Joshua Diller, an AEDC system administrator at Arnold Air Force Base, works with an analysis software program for engineering analyses related to pressure vessels. Diller, with the help of other AEDC team members, was able to install the software, which is more than 20 years old, and make it usable on the current system. (U.S. Air Force photo/Rick Goodfriend)

“This is a great capability to have.”

While AEDC team members are encouraged to be innovative every day, not only is innovation benefiting Arnold Air Force Base, but new ideas of doing work is an Air Force-wide movement.

In 2014, Air Force started an initiative known as the Airmen Powered by Innovation program (API), and in this time, API has received 6,791 ideas from Airmen, of which 192 have been approved by Air Force leadership and have accumulated $121.3 million in projected savings. Several of the approved initiatives have allowed Airmen to concentrate on their core missions, thus saving invaluable resources beyond budget figures.

“Harnessing Airmen’s creativity has always been vital to the Air Force’s ability to improve our enterprise,” said Air Force Secretary Deborah L. James.

Gen. David L. Goldfein, the Air Force chief of staff said, “I am continually inspired by the creativity and ingenuity of our Airmen across the total force. The technicians, the Airmen really doing the work at the base level, can make remarkable changes in processes Air Force-wide. They continue to be our most valuable resource.”

Tunnel 9 stoving in high demand

By Bradley Hicks

AEDC Public Affairs

The prediction made years ago by the team at AEDC Hypervelocity Wind Tunnel 9 in White Oak, Maryland, has come to fruition, and their forecast of an increased workload was on point.

For the past several years, Tunnel 9 has been running at near to capacity. Tunnel 9 Director Dan Marren said the recent uptick in facility activity can be heavily attributed to what he described as currently the “hottest ticket” in aerospace—hypersonics.

“In 2005, we predicted that the demand signal for hypersonics would begin in 2010,” Marren said. “Since 2010, we have seen a steady increase in testing culminating in the last three years of capacity testing.”

Hypersonic is the term used for speeds of Mach 5 or greater.

Tunnel 9 runs a single shift, meaning the team is able to complete 150 to 200 tests per year with the current staff.

As the FIRST® LEGO® League (FLL) Qualifying Tournament judges deliberate over the final scores, four of six FIRST® Tech Challenge Teams sponsored by the Arnold STEM program put on a scrimmage with the robots they’ve programmed to compete at the high school level. The younger FLL teams had the opportunity to watch and learn from the older students. A total of 26 FLL teams participated in the qualifying tournament. (Courtesy photo)

See the entire story, “FIRST® LEGO® League teams sponsored by Arnold STEM place in regional qualifying tournament,” on page 8.
Smoking Policy

1. The following revised Arnold AFB smoking policy is effective immediately and applies to all individuals on base.

2. Tobacco products include: cigarettes, cigars, pipes, and smokeless tobacco products; however, e-cigarettes are not restricted to DTAs and are allowed to be used outdoors at a minimum of 50 feet from buildings. Only designated smoking areas have signage marked with specific locations. If no signage exists, smoking is not permitted in that area. It is the responsibility of all smokers to keep DTAs clean of cigarette butts.

3. Tobacco use on the Arnold AFB Campus is permitted, but discouraged based on the health hazards of all tobacco products, which includes e-cigarettes in and around buildings with 50 feet of golf course boundaries.

4. Smoking in government-owned/unleased vehicles is strictly prohibited. Personnel are allowed to smoke in their own vehicle, except in the approved DTA. No smoking is allowed in any area of the golf course. Golf course buildings, while applying the highest level of security, do not include any building or area that is unoccupied by golf course personnel and/or authorized patrons.

5. Tobacco use and secondhand smoke. No smoking is permitted within 50 feet of golf course buildings or signs. It is the responsibility of all smokers to keep DTAs clean of cigarette butts.

