

The Green Scene

Quarterly Newsletter of Professional Contract Services, Inc.

PCSI Annual Awards

Austin, TX

Employee of the Year, 2014

Robert "Bob" Reader, General Maintenance Worker at Joint Base Lewis McChord, works like a phantom superhero. He flies through soldier barracks, fixes and repairs all manner of things, leaves a note, and disappears. Bob's dedication to the customer—and the customer's customer—is matched only by his dedication to his fellow employees. Bob has been known to pay for auto parts with his money and install them on his time for a co-worker in need. His service exemplifies the PCSI value of focusing on *people*.



Employee, Robert Reader

Volunteer of the Year, 2014

Volunteers demonstrate *compassion*, which Christopher Chelf, Supervisor at Evans Army Community Hospital, has done in a tremendous way. When the local Veterans Administration (VA) purchased an old house for a homeless veterans' residency, Chris volunteered endless hours to supervise the interior remodel and to create a beautiful landscape. Back at the VA house where Chris lives, he planted a vegetable garden for fellow residents. The garden was so bountiful; he had to give away the overflow of squash and peppers to his PCSI co-workers.



Volunteer, Christopher Chelf

Supervisor of the Year, 2014

Wayne Morris, Furniture Supervisor at Joint Base Lewis McChord, exhibits *agility* by making things happen for his team, the customer, and his community in spite of challenging obstacles. Wayne devised a plan for completing three days' of work in two, during which time his team moved over 4,300 pieces of furniture out of 200 plus rooms, with NO injuries, and saved the Government customer about \$16,000.

The pursuit of efficiency guides Wayne even in his off hours. He volunteered to work the "hygiene van" of a local homeless ministry, and then developed a system for pre-packaging toiletry kits.



Supervisor, Wayne Morris

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Project Manager of the Year 2014

Jesse Crowe, Project Manager at the Navy Regional Supply Office in Virginia, *empowers* his team to achieve exemplary results. His team received an “Excellent” rating on a recent biannual Supply Management Inspection. During a recent Supply Management Assessment, Government evaluators were so impressed with contract processes and procedures, they requested copies to share.

Jesse leads his team in safety. Workplace incidents and their related costs have declined under his leadership. Most importantly, he leads his team with concern and compassion.



Project Manager, Jesse Crowe

Corporate Employee of the Year 2014

Information Technology (IT) Director, Blue Clark, is the man who keeps us all connected. He and his team are there for us, 24/7, keeping our systems safe from cyber-threats. Blue Clark is responsible for:

- Keeping our IT system up and running over 99% of the time
- Limiting average system downtime to 58 minutes
- Achieving 4.9 out of 5 on user satisfaction surveys
- Keeping his department under budget



Corporate Employee, Blue Clark



Conference participants listen attentively



Dinner at The Salt Lick



Magician performs at ER event

PCSI Holds 4th Annual Training Conference

Austin, TX

Thirty-four PCSI managers, supervisors, and employees traveled from across the U.S. to Austin for the company's fourth annual training conference, held December 3 – 5. This year the conference took place at PCSI headquarters in the new Susan Poorman Blackie Center, a 6,000 square-foot facility recently remodeled and retrofitted for training purposes. Over the three-day program, participants attended a dozen sessions led by PCSI's executive team, representing business development, finance, HR, IT, legal, loss control, quality, rehabilitation, and security.

Conducting training at headquarters rather than a hotel proved convenient and cost-effective. Corporate and job-site staff had many opportunities to mingle, including dinner at the world-famous Salt Lick BBQ on Wednesday night. At the Austin Hilton on Friday night, over 120 PCSI employees, family members, and guests attended the annual employee recognition event. In addition to dinner and dancing, this year's event was graced with a magician and a photo booth.



Training Center Named for Susan Poorman Blackie

Austin, TX

On December 5, Building 200 at PCSI headquarters was christened the Susan Poorman Blackie Center to memorialize former PCSI Board of Directors member, Susan Blackie, who passed away only five months earlier on July 4. PCSI's Board chose the last day of the 2014 Annual Training Conference to dedicate the Center in Mrs. Blackie's honor.

