

# DISCOVERY



The Development of Combat Power and Efficiency

Vol. 25, No. 12 – Friday, June 22, 2001 – Brooks AFB, Texas

Through the Many Facets of Aerospace Medicine



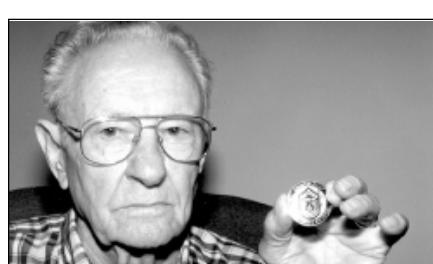
*Photo by Staff Sgt. Sabrina Johnson*

## Making bubbles

Darrell Jones, 4, son of Josephine Jones of Brooks, enjoys making large bubbles during the third annual Childrens Fair at the Brooks Child Development Center June 15. The center held a ribbon cutting ceremony the same day to open its

state-of-the-art playground. In addition, the child development center renovated and extended two classrooms, which allows an additional 12 children to be enrolled. The day's festivities gave parents, teachers and children an opportunity to enjoy the center's improvements together.

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Chief’

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## Brooks EMEDS team supports Houston flood recovery effort

By Rudy Purificato

311th Human Systems Wing

Responding quickly to a ‘911-like’ emergency call for support, the U.S. Air Force School of Aerospace Medicine’s Expeditionary Medical Support (EMEDS) team deployed to Houston last week to help with the flood recovery effort.

The USAFSAM EMEDS team set up an emergency medical facility and provided EMEDS training to personnel from Wilford Hall Medical Center following one of the worst floods in Houston history. Hundreds of flood victims required medical attention as a result of Tropical Storm Allison’s rampage that claimed the lives of dozens of people after dumping over three feet of water there.

“This is the first time our EMEDS team has deployed stateside in support of humanitarian disaster relief,”

said Col. (Dr.) Virgil S. Jefferson, chief of Theater Medical Support for USAFSAM. Jefferson said his team deployed to Houston on June 13 in response to a request from the Medical Readiness Office at Lackland Air Force Base to support Wilford Hall Medical Center’s 87-member EMEDS team.

“The reason we deployed there was the Wilford Hall EMEDS team had not been through our course. They were scheduled for EMEDS training at Brooks the week following the Houston flooding,” said Lt. Col. Richard Dabney, USAFSAM EMEDS instructor who will become EMEDS course director on July 1. All Air Force EMEDS teams are trained at Brooks.

The USAFSAM team not only trained the largest EMEDS contingent deployed for a real-world stateside humanitarian mission, but also for the

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## Military taxpayers eligible for refund by September

WASHINGTON (AFPS) — If you owed federal income taxes for 2000, a check for up to \$600 will be in the mail for you by September.

Lt. Col. Thomas Emswiler, executive director of the Armed Forces Tax Council in the office of the assistant secretary of defense for force management policy, said military members are as eligible as other taxpayers for the federal refund that has made headlines recently.

The tax bill signed by the president created a new tax bracket of 10 percent and made the rate retroactive to Jan. 1, he said. In the past, the lowest tax rate was 15 percent, so the 5 percent reduction will allow most taxpayers to get a refund.

The law provides that the mailing of refunds will start in July and be complete by the end of September. Plans call for the first checks to be mailed on July 20 and the last batch on Sept. 28. Taxpayers will receive letters in July explaining how much to expect and when.

Anyone who had a federal tax liability for 2000 is eligible providing they were not claimed as someone else’s dependent, Emswiler said.

Liability means owing more than the amount of nonrefundable credits, such as education and childcare credit. Refundable credits, such as the earned income tax credit, don’t count for determining eligibility or the amount of the refund.

“If you filed a joint return last year and had at least \$12,000 in taxable income, you’ll receive a \$600 refund,” he said. “That \$600 represents the difference between taxing \$12,000 at 15 percent and taxing it at 10 percent as provided for under the new law.”

“If you filed as head of household last year and had at least \$10,000 in taxable income, you’ll get a refund of \$500. Most taxpayers who filed as single last year and had at least \$6,000 in taxable income will get a refund of \$300,” he continued.



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Articles may be submitted by e-mail to: Dale.Eckroth@brooks.af.mil or to: Discovery@brooks.af.mil

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# A message from the secretary of the Air Force

By James Roche

Air Force secretary



**“ My pledge to you is that I will serve the way you do every day, worldwide — with integrity, selflessness, and in earnest pursuit of excellence. ”**

James Roche  
Air Force secretary

you fly the best, train the best, and maintain the

I was recently sworn in as your 20th Secretary of the Air Force and became, on that day, a proud member of a magnificent team of active duty airmen, guardsmen, reservists, and civilian employees. You have earned the admiration of our nation, the respect of the world, and the promise of a bright future.

I already can tell you that you should be enormously proud of your achievements, from combat operations over Iraq and the Balkans to your recent validation of the Expeditionary Aerospace Force Concept.

In the realm of aerospace power,

best. As you put it: “No One Comes Close.”

We must now turn our focus to the journey ahead, and be responsive to this new century’s emerging security environment. I look forward to piloting that journey with you.

My focus is on developing new strategies for military aerospace power in this new millennium; improving Air Force retention, professional education, and leadership development; eliminating the inefficiencies in how we do our business; and developing our acquisition policies and processes to insure innovation and competitive vibrancy within our defense industrial base over the long haul.

My vision is an aerospace future just as remarkable as your admired past: undeniable and global reconnaissance and strike superiority. My pledge to you is that I will serve the way you do every day, worldwide — with integrity, selflessness, and in earnest pursuit of excellence.

In 1963, President Kennedy said of military service: “I can imagine no more rewarding career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: ‘I served in the United States Navy.’”

That sentiment rings very true for me. As you know, I am deeply proud of my Navy career.

But, today we are in a new century, with new opportunities, new challenges, new capabilities, and vastly different threats to the security of our great nation.

In this century, men and women can respond with a good deal of pride and satisfaction: “I serve in the United States Air Force.” And now, I am proud to be able to say that too.

# An important question: Are you the weakest link?

By Chief Master Sgt. Lew Monroe

Air Mobility Command Chief

MACDILL AIR FORCE BASE, Fla. (AMCNS) — As did millions of Americans across the country, Jinnae and I tuned into the premiere of the hottest new game show on network television, The Weakest Link.

The concept of the show is fascinating. It has seven contestants working together to potentially win a lot of money, with each contestant being asked different questions and earning a certain amount of money for the team when they answer correctly. Additionally, the contestants have to do the right thing for the team at the right time by banking money before their next question is asked.

The intense part of the show occurs at the end of each round when the players vote to eliminate one of their fellow team members. Their voting targets the player who has proven least valuable to the team in the previous round.

Finally, after all of the votes are tallied, a sinister hostess declares the unfortunate team member with the most votes the weakest link and dismisses that person from the show.

The show highlights the dynamics of working together as a team. It illustrates how each team member’s actions have an effect on the entire team, such as not banking money for the team at the right time could cost big time.

Throughout the entire show all I could think about was how we in the Air Force are part of a great team working toward a common goal (the security of our nation), and in our business we can’t afford to be a weak link.

You see, we depend on each other like no other team in the world. We all have to be doing our part every day to the best of our abilities; the freedom of our nation depends on it.

For example, the Super Bowl champion Baltimore Ravens dealt with a lot of adversity, yet they

held together and were able to depend on each player to do his job and keep the team first and it paid off; now they are the defending world champions.

The Microsoft Corp. has been poked and prodded daily for the last four or five years, yet the entire team continues to contribute — the developers are developing, salesmen are still making sales and the team is still together.

In both examples, the team has been successful through adversity and ridicule because of one thing: their strength as a team.

Nowhere in the world is this concept of team more important than within the profession of arms. We are not just playing a game or turning a profit; we’re doing something far more valuable than that, we are

defending a way of life.

We don’t just have a simple city or corporate body depending on the success of our team, but we have an entire nation relying on us every minute of everyday.

Here is what you must realize: we all have a stake in the success of this team. From the lowest-ranking airman to the highest general officer, our job is to contribute to the successful completion of the Air Force mission.

