



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

JUNE 2, 2011 VOL. 72 NO. 22



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Air Force leaders urge summer safety

By Secretary of the Air Force Michael Donley and Chief Master Sgt. of the Air Force James Roy

Memorial Day weekend through Labor Day marks the season of greatest risks for our Air Force team. To counter those risks, we kicked off the Critical Days of Summer safety campaign for 2011 Saturday.

Unfortunately, last summer we lost 16 Airmen. While this was an improvement over the 21 lost the previous year, we must strive to do better. The 2011 Air Force goal is zero preventable mishaps and fatalities.

The leading causes of preventable fatalities during the Critical Days of Summer are off-duty private motor vehicle mishaps and drowning.

We therefore emphasize the importance of fastening seatbelts, driving at reasonable speeds, and avoiding situations of driving while distracted, under the influence fatigued, or otherwise impaired. While participating in aquatic activities, we also strongly urge the use of proper equipment such as personal flotation devices and avoiding hazardous areas and dangerous water conditions.

We challenge all Airmen to make this year safer than last. Be each other's wingman. Use risk management principles, both on and off duty, and exercise sound judgment. We encourage each of you to invest a high level of commitment in taking care of one another. Our most important objective for this summer's campaign is protecting military and civilian personnel and their families.

Enjoy the summer months ahead, be a good wingman and be safe. Thank you for your service, and all that you do for our Air Force and our nation.

Pursuing path to personal, professional progress

By Anthony Voitalla

338th Training Squadron

Just over two years ago, I started a journey to better myself and my career. I wanted to attain my master's degree and began to evaluate the options available. I looked at a number of factors, including tuition assistance options, the cost of the degree, benefits of the differing programs and the flexibility of online courses versus the classroom setting of traditional offerings. Air University master's degree program was a perfect fit for me. It's been demanding, but the rewards are well worth the effort.

Accredited through the Southern Association of Colleges and Schools, AU offers an online master's degree program for Air Force majors and civilian equivalents. It meets educational needs while accommodating today's high operations tempo.

As a Department of Defense civilian and traditional reservist, my time is often spent on the road. Because of deployments with the Hurricane Hunters or senior leader conferences, I needed a program that was flexible enough to meet my commitments. A traditional classroom approach wasn't a good option for me.

When evaluating online courses, one thing kept coming to mind — the cost. Tuition assistance wouldn't cover all my expenses of a typical online master's degree program. I'd have to pay out-of-pocket expenses of \$1,300 to \$1,500 for each course that was not job-related. Then, I came across the Air Command and Staff College online master's program. I looked into opportunities for GS-12

civilians and discovered the joint warfare concentration with benefits no other program from a civilian university could offer.

First, the program is 100 percent tuition free. There's no chance of incurring a cost for a course that wasn't directly related to my current position. Books, however, are at my expense. By being frugal and buying used books online, I've yet to spend more than \$50 dollars for a course. The second benefit of this curriculum is that you earn civilian intermediate developmental education credit that gives you an edge when competing for promotion.

After considering these benefits, I decided this program was the best way to spend my time to reach a personal goal of a master's degree, increase my understanding of leadership and improve my promotion potential within the DOD.

As I contemplated enrollment, I figured the worst thing that could happen was that I wouldn't be accepted into the program. However, if I didn't apply, that was going to happen anyway — I had nothing to lose. I did the required paperwork, obtained endorsements from leadership and submitted the application. It's a very competitive program and I wasn't accepted the first around, but I made the waiting list. One month later, I was accepted and began the course work.

Eleven courses are required to complete the degree. Students may take one or two courses during each eight-week semester. At the end of each semester, students participate in an online discussion to analyze topics, do a mini research paper with citations or submit a PowerPoint briefing.

The course I'm currently taking is joint air and space operations.

In Week 1, we learned about the Joint Force Air and Space Component Commander and the Joint Air and Space Operations Center. Through reading Air Force Doctrine and video briefings, I understood the JFACC's role and how the JAOC supports the war effort. After learning the material, I had to choose a discussion question to answer. My two options were:

- Question A: One of the enduring questions which haunts the U.S. military establishment is the continued use of the airman's tenet of "centralized control and decentralized execution." Although this is now a part of Air Force doctrine, critics charge that it is too cumbersome for the dispersed irregular warfare which we face today. Do you agree or disagree? What is the future of this concept? Will it be more or less useful in the future? Can its shortcomings be answered by the Air Component Coordination Element?

- Question B: In this lesson you have explored the roles and responsibilities of the JFACC as well as the basic elements of the JAOC that enable the JFACC to command and control joint air and space operations. Based on this initial exposure, which division in the JAOC, in your opinion, is most critical in supporting the JFACC's mission? Craft an argument to defend your position.

The answer must be a response of 150 to 300 words with support references. Once this is posted on the electronic bulletin board, students are required to defend their position by answering other student comments about the message. We also have to

comment on the work of at least two other people, agreeing or disagreeing with applicable references. This portion is very important to solidify the information and gives an increased perspective to the material.

In Week 2, we learned about air strategy and the joint operational planning process for air. This ended with a computer simulation project about the Battle of Britain and planning the attack from the German side. Once I completed the simulation, I had to analyze what I did and how my strategy changed during simulation. Also, I had to identify which tenets of air Power I used or relied upon to finish the simulation. For my final exam in this course, I'll write a research paper using the material to analyze a current world situation or policy.

The master's degree program also includes applied warfare studies; joint planning; air, space and cyberspace power studies; leadership in warfare; regional/cultural studies; international studies; Joint Forces; the practice of command and two research/elective courses.

Instructors are available through e-mail or telephone during their established office hours. I've never had to call; instructors have provided all the assistance I needed through e-mail.

This has been a challenging program but well worth the time I've invested. I'll graduate in December with my master's degree and enhanced career opportunities for the future.

So if you're looking for a flexible low-cost master's degree program, check out ACSC's online master's program. For more information and an outline of the application process, visit <http://www.au.af.mil/au/acsc/>.

ON THE COVER

Staff Sgts. Rachel McDaniel, left, 334th Training Squadron, and Joe Rodriguez, 338th TRS, members of the Keesler Honor Guard, stand at attention while Taps is played during Monday's Memorial Day ceremony at Biloxi National Cemetery. Brig. Gen. Andrew Mueller, 81st Training Wing commander, was the guest speaker. Col. Glen Downing, 81st TRW vice commander, spoke at the holiday observance at Hattiesburg Memorial Park and Airman Leadership School staff and members of Class 11-4 conducted a POW/MIA table ceremony at the Armed Forces Retirement Home in Gulfport. More photos, Page 14.

Photo by Kemberly Groue



KEESLER NEWS

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DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

What is your favorite summertime refreshment?



"Sweet tea."

Douglas Smith, recycling center



"Honey dew melon with a sprinkle of salt."

Master Sgt. Nakia Smith, 335th Training Squadron



"Don Q and Coke."

Master Sgt. Samuel Frontera-Ocasio, 81st Aerospace Medicine Squadron

Hitting the Bottle?

Arrest & Incarceration
Increased Insurance Rates
Fines/Lost Wages
Loss of Driving Privileges
Loss of Security Clearance
Official Reprimand
Article 15
Death?



TORCH

334th TRS takes AETC's top honors

By Susan Griggs

Keesler News editor

The 334th Training Squadron is Air Education and Training Command's training squadron of the year for fiscal 2010.