6. Tobacco products may not be brought on to AEDC or NAS. TDAs exist due to the need to protect the environment.

7. Tobacco products; however, e-cigarettes are not restricted to DTAs and are allowed to be used outdoors at a minimum of 50 feet from buildings. Only designated smoking areas have signage marked with specific locations. If no signage exists, smoking is not permitted in that area. It is the responsibility of all smokers to keep DTAs clean of cigarette butts.

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11. Tobacco products may not be brought on to AEDC or NAS. TDAs exist due to the need to protect the environment.

12. Tobacco products are not allowed to be brought into DoD facilities, including TDAs. Smokables tobacco will be permitted in all areas outside of TDAs and DoD facilities. Users must maintain their own personal smoking areas.

13. Tobacco products are not allowed to be brought into DoD facilities, including TDAs. Smokables tobacco will be permitted in all areas outside of TDAs and DoD facilities. Users must maintain their own personal smoking areas.

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

a. These are not considered to be equivalent to tobacco products, however, e-cigarettes are not restricted to DTAs and are allowed to be used outdoors at a minimum distance of 25 feet from buildings and moving equipment.

b. These are not considered to be equivalent to tobacco products, however, e-cigarettes are not restricted to DTAs and are allowed to be used outdoors at a minimum distance of 25 feet from buildings and moving equipment.
African-American Heritage Committee gives back with food drive

$30 per person and $10

Tennessee Space Institute

Feb. 22 from 5:30-8 p.m.

by the AIAA Tennessee

and Astronautics (AIAA)

Institute of Aeronautics and Astronautics Department at the University of California in the Propulsion Sciences section manager. He is also the current chairman of the American Institute of Aeronautics and Astronautics (AIAA) Electric Propulsion Technical Committee and was the technical chair of the International Electric Propulsion Conference held last year in Atlanta.

Spektor holds a doctorate in Aerospace Engineering, with emphasis on electric propulsion and plasma science, from Princeton University. He has bachelor’s degrees in mechanical engineering and Materials Sciences from University of California, Berkeley. In 2004, Spektor joined NASA's Space Corporation as a Member of the technical staff. He helped develop and implement multiple commercial components, design and improve propulsion techniques, and he is an author of multiple journal and conference papers. This year’s National Engineers Week runs from Feb. 18-24. Other activities around Arnold Engineering will mark the occasion will include a Student Design Competition on Feb. 20, from 9 a.m. to 2 p.m. at the Hands-On Science Center in Tullahoma. This is an impromptu design competition for high school students in tenth through twelfth grades from several local counties. The all-day Engineer for a Day event on Feb. 21 at Arnold AFB will give high school juniors and seniors the opportunity to tour the AEDC and spend time with engineer mentors at Arnold and local business. Mentor volunteers are still needed. The annual Math- lic competition, which kicked off the month of engineering activities, was Feb. 3 at the University of Tennessee.

By Bradley Hicks

AEDC Public Affairs

National Engineers Week activities at Arnold Air Force Base will culminate with Dr. Rostislav Spektor during the upcoming Engineers Week Banquet.

Spektor is an American Institute of Aeronautics and Astronautics (AIAA) Distinguished Lecturer and he is being sponsored by the AIAA Tennessee Section.

The banquet will be Feb. 22 at the Tennessee Space Institute at the University of Tennessee Dining Hall. The cost is $30 per person and $10 for students and the will take include chicken, potatoes, green beans, salad and dessert.

Dinner will begin at 6 p.m. following a social period, and the evening program will start at 7 p.m. Speaker’s speech. “Electric Propulsion and the Future of Space Exploration” will only miss all stations. Dr. Rostislav Spektor to speak during Engineers Week Banquet

Tunnel 9 is gearing up to return from its most recent outage. During this period, the Tunnel 9 team will be removing a large compressor for major overhaul and has instituted a major maintenance task for the electrical substation breaker which operates the nearly 1 megawatt class breaker. The team mitigated observed safety deficiencies through the installation of a new safety maintenance platform and vacuum sphere batch platforms. The Instrumentation, Data and Control team, with help from personnel at Arnold Air Force Base, removed the legacy data acquisition and validation of the new Enterprise Data Acquisition and Processing System (EDAPS) installation. EDAPS is the new AEDC standard for data acquisition, and Tunnel 9 was the first non-Tennessee install.

