Dr. Edward Kraft, a senior level executive for the Department of Defense and one of the pioneers for integrating modeling and simulation into testing and evaluation for the DOD, is retiring as AEDC chief technologist. During his time as chief technologist at AEDC, Kraft has served as the principal technical advisor to the commander and top technical expert for the Complex in the testing of hardware in aerodynamic, propulsion and space ground test facilities that simulate flight conditions and in developing advanced test techniques, instrumentation and facilities by exploiting current research and applying new technologies. He has provided technical leadership in identifying future technical needs and innovative strategies to support advanced test facilities, systems and equipment. Kraft is a widely recognized authority on the integration of modeling and simulation into test and evaluation processes. He is also a leader in the application of systems dynamics and lean thinking to enterprise processes.

Though leaving AEDC, Kraft doesn’t plan to end his legacy here. He will be starting a new opportunity as an associate director of research at the University of Tennessee in Knoxville.

“This will give me the opportunity to expand on what I’ve worked on at AEDC and enable me to support the Complex in a different capacity,” he said.

AEDC is the place Kraft first started his career as an engineer, and the number of projects that Kraft has been involved in while at AEDC is a lengthy list. "I started as a co-op student in June 1964 when I finished my bachelor’s degree in aerospace engineering at the University of Cincinnati," Kraft said. "I was finishing my master’s at UT Knoxville and started full-time in 1969 working in the Propulsion Wind Tunnel.”

At that time as a contract employee, Kraft worked mainly in the 16-foot transonic tunnel at AEDC before moving into the field of technology and analysis.

"I've worked on at AEDC..." By Claude Morse

AEDC Public Affairs

Nominations for 2017 AEDC Fellows open

By Claude Morse

The Arnold Community Council (ACC) is currently accepting nominations for the 2017 AEDC Fellows Program with submission due no later than March 23.

Established in 1989, the Fellows program recognizes AEDC individuals who have made substantial and exceptionally distinguished technical contributions to the nation's aerospace ground testing capability at AEDC or at any of AEDC’s remote operating locations. Since the inception of the Fellows program, a total of 91 individuals (Technical Fellows, Craftsman Fellows, Lifetime Achievement Fellows and Honorary Fellows) have been inducted as AEDC Fellows.

Do you know a government employee, retired military, civilian or former AEDC employee who merit consideration for selection as an AEDC Technical Fellow? AEDC Technical Fellow nominations may be submitted by any present or former AEDC government employee, retired military employee, civilian contractor or subcontractor personnel assigned or previously assigned to AEDC, or a former technical employee, former AEDC employee, or former government employee who merit consideration for selection as an AEDC Craftsman Fellow? AEDC Craftsman Fellow nominations may be submitted by any present or former AEDC government employee, retired military employee, civilian contractor or subcontractor personnel assigned or previously assigned to AEDC.

Dr. Edward Kraft, AEDC Chief Technologist (U.S. Air Force photo/Jacqueline Cowan)

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The 2016 income tax season has arrived and the Arnold Air Force Base Legal Office is offering free Volunteer Income Tax Assistance (VITA) for eligible personnel.

Due to the number of members on active duty and retirees and their dependents eligible to receive these free services. This year the legal office will also be able to provide tax services to other categories of members including Department of Defense civilians whose income taxes are not available and until the January 31 filing deadline of April 15. Eligible personnel are permitted in preparing, reviewing and e-filing electronically filing their income taxes. Most customers receive their refund within 2 weeks. VITA volunteers can provide tax preparation up to tax season. Please note that advanced and military certification levels which include rental properties and Schedule A exemptions. However, taxpayers filing tax returns for the 2016 tax category, and federal income tax returns. Most customers receive their refund within 2 weeks.

For government employees, the fact that a person smokes has no bearing on the number of breaks they are afforded all employees the same break opportunities consistent with good work practices and accomplish-

Base Legal Office offers tax help

Dr. Edward Kraft, second from right, retires this month from his position as AEDC Chief Technologist, assists in the ribbon cutting ceremony marking the official opening of the Complex’s Dedicated High Performance Computing lab in 2009. During his time at AEDC, Kraft is also largely known for work he’s done outside of AEDC within the aerospace industry. Industry positions he has held over the years include executive vice president and chief technical officer of Allied Aerospace Indus-

Smoking Policy

1. The smoking areas at the Complex are smoke-free and apply to all individuals on-site. Smoking is permitted within the fee-

2. Tobacco-related products are in accordance with AEDC’s policy. Smoking in the Complex is prohibited. A tax appointment at Tullahoma-area community centers.

