

DISCOVER



The Development of Combat Power and Efficiency

Vol. 26, No. 15 -- Friday, Aug. 9, 2002 -- Brooks AFB, Texas

Through the Many Facets of Aerospace Medicine

U.S. Air Force releases all specialties from Stop-Loss

By Master Sgt. Ron Tull
Air Force Print News

WASHINGTON — The last officer and enlisted specialties on Stop-Loss will be released beginning Sept. 1.

In making the announcement, Secretary of the Air Force Dr. James Roche said the release will be phased in during a one-month period to allow both the Air Force and affected personnel time for transition.

“We have arrived at a new steady-state,” Roche said. “Stop-Loss most certainly helped us get here successfully, but we had pledged all along that we wouldn’t hold onto anyone longer than necessary.”

The release, which affects three officer and 15 enlisted specialties, will begin with people who had original retirement or separation dates prior to April 1. They will be able to leave beginning Sept. 1.

During the second phase, individuals with retirement or separation dates between April 1 and Sept. 30 can be released. In the final phase, anyone with a retirement or separation date of Oct. 1 or later can separate at his or her established date.

Members can request to remain on active duty for up to five months to transition to civilian life and use accrued leave.

The release does not apply to

See Stop-Loss, Page 4



Photo by Tech. Sgt. Pedro Ybanez

Executive tour

Lt. Gen. Charles Coolidge, Air Force Materiel Command vice commander, talks with Command Chief Master Sgt. Darlin Evans during a recent visit to Brooks. In addition to meeting with Brooks senior leadership and touring base facilities, Coolidge took time to have lunch with Brooks enlisted troops, and to dine with the Company Grade Officer Council.

Precautions help guard against West Nile Virus

Air Force bases are taking steps to prevent infections from mosquitoes carrying the West Nile Virus, according to a recent release from the Air Force Print News at Scott Air Force Base, Ill.

At Andrews Air Force Base, Md., two mosquito trap samples tested positive for the virus during July. Recently, near Scott AFB, the Illinois Department of Public Health reported finding the virus in several birds. And in New Jersey, home to McGuire AFB, health officials said a dozen birds and two mosquitoes tested positive for WNV. Wright-Patterson Air Force Base, Ohio, has more recently had mosquitoes test positively.

“Mosquitoes and infected birds are moving across the country like the fire ants have marched across the southern U.S.,” said Lt. Col. Kenneth Cox of the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis at Brooks. “People need to be aware that it (West Nile Virus) may well be here in San Antonio soon.”

According to Dr. Chad McHugh, an entomologist at AFIERA who provides entomology support to all Air Force installations within the continuous 48 states and Alaska, although San Antonio doesn’t have a long history of mosquito-borne diseases, we do have

mosquitos here capable of transmitting the virus.

WNV is commonly found in Africa, Asia, the Middle East and the Mediterranean basin, and was first reported in the U.S. in 1999. An outbreak in the New York City area that year caused 62 human cases of encephalitis, an inflammation of the brain. As of July 10, there have been 150 human cases of WNV illness confirmed, including 18 fatalities. The latest Texas numbers from McHugh include 10 human cases, 161 birds, and 43 mosquitoes (pools).

According to the Centers for Disease Control and Prevention, most people who become infected with WNV have either no symptoms or only mild ones, and the risk of developing encephalitis, if bitten by an infected mosquito, is less than 1 percent.

Most at risk are people over the age of 50 and those with underlying immune problems. WNV primarily lives in crows and other bird species. Mosquitoes acquire and transmit the virus when biting. The disease is not contagious from person-to-person, or animal-to-person.

“Residents can help with public health surveillance by reporting any dead birds so they can be examined for the disease, said Capt. Sherry Seagram, 89th Medical Group public

health officer.”

Although the risk of encephalitis is extremely low, public health officials want people to know about the risk and the appropriate precautions.

“People should be aware WNV is out there and take proper steps to prevent mosquito bites,” said Capt. Mukesh Roy, public health officer at McGuire.

Health officials encourage anyone walking or playing outdoors to use repellent and wear long pants and long-sleeved shirts.

Prevention goes beyond personal protection. Mosquitos are attracted to dark, wet environments like old tires that have collected water, buckets with rainwater and even empty soda cans in a recycling bin.

Public health officials recommend eliminating standing water by cleaning eaves, troughs and gutters, removing old tires, checking tarps on boats and equipment, and changing water in birdbaths, animal dishes and plant containers at least weekly.

Officials are also unanimous in one additional recommendation. People who suspect they have been infected with WNV should contact their family physician.

“If you have generalized non-specific flu-like symptoms, but no mosquito bites, chances are good you don’t have the virus,” Cox said.

INSIDE



Air Force botanist gives sage advice

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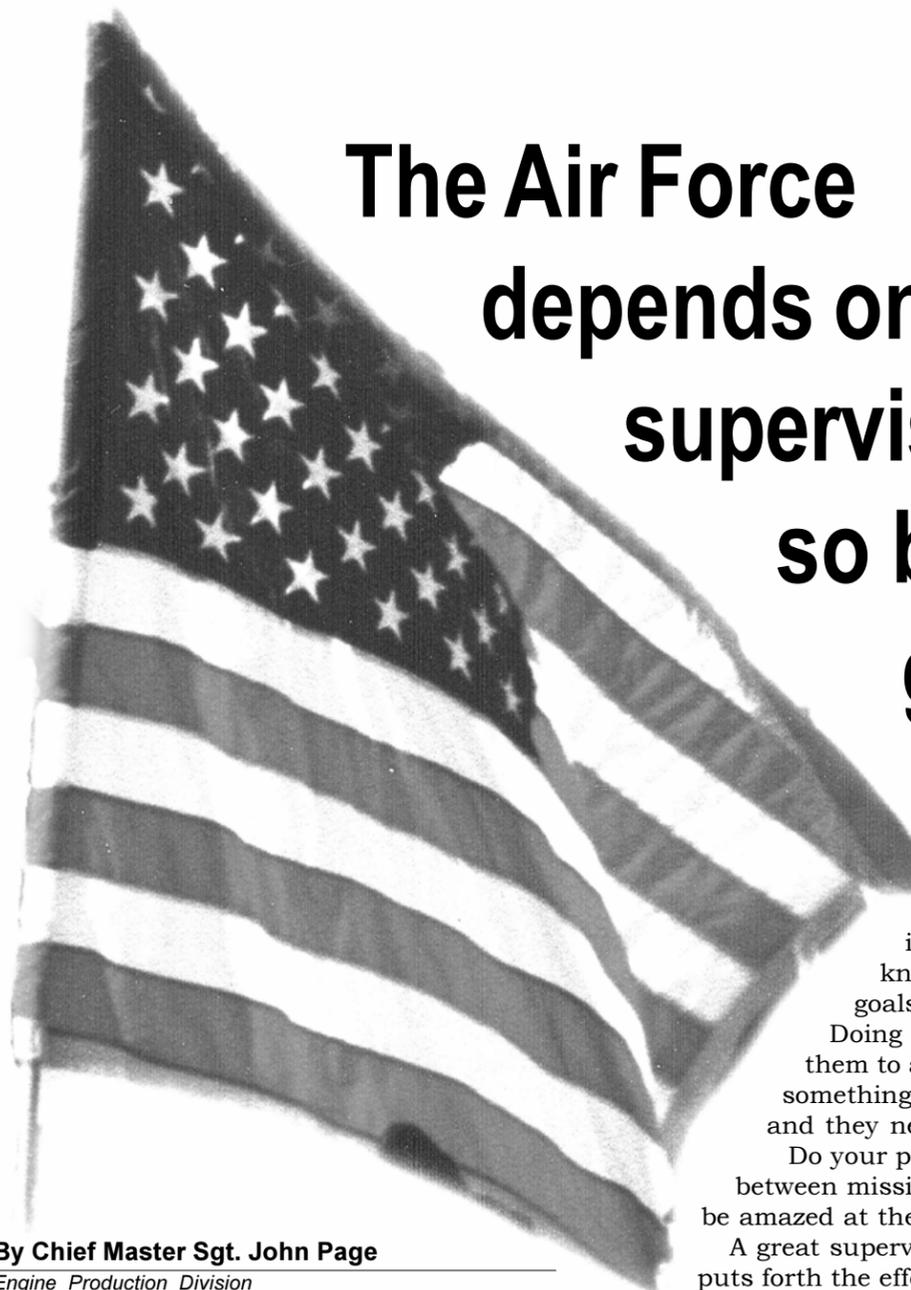


AFCEE athlete earns bronze medal

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Commentary



The Air Force depends on supervisors, so be a good one

Supervisors should take a sincere personal interest in their people - know their family, their goals and their other interests. Doing so makes it easier for them to approach you when something is going on in their life and they need assistance.

Do your part to keep the balance between mission and the people; you'll be amazed at the results.

A great supervisor also takes time and puts forth the effort to give honest performance feedback. I always thought providing feedback on an outstanding performer would be easy, but many times the task is much more difficult.

Performance feedbacks aren't an option for supervisors, they're a necessity. It takes considerable thought, time and effort to give a thorough and honest feedback. I encourage you to take this responsibility seriously because it really benefits the person and shows that you, as a supervisor, care.

Finally, supervisors need to recognize their people for quality work. People need to know that their contributions to the mission are valued, and that process begins with the supervisor.

Recognizing someone for outstanding work can be as informal as a "thank you" and a handshake. You can do it privately or publicly. You can devise shop-level award programs or take advantage of squadron-level and wing-level award programs.