Maren said the Tunnel 9 outage scheduling is fluid and the process assures important tasks get done without jeopardizing important DOD test and program priorities, as the team there actively manages the outages with the facility’s test schedule and funding availability.

“They work this together with the crew availability, and, thus, the schedule can be almost anything,” he said.

The recent outage has also given the Tunnel 9 team a sort of temporary break from its active hypersonics programs where it has kept the facility operating at near full capacity for the past several years. Taking advantage of the outage period, the project team finalized data from customers, completed the final planning stages for the upcoming tests, and worked with this year’s hypersonic programs to understand the import- of validation data.

“By using this time to better prepare for the hypersonic tests upcoming us, in a sense, it gives us time to do our work,” Maren said.

By Bradley Hicks

AEDC Public Affairs

For more information about Engineers Week, call (931) 454-5435.

Tunnel 9 returns from busy outage

By Taylor Swanson

AIAA Tennessee Section presents SciTech Review

The American Institute of Aeronautics and Astronautics (AIAA) Tennessee Section will conduct an event to review last year’s competition. The event will be held Feb. 8 at UTSci. SciTech attends from AEDC and UTSci will give condensed versions of their presentations from the conference and short briefs on the activities of the technical committee which must at the conference. SciTech at AEDC’s largest conference and this review meeting is a good way for people who were unable to attend what happened at the conference. The SciTech hands-on session will begin at 11:30 a.m. in the UTSci Dining Hall – The View through the Hatches hatches, and the program will be

To RSVP by Feb. 6 and for more in- formation call (931) 454-6430.
The event since 2009 and have been captured in the event. We have participated in employees, coordinate the base’s involvement. Shawn and I, both AEDC DOD employees. Events like Relay For Life are so important or who hasn’t survived it, which is why battling cancer, who has gone through it, everyone knows someone who is currently at AEDC in one way or another. Almost they need. The money raised at these local events are used to help local residents get the care they need.

Cancer has affected just about everyone at AEDC in one way or another. Almost everyone knows someone who is currently battling cancer, who has gone through it, or who hasn’t survived it, which is why events like Relay For Life are so important. I am a two-time cancer survivor and my husband Shawn and I, both AEDC DOD employees, coordinate the base’s involvement in the event. We have participated in the event since 2009 and have been captains of team REMEMBER since 2011. Since 2009, AEDC teams have raised an average of $5,000 per year for cancer research during these events.

Luminaria bags are a wonderful way to pay tribute to those who have lost the battle or who are survivors. Bags can be purchased from Shawn or Dee Wolfe for $10. Individuals can take the bag home and decorate them and then return them no later than April 16. The money raised through Relay For Life events helps realize the American Cancer Society’s mission to save lives, celebrate life and lead the fight for a world without cancer. Donations are used to fund life-saving cancer research, patient support services, prevention and education information, and detection and treatment programs. Some of the money raised last year was used to make a difference in the local area by funding 71 nights at the Hope Lodge in Nashville, paying for Personal Health Managers for a dozen patients and procuring wigs for women who have lost their hair. Funding is also allocated for “Road to Recovery” where volunteers give rides to patients needing treatment or cancer-related doctor visits.

Please consider joining a Relay For Life event and fundraising or making a donation today. If you would like more information about Relay For Life, are interested in joining our team or starting your own, or would like to make a donation, please call (931) 454-6313 or (931) 454-7624. Individuals can also register online at www.relayforlife.org/vafften.
By AEDC Safety

With the onset of winter and the flu season, we each have a duty to do our part to avoid exposure to the disease. Prevention starts with an understanding of how flu is spread. That makes coughing or sneezing a serious culprit in spreading the flu.