3. Tobacco-related products are allowed to be used at all AEDC locations where smoking is prohibited. A list of tobacco-free locations can be found online at https://my理想的健康社区. A tax appointment at Tullahoma-area community centers.

4. Electronic Cigarettes (also known as “e-cigs”):

Electronic cigarettes are considered to be equivalent to tobacco products. However, e-cigs are not restricted to DTAs and are allowed to be used outdoors at a minimum distance of 20 feet from buildings/entry points. (This policy is slated to be updated in the near future.)
AEDC African American Heritage Committee hosts Black History Luncheon

By Deidre Ortiz
AEDC Public Affairs

Students will once again be teaming up with AEDC engineers to experience work environments and participate in week-long competitions during National Engineers Week, Feb. 19-25.

Engineers from AEDC and throughout the region volunteer their time to assist with mentoring opportunities and activities geared toward engineering concepts.

Engineers Week will begin with the Marus County competition Jan. 28 at the University of Tennessee Space Institute. The competition is a local event where the winners are selected into a team that will compete at the state level and possibly at the national level. Students in seventh and eighth grades from Bedford, Coffee, Franklin and Lincoln counties compete in these events, which challenge middle school to solve problems.

A Student Design Competition will be held Feb. 25 at UTM for high school students in tenth through twelfth grades from seven counties. Teams consist of two people and prizes are awarded to the top three highest scoring teams.

Engineers for a Day is scheduled for Feb. 22 at AEDC, which will give high school eleventh and twelfth grade students the opportunity to tour the Complex and some of its facilities, as well as spend time with an engineer mentor in an area of their particular interest.

The final event of the week is the Engineers Week Banquet on Feb. 23 at the Holiday Inn Express Hotel, where students and mentors will celebrate the accomplishments of engineers and students. This year’s guest speaker will be Dr. Chris Costing, staff advisor of the Test Pilot School and Edwards Air Force Base in California.

Local organizations offering assistance during Engineers Week include 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 AEDC Science Technical Engineering and Math Program.

AEDC to host students during National Engineers Week

By Deidre Ortiz
AEDC Public Affairs

Students of NAS, LLC employees are eligible to participate in a scholarship program hosted by Bechtel.

The scholarship opportunity, part of the Citizen Scholars Program, is open through March 1. Bechtel annually awards 25 scholarships of $3,000 across all companies and projects within its Nuclear, Security and Environmental Business.

Who can apply? Children of full-time NAS, LLC employees who are in their last year of high school, pre-college or pre-advanced study and plan to enroll in a full-time undergraduate program at an accredited college, university or vocational-school by fall 2017. NAS, LLC employees must have at least one year of continuous AEDC service as of the March 1 deadline. Children are defined as natural or legally adopted children, stepchildren, children of registered domestic partnerships, or legal wards of the NAS, LLC employee.

Children of retired NAS, LLC employees are not eligible. To remain eligible, the NAS, LLC employee must continue to be employed by the company at the time the award check is mailed.

Degree eligibility: Any degree is eligible. A minimum of 70 percent of scholarships are awarded to students declaring science, technology, engineering and mathematics.

Applications must be submitted online at https://www.scholarsapply.org/bechtel by the March 1 deadline. For more information, email foomer@bechtel.com or call (931) 308-1923.

FELLOWS from page 1

Candidates who are qualified for consideration for the AEDC Lifetime Achievement Fellowship must have made notable and valuable lifetime contributions to AEDC in any area relevant to the AEDC mission. Only AEDC Fellows may submit a nomination for an AEDC Honorary Fellow. AEDC Honorary Fellows are recognized in the March issue of NAE ##.

Team AEDC remembers, celebrates Dr. Martin Luther King Jr.