Don't forget to recognize your entire team because it's teamwork that really makes the mission happen. The recognition given to an individual or team is fundamental to their motivation.

So when it comes time for you to be a supervisor, be a good one. Your country, your Air Force and our future supervisors and leaders are counting on you.

“ Finally, supervisors need to recognize their people for quality work. People need to know that their contributions to the mission are valued, and that process begins with the supervisor. ”

By Chief Master Sgt. John Page
Engine Production Division

TINKER AIR FORCE BASE, Okla. (AFMCNS) - What's the difference between a supervisor and a leader?

As supervisors, you're responsible for your people's actions and for evaluating them according to standards. As leaders, you set the example by displaying integrity, honesty, dedication, fairness and concern for your subordinates. The roles of leadership and supervision go hand-in-hand.

The most important job you'll ever have is being a great supervisor. Our country and the Air Force depend on those who supervise to accomplish the mission. Supervising is a huge responsibility that can be challenging, rewarding and sometimes frustrating.

I've had 22 different supervisors over my 27 years of service in the Air Force and I can still remember each one's name. Each one had a different style and taught me something through their strengths and, yes, even their weaknesses. Today, each one continues to influence the way I supervise.

One of the first things I learned is great supervisors lead by example. This is setting the standard and doing what you expect others to do.

If you expect those you supervise to be to work on time and ready to go - you had better be doing the same. If you encourage your troops to get involved in base and community activities - be out in front of them leading the way.

The second thing I believe a supervisor should do is keep a balance between being mission-oriented and people-oriented. This is often difficult to do, but if your focus is on nothing but getting the job done, you can fall out of touch with your people.

As a supervisor it's important to know your people and to take a personal interest in those who work with and for you.

Years ago, the term Air Force family was something you never heard. Thankfully, that's changed; the Air Force knows the importance of family and over the years has adopted many family-oriented programs. We truly are a family and must take care of each other.

DISCOVERY

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Pending legislation designed to help veterans find jobs

By **Sgt. 1st Class Kathleen Rhem**
American Forces Press Service

WASHINGTON— Legislation passed by the House of Representatives and pending in the Senate is designed to improve the Department of Labor's role in helping veterans find jobs.

The Jobs for Veterans Act, H.R. 4015, passed the House 409- 0 May 21. The bill redesigns a Labor Department program called the Veterans Employment and Training Service.

Darryl Kehrer called the Jobs for Veterans Act "one super piece of legislation." Kehrer is the staff director for the benefits subcommittee of the House Veterans Affairs Committee. He spoke in New Orleans July 31 to more than 450 attendees at the Department of Defense's Worldwide Transition Assistance Program Training Conference.

Kehrer described the current program as "good people trapped in a very bad system." He said seven out of 10 veterans who use the current DoL program do not get jobs through it.

"That's an embarrassment to the people at the point of service who are doing the work, and it's an embarrassment to the business community who are losing good, skilled people," he said.

The current system doesn't work because there are no rewards for success or penalties for failure, Kehrer explained. The House bill aims to fix the system through "results, incentives, accountability and

flexibility," he said.

Enactment of the Jobs for Veterans bill also would give former service members first priority in all DoL-funded employment training programs, and it would create the president's national Hire Veterans Committee, he noted.

Kehrer quoted Subcommittee Chairman Mike Simpson of Idaho as saying it's fine for employers to hire transitioning service members for patriotic reasons, but patriotism isn't the best reason to hire veterans.

"Hiring former members of our military is a good business decision," Simpson said in a subcommittee hearing July 19. "Their reliability, initiative and leadership qualities are the best we'll find anywhere. Indeed, they are a unique national resource that we must harness."

That hearing was on expanding the Transition Assistance Program in overseas locations. DoD and service transition assistance managers testified that Labor Department assistance at overseas bases would greatly help the program, Kehrer said.

As a result, Simpson asked Labor Secretary Elaine Chao to "help service members overseas get jobs before they separate," Kehrer said.

"I want the young Americans stationed at the 38th parallel in Korea, or Afghanistan, or Kuwait, to get the same comprehensive post-service job assistance from the Labor Department as the service member stationed in the U.S.," Simpson said in the hearing.

Training to honor Women's Equality Day August 26, 1971

By **Wanda Jackson**
Federal Women Program Manager

August 26, 1920, the 19th Amendment granting women the right to vote was certified as part of the U.S. Constitution.

Referred to as the Susan B. Anthony Amendment, it states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

The U.S. Congress designated August 26 as "Women's Equality Day" in 1971 to honor women's continuing efforts toward equality.

The Brooks' Special Emphasis Program Managers, in collaboration with the San Antonio Federal Women's Program Council, host an official day of training in observance

of the Women's Equality Day Aug. 26 at Kelly Field Club, Kelly USA.

The training program is open to all federal employees. The training agenda is full of informational topics of value to all federal employees.

Lt. Col. Consuelo Kickbush is scheduled as the luncheon keynote speaker.

Kickbusch is noted for her dynamic and powerful motivational messages.

The cost for this full day of training is only \$40.

To register, complete the Women's Equality Day Training registration form and a DD Form 1556, and return both forms to a special emphasis program manager.

For additional information contact Wanda Jackson, Federal Women's Program Manager at 536-2447.

New lodging program helps guarantee rooms

By **Staff Sgt. C. Todd Lopez**
Air Force Print News

WASHINGTON — Military travelers will soon be required to consider government-contracted hotels before others when traveling inside the continental United States.

The new requirement, set to begin about Nov. 1, is part of the Federal Premier Lodging Program, run by the General Services Administration. The FPLP benefits travelers by contracting with hotels in key cities where federal employees do business to guarantee a specific number of available rooms at a specific price.

"The federal travel regulation will require you look at FPLP properties first," said Patrick McConnell, program manager for the FPLP.

"Under the per diem process, you were not guaranteed a room. What FPLP does is get properties to guarantee rooms, especially where we

compete with corporate and leisure travel."

Hotels wanting an FPLP contract are required to meet certain safety and accessibility requirements, as well as have a restaurant nearby. If a traveler feels the establishment does not meet his or her mission requirements, finds that the FPLP hotel is full, or finds a less-expensive place to stay, he or she may book reservations elsewhere, McConnell said.

"[This is the] best way to meet laws requiring federal employees to stay in motels and hotels that meet the Federal Emergency Management Agency's fire and safety requirements," McConnell said.

When all contracts with lodging facilities have been finalized, the program will be in about 75 cities.

The FPLP Web site lists lodging facilities currently contracted with the FPLP.

55th Air Force Anniversary Ball

"We Are Still Here"

September 13, 2002

Brooks Club

Social Hour: 6-7 p.m.

Military: Mess Dress/ Semi-Formal Civilian: After-Five Attire

Menu: Chicken Marsala

Speaker: Chief Master Sgt. of the Air Force (ret) Robert D. Gaylor

Price: dependent on rank or grade

See your unit ticket rep or First Sergeant to purchase your ticket



CPD earns base's top honor for helping RIF'd workers

By Rudy Purificato
311th Human Systems Wing

Their extraordinary perseverance and innovative approach to helping find jobs for civilians displaced by the advent of the Brooks City-Base era has earned the 311th Air Base Group's Civilian Personnel Division the 311th Human Systems Wing Commander's Award.

It's only the second time that Civilian Personnel has won the base's top honor. They last earned it in July 1999 when the organization was known as the Civilian Personnel Flight.

"I feel that the Civilian Personnel Division has exceeded its charter by finding innovative ways to minimize the impact of RIF to the Brooks populace while continuing to perform its day-to-day mission in an exemplary manner," said Civilian Personnel Officer Brenda McCain.

One of the innovative ways to which

McCain refers was CPD's special initiative that it negotiated with Air Education and Training Command. CPD greatly minimized the impact to employees who worked for the Brooks AFB Fire Department by reassigning, along with their authorizations, 18 firefighters to Lackland Air Force Base.

The firefighter transfer was part of a larger effort by CPD to find jobs for 152 surplus Brooks employees during the Fiscal Year 2002 Reduction In Force.

"This particular RIF was unique in that 101 of the 157 that were eventually impacted during the RIF process were affected because of the implementation of the Brooks City-Base Project.

The Project posed many difficult challenges to the CPD because of the fluctuating transition date for City-Base (conveyance)," McCain said. She said only three employees were involuntarily separated.

“ I feel the Civilian Personnel Division has exceeded its charter by finding innovative ways to minimize the impact of RIF to the Brooks populace while continuing to perform its day-to-day mission in an exemplary manner. **”**

Brenda McCain
Civilian Personnel Officer

CPD members who share the award include McCain, Valerie Young, Diana Hill, Shirley Baney, Dawn Burkett, Jeri Dudley-Coleman, Barbara Lamanna, Melanie Friesenhahn, Robert Swaney, Rosi Mickler, Carolina Zertuche, Jennifer Sheppard, Cathy Nickelberry, Connie Martinez, Maria Hinojosa, Tammy Sierra, Bonny Liebel, Mary Hernandez and Jessica Meraz.



Stop-Loss

Continued from Page 1

airmen who are currently deployed in support of operations Noble Eagle and Enduring Freedom; all deployed personnel will remain subject to Stop-Loss as long as they are deployed.

Upon completion of deployment, people will have up to five months to transition.

Stop-Loss was implemented shortly after the Sept. 11 terrorist attacks to meet unprecedented mission requirements. The process was reviewed every 60 days.

"We were very aware of the sacrifice our airmen and their families were making," Roche said. "Service before self is an Air Force core value and their performance illustrated that."

