



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

SEPT. 30, 2010 VOL. 71 NO. 38



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Lorenz on Leadership

Ordinary people become extraordinary Airmen

By Gen. Stephen Lorenz

Air Education and Training Command commander

RANDOLPH Air Force Base, Texas — During my 37 years in the Air Force, I have served with many great Airmen. Recently, the Air Force announced the retirement of five of our very best: Gens. Howie Chandler, Kevin Chilton and Roger Brady and Chief Master Sgts. Pam Derrow and Rob Tappana. Each one of these Airmen has selflessly served our nation in positions of great responsibility over many long years — in fact, together they total over 173 years of uniformed service!

These senior Airmen are leaders of the rarest form. Each ascended to the highest officer or enlisted rank in the Air Force, demonstrating a combination of exemplary character, personal intellect, exceptional work ethic and an unwavering commitment to our nation. They began their lives in very different places and under very different circumstances...but they have one thing in common: They exemplify how our Air Force affords ordinary people the opportunity to do extraordinary things.

General Chandler grew up in Missouri. He is the son of two hard-working parents. His mom invested her life as a housewife caring for and raising him. His dad spent his entire career in radio and television broadcasting as a writer and producer. As the future general approached high school graduation, he chose to apply to only one college, believing strongly that he was destined to fly. He was accepted to the Air Force Academy in 1970. Four years later he was commissioned and began his rise among the fighter community. To date, he has completed more than 3,900 flying hours, predominately in advanced fighter platforms.

General Chilton spent his early years in Los Angeles. His father served in the Navy during World War II, then spent a lengthy career as a program manager with McDonnell-Douglas. When this future combatant commander was just 12 years old, he experi-

enced the exuberance of viewing a cockpit for the first time and putting his hands on the controls of an airplane. Although it was a small private airplane, he was fascinated by his surroundings. In fact, at one point in the flight he turned to the pilot and asked, “Do you get paid to do this?” That flight was the beginning of his passion for aviation. In 1976, he graduated from the Air Force Academy with a degree in engineering, then spent the early years of his military career flying fighter aircraft. He attended Air Force Test Pilot School and later, as an astronaut, piloted two space shuttle flights and commanded one.

General Brady grew up on an Oklahoma farm that his grandfather homesteaded in 1889. He is the son of two school teachers; his father also served in the Navy during World War II. As a young boy this future Air Force leader was given big responsibility in helping run the family business. His after-school chores often involved rounding up cattle in the evening while his dad and brother spent time at football practice. In 1964 he received an athletic scholarship to the University of Oklahoma. Four years later he graduated, was commissioned and given the opportunity to complete his master’s degree. After a few years as an officer in the intelligence community and serving in Vietnam, he became a pilot.

Chief Derrow, the second of six children, grew up in Indiana. Her mother was fully employed raising the six children, and her father was a factory worker. The future chief was working in a bank after graduating from high school when she and a friend decided to join the Air Force together on the buddy system. After the second week of basic military training her friend left, but she persevered. She entered the Air Force in 1980 and spent her early career gaining expertise in a variety of communications assignments. An NCO Academy distinguished graduate, she earned numerous accolades during her years of service, including being named MacDill’s Federal Woman of the Year in 1996. A leader of Airmen, she served as commandant of the Air

Force Senior NCO Academy and as a command chief for nearly five years, culminating her career as the enlisted leader of a major command.

Chief Tappana was raised in the great state of Alaska. Early in life he developed a passion for outdoor activities. His inquisitive nature drew him to adventures as a hunter, fisherman and explorer. His mom managed a doctor’s office and his dad was a school teacher. They encouraged him to act on conviction and explore his surroundings. He entered the Air Force after visiting a recruiter on a quest to see the world. He enlisted in 1979 and spent his early career as a traffic management specialist. He received countless honors and distinguished graduate recognitions throughout his career. Additionally, he spent nearly one-third of his career as a command chief. He was the senior enlisted leader for three wings, a numbered air force and a major command.

Many know these professional Airmen by their duties and rank. But remember — they, too, were once young adults with a drive to serve and an unconquerable zeal for life...much like the young Airmen who make up the bulk of our force today. Anyone who knows these “ordinary Airmen” understands one principle is central to their lives ... our service’s core values. I have personally witnessed each one of these Airmen advocate and fight for what they believed was right for the defense of this great nation and for our Airmen and their families. They each demonstrate skillful balance in their lives guided by their faith, love for family and true belief in the principles of freedom. Each leaves behind a legacy of public service, humble stewardship and determined leadership.

While it is difficult to know how they, or any of us, will be remembered in the future, one thing is certain — we each have the opportunity to make a difference in the lives of others, to prepare and posture our Air Force for the challenges ahead, and to serve in awe of the wonderful nation we are sworn to protect.

Inspection etiquette — putting our best foot forward

UCI preparation team

It’s no secret to Team Keesler that Air Education and Training Command’s Inspector General team comes to town October 24. For the past year we’ve worked extremely hard to get ready for this moment of truth. We’ve run our self-inspection checklists, fixed our facilities, mobilized our forces, and are now ready for the compliance inspection.

Team Keesler members now need to start thinking about



**3 weeks
until
Unit Compliance
Inspection**

how to properly deal with inspectors during the week-long inspection. All efforts thus far could be tarnished if we don’t pay attention to our

“inspection etiquette.”

First, some dos:

Treat them with respect.

All inspectors will be easily identified by AETC/IG badges

or patches. They’re our guests and deserve every courtesy we can show. We practice military custom and courtesies on a daily basis. If an inspector enters your area, it’s common courtesy to stand up. If you see an inspector in your area who appears lost — and this will happen — take the initiative and escort him or her to where he or she needs to go.

Be open and receptive.

You may not agree with all the observations or recom-

mendations, but maintain an open mind and hear them out. By being receptive to their comments, you’re keeping lines of communication open, gaining the full benefit of their expertise and maintaining a healthy give-and-take approach to problem-solving. Remember they are experts in their fields and will give great suggestions on doing our jobs better.

Please see **Inspection**, Page 3

ON THE COVER

Staff Sgt. Wahkina Boyd, 81st Security Forces Squadron, aims a radar gun at oncoming vehicles on Larcher Boulevard to clock their speed. The 81st Security Forces Squadron strictly enforces speeding limits and other traffic regulations. Story and photo, Page 21.

Photo by Kemberly Groue



Inspection,

from Page 2

Show off your people. Give your folks the opportunity to talk to the inspectors and explain what they do. This demonstrates trust in your people and builds their confidence. Each person is an integral part of the organization and vital to mission performance.

Show a sense of urgency. React professionally and promptly to events or situations. For instance, a laid-back, carefree attitude toward a major accident response exercise will be noted immediately by the inspectors.

During an inspection it all comes down to having the right attitude. Responding with the right attitude can

make the difference between a satisfactory or an excellent rating.

A few don'ts:

Don't argue. If you or your people disagree with an inspector's finding, discuss in a professional manner why you operate or do something in a particular way. Discuss your interpretation of the governing directives. If you can't resolve at your level, take it up the chain to your supervisor, squadron commander or group commander. Never let a disagreement become an emotionally charged issue. Remember **you** are the master of your emotions.

Don't implicate others. Don't attribute problems to others. If you have a complaint or are aware of problems with others, tell them now and work together on solutions. Don't wait for the compliance inspection to air any dirty laundry.

Don't lie. Two of your most important characteristics are credibility and integrity. Don't jeopardize your reputation by deliberately misrepresenting information to an inspector. The inspectors will rely upon you to provide factual and truthful information. Once an inspector catches you in a lie, everything you say and do will be called into question.

These tips should give Team Keesler some insight into the proper way to approach the inspection. Remember the goal is to achieve the highest degree of efficiency and effectiveness possible. Your professionalism will determine to a large degree the overall rating. Let's show the inspectors we have an "outstanding" team of professionals at Keesler!

Exceptions to Keesler's 25 mph speed limit:

15 mph in housing areas, flight line and unpaved surfaces;
10 mph in close proximity to marching formations and when waved through base gates;
5 mph in parking lots;
and **35 mph** in some sections of perimeter roads.

KEESLER NEWS

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TRAINING AND EDUCATION

Volunteering for the health of it

Airman 1st Class Scott Foss, left, 332nd Training Squadron, joins fellow students Airman 1st Class Jody Aquilar and Airman Basic John Incardona in arranging games and prizes for the Michel Middle School Health Fair Sept. 18. In the background, Airman 1st Class Melissa Burrows, left, and Senior Airman Ebony Mull, 81st Medical Operations Squadron, join in the volunteer effort.

Photo by Kemberly Groue



FTAC helps Airmen succeed on duty and off

By Airman 1st Class
Heather Holcomb

Keesler Public Affairs

It's Monday morning and all that can be heard in the First Term Airmen's Center room at the professional development center is shallow breathing and pens whispering across crisp sheets of paper.

The tables arranged like a horseshoe are carefully set with name tags for each student and a variety of books and handouts.

After basic training and tech school, arriving at a first duty station is a major life change. New Airmen are expected to fully learn and perform their jobs as well as maintain military standards.

At the same time, new Airmen must settle into their new lives by learning the local area, making new friends, maintaining their fitness, working towards personal

goals and finding things that help them maintain a balance in their lives.

FTAC is designed to help these Airmen adjust to their new lives by laying out all the resources available to them.

It's a week-long program in which new Airmen are given tools and resources to help them not only succeed at their first duty station and in their Air Force career, but in their lives out of uniform.

"I don't feel as lost anymore," said Airman 1st Class Patrick McMeins, 81st Dental Squadron dental technician.

Staff Sgt. Charmaine Carnes, FTAC noncommissioned officer in charge, said she hopes new Airmen leave FTAC with basic knowledge about what the base has to offer, how to uphold core values and standards, how to do well in their careers and how important they are to the Air Force mission.



Photo by Airman 1st Class Heather Holcomb

"Nothing makes me happier or more proud than when I see my former FTAC Airmen succeeding in their job and the Air Force," said Sergeant Carnes.

The five days of briefings,

power point presentations and interactive exercises include topics such as financial management, enlisted force structure, Keesler history and suicide prevention.

Chief Master Sgt. Lonnie Slater, 81st Training Wing command chief, was the first briefer of the week. He stressed the importance of setting short- and long-term goals and having the self-discipline to follow through with them.

"Don't succumb to 'some-day I'll,'" Chief Slater said.

This advice trickles into many of the briefings that followed Chief Slater's and it can translate to every aspect of life because no matter what the goal, without action it will never be achieved.

Friday afternoon, the FTAC room is filled with billowing laughter as the course draws to an end. The tables are cleared, chairs are pushed in and training certificates are passed out. The new Airmen have completed the next step in their never-ending education and self improvement.

Medics provide hands-on training for Junior ROTC

By Steve Pivnick

81st Medical Group Public Affairs

Medics from the 81st Aerospace Medicine Squadron's Flight Medicine Flight visited Ocean Springs High School Sept. 9 to provide training to the school's Army Junior ROTC cadets.

Led by flight commander Maj. Paul Langevin, Master Sgt. Joel Shepherd and Senior Airmen Lakedrian Guy and Steven Payne spent almost two hours offering hands-on basic first-aid and buddy-care training to almost 70 of the school's 130 cadets.

The cadets were members of the "Delta Team" adventure training unit.

Senior Army instructor retired Army Col. Steven Farragut explained they handle "tactical, outdoor and vigorous training and participate in activities such as camping, rappelling, first aid, canoeing and land navigation."

According to Major Langevin, the course consisted of an overview of scene and battlefield response to an injured soldier and stabilization of airway, cervical spine, breathing, circulation, hemorrhage control and litter carries.

"We provided all necessary equipment and supplies to support the training event." He added, "We offered each cadet hands-on demonstrations and had the cadets repeat the demon-



Photo by Steve Pivnick

stration by accomplishing each task." From left, Sergeant Shepherd demonstrates "log rolling" to place a patient on a litter to Cadet Pvts. Jazjuan Taylor Mitchell, Cadet Cpl. Cody Bradshaw and Cadet Pvt. Terry Sparks. Cadet Capt. Tyler Reid, Delta Team commander, is the "casualty."

stration by accomplishing each task."

The Keesler medics conducted four situational training exercise to groups of cadets who rotated through each. They included airway stabilization and cervical spine immobilization; breathing and use of the Ambu-bag (an

artificial breathing device); circulation and hemorrhage control and tourniquet application; and litter carries and movement of a casualty.

The cadets were divided into four separate platoons in teams of five to cover training area. One member of

each group of five was identified as the team leader and one member as the patient.

"Once training was completed, we 'put it all together' and had the cadets recover a 'simulated casualty,' utilizing all skills they learned in the training," the major explained.

Commenting on the program, Major Langevin observed the students listened intently and were eager to put what they had been taught into practice. "It was nice to be to get out here with the cadets to train them on basic combat casualty care." One of the senior cadets commented on the realistic nature of the training and wished they could more opportunities like these to train. "It was nice to see how focused the cadets were to mastering the skills in such a short period of time."

Colonel Farragut said, "The training was exceptional. The cadets were able to interact with positive role models, learn the latest first aid techniques and build teamwork. We have found that hands-on teaching is the best way to learn and retain information. This was hands-on training at its best."

Retired Army Master Sgt. Ricky Lyle, the unit's other instructor, added, "The training was interesting and educational as well as fun and enjoyable for the kids. Not only were they provided with valuable hands-on training, but an opportunity to develop teamwork. Knowing first aid is a valuable skill to have. One never knows when it might come in handy. This is one of the main reasons for including it in today's JROTC curriculum."



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More than 276 saves so far this year

CORRECTION

Maj. Gen. Mary Kay Hertog's rank was incorrect in a photo caption on Page 4 of the Sept. 23 issue of the Keesler News.

TRAINING, EDUCATION NOTES

Drill down, parade

The 81st Training Wing's final drill down of the year is 8 a.m. Oct. 29.

For more information, call Tech. Sgt. Julie Hammond, 377-2103.

Commissioning briefings

Starting Oct. 12, commissioning briefings are 10 a.m. second Tuesday of the month in Room 224, Sablich Center.

OTS boards

The Officer Training School recruiting services board schedule is:

11OT01 — rated board; application cutoff Dec. 2; board date Jan. 24-28, estimated release date Feb. 25.

