

## Tunnel 9 director receives high honor from LABQUEST



Marren

By **Janaé Daniels**  
High Mach Editor

Dan Marren, director of AEDC's White Oak site in Silver Spring, Md., was recently named LABQUEST's 'Person of the Year' for 2010.

Chairperson of the LABQUEST Partnership Betsy Bretz said Marren is a great person of the year selection for the LABQUEST partnership.

"This year will be an important year in the development of the Federal Research Center and

the consolidation of the Food and Drug Administration," Bretz said. "We salute 'Dan the Man' for his many outstanding leadership qualities, his courage, his enthusiasm for Tunnel 9 and his understanding and love of science – the reason we are all here."

"As director of the White Oak site, it is important to maintain the USAF [United States Air Force] mission, be a good steward of taxpayer dollars and honor our partnership with the community in which we live," Marren said. "Our involvement and contribution to

the success of the entire Federal Research Center is important and one I take quite seriously. While I'm humbled by the selection, I hope the coming year continues to see great collaborations between AEDC and the FDA [Food and Drug Administration] that will serve to strengthen our nation's science and keep the community proud of our continued contributions."

Marren is responsible for all operations at White Oak including the hypervelocity ground test capabilities. He serves as the lead for hypersonic systems in the 704th Test Group and provides technical leadership and strategic direction in identifying future high-speed needs and innovative strategies to support advanced test facilities, systems and equipment.

This honor is not only important to Marren professionally, but personally as well.

"Personally, this is quite an honor. While my part and effort for LABQUEST is quite small compared to the entirety of the effort, it was exciting to think that others feel my contributions are worthwhile," he said.

"Certainly, the level of contacts at LABQUEST, which range from working-level government agencies to agency leads and senators, allows me to easily access people empowered to solve challenges that come up with a single phone call. This level of professional contact makes the completion

of our mission here that much easier."

Being the humble person he is Marren knows this honor couldn't have been bestowed without all the others who are involved.

"Most importantly, it tells me that Tunnel 9 is clearly seen as a critical component to the Federal Research Center at White Oak," he said. "Even though we are only around 30 people out of 10,000, it's comforting to see acknowledgement of the importance of what we do and the level of understanding by the community."

Each year, LABQUEST dedicates the coming year to a LABQUEST member who has distinguished themselves through activities and support to the common project.

According to Marren, the LABQUEST partnership is a community-led government and private partnership that for the past 18 years has directed a vision for the White Oak Federal Research Center to excel in science.

LABQUEST is credited for transforming the White Oak Federal Research Center from a Navy base to a world-class research campus housing both the FDA and AEDC's Hypervelocity wind tunnel.

"Championing the selection of the FDA as the anchor tenant and securing a spot for the world unique hypervelocity wind tunnel has been a long standing vision of the partnership," Marren said.



## Brains and brawn at T&E Days

Chief of Staff of the Air Force Gen. Norton A. Schwartz speaks to attendees at the U.S. Air Force Test & Evaluation Days conference in Nashville Feb. 2-4. The conference is attended by test and evaluation and acquisition professionals from the U.S. military services, allied nations, industry partners and academia. Jacob's Technology, ATA and the American Institute of Aeronautics and Astronautics (AIAA) were this year's sponsors. See story on page 3. (Photo by Joel Fortner)

## Nominations for AEDC Fellows are now being accepted through March 26

By **Janaé Daniels**  
High Mach Editor

AEDC is currently accepting nominations for the 2010 AEDC Fellows Program with submissions due no later than March 26.

Established in 1989, the Fellows program recognizes AEDC individuals who have made exceptionally distinguished and substantial contributions to the nation's aerospace ground testing capability at the center. Since the inception of the program, AEDC has bestowed the center's highest honor to 64 individuals.

Nominations for selection as an AEDC Fellow are considered annually and is limited to three each year. All current or retired military, civilian and operating contractor and subcontractor personnel assigned or previously assigned to AEDC can be con-

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

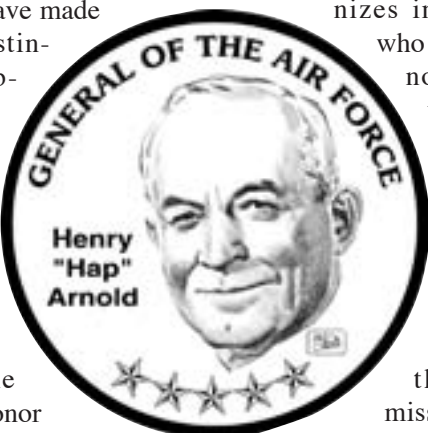
The AEDC Lifetime Achievement Fellows category recognizes individuals who have made notable and valuable lifetime contributions to AEDC in any area relevant to the AEDC mission. This award is limited to one each year. AEDC Lifetime Achievement Fellows are reserved for exceptional candidates and are not necessarily selected each year. All current or retired military, civilian and operating contractor and subcontractor personnel assigned or previously

assigned to AEDC can be considered candidates for selection as an AEDC Lifetime Achievement Fellow.

The AEDC Honorary Fellow are reserved for exceptional candidates and are not necessarily selected each year. Candidates qualified for consideration as an AEDC Honorary Fellow must have made sustained, notable, valuable and significant contributions to AEDC. These eminent individuals need not have worked at Arnold AFB.

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

For more information including the format for AEDC Fellows nomination submissions, contact AEDC Historian, David Hiebert at (931) 454-4203. Nominations must be submitted in written form with supporting materials (refer to the AEDC OI 36-28) to: AEDC/CZ, 100 Kindel Drive, Suite A327, Arnold AFB TN 37389-1327.



Left to far right, Karla Smith, 2009 Tullahoma Area Chamber of Commerce (TACC) president and Diane Bryant Executive Director of the Tullahoma Chamber, present Lt. Col. Elaine Posanka, center, with the 2009 TACC Extra Miler of the Year Award at Tullahoma's Business Development Center Jan. 23. (Photo provided)

## Posanka earns Extra Miler award from chamber

By **Philip Lorenz III**  
Technical Writer

The Tullahoma Area Chamber of Commerce (TACC) presented their 2009 Extra Miler of the Year Award Jan. 23 at Tullahoma's Business Development Center.

The award went to Lt. Col. Elaine Posanka, AEDC's acting senior intelligence officer.

Diane Bryant, TACC executive director, and Karla Smith, the 2009 TACC president, were on hand to present the award to Colonel Posanka during the chamber's annual membership celebration.

"We work with many talented people during the year, but she [Elaine] has been the one who stepped up to serve the extra mile on many occasions this past year," Bryant said.

Colonel Posanka, who is a non-voting member of the TACC, proofread a 60-plus page marketing magazine specifically for Tullahoma. She spearheaded a time-sensitive effort to provide a list of points of interest in Tullahoma and Coffee County for a new Jack and George Trail being established by the Tennessee Department of Tourism.

"She also stepped up as a team leader for [our] Bonaroo booth," Bryant said. "She organized her day so well that when the other team leaders were kind of struggling, she jumped in and really worked to take her spreadsheet and helped them plug their days in as well."

Bryant also credited Colonel Posanka with serving as a "liaison" for another project which will have a lasting impact on Tullahoma



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An Air Force Materiel Command Test Center

**Col. Michael Panarisi  
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Director,  
Public Affairs****Dr. David Elrod  
General Manager,  
Aerospace Testing Alliance****High Mach Staff:**  
Kathy Gattis, ATA Public Affairs Manager & Executive Editor  
Janaé Daniels, Editor & Production

*High Mach* is published by *The Saturday Independent*, a private firm in no way connected with the U.S. Air Force, Arnold Engineering Development Center (AEDC) or Aerospace Testing Alliance (ATA), under exclusive written contract with ATA, center 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

# Team AEDC rocks as local host for T&E Days

**By Col. Michael Panarisi  
AEDC Commander**

What a week! The team absolutely hit the ball out of the park as we hosted the annual AIAA "T&E Days" in Nashville.

This is the premier event for the test community, industry and our AIAA partners and serves as the springboard for a year of renewed energy across our enterprise. As the local hosts for this year's event, AEDC had a chance to shine, and shine we did.

I can't thank the planning team, the briefers and "participants" enough for making this year's event such a huge success. The technical presentations were right on target ... informative and thought provoking.

The "plenary sessions" set the tone and kept ev-

**Panarisi**

everyone focused, and the highlight of the show, was a first ever for AIAA ... the U.S. Air Force Chief of Staff, General Norton A. Schwartz. He literally had everyone in the hall on the edge of their seats, and for those that missed it, I'd like to share the highlights of his presentation.

Though not a tester by trade, the "Chief" made it clear that he was totally behind our discipline and acknowledged the enormous importance of our

work. He recognized the shifts in our environment, away from a reliance on traditional physical testing to an increased role for modeling, simulation and next generation test techniques.

He challenged us all to find new ways to redefine our profession, and work towards a new paradigm of "effective, lean and reliable" test programs. While these comments represented his core message, two other elements really hit home ... confidence and integrity.

During the Q&A session, he fielded a question asking him for his assessment of what the USAF's top challenges will be in the near term. His answer may have caught the audience by surprise: "To have those who depend on us to become our greatest champions."

Wow! This is really

deep. Think about it. We spend so much of our time defending budgets, briefing our capabilities, and otherwise trying to convince our "customers" that we add value. What a different world we would find ourselves in if our "clients" did all the bragging for us. This is indeed a noble and worthy goal.

His next point was even more prescient.

When asked about the ongoing "Acquisition Improvement Program," he commented on how our acquisition strategies have to adapt to the changing threat and fiscal realities. He reminded us all that our success was completely dependent on being "completely above reproach" in our actions, no matter what environment we find ourselves in. He called out the KC-X and F-35 programs as the real tests of

our re-focused efforts.

It was clear from his comments that integrity and personal accountability will be the litmus test in our acquisition programs, and as testers, the confidence we inspire in the process is the key to a successful outcome.