When the inside of your nose gets a tickle, a cough is sent out to your brain’s “sneeze center” which sends a message to the muscles to cough and create the sneeze. These include the abdominal and chest muscles, diaphragm, muscles that control your vocal cords, diaphragm, muscles in your throat, and your eye-lid muscles. It’s impossible to keep your sneeze when you sneeze.

The sneeze center makes all these muscles work in just the right order to turn that irritating particle out of your nose in speeds up to 150 mph. So, how far does a sneeze travel? Since they are very small in size, sneezes do not even reach terminal velocity and start decelerating in air, just like a ball. Hence, they can travel any distance depending on air current. When they encounter some substance, maybe they cough or encounter it, they settle down to transfer the infection. The tips can help when you avoid coughs, colds, and flu.

Practice good respiratory hygiene! Cover your mouth and nose when you cough or sneezing into a tissue, not into your hand or into the air. Don’t touch:

- Your eyes, nose, and mouth when you don’t have a tissue handy, your upper sleeve will do so.

Keep your hands clean: Wash your hands with antibacterial soap and warm water for 15- 20 seconds several times a day. Use alcohol-based hand rubs if soap isn’t available.

Don’t touch: The most common way to catch the flu is to touch your own eyes, nose or mouth with germy a hand. So keep your hands clean and away from your face.

Eat, drink, and be healthy: Eat a well- balanced diet and drink plenty of fluids, especially water. Increase your vitamin C intake.

Don’t stress out: Get plenty of sleep and exercise regularly. We are more prone to becoming sick when stressed out. Get some fresh air or a change of scenery during work breaks for a calming effect.

Learn to recognize flu symptoms: These include a high fever, head and muscle aches, extreme fatigue, sore throat, dry cough, runny stuffy nose and stomach symptoms.

Don’t share: Keep your distance if you’re sick or around someone else who is sick. If you get the flu, don’t come to work there’s good chance you’ll spread it to coworkers. Stay home for a couple of days.

Get a flu shot: Check with your health care provider or pharmacy. Many pharmacies offer the vaccine without appointment.

International insurance policies cover most of all the cost.

Two innovative Space Command ideas are in Air Force competition

By Capt. Christopher Murray

PETERSON AIR FORCE BASE, Colo. (AFNS) – Air Force Space Command recently nominated two innovative ideas for the Air Force’s Shark Tank competition.

The Shark Tank competition calls for Airmen to pitch their innovative ideas to the Air Force’s senior leaders through their major command and culminates in a showcase of those ideas in Orlando, Florida at the Air Force Association Air Warfare Symposium Feb 21-23, 2018. Both ideas originated from the 45th Space Wing.

The Force Support Squadron 1ID Card Program Improvement idea is designed to reduce waiting time for dependent and retiree ID cards by electronically submitting documents. The process has already been implemented at Patrick Air Force Base, Florida and has saved countless hours of custom waiting by reducing wait times for appointments by 94 percent, and wait times at the 45th Space Wing Military Personnel Flight by 74 percent. Capt. Jenci Jenkins, 45th SFP command, estimates that if this idea were implemented Air Force-wide, it could save thousands of man-hours.

“By capitalizing on existing technologies to streamline the dependent ID card issue process, we were able to reduce wait time for appointments from up to six weeks to only three days,” said Jenkins. “These changes were also able to reduce processing time from 20 minutes to only seven.”

The Operations Group Eastern Range Program for Innovative Change is an initiative to modernize and increase capabilities using commercial off-the-shelf technology, replacing fixed transmission systems with mobile ones, and upgrad ing standard definition recording with hi-definition video, voice, and digital archive solutions. The 45th SW has already utilized this program to improve their capability to collect and distribute telemetry and launch data.

The panel determined that all eight presentations had merit and asked for additional research in order to mature and possibly implement the ideas.