The dedication, which took place at 11:00 a.m., was attended by conference participants, headquarters staff, board members, and Blackie's family. President Carroll Schubert described Susan as "a passionate advocate for PCSI's mission." Her husband Gary Blackie, son Buck Dodson, and daughter Mindy White along with Board Chairman Craig Lusk unveiled the plaque, inscribed with these words:

This building is named in memory of Susan Poorman Blackie in honor of her dedication to creating employment opportunities for people with disabilities by her service as a Member of the Board of Directors of Professional Contract Services, Inc. from 2008-2012.



L-R: Joe Toddy, Josh Ulmer



EACH management team with CFO Trina Baumgarten

Employee Recognition Event for EACH

Evans Army Community Hospital (EACH), Colorado Springs, CO

On December 20, PCSI's Healthcare Environmental Services team at EACH enjoyed a lovely employee recognition event at the DoubleTree by Hilton in Colorado Springs. This is the fourth year the EACH team has held the event at this hotel, which they book in early summer to assure the 4,000 square-foot "Windows" room overlooking the waterfall and fire pit. According to Officer Manager Vivian Colony, the DoubleTree is "the best place in town to have an elegant event without breaking the bank."

The EACH team's event is affordable. Because PCSI is a nonprofit with a mission to employ people with disabilities, the DoubleTree provides the room free of cost. By saving monthly employee recognition funds, the team's management pays for the catered dinner. For large contracts like EACH, which employs over 80 people, monthly funds add up quickly. According to Colony, "The trick is to find a facility that will work with your budget."

In addition to dinner and dancing, the celebration included a gift grab raffle with a grand prize giveaway—an overnight stay at the DoubleTree—good through the end of 2015. All nominees for PCSI Employee of the Month at EACH in 2014 were entered into the grand prize drawing.

By Vivian Colony's account, the event "grows bigger every year as word gets out about how much fun it is." This December, PCSI's Chief Financial Officer (CFO), Trina Baumgarten, joined the festivities as the EACH team's special guest. Who will attend next year and what new attractions will there be? We'll find out in 2015.



LTCOL Eric Poulsen awards Rae Washeckek

Rae Washeckek Awarded for Quick Response

**Evans Army Community Hospital (EACH),
Colorado Springs, CO**

Floor Technician Rae Washeckek was honored by the EACH Deputy Commander for Administration, Lieutenant Colonel, Eric Poulsen, on Thursday, December 18, for going the extra mile.

Rae, a PCSI employee since 2003, spotted a paper bag on Monday, December 15, under a bench on the floor in the clinic waiting area. It was evening and no one was around. She opened the bag and found inside several vials of prescription medications.

Rae wasted no time. Right away she carried the bag and its contents to the window of the after-hours pharmacist who questioned Rae about the find. Misplaced prescription drugs are a security concern in any facility, especially a healthcare clinic.

The pharmacist called the number on the prescription label and spoke to one of the two patients, a married couple with disabilities. The husband, a retiree who uses a scooter for mobility, was so grateful for the return of his and his wife's medications that he immediately called the Deputy Commander. In other words, he went straight to the top to commend Rae.

Rae's actions demonstrate the PCSI value of integrity. She recognized something valuable—and potentially hazardous—that was lost, and she acted quickly to return it to its rightful owner. Thank you, Rae, for going the extra mile.



Santa charms children



Award Nominee, Timothy Edwers

Employee Recognition Event for JBLM

Joint Base Lewis McChord (JBLM), Tacoma, WA

PCSI employees at JBLM enjoyed an employee recognition event filled with family fun, silly and serious awards, a SourceAmerica Speaker's Bureau premier, and a White Elephant gift exchange. The event was held Friday, December 12, from 7 to 11 p.m. in the lovely Eagles View Room at the American Lake Conference Center on base. Four from PCSI headquarters—President Carroll Schubert, Vice President Keith Walker, IT Director Blue Clark, and Operations Manager Daisy Harrison—celebrated with the JBLM team.