AEDC team leaders prepare to participate in the Martin Luther King Jr. Remem- brance Walk hosted by the AEDC African American Heritage Committee Jan. 12. The walk’s theme was to remember the sacrifices made by the civil rights leader. (U.S. Air Force photo/Jacqueline Cowen)
AEDC quarterly award winners announced

2nd Lt. Karlie Madden
Company Grade Officer of the Quarter

Tech. Sgt. Shara Jackson
Non-Commissioned Officer of the Quarter

Capt. Paul Maloney
Honor Guard of the Quarter

Beau Campbell
Civilian of the Quarter

Adam Fanning
Civilian of the Quarter

Melissa Tate
William M. Dunne People’s Choice Award

NEW PARTNERS from page 1

The C-5M Super Galaxy undergoes extreme heat and ultraviolet exposure during the re-engining and Reliability Program at the McKinley Climatic Laboratory in 2007. The McKinley Climatic Laboratory is an AEDC facility located at Eglin Air Force Base, Florida. (U.S. Air Force photo/ Greg Murry)

Aircraft manufacturers and defense contractors have been involved in the testing of all climatic conditions. The chamber has a capability of -80 degrees Fahrenheit to 140 degrees Fahrenheit, the chamber has the same capabilities as the MC. The Equipment Test Chamber is 130 feet long, 16 feet wide and 16 feet high. Although it is small, it has the same capability as the MC. Tests usually consist of jet engines, small vehicles and turbine-driven ground power units. The Sun, Wind, Rain and Dust Chamber produces ambient or hot test conditions. Wind-blowing rain at rates up to 25 inches per hour and heavy sand and dust storms can also be created in this chamber. Because of the corrosive properties of salt fog test conditions, the Salt Fog Chamber was designed to provide an ambient test chamber that is away from other test chambers. The chamber has two steam-fed heat exchangers that create the temperature to perform the salt fog test. The chamber is approximately 55 feet long, 16 feet wide and 16 feet high. The chamber doesn’t have refrigeration capability. The Altitude Chamber can create pressure altitudes as high as 80,000 feet with a temperature capability of 40 degrees Fahrenheit to 140 degrees Fahrenheit. The chamber measures 13 by 9 feet and 6 feet high.

Hypersonic Combined Test Force at Edwards AFB

Since the 1950s, the Hypersonic Combined Test Force has operated at Edwards Air Force Base, testing the boundaries of speed. The AEDC unit has been involved in the testing of cutting-edge, high-speed aircraft, including the renowned X-15 program during the 1960s and, most recently, the X-51 Waverider. The X-15 experimental airframe’s maiden flight was completed on May 24, 2010. The aircraft remained under powered flight for over 200 seconds at a top speed of Mach 5. The CTF also supports space-oriented projects, such as the X-38 Crew Return Vehicle, or CRV, in the early 2000s. The X-38 project was a series of five prototype research vehicles developing technology to build and operate a space station CRV. The wingless CRV, when operational, would have been the first reusable human spacecraft to be built in more than two decades.

Some of the unit’s projects are research and development oriented, and teams may spend five to seven years working on a project for one or two test flights. Maj. Dick Wong, director of the Hypersonic CTF, said “Because of the research and development mission of the Hypersonic CTF, the collection and analysis of flight test data – and finding them back into our models and simulations – is paramount.”

CTF partners closely with entities such as NASA, the Air Force Research Laboratory, and the Defense Advanced Research Projects Agency. Information for this news release was taken from a story written by Christopher Bell, 412th Test Wing Public Affairs.
WASHINGTON (AFNS) – The men and women of the Air Force bid farewell to the 23rd Secretary of the Air Force Deborah Lee James during a ceremony at Joint Base Andrews, Maryland, Jan. 11.

James led the Air Force for more than three years after being confirmed in December 2013.

“Because of your leadership, the United States Air Force is better prepared to fly, fight and win than at any time in history,” said Secretary of Defense Ash Carter. “Thank you, Debbie James, for your service to this country, for your commitment to our Airmen, to their families, and to the joint force. We’re safer today because of you.”

Chief of Staff Gen. David L. Goldfein spoke about the impact James tenure left on the service. “You’ve inspired us, you took care of us, and you led us well,” Goldfein said. “It is now my distinct honor as the chief of staff, on behalf of a grateful nation, and the 660,000 active, Guard and Reserve Airmen, to report to you that you have completed your obligation to support and defend the constitution against all enemies, foreign and domestic. That you have true faith and allegiance to the same, and that you will well and faithfully discharge your duties of the Office of Secretary of the Air Force.”

During the ceremony, James was presented with the Distinguished Public Service Award by Carter. Her husband, Frank Beaty, was presented with an Air Force award for exceptional public service from Goldfein.

“When I took this job … I knew it would be the honor of my professional lifetime,” she said. “I did not fully understand, at the time, what an absolute joy it would be and how much I would learn from all of you.”

In her remarks, James shared four stories of Airmen, who said she touched her heart.