We SALUTE you!



Service Members of the Quarter
April 1 - June 30, 2002



Airman
Senior Airman Teresa Lenehan
311th Medical Squadron



NCO
Staff Sgt. Angel Tyler
Air Force Institute for Environment, Safety and Occupational Health Risk Analysis



Senior NCO
Master Sgt. Lucinda Sinclair
AFIERA



Company Grade Officer
Capt. Julie Jiru
311th Human Systems Wing



Honor Guard
AIC Gonzalo Rodriguez
311th CS

Civilians of the Quarter

April 1 - June 30, 2002



Category I Student Aide
Victor Garza
311th HSW/BC



Category II GS3-5
Linda Tondre
311th ABG/SV



Category III GS6-8
Myrna Marshall
USAFSAM/CCS



Category IV GS9-11
Bernardo Delgado
AFIERA/SDEM



Category V GS12-13
Kevin Portek
AFCEE/ECS



Category VI WG/WL/WS
David Lanthorn
311th HSW/YA



Category VII NAF
Fabian Galindo
311 ABG/SVML



Brooks third annual Retiree Appreciation Day events honor retirees, remember POW/MIAs

Brook's Third Annual Retiree Appreciation Day is scheduled for 8 a.m.-2 p.m. Sept. 20 at Hangar 9.

Retiree Appreciation Day is an opportunity to honor retired military members in the surrounding area for their dedication and significant contributions to the country.

In addition to recognizing their patriotism, the event is intended as a reminder of the Brooks mission and the services the base has available to the local retiree community.

As in past years, the event is scheduled in conjunction with National POW/MIA Remembrance Day. This commemoration begins with the laying of a wreath at the base flagpole at reveille and continues with a formal table ceremony, along with the Retiree Appreciation Day activities, in Hangar 9 at 9 a.m.

Afternoon events include tours of the 311th Human Systems Program Office's Life Sciences Equipment Laboratory and a Retreat ceremony at 4 p.m. at the base flagpole.

Representatives from various

organizations, including TRICARE, Army and Air Force Exchange Service, Retired Officer Association, Retired Enlisted Association, Military Personnel Flight and Family Support Center, the National Association of Retired Federal Employees, Veterans Administration, Frank Tejada Texas State Veterans Home, American Association of Retired Persons defensive driving, and Randolph Brooks Federal Credit Union will answer questions and provide information about services at Brooks.

Brooks Clinic personnel and members of the base Health and Wellness Center will provide blood pressure and cholesterol screenings, and height and weight checks.

The 311 Security Forces Squadron plans to conduct window etching in the Hangar 9 parking lot free of charge. Drawings and special offers will be available throughout the day.

For more information, contact retired Chief Master Sgt. Fred Dickinson in the Brooks Retiree Office at 536-2116.

Air Force announces changes to officer promotion system

By Staff Sgt. Todd Lopez

Air Force Print News

WASHINGTON — The Air Force has made changes to officer promotion opportunities for upcoming boards and to the data presented on the selection brief available to board members.

During the Oct. 3 promotion boards, those looking for promotion to O-4 will find the promotion opportunities, or the maximum number of individuals each board may select to be promoted, higher than in the past.

The promotion board for O-4 can now promote the number of officers equal to 95 percent of the number in the promotion zone for line officers, lawyers and medical service corps officers.

That number is up from 90 percent during the last board. Additionally, promotion opportunities for some competitive categories during the upcoming O-5 board will also increase.

According to Maj. Sandra Edens of the Air Force office of officer promotions at the Pentagon, the increase in promotion opportunity allows the Air Force to adjust long-term force strength and to come closer to meeting its goals for those in field grade officer positions.

Along with the changes for O-4 promotion boards, officer selection briefs used in all boards meeting as early as August will no longer contain references to race, ethnicity or gender, as directed by Secretary of the Air Force Dr. James Roche in the recently approved Memorandum of Instruction for officer selection boards.

"Removal of race, ethnicity and gender information from the officer selection brief more accurately reflects the Air Force's officer promotion board process, to be fair and equitable to all individuals meeting the board," said Maj. Isaac Davidson of the Air Force office of officer promotion, evaluation and separation policy.



**Education
notes**

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

the representative to review graduate and bachelor's degree options, call 536-3618.

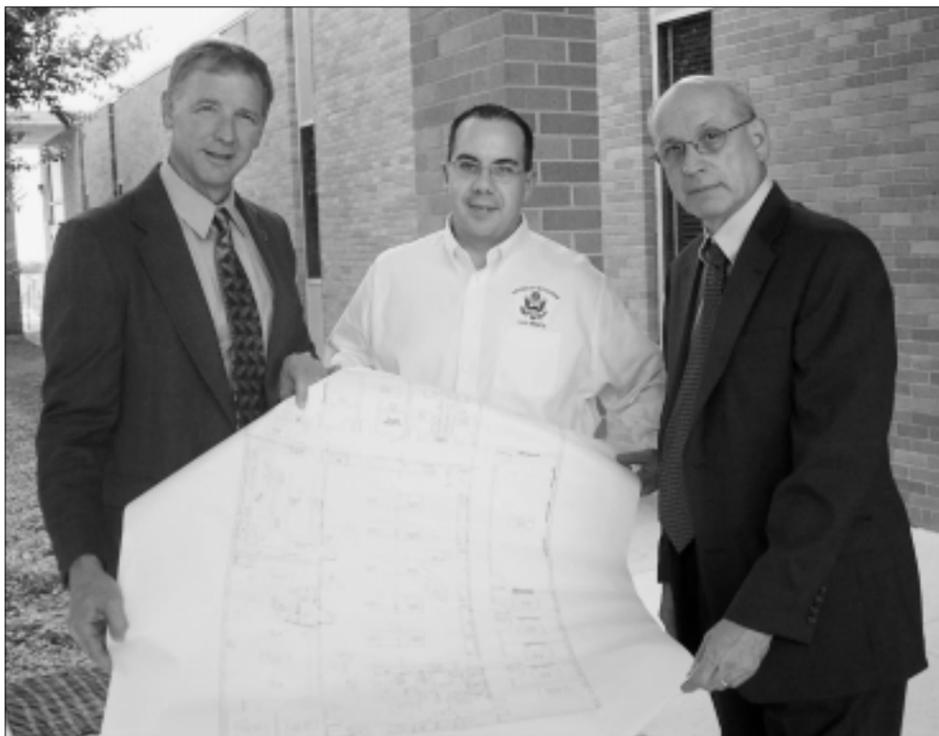
Fall Registration

Palo Alto College is conducting on-base classes at Brooks. These courses are open to all members of the Brooks community and are applicable to CCAF. Full semester courses include: Art Appreciation, Supervision, and Computer Literacy. Fall Flex 1 courses include Speech, English, Philosophy, Macroeconomics, and Government. The representative visits Brooks Tuesday mornings. To schedule an appointment call 536-3618.

Participants can increase Montgomery GI Bill

Active duty personnel, currently enrolled in the Montgomery GI Bill, have the opportunity to increase Chapter 30 GI Bill benefits by \$5400 for a maximum contribution of \$600. This payment increases the full-time monthly rate one dollar for every four dollars contributed. The minimum payment is \$20 per month. Contributions can be started and stopped at any time while the participant is on active duty. This is not a pay reduction; therefore, there is not a tax savings.

This benefit is only open to personnel who first entered active duty on or after July 1, 1985, and elected to participate in the MGIB.



Courtesy photo

CCAF graduation

The deadline for nominations for Community College of the Air Force Fall 2002 graduation is Aug. 23. Nominations must be received by the Community College of the Air Force at Maxwell Air Force Base, Ala., by that date. Students who believe they are a degree candidate should contact Education Services to ensure their nominations are submitted as soon as possible.

UTSA on-base classes

Human Anatomy is offered this Fall at Brooks. This is a prerequisite for many health-related professional degree programs. For registration information call 536-3618.

Embry-Riddle

Aeronautical University

The ERAU representative visits Brooks every other Wednesday morning. To schedule an appointment with

Blueprint for success

Eric Stephens, (left), director of the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis at Brooks joins David Donovan, assistant regional director in the office of Sen. Kay Bailey Hutchison, and Dr. William Scouten, Dean of the College of Sciences at the University of Texas at San Antonio, with blueprints for the Biomedical Training and Research Facility being built at Brooks. The recent ground breaking ceremony recognized the combined efforts of UTSA and AFIERA under an education partnership agreement. The construction/renovation of Bldg. 175 west is slated for completion by summer 2003, and classes are scheduled to start in September 2003. Through this effort, Air Force personnel who may have to work in such biomedical facilities throughout the world will receive training from UTSA staff. The facility will also provide the opportunity for joint research efforts.



ACTIONLINE

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 |

Compensation for accident



I had a government vehicle back into my privately owned vehicle at the base picnic. I made an accident report but didn't get a response. I've called Security Forces a few times also but still am not getting anywhere. What is the proper procedure to receive compensation for this?



Tech. Sgt. Todd Kalk, the noncommissioned officer in charge of the claims section at the 311th HSW/JA, can assist you. He will give you a checklist package to complete prior to initiating the claim.

Sorry we turned your Summer Picnic Bash into a POV Bash. Ouch.

On-base yard sales



With the recent update to FPCON Alpha, I'm interested to know whether or not base residents are again allowed to have yard sales. The housing office suggested I call the Commander's hotline to address the issue since they have not yet received guidance.