Whether you are preparing meals in the dining facility, turning wrenches on the flightline, giving shots at the hospital or processing travel vouchers in the comptroller’s office, you are a vital part of this team, and you can’t be a weak link.

Every day that we put on this uniform and head into our workcenter it has to be team first. We must constantly be aware of how our actions will affect the team. We can’t afford to have an off day or give less than 100 percent, because all of America is depending on us.

As an indispensable member of this team ponder this — if America lined us up and evaluated our daily contributions would you be voted the weakest link?



## McFarland becomes first 'individual' commander's award winner in years

By Rudy Purificato

311th Human Systems Wing

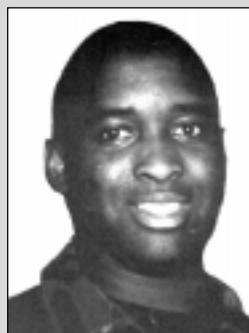
Technical Sgt. Lorenzo McFarland knew that earning the 311th Human Systems Wing Commander's Award was a high honor.

What he didn't know until last Friday was that he is the first individual winner of the base's top honor in more than two years.

Former Human Systems Program Office director Col. Alan Pease was the last individual award honoree in January 1998.

Since then, 30 base organizations, teams or groups have earned the award. Col. R.J. Ruff, 311th HSW vice commander, presented the award to a surprised McFarland on June 15.

"This is the highest base honor I have received. However, I feel a little guilty in accepting it because



McFarland

it was a team effort," said McFarland, an aeromedical technician assigned to the Air Force Medical Operations Agency's Primary Care Optimization Staff Assistance Visit team.

While he was nominated by his team chief Lt. Col. Robert Ellis, and individually recognized for the work he did as part of the team, McFarland credits his colleagues for helping him earn the award.

"I did some of the leg work, but it was all of us who worked on putting together (numerous) staff assistance visits," he said, describing the team's initiative that helped save the Air Force an estimated \$176,000 in one-time training costs.

McFarland earned the award for his work on staff assistance visits and his leadership in producing a series of five training videos that featured the Air Force Medical Service's transition to Primary Care Optimization.



Photo by Staff Sgt. Sabrina Johnson

### Joint service ribbon cutting

Brig. Gen. Paul Nielsen, Air Force Research Laboratory commander (center) and Marine Corps Col. George Fenton, director, Joint Non-Lethal Weapons Directorate, cut a ribbon opening the new Joint Non-Lethal Weapons Human Effects Center of Excellence at Brooks. The ceremony was held June 7 at the Frank M. Tejeda Directed Energy Bioeffects Laboratory where the new HECoE is located. Also participating in the ceremony was Lt. Col. Dennis Scholl (left), program manager for Active Denial Technology Bioeffects.



# Brooks names first 'secretary of the year' award winners



Senior Secretary  
GS-5  
**Nicolasa Hernandez**  
AFIERA



Advanced Secretary  
GS-6  
**Eleanor Prudente**  
AFIERA



Executive Level  
GS-7 & higher  
**Myrna Marshall**  
USAFSAM



311 HSW Team  
**Lisa Hamilton**



311 HSW Team  
**Emma Chapa**



311 HSW Team  
**Sally Criollo**

By Cerise Fenton

311th Human Systems Wing Public Affairs

The first Secretary of the Year Award winners at Brooks were announced during a recent breakfast hosted by the 311th Human Systems Wing Human Resources Directorate at the Brooks Club.

Brig. General Lloyd Dodd, 311th HSW commander presented awards to the winners in four categories: senior secretary (GS-5 level), advanced secretary (GS-6 level), executive secretary (GS-7's and higher), and the team award.

According to Susann Baker, of the Human Resources Office here, this is the first year Brooks has conducted the program, although it has been in existence at the Aeronautical Systems Center at Wright-Patterson Air Force Base, Ohio, for a number of years.

"We are not able to compete with them, [ASC], so General Dodd decided just this year that we would have our own Secretary of the Year Awards Program," said Baker.

Packages were prepared locally and forwarded to Wright-Patterson for judging and selection.

The Secretary of the Year 2000 winners are:

— Nicolasa Hernandez, secretary for the business division, operations directorate, at the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis, in the senior secretary category.

— Eleanor Prudente, also in the operations directorate at AFIERA, was chosen for the advanced secretary award.

— The executive level award was presented to Myrna Marshall, secretary to the commander at the U.S. School of Aerospace Medicine.

— Lisa Hamilton, Emma Chapa, and Sally Criollo, the 311th HSW Command Section secretarial team who provide administrative support to the commander, executive director and vice commander, captured the team award.

Cerise.Fenton@brooks.af.mil

## July 4th activities

There's fun for the entire family at Lackland and Randolph Air Force Bases this Independence Day.

### Lackland Air Force Base

#### **Star Spangled Festival**

June 30 — 5-11 p.m. Tops In Blue performs in amphitheater; free admission.

July 4 — Open to the general public, noon-midnight

Activities include food and drink booths, DJ music, youth booth, arts and crafts, games and prizes

Live entertainment (\$10 admission)

6:30 p.m., Chris Chitsey

7:30 p.m., David Lee Garza

8:30 p.m., A.B. Quintanilla y Los Kumbia Kings

10:30 p.m., fireworks

### Randolph Air Force Base

5 p.m. Gates Open

Children's Area

6:30-8:30 p.m., Revolution Drum and Bugle Corps

9:55 p.m., skydiving

10 p.m., fireworks

10:30 p.m., event ends

Live entertainment (free)

5-6:30 p.m., Inside Out Band

6:30-8:30 p.m., Wilbert Beasley Body and Soul Band

8:30-10 p.m., Larry Jo Taylor Band



## Flood

Continued from Page 1

first time set up an emergency medical facility inside a building. Normally, EMEDS is configured in tents.

Astro Hall, located across from the Astrodome, was converted into an emergency medical facility.

Dabney said the site was EMEDS-configured, featuring a fully functional operating room, emergency room, intensive care unit, x-ray lab, wards for men and women and a command and control center.

Jefferson said his team ensured that Wilford Hall personnel were fully trained on the facility's EMEDS equipment.

Among EMEDS personnel the USAFSAM team trained were: emergency room physicians and nurses, surgeons, medical and surgical technicians and logistics/administration technicians.

By the morning of June 15, the newly trained EMEDS facility staff was ready to treat flood victims, Jefferson noted.

"This was an excellent opportunity for us to train (EMEDS personnel) in a real operational environment," Jefferson said, explaining that the situation could not have been better for Air Force medical personnel to gain valuable hands-on experience during an actual emergency.

The Air Force developed EMEDS in 1999 for rapid insertions during wartime and humanitarian situations, explained Lt. Col. Jim Machetta, EMEDS course director.

Normally housed in a series of mobile, climate-controlled tents, EMEDS serves as the cornerstone for the Air Force Theater Hospital.

**Among EMEDS personnel the USAFSAM team trained were: emergency room physicians and nurses, surgeons, medical and surgical technicians and logistics/administration technicians.**

Primarily designed to support the Expeditionary Air Force, EMEDS is the first echelon of medical support during contingency operations. Depending upon medical support configuration, EMEDS is capable of supporting up to 2,000 patients.

"The team did an outstanding job working well with the folks from Wilford Hall. I think EMEDS significantly contributed to the recovery effort in Houston," said Dabney.

Besides Jefferson, Dabney and Machetta, the USAFSAM EMEDS team included: Maj. Matt Wyatt, 1st Lt. William Barkley, Tech. Sgt. Paul Bernal, Staff Sgt. Chris Valedez, Staff Sgt. Rudolph Pelacios and Senior Airman Mark Paradis.

Rudolph.Purificato@brooks.af.mil

## Medical center to open laser eye surgery center

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — Air Force officials have selected the 74th Medical Group here to build a state-of-the-art laser eye surgery center that will reduce how much active duty members depend on eyeglasses or contact lenses.

The new laser center will be known as the Warfighter Laser Surgery Center and will be on the fourth floor of the Wright-Patterson Medical Center, according to Dr. (Lt. Col.) Leo Hurley, 74th Medical Group Ophthalmology and Refractive Surgery chief.

