



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

NOV. 10, 2010 VOL. 71 NO. 44



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Lorenz on Leadership — Thank you, AETC team

By Gen. Stephen Lorenz

Air Education and Training Command commander

This month I will officially retire and end my time as an active duty Airman in our beloved Air Force. Forty-one years ago, I stepped off of a bus at the United States Air Force Academy — although it feels like only yesterday. Every day since then has been a true joy — a chance to share adventures and tackle challenges with each of you.

When I stepped off that bus at the academy, the Air Force was only 21 years old. To me, the Air Force didn't seem so young ... it had always been there. I studied Air Force senior leaders of the era with awe. They had been through so much ... World War II, Korea, Vietnam ... and some even had old green Army Air Corps uniforms hanging in their closets behind the newer blue ones.

Now, I look at each of you with the same awe. The Airmen in today's Air Force have been given challenges like no other during this time of unprecedented regional conflict. And, you all hit the ball out of the park each and every day — I couldn't be more proud or more impressed.

As I step away from active service in the long blue line, I want to leave you with three ideals. These are three unwritten rules I've approached each assignment with. They've helped me maintain a healthy perspective during the daily challenge of balancing limited time, money and manpower, and they complement our Air Force Core Values of Integrity First, Service Before Self and Excellence in All We Do. I hope that these three principles will help you just as they have aided me.

The first rule is critical — we must all cherish our families. Make sure you thank your spouse, children and immediate family every chance you have — let them know how much you appreciate

and love them. After all, our ability to serve the nation depends on their support and understanding. In many ways, their service to the nation is much more difficult than ours. High operations tempos, combined with our deployment culture, only add stress to everyone. Be understanding and invest time in their lives, no matter how busy or tired you may feel.

Next, we must try to always leave the camp-ground better than we found it. I often tell people to pick two to three major issues to tackle during an assignment. Prioritize them one through three and integrate the challenges into a long-term vision. Now, it may take several people and more years than you anticipate for the beneficial effects to take hold. Be patient and let your organization get involved. After all, it always takes a team to truly improve the campground.

Last, we must attempt to daily make a difference in people's lives. Remember that each moment is important. Occasionally, you will find that people will come up to thank you for things you've done for them in the past. You may not have realized the significance of that moment, but it really made a difference in their lives. I am continually amazed at the emotions I experience when someone thanks me for words that I shared with them or something I did for their family many years ago. This only further reinforces the value of each and every moment, and how important it truly is. Always speak and act with a purpose; always set the example.

I certainly hope that more often than not I have been able to leave fewer issues for others and help make our Air Force a better place today than it was yesterday. I hope that I've been able to make a positive difference in as many lives as possible, and that while treasuring my family, I've helped others

to better appreciate theirs.

As a final thought, I want to express my deep thanks to the American public. It is humbling to know that our country entrusts us with its two most important treasures, the first being their sons and daughters. These young Americans serve gallantly in the face of adversity and are continually postured to carry out military operations across the globe. The Airmen in today's Air Force continue to persevere while challenged with a dynamic and evolving global environment. I can say with the utmost confidence that the future of our nation is bright because brave young people raise their hand to voluntarily serve each day.

Our fellow countrymen also have entrusted us with our national treasury. Public funds are the contribution and earnings of hard-working American families, and as Thomas Paine wrote more than 200 years ago, "Ought to be touched with the most scrupulous conscientiousness of honor." Knowing this fact has compelled me to honor the trust our fellow Americans have bestowed upon members of the United States military. We must never, ever do anything to violate this sacred obligation.

Of course, the things that I've done through the last 41 years are, as I like to say, interesting but irrelevant. What is important are the things each of you will continue to do as servant leaders for our force long after I've hung my blue Air Force uniform in the closet. If you live the aforementioned ideals — cherishing your family, leaving the campground better than you found it and making a difference in the lives of others — then tomorrow's Air Force will remain the premier air, space and cyberspace fighting force in the world. Thank you for serving our great nation and thank you for making a difference in my life. Aim High — Fly, Fight, Win!

Following journey of successful former smoker

By Airman 1st Class
Heather Holcomb

Keesler Public Affairs

The smell of smoke is like a subconscious whisper to someone who is addicted to cigarettes. A mere whiff can cause emotions to simmer beneath the skin and incite an addict to draw the sweet poison into their lungs without a single contrary thought.

I recently decided to end my four-year love affair with cigarettes and it has been agonizing. There's something calming about feeling the smooth burn in my lungs and seeing the thick plumes catch the sunlight as they swirl up into the air and dissipate.

However, smoking seems so relaxing because it entails rhythmic, controlled breathing, the smooth burn is really my lung tissue being suffocated and clogged with tar and the thick plumes are really toxic second-hand smoke.

For me, smoking was a way to escape my problems.

I began smoking when I was 19 years old. Although I was married at the time, I was almost always alone and searching for any way to stop the dark labyrinth growing in my mind.

Taking that first drag was part defiance and part undiluted desperation. I was at a stage in my life where I felt completely empty and I felt like there

was no one I could go to. I know my family and friends in Colorado would have helped but they were more than 3,000 miles away and I had convinced myself they would just say "I told you so."

Within weeks I was stepping outside at exactly 10 minutes before each hour and counting down the seconds in between. Of course, smoking didn't fix a thing and we were paying nearly \$100 dollars per week just to feed an addiction. In the four years since I began smoking, I always managed to find money for cigarettes, even if I had to use my credit card and eat ramen noodles every day.

After I got divorced in 2009 and moved back to my parents' house, I began to associate cigarettes with quality time. My Mom, Dad, sister Brittney, best friend Rachael all smoked (although my mom and sister have recently told me they are going to quit too) and we never had a conversation without chain-smoking in the garage or in Rachael's basement. I didn't want to quit smoking and it would have been nearly impossible when the only person I knew who didn't smoke was my 12-year-old sister, Miah.

So, why quit now?

Please see **Holcomb**, Page 3

ON THE COVER

Staff Sgt. Harron Elloso sings Lee Greenwood's "God Bless the USA" at Tops in Blue's Nov. 4 performance at the Mississippi Coast Coliseum in Biloxi. Sergeant Elloso is from Langley Air Force Base, Va. Tops in Blue is an active-duty special unit made up of talented amateurs that performs across the U.S. and around the world as Air Force musical ambassadors. More photos, Pages 14-15.

Photo by Kemberly Groue



Holcomb, from Page 2

Once again I'm more than 1,000 miles away from family and friends, but this time it's because I'm finally beginning to take control of my life instead of just drifting along. I joined the Air Force to do something meaningful with my life and start acting on all my big hopes and dreams. For the first time I finally feel like I'm headed in the right direction.

The next step is to be debt-free and a little more than a month ago it really hit me that I was essentially burning money. I was wasting at least \$5 a day on cigarettes when I could have been using that money to pay off my debt.

Now I'll have at least an extra \$2,000 per year that I can put toward whatever I want. Not to mention that the value of quitting will only increase as the price of cigarettes goes up and the amount of interest I'm paying on my debt goes down.

Patty McGruder, health promotion educator at the health and wellness center, said there are four steps to tobacco cessation:

Deciding to quit — making the deci-

sion to quit is a commitment that must come from within; not because someone else wants it. Make a list of reasons for quitting and refer to it later when temptation presents itself.

Setting a quit date and quit plan — simply put, if you fail to plan you plan to fail. Pick a date and stick to it. Before the quit date, create a support system and identify triggers that cause the urge to use tobacco.

Withdrawal — although withdrawal symptoms can seem to consume your entire body and mind like flames, they will usually pass within a week or two. Drinking water, snacking on low-calorie items, staying active and taking deep breaths can all help ease the symptoms.

Staying quit — avoid any triggers that cause the urge to use tobacco, review the list of reasons for quitting and ride out the desire to give in until it fades away completely.

I knew I couldn't quit on my own. So, I asked my boyfriend, Brian, to hold me accountable. This has meant he patiently endured a few fits where I was like a child on a road trip asking, "Are we there yet?" except it was, "I really want a cigarette."

He's helped calm me down when the cravings get so bad that I'm enraged. He also listens while I work out my problems aloud in my complicated way, aka ramble. This helps me make sense of everything going on in my head instead of leaving my thoughts tangled. I don't think I could have made it this far without him.