With the events of Sept. 11, I believed, for the safety of the residents, that yard sales should be discontinued. Considering Brooks is now in Threatcon Alpha, and the base has gone through conveyance, we now can have yard sales on a quarterly basis. The residents will still have to coordinate the yard sale through the housing office. Thank you for the opportunity to help get these events started back up.

Badges display personal information



I'm calling in reference to the AFCEE badges we're now required to wear at all times. The badges list height, weight, and the last four of your social security number. I'd like to know the reason for having to display this information. Why couldn't it have a picture and the person's office instead?



Unfortunately, a picture alone does not identify an individual. Having your height, weight, and last four of your social security number on the badge allows the Security Forces to check the badge with your identification card to confirm your identity. I agree that some elements of today's security processes are a bit bothersome, but I think they are generally a reasonable trade-off for greater safety. I don't even complain when I have to remove my shoes to be x-rayed at airport security checkpoints.



The FrameWorks

Bldg. 1154, 536-2120

How many of you have photos scattered around your home from this year's vacation or even maybe from years past? Throw in the postcards and other items you collected on vacation and you're sure to have several drawers or boxes filled. Bring them in and let our expert staff assist you in showcasing your memorabilia.

A collector's box makes a great conversation piece in the living room, den, and kitchen or in your child's room. They hold anything from photos to rocks. The only limit is your imagination.

Suggestions for showcasing your memorabilia include collector's boxes, shadow boxes, coin holders, framed photos, collages and posters, both large and small.

Brooks Club

Bldg. 204, 536-3782

A Night Out on the Town returns to the club Saturday, Aug. 17.

A dinner buffet is served from 6-8 p.m. Sounds of jazz and rhythm and blues will fill the air until 11 p.m., so make sure you wear your dancing shoes.

Tickets are on sale at the club for \$10 for members and \$12.50 for nonmembers.

Fitness Center

Bldg. 940, 536-2188

Free Aerobic Classes are offered Monday, Wednesday and Friday at 11:30 am and 5 p.m. Classes include step, kickboxing, high-impact, low-impact and circuit training are offered. Call the center for more details.

Sidney's

Bldg. 714, 536-2077

Sidney's is not just about food. A variety of programs are offered weekly for both individuals and families.

Tuesday evenings are Family Fun Nite. Bring the entire family and enjoy the Pasta Bar. You can't beat the prices anywhere in San Antonio...\$3 for adults and \$2 for children, 2-10 years. Coloring sheets and crayons are available for the children, plus the entire family can enjoy the Cartoon Network.

Wednesday Nite at the Movies— Free movies are shown every Wednesday in the lounge area starting at 6:30 p.m. August movies are: Aug. 1, Scorpion King; Aug. 21, Life or Something Like and Aug. 28, Deuce's Wild.

Family movies (PG) are shown every Saturday at 1 p.m. Bring the children out and enjoy Inspector Gadget, Aug. 10; Pokeman 1, Aug. 17; Toy Story 2, Aug. 24 and The

BROOKS

SPOTLIGHT

Things to do around Brooks

By Jan McMahon

Brooks Services Marketing Office
536-5475

Tigger Movie, Aug. 31.

Sidney's is one of the few places that you can still purchase popcorn for only .10 cents a bag! Sodas and candy are also available.

Student Activity Center

Bldg. 722, 536-2442

Pipeline students, stop by in the evenings and chill out at the Student Activity Center. The center has a large screen TV, DVDs, pool table, ping pong, games, stereo and a dance floor. Bring your friends and challenge them to a game of pool or ping-pong or just kick back and listen to your favorite music.

Beverages and snacks can be purchased from the snack area.

The center is now showing two free first-run movies weekly. Students can see the latest movies Wednesdays at 6:30 p.m. and Fridays at 8 p.m. Repeat performances as requested.

Hours of operation for the center are Tuesdays, Wednesdays and Thursdays from 5-9 p.m. and Fridays and Saturdays from 5 p.m.-midnight. The center is closed Sundays and Mondays.

Students E-3 and below, are eligible to use the center.

Golf Course

Bldg. 821, 536-2636

Tee for two

Learn the lifetime sport of golf with a family member, friend or coworker. The Brooks Golf Course is offering a two-for-the-price-of-one, learn to golf program Aug. 10, 17, 24 and 31. Instructions will focus on all basic aspects of the game.

In addition to weekly lessons, participants will receive special discounts in the Pro Shop and a Duffer's pack valued at \$50. This includes a practice swing stick, special ball to aid in perfecting putting, a pack of step down tees and a ditty bag containing additional tees, ball markers, repair tool and minor first aid items. Team price is \$100.

Call the Brooks Golf Course for more details.

NAF Outlet Sale

A NAF Outlet Sale is scheduled for 11 a.m. - 1 p.m. Friday, Aug. 30, in Bldg. 1157.

One vehicle will be auctioned off at noon. All other items will be sold on a first-come-first-served basis.

Items may be purchased with cash or check. Items must be removed the day of the sale and it is the responsibility of the buyer to remove all purchased items. All items are sold as is.

Base Library

Bldg. 705, 536-2634

New books arrive at the Base Library daily. Reading can help us travel around the world, take us back to the past or into the future.

Some of the latest books are:

- The Tutor, by Peter Abrahams
- Summer In Tuscany, by Elizabeth Adler
- Air Ferrets Aloft, by Richard Bach
- The Right Words At The Right Time, by Marlo Thomas
- The Solace Of Leaving Early, by Haven Kimmel
- Chopping Spree, by Diane Davidson
- American Road, by Pete Davies
- The Mulberry Tree, by Jude Deveraux
- Regina's Song, by David Eddings
- Hard Eight, by Janet Evanovich
- The Last Roundup, by Christie Golden
- Wet Grave, by Barbara Hambly
- The Lovely Bones, by Alice Sebold
- The Star Wars Trilogy, by George Lucas
- If Looks Could Kill, by Kate White

Parents invited to attend advisory board meeting

The Parent Advisory Board is comprised of parents who utilize the services provided by the Child Development Center, Youth Center and Family Child Care.

The board acts in an advisory function for improving and recommending services within the center.

Parental involvement and participation are essential for the Parent Advisory Board to be both functional and successful.

Parents who use hourly care, and parents who use weekly care at Brooks are encouraged to become involved in this program. Open discussions between staff and parents about the child care program and the care of their children can be very rewarding.

Parents who become involved in this program and in their child's care will have a better understanding of

available programs and how they can work with the staff to create a safe and fun learning experience for their children.

The Parent Advisory Board requires the assistance of helping agencies such as fire, safety, health, family advocacy and medical experts to assist in the decision-making process of the Family Member Flight.

Quarterly parent meetings provide information about child development and child abuse prevention, including how to promote children's healthy development and how to promote learning at home.

Parents' involvement in this board plays a vital role developmentally in their child's life.

Please make plans to attend the meeting Tuesday, Aug. 13 from 11:30 a.m. to 12:30 p.m. at the Base Chapel Annex.





Brooks Family Support Center activities

Call 536-2444 for information

Sponsor Training

Aug. 13, 10-11 a.m., Bldg. 537 —

In accordance with Air Force Instruction 36-3011, sponsor training is mandatory of all first-time sponsors and those who have not sponsored within the past year. However, others are more than welcome to attend. Learn about tools and resources available for sponsors.

Smooth move

12:30 - 3p.m., Aug. 20, Bldg. 538 —

PCSing? Hear briefings from TMO, Legal, Clinic, Finance, Housing and the Family Support Center and ask your questions. It's open to all active duty members, DoD civilians and spouses.

PCS overseas

3 - 4 p.m., Aug. 20, Bldg. 537 —

Any move can be stressful, but an overseas move has its own set of challenges and opportunities.

Learn more about your OCONUS PCS by attending the Smooth Move Seminar and staying after for the PCS Overseas class.

Air Force Aid Society

The Air Force Aid Society is a private non-profit organization that exists to provide interest-free loans and grants to Air Force members and their families during unforeseen financial crises.

The society provides emergency assistance for members of all services when they can't pay for basic needs such as living expenses including food, utilities, rent or mortgage payments, vehicle expenses, funeral expenses, emergency/necessary travel, medical and dental, and moving expenses.

In addition to emergency assistance programs, Air Force Aid also sponsors other programs:

* Bundles for Babies Seminar — New parents can learn about parenting and receive a bundle of goodies to help them get started.

* Nursing Moms Program — Grants are available for breast pump rental and purchase for eligible lieutenants and E-6s and below.

* Respite Care — Gives a break to military families who provide 24-hour care for an ill or disabled family member

* Child Care for PCS — Provides 20 hours of free care per child during the last 30 days prior to a PCS move and during the first 30 days at the new installation; open to all ranks

* Phone Home — Prepaid phone cards for deployed members

For more information on these or any of the services available to the Brooks community, call the Family Support Center at 536-2444.

HELPFUL WEBSITES

www.afcrossroads.com — The Air Force's official community website with information on relocation, parenting, eldercare, family separation and readiness, education, financial, employment, and spouse network.

www.af.mil/sites — Official links to all Air Force public websites, from Air Combat Command to Yokota Air Base.

www.dtic.mil/perdiem — Check the per diem and lodging rates for your next TDY.

www.afas.org - The official website of the Air Force Aid Society.

www.tricare.osd.mil — Information on TRICARE.

www.mysanantonio.com — Check this site for news and what to do in San Antonio.

www.mapquest.com — Get door-to-door directions and maps to anywhere in the U. S.

www.hotjobs.com and **www.monster.com** - General employment opportunities and advice.

