



# HIGH MACH

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## AEDC testing supports NASA's Curiosity first anniversary on Mars

AEDC Public Affairs staff report

Engineers and scientist recognized NASA's Curiosity rover as it marked one year on Mars Aug. 6.

As news broke of NASA's Mars Science Laboratory (MSL) "Curiosity" rover's successful landing on the "Red Planet" Aug. 6, 2012 a number of people affiliated with the AEDC were paying close attention to the story.

"Curiosity" is the most highly advanced, mobile robot with the heaviest overall payload ever sent to another planet to investigate Mars' ability, both past and present, to sustain microbial life.

AEDC's role in supporting the MSL program has included evaluating the aerothermal loading of the heat shield at the complex's Hypervelocity Tunnel 9 facility in Silver Spring, Md., and assessing thermal protection system material candidates for the MSL's heat shield at the complex's central location in Tennessee. In addition, NASA and AEDC's engineers tested the MSL's full-sized parachute

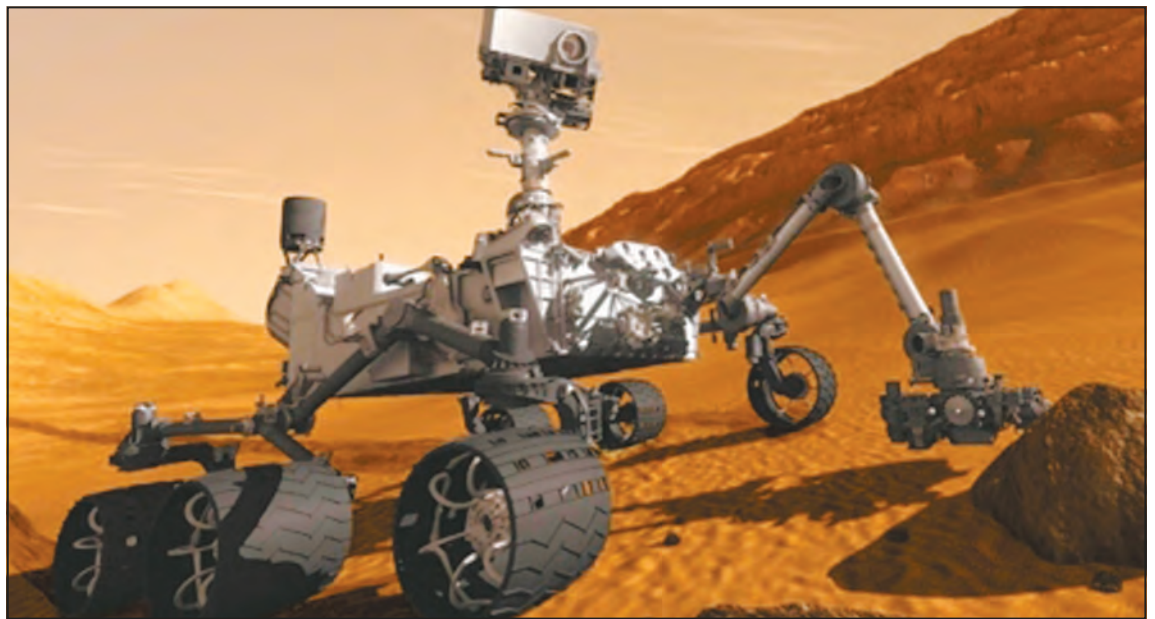
in the world's largest wind tunnel at National Full-Scale Aerodynamic Complex (NFAC) in California.

Evaluation and qualification of MSL's full-scale parachute decelerator system took place at NFAC, AEDC's remote site located in northern California, between 2007 and 2009. A series of full-scale wind tunnel tests were designed and conducted to qualify and validate the design and final flight articles.

MSL's Curiosity rover is unprecedented in its size, weight, and complexity and as such requires an extremely large decelerator to slow its descent to the surface of Mars.

When fully inflated, the MSL parachute spans more than 50 feet across and reacts with more than 65,000 pounds of drag. Full-scale testing on flight-like articles was required to prove the design, materials and fabrication techniques were capable of surviving the rigorous mission requirements.

NFAC provided a uniquely suited test environment as the only wind tunnel facility in the



The Mars Science Laboratory mission successfully placed the one-ton Curiosity rover on the surface of Mars on Aug. 6, 2012, UTC (evening of Aug. 5, 2012, PDT), about one mile from the center of its 12-mile-long target area. (Image Credit: NASA)

world capable of testing such a large decelerator.

Curiosity has provided more than 190 gigabits of data; returned more than 36,700 full images and 35,000 thumbnail images; fired more than 75,000 laser shots to investigate the composition of targets; collected and analyzed sample material

from two rocks; and driven more than one mile.

The mission measured natural radiation levels on the trip to Mars and is monitoring radiation and weather on the surface of Mars, which will be helpful for designing future human missions to the planet. The Curiosity mission also found evidence

Mars lost most of its original atmosphere through processes that occurred at the top of the atmosphere. NASA's next mission to Mars, Mars Atmosphere and Volatile Evolution (MAVEN), is being prepared for launch in November to study those processes in the upper atmosphere. (Courtesy of NASA/JPL)

## Chaplain Nutter serves AEDC 25 years



During a recent retirement ceremony for AEDC Chaplain (Lt. Col.) Martin Nutter (right), AEDC Chief of Staff Ken Jacobsen pinned Nutter's fourth Oak Leaf Cluster to Meritorious Service Medal. (Photo by Rick Goodfriend)

By Raquel March  
ATA Public Affairs

AEDC personnel recently recognized a milestone with AEDC Chaplain (Lt. Col.) Martin Nutter and his family as they celebrated his retirement and serving AEDC souls for 25 years.

He has displayed a servant's heart and touched so many people from AEDC leadership to other personnel throughout the base by providing counseling, conducting wedding ceremonies and funerals, and baptisms. He has conducted six baptisms, 26 marriages and 39 funerals for Arnold AFB. Nutter recalled conducting funerals for AEDC Fellows and D.Z. Wingo of whom the base officers' quarters Wingo Inn is named.

During Nutter's retirement ceremony, Ken Jacobsen, AEDC's chief of staff, recalled his own personal need of Nutter's assistance with the death of a family member and how he has assisted so many people in the same manner.

Part of the chaplain's service in the Air Force is death notification for military families.

Nutter's wife Linda said many nights the phone would ring during early morning hours and "the phone was on my said of the bed," she said. "I learned to 'let him go' so that he could fulfill his calling."

Linda said her job was

to take care of their four children while Nutter served his country.

"I and persons on my staff such as Autumn Standley have called him on occasions throughout the years to perform death notifications to families," said Tom Sizemore, AEDC personnel division director. "Regardless of the time, Chaplain Nutter always responded promptly. Thanks to him, AEDC has always been able to provide dignified, compassionate and timely notification to the family members."

Nutter received many calls from many individuals through the years.

"It has been a privilege to be involved in the lives of so many," Nutter said. "It has also been exciting to see how the Lord has moved in these lives."

When Nutter was asked about his most memorable moments at AEDC, he spoke of AEDC's chapel.

"First and foremost, the design and construction of AEDC's first-ever chapel located in the A&E building would have to be the most memorable moment," Nutter said. "In 1996 I drafted a letter to the Command Chaplain at Wright-Patterson AFB and provided a Letter of Justification to Gen. Henry Viccellio for the recommendation and

See CHAPLAIN, page 6

### 'Feds Feed Families' volunteers prepare donations



Pat Crosslin (left) and Kathy Pelton (2<sup>nd</sup> from left), from the Tullahoma Good Samaritan organization, assist AEDC personnel (l-r) Will Mallory, 1<sup>st</sup> Lt. Drew Miller and Marcus Conner with loading AEDC food donations contributed to the Feds Feed Families food drive which continues through Aug. 31.

### GIVE BLOOD BLOODMOBILE

Aug. 12 ETF Aug. 15 Carroll bldg.  
Aug. 13 PWT Aug. 16 Main Aud.  
Aug. 14 A&E 11 a.m. - 3 p.m. each day



## HIGH MACH

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- Be accountable for our own actions
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- Demonstrate the highest integrity and ethical standards
- Communicate clearly and openly
- Deliver professional and technical excellence
- Nurture, enable and treat people fairly
- Align with customer goals and objectives
  - Use disciplined and innovative processes
- Continually improve in all that we do

# Promoting science, technology, engineering and mathematics

By Jere Matty  
AEDC Contributing Writer

As fall approaches, so does the new school year with multiple opportunities to inspire the AEDC workforce of tomorrow with Science, Technology, Engineering and Mathematics (STEM) activities. Last school year was particularly busy to include:

- The grand opening of our new STEM Center (the Fox's Den) where we've hosted more than two dozen student groups to date with the help of AEDC's Dr. Stan Powell and many others.
- The opening of our STEM Lending Library where we "checked out":
  - Straw Rocket launchers to more than a dozen schools and youth organizations.
  - ARIES Forces and Motions Kits from the STEM Challenger Center to more than 10 local schools.
  - Laptop computers to support the local high school CyberPatriot Team.
  - Lego Education WeDo Robotics Construction Kits.
  - One of two flow visualization wind tunnels to an Advanced Placement Calculus class to help Dr. Greg Power illustrate Computational Fluid Dynamics.

- The large STEM Center wind tunnel was



Jere Matty (standing), from the AEDC Science, Technology, Engineering and Mathematics (STEM) office, briefs AEDC technical societies on the STEM program and volunteer opportunities. (Photo by Rick Goodfriend)

configured by AEDC volunteers Chris Davis and Marcus Golden so that it now operates wirelessly from an iPad and displays the data in real time on the flat screen for the kids to see.

- Chris and Marcus were also instrumental in setting up the flight simulator in the Fox's Den where the kids can fly everything from a glider to an SR71.
- The portable Discovery Dome (combination planetarium and spherical theater) was taken to over 20 schools and events involving over 4,500 students.
- Partnered with Harry Clark and the Tennessee Society of Professional Engineers to double the number of MathCounts teams from the previous year from three to six.
- Worked with ATA to sponsor the Franklin

County High School shop class and provided mentorship from AEDC machinists Ronnie Long and Bob Williams for their entry in the NASA Great Moonbuggy Race.

- Bruce Buono led our first STEM Aviation Class where 19 students learned engineering and math while designing an aircraft with state-of-the-art flight simulation software and actually flew with the Eagleville Glider Club.
- Michael Glennon and Cameron Liner mentored the Coffee County High School JAFROTC CyberPatriot Team who placed first in the state.
- Lance Baxter helped mentor several of our five Team America Rocket Challenge teams. The all-girls team from Lebanon placed first in the state

and were selected to compete at the national championships.

- Mark Andrews, Austin Voorhes, Jim Masters, Melissa Wenger, Bruce Buono and Lt. Ben Hoff, to name a few, came together to coach our two Junior Lego League and five Lego League teams who won multiple awards at local and state competitions.
- Our FIRST Tech Challenge High School robotics team did so well that they were selected to compete at the World Championships.
- Teamed with Dr. Scott Van Zandbergen from UTSI and ATA Public Affairs (Andrea Stephens and Raquel March) to bring over 1,600 students to the STEM Center as part of the Spark, Ignite and Minds in Motion AEDC tour program.

- Held the first AEDC STEM Summer Camp, for 19 kids, led by Professor Billy Hix, the 2012 Tennessee Science Teacher of the Year.

- All told, we deployed over 15 programs covering nine counties, 30 schools and supporting over 5,700 students. It was a great year that would simply not have been possible without the tremendous support from the front office of the AF and ATA and the many volunteers from Team AEDC who gave so selflessly of their time and efforts to the kids that will keep AEDC strong in the future.

This year we plan to expand virtually every program, so if you'd like to join in the fun, please contact me at 454-7086 and visit our web site at <http://www.arnold.af.mil/STEM/>.

## Hagel announces reduction in civilian furlough days

American Forces Press Service

WASHINGTON – Hundreds of thousands of Defense Department civilian employees who have had to take a weekly unpaid day off from work since July 8 are getting some relief, as the total number of furlough days has been reduced from 11 to six, Defense Secretary Chuck Hagel announced today.

Here is the complete text of the secretary's announcement:

When I announced my decision on May 14 to impose furloughs of up to 11 days on civilian employees to help close the budget gap caused by sequestration, I also said we would do everything possible to find the money to reduce furlough days for our people. With the end of

the fiscal year next month, managers across the DOD are making final decisions necessary to ensure we make the \$37 billion spending cuts mandated by sequestration, while also doing everything possible to limit damage to military readiness and our workforce. We are joined in this regard by managers in non-defense agencies who are also working to accommodate sequestration cuts while minimizing mission damage. As part of that effort at the Department of Defense, I am announcing today that, thanks to the DOD's efforts to identify savings and help from Congress, we will reduce the total numbers of furlough days for DOD civilian employees from 11 to six.

When sequestration took effect on March 1, DOD faced shortfalls of

more than \$30 billion in its budget for day-to-day operating costs because of sequestration and problems with wartime funding. At that point we faced the very real possibility of unpaid furloughs for civilian employees of up to 22 days.