"I was thrilled to hear AETC recognized all the brilliant work the Gators produce so routinely," said Lt. Col. Michael Callender, commander. "It's truly an honor to be a part of this 'chomp'tastic team."

The Gators team of 136 active-duty members and 64 civilians were responsible for training 7,458 command and control warriors from 23 nations. Twenty-four courses covering eight different Air Force Specialty Codes were taught.

The unit claimed both the annual drill down championship and military training flight honors for the 81st Training Group.



In the largest international course in the 81st TRG, 46 foreign members and 24 U.S. Air Force members completed the airfield operations officers course, shaping the future of air traffic control around the world.

The aviation resource management flight won the Air Force's award for top small unit. The unit's military training flight was recognized as the best in the 81st Training Group.

Twelve of the unit's Airmen

deployed to eight different combat airfields.

One of the squadron's training innovations was the first airfield obstruction calculator that reduced analysis 95 percent. A new advanced parachute system enhanced the training of 10 combat control instructors.

The Gators volunteered with the Humane Society of South Mississippi, Biloxi Natatorium, Special Olympics, YMCA and Our Lady of Fatima School. Members were involved in the combat controllers memorial ruck march. They hosted seven blood drives and collected 481 units.

The squadron found time for athletics, too, claiming Keesler's Commander's Trophy, claiming two intramural sports championships and involving 115 squadron players.

ENERGY AWARENESS TIP

Lead by Example
in the Office with
Smart Energy
Choices



- Switch off all unnecessary lights
- Turn off lights when you leave at night
- Use natural lighting when possible
- When working late, use task lighting for work areas
- Unplug equipment that uses energy when not in use
- Turn off printers and monitors at the end of the day
- Use efficient ENERGY STAR® products
- Reduce cooling needs by closing window blinds
- Photocopy and print only what you need
- Take the stairs instead of the elevator

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.

Training leader ends 54 years of federal service

By Susan Griggs

Keesler News editor

Tracking the career of Werner Lamm is a trip through the last 54 years of Air Force history.

Mr. Lamm, training support chief for the 338th Training Squadron, retires next week with 30 years of military service and 24 years of civilian employment. His retirement ceremony, 2 p.m. June 9 at the Bay Breeze Event Center, falls on a special day for him and his wife, Barbara Ann — their 49th wedding anniversary.

“As a training expert and mentor, Mr. Lamm has touched literally thousands, including many former subordinates who now hold key civilian leadership positions at the 81st Training Wing and 2nd Air Force,” said his commander, Lt. Col. Dan Gottrich. “One of them, Deb Sterling, told me the other day, ‘Mr. Lamm has probably forgotten more about technical training than any of us could ever dream of knowing.’ But while he was focused on the mission and improving technical training, he always took the time to provide career guidance to the people in his squadron, military and civilian, from the commander to the newest Airman or summer hire.”

As an Airman, Mr. Lamm spent three years of joint service with the Marine Corps, along with various communications and engineering assignments including Keesler, Washington and New York air defense sectors, distant early warning line systems in Canada, north warning systems in Alaska and engineering and installation locations throughout Europe and Asia, from Scotland to India and many nations in between.

Mr. Lamm began his civilian career in 1987 as an engineering/installation quality assurance evaluator, followed by jobs as a technical adviser for the 1872nd Training



Mr. Lamm

Development Squadron from 1989-92, radar systems and weather training manager from 1992-96, air operations courses flight chief from 1996-97 and 334th TRS training support flight chief from 1997-99, when he assumed his current position.

The New Jersey native joined the Air Force after his high school graduation, but his academic pursuits didn't end there. In addition to technical training and professional military education, he earned two Community College of the Air Force degrees on his way to a bachelor's degree in industrial vocational education and graduate work in telecommunication/computer systems technology at the University of Southern Mississippi.

Mr. Lamm says he joined the Air Force at the end of the Korean War “to avoid the draft and to see the world. I never really thought of the military as a career until I volunteered to become an instructor at Keesler in 1965 and support the Vietnam conflict.

“Keesler in the mid 1960s was a unique challenge,” he recalled. “With the Vietnam War in full swing, we were teaching on all four shifts — school ran around the clock six days a week. I built a tutoring program for foreign students that had difficulty with mastering both the English language and electronics

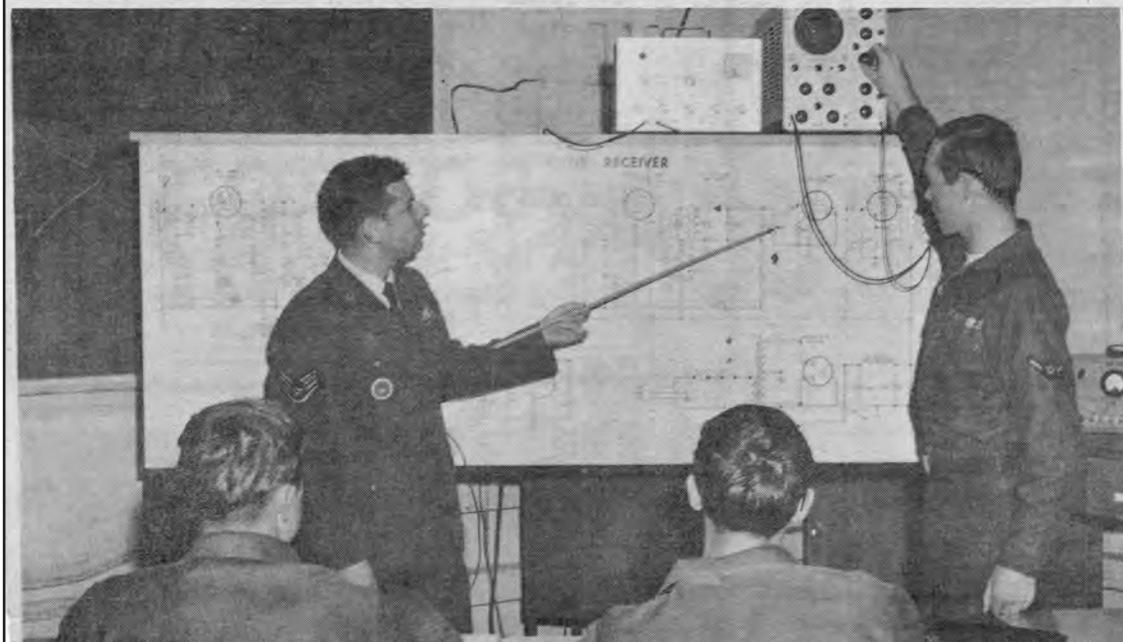


Vol. 30, No. 34

CIRCULATION 11,500 — BILOXI, MISSISSIPPI

Feb. 12, 1971

FUNDAMENTALS OF ELECTRONICS are taught by the top instructor at Keesler for 1970, SSgt. Werner L. Lamm of the Electronic Principles Department. Sergeant Lamm was chosen for the honor from instructors in the grades airman first class through staff sergeant. The student is Airman Edward J. May of the 3382nd Student Squadron. (U.S. Air Force Photo by Sgt. Freddie Bentley)



Sergeant Lamm was Keesler's instructor of the year in 1970. He retired from active duty in 1986 as a senior master sergeant.

to avoid repeating blocks of instruction.

“During the 1965-68 timeframe, the military began a big push to migrate electronic training to state-of-the-art systems,” he continued. “I volunteered to teach a special instructor in-service vacuum tube to solid state transformation course, the beginning of a new era for us.