Don't have a computer with internet access? Stop by the computer resource room at the Family Support Center, Bldg 537.

Visit the Brooks Family Support Center



Former Brooks Field worker 'strolls' way back to Hangar 9

By Rudy Purificato

311th Human Systems Wing

At 81, he's no longer fleet of foot nor quick as a cat, but retired Air Force Tech. Sgt. Pat MiMann knows how to 'slowly' find his way back to Hangar 9.

For the first time since he re-enlisted here more than 50 years ago, the Caldwell, Texas, native recently returned to a place he once knew as Brooks Field.

"It was hot and dusty with a lot of ant hills," recalls the World War II veteran about his first impression of Brooks. The date was June 15, 1946.

"I re-enlisted at Brooks Field for three years," said MiMann who served as a clerk in Hangar 9 where the 122nd Reconnaissance Squadron's operations office was then located.

At the time, MiMann's unit was converting from the propeller-driven P-51 Mustangs to F-80 jets. The mission of his outfit was photo reconnaissance with cameras mounted in the nose sections of their aircraft.

"Back in those days, we used Brooks runways (mostly) at night because the hot weather during the day did not provide enough lift (for our aircraft)," he recalls.

Six months after re-enlisting here, MiMann transferred with his unit to Langley Field, Va., in 1947. In June 1949, MiMann returned to Brooks and a month later re-enlisted again to serve as an Air Base Squadron clerk.

He would eventually leave for an assignment in Greenland, followed by his return to San Antonio and discharge in 1953.

However, MiMann saw plenty of military action when he first decided to leave home.

The eighth of nine children born to Otto and Sophia MiMann, the future Army Air Corps veteran said he didn't want to spend the rest of his life on his parent's farm.

"I enlisted on August 8, 1940 for three meals a day and \$21 a month," he admits.

He was initially assigned to Duncan Field near Kelly.

"They assigned me to the operations office because I knew how to work a typewriter. I made the mistake of telling them I had taken typing in high school."

By early 1941, MiMann's 14th Troop Carrier Squadron at Daniels Field in Augusta, Ga., had been transferred to Pope AFB, N.C. The unit was training its C-47 pilots on how to transport and drop paratroopers and tow gliders.

MiMann sensed that his unit would be involved in combat operations following Pearl Harbor. In May 1943, MiMann and his unit were stationed in LaCata, Sicily, in support of the Allies' North African campaign. Then in January 1944, his unit was transferred to England in preparation for the D-Day invasion.

"My unit participated in D-Day by towing CG-4A gliders.

Shortly after V-E Day in May 1945, MiMann's outfit began transporting American troops back to



MiMann

the U.S. by way of Natal, Brazil.

"It was called 'Project Green.' There were two air routes (to the Western Hemisphere) during the war. One was from Africa to Brazil," said MiMann, explaining that the South American country was the staging area for sending European Theater troops to the Pacific Theater.

Prior to his first post-war tour at Brooks, MiMann was discharged in October 1945 at Randolph Field. He retired from civil service at Kelly AFB in 1980.

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Courtesy photo

First-ever first-term airman

The pilot class for Brooks first-ever First Term Airmen Center received briefings from various organizations around base during their orientation tour at Brooks recently. The center in-processes airmen new to the Air Force and new to Brooks. The FTAC focuses on auxiliary training programs and professional development courses. For more information, contact Brooks career assistance advisor, Master Sgt. Georgia Royster at 536-5528, or by email at georgia.royster@brooks.af.mil.

Feeling Fit!

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



Source: Air Force Surgeon General

AFNEWS



Commander's executive officer trades touching people's careers for touching their lives

By Rita Boland

Discovery staff writer

Brooks is gonna miss her. No one would choose a day of fishing over Capt. Imelda Catalasan.

"She's phenomenal in the way she goes about her job," said Col. Stuart Cowles, vice commander for the 311th Human Systems Wing.

Cowles isn't the only member of Brooks who thinks highly of Catalasan. Everyone in the Command Section has accolades for the executive officer to Brig. Gen. Lloyd Dodd, 311th HSW commander.

"I have worked for the government for almost 30 years, on and off," said Emma Chapa, secretary to the wing's Deputy Director Dr. Brendan Godfrey. "I have never seen such talent. I have always broken in the execs before. She is just super. She is by far the best."

Catalasan is leaving Brooks to work at the lab information systems at Lackland Air Force Base's Wilford Hall Medical Center. She is a medical officer by trade.

"I have mixed emotions of course," Catalasan said. "I love what I do and I love the people I work with. I'm looking forward to the change. I love computers and it will be so much of a challenge for me. Here I touch people's careers. Over there, I touch people's lives."

Everyone who has experience with executive officers agrees that Catalasan outshines them all.

"I have been a commander five times," Dodd said. "I have had eight-10 execs and Capt. Catalasan is clearly the best. When she leaves, I will surely miss her. I don't think I have ever seen an exec who has been this committed and

retained this positive an attitude."

The combination of her skill, dedication and empathy for others has earned Catalasan the respect, admiration and endearment of her co-workers.

"She's perfect at everything that she does," Chapa said. "Perfection is her motto. Besides doing all that, she brings out the best in everyone."

According to the command section staff, Catalasan always brings in cakes and cards for birthdays and is known for dropping everything she's working on to help someone else.

"She makes sure we're taking care of everyone," Dodd said. "It's in her nature to do that."

As an executive officer, Catalasan wears many hats. She ensures that the general is on time and has everything he needs for meetings. She interfaces with high-ranking officials. She coordinates social and official events and works with Protocol. She also looks over promotion recommendation forms to ensure they're the best that can be put together.

"She makes sure people who deserve recognition, get recognition. She's involved in everything," Dodd said. "I won't let her run personal errands for me, it would be a waste of her talent. She loves to drive me around. She thinks general officers should have a driver - it offends her sense of propriety when I drive myself."

Catalasan's job requires long hours. She generally works at least half of Saturday in addition to her 12-15-hour days during the week. If that workload weren't heavy enough, she is also working on her second masters' degree.

"I'm going to spend more time with my family," Catalasan said. "I need that."



Photo by Staff Sgt. John Jung

Capt. Imelda Catalasan poses for the camera in the wing command section.

Catalasan is married with two sons.

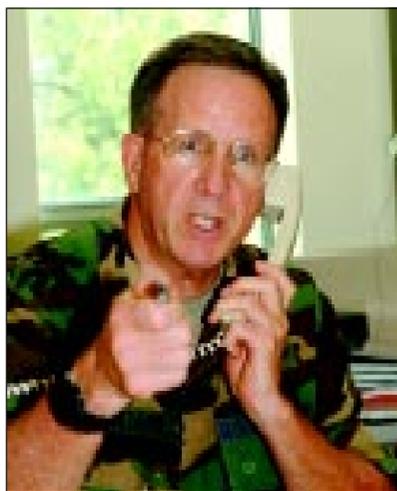
While the 311th HSW personnel will miss "Capt. Cat", as she's known around base, they also realize it's time for her to move on and continue her Air Force career. "For her to stay on Brooks would hurt her promotion, would hurt her experiences, would limit her exposure and compromise her career progression," Dodd said.

And while knowing that moving on is necessary will not eliminate the sadness of Catalasan's departure, at least the perfectionist has earned the highest honors from her coworkers, who've also become friends.

"I have not come across a more dedicated officer," Cowles said. "She's really something special."

Catalasan's farewell luncheon is scheduled for 11:30 a.m.-1 p.m., Aug. 12 at the Brooks Club.

Rita.Boland@brooks.af.mil



Williams



FULL NAME:

Col. Calvin W. Williams

DUTY TITLE, ORGANIZATION:

Deputy director, 311 Human Systems Wing Plans and Programs

WHAT IS MY JOB?:

I support the wing commander in our quest to make the warfighter even more effective. I assist in the wing's: development and accomplishment of goals/objectives; development of manpower/financial requirements to support our goals/objectives; establishment of partnerships to leverage even more support to help us solve the warfighter's needs and contribute to our homeland security defense.

BIRTHDAY:

Holding at 39 years

HOMETOWN:

Carlsbad, Calif.

FAMILY STATUS:

Married with two children.

NICKNAME:

Cal

MOTTO:

If it is to be, it's up to me.

INSPIRATIONS:

My brother Bruce for his sense of humor which is similar to mine and his resiliency to overcome any obstacle and make it into a successful opportunity

HOBBIES:

Reading, fishing and fixing "things"

PET PEEVE:

People who misrepresent themselves as military veterans for personal gain.

BOOK(S) AT BEDSIDE:

Saddam's Bombmaker; White Collar Sweatshops; Cabinet of Curiosities

I JOINED THE MILITARY BECAUSE:

I had the opportunity to volunteer when our nation was supporting the Vietnamese in their struggles with the Communists.

FIVE-YEAR GOAL:

Speak conversational Spanish and play the piano where a couple of people would listen and dogs wouldn't howl.

ULTIMATE GOAL:

Write a journal about my personal experiences.

MY GREATEST ACCOMPLISHMENT:

is being married to a woman who is brilliant, compassionate, strong in leadership and management skills, and is an outstanding companion.

MY MOST PRIZED POSSESSION:

my knowledge that families can be together forever

Brooks
Personality
PROFILE

By Rita Boland

Discovery staff writer

Col. Calvin Williams is a family man. He works to provide for and take care of his families — biological and military

"You have a nuclear family and the Air Force family," Williams said. "Anytime you're absent from work or home there are other people who'll support you while you're gone."