When the doors opened, kids of all ages got in line for face painting. Throughout the evening, a table was set with coloring books, crayons, and markers for children to draw with. Later, JBLM's very own Santa (General Maintenance Worker Bruce Strandberg) arrived in bright red suit and authentic white beard. Many good girls and boys sat with Santa for photos, gifts, and candy.

Winners of a dessert contest held earlier were announced at 9 o'clock. General Clerk III John Lautherbach took first place with Chocolate Maple Tarts, while Maintenance Supervisor Jerry Bradshaw took second with Chocolate Strawberry Crumble Cake. Silly awards, including "Mr. Style," went to Greg Wansley who sports a fashionable fedora; and "Mushroom Hunter" extraordinaire to Bruce Strandberg who tracks edible mushrooms in local forests.

Carroll Schubert and Keith Walker presented annual awards to Wayne Morris and Robert Reader (see front page story) and acknowledged PCSI's 2014 nominee for the AbilityOne Honor Roll for Veterans with Disabilities Award, Timothy Edwers.

Next Schubert and Walker introduced General Maintenance Worker Jolene Britt, the newest member of SourceAmerica Speaker's Bureau. Then Jolene delivered her speech for the first time. The audience was moved by her story of how she hid her disability until she found PCSI, which offered her the support and accommodations she needed to succeed at work.

The evening ended with a White Elephant gift exchange that, in Project Manager Janet Smith's words, "did not disappoint."

“Night Before Christmas” at Tinker AFB

As told by Bobby Boles, aka, “Mustang 28”

‘Twas the night before Christmas, when all thru the yard
Not a bus was stirring, not even a taxi on guard.
The radios were hung in the charger with care,
In hopes that Dispatcher soon would be there.

The operators were nestled all snug in their trucks,
While having visions of paid holidays and making big bucks.
Ops 1 in his Thunder jersey, at his desk with no cap,
We just settled our brains for a little winter’s nap.

When out in the yard there arose such a clatter,
I sprang from the truck to see what was the matter.
When, what to my wondering eyes should appear,
But a miniature truck pulled by eight tiny reindeer.

With a little old driver, so lively but pouty,
I knew in a moment it must be St. Rowdy.
He whistled, and shouted, and called them by name:

“Now Rosy! Now Owen!

Now, Billy and Terry!

On, Johnny! On, Stanley!

On, Tracey and Jerry!

To the Roads!

To the Ramps and Birdcage we go!

Now Dash away! Dash away!

Dash away, let’s roll!”

So off to the flight line the reindeer operators they flew,
With vehicles full of forklifts and passengers, too.
As I heard in my head, and was turning around,
I saw the yard shack chimney St. Rowdy came down.

He was dressed all in winter gear, from his head to his foot,
And his clothes were all tarnish’d with that old carwash soot.
A bundle of rags was flung on his back,
And he looked like a smoker just opened his pack.

His eyes—how they twinkled! His dimples, how merry!
His cheeks were like roses, his nose like a cherry!
He had a broad face and a little round belly,
That shook when he laughed, like a bowl full of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him in spite of myself.
A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And emptying the trash cans, then turned with a jerk.
He sprung to his truck, to his team he gave call,
“This is Mustang 27 wishing Merry Christmas to all!”



Bobby Boles



Bruce Strandberg, Santa

**Joint Base Lewis McChord (JBLM),
Tacoma, WA**

The PCSI team at JBLM has its own Secret Santa, General Maintenance Worker Bruce Strandberg. Every summer Bruce begins growing out his beard so that he can bring joy to children in December at the employee recognition and other events. When Christmas passes, he shaves it off.

Local organizations Bruce volunteers as Santa for include:

- Washington Army National Guard
- Hilltop Peoples Community Center
- Lakes Moose Lodge
- Madigan Army Medical Center
- Warrior Transition Battalion

Ho, ho, ho!



