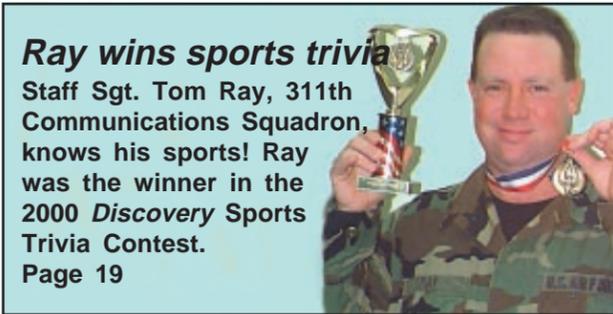




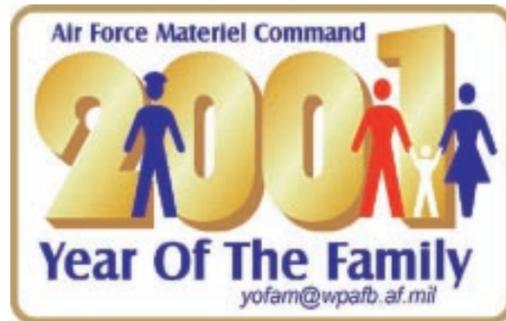
New Year's resolutions
Worried that your New Year's resolutions won't last until February? Here are two views on resolutions and some of our Brooks neighbors' New Year's resolutions for 2001.
Pages 2, 3



Working in wood
When the SPO's Phil Cason began sculpting in wood, he couldn't find the right tools — so he made them himself! See how he creates his miniature masterpieces.
Page 14



Ray wins sports trivia
Staff Sgt. Tom Ray, 311th Communications Squadron, knows his sports! Ray was the winner in the 2000 Discovery Sports Trivia Contest.
Page 19



The Development of Combat Power and Efficiency

Vol. 25, No. 1 -- Friday, Jan. 19, 2001 -- Brooks AFB, Texas

Through the many Facets of Aerospace Medicine



Area scouts volunteer at Hangar 9

Members of area Boy Scout Troop 5 and Girl Scout Troop 903, along with their adult scout leaders, got down and dirty Dec. 9 outside Hangar 9. They were all part of a project to build an extension to the paved walkway at the Hangar 9 Annex so that it connects with the parking lot. Their project was a

combination Eagle Project and Gold Award Project. Scouts and adults pictured are, from left, Edward Shierk, Chase Tipton, Scout Leader Mike Redfern, Dilhoun Redfern, Joshua Williams, Matthew Davison, Scout Leader Ted Shierk and Tanya Mikhaleva. (Photo by Staff Sgt. Sabrina Johnson)



Gen. Lester Lyles, Air Force Materiel Command commander, signs the proclamation that signifies 2001 as AFMC's Year of the Family. (Photo by Capt. Michael Kelly)

AFMC launches 'Year of Family'

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) Gen. Lester Lyles has realigned the command's Year of the Family celebration to the calendar year vs. the fiscal year.

The yearlong celebration kicked off officially Tuesday, according to Niki Foor, AFMC's family matters chief. Lyles launched the year-long celebration with one of the first major events — a Dr. Martin Luther King luncheon celebration here Thursday.

Lyles signed a proclamation Jan. 9 signifying 2001 as AFMC's Year of the Family. Joining him were several military and civilian employees and their family members who make up the diverse AFMC Family.

"The YOFAM vision is to demonstrate leadership's interest and involvement in quality of life, and to improve the marketing of programs and activities already in existence," said Foor. "We have developed broad-based quarterly themes using desirable community results as categories to help us reach these goals. These themes will help base organizations and agencies focus on activities."

Other areas YOFAM will address include:

— **Safety, Health and Well-being:** The degree to which members and families live free from violence and abuse; the extent to which they are able to move about in their environment free from intimidation or fear of physical or psychological harm; and the extent to which folks remain free from preventable health related conditions and events.

— **Family Adaptation:** The degree to which families exercise prudent financial management and meet their financial obligations; remain invested and committed to one another; and suc-

EMEDS team nabs 311th HSW/CC award

By Rudy Purificato

311th Human Systems Wing

Comments? rudolph.purificato@brooks.af.mil

The U.S. Air Force School of Aerospace Medicine's Expeditionary Medical Support team earned the base's highest honor for its work in helping develop and field a revolutionary rapid response medical care system.

Brig. Gen. Lloyd Dodd, 311th Human Systems Wing commander, presented the Commander's Award Thursday to the EMEDS team composed of Lt. Col. Jim Machetta, Capt. Matt Wyatt, Tech. Sgt. Paul Bernal and Staff Sgt. Patrick Skiver. Machetta said besides his team's work, USAFSAM Team Aerospace's support significantly contributed to the success of the initiative.

According to Col. Kathleen Vanderburg, department chair for USAFSAM's Aerospace Education and Training, the Air Force Surgeon General tasked USAFSAM to develop and implement a medical teams training program designed to support the

Aerospace Expeditionary Force. She said the EMEDS team accomplished the mission in less than 15 months.

Machetta said EMEDS was developed nearly two years ago for rapid insertions during humanitarian and wartime situations. "EMEDS significantly reduces the Air Force medical support footprint during deployments," said Machetta, USAFSAM chief of the Theater Medical Support Element.

He explained that EMEDS is the first echelon of medical support provided during contingency operations.

EMEDS features 24-hour sick call and emergency medical care including preventive medicine services; trauma, resuscitation and stabilization care; limited orthopedic surgery; aeromedical evacuation coordination; dental services and aerospace medicine. What makes EMEDS so effective is its mobility. EMEDS operates from a series of mobile, climate-controlled tents.

See CC AWARD, Page 9

See 'YEAR OF FAMILY,' Page 9



Commentary

I resolve ...

From
the
VANTAGE
Point



By Steve VanWert

Discovery editor

Comments? steve.vanwert@brooks.af.mil

"So, what's your New Year's resolution this year?" asked my wife, her normally kind eyes fixed not on my smiling face but on my rapidly expanding waistline.

"Uh, re-resolution?" I stammered, sucking in my gut.

"Don't you think it's time for a di ...," she began to say.

"NO," I yelled, "not the D-word!"

She smiled an evil smile, her mind undoubtedly considering recipes containing celery, lettuce, spinach and other unpalatable green things. "Yes," she nodded, "time for a diet."

My world came crashing down as I lowered my head and followed her to the dining room table. I sat down and stared at the spot where normally a heaping plate of spaghetti, or a nice piece of New York strip, medium rare, or a gooey mountain of lasagna would reside. Instead there sat, menacingly, a slice of dried toast with a lonely poached egg white sitting dolefully in its center. My usual long, tall glass of malted beverage was replaced by a squat, ugly little mug of half percent. I realized the diet must be working already — I had completely lost my appetite.

I looked up at the domestic goddess standing over me like a chuckling TI. "I'm not really hungry, sweetie," I said.

She picked up a fork and placed it in my hand. "Eat," she ordered. "There's unsweetened lime jello for dessert."

To be truthful, my shirts had started to bind me a bit across the midsection. And I had to drill a new hole in my belt just the other day. Unfortunately, it was all the way out by the tip, though. Maybe I could lose a couple of pounds. And I had noticed a difficulty getting around on the ball during my golf swing. And getting in and out of the car door. And tying my shoes. And ... well, yes, I could stand to lose maybe five-to-10 pounds, even. More, actually. Much more.

My sweet spouse was reading my mind.

"Soon you'll feel like a new man," she said.

If the truth were to be known, I sorta liked the old man, lumps and all. I mean, all these extra

pounds came on after I retired from active duty. At the same time, though, I retired from playing softball, racquetball and tennis. The only exercise I get now is hitting the little white dimpled golf ball, then sliding back into the electric cart. And that only once a week. I realized that my weight gain was the result of a once-active life turned sedentary. Still, this new larger version of me is a little easier going, less stressed and definitely better company. Do I have to become a nervous, hyper, over-active health food nut to become fit and lean?

The answer is "no." We, as members of the Brooks community, are lucky in many ways, one of which is that when the reality of a New Year's resolution comes upon us with the weight of a large slice of New York cheesecake, we can turn to others for help.

The folks at the Brooks Health and Wellness Center can assist us in preparing a diet plan that keeps us satisfied and also melts away the pounds. They and the folks at the fitness center can develop an exercise plan tailor-made for each of us that will result in fat becoming muscle and our hearts and lungs working more efficiently and easier. And they can even help us quit smoking (the other most often promised New Year's resolution), not with threats and scary photos, but with behavior modification that acknowledges dependency, but provides the tools and support to finally "kick butt." Call them at 536-4292 or 536-2581.

Armed with this knowledge, I turned and faced my matrimonial meanie. "Honey," I said, this time with a sardonic smile of my own, my eyes not searching hers, but looking at her rapidly expanding glutamous.

Surprised, she turned to face me. I took my knife and neatly cut the toast in half, drawing the blade squarely through the middle of the yolkless egg, shoving her half to the left side of my plate. "So," I crooned, "what's your New Year's resolution this year?"

Answering challenges develops leaders

By Maj. Gen. Scott Bergren

Ogden Air Logistics Center commander



Bergren

HILL AIR FORCE BASE, Utah (AFMCNS) — It's a new year and many of us will embark on a new set of resolutions intended to make us better in some way.

During the 30 years I've been on active duty, I've learned that whether we're just starting out in the military or civil service, or we're at the pinnacle of our careers, leadership skills can always be made better.

This is an exciting time to be in our Air Force. Tremendous challenges confront us at every turn. How we deal with these challenges will speak volumes about the quality of our leadership. It's been my experience that good leadership overcomes challenges, poor leadership is overcome by challenges, but great leadership turns challenges into opportunities!

The one constant I've discovered about leadership is that it's all about people. A leader's primary goal is to create an environment where people can flourish — by modeling growth, encouraging it and rewarding it. The one asset that can grow in value within any organization is the people who work there — talented men and women who are driven by a desire to do things right and make things better.

Leadership isn't so much being the best as it is enabling your people to become their best.

Your people can't be their best unless they know what's expected. Effective leaders constantly communicate what the goal is for the team, the game plan, and what each person on the team must do to best contribute to the goal.

The Air Force developed a mandatory feedback program for military members a few years ago. A similar program exists for civilians. When conducted properly, using clear language and allowing for interactive communication, formal feedback gives each person the opportunity to learn, improve and increase his or her contribution to the team and to the overall mission.

People want to know what they're doing right and what they're doing wrong. You owe it to them as their leader to provide that kind of feedback in an objective and

instructive way.

So give your people accurate feedback, give them the opportunity to perform, monitor their progress along the way, and remove obstacles they can't overcome alone. Then when the goal is achieved, reward them according to their contribution.

Document what was done, through award nominations, performance reports, appraisals, unit bulletin boards, or in a myriad of other ways, to make sure the achievement is reported and celebrated.

Documentation is absolutely critical to the individual and the Air Force. People need confirmation that their efforts were appreciated and noteworthy.

Interactive communication between the leader and team empowers team members to succeed. In addition, the Air Force needs individual and team contributions to serve as benchmarks for others, to make the right assignment and promotion decisions, and to provide lessons learned so we can all benefit from other people's smart actions.

DISCOVERY

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Discovery Editorial Staff:

311th Human Systems Wing Commander

Brig. Gen. Lloyd Dodd

Director of Public Affairs

Larry Farlow

Editor

Steve VanWert

(steve.vanwert@brooks.af.mil)

Public Affairs NCOIC

Staff Sgt. John Jung

Prime Time Corp. Staff Writer

Cerise Fenton

Photography

Senior Master Sgt. T.C. Coaxum

Staff Sgt. Sabrina Johnson

Discovery logo

by Arlene Schirmer



Sylvia Black, Publisher

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Advertising

(210) 675-4500

FAX:

(210) 675-4577

E-mail:

sblack@txdirect.net



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Is that your final answer?

Welcome to a new feature in your *Discovery* newspaper. Once a quarter or so, we'll ask a question to some of our Brooks people and report their answers. Watch for your Brooks' neighbor's final answers on Page 3.

What is your New Year's resolution?



Solis

"My New Year's resolution is to get healthier."

— **Jim Solis**

311th Human Systems Wing Program Office



Ford

"My New Year's resolution is to win the lottery. I had to eat cabbage and black-eyed peas for luck and money, and if I had to eat both of those, I'd better win the lottery!"