Williams chose to join the Air Force because of the branch's commitment to family as a part of quality of life.

"The Air Force truly does have the family as a primary concern in its quality of life arena," Williams said.

He started his military career as an enlisted member of the Navy. While stationed in Guam during Vietnam he worked with Air Force flight nurses and decided he would like a chance to do their job.

"I thought, This is a role I would like to do," Williams said.

When he finished his enlistment, he got a degree in nursing and became an officer in the Air Force. After graduating flight nurse school, he was assigned to an aeroevacuation mission at Travis Air Force Base, Calif., and, when the unit deactivated, he was assigned to the 9th Aeromedical Evacuation Squadron in the Philippines.

"Another reason to join the Air Force is that there are more assignments where you have your family with you," Williams said.

Williams emphasizes that humor is imperative in the work place, especially in the medical field.

"Humor has its appropriate place in the work place," he said. "Sometimes patients need to realize when medics share humor, it's not at the expense of the patient, and provides us a chance to defuse a very tense situation."

At first glance, these words seem out of place coming from Williams. Through his glasses, his blue eyes spark with strength and intelligence. His demeanor demands respect, but he exudes a desire to accommodate. A person might think him stern at first sight, but quickly learns he would drop everything and give up his time to help someone - even a relative stranger.

Just as the Air Force has helped Williams and his family during their times of need and separation, he works hard to care for other people.

"I've been mentored very well," Williams said. "The wing commander takes care of us too and we in turn take care of our folks."

To help care for his people, he gives them needed time for education purposes. A big proponent of higher education, Williams



Photo by Tech. Sgt. Pedro Ybanez

A family man
whose families come first

encourages his family and colleagues to pursue learning.

"I lost more non-commissioned officers because they've pursued their academic education and come back to us as commissioned officers," Williams said. "That's fantastic. We're making a tremendous difference with the education level of our people."

Williams believes that the Air Force commitment to education and the challenge the Air Force presents to its personnel creates a higher level of excellence.

"When you come in with certain education levels already met, I then have some ground work to build on," he said. "I'm going to equip (the airmen) with what is needed to do the job and then let them do the job with the understanding that the supervision is there."

One of Williams's leadership philosophies is "If you take care of your staff, they'll take care of you." He asks his staff what they need and what goals they have so he can help them target their efforts effectively.

"You reach a compromise with your staff," he said. "I give them an extra 30 minutes at lunch and they say they'll stay 30 minutes later or come in 30 minutes earlier. There's a balance out there."

Prior to coming to Brooks, Williams served as the medical group commander at a hospital on F.E Warren Air Force Base, Wyoming. Under his leadership, the hospital earned an award as the Air Force's best small hospital in customer service.

"The people there were interested in being top-notch in customer service and they continuously proved it," he said. Williams has carried that interest to his other duty stations. While working at the U.S. Air Force School of Aerospace

Medicine, as a department chair, Williams interfaced with students, families and fellow staff. He recognized the importance of providing excellent customer service to the people with whom he came in contact.

"What I did was reemphasize that the Air Force is a family," Williams said. "You walk around spreading sunshine. You manage by walking around and seeing what's going on with your folks and providing or arranging assistance that will help them do their jobs even better."

Williams is retiring from the Air Force in October. And though he won't be donning the camouflage or blues anymore, he'll still contribute to the Air Force mission.

"Because I (won't be) active duty means I can be more vocal as a citizen. I can be more proactive on legislation that affects the military," Williams said. "As a retiree you still have your affiliation with the Air Force. You still support the things you did on active duty because the mission is to support and defend our great nation."

Williams is taking 30 days of leave to spend time with his family and decide what to do after active duty. Though life after active duty isn't planned yet, Williams isn't worried.

"It's not scary," he said. "I would like to continue the work I've performed in the Homeland Security arena for the Department of Defense. I'm a nurse. I could become affiliated with those multiple avenues available to nurses. Or, I could try something new." Or, I could try something new."

Whatever Williams decides to pursue in life, his families will always come first.

Rita.Boland@brooks.af.mil



Air Force botanist helps customers 'turn over a new leaf'

By Rudy Purificato
311th Human Systems Wing

"Everything is certainly not coming up roses" for an Air Force botanist whose sage advice to customers worldwide is helping them uproot troublesome plants while preserving native species beneficial to the environment.

Trying to help Air Force bases avoid the destructiveness of "Little Shop of Horrors-type" scenarios where 'alien' species run amuck is part of Mary Anderson's grass roots efforts to convince clients to 'turn over a new leaf' by adopting better conservationist attitudes.

"I provide technical support in-house and to Air Force bases worldwide," said Anderson, an Air Force Center for Environmental Excellence botanist.

One of her biggest concerns is protecting the many endangered plant species that exist on Air Force installations.

"It's frustrating to me to hear people say, 'we can't do what we want because of endangered species.' We can do just about anything we want so long as we time our actions," she said. In botany's world, timing is critically important to plant survival.

Anderson educates leaders through environmental assessments that help commanders make informed decisions about using sensitive habitats to fulfill mission requirements. "The loss of habitat is critical. We have to fulfill our missions, but there are things that we can do to lessen the impact on the environment," she said.

Humanity's footprint within ecosystems can be somewhat camouflaged by following Anderson's guidance concerning flowering plants, especially ones that are rare.

"Once the plants have gone to seed, it's okay," she said about using sites where endangered species are no longer in flower (blossoming).

Besides preventing the extinction of rare species, Air Force leaders who adhere to the botanist community's advice are also preserving important scientific data.

Referring to an endangered plant discovered at the Air Force Space Surveillance Complex on the Hawaiian island of Maui, Anderson said, "It's an

indicator species of the health of the entire ecosystem."

Anderson estimates there are about 100 rare plant species that exist on Air Force bases worldwide. She said plant management is key to their survival. For the most part, Air Force flora conservationism is being supported.

"A lot of bases are concerned with the destruction of habitat (caused) mostly through construction activities," admits Anderson who grew up near Washington State's Grand Coulee Dam.

Habitat destruction can, however, be reversed. An example of this involves the restoration of an endangered species at Travis Air Force Base, Calif.

"They have an endangered contra costa goldfields plant that lives in vernal pools, a type of wetland. These pools are filled with this plant in the airfield areas and open spaces of the base," she explains. Unfortunately, heavy equipment use severely damaged these vernal pools.

Anderson's recommendation to create new pools seeded with the endangered species is part of a five-year plant recovery plan that is helping restore an environmentally sensitive habitat.

Sometimes military missions enhance native species populations, Anderson confessed. Such is the case at Nellis AFB's Avon Park live fire range in

Nevada where a species nearly disappeared forever because of decreased human activity.

"Years ago, the commander at the time decided to stop using the range to protect endangered plants," recalls Anderson. The move backfired when the species eventually disappeared. Finding no reason to protect rare plants that no longer existed on the range, a new commander ordered live fire activities to resume there.

Consequently, the endangered species returned.

"The endangered plants are fire-dependent," Anderson said in describing a species that flourished from periodic burning caused by exploded ordnance. The former commander's actions also created an undisturbed range environment for three new species to flourish.

Native species survival is another major priority that Anderson shares with other Air Force botanists. The primary, predatory enemy of native plants are invasive exotic species that Anderson helps Air Force leaders control through recommendations aimed at protecting bases' natural resources.

The introduction of exotic plants potentially can devastate native habitat and pose a significant danger to people.

At Vandenburg AFB, Calif., non-native pampas grass is out-competing native plant communities, especially in ecologically sensitive coastal

dune areas. "It's also creating a fire hazard because the species is so dry," Anderson noted about its impact on a state that, historically, suffers from economically destructive wild fires.

Anderson also promotes wetland conservation at Air Force bases as a natural resource that benefits mankind.

"Wetlands are very important for cleaning (filtering) ground and surface water. They're also important in flood control and are invaluable as habitat for plants and animals," she said.

Classified as wetlands at Brooks are the FamCamp pond and the golf course water hazards.

Anderson believes that everyone has a responsibility for helping protect and preserve our environment.

She plans to continue serving as an Air Force resource by helping leaders mitigate plant-related issues.

While Anderson "never promises anybody a rose garden," she is always available to help customers resolve 'thorny situations.'

Rudolph.Purificato@brooks.af.mil



Photo by Rudy Purificato

Air Force botanist Mary Anderson spends a moment in the backyard garden at the Air Force Center for Environmental Excellence at Brooks.



Anderson

“The loss of habitat is critical. We have to fulfill our missions, but there are things that we can do to lessen the impact on the environment.”

Mary Anderson
Air Force botanist



School physicals at clinic

With school around the corner, it's time for school/sports physicals. The 311th Medical Squadron has set aside Aug. 12 from 8 a.m.-3:30 p.m. for school/sports physicals. If your child needs a physical, call 536-1847 to schedule an appointment. Please bring all necessary school paperwork and any immunization records you have. Stations will be set up for paperwork, blood pressure, height and weight. These appointments are for school/sports physicals only. Appointment line staff will be happy to schedule an additional appointment with the Primary Care Manager if necessary.

DEERS enrollment

The Department of Defense has announced the deadline for beneficiaries to update their eligibility in the Defense Enrollment Eligibility Reporting System (DEERS) and remain eligible for TRICARE for Life has been extended to Sept. 1. After that claims will be denied and no longer sent electronically from Medicare to TRICARE for payment until the eligibility information is updated. Check the TRICARE web site for more information at: www.tricare.osd.mil/tfl, or call the Wilford Hall Customer Relations Flight at 292-3706.

