

DISCOVER

400 gather at USAFSAM for annual aerospace medicine course

By Steve VanWert
Staff Writer

BROOKS CITY-BASE, Texas — More than 400 professionals from Air Force flight medicine, bioenvironmental engineering, aerospace physiology, public health and health physics met at Brooks' U.S. Air Force School of Aerospace Medicine March 1-5 for the annual Team Aerospace Operational Solutions Course.

The group of captains, majors and staff, technical and master sergeants left five days later after a whirlwind week of briefings, updates, classes, award presentations and social engagements. There were more than 100 presentations in all.

"This annual course is an outstanding opportunity for our people to hear the experts speak on recent trends in aerospace medicine, get up-to-date with new technology and witness our leaders' visions," said Maj. Dana Dane, the 2004 TAOS coordinator.

Classes were as varied as specific program updates, medical team management training, multinational joint aeromedical evacuation, gender issues in aerospace medicine, high altitude medicine, the Air Force Fitness Program, strategic plan updates, officer and enlisted career program briefings, educational issues, total force management updates and environmental deployment surveillance.

There's an additional benefit inherent in attending this course, according to Major Dane. "The attendees can now take all this information back to their shops," he said, "and update everyone who couldn't attend."

The course began with an official welcome from Col. (Dr.) Courtney Scott, USAFSAM commander, and an update of the Air Force Medical Service from Maj. Gen. James Roudebush, deputy Air Force Surgeon General.

General Roudebush also presented the annual Team Aerospace Award,



Courtesy photo

Although Deputy Air Force Surgeon General Maj. Gen. James Roudebush, left, returned to the U.S. Air Force School of Medicine as a student in the recent Team Aerospace Operational Solutions Course, he took time to present the annual Team Aerospace Award to members of the 92nd Aeromedical-Dental Squadron from Fairchild Air Force Base, Wash., during the course.

which was won by the 92nd Aeromedical-Dental Squadron from Fairchild Air Force Base, Wash.

General Roudebush most relished the role that dominated his week: full-time student in the flight surgeon course.

"The spectrum of subjects and briefing topics at TAOS was first rate; very operationally relevant. They did a great

job of capturing real-time experience from the field.

"And, in addition to that, it was good to get back home to Brooks," he said.

Of his overall TAOS experience, the most senior student said: "It was great to share in the experience, and I was very impressed to see that we had as many young flight surgeons as old timers in attendance."

Sleep — a healthy choice

By 2nd Lt. Daniel Goldberg
311th Human Systems Wing Public Affairs

National Sleep Awareness Week® begins March 29 and ends April 4 — when San Antonio and most of the nation "springs forward" for Daylight Saving Time, and too many of us will choose to lose another hour of sleep.

A highlight of National Sleep Awareness Week is the release of the National Sleep Foundation's annual Sleep in America poll, which this year focuses on the sleep of children and their primary caregivers.

Also as part of National Sleep Awareness Week, scientists from the Air Force Laboratory's Fatigue Countermeasures Branch at Brooks highlight the importance of sleep on health, safety and optimum performance.

According to Dr. Lynn Caldwell, senior research psychologist for the Fatigue Countermeasures Branch, sleep deprivation increases the risk of a sleep-related crash and the less hours a person sleeps, the greater the risk.

According to experts, millions of Americans don't get the sleep they need. When we don't get adequate



Photos by Staff Sgt. Alfonso Ramirez Jr.

In an effort to raise sleep awareness, P.J. Bear and members of the Air Force Research Laboratory's Fatigue Countermeasures Branch presented children at the Inez Foster Elementary School facts about the importance of sleep.

sleep, we accumulate a sleep debt that, when sustained over time, has been linked to health problems such as obesity, high blood pressure, negative mood and behavior, decreased productivity and increased risk of injury in the home, on the job, and on the road.

The National Sleep Foundation has

estimated that lack of sleep costs the U.S. more than \$18 billion annually in lost work productivity. More than 100,000 automobile crashes a year are attributed to drowsy driving. The number one cause of fatalities in the U.S. Air Force is personal motor vehicle accidents, many of which involve

|| *There are many daytime consequences of a bad night's sleep. Lack of sleep impairs work performance, increases the risk for injuries, and affects our mood and behavior.* **||**

Dr. Lynn Caldwell
AFRL Fatigue Countermeasures Branch

warfighters driving home after long hours at work.

The sleep scientists at Brooks are committed to raising awareness about the importance of healthy sleep and the dangers of sleep deprivation and untreated sleep disorders.

For additional information on the benefits of practicing good sleep hygiene, recognizing the signs of sleep disorders, and improving sleep for improved overall health and increased quality of life, see the National Sleep Foundation Web site at: www.sleepfoundation.org. More information about how the Fatigue Countermeasures Branch is fighting the effects of fatigue in the military is also available on the Web at: www.brooks.af.mil/AFRL/WFC/hepf/wfc_home.

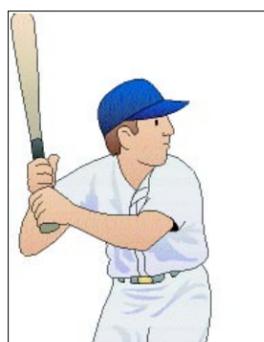
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Daylight Saving Time begins April 4

Spring forward



Our liberties come with a high price

By Kari Tilton

Ogden Air Logistics Center Public Affairs

HILL AIR FORCE BASE, Utah (AFMCNS) — Today started out to be "one of those days." My inability to roll out of bed to my blaring alarm at 5:30 a.m., sharp, snowballed.

The outfit I was planning to wear had a stain that I didn't notice yesterday, and wouldn't you know it, everything else in my closet was wrinkled.

Ironing at 5:45 a.m. isn't usually on my to-do list, but I was pleased to be able to watch the morning news while I did my chores. "Politics, politics, politics," I sigh to myself. "Can't we just all get along?"

When I let my dog out to take care of her morning must-dos, she quickly began barking at something lurking in the bushes. Sworn to protect our family at any cost and ignorant to my reassurances, she refused to come in the house.

Hot steam poured from my flaring nostrils as I chased her around the back yard, yelling in a whisper as to not wake the neighbors. Did I mention it was 21 degrees outside?

My daughter, age 5, was less than cooperative in getting herself dressed for school. Of course, I can't blame her.

She's in kindergarten now and has a lot on her mind. Where did she put the stuffed kitten that she wanted to take for show-and-tell today?

While she searched, I scanned the fully-stocked cupboards, looking for something she might actually eat. We settled on an instant breakfast shake and an apple she didn't want the skin to keep the peace, I peeled.