He said the center will use the latest generation laser, capable of automatically tracking a patient's eye during the surgery.

"About 40 percent of today's Air Force members require corrective lenses to perform their jobs," Hurley said. "In a stressful environment, such as

a cockpit or battlefield, these corrective lenses can cause many problems. Medical officials here said they hope that reducing war fighters' dependence on corrective lenses will improve their ability to perform their jobs."

The laser surgery center is one of three to become operational this year. The other two are at Lackland Air Force Base and the Air Force Academy, Colo.

Two additional centers are planned to open next fiscal year at Keesler Air Force Base, Miss., and Travis Air Force Base, Calif., according to Hurley.

Center physicians will initially treat active duty members only. Family members and retirees may be treated on a space-available basis in the future.

Laser center staff members have already begun performing photorefractive keratec-

tomy, known as PRK, procedures. Hurley said PRK uses the same precise laser technology that's used in laser-in situ-keratomileusis surgery, or LASIK.

"After the healing process, both LASIK and PRK produce similar results for the average patient wearing corrective lenses," he said.

Unlike LASIK, PRK does not require the cornea to be cut before applying the laser energy, Hurley said.

"The lack of this incision leaves the PRK-treated eye structurally stronger after surgery," the doctor said. "PRK surgery can be performed as an out-patient using only eye drops for anesthesia."

Visit the web site at: [www.wpmc3.wpfb.af.mil/refrac\\_surg/index.asp](http://www.wpmc3.wpfb.af.mil/refrac_surg/index.asp).

For more information, call Joann Stewart at (937) 656-1447.

## Oral piercings implicated in adverse medical condition

By Maj. Susan Davis

311th Medical Squadron

tooth damage, interference with speech and chewing, scarring and development of metal hypersensitivities.

The technique for inserting tongue jewelry may fracture teeth and digital manipulation of the jewelry can increase the risk of infection.

Airway obstruction due to swelling or inhaling jewelry poses another problem. Jewelry can compromise diagnosis of x-rays.

Piercing is also a possible means for transmitting bloodborne hepatitis (hepatitis B,C,D and G).

In accordance with Air Force Instruction 36-2903 —

June 8, 1998, Table 2.5 Clothing /Accessory/Tattoo/Brand and Body Piercing Standards:

**In uniform** — Members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue, or any exposed body part (includes visible through the uniform).

**Civilian attire** — Official duty: Members are prohibited from attaching, affixing, or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue or any exposed body part (includes visible through clothing).



## Refund

Continued from Page 1

The process is scheduled to take three months because 96 million checks are involved.

Persons claimed as dependents, such as children, college students and elderly parents, receive no refund. Further, Emswiler said, the refunds he cited are maximums — persons who reported less than the threshold incomes will receive proportionally smaller refunds.

"But as long as you had some tax liability in 2000, you'll get a refund," he said.

Eligible taxpayers need only ensure the Internal Revenue Service has their correct mailing address, Emswiler said.

Service members should notify the post office of moves or file IRS Form 8822, "Change of Address," with the IRS.

The IRS plan is to issue refunds according to the last two digits of taxpayers' Social Security numbers, he said.

Refunds for those with "00" will be among the earliest checks mailed in July; "99s" will be among the last in September.

The process is scheduled to take three months because 96 million checks are involved.

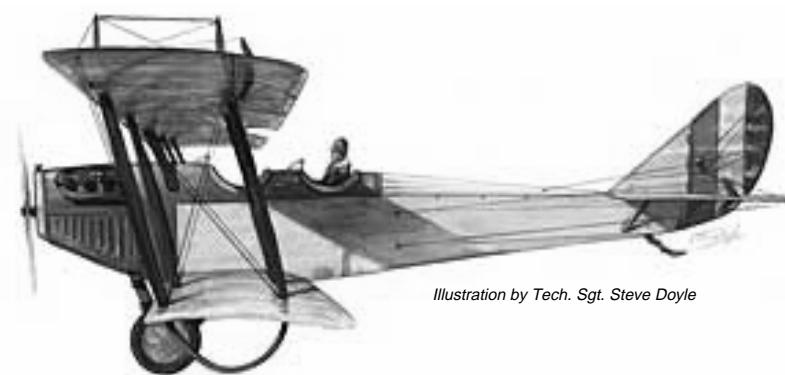


Illustration by Tech. Sgt. Steve Doyle

## Kelly's history for sale - buy a copy now

By Master Sgt. Dorothy Goepel

San Antonio ALC Public Affairs IMA

**KELLY AIR FORCE BASE** — The legacy and heritage of Kelly Air Force Base is a strong current that runs across the service members and civilians whose memories of the base run deep.

It also is a strong theme for Ann Hussey, the woman tapped to capture Kelly's legacy in words for the third and final edition of a pictorial history of Kelly, tentatively titled "A Heritage of Service: Eighty-Five Years of Military Aviation at Kelly AFB, 1916-2001."

The book, expected to encompass some 450 pages and more than 500 color and black-and-white photographs, will trace the base's legacy from Nov. 21, 1916, to July 13, 2001, and will include pictures of Kelly's July 13

closing ceremony, Hussey said.

"The foundation is pleased to sponsor this book as a way for the Kelly family to preserve its memories after the air logistics center closes and the base realigns," said foundation president Tommy Jordan.

Jordan emphasized that once the last order is taken July 13, no more will be accepted.

"We're going to accomplish one printing of the book for the number of orders we receive through July 13, and no more."

Kelly supporters are encouraged to order a copy of the book.

Books are available through the Kelly Field Heritage Foundation for \$27.50.

For more information on ordering the book, call 925-9333 and ask for Lynda Wampler.

## TRICARE Service Center moves to base clinic

By Maj. Susan Davis

311th Medical Squadron

The Brooks TRICARE Service Center has moved from the base exchange annex to the clinic, Bldg. 615.

Beneficiaries can now see Sherri Dix, Beneficiary Services representative for Healthnet Federal Services, and have access to the following services without leaving the clinic:

— TRICARE Prime enrollment/disenrollment; transfers from other TRICARE Regions; primary care manager change requests; order TRICARE cards; retiree payments of TRICARE Prime premiums; claims problems/questions; network pharmacy issues; information on TRICARE programs (Prime, Standard and Extra); and Active duty in-processing and out-processing clearance letter.

The Healthcare Finder function for Brooks has been centralized to Healthnet's regional office, and referrals are being handled through the computer, fax or phone.

Beneficiaries who want to meet with a Healthcare Finder in person can do so at the Randolph, Kelly, Lackland and the Brooke Army Medical Center TRICARE Service Centers.

## Education notes

By Carolyn Croft-Foster  
Brooks Education Services Office  
536-3617

### AEF scholarships

The Aerospace Education Foundation will award a \$1,000 scholarship again this year to an active duty full time Air Force Association member who is pursuing a master's degree in a non-technical field. To be eligible the Air Force member must be a current member of the AFA.

The deadline for applications 30 June 30 (postmarked) and the scholarship will be awarded in September. Applications are available on the AEF web site at: [www.aef.org/](http://www.aef.org/). Please note this application package consists of four pages.

For more information, contact Jancy Bell at (800) 727-3337 ext. 5801, or by e-mail at: [AEFstaff@aef.org](mailto:AEFstaff@aef.org)

### ACSC Non-Resident Seminar

The Brooks Education and Training Flight is now seeking eligible candidates (major, major-selectees, GS-11, and above) for the Air Command and Staff College Non-Resident Seminar Program.

Non-resident seminars meet for 11 months from August 2001 until June 2001.

The course grants Phase 1 joint professional military education credit, Intermediate Service School credit, up to 27 semester hours of graduate course work and Reserve points as determined by AFPC.

To register, visit Education Services in Bldg. 570-C to complete an ACSC application, or call 536-3617 for more information.

### AWC nonresident studies

Recruiting for the Air War College Non-resident Seminar Program is now underway.

This is an ideal way to complete senior PME, combining self-study with a formal, semi-structured meeting environment highly conducive to learning.