Pirate Brewer hands out Halloween candy

EACH Celebrates Halloween

Evans Army Community Hospital (EACH),
Colorado Springs, CO

EACH celebrated Halloween a week early on October 24 with a special trick or treat for the children of hospital staff. Every year at Halloween, the various clinics and departments at the hospital, including PCSI's Healthcare Environmental Services, set up tables with candy bowls on the hospital's ground floor. In the evening, the children of hospital staff come dressed in costume to fill their bags with treats. Since some kids never grow up, PCSI's Assistant Executive Housekeeper, David Brewer, dressed as a pirate for the event. Arrgh!

PCSI Cooks Win Medals for Thanksgiving Food Displays

Fort Hood, Killeen, TX

Something good is cooking at Fort Hood, and ten PCSI employees have 14 medals to show for it. Every Thanksgiving, employees of the North Dining Facility, including PCSI, prepare beautiful holiday food displays. The Fort Hood III Corps Food Service Team judges the displays and awards them bronze, silver, and gold medals. PCSI's 2014 winners are:

- David Abrams, Cook: Gold
- Yolanda Dane, Cook: Bronze
- Myriam Frederick, Assistant Manager: Gold
- Omar Gonzalez, Cook: Gold
- Dianne Jones, Cook: Silver, Bronze (2)
- William Kohl, Cook: Silver, Bronze
- Donna Pitts, Manager: Silver, Bronze
- Marcellus Riley, Cook: Gold
- Keisha Rivera, Lead Storeroom: Gold
- Dorothy Rowe, Cook: Gold

All food display entries were made of edible products. Salt dough was a favorite modeling material used to make medal-winning cornucopias, holy bibles, and even the Mayflower at Plymouth Rock. Other sculpting and decorating tools included cake and icing, pretzel sticks, clear gelatin, melt sugar, and food color.

Congratulations, Team Fort Hood! Y'all make our mouths water.



Thanksgiving Cake



Edible Mayflower



Food collected by IACH team

Food Drive for Local Soup Kitchen

Ireland Army Community Hospital (IACH), Fort Knox, KY

PCSI's Healthcare Environmental Services team at IACH shared the holiday spirit by holding a food drive. For two weeks prior to Thanksgiving, employees collected nonperishable foods in a large cardboard box in their break room. At the end of the drive, managers of The Lord's Supper Soup Kitchen in nearby Radcliff came for pick up.

First shift Supervisor, Terrence Tinsley, organized the food drive with the intention of helping the Soup Kitchen fill 50 food baskets for Thanksgiving. PCSI employees at IACH collected so much the Kitchen was able to fill 100 baskets!

The IACH team has more good deeds in store. They plan to supply a local women's shelter with small bags of travel-size toiletries, so that new arrivals can have personal supplies of shampoo, conditioner, soap, deodorant, toothbrush and toothpaste. The team also plans to help a local, now under-construction homeless shelter when it opens.

Thank you IACH for your acts of compassion toward those in need! You set an example for us all.



Gladis Newman displays coin with Lea Beach

Gladis Newman: Competent, Compassionate, Collaborative, Caring

Ireland Army Community Hospital (IACH), Fort Knox, KY

IACH Housekeeper, Gladis Newman, was honored for excellent service with a special military coin. One side of the coin reads, "Presented by the Deputy Commander of Nursing for Nursing Excellence." The other side reads, "Competence, compassion, collaboration, caring." According to Project Manager, Lea Beach, these four terms represent Ms. Newman perfectly. Beach also describes Newman as dedicated, loyal, smart, happy, and full of faith.

Gladis received her honorary coin on December 18 from the hospital's Deputy Commander for Administration, Jonathon Webb, who remarked that no one could ask for a better housekeeper. Gladis cleans and sanitizes out-patient and operating room areas at IACH where she has been employed since 2009.

Congratulations, Gladis! Your team is so proud of you!