Another thing that helped was telling myself that having one cigarette isn't failure. If I said I could never have another cigarette again ever, I would become instantly resistant and want to smoke even more.

Everyone has the power to overcome an addiction. At the same time, everyone is different so what works for one person may not work for another. If one method doesn't work, don't give up.

Years ago I was watching the Disney movie, *The Haunted Mansion*, and one line has stuck with me ever since, "You try, you fail. You try, you fail. But the only true failure is when you stop trying."

For more information, to sign up for weekly tobacco cessation classes or to take part in the Great American Smokeout, call the HAWC, 376-3170.

KEESLER NEWS

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AETC commander retiring after 37 years of service

By Jessica Turner

Air Education and Training Command Public Affairs

RANDOLPH Air Force Base, Texas — The commander of Air Education and Training Command, Gen. Stephen Lorenz, will retire in the grade of general effective Jan. 1, Air Force officials announced today, culminating more than 37 years of commissioned service. His retirement ceremony is Nov. 17.

Among his many accomplishments as AETC commander, General Lorenz oversaw development of innovative Remotely Piloted Aircraft pilot and sensor operator training courses as well as the creation of cyberspace courses at the Air Force Institute of Technology. In addition, he improved the Battlefield Airmen training program and stood up the Air Force's Joint Expeditionary Tasking combat skills training program, enabling the Air Force to meet combatant commander requirements.

Leadership accomplishments lauded

Gen. Norton Schwartz, Air Force Chief of Staff, said that as AETC commander, General Lorenz has “exemplified the same great leadership qualities that he has modeled for others throughout his remarkable career.”

“Under his leadership, AETC has helped Airmen around the world earn their bachelor's degrees through Air University's Associate to Baccalaureate Cooperative Program,” General Schwartz said. “His leadership of the Air Force task force incorporating lessons learned from the tragic events at Fort Hood was typical of his exceptional work on behalf of all Airmen and their families.”

A third generation Air Force officer, General Lorenz followed a family tradition of service soon after his first career goal was accomplished — graduating from the Air Force Academy in 1973.

Boyhood dream drives career

“I was 9 years old when my dad was a captain in 1960 and we drove down to see the Air Force Academy,” General Lorenz said. “At the time, it was under construction, the chapel wasn't built, the walls of the Academy were up, some dorms were built and I said, ‘Hey, this is the place I want to go to school.’”

Over the course of the next nine years, while attending eight elementary schools and four high schools, he was driven to become a cadet at the academy, he said.

While the general built a hugely successful career over four decades, he admits the early stages were not easy.

“The beginning of the hard part was June 23, 1969, when I entered the academy,” he said. “The harder part was making it academically. I liked aeronautical engineering, electrical engineering and computer science so much I took them all twice and was on the dean's ‘other’ list six of eight semesters.”

General Lorenz discovered he had to work hard



Photo by Kemberly Groue

General Lorenz speaks to Airmen during an 81st Training Group student roll call on the parade grounds during a visit to Keesler, Sept. 21, 2008.

to earn his Air Force commission and he soon developed a sense that education is the “great leveler” in America.

“It doesn't matter where you're from or what background you have,” he said. “If you're willing to work hard, never give up and show perseverance and tenacity, it's amazing what you can accomplish. Education is a lifelong experience.”

The general's Air Force family ties run deep. His enlisted grandfather served in World War I, became an aviation cadet and pilot, and then dropped bombs on the captured German battleship, Ostfriesland, in 1921 with Brig. Gen. Billy Mitchell to illustrate the might of airpower. The general's

father, a graduate of St. Louis University, enlisted in the Army Air Corps during World War II, was commissioned in 1950 and flew in combat during the Korean and Vietnam wars.

“With an airpower pedigree running back to his grandfather's participation in Billy Mitchell's bombing of the Ostfriesland, General Steve Lorenz has upheld the strongest traditions of our Air Force and our Nation,” said Gen. Howie Chandler, Air Force vice chief of staff.

Pride in his family

General Lorenz points out that his middle name is Randolph, honoring the base where his father was stationed in 1950 during pilot training. Similarly, the general's brother, who retired as an Air Force lieutenant colonel, carries the middle name “Scott” after the base near their hometown of Belleville, Illinois.

Soon after his career began, General Lorenz married his wife, Leslie, whom he calls “the love of my life.” Together they had three children.

“Personally, I am most proud of my children, my sons-in-law and my grandchildren,” the general said. “Professionally, I am most proud of the opportunity to serve our nation with so many great Airmen, Soldiers, Sailors and Marines during the last 37 years as a commissioned officer.”

When discussing her priorities, Leslie Lorenz, the general's wife, said, “I've tried to make sure new people in our units were welcomed and made to feel a part of the Air Force family. Steve's priority was a consistent effort to improve things wherever we were.”

Improvements driven by adversity

General Lorenz believes that improvement often comes from adversity, something all members of the Air Force family experience.

“We can study and grow by learning from others who have come before us and learn from the challenges they faced through adversity,” he said. “We live in the land of opportunity. If we stop reaching and improving, we'll stop achieving the goals we believe in.”

The general credits the Air Force for the opportunities it continues to offer Airmen, he said.

“There is no one moment. Rather there is always a series of moments when an opportunity is dropped in your lap and you don't even know it's an opportunity and, occasionally, you don't even want to take it, but you do it anyway,” the general said. “There's an old saying, ‘When one door closes, another one opens.’”

Where there is opportunity, there is leadership, he said, “and we must all help each other develop and expand our leadership abilities.”

General Lorenz believes strongly in sharing lessons learned, evidenced by his creation of “Lorenz on Leadership,” a series of articles used within AETC

Lorenz,

from Page 4

print and online media, as well as national publications.

General Chandler said the “Lorenz on Leadership” articles would be part of the general’s long-term contribution to the Air Force.

“Over his tenure as the AETC commander, he has not only provided the Air Force with outstanding training and education initiatives, he has also served as a beacon for leadership development through his ‘Lorenz on Leadership’ series,” General Chandler said. “His charisma, character and endless zeal for serving our Air Force and educating our Airmen will be what I will always remember him for.”

General Lorenz demonstrated that “endless zeal” for education in his roadmap for future Air Force leaders.

“We need to encourage our young Airmen who are making history to sit and write down their thoughts, and to become

strategists, thinkers and leaders in this arena,” General Lorenz said. “Air Force people are just as smart as any other group of people and all they have to do is articulate their ideas and they can affect the outcome of the future of warfare and the future of our nation.”

General Lorenz speaks proudly when talking about the ability of everyone in the Air Force to change people’s lives for the better.

“As the First Command, it is AETC’s mission to touch every Airman, the total force — Guard, Reserve, active duty and civilian — as they receive training and education,” he said.

“I ask everyone to be the best you can be by living the Air Force’s core values and serving others,” the general said. “As I tell all my commanders, and this goes to the youngest Airman, ‘Always leave the campground better than you found it and make a difference in people’s lives.’ If you do that, the rest will take care of itself.”

Beacon of honor



Photo by Kemberly Groue

An Airman renders a salute in front of the Biloxi Lighthouse Monday. The Biloxi landmark is draped in red, white and blue bunting and four candles are burning in each of the four windows as a Veterans Day tribute by Staff Sgt. Brian Margavich, 333rd Training Squadron. Sergeant Margavich, the city's volunteer lighthouse keeper, got the idea from the Chris Lights project, in which single tapers burn in house windows year-round to remember deployed military personnel. He burned a candle in the window while his wife, Staff Sgt. Amanda Margavich, 81st Force Support Squadron, was deployed last year. After a discussion with Trisha Meagher, wife of Staff Sgt. Frank Meagher, a deployed member of his squadron, Sergeant Margavich decided to use the candles as a tribute to all deployed troops. Victoria Nores, a friend he met through the Ocean Springs Relay for Life, assisted him with the decorations.



Lieutenant Danielson



Captain Gautreaux



Major Huff

Nurses picked for training programs

By Steve Pivnick

81st Medical Group Public Affairs

Seven 81st Medical Group nurses have been selected for Air Force Medical Service Developmental Education Programs.

