A Pratt & Whitney F100 engine under-
dertook Accelerated Mission Testing (AMT) in AEDC's Sea Level Test Cell (SL-3). AMT evaluates engine dura-
tility and performance retention by repeatedly simulating the types of mis-
ions the engine will fly in ser-
vice. The RAM capability allows in-
terdependent testing of atmospheric in-
let and RAM AMT during a single test program. The effort is pro-
ceeding to do with a single engine instal-
ation. Steam atmospheric inlet test-
ing in SL-3 doesn't require the plant machinery, heat exchangers. This is a very flexible, allowing rapid comple-
tion of test objectives. The F100 en-
gine powers the Air Force's F-15 Eagle aircraft and the majority of the world's fleet of F-15 Fighting Falcons aircraft. (Photo by Rick Goodfriend)

F100 engine accelerated

Winter weather results in $235,000 in damage to AEDC

An AEDC employee begins work on some of the lines at the Complex after recent bad weather. (Photo by Rick Goodfriend)

Frigid temperatures are impacting AEDC from the heart of middle Ten-
teness to Silver Spring, Md. The colder-than-normal winter wea-
ter is being blamed for $31,000 in dam-
gages. At AEDC's remote operat-
ing site, Tunnel 9, freezing temps are
blamed for a major water main break with an additional $235,000 in damages. While $235,000 isn't cheap, AEDC
Civil Engineer John Laviolette says it could've been much worse.

“AEDC has a robust freeze protec-
tion program, but recent events called for extraordinary actions by AEDC’s operating contractor, AIA, and gov-
ernment personnel,” Laviolette said. “These unusual conditions required balancing AEDC Electrical Power and Cooling Water systems to ensure the right equipment was running at the right time for freeze protection while

In This Issue....

Northcutt and AEDC reflect on ‘Civil Rights in America’ ...Page 7

Revolutionary Change: Air Force, AIA

set up transition teams, roles

By Col. Raymond Toth

AEDC Commander Col. Ray-
mond Toth is providing periodic updates on AEDC’s Source Sele-
cion efforts to the entire workforce via email. The High Mach will re-
print those messages in a series titled “Revolutionary Change,”
Additionally, Toth’s messages and other information can be found on-
line at www.arnold.af.mil/transi-
tion.

Team AEDC.
I wanted to start this installment of my updates to the AEDC source selec-
tion efforts with an all-hands from my last two messages. What we thought would
be six contracts now will actually be seven new contracts on base by Oct. 1, 2015. I was unaware of an Air Force
Civil Engineering Center contracting effort to strategically source Freeze Protec-
tion Restoration Program (FPRP) projects across the Air Force. The effort is pro-
gressing on a similar timeline as the Test Operations and Baseline (TOB) and Facility Support Services (FSS) efforts. As with other strategically sourced init-
atives, the effort is a best to minimize impacts and ensure the AEDC interests are prop-
erly addressed in coordination with other contracting efforts.

At AEDC, we have a robust freeze protec-
tion program but recent events called for extraordinary actions by AEDC’s operating contractor, AIA, and govern-
ment personnel. Laviolette said, “These unusual conditions required balancing AEDC Electrical Power and Cooling Water systems to ensure the right equipment was running at the right time for freeze protection while

AEDC’s remote operating location in Mary-
land, Tunnel 3 is shown here during one of the heavy snowfalls last month. The Tunnel 9 facility was closed for a day after receiving more than 12 inches of snow, but reopened the next day. In January, the same facility had a major water main break and they were without power for most of a day before GSA was able to make repairs. (Photo by Greg Wannemuth)

Malloy receives high engineering honor

Dr. Donald Malloy, a licensed professional engineer in the U.S. Air Force Arnold Engineering Development Complex (AEDC) Test Operations Division, was selected as the Air Force Materiel Command (AFMC) Federal Engi-
niner of the Year and one of the top 10 federal engineers of the year for 2014.
He was honored at the Federal Engineer of the Year Award ceremony on Feb. 20 at the Wash-
ington D.C. National Press Club which was presented by the Na-
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He was honored at the Federal Engineer of the Year Award ceremony on Feb. 20 at the Washington D.C. National Press Club which was presented by the National Society of Professional Engineers.

The award is only one of its kind to recognize exceptional en-
gineers in the federal government at the national level. Engineers who are selected for the honor have made contributions such as maintaining power stability and efficiency of vital infrastructure; providing airfield and weapons expertise to support military op-

Malloy’s responsibilities in-
clude integrated test team develop-
ment across the AFMC’s Air

Air Force Test Center and support for the North Atlantic Treaty Or-

Technology Task Group on Reli-

ability Organization Applied Vehicle

Malloy also contributes his exper-
nise to chairing and participating in multiple defense programs and provides high quality solutions to warfighters worldwide. His exper-
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By Jason Austin

In our Feb. 24 edition of High Mach there was a photo within an advertisement which could be a professional working environment where there is an emphasis on ethical behavior, trust and professionalism.

We are aware that on December 2, 2012, we were through a health and wellness orientation directed by the Air Force Chief of Staff, Gen. Mark A. Welsh III. It was determined at that time that we needed to reduce the workplace image of the Air Force which could be deemed disrespectful and unprofessional.

Among items found across the Air Force were pornography, and other suggestive material. There is no place in our Air Force for such materials. When an image which could be referenced shows up in a base newspaper there is inconsistency in our message to the workforce.