The event concluded with Team AEDC stealing the show with some truly outstanding presentations (I was particularly interested in our very own Technology Groups' pitch on Background-oriented Schlieren) and a wrap up by our headquarters advocate, Maj. Gen. David W. Eidsaune.

For those that missed it, AIAA will make some of the event available on the Web. For those that attended, I couldn't be prouder of our role in this undertaking. This will be a tough act to follow indeed.

# For Airmen, extraordinary things happen every day

**By Maj. Scott M. Finch  
55th Contracting Squadron commander**

**Offutt AFB, Neb. (AFNS)** - As military members, most of us understand we're a part of something special. I'm not sure I realized the full reality of just how unique our profession is until I stepped away from it. I didn't stay away long, but when I returned, it was with a new sense of appreciation.

I served almost 10 years on active duty, but currently enjoy the privilege of serving part-time in the Air Force Reserve as an individual mobilization augmentee. My full-time career is in the private sector working for a large financial management corporation. Experiencing both careers side-by-side has allowed me to view my military experience in a new light and deepened my gratitude for the time I spend on active duty.

While I thoroughly enjoy my civilian job and have enormous respect for my co-workers, I'm convinced the business world falls far short when it comes to leadership and taking care of people. I say this not to disparage.

Clearly what we do in the military is unique and to expect as much from a

nonmilitary organization is setting a very high standard. Each of us is taught a culture of "service before self" from our earliest days in basic training, and this is something very hard to translate into the business world.

Here are just a few examples of the uniqueness of our profession I've witnessed:

- While serving in support of Operation Joint Guardian in the mid-90s, the vice chairman of the joint chiefs came to visit us during the holidays. The general learned that one of my team members recently lost a family member, but was unable to get home. The general quietly sought out the bereaved servicemember and ensured he was on his personal helicopter and plane to the states. It was a small thing for the general to do, but it had a big impact on the servicemember and to those of us who witnessed it.
- A few years ago, I was planning to attend a conference at Langley Air Force Base, Va. My physical training test was due, and since I was going to be on orders, it was a good time to take the test. I notified the senior individual mobilization augmentee, a colonel, in Air Combat Command contracting, that I'd be test-



**The Air Force Honor Guard Drill Team performs as part of the team's Summer Drill Series July 11, 2008 at the World War II Memorial in Washington. (Photo by Senior Airman Alexandre Montes)**

ing at Langley AFB. When I showed up to test, I was surprised to see the colonel there in PT gear. He wasn't due to test, he simply felt it was his duty to personally provide me a wingman to run with. It was a small thing, but I still appreciate the leadership he showed.

Recently, my first sergeant told me of the status on his efforts to prepare a squadron member for career development testing. He quizzed the Airman on possible test questions and as a result of their joint efforts, the young man is not only prepared to pass the test, but is also in a position to excel.

We take this type of thing

for granted in the military, but I'm compelled to celebrate it as special when you compare it to other professions. The dedication military members feel to ensure subordinates are mentored and prepared for career advancement is a small thing to many, but I'm convinced it's a treasure of our profession.

The sounding of retreat and the playing of the national anthem on base at the end of the duty day is something I tell my friends and civilian co-workers at home about. I'm not sure they understand, but I look forward to that loud-speaker. It reminds me of where

I am and how good it is to be here. It's one more small thing I miss when I return home to my civilian career.

Whether it's a simple order from a general to make room for a grieving servicemember, the first sergeant showing concern for his Airmen or the simple daily routine of playing the national anthem, once you've left the Air Force for your next chapter in life, you will one day look back and find what was once a routine experience is now viewed as an extraordinary occurrence. These small things are what make the profession we chose so very special.

# Accept kindness during life-altering events

**By Maj. Sharon Walker  
81st Medical Group**

**Keesler AFB, Miss. (AFNS)** - I've always felt that people matter and I have tried to help them all I could. Most of my life experiences have included taking care of others.

I'm an Air Force officer, a nurse, wife, mother, daughter, sister, aunt, friend and the list goes on. Many times as a supervisor, and in my deployment position as chief nurse at the 379th Expeditionary Medical Group, I was engaged with people who required American Red Cross services. I never imagined being a recipient of these services and having others have to take care of me.

While deployed over-

seas, I received a knock on my dorm room door at about 3 a.m. It was the 379th EMED first sergeant informing me that the Red Cross needed me to call immediately regarding my husband's health condition in the states.

I already had spoken with family and colleagues at Keesler Medical Center, so I'd known of my husband's hospitalization, but the last status report I received wasn't as gloomy as what I was about to hear. My husband's condition warranted him being moved to the intensive care unit, sedated and placed on a life-saving ventilator.

The Red Cross representatives were very efficient in ensuring I would be ready to leave for the states in a

timely manner. Even though my tour would have been up in less than two weeks, I really wasn't ready to leave at that very moment. My orders were expedited. I departed for home and was at my husband's bedside in the ICU within 60 hours. I felt so cared for and that I mattered.

I always will be grateful for the Red Cross efforts and those who were supportive in expediting my trip back to Keesler. I'm back at work and on track with my career. My husband recovered miraculously (I'm not kidding) and his health is good.

Just when things in my life were somewhat falling in line, my husband and I received a call Sept. 7, 2009, informing us of the

death of our 22-year-old son, who had moved from Mississippi to Texas the preceding November.

Once again, people showed my family how much we mattered. We received calls and prayers from many 81st Medical Group and Team Keesler people. The memorial service held at the chapel at Lackland Air Force Base, Texas, was greatly supported by the ministry there, which my family and I were a part of during other military rotations.

I'll always remember the encouragement and hope as my family and I went through this tragic ordeal. We are blessed to know a savior and counselor who is available 24/7.

There are also Keesler

chapel grief counselors, military and family consultant programs and Military One Source references, among others, that can support members through times of grief, loss and stress. In my 18 and a half years of active duty I never would have expected to endure these events.

So, next time you're at one of those deployment or newcomers briefings, pay attention to what is being said. It is a lot of information but that is why you take the printed material and listen to what is being presented.

Through it all, words cannot express my gratitude for the personal display of care and compassion shown when life-changing events happened to me.



# Book about AEDC's history and contributions is available for distribution

By Darbie Sizemore  
Senior Public Affairs  
Specialist

A couple of years ago, ATA Public Affairs (PA) began a project to document the contributions of AEDC to America's air superiority.

Not an easy task considering that the center has made significant contributions to the development of almost every high-performance military flight system, space launch and weapons programs, as well as NASA manned space systems and many commercial aircraft.

The result of that project was a book titled *Beyond the Speed of Sound*.

The book is by no means a complete list of every-

thing that has made use of AEDC's unique test facilities throughout their development, improvements and sustainment. Rather, *Beyond the Speed of Sound* is a sampling with overviews of the types of testing done. The material is based entirely on cleared news releases, which means in some cases there may have been actual test work that is not covered in the pages. It would have taken several volumes to completely cover all of the programs the center has supported since the early 1950s.

The book is divided into chapters or profiles based upon the systems tested at AEDC. Each profile is a high-level summary of the testing or analysis work conducted on the system



while in the center's facilities.

The name for the book

was based on a line from President Harry Truman's dedication speech: "The

scientists who work here will explore what lies on the other side of the speed of sound. This is part of our effort to make our air power the best in the world – and to keep it the best in the world. This applies to the plans of the Air Force, the Navy and our Marines. It applies to our guided missiles and all the future developments that science may bring."

Without the hard work of the thousands of men and women who have worked so diligently over the past almost 60 years, there would have been no material for this book. Therefore, anyone who asks may receive a copy of the book. There is no charge for a book.

To receive a copy of the

book, current employees (military, DoD and contractor) should come to the ATA PA office, (Building 100, B212) and pick up a copy. No books will be mailed to an employee's mail stop or to his home address. Employees may pick up copies for coworkers as long as they provide a list of employees and badge numbers to ATA PA. Employees may only have one copy.

Former employees or members of the general public may also request a book. To do so, either send an e-mail with your name and address [andrea.stephens@arnold.af.mil](mailto:andrea.stephens@arnold.af.mil) or call (931) 454-5655– and request a copy. Please note that there is a strict limit of one book per household.

## Buffalo soldier to speak at African American Heritage Luncheon Feb. 12

By Janaé Daniels  
High Mach Editor

Arnold Air Force Base will host an African-American Heritage luncheon Feb. 12, beginning at 11 a.m., at the Arnold Lakeside Center.

Lewis Curtis, a former 24th Infantry Regiment Buffalo Soldier and current Fayetteville, Tenn., resident will be the guest speaker.

Curtis served in the Army from 1945 to 1952. His first tour with the 24th Infantry was in the Philippines before participating in the occupancy of Okinawa, Japan. He was then transferred to Korea.

The 24th Infantry Regiment was the last segregated regiment to engage in combat. The regiment was deactivated in 1951, and its soldiers were integrated into other units.

Quoted in an article written in the Fayetteville newspaper Curtis said "It's very important that we make efforts to keep the true story of the Buffalo Soldier alive.

"After deactivation in the '50s, the youngest of us is now 76 years old. We have from 250-300 attend conventions across the country. Each year the numbers are less. We need to see that our history is before the various levels of education in schools and libraries to be researched and learned. The Buffalo Soldier is an important part of the history of this great nation."

The cost for the luncheon is \$8.50 for members and \$9.50 for nonmembers. RSVPs and payments will be due to one of the POCs by noon Feb. 9.

To make reservations, contact 2nd Lt. Antonio Brunson at (931) 454-6755, Tina Bonner at (931) 454-6804,

Arthur Fuller at (931) 454-4165 or Gary Lewandowski at (931) 454-5915.



Curtis

## National Engineers' Week is Feb. 14 – 20

This year's celebration of National Engineers Week will take place during the week of Feb. 14 – 20.

Local area activities will include a MathCounts competition, a student design competition, an engineer-for-a-day program and a banquet.

