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## Lorenz on Leadership — Love your people

By Gen. Stephen Lorenz

Air Education and Training Command commander

RANDOLPH Air Force Base, Texas — I have gained a wealth of knowledge during my career, but one point remains at the top of the list ... love your people. Through Lorenz on Leadership articles and presentations, I have shared countless personal stories. While they always have different themes, one constant is the wonderful examples and lessons from people I have met. Our Airmen are priceless. They are what make our Air Force the most powerful in the world.

Loving your people is a personal tenet I fervently believe in and live to uphold each day. It is core to my passion and drive as a member of the Armed Forces and is an essential trait for leaders. Our military force's diverse makeup of service members and their families are themselves powerful reminders of the special charge we have been given as leaders in service to our country.

A humbling example of this is the story of Bradley and Sara Sullivan. Eighteen months ago Brad, an Air Force captain, was preparing for his first deployment as an F-16 pilot. Amidst the flurry of pre-deployment activities, his family received two life-changing announcements. First, he and his wife were pregnant with their first child. Second, Sara was diagnosed with an aggressive form of breast cancer at the age of 28.

Following a number of difficult choices, Brad and Sara moved to San Antonio to begin her chemotherapy, which would allow Sara to stave off

cancer and still allow normal growth of their baby. To their delight, treatment went as planned.

However, during the third trimester the pregnancy became increasingly complicated due to the effects of the chemotherapy, and Sara was placed on bed rest. On Sept. 8, 2009, Brad and Sara welcomed their daughter Chloe Grace into their family.

But their struggles were not over. Less than two weeks after Chloe was born, Brad and Sara were back in the hospital. Sara had suffered a massive stroke, thought to be a result of the physical ailments her body received from pregnancy and chemo. Within days of her return to Wilford Hall Medical Center, Sara was on life support and declared brain dead. She passed away shortly thereafter.

One of the many constants that continue to sustain Capt. Sullivan is the community and network of unit leadership, friends and family at Randolph Air Force Base. You see, Brad and Sara were warmly welcomed into a unit that accepted them unconditionally and lovingly met every challenge with them as a family.

From the day of Sara's first hospitalization, their family was never alone as friends and family regularly visited. There was an even greater outpouring of support when Sara passed away. Now, as Chloe fast approaches her first birthday, Brad and his daughter are gifted daily with words of support, meals, and anything else required to help them walk in their new life. When difficult decisions had to be made after Sara's passing, Brad had a Family Liaison Officer present or a member of unit leader-

ship who was fully prepared to present him with all options for his family. All of this is a result of a culture of community — one that begins within our Air Force and reaches out to every member of our families.

Critical to loving your people is knowing them. Not just what they do or their reputation at work, but genuinely knowing them. As leaders and peers we must invest the time to determine what moves and motivates those around us. It is essential we know names of spouses and children. It is also imperative we understand the perspectives our people share. We must see the view an individual maintains of the world around them. This dictates an investment of time spent with them to hear their stories and life experiences. This stands to strengthen the bond you share with fellow Airmen and allows you to lead effectively.

Inevitably the investment we make in our people is returned. Oftentimes the return comes at a time of crisis, as in the story of Brad Sullivan. It is during this time that we owe it to those around us to focus centrally on what is in the best interest of the member affected.

Loving your Airmen is not a catch phrase, nor does it mean passively asking someone how their day is going. Rather, it is an active process, an investment on the part of leaders and fellow Airmen. You never know when you are going to make a difference, so never pass up an opportunity to reach out to those around you and invest in their lives. Trust me, it is an investment that will pay dividends for the rest of your life.

## Compliance inspections build confidence, trust

By Brig. Gen. Andrew Mueller

81st Training Wing commander

During my visits to the units and work centers across Keesler, I am often asked about the purpose of our unit compliance inspection that takes place Oct. 24 to Nov. 2. Almost inevitably, someone will ask, "Why do they need to inspect me? I know my job — why don't they just trust me to do it?"

Be certain, the leadership team here at Keesler trusts everyone to know and do their jobs. Every day, we depend on you to follow established procedures to do your part to enable mission success. In my first weeks here, I encountered nothing but professionals, experts in your chosen areas and dedicated to the larger efforts of Team Kessler. However, in

our profession, we must continually work to maintain the confidence of those we support, both inside and outside our gates.

To be effective, our team must have the confidence of our students so they trust us to provide the best possible training. We must have the confidence of our patients so they trust us to provide the best possible care. We must have the confidence of our community so they trust us to maintain our equipment and property as directed by federal regulations and statutes. Most importantly, we must have the confidence of our fellow citizens, so they trust us to ensure the security of our nation. Compliance Inspections provide an excellent means to maintain and bolster this confidence.

By design, compliance inspections

assess our team's ability to follow and adhere to established procedures. As described in Air Force Instruction 90-201, compliance inspections are conducted to assess areas mandated by law as well as mission areas that are critical or important to the health and performance of organizations. Unit failure to comply with the established directives in these areas could result in legal liabilities, penalties or mission impact.

These compliance inspections by higher headquarters ensure Air Force units are doing things right. If units are found to be doing things right, or in compliance, overall confidence in that unit is improved, particularly within those units or organizations that don't have firsthand knowledge of the unit's operations. In addition,

identifying non-compliance areas can also work to improve confidence in a unit if proper problem solving is accomplished to correct these deficiencies. Therefore, a regular routine of inspections provides a key mechanism for Air Force units to continue to improve overall confidence in their ability to accomplish the mission.

For Team Keesler, the compliance inspection in October provides each of us an opportunity to review our unit programs for compliance with existing directives and refresh our personal knowledge of our unit responsibilities as they relate to the wing's overall efforts. In addition, it provides us an opportunity to show-

Please see **Mueller**, Page 3



## ON THE COVER

From left, Col. Glen Downing, 81st Training Wing vice commander; Tech Sgt. Dennis Carr, Little Rock Air Force Base, Ark.; Stephanie Piper and Rene Davis, Gulf Coast Women's Center for Nonviolence; Chief Master Sgt. David Kendall, Mathies NCO Academy commandant; Tammy Jegel, victim advocate from the 81st Medical Support Squadron; Tech. Sgt. Jeremy Lynn, Little Rock AFB, and Barry Newman, Keesler sexual assault prevention and response program specialist, look at the items collected by the students of NCO Academy Class 10-6 for the women's center. Story, Page 7.

Photos by Kemberly Groue



## DRAGON ON THE STREET

By Kemberly Groue

Keesler News photojournalist

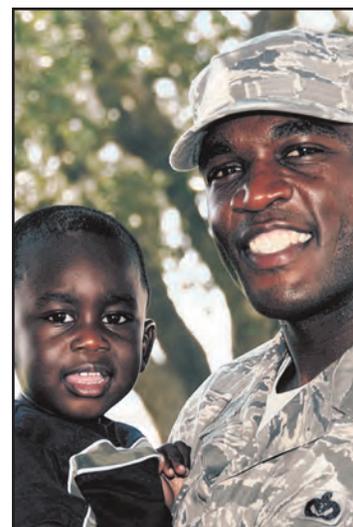
What do you do to deal with stress?



"I play lots of video games."  
Airman 1st Class Corey Woerner, 81st Operations Support Flight



"I pray and sing."  
Deborah Johnson, Documentation Automation and Production Service



"My faith and remembering what I'm working for — my family and my country — gets me through."  
Master Sgt. Wendell Snider, 366th Training Squadron, Naval Construction Battalion Center, Gulfport.