“I'll be retiring as part of the Keesler team that moved the Air Force into another new era with the 81st Training Group bringing on cyber training over the past two years,” he pointed out. “Our squadron began graduating students from each of our four new Air Force specialty code initial skills courses in 2010.”

He had multiple instructor

assignments to Keesler through 1976 in both electronic principles and specialized radar and communication-electronic equipment systems.

In 1980 while stationed in Wiesbaden, Germany, the Lamms were intimately involved with the return of the American hostages after 444 days of captivity in Iran.

“Barbara was a nurse at the hospital where the hostages were processed for medical care prior to returning to the U.S.,” Mr. Lamm remarked. “I was part of the team assigned to the state department for installation communications and supported a need for photojournalists dealing with 55 nationalities in public releases of data and documents, since I'm bilin-

gual in German.” He was credited with having the first military photo releases for the Air Force Communications Command's newspaper and the Air Force Times.

Other highlights of Mr. Lamm's career were his involvement with the development of upgraded air traffic control training with simulators in the 1990s and building a 9-level airfield systems training course and getting it online in a record time of 120 days.

“I've been a part of another 9-level course coming online this year, a cyberspace superintendent course that supports all of the new 3D0XX and 3D1XX cyberspace operations and systems career fields,” he noted.

Please see **Lamm**, Page 17



Photo by Kemberly Groue
Gen. Stephen Lorenz, left, former commander of Air Education and Training Command, presents Mr. Lamm a pin recognizing 50 years of federal service during the general's visit to Keesler, Aug. 21, 2008. Also pictured is Mr. Lamm's wife, Barbara Ann.



Lamm,

from Page 6

Mr. Lamm says his proudest personal accomplishment is raising a successful Christian family and watching his five children and nine grandchildren “succeed in unbelievable challenges.” He and his wife have mentored young people for more than 40 years through active involvement in Scouting programs around the world.

The Lamms didn't wait until retirement to begin traveling to visit family and friends all over the country and plan to continue volunteering with their extended church family.

His advice to military members and civilian employees who follow in his footsteps?

“If you select people and they're good people, provide them the necessary tools of their trade, trust them to do the things they need to do and let them run their business,” he urged.

Foreign student office helps inside, outside class

By Steve Hoffmann

Keesler News staff

To the International Military Student Office, the sun doesn't rise and set on classroom training when it receives students from around the world. It takes care of student needs inside the classroom and out.

James Cooks heads the operations at the IMSO office at Keesler. A former Army electronics trainer, he's been here since 1991. When students arrive at the airport, he and his staff are on the job the moment the wheels hit the ground.

Mr. Cooks makes sure someone is at the airport to greet the student when they arrive, even on weekends.

"It makes a huge impression," said Mr. Cooks. "Students are nervous when they get here. They don't know what to expect. So when someone is there to greet them, it really helps to calm their fears. We don't think anything of it, but it's often the thing students remember most when they look back on their training experience."



Chief Master Sgt. Curtis Jennings, 81st Training Wing command chief, spends some time chatting with Egyptian Army's Major Ahmed Elshafey, left, and Capt. Mahmoud Elraei, right, at the international student mixer at the Bay Breeze Event Center, May 16.

The IMSO office takes care of all the inprocessing of the student, helps with hotel reservations, apartment rentals and setting up pay

vouchers. If a student has children, the staff helps with getting that child in school. Students are here anywhere from five weeks to 11

months. And for issues and problems that arise for a person living in a foreign country for that long, the IMSO office is there to help.

When a foreign military acquires weapons systems from the U. S., it needs to have someone trained to know how to use it. The Air Force Security Assistance Training Program works with the IMSO office and course training managers to secure a training slot.

Currently Keesler is hosting students from more than 20 different countries.

According to Mr. Cooks, most of the students have a good grasp of the English language, but some don't. Therefore, every student must pass an English language test from the Defense Language Institute at Lackland Air Force Base, Texas. If they pass, they are cleared for training. If they don't pass, students may be eligible to retest or they get sent back home.

But beyond the classroom and the requirement to be

able to understand what the instructors are saying, the IMSO office helps students learn the language of American culture.

"TV teaches these students that all Americans are impatient, arrogant and we all have money," said Mr. Cooks.

In an effort to dispel some of these false impressions, The IMSO office regularly takes trips to destinations such as New Orleans, Baton Rouge and Lafayette, La., and other regional cultural hot spots to give students a glimpse of what the real America looks like. Under the Department of Defense Field Studies Program, students are exposed to social, cultural and historical points of interest in an effort to give them a better understand of American society, institutions, system of government and way of life.

"They are often shocked to see that we actually do have poor people and dilapidated buildings," said Mr. Cooks. "But for the most part, they leave with a much greater appreciation of America and its people."

Recently, the students were treated to a mixer with squadron and unit commanders where they were able to mingle and talk about issues related to life at Keesler. Other extracurricular events such as picnics in the park, area outings and base events help keep students from feeling isolated and holed up in their dorms.

According to Mr. Cooks, international students are very pleased with the training they receive at Keesler. Although geared toward U.S. military service members, they are able to take the concepts they learn back to their country and apply it to their own way of doing things.

"We just want to make sure they learn what they need to learn," said Mr. Cooks. "Not only do we want them to learn a lot in the classroom, we want them to learn a lot about America."



Lt. Col. Brian Worth, right, 336th Training Squadron commander, helps himself to some snacks as he converses with Warrant Officer Class 2 Paul Honeycombe of the Australian Army. The international student mixer gives students a chance to get to know and discuss issues with training commanders.

14 Keesler technical sergeants graduate from NCO Academy

By Susan Griggs

Keesler News editor

Fourteen Keesler technical sergeants graduated from the Mathies NCO Academy May 26 as members of Class 11-4:

81st Diagnostics and Therapeutics Squadron – Quintella Glass.

81st Force Support Squadron — Marcus Hogsten.

81st Logistics Readiness Squadron — Darrin Srader.

81st Medical Operations Squadron — Rebecca Timms.

81st Medical Support Squadron — Christian Aguilar and Vernon Johnson.

85th Engineering Installation Squadron – Jason Tucker.

334th Training Squadron — Michael Fuelleman.

335th TRS — Rita Collins and Rosalba Forehand.

338th TRS — Duane Ellerbe, Christopher Podobinski and Matthew Powers.

366th TRS Detachment 6 — Shannon Danko.

The Airmen'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 not falter,
And I will not fail.

TRAINING, EDUCATION NOTES

MSMS visit

Wade Leonard from the Mississippi School for Mathematics and Science gives a briefing for potential students and their families, 5-7 p.m. June 9 in Room 108B, Sablich Center.

Students entering the tenth grade in the fall, ninth graders and middle school students and their families are invited to attend.

MSMS, on the campus of Mississippi University for Women in Columbus, is the state's only public, residential high school for academically talented students.

For more information, e-mail wleonard@msms.k12.ms.us or log on to www.themsms.org

For more information or to sign up for the briefing, call 376-8505.

Drill downs, parades

The 81st Training Group's drill downs are 8 a.m. July 8, Aug. 19 and Oct. 28 on the parade grounds.

Parades are 6 p.m. July 28 and Sept 29.

For more drill down information, call 377-2103. For more parade information, call 377-2789.