— **1st Lt. Jason Ford**

311th Human Systems Wing/SPO



Stokstad

"My New Year's resolution is to find balance between work and family."

— **Capt. Alessandra Stokstad**

311th Human Systems Wing Military Personnel Flight



Spruell

"My New Year's resolution is just to stay healthy, control my diet and avoid financial situations."

— **Annie Spruell**

311th Communications Squadron



Matthews

"My recurring resolution is to get in shape. The final, most important one is to get promoted."

— **Master Sgt. Dan Meadows**

311th Human Systems Wing/SPO



Ochodnick

"My New Year's resolution is to get more organized"

— **Tech. Sgt. Doug Ochodnick**

311th Human Systems Wing/FM





Historic agreement fosters cooperation



San Antonio city manager Alexander Briseno signs a non-binding agreement with the U.S. Air Force recently. On Dec. 14, Air Force Secretary F. Whitten Peters signed as well, completing the historic agreement. Also present at the San Antonio signing were, from left, front row: Bob Sanchez, chairman, Brooks Advisory Board; San Antonio Mayor Howard Peak; Briseno and Dr. Brendan Godfrey, 311th Human Systems Wing deputy director. Standing, left to right, are: Ramiro Cavazos, director, San Antonio Economic Development Department; Manuel Longoria Jr., assistant director, San Antonio Economic Development Department; and Christopher Brady, San Antonio assistant city manager. (Courtesy photo)

Washington (AFPN) — Air Force Secretary F. Whitten Peters made history in December when he signed a non-binding agreement with the city of San Antonio to release 1,310 acres of land located at Brooks into the city's care for the next 10-20 years. The agreement is the first of its kind, Air Force officials said.

The release of land, including 265 commercial and 95 residential buildings, was a money-saving measure for the Air Force designed to drive down the operational costs at the base while fostering a spirit of cooperation with the city for the land's eventual development.

"The Air Force will save a significant sum in operations and maintenance costs; and both the city [of San Antonio] and the Air Force will share in the revenues generated by commercial and academic activities [at Brooks]," Peters said. "That's the definition of a 'win-win' situation."

The Air Force expects to save \$7 to \$9 million in the city-base's first few years of implementation, said Jimmy Dishner, deputy assistant secretary of the Air Force for installations. "Over the life of this agreement, the value of the property is over \$60 million," Dishner said. "The potential here is to drive down the costs equal to the value of the property, so \$7 million is just the beginning."

The agreement will transfer most of the current Brooks property to the city of San Antonio, which will then lease mission-essential facilities back to the Air Force. The city will develop the remaining land into a high-tech business and academic park.

"Congressman Ciro Rodriguez, who spearheaded this project, was looking for a way to work with San Antonio to increase the viability of the southeastern portion [of the city] by building upon Brooks' reputation as a center for space medicine," Dishner said.

Critics of the city-base concept claim the Air Force has successfully BRAC-proofed the base;

however, Dishner said the Brooks city-base partnership does not remove the installation from future consideration for closure should Congress direct another round.

"The point of BRAC is to get rid of excess property," Peters said. "There are portions of Brooks that are unique and important to the Air Force, and where the base is near a major economic center, it makes sense to get rid of excess property while allowing the Air Force to keep what's unique. I don't think this is the answer for all excess property because not every base has the economic value and unique assets Brooks has, but there will be other bases, like this, where there'll be a real opportunity for cooperative development," Peters said.

Air Force and San Antonio officials worked together for more than two years to establish the Brooks City Base, for which the city of San Antonio could build upon Brooks' reputation for space medicine research.



Secretary of the Air Force F. Whitten Peters, seated, signs a non-binding agreement with the city of San Antonio to release 1,310 acres of land located at Brooks into the city's care for the next 10-20 years. The historic agreement is the first of its kind, according to Air Force officials. Texas Congressman Ciro Rodriguez watches as the secretary signs. (Air Force photo)



Peters inducted into AF Order of the Sword



Secretary of the Air Force Whit Peters receives the Air Force Order of the Sword from Chief Master Sgt. of the Air Force Jim Finch at a December induction ceremony at Andrews Air Force Base, Md. The Order is the highest honor Air Force enlisted members can bestow upon their leaders. (Photo by Tech. Sgt. Andrea Faison)

WASHINGTON, D.C. (AFPN) — Hailed as a strong advocate and leader of the enlisted corps, Secretary of the Air Force F. Whitten Peters was inducted into the Air Force Order of the Sword in December at Andrews Air Force Base, Md.

Peters becomes the seventh recipient of the Air Force Order of the Sword, which is the highest honor and tribute that the enlisted corps can convey to an individual.

"No secretary has been closer to the troops or understood their concerns better, and no secretary has battled more zealously before a sometimes reluctant Congress on behalf of our Air Force," said former Chief Master Sgt. of the Air Force Eric Benken, speaking before an audience of nearly 1,000 distinguished guests and enlisted members. Current Chief Master Sgt. of the Air Force Jim Finch hosted the ceremony.

The secretary was cited for his role in the Air Force's transition to an expeditionary aerospace force, his strong advocacy for increased pay and quality of life initiatives, and for a "proud and enduring identity." As secretary, he is responsible for ensuring the Air Force can meet its current and future missions, and oversees 700,000 men and women of the Air Force's total force and an annual budget of \$71 billion.

"Thank you so much for this tremendous honor," Peters said. "I am truly privileged to be standing before you. I can think of no honor that will ever mean more to me than the one bestowed."

The secretary quoted Mark Twain, and said, "If you see a turtle sitting on top of a high fence post, there is one thing you can be sure of, he didn't get there on his own."

"What's true of turtles is equally true of secretaries of the Air Force," he said. "I know I didn't get to the top of this fence post by myself. To everyone with whom I have shared the past three years, let me say I wish I could find an adequate way to express my admiration and gratitude for what you have done with me and for me."

"Most of all, I am honored to receive this distinction from you, the enlisted men and women of America's Air Force, heroes of the first order, and a group of people you just can't fool," Peters said.

The evening's events included a demonstration by the U.S. Air Force Drill Team, and entertainment by the Air Force's Strolling Strings. The Order of the Sword is patterned after two orders of chivalry founded in Europe during the Middle Ages — the Royal Order of the Sword and the Swedish Military Order of the Sword. Both orders are still in existence today.





We SALUTE you!

Balldin earns two Swedish awards for Brooks work

By Rudy Purificato

311th Human Systems Wing

Comments? rudolph.purificato@brooks.af.mil

Dr. Ulf Balldin was recently honored with two prestigious Swedish awards for his work at Brooks involving aviation medicine research and G-force protection for fighter pilots.

A Wyle Laboratories Inc., aerospace medicine senior scientist who supports the Air Force Research Laboratory Human Effectiveness Directorate's Biodynamics and Protection Division, Balldin was recognized for his work primarily conducted at Brooks since 1992 under a memorandum of agreement between the U.S. and Swedish departments of defense. His acceleration physiology research focused on G-force protection that led to the development and testing of new anti-G suits for fighter pilots for both the U.S. Air Force and the Swedish air force.

In November, Balldin received the Royal Swedish Academy of War Sciences medal for his work that led to the development of the new Tactical Flight Combat suit for Sweden's Gripen fighter. The award, established in the 19th century by Carl XIV Johan, King of Sweden and Norway, was presented to Balldin at Karlberg Castle in Stockholm. Balldin was elected permanent Academician of the Royal Swedish Academy of War Sciences in 1991.

In 2000, he received the Thulin medal in silver from the Swedish Society of Aeronautics and Astronautics in Stockholm. "This work created new knowledge used in the development of the Tactical Flight Combat suit system for the SAAB-built fighter aircraft Gripen presently being delivered to the Swedish Air Force. This anti-G suit system is now being operationally used in Gripen aircraft," Balldin said.

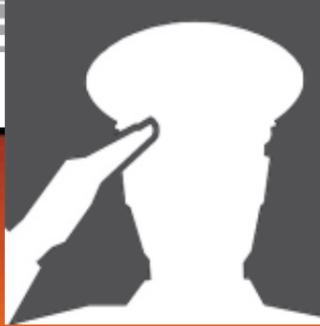
Balldin's ongoing research here includes developing countermeasures for decompression sickness during high altitude military flight and during space operations for the international space station.

He also serves as a U.S. Air Force School of Aerospace Medicine faculty member and a clinical assistant professor at the Department of Preventive Medicine and Community Health, University of Texas Medical Branch at Galveston.

Dr. Ulf Balldin, a Wyle Laboratories Inc., aerospace medicine senior scientist who supports the Air Force Research Laboratory Human Effectiveness Directorate's Biodynamics and Protection Division, wearing traditional attire when he received his Swedish awards. (Courtesy photo)

Rockwell nominated for Flemming Award

Dr. Benjamin Rockwell, Air Force Research Laboratory Human Effectiveness Directorate at Brooks, is the AFRL's nominee for the 52nd annual Arthur P. Flemming Award in the Applied Science Category. His nomination has been forwarded to Air Force Materiel Command for further competition.



15 Brooks officers promoted

Fifteen Brooks medical and dental corps officers were selected for promotion as a result of a selection board that convened at Randolph Air Force Base, Texas, Nov. 6-17. Results were released Wednesday.

The selectees are:

To colonel:

Karen Fox
Air Force Institute for Environment, Safety and Health Risk Analysis
Robert Johnson
U.S. Air Force School of Aerospace Medicine
James Neville
AFIERA
Andrew Tong
311th Human Systems Wing/YA
Daniel Berry
311 HSW/YA

To lieutenant colonel:

Charles Tedder
USAFSAM
Daniel Weaver
USAFSAM
Rory Owen
USAFSAM
To major:
David Blocker
USAFSAM
Walter Matthews
USAFSAM
Pamela Smith
USAFSAM



British exchange officer earns research award

By Rudy Purificato

311th Human Systems Wing

Comments? rudolph.purificato@brooks.af.mil

Wing Commander Roger Matthews recently earned the prestigious Richard Fox-Linton Memorial Prize for his pioneering work at Brooks while assigned as a British exchange officer to the Air Force Research Laboratory Human Effectiveness Directorate.

Matthews, a career Royal Air Force medical officer, was recognized for his work on spatial disorientation research conducted during his tour with AFRL's Flight Stress Protection Branch. The annual Fox-Linton Memorial Prize is presented to the medical officer who has made the most significant contribution to aviation medicine or flight safety.

Matthews received the award in November in Great Britain. Royal Air Force Air Marshal Sir John Day, Air Member for Personnel, and Air Vice-Marshal Chris Sharples, Direc-

tor of General Medical Services, presented the award. The honor includes an engraved silver salver and a cash award.

Matthew's work supported previous AFRL and U.S. Air Force School of Aviation Medicine research that focused on spatial disorientation countermeasures.

Spatial disorientation involves a host of airborne illusions and effects that have led to many military and civil aviation mishaps, most notably the 1998 crash that killed John Kennedy Jr.