## WHO'S YOUR WINGMAN?

There are some things in life that just weren't meant to be handled alone.

If you need a wingman, the base chaplain, family advocacy, mental health, airman and family readiness center, health and wellness center and the people at 1-800-SUICIDE (784-2433) are ready to help.

**ONE SUICIDE IS ONE TOO MANY**

## KEESLER NEWS

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## Mueller,

from Page 2

case the things we do best, so the entire Air Force can benefit from our "best practices." Finally, it will help us build a culture of compliance within our team, a proven quality essential to success of each of the military services, which remain some of the most trusted institutions in the United States today.

So my answer to the inevitable question is they are not coming to inspect you — they are coming to inspect our team, to help us maintain the highest level of trust and confidence in Team Keesler.

# TRAINING AND EDUCATION

## Next step: physician assistant training

By Steve Pivnick

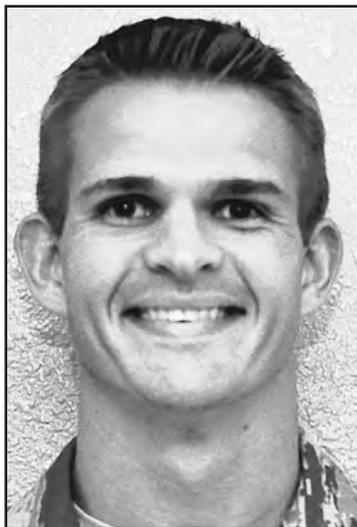
81st Medical Group Public Affairs

Tech. Sgt. Millard Storms realizes a long-time goal when he begins Physician Assistant School at San Antonio's Fort Sam Houston Dec. 3.

Sergeant Storms, a biomedical equipment technician with the 81st Medical Support Squadron, was notified of his selection late last year while assigned to Aviano Air Base, Italy. He had applied for the program in March 2009.

He noted that the Air Force Personnel Center at Randolph Air Force Base, Texas, assisted him in being accepted to the December class, one of three conducted each year. The others are in April and August.

Following the 16-month school at "Fort Sam," Sergeant Storms will complete a year of clinical rotations at one of six locations offering PA residencies: Offutt AFB, Neb.; Lang-



**Sergeant Storms**

ley AFB, Va.; Eglin AFB, Fla.; Travis AFB, Calif.; Nellis AFB, Nev., or Keesler Upon completion of school, he will be commissioned a first lieutenant in the Air Force.

Physician assistants are medical providers similar to

nurse practitioners. They are very versatile and can work in the emergency room, surgery or family practice clinics.

A veteran of 13 years of Air Force service, Sergeant Storms has earned three associate degrees, in business administration, biomedical equipment technology and instructor technology. He also earned bachelor's degree in business administration and a master's degree in health-care administration, from Wayland Baptist University in Wichita Falls, Texas, while assigned to Sheppard AFB. He has been at Keesler since October 2009.

The Elizabethtown N.C., native recalls when he was notified of his selection at Aviano he "was very excited. I had been working to get into patient care for years, pretty much since I enlisted. It's reassuring that all the studying has paid off!"

# Airman's Creed is focal point of hallway project

By Susan Griggs

Keesler News editor

A project by the 338th Training Squadron to spruce up a hallway in Jones Hall evolved into a tribute to the Airman's Creed.

Fresh off of maternity leave, Staff Sgt. Ashley Campbell came back to the squadron to find Bryan Hall had been renovated with some nice decorative touches, thanks to Master Sgt. Kevin Brandon and his team. After speaking with Sergeant Brandon, Sergeant Campbell took on the project to give Jones Hall a fresh new look as well.

"The project started out with painting the hallway's faux columns and the fire extinguisher boxes by eight Airmen awaited training assigned to that detail," Sergeant Campbell explained. "Of those eight, I hand-picked Airman Shawn Tierney to paint a map, which later spread to the Airmen's Creed.

"With a projector and steady hands, they did all the hard work totaling more than 500 man hours utilizing nearly 30 gallons of paint," she continued. "Everything is painted by hand, including the micro Air Force symbols."

"After a few days, I realized the Air Force brought out an artist in me," said Airman Tierney, who hails from Kent, Ohio. "Next thing I knew, I was painting



Courtesy photos

Airman Tierney paints the Airman's Creed in a hallway in Jones Hall.



The faux columns in the hallway proclaim the Air Force's core values.

the Airman's Creed on a blank wall free-handed. It took quite a bit of time, effort, and patience, but I finished it just in time to start my cyber transport course at Bryan Hall. None of this would have been possible without Sergeant Campbell, who encouraged and motivated me throughout the project."

# Enlisted force development initiative approved

By Cheryl Medlin

## Air Force Force Development Directorate

WASHINGTON — The Force Management and Development Council members approved an initiative that will change the way the Air Force grows the next generation of senior enlisted leaders.

The initiative originated with the Enlisted Force Development Panel and will enable the enlisted force to move forward in deliberately developing senior enlisted leaders. Career field leaders will be able to manage enlisted talent and identify the right Airmen, for the right job, at the right time.

This process will evaluate targeted ranks within select Air Force specialty codes and will vector senior noncommissioned officers who have the right training, education and experience to critical positions within their career fields. The Air Force Personnel Center still remains the assignment authority, but will consider the Airmen's vector when matching for assignments.

FMDC officials also approved an EFDP initiative requiring NCO Academy attendance prior to pinning

on technical sergeant, another huge breakthrough. This initiative will provide NCOs the leadership skills they need earlier in their career, better preparing them to lead our Airmen. To enable this decision to become a reality, the FMDC approved expanding NCOA capacity by 16 additional classrooms at existing locations. The exact locations will be determined by a site activation task force in the near future. Officials say there is still much work to be done prior to increasing NCOA throughput and before implementation of a new policy.

Interim updates will be provided as the initiative progresses. Final guidance will be provided to the field once the necessary ground work has been completed. While it will take some time for this initiative to come to fruition, the FMDC is confident the chosen path is the right one for the Air Force.

The FMDC is a corporate body providing an institutional perspective on Air Force-wide force management and development issues and makes strategic level recommendations to the secretary of the Air Force and chief of staff of the Air Force. The FMDC

has several subordinate bodies to include the EFDP, which provides recommendations relating to effective development and utilization of Airmen.

Enlisted members can also join discussions with fellow Airmen across the Air Force on these initiatives and other professional development issues by participating in the discussion forums in My Enlisted Development Plan.

Visit the Air Force Force Development Portal to learn more about the FMDC and EFDP or to participate in MyEDP discussion forums. To get to the force development website, first go to the Air Force Portal and follow the login prompts. From the Air Force Portal landing page, select "Force Development" from the "Life and Career" menu located in the blue global navigation bar at the top of the page. Once at the Force Development landing page, use the navigation tabs located on the left side of the screen to select FD Governance for information about the FMDC and EFDP or My Development Plan to participate in the various discussion forums.

For more information, call 703-692-5560.

## Heart Attack Symptoms

Men and women may experience some common symptoms, but there are differences.



- Nausea/vomiting
- Jaw pain
- Back pain



- Chest discomfort
- Arm pain
- Shortness of breath

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## Students support victims of sexual, domestic violence

By Susan Griggs

Keesler News editor

A community service project by recent graduates of the Mathies NCO Academy will provide comfort to victims of sexual assault and family violence.