• **Feb. 13** - MathCounts Competition, 8 a.m., at UTSI

• **Feb. 17** - Engineers' Week Banquet at the Manchester/Coffee County Conference Center. Dinner at 6 p.m., program at 7 p.m. Cost is \$30 per person. Guest speaker is to be determined. Reservations can be made to John McInturff, [john.mcinturff@arnold.af.mil](mailto:john.mcinturff@arnold.af.mil), (931) 454-3348

• **Feb. 16** - Student Design Competition at the Hands-On Science Center in Tullahoma.

• **Feb. 18** - Engineer-for-a-day. Students will tour of AEDC, have lunch and then go with a mentor to observe engineers at work. Some students will stay at AEDC, and others will go to companies in the local area.

These activities are sponsored by the Tullahoma chapter of the Tennessee Society of Professional Engineers (TSPE), the Highland Rim chapter of the American Society of Mechanical Engineers (ASME) and the Tennessee section of the American Institute of Aeronautics and Astronautics (AIAA).

For more information contact McInturff or Paul Kelly at (931) 454-6542.

## Conference proves success for AEDC

By Janaé Daniels  
High Mach Editor

The sixth annual Test & Evaluation Days was held this week at the Gaylord Opryland Resort & Convention Center in Nashville.

AEDC leaders and engineers are provided with a highly technical forum with an opportunity to network with fellow professionals, discuss state-of-the-art advances in research, consider

the impact of changes in the acquisition processes on test and evaluation, and share the latest test, analysis, and evaluation results.

AEDC Commander Col. Michael Panarisi knew people of AEDC would shine when they had their moment.

Their moment came when guest speaker Chief of Staff of the Air Force Gen. Norton A. Schwartz spoke at the opening of the conference.

"Though not a tester by trade, the "Chief" made it clear that he was totally behind our discipline and acknowledged the enormous importance of our work," Colonel Panarisi said. "He recognized the shifts in our environment, away from a reliance on traditional physical testing to an increased role for modeling, simulation and next generation test techniques."

According to the AIAA

Web site, the conference focuses on instituting an enterprise approach to performing test and evaluation in support of weapon systems research, acquisition, development, test and evaluation. The purpose of the T&E Enterprise is to transform the way test and evaluation is conducted to meet future weapon system research, development, test, evaluation and acquisition requirements.

### Posanka from page 1

and Coffee County.

"She has had a huge impact on our CEO (Creating Educational Opportunities) program," Bryant said. "She brought the Air Force on board as a middle school partner the year before last and that partnership grew into the 'Minds in Motion' tour. The pilot program started with 8th grade students from the Tullahoma City School system and St. Paul's School and then last year the program expanded to include the Coffee County schools as well. I just see the 'Minds in Motion' tour continuing to grow to include additional counties."

Colonel Posanka said the award was unexpected.

"I was surprised and touched by this honor; there are so many in Tullahoma who give of their time," she said. "I'm humbled to be counted amongst them. I feel good helping people especially if I have talents they find useful and valuable. For the chamber that was my editing ability, my organizational skills, my outgoing enthusiasm and my interest

in education."

Colonel Posanka is a parent and Cub Scout Den leader who has served in the Air National Guard close to 20 years, also taught English at Motlow Community College and technical writing at the University of Tennessee Space Institute. She left teaching to deploy for Operation Enduring Freedom and subsequently returned stateside to start a family.

"Public service and volunteerism are values my parents demonstrated for me from my earliest memories," she said. "I come from a long line of public servants – military, firefighters, teachers and nurses."

Since joining AEDC's leadership in 2007, she said she has enjoyed living and working in middle Tennessee.

"I love it here and if you have a volunteer spirit, there are so many opportunities that are available because of the good relationship between AEDC and the surrounding communities," Colonel Posanka said.

## When the rubber doesn't meet the road...

When it comes to water on the road, it only takes a little to do a lot. Just 1/4-inch of water can cause hydroplaning at speeds as low as 40 mph. If tires are excessively worn or under-inflated, or the water is very deep, you may hydroplane at even lower speeds.

Hydroplaning happens when the water in front of the tires builds up faster than the vehicle's weight can push it out of the way. The water pressure causes the vehicle to rise up and slide on a thin layer of water between the tires and the road. At this point, the vehicle can be completely out of contact with the road, and in danger of skidding, drifting out of its lane or sliding off the road.

At speeds of 50 mph and above, the wedge of the water in front of the tires may pass under the tires, leaving them riding on a cushion of water. When no 'rubber meets the road' the result can be total loss of traction and control.





Employees from the main contractor, CH2MHill, and sub-contractor Terra-Therm provide assistance to the Dennis Hunt & Company crane guiding an electrical substation into place behind the Model Shop. This substation will soon power the thermal treatment remediation system being used to remove the PCE from this site. (Photos provided)

## TerraTherm cleans up big mess with innovative approach

By Philip Lorenz III  
Technical Writer

A large-scale soil and groundwater remediation effort is underway at AEDC using innovative technologies.

"This [improved thermal remediation technology] is like a big sledge hammer," said Greg Sandlin, ATA's installation restoration engineer. "It will take care of business."

Denny Timmons, AEDC's Restoration Program Manager, said the contaminant being removed from the area behind the Model Shop is perchloroethylene, also known as PCE.

"It's one of the bigger remediation projects in the country," he said. "We are doing thermal remediation to remove 99 percent of the PCE at this site. This is the largest thermal remediation effort that the contractor [TerraTherm] has conducted to date, in terms of acreage and depth.

"What we call 'pump

and treat' methods work, but they take years and the risk of contaminates mobilizing and migrating off base pose too great of a risk," Timmons added.

Sandlin put the methods being used on the large project into perspective.

"Thermal remediation and steam heating have been in existence for several years, but significant technological improvements only recently made these methods a practical option for use on base," he said.

Dennis Flatt, ATA's program manager for the restoration program, said a lot of pre-planning went into the remediation project which will take approximately seven months to complete.

"We've done a tremendous amount of forward thinking to avoid mission impact because the facilities all around this site are continuously used," he said. "Safety is a top priority and the remediation site is in a fairly busy area adjacent to our model shop which

is mission critical. We've had to work with logistics, traffic control and materials storage to allow multiple drill rigs to remain on schedule. ATA has replaced waterlines, electric power and assisted with necessary permits to accommodate the contractor requirements. By comparison, this site is much more complex than many of the other thermal sites that have been done to date because of the total volume of the mass that they're dealing with and the depth at which it is located."

The extracted groundwater will undergo treatment by air stripping and activated carbon, while the PCE-laden vapor will be destroyed in a thermal oxidizer with the exhaust gases treated by an acid gas scrubber.

For more details, read AEDC's Fall 2009 Environmental Newsletter which is available on the intranet (<https://aedcgisweb.arnold.af.mil>) or contact Denny Timmons at 454-4353.

## Commander's fit tip: Go see the spin doctor

By Col. Michael Panarisi  
AEDC Commander

Recently a fellow gym rat cornered me during a workout (by the way, I really don't mind that at all) and inquired about my interest and enthusiasm for "spinning."

I was surprised to learn that the activity hasn't really caught on here at Arnold.

When I asked him if he had ever tried it, he admitted that he hadn't, didn't know much about it, and didn't see how a stationary bike would offer a challenging workout. Let the myth busting begin.

Bottom line: spinning will take your fitness, and in particular, your leg strength and endurance, to levels you just can't achieve with other activities. And it does this without the profound injury risk aggressive running represents.

Don't get me wrong, I still favor running as the core of any aerobics program. But I also know that without professional training, the vast majority of fitness runners have bad mechanics, and over time, the price will come. If you up the ante with higher intensities, the risk magnifies. All preventable with appropriate coaching, but for reasons I just can't understand, we just don't ask for or get that help (though we have this month with the first in a series of running clinics).

Perhaps more importantly, running represents an endurance building/maintaining

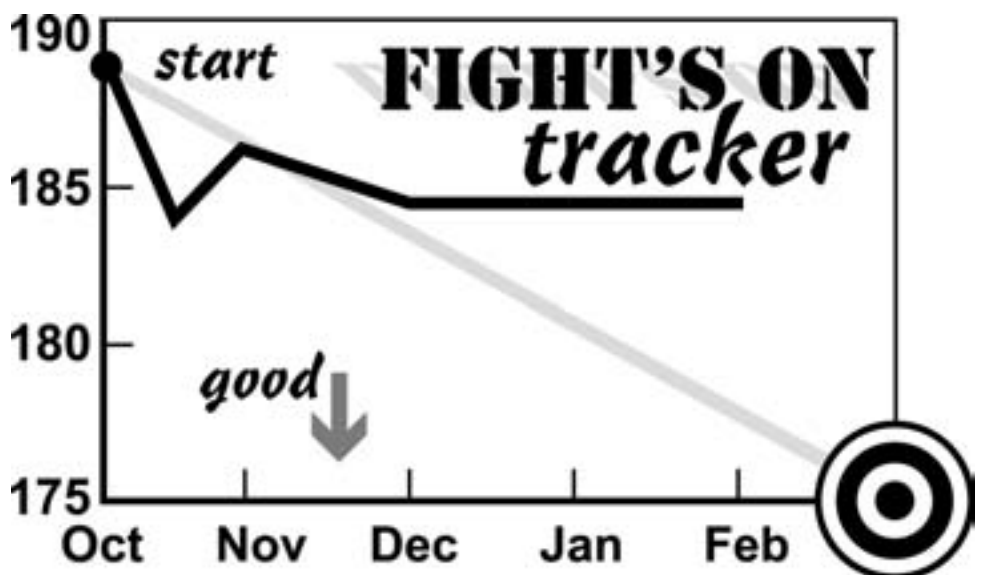
tool, both for aerobic capacity and leg muscle activity. Unless you add in significant hill workouts, leg strength slowly declines.

Spinning offers a way out of this trap. If you like to run every day, you simply will not believe the improvement you'll see if you trade two of those runs for a spin class. Here's why.

While it's true spinning uses a "stationary bike," it's vastly different from the common treadmill companions at the gym, particularly the "recumbent" variety. A spinning bike has a large, "sewer-lid" wheel, and the inertia that component represents completely alters the dynamics of the workout. Additionally, the spin bikes have a very strong (though not quite solid) mechanical connection between the pedals and this wheel. If you try to "coast" on a spin bike, it will "spin" the cranks for you as the inertia in the wheel keeps the rotating mass going.