Seminars are scheduled to start in early August 2001 and will run until June 2002. The program is open to active duty, guard and reserve colonels, lieutenant colonels, and lieutenant colonel-selectees (or their equivalents) of any component of the U.S. Armed Forces and civilian employees (GS/GM-13 or above).

Applications for enrollment for AWC are available at:

[www.au.af.mil/ai/awc/awchome.htm](http://www.au.af.mil/ai/awc/awchome.htm).

After completing your application, please bring it or fax it to Education Services for processing. Contact Education Services at 536-3617 for more details.

### Officer Training School

Enlisted members who have completed a bachelor's degree or are within 270 days of completion are eligible to apply to Officer Training School. The next deadline for applications is Aug. 28.

For more information, call 536-3617 to schedule an appointment.

### VEAP conversion

Those service members who have VEAP accounts are now eligible to convert to the Montgomery GI Bill. Education Services will contact members whose names appear on a list of eligibles.

If you believe you are eligible and have not been contacted, contact Education Services in Bldg. 570-C. For more information or to schedule to attend a conversion briefing, call 536-3617.

### OLLU information

Representatives from Our Lady of the Lake University will be available on July 19, 9-11 a.m., in the Education Services building. Registration for Weekend College Trimester I, began June 16.

To obtain undergraduate Weekend College information call 431-3995 or visit the web site: [www.ollusa.edu/~wec/sawec](http://www.ollusa.edu/~wec/sawec).

For graduate Weekend College information call 431-3972.



Photos by Staff Sgt. Sabrina Johnson  
Senior Airman Christopher Bridges, of the 311th Communications Squadron, barbecues ribs at the base picnic, June 8.



The dunking tank seemed to be one of the most popular activities at the picnic. Contestants lined up to take turns "dunking" one of their favorite Brooks leaders.

Have summer travel plans? Visit the Wagonlit Travel leisure travel office in the Brooks Base Exchange. Call 531-0406 or check out: [www.cwgovernment.com/afaetc](http://www.cwgovernment.com/afaetc).



# 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 Air Base Group Logistics Division.....	536-3541
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



## Brooks Family Support Center activities

Call 536-2444 for information

### Resume Workshop

**9-11 a.m., June 27, Bldg. 538** — Learn the different resume styles and how to write and use them effectively to open career opportunities; learn the do's and don'ts of resume development; and as an added bonus, learn how to develop impressive cover and thank you letters.

### Bundle for Babies

**9 a.m. - noon, June 28, Bldg. 538** — This class is for active duty Air Force couples with a newborn or expecting a child. The agenda consists of segments on budgeting for baby, caring for your newborn, handling stress, and car seat regulations.

### Transition Seminar

**8 a.m. - 4 p.m., July 9-11, Bldg. 538** — This seminar allows us to better serve those separating and retiring members and their spouses. Topics include job search preparation resume writing, interviewing skills to include appropriate dress, veteran's benefits, and much more. Members retiring or separating within 180 days should attend.

### Family subsistence

The National Defense Authorization act for fiscal year 2001 added an entitlement to Title 37, Sec. 402, Basic Allowance for Subsistence. The new entitlement is called Family Subsistence Supplemental Allowance. This program is designed to remove the member's household from eligibility for benefits under the U.S. Department of Agriculture Food Stamp Program.

FSSA will be paid in an amount equal to the total dollars required to bring that member's household income to 130 percent of the federal poverty line, not to exceed \$500 per month. All active duty members may apply for FSSA. If an active duty member is not receiving food stamps, or does not qualify for food stamps, it is possible the member may still qualify for FSSA. Eligibility is based on a member's household size and income.

FSSA income may jeopardize a household's participation in certain programs where eligibility is based on income, such as: food stamps, subsidized school lunch programs, the Women, Infant, and Children Program, day care assistance programs, and earned income tax credit.

Applications are available on-line at: [www.afcrossroads.com](http://www.afcrossroads.com). For more information, call LaWanda Hawkins at 536-2444.



# Unit key spouse program provides valuable service

**By Lindy Smith**  
68th Information Operations Squadron

Active duty members arriving to a new base with their families have the military personnel flight, a sponsor package, and many other resources to assist them with a smooth transition to the local area.

What about resources, or "a sponsor" for the spouse? This is where the unit key spouse program can help.

The role of the unit key spouse is to make sure unit families are fully aware of the types of support services the base and local community can provide for their particular needs.

The key spouse is also a non-military focal point for those who have support needs but who might not otherwise seek help through the military chain of command for whatever reasons.

The role of the key spouse is also to listen, inform, support and point unit spouses in the right direction.

The key spouse works closely with the unit team's families and is connected with the family support center.

Contact with other support facilities such as the health and wellness center, chapel, civilian personnel, life skills support center, military personnel office, legal office, day care, finance and the military equal opportunity office are also available.

The 68th Information Operations Squadron has implemented the unit key spouse program at Brooks.

For more information, call 536-1399.

# Federally Employed Women honor wing, local chapter seeks members

**By Cerise Fenton**  
311th Human Systems Wing Public Affairs

The Federally Employed Women recently selected the 311th Human Systems Wing as the winner of the Federal Department/Agency Award for April 1, 2000- March 31, 2001.

The award recognizes an agency that has shown exemplary support to the goals of the local chapter.

The Mission Trails Chapter #123, formerly the Brooks Chapter, is one of more than 300 chapters within 11 regions worldwide.

Federally Employed Women is a private, non-profit organization that was founded in 1969.

The organization supports legislation in areas which have a direct impact on eliminating discrimination against women in federal government, minorities in government, all federal workers, and all women as a class, whether or not they are federally employed.

In the past three years, Mission Trails has won three first place, two second place and most recently one third place award.

The awards are based on

monthly programs, special projects, membership, fund-raisers and support to the local community. Both the chapter and the wing will receive their awards at the National Training Program July 12.

"This is, indeed, an honor for the Wing and the Mission Trails Chapter," said Chapter President Iris Seals.

Despite all of that, and 25 years in service, Mission Trails is facing losing its charter and being forced to disband. Membership has slipped below the number required by national policies. The chapter must have 15 members by July 1 to be able to continue here.

Membership in FEW is open

to any person, male or female, who is employed by or retired from the Federal government, including contractors and anyone who subscribes to the purpose of the organization.

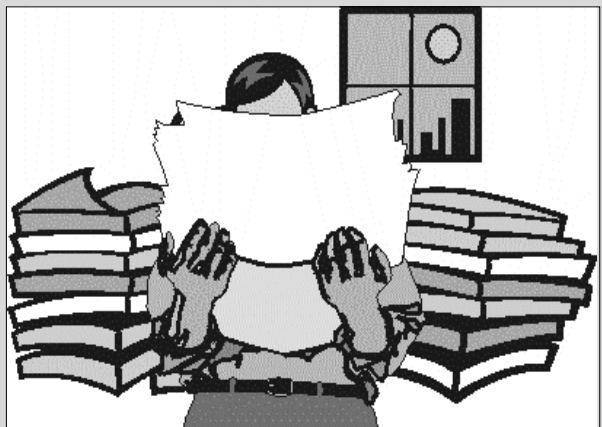
Memberships are available within an organized chapter, or as a member-at-large. Associate memberships are available to those outside the federal sector who support FEW's goals and objectives.

Anyone interested in joining the Mission Trails Chapter or wanting more information, should contact Iris Seals, chapter president, at 536-3285 or visit the web site at: [www.few.org](http://www.few.org).

*Cerise.Fenton@brooks.af.mil*







## Worried about paying all those family bills?

By LaWanda Hawkins

Brooks Family Support Center

If you're worried about paying all the bills or discouraged about your financial future, you're not alone. Many individuals share the same anxiety. Having to live on less money can be very hard for the entire family.

You can calm some of those worries by sitting down with family members and discussing financial issues and setting up a spending plan that will help you gain control over finances.

A spending plan is a tool designed to help you spend money wisely and reach financial goals.

Here are a few tips for developing a personal spending plan:

### Financial goals

Ask yourself what do you really want to do with your money? Where do you see yourself financially, now and in the future?

### Family's income

Before you can plan wisely, you need to know how much money you will have during the planning period.