Periodontics dept. seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base is seeking additional patients with specific needs for treatment in the periodontics residency program.

Applicants must be a military retiree or family member of a retiree, and have already been determined by a dentist to be in need of periodontal treatment and have been recently determined by a dentist to have an existing periodontal condition.

Eligible patients must obtain a written consult from their referring dentist. This consult may be

NEWS briefs

faxed to "Attention: Periodontics," 292-5193 or brought to the MacKown Dental Clinic (just east of Wilford Hall) during normal business hours.

A periodontal evaluation appointment will be scheduled at that time. Patients will be selected for treatment based on the needs of the periodontal training program. The Department of Periodontics provides treatment of the gums and bone support of teeth. However, treatment under this program does not include fillings, braces, crowns or bridgework.

For more information, call 292-7273.

Altitude test subjects

Scientists at Brooks need a number of volunteer subjects to participate in hypobaric (altitude) chamber research projects.

Air Force aircrew members who are interested and meet the qualifications will earn approximately \$150 per month for participating in one session per month.

Volunteers must meet Air Force body fat, height/weight standards, be a non-smoker for at least two years, be between 20-45 years old, and able to pass an appropriate physical exam.

Contact Jim Carlile at 536-3546 or Heather Alexander at 536-3440 for more information.

DRMO base realignment

In 1998 the DRMO from Kelly Air Force Base was relocated to Fort Sam Houston. The facility is nearing completion.

The relocation schedule is set up in incremental phases to minimize the impact on generators and customers.

* DRMO at Fort Sam Houston accepts scrap

material Sept. 3.

* DRMO at East Kelly AFB accepts usable materials through Sept. 13.

* DRMO at Fort Sam Houston accepts usable materials from all Brooks organizations from 9 a.m.-1 p.m. Oct. 1.

Interested personnel can contact Richard Perez or Margie Escobedo at 925-6167 or 925-1085 for more information.

37th Radio Squadron Mobile Unit reunion

The 37th Radio Squadron Mobile unit, later named the 6952nd RSM, headquartered at RAF Kirknewton, Scotland, hosts their second-ever reunion Sept. 19-20 in San Antonio.

The unit closed June 1966, but anyone who was ever assigned to RAF Kirknewton, Scotland, is invited to attend.

Contact Jim Adkinson at 509-8444, or by email at: jopar3@aol.com; or Roger Egger at 432-3075, or by email at: regger@aol.com.

TRICARE adds Walgreens

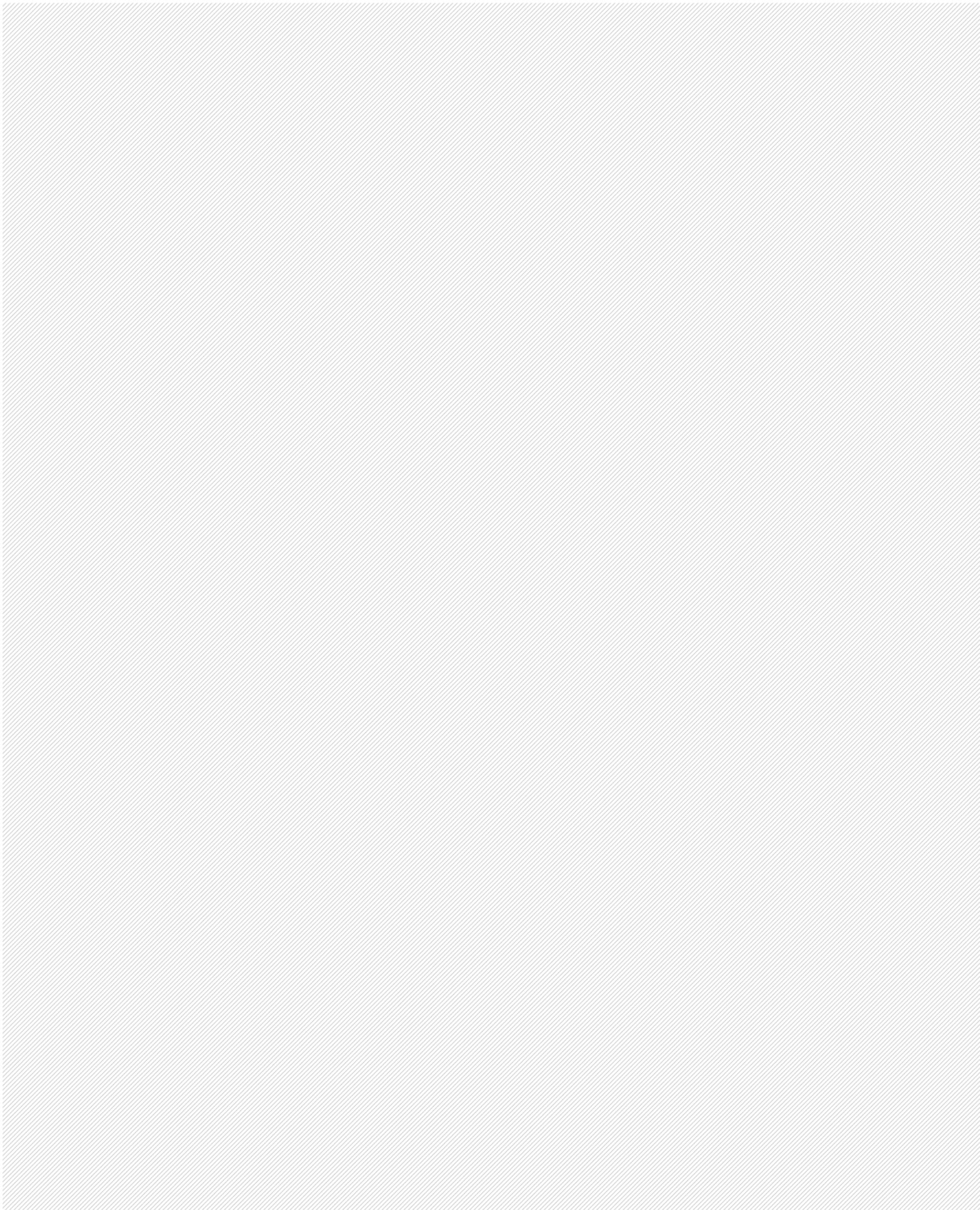
If you are eligible for TRICARE, you can now fill prescriptions at Walgreens by presenting a military identification card, or TRICARE Prime card and paying the copayment.

Pharmacy copayments are \$3 for generic medications and \$9 for brand name medications for a 30-day supply.

Active Duty Service Members do not pay copayments for prescriptions at retail network pharmacies.

A list of network pharmacy locations is available at: www.hnfs.net.

For complete detailed information on TRICARE pharmacy benefits, contact the TRICARE Service Center at (800) 406-2832.





Brooks women 'empowered' by strength training sessions

By Rudy Purificato
311th Human Systems Wing

A Southwest Texas State University co-ed has helped "empower" Brooks women through a unique strength training program she developed called Operation Strong Woman that has helped participants improve their health.

For the past eight weeks, Sara Woody has conducted strength training classes at the base fitness center as part of her internship for an undergraduate degree in health care administration. Consequently, she has provided for the first time valuable instruction to women here on training with free weights.

"It's the first time we've had an intern here," said Willie Mastin, fitness center specialist and powerlifting expert.

A total of 21 women from the Brooks community participated in the training that was held June 3 - July 26.

"I've been interested in strength training (for years). I found it (training) to be a great stress reliever," said participant Lt. Col. Carla Walgenbach, Brooks deputy staff judge advocate. Besides relieving stress, the training addressed major health care issues.

"Women are starting to strength train more, but it's not enough," said Woody, explaining that the impetus for their increased interest is partly linked to osteoporosis, a degenerative bone disease. Medical research supports the use of strength training as one of several preventive measures against osteoporosis, which develops mainly in older women.

Woody's training program also focused on several other issues that concern women: improving muscle tone, building strength and losing weight. "It (strength training) does not by itself make you lose weight, but acts as a catalyst. You have to combine it with aerobics that helps muscles burn calories. You have to have cardiomuscular conditioning to lose weight," Woody explained.

Before Woody launched her program here, she conducted a literature review on women in strength training that resulted in her writing the Operation Strong Woman manual. In this degree plan report, Woody outlines a series of progressive exercises and exposes some of the common misconceptions and myths about women involved in strength training.

"The biggest myth is that if a woman lifts heavy weights they'll become bulky like a man," Woody conveyed. She said it is extremely difficult for women to develop a male-like muscular physique because of genetics. This issue boils down to the difference between developing muscle mass and improving muscle tone.



Photo by Rudy Purificato

Sara Woody, (left), shows Lt. Col. Carla Walgenbach how to properly train with free weights.

“The key to strength training is to try not to rest any longer than two minutes between each set of exercises. The point is to fatigue the muscle.”

Sara Woody
Fitness Center intern

"Women are told to lift light weights in order to avoid this gain in muscle mass. This recommendation is often times interpreted to the extreme, and women perform many repetitions with three or five pound weights. Unfortunately, without sufficient load (weight), the muscle will not change, and the goal of 'tone' and 'shape' cannot be achieved," she said.

Program participants, half of whom had previously trained with light weights, learned techniques to tone and shape their muscles by using heavier weights. Woody explains, "In order to shape or tone your muscle, you must lift a weight that is heavy enough to create muscle fatigue. Working your muscles to fatigue means that your muscles refuse to lift or move the weight in a correct and safe fashion." She noted that working muscles to fatigue would not necessarily create large, unsightly muscle mass.