Two weeks after James was confirmed, she received a call informing her of a convoy hit by an improvised explosive device near Kabul, Afghanistan. Ten people were killed. Among them was Capt. David Lyon, who had been in the Air Force for five years. He was a logistics specialist, executive officer for his group commander, athlete and volunteer coach for the U.S. Air Force Academy track team, she said.

James attended his dignified transfer where she met his widow, Capt. Dana Lyon, who was also stationed in Afghanistan. The couple had spent Christmas together two days prior to his death.

“The midst of un-speakable grief, Dana taught me about how much we ask of people,” the secretary explained.

Today, she is Maj. Dana Lyon, assistant strength and conditioning coach at the Air Force Academy, an active mentor in her own right, James declared.

Within days of the call about Capt. Lyon, drug use and cheating on proficiency exams was discovered at Malmstrom Air Force Base, Montana. James joined Gen. Mark Welsh, then chief of staff of the Air Force, as they investigated the situation.

They were joined by then Maj. Gen. Jack Winstead, the 20th Air Force commander. James shared that Winstead explained the dynamics of the nuclear enterprise, including how Air Force leaders spoke of nuclear war as number one; “but no one put their money where their mouth was,” she said.

“He is still the finest advocate for our warriors, security forces, and all the other Airmen who represent our military enterprise, she proclaimed. James then went on to describe Tech. Sgt. Brian Williams as “one of the bravest, most dedicated people I have ever met.”

Williams met the secretary when he was commanding a member of the Air Force Wounded Warrior Program. A 16-year veteran, he served in security forces where he deployed six times, including to Afghanistan. He was injured in an IED explosion, losing his left leg above the knee.

It was a difficult role for Williams to medically retire him, but he remained eager to continue serving. At the time, the service was starting to allow more exemptions for wounded warriors.

“I was the one who signed the paperwork that allowed him to stay,” she said proudly. “It is an honor to serve with Airmen like Tech. Sgt. [Maj. Gen.] Charles McGree and the Tuskegee Airmen who grew up in a time when ‘separate but equal’ was the law of the land.”

The Tuskegee Airmen proved to be exceptional flyers, maintainers, radio operators and support personnel, demonstrating that the Air Force core value of excellence in all we do, has nothing to do with the color of an Airmen’s skin, she said.

Finally, she shared that as an American, she will be secure in the knowledge that the Air Force is protecting her family, friends and country 24 hours a day, 365 days a year.

“I will never ever cease being a member of the Air Force family,” she said. “I will always remain an advocate for Air Force and the Air Force.”

By Tech. Sgt. Robert Barnett
Secretary of the Air Force Public Affairs

SECRETARY OF THE AIR FORCE DEBORAH LEE JAMES WIVES TO ATTEND DURING HER FAREWELL CEREMONY AT JOINT BASE ANDREWS, MD., JAN. 11. JAMES TOOK OFFICE AS THE 23RD SECRETARY OF THE AIR FORCE IN DECEMBER 2013. (U.S. Air Force photo/Scott M. Ash)
WRIGHT-PATTERSON AIR FORCE
BASE, Ohio – There has never been a better time to quit smoking. Civilian Health Promotion Services is now offering a new tobacco cessation program to help individuals who are ready to quit-smoking.

According to the Centers for Disease Control and Prevention, tobacco smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year; or one of every five deaths. Tobacco users who quit greatly reduce their risk for disease and premature death, improve their health and quality of life, and increase their life expectancy.

The CHPS tobacco cessation program is free for participants. Program components include:

- Attending the CHPS class on Introduction to Tobacco Cessation
- Learn about tobacco cessation counseling services through the Employee Assistance Program
- Awareness of tobacco cessation benefits through the Federal Employees Health Benefits Program.
- All FESB plan offers 100% of same copay for tobacco cessation treatment options.
- Signing-up for a telephonic counseling session
- Options available for four weeks of Nicotine Replacement Therapy.

For more information, visit www.AFMC-wellness.com.