Airmen who wish to present at the next AFSPC Shark Tank panel should look for the next data call in the coming weeks and contact the AFSPC Directorate of Manpower, Personnel and Services (HQ AFSPC/ A1) Improvements Office at afspc.fmi.workforce@ afspc.mil for a submission template. Proposals should include a wing commander signature or equivalent endorsement. Once submitted to the AFSPC/A1 Improvements Office, Airmen will be given the opportunity to present directly to AFSPC senior leadership at the next panel.

Scheidenheit: Catch that sneeze, please!

**by AEDC Safety**

February 05, 2018 • 5

Peterson Air Force Base

[Image 400x768 to 755x1200]

[Image 499x1210 to 754x1549]

[Image 629x1568]
B-52s return to Pacific for routine Continuous Bomber Presence mission

By Pacific Air Forces Public Affairs

LOS ANGELES AIR FORCE BASE, Calif. (AFNS) – The Air Force successfully launched the fourth Space Based Infrared System Geosynchronous Earth Orbit satellite on a United Launch Alliance Atlas V Evolved Expendable Launch Vehicle from Space Launch Complex 41 at Cape Canaveral Air Force Station, Florida at 7:48 p.m. EST, Jan. 19.

“The successful launch of SBIRS GEO-4 is the reward for years of hard work put in by our combined government and industry team,” said Col. Dennis Bythewood, Remote Sensing Directorate director. “Putting this fourth SBIRS GEO satellite on-orbit is the capstone event for the original SBIRS baseline constellation, and I’m proud of everyone involved. Without their perseverance and dedication to the mission, this wouldn’t have been possible.”

The spacecraft separated from the upper stage approximately 45 minutes after launch. Following separation, the spacecraft began a series of orbital maneuvers to propel it to a geosynchronous earth orbit. Once in its final orbit, engineers will deploy the satellite’s solar arrays and antennas. The engineers will then complete checkout and tests in preparation for operational use.

The capabilities GEO Flight-4 brings to the nation are ushering in a new era of overseas infrared surveillance. GEO Flight-4 will continue to provide global, persistent and taskable infrared surveillance enabling the nation and our allies to have increased global situational awareness for years to come.

“Today’s launch marks another win for the infrared sensing mission by providing numerous additional capabilities, such as faster and more accurate missile warning, to the warfighter” said Col. Ricky Hunt, Overhead Persistent Infrared Satellite Systems division chief. “And in addition to the near-term improvements for our partners in the intelligence community and other key decision makers. The system enhances global missile launch detection capability, supports the nation’s ballistic missile defense system, expands the country’s technical intelligence gathering capacity and bolsters situational awareness for warfighters on the battlefield.”

The SBIRS program is managed by the Remote Sensing Systems Directorate at the Air Force Space and Missile Systems Center at Los Angeles Air Force Base, California. Lockheed Martin Space Systems Company, Sunnyvale, California, is the SBIRS prime contractor, and Northrop Grumman Aerospace Systems, Azusa, California, is the payload developer. The 460th Space Wing at Buckley AFB, Aurora, Colorado, operates the SBIRS system.

The SBIRS program delivers timely, reliable and accurate missile warning and infrared surveillance information to the president of the United States, the secretary of defense, combatant commanders, the intelligence community and other key decision makers. The system enhances global missile launch detection capability, supports the nation’s ballistic missile defense system, expands the country’s technical intelligence gathering capacity and bolsters situational awareness for warfighters on the battlefield.

SBIRS GEO Flight-4 Successfully Launched

By Space and Missile System Center Public Affairs

An Atlas V rocket carrying the Space Based Infrared System GEO Flight 4 mission for the Air Force lifts off from Cape Canaveral Air Force Station’s Space Launch Complex-41, Fla., at 7:48 p.m. ET, Jan. 19. (Photo courtesy of United Launch Alliance)
Battling high winds and frigid temperatures, Senior Airman Richard Wustra, Raymond Richards, Staff Sgt. Jeremy Hannah and Senior Airman Andrew Pouncy, one of the first-time visitors, “It was an opportunity of a lifetime, and I hope I’ll be able to make the trip again.” In addition to providing seismic information to senior U.S. decision makers, the data from these sensors also help scientific and academic communities-at-large.