The 134 students in Class 10-6 collected about \$2,700 in cash and donations to provide "comfort bags" to the Gulf Coast Women's Shelter for Nonviolence.

"They collected more than \$670 of the money bagging groceries in the pouring rain Aug. 28," said Chief Master Sgt. David Kendall, the academy's commandant.

Each bag contains clothing, toiletries and other items that are taken to area emergency rooms where rape victims receive initial treatment. Items collected include tote bags and back packs, toiletries, T-shirts and sweat pants in different sizes, flip flops, underwear, notebooks, pens and personal care products.

"Our office and the representatives from the women's center were overwhelmed by their generosity," said Barry Newman, program specialist with the sexual assault prevention and response office. "The students truly exemplified the core values of 'service before self' and proved their 'excellence in all they do' through this community service project."

## Officers sought for strategic studies doctoral program

Air Force Personnel Center

RANDOLPH Air Force Base, Texas — Air Force officials are seeking to develop officers as strategic thinkers through a program that will allow them to obtain a doctorate in strategic studies.

The Air Force Chief of Staff Ph.D. Program allows officers to attend a top-tier university to complete their doctorate in studies such as history, political science, international relations, economics and philosophy.

Participating universities include

Johns Hopkins, Georgetown, Princeton, Harvard, and Tufts, Fletcher School.

The program is geared toward the intellectual development of officers' critical thinking skills relatively early in their careers. Senior leaders hope the program will result in future Air Force and joint leaders who have the ability to communicate at a strategic level with civilian leadership across enterprises.

Eligible officers include active duty captains with seven to eight years of service. They must have completed a master's

degree with at least a 3.6 grade point average and have graduate admission scores commensurate with university requirements.

Nomination packages are due to the Air Force Manpower and Personnel Learning Division no later than Oct. 8.

For detailed information on how to apply, visit the Air Force Personnel Center personnel services website, e-mail [af1dl@pentagon.af.mil](mailto:af1dl@pentagon.af.mil) or call the Total Force Service Center toll-free at (800) 525-0102 or DSN 665-5000.

## TRAINING, EDUCATION NOTES

### William Carey program

William Carey University is now offering career and technical education degree programs at Keesler for people interested in instructional design.

The undergraduate program accepts 24 hours of technical credits. Courses support GS 1750 requirements and are offered in the evenings and online.

Dr. Karen Juneau is available to talk to people interested in exploring this option for the winter trimester, 10 a.m. to 3 p.m. Wednesdays in September in Room 219, Sablich Center.

For more information or to schedule an appointment, call 376-8480.

### Free bowling

The Air Force Sergeants Association provides free glow bowling with a disk jockey, 3-5 p.m. Sept. 17 at Gaudé Lanes.

There's no charge for shoes. Food and drinks are available at regular prices.

### Drill down, parade

**Drill down** — 8 a.m. Oct. 29.

**Parade** — 6 p.m. Sept. 16.

For more information on drill downs, call Tech. Sgt. Julie Hammond, 377-2103. For information on parades, call Staff Sgt. Gregory Washington, 377-2789.

### Commissioning briefings

Commissioning briefings are 10 a.m. Tuesdays in Room 224, Sablich Center.

### CCAF online

Visit the Air Force Virtual Education Center, <https://www.my.af.mil/afvecprod>, to create MyAFVEC accounts to access online customer service tools.

People can request and track Community College of the Air Force transcripts, view degree progress reports and see if a course counts toward a CCAF degree.

Base shuttle schedules are found at <http://www.keesler.af.mil/library/factsheets/factsheet.asp>



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The new dorm, shown from the courtyard area, is about 28 percent complete.

## New dormitory is taking shape



Photos by Kemberly Groue  
Jose Montero lays blocks for the new dorm Sept. 2.

By Susan Griggs

Keesler News editor

Construction on Keesler's first new permanent party dormitory in 50 years is about 28 percent complete.

Ground was broken on the \$14,453,279 structure in December. Completion is scheduled for next August.

The structure is just east of the new commissary and across Meadows Drive from the base postal center.

The dormitory will house 144 personnel in four-room modules. Each module includes private bedrooms and bathrooms along with a common kitchen, living space and laundry facility for the occupants. There'll be a single-story com-

mons building, central chiller plant and recreational spaces located in an outdoor courtyard.

So far, columns are being installed on the three buildings. Concrete decks are in place and concrete block is 4-foot high on the second floor of Buildings A and B.

The storm sewer is being installed in the parking lot. Connections under 6th Street for communications, gas and water are being installed and completed. Electrical duct bank placement continues. Sanitary sewer manholes and lines are being installed, and the contractor has a dig permit and is getting elevations to determine options for a sanitary sewer out-fall line on the site.

## September is busy month for contracting

### 81st Contracting Squadron

The 81st Contracting Squadron is ready for September, traditionally its busiest month of the entire fiscal year. A number of solicitations have already "hit the street."

As of this week, the squadron has nearly 40 different solicitations valued over \$3.2 million posted on Federal Business Opportunities. With requirements range from furniture to equipment commodities as well as various medical and religious support services.

"As always, the contracting squadron encourages local businesses to bid on its requirements," said Lt. Col. Jonathan Wright,

81st CONS commander. "For instance, the squadron awarded 17 contract actions valued at more than \$122,000 in August to 11 different businesses in Biloxi and Pascagoula.

"Representing Keesler to the small business community is one of the major mission areas for our squadron," the colonel added.

Contractors and vendors interested in bidding opportunities, call George Budz, director of business operations, 377-3131.

A significant portion of Keesler's contract business is also done through CSC, the base operating support contractor. Interested contractors and vendors may call Nancy Holliday, 377-4213.

## IN THE NEWS



### 6 weeks until Unit Compliance Inspection

### Wing commander's calls

Brig. Gen. Andrew Mueller, 81st Training Wing commander, holds a commander's call for members of the 81st Mission Support Group, 3:30 p.m. today at the Bay Breeze Event Center.

### Formal retreat

A formal retreat is 5 p.m. Friday at the flag pole in front of 81st Training Wing headquarters.

The event is in memory of the Sept. 11, 2001, terrorist attacks on the United States and to honor all people who have given their lives in defense of America's freedom.

### Clinics close for warrior training

#### 81st Medical Group Public Affairs

The 81st Medical Group conducts warrior training, noon to 5 p.m. today.

Family practice, internal medicine, pediatrics and general surgery clinics each have one doctor available for urgent appointments. For urgent situations, call central appointments at 1-800-700-8603 or report to the emergency room.

Although pharmacy, radiology and laboratory services are open, they'll have reduced staffing, so patients are asked to delay visits during warrior training.

For emergency situations such as shortness of breath, chest or abdominal pain or bleeding with pregnancy, go to the nearest emergency room or call 911 for an ambulance.

### Housing privatization meetings set

Town hall meetings to discuss privatization of Keesler's military family housing are 3 p.m. and 6 p.m. Sept. 23 at the Bay Breeze Event Center ballroom.

### Alarm activations halt traffic

During August, Keesler experienced 17 alarm activations due to human error and eight more for system error. The 81st Security Forces Squadron shuts down traffic at the gates when alarms are received to prevent potential perpetrators from exiting the installation to mitigate loss, theft or damage to Defense Department resources.

Efforts are under way to resolve system issues and to reduce the number of human error alarm activations through additional training.