Matthews

18 pin on stripes

TO CHIEF MASTER SERGEANT:
John Kettinger Jr.,
U.S. Air Force School of Aerospace Medicine

TO SENIOR MASTER SERGEANT:
David Gilmore Jr.
Air Force Medical Operations Agency

TO MASTER SERGEANT:
Olaf Stoll
USAFSAM
Thomas Williams
311th Air Base Group/DPM

TO TECHNICAL SERGEANT:
Russell Cantu
68th Information Operations Squadron
Thomas Kininger
68th IOS
Kelly Leslie
311th ABG/DPM

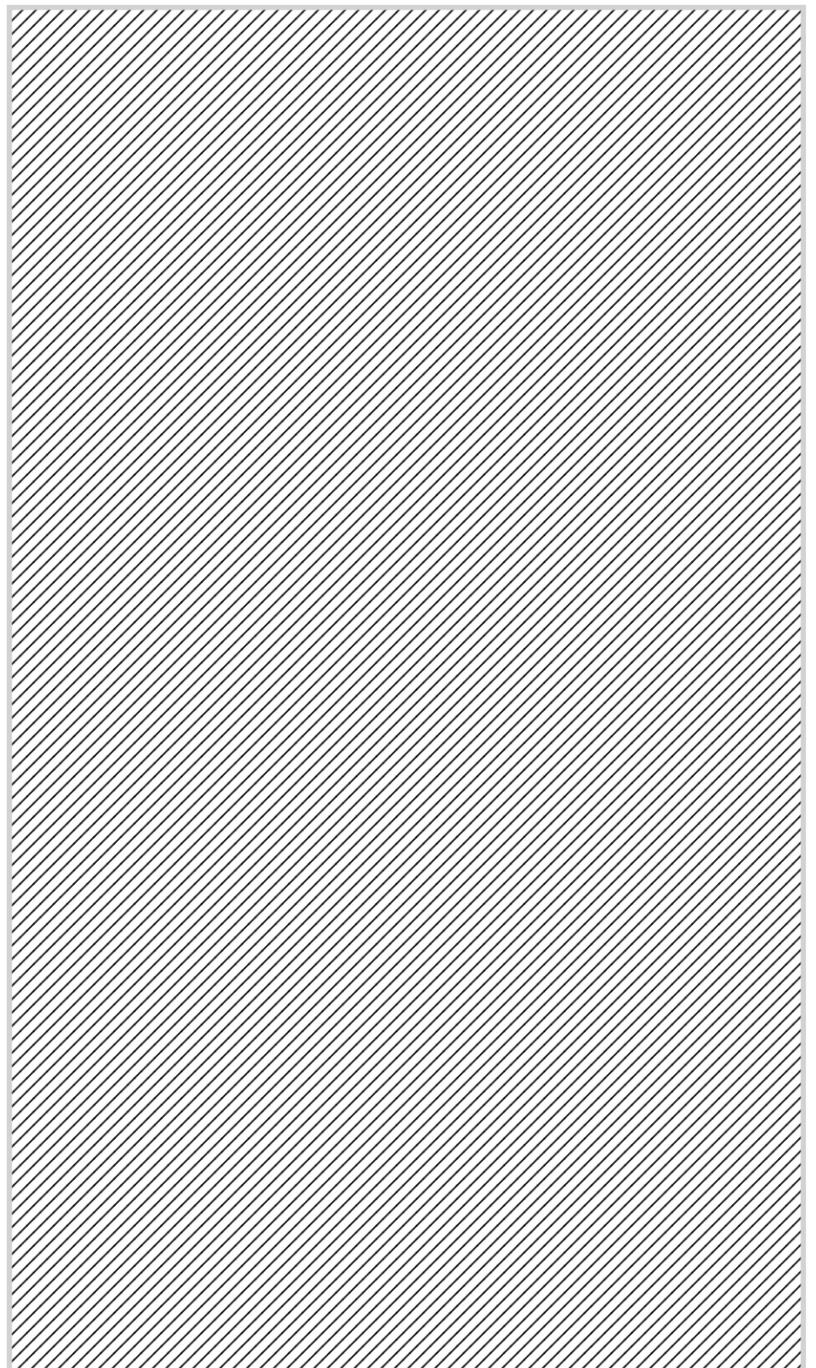
TO STAFF SERGEANT:
Troy Daland
USAFSAM
Christopher Jones
311th Communications Squadron

Shawn Taylor
311th Command Post
Angela Yuhaz
Air Force Institute for Environment, Safety and Occupational Health Risk Analysis

TO SENIOR AIRMAN:
Jeremiah Davis
311th Security Forces Squadron
Brandon Sorgenfrei
311th SFS

TO AIRMAN FIRST CLASS:
Shenika Fegins
USAFSAM
William Jones
68th IOS
Omar Saenz Jr.
311th CS

TO AIRMAN:
Meleana Kauo
311th Medical Squadron
Alexandra Morales
AFIERA





ACTION LINE

536-2222



Brig. Gen. Lloyd Dodd

311th Human Systems Wing commander

The COMMANDER'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the COMMANDER'S ACTION LINE, 536-2222.

Only items of general interest will be published, so please leave your name and number for a personal response.

The base agencies listed below can be contacted directly:

311th Security Forces Squadron.....	536-3310
SFS after duty hours.....	536-2851
311th Civil Engineer Squadron.....	536-3861
311th Communications Squadron.....	536-6571
311th Transportation Squadron.....	536-2599
Safety.....	536-2111
Housing Maintenance.....	536-7000
Housing Office.....	536-1840
311th Services Division.....	536-2545
311th Medical Squadron (Clinic).....	536-4715
Military Personnel.....	536-1845
Civilian Personnel.....	536-3353
Military Pay.....	536-1851
Civilian Pay.....	536-2823
I.G. (FWA).....	536-2358
Military Equal Opportunity.....	536-2584
EEO Complaints.....	536-3702
Base Exchange.....	533-9161
Commissary.....	536-3549
Brooks City Base Project Office.....	536-6626

Missing the National Anthem



Why doesn't the National Anthem play at 5:30 p.m. any more? The other day I was out and the preparation call came over, but then the National Anthem never did. I was curious if it was broken and nobody fixed it or did no one know it wasn't working. Thank you.



Thank you for your call inquiring why our base public address system did not function properly during a recent retreat ceremony. You are absolutely right. The system broke down that day. Periodic maintenance checks are performed on the system to ensure it is properly functioning. In this instance, the system required a minor repair and functioned properly the next day.

We take pride in ending our military day by playing Taps and the National Anthem over our base public address system. I often make a point of listening for the music at different places across the base to make sure people can hear it.

Again, thanks for calling.

Explaining the triage system



One of my troops here had a serious cold and I suggested she call the clinic to get an appointment. Apparently, she was told by one of the doctors that they couldn't see her and they wouldn't see her because it doesn't qualify or something and she has to get her own medicine. This doesn't seem right. Do military members have to buy their own medicine?



Thank you for your concern and the opportunity to explain our triage system. The patient was treated by a provider for sinusitis and reported being completely satisfied with her care. Triage nurses use professionally prepared and approved algorithms to determine the level of care needed and consult with providers on more complex cases. Common colds fit into the "self-treat" category. Everyone is given a copy of the "Taking Care of Yourself" booklet and one for taking care of your child, as well. Copies can also be picked up at the clinic. Patients should refer to the booklet for self care and when seeing a provider is recommended. Patients are instructed to call back if there is no improvement and they always have the option of being seen. The self-care booklet lists items that should be maintained in the home medicine cabinet.

With the rising costs of pharmaceuticals, Air Force facilities unfortunately had to discontinue the practice of routinely supplying over-the-counter medications. Supervisors have the option of sending members home when rest and over-the-counter treatment is indicated. Nurses can also give quarters over the phone. The clinic has a pamphlet available comparing flu and cold symptoms. We are always available to explain self-care to individuals or organizations. Again, people always have the option of being seen by a provider and, if indicated, all medications can be provided.



NEWS briefs

Retiree Activities Office

The Brooks RAO serves the needs of retired enlisted and officers members, as well as active duty members preparing for retirement.

The office, located in Bldg. 570B, Room 13B, is open from 9 a.m.-3 p.m., Tuesday-Thursday.

Call 536-6418 for more information.

Commissary hours

The Brooks Commissary's normal hours are:

— 9 a.m.-6 p.m., Monday-Wednesday and Friday

— 9 a.m.-7 p.m., Thursday

— 7-9 a.m., Monday-Friday for 15 items or less.

Randolph scholarship

The Bernard P. Randolph Scholarship Fund supports full-time college-bound seniors or full-time college students in the San Antonio military, civilian or family member community.

Applications are available and are due by 3 p.m. Jan. 31. The scholarships will be awarded at the scholarship luncheon, Feb. 21, at Brooks. Applications may be downloaded from www.brooks.af.mil/aaca/brkmlkbh.htm.

Call Maj. Neil Pryor at 536-6241 for more information.

Science Fair judges needed

The 311th Human Systems Wing Public Affairs office is looking for people at Brooks to serve as judges for local school science fairs this spring.

If interested, call or email Ed Shannon at 536-5140 and provide your name, organization and duty phone. Eighty Brooks volunteers supported more than 1,200 students by serving as judges at a half dozen science fairs last year.

Get your flu shots here

Retirees and family members who have not received a flu shot can come in to the immunization clinic with shot/medical records for inoculation.

Shots for DoD workers began the third week in January. Shots for contract workers begin next week.

Call 536-2733 for more information.

Tax office needs you

It's tax time and the Brooks Tax Office will open in February. The Office of the Staff Judge Advocate will provide tax services until April 15.

The JAG is looking for volunteers to render tax assistance to all military, active duty and retired, family members and active-duty Reserve and Guard during the tax season.

Volunteers need to be able to work at least one four-hour shift per week (Monday-Thursday). All volunteers will be trained by IRS representatives during January.

Call Capt. Erica Litwin or Staff Sgt. Roy Roscoe at 536-3301.

CGOC meets

The Brooks Company Grade Officers Council's next meeting is at 2:30 p.m. Feb. 9 in the Brooks Club.

Improve productivity

Repetitive motion tasks can cause chronic strain to joints or muscle groups. Sufficient rest breaks at regular intervals reduce fatigue and improve productivity.

Call public health at 536-3140 for more information.

Considering adopting?

Considering becoming a foster parent or adopting a child? Call the health and wellness center at 536-4292 or the Children's Shelter of San Antonio at 223-6281, ext. 118.

South Texas Blood Drive

The South Texas Blood and Tissue Center is sponsoring a blood drive from 7:30 a.m.-4 p.m. Feb. 15 in the Brooks Club.

Our Lady of the Lake

Our Lady of the Lake University Weekend College and Special Programs department offers eight undergraduate business degree plans.

Counseling is available for: accounting, computer information systems and electronic commerce. In addition, OLLU offers human resource management, general management, marketing and liberal studies.

Call 431-3995 for more information or stop by 411 S.W. 24th St., Providence Hall, Room 2A.

Office hours are from 8 a.m.-5 p.m., Monday-Friday and from 7:30 a.m.-1:30 p.m. Saturday and Sunday.

Enlisted commissioning

Southwest Texas State University's AFROTC detachment conducts a briefing on enlisted commissioning opportunities at 1 p.m. Jan. 26 in Bldg. 558, Classroom 2.

Requirements for the Airman Scholarship Program, Professional Officers Course and Airman Education and Commissioning Program will be discussed.

All interested airmen should attend.

Call 536-3617 or stop by the education services office in Bldg. 570-C for more information.

Hangar 9 Toastmasters

The Hangar 9 Toastmasters Club meets from 11:30 a.m.-12:30 p.m. every Tuesday in the base chapel annex.

Call Richard Young at 536-4464 or Dario Beniquez at 536-4492 for more information.



Education notes

By Carolyn Croft-Foster
Brooks Education Services Office

Fausch selected for BSC

Staff Sgt. Jerry Fausch was selected for a direct commission as a health physicist and will pin on second lieutenant and attend Commissioned Officer Training at Maxwell Air Force Base, Ala.



Fausch

Tyndall selected for BSC

Staff Sgt. Alice Tyndall was selected for a direct commission, will pin on second lieutenant and attend Commissioned Officer Training at Maxwell AFB, Ala. Following COT she will serve the Air Force as an aerospace physiologist.



Tyndall

Bohanon picked for ASCP

Airman 1st Class Travis Bohanan of the 68th Information Operations Squadron has been selected for the Airman Scholarship Commissioning Program and will receive an ROTC Type 2 scholarship (\$15,000 toward tuition, a book allowance, and a monthly stipend) to attend the University of Southern Florida and will major in psychology. Upon graduation, he will be commissioned as a second lieutenant.



Bohanon

The next deadline for ASCP is March 15. For more information, call 536-3617.




New housing rates took effect Jan. 1

WASHINGTON (AFP) — New basic housing allowance rates took effect Jan. 1, with increases seen in the majority of housing areas while all other rates will remain stable. The new rates reflect a more than \$400 million increase in funds added by the Defense Department and Congress for fiscal 2001.

The new rates have increased in about 75 percent of the housing areas and will remain the same in remaining areas, said Maj. Shannon Averill, chief, Air Force pay and allowances.

The rates reflect a continuing congressional intent to reform housing allowances to stabilize military members' out-of-pocket expense, according to Defense officials.

The goal for fiscal 2001 was 15 percent median out-of-pocket expenses for service members, compared to nearly 19 percent last year.

The secretary of defense has taken reform efforts a step further and announced his plan last year to reduce median out-of-pocket costs to zero by 2005, officials said.

DoD made a conscious decision not to decrease BAH rates even though median out-of-pocket expenses in some areas were below 15 percent,

Averill said. "It didn't make sense to raise out-of-pocket expenses by lowering BAH rates and coming back in the following years to buy it down to zero."