“Clearly, the NSF has an important role in the International Monitoring System as part of the Comprehensive Test Ban Treaty Organization,” said Hannah. “Because of the weather and rugged terrain, we have a small window of opportunity to perform the necessary troubleshooting to ensure the data is transmitted to the NDC in support of the International Monitoring System as part of the Comprehensive Test Ban Treaty Organization.”

“The Airmen are now authorized to wear the Antarctica Service Medal on their uniform.”

Arnold AFB Milestones

By Susan A. Romano

Airmen travel to Earth’s southernmost point for annual maintenance

PATRICK AIR FORCE BASE, Fla. (AFNS) – With 24 hours of daylight unlike any other place on Earth to conduct annual maintenance on the center’s seismic equipment near Bull Pass, the photo, taken at about 10 p.m., illustrates the 24-hour daylight cycle at Earth’s southernmost point. (U.S. Air Force photo by Senior Airman Richard Wustra)

Staf Sgt. Jeremy Hannah, Senior Airman Andrew Pouncy and Staff Sgt. Justin Sherman, all from the Air Force Technical Applications Center, Patrick Air Force Base, Fla., receive fuel resupply via helicopter from the National Science Foundation at AFTAC’s repeater site at Mt. Newell, Antarctica. The Airmen use the fuel to power the batteries that are the energy source for their seismic data collection equipment, communications, and other functions. (U.S. Air Force photo by Brian Fox)

Staff Sgt. Jeremy Hannah and Senior Airman Richard Wustra and Andrew Pouncy, from the Air Force Technical Applications Center, Patrick Air Force Base, Fla., enter their Hybrid Power Station at Mt. Newell, Antarctica, to conduct annual maintenance at the center’s southernmost seismic site as part of AFTAC’s global nuclear treaty monitoring mission. (U.S. Air Force photo by Brian Fox)

The U.S. Technical Applications Center makes the trip to Antarctica’s McMurdo Station to maintain and prepare the station and provide it to the U.S. National Aeronautics and Space Administration, the test and operations agency of the U.S. National Aeronautics and Space Administration. At the northernmost point of the globe, the Airmen undergo more than nine hours of flight time to reach their destination.

“The Airmen are now authorized to wear the Antarctica Service Medal on their uniform.”

Staff Sgt. Jeremy Hannah and Senior Airman Richard Wustra and Andrew Pouncy, from the Air Force Technical Applications Center, Patrick Air Force Base, Fla., enter their Hybrid Power Station at Mt. Newell, Antarctica, to conduct annual maintenance at the center’s southernmost seismic site as part of AFTAC’s global nuclear treaty monitoring mission. (U.S. Air Force photo by Brian Fox)
By Deidre Ortiz
AEDC Public Affairs

Of the 24 FIRST® LEGO® League teams sponsored by the Arnold Air Force Base Science, Technology, Engineering and Mathematics (STEM) Education Outreach Program, 10 did well enough at the East Tennessee FIRST® LEGO® League (FLL) Qualifying Tournament to move on to compete at the East Tennessee Championship competition in February.

A total of 26 FLL teams made up of elementary and middle school students, participated in the tournament on Dec. 9 in Manchester.

FLL teams, which are made up of students and guided by adult coaches, research a real-world problem, such as food safety, recycling or energy, and are challenged to develop a solution and present their results. This year’s theme was HydroDynamics. They also must design, build and program a robot using LEGO MINDSTORMS® technology, then compete on a table-top playing field.

The Qualifying Tournament included six FLL Junior teams. Arnold STEM staff sponsored half of these teams and presented awards for their excellent displays on the theme of Aqua Adventures.