They are: 2nd Lt. Jennifer Danielson, critical care trauma nursing fellowship; Capt. Steven Gautreaux, master's degree in nursing science/nurse anesthesia program; and Maj. Richard Huff, doctorate in nurse anesthesia. They are members of the 81st Surgical Operations Squadron.

From the 81st Medical Operations Squadron: 1st Lt. Thomas Stallworth, master's degree in nursing science/pediatric nurse practitioner; and Capts. Sherry Mitchell, master's degree in nursing science/pediatric nurse practitioner; Shawnice Shankle, master's degree in nursing science/community health nursing; and Stephanie Amador, master's degree in nursing science/psychiatric mental health nurse practitioner.

Captain Amador will attend the Uniformed Services University of the Health Sciences in Bethesda, Md. The others are awaiting word on their respective schools.

Col. Allison Plunk, 81st Medical Group chief nurse, said, "The competition for these programs is extremely tough. These Air Force officers stood well above their peers in the competition."



Lieutenant Stallworth



Captain Mitchell



Captain Shankle



Captain Amador

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Airman Leadership School announces 2011 schedule

81st Force Support Squadron

The Airman Leadership School class schedule for 2011 has been announced.

The first class for fiscal 2011 is under way, but for calendar year 2011, the class start dates and graduation dates are:

11-2 — Jan. 11, Feb. 16.

11-3 — Feb. 22, March 30.

11-4 — April 6, May 12.

11-5 — May 23, June 30.

11-6 — July 29, Sept. 7.

11-7 — Sept. 19, Oct. 26.

12-1 — Nov. 3, Dec. 14.

“This takes into account federal holidays, Air Education and Training Command family days and non-training Fridays, with 24 academic training days scheduled for each class,” said Senior Master Sgt. Vanessa Polk, ALS commandant. “Dates are subject to change due to mission requirements.”

For more information, call 377-3034.

Base shuttle schedules are found at
[http://www.keesler.af.mil/library/
factsheets/factsheet.asp](http://www.keesler.af.mil/library/factsheets/factsheet.asp)

TRAINING, EDUCATION NOTES

USM visitor

Employment specialist Michelle Lane from the University of Southern Mississippi visits the USM office in Room 219, Sablich Center, 2-5 p.m. Tuesday.

USM's spring semester starts Jan. 18.

For an appointment, call 376-8479.

Academy briefing

An Air Force Academy briefing is 10 a.m. Nov. 30 in the education services center, Room 224, Sablich Center.

Jan. 31 is the deadline for enlisted members to submit applications.

Parking lot closed

The Mathies NCO Academy parking lot is closed 7-11:40 a.m. Tuesday and 7-10:45 a.m. Dec. 7 for drill evaluations.

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.

Civilian training

Information about civilian training opportunities is available from the civilian force development corner on the Keesler public Web site, [http://www.keesler.af.mil/
civilianforcedevelopmentcenter.
asp](http://www.keesler.af.mil/civilianforcedevelopmentcenter.asp)

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.

Keesler celebrates excellence

By Airman 1st Class
Heather Holcomb

Keesler Public Affairs

Sirens, cheers, and air horns aren't usually the sounds associated with a briefing, but the Unit Compliance Inspection out-brief Nov. 2 was more of a celebration.

Brig. Gen. Andrew Mueller, 81st Training Wing commander, said, "Two months ago I challenged each and every one of you to look each other in the eye and ask one question — are you ready?"

After months and months of preparation and a week of meticulous inspection, Keesler was deemed "excellent" by the visiting Air Education and Training Command Inspector General team.

"Today we found out that each and every one of the members of our team was ready," said General Mueller.

The UCI was broken down into six categories: commander's items, 81st Training Group, 81st Mission Support Group, 81st Medical Group, major accident response exercise and programs management.

Each category could receive either "unsatisfactory," "marginal," "satisfactory," "excellent" or "outstanding" ratings. According to the IG team, the definitions for each rating are:

Outstanding indicates performance or operation far exceeds mission requirements. Procedures and activities are carried out in a far superior manner. Resources and programs are very efficiently managed and are of exceptional merit. Minimal deficiencies exist.

Excellent indicates performance or operation exceeds mission requirements. Procedures and activities are carried out in a superior manner. Resources and programs are very efficiently managed and relatively free of deficiencies.

Satisfactory indicates per-



Photo by Kemberly Groue

General Mueller congratulates Team Keesler on receiving an 'excellent' rating during the UCI outbrief Nov. 2 at the Bay Breeze Event Center.

formance or operation meets mission requirements. Procedures and activities are carried out in an effective and competent manner. Resources and programs are efficiently managed. Minor deficiencies may exist but do not impede or limit mission accomplishment.

Marginal indicates performance or operation does not meet some mission requirements. Procedures and activities are not carried out in an efficient manner. Resources and programs are not efficiently managed. Deficiencies exist that impede or limit mission accomplishment.

Unsatisfactory indicates performance or operation does not meet mission requirements. Procedures and activities are not carried out in an adequate manner. Resources and programs are not adequately managed. Significant deficiencies exist that preclude or seriously limit mission accomplishment.

The commander's items received a "satisfactory" rating overall with the chaplain and equal opportunity programs receiving "outstanding" ratings.

The 81st TRG received an "excellent" rating overall. The 338th Training Squadron's military training program receiving an "outstanding" rating.

The 81st Mission Support Group received an "excellent" rating overall with the 81st Force Support Squadron receiving an "outstanding" in sustainment services and the 81st Security Forces Squadron receiving an "outstanding" in installation security.

The 81st Medical Group received a "satisfactory" rating overall.

Oct. 26, the entire base came together during the major accident response exercise. In the scenario, an aircraft went off the runway into the Triangle training area and people all across the base had a part to play in responding to the incident. The base as a whole received a "satisfactory" rating on the MARE. The base also received a "satisfactory" rating in programs management.

Four teams were recognized by the IG team for exceeding expectations. They are the modular control equipment

Please see **Excellence**, Page 9

IN THE NEWS

Staff sergeant promotions

Three senior airmen have been selected for promotion.
81st Logistics Readiness Squadron — Marc Skinner.
81st Medical Operations Squadron — Mark Butanis.
338th Training Squadron — Noah Erdman.

Combined Federal Campaign

Keesler's Combined Federal Campaign has exceeded its goal for this year.

As of Nov. 5, \$135,960.81 has been pledged, 100.31 percent of this year's goal of \$135,542.

Limited legal assistance Tuesday

Legal office

The legal office is minimally manned Tuesday because of an official function. Waiting times may be longer.

Assistance for citizenship seekers

Legal office

From 8 a.m. to 1 p.m. Nov. 18, a representative from the U. S. Citizenship and Immigration Services is in the legal office to meet with military members, their families, retirees and their dependents to answer questions about the immigration application process and how being a military member helps the immigration process.

Walk-ins and appointments are welcome. For more information or to schedule an appointment, call the legal office, 376-8601.

Grass enhancement in housing

81st Infrastructure Division

Work is being done in base housing areas to fix erosion, washout and areas that are prone to voids of grass.

People in affected areas are asked not to remove the small orange flags that mark areas to be treated.

Arnold Annex renovation

81st Medical Group Public Affairs

Renovation of Arnold Annex is expected to last through March.

Visitors are asked to use the large parking lot across the street instead of next to the building.

For more information, call 376-0385.

Early Keesler News deadline

This week, the Keesler News is published one day earlier than usual because of Thursday's Veterans Day federal holiday.

The paper will also be published Nov. 24, one day earlier than usual, because of the Thanksgiving Day federal holiday.

The submission deadline for that issue is noon Nov. 18.

Keesler involved in Veterans Day events

trainer team, the food service quality assurance team, the integrated defense plan development team and the system administration team.

Five individuals received Air Education and Training Command IG coins from the inspector general, Col. Mike Brown, for their superior performance during the UCI.

They are Demetria Richard, 334th Training Squadron; Airman 1st Class Siera Wilson, 81st Training Group; Staff Sgt. Yolanda Jackson, 81st Security Forces Squadron; Master Sgt. Michael Freeck, 81st SFS; and Capt. Jennifer Mack, 335th TRS.