Finally in the car and on our way, I gave myself a little internal pat on the back, impressed by my ability to pull things together and get out the door only 10 minutes late. As we sat at our fourth stoplight of the morning I always get the red ones when I'm running late my daughter pointed out a large flag, illuminated and swaying in the light morning breeze.

"Mom, the red stripes are for all the blood shed for our country," she said. "My teacher told me. I can't remember what the white stripes are for, though, mom. Do you know?"

In an instant, my thoughts did an about-face as I stumbled to answer her question.

"I think the white stripes stand for our nation's pure ideals," I said.

I tried to keep it simple ... "That means EVERYONE has the same rights. We are all allowed to believe what we want, to say what we feel, to go to church where we choose, to learn, to have dreams and to have jobs. Some people, in other countries, don't have those rights. Our country is special," I added.

"Oh," she says staring out the car window. I don't think she understood.

"Mom," she continued, "did you put a good juice box in my backpack, or one of those yucky ones?"

Her 5-year-old, faster-than-the-speed-of-light attention span had shifted.

I sat in silence for the rest of our drive together and I pondered the flag. My daughter hummed quietly, without a care in the world.

"What a lucky little girl she is to have been born under this flag," I thought to myself.

Sitting in front of my computer, gulping down my first cup of coffee, I couldn't shake our early morning discussion. I wanted to know more about our flag. A quick Internet search took me to a well-known poem written by Ruth Apperson Rous.

"I am the flag of the United States of America. I was born on June 14, 1777, in Philadelphia.

"There the Continental Congress adopted my stars and stripes as the national flag. My thirteen stripes alternating red and white, with a union of thirteen white stars in a field of blue, represented by a new constellation, a new nation dedicated to the personal and religious liberty of mankind.

"Today, 50 stars signal from my union, one for each of the 50 sovereign states in the greatest constitutional republic the world has ever known. My colors symbolize the patriotic ideals and the spiritual qualities of the citizens of my country.

"My red stripes proclaim the fearless courage and integrity of American men and boys and the self-sacrifice and devotion of American mothers and daughters. My white stripes stand for liberty and equality for all. My blue is the blue of heaven, loyalty and faith.

"I represent these eternal principles; liberty, justice and humanity..."

The poem reads on ... "Americans, I am the sacred emblem of your country. I symbolize your birthright, your heritage of liberty purchased with blood and sorrow..."

The poem ends with these words ... "God grant that I may spend eternity in my 'land of the free and the home of the brave' and that I shall ever be known as 'Old Glory,' the flag of the United States of America."

What an inspired work of art. I plan to share this poem in its entirety with my daughter when she is a bit older.

Right now, she's too young to understand. The depth of our flag runs far too deep.

Today, my daughter helped me realize just how lucky I am. It seems that so many of us take our liberties for granted.

Caught up in the whirl of daily activities, we complain about our "problems" - the housework, our jobs, our politicians. We get tired and we don't want to cook, so we eat out.

We should be thankful to carry burdens like these. Most of us have plenty of food to eat, a roof over our heads and the opportunity to provide for our children, so they can dream the great dreams intended by our forbearers.

As the red stripes in our flag remind us, we shouldn't forget that our liberties came with a high price. Many have, as my daughter said, shed their blood to guarantee these freedoms.

The United States flag is both a symbol of triumph and that of great sacrifice. And, while we enjoy the spoils of the triumph, we should never forget the painful sacrifices made by so many.

DISCOVERY

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Go to <http://www.brooks.af.mil/HSW/PA/discovery>.



AFMC Sexual Assault Assessment Teams begins travels; visits Brooks

By Steve VanWert
Staff Writer

The Sexual Assault Assessment team from Air Force Materiel Command visited Brooks March 12. The 7-member team, composed of officers and enlisted and representing a cross-section of professional disciplines, conducted a focus-group session, consisting of members from all wing agencies associated with sexual assault programs, such as the Staff Judge Advocates Office, the Inspector General's office, Military Equal Opportunity, Life Skills, Family Support and the 311th Medical Squadron, along with the Office of Special Investigations.

The team, after visiting with Col. Tom Travis, 311th Human Systems Wing commander, and his staff, received a comprehensive briefing from a team of functional representatives to answer a checklist of questions. They then spent the rest of their eight-hour visit speaking with individuals at random, asking them to fill out questionnaires and answer questions about Air Force programs and processes in place to support victims of sexual assault.

Air Force Headquarters established a team to lead an Air Force-wide assessment and report to the highest levels of Air Force leadership. All major command sexual assessment teams will report to the Air Force team by March 24. The Air Force team will report to CORONA Top May 17-20.

“ It is my commitment to our airmen to see their service is free from the threat of assault and completed with honor and dignity. ”

”
Gen. T. Michael Moseley
Air Force vice chief of staff

“I can assure you the sexual assault issue is on the front burner of our senior leadership. It is my commitment to our airmen to see their service is free from the threat of assault and completed with honor and dignity,” said Gen. T. Michael Moseley, Air Force vice chief of staff, recently.

The Air Force has been looking at the sexual assault response issue ever since the working group report on the Air Force Academy was completed. Senior Air Force leadership feels that the next logical step in its review is to look at Air Force programs in detail and see if they can be made even better.

The Air Force has a zero tolerance policy for sexual assault and harassment. That policy is explained to basic trainees and reinforced throughout an airman's career during training and education programs and regular meetings with commanders, first sergeants and supervisors.

Some personnel services become Web-only

RANDOLPH AIR FORCE BASE, Texas (AFPN) — As of March 15, Airmen no longer have to stand in line to accomplish a personnel records review or several other common tasks.

To make it easier for personnel customers, six different personnel services are now available only on the Web. Military personnel flight workers will point customers toward the Internet if they want to do any of the following:

- Update Emergency Data.
- Apply for assignment change or change a report-not-later-than date.
- Apply for certain curtailments of date eligible for return from overseas.
- Humanitarian or exceptional family member program applications.
- Request 'proof of service' letter, often needed for home loans.
- Update common information like home address, telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty and personal e-mail addresses.

For people using these services, questions can be answered 24 hours a day online or by a toll-free call to the Air Force Contact Center.

The changes indicate the maturing of the virtual MPF concept and the realities of how busy Airmen are now with fighting the war on terror, said Maj. Gen. Thomas O'Riordan, Air Force Personnel Center commander.

“The primary goal of our virtual services is to save time for our Airmen and commanders in the field,” he said. “These transactions are simple and direct. We'll achieve better accuracy and save the Airman a trip to the MPF.”

The AFPC director of operations said this is part of an evolution in the way

personnel services will be delivered to Airmen in the future.

“We've been headed in this direction for a long while,” Col. Dale Hess said. “Our Air Force Contact Center has positioned itself to pick up some of the services by phone or online that people used to have to stand in line for, and we're aggressively upgrading our online capabilities.”