Volunteering Has Its Rewards

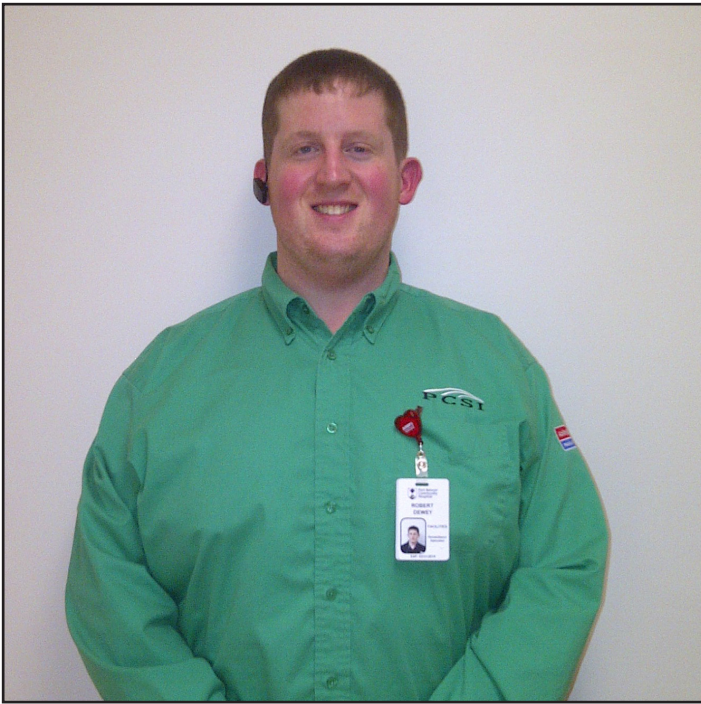
Evans Army Community Hospital (EACH), Colorado Springs, CO

Do you have a favorite charitable organization you volunteer for regularly? Did you know PCSI will donate to your favorite charity if you earn the Volunteer of the Quarter award? Christopher Chelf, Evening Supervisor for PCSI's Healthcare Environmental Services contract at EACH, has volunteered hundreds of hours to veterans housing programs in Colorado Springs. The photo depicts Christopher, Volunteer of the 4th Quarter in 2014, presenting a check from PCSI to Vicky Pettis, Executive

Director of Colorado Veterans Resource Coalition.

What can you and PCSI do for your community? Volunteer and find out!





anyone who wants to work and . . . I will give them a chance.” With this supportive attitude, he has made a difference in peoples’ lives. Sequeira also noted that Bob has simplified new hire and security clearance processes, which has helped put more people to work faster.

Sequeira and Carter both valued Dewey’s sensitivity to employees who are deaf and his success at learning American Sign Language. Sequeira praised PCSI’s commitment to implementing President Obama’s Disability Hiring Initiative. Carter commented that Dewey is one of those employees who truly “gets it” in terms of recognizing peoples’ abilities.

Congratulations to PCSI, Robert Dewey, and Michael Patterson for making a difference in peoples’ lives!

PCSI and Robert Dewey: “Making a Difference”

Fort Belvoir Army Community Hospital, VA

The northern region of the Virginia Department for Aging and Rehabilitative Services (DARS) honored PCSI with its Outstanding Achievement in Employment Award, while giving special recognition to Robert Dewey for “Making a Difference.” Dewey is PCSI’s Rehabilitation Specialist at Fort Belvoir Army Community Hospital where PCSI has operated a Healthcare Environmental Services contract since 2010. Dewey and his project manager, Michael Patterson, received the award for PCSI at the DARS annual Champions in Employment luncheon on October 23 in Fairfax, Virginia.

At the awards luncheon, Denise Sequeira and Kimberly Carter, both Intellectual Disability Services professionals for the Fairfax-Falls Church Community Services Board, articulated the many reasons PCSI, Robert Dewey, and Michael Patterson deserve praise. According to Sequeira, PCSI has been an excellent partner for over five years, having hired 50 individuals with significant disabilities to work as Housekeepers and Floor Technicians at Fort Belvoir. Sequeira noted that Bob Dewey has enabled people with all kinds of challenges to obtain and retain work with PCSI. She quoted Bob as saying, “Send me

Save the Date

OCT. 23, 2014

CHAMPIONS of DISABILITY EMPLOYMENT

Virginia Department for Aging and Rehabilitative Services

Request your presence at our awards luncheon

Thursday, October 23, 2014
10:00 a.m. Registration

Waterford at Fair Oaks
12025 Lee Jackson Memorial Highway,
Fairfax

Details of the event and invitation will follow

DARS
VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES



Tinker Celebrates One-Year Accident-Free

Tinker AFB, Oklahoma City, OK

No one wants to tempt the evil eye, but PCSI's Fleet Management team at Tinker has worked over one year without a lost-time accident! Team Tinker reached its one-year anniversary on October 11, which they celebrated on November 13 with 16-ounce Kansas City strip steaks expertly grilled by Operations Manager, Andy Ketchum.