Spin bikes are nearly infinitely adjustable ... the handle bars and seats move up and down, as well as forward and back, allowing for a perfect fit every time. A typical stationary bike has only seat height adjustments, and for many riders, the fore/aft position is out of alignment, you just don't know it!. But most importantly, the friction/resistance control puts the rider in complete control of the workout. You

See Fit tip, page 11



## Middle Tennessee ITEA Chapter selects officers

By Philip Lorenz III  
Technical Writer

The local Tennessee chapter of the International Test and Evaluation Association (ITEA) recently selected new officers, including Nick Frederick, president; Phil Stitch, vice president; Tom Best, treasurer; Rick Kamykowski, secretary; and Dr. Don Malloy, publications. Christa Herron and Doyle Veazey were selected as the newest board members.

ITEA is an international professional association for the Test and Evaluation community. World-wide, ITEA is the leading association for professionals in the field of test and evaluation (T&E). Members share a common interest in the dis-

cipline and advancement of the art and science of T&E.

ITEA provides an ongoing program of workshops, symposia, short courses, awards and scholarships. Four times a year, ITEA publishes the "ITEA Journal of Test and Evaluation." Each issue supports a specific theme containing technical papers by T&E experts from around the world in industry, government and academia.

Nick Frederick, who came to AEDC five years ago armed with a bachelor's degree in aerospace and mechanical engineering, is currently pursuing a master's degree in mechanical engineering.

Frederick said the Volunteer Chapter of ITEA is based at AEDC, but repre-

sents ITEA members in the middle Tennessee area.

"Our chapter is small compared to other ITEA chapters," said Kamykowski, who was the Volunteer Chapter's outgoing president. "We have 23 members of which 16 are at AEDC. Nearly all ITEA members are also members of other engineering organizations such as AIAA, IEEE, ASME and TSPE. They maintain their ITEA affiliation since they recognize ITEA provides unique insight into the art and science of T&E."

To learn more about ITEA, contact Nick Frederick at (931) 454-3569 or plan to attend the membership social in April hosted by the Arnold Association of Professional Societies.



# AEDC undertakes archeological investigation project

By Philip Lorenz III  
Technical Writer

AEDC's cultural resources team recently concluded a non-intrusive archeological investigation to help determine if four pre-historic sites on base property are eligible to be listed on the National Register of Historic Places (NRHP).

"This [type of investigation] was a first at Arnold," said Shawn Chapman, AEDC's base archeologist, explaining that the company contracted to do the project used remote sensing non-invasive technology to look for possible cultural artifacts and evidence of habitation.

According to Chapman, the project was part of an ongoing process that was preceded by "government-to-government" meetings between AEDC and Native American tribal representatives, which began in 2004.

"We incorporate the tribes input and concerns into our management strategies that involve things like archaeological sites, as we try to be good stewards of the land," he said. "[The ongoing investigation is] part of complying with federal law and Air Force Instructions – one of the things that we're supposed to be doing here at Arnold Air Force Base and is required at bases anywhere [in the U.S.]."

Chapman said the goal is to

identify what kind of archeological sites are on federal properties and then evaluate them to determine if they are eligible for the NRHP.

He said that some "anomalies," were located by gradiometer mapping in the four sites under investigation and the next step is to do a limited amount of excavation to "ground truth" the non-invasive findings.

The investigation has proceeded to the next stage, said Chapman, who is providing oversight of the investigative process. He said the team is looking for possible evidence of Native American habitation and use, which might include charcoal, refuse pits, post molds, hearths and/or earth ovens, ceramics and projectile points.

"If we find house patterns and middens [refuse heaps] through field investigations, it could go a long way to determining if these sites meet the criteria for NRHP status," Chapman said.

Bryant J. Celestine, Historic Preservation Officer for the Alabama-Coushatta Tribe of Texas, was one of the tribal representatives who took part in a government-to-government meeting at AEDC last May.

"Arnold AFB is currently situated on the ancestral territory of many nations," Celestine said. "Some of those tribes are no longer with us; the remainder displaced. Yet, we still have a vested



Two AMEC Earth and Environmental Inc., workers carefully dig at an anomaly detected earlier by gradiometer mapping at one of four prehistoric sites under investigation for Native American artifacts. (Photo by Shawn Chapman)

interest in those lands since our ancestors walked and lived there, some to the end of their lifetime.

"Today, remnants of our people in artifacts and human remains are still being found throughout this area, some intentionally and others inadvertently. The Alabama-Coushatta people believe these remnants possess sacredness, similar to that of a church."

Chapman acknowledged that

if the team he is overseeing at AEDC were to find human remains during the investigative process, they would stop immediately and further evaluation would follow.

Celestine said AEDC and the tribe he represents are working together to strike a balance between what may be competing priorities. Native Americans prefer to leave these sacred remnants in place and

undisturbed, while the Air Force may need to develop additional land for other missions or changes in Arnold's capabilities or core mission.

"Our people understand some progress cannot be withheld, either in this generation or those to come," Celestine said. "Our intentions are not to inhibit this progress but to ensure the longevity of our ancestry."

# Boy Scouts to celebrate 100th anniversary this month



This is just a small representation of many AEDC personnel who are involved with local cub, boy and eagle scout troops in the surrounding counties. (Photo by Rick Goodfriend)

By Janaé Daniels  
High Mach Editor

The Boy Scouts of America (BSA) is going to celebrate its centennial Monday.

What does this mean to AEDC? Many employees have been or are currently involved with more than the six troops represented in the local area.

Doug Ratliff, ATA project manager for Flight Systems, got involved with scouts when his older son crossed over from Cub Scouts to Boy Scouts in 2004. Ratliff wanted his sons to be in Boy Scouts to develop leadership skills and to learn how to work with others.

"By volunteering I am being a producer and not just a consumer, Ratliff said. "Scouting teaches life skills and the scouts can always use the Scout Oath and the Scout Law to guide their every decision in life. I did not have the opportunity to participate in Scouting as a youth but I am enjoying my involvement as an adult."

Turbine engine test cells system architect Darrol Payne, who was a scout from age eight to 18, is now the Scoutmaster for Troop 332 in Hillsboro. His son Derek also grew up in scouts and earned his Eagle Scout badge in 2008.

"I joined scouting with several of my friends so I had a club to attend and do outdoor activities as well as the side benefits of learning about good citizenship and leadership skills," Payne said. "It is hard to quantify all of the skills that one learns in scouting – everything from knot tying, map and compass, cooking, backpacking and camping to first aid, wilderness survival and emergency preparedness. Along with these skills, scouts learn what it takes to be good citizens and leaders and learn about duty to God, country, other people and self. I have learned a lot from scouting and continue to learn more as time goes on."

Geographical Information System (GIS) administrator Stephen Farrington got involved with boy scouting six years ago when his son joined.

"It did not take long to see the impact that scouting has on the boys and the adults," Farrington said. "The fellowship that is shared with other adults and youth while teaching and trying to live the scout Oath and Law is rejuvenating. Just the other night we asked one of the boys if there was anything he didn't like about scouts and his comment was 'There is nothing not to like about scouts.'"

BSA is one of the largest youth organizations in the United States with more than four million members in age-related divisions. Since its inception in 1910, more than 110 million Americans have been members in BSA.

The goal is to train youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities, educational programs, and, at older age levels, career-oriented programs in partnership with community organizations.

For more information about the centennial celebration log onto <http://scouting.org/100years/100years/100YearsStamp.aspx>.

## FUN FACTS ABOUT SCOUTING:



Information taken from [www.scouting.org/about/factsheets/scoutingfacts.aspx](http://www.scouting.org/about/factsheets/scoutingfacts.aspx)

• In 2008, 1, 165, 828 volunteers provided leadership for scouting programs. On average that is 20 hours a month which equals approximately 279,798,720 hours of volunteer time given to support scouting.

• Alumni: 179 U.S. Astronauts were involved in scouting (57.4 percent of astronauts) 39 were Eagle Scouts; 35.5 percent of the United States Military Academy (West Point) cadets were involved in scouting as youth (15.6 percent of cadets were Eagle Scouts); 30.5 percent of United States Air Force Academy cadets were involved in scouting as youth (13.5 percent of cadets were Eagles Scouts); 25 percent of United States Naval Academy (Annapolis) cadets midshipmen were involved in scouting as youth (14 percent were Eagle Scouts); 212 members of the 11th Congress participated in scouting as youth and/or adult leader (22 were Eagle Scouts).

• From 1912 to 2009 more than 2 million Boy Scouts have earned the Eagle Scout rank.

• The most often earned merit badge since 1910 include: First Aid - 6,445,898; Swimming - 5,852,372; Camping - 4,301,253; Cooking - 4,098,133; Citizenship in the community - 3,119,270.

• In 2008, more than 1.1 million youth attended a council camp or national high adventure camp.



# At 71, Jack Lamons is still in the game and ready to win

By Philip Lorenz III  
Technical Writer

Like many young men who play sports in high school, Jack Lamons had a coach who inspired his students to consider going into coaching as a profession.

Lamons decided against going that route, but he acknowledged learning an important lesson from his parents and coach, Turney Ford. They had successfully instilled a solid work ethic in him, a willingness to tackle a challenge and to learn new things.

At 71, he is still surprised at how those basic values have paved the way to a good career, the opportunity to travel the world, fulfill his love of sports and meet many interesting people who have become life-long friends.

Lamons, a technician at AEDC's Metallurgical/Chemistry Laboratory, has worked at Arnold for more than 41 years, retired from the Air National Guard after more than 32 years and refereed for basketball, football and softball for 36 years.

Looking back, Lamons reflected on some of the many people who helped to shape his life.

After high school, he attended Tennessee Tech University for two years. Upon learning that his brother had decided to pursue lab and X-ray certification from Southern Academy in Nashville, Lamons decided to do the same.