11OT02 — nonrated board; application cutoff Feb. 24; board date April 11-15; estimated release date June 2.

11OT03 — rated as needed; application cutoff June 23, board date Aug. 8-12; estimated release date Sept. 9, 2011.

GI Bill benefits

Montgomery GI Bill benefits may be used in conjunction with tuition assistance.

For more information, call 376-8708.

CCAF program

The Community College of the Air Force's General Education Mobile is a partnership between CCAF and civilian academic institutions that offers clustered online general education courses to meet CCAF degree requirements.

For more information, call 376-8708. or 8710.

New logistics system promises transformation in combat support

By Mike Stevens

Air Education and Training Command

In preparation for the launch of the Air Force's new Expeditionary Combat Support System, Air Education and Training Command officials conducted a kickoff meeting with Keesler leaders and future ECSS users Sept. 14.

Brig. Gen. Andrew Mueller, 81st Training Wing commander, hosted Garry Richey, director of logistics, installations and mission support at AETC headquarters, and members of his team. During that meeting, the AETC team delivered an informational and educational briefing about ECSS, its goals, program timelines and how the Air Force will be affected.

ECSS will be fielded throughout the Air Force in multiple releases. At Keesler, ECSS is scheduled to be fielded in September 2012, but the preparation process has begun.

The kickoff represented the beginning of the ECSS organizational change management program, which is designed to help prepare everyone for this transformation effort.

Officials noted that no change is ever successful until individual behaviors change. The people who perform Air Force logistics processes from all functional communities must personally engage in the transformative aspects of ECSS in order for it to succeed, they noted.

The Air Force is in the midst of an historical transformation. The way the Air Force is organized and the ways that airpower is employed are changing in revolutionary ways. Changing, too, are the ways in which Air Force logisticians provide support to warfighters.

ECSS is the cornerstone enabler of the logistics transformation effort. Using an Enterprise Resource Planning software solution, ECSS applies the best commercial practices and uses industry-proven tools to establish the Air Force's first capability to globally view and manage its logistics resources, such as major end items, materiel, people and funds.

The briefers explained that ECSS is much more than an information technology system. It will fundamentally change business processes, personnel roles and jobs across the spectrum of the Air Force logistics community. Locally, ECSS will drive dramatic changes and improvements in the way logistics is done,

according to the speakers.

For example, the process of scheduling a repair currently means setting a repair date at the base level without the ability to ensure technicians, parts, facilities, tools and resources are available Air Force-wide. With ECSS, an integrated global view of people and parts availability will enable greater scheduling effectiveness and ultimately increase availability of repaired components or major end items. Simply put, AETC officials said, Air Force logisticians will have what they need to get the job done when repairs are system-scheduled under ECSS.

Citing another example, today's Air Force logisticians collectively rely on paper forms and enter data into multiple base-level systems. This labor-intensive effort will be replaced by entering data once into one system. When fully implemented, ECSS will replace hundreds of logistics information systems and will be the single source for logistics information.

Officials pointed out that these sweeping changes won't be easy, as long-standing ways of doing business will either dramatically change or completely disappear. They acknowledge that ECSS will pull people from their comfort zones and cause them to do new tasks in different, unfamiliar ways.

To help logisticians navigate these changes, the ECSS program will provide education and training programs for those who will use the new system. An Air Force-wide change agent network, supported by an ECSS program team, will share information on ECSS activities, schedules and lessons learned and conduct local problem-solving meetings to help smooth implementation at each installation. This same network will support the sustainment of ECSS after fielding is completed.

ECSS will drive changes in the way the Air Force does business and the way logisticians perform their jobs. Officials say the result will be an Air Force enterprise better enabled to provide its warfighters the right materiel at the right time. ECSS is also expected to enable logisticians to use their time more productively, significantly reducing the cost of accomplishing the Air Force logistics mission.

For more information, call Maj. Matthew Atkinson, 377-7923, or log on to the ECSS website at www.ecss.wpafb.af.mil.

IN THE NEWS

Death notification

With great regret, Brig. Gen. Andrew Mueller, 81st Training Wing commander, announces the death of Tech. Sgt. Timothy Hogan, previously assigned to Keesler Fire Emergency Services.

Any person or persons having claims for or against Sergeant Hogan's estate, call 2nd Lt. Aftan Boudreaux, summary court officer, 376-8704.

Airman dies in Afghanistan

Air Force News Service

Senior Airman Michael Buras, 23, of Fitzgerald, Ga., died Sept. 21 of wounds suffered as the result of an improvised explosive device detonation in Kandahar, Afghanistan while supporting Operation Enduring Freedom.

He was assigned to the 99th Civil Engineer Squadron, Nellis Air Force Base, Nev.

Combined Federal Campaign kickoff

This year's Combined Federal Campaign kickoff breakfast is 7 a.m. Monday in the Bay Breeze Event Center ballroom.

This year's drive runs through Nov. 3.

For more information, call Capt. Kara Wisniewski, 376-5716.

Clinics close for warrior training

81st Medical Group Public Affairs

The 81st Medical Group conducts warrior training, noon to 5 p.m. Oct. 7, Nov. 4 and Dec. 9.

These dates are exceptions to the training normally conducted the second Thursday of the month due to holidays and the Unit Compliance Inspection.

Staffing is reduced in family practice, internal medicine, pediatrics general surgery, pharmacy, radiology and laboratory services. For urgent situations, call central appointments at 1-800-700-8603 or report to the emergency room.

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.

Trick-or-treat in base housing

Trick-or-treat hours in base housing are 6-9 p.m. Oct. 31.

Early Keesler News deadline

The deadline for submissions for the Oct. 14 issue of the Keesler News is noon Oct. 7 because of the Columbus Day holiday, Oct. 11.

Off-limits establishments

Off-limits establishments for military members are Guitars & Cadillacs in D'Iberville; the Blue Note Lounge, Boulevard Nightclub and Henry Beck Park (except during daylight hours or official events) in Biloxi; Bunksmall Apartments and H&H Hideaway in Pascagoula and Toni's Lounge in Moss Point.

E-mail = Worldwide Communications. Use It Securely.

Dragons deployed — 252

Keesler plans Fire Prevention Week activities

By Susan Griggs

Keesler News editor

“Smoke Alarms: A Sound You Can Live With” is the theme for Fire Prevention Week, Sunday through Oct. 9.

In addition to no-notice fire drills across the base, Smokey the Bear and Sparky the Fire Dog visit these locations with literature, fire hats and handouts next week.

Monday

7:30 a.m. — 81st Training Wing headquarters.

9 a.m. — 81st Medical Group Hospital commander’s office and pediatrics.

1:30 p.m. — exchange; stove and fire extinguisher demonstration, fire drill, firefighter bunker equipment demonstrations, fire truck display.

3 p.m. — Cabell Drive cul-de-sac, Bay Ridge housing; stove and fire extinguisher demonstration, fire truck display, bunker and equipment demonstration.



Tuesday

9 a.m. — child development center; fire drill, photo session with fire truck.

3 p.m. — McNarney cul-de-sac, Thrower Park housing; stove and fire extinguisher demonstration, fire truck display, bunker and equipment demonstration.

4 p.m. — youth center; fire truck display.

Wednesday

9 a.m. — family day care center in Locker House; stove and fire extinguisher demonstration, fire truck display.

10 a.m. — mini exchange; stove and fire extinguisher demonstration, fire drill, firefighter bunker equipment demonstrations, fire truck display.

1 p.m. — Sand Hill housing; stove demonstration.

3:30 p.m. — Adams Drive cul-de-sac, West Falcon Park; stove and fire extinguisher demonstration, fire truck display, bunker and equipment demonstration.

Thursday

9 a.m. — visits to various base facilities and fire drills.

1 p.m. — commissary; fire drill and fire extinguisher demonstrations.

3 p.m. — Garfield Avenue and Givens Drive in East Falcon Park; stove and fire extinguisher demonstrations, fire truck display.

Friday

9 a.m. — exchange and commissary.

1 p.m. — fire muster, marina.

Saturday

10 a.m. — fire department open house; fire truck rescue, demonstrations, fire truck rides, static displays, safe house tour, fire prevention literature, fire hats, games, door prizes, giveaways and free hot dogs, popcorn and sodas.

For more information, call 377-8440.

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.



DRAGON ON THE STREET

By Kemberly Groue

Keesler News photojournalist

What’s the
first item on your
‘bucket list’?



“I have two — travel to
Italy or go skydiving!”

Diana Egglar, CSC



“I’d like to travel to Egypt
to see the pyramids.”

Capt. Christopher Owens,
Pacific Air Force headquar-
ters, on temporary duty with
the 333rd Training Squadron



“To see both of my
kids graduate from col-
lege.”

Kenneth Bennett, 338th
Training Squadron

An American is sexually assaulted every 2½ minutes.

One in five American women has been the victim of an attempted or completed rape.

About 10 percent of sexual assault victims are men.

At least two out of three sexual assaults are committed by someone who is known to the victim

44 percent of rape victims are under age 18, and 80 percent are under age 30

To report sexual assaults, call Keesler’s sexual assault response coordinator hotline, 377-7278.

Deter, detect, defend against identity theft

By Heather Forsgren Weaver

American Forces Press Service

WASHINGTON — Defense Department officials are urging service members to be aware of identity theft and are providing ways for them to protect themselves.

“We equate it to service readiness,” said Dave Julian, director of DOD’s personal finance office

Service members dealing with financial issues are less likely to be ready to fully perform their missions, he explained.

Young service members who have grown up in the digital world sometimes take a casual approach to divulging information that can be useful to identity thieves, Mr. Julian said.

“Our force is part of the digital generation,” he said. “Our force lives online. We see that they are very forthcoming with their personal information.”

Additionally, service members get a steady paycheck, and companies want to show their patriotism by extending credit to them, he said. But that makes it easier for thieves to use service members’ stolen identities and profit quickly.

To help service members protect

against identity theft, the DOD has joined with the Federal Trade Commission on its “Deter, Detect and Defend” campaign, Mr. Julian said. While the campaign is aimed at the general public, a brochure has been developed especially for the military.

A key suggestion for deploying service members is activating “an active-duty alert,” which requires creditors to obtain specific permission from a service member or an official representative before extending credit.

There’s no charge for active-duty alerts, and they last for one year and can be extended, he said.

Active-duty alerts can be activated by calling the toll-free fraud telephone number for one of the three nationwide consumer reporting companies. That company is required to notify the other two companies that a service member has activated a duty alert.

Another option service members can use to protect themselves is putting a “freeze” on their credit report to restrict access to it. Once a freeze is in place, potential creditors and other third parties won’t be able to get access to a credit report unless the freeze is lifted.

Credit-freeze laws vary from state

to state. In some states, only identity-theft victims can freeze their credit. The cost of placing, temporarily lifting or removing a credit freeze also varies. Many states make credit freezes free for identity theft victims, but depending upon where they live, others may pay a fee of typically \$10 to each of the three credit-reporting agencies.

Since spouses at home often handle deployed service members’ finances, they should be aware of identity theft and how to protect against it. Identity theft usually is covered in predeployment briefings that service members and their spouses are encouraged to attend.

Single service members who are deployed can be at a disadvantage, because they need to watch out for identity theft themselves or have a trusted agent, such as a parent, keep track of their accounts, Mr. Julian said.

But whether single or married, he said, service members who choose to watch their finances while they are deployed need to remember that common-use computers are dangerous. It’s important to log off — completely back out — if they are monitoring their personal information on a common-use computer or in an Internet café.

Service members should request a copy of their credit report every year from each credit-reporting agency. Since there are three credit-reporting agencies, Mr. Julian suggested requesting a different copy from a separate agency every four months.

Identity thieves sometimes use “social engineering” to obtain information, using an “authoritative-voice” tactic to get someone to offer personal information over the telephone, said said Gary McAlum, senior vice president for enterprise security for USAA, an insurance and financial services company. The thief then uses the same tactic with creditors to get credit.

A thief who doesn’t have all of the information required by the creditor often will “sound dumb” to creditors to obtain the information, he added.

Deploying service members “are obviously not going to be as vigilant as they deploy, get ready to deploy or are coming home from a deployment, so it is important that they use online resources” to make sure everything is in order, said Mike Kelly, a USAA spokesman.

“The fact that it is exploiting our service members just makes it worse,” Mr. McAlum said.

PERSONNEL NOTES

PCS moves customer survey

Air Force News Service

RANDOLPH Air Force Base, Texas — Airmen who recently completed a permanent change of station move have probably completed all the obvious steps involved in the move — boxes unpacked, children settled into new schools, PCS travel voucher completed.

However, travelers are advised that they’re not yet done with their move if they haven’t completed the personal property customer satisfaction survey that rates both the government and industry organizations in moving the family’s household to the new duty station.

Officials say that whether this move was the best move ever, just average or the worst, travelers need to complete the 12-question survey to ensure leaders are aware of how the move went.

The results are used in two ways. First, the military services use the results to determine how well the origin and destination personal property offices did in assisting during the move. Additionally, the ratings on how well the commercial moving company performed determine how much business they will get from the Department of Defense in the future.

The surveys are e-mailed between seven and 21 days following the delivery of household property. Airmen who recently completed a PCS move but didn’t receive the e-mail are asked to either select the Personal Property/POV link at www.SDDC.army.mil to access the survey or contact their local personal property office.

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.

Career choices — noon to 2:30 p.m. Oct. 29.

Interview skills and salary negotiation — 11 a.m. Oct. 26, Nov. 23 and Dec. 28.

Federal format resume writing — 2 p.m. today, Oct. 14, Nov. 17 and Dec. 9; and 3 p.m. Oct. 28. Registration is required.

Civilian format resume writing — 2 p.m. Oct. 7 or 21, Nov. 4 and Dec. 2 or 16.

For more information, call 376-8728 or e-mail [lana.smith.1@us.af.mil](mailto: 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

Moving in October?

81st Logistics Readiness Squadron

The Joint Personal Property Office in San Antonio relocates to Port San Antonio Oct. 7 and is 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.

First sergeant symposium

Registration is under way for the Air Education and Training Command Additional Duty First Sergeant Symposium, Nov. 15-19 at Lackland Air Force Base, Texas at the Inter-American Air Forces Academy Training Center, Building 7356.

The symposium provides tools to prospective and current additional duty first sergeants. The event is unit-funded for members traveling to Lackland, and those attending must coordinate with their first sergeant or command chief prior to registration.