### Monthly expenses

A good way to determine monthly expenses, if you're not sure where all your money goes, is to keep a written account of your spending for at least 30 days.

Be realistic when making your spending plan. One of the greatest reasons that spending plans fail is that you cannot live within the constraints you have set for you and your family.

### Stick to it

Remember, the purpose of making a spending plan and sticking to it will help you and your family live better and get more satisfaction from the money you have.

After you have been on the spending plan for at least a month, check your progress. If you are not satisfied, don't give up. You may need to make changes to your plan and try again.

### Information

For more information or assistance on developing a spending plan, developing good spending habits or just learning basic money management skills, contact the Brooks Family Support Center at 536-2444

## Promotion ceremony

The next Brooks enlisted promotion ceremony is scheduled for 3 p.m., June 29, in the Brooks Club, Bldg. 204. Everyone is invited to attend and support those members being promoted to their next grade.

## 68th IOS ribbon cutting

On Monday, June 25, the 68th Information Operations Squadron will celebrate the grand opening of its new building (Bldg. 1150) located at 8009 Chenault Road.

Brig. Gen. Lloyd Dodd, 311th Human Systems Wing commander, Maj. Gen. Bruce Wright, commander of the Air Intelligence Agency at Lackland Air Force Base, and Lt. Col. David Ripley, 68th Information Operations Squadron commander, will officially cut the ribbon.

The move to Bldg. 1150 marks the completion of the second phase in a two-phase move plan for the 68th IOS. Phase one was accomplished in May 2000 with the move of the 68th's command section into Bldg. 809.

The 68th IOS expresses thanks to all involved in these projects.

## Vacation Bible school

Checkered flags are flying, and the Brooks Chapel sign reads "Road Rally 2001."

Vacation Bible School runs daily

## Carlson Wagonlit Travel Bldg. 704, 531-0406

Brooks welcomes Carlson Wagonlit Travel. Carlson Wagonlit Travel, under a new contract that began on June 1, manages 11 Air Education and Training Command base leisure travel offices. Leisure travel, or off-duty travel support, was provided by SATO Travel.

The new Carlson Wagonlit Travel office is located in the Brooks Base Exchange. It's open 8:30 a.m. - 4:30 p.m. Monday through Friday.

A long-time Department of Defense leisure travel partner has provided leisure travel services for the DoD community since 1988.

In its first gesture as the new leisure travel service provider Carlson Wagonlit Travel is sponsoring a seven-night Caribbean cruise aboard the Royal Caribbean International.

John Franklin, AETC Commercial Sponsorship manager, said, "This is an excellent incentive to

## NEWS briefs

9 a.m. to noon, July 16-20 for children 4 years old through 6th grade. "We need all the young drivers we can find as we race for the crown of life," said Chaplain (Capt.) Stephen Allen.

Call 536-3824 for enrollment or to volunteer as a teacher, assistant, refreshment aid, recreation assistant, skit leader, or music leader.

## CGOC happenings

The Brooks Company Grade Officers Council has the following events planned this summer.

— Six volunteers are needed July 12, leaving Brooks at 4 p.m., to serve food to local homeless people at the St. Vincent de Paul Shelter in downtown San Antonio.

— Ten volunteers are needed to visit and distribute pre-packaged goods to inpatients at the Audi Murphy Veterans Hospital Aug. 9, departing Brooks at 3:15 p.m. Children and family members are welcome.

To volunteer or for more information, contact Capt. David Koles at 536-2322 or through e-mail at: [david.koles@brooks.af.mil](mailto:david.koles@brooks.af.mil).

## Retiree appreciation day

Brooks will hold its third annual Retiree Appreciation Day Sept. 21 from 8 a.m.-2 p.m., at Hanger 9.

Representatives from various

federal, state and local organizations will provide handouts and answer questions.

Brooks Clinic personnel and members of the Brooks Health and Wellness Center will provide blood pressure and cholesterol screenings, height and weight checks and assessments. The 311th Security Forces Squadron will conduct window etching in the Hanger 9 parking lot free of charge.

A special lunch will be available in the Brooks Club for all attendees from noon - 1 p.m. Drawings and special offers will be available to retirees throughout the day.

For more information, contact 2nd Lt. Brian Batson at 536-6977 or retired Chief Master Sgt. Fred Dickinson from the Brooks Retiree Activities Office at 536-2116.

## Dental screenings

The Pediatric Dental Department at Lackland Air Force Base provides drop-in dental screenings for all eligible military medical beneficiaries one day each month.

Children under 14 years of age will be seen at the Skylark Community Center from 8 to 11 a.m. on the following dates: July 11, Aug. 8, Sept. 26, Oct. 10, Nov. 14, and Dec. 12.

Children will receive dental exams, opinions about their dental condition and treatment recommendations. Call Airman 1st Class Marnie Thetford at 292-3327 for more information.

a party of two and includes several ports of call and first-class accommodations

Registration forms for the grand prize drawing can be obtained at the Carlson Wagonlit Travel leisure travel office in the base exchange.

Travelers may also call 531-0406 for more information.

As the new leisure travel services provider for Brooks, Carlson Wagonlit Travel partners with the morale, welfare and recreation fund to provide a complete range of leisure travel services for military and DoD members, retirees and their families.

The travel company also offers leisure travelers ongoing discounts of up to 50 percent for select cruises, tours and hotels.

These discounts are known as FedSavers, are negotiated and offered exclusively by Carlson Wagonlit Travel.

For 24-hour convenience, leisure travelers can access FedSavers on the travel website at: [www.cwgovernment.com/afaetc](http://www.cwgovernment.com/afaetc).



By Jan McMahon  
Brooks Services Marketing Office  
536-5475

visit the new leisure travel contractor.

Deadline for entering the drawing is July 1, and the winner will be announced on Aug. 10. No purchase is necessary, but you must be 18 years or older to enter."

This cruise vacation will be for



# Fate plays key role in 'charter chief's' career

By Rudy Purificato

311th Human Systems Wing

Born on America's 'Flag Day' during the "war to end all wars" was perhaps a good omen for William Krebs who believes fate and good fortune may have played a role in his historic military career.

Krebs was honored at Brooks recently for his contributions to Air Force history as an original member of the "charter chiefs," a group of 620 who were the first to be promoted to the then new chief master sergeant rank on Dec. 1, 1959.

Krebs, a Brooks Clinic pharmacy volunteer, also has the distinction of being in the first group promoted in 1958 to the then newly established rank of senior master sergeant.

"It's quite an honor," Krebs said while holding the "charter chiefs" commemorative coin that was presented to him earlier this year during a ceremony hosted by Chief Master Sgt. Darlin "Big E" Evans, 311th Human Systems Wing command chief master sergeant.

"I was so fortunate in my career," admits Krebs, referring to circumstances that fostered his success while keeping him out of harm's way. The 84-year-old Beloit, Wisc., native initially didn't plan a military career. However, destiny prevailed. Krebs