The new rates are based on local median housing costs identified by Runzheimer Inc. during annual data collection. Rates are calculated from a median housing cost for a particular military housing area within 25 miles or one-hour commute (in traffic) to a duty location, according to Defense officials. Housing standards used to establish median costs were derived from affordable, adequate, quality housing where comparable civilians reside. Median housing costs were derived from a specific dwelling size rental cost with average utilities and renter insurance included.

"The end result is a staff sergeant stationed at Minot Air Force Base, N.D., or at the air staff at the Pentagon, will pay the same for median out-of-pocket expenses," Averill said. "Runzheimer collects data each year to establish the median housing costs for the following year. Commanders are encouraged to engage with their military housing offices to ensure data submitted is representative of where we want our troops to reside."

Brooks Family Support Center activities



9 a.m.-noon, Thursday, Bldg. 538 — Job Search

Learn how to "TAP" into the hidden job market; to research and analyze the labor market data; to develop a solid "network" to land that ideal job; to identify transferable skills relevant to career interest; and to utilize on-line resources for career opportunities.

Call 536-2444 for reservations or questions.

What's new in child care for permanent change of station moves?

This is an Air Force Aid Society program that provides moms and dads the opportunity to have their children cared for when they arrive or leave Brooks.

It includes:

— 20 hours of care per child paid by the Air Force Aid Society is now extended to those in all ranks indefinitely. Formerly, only those in the rank of staff

sergeant and less were eligible (others under unique circumstances).

— Certificates are issued by base family support center relocation staff to active duty member or spouse on PCS orders and may be used only at Brooks.

— Certificates are good for child care within 30 days of PCS.

— Child care is authorized at both departure base and new base if program is available. Check with a relocation staff member to determine if the base you are PCSing to has this program available.

— Child care will be provided only on base in licensed family care homes. Contact the family child Care coordinator for a list of providers.

— Certificate must be shown at time care is provided to verify eligibility.

Call the family support center point of contact, LaWanda Hawkins, at 536-2444 for more information.

CC AWARD

Continued from Page 1

The EMEDS team was heavily involved in the implementation and validation processes as well as development of the training curriculum.

The first EMEDS basic and EMEDS + 10 courses were successfully held at USAFSAM in July and October, resulting in 56 Air Force medical professionals being trained, according to Machetta.

"The EMEDS Team has done a fantastic job leading USAFSAM's efforts in bringing EMEDS training from a concept to a full-up, robust and exciting training program. No wonder senior Air Force Medical Service leaders have praised the efforts of this fine group," said Col. Rodger Vanderbeek, U.S. Air Force School of Aerospace Medicine commander.

'YEAR OF FAMILY'

Continued from Page 1

successfully manage their relationships as a family unit within the Air Force.

— **Community Satisfaction:** The degree to which families express pride in their communities; feel welcomed and treated fairly by citizens in the local community; find the community a desirable place to live and raise a family.

— **Personal Preparedness:** The extent to which Air Force members value and adhere to military traditions and institutional values; perform duties with professionalism, dedication, and competence; meet unit requirements; evidence commit-

ment to the Air Force as an institution; and succeed in enlisting the support of their families in helping them meet their service responsibilities.

"We have provided an overview of the program and a game plan, and we pledge to address AFMC-wide community concerns at the headquarters level, but the success of YOFAM rests with you," Lyles said. "Many, if not most, quality of life issues are local ones; your committed involvement in improving the quality of life at the local level is crucial to this effort. I truly believe that together, we can make a difference."



USAFSAM nursing legend, Vanderburg, ends career

By Rudy Purificato
311th Human Systems Wing
Comments? rudolph.purificato@brooks.af.mil

The airline industry missed out on an opportunity to employ a future leader who opted instead for an Air Force career that significantly contributed to flight nursing history. Col. Kathleen Vanderburg has no regrets about listening to her mother's advice to become a nurse.

"It was not until I was in nursing school that I thought about an Air Force career. I wanted to be a flight attendant. My mother wanted me to be a nurse," she said, prior to her retirement earlier this month.

Former chair of the U.S. Air Force School of Aerospace Medicine's Department of Aerospace Education and Training and aerospace nursing associate dean, Vanderburg's decision 26 years ago had an impact on many people whom she helped as a nurse, leader, mentor and friend.

"One of the reasons I joined the Air Force was to become a flight nurse," she said, noting that her love for flying already had been partially satisfied by earning a private pilot's license.

The second of nine children born to Ray and Louise Ksobiech in Milwaukee, Wis., Vanderburg followed her older sister Jeanne into nursing after high school graduation in 1969. She later graduated valedictorian from Mt. Sinai Hospital's School of Nursing in Milwaukee, then spent two and half years as an operating room nurse at Milwaukee Childrens Hospital before joining the Air Force.

She earned a direct commission as a second lieutenant in 1974 and was subsequently assigned as an operating room nurse at Wright-Patterson Air Force Base, Ohio. "Ohio was not exactly my idea of seeing the world, but my next assignment was Clark Air Base in the Philippines," she said.

It was at Clark where she tested her mettle in wide-ranging air evacuation operations. "I flew more than 1,000 hours in two years aboard C-9 Nightingales, C-141s and C-130s," she said. Vanderburg, a flight nurse instructor and chief of standards and evaluation for the 9th Aeromedical Evacuation Squadron, was a hands-on leader who piled up frequent flyer miles to gauge and contribute to airborne care of military personnel and their dependents.

"We had a rapid decompression once on a C-9. In emergencies, you react based on how well you're trained. Emergency procedures are so ingrained in you that they become second nature," she said. Surviving the ordeal, Vanderburg acted quickly to attend to a cardiac patient having chest pains. "He was in a total body cast. He was experiencing some swelling. After the decompression, we used cast cutters to allow his skin to breathe."



Vanderburg

Every aero-evacuation mission challenged her flight nurse skills. In-flight scenarios ranged from comforting a depressed widow who had identified the remains of her husband lost in an F-4 accident to children

with perforated eardrums suffering the effects of pressure at altitude. Through emergency landings to cargo doors being accidentally left open on takeoff, Vanderburg prevailed by relying on her trademark optimism.

During her next assignment at Edwards AFB, Calif., she supported an historic space program event. "We were on standby alert when the first space shuttle landed," she said, noting that NASA officials had coordinated with them for support in the event the shuttle crashed.

Before it became a popular catch phrase, Vanderburg learned the value of "empowerment." Being 'empowered' by her squadron commander, Vanderburg raised the 3555th Recruiting Squadron ranking in nurse recruiting from 33rd out of 35 to second in the nation. She did this while undergoing chemotherapy for the potentially life-threatening condition Valley Fever.

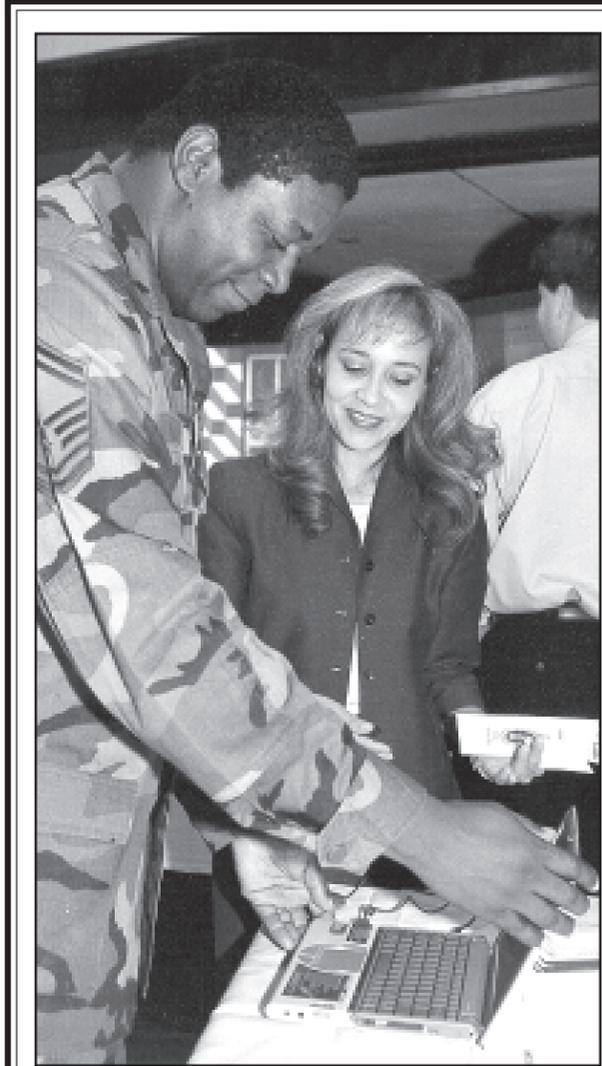
Vanderburg's perseverance also paid off in subsequent assignments as an operating room nurse at Scott AFB, Ill., and later operating room supervisor at both Luke AFB, Ariz. and Langley AFB, Va.

She made Air Force nursing history in 1993 at Keesler AFB Medical Center when she became the first special care flight commander. Vanderburg followed that achievement with another historic accomplishment in 1996 when she became only the second woman in history selected as 375th Aeromedical Evacuation Squadron commander at Scott AFB.

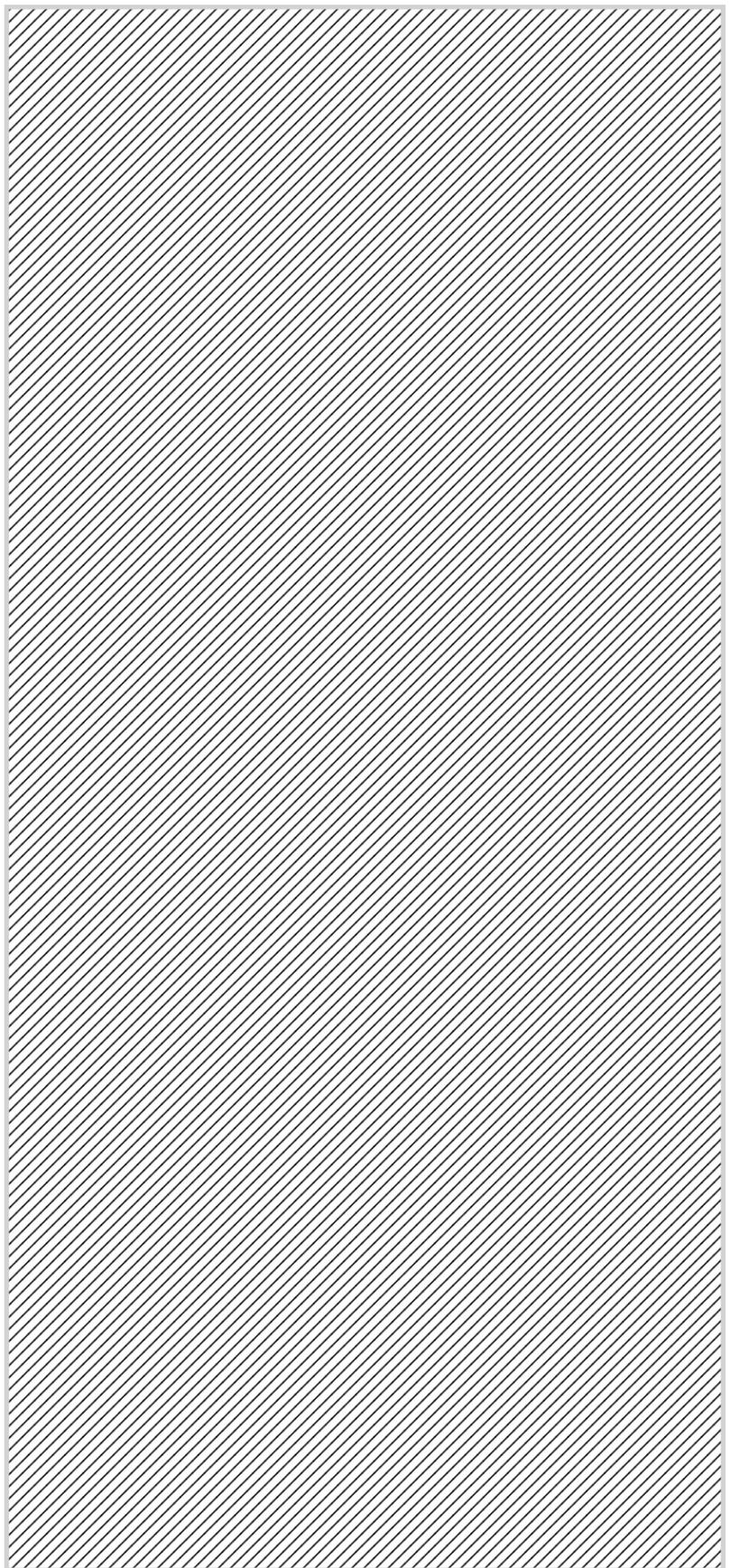
On her watch as commander, her aeromedical evacuation teams supported the evacuation of victims from the Khobar Towers bombing.