To register, visit <https://www.my.af.mil/afknprod/community/views/home.aspx?Filter=OO-DP-AE-54>.

For more information, call 210-671-3897 or DSN 554-2641.

Tricare meets or exceeds most new health provisions

Air Force News Service

FALLS CHURCH, Va. — Tricare already meets or exceeds most of the new health care provisions in accordance with the Patient Protection and Affordable Care Act that took effect Sept. 23.

The PPACA provides new or expanded options and consumer protections for those with private health insurance coverage.

Most provisions under PPACA, such as restrictions on annual limits, lifetime maximums, “high user” cancellations and denial of coverage for pre-existing conditions, have not been a concern for the more than 9.6 million active-duty military and retiree families under Tricare.

Because Tricare is an entitlement provided for by law, Tricare’s coverage has no life-

time cap. Under the basic entitlement, Tricare costs are determined by legislation, and in general, active-duty families and military retirees pay low, or no, annual or monthly fees, unlike coverage under most commercial health insurance plans. There is no cost for medical care for active-duty service members.

One provision under PPACA that is not already addressed in the Tricare entitlement is coverage for dependents up to the age of 26. Tricare’s current age limit for dependent children is 21 or age 23, if the dependent child is a full-time college student or has been determined to be incapable of self support.

The recent PPACA requires civilian health plans that provide medical coverage to chil-

dren to make that coverage available until the child turns 26 years of age.

While the act does not give the Department of Defense the authority to offer this benefit through Tricare, bills pending in the Senate and House of Representatives would extend dependent medical coverage up to age 26.

It is not known yet whether there will be a charge or premium until the law is enacted. If enacted into law, DOD officials will make every effort to implement this provision as soon as possible.

To find out more, Tricare program updates are posted at www.tricare.mil. You can also sign-up to receive Tricare benefit updates via e-mail at www.tricare.mil/subscriptions

Filling civilian vacancies made easier with advanced recruiting, online resources

By April Rowden

Air Force Personnel Center Public Affairs

RANDOLPH Air Force Base, Texas — As Air Force officials work to streamline and expedite the hiring process for the civilian workforce, they are encouraging hiring managers to initiate the recruitment process prior to an incumbent’s departure.

If the position being vacated is already funded, properly classified and serviced by the Air Force Personnel Center, hiring officials are authorized to submit a Request for Personnel Action before the current employee has transitioned out of the position.

The local civilian personnel section can provide guidance on which agency provides personnel service to the installation and advise on any concerns with advanced recruiting, such as priority placement candidates and hiring authorities.

This advanced recruitment capability is part of a greater hiring reform initiative from the Office of Personnel Management designed to fill vacancies within 80 days.

“We are asking everyone to help us meet this 80-day goal — from the hiring officials to the staffing teams to local leadership,” said Michelle LoweSolis, the Civilian Force Integration director. “One way to do this is through advanced recruiting. Our civilian force is vital to the success of the Air Force and advanced recruiting will help us to avoid

gaps in mission support for commanders.”

As hiring officials begin the hiring process, they can find many resources on the AFPC Personnel Services website, such as procedure guides, staffing information, resource management and employee-management relations. Search keyword “hiring resource center” on the personnel services website for more information.

Hiring officials who are establishing a new position, revising a current position or filling existing civilian positions can also find help in the Standard Core Personnel Document library on the Air Force Portal. The SCPD library provides managers, supervisors and personnel specialists with core personnel documents reflecting work typically found at installations across the Air Force.

More than 1,000 SCPDs are in the library. The library can be found on the portal using keyword “SCPD.”

Other initiatives designed to improve the hiring process include establishing individual announcements for most job vacancies, extending the “internal” candidate pool to include most Department of Defense civilians, the recent launch of the Air Force Civilian Service website at www.afciviliancareers.com, and the expanded use of Schedule A hiring authority for certain cyber security positions.

For more information on civilian hiring, visit AFPC’s personnel services website. Air Force employees may call the 24-hour Total Force Service Center, 1- 800-525-0102.

Military members urged to cast absentee ballots

509th Bomb Wing Public Affairs

WHITEMAN Air Force Base, Mo. — Absentee Voters Week, which runs through Monday, has been set aside by Department of Defense officials for voters to recognize the military's focus on preserving the right to vote and encouraging absentee voters to do so.

The goals of Absentee Voters Week are to emphasize and encourage voters to register and request absentee ballots if they have not yet done so, and to encourage those who already have registered and received their ballots to complete their absentee ballots and return them to their local election officials.

DOD officials have taken steps to make absentee voting easier for service members, their families, and federal employees working overseas. What used to be a complicated process of having to check the Voting Assistance Guide for state-specific requirements and deadlines for absentee voting has now been automated.

Voters can click on <https://www.fvap.gov/r3/fpca/home> to fill in the Federal Post Card Application using a wizard that assists absentee voters with filling in the form based on their particular state/county of residence.

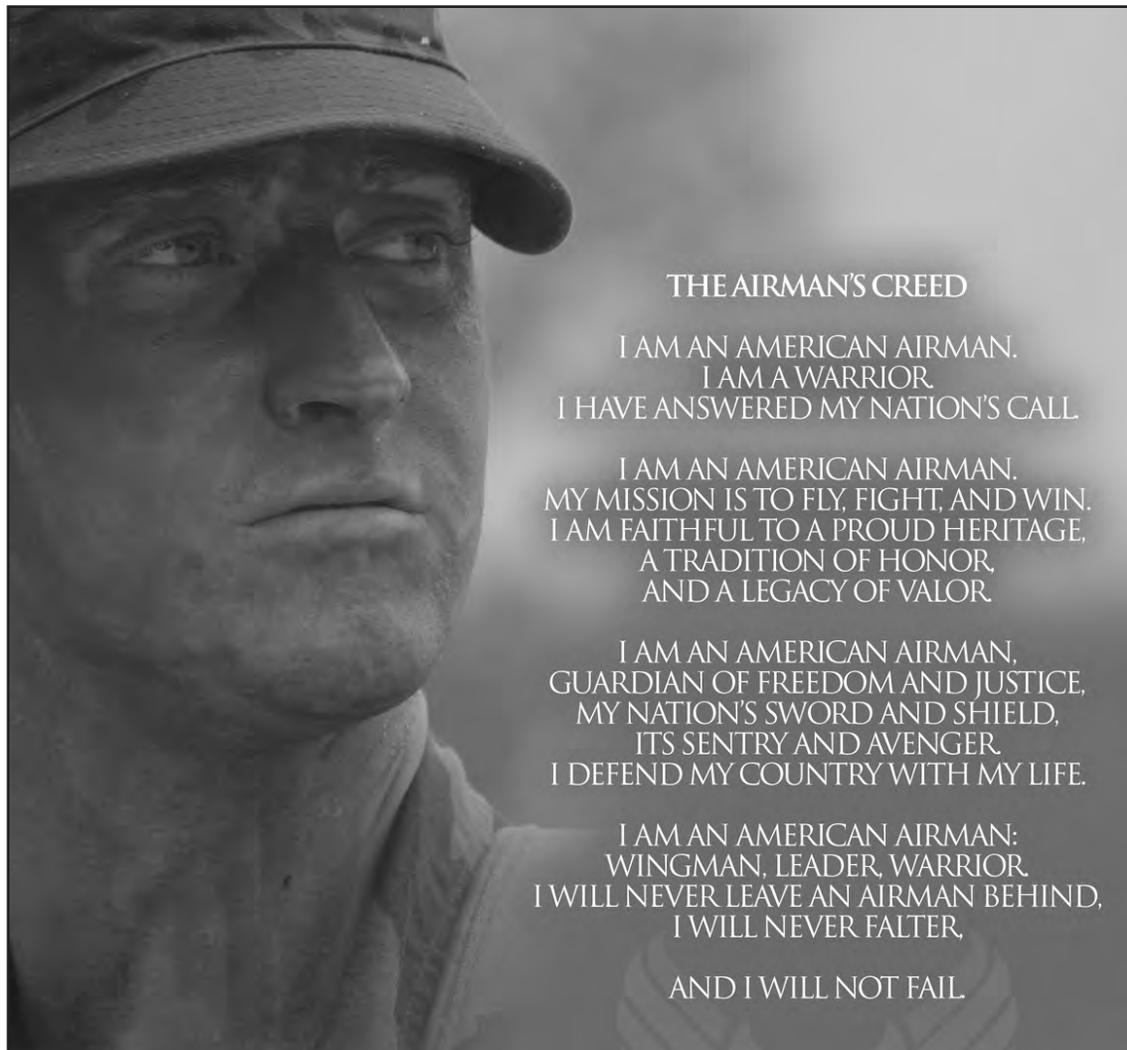
If voters don't receive their ballot by Saturday, they should use the Federal Write-In Absentee Ballot as a back-up ballot.

Similar to the FPCA wizard, voters can click on <https://www.fvap.gov/r3/fwab/home> to fill in the FWAB using a wizard that assists with filling in the form, again based on voters' particular state and county of residence.

Once completed, voters print out the form, sign and return it to their local election official.

The wizards produce a PDF package that includes a postage-paid envelope template, a security envelope template, instructions to election officials, state-specific information and submission instructions, a voter's declaration/affirmation, and a write-in ballot pre-populated with the information and candidates the voter entered in the FWAB wizard. If the state allows faxed returns, the wizard will also prepare a fax cover sheet with the fax number to the local election official.

If voters receive their state ballot after submitting the FWAB, they should vote and return the state ballot as well. State officials will only count the FWAB if the state ballot isn't received by the deadline.



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.

Hatch Act sets political boundaries for military, civilian employees

By Richard Brock

Legal office

With elections just around the corner, it's time to review what federal employees can and can't do.

These policies are based on the Hatch Act, 5 USC 7321-7325, and the Joint Ethics Regulation 5500.7R, Section 3, paragraph 6-300.

Defense Department civilians may:

- Be candidates for public office in non-partisan elections.
- Register and vote as they choose.
- Assist in voter registration drives.
- Express opinions about candidates and issues.
- Contribute money to political organizations.
- Attend political fund-raising activities.
- Attend and be active at political rallies and meetings.
- Join in and be an active member of a political party or club.
- Sign nominating petitions.
- Campaign for or against referendum questions, constitutional amendments or municipal ordinances.
- Campaign for or against candidates in partisan elections.
- Make campaign speeches for candidates in partisan elections.
- Hold office in political clubs or parties.

DOD civilians may not:

- Use official authority or influence for the purpose of interfering with or affecting the result of an election.
- Collect political contributions unless both the collector and the donor are members of the same federal labor organization or employee organization and the donor isn't a subordinate.
- Knowingly solicit or discourage the political activity of any person who has business with DOD.
- Engage in political activity while on duty, in any federal workplace, while wearing an official uniform or displaying official insignia identifying the office or position of the DOD employee, or while using a government owned or leased vehicle.
- Solicit political contributions from the general public.
- Be a candidate for public office in partisan elections.
- Wear political buttons on duty.
- Contribute to the political campaign of another federal employee who is in the DOD employee's chain of command, including the political campaign to re-elect the President or Vice President.

Military members on active duty may:

- Register, vote and express a personal opinion on political candidates and issues, but



not as a representative of the armed forces.

- Make monetary contributions to a political party.
 - Attend partisan and nonpartisan political meetings or rallies as a spectator when not in uniform.
 - Display a political sticker on the member's private vehicle.
 - Join a political club and attend its meetings when not in uniform.
 - Serve as an election official, under specified circumstances, while not in uniform.
 - Sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot, if it doesn't obligate the member to engage in prohibited partisan political activity, and is done as a private citizen.
- ### **Military members on active duty may not:**
- Use one's official authority or influence for interfering with an election, affecting the course or outcome of an election, soliciting votes for a particular candidate or issue or requiring or soliciting political contributions from others.
 - Be a candidate for, or hold, civil office except as authorized.
 - Participate in partisan political management, campaigns or conventions.
 - Make campaign contributions to another member of the armed forces or employee of the federal government, such the President, who is commander-in-chief of the armed forces.
 - Military and civilian employees of the federal government are absolutely prohibited from using government supplies, equipment, communication systems and facilities in any political activity.

For specific questions or clarification, call the legal office, 376-8601.

Red carpet rolls out for retirees Oct. 8

By Susan Griggs

Keesler News editor

Keesler rolls out the red carpet for military retirees for its annual Retiree Appreciation Day, 8:30 a.m. Oct. 8 at the Dragon's Lair in Locker House.

Brig. Gen. Andrew Mueller, 81st Training Wing commander, and retired Master Sgt. Morgan Brown, representing the National Association for Uniformed Services, are guest speakers at a 10:15 a.m. ceremony featuring the Keesler Honor Guard.

The 81st Medical Group will be on hand to adminis-

ter vaccinations. Among the 30 sponsored booths are the hospital, Fisher House, commissary, Bay Breeze Event Center, Area Agency for Aging, Bancorp South, health and wellness center, finance, personnel, Air Force Association, Air Force Sergeants Association, airman and family readiness center.

Free smoothies are served, entertainment is planned and door prizes are given. A free lunch is served at 12:30 p.m.

For more information, call Master Sgt. Traci Dev-ereaux, 376-4445.

Exchange identification process employs 'smart' technology

Army and Air Force Exchange Service Public Affairs

DALLAS — Implementation of an updated point-of-sale system that leverages the technological advances available through "smart" common access cards is streamlining the identification process for age-restricted items at Army and Air Force Exchange Service facilities.

"According to DOD Instruction 1330.21 and Army Regulation 215-8, exchanges are required to restrict the sale of certain items such as alcohol and tobacco," said Col. Virgil Williams, the AAFES chief of staff. "Prior to implementation of the 'smart' ID cards, exchange associates had to visually inspect the identification in order to complete the sale. Now, our scanners at the register can work directly with the card to verify eligibility."

The exchange's new point-of-sale system prompts associates to check identification when a restricted item is scanned.

Scanning the bar code on the front of the shopper's identification card allows the exchange's system to determine the customer's age and quickly complete the transaction. The system doesn't print the customer's birth date on a receipt or store the information in any way.

"This is a convenience issue," said Colonel Williams. "It's simply a matter of what is easiest for the shopper and, because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items."