Manager certification

The Community College of the Air Force awards professional manager certification that formally recognizes an individual's advanced

Perfect student



Airman 1st Class Ricky Martin completed the personnel apprentice course in the 335th Training Squadron with a perfect score. Airman Martin, from Las Vegas, will be stationed at Pacific Air Forces headquarters, Hickam Air Force Base, Hawaii.

level of education and experience in leadership and management, as well as professional accomplishments.

For more information, log on to <http://www.au.af.mil/au/ccaf/certifications.asp> or call 376-8708 or 8710.

NEWS AND FEATURES

Invasive vegetation being removed to preserve sensitive base wetlands

81st Mission Support Group

This summer, Keesler is undertaking a 90-day project to remove invasive vegetation, shrubs and trees that threaten the health of the coastal marshlands along its northern border edging Biloxi's Back Bay.

Starting Monday, the project removes 588 scrub shrubs and woody vegetation, along with 165 mature trees. Of these, there are 472 Chinese Tallow and Chinaberry shrubs and trees which are invasive species and detrimental to Keesler's wetland areas and urban forest program, as well as the surrounding communities.

To promote dominant native species tree growth and eliminate unhealthy trees showing signs of decay, 48 trees are being removed. Eighty mature native species trees will remain.

"The salt water marshes at the northern perimeter of the base provide nursery, feeding and shelter habitats for many coastal species of fish, shellfish and other animals," said Janet Lanier, Keesler's environmental/planning program manager. "They create a buffer for the base from storm surges, filter storm water runoff from the base and provide recreational opportunities for fishermen and birdwatchers.

Ms. Lanier said the salt water marsh is primarily composed of black needlerush, salt cordgrass and salt meadow cordgrass. To prevent further deterioration, detrimental vegetation that threatens native wetland marsh grasses is being removed.

"Although the project area may be brown and bare-looking for the first few weeks, it will return to the lush green area in approximately one month and restore the panoramic views



Photo by Kemberly Groue

Phillip Remel, left, and Terry James, contractors with the base's operating support contract, survey Keesler's sensitive wetlands behind Bay Ridge housing area. Mr. Remel is taking inventory of the trees and vegetation that must be removed to preserve the wetlands. Mr James is monitoring the process to ensure no damage is being done to the wetlands.

of the protected marsh grasses so vital to the Mississippi coastal waters," Ms. Lanier pointed out.

"Natural resource preservation is extremely important to Keesler and coastal Mississippi," she continued.

As a National Arbor Day Foundation Tree City, Keesler has an active tree manage-

ment program that monitors and maintains more than 11,000 trees.

"The base works with the Mississippi Department of Marine Resources, the Land Trust for the Mississippi Coastal Plain and other state and federal groups to assure the continued protection of all our natural resources," Ms. Lanier added.

IN THE NEWS

Keesler Commissary excels

Air Force News Service

NORFOLK, VA. — The Keesler Commissary was the runnerup for the Defense Commissary Agency's Bill Nichols Award for the best large commissary in the United States.

The Marine Corps Base Hawaii Kaneohe Bay Commissary won the Nichols Award.

Awards were presented in five categories — best large and small commissaries in the U.S. and overseas and best superstore — during the agency's conference and training event June 24. DeCA has 249 stores around the world.

"It takes a tremendous amount of hard work and teamwork between our employees and industry partners to meet our basic standards for delivering the commissary benefit," said Joseph Jeu, DeCA director. "To exceed those standards, a store is truly representing a commitment to excellence."

Hurricane aircraft on display

A P-3 Orion used by the National Oceanic and Atmospheric Administration's Hurricane Hunters and a WC-130J Hercules from the 53rd Weather Reconnaissance Squadron's Hurricane Hunters are on display 1-2 p.m. June 6.

Air Force Reserve and NOAA personnel will be on hand.

Come to the 53rd WRS lobby, Building 233, for access to the aircraft.

Off-limits list

These establishments have been declared "off-limits" to all armed forces personnel by the Armed Forces Disciplinary Control Board:

Biloxi — Ya-ya's, 2623 Pass Road.

Ocean Springs — Pugs, 6213 Washington Avenue.

D'Iberville — Guitars and Cadillacs, 4031 Popps Ferry Road.

Gulfport — Herbal Alternatives, 1909 East Pass Road and 11530 U.S. Highway 49.

Wing calendar event planning

The 81st Training Wing events calendar at <http://www.keesler.af.mil/events/index.asp> is designed to help organizers avoid conflicts with other events.

Once an official date is set, event planners should send details to the public affairs organizational box, 81trw.pa@keesler.af.mil. Most items are posted within one business day.

Items that must be included are the name of event, date, time, location and a point of contact.

Events should be coordinated and approved through respective chains of command and be mission-relevant to a wide audience. All inputs are subject to review and editing by the 81st Training Wing Public Affairs office.

Dragons deployed — 258



Airman Bice



Sergeant Cabe



Sergeant Mullens



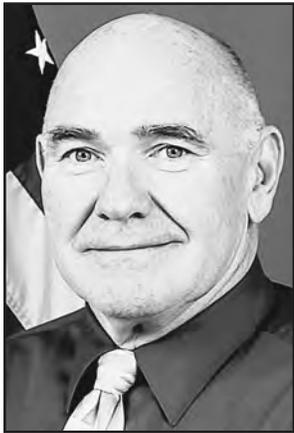
Captain Mazey



Ms. Kiser



Ms. Widener



Mr. Martin



Airman Gaunski



Sergeant Mendoza



Airman Woener



Airman Norton



Mr. Bogany

81st Training Wing announces quarterly awards

By Susan Griggs

Keesler News editor

The 81st Training Wing announced its quarterly award winners at a luncheon May 24 at the Bay Breeze Event Center.

Airman — Airman 1st Class Joshua Bice, 81st Comptroller Squadron.

Noncommissioned officer — Tech. Sgt. Jennifer Cabe, 81st Medical Support Squadron.

Senior NCO — Senior Master Sgt. Steven Mullens, 81st Force Support Squadron.

Company grade officer — Capt. Brett Mazey, 81st MDSS.

Civilian Category 1 — Vicky Kiser, 81st CPTS.

Civilian Category 2 — Judith Widener, 81st Contracting Squadron.

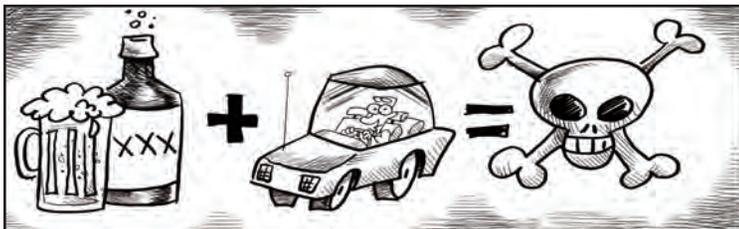
Civilian supervisor — Robert Martin, 338th Training Squadron.

Honor guard Airman — Senior Airman Brooke Gaunski, 81st Diagnostics and Therapeutics Squadron.

Honor guard NCO — Staff Sgt. Scott Mendoza, legal office.

Spartan Award — Senior Airman Corey Woener, 81st Operations Support Flight.

Angel Awards — Airman 1st Class Hannah Norton, 81st CONS, military; Robert Bogany, 81st FSS, civilian.



Don't drink and drive.

Call Airmen Against Drunk Driving,
377-SAVE,
for a safe ride home.



**CLICK IT
OR
TICKET**

Worship schedule

Roman Catholic

Daily Mass, 11:15 a.m., Monday through Friday, Triangle Chapel.