As the chief of the Public Affairs Office, it is my responsibility to review all content in our newspaper to ensure we are not promoting or tolerating any advertisements. However, it is the responsibility of those who decide what advertisements to print.

That may appear to be a little about controlling our relationship with have we have with the advertiser. What should we do with the advertising content of the advertisers? At Arnold AFB, our operating contractor Aerospace Testing Alliance (ATA), under exclusive written contract with Lakeweay Publishers, Inc. Under this contract, Lakeweay Publishers is permitted to sell advertising to the base, printing and distribution of ATA. See the Civilian Enterprise contract pay for the paper beyond the labor re - sourced and its leadership, and communicate truthfully with our workforce and the public. With those goals in mind, our editors will evaluate all content in our newspaper to support our mission.

Properly, advertisements the DODI is permitted to accept an advertisement is final.”

I look forward to this jour -

The complex’s Vision: To provide our mission - to ensure the best interests of the

In the coming months you

I believe in free and open -

Col. Raymond G. Trott

Air Force in each case. Then, and only then should the airframe be fabricated.

I encourage everyone to get that route

In the coming months you

I believe in free and open -

I believe in free and open -
Local Engineers Week results in winning combinations for students

Gene Kilgusnsmith (far left), an engineer in the AEDC Aeropropulsion Ground Test Branch, describes the mechanics of an engine to aspiring, young engineers attending a tour of AEDC during Engineer for a Day. (Photo by Jacqueline Cowan)

By Jacqueline Cowan

Professional engineering society engineers at AEDC were involved in hosting 158 local students in three different engineering activities during Engineers Week, Feb. 16-22. The activities provided opportunities for student competition and engineering mentoring among seven counties.

MathCounts®

The MathCounts competition involved 62 mathletes competing on teams and utilizing their skills to answer math problems. Teams included Harris Middle School, Shelbyville; Highland Rim Elementary School, Fayetteville; East Middle School, Tullahoma; North Middle School, Winchester; West Middle School, Tullahoma; The Webb School, Bell Buckle; and Moore County Middle School, Lynchburg.

West Middle School earned first place honors; East Middle School received second place and Harris Middle School received third place.

Individual awards went to Zan Sharp from East Middle School, first place; Trey Hippe from Harris Middle School, second place; and Cameron Haley from West Middle School, third place.

Team Tullahoma will compete at the Tennessee MathCounts Competition March 22 at the Tennessee Engineering Center in Nashville. The team consists of students from the winning team and the top four scoring individuals who were not part of the winning team. Members are Sam Dougherty, Cameron Haley, Brandon Perry, Caleb Purdue and James Wagon of West Middle School; James Garrett and Trey Hippe of Harris Middle School; and Zan Sharp of East Middle School. The team coach is Chris King.

Student Design Competition

The Student Design Competition presented some obstacles to challenge students in designing a vehicle that would deliver a payload from a starting point to a target. Twenty-six teams of students from seven high schools were provided materials to design, build, and operate their vehicle. Each school had three to four teams participating in the competition. Teams gave short presentations about the design choices they faced and the trades they made in building their vehicle.

The participating schools were: The Webb School, Cascade High School, Tullahoma High School, Coffee County Central High School, Huntland High School, Moore County High School and Shelbyville Central High School.

Unsung Heroes

Josh Baker and Benjamin Cantrell, from Moore County High School, received third place. Josh Baker and Benjamin Cantrell, from Cascade High School, were in second place, and Grant Rigney and Brecx White, from Tullahoma High School, placed third.

Engineer for a Day

During Engineer for a Day, 34 high school juniors and seniors were paired with AEDC engineers and engineers from the local community in an engineering discipline of the students’ choice. The students toured AEDC, from Feb. 19 and followed an engineering mentor during the afternoon on the same day to understand the different engineering disciplines.

Twenty-one AEDC engineers and two Tullahoma Utility Board engineers volunteered to be mentors.

The Engineers Week activities are sponsored by the Tullahoma Chapter of the Tennessee Society of Professional Engineers, the Highland Rim Chapter of the American Society of Mechanical Engineers, the Tennessee section of the American Institute of Aeronautics and Astronautics, the Society for Maintenance and Reliability Professionals, the Project Management Institute, and the Arnold Association of Professional Societies.

AEDC engineer Tom Hartvigsen (center) mentors Bedford County, Community High School students Austin Sanders (left) and Josian Trainer during the Engineer for a Day visit at AEDC. Both students are seniors interested in mechanical engineering. (Photo by Jacqueline Cowan)

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AEDC engineer Tom Hartvigsen (center) mentors Bedford County, Community High School students Austin Sanders (left) and Josian Trainer during the Engineer for a Day visit at AEDC. Both students are seniors interested in mechanical engineering. (Photo by Jacqueline Cowan)
Air Force focuses on sustainability for Earth Day 2014 observance

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFPN) - Each year Air Force installations around the world observe Earth Day on April 22 by taking actions to support the Air Force’s Earth Day theme of “Conserve Today—Secure Tomorrow.”

This year, Air Force activities will focus on sustainability, referring to the capacity to continue the mission without compromising and operate into the future without decline - either in the mission, or the natural and man-made systems that support it.

Sustainability includes, to a large degree, sustainable installations and is important to making sure that we have and will continue to have, the water, materials and resources to protect human health and our environment.