According to Colonel Williams, scanning IDs to verify age is consistent with DoD Instruction 1000.13 which

deems U.S. armed forces identification cards as "the primary ID for active duty uniformed services members and shall be used to identify the member's eligibility for benefits and privileges."

"In this case the exchange is identifying whether the shopper is eligible to purchase age-restricted items," the colonel pointed out. "As a result, I believe this effort is consistent with DOD's intent behind 'smart' IDs and am excited about the efficiencies combining it with the Exchanges' point-of-sale system presents. Furthermore, I'm confident this process is protecting the benefits of authorized shoppers by verifying ages on items, such as knives and mature-rated music, video and games, as well as tobacco and alcohol."

Volunteer — get connected.

Dental team serves in Panama

By Master Sgt. James Bunce

81st Dental Squadron

Team Keesler was the point team in dentistry for this year's New Horizons exercise, an annual U.S. Southern Command humanitarian assistance mission conducted in August.

The 81st Dental Squadron deployed 20 members for two weeks as the lead team in support of the six-week New Horizons Panama mission. The team, led by Lt. Col. (Dr.) Andre Henriques, a prosthodontist, consisted of prosthodontist Lt. Col. (Dr.) Stephanie Stouder; oral surgeon Maj. (Dr.) Jeffrey Brown; pediatric dentist Maj. (Dr.) Stephen Gasparovich; and general dentists Capts. (Drs.) Rachael Parrish and Jeffrey Styskal.

The team also included dental technicians Senior Airmen Aaron Bentancourt, Gilberto Quijano, Veronica Reese and Rebekah Rush; Staff Sgts. Billy Bales, Hilary Barnes, Rebecca Escajeda, Ashly Garcia and Claudia Holcomb; and Tech. Sgts. Tisha Hargrove, Jeffery Bryington and Zackery Leos. Tech. Sgt. Elvin Muniz-Bonilla served as dental laboratory technician and Master Sgt. James Bunce was the non-commissioned officer in charge.

Keesler was the only unit that staffed their entire two-week rotation from its own manpower pool. The other participating bases were mission-lead Langley Air Force Base, Va., and Hurlburt



Photos by Master Sgt. James Bunce

Captain Parrish and Sergeant Holcomb prepare a tooth for a filling while teaching a Panamanian dental assistant.

Field/Eglin AFB, Fla., which augmented their teams with medics from several other bases.

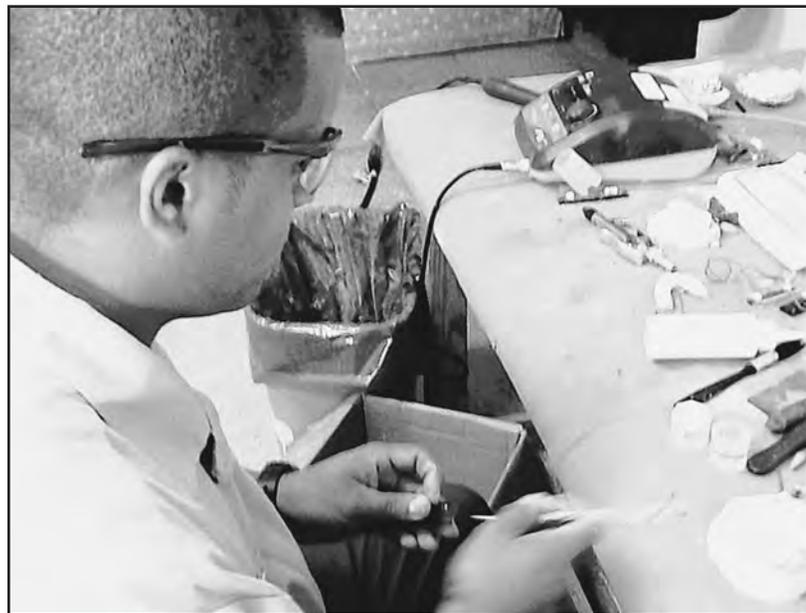
The missions benefitted Keesler medics, who received valuable field training while providing a much needed service to the community of Chitre, Veraguas. Two members of the team

were invited to the District of Santiago Panama, Veraguas Province, dental meeting to present professional lectures on infection control and prosthodontics to more than 50 dentists, dental assistants, dental students and dental school professors.

Keesler's team treated 1,215 patients in 10 days, accomplishing 4,296 dental procedures worth almost a half-million dollars.

Since New Horizons started in the 1980s, Airmen have built schools and community centers, dug wells, provided medical care and constructed clinics annually at the request of numerous countries in the spirit of cooperation and friendship.

New Horizons missions are an ongoing commitment by the U.S. government to assist with theater security cooperation and are requested by the host nations. By sharing experiences, information, vital skills, tactics and techniques, the Air Force continues to build enduring partnerships with nations in Central and South America and the Caribbean.



Sergeant Muniz makes prosthetic teeth.

Vascular surgery returns to Keesler

By Steve Pivnick

81st Medical Group Public Affairs

A vital service has returned to the 81st Medical Group Hospital.

Vascular surgeon Maj. (Dr.) Michael Hogan, 81st Surgical Operations Squadron, has brought his specialty back to Keesler following a five-year absence. Vascular surgery has been unavailable here since Hurricane Katrina devastated the Coast and the hospital. Until then, three vascular surgeons served the Keesler community.

Major Hogan also returns to Keesler, the site of his year general surgery residency from 2000-2005. In fact, he was a member of the last surgery residency class to graduate before the storm.

Marking a milestone, on Sept. 8 Major Hogan and his team performed the first endovascular aortic aneurism repair procedure since before Katrina. The procedure involved placing a stent into the aorta, the main artery from the heart, via a catheter inserted into a vein through a needle hole in the groin. The patient went home within two days. The doctor noted that in the past — and sometimes currently — this was major surgery requiring opening the abdomen to repair the aorta followed by a hospital stay of at least two weeks.

"This condition is a dangerous dilation ("ballooning") of the aorta, the 10th leading cause of death in the U.S.," Major Hogan observed.

The major, who arrived here in mid-July, performed his first surgery in August. The vascular surgery team completed 10 cases the first full week of September.

"Hopefully, we will soon hit our stride and do an increasing number of procedures," he said. "We perform repairs of the thoracic and abdominal aorta, all aspects of peripheral vascular treatment — both endovascular and open surgery — as well as treat cerebral (extra-cranial) vascular issues. We also take care of peripheral vascular disease in people with blood clots, gangrene, tissue loss, rest pain and acute and chronic venous disease. In addition, we place IVC (inferior vena cava, the large vein leading to the heart) filters and dialysis access in patients."

The team — vascular nurse 1st Lt. Aimee McLaurin and senior surgery resident Capt. (Dr.) Chad Edwards — also do cases in conjunction with interventional cardiologist Lt. Col. (Dr.) Steven Kindsvater, 81st Medical Operations Squadron.

Major Hogan said most of the people he treats are older, although he does have younger dialysis patients. He also treats military veterans as the result of sharing agreements with the Biloxi Veterans Affairs Gulf Coast Veterans Health Care System hospital. He is obtaining credentials to perform surgery at that facility as well. The major also anticipates serving the returning residents of the new Gulfport Armed Forces Retirement Home.

Major Hogan stated, "We are open for business and available for evaluations and to answer questions. We can handle most of the scope of the vascular practice here. For those procedures we can't perform, we will ensure patients get to someone who can."

Orange Grove/Lyman Chamber honors Sergeant Wince as Military Person of Quarter

Staff Sgt. Billy Wince, 81st Aerospace Medicine Squadron, was honored by the Orange Grove/Lyman Chamber of Commerce as their Military Person of the Quarter Sept. 23. Chamber president Barbara Tackett said Sergeant Wince was honored for directing the 81st Training Wing's environmental protection efforts that protect the base and impact the surrounding area.



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

Worldwide Day of Play

Worldwide Day of Play is an annual event designed to encourage kids and parents to turn off the television and play. This year's event was Friday at the youth center.

Photos by Kemberly Groue



Above, Airman 1st Class Shawn Milam, 366th Training Squadron Detachment 6 from the Seabee Base in Gulfport, watches as the Jenga blocks fall on Dezha Hutchins, daughter of Senior Airman Cedrick Hutchins, 81st Surgical Operations Squadron, and Staff Sgt. Makela Hutchins, 81st Medical Operations Squadron.



At right, Rachel and Dominic Wince, children of Staff Sgt. Billy and Janis Wince, 81st Aerospace Medicine Squadron, wait with Mom as Airman Basic Alma Valenzuela, 336th Training Squadron student, registers them for the Fit Factor program.



Nicholas Harvey, son of retired Staff Sgt. Rodney Harvey and Senior Airman Eleanor Harvey, a reservist in the 403rd Services Squadron and a civilian in the 81st Force Support Squadron, angles for a tricky shot during a game of pool.

Uniform changes go into effect on Oct. 1

By Staff Sgt. Patrice Clarke

50th Space Wing Public Affairs

SCHRIEVER Air Force Base, Colo. — Oct. 1 not only signals the beginning of a new fiscal year, it also signifies the time when many uniform changes come into effect.

The following is a list of upcoming changes:

The 2EXX, 3AXXX and 3CXXX legacy badges will no longer be worn.

The green fleece outer garment must have name, service designator and rank affixed to wear.

The black fleece will no longer be worn as an all-purpose environmental camouflage parka liner.

Tucking the Airman Battle Uniform or Battle Dress Uniform trousers into the boots will remain optional versus becoming mandatory. Pant legs can either be tucked in or bloused over the boots.

The 100-percent wool pullover blue sweater will no longer be worn.

The phase-out date for the gray and dark blue scarves, gloves, mittens and earmuffs is Dec. 31.

The BDU and Desert Combat Uniform, and all their uniform items, are still authorized until Nov. 1, 2011. Airmen can still wear the desert tan boots with their ABU until the mandatory wear date in November.

For more information concerning any uniform wear or change issues go to www.afpc.randolph.af.mil/dress/index.asp.

**Volunteer —
get connected.**

Rave reviews from kids at Keesler Youth Center

By Staff Sgt. Kimberly Moore

Keesler Public Affairs

Many children who attend the Keesler Youth Center's before- and after-school programs shared why they enjoy it so much and their answers revealed a variety of activities available through the programs.

"I like coming to the youth center because it's a time to have a little extra fun before going home," said 8-year-old Taylor Bills, son of Jacquelyn and James Bills, Keesler Weather Station.

"I love coming to the youth center to meet new friends and play with the counselors," said 12-year-old Michelle Gelacio, daughter of Tech Sgt. Jesus Gelacio, 81st Logistic Readiness Squadron, and Dora Gelacio, AAFES.

Naphtali Lamey, 12-year-old daughter of Tech. Sgt. Wrenroy and Germaine Lamey, 81st Communications Squadron, said, "I like coming to the youth center because of the activities we do and the counselors are really nice. The after-school program is very fun; I love the youth center!"

"The youth center counselors provide more than just



From left, Kylee Leech, 7, daughter of Senior Airman Kimber Anson, 335th Training Squadron, and Taylor Bills, 8, daughter of James and Jaqulyn Bills, base weather station, are attracting the attention of quite a few free electrons whizzing through the plasma globe to their fingertips. Children participate in many such experiments at the youth center.

Photos by Staff Sgt. Kimberly Moore

oversight; they truly care about and interact with the children," said Ann Smith, 81st Force Support Squadron youth programs director.

"They provide a wide range

of fun and challenging activities to help children and youth build lifelong skills and interests. The center staff receives continuous training in Air Force standards, Boys

and Girls Club programs, 4-H and youth development."

The before-school program allows parents of school-age children to take their children to the youth center as early as 5:45 a.m. Mrs. Smith explained that children interact with others in their age group, eat breakfast and meet in clubs and play in interest centers before boarding a bus and being taken to school.

For the after-school program, the youth center bus picks the children up from school and drives them to the youth center. The afternoons are filled with activities ranging from homework help, sports and outdoor activities to arts and crafts.

"I like to go to the youth center because I like to do my homework because I don't have any time at home," said 8-year-old Kaitlin Coburn, daughter of Petty Officer 1st Class David and Melissa Coburn, Keesler Center for Naval Aviation Technical Training Unit.

"I like to play in the gym and go outside," said Darius

Villamor, son of Tech. Sgt. Franco and Gemmalyn Villamor, 81st Medical Operations Squadron. His 12-year-old brother Christian said, "I love hanging out with my friends and going on the computers."

Seven-year old Brooke Brown, daughter of Tech Sgt. Tiffany Brown, 335th Training Squadron said, "I like to draw!"

For children ages 10 and up, open recreation is available until 7 p.m. Although space is limited, the youth center does transport youth in this age group to and from Biloxi Junior High School.

Once the open rec children arrive at the youth center, they do homework, have snacks, play games, have club meetings and work on projects.

Jaylin Bass, 8-year-old daughter of Patricia Benson-Bass and Tech Sgt. Bobby Bass, command post, said, "I like coming to the youth center because of everything!"

For more information about the youth center's before- or after-school programs, call 377-4116.



From left, Brooke Brown, 7, daughter of Tech. Sgt. Tiffany Brown, 335th TRS; Dajia Bryant, 8, daughter of Tech. Sgt. Rickesa Bryant, 336th TRS; Samira Liggett, 8, daughter of Senior Airman Jazmin and Carlin Butler, 81st Logistics Readiness Squadron; and Kylie Limrick, 8, Sergeant Moore's daughter, enjoy an afternoon snack together.

Flu shots

Required for active-duty personnel; urged for civilians, dependents, retirees

By 1st Lt. Brittany Chase

81st Aerospace Medicine Squadron

Flu season is quickly approaching and with the viral activity comes the need to be immunized. Everyone 6 months of age and older should receive a flu vaccination as soon as vaccine is available.

Flu viruses are spread mainly from person to person through coughing, sneezing or talking to people with influenza. The virus can survive on surfaces and can infect a person for two to 8 hours after being deposited on the surface.

While flu is hard to predict, it is likely that the 2009 H1N1 viruses and regular seasonal viruses will cause illness in the U.S. this flu season. The 2010-11 flu vaccine will protect against three different flu viruses — an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last season.

Keesler will receive three forms of the vaccine: FluZone, for 6 months and older; Afluria for ages 9 years and older; and FluMist nasal spray for healthy populations ages 2 and older.