## Kehler nominated for new post

Gen. Robert Kehler, pictured during an Aug. 17 visit to Keesler to review the 333rd Training Squadron's undergraduate cyber training course, has been nominated by President Barack Obama for appointment as commander of U.S. Strategic Command. General Kehler currently commands Air Force Space Command and will be replacing Gen. Kevin Chilton, who is retiring. STRATCOM is one of 10 U.S. unified commands under the Department of Defense. The command, including components, employs more than 3,300 people representing all four services including DOD civilians and contractors who oversee the command's operationally focused global strategic mission.

Photo by Kemberly Groue



**Help keep  
classified  
business  
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Don't discuss  
information  
off base.**

# PCS order approval is centralized while fiscal year budget is closed out

## Air Force Personnel Center

RANDOLPH Air Force Base, Texas — Airmen receiving permanent-change-of-station orders this month have their orders approved at a centralized location as officials begin implementing procedures to close out the fiscal 2010 PCS budget.

Active-duty Airmen with assignment report dates or a date eligible for return from overseas of January 2011 or earlier may be impacted by the new procedures. Airmen entering the service, separating or retiring are not affected.

Air Force Personnel Center officials implemented procedures at the end of fiscal 2009 to ensure Airmen continue to

receive orders in-hand no later than 60 days prior to their projected departure date, but no earlier than 90 days prior to their reporting date or DEROS. Those procedures also helped serve as a measure to better project PCS funding.

By the end of fiscal 2010, AFPC officials are on course to publish more than 69,000 orders. Officials are closely observing base-level military personnel sections to ensure they don't exceed the overall number of orders allowed by the budget.

If the monitoring of base military personnel sections reveals the Air Force is operating well within its budgeted

PCS funds, then AFPC officials will approve as many orders as needed to meet mission requirements.

However, if remaining PCS funds are very limited, they will only approve orders for Airmen as an exception to policy on a case-by-case basis.

Exceptions include Airmen required to perform temporary duty en route between assignments, individual emergencies, personal hardships or those whose moves are in the best interest of the Air Force.

For more information on orders publication, visit the AFPC personnel services website or call the Total Force Service Center, 800-525-0102.

## PERSONNEL NOTES

### Combat pay remains for Iraq

#### American Forces Press Service

WASHINGTON — The change from Operation Iraqi Freedom to Operation New Dawn Sept. 1 doesn't affect pay and entitlements troops serving in Iraq receive.

Service members deployed to Iraq will still receive hostile fire/imminent danger pay, hardship-duty pay and incidental expenses. Some servicemembers will qualify for family separation allowances. All pay for warrant officers and enlisted members is tax exempt, while officers are exempt from taxes for up to \$7,611.30 each month they serve in a designated combat zone.

For some troops, the additional pay could mean as much as \$680 a month, not including tax exemptions, while deployed to a combat zone.

Troop levels in Iraq peaked at nearly 170,000 in 2007 during the height of the troop surge. Combat operations there officially ended Sept. 1. Fewer than 50,000 troops will remain in Iraq until Dec. 31, 2011, to serve in an advise-and-assist role for Iraqi security forces. Troop levels don't affect this special pays.

The President deems what is and is not a combat zone through executive orders. Iraq and the Arabian Peninsula were deemed combat zones in January 1991. Afghanistan received the same designation Sept. 19, 2001.

### Classes for job hunters

Job hunters can improve their chances for success with several upcoming classes at the airman and family readiness center.

Classes are held in the center's conference room in Sablich Center. There's a limit of 10 people per class.

**Federal format resume writing** — 2 p.m. Sept. 16 or 30, Oct. 14, Nov. 17 and Dec. 9; and

3 p.m. Oct. 28.

**Civilian format resume writing** — 2 p.m. today, Oct. 7 or 21, Nov. 4 and Dec. 2 or 16; and 3 p.m. Sept. 23.

**Career choices** — noon to 2:30 p.m. Sept. 23 and Oct. 29.

**Interview skills and salary negotiation** — 11 a.m. Sept. 28, Oct. 26, Nov. 23 and Dec. 28. Registration is required.

For more information, call 376-8728 or e-mail lana.smith.1@us.af.mil.

### Retroactive stop loss claims

#### Air Force News Service

Airmen, veterans and beneficiaries who were involuntarily extended under stop loss between Sept. 11, 2001, and Sept. 30, 2009, are eligible for retroactive stop loss special pay.

If your enlistment was involuntarily extended due to stop loss, and you have yet to file a claim for retroactive stop loss special pay, Oct. 21 is the last day to file.

For links to the claim forms and instructions on how to file, log on to [www.afpc.randolph.af.mil/stoploss](http://www.afpc.randolph.af.mil/stoploss)

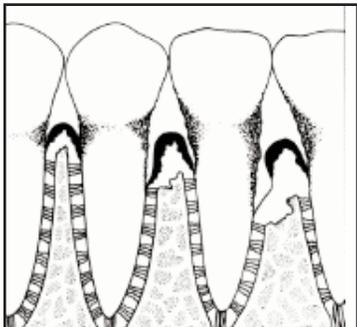
### Moving in October?

#### 81st Logistics Readiness Squadron

The Joint Personal Property Office in San Antonio relocates to Port San Antonio Oct. 7 and will be minimally manned the entire month.

Those relocating in October should visit the personal property processing office, Room 114, Sablich Center, no later than 30 days prior to their desired pickup date.

Technical training students in the Triangle area must contact the traffic management office, Room 211, Levitow Training Support Facility.



News tips?  
Call the Keesler News, 377-4130, or e-mail [keeslernews@us.af.mil](mailto:keeslernews@us.af.mil)

## Dental clinic seeking patients with gum issues

### 81st Medical Group Public Affairs

The 81st Dental Squadron Periodontics Department is seeking periodontal patients for the general dental residency teaching program.

Patients with what might be described broadly as “gum problems” are needed.

According to Col. (Dr.) Bryan Ellis, 81st DS chief of periodontics, the warning signs of periodontal disease include red, swollen or tender gums or other pain in the mouth; bleeding while brushing, flossing or eating; receding gums or gums that pull away from the teeth; loose or separating teeth; pus between gums and teeth; sores in the mouth; persistent bad breath; or a change in the way teeth fit together when you bite.

“We aren’t really looking for patients with extensive restorative needs, such as those who need many fillings, crowns, bridges or dentures,” Colonel Ellis stressed.

Eligible beneficiaries chosen as periodontal teaching cases in the residency program would be able to receive their periodontal care at Keesler at no charge. Limited numbers of patients, including retirees and eligible military dependents, will be accepted as teaching cases.

Patients accepted for periodontal care will be treated by our Air Force general dentistry residents under specialty supervision. Patients need to be readily available for lengthy recurring appointments, generally Monday afternoons and Tuesday mornings.

For more information or to schedule a screening exam, call 376-5225.

# Weather forecasting blends science, experience

By Steve Hoffmann

Keesler News staff

With more than 100 years of forecasting experience among the six members of the Keesler weather forecasting station, this is good news to Keesler's flying missions.

The base weather station supports the 53rd Weather Reconnaissance Squadron, 815th Airlift Squadron and 45th Airlift Squadron with specific forecasting information that will tell pilots what to expect when they take off, land and anywhere in between.

"We even brief the Hurricane Hunters on the hurricanes," joked Jim Tart, lead forecaster with CSC. "Well, not exactly. We brief them on potential hazards they may encounter en route to the hurricane. After that, they know what to expect."