After all the ratings were announced and the IG team departed, General Mueller acknowledged the efforts and hard work of the entire Keesler family and said, "We're going to sustain that excellent rating — I promise you."

Team Keesler is observing Veterans Day with a variety of activities.

Thursday

10 a.m. — Veterans of Foreign Wars Mississippi Medal of Honor Recipients monument unveiling. Col. Lynn Connett, 81st Training Group commander, speaks.

11 a.m. — Biloxi Veterans Affairs Medical Center celebration, Recreational Hall, Building 17. Brig. Gen. Andrew Mueller, 81st Training Wing commander, speaks.

11 a.m. — American Legion Post 33 ceremony, Biloxi. Col. Glen Downing, 81st TRW vice commander, speaks.

11 a.m. — American Legion Post 119, Gulfport. Honor guard participates.

1 p.m. — Biloxi High School program. Senior Airman Natalie Barnes, 81st Logistics Readiness Squadron, speaks.



Retired Lt. Col. Dean Todd is framed by Airman Basic Chelsea Martin, left, 332nd Training Squadron, and Airman 1st Class Marissa Chitis, 338th TRS, at Sunday's ecumenical worship service at Triangle Chapel that began Keesler's Veterans Day observance.

Photo by Kemberly Groue

4:30 p.m. — Commanders cruise aboard the Biloxi Schooner sponsored by Biloxi Bay Chamber of Commerce.

Saturday

10 a.m. — Veterans Day celebration, Disabled American Veterans Chapter 5 and

Veterans of Foreign Wars Post 2539, 23rd Avenue, Gulfport. Col. Rodney Berk, 81st Mission Support Group commander, speaks.

11 a.m. — Annual Gulf Coast Veterans Day Parade, with reception at IP Casino Resort and Spa. Maj. Gen.

Mary Kay Hertog, 2nd Air Force commander; General Mueller, Colonel Downing, 50-state flag team, drum and bugle corps, students and other Team Keesler members are marching. For parade route, log on to <http://www.msveteransparade.com>.

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Thursday

10 a.m. — Veterans of Foreign Wars Mississippi Medal of Honor Recipients monument unveiling. Col. Lynn Connett, 81st Training Group commander, speaks.

11 a.m. — Biloxi Veterans Affairs Medical Center celebration, Recreational Hall, Building 17. Brig. Gen. Andrew Mueller, 81st Training Wing commander, speaks.

11 a.m. — American Legion Post 33 ceremony, Biloxi. Col. Glen Downing, 81st TRW vice commander, speaks.

11 a.m. — American Legion Post 119, Gulfport. Honor guard participates.

1 p.m. — Biloxi High School program. Senior Airman Natalie Barnes, 81st Logistics Readiness Squadron, speaks.



Retired Lt. Col. Dean Todd is framed by Airman Basic Chelsea Martin, left, 332nd Training Squadron, and Airman 1st Class Marissa Chitis, 338th TRS, at Sunday's ecumenical worship service at Triangle Chapel that began Keesler's Veterans Day observance.

Photo by Kemberly Groue

4:30 p.m. — Commanders cruise aboard the Biloxi Schooner sponsored by Biloxi Bay Chamber of Commerce.

Saturday

10 a.m. — Veterans Day celebration, Disabled American Veterans Chapter 5 and

Veterans of Foreign Wars Post 2539, 23rd Avenue, Gulfport. Col. Rodney Berk, 81st Mission Support Group commander, speaks.

11 a.m. — Annual Gulf Coast Veterans Day Parade, with reception at IP Casino Resort and Spa. Maj. Gen.

Mary Kay Hertog, 2nd Air Force commander; General Mueller, Colonel Downing, 50-state flag team, drum and bugle corps, students and other Team Keesler members are marching. For parade route, log on to <http://www.msveteransparade.com>.

PERSONNEL NOTES

Informed decision briefing

An informed decision briefing for personnel within 15 months of their projected date of separation is 8 a.m. to noon today in the Keesler Professional Development Center, Building 2902, at the south end of Airman Leadership School.

The briefing is mandatory for first and second term Airmen within 12-15 months of their DOS regardless of current reenlistment intent, unless pending involuntary separation per Air Force Instruction 36-2624.

For more information, call 377-3697.

Health insurance open season

The open season for health benefits runs through Dec. 13. During this period, employees can enroll or change your plans in the Employee Benefits Information System by logging on to <https://www.afpc.randolph.af.mil> or calling 1-800-525-0102.

For more information, visit Room 214, Sablich Center, or call 376-8326.

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, and registration is required.

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

Federal format resume writing — 9 a.m. today and 2 p.m. Nov. 18 and Dec. 8.

Civilian format resume writing — 2 p.m. Dec. 2 or 15.

After attending a class, call 376-8728 to have your resume reviewed.

For more information, call 376-8728.

Transition assistance briefings

The airman and family readiness center has a number of upcoming programs for members planning to separate or retire.

Mandatory pre-separation briefings — 1 p.m. Tuesdays for those separating with honorable discharges and 2:30 p.m. for retirees; Room 110, Sablich Center. Bring one copy of separation or retirement orders. This appointment is required by law, and must be accomplished 90 calendar days before the separation or retirement date. For short-notice separations or retirements, the briefing should be done as soon as possible.

Transition assistance program workshop — 8 a.m. to 4:30 p.m. Nov 15-17 and Dec 13-15, Room 108A, Sablich Center. Dress is business casual; no jeans, T-shirts or uniforms.

Women veterans after-TAP gathering — 8:30-11:30 a.m. Nov. 30, Room 108A, Sablich Center.

Veterans benefits briefing — 8-11 a.m. Nov. 18 and Dec. 16, Room 108A, Sablich Center.

Retirement briefings — intended for those with less than a year until retirement, 1-3:30 p.m. Nov. 18 and Dec. 16, Room 108A, Sablich Center.

To pre-register or for more information on these programs, call 376-8728.

Air Force adds new enlisted career field for cyberspace defense operators

By Master Sgt. Raheem Moore

Secretary of the Air Force Public Affairs

WASHINGTON — Air Force officials added a new enlisted career field for cyberspace defense operators Nov. 1.

The new specialty code, 1B4X1, is a retrain-in only specialty focused on computer network operations. The initial 1B4X1 cadre will comprise Airmen who are retraining from intelligence and cyberspace support specialties.

“The 1B4X1 cadre will solidify and strengthen our ability to establish, control, defend and leverage cyberspace,” said Lt. Gen. William Lord, chief of warfighting integration and chief information officer. “Their expertise is vital to achieving information dominance in the cyber domain.”

Air Force officials are investing in its cyberspace professionals, cultivating career fields that are trained and equipped as robustly as air and space forces, and this restructuring helps with that process.”

Individuals were identified by their major commands based on current or past duties, special experience identifiers and training courses they attended such as undergraduate network warfare training.

The first enlisted course of undergraduate cyberspace training starts in January at Keesler with 12 students retraining into the 1B4X1 career field. Fifty Airmen per year are scheduled to attend UCT in fiscal 2011 and 2012.

The officer cyberspace defense operator AFSC stood up in May and the first class of 16 officers will graduate from officer UCT in December.

Airmen in the 1B4X1 career field will also have the opportunity to attend professional continuing education for cyberspace. Officials will release guidance shortly on how Airmen can cross-train into the 1B4X1 AFSC.

Major command officials will have to complete the identification and conversion process of enlisted members to the 1B4X1 career field by Nov. 30.

'Smokeout' observed Nov. 18

Health and wellness center

Keesler's Great American Smokeout begins at 7 a.m. Nov. 18 at the health and wellness center.

It includes a cigarette bonfire, a 5-kilometer run starting at the health and wellness center, T-shirts, trophies, and turkey raffle. Participants may sign up anytime during the week and are asked to drop off an empty pack, full pack or carton of cigarettes for the bonfire.

The HAWC offers one-hour tobacco cessation classes, noon and 5 p.m. Wednesdays.

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

DOD supports Great American Smokeout

Department of Defense

FALLS CHURCH, Va. — The Department of Defense encourages its military personnel to join troops around the globe by taking a 24-hour break from smoking Nov. 18.