All active-duty members are required to be vaccinated and all dependents and retirees are highly encouraged to get vaccinated, especially if they are considered high risk — those 65 years or older, children younger than 5, pregnant women and people of any age with certain chronic medical conditions.

As new shipments of vaccine arrive, 81st Medical Group Hospital beneficiaries will be contacted via an automated phone call announcement letting them know flu vaccine is available at the immunization clinic. High-risk patients and hospital employees are contacted first, followed by school children and remaining active-duty personnel.

It's important to take preventive measures such as vaccinations and practicing good hygiene, to safeguard your health every day, but especially during flu season. Here are some things that can be done to protect everyone's health this flu season:

Cover the nose and mouth with a tissue



Photo by Kemberly Groue
Chief Master Sgt. Lonnie Slater, 81st Training Wing command chief, gets his flu shot Sept. 14 from Brig. Gen. Kory Cornum, 81st Medical Group commander.

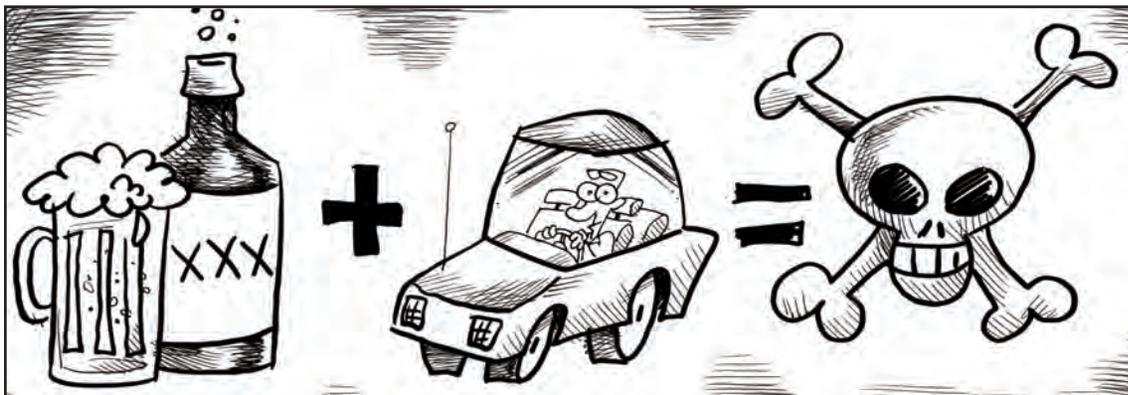
when coughing or sneezing. Throw the tissue in the trash after use.

Wash hands often with soap and warm water. If soap and water aren't available, use an alcohol-based hand rub.

Avoid touching the eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

For more information on influenza, please visit the CDC at www.cdc.gov/flu/ or call public health, 376-3163.



Road rules strictly enforced to keep base personnel safe

By Jonathan Hicks

Keesler Public Affairs

Most people enjoy freedom of driving and having their own transportation. However, along with this independence comes the responsibility of adhering to the “rules of the road” that are designed to keep all of us safe.

Military installations may be some of the safest traffic communities in the United States largely due to the many regulations and their strict enforcement. There are some differences in the rules governing military bases because they are like a self-contained city, but many of the same roadway safety issues found on public roads are also found at Keesler.

“Some of our most common violations here at Keesler are driving under the influence, speeding, minor accidents, no vehicle insurance and suspended or expired driver’s licenses,” according to Staff Sgt. Sheralyn Gonzalez, 81st Security Forces Squadron noncommissioned in charge of reports and analysis.

“However, there’s been an increase in minor vehicle accidents since the new exchange and commissary opened in April.”

Traffic violations by military members and civilian employees are handled differently when it comes to punishment or fines.

“Military members are issued a Defense Department Form 1408, Armed Forces Traffic Ticket, and are assessed points against their driving record, which could lead up to punishment under



Photo by Kemberly Groue
Staff Sgt. Wahkina Boyd, 81st Security Forces Squadron, aims a radar gun at oncoming vehicles on Larcher Boulevard to clock their speed. Speeding limits are strictly enforced.

the Uniformed Code of Military Justice,” Sergeant Gonzalez said.

“Civilian employees are issued a DD Form 1805, United States District Court Violation Notice, which carries a monetary fine. Points are also assessed against their base driving record. If a citation is issued for speeding, the points are assessed through the state

against their driving record.”

Where does the money go when fines are paid?

“The money collected from fines is used for abused women’s programs and shelters throughout the state of Mississippi,” Sergeant Gonzalez said.

For more information, call the base traffic safety office, 377-2007.

Defense Department telecommunications systems are subject to monitoring.

Using a telecommunications system or device constitutes consent to monitoring.

Space available flights

Regularly scheduled flights on 403rd Wing unit training assembly weekends are available to MacDill Air Force Base, Fla.; Dobbins Air Reserve Base, Ga.; Little Rock AFB, Ark.; and Millington Municipal Airport, Memphis, Tenn.

For recorded flight information, call 377-4538 or DSN 597-4538, and for a passenger representative, call 377-1259 or DSN 597-1259.

Enlisted bash

An enlisted bash is 9 p.m. to 1 a.m. Friday at the Bay Breeze Event Center.

The entrance fee is \$3 in advance and \$5 at the door. There'll be a disk jockey, food, refreshments and game-winning prizes including a 42-inch flat-screen television, Xbox360, gas cards, gift cards and a facial.

Keesler's Airmen's Council, Airmen Against Drunk Driving and Dorm Council are

sponsoring the event.

For more information, call Airman 1st Class Allen Savedra, 377-9240, or e-mail allen.savedra@us.af.mil.

Heart Walk

Base teams are being organized for Saturday's American Heart Association's Heart Walk Saturday.

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.

Be Well class

The health and wellness center offers a "Be Well Class," 8-10:30 a.m. Tuesdays, for Keesler military, retired, their families and federal civilian employees.

The three-part class focuses on exercise, nutrition and

behavior modifications. It's recommended for people who aren't sure how to start an exercise program or make improvements in overall health, fitness and diet. It's taught by an exercise physiologist, the HAWC dietician and a mental health technician.

Specific modules are offered each month that members can attend, such as running, strength training and healthy weight.

For more information, call the HAWC, 376-3170.

81st CS closed

The 81st Communications Squadron is closed 7-10 a.m. Tuesdays and Fridays for Unit Compliance Inspection preparations and training.

Regular hours resume after the inspection.

For emergencies, call 376-8127.

Healthy living classes

The mental health flight is offering a series classes encom-

passing healthy living from a therapeutic point of view.

Classes are 3 p.m. Wednesdays in the Arnold Medical Annex conference room in on Meadows Drive behind the tennis courts.

They last 60-90 minutes and are open to military members and retirees, along with their family members, as well as federal civilian employees.

For more information on topics, call Senior Airman Fabian Consbruck, 376-0385.

Second career briefing

Marketing Yourself for a Second Career program is 9 a.m. to noon Oct. 20 in the Sablich Center Auditorium.

The program is presented by retired Navy Capt. Brian Blanchfield, Military Officers Association of America.

It's recommended for military members who plan to leave the service in the next one to three years. Spouses are encouraged to attend.

Topics include job competi-

tion, transition planning, resumes, salary negotiation, networking and interviewing.

For more information, call Steve McDaniel Jr., 376-8506.

Airman's Attic hours

Airman's Attic is at the corner of Meadows Drive and 1st Street.

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 issues

For supply issues, contact 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.

ENERGY AWARENESS

The Air Force is committed to energy efficiency. Everyone -- servicemembers, civilians and family members -- can help save energy and work toward a cleaner future. Here are some "Energy Facts" to think about:

- Each winter, the equivalent of all the oil in the Alaskan oil pipeline is lost as heat through American windows
- "Energy Star" makes a difference. Energy Star tagged appliances typically use 50 percent less energy than their older counterparts
- Every time an oven door is opened, 25-50 degrees of temperature is lost
- Each ton of recycled paper saves the energy equivalent of 380 barrels of oil
- Ceiling fans cost about \$2.40 a month to run 10 hours a day; they can reduce energy bills by \$10
- Recycling one aluminum can saves enough energy to run a television for three hours

Make energy awareness a part of your day

Home child care requires licensing

By Lisa Campbell

81st Force Support Squadron

People living in base housing who care for children in their homes could be breaking the rules.

Air Force Instruction 34-276, which governs day care in on-base quarters, states "any individuals caring for children more than 10 hours a week on a regular basis must get approval."

It states that the "installation commander may revoke the housing privileges of individuals who provide child care but refuse to become licensed or who continue to provide care after their license has been suspended or revoked."

The rule applies whether or not caregivers are compensated for their services.

"We feel people living in base housing, who regularly care for children without being licensed, may be unaware of the regulation," said Mary Pleasant, family child care program coordinator. "We want not only to bring the information to their attention, but to educate them on the alternative — to become a licensed

family child care provider."

Licenses are granted by the 81st Mission Support Group commander, usually within 30 days upon completion of the initial FCC provider training, background screenings and home inspections.

Training includes child guidance, play environments, nutrition, ages and stages of development, child abuse and neglect, recordkeeping, business management, CPR and first aid.

"FCC providers are professionals trained to give the best possible care to the children left in their charge," said Ms. Pleasant.

Once licensed, providers may care for children from 2 weeks through 12 years old assistance from the FCC staff in setting up their home and have access to an extensive library for toys, equipment and materials which help keep costs down. They may set up their own hours of operation and fee structure.

For more information, call 377-3189, 5934 or 5935, 8:30 a.m. to 5:30 p.m. Mondays through Fridays.

News tips?

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

Medic takes detour to finish Air Force Marathon

By Susan Griggs

Keesler News editor

Many marathon runners insist that finishing a race, not their speed, is the most important thing. But not many athletes take that declaration as seriously as Mark Bautista.

Bautista, an endocrinology technician in the 81st Medical Operations Squadron, took a circuitous path when running the Air Force Marathon Sept. 18 at Wright-Patterson Air Force Base, Ohio. His first marathon included a mistaken turn that sidetracked his path, but he doubled back and managed to complete the 26.2 mile race more than five hours after he started.

Bautista was listening to his music and trying to get focused, and he missed the split for the 10K and the full marathon course.

"When I crossed the finished line for the 10K, I was so confused and in shock," Bautista explained. "Medals were being given away, and I quickly ran to a race official. A lieutenant colonel tried to help me after I told her about my situation, but when she showed me the course map, the full marathon was on the other side of the base.

"My wife and I asked the police, security officials and medics with gators to see if I could get a ride to the other side so I can get back on track, but they all said they couldn't help," he continued. "The lieutenant colonel said that the best bet was to take

my personal vehicle and drive out to the site, but the roads were blocked, so I'd have to run an unknown distance just to get back on the route."

At that point, Bautista was ready to quit, but his wife, Staff Sgt. Rose Bautista, 81st Surgical Operations Squadron, wouldn't let him.

"I was starting to get more upset with my wife because she just kept on pushing me, telling me to just keep going," he admitted. "So we power-walked from the 10K finish line, past the Air Force Museum to the dirt parking lot.

"My wife is the true hero in this story," Bautista admitted. "It was a trek just getting to our car. She just wouldn't let me give up. She had our 3-year-old son, Gabriel, on one hand and I picked up the stroller as we scurried to our car. She asked every race official in sight if they could help, but they all said that the roads were blocked and it was quite a way to get back to the course route.

"My wife was able to drop me off close to the route — we had to go through a few road blocks — and I was able to talk to another race official who luckily had a vehicle and she was able to drop me off at Mile 6 of the course at the edge of Fairborn, Ohio."

By this time, Bautista had already run the 10K — 6.2 miles — plus the distance to get back to the 26.2-mile marathon course.

"It was a sad, sad day — I really just wanted to go home, but my wife told me that I didn't come all the way to Ohio



Bautista

just to run a 10K," he recalled. "When I pressed 'start' on my GPS watch at Mile 6, I had already logged 7.23 miles."

Even though he had his headset on, he could hear people's comments, like, "He must've gotten a late start," or "He must've gotten hurt." Bautista gave them "thumbs up" and kept running.

"An elderly couple walked to me as I was running and gave me bottled water and told me to keep trucking," he commented. "I was dead last with no one in sight for a long time. I picked up my pace; I started to see people in front of me. A lot of them looked like they were walking in pain and it motivated me to keep going. I didn't want to be the last one to finish.

"I began to feel like there was a light at the end of the tunnel — I just hoped that it wasn't just a freight train com-

Hernandez posts best time for base's marathon runners

By Susan Griggs

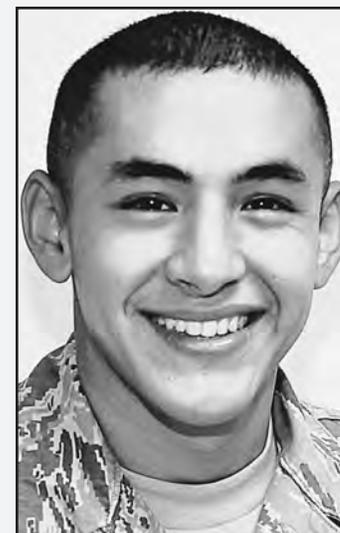
Keesler News editor

Guillermo Hernandez, 81st Medical Operations Squadron, posted the fastest time of Keesler runners at the 2010 Air Force Marathon, Sept. 18 at Wright-Patterson Air Force Base, Ohio.

His time didn't show up on a website search because his first name was misspelled.

His clock time was 3:37:25 and chip time was 3:34:08, putting him 203rd of 2,417 runners, 180th of the 1,714 male runners and 14th of 133 in his age division.

"He has a shattered knee from a car accident a couple years ago and has pins in it," said Zsuzsanna Krokovay, another marathon finisher from the 81st MDOS. "Around Mile 23, his knee popped and he knew he had to stop for a while to prevent severe injury. When I was finishing the race, an hour



Hernandez

after he was done, he was there cheering me on and telling me that the finish line was right around the corner.

"He's an amazingly fast long-distance runner," she added. "During training, he would run to Ocean Springs from Keesler and back like it was nothing."

ing my way!" he said. "I struggled — I was in pain by Mile 20-ish. Luckily, I was able to finish. I was ecstatic — I had never run 26.2 miles in my life and I was able to run 26.2 miles and then some."

Bautista obtained copies of the official photos when he crossed the finish times, but, "The times on the photos are

incorrect because those are for the racers that actually started and finished their right race. According to my GPS watch, I finished 26.2 miles in 5 hours and 9 minutes."