In its 2013 Strategic Sustainability Performance Plan, adapted by the Air Force, the Department of Defense outlined four key priority areas: energy and reliance on four key priority areas: energy and reliance on energy and water conservation, environmental concern, water resource management and maintaining readiness in the face of climate change.

The Air Force is committed to sustain-able and energy-efficient facilities is not new – the first policy to “apply sus-tainable development concepts” to facilities and infrastructure projects dates back to 2001 - the Air Force issued guidance in June 2011 build-ing on the Air Force’s vision for sustain-ability in installations where new vertical and major ren-ovations fully incorpo-rate federal requirements for high-performance and sustainable buildings. This includes achieving a minimum of 20 Leadership in Energy and Envi-ronmental Design, or LEED, points dedicated toward energy efficiency and water conservation.

At Aviano Air Base, Italy, a new 144-Airmen dormitory was constructed in accordance with the latest energy efficiency standards, guaranteeing energy-saving perfor-mance. The facility’s on-plantation initiative includes a solar-heating system for domestic hot water production.

The 64-panel heating system provides domes-tic hot water for the entire building, providing anticip-at-ed energy savings of at least 50 percent. Com-pared with traditional gas boilers, a total savings of more than 10,500 cubic meters of natural gas per year is anticipated as well as a reduction of 23,000 kilograms of carbon di-oxide emissions per year. The structure is the largest of its kind on the instal-lation and addition-ally serves as covered parking for Airmen.

Six sustainable tech-nologies were installed to reduc-ing the use of hazardous and toxic chemicals and materials as part of its sustainability efforts. At Vandenberg AFB, Calif., the 30th Civil En-gineer Squadron implement-ed a green product procurement initiative to encour-age more sustain-able products and pro-duce more sustain-able energy sources.

Besides energy con-servation, the Air Force is also focusing on reduc-ing the use of hazardous and toxic chemicals and materials as part of its sustainability efforts. At Vandenberg AFB, Calif., the 30th Civil En-gineer Squadron implement-ed a green product procurement initiative to encour-age more sustain-able products and pro-duce more sustain-able energy sources.

Air Force continues making progress, official says empha-sizes more needs to be done and every Airman can make a difference.

“The Air Force rec-ognizes its responsibili-ties to conserve, reduce waste, prevent pollution and make the Air Force a cleaner, more sustainable force every day,” said Gen. Mark A. Welsh III, Air Force Chief of Staff.

“Earth Day provides an opportunity for every in-stallation and every Airman to commit their energy and e-xperience to help benefit the envi-ronment."

The Air Force will continue to collect per-sonal posts on its “Blue Aces of Green!” Facebook page at www.facebook.com/blueacessofgreen.

Airmen and their families are encouraged to dem-onstrate their support by committing to perform an act of “green” at home or work to benefit the envi-ronment.

To assist installations in observing Earth Day, the Air Force Civil Engineer Center has created Earth Day Toolkit which will be available March 3 on the AFCEC website at http://www. afcecafelibrarynews/earth- day2014.

The Air Force Civil Engineer Center Public Affairs)
National Women’s History Project recognizes Women’s History Month

Each year, March is designated as National Women’s History Month to ensure that the history of American women will be recognized and celebrated in schools, workplaces, and communities throughout the country.

This year’s theme, Celebrating Women of Character, Courage, and Commitment, honors the extraordinary and often untold recognition and determination of women. Against social convention and often legal restraints, women have created a legacy that expands the frontiers of possibility for generations to come. They have demonstrated their character, courage, and commitment as mothers, educators, institution builders, business leaders, policymakers, and community leaders, relentless workers, women religious, and CEOs. Their lives and work inspire girls and women to achieve their full potential and encourage boys and men to respect the diversity and depth of women’s experience.

The lives and work of the 2014 Women of Character, Courage and Commitment Honorees span the centuries and the country. This year’s theme, Celebrating Women of Character, Courage, and Commitment, honors the extraordinary and often untold recognition and determination of women.

National Women’s History Month 2014 recognizes an excellent opportunity to honor women and their accomplishments.

Chippita (1843 – 1924) was a San Ildefonso Pueblo woman and a tribal diplomat. She was appointed by President Harrison to negotiate with the United States government and the White settlers. In 1880 she was included in a U.S. delegation to negotiate a reservation resettlement treaty in Washington D.C.

Anna Julia Cooper (1858 – 1915) was an African American educator, author, and speaker, and among the leading intellectuals of her time. Born into enslavement, she wrote “A Voice from the South” (published in 1892), widely considered one of the first articulations of black feminism.

Agatha Tielg Hanson, (1873-1959) Educator, Author, and Advocate for Desert Community Agatha Tielg Hanson was a teacher, author, and advocate for the desert community in which she lived. In 1890 she became the first woman graduate of Galaudet University. Her values were unique, emphasizing the recognition of the intellect of people who use Sign Language.

Airmen are using e-cigarettes to deliver nicotine, flavor and other chemicals as a vapor that is inhaled by the user. According to data from the 2011 Department of Defense’s Defense Lifestyle Survey of Health Related Behaviors, e-cigarettes are marketed to youth by 5 percent of Airmen, and 2.2 percent of Airmen have used e-cigarettes in the past month. “Airmen are using e-cigarettes at a level comparable to the civilian adult population,” said Col. (Dr.) John Oh, chief of health promotion at the Air Force Medical Support Agency. Citing data from the Centers for Disease Control and Prevention, he noted that e-cigarettes are rapidly growing among youth and have been used by 30 percent of high school students.