As early as January, DOD leaders began making painful and far reaching changes to close this shortfall: civilian hiring freezes, layoffs of temporary workers, significant cuts in facilities maintenance, and more. We also sharply cut training and maintenance. The Air Force stopped flying in many squadrons, the Navy kept ships in port, and the Army cancelled training events. These actions have seriously reduced military readiness.

By early May, even after taking these steps,

we still faced day-to-day budgetary shortfalls of \$11 billion. At that point I decided that cutting any deeper into training and maintenance would jeopardize our core readiness mission and national security, which is why I announced furloughs of 11 days.

Hoping to be able to reduce furloughs, we submitted a large reprogramming proposal to Congress in May, asking them to let us move funds from acquisition accounts into day-to-day operating accounts. Congress approved most

See HAGEL, page 3

## Action Line

### Team AEDC

I believe in free and open communications with our Team AEDC employees, and that's why we have the Action Line available. People can use the Action Line to clear up rumors, ask questions, suggest ideas on improvements, enter complaints or get other issues off their chests. They can access the Action Line in one of three ways: via the AEDC intranet home page, Action Line boxes at the base cafeterias and by calling 454-6000.

Although the Action Line is always available, the best and fastest way to get things resolved is by using your chain of command or by contacting the organization directly involved. I encourage everyone to go that route first, then if the situation isn't made right, give us a chance.

Col. Raymond Toth  
AEDC Commander

## Smoking Policy

1. The following revised AEDC smoking policy is effective immediately. Smoking is permitted solely in designated areas identified by a plastic "smoke genie." This receptacle is for the sole purpose of cigarette butt disposal. If there is no receptacle, you cannot smoke in that area. It is the responsibility of all smokers to clean up the area surrounding the receptacles for any cigarette butts on the ground. Smoking in government-owned vehicles is strictly prohibited. Personnel are allowed to smoke in their personal vehicles at any time. In case of inclement or cold weather, employees are encouraged to use their personal vehicles if a sheltered designated smoking area is not available nearby. Smoking areas will be held to the absolute minimum and will be located in low traffic, low visibility areas away from points of building ingress/egress and air intakes. A map of all authorized smoking areas is available on the AEDC web portal at [https://es.eis.afmc.af.mil/sites/cio/1M/Pubs/AEDC/Pubs%20and%20Forms/AEDC%20Publications/Smoking\\_area\\_map.pdf](https://es.eis.afmc.af.mil/sites/cio/1M/Pubs/AEDC/Pubs%20and%20Forms/AEDC%20Publications/Smoking_area_map.pdf). Smoking near a facility in an area not designated on the map is prohibited and any smoking receptacles located in areas not shown on the map will be removed. All "smoking permitted" and "no smoking" signs will be removed unless specifically required by OSHA.

The fact a person smokes has no bearing on the number of breaks they may take. Breaks should be taken in accordance with the company/agency personnel policies that apply to all employees.

Regarding use of smokeless tobacco, containers of tobacco waste product, including sealed containers, must not be left unattended or disposed of in trash receptacles. Users of smokeless tobacco must flush tobacco waste down the toilet. Smokeless is strictly prohibited in conference room meetings and other areas, e.g. PMEL, where Air Force regulations specifically prohibit.

Due to the nature, appearance, and safety concerns of electronic cigarettes (also known as "e-cigs"), they are considered to be in the same category of tobacco products whose use is governed by Air Force Instruction (AFI) 40-102, Tobacco Use in the Air Force. Therefore, all rules stated above for tobacco products apply to electronic cigarettes.

2. Supervisors at every level ensure this policy is followed. Disciplinary action is appropriate for repeated violations.
3. Updates to this policy will be made in the future to further align with Air Force guidelines.
4. This letter supersedes previous letter dated 28 October 2006, subject as above.

## Notary services provided through AEDC legal office

By Frank Turner

AEDC Judge Advocate  
Contributing Writer

I'm a notary public for Tennessee. Often, people tend to think that if a document is notarized, it becomes a legal document; that's not true. Read the information below to more accurately understand what a notary does.

Most military legal assistance offices offer notary services, free of charge, to military members, family members, civilian employees, retirees, and others eligible for legal assistance.

A notary or notary public is a person authorized to administer oaths and to certify documents as genuine. Military notaries are authorized by federal statute (Title 10, United States Code, Section 1044a). That statute also requires all states and U.S. territories to honor the notarial acts of military notaries.

Notarial services help make the statements in affidavits, powers of attorney and other documents more official and promotes their acceptance. A notary's certification on a document as-

ures whoever examines it that the document is what it appears to be.

One of the most common notarial acts is certifying a signature, for example, on an affidavit or power of attorney. A notary may provide this service only when the signer is physically present. The personal appearance requirement explains why the notary's seal is so widely accepted. The notary can certify that the signature is genuine, because the person actually signs in the presence of the notary after providing positive proof of identity.

Another common notarial act is certifying copies of documents as true copies of the original. By comparing the original document to the copy, the notary can certify that the copy is a duplicate of the original. This certified true copy is acceptable for most purposes. However, military notaries are generally unable to certify documents as true and accurate copies.

If you need a document certified as true and accurate, for a court proceeding for example, then you may obtain that

from the actual custodian of the record. Bureaus of Vital Statistics provide certified copies of birth, death, and marriage records. The Officer-in-Charge or other designated official of a military record holding facility such as a Military Personnel Office, Finance Office, Health Clinic, etc., can provide certified copies of those types of military records.

### Common questions and answers about notaries

#### What does a notary do?

A notary acts as an official, unbiased witness to the identity and signature of a person who appears before the notary for an oath or affirmation, or to sign a document. The notary's signature indicates that the notary verified the identity of the person who appeared and signed, executed, or acknowledged the document. Notaries are careful to ensure that the person signing is, in fact, who he/she claims to be. In addition, the notary makes sure that the client is acting voluntarily and not being forced to sign documents

against his/her will. The notary should be confident that a client is not being bullied into signing a document against his/her will. Moreover, the notary makes sure the client understands what he/she is signing. If the client responds to questions understandably and requests the notarization, then the notary will proceed.

#### Does a notary certify when notarizing?

Often, military notaries are asked to certify copies instead of, or in addition to, notarizing them. There is a difference.

**Notarization** – The notary signature and seal indicates that the person purporting to sign the document appeared before the notary, produced identification or was known personally by the notary, and signed the document in the presence of the notary.

**Certification** – This is a process that means that a document is a full, true, and accurate copy (transcription or reproduction) of the original document. As previously mentioned,

most public records and documents like marriage licenses, birth certificates, divorce decrees, titles, etc., are recorded in public offices and only those offices certify copies. Military record holding facilities such as the personnel offices, finance offices, and medical treatment facilities also may certify documents as true and accurate.

#### Are there any limits on notary services?

State laws and regulations restrict notary services. For example, a notary cannot notarize a previously signed or incomplete document (one with blanks left in it) or "verify" (authenticate) the signature of someone who does not personally appear before the notary at the time the signature was affixed to the document. Those items intended to remain blank or empty should be lined through or have "not applicable" entered before signature.

#### Do notaries keep a record of the notarization?

Yes, notaries keep a journal of services pro-

vided. It may include the name and actual signature of the individual whose signature was notarized, general description of the document notarized, and the dates and locations for the services performed. This can protect the rights of all parties to a transaction and help notaries defend themselves against false accusations. Also, if a notarized document is lost or altered, or if certain facts about the transaction are later challenged, the notary's journal becomes valuable evidence.

#### Where can I get a document notarized?

Persons eligible for legal assistance desiring to have a document notarized should take their identification card (or other photo identity evidence) and the unsigned document to the supporting legal office. Most legal offices offer notary services on a walk-in, no appointment basis during normal duty hours.

If you are entitled to legal assistance and need to have a document notarized, visit Suite B-120 in the A & E Building.

## Holding Airmen accountable: Mandatory discharge for sexual assault

By Staff Sgt. David

Salanitri

Secretary of the Air Force  
Public Affairs

**WASHINGTON (AFNS)** – The Air Force recently adopted two new measures to eliminate sexual assault from within the ranks, including requiring discharge for Airmen who commit sexual assault, and requiring the Air Force's most senior commanders to review actions taken on these cases.

According to Capt. Allison DeVito, chief of JAG's victim issues and policy branch, both of the recent changes are part of the Air Force's initiative to combat sexual assault and to foster mutual respect and dignity among fellow Airmen.

When combined with existing programs, the Air Force's efforts to end sexual assault and support those who report it have been increasing significantly throughout the past year. At the same time, the Air Force is experiencing a surge in its prosecution rates for sexual assault, with similar results being shared by other services.

DeVito explained that, as of July 2, after

completing any disciplinary action for sexual assault, commanders must initiate administrative discharge processing for any Airman, officer or enlisted, found to have committed a sexual assault offense.

This new requirement, which covers a wide-range of sex offenses, is triggered by a finding that the Airman committed the offense.

Once a commander has information alleging that an Airman has committed a sexual assault offense, the commander must promptly refer the case to the Air Force Office of Special Investigations. If the commander believes that the evidence uncovered in the investigation substantiated the allegation, then the commander will take appropriate criminal or administrative action, and following that, he must process the offender for administrative discharge.

In addition to the recent policy change, DeVito said a new provision explicitly states that an Airman, who engaged in an unprofessional relationship while serving in a special position of trust, such as a recruiter or military training instructor, is also subject to

administrative discharge.

Airmen, who are involuntarily separated from the Air Force under these provisions, may receive a discharge under "other than honorable" conditions.

DeVito added that another change made to the discharge process requires that an Airman be advised of his right to request review by a general officer. The case can be reviewed if the Airman believes the commander's recommendation for involuntary separation was initiated in retaliation for having made an unrestricted report of a sexual assault within the previous 12 months. This change further eliminates any perception that an Airman, who reports a sexual assault, may be subject to discharge simply for reporting.

Also on the books, effective June 27th, the Under Secretary of the Air Force directed that any commander who makes a disciplinary decision regarding an Airman who commits a sexual assault, must report that decision to his servicing general court-martial convening authority, who has attained the rank of brigadier general or higher. The general court-martial



(U.S. Air Force graphic/Sylvia Saab)

convening authority will then review the intended disposition and take any further action he deems appropriate.

This change also requires that the general court-martial convening authority must review the case and its disposition after all disciplinary and administrative action is completed and must report the actions taken in the case to AFOSI in writing. Upon receipt of this report of command action, AFOSI will close out the investigative file by attaching a copy of the report of command action to the case file.

DeVito said that, to

date, 369 service members, of which are mostly Airmen, have received legal services from an Air Force SVC. These SVCs are attending interviews by AFOSI, the prosecution and defense counsel. They are also attending trials of subjects with the victim-client, assisting victims in obtaining expedited transfers, and helping victims receive military protective orders to ensure the assailant does not contact the victim except as needed to prepare for trial. Currently, the Air Force is the only service providing SVCs to service members.

"Sexual assault has

no place in our Air Force," said Gen. Mark Welsh III, Chief of Staff of the Air Force. "We live in a culture of respect. We cherish our core values of integrity, service, and excellence. But in order to ensure all Airmen experience and benefit from those values, we must eliminate sexual assault in our ranks."

For more information on the new policy changes, visit [www.e-publishing.af.mil](http://www.e-publishing.af.mil) and search for AFI 36-3206, Administrative Discharge Procedures for Commissioned Officers, and AFI 36-3208, Administrative Separation of Airmen.

### HAGEL from page 2

of this request in late July, and we are working with them to meet remaining needs. We are also experiencing less than expected costs in some areas, such as transportation of equipment out of Afghanistan. Where necessary, we have taken aggressive action to transfer funds among services and agencies. And the furloughs have saved us money.

As a result of these

management initiatives, reduced costs, and reprogramming from Congress, we have determined that we can make some improvements in training and readiness and still meet the sequestration cuts. The Air Force has begun flying again in key squadrons, the Army has increased funding for organizational training at selected units, and the Navy has restarted some maintenance and

ordered deployments that otherwise would not have happened. While we are still depending on furlough savings, we will be able to make up our budgetary shortfall in this fiscal year with fewer furlough days than initially announced.

This has been one of the most volatile and uncertain budget cycles the Department of Defense has ever experienced. Our fiscal planning has been

conducted under a cloud of uncertainty with the imposition of sequestration and changing rules as Congress made adjustments to our spending authorities.

As we look ahead to fiscal year 2014, less than two months away, the Department of Defense still faces major fiscal challenges. If Congress does not change the Budget Control Act, DOD will be forced to cut an additional

\$52 billion in FY 2014, starting on October 1. This represents 40 percent more than this year's sequester-mandated cuts of \$37 billion. Facing this uncertainty, I cannot be sure what will happen next year, but I want to assure our civilian employees that we will do everything possible to avoid more furloughs.

I want to thank our civilian workers for their patience and dedication

during these extraordinarily tough times, and for their continued service and devotion to our department and our country. I know how difficult this has been for all of you and your families. Your contribution to national security is invaluable, and I look forward to one day putting this difficult period behind us. Thank you and God Bless you and your families.

# A 5,000-mile journey to recovery

By Senior Airman Hailey Haux  
86th Airlift Wing Public Affairs

**RAMSTEIN AIR BASE, Germany** – An active-duty Air Force crew aboard a C-17 Globemaster III made history July 10 while flying specialized medical teams and a patient requiring equipment never before used on board a trans-Atlantic mission.