Officials said they expect that more online services will mean less work on both sides of personnel flight help desks, and that they anticipate the average time spent waiting in line for other services will decrease for customers visiting personnel flights.

“We are very concerned about creating more work under the rubric of automation,” the general said. “The goal is to slash time across the system and not simply outsource the workload to the Airman.”

The changes do not mean that Airmen will not have applications for programs reviewed. The level of approval is not changing; instead, approvals will be routed electronically to the correct approving officials.

For instance a DEROS change requested online on vMPF will now be routed to the contact center, which then coordinates the request through the person's gaining and losing commanders.

Airmen can access the vMPF through the Air Force Portal, at: www.my.af.mil, by clicking on the “careers” tab. It is also available at: www.afpc.randolph.af.mil.

For more information, call the Air Force Contact Center at (800) 616-3775.



Air Force clubs offer Airmen reduced rates

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — Air Force Services officials roll out a new program April 1, offering \$4 monthly club memberships to enlisted ranks airman basic through senior airman and their sister service counterparts.

The new Air Force-wide program provides a positive introduction to Services and Air Force clubs, encourages club membership, helps increase retention and makes club membership an affordable option for the lower ranking enlisted members, according to Col. Joseph Rarer, Air Force Materiel Command services chief. All Airmen E-1 through E-4, assigned to an installation and not in a technical school are eligible to take advantage of the reduced dues rate.

"For about the cost of a fast food combo meal or less, Airmen can now

// *Pick up an application at a Services' facility, fill it out and return it to your club. You can join the other members by saving more each month than your dues cost.*

//

Col. Joseph Rarer
AFMC Services chief

enjoy the benefits of club membership which include lunch and dinner discounts, special members' only functions, discounts on club catered functions, holiday buffets and special entertainment," the colonel said.

The reduced dues will apply until Airmen reach the rank of staff sergeant, at which time their dues will change to the standard amount of the club to which they belong. Army, Navy and Marine units attached to Air Force installations receive the same reduced dues as Airmen.

Current members within the ranks of airman basic to senior airman will have their dues automatically adjusted April 1 to reflect the new

discounted dues, Colonel Rarer said.

Airmen at Air Force Materiel Command bases have an additional incentive to take advantage of the new dues structure by becoming Members First Plus members when they join the club, he said. Members receive a 10 percent discount on goods and services in most Services facilities, including bowling centers, golf courses, auto hobby, skills development and outdoor recreation.

To receive a discount, Members First Plus members show their Services' club card when making purchases. Colonel Rarer said members don't have to charge their purchase to receive the discount; however, they must identify themselves as a club member or Members First Plus member by showing their card.

"You can start saving on your Services' purchases today while enjoying the benefits of club membership," he said. "Pick up an application at a Services' facility, fill it out and return it to your club. You can join the other members by saving more each month than your dues cost."

For more information, contact the club.

Special duty assignments offer career alternatives

By Senior Master Sgt. Mike Walljasper
Brooks Career Assistance Advisor

If you are thinking of taking a break from your current career field and trying something new, a special duty assignment may be just the break you need. Information is available online in the SPECAT Assignment Guide at: www.afpc.randolph.af.mil/procedures/specat.

Although the Web site does not advertise special duty assignments, the site does provide detailed guidance on eligibility requirements and application procedures for more than 50 unique job opportunities including professional military education instructor, recruiter, military training instructor/military training liaison, technical training instructor, first sergeant, Honor Guard and more. These special duties offer career-broadening experience and enhance overall Air Force knowledge as you progress in rank and responsibility.

Log on to the Web site and see if the special duty assignments appeal to you. Contact Senior Master Sgt. Walljasper at 536-5528 for more information.



Civilian job process going 'PRO'

RANDOLPH AIR FORCE BASE, Texas (AFP) — A new base-level central-approval authority for filling civilian positions is currently being tested at seven bases across the Air Force.

The Personnel Resource Official, or PRO, will be the point of contact in an organization or at a base that lets a manager trying to fill a position know whether he or she has the funds and a position number, and ensures information is correct and forwarded with the fill action.

"The PRO cuts a significant number of layers once required for management to get permission to fill a simple vacancy," said Ron Orr, principal deputy assistant secretary of Air Force for installations, environment and logistics.

Managers will now have a centralized internal-focal point in the organization to work all issues concerning a civilian vacancy before request-

ing to fill it, said Lou Fletcher, test project manager. "An added benefit will be a better product being forwarded to civilian personnel, thus eliminating rework of a requisition."

"We anticipate that these tests will further improve the civilian-fill process by going from seven steps to two, and from 40 days to three-day approval for the manager to initiate a fill action," said Patti Ford, chief of process improvement and quality assurance division at Tinker Air Force Base, Okla.

The test runs through August at Tinker (depot maintenance); Scott AFB, Ill.; Minot AFB, N.D.; Randolph AFB, Texas; Eglin AFB, Fla., (depot maintenance); Hill AFB, Utah, (depot maintenance); and the Aerospace Maintenance and Regeneration Center at Davis-Monthan AFB, Ariz. (Courtesy of Air Force Personnel Center News Service)

Promotions

The following Brooks personnel were selected for promotion:

To colonel:
Barbara Wolfe
311th Human Systems Wing

To lieutenant colonel:
Thomas Harrell
311th HSW

To major:
James Rumbley
311th HSW

To captain:
Lorrie Carter
311th HSW

Mathew Egerton
311th HSW

Warren Gaskin
311th HSW

Heather Hudson
311th HSW

Danielle Weston
311th HSW

To first lieutenant:
Heather Adams
311th HSW

Jose Ramirez
311th HSW

To senior master sergeant:
Daniel Meadows
311th Human Systems
Program Office

Mark Viera
Air Force Medical
Support Agency

Thomas Walker
SMC, Det. 12



March 2004 Yard of the Month

Col. John Bowley, 311th Mission Support Group commander, recognizes Staff Sgt. Agnes Bradt as the first Yard of the Month winner since Brooks became a City-Base. Sergeant Bradt is assigned to the Air Force Institute for Operational Health.