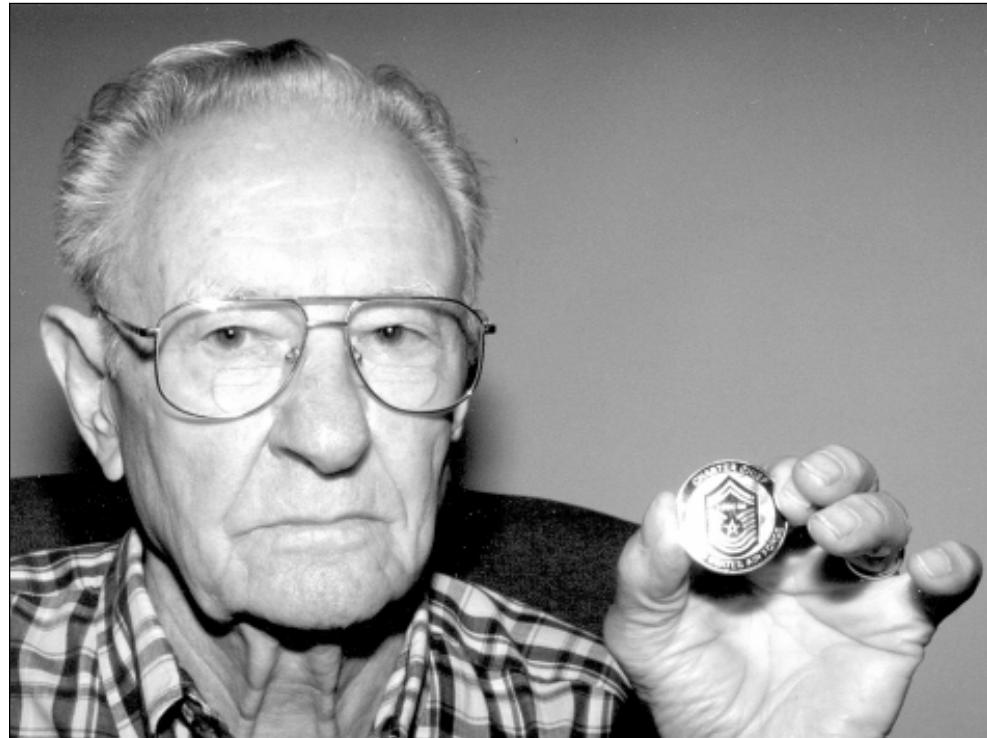


Photo by Rudy Purificato

**Brooks Clinic Pharmacy volunteer William Krebs displays the "charter chief" coin presented to him during a recent ceremony.**

soon found himself on the fast track to success through a series of 'fateful' military promotions.

Krebs recalls, "I was a butcher in a family-owned market in Beloit when the World War II draft started."

Krebs' half-brother Robert Brown coaxed him into making a decision that later proved to be providential. "My brother said, 'Don't wait to be drafted. Volunteer for the Army Air Corps. Get into aircraft maintenance. It's wide open for promotions'." Krebs originally wanted to be an Army Quartermaster Corps butcher.

He joined the Army Air Corps on Dec. 6, 1940, after hearing a radio commercial recruiting men for the Hawaiian Detachment. "I had always wanted to go to Hawaii." To his dismay, Krebs' Hawaiian Detachment orders were later revoked.

"I was heart broken," Krebs said, adding, "Little did I know then that it was my first break." Had he gone to Hawaii, Krebs may have become a casualty during the Pearl Harbor attack.

Instead, Krebs graduated from aircraft maintenance school at

Chanute Field, Ill. In September 1941 he was assigned to the 392nd School Squadron at Brooks Field.

Upon his arrival in San Antonio's 100-plus degree heat he exclaimed to himself, "What in the world did I get myself into." He quickly adjusted to flightline mechanic duties working on AT-6s and O-52s. "The squadron's mission was to train observers," he recalled. Krebs subsequently worked on the engine change crew and later for the inspection section.

Destiny intervened for him several times in 1942. He met his future wife Scotti Jeanne Pirie of San Antonio in January, went from 2nd air mechanic to buck sergeant in February and by June was married.

His career really took off while assigned to the 54th Troop Carrier Squadron at Florence, S.C. "I was a C-47 crew chief," he said, explaining that the squadron's mission involved training pilots in low level flying for glider tows and troop carrier parachute drops. Five squadrons composed the group. Two were eventually transferred to England during the D-Day invasion buildup, two were sent

**“ My brother said, 'Don't wait to be drafted. Volunteer for the Army Air Corps. Get into aircraft maintenance. It's wide open for promotions.' ”**

**William Krebs**

Brooks Clinic Pharmacy volunteer/"charter chief"

to the China-Burma-India theater and one was Alaska-bound. "I went to Alaska and was promoted to staff sergeant," Krebs said. Due to a unit Table of Organization and Allowance crew chief rank requirement, Krebs was promoted to technical sergeant two months later. "I went from having no rank in January 1942 to technical sergeant in November 1942."

He also came closer to the war flying troop transport and supply missions along the Aleutian Island chain. By December 1942, Krebs fatefully became squadron inspector. A subsequent TOA change authorized a position rank upgrade. "On June 1, 1943, I became a master sergeant."

Krebs had exceeded his own expectations during his initial three-year enlistment. "It became obvious that my best bet was to stay in," he said. He stayed in the Air Force until retiring on April 30, 1961, having previously earned chief's rank while stationed at Charleston Air Force Base, S.C.

"They (Air Force) made me pay for those quick promotions," Krebs joked, referring to the 15-year-wait between grades.

While Krebs knew he was part of Air Force history as a charter chief, he didn't know that a special coin had been created for him. A clinic co-worker asked him if he had a chief's coin. "I thought he was kidding," Krebs admits. The charter chief was unaware that destiny had again intervened.

Rudolph.Purificato@brooks.af.mil

Be safe this summer — **BUCKLE UP!**



Spencer-Baldwin

## Q&A

**FULL NAME:**  
Patricia Ann Spencer-Baldwin

**DUTY TITLE, ORGANIZATION:**  
*Management and program analyst;  
Wing Programs Office,  
311th Human Systems Wing*

**WHAT IS MY JOB?:**  
*I facilitate and coordinate agreements between wing organizations with private industry, academia and other government organizations. The agreements run the gamut from "let's agree to shake hands and work together" to the development, transfer and commercialization of new technology that enhances our mission.*

**BIRTHDAY:**  
April 10, 1962

**HOMETOWN:**  
San Antonio

**FAMILY STATUS:**  
Married with no children

**HOBBIES:**  
*Church ministries, my extended family and working with computer applications*

**FIVE-YEAR GOAL:**  
*Obtain additional formal education in one or more of the following fields: religion, computers and counseling/psychology*

**ULTIMATE GOAL:**  
To make heaven my home

**BOOK AT BEDSIDE:**  
The Holy Bible

**I JOINED CIVIL SERVICE:**  
*I work well under a well-developed organization and leadership. I learned from several individuals that military organizations would offer this as well as excellent benefits, job security and a chance to travel.*

**FAVORITE CAR:**  
1986 Mercedes 560 SL (red, hard top)

**FAVORITE MUSIC:**  
*Traditional, contemporary gospel*

**FAVORITE ACTOR:**  
Tom Hanks

**FAVORITE ACTRESS:**  
Angela Bassett

**LAST MOVIE WATCHED:**  
Remember the Titans



## Brooks Personality PROFILE

# Discovering path of life comes early for Brooks woman

By Cerise Fenton

311th Human Systems Wing Public Affairs

For some of us, it takes a good portion of our lives to learn who we really are and find a path that fits, but for one Brooks employee the discovery came early. From the time she was just five years old Patricia Spencer-Baldwin, a management and program analyst in the 311th Human System Wing Programs Office said her course was set.

Looking back now Baldwin realizes that some of her actions at that age were the first signs of who she would be for life. She recalls acts of responsibility, servitude and faith.

Baldwin, a San Antonio native, believes people are who they are primarily as a result of traits that are passed on and, secondly, because of what they've experienced.

As a young child Baldwin had already developed a strong love for God, which she would continue to build on, and people. Those traits, she said, definitely came from her parents, along with the positive attitude and initiative she gained from her father, and the value of hard work and perseverance that were passed down through her mother.

Even today she continues to learn by her mother's example.

"I truly believe we are all servants, and to be great you must first be a servant," she said. "I believe that what you do comes back to you and that we should treat people the way we want to be treated."

At a young age Baldwin said she also knew she wanted to 'work for God', become more involved in church and sing in the choir. That was just the beginning. At 9-years old she was playing accompaniment for the choir and soon found herself director of an adult choral group.

"I didn't want to do it," she jokes. "I remember just looking up at all those adults," she said.

Today Baldwin is the Minister of Music as well as the director and musician for all five choral groups at her church where she, her husband, her mother, brother and his family attend. Outside of her musical programs she provides administrative assistance, developing programs and bulletins, and acts as a counselor and advisor for the church.

She holds a Certificate of Ministry, a Certificate in Christian Education and a Doctor of Divinity degree. She has also completed what she calls a 'multiplicity of government-offered courses and classes' throughout her 16-year Civil Service career,

in addition to a bachelors of business administration degree she earned from North Texas State University where she graduated Magna cum Laude.