During his summer breaks from high school and later, college, he would travel to California and New Mexico to work with his uncle, helping as a warehouseman and later, as an oiler/fueler on some large dam construction projects. The knowledge he gained from those jobs would serve him well during his career at Arnold.

In 1961 he enlisted in the Tennessee Air National Guard where he was a medical laboratory technician which provided the skills to find work at a hospital in Shelbyville. That is where Lamons met his wife,



Jack Lamons, left, and Mike McKenzie, a pharmacologist at the Murfreesboro VA Medical Center, pose for a picture before refereeing a game in 2004. (Photo provided)

Nancy, who was a medical librarian there. He re-enlisted in the Air National Guard in 1971 and trained as a bioenvironmental engineer technician.

Lamons joined Arnold's work force in July 1964 as a laboratory and X-ray technician at the medical dispensary, and, in September, Nancy got a job as a keypunch operator in AEDC's computer section.

Lamons didn't realize that his career would soon change directions. In 1966 he transferred to the Non-Destructive Testing (NDT) Lab where he was able to apply his technical skills. Behind the scenes, George Pope, who was the director over support services which included AEDC's chemical, metallurgical, NDT and X-ray labs, was scouting for someone to help in the NDT X-ray lab in support of the test facilities.

"They [human resources] offered me a transfer to the industrial X-ray department, but George Pope

was the one who had me transferred there," Lamons recalled. "He said the NDT Lab was going to be snowed under with J-4 trying to get ready to fire liquid hydrogen and liquid oxygen motors, and he said, 'With your background and where you've worked in construction all those years, I'll put you in the NDT Lab.' That was a good break for me."

Lamons remained there until 1980 while working on an as-needed basis in the X-ray lab. For most of his career, he worked at the chemistry lab.

"I was just lucky I had some good people to help me," he said. "The more you learn the better off you are."

Lamons said Curtis Baker, who retired at 82 last year, was one of those who helped him learn the ropes.

"Curtis taught me a lot," he said. "I loved to work with him. He could learn anything. He could take a new



In 1992, Master Sgt. Jack Lamons, a bio-engineering technician with the 118th Air Wing of the Air National Guard, posed for a picture during a two-week summer camp training at a field hospital at the Alpena Combat Readiness Training Center, Mich. (Photo provided)

instrument and a book and make it work better than anybody I ever saw. He had the patience and the background as a chemical engineering major at Tennessee Tech back in the 1940s. It was a hard degree. He saw this place when they did things the old way. He went right with the flow when the new ways [new equipment and techniques] came along. He was the real deal, so was Jim Thomas, who trained me in particle count using a microscope and how to handle toxic chemical liquid rocket propellants. Thomas had a master's degree in chemistry from the University of Tennessee."

Lamons said joining the Air National Guard and taking an active role as a referee calling games over the years had other benefits.

"You meet some people you wouldn't meet any other way," he said. "Just like being in the Air [National] Guard in the medical unit, I met some of the finest people, doctors and nurses and a lot of them are still close friends."

One of those friends, Dr. William Frye, an ophthalmologist in Tullahoma, is also a lieutenant colonel with the 118th Medical Group Air National Guard unit at Berry Field in Nashville.

"I served with Jack for three years before he retired," Dr. Frye said. "Jack's retirement was a great

loss to me individually and collectively to the medical squadron. Jack was well respected by both the enlisted and the officers. He was a mentor for all the bioenvironmental engineering techs and made sure they were proficient."

While in the Air National Guard, Lamons deployed all over the country. He also traveled to Germany, England and Honduras. After Honduras, he was activated with his unit for Desert Storm and was stationed at Andrews AFB in Washington Later, he was transferred to McDill AFB in Florida.

Lamons stayed busy when he wasn't at AEDC or deployed with the Air National Guard by officiating high school and college sports, starting in 1969.

"I've stayed in shape and I love football, basketball and softball," he said. "The young officials think they're out there to throw a flag or call a foul, but you're out there to control the game and move it along."

He no longer referees but has found another way to stay involved with sports.

"I still go to the games and watch the officials work and make a report for the TSSAA [Tennessee Secondary School Athletic Association]," he said. "I'm a supervisor for our area."



# ATA

## Overall Team Member of the Quarter

The Overall Team Member of the Quarter is Darhl Frazier. Frazier, technical specialist, was recognized for his technical support in developing and supporting tools and techniques for project engineers for 30 years at AEDC. This quarter three specific tools were noted as essential for project engineers in executing wind tunnel test projects. First, he updated the algorithm for estimating test project costs for 16T AMAPS tests. Second, he initiated the development of a new e-matrix database which draws upon the financial statistics and operating time log statistics to provide a usable tool for historically relating wind tunnel test project costs, test type, test facility and hours of test operations. Finally, he took a leadership role in finalizing a Microsoft Excel tool for tracking daily cost metrics for test change requests and project deviations.



Frazier

## Overall Craft Member of the Quarter

The Overall Craft Member of the Quarter is Reggie Sizemore. Sizemore, outside machinist for the Model Shop Utilities and Crane Maintenance Crew, was recognized for demonstrating a sincere desire to meet his customers' needs on a daily basis. He continually provides insight and reassurance to his fellow employees and will not hesitate to stop what he's doing to help a fellow worker in need of assistance or direction to ensure the task is completed safely and efficiently. Being one of two certified welders in the department, Sizemore took the initiative to set up a new welding area for the utilities crew; primarily for accomplishing rework and to train younger machinists in the crew so they can earn their welding certification. He is a seasoned professional with extensive knowledge and practical experience, setting the highest standard for safety and quality.



Sizemore



**Leon Yoder**  
Team Member  
Facilities Operations & Maintenance

Yoder, electrical engineer for the ETF plant, was recognized for always being willing to step up and take action to ensure his assigned systems are ready to support testing.



**Adam Webb**  
Team Member  
Facilities Operations & Maintenance

Webb, engineer, was recognized for leading efforts to the success of AEDC's online and offline electrical test program toward maintenance excellence.



**Terry Harris**  
Team Member  
Investments

Harris, project manager, was recognized for her efforts of the 4T modernization and ABC data acquisition and classified, unclassified network modernization projects.



**Brad Schwer**  
Team Member  
Information Technology & Systems

Schwer, information technologist, was recognized for the porting of a predictive code that is integral to a new computer platform model.



**Randal Sherrill**  
Team Member  
Resource Provisioning

Sherrill, planner and scheduler for the PWT plant, was recognized for his consistent daily performance and drive to improve the scheduling process.



**David Hester**  
Team Member  
Integrated Test & Evaluation

Hester, analysis engineer, was recognized for leading a junior team of turbine engine analysts through an international commercial engine turbine test program.



**Greg Wilson**  
Team Member  
Performance Management

Wilson, administrative professional, was recognized for developing and producing monthly status quad charts for management and oversight of six projects.



**Richey Martin**  
Craft Team Member  
Integrated Test & Evaluation

Martin, outside machinist, was recognized for his role in the major upgrade of the SL-3 test cell, thrust stand, high bay and exhaust duct.



**Murrell Allen Tate**  
Craft Team Member  
Support Services

Tate, fire alarm communications operator, was recognized for expertly monitoring fire alarm systems and Arnold's enhanced 911 phone system.



**Jerry Bean**  
Craft Team Member  
Facilities Operations & Maintenance

Bean, operating engineer, was recognized for his extensive plant experience and mechanical knowledge to recognize problems and provide recommendations.



**Tammy Denton**  
Craft Team Member  
Resource Provisioning

Denton, chauffeur, was recognized for providing base-wide mail delivery as well as providing after hours and weekend chauffeur support.



**David Smith**  
Customer Service-External  
Integrated Test & Evaluation

Smith was recognized for his service to the Joint Air-to-Ground Missile customers in 16T, committing to exceed expectations in aircraft carriage loads and captive stores integration testing.



**Mark Sissom**  
Customer Service-External  
Information Technology & Systems

Sissom was recognized for his problem-solving skills and customer support to desktop computer users and for successfully closing 900 requests during the past year.

## Personal Shred Day at AEDC will be Feb. 11

All AEDC personnel can destroy sensitive personal papers from home between 8 a.m.-noon Feb. 11. The Cintas truck will be at the Main Cafeteria/Ascend Federal Credit Union parking lot (same location as the safety shoe van).

Destruction of sensitive personal papers include cancelled checks, tax returns more than seven years old, investment documents, bank statements, credit card and other monthly statements, junk mail that should be shredded and other personal papers, etc. Computer disks or light plastic personal materials can also be destroyed. Items such as these will not be shredded: thick plastics, metals, trash or junk and bulky newspapers, magazines or catalogs.

Note: Work-related unclassified plastics in a work area (video tapes, disks, etc) should be held for another pick up date.

Be sure bags and boxes are not too big or heavy so they can be safely lifted and carried. If desired, personnel working shifts outside 8 a.m.-noon can bring materials to the ATA Industrial Security Office, Building 253 for secure storage prior to the pending destruction date. For assistance call Vickie Seals at 454-6003.

## Fleenor wins William M. Dunne People's Choice Award

Allen Fleenor, 704th Maintenance Group, Management Operations Division chief, was named the William M. Dunne People's Choice Award winner.

Fleenor was recognized for his innovative, well coordinated and mission focused fiscal year 2010 research development test and evaluation maintenance program budget.

He worked with a retiring Air Force utilities contract manager to transition a complex Tennessee Valley Authority electrical power price and usage management process, \$25 million fiscal year 2010 budgeted sales ensuring seamless continued success in saving the center and its

customers millions of dollars in avoided cost.

He provided smooth resource transition for safe, reliable and effective operations (SREO), pressure and hazardous material systems (PHMS) certification and AEDC configuration management programs valued collectively at more than \$3.06 million.

He provided hands-on training to the newly designated maintenance group General Physics contract manager, \$1.7 million fiscal year 2010 budgeted cost, to ensure billings and payments process was made on-time.

He was recognized by the AEDC CARA team as a valuable member willing to spend time to learn, understand the position of others and negotiate professionally all discon-

nects that might otherwise result in loss of mission capability.