The spouse of an active-duty Army service member, who wishes to remain anonymous, was being treated with extracorporeal membrane oxygenation, or ECMO, at a local German hospital prior to being temporarily transferred to Landstuhl Regional Medical Center here for movement back to the United States.

The patient had been receiving the treatment in veno-venous mode by a German medical staff for approximately one week prior to arriving at LPMC. ECMO is the process of removing blood through a large vein, placing it through an oxygenator to remove carbon dioxide, and depositing the blood back into the body through another large vein – a medical process similar to dialysis treatment.

ECMO teams from San Antonio Military Medical Center, a 24-person staffed hub officially recognized as an ECMO center in May, flew to Germany to coordinate and fly the 5000 mile specialized mission back to SAMMC in Texas, alongside LPMC medical staff.

“ECMO is designed to replace the heart and lung function as a temporary

measure to give the body the ability to recover,” said Lt. Col. David Zonies, the LPMC medical director of the ECMO program. “Today’s mission is to bring the team that is similarly developing in the states our experience and fly together as a validation. So the next step for the San Antonio team will be to stand alone to perform the long-range strategic evacuations.”

For order for something of this magnitude to be successful in flight, there are several things that need to happen. Crew members said teamwork is essential.

“We need to make sure the equipment and patient is secure while in flight,” said Maj. Michelle Langdon, the U.S. Air Forces in Europe-Air Forces Africa critical care air-transport team lead. “It is important that the team knows their equipment and the other people on the team and what roles they are good at.”

The LPMC team first purchased ECMO equipment in 2010, using it primarily to transport patients back from Afghanistan. This trip was the first opportunity for the San Antonio and German-based ECMO teams to transport a patient such a far distance.

“We have practiced this type of movement in short chunks,” Langdon said. “We anticipate what could happen and practice our responses, but there is more to consider while transporting someone this far.”

The challenges increase for medical teams when a patient is in the aircraft for an extended period of time.

“We could have equipment failure, where we would then hand-crank



**A specialized medical team ensures a patient is safe and ready for takeoff July 10, 2013, at Ramstein Air Base, Germany. An active-duty Air Force crew made history while flying specialized medical teams and their patient requiring medical equipment never before used on board a trans-Atlantic mission. (U.S. Air Force photo/Senior Airman Hailey Haux)**

the machine until we were able to troubleshoot and get the device running again,” Langdon said. “We have little control over the environment in the back of the aircraft. It could be hot or cold and sometimes dry, but we do our best to keep the patient as comfortable as possible.”

This ECMO capability is a breakthrough on many levels for the medical field.

“This is a huge milestone; from technology application, to team development, to standing up ECMO capabilities both in Germany and San Antonio,” said Lt. Col. Jeremy Cannon, the SAMMC chief of trauma and ECMO medical director. “The original vision was to maintain this capability for our combat wounded, but everyone in the (Department of De-

fense) community benefits.”

This program not only touches the patient but their family as well.

“We’re excited that this technology is available for Soldiers and spouses alike, and that they care as much for family members as they do for (active-duty Airmen),” said the patient’s husband. “It makes me excited and happy that

this capability is there and they’re willing to do it in such a quick fashion. We were thinking the transport (back to the U.S.) would take months, not days.”

Last year alone the LPMC ECMO team made 18 trips to Afghanistan. Of those, six patients were put on ECMO treatment prior to being taken back to Germany.

One of the Air Force’s key capabilities is global reach, and this mission solidifies that concept. According to both Zonies and Cannon, the idea is to create teams in Europe, the U.S. and in the Pacific so there is an ability to strategically move patients from around the globe to the central ECMO center in San Antonio.



**CHAPLAIN** from page 1

need of a chapel at Arnold AFB. General Viccellio personally carved out funding for the construction of AEDC's first Chapel since the Camp Forrest days of WWII."

His second most memorable moments were the numerous services he conducted in the chapel following the events of 9/11.

Nutter started his chaplain service at AEDC under Col. Richard Roellig's command in 1988 and has served with 12 commanders.

In 1984 Nutter received a direct Presidential appointment from President Ronald Reagan and was commissioned as a Reserve Chaplain in the U.S. Air Force. Before arriving

at AEDC, Nutter served as chaplain at the 443<sup>rd</sup> Air Base Group, Military Airlift Command, Altus AFB, Okla.

After 25 years, Nutter is considered retired from Air Force services at Arnold AFB but he says he will continue his ministry.

"I am officially retired as Reserve Chaplain at Ar-

nold AFB – yet, I am not retired from pastoral ministry," he said. "I continue to serve as Pastor of Faith Lutheran Church, Tullahoma, which has been my primary call since 1988. So I am continuing to serve as Pastor of faith, I continue to preach, teach, administer baptism and the Lord's Supper, make hospital calls,

sick calls and shut-in calls, counsel, conduct weddings and funerals, etc."

His first church servicing assignment as an intern was in 1977 at St. Paul's Lutheran Church, Enid, Okla. In 1979 he completed his Master of Divinity degree from Concordia Seminary, St. Louis, Mo.

With the full support of

his family and ministry being a way of life for each of them, Nutter continues to be available to the AEDC community.

"As pastor of Faith Lutheran Church, I am available to all people." He said

Pastor Nutter may be contacted through the Faith Lutheran Church office at 455-3510.

# Stay connected through social media without sacrificing your career

By Airman 1st Class  
**Zachary Vucic**  
*Air Force News Service*

**FORT GEORGE G. MEADE, Md. (AFNS)** – Engaging in social media can be a positive experience that entertains, keeps people connected and allows opinions to be expressed on a wide variety of topics.

In some cases though, social media can ruin personal reputations or careers, and create an open window for criminals to access personal information.

According to the Air Force's top social media expert, safe use of social-media outlets is simple – use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Af-

fairs Agency, Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are "too trusting" with their personally identifiable information.

"It can be something as simple as sharing your location when visiting your favorite store or restaurant," said Schusler. "This tells your social network one critical piece of information -- you're not home."

To take full advantage of social media, and still post to Facebook and tweet to friends safely, Schusler offered the following advice:

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and most im-



(U.S. Air Force graphic/Sylvia Saab)

portantly, violating operational security protocol. If you're not within regulations, don't post it.

Airmen should not post information about deployments or photos of secure areas within their workplace. Even if the Airman takes the information down shortly af-

ter posting, someone has already seen it. The information can be printed, screen captured, copied etc. Once information is released to the internet, it's there permanently.

When posting personal opinions about Air Force topics, provide a disclaimer stating the

opinion as your own, and not that of the Air Force. This can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

If an Airman posts a statement about hurting

himself or others, time is of the essence. Contact 911 if you know the location of the Airman. If you do not know the person's location, contact the command post or your supervisor for assistance in locating the Airman. It is important to seek help for these individuals immediately.

Using certain security features within social media sites can help mitigate some of the risk of personal information being shared. However, privacy policies change almost daily, and Airmen may not know about the updates. Therefore, do not rely on site security measures alone. Be careful of whom you allow into your social media networks, and don't trust that the account will always remain secure. Assume personal responsibility.

Airmen's social-media pages are their personal space, and they are encouraged to tell their personal Air Force stories through social networks. They simply need to ensure the information they post is cleared for release and within regulations. Don't jeopardize the mission or put anyone's life, or lives in danger. Think before you post.

"We don't want Airmen to feel like they are stifled from sharing information," Schusler said. "We just want to emphasize the use of common sense to keep people safe."

If Airmen have questions about acceptable posting to social media, there are resources available to them for guidance. AFPAA has published a new booklet, the Air Force Social Media Guide, available for download at <http://www.af.mil> on the homepage under the social media icons. Airmen can also contact their local public affairs office with questions.

# Air Force Cycling Team pedals across Iowa

By Staff Sgt. Abigail Klein

931st Air Refueling Group

**COUNCIL BLUFFS, Iowa (AFNS)** – Come rain, wind or an average temperature of 90 degrees, 94 Airman began pedaling across Iowa as part of the Register's Annual Bicycle Ride across Iowa, better known as RAGBRAI, July 21.

The Air Force Cycling Team, under the leadership of Senior Master Sgt. Larry Gallo, assigned to 433rd Airlift Wing, Joint Base San Antonio-Lackland, Texas, donned team jerseys complete with the Air Force symbol on their backs and started their trek at Council Bluffs, Iowa. This is the 19th year the Air Force has participated as a team in the event.

One of the longest rides of the seven-day event, took place July 22 and was dubbed "The Century." Airmen biked approximately 100 miles from Harlan to their daily stop in Des Moines, Iowa.

RAGBRAI is the oldest and largest recognized noncompetitive bicycle ride in the nation. It attracts more than 10,000 riders worldwide. The Airmen who participate in



More than 90 Air Force members take off on the first day of the Register's Annual Great Bicycle Ride Across Iowa July 20 at Council Bluffs, Iowa. The ride began July 21 and ended July 27. This is the 19th year the Air Force has participated in the event, which began in 1973. (U.S. Air Force photo/Staff Sgt. Abigail Klein)

RAGBRAI use their personal leave to participate, and fund their equipment and transportation for the chance to cycle on the Air Force Team.

This was the case for Master Sgt. Barry Collins, assigned to Air Force Training Command Headquarters, Randolph Air Force Base, Texas. He's been biking for 25 years

and on the first day of RAGBRAI, he finished a 50-mile ride in less than six hours.

"This is something I've always wanted to do, and when the Air Force gave me the opportunity, I jumped at the chance to go," he said. "I also wanted to come to meet all the people interested in biking. It's nice to see this

many people interested in it, especially in the Air Force."

In addition to looking forward to the physical challenge, most Airmen look at the ride not only as a chance to spread the Air Force fitness culture, but also to spread the "wingman culture," which Gallo said is a major reason he continues to lead the Air

Force team which he has been part of for the past eight years.

"This is largest ride in the U.S. Some days we have 25,000 riders. It's a great opportunity for the Air Force to get their message out," Gallo said. "By participating as a team, we're showing two things, that we're fit and by helping people along the ride,

we're also showing that we take care of our people the way we take care of people on the home front."

By the end of the week, the Airmen will have cycled more than 400 miles across Iowa. The AFCT is open to all active duty, Reserve and Guard Airmen and their families, as well as Air Force civilians and retired Air Force members.

**Children and Families are in great need of donated food this summer.**

**Participate in the Feds feed families program by donating your non-perishable food items to the local food banks!**

**Ends August 31**

**Drop boxes located at:**

**A&E building (bldg. 100)  
Carroll building (bldg. 1103)  
ETF Test Support building (bldg. 1099)  
ETF Office building (bldg. 877)  
Model & Machine Shop (bldg. 451)  
PWT Office building (bldg. 760)  
J-Side building (bldg. 880)  
Commissary**



**feds feed families**

## AF upgrades official website

By Airman 1st Class Zachary Vucic

Air Force News Service

**FORT GEORGE G. MEADE, Md. (AFNS)** – The official website of the U.S. Air Force took a step forward in the information age Aug. 2 with a new look and greater functionality for today's Internet user.

The latest version of Air Force Link boasts features that make it more accessible including mobile device and computer software compatibility, more interaction opportunities through social media and easier navigation.

"The redesigned sites will not only look better to the general public, they'll also be more powerful for website managers across the Air Force thanks to increased functionality on the back end of the new

system," said Brig. Gen. Les A. Kodlick, Secretary of the Air Force Office of Public Affairs director, the Pentagon, Washington, D.C. "This is a huge undertaking for the Air Force Public Web team at the Air Force Public Affairs Agency that has been in the works for more than a year."

Not everyone can see, hear or understand website elements, said Charlotte Hu, AFPAA's Air Force Public Web chief, Joint Base San Antonio-Lackland, Texas. It's important that wounded warriors and others with disabilities can consume the websites. The new www.af.mil will be compatible with the types of software hearing-impaired, seeing-impaired and non-English speaking users have available, such as text-to-speech.

"It's all about accessibility ... with the new technology, we want to take advantage of the opportunities that are available," Hu said.

In addition, social media will be an integral part of the new-look website.

"The technology of the previous era is one-to-many," Hu said. "The website speaks and you listen. In the modern era people should be able to comment ... they should be able to share that content on their own social media platforms."

The new website has a specific emphasis on functionality and keeping up with the constant movement of technology, Hu said. The changes reflected on AFLink will slowly and seamlessly transition to all Air Force pages during the course of the two to three years.



## AEDC Back Pack & School Supply Drive

**July 15 - Sept. 1**

**Donate backpacks and school supplies for students K-12 and drop them off at one of the dropbox locations.**

**(for Bedford, Coffee, Franklin, Grundy, Moore & Warren counties)**

**Dropbox building locations: A&E, Base Civil Engineering, EAF Carroll, ETF, Fire/Police, Model & Machine Shop, PWT, VKF, Warehouse**

**Supplies:**

**8- or 24-count crayons, #2 pencils, colored pencils, fiskars scissors, glue (sticks & bottles), notebook paper (wide rule), boxes of tissue, Germ-X, disinfectant cleaning wipes, 2-pocket folders with prongs and 1" & 3" binders**

## President Obama nominates Deborah James to become Air Force secretary

**WASHINGTON (AFNS)** – President Barack Obama announced Aug. 1 that Deborah Lee James is his choice to become the next Secretary of the Air Force.