"I'm so grateful to my wife and my friends," he acknowledged. "My son was so tired from all the running around. He's a trooper."

Leaders emerge in intramural flag football

By Susan Griggs

Keesler News editor

Now there are 15.

The 338th Training Squadron's B team dropped out of the intramural flag football conference for lack of players, leaving seven teams in the National Conference and eight teams in the

American Conference.

In the National Conference, it's a battle of the medics for the top spot, with the 81st Medical Group and the 81st Medical Support Squadron's A team both posting 7-0 records as of Sept. 23.

Sept. 21, the 81st MDG squeaked past the 81st Diagnostics and Therapeutics Squadron, 13-12; the 332nd TRS

claimed a 6-0 victory over the 336th TRS-B and the 338th TRS-B upended the 403rd Wing, 40-20.

Sept. 23, the 332nd TRS had a 6-0 win over the 81st Logistics Readiness Squadron, the 81st MDSS -A defeated the 338th TRS-B, 27-20, and the 81st MDTs slipped by the 403rd Wing, 28-27.

Base construction sites are off-limits without authorization.

Warrior Games epitomize Airman's determination

By Staff Sgt. J. Paul Croxon

Airman Magazine

Editor's note: This story is reprinted from Airman Magazine, September-October 2010. Sergeant Morgan went through his initial weather training at Keesler and returned to the base Sept. 20 for the retirement of his Warrior Games teammate, Chief Master Sgt. Damian Orslene.

The noise from the cheering crowds and buzz of the starting signal reverberates off the walls of the U. S. Olympic Training Center's pool as swimmers compete in the 50-meter backstroke. For one of them, the cool water during the qualifying round of the first Warrior Games in Colorado Springs, Colo., offers some relief from the permanent pain in his legs caused by a 10-year-old injury.

That he can feel pain in his paralyzed legs should be impossible, but for retired Air Force Staff Sgt. Jason Morgan, the word impossible doesn't hold the same meaning as it does for most people.

After all, swimming competitively with legs that provide nothing but ballast might be thought of as impossible.

As the starting signal sounds, Sergeant Morgan and his fellow wounded veterans rush across the pool. Intense training from the previous week has turned the swimmers into watertreading machines.

Flashes from dozens of cameras freeze the practiced movements in time. Right arm up, stroke, left arm up, stroke. The mechanics of good form make the movement look easy. To a spectator, only the wobble of his legs as they are tugged along in the water belies the fact that he is paralyzed.

Paralysis doesn't define this wounded, but not beaten, Airman. Instead, losing the use of his legs taught him to define himself by things that can't be taken away.

"In the Air Force, I was a combat meteorologist," he said. "In the special operations community, I feel like I based my life on who I was and what I did for the Air Force. When that was taken away I felt like I had nothing left. This wheelchair has been a character-building experience for me."

It was on a mission to South America in 1999 that his character-building lessons began. On the way back from a mission, the vehicle he was riding in rolled down a ravine. Sergeant Morgan was thrown from the vehicle and landed facedown in stagnant water. The vehicle landed on top of him. His back was crushed, his lungs collapsed. Only a chance encounter saved his life.

"Fortunately for me an American missionary was there in Ecuador and, as he drove the road, he noticed the vehicle at the bottom of the ravine. He thought it might be a fresh accident. So, as he was running down there, he just about stumbled over me," he said. "He pulled me up and carried me up the hill to his vehicle. He had a shortwave radio and was able to call the ambulance. The ambulance would be three hours. I was gasping for every breath. Both my lungs were collapsed and full of water. The missionary said, 'This guy doesn't have three hours.'" Knowing Sergeant Morgan couldn't wait for the ambulance to make the three-hour drive, the missionary decided to meet the ambulance halfway. He removed the seats from his van



Photo by Senior Airman Cynthia Spalding
Sergeant Morgan uses a custom-designed race wheelchair for track events. The rear wheels are slanted and the chair is specifically made to be as aerodynamic as possible. Sport chairs come in many varieties, allowing athletes to race, play basketball and compete in many other sports.

and put Sergeant Morgan and two other injured service members inside as carefully as possible. The missionary arrived at the rendezvous point just as Sergeant Morgan stopped breathing. The medics were able to insert a chest tube in Sergeant Morgan and get him to a hospital. Within 24 hours, Sergeant Morgan was back in the United States in an induced coma as doctors fought to save his life. In addition to his injuries, an infection was growing in his lungs from the stagnant water he'd inhaled.

Sergeant Morgan awoke from the coma six weeks later. His wife and five children were there to greet him. They saw the same person on the outside, but Sergeant Morgan had to redefine who he was on the inside. The reality of his drastically changed life threatened to rob him of his identity. Taking on tough challenges was something he was used to from his special operations career, and it helped carry him through recovery and retirement.

"When I woke up from the coma, the doctor told me that I suffered a spinal cord injury, that I would never walk again," Sergeant Morgan said. "I remember thinking for a split second, 'There's no way.' So, I immediately replied, 'Yes I will.' The doctor was like, 'I'm sorry. You won't. The extent of the damage was severe.' I said, 'You know what? I will walk again. See, I'm moving my toes right now.' The doctor replied, 'No, you're not moving your toes.' I said, 'I am. It's just too small for you to see it.'"

Sergeant Morgan said that in the first years of recovery, he had to come to grips with the fact that he would never walk again. He learned to

accept it, though it took time.

"I was thoroughly convinced that within 10 years I would be cured," he said. "I wrote in a magazine article that in 10 years I would run a marathon. It's been 10 years since I was hurt and I'm obviously not able to run, but I have found ways to compete."

The scars from 11 back surgeries are visible as Sergeant Morgan hauls himself out of the pool. A slight wince is the only indication of the pain from crushed nerves in his back and legs. He looks at the clock. He qualified. It's a good start for the day.

With little time to change and eat, he makes his way to another building where his Air Force wheelchair basketball teammates await. For him, the team and the Warrior Games make him part of the Air Force again.

"I miss the Air Force a lot," he said as he made his way to the gym. "I was hurt right before 9/11. Being in special operations after that happened, and knowing that all my friends were deploying to Afghanistan and Iraq, I felt it was what I was trained to do and I needed to be there with my buddies, fighting along beside them. I can't tell you how bad I miss it. That's the nice thing about this. It makes me feel part of the team again, part of the family."

During the opening ceremony, Juan M. Garcia III, the assistant Secretary of the Navy for manpower and Reserve affairs, noted that the Warrior Games were created by the U.S. Olympics Committee and the Department of Defense to demonstrate the indomitable spirit of wounded veterans. More than 200 wounded service members competed in three days of Paralympic-style competition in nine sports including archery, shooting, track and swimming.

For Sergeant Morgan, rejoining the Air Force family through sports combines who he was with who he has become. It is through sports that he found a way to do what many believe is impossible.

In addition to the backstroke and wheelchair basketball events, he competed in the 400 and 1500-meter wheelchair races. Competing in the Warrior Games was another box to check off of his to-do list because he plans to join the U.S. Paralympics team.

Perhaps it's his innate competitiveness or his refusal to admit something is impossible. Sergeant Morgan used the Warrior Games to prove otherwise.

"Out of anything I've done, this has been the greatest thing for me," he said. "One of the hardest things after I got hurt was receiving the letter saying I was permanently retired from the Air Force. I was hoping that through some miraculous chance I would start walking again one day. Obviously it didn't happen. This event has made me feel like a part of the Air Force again."

Sergeant Morgan's wife, Christina, noticed the increased optimism and excitement the Warrior Games ignited in him.

"Jason was not only excited to be part of a team again, but thrilled to be part of his Air Force team," she said. "The Warrior Games gave him more courage than fears and more gains than losses. He is looking forward to next year."

In February, Sergeant Morgan raced a half-marathon. In November, he's scheduled for a full marathon. With each new challenge and each success Sergeant Morgan is proving that though things may seem impossible a change in perspective can prove it otherwise.

'Ironwoman' tests human body's limits

By Steve Pivnick

81st Medical Group Public Affairs

"It's unbelievable what the human body is capable of."

That's how Yekaterina Karpitskaya described her view of the almost 15 hours it took her to complete a recent Ironman competition.

She competed in her first full Ironman Sept. 11 in Madison, Wis. The event consisted of a 2.4-mile swim, 112-mile bike ride and 26.2-mile run. She finished the event with a total time of 14:55:25. Her times for each leg were 1:28:53 for the swim in Madison's Lake Monona, 7:53:54 for the bike ride around Wisconsin and 5:01:02 for the marathon.

"I wanted to test the body's limits," explained the 33-year-old orthopedic surgeon from the 81st Surgical Operations Squadron. She had noted previously that she had participated "for all my active-duty and retired patients whose injuries rendered them unable to do such things."



Photo by Steve Pivnick

In her office at the 81st Medical Group Hospital, Karpitskaya displays her Ironman medal and souvenirs.

Training mainly solo for the event over a span of 20 weeks, Karpitskaya estimated she biked approximately 500 miles, ran another 800 miles and

swam 60-80 miles in the base pool.

"I did quite a few rides with a local group of triathlon enthusiasts," she said. "We called ourselves 'The Tick-

ing Tri-Bombs.' They really helped me with my cycling. They are Leah McBride, 'SeaBee' Tyler Watters, Allen Stanfield and Darren Koennen."

She hopes to participate in another Ironman in November 2011 in Panama City, Fla. She plans to run in a Mississippi Gulf Coast half-marathon in November at Stennis Space Center and a full marathon in January at Walt Disney World.

Karpitskaya came to the United States in 1992 from Simferopol, Ukraine, became a naturalized American citizen in 1997 and was commissioned in 1998. She received a bachelor's degree in biology and psychology, a master's degree in neuroscience and her doctor of medicine degree from Washington University in St. Louis, Mo. The "Ironman" completed her orthopedic residency at the UCLA Medical Center in Los Angeles. Arriving here three years ago, Keesler is her first active-duty assignment.

Keesler nurses run Disney's half marathon

By Susan Griggs

Keesler News editor

Saturday night, two Keesler nurses will be in Orlando, Fla., for the inaugural Walt Disney World Wine and Dine Half Marathon.

Mary Peterson and Chris Johnson are avid runners and coworkers on the 81st Medical Group Hospital's surgical inpatient unit. The race begins at 10 p.m. from the Wide World of Sports Complex, passes through Disney's Animal Kingdom and ends at Epcot's World Showcase.

Peterson has added to the challenge by trying to raise \$2,000 for blood cancer research as part of the Leukemia and Lymphoma Society's Team in Training.

"Running is fun, but I get more motivated when it's for a better cause than just myself," the 26-year-old Louisiana native said. "I'm running for each person and their families and loved ones whose lives are affected by these awful diseases. I haven't met my fund-raising goal yet, and the clock is ticking."

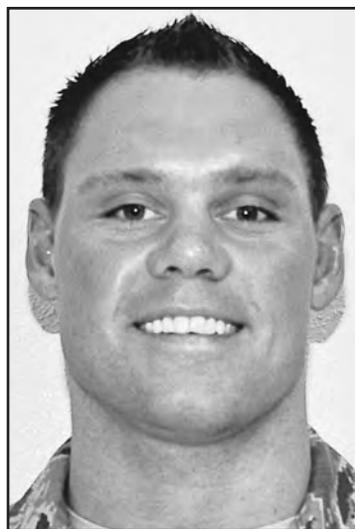
Keesler is the first duty sta-



Peterson

tion for Peterson, a 26-year-old Louisiana native who's been in the Air Force for 2½ years.

"The Air Force requires us to stay fit, so I run," Peterson explained. "But we have a family saying that, 'If one is good, more is better.' We call it Aunt Alice Syndrome after a family member who started with this train of thought in her cooking. So I applied it to running — if 1½ miles is good, then 13.1 miles is better!"



Johnson

In 2009, Peterson completed the Air Force Half Marathon and the Gulf Coast Half Marathon at the Stennis Space Center.

"That second race was amazing," Peterson pointed out. "I paced with a 70-year-old man who had just started running four years prior. He was running his 40th race in celebration of being in remission from prostate cancer for four years. He travels all over the U.S. run-

ning full marathons, one each month, sometimes two. He was an inspiration to run not only for myself, but for someone else and a higher cause."

To donate to Peterson's fundraising effort, log on to <http://pages.teamintraining.org/ms/diswine10/peterson>

Johnson, 29, joined the Air Force 13 months ago, and Keesler is his first assignment.

"I've been running for about eight years," Johnson said. "I typically run about 15 miles a week unless training for an event like this. My past running experience has just involved me running on my own for the past eight years.

Although this is Johnson's first half marathon, "I have my first bachelor's degree in exercise science and fitness. I run and lift five or six days a week so physical activity has always been a part of me."

The location of the event was a motivator for Johnson.

"It's at Disney World and I'm a Disney fan," Johnson commented. "I'm a competitor and an avid runner — after running this, I know that there'll be more to follow."

Intramural golf finals Tuesday at Bay Breeze

By Susan Griggs

Keesler News editor

The base's intramural golf championship is decided Tuesday at Bay Breeze Golf Course.

The 81st Force Support Squadron meets the winner of Tuesday's losers' bracket faceoff between Keesler's Marine Corps Detachment and the 334th Training Squadron's A-team. Results weren't available at press time.

Sept. 14, the 81st FSS dropped MARDET to the losers' bracket, the 334th TRS beat the squadron's B-team and the 81st Medical Operations Squadron eliminated the 81st Dental Squadron.

Sept. 21, the 334th TRS-A defeated the 81st MDOS in losers' bracket play.

Sailor spirit



Photo by Kemberly Groue

Navy fans posted a sign of support over the weekend on one of the towers adjacent to the parking lot shared by Allee Hall and the weather training building. The annual Air Force-Navy game is Saturday at the Air Force Academy in Colorado Springs.

Pentagon urges all employees to 'leap' into physical fitness

American Forces Press Service

WASHINGTON — Uniformed and civilian Air Force members are encouraged to represent the Defense Department in the presidential fitness challenge this fall as our country continues to focus on health and wellness.

The DOD's civilian personnel policy office is sponsoring "Leap Into Fall," a fitness challenge for all uniformed and civilian military members that runs through Oct. 31.

The campaign goal is for DOD members to record 1.5 million hours of physical activity during the challenge.