According to his nominator Kirk Rutland, Fleenor is a respected member of the Enterprise Integration Team (EIT) where resource decisions are required real-time and an understanding of investment, support, test as well as maintenance programs is essential for an optimum AEDC solution to a short-term financial crisis.

Fleenor is always willing to stop what he is doing to help other people whether it is the FedEx delivery man, someone from another organization, the building manager or a co-worker who has a question not related to finances.



Fleenor



## Government



**1st Lt. Alex Hausman**  
Company Grade Officer

Lieutenant Hausman, test engineer, was recognized for a dedicated professional and his leading efforts to the APTU upgrade.



**1st Lt. Joe Byker**  
Honor Guard Member

Lieutenant Byker was recognized for his performance and professional attitude while participating in several AEDC events.



**Master Sgt. Harold Jones**  
Senior Non-Commissioned Officer-in-Charge

Sergeant Jones, command post superintendent, was recognized for managing award luncheons and other command post functions.



**Tech. Sgt. John McDowell**  
Non-Commissioned Officer-in-Charge

Sergeant McDowell, transportation superintendent, was recognized for executing a base-wide vehicle inspection program.



**Sheryl Lamas**  
Civilian of the Quarter Administrative

Lamas, human resource specialist, was recognized for being the "go to" person in the directorate of personnel division.



**John Kelly**  
Civilian of the Quarter  
Scientist/Engineer

Kelly, jet engine test project manager, was recognized for being the focal point for toughest Joint Strike Fighter testing issues.



**Shawn Wolfe**  
Civilian of the Quarter  
Clerical/Technical Support

Wolfe, secretary office automation, was recognized for being morale builder and leading by example and encouraging others.



**Darrell Eshelman**  
NAF - Category III

Eshelman, golf course manager, was recognized for making huge improvements with less than six months on the job.

### Safety achievement awarded

The Safety Standard D2 Pressure Vessels and Systems (PV/S) Re-write Team earned the AEDC Safety Achievement award.

The team was recognized for developing important processes to reduce hazardous conditions involving AEDC pressure systems to improve the safety and reliability of the pressure systems fully comply with current ASME code requirements and capitalize on lessons learned from other industry best practices for pressure systems.

The team contributed to the majority of the information to the process of reviewing and

rewriting the SHE Standard D2. While there were numerous other people that contributed to reviewing the document and providing input, without the input and hard work of the key members, the safety standard would not have been as thorough or as complete and many of the safety issues identified and addressed during the review process would not have been provided.

Their contribution will help AEDC reduce the inherent risk these pressure systems pose and provide the users of the document with a more usable guide.

## Several IDEAs were implemented and approved in 2009

The Air Force Innovative Development Through Employee Awareness (IDEA) Program is an incentive program that promotes process improvement and/or resource savings through ideas submitted by military and civilian employees. This is accomplished by encouraging a better way of doing business by fostering employee awareness and participation in the AF IDEA Program.

All DoD military, civilian employees and contractor personnel are eligible to participate in the program.

The idea must be the submitter's own thought or new application of an old principle and must benefit the Air Force. The idea must provide present method, proposed method, and expected benefits. The idea may be within the submitter's responsibility.

**Kathy Moore** (DoD) suggested that the Manpower Programming and Execution System (MPES) that the reference table identify APDP selections by providing titles.

Moore recommended a system change/update

that produces a more understandable code such as Type Level, Cat that will print out on the change notice.

This IDEA will eliminate time wasted by changing the official manpower change notice so everyone that receives a copy will understand what is being changed.

**William Bridges** (DoD), suggested an easy access info card.

The Air Force has developed a new accountability Web-based application called the Air Force Personnel Accountability and Assessment System (AFPAAS). The primary purpose is accounting for personnel during disasters and identifying those personnel and their families that require support from Airmen and Family Readiness Centers.

AFPAAS will be used for personnel accountability for all Air Force personnel, including DoD civilians and their family members. The problem is that there is confusion and lack of access to the three ways to provide the

accountability if/when it is going to be needed.

Bridges suggested to all employees a small information card which contains the three preferred methods for implementing and activating the AFPAAS.

This card will be with the member at all times and provide ready access to the numbers and web address needed, and could save lives by allowing quick access to critical numbers and web addresses.

**James Raabe** (DoD) suggested the regulation of the hot water temperature.

Hot water heaters seem to be adjusted too high at Arnold AFB resulting in risk of scalding injuries and high water heating costs.

Raabe suggested adjusting all hot water supplies, except those that require higher temps for dishwashing or industrial use, to no more than 120 degrees Fahrenheit.

According to the Consumer Guide to Home Energy Savings, each 10 degree Fahrenheit reduction in water temperature will generally save 3-5 percent on water heating costs.

Raabe's survey of several buildings at Arnold AFB show that temperatures range about 140 degrees Fahrenheit, which is 20 degrees higher than recommended. If temperatures were reduced 20 degrees to 140 degrees, the government should see a cost savings of 6-10 percent on their water heating bills.

**Kathleen Gemma** (ATA), suggested TMDE – Equipment placed in "Calibrate Before Use Status" Affix GC739 Tag

The expected benefits include:

1. An item stored in spares areas, racks, etc. would not be used or placed in service, the GC739 tag would bring attention to it.

2. TMDE in CBU status will never be accidentally installed, due to the GC739 hanging off of the item, essentially a flag to bring additional attention to said item, and that item must be sent to PMEL for calibration before it can be used.

3. The potential for an item in CBU status being used to take data is eliminated.

**Kenneth Housch** (ATA) suggested the transferring six photo sonic IPL 400' film from Eglin AFB.

Some of the 400' film magazines are in need of repair. A company wants \$120 per hour (four hours per magazine) to evaluate plus parts and labor. The cost for repairs and length of time it will take for repairs is unknown. The cost for a new magazine is \$25,000.

The support services manager at Eglin AFB has agreed to transfer six Photo Sonic IPL 400' film magazines to AEDC at no cost.

The center is expected to benefit from the transfer. First of all, no magazines sent to the company in California for repairs nor will any new ones have to be bought. This would

result in a cost savings of \$150,000 to AEDC.

This idea was approved and implemented.

The actual savings to government was \$147,120.

**Kendall Layne** (ATA) suggested that a card reader be installed at the Visitor's Center to test if badges are defective and to train people on how to gain access to buildings.

The Visitor's Center prints approximately 720 badges with encoding annually, approximately 72 of those being defective badges. Each badge recipient uses approximately 1 hour per occurrence to correct a defective badge. The automated entry control system administrator spends 10 minutes per occurrence testing a badge. Visitor's Center personnel spend an additional 10 minutes reprinting each badge.

The idea was implemented. Actual savings to government was \$463.83.



# Air Force fiscal year 2011 budget balances for today's fight, postures for future challenges

By Tech. Sgt. Amaani Lyle  
Secretary of the Air Force  
Public Affairs

**Washington (AFNS)** – Air Force officials here reinforced their commitment to fund and support today's operations while posturing for future challenges through the service's portion of the president's fiscal year 2011 (FY11) budget announced Feb. 1.

The \$119.6 billion budget proposal supports the Air Force's unique capabilities and core functions and how the service supports its people at home and abroad as it continues to rebalance the force, senior leaders said.

## Balancing today's operations

The FY11 budget request supports a balanced approach to prevail in today's operations while ensuring new capabilities, force structure, skills and technologies to meet tomorrow's challenges.

"The Operation and Maintenance budget is focused on new and emerging requirements as well as on-going operations," said Maj. Gen. Al Flowers, Air Force budget director. "We have balanced resources across the full spectrum of operations to meet the increasing demands of today's fight."

In FY11, the Air Force's baseline budget totals \$119.6 billion which provides resources across several appropriations that provide pay and allow-

ances for people, readiness and infrastructure and modernization. An additional \$20.8 billion was requested for overseas contingency operations, or OCO, to support ongoing operations in Afghanistan and Iraq.

In keeping with the Air Force's tradition of taking care of its Airmen and their families, General Flowers explained that Air Force officials will invest about \$1 billion for quality of life programs such as child development centers, spouse counseling and employment programs, school liaison officers and childcare programs.

The general also said the submission will support a basic pay increase of 1.4 percent for both Airmen and civilians. In addition, Airmen can receive increases of up to 4.2 percent for basic allowance for housing and 3.4 percent for rations.

Personnel funding continues to be a priority for the service, with \$29.3 billion devoted to active duty, Guard, and Reserve end-strength preservation. The budget also provides for increases in critical-skills recruiting and retention bonuses, and personnel plus-ups in stressed career fields.

"Airmen can expect to see increased emphasis

on bonuses – about \$645 million – for areas such as combat controllers; intel-



ligence; pararescue; explosive ordnance disposal; tactical air control party; contracting; and survival, evasion, escape and resistance," General Flowers said.

In addition to recruiting and retention, the general asserted that education will remain a priority in the FY11 request.

"Tuition assistance is a mainstay in each budget and we will continue to provide Airmen off-duty education," General Flowers said.

In addition to education, the Air Force's budget request maintains investments in the organization, training and equipping of Airmen supporting OCOs.

To increase flexibility and lethality that meets the needs of combatant commanders in the area of responsibility, Air Force officials will continue to support efforts in Iraq and Afghanistan, the

general said. The budget request includes a \$6.1 billion FY10 supplement-

tal request in addition to the \$15.2 billion in OCO funding received in the FY10 appropriation.

## Investing for future challenges

As the strategy facilitates funding increases for contingency operations, Air Force officials will sustain the investment in new capabilities and a force structure to meet tomorrow's challenges.

"We are modernizing and recapitalizing within our means," Air Force Chief of Staff Norton Schwartz said. "In developing the budget request, we also carefully preserved our approach to taking care of Airmen and our Air Force families."

The Air Force's top priority continues the efforts to strengthen the nuclear enterprise with \$5.2 billion earmarked for ongoing support and maintenance of the service's nuclear forces.