“Deborah’s strong record of public service and leadership in the private sector makes her uniquely qualified to be my nominee for Secretary of the Air Force,” Obama said in a White House news release. “I look forward to working with her to keep our Air Force the very best in the world and to keep faith with our extraordinary Air Force personnel and their families.”

If confirmed by the U.S. Senate, Lee will succeed previous Secretary of the Air Force Michael B. Donley, who served as Air Force’s top civilian for the past five years. Donley retired June 21 after 35 years of public service.

Eric Fanning, undersecretary of the Air Force, is serving as acting Air Force Secretary until Donley’s replacement is confirmed.

James is president of the technology and engineering sector at Science Applications International Corporation, a position she has held since 2013. From 2004 to 2013, she was the senior vice president of the

C4IT Business Unit and then the executive vice president of communications and government affairs at SAIC.

From 2000 to 2001, James was the executive vice president and chief operating officer at Business Executives for National Security. From 1998 to 2000, she was the vice president with the international operations and marketing division at United Technologies.

From 1993 to 1998, James served as the assistant secretary of defense for reserve affairs at the Department of Defense. She began her career in national security as a professional staff member in the U.S. House of Representatives on the House Armed Services Committee from 1983 to 1993.

James is currently a committee member of the Defense Department Advisory Committee on Women in the Services, an Advisory Board Member of the Women in Military Service Memorial Foundation’s Science, Technology, Engineering, and Math Campaign, and an advisory board member of The Citadel School of Engineering. James received a B.A. from Duke University and an M.A. from Columbia University.



## 'Good debt' can bolster earning potential, official says

By Terri Moon Cronk  
American Forces Press Service

**WASHINGTON (AFPS)** – Establishing “good debt” can be valuable for future earning potential, particularly in today’s challenging economy, a Defense Department official advised here recently.

Obtaining a student loan for a college education or a higher degree to pursue a professional career is an example of good debt for service members and their families when they make the right choices, Barbara Thompson, director of the Defense Department’s office of family policy, children and youth, said in an interview with American Forces Press Service and the Pentagon Channel.

“You want to make sure you analyze the return on your education investment so you will have a higher earning potential,” Thompson said. Education is an investment in a service member’s future, because those with a higher-education degree usually have better earning potential and less unemployment, she said, so it is important for service members to have a plan for their career opportunities when they transition out of the military.

Taking out student loan, Thompson added, could be part of that strategy, but she cautioned that those who

choose this option should do their homework.

“Whether for a service member or a family member, it’s important to think about [which] student loan would be the right fit, and how much debt [one] should incur,” she said.

Thompson advised seeking practical counseling advice to pursue the best education choices in schools and in funding.

Military members and their families have numerous resources at their fingertips, she noted, with installation education offices among them.

“They have people who can help go through the pros and cons of what would be a smart decision,” Thompson said. “Debt is something that [can] take on a life of its own if you’re not careful.”

Education office counselors can provide service members and families advice on applying for student loans that suit individual needs, in addition to choosing the best college for their chosen studies.

In addition to seeking counselors’ advice, Thompson encouraged service members and families to use the Post-9/11 GI Bill and other resources that are available to help in paying for an education at a school that’s within their financial means. Scholarships and other resources are available to reduce the cost of a college education, she noted.

Thompson pointed out that the Military OneSource website has a wealth of information for people seeking higher education.

“MilitaryOneSource.mil is a really good tool for our service members and families, not only to seek out a career choice, but also to find information about financial assistance and choosing the right college,” she said.

Military OneSource has “wonderful career counseling,” especially for spouses, Thompson said.

“It helps you define what you want to do and study. It helps you figure out the best path to take,” she added.

The Bureau of Labor Statistics also can help with choosing fields of study, Thompson said. The bureau offers a website that shows the earning potential in a variety of professions.

The varying costs of an education are a major factor to weigh, Thompson said, adding that a popular way to cut expenses for a bachelor’s degree is to attend a community college for two years and transfer to a university to finish.

“There [also] are a lot of wonderful opportunities to have your loan waived for certain professions for advanced degrees,” she said. “It’s important to match your aspirations with your opportunities ... [and] to offset the cost of getting an advanced degree.”

## Website teaches coping skills to military community

By Claudette Roulo  
American Forces Press Service

**WASHINGTON (AFNS)** – As part of the Integrated Mental Health Strategy, the Defense Department’s National Center for Telehealth and Technology and the Veterans Affairs Department’s mental health informatics section have partnered to develop an interactive online educational and life-coaching program.

Moving Forward, at <http://www.startmoving-forward.org>, is designed to teach problem-solving skills to members of the military community, Dr. Robert Ciulla, director of the mobile health program at the National Center for Telehealth and Technology, told American Forces Press Service today.

Moving Forward is focused on addressing stress – specifically, recognizing when a person is stressed, identifying stressors and developing stress management skills.

To accomplish this, users navigate through a set of problem-solving exercises, Ciulla said. In addition to testimonials from former service members, the site offers quizzes to evaluate stress levels and games to practice counseling progressions.

“This gives users a way to interact with the course – to learn how stress affects them, in particular – and to learn about their general problem-solving style,” he said. Users then learn techniques for generating solutions when they’re faced with a problem, Ciulla added.

“Problem-solving is foundational,” he said. The skills learned in addressing any one problem can be transferred to addressing a

variety of problems.

The techniques on the site are based on a problem-solving therapy program that has been used successfully with service members and veterans across the country, a growing number of whom have mental health care needs, Ciulla said.

“We know that approximately 20 percent of service members returning from a combat deployment do experience adjustment problems like post-traumatic stress, depression, anger, problems in work settings (and) family and relationship issues,” Ciulla said, “and so this series of problem-solving exercises teaches the user how to literally learn how to work with some of the problems that they’re confronting.”

The Moving Forward website is designed to allow users to remain anonymous, but also to be able to pick up where they left off if they take a break from training.

“We know that stigma is a prevalent issue in the military. (Service members) are concerned that if they see somebody on a face-to-face basis, it’ll be seen as a sign of weakness or that they can’t perform their duty, Ciulla said.

Some advantages of using the website include never having to wait in a crowded waiting room and the ability to log on from home or another safe environment, he noted.

The site is designed to stand alone – no referral from a caregiver is needed, Ciulla said, but it is not intended to entirely replace face-to-face care if that type of care is needed.

For users who have chronic stress and chronic problems in their lives, the site can serve as a stepping

stone to getting face-to-face care, he added.

Moving Forward is designed to be especially helpful for veterans, service members and their families, Ciulla said, but the site teaches skills that can be useful to anyone dealing with stress.

## Milestones

**35 YEARS**  
Fred Lawrence, ATA  
Michael L. Mills, ATA

**30 YEARS**  
Chris Bird, ATA  
Ricky Davis, ATA  
Anita Hinshaw, ATA  
Jimmy McDonald, Premiere  
Barry McWhorter, ATA  
Susan Warf, ATA

**25 YEARS**  
James Pickett, ATA  
Gary Tucker, ATA  
Jo Edna Wilson, Premiere  
Syble Walls, ATA

**20 YEARS**  
Kerry Abbott, ATA  
Sharon Banks, ATA  
Curt Gibbs, ATA  
Phillip Hice, ATA  
Joshua Knight, ATA  
David Meeks, ATA  
Robert Painter, ATA  
Randall Ward, Premiere

**15 YEARS**  
Troy Miller, ATA  
Houston Woods, ATA

**10 YEARS**  
Daryle Lopes, ATA  
David Wilhite, AF

**5 YEARS**  
Charles Easley, ATA  
Kayla Fann, ATA  
Scott Howard, ATA

**OUTBOUND MILITARY**  
Col. Heather Buono, AF  
1st Lt. William Edge, AF  
Lt. Col. James Peavy, AF  
Capt. CharMeeka Scroggins, AF  
Lt. Col. Mizi Weems, AF

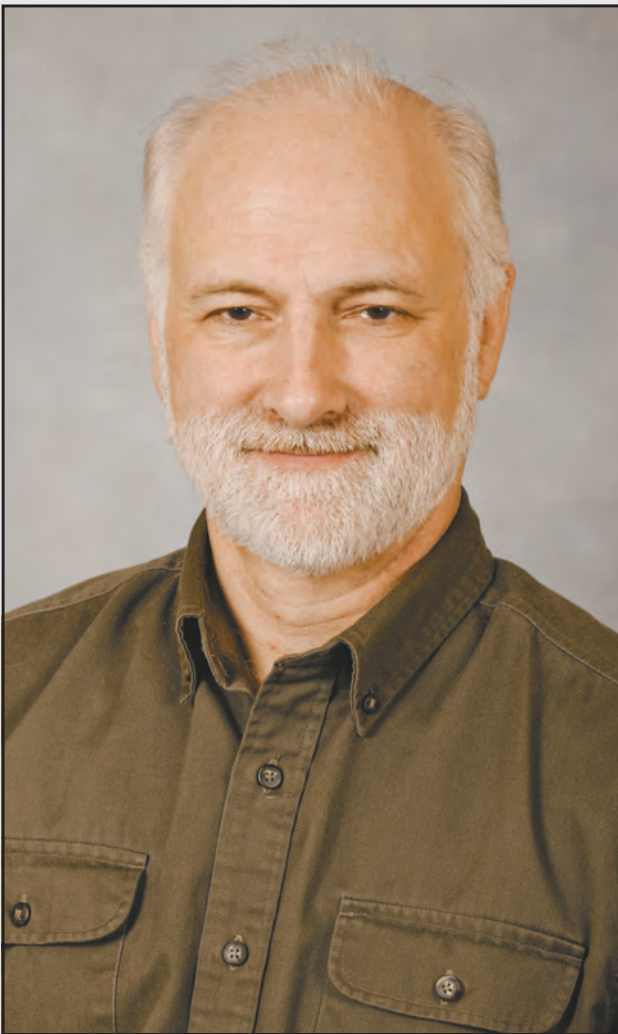
**RETIREMENTS**  
Everett Fulmer, ATA  
Rosemary Maty, AF

**NEW HIRES**  
2nd Lt. Zahi Abi Chaker, AF  
Jared Gudenkauf, ATA  
Patty Inmon, AF  
Paul McCown, AF  
Christopher Rumley, AF  
Lisa Stevens, AF

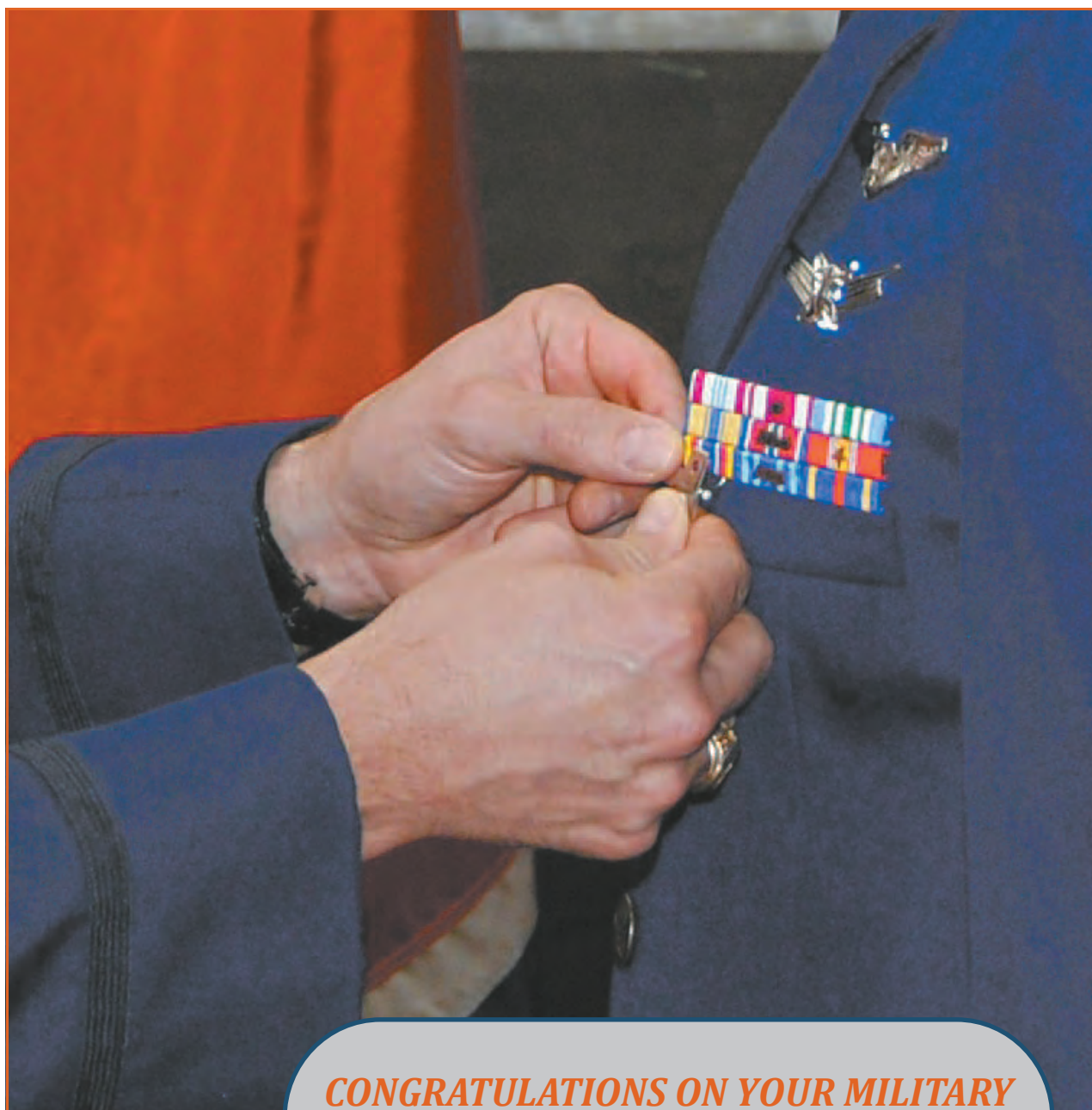
**PROMOTIONS**  
Donald Brandt, ATA  
Gary Fulmer, Jr., ATA  
Drew Miller to captain



Lawrence



Mills



**CONGRATULATIONS ON YOUR MILITARY PROMOTION!**

The AEDC Public Affairs office would like to use pictures of your military promotion to run in High Mach. If you are interested, please contact the High Mach staff at 454-5655 or via e-mail at: [arnold.highmach@arnold.af.mil](mailto:arnold.highmach@arnold.af.mil) to let them know the date and time of the promotion/ceremony!