It was actually her college grade point average that earned her a position in civil service. She was hired through the PALACE Acquire Intern Program, a recruiting program for outstanding scholars graduating college and spent the next 12 years working in manpower at McClellan Air Force Base in Sacramento, Calif.

When McClellan was selected for closure in 1995, Baldwin was more than ready to come home.

"I thought Texas was the best place in the world and I couldn't wait to get back home. I wanted those little things back," she said. "Growing up here, everyone was so 'southernly hospitable' and I really missed that."

Although she never thought she'd say it, Baldwin now realizes she misses parts of California life, particularly the milder weather and being able to get healthy fast food. Nobody, she said, eats sprouts here!

In 1997 she received her assignment to Brooks. At the beginning of this year she transferred to the programs office and now spends her days facilitating and coordinating agreements between Brooks and private industry, and other government organizations.

"We do agreements, period. They run the gamut of 'lets agree to shake hands and work together'

to the development, transfer and commercialization of new technology that enhances our mission," she said. "Technology transfer is the wave of the future," she added.

She enjoys her job at Brooks and said it's good to be home. More than anything she wanted to be closer to her mother, who still lives here.

Family is important to Baldwin. Her father was one of 14 children, and more than 50 members of the extended family reside in the San Antonio area.

In June 1999 she formed SAASFC, the San Antonio Area Spencer Family Connection with the 12 other San Antonio-area family households. After months of planning and coordination nearly 150 family members will travel here from around Texas and the nation for a reunion this weekend.

Although Baldwin enjoys entertaining and cooking the 2001 Reunion is being held at a local hotel, and she can sit back and enjoy the family.

Despite her hectic schedule Baldwin intends to enjoy a vacation with her husband later this year also. The cruise, a portion of which supports the American Diabetes Association, will take them from Florida to the Bahamas, where they will spend time at a luxurious resort.

"It's a Gospel Cruise so I'll get to see, hear and probably participate in some of the areas that I love the most—Gospel music and the word of God," she said.

"Cruises are my favorite," she added. "You don't have to plan anything."

Cerise.Fenton@brooks.af.mil



**I believe that what you do comes back to you and that we should treat people the way we want to be treated.**

— Patricia Spencer-Baldwin  
311th Human Systems Wing



## White-tailed dove found in SPO parking lot

By Rudy Purificato

311th Human Systems Wing

Christened 'Sidney Brooks' in honor of the base's namesake, the baby white-tailed dove descended upon its human host peacefully from its 311th Human Systems Office perch.

Sidney instinctively coos in loving appreciation when responding to feeding calls from Deborah Stapleton, its adoptive mother who is a SPO financial manager.

"The bird had to be fed every four hours," said Stapleton as she gingerly manipulated a liquid concoction into an eyedropper a few days after rescuing the bird. Within seconds, the newest member of the SPO's growing aviary hopped onto her lap for a tasty treat.

"On May 18 I was walking back to the (SPO) building when I saw 'her' on the ground in the parking lot. She was distressed and looked hungry. She must have been pushed out of the nest too soon," Stapleton surmised.

Lucky for the bird, it had been rescued by a lifelong friend of "all creatures great and small." Stapleton has been adopting animals since her youth.

"I've always collected strays," admits Stapleton, who has followed

**“** The vet believes the bird has imprinted on me and thinks I'm her mama. My initial goal was to nurse her back to health, then return her to the wild. **”**

Deborah Stapleton  
311th Human Systems Program Office

# 'Birdwoman' of Brooks cares for base namesake



Photo by Rudy Purificato

Deborah Stapleton, of the 311th Human Systems Program Office, has become the mama of an orphaned white-tailed dove she found recently in the SPO parking lot.

the same 'flight path' as SPO colleague Charles Laljer in caring for and feeding baby birds at work.

Laljer became known as the "Birdman of Brooks" a few years ago when he began feeding exotic baby birds at his office cubicle. He and his wife Cyndi, the latter a Sea World of Texas ornithologist, are exotic bird breeders.

"I went to talk to Charles. He examined the bird. He told me the bird was ready to become a fledgling," Stapleton said. Laljer provided her with instructions on caring for birds. "He showed me how to feed the bird. He really helped me out. I don't have much experience caring for birds."

A few years ago Stapleton rescued a pigeon that had been hit on a road here. However, the bird died.

Several years earlier at her home, Stapleton cared for a nest of baby sparrows that had clogged up an outside vent to her clothes dryer.

In both previous cases, she

'winged it' by fashioning her own bird-caring methods.

This time, Stapleton secured advice from several bird experts including the Wildlife Animal Rescue in Boerne, which provided her with a baby bird formula.

"The vet believes the bird has imprinted on me and thinks I'm her mama," she said, adding, "My initial goal was to nurse her back to health, then return her to the wild."

The bird is pretty much grown now to take flight into the wilds from Stapleton's home on Bandera Road near Loop 1604.

"Sidney roosts on top of her cage in my laundry room overnight," Stapleton said. "My husband takes her outside in the morning and she eats her seeds from the feeders with the other birds. She then flies off to join her friends."

To let Sidney know her mama is home after work, all Stapleton needs to do is a little whistling.

"I whistle for her when I water the

garden. Within a minute or two she lands on my arm and walks up on my shoulder," she said. "I then take her inside and feed her and play with her. It's a daily routine I've grown accustomed to."

Stapleton has mixed emotions about facing the inevitable — her "feathered child" growing up and leaving home.

"I'm happy for her but I'm also sad. I'm attached to her just as much as she is to me," Stapleton said. "I know it's just a matter of time until Sidney leaves home and I won't see her anymore."

Stapleton knows she'll soon have to experience the empty nest syndrome all over again. The first time was when her son left home for college.

"A few days ago Sidney was late in returning home. I got so upset, I went inside and cried," she said. "She's just reacquainting herself with the wilds. That's where she belongs."

Rudolph.Purificato@brooks.af.mil



Photo by Staff Sgt. Sabrina Johnson

**Pool time fun**

Children from the Brooks Youth Center enjoy cooling off in the base swimming pool. The youth center reminds parents that swimming lessons are available for

two age groups — children ages 5 and older and toddlers 4 and younger. Lessons are given Monday through Thursday for two weeks. For more information, call the youth center at 536-2515, or stop by Bldg. 470.



Photo by Staff Sgt. Sabrina Johnson

Staff Sgt. Wendy Garcia, of the base visual information support center, weighs a bag of grapes at the Brooks Commissary.

## Wash all fruits, vegetables before eating

**By Beth Settle**

Defense Commissary Agency

SAN ANTONIO — The summer season is upon us, and the Defense Commissary Agency has some good advice when it comes to enjoying fresh fruits and vegetables.

Recently, California, along with several other states, has reported an increase in illnesses associated with cantaloupes.

However, there is a risk of becoming ill from almost any food item, including fresh fruits and vegetables, if they are not handled properly.

Bacteria cause the majority of food borne illnesses. For example, the recent out-

breaks associated with cantaloupes were caused by a rare strain of Salmonella bacteria.

Some other bacteria that can cause illnesses are E Coli O157-H7, Listeria Monocytogenes, Clostridium Botulinum, and many others.

Proper handling can easily control these microorganisms and the illnesses they cause.

When it comes to fresh fruits and vegetables, one of the most important ways to ensure the removal of harmful microorganisms is to thoroughly wash them.

Most fruits and vegetables have a protective layer (skin, rind, or peel) that prevents bacteria from getting to the

inside of the produce.

However, if it is not properly washed, bacteria that may be on the surface can easily be transferred to the inside by cutting, slicing or peeling that protective layer.

Proper temperature is another very important control measure in reducing the risk of illness from bacteria.

When food items are prepared, to include fruits and vegetables, they should be maintained at a temperature that will reduce the growth of harmful bacteria.

The bottom line is: keep hot foods hot (140 degrees Fahrenheit or above) and cold foods cold (40 degrees Fahrenheit or below).



# SPORTS SHORTS

## Salute to military youth night

June 25 is the Oscar Mayer Military Youth Night at the San Antonio Missions baseball game. Military youth may obtain a voucher for four reserved seats to the game by contacting Larry Flores, Brooks Youth Sports director at 536-8130. Tickets will be given to eligible youth while supplies last.