Sunday Mass, 9 a.m., Triangle Chapel.

Protestant

Traditional service, 8:30 a.m. Sunday, Larcher Chapel.

Contemporary service, 10:30 a.m. Sunday, Triangle Chapel.

Gospel service, noon Sunday, Triangle Chapel.

Jewish

Services are 8 p.m. Fridays at Congregation Beth Israel, 12277 Three Rivers Road, Gulfport.

For more information, call 377-4050, 207-2196, 539-1655 or 1-405-740-9077.

Greek Orthodox

Sunday Divine Liturgy takes place at 10 a.m. at Holy Trinity Greek Orthodox Church, 255 Beauvoir Road, Biloxi. For more information, call 388-6138.

Islamic

Prayer is five times daily; Salaat ul-Jummah congregational prayer, noon on Friday, Building 2003.. For more information, call 377-2520.

Latter-Day Saints

Student group service, 2 p.m. Sunday, Triangle Chapel. For more information, call 396-5274 or 1-616-881-1994.

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Core Values



Integrity First

Service Before Self

Excellence in all We Do

Check myPay on the go

Air Force News Service

CLEVELAND — Users of myPay now can check pay statements on the go using a smartphone or other mobile device that has a web browser.

This update for myPay, the online pay account management system for service members, military retirees and many federal civilian employees, is based on customer feedback received through phone calls, Facebook and email, according to Defense Finance and Accounting Services officials.

To begin using myPay on a mobile device, authorized myPay customers must go to <https://mypay.dfas.mil> on their smartphone or other mobile device's web browser. Once there, customers can log in to myPay using the same login identification and password they use on their computer.

Automatically myPay will detect that the customer is using a mobile device and load a mobile version of the site. The myPay home page, login, leave and earning statements, and retiree account statements have been optimized for smartphones, and key account information is presented in an easy-to-read format.

"The login procedure and account statements

have been designed to appear in a mobile-friendly format when users access myPay on their smart phones," said Jan Wittry, a DFAS public affairs specialist. "Users should be able to make changes to their accounts by selecting 'Main' in the upper right corner of the screen, but they may have to scroll from right to left or up and down, because other portions of the site were not designed for mobile devices."

According to DFAS officials, myPay Mobile meets the same internationally recognized security standards that protect myPay. Security features include 128-bit encryption to protect sensitive information, firewall and intrusion detection software to block outsiders, and end-to-end encryption to protect all data sent to and from myPay.

MyPay doesn't operate or control any wireless networks, and can't guarantee the security used to access the mobile site, according to DFAS officials. Authorized customers should check with their wireless service provider for information about their privacy and security practices and reference their mobile phone's user manual to learn more about using the web browser.

For assistance with myPay, call the customer care center, 1-888-332-7411, 6 a.m. to 5:30 p.m. Central Time weekdays.

AAFES contest offers gift card, \$

Army and Air Force Exchange Service

The Army and Air Force Exchange Service and Mars/Wrigley are partnering to offer "house money" to one lucky authorized shopper.

The "Mars/Wrigley Power of 1 Sweepstakes" gives shoppers the opportunity to win a \$50 gift card.

Entering the giveaway automatically registers patrons into a national sweepstakes for a chance to win \$10,000 toward rent or mortgage.

"In addition to someone winning the \$50 gift card here at Keesler, a national winner will bring the sweepstakes 'home' and forego making a rent or mortgage payment for basically the entire year," said Penny Madison, Keesler Exchange general manager.

The "Mars/Wrigley Power of 1 Sweepstakes" runs through June 30 and the in-store drawing for a \$50 gift card takes place at the Keesler Exchange on or about July 23. Contestants must be age 18 or older. No purchase is necessary to enter.

PERSONNEL NOTES

Selective re-enlistment bonuses

Air Force Personnel Center

Air Force officials have released a new selective re-enlistment bonus list:

Airmen should contact the career development element at their servicing military personnel section to determine their eligibility to re-enlist with a SRB entitlement.

Finance office closes

The 81st Comptroller Squadron's customer service office closes at 11:30 a.m. June 22 for an official function.

Special duty team visit

Air Education and Training Command's special duty team visits Keesler July 12.

For more information, call 377-3697.

Military personnel contacts

Military personnel section phone numbers:

Customer support — 376-8738.

Career development — 376-8739.

Force management — 376-8740.

Student personnel center — 377-4111.

Testing — 376-4111.

Use-or-lose leave guidance

For guidance on special leave accrual for members in use-or-lose leave status, call the military personnel section's customer service element, 376-8347 or 8348.

Transition assistance classes

81st Force Support Squadron

The airman and family readiness center plans the following classes for 2011 at the Sablich Center.

For more information or to preregister for classes, call 376-8728.

Mandatory pre-separation briefings — 1 p.m. Tuesdays for those separating with honorable discharges and 2:30 for retirees, Room 110. 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. Medical separation must receive a one-on-one briefing.

Transition assistance program workshops — 8 a.m. to 4:30 p.m. June 13-15, July 18-20, Aug. 8-10, Sept. 12-14, Oct. 17-19, Nov. 14-16 and Dec. 12-14, Room 108A. Dress is business casual; no jeans, T-shirts or uniforms.

Veterans benefits briefing — 8-11 a.m. June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, Room 108A.

Retirement briefings — 1-3:30 p.m. June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, Room 108A; for members with less than a year until retirement.

Executive transition assistance workshop — Dec. 6-9 for colonels and chief master sergeants with the necessary knowledge and skills to organize their search for a second career in the private, nonprofit and government sector. Air Education and Training Command headquarters facilitates this workshop. For more information, call Robert Bertels, DSN 487-2669 or 6106 or e-mail robert.bertels@randolph.af.mil.

Use-or-lose leave guidance

For guidance on special leave accrual for members in use-or-lose leave status, call the military personnel section's customer service element, 376-8347 or 8348.

Keesler joins in honoring America's fallen heroes



Brig. Gen. Andrew Mueller, center, 81st Training Wing commander, speaks at Monday's Memorial Day observance at the Biloxi National Cemetery. He's flanked by Maj. Gen. Mary Kay Hertog, left, 2nd Air Force commander, and Chief Master Sgt. Curtis Jennings, right, 81st TRW acting command chief.



Photos by Kemberly Groue
Dr. Kelly Urban, son Kurt, 9, and Col. (Dr.) Derek Urban, 81st Diagnostics and Therapeutics Squadron, are among the volunteers placing flags on the 17,000 graves at Biloxi National Cemetery, Saturday.

Active shooter exercise expected to impact base access, operations

By Susan Griggs

Keesler News staff

Have you ever been locked in a building with no way out? If you're at Keesler June 21-22, that's what you can expect, whether you're working, shopping or exercising.

Air Education and Training Command has scheduled an active shooter exercise to test the base's ability to respond to a mass casualty event, according to Col. Mark Morris, operations, readiness and intelligence division chief at the command's directorate of intelligence, operations and nuclear integration.

The urgency of correct actions with a gunman on the loose was underscored during the 2009 mass shooting at Fort Hood, Texas. Exercises are held to monitor how the base reacts to reports of such an attack.

"Team Keesler is playing this for real," said Brig. Gen. Andrew Mueller, 81st Training Wing commander. "We realize that this may be inconvenient, but we have to ensure that our people know how to respond and recover from a mass casualty event.