"Every day, our military men and women train hard so they are well prepared when duty calls. Now we are urging them to prepare for another important mission, the Great American Smokeout," said Cmdr. (Dr.) Aileen Buckler, U.S. Public Health Service officer and chairman of DOD's alcohol and tobacco advisory committee.

GASO is the American Cancer Society's nationally recognized day that urges smokers to take the first steps to quitting for a lifetime.

Military members wanting to participate in GASO can



Start a 24-hour smoke-free maneuver.

Join the Great American Smokeout.

18 NOV 2010

QUIT TOBACCO.
make everyone proud
www.ucanquit2.org

find support through DOD's tobacco cessation campaign website, www.ucanquit2.org, as well as through several Tricare resources. The website has tools and support to assist individuals to quit smoking. All non-Medicare eligible

beneficiaries can receive assistance with smoking cessation through Tricare's toll-free Smoking Quitline. Toll-free telephone lines are available in each Tricare region offering support around the clock daily.

In addition to Tricare Quitlines, brochures and counseling, the website includes a special GASO section featuring an online pledge for service members to publicly announce their intent to stop smoking for the day. Health professionals can get ideas for this year's GASO event and then register the event to publicize it locally and across the country. Individuals can publicly pledge or send e-cards of their intentions to quit smoking for the day. Family and friends can also send e-cards of encouragement to those trying to quit. Free GASO materials are available for health professionals and other installation leaders to order or download to help promote events.

"Using the resources on this very comprehensive website is a great way to prepare for GASO and help ensure a successful smoke-free operation," Cmdr. Buckler said.

The website features Train2Quit, an online support system that uses interactive components such as quit tools, self-assessment questionnaires, quizzes and other activities. Service members can create a customizable quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

A savings calculator provides motivation by showing how much extra cash is saved and accumulated over time. Personal quit coaches, available 24/7, answer questions about quitting smoking and how to stay tobacco-free.

Also available through the website are games like Texas Hold 'Em and blogs for peer support, as well as social networking links to Twitter, Facebook and YouTube. Users can sign up to receive quit tips via text messages or personal widget downloads. The site provides medication information, news articles, podcasts, RSS feeds, special monthly features and more.



Airman Tipton



Sergeant Potter



Sergeant Shepherd



Lieutenant Koukal

Wing presents quarterly awards

By Susan Griggs

Keesler News editor

Twelve Team Keesler members were spotlighted at the 81st Training Wing quarterly awards luncheon Thursday.

Airman — Senior Airman Stephanie Tipton, 81st Medical Group.

Noncommissioned officer — Staff Sgt. Alex Potter, 81st Contracting Squadron.

Senior NCO — Master Sgt. Joel Shepherd, 81st Aerospace Medicine Squadron.

Company grade officer — 1st Lt. Aileen Koukal.

Civilian Category I — Joy Young, 81st Medical Support Squadron.

Civilian Category II — John Fox, 81st Comptroller Squadron.

Civilian Category II supervisor — Alfred Watkins, 81st Infrastructure Division.

Honor guard airman — Airman 1st Class Justin Whitaker, 81st MDSS.

Honor guard NCO — Tech. Sgt. James Shealey, 332nd Training Squadron.

Military volunteer — Staff Sgt. Christopher Freimann, 332nd TRS.

Civilian volunteer — Lana Smith, airman and family readiness center.

Spartan award (dormitory room excellence) — Airman 1st Class Heather Holcomb, public affairs.



Ms. Young



Mr. Fox



Mr. Watkins



Airman Whitaker



Sergeant Shealey



Sergeant Freimann



Ms. Smith



Airman Holcomb

News tips? Call the Keesler News, 377-4130.

Affordable Care Act impacts federal civilian benefits in 2011

Air Force Personnel Center

RANDOLPH Air Force Base, Texas — Several provisions of the Affordable Care Act being implemented Jan. 1 affect eligibility and benefits for appropriated civilian employees under the Federal Employees Health Benefits and Federal Flexible Spending Account programs.

One of the provisions of Public Law 111-148 changes FEHB dependent eligibility rules.

“One of the most welcomed changes is the extension of health benefits coverage for children under their parent’s health benefit until the age of 26,” said Kathryn Iapichino, a human resources specialist at the Air Force Personnel Center. “This is a relief to many parents whose children are attending college and do not have access to affordable health care. This also precludes parents from having to purchase additional health care coverage for this child, often at 75 percent more than what the federal employee would pay for family coverage.”

The provision includes married children; however, it does not include their spouses or children. It also removes the residency and dependency requirements and allows children who currently have or are eligible for their own insurance to be placed on their parents’ FEHB plan.

Employees may add their eligible children either during

the 2010 Open Season beginning lasting through Dec. 13 or as a qualifying life event.

Those currently enrolled in self and family coverage should contact their plan provider to add eligible children to their FEHB. Employees who are enrolled in self and family coverage and are planning on making an open season election to elect coverage with another carrier can add their eligible children when processing their election.

Employees enrolled in self-only coverage or not enrolled in FEHB may make an open season election for self and family coverage to add their children to their FEHB. Employees may process an open season election through the Benefits and Entitlements Service Team system at 800-565-0102, or the Employee Benefits Information System Web application available through the Air Force Portal or AFPC secure applications website. Open season elections will be effective Jan. 2.

Employees enrolled in self-only coverage or are not enrolled in FEHB may also enroll in self and family coverage as a qualifying life event, electing “Change in Family Status.” To elect coverage due to a “Change in Family Status,” employees must contact the Total Force Service Center between Dec. 1 and March 1, 2011. This change cannot be accomplished using the BEST phone or EBIS systems. Elec-

tions based on a qualifying life event will be effective Dec. 19, in order to make a child’s coverage effective Jan. 1.

The Affordable Care Act has also extended the eligibility age for reimbursement of eligible expenses under an employee’s health care flexible spending account. This change will allow employees to request reimbursement of eligible expenses through the taxable year prior to their child turning age 27. Eligible children include the employee’s natural child, stepchild, adopted child, foster child or a child placed with the employee for legal adoption. This act has also removed the requirement that children reside with the employee or qualify as the employee’s tax dependent.

Also effective for the 2011 plan year, over-the-counter products that are classified as medicines or drugs will require a prescription from a physician in order to receive reimbursement from a health care FSA. This does not include insulin. Other over-the-counter items that are not classified as medicines or drugs will not require a prescription.

For additional information, Air Force-serviced employees call the Total Force Service Center, 800-525-0102. Hearing-impaired employees with access to TDD equipment may reach a benefits counselor by calling 1-800-382-0893 or 1-210-565-2276.



Don't drink and drive.

Call

Airmen Against Drunk Driving,

377-SAVE,

for a safe ride home.

318 saves so far this year

Airman Basic Emili Simerson, left, a student in the 336th Training Squadron, is serenaded by Senior Airman Devin Martin at the Tops in Blue show at the Mississippi Coast Coliseum in Biloxi Nov. 4. Airman Martin is from Offutt Air Force Base, Neb.



Senior Airman Adam Rideaux “beatboxes” during “Thriller,” part of a medley of Michael Jackson songs. Beatboxing is a form of vocal percussion that produces drum beats, rhythm and musical sounds using one’s mouth, lips, tongue and voice. Airman Rideaux is assigned to Malmstrom AFB, Mont.



Left, Staff Sgts. James Alston, Buckley AFB, Colo., and Chonte Walker, Barksdale AFB, La., perform a duet at the Nov. 4 show.

Right, Airman 1st Class Jette Warnick, left, and Staff Sgt. Candice Fagan do their version of “Paparazzi” by Lady Gaga. Airman Warnick is from Cannon AFB, N.M., and Sergeant Fagan is assigned to Kadena Air Base, Japan.



Tops in Blue

Photos by Kemberly Groue



Staff Sgt. Antonio Howard, MacDill AFB, Fla., belts out a selection during the Tops in Blue concert. Tops in Blue is an active-duty special unit made up of talented amateurs that performs across the U.S. and around the world as Air Force musical ambassadors.



Airman Basic Leonil Castillo dances down the aisle with Senior Airman Lacy Jones, a member of the Tops in Blue team, to Cher’s “Do You Believe in Life After Love.” Airman Castillo is a student in the 336th TRS. Airman Jones is stationed at Incirlik Air Base, Turkey.