Tinker subscribes to the mantra "All accidents are avoidable." In addition to holding the usual safety meetings, Quality Control Manager, Randall Hixson, maintains a safety bulletin board to build safety awareness. The board displays the PCSI weekly safety slogan as well as safety milestones, including days without

a lost time accident. Randall has also been known to give candy to those who memorize and recite the slogan.

PCSI employees at Tinker look out for one another. They spot each other when backing out a vehicle; they remind each other to wear personal protective equipment; and they remind each other that all will enjoy juicy steaks if everyone stays safe!

As of January 15, 2015, Team Tinker has enjoyed 461 days without a lost time accident. Their crew looks forward to many more months in a safe and healthy workplace.

Colorado School for Deaf and Blind Tours Schriever

Schriever AFB, Colorado Springs, CO

High school students from the Colorado School for the Deaf and Blind (CDSB) toured PCSI's Janitorial job site at Schriever on October 31. Project Manager, John Madrid, invited the students so that they could learn about job opportunities with PCSI. On base, the students attended a presentation, toured the base, and observed PCSI janitors (most of whom are deaf) in action. The students asked questions of Giovanni Acevedo-Rojas, a PCSI employee and recent CDSB graduate. A deaf interpreter was present and refreshments were served. The tour coincided with the last day of NDEAM—National Disabilities Employment Awareness Month.



Project Manager Madrid began reaching out to CDSB over a year ago. By building a relationship with the school, he connects PCSI to the local disabilities community, and he makes connections he can rely on for staffing open positions in the future. What does your job site do for community outreach?



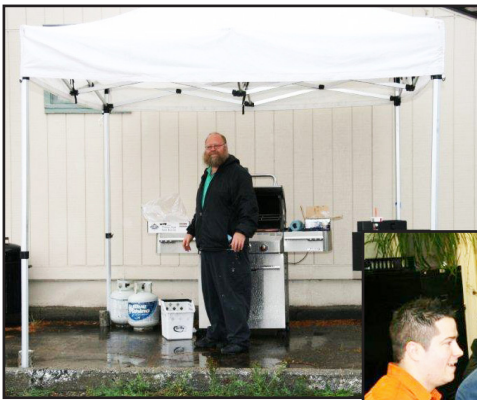
Buddy Blanket for Marcia

Ireland Army Community Hospital (IACH), Fort Knox, KY

Rehabilitation Specialist Marcia Frahler can now snuggle up to a warm buddy blanket during chemotherapy treatments, thanks to her PCSI family at IACH. The blanket she received is adorned with linen ribbons on which PCSI employees penned messages of love and support.

Lauren White, Registered Nurse and niece of Project Manager, Lea Beach, is the craftswoman who crocheted the blanket. She met Marcia last summer while visiting Fort Knox. Knowing that chemotherapy makes patients feel cold, Lauren volunteered to make a Chemo Buddy Blanket for Marcia.

The IACH team presented Marcia with her blanket in early November, and she has slept with it since. One night a nosebleed kept Marcia up in bed for hours. She passed the time reading the many thoughtful messages from her PCSI family. We wish you good health, Marcia!



Grilling despite rain



Enjoying lunch indoors

JBLM Celebrates NDEAM

Joint Base Lewis McChord (JBLM), Tacoma, WA

PCSI employees at JBLM threw another exciting Open House and Customer Appreciation BBQ this year to coincide with National Disabilities Employment Awareness Month (NDEAM). In spite of heavy rain and wind, 60 guests attended in addition to PCSI employees. Forty of the guests were soldiers from the units PCSI serves, in other words, PCSI's front-facing customers. All guests enjoyed good food, quality information, and sincere appreciation for the opportunity to serve soldiers' housing needs at JBLM. The event was also graced by the presence of Steve Osher, SourceAmerica's Director of Contract Management, Northwest Region, as well as representatives from the Veterans Administration, Division of Vocational Rehabilitation, Warrior Transition Battalion, and two CRPs (Orion and Terra Staffing).