# Through Airmen's Eyes: Dog Handler brings her values to career

By Master Sgt. Leisa Grant  
U.S. Air Forces Central

**FORWARD OPERATING BASE PASAB, Afghanistan (AFNS)** – It's 6 p.m., and Chrach, a military working dog whose name is pronounced "Crash," is anticipating his evening meal.

His handler has been feeding him twice daily for more than a year, since the two became a team, and she is used to this routine – but not because she is his handler.

Staff Sgt. Jessie Johnson, a military working dog handler assigned here with the Army's 3rd Infantry Division canine unit, said she was born into an "animal house" and had all of the responsibilities of training the animals, playing with them, taking them to the vet and feeding them.

Some people have dogs for protection, for comfort or for show. But dogs and horses were an important part of their upbringing in rural Pennsylvania for Johnson and her younger sister while they were being raised by a single parent.

"I always made sure my daughters treated animals kindly and (understood) the importance of taking care of the animals," said Robin Keller, Johnson's mother, who often worked two full-time jobs so her daughters could enjoy a comfortable life. Johnson's grandparents lived nearby and were able to help out. Still, the kids had a great deal of responsibility and independence.

"At a really young age, my sister and I learned to

take care of the animals and each other," Johnson said.

With this much exposure to animals, it may have seemed fitting for Johnson to become a dog handler when she joined the military. However, it was not a seamless process when Johnson entered the service: The start of Johnson's canine career didn't officially take place until five years after she joined the Air Force.

Her love of dogs alone was not enough – if it were, more people would be canine handlers, Johnson said. Her quest involved another homegrown value she learned from her mother.

"When you start something, you should always finish it," Keller said, adding that she instilled this value in her daughters, along with the notion that there was nothing they couldn't accomplish so long as they set their minds on doing it, and doing it well from beginning to end.

Because of her long-time yearning to work with a K-9 team, Johnson made it a point to immerse herself in their world as much as she could while she worked as a security forces journeyman at the 820th Security Forces Squadron, Moody Air Force Base, Ga.

She said she took the initiative to visit the kennels and introduced herself as someone interested in joining the team and willing to stay involved regularly with all aspects of caring for the dogs.

Being a part of the feeding, grooming and training for about 20 dogs was nothing new for her, she said, al-



Staff Sgt. Jessie Johnson practices placement training with her military working dog, Chrach, April 24, 2013, at Forward Operation Base Pasab, Afghanistan. Chrach is trained to detect the odor of explosives. Johnson, a native of Reading, Pa., has been a MWD handler for four years and is deployed with the 3rd Infantry Division. (U.S. Air Force photo/Staff Sgt. Marleah Miller)

beit it involved a few more paws and wagging tails then she was used to all at once. But there was one task she had to do to prove she could truly become a dog handler, she said, one that simply not all can do.

"The big part was going out and catching the dogs, putting on the 'bite suit' and letting them bite me, and making sure I was comfortable with that," she said.

When her unit deployed, Johnson was selected to go out on patrols with the K-9 teams. The experiences solidified her interest and determination to become a dog handler, she said.

"I got to see how (the dogs) led the troops and how everyone pretty much

relied on their dogs to walk safely down a roadway," she said, recalling how amazed she was by this and that right then, she knew this was the job for her.

Soon after, she submitted an application package – and was accepted.

Johnson and Chrach often are called on as a top team for missions here, but Master Sgt. Jantzen Duran, a kennel master and NCO in charge of the K-9 teams here, said he knew this before they arrived.

"I attended training with (Johnson) prior to our deployment and she was by far the best handler of 13 dog teams there," he said. "She was awarded Top Dog Award not only for her actions as a handler, but also

her actions as an NCO. Being deployed with mostly Army, I couldn't ask for a better NCO to represent the Air Force."

At her home station at Luke Air Force Base, Ariz., Air Force leaders quickly noticed her strong character and capitalized on it.

"Jessie's unique personality and great attitude made her stand out amongst her peers," said Capt. Tony Short, a 56th Security Forces Squadron operations officer, adding that from the beginning it was evident with a little pushing and quality training, Johnson would become one of the best handlers in the unit.

"In the first months, she was eager to learn and excelled," he said, noting that

Johnson moved through the responsibilities and roles of being a new handler to an experienced one quickly.

But whether they're new to the job or experienced, Johnson said, handlers aren't the only ones doing the schooling.

"The dogs teach you something every day," she said. "There is never a time you can say you've taught a dog everything or that a handler knows everything. I learn every day."

With a hearty smile, Johnson said the K-9 world is like no other, and that she enjoys the challenges and the camaraderie that come with the job.

"I've never been so happy to want to go to work," she said.

## SRC offers no-cost tools for leadership development

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – The Supervisor Resource Center, located on the Air Force Portal, continues to expand its offering of tools targeting the needs of emerging leaders, as well as new and experienced supervisors.

The SRC is an on-line clearinghouse developed to put Air Force tools and no-cost resources for supervisory and leadership development

at your fingertips 24/7. Below are just a few features the SRC offers:

- Learning Programs for Emerging Leaders and Supervisors centered around the Air Force institutional competencies – saving the busy supervisor time. Included are AF e-Learning courses, books, simulations, skill briefs, and job-aids to jumpstart learning and development. Courses

include an assessment tool to provide a focused learning experience.

- Resources tailored to three levels of learning: Emerging Leaders, First Time Supervisors, and Seasoned Supervisors.
- Learning and Development Roadmaps to help supervisors guide their employees down an appro-

priate development path.

- Links to mandatory supervisory training course registration for new supervisors.
- Access to hundreds of AF e-Learning courses, books, video challenges, Business Impact series learning tools, simulations, and links to professional sites such as the Center

for Creative Leadership, Harvard Business School, Wharton Center for Leadership and Change Management, Leadership Now and Forbes.

- Short, video snippets from proven Air Force leaders speaking from personal experience about leadership and supervision.

These resources are free, available on-de-

mand from any Common Access Card-enabled computer and can be accessed from the front page of the SRC. To get to the SRC, go to the Air Force Portal, click on the 'Life and Career' tab at the top of the site, click 'Force Development,' then on the left, click the Supervisor Resource Center tab.

These resources are not just for supervisors, and can be accessed by all Air Force employees.

## Changes to BE WELL mean more choices for Airmen

**WASHINGTON (AFNS)** – The BE WELL program, an Air Force-wide program designed to provide Airmen and Air Force leaders with resources to optimize fitness and health, now offers more choices and increased flexibility, thanks to a revamp that went into effect July 1.

The Balanced Eating, Work Out Effectively, Living Longer, or BE WELL program, was redesigned based on input from Airmen, leaders and Air Force health promotion professionals.

The result is a fully customizable program structured to offer effective, targeted solutions

in the areas of fitness, nutrition education, and dietary supplement safety, according to Air Force Health Promotion, or AFHP, officials at the Air Force Medical Operations Agency, Joint Base San Antonio, Texas.

The new program offers access to a full suite

of options, including a comprehensive online class, telephonic health coaching through Military OneSource, in-person classes on weight management with a fitness component and instructor-led workshops on cardiovascular and strength training.

Options in the new

BE WELL program will remain open to all Airmen and their families and the program will continue to be mandatory for those with unsatisfactory fitness scores. Members with unsatisfactory scores will collaborate with their unit fitness program manager and their commander to

choose the one or more options that will best help them meet their fitness goals, said Lt. Col. Trisha Vorachek, the Air Force Health Promotion chief.

Leadership teams can request information and support from their installation Air Force health promotion professionals.



## Airmen deliver ideas for IT improvements through ‘Every Dollar Counts’ campaign

**WASHINGTON (AFNS)** – As the Air Force continues to adapt to current fiscal challenges, the service is scrutinizing every dollar spent on mission, personnel, and readiness.

To do this, the Air Force is examining every policy, purchase, practice and procedure to identify potential cost savings.

Lt. Gen. Michael Basla, the Air Force Chief, Information Dominance and Chief Information Officer, said Airmen are up to the challenge.

“What a great opportunity to make positive changes for our Air Force, and who better to do that than our innovative Airmen,” Basla said.

Air Force Vice Chief of Staff Gen. Larry Spencer, recently spearheaded an Air Force-wide cam-

paigned titled “Every Dollar Counts.” The goal of this initiative was to collect and evaluate ideas and suggestions to save money.

Basla, the leader responsible for reviewing 1,172 information technology-related submissions, is impressed with the response his office received. “My staff and I are evaluating every suggestion and are committed to implementing each idea that saves money or helps us to work smarter,” Basla said.

While it will take time to plow through all inputs, Basla said he and his staff are already making progress by directing cost-cutting measures through the use of enhanced technology to meet mission needs.

Several of the suggestions offer simple solutions to operate more efficiently, offering short im-

plementation times with long-term benefits. Many Airmen noted the Air Force could cut costs associated with unnecessary or inefficient printing.

Capt. Kevin Huwel, from Osan Air Base, Korea, proposed the use of hand-held IT systems to reduce printing costs and improve the environmental footprint of the Air Force.

Lt. Col. David Short, the 51st Aircraft Maintenance Squadron commander, submitted his idea to increase the use of digital signatures to reduce copying and printing associated with “wet” signatures on official documents such as memos and some enlisted performance reports.

Tech. Sgt. Rhonnell Singleton, from the Air Education and Training Command’s Holm Cen-

ter for Officer Accessions and Citizen Development, urged the automation of the Junior ROTC application process – an idea that has been reviewed and is ready to implement at the Holm Center.

Basla commented, “At home, most people limit printing and use digital interfaces to the maximum extent possible. We must adopt the same culture at work and find ways to operate more efficiently in the digital world.”

Other ideas are more complex, but have great potential for savings and increased capabilities.

Russ Mayes, who supports the Air Force Deputy Chief of Staff for Intelligence, Surveillance and Reconnaissance, proposed a modification to modem software used in remotely piloted aircraft,

specifically the MQ-9 Reaper. The improvement would reduce the amount of bandwidth needed to distribute video feeds. The modification, if applied across the MQ-9 fleet, is estimated to save up to \$14 million within the first two years of implementation.

Several Airmen offered ideas on how to cut back on energy costs, such as switching computers to “sleep” mode during periods of inactivity.

Basla said he understands that each cost-cutting idea must be evaluated against mission needs and operational security.

For example, reducing the power settings on computers would certainly reduce energy costs; however, some technical hurdles must be overcome so that network security patches

and antivirus updates could still be installed on computers.

“We have to balance operational risk against efficiencies,” Basla said.

Basla encourages Airmen to continue “outside the box” thinking, which was evident through their suggestions during the Every Dollar Counts campaign.

“These ideas represent fresh perspectives on efficient ways to do our business,” he said. “Each time we are confronted with a challenge, our Airmen continue to provide smart alternatives to overcome it. This effort is no different. Our innovative Airmen will not rest with the status quo. They creatively seek to find efficient solutions to do the work necessary in defense of this nation.”

## Officers, enlisted members offered early retirement

**By Debbie Gildea**  
*AF Personnel Center*  
*Public Affairs*

**JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS)** – Technical and master sergeants, captains, majors and lieutenant colonels in certain Air Force specialties may apply to retire with fewer than 20 years of active service under the Temporary Early Retirement Authority, Air Force Personnel Center officials announced.

Commonly referred to as the 15-year retirement, TERA is one of several force management programs the Air Force will

implement during fiscal 2014 to meet end-strength goals, said Lt. Col. John Barlett, the AFPC operations division chief.

To be eligible for consideration, members must have at least 15, but less than 20 years of total active duty time as of Oct. 31, 2013. Applications will be accepted July 29 - Aug. 15, and those approved must be retired by Nov. 1, 2013.