By 1997, Vanderburg was serving as USAFSAM's Department of Aerospace Nursing chair. Her last years here involved contributing to a major school reorganization and the development and fielding of the Critical Care Air Transport Team program and Expeditionary Medical Support.

"I've always been an advocate of good patient care," she said, noting that she worked to instill in colleagues compassion for patients. "I've told them that you really can make a difference in someone's life. If I was successful in teaching a few people that, it was worth the time and effort."



At the Tech Expo Senior Master Sgt. T.C. Coaxum, left, Brooks Audiovisual Lab, reviews some information from one of 25 exhibitors at the Brooks Technology Expo 2000, Jan. 9 in the Brooks Club. (Photo by Staff Sgt. Sabrina Johnson)



Brooks 'squirrely' photo caption contest



Photo No. 1



"????????? ??????? ?????? ?? ??????"

Welcome to our first "Squirrely photo caption contest" of 2001. Come up with a humorous caption for Photo No. 1 and send it to Discovery@brooks.af.mil. Winners will have their caption printed in the next issue of the *Discovery*.



2000 AFMC Artist-Craftsman, Photography contest

Winners in the Air Force Materiel Command Artist-Craftsman and Photography contest include two of our own.

Brooks' Karen Rivard took first place in "Color Prints-Nature/Scenic" with "Smiles." First place in "Digital Photos-People" went to "A Penny For Your Thoughts" by Sabrina Johnson.

"Doorway" by Sabrina Johnson was runner-up in the "Digital Photos-Nature/Scenic" category. Winning entries will be entered in the Air Force-wide contest.

Fitness center

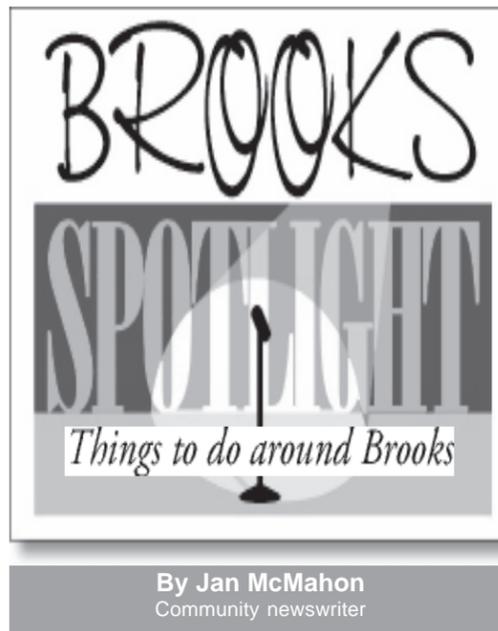
Bldg. 940, 536-2188

Renovations on specific areas of the center will tentatively start in late January or early February. Renovations will be conducted in phases to allow the least disruption and will include new floors, lighting, lockers, commodes, showers and lavatories.

Teen center

536-2515

Take advantage of the "Spud Bar" Jan. 31. Buy tickets from the Brooks Youth Center staff. Ticket holders may pick up their baked potatoes from 11 a.m.-12:30 p.m. at the student/airmen activity center (former dining hall) located in Bldg. 722.



For \$3 per potato you can fill your spud with the following toppings: Cheese, butter, sour cream, chives, bacon, chili con carne and broccoli and cheese.

Funds raised will benefit the T.R.A.I.L. (Training Responsible Adolescence In Leadership) program at the teen center.

Contact the youth services center for information on the T.R.A.I.L. Program or purchasing tickets for the "Spud Bar."

Brooks Club

Bldg. 204, 536-3782

Join the club staff today for an "Italian Night" with the works. Enjoy the buffet from 5-8 p.m. Cost is \$10.95 for adults and \$5.50 for children, 10 years and younger. Call for more details.

"Cow Poke" breakfast

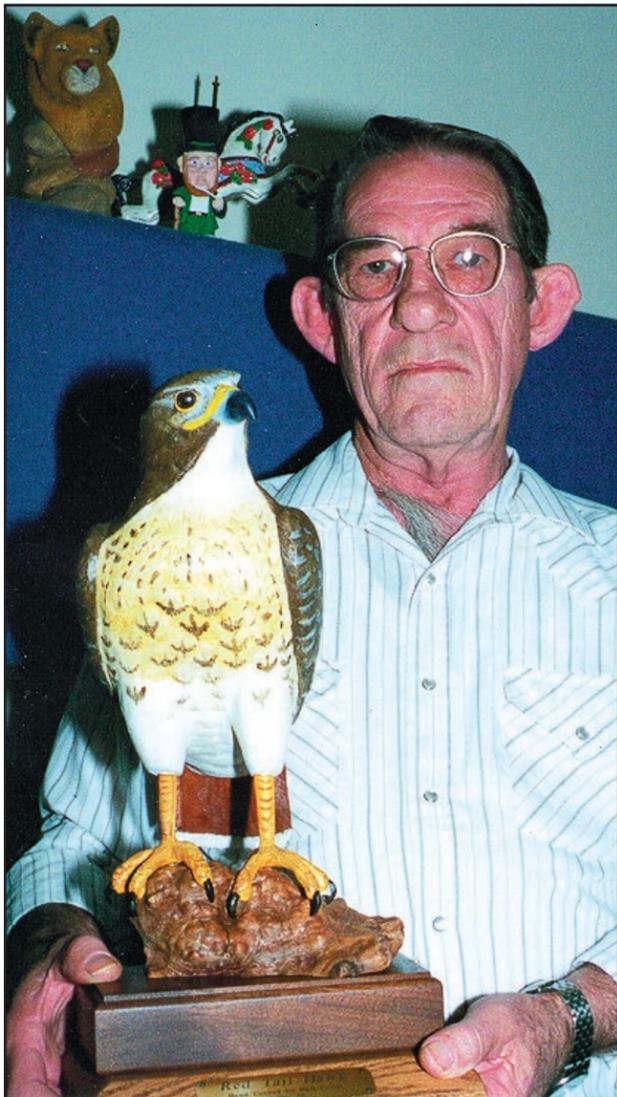
Rodeo time is just around the corner. Civil engineering and Services will host the first ever "CowPoke Breakfast" Feb. 2. Join us from 6:30-8:30 a.m. in the compound area of Bldg. 1160.

Purchase breakfast tacos, pancakes and sausage, biscuits and gravy, breakfast biscuits, coffee and orange juice. There will be music, door prize drawings and much more.

Contact the Marketing Office at 536-8057/5475/2407 for more details.

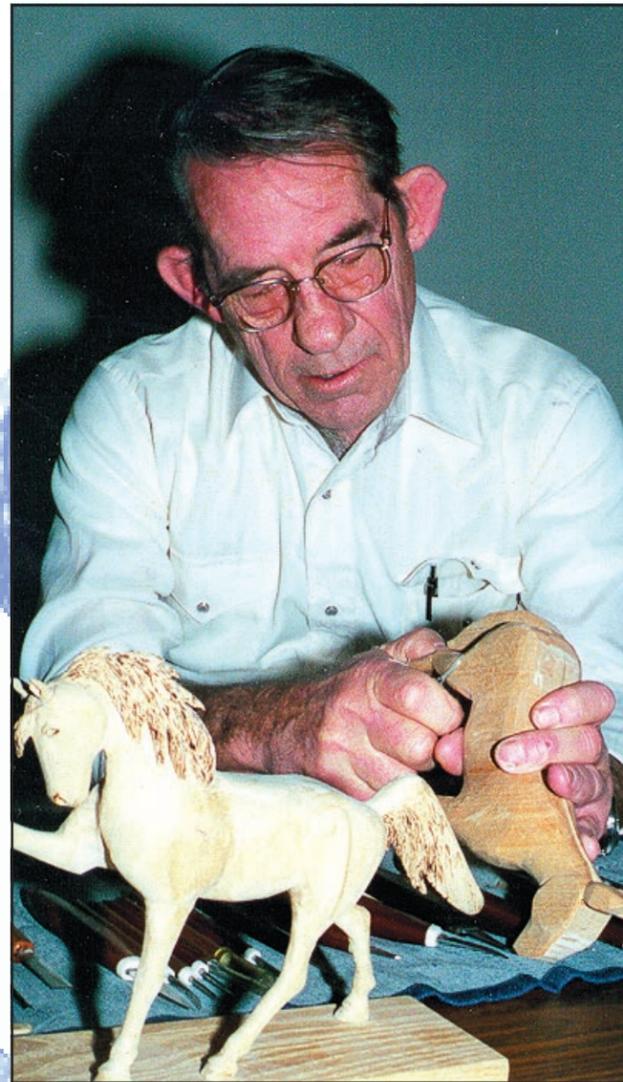


Feature



Left photo, Phil Cason, 311th Human Systems Program Office, displays one of his hand-carved wooden masterpieces. Right photo, Cason is hard at work, transforming a piece of wood into a horse, using tools he manufactured himself. (Photos by Rudy Purificato)

Brooks woodcarver 'shapes' his world



By Rudy Purificato
311th Human Systems Wing
Comments? rudolph.purificato@brooks.af.mil

Growing up poor in rural Georgia, Phil Cason relied on his wit and knack for whittling to produce wooden toys for himself and kin. Today, Cason's Pinocchio-like gift for animating pieces of wood fulfills a passion for creating works of art.

This introspective 58-year-old woodcarver displays beaver-like determination when figuring out what to do with a piece of wood. Using finely honed tools that he made, Cason sometimes carves objects during lunch at the 311th Human Systems Program Office where he works as an equipment specialist for life support avionics.

"For the last 12 years I've been serious about carving. When I was growing up it was not a hobby, but a necessity. If we wanted toys, we had to make them," he said. All he had then was a pocketknife, a budding imagination and self-reliant nature.

His childhood interest in carving, however, waned when he joined the Air Force in 1961. It was not until 1988 when this retired master sergeant resumed carving following a family visit to Virginia where his wife's woodcarving uncle inspired him.

Since then, Cason has created a growing wooden menagerie of about 100 pieces featuring armadillos, roosters and mountain lions. Characteristic of a true artist, Cason relies on inspiration to tackle a new challenge in wood. "I carve what I want when I'm ready. I carve for me," he admits. Few of his works are sold. Some are given away as gifts. Most adorn his home.

While Cason recently learned the technique of 'power carving' using power tools, he considers himself a traditional woodcarver who manually manipulates wood with specially designed, razor-sharp carving knives.

Cason's main technique employs various tools to first remove wood in layers from a block to initially expose a two-dimensional figure. "I actually sculpt it by hand shaping it with sandpaper." He says faces are the hardest things to carve, explaining, "One slip of the knife or too deep a cut changes the whole expression."

His favorite subjects are animals because they provide the most detail for capturing realistic images. "I've carved just about every big game animal in the U.S., except the antelope."

Unlike some woodcarvers who work at a much larger scale from a single block of wood, Cason

often shapes his creations from several pieces of wood. No detail is too small while he uses knives with the precision of a surgeon's scalpel. An example of his detailed work is a whimsical leprechaun who holds a nearly microscopic replica of a clay pipe while leaning on a wafer-thin walking stick.

Another example is a miniature carousel horse he carved based on an original 1919 Herschel design. "The horse's head, tail and body are made from three pieces of wood. I carved each piece separately, then used wooden pegs to connect them together."

Always casting a wary eye for proportion, Cason is not satisfied until he modifies his creations to get the right shape. "For models, I use photos and reference book illustrations," he says while gingerly holding his latest and largest piece, a three-quarter-scale red tail hawk that took two years of planning and 100 hours to make. Cason initially made the bird's legs too long, then painstakingly corrected the mistake by carving new legs.

Quality creations in wood are the result of extensive research that he and fellow members of the Alamo Woodcarvers Club use to guide them. Club participation has helped Cason develop his skills.