While e-cigarettes are advertised as a safer alternative to conventional cigarettes, there is potential harmful potential in the chemicals in the product, including nicotine, diethylene glycol, and animal carcinogens. Col. Oh cautioned Airmen against using e-cigarettes as an alternative for smoking.

“Not enough is known about the long-term safety of e-cigarettes to market them without warnings labeling,” Col. Oh said.

There is a real concern that unregulated access to, and advertising of, e-cigarettes will create a generation of youth hooked on nicotine – a population at risk for developing tobacco dependence and addiction. Air Force Instruction 40-102, Tobacco Use, outlines the definition of tobacco, subjecting the product to all the restrictions – including e-cigarettes – and smokeless tobacco products. The Air Force is the first service to establish an e-cigarette policy.

Although e-cigarettes have passionate devotees, the Air Force position is to treat e-cigarettes as any other tobacco product. Oh said future purchase will be made based on the scientific and evidence in consultation with subject matter experts, the Office of the Secretary of Defense. It will be made on the basis of scientific and evidence in consultation with subject matter experts, the Office of the Secretary of Defense.
Why I chose AEDC

“I chose AEDC because I wanted to work at a place where I could be on the cutting edge of science and technology. Here at Tunnel 9, I am analyzing data no one has ever seen before from groundbreaking experiments that no one has ever tried before. In addition to the ‘cool factor’ of working at a hypersonic wind tunnel, I am surrounded and mentored by knowledgeable people who have a true passion for their work. Rather than feeling like a cog in the machine, I feel appreciated and was given a large amount of responsibility from day one. As a result, I take great pride and ownership in my work, and look forward to making more contributions to Team AEDC and Tunnel 9.”

Michael Marana
Data Reduction Analyst, Tunnel 9, Maryland – ATA Integrated Test and Evaluation
Hired 2011

“After serving in the United States Marine Corps for several years, I demanded a challenge. At AEDC’s Hypervelocity Wind Tunnel 9, our leadership demands innovation, efficiency, safety, and mission success. The combination of these tasks not only fosters growth as a professional but as an individual. Why did I choose AEDC? During my site interview I witnessed a group of diverse individuals coming together as one entity to accomplish a common goal. Each person was essential to mission success. This type of team environment seemed like a perfect fit.”

Jason McDonald
Engineering Technician, Tunnel 9, Maryland – ATA Integrated Test and Evaluation
Hired 2012

“I chose AEDC to be part of the Hypervelocity Wind Tunnel 9 team where I develop technology for a world unique hypersonic wind tunnel that provides critical aerodynamic and aerothermal data for DOD and NASA. My first assignment at Tunnel 9 gave me the opportunity to perform in depth analysis of unique laminar heating augmentation data on the NASA Orion capsule to shed light on a problem that has been plaguing hypersonic wind tunnels ever since the Apollo era. Also, from the get-go, I had the opportunity to play a key role in the newly established TRMAC/AFOSR Center of Testing Excellence (CoTE) with objectives to develop the a new generation of testing and evaluation experts and to further the understanding of hypersonic boundary layer transition, shock turbulent boundary layer interaction. This opportunity allows me to collaborate with world class facuties, scientists and engineers and mentor undergraduate and graduate students at the University of Maryland.”

Eric Marineau
Lead Aerospace Technologist, Tunnel 9, Maryland – AEDC DOD Test Operations Division
Hired 2011

Photos by Arnold Collier

Saturday, May 10, 2014

DONATIONS TO: HONOR FLIGHT OF MIDDLE TENNESSEE P.O. BOX 1926, TULLAHOMA, TN 37388
FOR ADDITIONAL INFORMATION AND/OR AN APPLICATION, CONTACT: Sergeant Major Larry E. Williams, United States Army Retired (931) 924-3000 or 924-3226 tennessee20@biomand.net
Northcutt relays how ‘Civil Rights in America’ impacted his life at Black History luncheon

Andrea McElroy (left) is shown here with Terry Womack at the AEDC Personnel Division, at the luncheon. McElroy said, “Mr. Northcutt is a powerful storyteller. I was most impacted by his detailed recollections of his childhood and early days as an AEDC employee.”

Jerry (J.T.) Northcutt addresses an audience at the AEDC African American Heritage Luncheon last month sharing memories and experiences on how the Civil Rights Act of 1964 affected his life. (Photos by Jacqueline Cowan)

Northcutt said that was the first experiences with the separate but equal law as he was permitted racial segregation and how the Civil Rights Act of 1964 affected his life and career.

“…most of your careers have been impacted by the Civil Rights Movement. It brought up the level of expectations. You can’t have 25 percent of the country illiterate and expect your country to be great. Soon after that affirmative action laws were established.”

Northcutt, who has worked at AEDC for 38 years, explained the affirmative action law for his employment at AEDC.

Andrea McElroy, an AEDC Personnel Division manager, stated how she was affected by Northcutt’s experiences.

“Mr. Northcutt is a powerful storyteller. I was most impacted by his detailed recollections of his childhood and early days as an AEDC employee,” McElroy said. “He described his first experiences with the separate but equal law as a child and also recounted his family’s civil rights struggles and how someone made a rude joke to try to break the ice. He cannot imagine growing up and joining the workforce under the conditions he did. But no matter what, he never allowed anything to deter him. He is an excellent example of determination and perseverance.”