*Photo by Staff Sgt.
Alfonso Ramirez Jr.*





ACTION LINE

536-2222



Col. Tom Travis
311th Human Systems
Wing commander

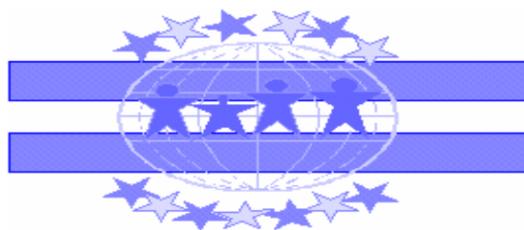
The COMMANDER'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

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.....	536-2851
SFS after duty hours.....	536-2851
311th Civil Engineer Squadron.....	536-3861
311th Communications Squadron.....	536-6571
311th Mission Support Group Logistics Division.....	536-3541
Safety.....	536-2111
Housing Maintenance.....	533-5900
Housing Office.....	533-5905
311th Services Division.....	536-2545
311th Medical Squadron (Clinic).....	536-4715
Military Personnel.....	536-1845
Civilian Personnel.....	536-3353
Military Pay.....	536-5778
Civilian Pay.....	536-8370
I.G. (FWA).....	536-2358
Military Equal Opportunity.....	536-2584
EEO Complaints.....	536-3702
BXMarket.....	533-9079
Brooks Development Office.....	536-3655
Brooks City-Base Marketing and Development Office.....	536-5366



Brooks Family Support Center activities

Call 536-2444 for information

Women in History Month —

In recognition of Women's History Month, several seminars are scheduled:

Women Inspiring Hope and Possibility Through Women's Rights —

March 23, 11 a.m. - 1 p.m., Bldg. 538— Contact Master Sgt. Susana Middleton at 536-6768 for information.

Smart Women Finish Rich—

March 30, 11 a.m.-1 p.m., Bldg. 180 auditorium— This Financial Planning Brown Bag Seminar is open to everyone. The seminars topics include:

- Learn to earn
- Put your money where your values are
- Figure out where you stand financially
- Build your retirement basket
- Figure out where you stand financially

- Build your retirement basket
- Use the power of latte factor
- Build your security basket
- Build your dream basket

Military Community Job Fair

March 24, 9:30 a.m. - 3 p.m., Live Oak Civic Center —

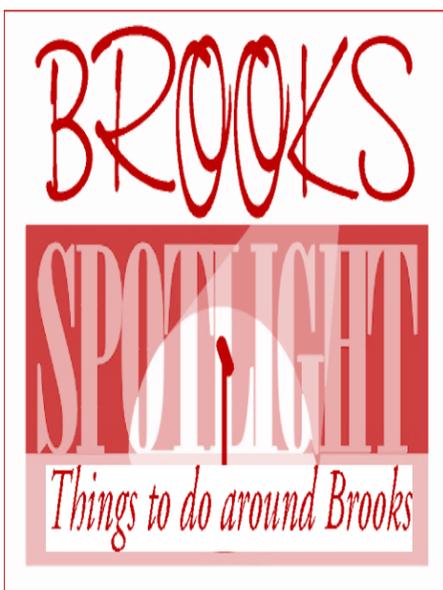
Whether you are seeking employment now or gathering information for future career decisions, make this job fair a part of your transition or job search strategy and reach many employers in a single event. The Job Fair is open to all DoD military, active duty and retired, civilian personnel and family members. A list of employers, which is updated weekly, is available at: www.Taonline.com or call the Family Support Center for more information.

Sponsor training

Apr. 6, 10 - 11 a.m., Bldg. 537— In accordance with Air Force Instruction, sponsor training is mandatory for all first-time sponsors and those who haven't sponsored within a year. Learn about tools and resources available for sponsors.

Bundles for Babies, Expectant Parents Session—

Apr. 8, 8 a.m. - noon, Bldg. 537 — Active duty Air Force couples who have a newborn or who are expecting a child should plan to attend this Air Force Aid Society-sponsored class. Obtain information about budgeting, basic baby care, infant development, effective parenting, car seat regulations and much more.



By Jan McMahon

To enter, write and submit an essay of 500 words or less on this year's topic, "What freedom means to me." Pick up a brochure with the rules and eligibility requirements from the Brooks Club, Bldg. 204, or Sidney's. Information is also available on the Air Force Services Web site at: www.p.afsv.af.mil/clubs.

Brooks Club

Bldg. 204, 536-3782

An All You Can Eat Country Buffet is just around the corner. Make plans to stop by the club March 24 from 11 a.m. to 1 p.m. and enjoy the meal.

The cost for club members is \$5.50 and \$6.50 for non-members. The menu includes barbecued brisket, fried catfish, meat loaf, turkey and dressing, roasted potatoes, whole green beans with bacon bits, collard greens, pinto beans, black eyed peas, potato salad, pasta salad, white rice with brown gravy, candied yams, peach cobbler, coffee and iced tea.

Youth Center

Bldg. 470, 536-2515

Children attending the Spring Break Day Camp at the Youth Center will perform Alice In Wonderland today at 6 p.m. at the Brooks Club. Admission is \$1 per person. The Boar's Head Pub menu will be available that night.

Children attending camp have spent the week developing and producing a full-scale performance using camp children as cast members. Auditions, rehearsals, workshops and a

finished performance were all part of the week's camp, with instructions from The Missoula Children's Theater. The Missoula Children's Theater International Tour Project is the largest touring children's theater in the United States. The concept is based on a week-long residency during which a team develops and produces a full-scale musical with children as cast members.

Colossal Cookie Challenge

The Colossal Cookie Challenge, which highlights the baking/cooking skills of the community, is scheduled for March 31 at 5 p.m. at the Youth Center. Anyone eligible to use the Youth Center can participate.

Entries can be submitted for judging in the following categories:

- holiday or special occasions (decorated cookies);
- no-bake cookies (no oven needed);
- healthy cookies (must contain fruit, nuts or cereal); and
- cookie makers special (everything that doesn't fit in another category)

Participants may submit more than one recipe but each recipe may only be submitted in one category.

Entries will be judged on taste, appearance and creativity.

Contestants must provide a complete recipe with all ingredients, specific measurements and utensils necessary to prepare the entry.

Each recipe must produce enough

samples for at least one dozen "colossal cookies."

Contestants are encouraged to submit their recipe to the 2004 Pillsbury Bake-Off Contest. All recipes submitted to the Pillsbury Bake-off Contest must be original unpublished recipes and use at least one Pillsbury, Betty Crocker or General Mills Product. Complete rules are available on the Pillsbury Bake-Off Web site at: www.bakeoff.com. Registration forms can be picked up at the Youth Center.

Youth baseball

Baseball registrations are still being accepted for youth ages 5 through 17 years. Leagues include t-ball, coach pitch, mustang, bronco, pony and palomino. Boys and girls will learn the fundamentals of baseball playing regulation games. The cost is \$35 for Youth Center members and \$50 for non-members. Contact Larry Flores at 536-8130 for more details.