"I've learned how to pay attention to detail." He progressed in this genre while supporting the club's project to build a fully operational miniature carousel that was eventually auctioned to raise money for Boysville.

"I knew the basic colors of the figure, known as a rose horse because of the two roses on its

rump," he said. Initial research revealed this particular Herschel carousel horse had a white body and black mane and tail. "We didn't know what the fringe colors were [initially]," he said. However, subsequent research revealed the animal's complete color scheme.

Also important to woodcarvers are the types of wood they use. "The main wood I use is bass wood because it holds detail better than most hard woods," he said. Nonetheless, Cason has experimented with a variety of woods ranging from swamp wood to the difficult-to-carve cherry wood.

He has never attempted creating full-scale figures. However, his largest piece to date is an 18-inch-high, six-pound Indian bust based on Chief Black Kettle.

Cason subscribes to the woodcarvers' mantra: "it's quality, not size that counts." He says it takes about 10 years to become proficient in carving birds of prey. Cason is particularly pleased with his red tail hawk that will be his entry in the Texas Woodcarvers Guild's Fall 2001 roundup competition in Fredericksburg.

He doesn't consider himself a master carver, but an 'advanced carver.' More importantly, he considers himself fortunate to have the talent to create the art he enjoys. He constantly probes his mind for inspiration, often asking, "How can I give it life so it won't look stiff?" Beauty certainly is in the eye of the beholder a poet once wrote, but for Cason the technique that truly gives wooden figures life is the spirit conveyed through their eyes.



The SPO's Phil Cason hard at work, showing some of the homemade tools he designed.



Brooks Personality PROFILE

By Cerise Fenton
311th Human Systems Wing Public Affairs
Comments? cereise.fenton@brooks.af.mil

Master Sgt. Yvonne LaRusso, law office manager at the 311th Human Systems Wing law office, may have joined the Air Force for a common reason, to build a career for herself, but somewhere along the way she adopted what she calls 'the patriotic theme,' leading her to reenlist for the sake of defending her country.

After nearly 18 years of traveling in the Air Force, the Iowa native, her husband of 20 years, and their two boys are finally putting down roots — in San Antonio. Although they have no concrete ties to Texas, it seems this is where they are meant to be.

"This is the third time back, so we're thinking, okay God, if this is where you want us, this is where we're going to stay," LaRusso said. "San Antonio is a nice city. It's large enough, yet it doesn't have that New York City mentality. Plus, this is a good opportunity for my husband to get a job where he can finally put down his roots instead of following me all over the world."

LaRusso met her husband when she was 16 years old and working for his brother as a waitress. They became high school sweethearts and later married. He also served in the Air Force and when he got out, she joined.

LaRusso spent the first 10 years of her career as an air frame repair specialist, working on planes, first at Reese Air Force Base in Lubbock, Texas, then Misawa, Japan, and later at Seymour-Johnson in North Carolina.

In 1990, during her tour at Seymour-Johnson, LaRusso deployed to the desert, leaving her two boys, the youngest only 15-months old, and her husband in the states.

"Cory was a little baby when I left. He was in his crib, barely talking, still had to have his pacifier, not potty trained and when I came home he was walking, talking very well, didn't need his pacifier anymore, potty trained and in his own bed; he was a little man," she said. She witnessed the 'firsts' in her sons life through video tapes she received in the mail.

"John took care of all that, and I didn't have to worry about any of it," she said.

'Third time's the charm' for LaRusso

LaRusso served seven months in Oman and Saudi Arabia working on F-15's. Even though her tour lasted through both Desert Shield and Desert Storm, she says it really wasn't a bad assignment. They lived in air conditioned tents and enjoyed the conveniences of a movie theater, gym, base exchange and laundry facilities.

"It was a little scary when you heard and felt the SCUDS hitting. Your eyeballs got really big when you felt the ground shake," she said. "We were out of range but we had some hits in the area."

Following the cease-fire in March 1991, LaRusso returned to her family in the states. With her focus on career progression she spent the next 18 months working for her commander as the unit training manager and preparing for an instructor position in her career field. To her surprise, she would be changing career fields.

After 10 years as an air frame repair specialist, LaRusso received notice that she had to retrain into another career field. She could choose her new field, or the Air Force would choose for her.

Once she transferred and trained into the paralegal field, LaRusso ended up, again, in Texas. Two years later, though, she was in Germany, and spending much of her time exploring Europe.

"It's gorgeous over there," she said.

What began as simple invitation to accompany a coworker on a volksmarch soon became a hobby for LaRusso.

"During the first walk I could've killed them," she said. "They had to stop several times for me to get up the mountain."

But that didn't stop her. Her new hobby took her through parts of Denmark, Sweden, Spain, France, Holland, Switzerland, Belgium and Austria, marveling at the architecture and the history.

"There's a lot of English-speaking cultures over there where you can get by," she said. "I couldn't convince my husband to stay in Europe, but I wanted to stay."

She also couldn't convince her husband that walking nearly seven miles after a three hour bus ride to different destinations was a worthwhile hobby. Now that they are settling in here, she hopes to get involved with the volksmarch club in San Antonio, although she isn't fond of the city walks.

Despite the shock of having to switch fields at the halfway point in her career, LaRusso is happy in her current occupation and optimistic about the opportunities it will provide.

"I was good at what I did but I'm more suited to this," she said. "It was a good move for me."

With only a little more than two years left in the Air Force, she is planning her next career move.

Whether she opts for a job in a government service position or in a private firm, she is confident she will benefit from the knowledge she gained in the Air Force. For her, the change made for a demanding yet very fulfilling career.

"I picked the paralegal field because I wanted to advance myself, not only in the military, but for when I get out," she said. "This career field is so diverse and there's so much I can do when I retire that I'm having a hard time deciding what I want to do," she said.

"I would like to find a job related to what I'm doing now, that doesn't require 50 hours a week," she said. "My husband wouldn't know what to do!"



LaRusso



FULL NAME:

Yvonne Jane LaRusso

DUTY TITLE, ORGANIZATION:

*311th Human Systems Wing
Staff Judge Advocate Office*

WHAT IS MY JOB?:

Law office manager — I create calm out of chaos

BIRTHDAY:

Nov. 1, 1959

HOMETOWN:

Sioux City, Iowa

FAMILY STATUS:

Married to John; we have two sons, Ryan, 14, and Cory, 11

PERSONAL MOTTO:

"Do unto others as you'd have them do unto you."

INSPIRATIONS:

I'm self-motivated, but listening to Christian music keeps me centered

HOBBIES:

Volksmarching and bowling

PET PEEVE:

I have to be organized — everything has its place

BOOK AT BEDSIDE:

"Left Behind" series

I JOINED THE AIR FORCE

BECAUSE:

To have a career for myself

FIVE-YEAR GOAL:

To be retired

ULTIMATE GOAL:

Once I retire, get a job that's as fulfilling as this one, but doesn't require me to work 50 hours a week

IF I WON THE LOTTERY, I'D:

Tithe 10 percent back to God; donate to my charities; make sure when our sons are grown, they live a comfortable life; finally, make sure John and I are able to retire without having the boys worry about us

FAVORITE CAR:

I'm not materialistic; as long as it runs and I don't have to put a lot of money into and it'll hold the whole family

FAVORITE MUSIC:

Contemporary Christian

FAVORITE ACTOR:

Sean Connery

FAVORITE ACTRESS:

Barbra Streisand

LAST MOVIE WATCHED:

"Return of the Titans" — a very good family show

ONLY MY BEST FRIENDS

KNOW THAT:

Jesus is my best friend, and he knows it all

MY GREATEST

ACCOMPLISHMENT IS:

My kids

MY MOST PRIZED

POSSESSION IS:

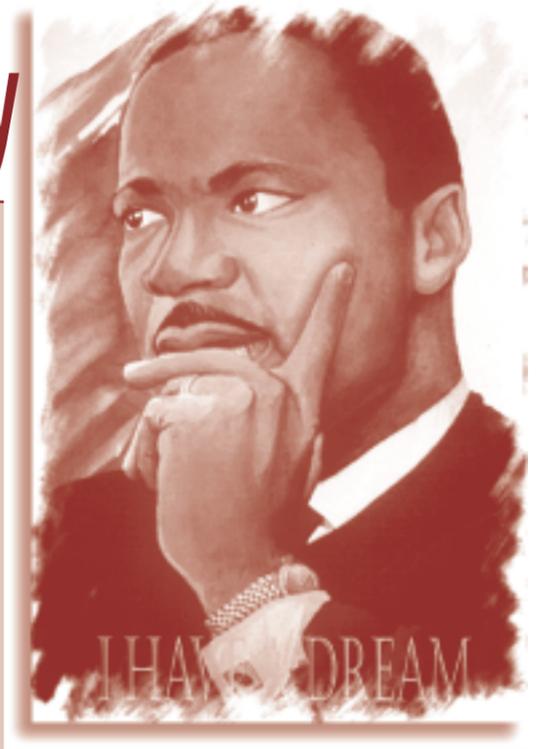
My salvation



Photos by Staff Sgt. John Jung



Nation celebrates Martin Luther King Day



By Steve VanWert
Discovery editor
Comments? steve.vanwert@brooks.af.mil

In November 1983, when President Ronald Reagan signed legislation creating the national holiday celebrating the birthday of Martin Luther King, it marked the end of a highly organized lobbying effort that took 15 years to come to fruition.

It began only four days after Dr. King's assassination in Memphis, Tenn. Michigan Rep. John Conyers submitted the first legislation to commemorate King's birthday on April 8, 1968. Two years later, Conyers and N.Y. Rep. Shirley Chisholm resubmitted the legislation after petitions with more than 6 million signatures were submitted to Congress.

The Southern Christian Leadership Conference was the primary organization collecting the signatures. They also carried out mass marches, especially one to mark the 20th anniversary of King's "I Have a Dream" speech in Washington, D.C. But as the years passed, it became obvious that only a bipartisan partnership would overcome strong political opposition. Finally Indiana Rep. Katie

Hall offered a compromise. In response to criticism about the holiday occurring too close to the Christmas-New year's week, she proposed moving the observance to the third Monday of the month. The idea of a three-day weekend, plus the fact that the third Monday often follows Super Bowl Sunday, helped the measure gain acceptance.

There were also arguments concerning money. Costs associated with lost services on the King holiday were estimated at \$18 million for the federal government. The estimated total cost was an astronomical \$8 billion for the government and private sector combined.

Finally, the U.S. House of Representatives approved the legislation by a 338-90 vote, making Martin Luther King Jr. Day a national observance on the third Monday of January, beginning in 1986. After much arguing, the U.S. Senate also approved the measure by 78-22. All the hard work had culminated in the creation of a unique holiday, neither specifically patriotic nor religious. It's become a day to honor not just the man, but also his principles; not just the memory of his leadership, but also the enormity of his dream.

Timeline - Martin Luther King Jr. Day

April 8, 1968

Rep. John Conyers, D-Mich., submits the first legislation proposing King's birthday as a holiday, four days after King was assassinated.

March 25, 1970

Conyers and Rep. Shirley Chisholm, D-N.Y., announce hearings to study holiday issues after petitions, carrying 6 million signatures, are submitted to Congress.

Aug. 2, 1983

The U.S. House of Representatives

approves legislation, 338-90, making King's birthday a national legal holiday the third Monday in January beginning in 1986.

Oct. 19, 1983

The U.S. Senate approves the measure 78-22.

Nov. 2, 1983

Legislation for national holiday signed by President Ronald Reagan.

Jan. 20, 1986

First observance of King's birthday as a legal holiday nationwide.

**“In his
own
words...”**

These quotations are from Dr. Martin Luther King's writings. All quotes are from the online documents at the Martin Luther King Jr. Directory.

The Negro and the Constitution (in *The Cronellian*, May 1944)

"The spirit of Lincoln still lives ... And I with my brother of blackest hue possessing at last my rightful heritage and holding my head erect, may stand beside the Saxon — a Negro — and yet a man!"

Address at the March on Washington for Jobs and Freedom (Aug. 1963)

"I have a dream that one day this nation will rise up and live out the true mean-

ing of its creed — we hold these truths to be self-evident that all men are created equal.