By Air Force Materiel Command Health & Wellness Team

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By John Turner

CHPS offers tobacco cessation program
Lone Star National Finals Rodeo
CALSONIC ARENA • SHELBYVILLE
Bareback Bronc Riding • Calf Roping • Cowgirl's Breakaway Roping Saddle Bronc Riding • Cowgirl's Barrel Racing Team Roping & Brahma Bull Riding
Plus Best Dressed Cowboy And Cowgirl Contests For Kids 10 & Under
(30 minutes before performance)
Gold Rush for Kids 10 and under, 2x Clown Of The Year "Mighty" Mike Wenthworth
Fancy Trick & Roman Riding, chance at truck giveaway each night
For More Information, Call (270) 269-6000.
Ticket Office 931-684-5915
Credit Cards now available to use at the door!
Adults, $17 Children 12 & Under, $12 Children 3 & Under Are Free
Friday Night all Kids Tickets $10
270-269-2363
Visa • MC Accepted By Phone
By Phone or ONLINE at www.lonestarrodeocompany.com
Sponsors: Russell Barnett Dodge, Huddle House, Tullahoma Drug Store, Equine Services, The Celebration, Bedford County Tourism
Friday Feb. 3 • 7:30 PM • Equine Services Kids Night
Saturday Feb. 4 • 7:30 PM • Russell Barnett Dodge
AF looks to ensure cyber resiliency in weapons systems through new office

By Patty Welsh


Although the office's primary operating location and senior leadership will be at Hanscom Air Force Base, contributing staff will come from various Air Force organizations and geographic locations. It will focus on integrating activities across the Air Force to ensure weapon systems maintain mission-effective capabilities, despite cyber adversity. It reached initial operating capability Dec. 21, 2016.

“The Air Force’s ability to fly, fight and win in air, space and cyberspace is threatened by increasing competent adversaries in the cyberspace domain,” said Dennis Miller, the CROWS director, who also serves as Hanscom AFB’s engineering and technical management associate director. “The cyber threat is more than just network intrusion or traditional malware – it also affects our weapon systems and presents a clear and present danger to successful mission assurance.”

Weapon systems have real-time constraints and complexities coupled with differing sustainment strategies which means the same security management practices that are used for traditional information technology systems require tailoring and adaptation to be effective and efficient in a weapon system environment.

Miller said the CROWS will focus on integration across Air Force communities to acquire, field, operate and sustain increased cyber-resilient weapon systems. It will also work to integrate activities in the Air Force Cyber Campaign Plan (CCP) focused on multiple strategic vectors.

According to Daniel Holtzman, the Air Force cyber technical director, achieving the intended mission assurance in a cyber-contested environment involves a complex and integrated manner to reduce risk, Holtzman said. “To effectively and efficiently combat the cyber threat, we must horizonally integrate within and across our weapon systems, working together across our Air Force and partnership communities to securely design and operate systems, conduct missions and sustain capabilities,” he said. “We must educate and train our Air Force communities to be vigilant of the cyber risk at all times.”

Some of the ongoing work the CROWS will provide is integrated program management and execution oversight for the lines of action of the CCP including: conducting mission-level cyber risk analysis, integrating cyber into systems engineering, enhancing adaptability and agility via modular design and approaches, developing a cyber-savvy workforce, increasing assurance in fielded systems in a cost effective and efficient manner, increasing the integration of cyber intelligence and enabling cyber operation flights and cyber protection teams.

As part of the Air Force Cyber Campaign Plan, a senior-level steering group was also formed. The Cyber Resiliency Steering Group, is chaired by Jeff Stanley, the associate deputy assistant secretary (science, technology and engineering), Office of the Assistant Secretary of the Air Force for Acquisition. The group will provide strategic guidance and cross Air Force integration.
VANDENBERG AIR FORCE BASE, Calif. (AFNS) – Members of Vandenberg Air Force Base, alongside SpaceX and Iridium partners, recently launched the Iridium NEXT satellite on a SpaceX Falcon 9 rocket from Space Launch Complex-4, Jan. 14.

Iridium NEXT will replace the world’s largest commercial satellite network of low-Earth orbit satellites in what will be one of the largest “tech upgrades” in history. With multiple organizations working toward the same goal of mission success, strong working relationships among organizations are paramount.

“The strong relationship that SpaceX has with the Air Force is incredibly important to shared mission success,” said Lars Hoffman, the SpaceX senior director of government sales. “The SpaceX team is made stronger by our partnership with the Air Force. As one of two launch providers certified by the Air Force for national security space missions, SpaceX is greatly appreciative of the confidence that the Air Force has placed in us to support efforts to deliver critical national security payloads to space, and our strong partnership is essential in doing so.”

Vandenberg Airmen agreed fostering strong relationships with all partners, including SpaceX, is critical in the launch business.