Interested Enlisted Airmen and Officers who have active duty service commitments or time in grade requirements may be eligible for a waiver, although some waivers may require the member to re-

pay the government.

“ADSCs incurred from technical training attendance can be fully waived with no requirement for repayment, but if you transferred your Post 9/11 GI Bill benefits to a family member and they have used part or all of the benefits, you may be required to repay those funds,” Barlett explained.

Airmen must apply through the virtual military personnel flight, accessible via the Air Force Portal or the myPers website. After submission, applicants can check the status under “My-Staff” in the virtual Military Personnel Flight, the secure applications section of the

Portal and myPers.

Airmen with an approved date of separation or a separation/retirement application pending prior to July 19 are not eligible for TERA. If an otherwise eligible member’s separation or retirement application is disapproved, the member may be eligible to apply for TERA.

In addition, approved applicants who are subsequently selected for promotion will be allowed to

withdraw their application, but they will only have 10 weekdays after their promotion notification to do so.

Approved applicants should immediately contact the local Airman and Family Readiness Center to register for the mandatory transition assistance program seminar.

“TAP is a great benefit for retiring and separating Airmen, and because it is now mandatory, available slots may be limited.

Members separating under a force management program should contact their base program managers to ensure that they aren’t delayed by this requirement,” Barlett said.

For full application instructions and eligibility requirements and a list of eligible career fields, go to the myPers website at <https://mypers.af.mil> and search for “PSDM 13-73” for the enlisted program or “PSDM 13-74” for the officer program.

# Thunderbirds egress specialist finds life's fulfillment in service

By Tech. Sgt. Alice Diddle  
USAF Thunderbirds Public Affairs

**NELLIS AIR FORCE BASE, Nev. (AFNS)** – Many Airmen discover their paths early in life. Some join the Air Force after graduating high school, and others wait a few years before making the decision to enlist.

For one Airman assigned to the U.S. Air Force Air Demonstration Squadron, deciding to join the Air Force took 11 years.

Staff Sgt. McGarry Lansiquot, 38, an aircrew egress systems specialist assigned to the Thunderbirds, was born and raised in Castries, St. Lucia, an island country located in the eastern Caribbean Sea. After graduating high school in 1991, Lansiquot and his twin brother, McGarret, both decided to leave home.

“We left home to go live with relatives in the U.S. Virgin Islands,” Lansiquot said. “We stayed there for a year and decided to move to New York City to live with our father. It was there where both my brother and I became U.S. citizens. At first, it felt really strange because of all the tall buildings and the way of life, but after living there for about a decade, I can honestly say New York is my favorite city.”

Lansiquot and his brother spent the next 10 years living in New

York City. During that time, he worked various jobs and went to school. Eventually, he became a shipping manager for a textile company, but realized he was ready for a change.

Lansiquot's brother enlisted in the Army in 1997 and continues to serve today. He said it was around that time he gained his own interest in the military, but had reservations.

“After working as a shipping manager for a few years, I had no sense of fulfillment sitting behind a desk all day,” Lansiquot said. “I didn't have any job satisfaction so I decided to do something that I had always thought about, but was too afraid to do. I decided it was time to join the Air Force.”

Lansiquot graduated basic military training in September 2002. He joined at age 27, making him a lot older than most 18-year-old enlistees, but still right on time.

“If I would have waited longer to make my decision, I wouldn't have been eligible to enlist,” he said. “So I'm glad I finally decided to join.”

He became an aircrew egress systems specialist and was stationed at Beale Air Force Base, Calif., for his first assignment.

“When I first started in the Air Force, I didn't fully understand what I was part of until I started deploying,” he said. “While stationed at Beale (AFB) during a six-year



Staff Sgt. McGarry Lansiquot grabs a tool to repair internal parts of a Thunderbird F-16 Fighting Falcon's egress seat system at Nellis Air Force Base, Nev., May 20. (U.S. Air Force photo/Staff Sgt. Larry E. Reid Jr.)

period, I was deployed many times. After my second deployment, I really gained a true understanding of how important my job really was. I gained a sense of pride and felt accomplished, which was something I never felt sitting behind a desk in New York.”

As an aircrew egress systems specialist, Lansiquot is responsible for ensuring aircraft ejection systems are reliable. He performs equipment maintenance and conducts periodic inspections.

After six years at Beale AFB, Lansiquot was stationed at Osan Air Base, South Korea,

and from there moved to Spangdahlem AB, Germany. While stationed in Germany, he deployed to Afghanistan in support of Operation Enduring Freedom. After three years in Germany, he was selected to be part of the Thunderbirds and arrived to the squadron November 2012.

“I really enjoy being part of the Thunderbirds team. It's unlike any other unit I have been assigned to,” he said. “We work together well, and there is a great sense of unity here. Even though sequestration has impacted our normal flying operations, we still have the opportunity to

go out and inspire others. It feels good to know what we do still impacts so many people.”

Since his arrival to the Thunderbirds, Lansiquot has managed to help coordinate the squadron's oxygen gaseous system upgrade. His flight chief said he's been a great addition to the team.

“Staff Sergeant Lansiquot came to the team poised to redefine the term ‘teamwork,’” said Master Sgt. Javier Sariñana, the NCO in charge of the Thunderbirds specialist section. “He's extremely dependable. He's a huge asset to this team because of his knowledge and work ethic.”

Lansiquot is currently pursuing a bachelor's degree in information technology. He tries to make trips back to Saint Lucia every three years or so because many of his relatives live there. He hopes to continue with his Air Force career and serve until he's able to retire.

“I am happy I made the decision to join,” he said. “I have been extremely fortunate to be given the opportunity to travel all over the world. I recently was able to give my mom a tour of the Thunderbirds hangar during her visit here, and it's a good feeling to know how proud my family is of me.”

# Policy changes ease enlisting with families

WASHINGTON (AFNS) – The Air Force announced changes to its accession policies on July 30 to make entering the Air Force easier for Airmen with families.

The changes modified dependency and pregnancy policies for Airmen entering the Air Force, enabling Airmen with up to three children to enlist with a waiver and standardizing pregnancy policies across the accession sources.

“It’s important for us to

attract the highest caliber men and women to serve in today’s Air Force,” said Brig. Gen. Gina Grosso, Director of Force Management Policy. “These policy changes open our doors to more individuals who are highly qualified, but whose family obligations would have previously disqualified them.”

The changes were driven when Air Force officials realized that pregnancy policies for Airmen entering the Air Force were not being

uniformly applied across accessioning sources.

“We discovered that the language in our pregnancy policy was too ambiguously written and could be interpreted in multiple ways,” said Ms. Tina Strickland, Chief of Air Force Accessions and Training Division. “We wanted to make sure the policy was being applied consistently across the Air Force. Reviewing the policy also drove us to examine our other rules for Airmen entering the Air

Force with families.”

The pregnancy policy for both Officer Training School and Basic Military Training School now allows trainees to return to their accessioning program after their pregnancy upon receiving medical clearance. Cadets in ROTC can commission and proceed to follow on training if cleared to do so by a medical authority or will be re-checked until they are medically cleared.

Dependency policies were also changed to be-

come more family-friendly. All enlisted applicants with two or less family members under the age 18 who are incapable of self-care are eligible to enlist with an approved family care plan.

The policy for officer training school was changed to allow single parents and parents with military spouses to access upon completion and approval of a dependent care plan. Cadets with dependents may now sign contracts to join Air Force ROTC, regardless of

the number of dependents, upon approval of a dependent care plan. A dependent care plan is not required for ROTC cadets who are married to civilian spouses.

“Creating an atmosphere that supports our Airmen and their families is a priority for the Air Force,” said Grosso. “Our accessioning programs are the first exposure Airmen have to the Air Force, and it’s important that our accession policies align with our priorities.”



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

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

**Social Media Directory**  
<http://www.af.mil/socialmedia.asp>

**Air Force Live Blog**  
<http://airforcelive.dodlive.mil>

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

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

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

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

**Vine (for mobile iOS, Android devices)**  
[@usairforce](http://vine.com/usairforce)

**Instagram**  
<http://instagram.com/officialusairforce>



**Air Force Social Media Guide**

Download this social media guide online!



<http://1.usa.gov/Y79V9c>

## Social Media for Airmen

In general, the Air Force views social media sites positively and respects your rights as Americans to use them to express yourself. However, by the nature of your profession, you are always on the record and must represent our core values. Air Force Instruction 1-1, *Air Force Standards*, outlines how Airmen should conduct themselves on social networking websites. Here are a few things to remember when communicating online via social media as an Airman:

- 1** You are personally responsible for what you say and post on social networking services and any other medium.
- 2** Consider how a post can be interpreted by the public. Be cautious about crossing the line between funny and distasteful. If you have doubts about whether you should post something, err on the side of caution. If the post in question concerns the Air Force, discuss the proposed post with your supervisor or your local public affairs office.
- 3** Maintain appropriate communication and conduct with officer and enlisted personnel, peers, superiors and subordinates (to include civilian superiors and subordinates).



### Hashtags

When posting on social media platforms like Twitter, Facebook, Instagram, Flickr, etc., you can use hashtags to help tell your story to a wider audience.

**What’s a hashtag?**  
A hashtag categorizes topics in social media. The hashtag symbol “#” is used before a keyword or phrase (no spaces). You can follow specific hashtag topics to see a consolidated list of relevant posts by other social media users.

**How can Airmen use hashtags?**  
You can use a hashtag to mark keywords or topics.

**What Air Force hashtags should I use?**  
The Air Force uses #AirForce, #Airmen and #USAF.

Visit the Air Force’s Twitter page:  
<http://www.twitter.com/usairforce>

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2) To qualify for no payments for 90 days, you must select a repayment term of 60 months or less.

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Arnold Golf Course  
454-GOLF, 454-FOOD

Check us out on Facebook!  
Arnold AFB Services Golf Course

### 2013 Tournament Schedule

Sept. 5	AEDC Golf League Awards Banquet
Sept. 19	Thursday Night Scramble Ends
Sept. 21	Member Member Tournament
Oct. 5	Season Ending Tournament

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

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

Arnold Lakeside Center  
454-3350

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

### ALC Features New Menu Items in September

If you haven't been to Arnold Lakeside Center lately then we invite you to stop by and try our new menu. There are a lot of new items with something to please everyone. From bruschetta to chicken and waffles to fish tacos and chicken lettuce wraps. There are even specialty burgers and chicken pot pie. Pizzas are still available in a variety of selections. The dining room is open Thursday from 5-8 p.m. during free movie night and open Friday and Saturday from 5-9 p.m. Call ahead, 454-3350, for advance or to go orders. In September, every Friday will feature a different menu item:

Sept. 6: Fish Tacos – Flour tortillas folded around battered fish, with jicama slaw and spicy mayo- served with refried beans and Spanish rice

Sept. 13: Enchiladas Tejanos- Two ground beef enchiladas in flour tortillas smothered in cheese and red sauce-served with refried beans and Spanish rice

Sept. 20: Shrimp and Grits- Sautéed shrimp with onion, bacon, and pepper served over cheesy grits

Sept. 27: Asian Chicken Lettuce Wraps-chopped and sautéed teriyaki chicken served with steamed rice and lettuce

**First Friday Jam** will be held at 6 p.m. Sept. 6. Come to play, listen, dance and enjoy. Join in with the band to play an instrument or sing. Or take over and do your own performance. Dinner is available from 5-8 p.m.

Arnold Lakeside Center will host a **Members Only Texas Hold 'Em Tournament** every Saturday through Oct. 12, excluding Sept. 21 due to special function. Play will begin at 6 p.m. in The Landing bar.

## End of Summer Heat Event at ALC Sept. 20

Arnold Lakeside Center will host an end of summer, end of fiscal year and end of furlough bash at the ALC on Sept. 20 for ages 21 and older. There will be a movie in the ballroom, "The Heat," starring Sandra Bullock and Melissa McCarthy, starting at 6:30 p.m.

This adults only party will feature drinks specials, Miller Lite pitchers for \$4, and snacks, such as jalapeno poppers and hot wings, that are sure to bring the heat. Dinner is available for purchase from 5-8 p.m. We hope to see you there!

## Chili Cook off Returning in Oct. with added BBQ Cook Off



The annual chili cook off is returning to the Arnold Lakeside Center Oct. 18 with a new spin. In addition to chili, teams may also compete in a pulled bbq cook off. Teams entering the event will need to provide all of their own supplies to prepare their entry, where cooking begins at 9 a.m. with final judging, taking place at 3:45 p.m. Teams need to be self-sufficient and make all necessary arrangements for electrical (if required), tables, chairs, utensils, containers, ingredients, etc. Power may

or may not be available to contestants so teams need to plan accordingly. Cash prizes will be awarded in both contests, \$100 for 1st place and \$75 for second. If needed, 8 ft. tables are available to rent from the ALC or ODR (454-6084) for \$4 each and must be reserved in advance to ensure availability. Costumes and booth decorations are encouraged, but not required. Official rule sheet is available upon request. Call 454-3350 to register your team by Oct.15.