Credit: Brian Allen (right), of the AEDC Test Support Division, is shown here at the luncheon with AEDC employee Clark Brandon (left) and Col. James Kra-

Northcutt offered an example of determination and perseverance.

“I am a product of the Civil Rights Movement – most of your careers have been impacted by the Civil Rights Movement,” Northcutt said. “The realization of segregation and separate but equal hit me at seven years old. My father, at the time, was a minister who lived in McMinnville and traveled here to Tallahassee where he spoke one night. After the service we stepped by the Dairy Queen to get food. Northcutt recalled how his fa-

Northcutt reminded the audience that although the nation has progressed in civil treatment, it did, and it was because of the firm, but non-violent response that the chaos and bigotry eventually subsided. If the alternative reaction had occurred, violent protest and physical confrontation, I don’t believe any progress would have been made in the area of civil rights.”

Northcutt’s speech was an example of determination and perseverance.

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ORLANDO (AFNS) – With a proven history of success, today’s bomber fleet has a reputation for excellence. It is, however, an aging fleet in need of a new addition, the deputy chief of staff operations, plans and requirements said during the 30th Annual Air Force Association Air Warfare Symposium and Technology Exposition Feb. 20, here.

Throughout history, bombers have played an integral role in major conflicts and rose to the challenge of new threats, said Lt. Gen. Burton Field of Headquarters Air Force, Washington, D.C.

Major campaigns have been well documented, crediting their capabilities as both bombers and hostile act deterrents. As the technological climate of war advances, the new long-range strike bomber will need the capability to combat these new threats.

“Because of what (bombers) have done, they represent power, they represent potential … and they have a proven record of effectiveness in conflicts going back to World War II, and in every (conflict) until today,” Field said.

The LRS-B must continue the legacy by assisting with land, sea and even cyberspace warfare in the form of communications interception, said Dr. Rebecca Grant, the president of IRIS Independent Research, a small business that specializes in national security.

Grant cited the U.S. has yet to face a modern surface-to-air, or SAM, missile threat with its current fleet and may not be adequately suited for combat against more advanced SAM sites. A new bomber would be up to the task of tomorrow’s combat environment and possibly replace some of the more dated aircraft, especially during a time when forces are being rebalanced.

“In (the mid 2020’s), our armed forces will face challenges for which it was not designed,” Grant said, noting the way to mitigate that challenge is by beginning plans now.

The bomber fleet is important not only for its ability to get bombs on target, but as a show of force, Field said. He cited several examples of bombers used as deterrents, including flying B-26 Peacemakers over Russia in 1952 during a parade, a B-52 Stratofortress’ flight over China, and the more recent B-2 Spirit flight to the Korean Peninsula.

The inventory goal for the new long-range strike bomber is 80-100 bombers by the mid 2020’s, Field said. Bombers must be able to reach deep behind enemy lines with sufficient numbers to conduct operations across the depth of an entire theater simultaneously, the general continued.

The addition of a new bomber is paramount to maintaining this capability for tomorrow’s conflict.

“Bombers can send messages,” Field said. “They can influence or initiate action, and they are credible because of what they have done in the past.”

By Senior Airman Zachary Vucic

Future bomber has legacy to uphold

Lt. Gen. Burton Field and Dr. Rebecca Grant talk about new capabilities during their, “The Future Bomber,” discussion at the 30th Annual Air Force Association Air Warfare Symposium and Technology Exposition Feb. 20, 2014, in Orlando, Fla. Field said as the technological climate of war advances, the new long-range strike bomber will need the capability to combat new threats. Field is the deputy chief of staff for operations, plans and requirements and Grant is the president of IRIS Independent Research. (U.S. Air Force photo/Scott M. Ash)
Jeff Tate, ATA Test Assets and Support, Technical Specialist, 35 years

**What is your most memorable AEDC moment during your years of service?**

I was once presenting a training class at J4 and realized that there was no AC power at the plenum. I finally figured out the problem was a circuit breaker that had opened a valve in the exhaust duct and test fans were starting to blow the plume of exhaust gas up into the observatory one evening atop the south tower on its rooftop observatory in awe of the view. Consequently, the destruction of that observatory was somewhat personal for me.

Garry Burnett
ATA Test Assets and Support, Pipetters, 35 years

**With aches and pains. What is your most memorable AEDC moment during your years of service?**

“My morning that my wife called me from home to tell me that a second plane had crashed into the World Trade Center Towers. She called me several minutes after the first plane crashed into the North Tower. After she informed me of the second tower being hit, I knew it was not just an accident and that something was bad, wrong. As a co-pilot de-stressing at an Army base in northern New Jersey, I had traveled to New York City during the bicentennial year and directly atop the south tower by an observatory evening in awe of the view. Consequently, the destruction of the tower was somewhat personal for me.”

Greg Wilson
ATA Performance Management, Administrative Professional, 35 years

**What is your most memorable AEDC moment during your years of service?**

“Living opossum as a retiree and installation of the Valve Cell blew-up.”

Karen Nicholson, ATA Promotions, 35 years

**What is your most memorable AEDC moment during your years of service?**

“After my retirement, I was attending a concert at the compass FM at PES. Suddenly, there were lights on the memory of the actual event, but sometimes later on when there is a scaffolded floor up into the open compressor housing before piecemeal my skull, most of the floor, the left leg, and the 7th vertebra of my spine. The Spikes were quite traumatic and noticeable required before I could return to work, and I have remembered daily through a hot taser of seam from the head injury along with back pain. What I most predict of today of AEDC is not the work accomplishments, but it is the improvements made in work safety and the culture of caring that so prevail from in the craft folks up through the entire AEDC organization. My most memorable moment would mean nothing if it wasn’t here to remember it.”