A FAME (flying area mission execution forecast) report is produced twice a day that briefs pilots flying within Keesler's local weather area. There are a variety of sources used to produce these fore-

casts, including local Doppler radar, weather balloons and data from other stations.

"It's also based on live observations from the pilots," said Jeff Light, forecaster with CSC, Keesler's weather service contractor. "If the pilots call back and say they encountered turbulence in a certain area and our charts don't show it, then we'll adjust them. Many times the live observations just confirm what the forecast is showing."

Along with what pilots can expect on their flying missions, the base weather station is also responsible for forecasting what the base itself can expect within a 5-mile radius.

"It can get pretty dicey around here at times," said Mr. Tart. "Like last year, when we had quarter-sized hail, 48-knot micro bursts, tornado and lightning warnings and the Thunderbirds were approaching for an upcoming air show — we were biting our nails."

Pilots preparing to land at Keesler will do so if they are given the go ahead based on the observations of the fore-



Photos by Kemberly Groue

**Mr. Tart performs airfield service operations by checking local Doppler radar. Airfield services report on weather within a 5-mile radius of Keesler.**

casters. If conditions at Keesler are below minimum for landing, planes will be diverted to other area airfields such as Stennis International Airport in Hancock County or airports in Mobile, Ala., or Jackson, Miss.

And now, at the height of hurricane season, extra vigilance is paid toward protecting life and property. The weather station is responsible for producing all the local hurricane bulletins for both live events and exercises.

"Most of the weather forecasting information comes from a main hub at Barksdale Air Force Base, La., but often will need to be adjusted based on what we see here at Keesler," said Mr. Tart. "If the hub is not reporting something we see, based on our observations, we will sometimes override their reports and issue our own warnings."

The weather station also briefs the crisis action team and begin to issue bulletins when a hurricane is within 720 nautical miles of the base. If the average storm is moving at 10 miles per hour, that gives the base a window of 72 hours to prepare.

Students from the 335th



**Mr. Bills uses local forecasting data as well as live observations from pilots to prepare the flying area mission execution forecast, or FAME report, that's issued twice daily.**

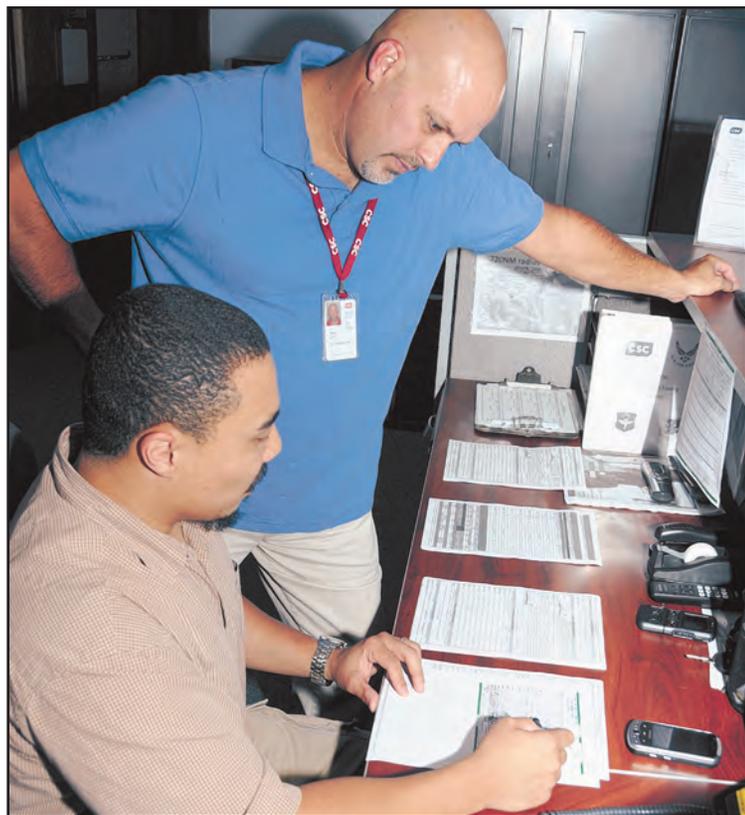
Training Squadron's weather training flight is required to visit the base weather station. There students are instructed on what to expect when they get to an airfield weather station. As former instructors themselves, the base forecasters impart knowledge on what to expect in both mission and airfield services.

"I tell the students, when they get to the hub, just listen to what the base forecasters have to say because that's where the seasoned veteran

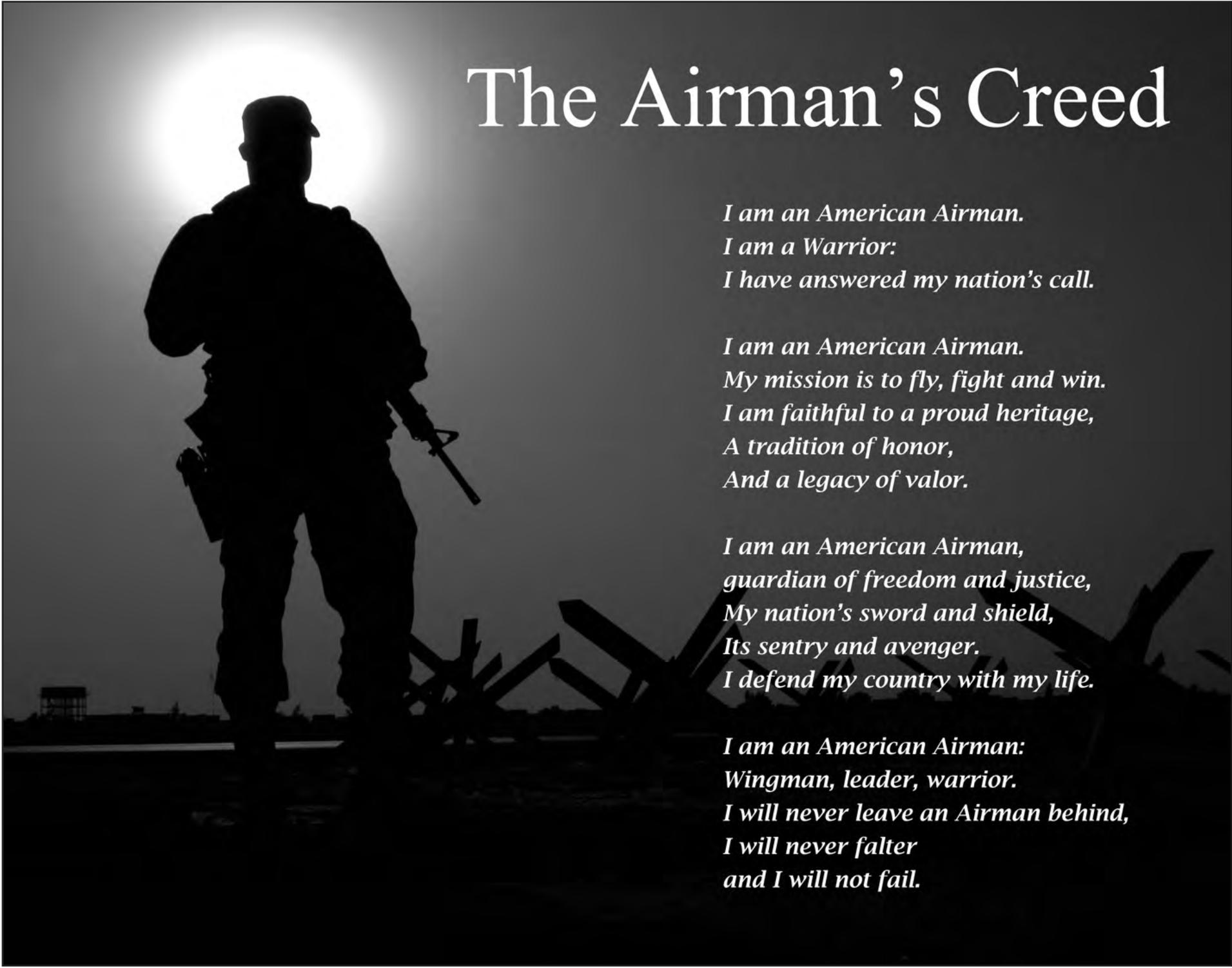
forecasters are."