The PCSI team set up for the event indoors with an information table holding PCSI brand give-away items as well as brochures on PCSI, SourceAmerica, and AbilityOne. The team set up grills outside for BBQ under roof eaves for weather protection, while guests enjoyed their food inside a large maintenance support building. Program Manager Janet Smith praised her team for doing an "exceptional job hosting the event." She said she looks forward to an even more amazing Open House and Customer Appreciation BBQ next year during NDEAM.

An exciting outcome of the Open House was enlisting General Maintenance Worker, Jolene Britt, into the SourceAmerica National Speakers Bureau. At the Open House, Mr. Osher met with many PCSI employees, including Ms. Britt. After she shared her eloquent story about the impact of AbilityOne and PCSI employment on her life, she was put in touch with Jodee Warner, head of the Speakers Bureau. After several emails and phone conversations, the process for enlisting Jolene as a speaker began.

Open Houses, Customer Appreciation events, BBQs, and other outreach activities create opportunities for people to connect. JBLM's event produced a new voice for the Speaker's Bureau, Jolene Britt.



Pete Kutheis sports silver medal

Pete Kutheis Wins Silver

Fort Hood, Killeen, TX/Tucson, AZ

On November 22, Pete Kutheis, Project Manager of PCSI's Full Food & Dining contract at Fort Hood, took home a silver medal! In just over six hours, he bicycled the 104-mile El Tour de Tucson, representing Team Army Fort Hood and benefitting Special Olympics. Last year, the tour raised over \$2 million dollars for Special Olympics and other charities.

According to El Tour de Tucson's website, the tour is America's largest perimeter cycling event for cyclists of all ages and abilities. Since 2009, the tour has attracted over 9,000 cyclists to participate in main event distances of 104, 75, 55, or 40 miles. About 2,400 riders (including Pete) complete 104 miles. Main event routes show off Tucson's beautiful vistas and mountain ranges.

PCSI's Kutheis was featured in the Spring 2014 Green Scene for running the Wounded Warrior Half-Marathon in Irving, Texas. Congratulations, Pete Kutheis, for keeping fit while supporting great causes, and for bringing home silver. We are proud of you!





Pete Kutheis rides for Team Army

Touring Tucson: Kutheis in His Own Words

Fort Hood, Killeen, TX/Tucson, AZ

The start was cold, very cold. Not mind numbingly cold or freezing, but bone chilling cold. With a temperature in the low to mid 40s at the 7 am start and a moderate wind, conditions caused many a rider to question the wisdom of going with lighter weight cycling gloves. However less than ten miles in, I was grateful for a dry river bed crossing which caused us to herd together and dismount. It was a welcome slowdown in the affair and further allowed the sun a chance to warm the desert landscape. Amidst the respite, a Mexican band played at the edge of the dry river bed to the delight of the riders.

At about 50 miles in, it was sufficiently warm that I “lost” the cycling jacket. Knowing I “bake” in any sunlight at all, I retained the arm and leg warmers for the duration.

Surprisingly I did not cramp in the quads or calves at all. Although at the end, there was plenty of evidence of salt loss, the several pickle juice shots I consumed enroute staved off any such maladies. Also I stopped at four of the ten rest stops for water bottle refills and to quickly gobble some orange wedges.

The route was well patrolled with many of Tucson’s and the surrounding communities’ finest, stopping traffic and allowing us cyclists to pass on through without so much as a thought of having to sit up or soft pedal. Riding at 20 miles plus per hour wheel to wheel in a pace line is always an exhilarating experience.