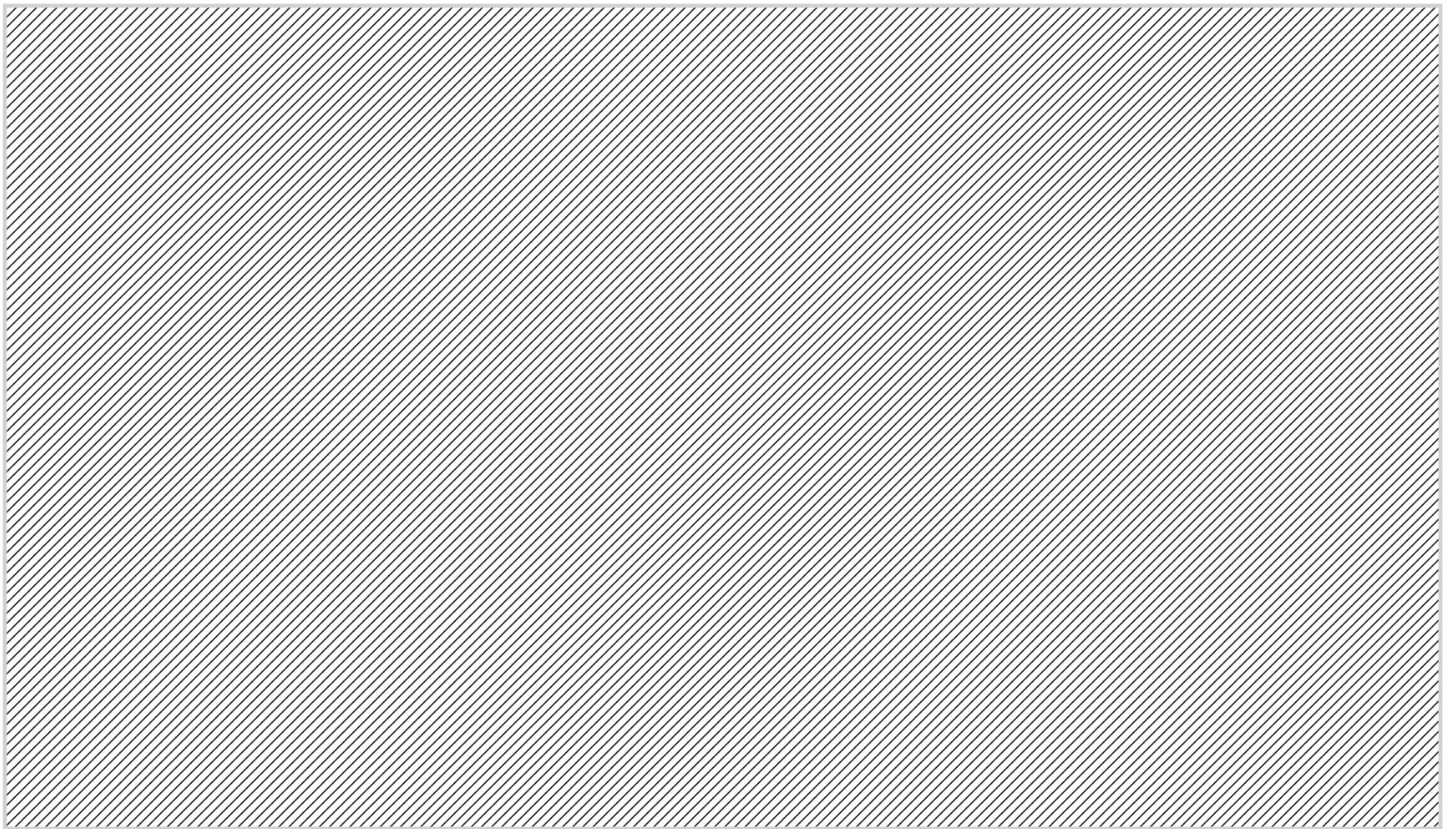
"This will be the day, this will be the day when all of God's children will be able to sing with new meaning, 'My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrim's pride, from every mountainside, let freedom ring!'

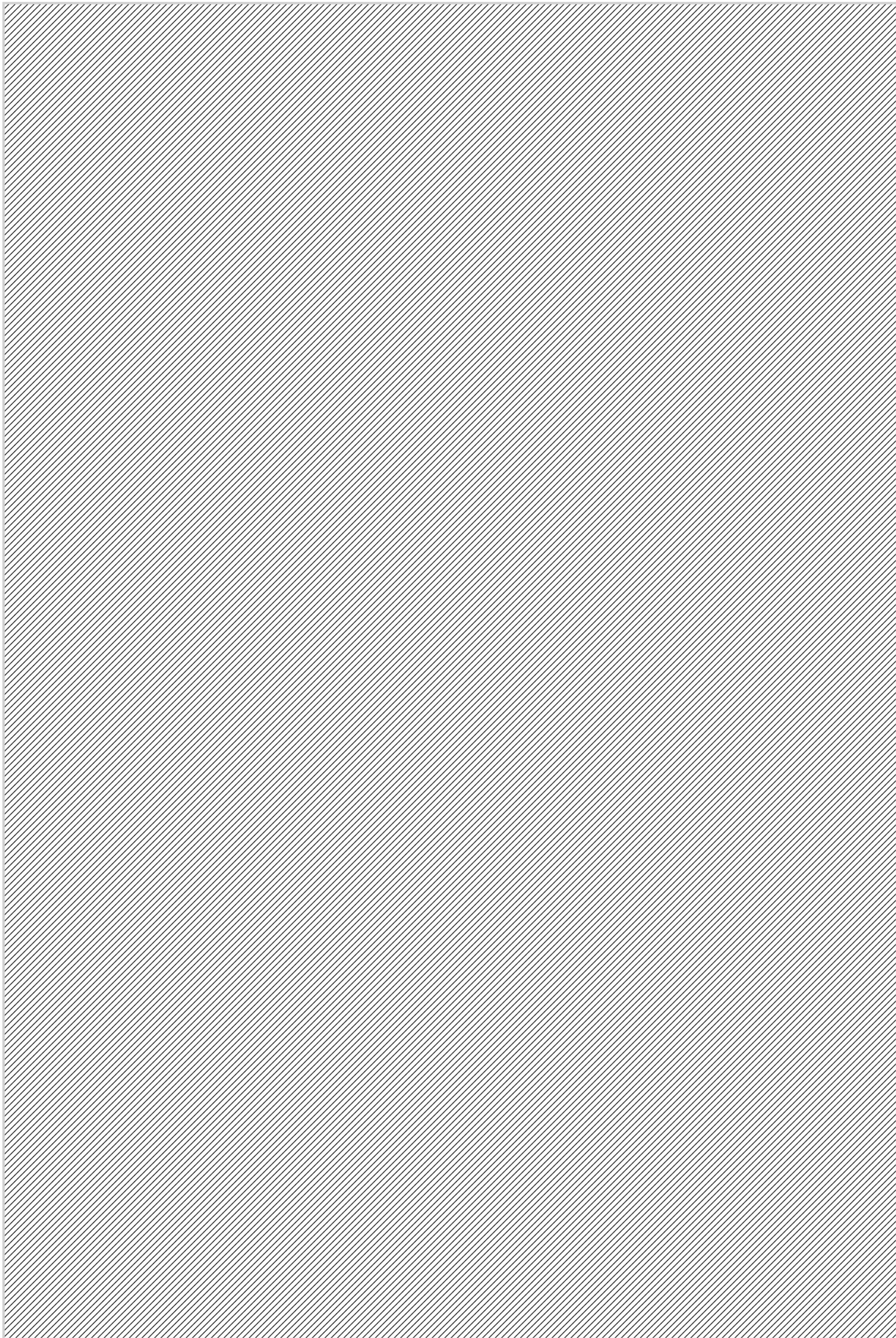
"When this happens, when we allow freedom to ring, when we let it ring from every tenement and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics,

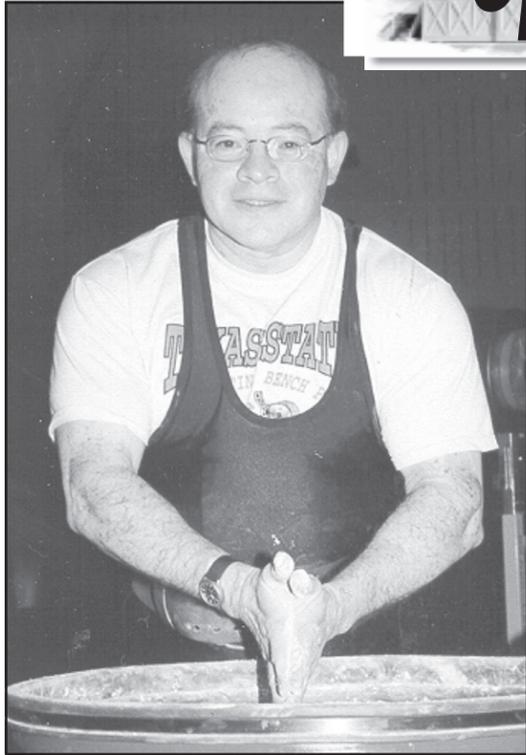
will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last, free at last. Thank God Almighty, we are free at last.'"

Nobel Prize acceptance speech (December 1964)

"When years have rolled past and the blazing light of truth is focused on this marvelous age in which we live — men and women will know and children will be taught that we have a finer land, a better people, a more noble civilization — because these humble children of God were willing to suffer for righteousness' sake."







Dr. John Taboada chalks-up for a better grip prior to attempting a dead lift of more than 500 pounds. (Photo by Rudy Purificato)

By Rudy Purificato

311th Human Systems Wing

Comments: rudolph.purificato@brooks.af.mil

He's probably the only American physicist who can dead lift 450 pounds. In fact, Dr. John Taboada is perhaps the only retirement-age scientist whose idea of a senior discount is getting 10 percent off a set of barbells.

At an age when many people have become 'dead weight' as couch potatoes, this 57-year-old Air Force Research Laboratory optical researcher has applied scientific principles to mastering powerlifting.

"I think I now know what helps lifters execute the mechanics of a dead lift. The bar bends upward for a few milliseconds. The energy applied goes into the bar which is delivered to the weight," Taboada said. While powerlifting physics is simple, Taboada learned the hard way how difficult the sport is to master.

Prior to 1992, his only previous experience 'throwing his weight around' was as a Fox Tech High School athlete. "I played varsity basketball and tennis, but back then there was no weight training," he said. Following graduation in 1962, he abandoned sports for a career as an atomic and molecular physicist, earning a Texas A&M University doctoral degree.

A Brooks scientist since 1968, Taboada wasn't active in sports here until he hired an electrical engineer. "William Robinson was the state champ in powerlifting. He introduced and coached me in the sport," he said.

Powerlifting fulfilled a long-dormant need. "Since my youth, I've been a competitive sports individual. However, in later years I didn't have time for team sports." Powerlifting, however, became a natural progression for Taboada.

"At first, powerlifting didn't seem to me to be a very exciting sport. I quickly realized there's quite a lot of excitement in pushing the body's capacity to lift weight without hurting yourself," he said.

Powerlifting's three events of squat, bench press and dead lifting weight initially appeared to be a daunting challenge for the 5-foot 7-inch, 140-pound Taboada.

"If you stop to assess the actual weight you're lifting, it's frightening. It does seem that muscles and bones are not going to support the weight. There's definitely a fear factor," he said.

Taboada learned his first important lesson: intense concentration is required. "You have to mentally eliminate distractions while commanding your muscles to respond to the challenge. It's an explosive

Brooks' physicist uses science to master powerlifting

process; there's tremendous exertion applied to the weight in just a few seconds. "

Before Taboada tackled his first weight, he had to condition his body. "It's a matter of systematically training your body to incrementally increasing levels. At first, I had to overcome the challenge of pain and exhaustion. It takes quite a bit of mental stamina to stick with the training program."

As a rookie powerlifter, Taboada could only squat lift 60 percent of his body weight and bench press and dead lift about 100 pounds. Within three years, he was lifting twice his body weight. He accomplished this with a regimen of twice weekly one-and-a-half hour fitness center workouts.

"I had to develop various muscles groups. However, I did injure myself," he said when describing how he deluded himself into believing he could lift 400 pounds. "I herniated a disk in my back. I was almost paralyzed. My doctors told me my weightlifting days were over."

His physicians did not, however, take into account Taboada's perseverance. "I was determined to return to powerlifting." He conducted his own prescribed physical therapy that featured isometrics and no painkilling medications.

"The pain was almost unbearable. I told my doctors what I was doing. They feared I was going to become a paraplegic," he said. His 'true grit' paid off after about two years of recovery therapy. In 1995 Taboada entered his first state meet.