### Member Member Tournament at Arnold Golf Course

Arnold Golf Course will host its Member Member tournament at 8 a.m. on Sept. 21. Players will compete in a two person best ball format on the front nine holes, and two person scramble on the back nine holes. On course contest among players is closest to the pin on holes. Cost is \$80/team and includes lunch after the tournament. Call 454-GOLF to sign up by Sept. 19.

### Triple Threat Challenge at Fitness Center Sept. 9-13

The Fitness Center is pleased to hold the Triple Threat challenge at their facility again this year, 9-13 Sept. This is a lift event for men and women. Participants will perform a shoulder press, deadlift and squat where the combined total pounds of the three lifts will be added. Top three scores for men and women will receive a free t-shirt. Call the Fitness Center to sign-up 454-6440.

### Fitness Center to hold Fall Fun Run Sept. 18

Those interested in completing the Fall Fun Run hosted by the Fitness Center may do so at their leisure on Sept. 18, by completing 2 laps around the FC trail. The first 25 to sign-up will receive a free t-shirt. Call 454-6440 to sign-up.

### New Twists Coming in Oct.

The Arnold Lakeside Center is hosting a Gatsby style date night, in honor of the release of the hit film, "The Great Gatsby" PG-13, starring Leonardo DiCaprio, Joel Edgerton and Tobey Maguire. Pull out your best attire and get ready to enjoy a celebration worthy of Jay Gatsby himself. Watch for more details in our next issue!

### Changes Coming for Fitness Center

The Fitness Center is making some changes in October. New at the facility, is a fitness on request kiosk. The kiosk provides virtual instructors leading exercises in dance, pilates, yoga, kickboxing and many more areas. This system will accommodate up to 10-12 individuals, so gather your group and come to the FC to check out the new equipment! There will also be some changes in regularly scheduled classes and monthly programming. Stay tuned for more information.



Horizon is a Services Division publication designed to inform our customers of events and specials in Services Division activities. All program dates, times and prices are subject to change. Services Division mailing address is at 100 Kindel Drive, Suite C321, Arnold AFB, Tenn. 37389-3321

Services information written and provided by Holly Jones

This Services supplement is published by *The Tullahoma News*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Aerospace Testing Alliance (ATA). This supplement is an authorized publication for members of the U.S. military services. Contents of this supplement are not necessarily the views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force or ATA. Services is an exclusive area available to all AEDC personnel, active duty, retired military, National Guard, Reserve military and others as approved by the commander. Services activities include Wingo Inn (lodging), Arnold Lakeside Center (Club, Community Center, Information, Tickets & Travel) (ITT), Barber Shop, Café 100), Outdoor Rec (Marina, FamCamp, Crockett Cove, Dogwood Ridge), Golf Course and Fitness Center. Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a "members only" event. Membership is a personal choice. However, only members are entitled to discounts and other benefits associated with membership.

## Services Division Phone Numbers

Services Chief – 454-7779 Services Deputy – 454-5915 Human Resources – 454-5481 Marketing & Sponsorship – 454-3128 Community Services Flight Chief – 454-4062 Café 100 – 454-5885 Arnold Lakeside Center (ALC) – 454-3350	Arnold Lakeside catering – 454-3350 Membership Information – 454-3367 Information, Tickets & Travel – 454-3303 Barber Shop – 454-6987 Gossick Leadership Center – 454-4003 Golf Course – 454-GOLF (4653) Mulligan's Grill – 454-FOOD (3663)	Outdoor Rec (ODR) – 454-6084 includes Marina, FamCamp, Crockett Cove & Dogwood Ridge Recycling – 454-6068 Resource & Sustainment Flight Chief – 454-5427 Wingo Inn – 454-3051 Fitness Center – 454-6440
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# September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> ALC/Barber Shop/ Café 100 Closed- Labor Day FC Open 8 a.m.-1 p.m.- no classes	<b>3</b> ALC AEDC Woman's Club luncheon 9:30 a.m. FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	<b>4</b> FC Boot Camp 6 a.m. Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	<b>5</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night "Star Trek Into Darkness" PG-13 6:30 p.m. dinner available 5-8 p.m.	<b>6</b> FC Boot Camp 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m. ALC First Friday Jam Night 6 p.m. ALC Menu Fea- ture: Fish Tacos ODR Kayaking for	<b>7</b> Beginners 9 a.m., \$10, sign up by Sept. 6, 454-6084 ALC Member's Only Texas Hold 'Em Tournament 6p.m. ALC Singles 8-Ball Pool Tournament, 6 p.m., age 18+
<b>8</b>	<b>9</b> FC Boot Camp 6 a.m. FC Cycling Class 11 a.m. FC Yoga 11 a.m. FC Triple Threat begins	<b>10</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	<b>11</b> FC Boot Camp 6 a.m. Café 100 BBQ lunch special \$6 FC Yoga 11 a.m.	<b>12</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night "Iron Man 3" PG-13 6:30 p.m. dinner available 5-8 p.m. ALC Brushes and Bottles, \$25, 6-8 p.m., sign up by Sept. 6, 454-3350	<b>13</b> FC Boot Camp 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m. FC Triple Threat ends ALC Menu Fea- ture: Enchiladas Tejanos	<b>14</b> ODR Archery Basics Class 9 a.m., \$5, sign up by Sept. 13, 454- 6084 ALC Member's Only Texas Hold 'Em Tournament 6p.m.
<b>15</b>	<b>16</b> FC Boot Camp 6 a.m. FC Cycling Class 11 a.m. FC Yoga 11 a.m. FC Interval Class 3:30 p.m.	<b>17</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Café 100 ALC Book Fair, 9:30 a.m. - 3 p.m. Café 100	<b>18</b> FC Boot Camp 6 a.m. Café 100 BBQ lunch special \$6 FC Yoga 11 a.m. FC Fall Fun Run	<b>19</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night "Fast and Furious 6" PG-13 6:30 p.m. dinner available 5-8 p.m.	<b>20</b> FC Boot Camp 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m. ALC Menu Feature: Shrimp and Grits ALC Dart Tourna- ment 6-9 p.m. ALC End of Summer Heat Event 6:30 p.m.	<b>21</b> GC Member Mem- ber Golf Tourna- ment 8 a.m. , \$80/ team, sign up by Sept. 19, 454- GOLF ALC Closed for private function
<b>22</b>	<b>23</b> FC Boot Camp 6 a.m. FC Cycling Class 11 a.m. FC Yoga 11 a.m.	<b>24</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m.	<b>25</b> FC Boot Camp 6 a.m. FC Yoga 11 a.m. Café 100 BBQ lunch special \$6	<b>26</b> FC Cycling Class 11 a.m. FC Interval Class 3:30 p.m. ALC Movie Night "World War Z" PG-13 6:30 p.m. dinner available 5-8 p.m.	<b>27</b> FC Boot Camp 6 a.m. FC Yoga 11 a.m. FC Cycling Class 11 a.m. ALC Menu Feature: Asian Chicken Let- tuce Wraps ALC Last Friday Trivia Contest 6:30 p.m.	<b>28</b> ALC Member's Only Texas Hold 'Em Tournament 6p.m. ODR FamCamp Movie Night "Despi- cable Me 2" 8 p.m.
<b>29</b>	<b>30</b> FC Boot Camp 6 a.m. FC Cycling Class 11 a.m. FC Yoga 11 a.m.	<b>Outdoor Rec hours changed:</b> Due to staffing changes hours of operation will be mod- ified temporarily to accommodate the changeover. Aug. 12-29 hours will be: Monday Closed; Tuesday, Wednesday, Thursday 10:30 a.m. – 5 p.m.; Friday, Saturday, Sunday 9 a.m. – 6 p.m. Regular hours will resume Aug. 30 for the Labor Day weekend: Monday Closed (Open when in conjunction with a holiday weekend – <b>SEP 2 WILL BE OPEN</b> ); Tuesday through Sunday 8 a.m. – 6 p.m.; FamCamp Store Friday through Sunday 12-4 p.m. Also open Monday when in conjunction with a holiday weekend.				

### Hours of operation

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

### BX/Commissary customer eligibility

AEDC government civilian and AEDC contractor employees have access to the following limited items at the base exchange (BX): consumable items including toiletries and over-the-counter pharmaceuticals, food items such as candy, chips, little meal items, hot dogs and soft drinks. Alcohol and cigarettes are not included as consumable items. However, only active duty and retired uniformed services personnel and their dependents are eligible to use the base commissary next to the BX. The commissary hours of operation: Tuesday, Wednesday and Friday 9 a.m.-5:30 p.m., Thursday 9 a.m.-6:30 p.m. and Saturday 8 a.m.-4:30 p.m. The BX hours of operation: Tuesday through Friday 9 a.m.-5:30 p.m., and Saturday 8 a.m.-4:30 p.m. For more information contact Christopher Floden, BX manager, at (931) 454-7153 or Patrick Jordan, Commissary manager, at (931) 454-5921.

### AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for July 2013 totaled \$4,687.28.

### BRIEFS from page H1

There is no cost to enter but all players must be age 18 or older. Players will be divided evenly among tables in random draw placement each week. The number of tables will be determined by the number of participants each week. Tables will be responsible for the deal at each table. A dedicated dealer will be provided for the championship table. As players are eliminated, the number of remaining players will be redistributed throughout the night to make as many even-number tables of players per game until the

final eight. Placement points will be determined by finishing ranking each week once the player pool gets down to the final eight players of the night. Players eliminated before final eight will not receive points. Point placement is as follows: eighth place: 1 point, seventh place: 2 points, sixth place: 3 points, fifth place: 4 points, fourth place: 5 points, third place: 6 points, second place: 7 points, first place: 8 points. A running seven-week tally of total weekly points will determine the ranking order to decide who plays in the

final championship round. The Championship Table will be made up of the top 8 players plus any ties from the seven-week standings. Winning a single week does not guarantee a seat at the Championship Table. Seats are decided by point ranking only. Play will be single elimination. Prizes will be given to top two winners each week. Grand prizes will be given to the top three finishers in the championship. There will also be a perfect attendance finals table for anyone who did not get into the championship table, but at

tended each of the seven week events. Prizes will be awarded to the top three finishers at the perfect attendance finals. Dinner is available every Saturday from 5-9 p.m.

### Brushes and Bottles

will be held 6-8 p.m. at the GLC Sept. 12. Bring your favorite beverage and get ready to get creative as an instructor will lead you through a canvas painting work of art step-by-step. By the end of the evening you will have your own masterpiece to take home. A

different design will be done each month. These painting parties are for all skill levels ages 21 and over with a cost of only \$25 per person. All paint, brushes, aprons, easels, canvas and other necessary materials will be provided. All you have to bring is your beverage of choice. Light snacks will be provided and other beverages will be available for purchase. Deadline to sign up for this event is Sep. 6. Class size is a maximum of fifteen. Call 454-3350 to sign up or for more

**BRIEFS from page H2**

information. The next Brushes and Bottles class is scheduled for Oct. 15.

Arnold Lakeside Center **Dart Tournament** continues in The Landing consisting of 301 and Cricket ending Oct. 18 with a championship finale. There will be two single elimination tournaments from 6-9 p.m. on Sept. 20 – following American Darts Organization rules. Players may enter both the 301 and Cricket tournaments. There will be a continuing points system with point totals going toward the final seeding for the championship tournament to be held Oct. 18. Points will be as follows: 1st place – 8 points, 2nd place – 7 points, 3rd – 6 points, 4th – 5 points, 5th – 4 points, 6th – 3 points, 7th – 2 points and 8th – 1 point. Services Bucks will be awarded to 1st and 2nd place finishers in each monthly tournament. The championship winners will receive a set of darts. If the same person wins both championships then the two second place finishers will have a playoff to determine the other champion. This event is for ages 18 and up. Darts will be provided or players may bring their own ADO regulations darts.

Welcome back Books are Fun for a **book fair** Sept. 17 in Café 100 from 9:30 a.m. to 3 p.m. Discounted selections include paperbacks, best sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to 70 percent off retail prices. The next book fair is scheduled for Dec. 3.

**Last Friday Trivia Contest** will be Sept. 27. Trivia starts at 6:30 p.m. with questions in random categories. Teams may have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. There are eight rounds with three questions per round. For rounds 1-4 teams have two, four and six points to wager per round. Rounds 5-8 teams will have four, eight and twelve points to wager per round. Only one points value may be used per question. For example, if you wager four points on the first question then you must choose either two or six points for the next question. Whichever value is left must be used for the final question in that round. After the eighth round, teams may wager up to their total points earned for the final question. Prizes are awarded for top finishers.

**Barber Shop** is located in the A&E Building in room A107 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 4 p.m. Haircuts are \$8 and are by appointment. Call 454-6987. CLOSED Monday Sept. 2.

**Fitness Center**  
454-6440

**Check us out on Facebook! Arnold AFB Services Fitness Center**

The Services insert to the High Mach is designed to inform our customers of events and specials in Services activities. All program dates, times and prices are subject to change.

**Triple Threat and Fall Fun Run** sponsored by the FC are programs sure to get your blood pumping. Call the FC to sign-up and learn more about each program. Keep up your fitness momentum as we enter into fall here at Arnold. Triple Threat consists of shoulder press, deadlift, and squat, and takes place Sept. 9-13. Fall Fun Run will be held on Sept. 18. Take advantage of these activities to become more acquainted with the facility and FC staff. See cover for more details.