"In addition to the establishment of Global Strike Command, the Air Force has developed a more rigorous inspection and positive inventory control process while taking steps to correct nuclear force development," General Flowers said.

As ground forces draw down in Iraq and sustain in Afghanistan, the Air Force will see intelligence, surveillance and reconnaissance and irregular warfare operations increase, the general said.

The new budget provides for 36 baseline and 12 OCO MQ-9 Reapers, four additional RQ-4 Global Hawks and 662 active duty personnel associated with the increased ISR missions. General Flowers said service officials will also seek to develop a normalized training and basing posture for the MC-12 Project Liberty.

The budget proposal provides "enhancement to legacy fighters to ensure today's capability is compatible with future or fifth generation fighters as we develop and bed down the F-35," General Flowers said.

The enhancements include F-15 modernization and radar upgrades and EC-130H Compass Call modifications. Common configuration upgrades and software development for the F-22 Raptor will ensure compatibility with new models coming off the line. In addition, the

Air Force will continue modernizing the C-5 Galaxy, C-130 Hercules and C-17 Globemaster III fleet through programs such as avionics modernization; reliability, enhancement, and re-engining; and large aircraft infrared countermeasures.

The service also will continue its efforts toward emerging missions, the general said.

"We're increasing our ISR combat air patrols to 50 by the end of FY11 and by the end of FY13 we'll be at 65," he said.

"Each CAP will have a manpower tail attached and much of the end strength relates to increased demand of ISR support in the AOR."

"We're investing in maturing technologies as we work toward concept exploration for a long-range strike capability," General Flowers said of the \$200 million endeavor.

Air Force officials will continue building a robust space program while investing in both secure and non-secure satellite communications including a missile warning satellite.

Air Force officials said the FY11 budget helps the service achieve the right balance to meet today's commitments while posturing for future challenges, adding that there is now a blueprint to improve existing capabilities and pursue new technology while ensuring stewardship of national resources.



**Fit tip from page 4**

“own the knob,” so as you fatigue, you can modulate the workload very accurately. Throw in an enthusiastic coach and a music-based program, it’s just about impossible to combine these elements in any other workout.

What’s really cool about a spin bike is that you can tailor the workout either on the fly or day by day. The spin bike is extremely rigid and stable, making a variety of riding positions not only possible, but completely safe.

A good instructor will take you through variations of four basic pedaling positions ... seated, standing, vertical, and my personal favorite, “the hover,” where you basically lift yourself off the seat a couple inches but otherwise replicate the seated position. You can also vary how fast you pedal (sophisticate’s call this cadence), and how much friction you apply. With four basic pedaling positions, fast and slow pedal speeds, and infinitely adjustable friction, the possible combinations are endless. This offers the instructor a wide portfolio to choose from, so there’s never a dull moment in the class.

The friction control deserves a little extra explanation, but it comes with

a catch. To get the real benefit of the spin bike, you have to get a pair of biking shoes fitted with cleats. Biking shoes are much stiffer than running shoes, and allow a much better power transfer to the pedals. I use mountain bike shoes for fitness training. They are much cheaper than road bike shoes, and are safe to walk around in. Most have three straps, and fit very securely to your foot.

There are lots of different cleat patterns out there, but fitness/spin bikes (like ours) use the “SPD” style cleats. The cleats let you physically connect to the pedals, like a ski boot/ski binder, and this is the real benefit. Once “clicked in” you can push, pull, lift and “drag” the pedal all the way around the crank circle, effectively loading your leg for 360 degrees. On a conventional pedal, you can “push” from about the one o’clock through four o’clock position, but that’s it. You are coasting the rest of the way around. Rubber straps or toe clips help, but only for about half the stroke. You won’t believe the difference once you’ve clipped in. Secondly, with this physical connection, your weight is no longer a limiting factor to

the load you can apply. You can literally apply so much friction that you can’t pedal. No regular stationary bike goes there, and if you are running, your weight is the only load on tap.

A good instructor knows all of this, and will take you through various intensities during the workout. A carefully choreographed session will use the music to reinforce the cadence the instructor wants you to use for that interval. It’s very important to follow the instructor’s directions, as they have mixed and matched positions, loads, and cadence variations for the whole session. Stay with them, and if you need a break, go ahead, but get back to it ASAP.

The fitness center offers several classes, and if interest picks up, more can be on the way. Plus, after a few sessions, you’ll learn enough to do one on your own if you miss a class. This is the real deal. Even once a week will make a difference you will feel on your runs. Just take it easy the day after ... no “hard day, hard day” routines. Remember the sophisticate’s holy trilogy of training ... Train Hard, Race Harder, Rest HARDEST!

## Clinic helps runners form proper technique

Instructors from Evolution Running visited AEDC in January to teach military personnel a system of efficient and injury-reducing

running techniques. Head Coach Mierke teaches runners things like how to expend less energy to run fast, using their body’s

natural shock absorption, distribute workload to avoid fatigue, minimize vertical displacement and utilizing elastic recoil for “free speed.”

The clinic was open to all military and DoD civilians.

“The real goal is injury prevention,” AEDC Commander Col. Michael Panarisi said. “The benefits of a healthy, active lifestyle are well documented. As we continue to emphasize fitness as an important element in preventing disease, our strategy of increasing the frequency of our fitness assessments will drive most members to increase the miles they spend on the road. Without correcting improper mechanics, we risk significant long term injuries; injuries that we know can be prevented. This course represented a long-term investment in preventing running-related injuries.”



Mierke demonstrates how to properly run during a clinic at the Gossick Leadership Center Jan. 25-28. (Photo by Rick Goodfriend)

## Milestones

### 35 YEARS

Finis Bearden, ATA

### 30 YEARS

Jerry Bailey, ATA  
William Irby, ATA  
Ronald McFarlane, ATA  
Theodore Ball, ATA  
Joel Bettis, ATA  
Patricia Reynolds, ATA  
Mitchell Nolen, ATA

### 25 YEARS

Clement Holt, ATA  
Larry Cunningham, ATA  
George Myers, ATA

### 20 YEARS

Vicki Vertrees, ATA  
Kimberly Luther, ATA  
Rhonda Uselton, ATA  
Brenda Hix, ATA  
Kimberly Marshall, ATA  
Robin Roberson, ATA

### 15 YEARS

Timothy Wilson, ATA  
Danny Owens, ATA

### 10 YEARS

Christopher Davis, ATA  
Ronald Eads, ATA  
Randy Prince, ATA  
Christopher Jones, ATA

### 5 YEARS

Christy Melton, Premier  
Jane Wilkerson, Premier  
Jacob Holloway, ATA  
Steven Ardry, ATA  
Michael Farris, ATA  
Quinton Hunt, ATA  
Adam Plondke, ATA  
Ray Warren, ATA  
Edward Mickle, ATA  
Dusty Vaughn, ATA  
William Coppeans, ATA  
Suzanne Luthi, ATA  
Eules Cossey Jr, ATA  
James Sweeton, ATA  
Thomas Dimon, ATA  
Timothy Scott, ATA  
Dan Blaylock Jr, ATA  
William Tucker, ATA  
Aaron Wojcik, ATA  
Timothy Clark, ATA



Bearden, 35 years

James Landon, ATA  
Gerald Norton Jr., ATA  
Randall Moon, ATA  
Charles Brown, ATA  
Mark Downs, ATA  
Teddy Perry, ATA  
Michaele Hartman, ATA  
Karen Nicholson, ATA  
Dean Mukai, ATA

### INBOUND MILITARY

Master Sgt. Michael Arena, AF  
Capt. Ashton Hainge, AF  
Maj. Mitzi Weems, AF

### OUTBOUND MILITARY

Master Sgt. Robert Louchery, AF  
Lt. Col. Robert Perrin, AF  
Maj. Brian Brown, AF  
Lt. Col. James Colebank, AF  
Lt. Col. James Kennedy, AF

### RETIREMENTS

Maj. James Smith, AF  
Master Sgt. Bryan Larson, AF  
Maj. Matthew Laubacher, AF  
Col. Joel Speight, AF  
Lt. Col. Vernon Scribner, AF  
Kathy Moore, AF  
Gloria Johnson, AF  
Temple Bowling, AF  
Carolyn Washington, ATA  
Martha Parker, ATA

### NEW HIRES

Armando Aguirre, AF  
Cameron Liner, AF  
David Young, AF  
Brandon Stiles, AF  
Peter Macaluso, AF  
Jimmy Malone, AF  
Andrew Fist, AF



### Arnold Golf Course 454-7076

**Mulligan's Grill** is open seven days a week from 7 a.m.-2 p.m. Try the "Good Morning Breakfast" special Monday through Friday. This includes two eggs, choice of bacon or sausage, hash browns and one biscuit and gravy for \$4.50. Breakfast is served until 10:30 a.m. Lunch specials for February are **Monday:** hot ham and cheese sub, fries and fountain drink for \$6; **Tuesday:** Cranberry walnut chicken salad croissant, fries and fountain drink for \$6; **Wednesday:** turkey club panini, fries and fountain drink for \$6; **Thursday:** chili cheese dog, fries and fountain drink for \$6; **Friday:** club sandwich, fries and fountain drink for \$6. Try the soup of the day with a sandwich. Mulligan's Grill meals are a great value and include unlimited drink refills. Call ahead for advance or to go orders at 454-7076. Remember to show your Members First Plus membership card for a ten percent discount on purchases of \$4 or more.

### Arnold Lakeside Center 454-3350

**Watch the Super game on the super screen Feb. 7.** The game will be shown on all televisions throughout the center to include the jumbo screen in the ballroom. Things get underway one hour before kickoff. Come in your football attire and be ready for the halftime trivia contest to include all subjects, not just football. This will be a test of wits and speed to see who can write down the correct answer and get it to the stage first. Other prizes will be given throughout the game to include quarterly score board winners. The first three quarter winners will win a \$50 Wal-Mart gift card and the final, grand prize winner will receive a 22-inch flat screen television. Participants must be present to play/win and must be age 18 or older. Members will receive two squares on the board and nonmembers will receive one square. The board will be completed on a first come, first served basis until it is full. The quarterly winners will also win the honor of sitting in a special recliner to watch the following quarter. The person to win this honor for the first quarter will be determined by random drawing of those participating. The Express and Pizza menus will be available throughout the night.