"We're trying to alert our members and the public to the anticipated delays during the exercise," the general continued. "The lockdown phase should only be a few hours, but this is going to cause delays at our gates that could affect trimpact people in the surrounding community."

Maxwell Air Force Base, Ala., had a similar exercise in May. Tim Coleman from the Keesler Public Affairs office, a member of the base's exercise evaluation team, was on hand for Maxwell's active shooter exercise to observe how emergency response teams, installation agencies and individuals answered the threat.

"Maxwell had signs posted everywhere in advance of their exercise to alert personnel and retirees so they could adjust their plans," Mr. Coleman



Photo by Kemberly Groue

Mike Fellows, 81st Medical Operations Squadron, treats Airman Basic Andrew Hancock, 336th Training Squadron student, who portrays a victim of gunshot wounds during an active shooter exercise at Keesler, May 20, 2010.

pointed out. "It's important for people to understand that the exercise will affect all facilities on base. Whether you're in a classroom, the gym, the com-

missary or the barber shop, when the call comes, the doors will be secured and you'll be directed to a safe location until the 'all clear' is sounded."



Courtesy photo
The Douberly family: Sergeant Douberly, with his wife Shannon, pose for a family photo with their children, from left, Henry, 8; Kelsey, 20 months; Jenna, 4; and Jeffrey, 6.

Douberly family is finalist for Military Family of the Year

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Military families are expected to pick up their lives at a moment's notice and completely start over somewhere else, and usually on more than one occasion. They have to wait patiently for phone calls and Skype dates at strange hours that have a high likelihood of being disconnected right in the middle of the conversation. They care for children and pets, pay bills, maintain the household, go to school, have jobs and possibly serve in the military themselves.

Those families sacrifice just as much as their combat-boot and dog tag-wearing loved ones, but often their service goes unrecognized and unappreciated.

However, one Keesler military family is being recognized. The Douberly family is a finalist for the National Military Family Association Military Family of the Year award.

The Douberly family includes Tech. Sgt. Dustin Douberly, 81st Training Support Squadron curriculum developer; his wife Shannon; his children Henry, 8; Jeffrey, 6; Jenna, 4; and Kelsey, 20 months.

According to the association, the award "recognizes strong military families who embrace their service to the Nation, are role models in their community, and understand that together they are stronger."

The association also said that finalists consist of one family from each branch of service including the Air Force, Army, Marines, Navy, Coast Guard, National Oceanic and Atmospheric Administration Commissioned Corps and U.S. Public Health Service Commissioned Corps. Finalists receive a trip to Washington for the award ceremony and the grand prize winner receives \$1,000.

The family came to Keesler for the first time in 2001 when Sergeant Douberly trained into the communications career field here and returned here last August.

"We had really enjoyed our time here, and when Dustin saw an opportunity to move back, he jumped on it," Mrs. Douberly said.

Mrs. Douberly said that her family makes it through difficult times by maintaining a positive attitude. On one deployment, her husband left her with four children, the youngest only 5 weeks old, during a Montana winter.

"I could have gone into it thinking about how hard my life was going to be," she said, "Yes, we visited the ER four times. Yes, a main story toilet overflowed and soaked our basement storage room. Yes, it snowed and snowed and snowed. Still, we tried to look on the bright side and it worked."

The Douberly family plays an active role on base and in the community. Sergeant Douberly is a Cub Scout leader, men's church group leader, base intramural tennis director and recently traveled to Tuscaloosa, Ala. to help with tornado relief efforts. Mrs. Douberly is part of the Keesler Key Spouses program, a children's music director, a youth camp director and the vice president of the 81st TRSS spouses club.

"We also make a special effort to get to know our neighbors and help develop a sense of unity in our own neighborhood," Mrs. Douberly said.

She also said that the best part of being a military family is having the opportunity to serve her country.

"We take great pride in doing our part to protect this country and its people," Mrs. Douberly said. "Being a military family is who we are."

Copyright laws apply
to Keesler, too.
Is your software legal?

Tricare offers tips to prepare for safe summer travel, vacations

By Airman 1st Class
Tony Woolard

81st Medical Support Squadron

Summer is full of joyful times spent with family and friends. However, illness can cause undue stress. Furthermore, being unprepared for potential illnesses that arise during summer travel can be particularly taxing.

Understanding Tricare benefits is essential to be fully prepared for travel during the summer. Tricare Prime coverage offers comprehensive health-care benefits when traveling, whether to a neighboring state or even overseas. By following some simple guidelines, beneficiaries can be assured they receive maximum Tricare benefit coverage at the lowest cost.

Tricare defines an emergency as a medical, maternity or psychiatric condition that would lead a prudent layperson to believe a serious medical condition exists or the absence of medical attention would threaten life, limb or eyesight. An emergency is further defined as a condition that requires immediate medical treatment or has painful symptoms requiring immediate attention to relieve suffering.

Emergencies are treated while traveling as they would at home. Call 911 or visit the nearest hospital emergency room. Emergency care doesn't require prior authorization before treatment. However, the beneficiary's primary care manager should be notified within 24 hours of receiving emergency care. The PCM's phone number should be on



the Tricare enrollment card. If the PCM is located at the 81st Medical Group Hospital, beneficiaries should call 1-800-700-8603 to leave a message with the PCM.

Urgent care services are medically necessary services required for an illness or injury that would not result in further disability or death if not treated immediately. Urgent care requires professional attention within 24 hours. Beneficiaries must coordinate with their PCM or regional contractor before receiving urgent care. Failure to do so may cause a claim to be filed under point of service.

Routine care, such as annual eye exams, pap smears, well-baby checks and prostate-specific antigen tests, should be completed before travel. Failure to do so will cause a point-of-service claim to be filed.

To ensure prescriptions are filled promptly, beneficiaries need to make certain their personal information is up to date in the Defense Enrollment Eligibility Reporting System. Beneficiaries may fill prescriptions at a Tricare network

pharmacy.

The Tricare Retail Pharmacy Program, administered by Express Scripts, Inc., includes more than 55,000 retail pharmacies in the U.S., Puerto Rico, Guam and the U.S. Virgin Islands. To fill a prescription while out of town, beneficiaries must present the written prescription, their ID card and their TRRx information card. Tricare Prime beneficiaries may call 1-866-363-8779 to locate Tricare retail pharmacies.

Planning ahead is the key. By following these Tricare guidelines, summer travel can be less stressful:

- Ensure all sponsor and family member information is up to date in DEERS
- Take care of all routine appointments prior to travel
- Refill all prescriptions before traveling
- Pack medication and necessary medical supplies in carry-on luggage, remembering the strict travel guidelines now in place

For more information, call Humana Military Health Services, 1-800-444-5445



Movies playing at Welch Auditorium

Friday — 6:30 p.m., Scream 4 (R).

Saturday — 2 p.m., Soul Surfer (PG); 6:30 p.m., Source Code (PG-13).

Sunday — 1 p.m., Rio (G).

Physical evaluation processes improving for wounded warriors

By Tammy Cournoyer

Air Force Wounded Warrior Program

RANDOLPH Air Force Base, Texas — From the moment an Airman is injured or becomes ill, one of his or her biggest questions becomes: Can I stay on active-duty? Thus begins the wait.

But thanks to new processes, officials said, answers are coming much faster.

Since Sept. 11, 2001, the number of service members processing through the Disability Evaluation System has increased. Within the Air Force, the number of Airmen facing evaluation for fitness for service rose from 3,200 in 2001 to nearly 6,000 in 2010.