Tops in Blue performs nearly 100 shows during its 2010 tour, in addition to two extended trips to Southwest Asia to play for deployed troops.



Left, Tops in Blue’s musical ensemble takes the stage.

Right, Tech. Sgt. Katie Badowski, McChord AFB, Wash., does her rendition of Lady Gaga’s “Bad Romance.”



'Don't Ask, Don't Tell' policy remains during appeals process

By Lisa Daniel

American Forces Press Service

WASHINGTON — The so-called "Don't Ask, Don't Tell" policy will stay in place while Justice Department officials appeal a federal judge's ruling last month that the law that bans gay men and lesbians from serving openly is unconstitutional.

The U.S. Court of Appeals for the 9th Circuit voted 2-1 yesterday to extend a stay on the lower judge's ruling that put an immediate suspension on the law.

District Judge Virginia Phillips' Oct. 12 injunction stopped enforcement of the law until Oct. 20, when a Justice Department request for a

stay was approved. The request said Department of Defense officials need more time to prepare for an orderly repeal of the statute. The court's ruling extends that stay.

"For the reasons stated in the government's submission to the appellate court, we believe the stay is appropriate," a DOD spokesman said after the ruling.

In its Nov. 1 decision, the appeals court wrote that the government was convincing in its argument that the lack of an orderly transition "will produce immediate harm and precipitous injury."

The panel further stated that the courts should show

deference in cases involving the military.

"We also conclude that the public interest in ensuring orderly change of this magnitude in the military, if that is what is to happen, strongly militates in favor of a stay," the decision says.

President Barack Obama, Defense Secretary Robert Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen all have said they support repeal of the law by Congress. The Log Cabin Republicans, a gay rights group, brought the case to court.

A DOD review of the 1993 law is expected to be completed Dec. 1.

Safety office implements federal program to lessen injuries, raise operational capabilities

Safety office

The 81st Training Wing is implementing a program designed to drive down injury rates and increase operational capabilities.

The Occupational Safety and Health Administration's Voluntary Protection Program is designed to hold management accountable for the safety and health of all workers through education, identifying and eliminating hazards, and actively involving all employees in their own protection.

Wing safety officials believe everyone at Keesler, from senior leadership to the newest airman basic, must be involved in the VPP process. All Keesler members will be trained to identify hazards in the workplace and to become part of the solution.

The VPP process won't create new wing safety programs. Instead, it focuses on streamlining and enhancing processes

that are already in place. The goal of this program is to get all Team Keesler members to identify hazards and take action immediately, ultimately eliminating safety and work hazards on and off duty.

Safety officials expect VPP to lower the overall mishap rate as well as to increase the health and wellness of Keesler's military and civilian work force.

All base personnel can be a

part of the program by evaluating their home and office for potential safety and health risks. Involvement includes performing self inspections, reporting hazards up the chain of command and implementing a safety training program within each unit.

For more information, call 377-2007 or visit OSHA's VPP page, <http://www.osha.gov/dcsp/vpp/index.html>.



Don't fix the blame — fix the problem.

'The other' General Cornum visits Keesler medics

By Steve Pivnick

81st Medical Group Public Affairs

Army Brig. Gen. (Dr.) Rhonda Cornum, director of comprehensive soldier fitness in the Army G-3/5/7 and wife of Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, addresses 81st MDG enlisted members 8:30 a.m. Nov. 17 in the hospital's Don Wylie Auditorium. She will speak about her experience as a prisoner of war in Iraq during the Persian Gulf conflict.

In August 1990, General Cornum was assigned as the flight surgeon to the 2/229 Attack Helicopter Battalion. During the last week of February 1991, while performing a search and rescue mission for a downed Air Force F-16 pilot, her Blackhawk helicopter was shot down. Five members of the eight-person crew were killed. The three survivors, including General Cornum, were captured by Iraqi forces. She was repatriated on March 6, 1991. She wrote a memoir about the



General Cornum

conflict and her eight days in captivity. "She Went to War: The Rhonda Cornum Story" was published in 1992.

General Cornum was commissioned into the Army and began a research career in 1978 after receiving her Ph.D. in nutrition and biochemistry from Cornell University. Assigned to the Letterman Army Institute of Research in San Francisco, she focused on wound healing metabolism and improv-

ing liquid blood preservation and transfusion therapy. From 1982-1986, she attended medical school at the Uniformed Services University of the Health Sciences, Bethesda, Md., received her medical degree and completed a general surgery internship at Walter Reed Army Medical Center, Washington, D.C.

In 1987, she transferred to the Army Aeromedical Center at Fort Rucker, Ala., first as chief, primary care and community medicine, then chief of aviation medicine. In 1989, research again became her primary duty as chief, Crew Life Support Branch at the Army Aeromedical Research Laboratory, also at Fort Rucker. While there, her interests revolved around enhancing pilot performance and use of helmet-mounted displays in advanced attack helicopters.

The general attended Air Command and Staff College at Maxwell AFB, Ala., from 1991 through 1992. She began urologic surgery training in 1993. In addition to

academic and clinical responsibilities, she renewed her blood and metabolic research interests, including use of the absorbable fibrin bandage and evaluating alternate strategies for treating prostate cancer. Following graduation in 1998, she was assigned as the assistant deputy commander of clinical services and staff urologist at Eisenhower Army Medical Center in Augusta, Ga. She is board certified in urology and a fellow in the American College of Surgeons and Aerospace Medical Association.

She took command of the 28th Combat Support Hospital at Fort Bragg, N.C., on July 25, 2000. In this position she deployed as the Medical Task Force commander to Bosnia for SFOR 9, and deployed three subordinate units to Afghanistan for Operation Enduring Freedom. After that command tour she attended the National War College, Fort Lesley J. McNair, Washington, D.C., and graduated in June 2003.

General Cornum then commanded Landstuhl Regional

Medical Center, Germany. During this time, Landstuhl cared for over 26,000 war heroes, including 5,540 battle injuries, evacuated from Iraq and Afghanistan. In June 2005, she became the U.S. Army Forces command surgeon, Fort McPherson, Ga., where her responsibilities included casualty care of the deployed force and providing medical expertise to the higher headquarters for all CONUS-based Army Forces.

In her preceding assignment, General Cornum served as the U.S. Army's assistant surgeon general for force projection with responsibilities including policy development, organization and overall management of the Army-wide health services system.

In addition to senior flight surgeon wings, the general wears the airborne, air assault and the expert field medic badges. She sits on numerous committees and advisory boards, including the Secretary's POW Advisory Committee for the VA.

For more news, photos, videos and information, visit Keesler's public website, www.keesler.af.mil

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.*

Nurse finds calling serving wounded warriors

By Susan Griggs

Keesler News editor

Donna Anderson has been a nurse since 1989. When she became Keesler's wounded warrior program manager two years ago, she found her true calling.

"It's so rewarding to be able to serve," said Ms. Anderson, who came to Keesler 19 years ago. "That's what I became a nurse for — that's what it's all about."

Before assuming her current position, she served as a nurse in oncology, radiology nursing, internal medicine clinic and same-day surgery.

As nurse consultant, Ms. Anderson assists with care coordination and case management of active-duty wounded warriors from all branches of service to help manage their treatment plan.

"I empower members to take ownership of their care, discuss their treatment plan with the interdisciplinary team and provide the appropriate resources that can guide them through their transition process if they're unable to stay in the military," she explained. "My role is to get the member to the right place at the right time and aligned with the right care and the right person."

Ms. Anderson is a firm believer in good communication with her counterparts.

"Without all the wonderful champions within our medical treatment facility, I wouldn't have been able to do what I do — it takes all of us," she insisted.

One of her inspirations is Dr. James Gasque, a retired colonel who's the chief medical doctor for the program.

"I remember his words, 'It's like peeling an orange one rind at a time,'" she said. "He is so right — I want things to happen for our members right away. Dr. Gasque has been a good mentor for me — he loves what



Ms. Anderson

he does and it shows with the care and time he gives our wounded service members."

Ms. Anderson is clear about the needs of the wounded warriors she serves.

"They need to become knowledgeable about their benefits and entitlements and gain an understanding of their disease processes, whether physical or behavioral," she stated. "They need understanding from our medical community."