"With the hub concept of weather forecasting, it's hard to say how accurate our product is," said Mr. Light. "But if you were to ask our mission customers, the guys flying the planes, they will tell you we're pretty dead-on."

Copies of the most current five-day forecast and hurricane bulletin can be found in the public folders in Microsoft Outlook under Keesler AFB in the CSC/Weather folder.



**James Bills, seated, briefs Mr. Light on current flight weather conditions that are relayed to the Hurricane Hunters. Both are forecasters.**



# The Airman's Creed

*I am an American Airman.  
I am a Warrior:  
I have answered my nation's call.*

*I am an American Airman.  
My mission is to fly, fight and win.  
I am faithful to a proud heritage,  
A tradition of honor,  
And a legacy of valor.*

*I am an American Airman,  
guardian of freedom and justice,  
My nation's sword and shield,  
Its sentry and avenger.  
I defend my country with my life.*

*I am an American Airman:  
Wingman, leader, warrior.  
I will never leave an Airman behind,  
I will never falter  
and I will not fail.*

Shredding documents can protect personal data.  
For an appointment to use a shredder,  
call the 81st Communications Squadron  
records management section,  
377-2571.

The base privacy act manager  
investigates complaints and violations  
of the Air Force Privacy Act,  
Air Force Instruction 33-332.

If you think a violation has occurred, call 377-2286.

For lost and found items,  
call the  
81st Security Forces Squadron  
investigations office,  
377-4500,  
7 a.m. to 5 p.m. weekdays.

## LEGAL BRIEFS

### Don't be misled by 'free' gift card offers

By Richard Brock

#### Legal office

Legal offices across the Air Force are sounding an alarm about new ways to obtain personal information online.

While Air Force members are better educated than the average citizen when it comes to detecting attempts to obtain personal information by means of phishing and bogus e-mails, the criminal community remains hard at work, devising improved methods to obtain sensitive personal information.

The latest criminal wrinkle involves spoofing network search engines to enable shady individuals to pass themselves off as representing official sites of such brand names as Wal-Mart, Best Buy, McDonalds and Hooters.

The scam involves enticing a victim into use of a link which appears related to a known company, but in fact leads the person to a false

site unrelated to any major brand.

Once there, the visitor is invited to register for a free gift card. The objective is to lure the victim into providing personal information in the registration form which may be used for many purposes — none of them beneficial to the individual.

In most cases, the victim never receives the gift card, or spends more money qualifying for a supposed high value gift card than the actual card is worth.

When you're presented with offers which appear to be too good to be true, the best advice is to treat the claims as exactly that. Network pop-up ads which ask for personal and financial information should be treated with extreme skepticism and independently verified by contacting the company in question at its published telephone or network address.

For more information, call the legal office, 376-8601.

### Tricare starts retired reserve health coverage

#### Air Force News Service

FALLS CHURCH, Va. — For the first time, members of the retired reserve who are not yet age 60, the so-called "gray area" retirees, can purchase Tricare health coverage for themselves and their eligible family members with the Sept. 1 launch of Tricare Retired Reserve.

"This new program offers a health coverage opportunity for "gray area" guardsmen and reservists who served America honorably, setting a proud example for today's forces," said Rear Adm. Christine Hunter, deputy director of the

Tricare Management Activity. "Tricare Retired Reserve will provide an outstanding health benefit."

Retired reservists may qualify to purchase TRR coverage if they are under the age of 60 and are not eligible for, or enrolled in, the Federal Employees Health Benefits program. They also must be members of the retired reserve of a reserve component and qualified for non-regular retirement.

For calendar year 2010, the TRR member-only monthly premium is \$388.31, or \$4,659.72 yearly, and the

member and family monthly premium is \$976.41, or \$11,716.92 yearly. Premiums will be adjusted annually.

The comprehensive health care coverage provided by the premium-based TRR is similar to Tricare Standard. After purchasing TRR, members will receive the Tricare retired reserve handbook, which includes details about covered services, how to get care and who to contact for assistance.

For instructions on how to qualify for and purchase TRR, go to [www.tricare.mil/trr](http://www.tricare.mil/trr).

For more information, visit [www.tricare.mil/trr](http://www.tricare.mil/trr).

### Exchange now accepts electronic coupons

#### Army and Air Force Exchange Service Public Affairs

DALLAS — Saving at the exchange is easier than ever before thanks to a decision to accept manufacturers' online coupons.

"Frankly, the economy has spurred increased interest in electronic coupons," said Maj. Gen. Bruce Casella, Army and Air Force Exchange Service commander. "This, combined with industry projections showing 'online' offers accounting for 8.7 percent of all coupons sent out in 2010, made it necessary to find a way to let exchange shoppers apply some of the estimated \$12.7 billion in savings to purchases made at their BX or PX."

Sites and services that offer manufacturer coupons range from companies' own websites

to online discount portals. What a manufacturer's coupon says actually takes priority over its source as AAFES requires the words "manufacturer coupon," a bar code, expiration date, redemption address, usage policy and stated face value to all appear on the coupon in order to redeem it. In most instances, AAFES' new coupon policy even allows for one manufacturer's coupon to be combined with an AAFES-issued coupon for the same item.

Unless either offer specifically prohibits a combined discount, coupons available through AAFES' mobile marketing service at <http://www.aafes.com/mobile.htm> or sale fliers at [http://odin.aafes.com/this\\_week/default.asp](http://odin.aafes.com/this_week/default.asp) can be combined.

# Good hand hygiene habits prevent spread of germs

By Michele Riboul

59th Medical Wing

LACKLAND Air Force Base, Texas — Keeping hands clean is one of the most important steps one can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands properly.

The skin is an important barrier protecting you against harmful microorganisms. Keeping your skin intact and free of injury is your primary defense against the spread of infection.

Allowing the skin to become dry can cause tiny nicks and cracks in the skin that allow germs to enter the body. Dry skin is caused by a loss of water and not from a lack of oils on the skin. Many factors can speed up this loss such as the repeated wetting and drying of the skin, as well as washing hands too often with a strong hand hygiene agent.

There are two types of microorganisms that compose our skin flora — resident and transient. Resident microorganisms are always on the skin. They cannot be removed completely, but their number can be reduced. Many of the resident skin organisms do not cause infections in healthy people, however, they can cause infections during surgical procedures and when a patient's body is not able to fight infections.

Transient organisms are organisms that we pick up from the environment around us and are often found on the hands of healthcare personnel.