About 10 percent of active-duty, Air Force Reserve and Air National Guard personnel facing disability evaluation each year have combat-related injuries and illnesses, officials said. Treatment and evaluation for these Air Force wounded warriors is a priority.

Over the past several years, officials said, the increasing number of cases meeting a medical evaluation board at a medical treatment facility resulted in an increase and backlog within the phase of the DES known as the physical evaluation board.

By spring 2010, the cases awaiting PEB review reached a high of 1,424.

“Airmen waited up to 110 days after their case was received by the PEB to find out whether the board found them fit to continue in service or not,” said Lt. Col. Lorianne Hodge, deputy chief of the Air Force’s physical disabilities division at the Air Force Personnel Center.

In response, officials said the medical and force support communities partnered to increase manpower at the PEB to meet the increased workload. This included adding civilian positions and reserve augmentation to more than double the number of cases processed through the PEB.

Within six months, officials said, the number of cases awaiting the board was successfully reduced, and Airmen now face an average of only a 14-day wait for results after the medical case is complete and forwarded to AFPC.

The evaluation system begins when the local MTF conducts an MEB charged with identifying and documenting conditions that may limit an Airman’s ability to continue military service.

This board can determine whether an Airman has a medical condition which may render him unfit for active duty, and which may require review by the physical evaluation board section at AFPC. AFPC has both an informal and formal PEB process.

If a case is forwarded to AFPC, it begins with an informal PEB, which conducts a records-only review of the Airman’s medical case. If the Airman is found unfit for continued service, the PEB assigns a combined disability percentage rating for those conditions which make the member unfit, and the Airman is either separated from service or retired, depending on the overall disability rating and number of years of service.

If the Airman disagrees with the results of the informal PEB, the Airman may request a hearing with a formal PEB, where the Airman will be assisted by an attorney and will have the opportunity to appear in person before the board.

Further improvements in Air Force disability evaluations are coming as the Air Force implements the Integrated Disability Evaluation System at all bases by the end of September, officials said. At present, nearly half of all Air Force bases have transitioned to this new system designed and directed for implementation across the Department of Defense.

Officials said the IDES was developed to increase transparency, eliminate redundancies and discrepancies between service disability evaluations and the Department of Veterans Affairs disability claims process, and to decrease the time between an Airman’s separation or retirement from military service and the start of Veterans Affairs disability benefits.

Key features of the integrated system include coordinating with the VA officials to consolidate the health exams and initial disability rating determination.

Under the previous system, the PEB evaluated and rated only those conditions that prevented an Airman from continuing on active duty, while VA officials evaluated and rated all service-connected conditions, and only after the veteran separated or retired. The services completed health exams for the “unfit” conditions, while VA officials completed health exams for all service-connected conditions listed on the VA claim form.

Now, if the PEB determines an Airman is unfit for retention, the board applies the disability ratings determined by VA. Within 30 days of medical separation or retirement, the Airman who is now separated or retired receives a VA benefits letter.

Additional information on the MEB and PEB process can be found on the Air Force personnel services website at <https://gum-crm.csd.disa.mil> and do a keyword search for MEB. For more information about the Air Force Wounded Warrior program, go to <http://www.woundedwarrior.af.mil>.

Raise your voice — honor your country.
If you're interested in singing the National Anthem at base or community ceremonies, call YoLanda Wallace, 377-1179.

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

KEESLER NOTES

Retirement ceremony

A retirement ceremony honoring Senior Master Sgt. Jeffrey Pray, 335th Training Squadron, is 3:30 p.m. Tuesday in the Bay Breeze Event Center ballroom.

Reunion planned

The Air Force Ground Electronics Engineering Installation Agency/Mobile Depot Agency/Engineering Installation Association reunion is June 14-16 at Keesler and Treasure Bay Casino Resort.

The association includes military and civilians who've engineered, installed and overhauled ground electronics communications systems since the late '40s and all modern communications infrastructure supporting Air Force base operations.

For more information, call 617-5766 or 324-9780.

Finance closed

The finance office in Sablich Center closes at 11 a.m. June 16 for a squadron function.

Thrift shop closed

The Keesler Thrift Shop is closed during June and July, reopening Aug. 1.

Donations are accepted and pickup is available by calling 377-3217.

Vacation Bible School

Vacation Bible School, an ecumenical program, kicks off at 4 p.m. July 31.

Classes are 8 a.m. to 1 p.m. Aug. 1-3.

To register or to volunteer, call 377-0834 or 2520.

DBIDS registration

Registration continues for Defense Biometric Identification System cards.

Active-duty members and Defense Department civilians are being directed to the visitor center if they try to enter the base without a DBIDS card.

Reservists, retirees, dependants and contractors may continue to register through June 30 at the visitor center, the military personnel section in Sablich Center, exchange pharmacy, 81st Medical Group Hospital's information desk and A tower lobby, Hewes Hall, 403rd Main-

tenance Squadron and the Levittow Training Support Facility.

Job opportunities

Forest City Residential Management, responsible for the privatized family housing initiative at Keesler, has property management, operations and maintenance positions available.

To apply and review job postings, log on to www.forestcity.apply2jobs.com.

Airman's Attic

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

Airman's Attic is open on a trial basis, 5-7 p.m. Tuesdays.

Supply classes

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

Block I basic supply class is 9-10 a.m. June 16, Sept. 22 and Dec. 15. All newly-assigned supply custodians and resource managers are required to attend.

Block IIA-Bench Stock and **Block IIB-Repair Cycle** are held 9-11 a.m. June 15, Sept. 21 and Dec. 14.

Block III supplemental training is 1-2 p.m. June 16, Sept. 22 and Dec. 15. All newly-assigned supply equipment custodians are required to attend, as well as all other custodians annually.

For more information, call 377-4480.

Phone requirements

Only voice systems maintenance personnel assigned to the 81st Communications Squadron are authorized to install, relocate, modify or remove voice instruments and services.

To make changes, submit a request through your unit tele-

phone control officer.

For more information, call 376-8127.

Periodontal patients

The 81st Dental Squadron periodontics department is seeking people with gum problems for the general dental residency teaching program.

Limited numbers of patients, including retirees and eligible military dependents, accepted as teaching cases receive free periodontal care at Keesler.

Patients will be treated by Air Force general dentistry residents under specialty supervision. Patients must be readily available for lengthy recurring appointments, generally Monday afternoons and Tuesday mornings.

For more information, call 376-5225.

Speakers bureau

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

The Keesler Speakers Bureau is a community relations program developed as a public service and information vehicle. It's comprised of military and civilian Air Force employees who volunteer their time and information to speak to community groups.

Speakers come from a variety of experiences and backgrounds that offer a variety of presentations. Topics include aircraft maintenance, aviation, computer operations, communication skills, health, military life, military law, combat experience, financial management, child development, Air Force history and more.

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

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 dietitian 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.

Visitor center hours

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

Heat and humidity can pose serious health risks

81st Aerospace Medicine Squadron

With hot weather engulfing south Mississippi, it's time to prepare for and prevent heat-related injuries.

There are three types of heat related illnesses: cramps, exhaustion and stroke. All are easily preventable.

First, drink plenty of non-caffeinated, non-alcoholic fluids. Anyone planning to do exercise or heavy work in the heat should drink a glass or two a few hours before starting and continue to drink something throughout the day.