**Books Are Fun** will be back for a book fair 9:30 a.m.-3 p.m. Feb. 9 in the A&E Building's Arnold Room, room A123. Discounted selections include paperbacks, best sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to 70 percent off retail prices and find some great items for Valentine gifts.

**Pizza Wednesdays** continues in February. Call ahead to 454-5555 to order takeout pizza for your office luncheon or group gathering. Pizza is available for pick up on Wednesdays from 11 a.m.-1 p.m. No delivery available. For better service, you may call on any day and preorder.

Pizzas are available in 12 or 16 inch and range in price starting from \$7. House favorites include the Falcon (cheese), Eagle (pepperoni and cheese), Stratofortress (pepperoni and bacon Stromboli with mozzarella and ricotta), Mustang (ham, bacon, pineapple and cheese), Spirit (veggie - mushrooms, green pepper, onion, tomato, black olives, basil, olive oil and feta cheese) and Galaxy (pepperoni, sausage, ham, green pepper, onion, mushrooms, black olives, bacon and extra cheese). Gourmet specialties include the Warthog (ground beef, cheddar, red onion, tomato, spinach and sesame seeds), Phantom (spinach, basil, sun-dried tomatoes, garlic, olive oil and cheese). Fly solo and build your own (\$1 for individual toppings). The pizza menu is also available for dinner on Thursday, Friday and Saturday from 5-9 p.m.

**Movie nights** are every Thursday at 6:30 p.m. with dinner available from the Express or Pizza menus from 5-9 p.m. The schedule for February is: **Feb. 11** - "Love Happens," rated PG-13 starring Jennifer Aniston and Aaron Eckhart. Dr. Burke Ryan is on the brink of a major multimedia deal, but the therapist who asks his patients to openly confront their pain is secretly unable to take his own advice. Eloise Chandler has sworn off men and decided to focus on her floral business but when she meets Burke there is an attraction. To move forward they both must let go of the past. **Feb. 18** - "Twilight Saga: New Moon," rated PG-13 starring Robert Pattinson, Taylor Lautner and Kristen Stewart. The story continues as the Cullen family flees Forks in order to protect Bella, and the heartbroken high-school senior discovers that vampires aren't the only creatures in town. **Feb. 25** - "Planet 51," rated PG starring voices of Dwayne Johnson and Jessica Biel. American astronaut Captain Chuck Baker lands on Planet 51 thinking he's the first person to step foot on it but to his surprise, he finds the planet is inhabited by little green people whose only fear is being overrun by alien invaders . . . like Chuck!

**Friday night dining room specials** available from 5-9 p.m. **Feb. 5:** All you can eat catfish, \$9.95 for members, \$11.95 for nonmembers. First Friday Jam begins at 6 p.m. with a Valentine's Day theme. **Feb. 12:** Chicken marsala, \$9.95 for members, \$11.95 for nonmembers. **Feb. 19:** Lynchburg ribeye, \$11.95 for members, \$13.95 for nonmembers. **Feb. 26:** Cedar plank tilapia, \$9.95 members, \$11.95 nonmembers. Please call for reservations to ensure special is available. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

**Saturday availability and specials:** **Feb. 6:** Pork chops, \$9.95 for members, \$11.95 for nonmembers. **Feb. 13:** AEDC Woman's Club "Top Hats and Roses" Valentine Dinner Dance, 6 p.m., choice of London broil au jus or rosemary roasted

pork loin, \$35 per person, make reservations by Feb. 5. Call Anne Wonder, 461-0213, or Liz Jolliffe, 393-2552; regular dining room closed; Express and Pizza menu orders available to go only, 454-5555. **Feb. 20:** 1/2 pound peel-n-eat shrimp, \$9.95 members, \$10.95 nonmembers. Landing Special: Order from Express and Pizza menus 5-10 p.m. in conjunction with UFC 110 Fight Night: Nogueira vs. Velasquez airing at 9 p.m. **Feb. 27:** Cajun buffet 6-9 p.m. during Monte Carlo Mardi Gras Casino night, \$12.95 members, \$14.95 nonmembers. The dining room is open Saturdays from 5-9 p.m. unless otherwise specified. Please call for reservations to ensure these specials are available. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Come to The Landing bar Feb. 20 to see the **UFC 110 Fight Night** with Nogueira vs. Velasquez at 9 p.m. Regular dinner service is available from 5-9 p.m. and the Pizza and Express menus will be available until 10 p.m. The dinner special for this event is 1 pound peel-n-eat shrimp for \$9.95 for members and \$10.95 for nonmembers. This event is free for members and \$10 for nonmembers.

**Monte Carlo Casino night** with Mardi Gras theme comes to Arnold Lakeside Center Feb. 27 from 6 to 10 p.m. complete with black jack, roulette, craps and wheel of fortune. The event is free and open to ages 18 and above. Participants will be issued toy money to play for approximately three hours. After gaming concludes there will be an auction for prizes using the toy money. The night's theme is Mardi Gras and there will be party favors to include masks, beads and hats along with a "Most Mardi Gras Spirit" costume contest at the conclusion of gaming. A Cajun buffet will be served from 6-9 p.m. to include crawfish, dirty rice, jambalaya, gumbo and more. Buffet cost is \$12.95 for members and \$14.95 for nonmembers. Please call 454-3350 for dinner reservations. The ALC will be open 5-11 p.m. for socializing before and after the casino portion of the event.

### Family Member/Youth Programs (FamY) 454-3277

**Youth Movie Night** set for Feb. 19 from 6-9 p.m. Ages 9 and up are invited to the Open Rec. Center to watch a movie. There will be free popcorn and pizza by the slice for \$1. Juice and water will also be provided free of charge.

**"UGT" - You Got Talent** contest is coming March 20 to be held at Arnold Lakeside Center beginning at 6 p.m. Start getting your acts together for this event and sign up by calling 454-3277. Contestants can enter various categories to include solo, group, instrumental, performance. Group performances are limited to eight people and if comprised of different ages the category is determined by the oldest performer. All acts should not exceed four minutes. There will be prizes for the top three performers in each

## 704th Services Division hours of operation:

**Arnold Lakeside Center** - Special function luncheons available. Call 454-3350 for arrangements. Catering/Management offices Tuesday-Friday 10 a.m.-3 p.m.; Dinner Arnold Express Menu or Hap's Pizza only Thursday 5-9 p.m., dinner or Arnold Express Menus and Hap's Pizza Friday and Saturday 5-9 p.m.; Main Bar Thursday 4:30-8:30 p.m., Friday and Saturday 4:30-9 p.m.; Social Hour Friday 4-6 p.m.

**Family Member/Youth Programs** - Youth Open Rec Tuesday and Thursday 4-7 p.m., Wednesday 1-6 p.m., Friday 4-9 p.m., Saturday 12-5 p.m.; Mommy and Me Playgroup Thursday 9-11 a.m. **Closed Feb. 12 & 13 due to Memphis Trip**

**Outdoor Rec / Arts & Crafts** - Main Office, Check In, Marina and Auto Shop Tuesday-Sunday 8 a.m.-6 p.m.; FamCamp Store Tuesday-Friday 3-5 p.m., Saturday and Sunday 8-11 a.m., 2-5 p.m.

**Fitness Center** - Monday-Friday 5 a.m.-9 p.m.; Saturday 8 a.m.-4 p.m.; Sunday 12-5 p.m. Open 5 a.m. - 6 p.m. Feb. 15

**Arnold Golf Course** - Pro Shop and Driving Range daily 8 a.m.- 5 p.m.. Mulligan's Grill: daily 7 a.m. - 2 p.m.

**Recycling** - Monday-Friday 7 a.m. - 4 p.m.

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

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

category. Some winners may qualify to go forward (by DVD recording) to Air Force-level competition. A performer meeting will be held at the Youth Programs building (3055) at 4:30 p.m. March 16.

**Apply now for Teen Aviation Camp.** This camp is open to eligible high school students entering their sophomore or junior year in fall 2010. This program is for those who would like to explore the U.S. Air Force Academy as a possible choice for college. The camp will be held June 5-10 with a wide variety of outdoor and classroom activities in Colorado Springs, Colo. Interested teens can pick up an application from Youth Programs. Selected participants are responsible for their airline and travel cost to and from Colorado Springs. Transportation, lodging and meals are covered upon arrival to location. All applications must be submitted to Youth Programs by March 22 and selections for the camp will be made on April 23. For more information call 454-3277.

### Wingo Inn 454-3051

**Reservations for Wingo Inn** can be made 120 days in advance. Room rates start

at \$39 per night. Please call 454-3051 for reservations.

### Fitness Center 454-6440

**Indoor Triathlon** set for Feb. 17. Come by the Fitness Center any time between 9 a.m. and 5 p.m. and record your best overall time in three activities: 5K run on the treadmill, 10 mile bike ride on a stationary bike and two-mile "swim" on the upper body exercise unit. The three fastest overall times will receive a prize.

**Random Fitness Initiative** continues. Twice a month the Fitness Center staff will roam the base during lunch and award people for showing self initiative for working out on base at a location other than the Fitness Center. Those selected will receive a prize.

**Intramural Basketball** continues. Games are played on Tuesdays and Thursdays beginning at 5:30 p.m.

### Outdoor Rec (ODR) 454-6084

**Paintball** set for Feb. 13. Ages 10 and older are invited to play. Meet at Outdoor Rec. at 9:30 a.m. Cost is \$20 and includes

lunch. Remember to wear long sleeved shirts and long pants.

### Gossick Leadership Center 454-3024

**The Gossick Leadership Center (GLC) recently became part of the Services Division.** Events such as meetings, conferences, luncheons, dinners, etc. may be booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by e-mail to [arnold.glc@arnold.af.mil](mailto: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 (931) 454-3024.