"I told them (students) to pick a weight that they didn't feel they could do a number of repetitions with. If you are strong enough to do several repetitions, then the weight is too light," she said, adding, "The key to strength training is to try not to rest any longer than two minutes between each set of exercises. The point is to fatigue the muscle."

Her sessions also helped participants understand the difference between muscular strength and muscular endurance and provided them with full body and split body workout procedures. She also helped participants to understand the benefits of combining strength training with aerobic exercises.

"Currently, the Air Force only tests two of the five components of fitness: cardiovascular efficiency (cycle ergometry) and body composition (weight management). This, coupled with misconceptions that surround women and strength training, perpetuate women traditionally focusing more on aerobic conditioning rather than strength conditioning," Woody said.

The 25-year-old personal trainer, who plans to earn a master's degree in health care management and a U.S. Navy commission, said she was very pleased by how participants responded to her program. "I realized that women are really receptive and eager to learn. They don't come into the program with bad habits and are (consequently) easier to train." She hopes the program helped build confidence and self-esteem while providing participants with capabilities to achieve their personal goals.

Quipped one of her students, "I have a three year-old. I need all the strength I can get to deal with him."

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Photo by Rudy Purificato

Carl Lewis, (left), leads his MSS/ABG softball squad in congratulating the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis team for its base intramural title victory.

AFIERA pummels league champ to win sixth straight base title

By Rudy Purificato
311th Human Systems Wing

A softball dynasty crushed a pretender to the intramural softball throne when the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis overwhelmed the combined Mission Support Squadron/Air Base Group team 28-8 to earn its sixth consecutive base championship July 25.

So dominant was the defending base champ in the tournament finale that the umpires called the game in the bottom of the fourth inning with the bases loaded and only one out as AFIERA was poised to add to its 20-run lead.

"No one expected a blowout," said AFIERA coach Aaron Sinclair who attributed MSS's lack of production to their loss of several key players, including the team's inspirational 'heart' Chaplain Col. Dennis McCarty who PCS'd three days prior to the tournament.

MSS, whose only regular season loss as league champs was against AFIERA, had posted a surprising 8-1 record to earn them top seed in the base tournament. AFIERA, which has made a habit in recent years of finishing the season as league runner-up, again came into the tournament seeded second on the strength of its 7-2 regular season record. MSS and AFIERA advanced to the championship game after eliminating the third and fourth seeded Wolfpack (6-3) and the

Defenders (4-5), respectively.

After winning the coin toss, MSS had hoped to amass an insurmountable lead in the early innings. Bob Clay's leadoff homerun momentarily jolted AFIERA starting pitcher Jim Thompson who eventually escaped the first inning by allowing just two runs. Ironically, Clay's homerun was MSS's only extra base hit in the game.

By the time Sinclair had returned from the store with refreshments for his team during the bottom half of the first, AFIERA had sent 17 men to the plate who scored 15 runs. They put the game out of reach in the second inning with eight more runs capped by Marty Baugher's grand slam.

MSS contributed to their demise with sloppy fielding that led to five unearned runs. One run, in particular, magnified MSS's frustration in being outmatched by a powerful opponent. Capitalizing on fielder inattention, AFIERA's speedy second baseman Sonny Kim raced home from a standing start at third without drawing a throw to the plate. Kim's base running gem was essentially, but unofficially, the first known steal of home in base softball history.

"We didn't play up to our potential," lamented MSS player-coach Carl Lewis whose team didn't take advantage of their superior speed. As for AFIERA, they relied on their team strength, power, to catapult them to another big game victory.

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| MSS/ABG | AB | H | RBI | BB | AFIERA | AB | H | RBI | BB |
|----------------|-----------|-----------|----------|----------|----------------|-----------|-----------|-----------|----------|
| Clay, lcf | 2 | 2 | 2 | 1 | Romero, ss | 4 | 2 | 1 | 0 |
| King, 2b | 3 | 2 | 1 | 0 | Ramon, rf | 4 | 3 | 5 | 0 |
| Brown, p | 3 | 1 | 2 | 0 | Thompson, p | 4 | 2 | 0 | 0 |
| Williams, 1b | 3 | 0 | 0 | 0 | Schlegel, dh | 4 | 3 | 0 | 0 |
| Richardson, lf | 2 | 1 | 0 | 1 | Boyd, lf | 3 | 2 | 2 | 1 |
| Rivers, c | 3 | 0 | 0 | 0 | Baugher, rcf | 4 | 3 | 4 | 0 |
| Lewis, ss | 2 | 1 | 0 | 0 | Jarbuea, lcf | 4 | 1 | 2 | 0 |
| Rogers, rf | 1 | 0 | 0 | 1 | Vaccarezza, 3b | 4 | 3 | 3 | 0 |
| Holland, rcf | 2 | 2 | 0 | 0 | Cantu, 1b | 3 | 3 | 2 | 0 |
| Galan, 3b | 2 | 1 | 2 | 0 | Kim, 2b | 2 | 2 | 2 | 0 |
| Totals | 23 | 10 | 7 | 3 | Elizondo, ph | 1 | 1 | 1 | 0 |
| | | | | | Totals | 39 | 27 | 23 | 2 |

MSS/ABG- 2 5 1 0 - 8, 10, 4
AFIERA- (15) 8 3 2 - 28, 27, 22

E - Jarbeau (2), Cantu, Holland, Clay, Galan, Lewis. LOB - MSS/ABG- 4, AFIERA - 5. DP: MSS/ABG- 1, AFIERA- 0. 2B- Romero (2), Thompson, Cantu (2), Mann, Elizondo, Vaccarezza. 3B - None. HR -Clay (1st), Ramon (1st), Boyd (1st), Baugher (2nd), Vaccarezza (2nd).



AFCEE athlete earns U.S. Transplant Games bronze medal

By Rudy Purificato

311th Human Systems Wing

Initially, Sarah Davis only wanted to improve her quality of life when she was placed on a waiting list for an organ transplant. Now, this kidney transplant survivor is thriving in a new life as a nationally recognized athlete.

The journey to health and athletic achievement has been arduous for this Air Force Center for Environmental Excellence procurement clerk who once had trouble catching her breath. In June, however, U.S. Transplant Games athletes had trouble catching her in the shot put event in which



Courtesy photo

Former San Antonio Spur, Sean Elliott, a kidney transplant survivor, shares a moment with Sarah Davis.

she won the bronze medal.

"Both my kidneys were failing," Davis recalls about her 1985 diagnosis that truly changed her life. "I had flu-like symptoms, but didn't know what it was. In the middle of summer I'd turn up the heater in my car. I felt like a truck had hit me," she confessed.

The San Antonio native had no family history of kidney failure. Davis was diagnosed with glomerulonephritis, an inflammation of the membrane tissue in the kidneys that filters and separates wastes and extra fluid from the blood. At the time of her diagnosis, only 10 percent of her kidneys were functioning.

She was easily fatigued. Davis also avoided close contact with people because of her unsavory, ammonia-smelling body odor caused by her kidneys' inability to filter toxins. Her prognosis was grim when she went on dialysis awaiting an organ donor.

Davis underwent a kidney transplant in 1986. Then the real ordeal began. She was placed on anti-rejection medication, noting, "The body can reject the transplanted organ anytime." She also took steroids to reduce her vulnerability to pain. "I (also) developed diabetes and high blood pressure after the transplant."

While her post-transplant health improved, Davis was in no condition to consider athletics as a pastime. "I never played sports in school. However, I did play trumpet in the Bulldog Marching Band," said the 1974 Burbank High School graduate. She never dreamed of a sports career until many years after her transplant operation.

The National Kidney Foundation's inauguration of the U.S. Transplant Games in 1990 proved fateful for Davis, who at the time was a Texas Kidney Foundation volunteer. The former director of the organization asked her if she was interested in competing, which elicited her reply, "What would I do? Play the trumpet?"

The Texas Kidney Foundation paid for her trip to the first U.S. Transplant Games held at Purdue University in Indiana. "I competed in what I thought were easy events: speed walking and softball throw," Davis said.

Olympic Games track and field gold medallist Carl Lewis was the athletic venue's host. "Lewis was surprised by the speed of the athletes. I was surprised



Photo by Rudy Purificato

Sarah Davis displays the bronze medal she won in shot put at the National Transplant Games.

by my competition. They were out there to win."

Unprepared, she did not place in either event. Speed walking was particularly brutal for her. "We had to walk around a one-and-a-half mile oval track. My calves were throbbing." Aside from her poor performance, she was, nonetheless, inspired by fellow athletes' competitiveness and determination in such physically demanding events as cycling, swimming and the long jump.

She did not compete in the Games again until this year. "I had a very ambitious plan to compete in four events," Davis said, referring to the shot put, softball throw, volleyball and swimming. Her son Rickey, a 1999 Jefferson High School graduate and track and field star, trained his mother in the shot put. It requires tossing an eight-and-a-half pound sphere.

The 1,500 athletes who competed in the 2002 Games in Orlando, Fla. were stunned by her bronze medal-winning shot put throw of 18.05 feet. However, her biggest thrill there involved meeting fellow kidney transplant survivor Sean Elliott. The former San Antonio Spur, who received a kidney from his brother in 1999, made sports history as the first transplant athlete to resume his career.

So grateful is Davis for her good fortune that she plans to show her appreciation to her donor's family. "I'm going to give my medal to them. Because of them, I was able to see my son grow up." Davis is alive thanks to the donated kidney from a 17-year-old boy who died in 1986.

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