Taboada succeeded in developing muscle mass, increasing his body weight from 140 to 189 pounds over a five-year period. Nonetheless, being stronger didn't fully prepare him for the reality of competition.

"My first meet was a disaster. I didn't realize the criteria needed for a successful lift until I saw it demonstrated."

He also made a tactical mistake in attempting too high a lift in his first event. "I had squat lifted 310 pounds in training, but those lifts weren't 'official.' Once you declare an opening weight, you can't go down in weight on the next attempt." What resulted was a meet-ending hamstring pull on Taboada's first attempt.

By 1999, Taboada had placed first in his weight and age category. At the state meet in December, Taboada achieved a personal best 450-pound dead lift, and equaled his best lifts with a 340-pound squat and 205-pound bench press. In doing so, he qualified for the national U.S.A. Powerlifting meet in March in Killeen, Texas.

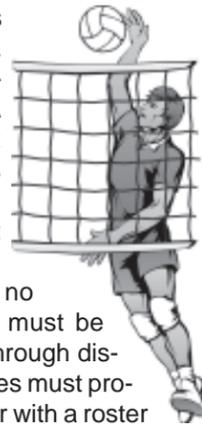
"I'm stronger now than I've ever been in my life," said Taboada who may be Brooks' version of the former diminutive Olympic weightlifter nicknamed 'Pocket Hercules.'

SPORTS shorts

Intramural volleyball begins

Intramural volleyball is almost ready to begin. Preseason play is scheduled to begin Feb. 12. A coaches meeting is at 2 p.m. Feb. 7 in the Brooks Golf Course club house.

Letters of intent must be returned to the 311th Air Base Group/SVMP no later than Jan. 31 and must be hand carried, not sent through distribution. All team coaches must provide the program director with a roster of players prior to the beginning of the regular season. Any squadron, division or organization not fielding a team who has individuals wishing to participate in this sport may release them to be placed in a "player's pool" prior to the beginning of the regular season.



AACA Scholarship tourney

Hook, slice or get serious during this four-person best ball tournament that features prizes from the greatest to the latest.

Tee time is 11:30 a.m. Feb. 23 at the Brooks golf course. Fee is \$25 per player. Call 536-4931 to sign up.

Proceeds from this tournament, sponsored by the Brooks African-American Cultural Association, support the Bernard P. Randolph Scholarship.

AACA Valentine's 5K

This 5K Run/Walk event, sponsored by the Brooks African-American Cultural Association and the base fitness staff, is in honor of Black History Month. The run begins at 11 a.m., Feb. 14 at the base fitness center.

Call Josie Swindell at 536-3723 or the fitness center at 536-2188 for more information.

'Igggy' at the commissary

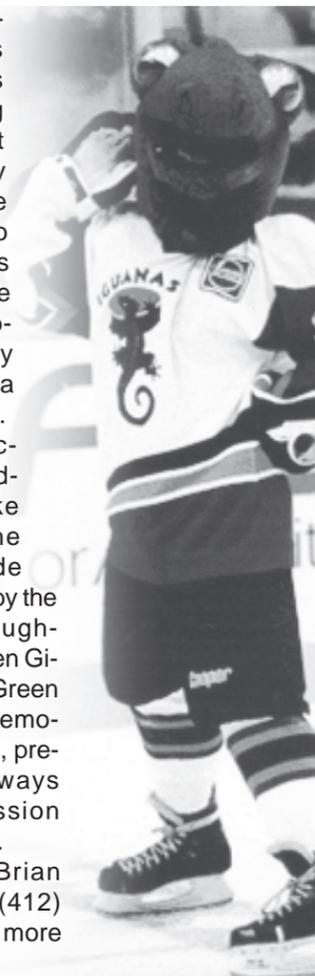
As part of "Military Night at the Hockey Arena," sponsored by The Pillsbury Company and the San Antonio Iguanas, the Iguana's mascot, "Igggy" will appear at the Brooks commissary from 3-4 p.m. today.

The popular mascot

will sign autographs. This promotion is advertising "Military Night at the Hockey Arena," where free tickets to the Iguanas Jan. 25 game will be distributed to lucky fans at area commissaries.

Special activities scheduled to take place at the game include appearances by the Pillsbury Doughboy, Jolly Green Giant and Little Green Sprout, a ceremonial puck drop, premium giveaways and intermission entertainment.

Call Brian Koeberle at (412) 788-9550 for more information.





SPORTS trivia



Discovery sport trivia contest winner Tom Ray, the NCOIC of Land Mobile Radio at the 311th Communications Squadron, shows off the trophy and medal he won as Brooks Sports Trivia Master of the Year for 2000. Ray won the competition by the smallest of margins — only one point. Bruce Grimsley, formerly of the 311th Security Forces Squadron, came in second.

Ray wins inaugural Discovery sports trivia contest

After all the counts and, naturally, recounts — the results are in and **Tom Ray**, the NCOIC of Land Mobile Radio at the 311th Communications Squadron, was the final winner, but by only one solitary point. **Bruce Grimsley**, formerly of the 311th Security Forces Squadron, came in second.

For the curious out there, our last sports trivia question was a tricky one. It asked: Who played for the last time at Candlestick Park in San Francisco on Aug. 29, 1966? Unlike our previous questions, this one didn't have a multiple choice of answers. The answer itself explains why. The Beatles last live concert was that August night in San Francisco, the last time they "played" in Candlestick Park.

Our final 2000 standings are:

1. **Staff Sgt. Tom Ray** — 20 points
2. **Master Sgt. Bruce Grimsley** — 19 points
3. **Staff Sgt. Susan Cordova** — 16 points
4. **Lisa Williams** — 13 points
5. **Staff Sgt. Jared Isaacs** — 8 points
6. **Mel Waldgeir** — 6 points
7. **Tech. Sgt. Dave Mattson** — 4 points
8. **2nd Lt. Eric Dosser** — 3 points
- T9. **Bob Sullivan and Richard Holt** — 2 points
- T11. **Jim Reedy, Master Sgt. Chris Geackel and 1st Lt. Jennifer Maceda** — 1 point.

All Brooks trivia masters have to do is email the correct answer to: Discovery@brooks.af.mil. We'll keep track of all the correct answers, assigning them each one point. The one person who accumulates the most points and correct answers will be crowned "**Brooks Discovery Trivia Master of the Year**" in December.

Here is question No. 1:

1. It was Nov. 17, 1956, Jim Brown's last regular season college game. More than 40,000 fans turned up to see him off, and they weren't disappointed. Brown turned in a 7-touchdown day and scored 43 of the 61 points his team scored in their victory over Colgate. What school did Brown play for?
 - a. Colgate
 - b. Grambling
 - c. Alabama
 - d. Syracuse

Brooks sports review: a surprising, thrilling year

By Rudy Purificato
311th Human Systems Wing
Comments? rudolph.purificato@brooks.af.mil

Anyone who thinks Brooks sports is an afterthought in the hearts and minds of the base community is wrong.

The last year of the century and millennium proved to be a celebratory 'exclamation point' that conveyed the spirit of sportsmanship, camaraderie and competitiveness demonstrated by dedicated athletes who contributed to a surprising yet thrilling sports year.

Individual and team successes abound. Brooks' 'Male Athlete of the Year' Robert Taylor, with the Air Force Research Laboratory, reminded many who opposed him on the diamond, gridiron and hardcourt that he may be the base's version of legendary Olympian Jim Thorpe.

Taylor made his formidable presence known by leading the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis to its third flag football championship in four years. He also starred at the Air Force Materiel Command men's softball and basketball tournaments for Brooks varsity teams, garnering AFMC All-Tourney team selection in softball as an outfielder and in basketball as a power forward.



Esquivel

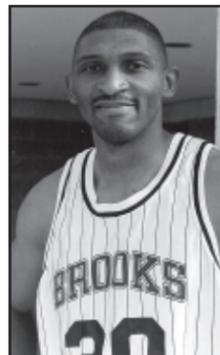
AFIERA's Trish Esquivel was equally impressive as the base's "Female Athlete of the Year." She and U.S. Air Force School of Aerospace Medicine's Marisa Bell helped lead the first combined Kelly-Brooks women's softball team to their first AFMC championship. Both players were named to the AFMC All-Tourney team.

An overachieving Brooks men's varsity volleyball team stunned AFMC tournament competition when they earned runner-up honors to champion Robins Air Force Base, Ga. Unfortunately, Brooks' varsity women's team didn't fare as well as hosts to the first AFMC volleyball tourney held here in six years. Edwards AFB, Calif., dominated all rivals while winning the championship.

The Brooks marathon relay team, however, posted its best time ever at the annual Air Force Marathon at Wright-Patterson AFB, Ohio. They completed the race in 2 hours, 47 minutes, 23 seconds for an overall fifth place finish among a field of 64 military relay teams.

AFIERA validated its claim as an intramural softball dynasty by capturing its fourth consecutive base championship. Another dynasty-in-the-making prevailed at Squadron Challenge IX when the 311th Human Systems Program Office became the overall winner of the annual 16-event contest for the second consecutive year.

Individual athletes excelled on and off base. The SPO's Randy Epperly became the base racquetball champ, while colleague Nemesio Garcia won his eighth state heavyweight title in karate as a second-degree black belt. AFIERA's Keith Tickle retained his No. 1



Taylor



Taylor and Sigler

ranking in taekwondo as a middleweight black belt champion, while coworker Chris McLaren won the base 'net' (with handicap) golf championship by carding a two-day tourney total 145. USAFSAM's Ted Burgess won his first base golf title in the gross division (no handicap) by carding a two-day total 150.



Burgess

Sports history was made at Brooks without even any records being broken. Tammy Taylor and Melissa Sigler with the Tri-Services Medical Support System Center, shocked the base sports world and their all-male opponents by playing on a men's team as the only female flag football regular players in base history.

The Brooks men's varsity softball squad witnessed a season-long 'double play' of sorts when Jim Thompson and Carl Lewis shared coaching duties as the first tandem player-coaches in base history.

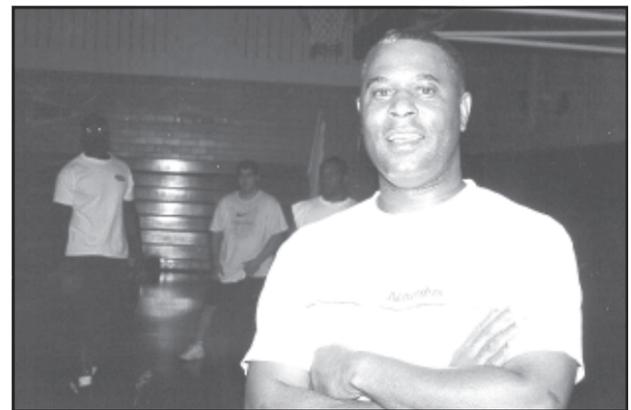


Thompson and Lewis

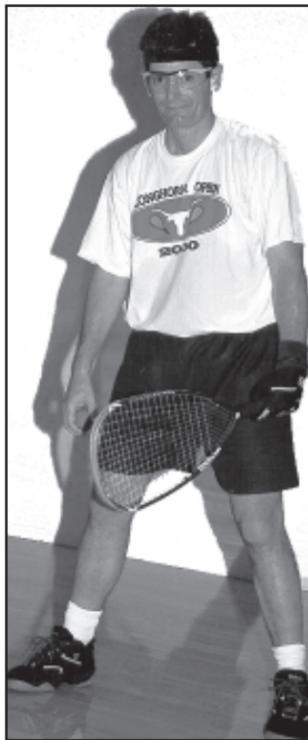
Another first involved soccer being played here in two organized inaugural matches staged by the fitness center's Jose Murillo. Murillo conducted

two matches months apart as an experiment based on growing interest in the sport here. These matches may be a prelude for a possible fitness center-sponsored base intramural soccer tourney in 2001.

The year was punctuated by the departure of a coaching legend and the arrival of equally gifted leader to replace him. Brooks varsity men's basketball coach Larry Glover was reassigned to Germany this summer following a successful tour here in which he led the base team to the brink of an AFMC title. Glover's 'big shoes,' however, were quickly filled by another selfless leader who demonstrated the greatest act of sportsmanship at Brooks this year. USAFSAM's Cecedrick Scott put his playing career on hold to save the season by volunteering to coach the team.



Scott



Epperly