John England
ATA Test Assets and Support, Boilermaker, 35 years

**What is your most memorable AEDC moment during your years of service?**

“A memorable moment during my years at AEDC was once presenting a fellow Boilermaker with a five o’clock pipe as a retiree gift. On a serious note though, a memorable project and turning point in my career was leading a team in the fabrication and installation of the Value 700 Insert Stack for ETF in 1996.”

Shawn Jones, ATA

**What is your most memorable AEDC moment during your years of service?**

“Sawing the steel tube that occurred when J2 test fire blew-up.”

By Senior Airman Cortney Paxton
341st Missile Wing Public Affairs

Malmstrom Air Force Base, Mont. (AFNS) — Airmen have a duty to uphold and respect their fellow Airmen to “fit for battle.”

Maintaining that fit lifestyle means routine health checkups, having a proper diet, exercise and sometimes using medications to combat illness and physical ailments.

While picking up an over-the-counter medication at the local drug store or being prescribed medication by a healthcare provider are common practices for everyone looking to get or remain healthy, misuse or abuse of any drug can be a serious problem with serious consequences.

“It’s hard to define medication misuse because some people think of it as medication abuse and they’re not the same thing,” said Capt. Aimaldo Figueroa, the 341st Medical Support Squadron officer in charge of pharmacy services. “Medication misuse is anything from not using the medication that has been prescribed by your healthcare provider the way it was instructed to using a medication prescribed to someone else. This is in contrast to medication abuse where there is a behavioral issue and there may even be a psychological or dependency component to it; normally known as substance use disorder. So while misuse and abuse are not the same thing, both are problems.”

The misuse of prescription medications has drastically increased over the last 10 years and has become one of the most common reasons for emergency room visits and sudden death. In 2008, the Office of National Drug Control Policy found that one-third of all new abusers of prescription drugs in 2006 were 12 to 17 years of age. This data underscores the importance of proactively ad- dressing this issue to prevent potential abuse, additional cost to healthcare and the burden it may cause to society and military members.

“IT’s important that unused drugs are being disposed of prop- erly,” Figueroa said. “Leaving medications remaining in cabinets at home could eventually lead to teenagers or children finding them and not knowing or understanding what the repercussions are of tak- ing something that was not pre- scribed for them and could cause them serious health consequences. That’s why it’s so important.”

Improper drug disposal can also have negative environmental impacts.

“Proper drug disposal is important in order to keep drugs out of our landfills and water systems,” said police Capt. Bob Armstrong, the Montana Highway Patrol District II. “People just got used to dumping them down toilets and throwing them in the garbage – that’s not the proper way to do it because it affects the environment.”

Additionally drugs improperly disposed of, or not disposed of at all, could fall into the hands of a child, teenager or an individual the drug wasn’t prescribed to, leading to the misuse of the drugs and sometimes adverse con- sequences.

According to the Uniform Code of Military Justice, “Any person... who wrongfully uses, possesses, manufactures, distrib- utes, imports into the territory of the United States, exports from the United States or introduces into an installation, vehicle or aircraft used by or under the control of the armed forces (a controlled substance)... shall be punished as a court-martial may direct.”

This includes the sharing of prescription medications. The misuse of controlled substances could warrant adverse legal con- sequences, not disposing of or misusing expired prescriptions may result in negative conse- quences as well.

Jeff Tate, ATA Test Assets and Support, Technical Specialist, 35 years

**What is your most memorable AEDC moment during your years of service?**

“There are so many good comments do not

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Easter Eggstravaganza at Arnold Lakeside Center

April 19 from 1-3 p.m.

In honor of Administrative Professionals Day, the Community Center at Arnold Lakeside Center will host a Daddy Daughter Dance “Lauu” April 12 at Arnold Golf Course. This will be a four-person team match play with a maximum individual nine-hole handicap of 13 established. Ladies will play from the red tees, men age 60 and over may choose to play from the blue tees. Each team will play either Monday or Tuesday at 4:30 p.m. for a maximum of 18 holes. Prizes will be awarded to the winners of the event on April 19 from 1-3 p.m. The league is limited to the first 20 four-person teams to sign-up. The format is score from the blue tees for eligible users only. Prizes may be won, but all entries are not under 10. Prize amounts will be announced throughout the event. Door prizes will be given throughout the event so be sure to register. You do not have to be present to win, but all prizes must be filled out completely to be valid. Prizes may be picked up at a later date from Arnold Outdoor Rec. Food and beverages will be available free of charge so be sure to bring your lunch and check us out.

Outdoor Rec Expo comes to A&E building May 1

The Community Center at Arnold Lakeside Center will host a Daddy Daughter Dance “Lauu” April 12 at Arnold Golf Course. This will be a four-person team match play with a maximum individual nine-hole handicap of 13 established. Ladies will play from the red tees, men age 60 and over may choose to play from the blue tees. Each team will play either Monday or Tuesday at 4:30 p.m. for a maximum of 18 holes. Prizes will be awarded to the winners of the event on April 19 from 1-3 p.m. The league is limited to the first 20 four-person teams to sign-up. The format is score from the blue tees for eligible users only. Prizes may be won, but all entries are not under 10. Prize amounts will be announced throughout the event. Door prizes will be given throughout the event so be sure to register. You do not have to be present to win, but all prizes must be filled out completely to be valid. Prizes may be picked up at a later date from Arnold Outdoor Rec. Food and beverages will be available free of charge so be sure to bring your lunch and check us out.