The event is made possible through Air Education and Training Command's Salute to Military Youth, a program designed to thank military families and recognize the military youth from San Antonio bases.

This program is sponsored in part by Kraft Cheese, Oscar Mayer, Post Cereals and made possible through the support of the Defense Commissary Agency (no federal endorsement of sponsors intended).

A special booth on Oscar Mayer Military family Night will distribute 1,500 custom embroidered baseball caps to military family children during the game.

To obtain a free cap, people need to show their military identification card or present a Kraft cheese proof of purchase.

## Post essay contest

Youth can win a \$1,000 Savings Bond simply by writing an essay. The essay will be based on a paper, not to exceed 1,000 words, written by the military child, on the topic "The Person I Admire". The Essay Contest is open to any military family child 18 years or younger who is eligible to use Services facilities at Brooks. The contestant's essay should include his or her name, age, telephone number and the base (Brooks) the person is associated with.

Essays should be postmarked by Aug. 1 and mailed to:

San Antonio Missions Baseball Club  
Post Cereal Youth Essay Contest  
5757 Highway 90 W.  
San Antonio, TX 78277

The winner will be notified within 30 days following the entry deadline and will be asked for confirmation that he or she is a military family member authorized to use Services facilities.

## Football, cheerleading registration

The Brooks Eagles/Falcons will hold football and cheerleading registration through July 31 at the youth center. This is done on a first come first served basis. Children of active duty and retired military, as well as DoD family members, are eligible to play. Non-DoD personnel will be accepted to ensure formulation of teams.

Football registration is \$25 for youth center members and \$40 for non-members. Two copies of the child's birth certificate will be required at time of registration. A sports physical will be required before physical play begins.

Cheerleading registration fee is \$25 for youth center members and \$40 for non-members. For more information, contact Larry Flores or the Youth Center staff at 536-8130.

## National Youth Games

The National Youth Games local competition will be held at Brooks July 14. There are three events: basketball, swimming and soccer. Boys and girls compete separately in three age groups: 8-9, 10-11 and 12-13 years of age.

The first, second and third place finishers in each event from each age group and gender group at the local level will advance to the sectional competition.

First place finishers from each sectional will have their scores regionally and nationally ranked. The top competitor from each region in each age and gender group in each sport will advance to the national finals in Orlando, Fla.

The games are a free grassroots youth participation program in which boys and girls participate separately in any or all three events.

For more information, contact Larry Flores at the youth center, 536-8130.

# Sports



Photos by Tech. Sgt. Pedro Ybanez

Staff Sgts. Roxanne Bove (left) and Anna Martinez run laps at the Brooks Fitness Center track.

## Clinic's 'Hot Trotters' are team marathon savvy

By Rudy Purificato

311th Human Systems Wing

None of the six Brooks Clinic 'Hot Trotters' is aware of the French Foreign Legion's motto "march or die." Yet they instinctively knew they had to employ Legionnaires' tenacity and perseverance if they were to survive team marathons.

For the past three years Staff Sgt. Anna Martinez has led clinic personnel on an obstacle course of sorts competing in the annual "Beach to Bay" marathon in Corpus Christi, Texas.

"Twelve hundred teams consisting of six runners each competed (this year) in this international race," said Martinez in describing the field of athletes that featured some of the top marathon runners from Canada and Mexico. Martinez became involved in this event when her kickboxing instructor coaxed her into participating. Since then, she has recruited Brooks colleagues for a clinic team she formed last year.

"We do it for fun. There are so many good professional runners in the race. We didn't plan on placing," said Staff Sgt. Roxanne Bove, a two-year Hot Trotter veteran who serves as the clinic's immunization services noncommissioned officer in charge. Her team competes in the military mixed team category which includes both men and women members.

Bove explained that in team marathons participants must run a 4.2-mile leg. The challenge is finding and successfully passing a baton in this relay marathon.

"The trick is finding your teammate to hand off the wand (baton)," said Dr. James Bullard, a clinic dentist who said last year's experience taught fellow Hot Trotters a valuable lesson. "The first time we did it (as a team) we lost between 30-45 minutes on the handoffs. We couldn't find teammates at the exchange points," Bullard noted.

Exchange points consist of narrow chutes where hundreds of

runners converge in a chaotic battle to pass their batons, explains Martinez, who is a former high school cross-country track star. "This year everybody on our team found each other to pass the baton," she admits.

Besides the critical baton exchange, the race was also challenging because part of the course is run along sandy beaches.

"This year, I ran the first leg on the beach. We ran along the waterline. It was hard to grip the sand," Bove recalls, noting the experience affected her time. The Hot Trotters finished the race in 4 hours, 44 minutes.

The team had prepared for the marathon by running as a group three times a week on base for several weeks. The group features only one true marathon runner,

Master Sgt. Dave Johnson. The others are lunchtime runners who banded together for what has become an annual ritual.

Team members consist primarily of clinic personnel, but Martinez has had to recruit replacement runners when others have not been able to compete. Among these replacements are Tech. Sgt. Orlando Chapa with the 311th Security Forces Squadron and his nephew Daniel Mendiola.

Unlike individual marathon runners who only have to worry about themselves finishing the race, team marathons epitomizes group effort. "You learn to consider others when running as a team. You can't quit on yourself or your team. The team is counting on you," Bove said.

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Bove and Martinez stretch in preparation for a "Hot Trotter" team workout.



## Air Force sports



*Photo by Airman 1st Class Jacob Bailey*

### Dropping in on College World Series

The Air Force Special Operations Command STARS parachute demonstration team lands in Rosenblatt Stadium, Omaha, Neb., during opening ceremonies of

the 2001 College World Series earlier this month. Eight STARS team members jumped from a C-130 Hercules aircraft, each carrying a flag representing the colors the eight college baseball teams in the series.

## Hill AFB videographer takes on Ironman challenge

By Staff Sgt. Douglas Brunelle

367th Training Support Squadron

HILL AIR FORCE BASE, Utah (AFMCNS) — A seemingly eternal sea of choppy waters, 112 miles of sharp curves and rolling hills, and 26 miles of endless black tar proved the path to success for a 367th Training Support Squadron member recently.

For Staff Sgt. Rob Wieland, a 367th TSS combat camera videographer at Hill AFB, success came as he conquered the grueling Ironman California competition in 9:43:25.

He placed 47th out of 1,700 participants overall and 11th out of 361 in the 30-34 age group to qualify for the Ironman World Triathlon Championships scheduled for October in Kona, Hawaii.

An Ironman Triathlon tests competitors strength and endurance in a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run.

To compete in the Ironman Championships, athletes must be in the top 5 percent of their age group at one of 21 worldwide qualifiers. Most of these events are Ironman distance.

Wieland said he's been competing in triathlons for about seven years, and has raced in four Armed Forces Triathlon Championships.

USA Triathlon has ranked him in the top 50 for his age group numerous times throughout his career.

This was Wieland's second attempt at the Ironman California distance triathlon, and he improved his time by one hour and 39 minutes.

"Now that I've qualified for Kona, I've finally achieved one of my goals," Wieland said. "The next step is to stay under 10 hours in Kona."

At 7 a.m. Oct. 6 in Hawaii, Wieland will begin his 140.6-mile pilgrimage to see if he can break that personal milestone of under 10 hours at one of the most prestigious triathlons in the world.

Ironman competitions attract nearly 1,500 competitors, ages 18-80, from 50-plus countries and all 50 states. Nearly 5,000 competitors qualify at Ironman qualifying races worldwide. Another 4,000 enter the race lottery, which awards 150 slots to U.S. citizens and 50 slots to international athletes.

To recognize their athletic accomplishment, triathlon age group champions are automatically qualified for the next year's race.

The event carries a \$325,000 purse, the richest in the triathlon sport. Both the first male and female finisher receives \$70,000 and a 2001 Ironman-edition Isuzu Rodeo valued at \$30,000 each.

## Feeling Fit!

Seventy five percent of Air Force members rate their own health as very good or excellent.



Source: Air Force Surgeon General

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