One of the biggest challenges for Ms. Anderson has been learning how each service functions, since she works with Air Force, Army, and Navy entities. She realizes there's no way she can read every regulation, so she employs a team approach.

"I find my champions — Dan Ransom, recovery care coordinator; Capt. Tara Southward in mental health; Chief Petty Officer Kenneth Jordan, the Navy liaison; Ms. Cherielynn Phillips, the

Army National Guard contact person; Naomi Kraima from the Disabled American Veterans; Linda Davis, the health benefits adviser and many more — we are a team," she emphasized.

She meets personally with the services to know and understand how they operate and develops a good relationship with them, then puts a good contact list in place.

"Sometimes you can speak to three to five different people on the phone before you get to the right person," she said. "I believe it's better to engage and put a name with a face. It's much easier to put processes in place when you can see firsthand how things operate."

It's hard for her to put her job aside when she goes home at the end of the day.

"What keeps me awake at night is worrying about what I forgot to do," Ms. Anderson admitted. "I'll wake up sometimes to jot my note for the next day — there's a lot to do and not enough time to do it."

As much as she loves her job, her heart breaks with some of the cases she's handled.

"I've cried with a member who suffers from post traumatic stress disorder and other medical conditions," she recalled. "He began to tell me about his experience while he was in Baghdad, how he witnessed his buddies being blown up. He describes jumping off the tank, running to them. He tried to carry both, but he

WARRIOR CARE MONTH

Keesler's second annual "Wounded Warrior Walk" is Saturday on the Ocean Springs-Biloxi Bridge. The walking or running starts at 8 a.m. and ends at 11. Donations will be accepted as they were last year with all proceeds going to local wounded, injured or ill

service members. Last year's walk raised \$1,400.

Monday, the Bay Breeze Event Center takes \$1 off the lunch of non-club member in uniform between 11 a.m. and 1 p.m. All club members receive an additional \$1 off their meals.

wasn't able to because one of his buddy's flesh was falling off his body and the other was blown to pieces. He said he was determined to bring them back.

"He started crying, and all I could see was that this man was my child's age — he was around 30 years old," she continued. "I got up from my chair and just hugged him. I told him he did all he could do — he is so brave. Now whenever he comes to his appointments, he stops in and hugs me."

Ms. Anderson said one of the biggest rewards of her job is being able to see the fruits of her labors.

"It's wonderful when a member calls me and tells me he finally got his rating and it was enough for him to take care of his family," she remarked. "That's a huge fear with our service mem-

bers who go through a medical evaluation board process and can no longer serve in the military."

Ms. Anderson is clear about the importance of her job.

"I feel anyone can do this job if their heart is in the right place," she said. "It's important for our men and women who sacrifice their lives, and the sacrifice the families make to have a place to go — a person that they can connect with. I have an open door policy — they know if they need to talk or need help, they can call or come by. We'll do what we can to assist and intervene on their behalf to get them headed in the right direction."

Ms. Anderson is grateful for the opportunity she's been given to serve wounded warriors at the grass roots level.

"I am so blessed," she said.

Keesler's got talent



Photos by Kemberly Groue

From left, Mallory LeBlanc, 10, and her sister Megan, 11, play "Yes Sir, That's My Baby" on their banjos at the youth center talent show Friday. Their parents are Master Sgt. Robert and Misty LeBlanc, 333rd Training Squadron.

Right, Junie Robles, 9, son of Tech. Sgt. Maria and Lupe Robles, 81st Medical Operations Squadron, plays "The First Rock" and "Riffs and Melodies on One String."



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

America Recycles Day is Monday

CSC environmental office

"I Recycle" is the theme of Keep America Beautiful's 2010 America Recycles Day, Monday.

At Keesler, the CSC environmental office will be at the exchange, 10 a.m. to 2 p.m., to distribute information and accept donations for the Cell Phones for Soldiers program that uses proceeds from recycling old cell phones to purchase calling cards for deployed troops.

A universal waste turn-in is 8 a.m. to 3 p.m. at Building



4420 near the corner of Z and M Streets. Military organizations can drop off universal waste items such as used fluorescent bulbs, batteries

(except alkaline) and mercury thermostats. Universal waste can also be turned in 9-10 a.m. every Tuesday at this location.

Typical household hazardous waste containers, such as paints and used bulbs, are also accepted.

Any unused consumer products can be collected and issued free of charge. Items that won't be accepted are oils, gasoline, aerosols, solvents, munitions, tires and white goods.

For information, call the environmental office, 377-1262.

Here are 10 reasons to reuse, recycle

National Recycling Coalition

There are many good reasons for recycling.

It's good for the economy — American companies rely on recycling programs to provide the raw materials they need to make new products.

It creates jobs — Recycling in the U.S. is a \$236 billion a year industry. More than 56,000 recycling and reuse enterprises employ 1.1 million workers nationwide.

It reduces waste — The average American discards 7½ pounds of garbage every day. Most of this garbage goes into landfills, where it's compacted and buried.

It's good for the environment — Recycling requires far less energy, uses fewer natural resources and keeps waste from piling up in landfills.

It saves energy — Recycling offers significant energy savings over manufacturing with

virgin materials. For example, manufacturing with recycled aluminum cans uses 95 percent less energy.

It preserves landfill space — No one wants to live next door to a landfill.

It prevents global warming — Recycling of solid waste reduces the release of carbon into the air.

It reduces water pollution — Making goods from recycled materials generates far less water pollution than manufacturing from virgin materials.

It protects wildlife — Using recycled materials reduces the need to damage forests, wetlands, rivers and other places essential to wildlife.

It creates new demand — Recycling and buying recycled products creates demand for more recycled products, decreasing waste and helping our economy.

Recycling conserves natural resources

National Recycling Coalition

Recycling paper, aluminum, plastic and glass can make a significant difference in conserving our natural resources.

Here are some points to ponder:

Americans throw away enough office paper each year to build a 12-foot-high wall of paper from New York to Seattle.

Making paper from recycled paper reduces contributions to air pollution by 95 percent.

Recycling a stack of newspapers just 3 feet high saves one tree.

Every three months, Americans landfill enough aluminum to rebuild our entire commercial air fleet.

The average person has the opportunity to recycle more than 25,000 cans in a lifetime.

Recycling a single aluminum can saves

enough energy to power a TV for three hours.

The U.S. recycled 3.3 billion pounds of post-consumer plastics in 2005, keeping it out of landfills.

The plastic recycling industry provides jobs for more than 52,000 American workers.

Five plastic soda bottles yield enough fiber for one extra large T-shirt, one square foot of carpet or enough fiber fill to fill one ski jacket.

Glass can be recycled an indefinite number of times and never wears out.

Making glass from recycled material cuts related water pollution by 50 percent.

Recycling one glass jar saves enough electricity to light a conventional 60-watt bulb for four hours or an 11-watt compact fluorescent bulb for 20 hours.

Housing office closed

The military family housing office closes at 11 a.m. today for an official function.

Airman, family readiness

The airman and family readiness center is closed Monday and Tuesday for leadership training.

This includes offices at the Sablich Center and the Levittow Training Support Facility.

The transition assistance program workshop takes place as scheduled, but pre-separation counseling and post-deployment briefings won't be conducted Tuesday.

Only emergency financial aid travel requests are handled.

To schedule assistance, call 376-8728.

Wounded Warrior Walk

As part of its observance of Warrior Care Month, Keesler hosts its second annual Wounded Warrior Walk across the Biloxi/Ocean Springs Bridge, 7-11 a.m. Saturday.

The event raises funds to assist wounded and ill warriors in the local area.

For more information, call 376-3068, 257-0541 or 376-3076.

AFSA luncheon

Air Force Sergeants Association Chapter 652 meets 11 a.m. Tuesday in the Bay Breeze Event Center second floor ballroom.

A free lunch is served to members.

If you plan to attend, call 377-2934.

Top III meeting

The Keesler Top III meets at 3:30 p.m. Tuesday at the Bay Breeze Event Center, third floor.

For more information, call 376-3055.

Adoption options

Adoption Options, a seminar for military families considering adopting a child, is 5:30 p.m. Nov. 18 in Room 108A, Sablich Center.