These can be harmful microorganisms acquired from an infected or a non-infected patient and can lead to serious infections. Hand hygiene can remove these organisms from our skin.

Hand hygiene is the single most important way to prevent the spread of infection. There are two methods of hand hygiene — soap and water or alcohol hand rub.

Soap and water physically removes germs from the hands and takes about 1½ minutes to wash properly. This method can be used when



Photo by Steve Pivnick

**Airman 1st Class Tanya Schroeder, a medical technician in the 81st Medical Operations Squadron family health clinic, demonstrates the proper handwashing technique.**

hands are grossly soiled, but can also cause skin irritation.

The alcohol rub method kills germs on the skin and takes only 15 seconds to clean. This method should not be used when hands are grossly soiled. Alcohol rub can sometimes improve skin conditions.

Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting simple handwashing habits can play a major role in protecting your health.

**PREPARING  
for the storm**



For hurricane preparation  
guidelines,  
log on to  
Keesler's public website,  
[www.keesler.af.mil](http://www.keesler.af.mil)

# Married couple deploys to Southwest Asia together

By Airman 1st Class Heather Holcomb

## Keesler Public Affairs

Maintaining relationships during a deployment is difficult at best, and for most military couples the word deployment is synonymous with separation.

However, Tech. Sgt. Michael Raby, a client systems technician with the 81st Communications Squadron, and his wife, Staff Sgt. Cassandra Raby, a master instructor with the 336th Training Squadron, still get to spend around six hours a week together.

This might seem like an insignificant amount of time, but six hours is exceptional in a situation that doesn't usually allow for anything more than the occasional phone call.

Michael arrived in Southwest Asia April 24 and was followed by his wife just three days later. They're scheduled to return from deployment near the end of the year.

"She volunteered for a deployment at a different location and a few weeks before her departure, she was diverted to the same base as me," Michael said. "I believe that it was luck and a lot of well-deserved karma."

Michael, a knowledge operations manager, says his day is filled with too many taskers and suspenses to list. His day starts at 7 a.m. and begins to slow down about 6 p.m.

"We don't leave until the director leaves, then it's off to the gym or chow," he said.

Cassandra, noncommissioned officer in charge of personal computers, said her duty day consists of typical service desk tickets, running fiber optic cable, maintaining a thin client infrastructure and ensuring distinguished visitor quarters and offices are 100 percent operational. She works side-by-side with the communications team commander for any visits in the area of responsibility.

For Michael, the most challenging part of the job has been starting work right away with very little turnover, coupled with the longer work hours. Cassandra's biggest challenge has been learning about unfamiliar new technologies and procedures in a short period of time.

The couple noted that the force support squadron is in full swing at their deployed location. They both live in dormitories.

"Deployed locations always seem to have the best gyms," said Cassandra, who was deployed to Saudi Arabia in 2003. This is her husband's first deployment.

Michael said that they both go through bad days in which it's difficult for them to take on



Courtesy photo

**Michael and Cassandra Raby celebrated their third wedding anniversary while deployed to Southwest Asia.**

the additional stress of what a spouse is experiencing. On those days, they keep their time together short.

At the same time, they get to experience a small shard of normalcy by eating dinner and going to the gym together or watching movies. They celebrated their third anniversary at their deployed location.

"It lessens the stress in this environment knowing that we both understand the things that go on in this particular location. Coping with this lifestyle becomes a little easier," Cassandra said.

Being deployed is a very different lifestyle than what the average American experiences, but once initial adjustment takes place, it is an experience that many find they enjoy.

"I've had an outstanding time here and the camaraderie that I experience every day is something that I haven't seen in many, many years," Michael said, "Life's experiences are great, but they are even better when you can experience them with your best friend."

**News tips? Call the Keesler News, 377-4130,  
or e-mail keeslernews@us.af.mil**

## Suicide Prevention Day

Friday is Worldwide Suicide Prevention Day.

There'll be guest speakers and briefings in Welch Auditorium at 11 a.m. and 2 p.m. to discuss the impact of suicide and strategies for keeping Air Force families safe and healthy. The presentations are open to all personnel.

For more information, call the mental health clinic, 376-0385, or Chaplain (Capt.) Charles Seligman, 377-4859.

## Jewish High Holidays

Keesler's Jewish community continues its observance of the High Holidays at Congregation Beth Israel, 12277 Three Rivers Road, Gulfport:

**Today** — First Day Rosh Hashanah; 9:30 a.m. Shacharit, 6:30 p.m. Minchah/Ma-ariv.

**Friday** — Second Day Rosh Hashanah; 9:30 a.m. Shacharit, 6:30 p.m. Minchah/Ma-ariv followed by Oneg.

**Sept. 17** — 6:10 p.m., Erev Yom Kippur/Kol Nidre.

**Sept. 18** — Yom Kippur; 9:30 a.m. Shacharit, 5:15 p.m. Minchah/Ne-ilah followed by break-the-fast (please bring a dairy dish to share).

For more information, call Master Sgt. Michael Raff, 207-2196; e-mail michael.raff@us.af.mil or call Congregation Beth Israel, 539-1655.

## Patriots Day dinner

In support of the Aerospace Education Foundation, the John C. Stennis Chapter of the Air Force Association is co-hosting a banquet and fundraiser with the Diamondhead military retirees on Saturday, Patriots Day.

The guest of honor is Maj. Gen. Mary Kay Hertog, 2nd Air Force commander. Tickets are \$50 and are available by calling Lt. Col. Janet Haug, 334-2382.

## Spouses club luau

The Keesler Spouses Club hosts a welcome back luau, 6:30 p.m. Tuesday at the youth center.

Dress is Hawaiian casual. Desserts are served.

New members can join at the event.

For more information, call Lisa Wilder, 447-4992.

## Top 3 fundraiser

The Keesler Top 3 hosts a spaghetti lunch, 11 a.m. to 1 p.m. Sept. 16 at the Triangle Chapel Annex.

The \$7 price for dine-in or take-out orders also includes french bread, dessert and drink.

Tickets are available from: **81st Medical Group** — Senior Master Sgt. Jason Devereaux, 376-8508.

**81st Mission Support Group** — Master Sgt. Jessica Woodruff, 376-8508.

**81st Training Group** — Master Sgt. Sunday Mangum, 377-2909.

**81st Training Wing staff agencies** — Master Sgt. Michael Rieger, 377-2975.

## Learn to tie a fly

During Still Serving Weekend, Sept. 17-18 at the main exchange, representatives of Project Healing Waters, a national veterans program, are featured in the fishing supply department.

They will demonstrate how to tie flies and offer hands-on fly tying experience.

For more information on the program, log on to [www.projecthealingwaters.com](http://www.projecthealingwaters.com)

## Book signing

Retired Maj. Gen. Jesse Allen of Biloxi signs copies of his book, From Jeep Driver to General, 11 a.m. to 2 p.m. Sept. 24-25 at the main exchange.