Easter Egg Hunt

The Easter bunny is on his way to Brooks! Bring the entire family to the area adjacent the Youth Center April 10. The hunt starts promptly at 2 p.m. There will be specific areas for the following age groups: 1-3 years, 4-5 years, 6-8 years and 9-12 years. Children must bring their own baskets. Prizes will be awarded for "special" eggs. Photos with the Easter Bunny will be available following the hunt. Youth can also pick up sheets and enter the Easter Coloring Contest sponsored by the center. Ask a staff member for details.



NEWS briefs

Construction project

San Antonio Water System will begin installation of a 12" water main next week. The project will mainly affect the West end of the base, around the headquarters building, and will involve trenching on Josue Sanchez Street, Kennedy Circle and Dave Erwin Drive. One lane of each affected street will remain open for traffic during construction. Construction is expected to last for about two months.

Notice of death

The commander of Brooks City-Base regrets the death of Senior Airman Christopher Pedroley, 311 Communications Squadron. Any person or persons having claim for or against the estate of Senior Airman Christopher Pedroley should contact the Summary Court Officer, Lt. Jeff Wuethrich at 536-3091.

Sleep study volunteers

Volunteers are needed at Brooks to participate in a research study on 12-hour biological rhythms. Volunteers must be between the ages of 18 and 62 years. The study requires two brief training sessions and one 12-hour testing day. Pending supervisory approval, civilian and military personnel may be able to log this as a duty day. Participants will not be paid but food is provided.

Contact Amy McCrory at 536-3616 for additional information and specific details.

Air Force seeks former Lowry employees

The Air Force Real Property Agency wants to interview people who were employed or stationed at the former Lowry Air Force Base in Denver, Colo.

The AFRPA is conducting the interviews to ensure all environmental conditions on the base have been investigated.

If you worked at Lowry and want to volunteer call 1-800-725-7617 or e-mail the AFRPA public affairs officer at: doug.karas@afropa.pentagon.af.mil.

Drop-in dental screenings available

The Pediatric Dental Department at Lackland Air Force Base is providing drop-in dental screenings for all eligible military medical beneficiaries. One morning each month pediatric dentists will see children 14 years of age or younger at the Sky Lark Community Center, Bldg. 6576. Screenings will be done from 8-11 a.m. in the Longhorn Room on the first floor. No appointment is necessary.

Children will receive a dental screening exam, an opinion about your child's dental condition and appropriate treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan, or referral letter from their private dentist.

Buckle up for Safety!



Midweek mass

Midweek mass at the Brooks Chapel is held Thursdays at 11:30 a.m.

Mass is held each first Friday of the month and on holy days of obligation. Mass is open for the entire base Roman Catholic community.

Lifebuilder's series

The Lifebuilder's Lunchtime Series continues Wednesdays at noon at the Chapel Annex. Contact the Chapel staff for more information.

Chapel schedule

Weekdays:

11:30 a.m. — Mass or Eucharistic service

Wednesdays:

Noon — Lifebuilders luncheon

6 p.m. — Catholic choir rehearsal

Thursdays:

7:30 p.m. Protestant choir rehearsal

Sundays:

9 a.m. — Catholic Mass

10:30 a.m. — Catholic religious education

9 a.m. — Protestant Sunday School, ages 3-adult

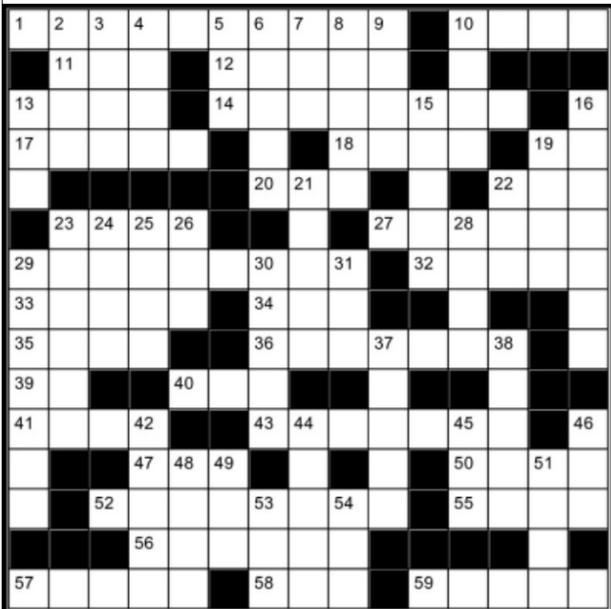
10:30 a.m. — Protestant Worship, includes children's church

6 p.m. — Protestant Praise and Worship service



CSAF- Past and Present

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs



Solutions, Page 14

ACROSS

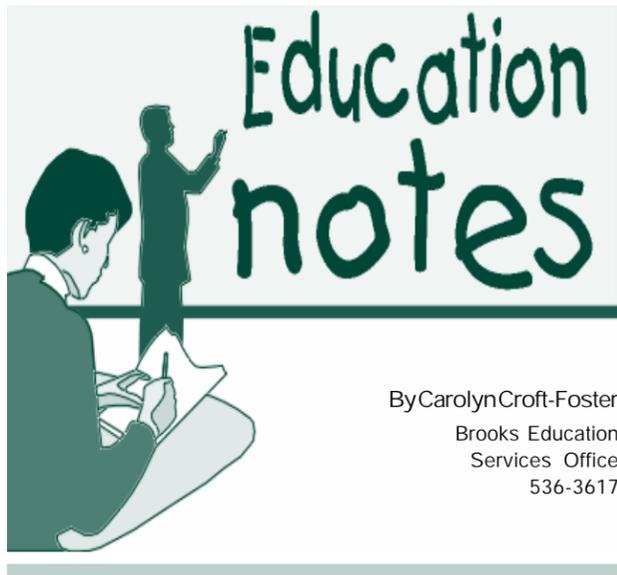
- 1. CSAF—4/30/48-6/29/53
- 10. CSAF—8/1/69-7/31/73 or 11/6/97-9/6/01
- 11. Military show of appreciation (abbrev.)
- 12. Cream of tartar
- 13. Plant
- 14. CSAF—10/26/94-9/1/97
- 17. CSAF—6/30/61-1/31/65
- 18. Oklahoma town
- 19. Postal abbrev. for state home to Barksdale AFB
- 20. Navy AFB equivalent
- 22. Investigation for airplane crashes (abbrev.)
- 23. Org. to stop drunk driving (abbrev.)
- 27. CSAF—9/6/01-present
- 29. CSAF—2/1/65-7/31/69
- 32. _____ Arabia
- 33. Musical show
- 34. Zodiac sign
- 35. Wife of king of Sparta (Greek mythology)
- 36. Puffed (as in a cigarette)

