and service will remain exactly the same.

**Gossick Leadership Center
454-4003**
Check us out on Facebook! Arnold AFB Services Gossick Leadership Center

The **Gossick Leadership Center (GLC)** may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to arnold.glc@arnold.af.mil. All event coordinators are required to sign an agreement. Official unit functions are authorized at no charge and are defined as bona fide official meetings or training held as part of the normal duty day. Unofficial and private functions may be held for authorized users at a fee. Community members may host events with the approval of the Services Director for a fee. Outside food and beverages are not allowed. First consideration must be given to Arnold Lakeside Center. In the event they cannot accommodate, an outside source may be utilized with CCM approval. For more information contact the CCM at 454-4003.