Pentagon officials say participating in the challenge is not only good for employees and the DOD, but also for the nation.

"We consider this part of readiness," said Kathleen Ott, acting deputy undersecretary of Defense for the civilian personnel policy office. "We want our employees to be fit and be productive. If we pay attention to our employees and their needs, it makes us a better employer, better able to recruit and retain employees, and retain our reputation as a model employer."

The office started the "Leap Into Fall" challenge as a call to action to get people moving.

The challenge also supports First Lady Michelle Obama's "Let's Move" campaign for children. Participants may compete as individuals or groups.

Physical activity doesn't have to be strenuous, and could include walking, biking, gardening, golfing, home repair, virtual sports, even juggling, or "anything that gets you up and moving," Ms. Ott said.

Participants should log onto the DOD wellness website, www.cpms.osd.mil/wellness/wellness_fitchallenge.aspx, and follow the quick links to build a profile and to log their physical activity.

Individuals who want to be included in the DOD participation rates should use the password "wellness" when registering, and submit usernames to wellness@cpms.osd.mil.

Participants interested in joining a group for the DOD Fitness Challenge should identify a group leader to complete the group registration on the website. A group ID number is generated for group leaders to provide to members. Each member

should fill in their group ID number in their profile to join the group.

Group leaders should then submit the group information to wellness@cpms.osd.mil.

Individuals with 25 hours logged, or groups in which members log an average of 25 hours, receive a certificate of achievement.

The top three individuals and top three groups are recognized on the DOD wellness website.

Air Force civilians may count their physical training time toward the challenge.

Air Force Instruction 36-815, Absence and Leave, allows supervisors to excuse civilian employees from their normal duties in order to participate in physical fitness activities for up to three hours per week, based on mission and workload requirements.

Employees should check with their local civilian personnel section to learn if the on-duty physical fitness program is in effect for their organization.

Organized PT time for Airmen can also be counted toward the challenge.

More than 8,000 employees have logged on to the site so far.

Oct. 8 golf tournament benefits wounded warriors

Keesler's Wounded Warrior Golf Tournament is 11 a.m. Oct. 8 at Bay Breeze Golf Course.

The cost is \$50 per player, with a limit of 36 four-person teams. The fee covers food, beverage, green fees and cart.

There'll be prizes and raffles. Mulligans/strings are \$5.

All profits benefit wounded, injured and ill service members and their families in the surrounding area who are in need through the local Disabled American Veterans chapter.

For more information, call Dan Ransom, 376-3076, or Christopher Freimann, 377-8234.

HAUNTED HAPPENINGS

Ghouls' Night Out ~ 6 p.m. Oct. 29

Halloween in the marina park, for all family members. Games, treats, spooky places to explore, costume contest for both kids and parents. Hope to see you there. For more information, call 377-3160.

Monster Circuit Fitness Challenge

6:30-8 a.m., 11 a.m. to 12:30 p.m. and 3-5 p.m. Oct. 28 at the Dragon Fitness Center. This is circuit training "gone mad" with 50 individual stations with levels ranking from 1-3 in difficulty. A group may start together or each person may start and end at their own time. You're finished when you have completed all 50 stations. This challenge will bring the true monster out of you. Preregistration is not required. Sessions are limited to the first 50 people to show up. For more information, call 377-2907.

Pumpkin Decorating Contest

6:30 p.m. Oct. 28 at the arts and crafts center. Free to enter, pumpkins provided. Pick up your pumpkin by Oct. 22; decorate and return by Oct. 26. For more information, call 377-2821.

Sci-fi Party

6:30-9:30 p.m. Oct. 29 for ages 6-12 at the youth center. \$5 entry fee. For more information, call 377-4116.

Nonprior Service Students' Scary Costume Party

8 p.m. to 2 a.m. Oct. 30 at the Vandenberg Community Center. Wear your scariest costume. For more information, call 377-5576.



Children's Costume Contest 6 p.m. Oct. 28



at the
arts and crafts center.

For more information, call 377-2821.

Keesler Collocated Club (Officers and Enlisted Lounges)

Nightly

Hungry?

Good Eats bar menu is available.

Bonanza Bingo!

You could win up to \$500!

Cards \$1 - available at the cashier or ask your bartender.

Weekly Favorites

Monday Night Football

Margaritas \$2.95, domestic draft pitchers \$5. Watch your favorite games on multiple screens with *NFL Sunday Ticket!*

Squadron Trivia Competition

5 p.m. Oct. 12 and 26. Domestic draft beer, Mojitos, daiquiris and Bay Breeze drink specials. Free chips & salsa and popcorn. Braggin' rights to winning squadron.

Wingman Wednesday

5 p.m. bring your wingman for some hot wings and things. Free for members, nonmembers pay \$3.

Dominoes Night

5-8 p.m. Thursdays. Drink specials.

First Friday Jazz Night

8 p.m. to 2 a.m. the first Friday of each month. Smooth sounds, drink specials and complimentary hors d'oeuvres. Free for members, nonmembers pay \$3.

Karaoke Night

8 p.m. to midnight Saturdays. Calling all professionals and shower singers to showcase their talent (or non-talent).

Special Events

Western Night

8 p.m. Oct. 8

Grab your cowboy hat and boots and kick up your heels to today's country favorites. DJ, drink specials and hors d'oeuvres. Free for members, nonmembers pay \$3.

Comedy Night - Oct. 15

Social hour 7 p.m., show time 8 p.m. Members \$10, nonmembers \$12. Reserve your seat, call 377-2219.

Oktoberfest - 5 p.m. Oct. 23

Stop by for some great German food. Free for members, nonmembers pay \$3. Sponsored by Budweiser, responsibility matters.



Open to all ranks, contractors are welcome. Must be 21 years or older to enter.

October 2010

KEESLER AIR FORCE BASE
FORCE
SUPPORT SQUADRON

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EXTRA! Here's what's happening! EXTRA!



11TH FRAME CAFÉ

Editor's note: Located inside Gaudé Lanes Bowling Center, 377-2036. Contractors welcome. Menu is subject to change without notice.

Kingpin daily specials \$6.95 — 10:30 a.m. to 1 p.m. Wednesdays-Fridays. Call-in orders accepted 10-11 a.m. Wednesdays feature meat loaf, Thursdays get chicken fried steak or chicken, and Fridays enjoy golden fried catfish.

New menu items — now serving pizza and milkshakes.

Lunch punch card — purchase nine combos or Kingpin daily specials and your tenth one is free.

AIRMAN AND FAMILY READINESS

Editor's note: Registration is required for all briefings, classes and workshops below, call 376-8728.

Congressionally mandated pre-separation briefing — 1 p.m. Tuesdays for separatees and 2:30 p.m. for retirees. This is mandatory for all personnel separating from the service. Suspense for completion is 90 days prior to separation/retirement.

Resume writing classes — civilian format is 2 p.m. Oct. 7 and 21. Federal format is 2 p.m. Oct. 14 and 3 p.m. Oct. 28. Classes are open to anyone with access to Keesler. Maximum 10 people.

Transition assistance workshop — 8 a.m. to 4 p.m. Oct. 18-20. A three-day workshop conducted by the Department of Labor to help with transition to the civilian workforce. Open to those 24 months from retirement or 12 months or less from separation. Spouses are encouraged to attend.

Veterans Administration benefit briefing — 8 a.m. to noon Oct. 21. Active duty and their spouses learn vital information about benefits and how to file claims.

Retirement benefit briefing — 1-4 p.m. Oct. 21. Informative briefing for service members and their spouses.

Marketing yourself for a second career — 9-11 a.m. Oct. 18 in the Sablich Auditorium, provided by the Military Officer's Association, for separating and retiring members.

Interview skills and salary negotiation — 11 a.m. to 1 p.m. Oct. 26. Learn how to get the employer to talk "money" first when discussing salary. Open to anyone with access to Keesler.

Survivor benefit plan briefing — 9-11 a.m. Oct. 27. Monthly briefing for single and married members and their spouses.

Smooth move — 1-2:30 p.m. Oct. 27. Speakers, involved with the "permanent change of station" process, give information to help make you better prepared. Get expert advice on how to make relocation easier for you and your dependents. Open to anyone with access to Keesler.

Mandatory post deployment briefings — 9 a.m. Tuesdays and 1 p.m. Thursdays for all deployment returnees. Ask your Unit Deployment Manager to register you for attendance.

BAY BREEZE GOLF COURSE

Editor's note: For more information or tee time, call 377-3832.

Clubhouse — pro shop, snack bar, gift certificates and more.

Twilight golf special — 2 p.m. Mondays-Thursday pay one price and golf until closing; includes cart. E1-E4, \$12; E5-O3, \$20; O4 and up, \$22; and guests \$22.

Golf lessons — \$25 for a half hour. Call for an appointment.

"UBU" nonprior service students' special — \$15 for 18 holes or \$10 for nine holes includes greens fee and cart; \$20 for 18 holes or \$15 for nine holes includes greens fee, cart, and rental clubs.

COMMUNITY CENTER

Editor's note: Located inside the new Bay Breeze Event Center. For more information, call 377-2503.

Coming soon — adult instructional classes such as tae kwon do, dance, piano, voice and guitar. Classes are for ages 18 and older.

Instructors are still needed for some of the classes above — please call if you're interested in becoming an instructor.

Billiards room with free wi-fi — play pool, surf the internet and catch a game on television.

DINING FACILITIES

Editor's note: For more information, call 377-2200.

Daily menu — call 377-DINE (3463).

Monthly birthday celebration — 5:30 p.m. the first Wednesday of each month for all nonprior service students, permanent party enlisted, and Essential Station Messing members. Reservations must be made in advance by the 25th of the previous month; call 377-3854. Personnel collecting Basic Allowance for Subsistence must pay cash and surcharge.

GAUDÉ LANES BOWLING CENTER

Editor's note: For more information, call 377-2817. Bumpers are available on 19 lanes by reservation for ages 10 and younger.

Leagues — Sign ups are ongoing. Call or stop by.

• **Women's league** — 10 a.m. Wednesdays. \$10 per person, per day.

• **Parent/child league** — 6 p.m. Wednesdays. \$15 per pair, per night.

• **Dragon league** — 6:30 p.m. Wednesdays. Four-person teams, \$12 per person, per night.

• **Senior's league** — 9 a.m. Thursdays. \$10 per person, per day. Must be age 50 or older.

• **Intramural league** — 6 p.m. Thursdays. \$10 per person, per night. Talk to squadron sports representative to submit teams.

• **Mixers league** — 6:30 p.m. Fridays. \$12 per person, per night. Four-person teams must have one female member.

• **Youth leagues** — 10 a.m. Saturdays. \$7 per child, per day.

• **Youth bumper leagues** — 10 a.m. Saturdays. \$4 per child, per day.

Bowl at lunch — 11 a.m. to 1 p.m. Wednesdays-Fridays, \$1 per game and \$1 for shoes.

Club member special — Thursdays. Show your current club card and bowl for \$1.50 with free shoe rental.

Team building — 1-3 p.m. Wednesdays and 1-5 p.m. Thursdays-Fridays, bring your employees and bowl for \$1 a game plus shoe rental. Call for reservations.

Glow bowling — 9 p.m. Fridays and 7 p.m. Saturdays.

Birthday parties — 1:30-3 p.m. or 3:30-5 p.m. Saturdays. The birthday child is free, you provide the cake. Our basic party is \$8.95 per child and includes bowling and food. The mid-range party is \$11.95 per child for bowling, food, and table supplies and the birthday child gets a T-shirt for friends to color and sign. The premium party is \$15.95 per child and includes bowling, food, table supplies, and each child gets a goody bag or a miniature bowling game, plus the birthday child gets a decorative bowling party pin and a T-shirt for friends to color. Reservations required.

"UBU" special — nonprior service students, show your UBU card and bowl for \$1.50 per game any time, shoes included.

Fundraiser idea — an exciting way to score over \$450 cash in just a few hours.

HELP WANTED

Editor's note: The 81 FSS human resource office is located in Sablich Center, 500 Fisher St., Room 211.

Nonappropriated fund positions — apply online at <https://nafjobs.afsv.net>.

Current job openings — for complete list, call the 24-hour job line at 377-9055 or log on to <http://www.keeslerservices.us>.

INNS OF KEESLER

Editor's note: For reservations and more information, call (228) 374-0088 or DSN 597-4900.

Check-in/out — at Tyer House located on Fisher Street. If you're arriving after 6 p.m., please call with credit card information to hold reservation.

Rooms available — Space-available reservations can be made three days in advance. Rooms offered are visiting airmen's quarters \$34.75 with a queen bed, refrigerator, microwave and shared bathroom; visitor's quarters \$39 with a queen bed, refrigerator, microwave and private bathroom; and temporary lodging facility \$41.50 for one- and two-bedroom family units with full kitchen. Pet TLFs available for an additional \$10 per night.

Plan ahead for holiday visitors — now accepting reservations for the Thanksgiving, Christmas and New Year's holidays. A limited number of pet TLFs are available.

INFORMATION, TICKETS AND TRAVEL

Editor's note: Now located on the first floor of the new Bay Breeze Event Center. For more information, call 377-3818.

Armed Forces Vacation Club® — A space available vacation program. No membership fee, no dues and no gimmicks; just a great vacation value for members of the uniformed services, Department of Defense and Nonappropriated Fund employees. Pay \$369 for seven nights and eight days in a resort condominium. Log onto <http://www.afvclub.com> to reserve. Your ITT office receives a commission for every reservation. Please designate installation #121 as your base.

KEESLER COLLOCATED CLUB

Editor's note: All ranks and contractors welcome. Club members must show club card to receive discounts. For more information, call 377-2334.

Champagne brunch with Dora the Explorer and Diego — 10 a.m. to 1:30 p.m. Oct. 3. Dora and Diego will visit noon to 1 p.m. Members \$14.95, nonmembers \$16.95, ages 4-10 eat for half-price, ages 3 and younger eat free.

Fall festival champagne brunch — 10 a.m. to 1:30 p.m. Oct. 31. Members \$14.95, nonmembers \$16.95, ages 4-10 eat for half-price, ages 3 and younger eat free.

Prime rib buffet — 4:30-7 p.m. Oct. 7, members \$18.95, nonmembers \$20.95.

Home style dining — 4:30-7 p.m. Oct. 11, members \$8.95, nonmembers \$10.95.