- 39. Video game maker ___ Sports
- 40. ___ Paulo, Brazil
- 41. Play
- 43. CSAF—6/30/53-6/30/57
- 47. Head cover
- 50. Horse feed
- 52. Frenzy
- 55. Bite
- 56. CSAF—9/26/47-4/29/48
- 57. CSAF—7/1/74-6/20/78
- 58. Architect I.M. _____
- 59. CSAF-7/1/86-6/30/90

DOWN

- 2. Away from the wind
- 3. Measure
- 4. Actress Delaney
- 5. USAF command echelon between MAJCOM and MOB
- 6. CSAF—8/1/73-6/30/74
- 7. Part one of a holiday drink
- 8. Parts in a play
- 9. Dale
- 10. Browse
- 13. Soar

- 15. Subtract
- 16. CSAF—7/1/82-6/30/86
- 19. Exaggerated
- 21. CSAF—7/1/78-6/30/82
- 22. Kwik-E-Mart owner on The Simpsons
- 23. CSAF—10/30/90-10/25/94
- 24. Made a perfect score
- 25. Children's show ___ the Explorer
- 26. Building block of life
- 28. Boy
- 29. Bothers
- 30. Poet and critic T.S.
- 31. CSAF—9/18/90-10/29/90
- 37. Happening on a cycle
- 38. CSAF—7/1/90-9/17/90
- 42. Instead of those?
- 44. CSAF—7/1/57-6/30/61
- 45. Rest of 7 DOWN
- 46. Compass direction
- 48. Swiss mountain range
- 49. Actress ___ Carrere
- 51. Soft mineral
- 53. Smack
- 54. Israeli machine gun



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

Upper Iowa University degrees

Books are now included in the cost of tuition at Upper Iowa University and there is still time to enroll for the Spring II term. The Spring II schedule includes Business Law and State and Local Government. The courses fulfill requirements for Bachelor of Science Degrees in Public Administration, Business, Social Sciences and Human Services. Classes meet on base one evening a week for eight weeks. Term starts March 22. Online courses are also available. The Upper Iowa office at Brooks is open Monday through Friday. Stop by the Education Office or call 536-4033 for details.

ACCD on-base classes

Registration is underway for Alamo Community College District Maymester classes. The three-week course begins May 10. Classes meet every night from 4:30 to 8:30 p.m. On-base classes include Speech and Art Appreciation. The representative visits Brooks Tuesdays.

Funding of recalled CLEP exams

DANTES is now providing up-front funding of the CLEP electronic computer-based test examination fee at identified National Test Centers. DANTES funds the \$50 test fee for eligible military and civilian examinees on campus. Examinees are responsible for paying the non-refundable, advance registration fee charged by test centers. Students may test only at "military friendly" or "open" schools, including Northwest Vista, St. Mary's University, San Antonio College, University of Texas at San Antonio, Our Lady of the Lake and the University of the Incarnate Word. Call 536-3617 for information.

St. Mary's Graduate School

St. Mary's University offers a variety of programs in San Antonio: Master of Business Administration, MS in Computer Information Systems, MS in Engineering Systems and teacher certification classes. Recently, St. Mary's Graduate School added on-line programs in Community Counseling and International Relations. For more details on on-line programs visit the Web site at: www.stmarytx.edu. St. Mary's Graduate School awards a tuition grant to active duty and retired military, DoD employees and their spouses, resulting in tuition of \$255 per semester hour. For more information, call 536-3617. The representative is at Brooks Wednesdays.

Texas State University

Texas State University offers a bachelor of applied arts and sciences degree. The BAAS degree provides an excellent opportunity for individuals to capitalize on prior work and training experiences. Students pursuing this degree may transfer semester hours previously earned, individualize the degree plan with major emphasis in an occupational field of choice, and earn semester hour credit for work and life experience and training conducted by business, industry and military. Night classes are

available in the San Antonio and San Marcos areas. Call 536-3618 to schedule an appointment.

Discover Program on-line

The Discover Program is a career exploration program for individuals searching for a new career. This program can be used by military members, civilians and family members. Call the Education Center at 536-3617 to schedule an appointment to review the Web site and get started.

Montgomery GI Bill benefits

Active duty personnel, currently enrolled in the Montgomery GI Bill, have the opportunity to increase Chapter 30 GI Bill benefits by \$5,400, from \$23,400 to \$28,800, for a maximum contribution of \$600. The minimum payment is \$20 per month. Contributions can be started and stopped at any time while on active duty. This benefit is only open to personnel who first entered active duty on or after July 1, 1985, and elected to participate in the GI Bill. This feature is not open to Vietnam-Era Chapter 30/34 or VEAP converttees.

Air Force Virtual Education Center

The Virtual Education Center is online. Servicemembers can view information about Air Force Education Centers and Community College of the Air Force and CCAF students can order transcripts. CLEP practice tests are also available. Visit the Web site and establish an account at: www.afvec.langley.af.mil.

Our Lady of the Lake

Our Lady of the Lake University has a weekend and evening studies program available for students who currently work during the week. Registration is now open. Tuition for on-base classes is covered by tuition assistance. Call 536-3617 for details.



Gibson



FULL NAME:

Senior Master Sgt. Jerry Gibson

DUTY TITLE, ORGANIZATION:

Chief, Mission Systems Flight and acting first sergeant, 311th Communications Squadron

WHAT IS MY JOB?:

I oversee telephone and cable maintenance and the land mobile radio and public address system work centers, and the base telephone operators and directory clerk, along with first sergeant duties.

BIRTHDAY:

April 11, 1961

HOMETOWN:

Lingle, Wyoming

FAMILY STATUS:

Married with one son

PET PEEVE:

Everything happens for a reason, although your reason may take a long time for you to figure out.

INSPIRATIONS:

My family

HOBBIES:

Golf

PET PEEVE:

People who throw their gum on the ground.

BOOKS AT BEDSIDE:

Golf Magazine

I JOINED THE MILITARY BECAUSE:

the telephone maintenance field was something I wanted to do and the Air Force offered it.

FIVE YEAR GOAL:

Make chief and work on my golf game. (I heard they go together.)

ULTIMATE GOAL:

is to retire and live a long life with my wife and son.

IF I WON THE LOTTERY:

I'd buy a golf course.

FAVORITE MUSIC:

Classic rock and roll

MY GREATEST ACCOMPLISHMENT IS:

making the Air Force a career. When I started it was just a job. Realizing I could make it a career has been quite an accomplishment.

MY MOST PRIZED POSSESSION IS:

Possessions are temporary. Waking up everyday and living life to the fullest is prize enough for me.

Life is a four-letter word

By Steve VanWert
Staff writer

For Senior Master Sgt. Jerry Gibson, 311th Communications Squadron, life is a series of four-letter words.