The airman and family readiness center is partnering with several base and community

Dec. 1 is Holiday in the Park

Holiday in the Park is 4-7 p.m. Dec. 1 in marina park.

Festivities start with a performance by the drum and bugle corps, along with free food and drinks, hayrides, children's activities, horse and buggy rides and balloons.

At 5 p.m., Santa arrives by fire truck, the chapel choir sings carols and the petting zoo opens.

Brig. Gen. Andrew Mueller, 81st Training Wing commander, speaks at 6 p.m., followed by the tree lighting and announcement of the holiday card contest.

"Holiday Season" is the theme of the card contest, which offers an opportunity to display unit spirit.

Organizations provide supplies, including card size of a 4-foot by 8-foot sheet of plywood for a free-standing display so no holes will be dug

The entire plywood card is painted front and back, with the name of squadron and point of contact on the back.

Entries must be registered at the marina's outdoor recreation office, in place by noon Nov. 30 and removed by Jan. 4.

"Dragon Dollars" are the prizes — 300 for first place, 200 for second and 100 for third. Dragon Dollars may be used to offset the cost of holiday parties, rent a pavilion at the marina, use of the bowling center, golf tournaments or other base recreational facilities.

A holiday tree will be erected in the field along Larcher Boulevard in the former Muse Manor location where the holiday cards will be displayed.

For more information, call 377-0002.



agencies to present the program.

Topics include legal aspects of adoption, emotions and preparing the current family, reimbursement of adoption expenses according to Defense Department guidelines, home study process, and information from Mississippi state and private agencies.

To register, call 376-8728 by Nov. 10.

Home Away from Home

The chapel's Home Away from Home program has paired non-prior service Airmen with host families for Thanksgiving.

This program gives host families to welcome two students into their home, providing them with home cooked meal and a family experience on Thanksgiving Day.

Host families can be active duty, Reserve, Guard, retired

or civil service with access to the base and the ability to host two or more Airmen.

Host registration forms are available and must be returned to the Fishbowl Student Ministry Center or any base chapel by Nov. 22. Online registration is also available at <http://www.keesler.af.mil>.

For information, call Chaplain (Capt.) Ruben Covos or Staff Sgt. Tawny Crutcher, 377-2331.

Clinic holiday hours

The 81st Medical Group Hospital's primary care and specialty clinics maintain operating hours aligned with the 81st Training Wing schedule during the holiday season.

Except for the actual holidays, the clinics are open 7 a.m. to 5 p.m. Monday-Thursday and 7 a.m. to 4 p.m. Fri-

days. Clinics have reduced staffs on non-training Fridays.

Clinics are closed on federal holidays and Air Education and Training Command family days, Nov. 26, Dec. 27 and Jan. 3.

The emergency department is always open.

Thrift shop hours

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

Hours are 9 a.m. to 2 p.m. Mondays and Wednesdays. Donations are accepted during regular hours. Consignments are accepted 9 a.m. to 1 p.m. Mondays.

For more information, call 377-3217.

Airman's Attic hours

Airman's Attic is 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 classes

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

Block I basic supply class is 9 a.m. Dec. 15.

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

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

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

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

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

For more information, contact Willie McDonald, 377-2660 or willie.mcdonald.1.ctr@us.af.mil or Paulette Powell, 377-2270, paulette.powell.1.ctr@us.af.mil

Visitor center hours

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

CORRECTION

The correct phone number for the massage therapist at the Dragon Fitness Center is 348-6698.

An incorrect number was provided in the "Happenings" supplement in the Oct. 28 Keesler News.

Medic finishes 1st marathon

By Susan Griggs

Keesler News editor

Eric Knight, a surgical technician in the 81st Surgical Operations Squadron, completed the Marine Corps Marathon Oct. 31 with a time of 4:25:01.

It was the first marathon for Knight, 28, who came in 868th out of about 7,000 active-duty men and women ranging from 25-29 years old. Overall, he was 8,142nd out of 30,000 participants. Out of that 30,000, 21,800 finished the 26.2 mile event.

The marathon was established in 1976 and traditionally takes place a week or two before the Marine Corps birthday, which is today. As of last year, it's the fourth largest marathon in the United States and the eighth largest in the world, with runners from more than 50 countries participating.

It's commonly referred to as "The People's Marathon" because it's open to all runners ages 14 and up and is the largest marathon not to offer prize money.

"The atmosphere was amazing — 30,000 people from all over the place coming together to run an amazing course," Knight remarked.

The marathon course winds through Arlington, Va., and Washington, D.C., past many monuments, memorials and landmarks. The race passes the Pentagon before reaching the Marine Corps War Memorial finish line.

"Washington is the perfect city to run a marathon, because it's full of life and history," Knight said. "There were more than 250,000 spectators, and the support from the crowds along the route was very uplifting."

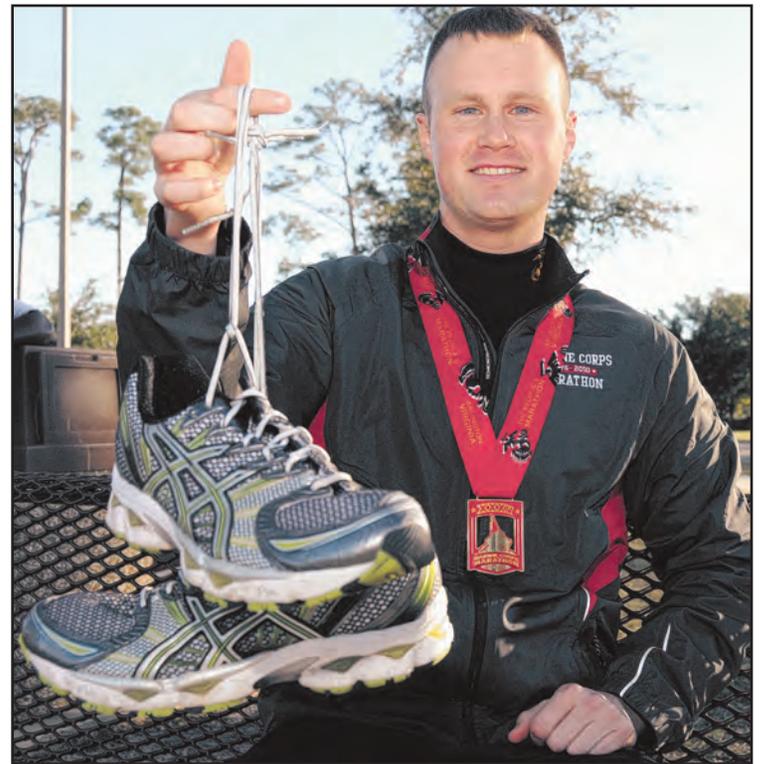


Photo by Kemberly Groue

Knight finished 868th out of about 7,000 active-duty men and women ages 25-29. Overall, he was 8,142nd out of 30,000 participants.

Knight, from Hayneville, Ala., began running races early in 2009, just before joining the Air Force in May of that year. He arrived at Keesler last December.

"I've raced in several 10K runs, including one last summer while I was at tech school at Sheppard (Air Force Base, Texas) and the Azalea Trail Run in Mobile, Ala., in March," he said.

Knight started training for the marathon back in July, doing several long runs across the Biloxi-Ocean Springs Bridge and along U.S. Highway 90 which borders the south Mississippi shoreline.

"I worked a lot on my speed and pace as well, run-

ning on the track and timing myself each time," he added.

Knight admits he's caught marathon fever and is already thinking about future Marine Corps Marathons.

"I love the reputation of the Marine Corps, and I love Washington," he said. "I have friends there from every branch of the service and I have a place to stay there — it's a very expensive place if you have to stay in a hotel."

Knight starts training again next month to prepare for the Rock 'n' Roll Mardi Gras Marathon, Feb. 13 in New Orleans. And next year, he hopes he'll be able to run in the Air Force Marathon, too.

Registration under way for youth center basketball

Registration for youth basketball runs through Nov. 30.

The coed program is for ages 3-14.

The fee is \$50 for the first

child in a family and \$25 for each additional child.

Coaches are needed. A parent meeting is 6 p.m.

Dec. 2.

Games are scheduled Jan. 15-March 19.

For more information, call the youth center, 377-4116.