“Iridium has partnered with Thales Alenia Space for the manufacturing, assembly and testing of the Iridium NEXT satellites, at least 70 of which will be launched by SpaceX. The process of replacing the satellites one by one in a constellation of this size and scale has never before been completed before. “All launches are important to SpaceX,” Hoffman said. “The preparatory for this return-to-flight launch are the first 10 of at least 70 Iridium NEXT satellites that SpaceX will be launching for Iridium’s next generation global satellite constellation by early 2018. As the world’s only global satellite constellation reliably covering 100 percent of the Earth’s surface, the implementation of the Iridium NEXT satellite constellation will mark a significant achievement in mobile satellite communications, and SpaceX is looking forward to helping make it happen.”

By Staff Sgt. Shane Phipps
30th Space Wing Public Affairs

January 23, 2017 • 9
New Year, new you: Take control of your own health

By J.D. Levite

WASHINGTON (AFNS) – A new year can mean new opportunities, new discoveries and maybe a few new goals. While the New Year’s Resolution is a common tradition, many of them get abandoned long before the new year is gone again. Setting goals for a healthier you is something everyone can do, if you do it right.

“Probably the most important thing is setting goals you can achieve,” said Col. Thomas Moore, chief of Health Promotion. “Having five pounds? It’s a start. You can do that and build on it. Even small changes in weight can have an impact on improving health.”

Setting small, manageable goals, gives you a chance to analyze how you got there. Moore said, “Once you hit that goal, you have a chance to change how you approach things.”

Building on your successes.

“Have a conversation with yourself about what you want to focus on. Maybe it’s important to focus on one small area, like losing weight or giving up smoking,” Moore said. “These things can have a negative impact on Airman performance, whether direct job performance or the ability to bounce back from a setback. The fitter you are, the fewer of those unhealthy behaviors you engage in, the better you’ll respond.”

One tool to use to set those goals is Comprehensive Airman Fitness, which is one of many ways Airmen can achieve balance in several aspects of their life. Each of the four areas – Mental, Physical, Social, and Spiritual – need attention throughout the year if you truly want to grow. Start now with a simple New Year’s Resolution and continue to try new things as 2017 unfolds.

“Healthcare is changing,” Oh said. “The amount of information freely available to patients and family members is a paradigm shift. We want patients to feel more comfortable asking questions and getting involved in their care to the extent they are comfortable.”

The Air Force Medical Service is set up to provide many resources for helping people achieve their goals during the new year.

“We are encouraging patients and their families to become more involved in their own care. He said their goal is to make care safer and more effective.”

“The Health Promotion office can help with tobacco cessation. Many, not all, have a dietician who can either offer weight loss classes or possibly one-on-one counseling. If you don’t want to go the health promotion route, next time you’re seeing your doctor, talk about your goals with them,” said Moore.

Col. John Oh, chief of Preventive Medicine. “We know care is safer when we have an effective partnership between the healthcare team and the patients. That’s the kind of the cultural change we’re trying to promote. The more patients understand about their conditions, their medications, their options - the more empowered they feel.”

Oh and his team created the online Patient and Family Engagement Toolkit just for that reason, to provide specific ways to get patients and their families more involved in their own care. He said their goal is to make care safer and more effective.

“Healthcare is changing,” Oh said. “The amount of information freely available to patients and family members is a paradigm shift. We want patients to feel more comfortable asking questions and getting involved in their care to the extent they are comfortable.”

Moore said the new year is as good a time as any to achieve some new healthier goals.

“Have a conversation with yourself about what you want to focus on. Maybe it’s important to focus on one small area, like losing weight or giving up smoking,” Moore said. “These things can have a negative impact on Airman performance, whether direct job performance or the ability to bounce back from a setback. The fitter you are, the fewer of those unhealthy behaviors you engage in, the better you’ll respond.”

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Jane Lovett (center), co-owner of Falls Mill, spins yarn while presenting information about the mill at the AEDC Woman’s Club meeting Jan. 5 at the Arnold Lakeside Center. Lovett are AEDCWC members Kate Canady, left, and Anne Wonder. (Courtesy photo)

New Year, new you: Take control of your own health. It’s a time as any to achieve some healthier goals. About what you want to focus on. May be it can have a negative impact on performance, whether direct job performance or from a setback. The fewer of those unhealthy behaviors you engage in, the better you’ll respond."

Comprehensive Airman Fitness is one of many ways to ensure you’re fit for your responsibilities. Each of the four areas – Mental, Physical, Social, and Spiritual – need attention. If you want to grow as a person, try new things as 2017 unfolds. See the January calendar on page 8.