Class Big 3 Challenge

Administrative Professionals Day special in Cafe 100 April 23

in honor of Administrative Professionals Day, April 23, Cafe 100 will be offering a “buy one, get one half off” special for breakfast or lunch. This special applies to all menu items, not only administrative.

Outdoor Rec will hold an outdoor expo at building (100 foot sidewalk deck) from 10 a.m. to 2 p.m., May 1. All base employees are encouraged to come by and see some of the items available for rent from Outdoor Rec. Stop by to see what is new for the summer and learn about many of the customer favorites available. Some of the new items include stand-up paddle boards, court and other items include kayaks, canoes, windsurfers, cross-country skiing equipment, inflatable grills, canoes, fishing poles and more. Brochures with pricing and information on these will be available at the camp and at the Arnold Golf Course. Outdoor Rec will also be available. Door prizes will be given throughout the event so be sure to register. You do not have to be present to win, but all prizes must be filled out completely to be valid. Prizes may be picked up at a later date from Arnold Outdoor Rec. Food and beverages will be available free of charge so be sure to bring your lunch and check us out.

Class Big 3 Challenge

Administrative Professionals Day

Arnold Fitness Center challenges you to participate in the Group Class Big 3 Challenge anytime during the month of March. Participants will earn points on one of three types of classes offered - Interval Training, Yoga, and Cycling – and earn an incentive. All you have to do is use the sign in sheet for each class to check in with Joe Walters, Fitness Director, and you will be entered into a drawing for the chance to win an incentive. In honor of Administrative Professionals Day, Arnold Golf Course will be offering a “buy one, get one half off” special for breakfast or lunch. This special applies to all menu items, not only administrative.

The Group Class Big 3 Challenge

The Spring 2014 AEDC Golf League will begin play at Arnold Golf Course April 22. The league is limited to the first 20 four-person teams to sign-up. The format is four-person team match play with a maximum individual nine-hole handicap of 13 established. Ladies will play from the red tees, men age 60 and over may choose to play from the blue tees. Each team will play either Monday or Tuesday at 4:30 p.m. for a maximum of 18 holes. Prizes will be awarded to the winners of the event on Monday and check in with Joe Walters, Fitness Director, and you will be entered into a drawing for the chance to win an incentive. In honor of Administrative Professionals Day, Arnold Golf Course will be offering a “buy one, get one half off” special for breakfast or lunch. This special applies to all menu items, not only administrative.

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April 2014

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

Spring into Golf Special- $26 includes 18-hole green and cart fee, hot dog and soda
Fitness Center Group Big 3 Competition
Members Only Texas Hold 'em Mini Tournament- every Thursday night

Hours of operation
Arnold Lakeside Center: Caring/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 4-10 p.m.; and Saturday 5-9 p.m.; Social Hour – Friday 5-7 p.m.; Movie Night – Saturday 7-10 p.m.; Tuesday and select Saturdays 6-10 p.m.
Information, Tickets & Travel (ITT): Office at Arnold Lakeside Center – Tuesday through Thursday 10 a.m. – 1 p.m.
Café 100: Monday through Thursday 6:30 a.m. – 1 p.m.; Lunch starting at 10:30 a.m.
Barber Shop: by appointment – Monday, Tuesday, Thursday, Friday, 8 a.m. – 4 p.m.
Office Located at Arnold Lakeside Center: Monday through Friday 7:30 a.m. – 4 p.m.; May vary depending on bookings.
Golf Club: Monday through Saturday 10 a.m. – 5 p.m.
Wingo Inn: Monday through Friday, 5:30 a.m. – 7 p.m.; Saturday 8 a.m. – 11 a.m. Sunday Closed.
Arnold Golf Course: Pro Shop is closed Saturday 4-6 p.m. Closed during inclement weather. Driving Range open 24 hours with prefaced key card. Mulligan’s Grill Monday through Friday, 10:30 a.m. – 1:30 p.m. Saturday and Sunday Closed.
Catering/Management offices by appointment. Operations Clerk – Monday-Friday 7:30 a.m. – 4 p.m. and Saturday 8 a.m. – 4 p.m.
Nonappropriated Funds Human Resources: Monday through Thursday 7:30 a.m. – 4 p.m.

Remind: ODR, Resource Management and Administrative offices are now located in Wingo Inn.

BX/Commissary customer eligibility
AECF operates a BX/Commissary at Fort Rucker, Alabama. BX/Commissary hours are the same as the commissary. AECF offers a BX/Commissary Card for access to the BX/Commissary. BX/Commissary cards are issued at the BX/Commissary Office. BX/Commissary hours are also the same as the commissary.

Distribution:
- For active duty military personnel and their families
- For retired military personnel and their families
- For persons 100% disabled
- For the dependents of military personnel

BX/Commissary cards are also issued to equivalent DoD military families with a DoD ID card.

Reminder: All BX/Commissary Cardholders are required to present their ID cards and BX/Commissary Card during all transactions. AECF BX/Commissary hours of operation: Monday through Saturday 7 a.m. – 9 p.m.