While the judges deliberated over the FLL final scores, four of six FIRST® Tech Challenge Teams sponsored by the Arnold STEM program held a scrimmage with the robots they’ve programmed to compete at the High School level. Jere Matty, Arnold AFB STEM Outreach Program coordinator, mentioned this was a great opportunity for the younger teams to watch and learn from the older students.

“They provided inspiration to our elementary and middle school FLL teams by showing what they get to look forward to in high school,” he said.

Matty also congratulates all of the teams for their hard work and practice and is looking forward to supporting the winning teams at the East Tennessee FIRST® LEGO® League (FLL) Championship competition.

“They did an outstanding job and we couldn’t be prouder of these young folks,” he said.

These elementary students participate as FIRST® LEGO® League Junior Teams at the FIRST® LEGO® League (FLL) Qualifying tournament held Dec. 9 in Manchester. To prepare for the competitions, students research a real-world problem, such as food safety, recycling or energy, and then develop a solution and present their results.

DON’T FORGET TO FEED THE BIN!
US AIR FORCE
Win The War Against Waste

With their robot programmed using LEGO MINDSTORMS® technology, middle school-age FIRST® LEGO® League (FLL) teams compete on a table-top playing field during the FLL Qualifying Tournament held Dec. 9 in Manchester. Of the 24 FLL teams sponsored by the Arnold Air Force Base Science, Technology, Engineering and Mathematics (STEM) Education Outreach Program, 10 did well enough to compete at the East Tennessee Championship competition in February. A total of 26 FLL teams participated in the qualifying tournament. (Courtesy photos)
**Wellness for mission success: create balance**

By Staff Sgt. Heather Honey

KEELER AIR FORCE BASE, Minn. (AFNS) – Finding balance and fulfilling all of life’s demands can be difficult for anyone, but reserve Airmen have an extra layer they weave into their lives. This layer involves giving away one of their weekends every month, completing rigorous training and being prepared for the potential to have too many extra to serve their country.

Lt. Col. Edith Cobb, 403rd Wing judge advocate, is also an attorney at a two-person international agricultural law firm and travels from her home state of Texas every month to complete her reserve duty.

"You have to stay on task," Cobb said. "Organize and prioritize and figure out what needs to be a priority at which time. If you don’t keep that balance something is going to happen, and you’re going to let something fall that needs to be done."

Nicole Mayzner, 403rd Wing director of psychological health, said it’s important to understand that balance does not mean equal attention. "Balance is not achieved by equally dividing the amount of time spent on the different demands in your life," she said. "One way of doing this is by maximizing the quality time you have with your family during the moments you can." One technique Mayzner suggests to analyze where an imbalance may be coming from is to spend a week assessing exactly how time is spent.

"Often times, people are able to realize a ton of time is used, or wasted, doing things that are not important or useful to their packed time schedules," she said. She suggested documenting how time is spent throughout the day in real-time, then reviewing it to determine the areas that can be limited or eliminated. A few examples include mindlessly scrolling through social media, continuously searching for items in a disrupted desk or binge watching videos or television.

Mayzner said another thing that can take away from balance is always saying yes to everything.

"There are times when we may feel obligated to be a ‘yes man’ in regards to requests from colleagues, bosses, family members and friends, which results in us feeling overextended, depleted, and overstressed if we are always saying yes to everything."

She also said that learning to say no to certain things like extracurricular activities, additional obligations or social gatherings on occasion is healthy.

"If we continue to pull ourselves in many directions and do not say no to additional responsibilities or requests at times, the version of ourselves that seems out of balance, incorporating pleasurable activities will have the extra benefit of increasing life satisfaction and reinvigorating," Mayzner said.

A few suggestions Mayzner has for people who want to create more balance are becoming more organized with both physical objects and time, not comparing their lives with others, and understanding their needs will change with company policy and supervisor approval.

**Call ODR 454-6084 for discount tickets**