I have ridden many different century events throughout Texas, Oklahoma, Hawaii, and Arkansas, and will say that this and the Hotter Than Hell in Wichita Falls are the grandest by far, not only in sheer numbers, but in organization and just sheer fun and challenge. The total distance ascending was maybe half as much more than our flatter lands here in Texas. One would think it should be much more, but the route selection that shapes it as a perimeter ride; keeping it out of the high mountains, keeps it sensible.

Now that 100 mile rides are becoming old hat, similarly to the Triple Threat at Wichita Falls, I challenged myself before the main event by partaking in some mountain bike riding in El Paso and in Tucson, too, in the week-days preceding the event. Two days before the ride, I got together with a pro coach that I am acquainted with through Spinervals Cycling, and we rode 30 miles or so and climbed several thousand feet partway up Mount Lemmon to the Seven Cataracts Vista. The long, windy descent at better than 45 mph was a highlight.

I would encourage any enthusiastic cyclist to go to the winter home of professional cyclists, Tucson. A riding treat awaits!



Mariachi band entertains El Tour de Tucson bicyclists

PCSI All Stars

Employee of the Month

August 2014: Christopher Chelf, EACH

September 2014: Iris Ebron, RSON

October 2014: Robert Reader, JBLM

Fourth Quarter 2014 Awards

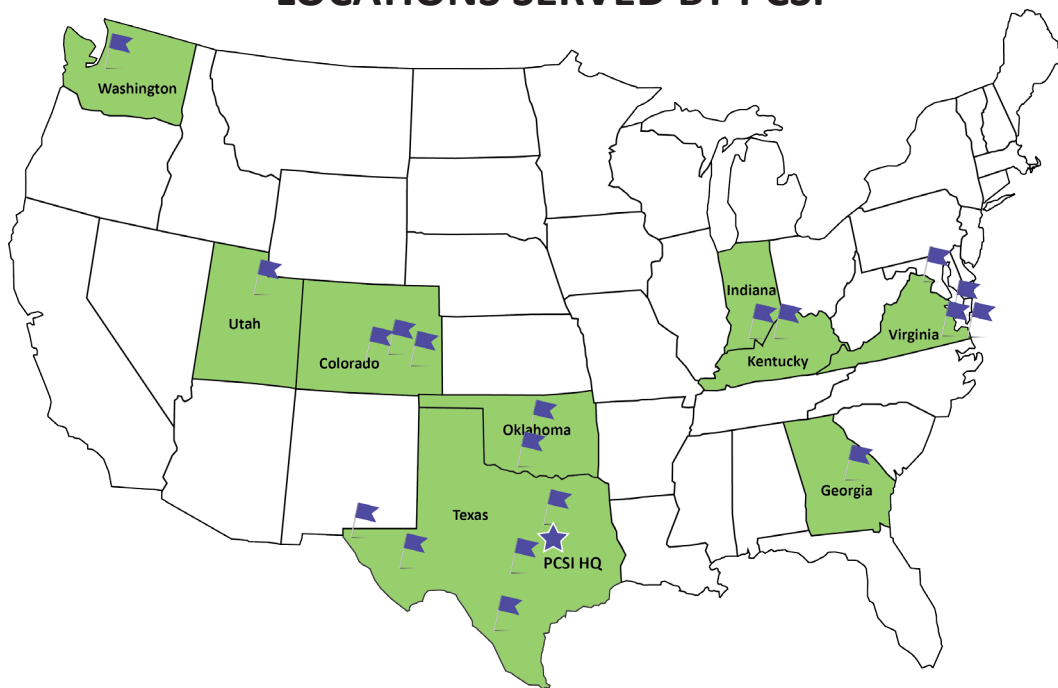
Employee of the Quarter: Robert Reader, JBLM

Supervisor of the Quarter: Wayne Morris, JBLM

Volunteer of the Quarter: Christopher Chelf, EACH

Corporate Employee of the Quarter: Jacquie De Alba Gomez

LOCATIONS SERVED BY PCSI



If you have a story idea or photo that you want to share with the Green Scene, tell your supervisor or contact Public Affairs directly at PublicAffairs@pcsi.org

SourceAmerica



Jobs for People with Disabilities