Mongolian barbecue — 4:30-7 p.m. Oct. 19, members 95 cents per ounce, nonmembers \$1.10 per ounce.

Flying pasta — 4:30-7 p.m. Oct. 21, create your own pasta. Members \$8.95 nonmembers \$10.95.

Children's menu — available upon request.

Breakfast à la carte — 6-8 a.m. Mondays-Fridays and 6-9 a.m. Saturdays-Sundays.

Daily lunch specials — served 11 a.m. to 1 p.m. For menu log onto <http://www.keeslerservices.us>.

Catering — professional services for your special occasions.

LEGENDS CAFÉ

Editor's note: Dine-in or take-out. Located inside Vandenberg Community Center. For more information, call 377-2424.

A fast and inexpensive place to grab a bite — serving pizza, wings, chicken tenders, hamburgers, wraps, quesadillas, sandwiches, salads and more. Open evenings Thursdays-Saturdays.

"UBU" special — nonprior service students, show your UBU card and get a free large fountain drink with a \$5 purchase.

MCBRIDE LIBRARY

Editor's note: For more information, call 377-2181.

Free wireless Internet — available 24/7. Ask front desk staff for log-in access.

Children's story time — 10-11 a.m. Oct. 13.

Eligibility/library cards — for complete information, log on to <http://www.keeslerservices.us>, click on the McBride Library link.

Chief of Staff professional military reading list — titles available for check-out from the special book collection.

Free movie check-out — check-out up to five movies free and keep for up to two weeks. New movies arrive every month.

Search our online catalog — search for print and audio books, DVDs, CDs, VHS, magazines, periodicals and more, log onto <http://www.keeslerservices.us>.

Research orientations — learn how to access, search, locate and save/use information in online databases. Call to schedule.

Paperback book swap — swap one for one. Books must be in good condition and of the same genre.

Large study and meeting rooms — two large meeting rooms, two audio rooms and a typing room are available.

NONAPPROPRIATED FUNDS SALE

Editor's note: Held in the rear of the former shoppette building on Meadows Drive. For more information, call 377-3160 or 377-0002.

Oct. 12 — 8-11 a.m. open to active duty military and/or their dependents only. 11 a.m. to 1 p.m. open to all Department of Defense card holders.

Oct. 13-14 — 8 a.m. to 1 p.m. open to all Department of Defense card holders.

Guidelines — all sales are cash and carry. Customers must load their own purchases and remove them immediately. Due to limited space, only five patrons will be allowed in the warehouse at one time. Numbers will be assigned in order of your arrival. Entry will be permitted in numerical order. Please be prepared for extended wait time.

We appreciate your patience. Items over \$20, limit one per family. Commercial representatives should not expect to make quantity buys.

OUTDOOR RECREATION AND MARINA

Editor's note: For more information, call 377-3160.

Geocaching adventure — 9 a.m. Oct. 2. \$10 per person, includes instruction, equipment and transportation. Minimum four, maximum six participants.

Free kids' fall fishing rodeo — 9 a.m. to 3 p.m. Oct. 9. Trophies awarded. Total of three fish weighed in. Three age groups. Personal poles are allowed. We provide bait.

Buddy days — 10 percent off skiff rentals through October, when you bring a friend.

Columbus Day weekend special — rent a camping package for the weekend and receive 10 percent off.

Sailing classes — students undergo six hours of instruction. Classroom instruction is 5:30-8 p.m. Oct. 14 at McBride Library. On-the-water training is Oct. 15, 16 or 17, depending on the number of participants. Classes are \$40 per person with a minimum of six participants and a maximum of 12. Students must be age 16 or older. Register, prepay and pick up a handout by Oct. 7.

Rent a catamaran sailboat — \$10 per hour with a two hour minimum; or \$75 per day. Must be sailboat certified.

Mississippi Sound fishing charter — schedule a fishing charter for your group aboard the Dolphin II, Keesler's 50-foot, United States Coast Guard certified, fishing vessel. Price is \$750 for first 10 people, \$50 for each additional person with a maximum of 22 people. Bring food, beverages and personal items. Fishing licenses are not required. A \$100 deposit is due at time of reservation.

Towable campers for rent — clean and roomy with side slide out. \$50 per day. Tow to your destination and enjoy.

Recreational vehicle storage — \$20 per month.

Recreational, boat and trailer storage — \$20 per month.

Back bay fishing trips — \$20, bring your own food and beverages. Mississippi state fishing license is required. Call to schedule. Minimum four, maximum six people.

Boats, marina slips and recreational equipment rental — for complete list with prices, log on to <http://www.keeslerservices.us> and click on the link for outdoor recreation.

RESALE LOT

Editor's note: For more information, call 377-2821.

Buy, sell, trade — \$10 per month to place your vehicle on the lot, \$20 for recreational vehicles and boats. Located on Meadows Drive. Register at the arts and crafts center 10 a.m. to 5 p.m. Tuesdays-Saturdays. Registration, license and insurance required.

SPORTS AND FITNESS

Editor's note: Keesler has three fitness centers for your convenience — Blake Fitness Center, 377-4385; Dragon Fitness Center, 377-2907, and Triangle Fitness Center, 377-3056.

Breast Cancer Awareness 5K run/walk — 7 a.m. Friday at Blake Fitness Center. Register 6:30-7 a.m. the day of the event.

Free fitness classes — Zumba, boot camp, step aerobics, Pilates, cycling/circuit training, kick boxing and yoga are available at the Dragon Fitness Center. For class descriptions and schedule, stop by any of the base fitness centers or log onto <http://www.keeslerservices.us> under the fitness center link.

Parent/child fitness room — inside Dragon Fitness Center featuring workout equipment and a play area for ages 6 months to 7 years. Children must be directly supervised at all times by a parent while in the facility.

Massage therapist now available — hour and half-hour appointments available at Triangle Fitness Center. Swedish, deep tissue, aromatherapy, reflexology and La Stone original body therapy massages are offered. To schedule some "me time" for yourself, or for more information, call 263-5515. Gift certificates are available.

Get in shape for the holidays — start now with a visit to one of our professional, certified personal trainers. They'll compose a personal exercise plan just for you based on your fitness goals, physical limitations and time restrictions. And, this service is free. Call any of the three fitness centers to schedule an appointment.

Boxing room — inside Triangle Fitness Center. Six heavy bags, three speed bags and one double-end bag. Boxing gloves available at front desk.



ARTS AND CRAFTS CENTER

Editor's note: Preregistration is required for all classes. Register at craft sales, Building 5904. Space is limited. For more information, call 377-2821.

Specials

Gifts to go — get a décor mug filled with goodies, just \$10 each. Choose one with a picture of a magnolia and the Biloxi lighthouse for a souvenir.

Sale — check-out our discount bin; selected products reduced by up to 50 percent.

“UBU” special — UBU card holders get 10 percent off all items in the crafts resale store.

Multi-crafts shop

Editor's note: Potter's wheels, ceramic molds, air brushing, and tools are available for use in the shop. Classes include materials.

Cartooning — 11 a.m. to 1 p.m. Oct. 1 and 29. \$30, learn various techniques in drawing and developing cartoons.

Card making — 10:30 a.m. to noon Oct. 2. \$7.

Drawing with colored pencils — 11 a.m. to 1 p.m. Oct. 2 and 16. \$30.

Pottery — 10:30 a.m. to noon Oct. 2 and 16. \$40.

Pen and ink drawing — 11 a.m. to 1 p.m. Oct. 9. \$35, explore techniques of drawing, using pencil and pens.

Jewelry making — 10:30 a.m. to noon Oct. 9 and 23. \$30, learn wire wrapping and tooling.

Glass painting — 10:30 a.m. to noon Oct. 9 and 23. \$25, class includes a completed painted project.

Pastels in chalk — 11 a.m. to 1 p.m. Oct. 15 and 30. \$40, create a work-of-art by drawing with various colors of chalk.

Scrapbooking — 10:30 a.m. to noon Oct. 16 and 23. \$20.

Mixed media painting — 11 a.m. to 1 p.m. Oct. 23. \$40, experiment with various painting techniques using both acrylic and oil paint.

Wood shop

Editor's note: Hardwoods and plywood in stock for sale. Stock includes walnut, mahogany, pecan, maple, oak, poplar, cypress and cedar.

Beginning woodworking — 8:30-10:30 a.m. Saturdays. Make a cutting board. \$25 includes shop use, instruction and materials. Class certifies you to use the equipment in the future.

Beginning intarsia — 10 a.m. to noon Oct. 9 and 23. \$15 including materials. Intarsia is the art of piecing wood together in a decorative pattern.

Advanced intarsia — 10 a.m. to noon Oct. 16 and 30. \$20 includes materials and tool use.

Frame shop

Framing class — 12:30-4:30 p.m. Oct. 15 and 29. \$30. Bring a picture or piece of art no larger than 5x7-inches for framing.

Custom orders — we will customize all work to individual orders. We can coordinate framing awards with engraving shop accessories. Check out our great selection of flag boxes, retirement boxes and customized rank memento boxes.

Engraving shop

Custom items — we can etch glass items and customize your order of plaques, trophies, awards, mugs and writing pens for gift giving, special mementos and squadron functions. Organizational name tags are our specialty.

Auto hobby shop

Editor's note: Indoor and outdoor stalls and lifts available. For more information, call 377-3872.

Air conditioner checks — recover current refrigerant, check for leaks, recharge the system and add Freon. \$60 plus \$1 per unit for Freon needed.

Qualified mechanics — on hand to help with car care needs.

Tire service/air machine — coin-operated, available 24-7. Located at the vacuum station.

Collection site — for privately-owned vehicle oil, antifreeze, transmission and brake fluids. No tires or batteries.

24-hour coin-operated car care — vacuum station and car wash featuring foamy brush wash, high-pressure rinse, wax, towelettes and Armorall.

CHILD DEVELOPMENT CENTER

Editor's note: For more information, call 377-2211 or 377-4116.

Give parents a break — 4-10 p.m. Oct. 2. Air Force Aid program offers free child care at the center for Air Force families who are referred by base agencies such as the airman and family readiness center and family advocacy, first sergeants, commanders and chaplains. Certificates must be coordinated through the airman and family readiness center. School-age children go to the youth center.

FAMILY CHILD CARE

Editor's note: Located in Locker House, Building 3101 on C Street. For more information, call 377-3189.

Child care slots — call for availability.

Be your own boss — we're recruiting military spouses on and off base who wish to care for children in their homes. Providers are also needed to care for children with special needs including asthma, allergies, cerebral palsy and other physical impairments, and to work swing and evening shifts.

Child care assistance programs — Air Force Aid Society, returning home care, expanded duty care and Air Force subsidy programs are available to assist parents with child care. Call for guidelines.

VANDENBERG COMMUNITY CENTER

Editor's note: All events, except dances and weekend competitions, are open to all Keesler personnel. For more information, call 377-5576.

* Free to compete, regular \$3 dance admission applies.

Pool tournaments — 7 p.m. Tuesdays 9-ball, Wednesdays 8-ball. Free to enter.

Fun day at the “V” — 2-6 p.m. Oct. 5. Everyone is invited to for our free day of field activities.

The “V” squadron takeover — 8 p.m. to 10 p.m. Oct. 8 the winning squadron of last month's step show competition will take over the “V” with their own themed event. \$3 admission.

Krump contest* — 8 p.m. to 2 a.m. Oct. 14 in conjunction with the late night dance. Krumping is one of the hottest new styles of dance. Prizes will be awarded.

Battle of the sexes* — 8 p.m. to 2 a.m. Oct. 28. Ladies vs. the gents in an all out street style dance competition.

Late night dances — 8 p.m. to 2 a.m. Oct. 10, Thursdays before nontraining Fridays and every Friday and Saturday. \$3 admission.

Free style Fridays — 8 p.m. to 2 a.m. Come with your hottest rhymes to compete in a one-on-one freestyle battle. A different genre of music will be featured each week.

Saturday nights — each week from 10 p.m. to midnight, followed by midnight karaoke. Oct. 2, rock 'n' roll; Oct. 9, heavy metal; Oct. 16, classic rock; Oct. 23, techno and Oct. '30, request night.

Nonprior service students' web page — log on to <http://www.keeslerservices.us>, click on Leon the Chameleon in the right column for the “UBU” link.

VETERINARY SERVICES

Editor's note: Located on 3rd Street, Building 0408. All animals in base housing must be registered with the vet office. For appointment, call 376-7495.

Eligible patrons — active duty, retirees, reservists and National Guard on active duty for more than 72 hours with orders may use the clinic.

Sick call and vaccines — by appointment only.

Health certificates — available for interstate and overseas travel.

YOUTH CENTER

Editor's note: All children registered in a youth center program receive free membership. For more information, call 377-4116.

Sci-fi party — 6:30-9:30 p.m. Oct. 29 for ages 6-12. \$5 admission.

Shuttle van — limited after school transportation is provided from Biloxi Junior High School to the youth center for open recreation.

Friday night fun — 6:30-9:30 p.m. for ages 6-12. \$5 admission. Games, snack bar, movies, skating, holiday parties, video games and more.

Special activities and projects — Oct. 3-9, fire safety week; Oct. 21, lights on after school; Oct. 23 make a difference day; Oct. 23-31, red ribbon week.

Homeschoolers — meet 1-3 p.m. Thursdays.

School age program — space is still available.

Open recreation — 3-7 p.m. Mondays-Thursdays and 3-6 p.m. Fridays. Computer media center, homework assistance, sports and fitness.

Keystone club — 6-8 p.m. every other Monday.

Teen open recreation/TRAIL meetings — 4-8 p.m. Saturdays. Special activities and events.

Junior tennis academy — for ages 5-16. Sign up today.

Tae kwon do classes — \$50 per month for ages 6-12. Students will attend two classes weekly.

Guitar and piano lessons — sign up today.

HAPPENINGS is a monthly supplement to the Keesler News produced by the CSC marketing department. Information is subject to change without notice. Federal endorsement of sponsors not intended.

Lisa Campbell, marketing director; Diana Egger, marketing specialist; Cindy Milford, graphics illustrator; Tanja Smith, commercial sponsorship coordinator.

PLEASE PULL OUT AND KEEP THIS SUPPLEMENT AS A HANDY REFERENCE FOR MONTHLY EVENTS OF THE 81ST FORCE SUPPORT SQUADRON.