First, there was "b-r-a-t," as in "military brat." Sergeant Gibson was born in Big Spring, Texas, home of now-closed Webb Air Force Base. His father was stationed there, but like most military families, they didn't stay long.

The young Gibson attended schools in Georgia and Colorado, finally graduating from high school in Lingle, Wyo., while his dad finished his career at the University of Wyoming in Laramie as the head of Aerospace Studies. He even spent four years in Ottawa, Canada, while his dad was in the Air Force-Canadian Exchange Program. But he considers Lingle his home.

He should; after all, the next four-letter word in his life was "l-o-v-e."

It was at Lingle High School where he met and started dating the girl who would become his wife. They dated for three years in school, and married in 1980. "She's been with me the whole way," he said. "Thank goodness." They juggle the responsibilities of raising a son while being a two-income family; she works as a civil servant at Brooks, in the Air Force Institute for Occupational Health.

The next four-letter word in his life was "w-o-r-k." After high school, Sergeant Gibson worked as a carpenter, building new homes in the Lingle area, but needed to offset his income. After all, Lingle, Wyo., has only about 450 people living there. So he joined the Army National Guard in 1981 as an electrician. "It was a good opportunity," he said. "I got training, which was good, but then local companies were laying off and not hiring."

"I had a taste of the Army, but my Dad got me interested in the Air Force," he said. "I switched enlistments from the Army Guard to the Air Force in 1983, and had to go to only three weeks of basic training. After all, I'd already gone to eight weeks of Army basic and another month of Army technical training."

He attended Air Force technical school at Sheppard AFB, Texas, in telephone maintenance, then went to Offutt AFB, Neb., and loved it. Well, loved the training, anyway. "It was so cold," he said. The Gibson family stayed at Strategic Command Headquarters for five years, then went on to Zweibrucken Air Base, Germany, in 1989. "I didn't really



Photo by Tech. Sgt. Anita Schroeder

want to go," he said, "but it was a great assignment." While there, he got to install command and control facilities throughout Europe.

But then Zweibrucken closed, and they were reassigned to Mather AFB, Calif. They were there for two years, and it closed. Soon they were on to Rhein-Main AB, Germany, where he was the NCOIC of telephone maintenance. By that time, they had come to love Germany and were excited about the assignment. But then the communications squadron at Rhein-Main closed, and they moved on to McConnell AFB, Kans. Despite the weather, they loved the base. "I had a great commander," he said. Sixteen months later, he received an assignment to an unaccompanied tour at Kunsan AB, Korea, with a follow-on assignment to Eglin AFB, Fla. His assignment to Brooks came soon after.

"The senior leadership at Brooks has been fantastic," he said. "They're really supportive." The past seven months he's been here, he's been acting first sergeant for the 311th CS.

"It's time consuming, but base support has been awesome. The Air Force takes care of its people - you better believe it."

That fact was never more apparent than when the 311th CS experienced a tragic death of one of its members recently.

"All base agencies did everything they could to support the family," he said. "As Air Force members, we're charged to take care of our people." The four-letter word that describes his experience at Brooks is "c-a-r-e."

It was at Offutt AFB where another four-letter word came into play: "g-o-l-f."

"At Offutt, I got a part-time job

working at the base golf course," he said. "I didn't know how to play, but I thought it looked pretty easy, so I started playing when I had time." Soon the sergeant was playing a few holes before work and after work.

"I'm addicted," he said. "I just can't get enough. Now I play whenever I have a chance. My tour at Eglin gave me the opportunity to play a lot more often than at Offutt, on two great courses."

His handicap is down to a 10, ("Although I'm really playing closer to a 13," he said.)

His wife understands about his passion for the links, up to a point.

"My wife hates to see golf on TV," he said, "but she doesn't complain when I play. After all, it's the only thing I do! The rest of the time, I'm working in the yard." They get to do yard work together, he added.

The sergeant hasn't given retirement a thought.

"I enjoy the Air Force so much, I don't even think about retiring," he said. "When the time finally comes, maybe I'll go into Civil Service and follow my wife around the world. Or maybe I'll work at a golf course."

The area around Sergeant Gibson's desk tells a story. On the wall, there are framed photos of Denver Broncos quarterback John Elway, a framed Elway jersey, a University of Nebraska jersey, a Nebraska banner, a Broncos banner and, by the way, an occasional Air Force memento, as well. On his desk sits framed photos of his family, and a collection of Broncos logo golf balls.

Life for Sergeant Jerry Gibson is a four-letter word: "g-o-o-d."

Steve.VanWert@brooks.af.mil



Aerospace Career Day 2004 'highlights' captivate crowd

By Rudy Purificato
311th Human Systems Wing

Expertly choreographed by Aerospace Career Day supporters, the annual Brooks event March 2-4 showcased more than technology and Air Force teamwork. To observers, it demonstrated the enthusiasm, energy and innovative ideas that exist here that support many federal missions and programs.

An estimated 1,800 students from about 50 schools throughout Bexar County and the San Antonio metropolitan area were treated to a series of interactive activities that both challenged and amused them. They were thrilled by a group of volunteers whose collective wit did not disguise their commitment to promoting student interest in science and engineering careers.

"This is the first year we've had every school show up," said Lt.Col. Lynn Borland, event project officer from the Air Force Institute for Occupational Health. Borland praised Aerospace Career Day planners for their contributions and thanked the 311th Human Systems Wing for providing what she characterized as "great facilities."

The new streamlined format mixed technology with theatrical showmanship. This was most evident among a group of highly motivated U.S. Air Force School of Aerospace Medicine presenters who took students on a virtual tour of the centrifuge. The updated presentation's opening video set the stage for non-stop fun while shattering a Hollywood stereotype of Air Force training methods. This was accomplished when USAFSAM aerospace physiologists showed actors Chevy Chase and Dan Aykroyd enduring an



A student attendee is used to demonstrate the effects of spatial disorientation in the Barany chair during Aerospace Career Day demonstrations. Students learn about how Brooks scientists and engineers study the effects of gravitational forces on the human body.



Aerospace Career Day committee members and volunteers barbecued hotdogs and served sack lunches to students who attended the event this year.



Photos by Staff Sgt. Alfonso Ramirez Jr.

Dr. Eric Holwitt demonstrates "magic" through chemical reactions. The Chemistry Magic Show remains a popular event with students who attend Aerospace Career Day.

unrealistic centrifuge ride depicted in the movie comedy "Spies Like Us."

They hammered home the point of the seriousness of Air Force G-force acceleration training with a video showing actual centrifuge operations where subjects experience G-force loss of consciousness. Spatial disorientation demonstrations in the Barany chair and video footage of aircrew subjects suffering hypoxia at altitude dramatically emphasized to students the importance of aviator preparedness.