## Pool still open

The main base pool on Meadows Drive remains open through Sept. 29:

**Monday-Friday** — 11 a.m. to 2 p.m. lap swim only; 2-3 p.m. closed; 3-7 p.m. lap and recreation swimming.

**Saturday and Sunday** — noon to 6 p.m., lap and recreation swim.

For more information, call 377-3948 or 3160

## Pedestrian gate hours

The pedestrian gate next to Jeff Davis Elementary School is open for these events:

**Sept. 30** — 5:30-7 p.m., family math night.

**Oct. 1** — 5:30-7 p.m., fall festival.

**Oct. 21** — 5:30-6:30 p.m., report card pickup, open house, Parent-Teacher Association meeting, Term II orientation.

**Nov. 5** — 8:30 a.m., second cup of coffee, cafeteria.

**Nov. 11** — 5:30-7 p.m., family science night.

**Nov. 19** — 9-11 a.m., parents view reading fair projects.

## Heart Walk

Base teams are being organized for the American Heart Association's Heart Walk on Oct. 2.

Festivities and registration begin at 7:30 a.m. at the former Gulfport Veterans Administration Medical Center site on U.S. Hwy. 90. The walk starts at 8:30 a.m.

For more information, call Staff Sgt. Isunté Barnes, 377-2936, (504) 274-9030 or e-mail [isunte.barnes@us.af.mil](mailto:isunte.barnes@us.af.mil).

## Thrift shop hours

The Keesler Thrift Shop, operated by the Keesler Spouses Club, is located at the corner of Meadows Drive and First Street.

Hours are 9 a.m. to 2 p.m. Mondays and Wednesdays.

Donations are accepted during regular hours. Consignments are accepted 9 a.m. to 1 p.m. Mondays.

For more information, call 377-3217.

## Airman's Attic hours

Airman's Attic is now located at the corner of Meadows Drive and 1st Street in a building it shares with the Keesler Thrift Shop.

Airmen's Attic assists junior enlisted members with obtaining free basic household items.

Donations are needed such as furniture, area rugs, cutlery, dishware, infant wear and maternity clothes which are clean and in good condition. Bring donations to Airman's Attic during regular hours, 10 a.m. to 2 p.m. Mondays, Wednesdays, non-training Fridays and the last Saturday of the month.

## Supply classes

Quarterly supply classes are held in Room 109, Taylor Logistics Building.

**Block I** basic supply class is 9 a.m. Sept. 22 and Dec. 15.

All newly-assigned supply custodians and resource managers are required to attend.

For more information, contact Patrick Governale, 377-5998 or [patrick.governale.ctr@us.af.mil](mailto:patrick.governale.ctr@us.af.mil), or Paulette Powell, 377-2270, [paulette.powell.1.ctr@us.af.mil](mailto:paulette.powell.1.ctr@us.af.mil).

**Block IIA-Bench Stock** is 9-9:30 a.m. today and Dec 9. To schedule an appointment, call Crystal Simpson, 377-9955.

**Block IIB-Repair Cycle** is 10-11 a.m. today and Dec 9. To schedule an appointment, call Nathaniel Parks, 377-2310.

**Block III** training is 1 p.m. Sept. 22 and Dec. 15. All newly-assigned supply equipment custodians are required to attend as well as all other custodians annually.

For more information, con-

tact Willie McDonald, 377-2660 or [willie.mcdonald.1.ctr@us.af.mil](mailto:willie.mcdonald.1.ctr@us.af.mil) or Paulette Powell, 377-2270, [paulette.powell.1.ctr@us.af.mil](mailto:paulette.powell.1.ctr@us.af.mil)

## Supply source

The Defense Reutilization and Marketing Office is a free source of supplies and equipment.

For more information, visit the CSC supply customer service element, Room 126, Taylor Logistics Center, Building 4002; call Michael Cashion, 377-8891, or e-mail [michael.cashion.2.ctr@us.af.mil](mailto:michael.cashion.2.ctr@us.af.mil).

## Root canal treatment

The Keesler Dental Clinic is seeking patients who require root canal treatment.

All authorized beneficiaries, including military retirees and dependents of active duty and retired, are eligible for care.

Patients accepted for treatment are treated by either the endodontic specialty program residents or the residents in the general dentistry program.

Referral from a dentist for root canal treatment is needed.

For more information, call the endodontics department, 376-5227.

## Visitor center hours

The Keesler Visitor Center is open 6 a.m. to 5 p.m. weekdays and closed on weekends.

## Singers needed

Vocalists are needed to perform the National Anthem at base and community functions.

For more information, call YoLanda Wallace, 377-1179.

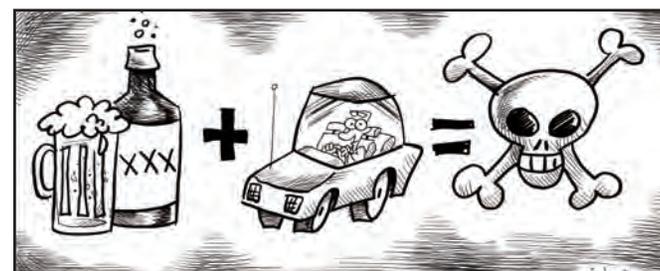
## Speakers bureau

The public affairs office is looking for people who enjoy public speaking to tell the Air Force story.

For more information, call YoLanda Wallace, 377-1179.



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81TRW Keesler AFB, MS





## Bay Breeze Event Center makes final preparations for Sept. 17 grand opening

The view from the second floor balcony at the new Bay Breeze Event Center overlooks Biloxi's Back Bay. The ribbon-cutting ceremony for the new \$26.5 million facility is 9:30 a.m. Sept. 17, followed by the annual Keesler vs. Biloxi Bay Chamber of Commerce golf tournament at 11. A celebration begins at 4:30 p.m., with tours of the center, free entertainment and food, children's activities, prizes and giveaways.

Photo by Kemberly Groue

## 'Ironwoman' tackles run, bike, swim challenge



Karpitskaya

By Susan Griggs

Keesler News editor

Yekaterina Karpitskaya won't be competing in the Air Force Marathon this month, but she has big plans for her upcoming weekend.

Saturday, she's competing in her first full Ironman competition in Madison, Wis. The event, sponsored by Ford Motor Co., consists of a 2.4-mile swim, 112-mile bike ride and 26.2-mile run.

"I'm not sure what state I will be in after that, so I didn't sign up for the Air Force Marathon this year," explained Karpitskaya, who competed in last year's marathon as a member of Air Education and Training Command's women's relay team.

The 33-year-old orthopedic surgeon from the 81st Surgical Operations Squadron said her reason for undertaking "such an insanely long race is for all my active-duty and retired patients whose injuries rendered them unable to do such things."

Karpitskaya came to the United States eight years ago from Simferopol, Ukraine. She became a naturalized American citizen in 1997 and was commissioned in 1998. She came on active duty three years ago here at Keesler.

Since she started running in 2005, she's done 22 full marathons, including the Boston Marathon twice, as well as those in New York, Chicago, Berlin, London, Florence and other locations. She's also competed in three half marathons and numerous 10-kilometer races.

"I started doing triathlons in June, and so far have done two biathlons and three triathlons, mostly in preparation for the Ironman," she said.

Karpitskaya is humble about her athletic accomplishments, but clear on what factors have enabled her success.

"It takes commitment and persistence," she stated. "I'm not a professional athlete. I'm not genetically gifted.

"My running times are decent," she continued. "I've been biking for only about four months, and my swimming is good enough to just make it — hopefully — under the 2-hour 20-minute cutoff time. And on race day, I hope that the inspiration from watching my patients overcome adversity will carry me across the finish line."

## Are you running?

Keesler runners participating in the Air Force Marathon are asked to call 377-4130 or e-mail [susan.griggs.1@us.af.mil](mailto:susan.griggs.1@us.af.mil)