BRIEFS from page P1

Last Friday Teoria moved to April 18 for this month and starts at 6:30 p.m. with questions in random categories. Teoria may have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. There are eight rounds with three questions per round. For rounds 1-4, teams may have up to six points to wager per round. Only one point per value may be used per question. For example, if you wager four points on the final question in that round, you may choose either two or four points for the next question. Whichever value is left must be used for the entire round. After the eighth round, teams may wager their up to total points carried for the final ques-

Making plans for Spring Break? Ask about Universal Orlando’s “3-Day Free” ticket special offered through your BX/Commissary (Information, Tickets and Travel) at Arnold Lakeside Center. The 2-Day Base with 3rd Day Free Ticket entitles one guest admission to one theme park per day. Ticket is valid for any three calendar days during a 14 consecutive calendar period which includes the first day any portion of the ticket is used. This ticket also includes all admission to Universal CityWalk which includes the first day it is used. First use of this ticket must be on or before May 9 to receive full benefit of the ticket enti-

Benefit: AECF’s Annual Spring Break 2014 Special is available to active duty military personnel, retirees, dependents, and DoD civilians.

AECF promotes safe, family-friendly activities and services that improve the quality of life for all DoD civilians in the Southeast. AECF strives to provide programs that are affordable and accessible to DoD employees and their families.

AECF’s Spring Break 2014 Special includes:
- Universal Orlando Resort (UOR) 2-Day Base with 3rd Day Free Ticket for $64.40
- AECF’s Annual Spring Break 2014 Special includes all admission to Universal CityWalk which includes the first day it is used. First use of this ticket must be on or before May 9 to receive full benefit of the ticket entitle-
April Movie Schedule

**Movie nights are shown in The Landing with movie start time of 6:30 p.m. and select Saturdays (age 18+ only)**

**April 3 – “Silver Linings Playbook”**
Show Monday at 4:00 p.m. or Tuesday at 7:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 5 – “Catching Fire”**
Rated “12” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 7 – “Alex Cross”**
Show Wednesday at 7:00 p.m.
Rated “12” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 9 – “47 Ronin”**
Show Friday at 7:30 p.m.
Rated “12” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 10 – “Frozen”**
Show Saturday at 10:00 a.m. or 2:00 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 11 – “The Nut Job”**
Show Monday at 6:30 p.m. or 9:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 12 – “Homefront”**
Show Tuesday at 4:30 p.m. or 7:00 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 13 – “47 Ronin”**
Show Wednesday at 7:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 14 – “Frozen”**
Show Friday at 7:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 15 – “Walking With Dinosaurs”**
Show Saturday at 10:00 a.m. or 2:00 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 16 – “The Nut Job”**
Show Monday at 6:30 p.m. or 9:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 17 – “Walking With Dinosaurs”**
Show Tuesday at 4:30 p.m. or 7:00 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 18 – “Catching Fire”**
Show Wednesday at 7:00 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 19 – “Alex Cross”**
Show Friday at 7:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.

**April 20 – “The Nut Job”**
Show Monday at 6:30 p.m. or 9:30 p.m.
Rated “R” movie nights are shown Saturday in The Landing with movie start time of 6:30 p.m. This movie night is for age 18+ only.
AFMC promotes chronic pain management awareness

By Greg Chadwick
AFMC Wellness Support Center

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — During the month of March, Air Force Materiel Command will promote Chronic Pain Management Awareness. Chronic pain is American’s biggest health problem. It affects more individuals than diabetes, heart disease, and cancer combined, according to the Institute of Medicine of The National Academies.

Chronic pain is defined as pain that lasts more than three months, or pain that continues when it should not. Examples would include: arthritis, cancer, and low back pain. Chronic pain can adversely affect an individual’s well-being, and may cause emotional distress with thoughts of fear, despair, and hopelessness.

It is important to see a physician as soon as possible when suffering from chronic pain because the condition could worsen if left untreated. The primary goal of pain management is to reduce any disability caused by the pain. Treatment can be divided into three categories:

• Physical (e.g. physical therapy)
• Psychological (e.g. relaxation methods)
• Pharmacological (i.e. medicines)

The treatment of persistent pain may involve one, two or all three of these categories. The use of pain relievers and other medications are the most common methods of treatment.

While medications can help relieve symptoms, there is a risk for some patients to develop dependency or other serious side effects due to misuse or abuse. Prolonged use of opioid (narcotic) pain medications such as oxycodone (OxyContin®), and hydromorphone (Dilaudid®) increase the possibility of adverse reactions including: gastrointestinal distress, internal organ problems, sexual dysfunction, and endocrine problems. A life threatening side effect is respiratory depression.

“More people die from overdoses of prescription opioids than from all other drugs combined, including heroin and cocaine,” said Steven Callon, Air Force Materiel Command Drug Demand Reduction Manager.

If you or someone you know is struggling with prescription drug dependency or misuse, assistance is available. Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at (800) 222-0364 or visit the EAP website at www.fehbp.com. Active-duty personnel can contact their local installation Alcohol Drug Abuse Prevention and Treatment Program (ADAPT), or Primary Care Manager. Military OneSource is another option for military members, spouses, and dependents. For more information, call (800) 342-9647 or visit www.militaryonesource.com.

Civilian Health Promotion Services will be offering classes on chronic pain management during the month of March. Attendees of the class will receive a self-care handbook on managing pain. For more information on class times and location, contact your local CHPS team or visit www.AFMCwellness.com.