NASA's Dr. J. Sebastian Perera fielded a flurry of questions from students interested in America's future plans for a manned mission to Mars and the continuing role the International Space Station will play in advancing science.

Referring to President Bush's recent proposal for NASA to launch a manned Mars mission after 2020, Perera said the trip there and back will take about two years. The Sri Lankan-born Perera, NASA's risk manager from the Johnson Space Center in Houston, said a Mars mission inherently contains certain risks. Among them is the crews' physical condition when they reach the Red Planet. "We're looking at several concepts to counter the adverse effects of a zero-G environment. Astronauts lose bone density and muscle (mass) in space," he said.

"One concept would be to create artificial gravity by periodically rotating the spacecraft to produce between one-sixth and one-third the gravity on

Earth," Perera explained. Responding to a student question about what would astronauts be doing on such a long journey, he said, "They'd be doing a fair amount of exercising, along with other activities including preparation for experiments."

A student asked why such a mission is needed, based on the discovery by Mars robot rovers Spirit and Opportunity of mineral evidence suggesting that water once existed there. Perera answered, "The main purpose would be geological, for us to better understand how our solar system was formed."

Perera, who had previously worked on International Space Station risk management issues, said humanity's presence in space, either in Earth orbit or on long-duration missions, ultimately benefits science. Just like Air Force human physiology research conducted here and elsewhere has helped aviators survive their environment, Perera noted, the primary benefit of space exploration is the advancement of medical research. "We learn more about human physiology and how long-term exposure to a space environment affects the human body. In space, we (also) can create materials for new pharmaceuticals that can not be produced in Earth gravity," Perera said. The International Space Station, he said, will play a significant role in new drug development during its 20-year life cycle as an orbiting laboratory.

Rudolph.Purificato@brooks.af.mil



Brooks varsity softball team changes stance for 2004 season

By Rudy Purificato
311th Human Systems Wing

Concentrating more on strategically placed base hits, the new-look Brooks men's varsity softball team has changed its approach to the game from its previous stance of favoring the long ball.

Under new management and direction, the veteran-laden squad is also aiming for new post-season goals that don't appear to be unrealistic.

"I'm not big on home runs. I want the team to hit to the gaps and holes in our opponents' defense," said new head coach Dave Miles.

Sergeant Miles, Aerospace Ophthalmology noncommissioned officer in charge for the U.S. Air Force School of Aerospace Medicine, also has a new vision for the Brooks team.

"This year, our goal is to go to a place where Brooks has never been before — the Armed Forces tournament," he said. Sergeant Miles has previously won two Armed Forces world championships as varsity softball coach at Sheppard Air Force Base, Texas, and the Air Force Academy.

That ultimate destination started March 5 when Brooks began regular season play in a city league featuring rival Fort Sam Houston.

"To qualify for the Armed Forces tournament, we have to participate in a state qualifying tourney," Sergeant Miles said, noting that Brooks doesn't have to win that tourney to advance to the Armed Forces world championship.

Coach Miles plans to enter Brooks in the United States Sports Specialty Association military tournament scheduled for early summer in Dallas. The Armed Forces tourney is scheduled for Aug. 12-15 in Garland, Texas.

Both events provide Brooks new options for post-season play in the wake of the demise of the Air Force

// I'm not big on home runs. I want the team to hit to the gaps and holes in our opponents' defense.



Dave Miles
Varsity softball team head coach

Materiel Command tournament program.

Besides gaining experience playing city league ball, Brooks will also compete in the annual Band-Aide Tournament May 12-16 at the Air Force Academy in Colorado Springs, Colo.

"I'm the one who started that tourney 14 years ago for medics," said Sergeant Miles, explaining that the event this year will include two divisions— an intramural division for medical teams and a varsity division for all base teams.

The head coach, who was a Brooks varsity team player last season under former coach Rob Collins, said this year's squad has a core of returning veterans. They include Marty Baugher and Junior Jarbeau from the Air Force Institute for Occupational Health; the 311th Human Systems Program Office's Kenny Chandler and Justin Darwin; perennial All-Star Rob Taylor from the Air Force Research Laboratory; Derek Kren from the 311th Medical Squadron and Jeff Eden from the 311th Human Systems Wing's Plans and Programs Directorate.

"Our biggest loss is Joel Berry, who PCS'ed," Coach Miles said of the team's former veteran slugger.

Rookies who have made the team include AFRL infielders Jack Connolly and Warren Benge, USAFSAM outfielder Mike Fastola, YA outfielder Greg Sevening and AFIOH utility player Travis Tucker.



Commanders' Fitness Club

The Brooks Commanders' Fitness Club now meets at the Health and Fitness Center every Wednesday at 7 a.m. for a run/walk. Military and civilian personnel are encouraged to participate. Participate four times and receive a Commanders' Fitness Club T-shirt. Additional prizes are offered for other sessions. Call 536-2188 for details.

Power Cycling

Power cycling is offered every Tuesday and Thursday at 11:30 a.m. and 5 p.m. at the Fitness Center. Classes are free but limited seating is available for the first 12 participants to sign up for each class. Participants must bring bottled water, a towel and an attitude to begin the ride of their life. Stop by the Fitness Center or contact the staff at 536-2188 for additional information.

Komen 'Race for the Cure' scheduled for March 27

San Antonio, Texas — The 7th Annual Susan G. Komen Breast Cancer Foundation San Antonio Race for the Cure is scheduled for March 27 at the Alamodome in downtown San Antonio. Recruit your military team of 10 or more and get registered. There will be an award for the largest military team.

The annual event begins with race day registration at 6 a.m., followed by a memorial service and team photos at 7 a.m. and warm-ups at 7:45 a.m. The competitive runners begin at 8 a.m., with the Coed 5K Run/Walk, 3.1 mile and 1-mile Family Fun Walk, kicking off at 8:15 a.m. Survivor recognition and the awards ceremony are scheduled for 9:30 a.m.

Since nearly 3,000 participants and more than 300 teams are already registered, participants are encouraged to carpool and arrive before 7 a.m.

Due to safety concerns, neither inline skates or pets are allowed on the course. Maps of the 5K run and the one-mile walk courses are available on the Web site.

For more information log on to: www.sakomen.org or call the Race Hotline at (210) 822-8700.

Individuals who don't want to participate but are interested in supporting the event can pledge, find a participant to sponsor on the Web site, make a donation or volunteer for a variety of tasks between now and the event, including race day. Volunteer information is also available on the Web site.

This event will take place rain or shine. Only extreme circumstances will cause cancellation. If cancelled, monies will be designated as donations to the San Antonio Affiliate of the Komen Foundation. Refunds are not available.

CSAF — Past and Present solutions



from Page 10