**Group Class Schedule:** (for eligible users only)  
Boot Camp - Monday, Wednesday and Friday 6-7 a.m.  
Yoga - Monday, Wednesday and Friday 11a.m.-12p.m.  
Cycling - Monday, Tuesday and Thursday 11a.m.-12p.m.  
Interval Training - Tuesday and Thursday 3:30-4:30p.m.

**New Group Class Schedule as of Oct. 1:** (for eligible users)  
Cycling - Monday, Wednesday, and Friday 11a.m.-12 p.m.  
Yoga - Monday and Wednesday 11 a.m.-12 p.m.  
Interval Training - Monday, Wednesday, and Friday 6-6:45 a.m.  
Tuesday and Thursday 3:45-4:30 p.m.

**Outdoor Rec (ODR)**  
454-6084

**Check us out on Facebook! Arnold AFB Services Outdoor Recreation**

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

**Kayaking for Beginners** is an introduction course to kayaking. Come join us Sept. 7 as we have a day on the water exploring kayaking. Meet at the Crockett Cove pavilion at 9 a.m. where guests will learn about the kayak, equipment, emergencies, and wet exits. Following the class room time, partici-

pants will load equipment to go to the beach and practice entering, maneuvering, paddling and turning. A wet exit, basic self-rescue, and additional strokes will also be practiced. Participants will then take a tour of the lake to practice their new skills. The class will be approximately 4 hours in length. Cost is \$10 and the class is for ages ten and older. There must be at least three to take the course and no more than 5. Sign up by Sept. 6.

**FamCamp outdoor movie night on Sept. 28.** If you are camping over the weekend you can enjoy a free outdoor movie on Saturday beginning at 8 p.m. You're invited to bring your chairs or blankets to the open grass area behind the upper bathhouse, where we will be showing *Depicable Me 2* (1 hr. 38 mins.) starring Steve Carell, Kristen Wiig and Benjamin Bratt. "Gru is recruited by the Anit-Villian League to help deal with a powerful new super criminal." Join us for a night of fun under the stars.

**Archery Basics Class** will be held at the Outdoor Recreation building at 9 a.m. on Sept. 14. Individuals will learn how to properly hold a bow, correct shooting technique and archery history. There must be at least two to hold the class and maximum class size is 12. The cost is \$5 and is open to all ages. Call ODR to reserve your spot by Sept. 13.

**Extended Stays available at Fam-Camp.** The FamCamp is a wooded area off of Northshore Road on the banks of Woods Reservoir with tent and RV camping. Amenities include bathhouse with shower, barbeque grills, fire rings, lantern hangers, boat launch pad, picnic and beach area, covered pavilion as well as washer/dryer service and boat docking service. There are 18 tent sites and 36 RV sites, 15 of which are pull-through. All RV sites are equipped with 30 and 50 amp 115V service. Daily rates for RV camping are \$20 during the summer and \$15 during the winter (Nov.-Apr.). Did you know that you can stay for up

to three months at Fam-Camp? Monthly rates are \$450 during the summer and \$400 during the winter. Sites 27-36 are designated for extended stays. Extended stays are only allowed in three month increments and there must be a one month gap between stays. Reservations may be made up to 45 days in advance for active duty, National Guard and Reserve military. Up to 40 days in advance for military retirees and up to 30 days for DoD employees. All others may make reservations up to 20 days in advance. Tent camping is available at \$7 daily. Washer/Dryer service is \$2 and boat docking is \$5. A convenience store is open 12-4 p.m. Friday through Sunday May through October and open Mondays if in conjunction with a holiday weekend. Other camping is available at Crockett Cove and Dogwood Ridge. Crockett Cove offers five rustic cabins with heat and air, mini fridge, microwave, front porch swing, grill and picnic table. There is no running water but a bathhouse is on site. The one or two room cabins rent for \$40/\$50 per day during the summer and \$30/\$40 dur-

ing the winter. Dogwood Ridge consists of six travel trailers with water, sewer, electric and propane complete with deck, picnic table and chairs. The trailers rent for \$40 daily, \$75 for two days or \$200 per week. Extended three month stays are also available at these areas. Call Outdoor Recreation at 454-6084 for more details or to make reservations.

**RV and Covered Boat Storage slots available.** Outdoor Rec has slots available in the RV storage yard. Each slot is 30 ft. long and 10 ft. wide and rents for \$25 per month or \$250 per year. The covered boat storage has 9 slots open. The boat storage slots are 40 ft. long and 12 ft. wide and rents for \$45 per month or \$450 per year. Both storage yards require proof of registration and insurance of item placing in storage along with a signed contract based on length of stay. Access to the storage yard will be granted at the time the contract is signed. Call for more details or to reserve your slot.

See BRIEFS, page H4

## September Movie Schedule

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



**Sept. 5** – "Star Trek Into Darkness," rated PG-13 (2 hrs. 12 mins.) starring Chris Pine, Zachary Quinto and Zoe Saldana. After the crew of the Enterprise find an unstoppable force of terror from within their own organization, Captain Kirk leads a manhunt to a war-zone world to capture a one man weapon of mass destruction.



**Sept. 12** – "Iron Man 3," rated PG-13 (2 hrs. 10 mins.) starring Robert Downy Jr., Gwyneth Paltrow and Don Cheadle. When Tony Stark's world is torn apart by a formidable terrorist called the Mandarin, he starts an odyssey of rebuilding and retribution.

**Sept. 19** – "Fast and Furious 6," rated PG-13 (2 hrs. 10 mins.) starring Vin Diesel, Paul Walker and Dwayne Johnson. Hobbs has Dom and Brian reassemble their crew in order to take down a mastermind who commands an organization of mercenary drivers across 12 countries. Payment? Full pardons for them all.



**Sept. 26** – "World War Z," rated PG-13 (1 hr. 56 mins.) starring Brad Pitt, Mireille Enos and Daniella Kertesz. United Nations employee Gerry Lane traverses the world in a race against time to stop the Zombie pandemic that is toppling armies and governments, and threatening to destroy humanity itself.



Movies are shown at the Arnold Lakeside Center

## The Green Scene

brought to you by Services Recycling Program

### Recycling STRANGE Facts

Motor oil never wears out, it just gets dirty. Old oil can be recycled, re-refined and used again.

Every year we make enough plastic film to shrink-wrap the state of Texas.

A nonprofit company in Japan recycles old dentures and donates the proceeds to UNICEF.

During World War 1, enough metal was salvaged from corset stays to build two warships.

It takes 80-100 years for an aluminum can to decompose in a landfill.  
Glass takes over 1,000,000 years!

A ¼ inch crack under your front door will waste as much energy as a 2x2 inch hole in your wall.

Old crayons do not decompose but can be recycled into new ones.

A baby will go through about 6,000 disposable diapers.  
A British company has developed a process for recycling used diapers.



Thank You from *The Green Team*  
Robbie Ewins (manager), Doug Richards, Matt Gluck  
931-454-6068

**BRIEFS from page H3**

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

**Team building Facilitation now available through Outdoor Rec.** Book your team building event at least two weeks in advance and customize your

activities to include leadership, communication, trust, conflict resolution and more. Our kit has 289 activities and can serve up to 120 participants. Large group challenges can accommodate up to 60 people. This equipment must be facilitated by an Outdoor Rec staff member and is not available for rent for private use. Department of Defense organizations may utilize the program for free. All others have the option of half day (4 hours) for \$50 or full day (8 hours) for \$100. Call to find out more information or book your team building event.

**Reservation Policy:** FamCamp, Crockett Cove and Dogwood Ridge reservations may be made 45 days in advance for active duty and reserve military, 40 days for retired

military, and 30 days for all other qualified personnel. Boat reservations may be made 15 days in advance for active duty and 10 days for other eligible individuals. All reservations are made through the Outdoor Recreation by stopping by or calling 454-6084.

**Wingo Inn  
454-3051**

**Check us out on Facebook! Arnold AFB Services Wingo Inn**

**Reservations for Wingo Inn** can be made 120 days in advance. Room rates start at \$53.25 per night. Please call 454-3051 for reservations.

**Gossick Leadership Center  
454-4003**

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

The **Gossick Leadership Center (GLC)** may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to [arnold.glc@arnold.af.mil](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 454-4003.

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

The AEDC Woman's Club meets Sept. 3. This is the first meeting of the year, with remembrances of the last 60 years of member-

ship and community service. This meeting will be remembering Tims Ford State Park, which was established 35 years ago in 1978. Ranger JR Tinch will be speaking on the history of this wonderful state park. The meeting will be at the Arnold Lakeside Center, with social hour beginning at 9:30 a.m. and meeting starting at 10 a.m. Our club meets the first Tuesday of the month from September through May. To make reservations, or for information about the club or membership, please contact Jane Ricci at 931-636-4152 or Liz Jolliffe at 393-2552. All reservations or cancellations must be made no later than 5p.m. Aug. 28.

This is a private organization which is not part of the Department of Defense or any of its components and it has no governmental status.



**MY STRENGTH IS FOR DEFENDING**

**AEDC Victim Advocates Hotline:**

**(931) 581-7494**



**Preventing Sexual Assault is part of our duty**

Visit: [MyDuty.mil](http://MyDuty.mil)

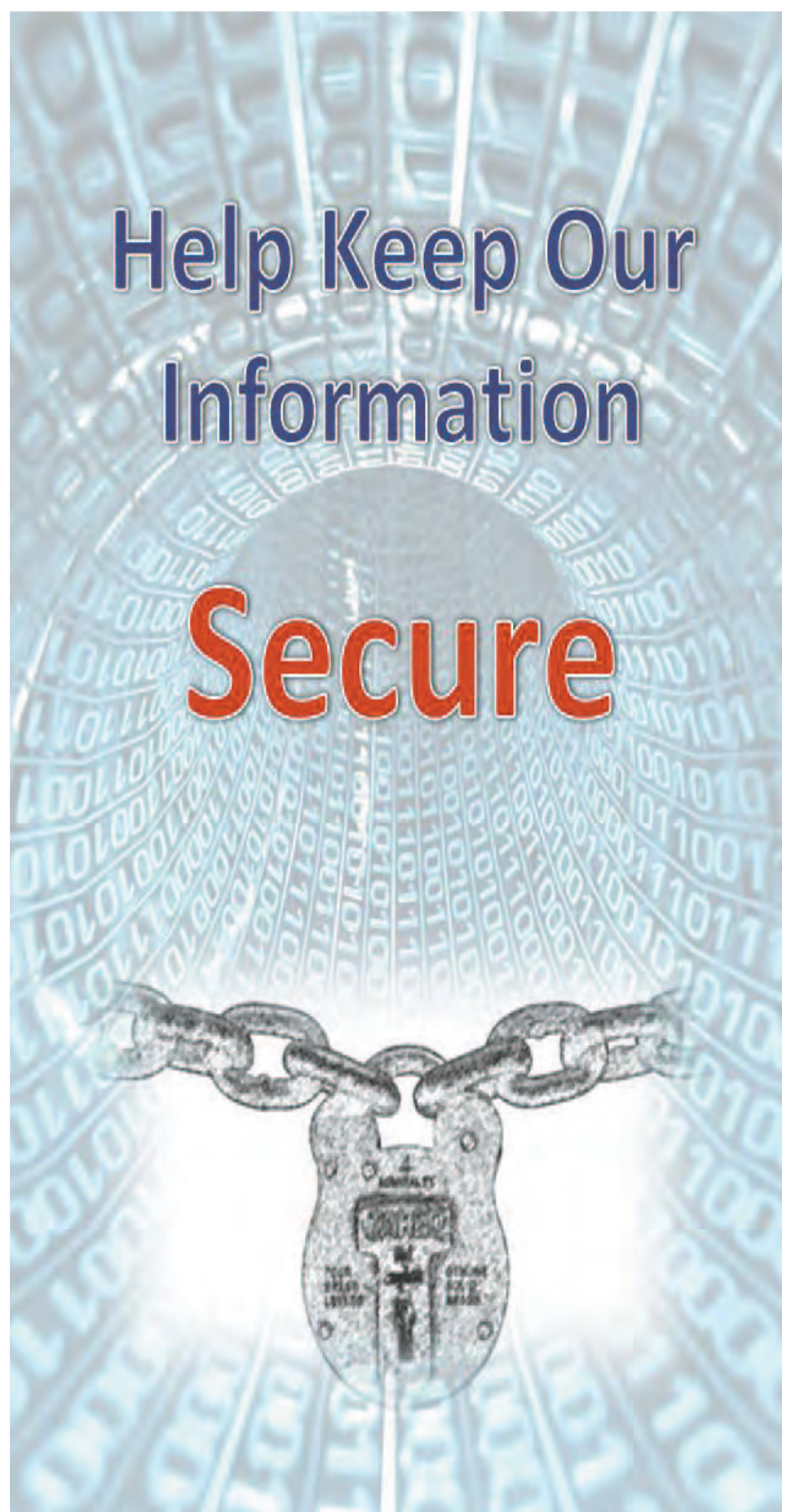




**DON'T FORGET TO FEED THE BIN!**



US AIR FORCE  
Win The War Against Waste



**Help Keep Our Information Secure**