Second, people need to eat a well-balanced diet and try to avoid alcohol and caffeine until work in the heat is done. Anyone taking medications or on a special diet should check with a physician before performing heavy work or exercise in the heat.

Third, establish an adequate work and rest cycle. A person's body indicate if limits have been pushed. It is important to intervene and stop the progression of a heat injury since heat stroke can result in brain damage or even death. If a person is thirsty, has a headache or becomes dizzy, he or she needs to take a break, cool off and drink fluids. These are early signs of heat stress.

If a person becomes unsteady, weak or has muscle cramps that don't go away with rest and fluids, he or she should seek medical attention.

If someone is confused, not responsive or vomiting, get them in the shade, take off any excess clothing and call for medical assistance. If they aren't perspiring, try to help them cool off by fanning them or dabbing their face and neck with a cool cloth. However, don't throw or pour cold water on them.

During the summer, the bioenvironmental engineering flight performs wet bulb globe temperature readings that determine a heat category and work/rest cycles.

The WBGT is often confused with the heat index, which is a measurement of ambient temperature, including the effect of relative humidity. WBGT requires special monitoring equipment for humidity, ambient temperature and solar loading.

WBGT readings can change significantly during the day depending on how quickly the weather changes. BEE and base fitness center personnel take WBGT measurements when a high temperature of 85 degrees is anticipated. From June 1 to Sept. 30, WBGT readings are observed between 8 a.m. to 5 p.m.

WBGT readings are disseminated through the base command post so supervisors can determine and implement work/rest cycles accordingly. Flags of various colors are posted at base fitness centers and the Triangle to designate the heat level at different times throughout the day.

Here's the information used to determine the rest-work cycle is based on Air Education and Training Command Instruction 48-101, Prevention of Heat Stress Disorders:

White flag — 78 to 81.9 degrees. Easy work with no work-and-rest limit; water intake ½ quart an hour. Moderate work, no work-and-rest limit; water intake ¾ quart an hour. Hard work, 40 minutes of work and 20 minutes of rest; water intake ¾ quart an hour.

Green flag—82-84.9 degrees. Easy work with no work limit; water intake ½ quart an hour. Moderate work, 50 minutes work and 10 minutes rest; water intake ¾ quart an hour. Hard work, 30 minutes work and 30 minutes rest; water intake one quart an hour.

Yellow flag—85-97.9 degrees. Easy work with no work and rest limit; water intake ¾ quart every hour. Moderate work, 40 minutes of work and 20 minutes rest; water intake ¾ quart an hour. Hard work, 30 minutes of work and 30 minutes rest; water intake one quart an hour.



Photo by Kemberly Groue

Airman 1st Class Greg Rollings, 81st Aerospace Medicine Squadron, logs a WBGT reading May 26. In May, Keesler experienced several days with black flag readings.

Red flag—88-89.9 degrees. Easy work, no work-and-rest limit; water intake ¾ quart an hour. Moderate work, 30 minutes of work and 30 minutes rest, water intake ¾ a quart an hour. Hard work, 20 minutes work and 40 minutes rest, water intake one quart every hour.

Black flag—90 degrees or more. Easy work, 50 minutes work and 10 minutes rest, water intake one quart an hour. Moderate work, 20 minutes work and 40 minutes rest; water intake one quart an hour.

The WBGT flag condition is available on the Keesler Intranet via the Air Force Portal and the base "giant voice" announcement system for black flag conditions. This allows base personnel with computer access to identify the current flag conditions and make wise choices while working outside.

For more information about heat-related illnesses, call public health, 376-3163. For more information related to heat conditions, call bioenvironmental engineering, 376-0590.

Physical conditioning guidelines for students

Physical training for Air Force members at Air Education and Training Command installations is outlined in AETC Instruction 48-101, Prevention of Heat Stress Disorders.

To avoid the heat, physical training should be conducted during the most weather-favorable time of the day. Under AETC Instruction 36-2216, Administration of Military Standards and Discipline Training, Keesler won't accomplish physical training for nonprior service Airmen under black flag conditions. Military training leaders refer to AETCI 48-101, Table 1, to define work/rest cycles for remaining flag conditions. MTLs reference AETCI 48-101, Figure 1, for heat stress and water intoxication warning signs and symptoms to ensure all nonprior service Airmen accomplish the mission safely.

At Keesler, nonprior service Airmen accomplish a 20-minute self-paced run on Mondays, Tuesdays, and Thursdays and a timed 1 1/2-mile run once a month, according to Master Sgt. Anthony Fisher, superintendent of military training for the 81st Training Group. Physical training begins at 4:00 a.m. or 9 a.m., depending on class schedules. Workouts also include warm-up and cool-down periods. Wednesdays, other military training activities such as open ranks inspections are conducted.

Miracles lead Dark Knights to bowling title



Photo by Kemberly Groue
Sabra Miracle, 338th TRS,
shows her winning style.

By Susan Griggs

Keesler News editor

The 338th Training Squadron team claimed the base's intramural bowling championship May 26.

The 81st Logistics Readiness Squadron came in second and 2nd Air Force placed third of the 16 teams.

Jeff Miracle led the way for the 338th TRS team. He tied with Gary Watson from the 81st Force Support Squadron for the men's high score game, 279; logged the men's high score series, 715; and posted the highest men's individual average, 211.91.

Sabra Miracle, 338th TRS, was credited with the top women's game, 215; women's high score series, 549; and highest women's individual average, 158.28.

The 81st FSS team had the highest team score, 1,011, and the highest team series, 2,802. The 81st Communications Squadron had the high handicap team game, 1,154, and the 81st LRS had the high handicap team series, 3,272.

Donald Wharton, Seabee Base, had the high handicap score, 311, and Pat Sandridge, 81st LRS, had the high handicap series, 807, as well as being the most improved male bowler with a 21.12 increase. Cathi Brennan, 81st CS, was the most improved woman with a 9.8 point increase.

Pam Register, 403rd Aircraft Maintenance Squadron, had the women's high handicap game, 271, and Daeng Weaver, 81st Training Support Squadron-B, had the women's high handicap series, 675.

Dragon Challenge teams sought

Relay teams of eight to 12 runners, walkers and joggers are sought for the June 10 Dragon Challenge that benefits Fisher House.

The event takes place 7 a.m. to 7 p.m. at the Triangle Track. There's a minimum of one mile per runner at a time. Runners may be active-duty or retired military members, civilians, students and family members.

The \$100 team fee is due Monday. Runners collect donations or "per mile" pledges.

For more information, call 377-8767 or 2404.

Softball playoffs start next week

Final makeup games are being played today in intramural softball, with the postseason tournament next week.

The top four teams in each league meet in a double-elimination format, with a single game between the league champs deciding the title.

As of Monday, the 335th Training Squadron led the American League at 9-0 and the 81st Training Wing staff agencies were in first place in the National League at 8-0.

For playoff information, call 377-2444.

Run in the sun

Monita McCowan, 81st Force Support Squadron, is the first woman finisher during the "Don't Fry Day 5K" sponsored May 20 by the 81st Medical Operations Squadron dermatology clinic. Geoff Sasaki, 81st Diagnostics and Therapeutics Squadron, was the first to cross the finish line. Almost 30 runners participated in the event that promoted sun safety awareness.

Photo by Maj. Wendi Wohltmann



Play hard, rest easy

Get ready for summer fun at Keesler

By Lisa Campbell
CSC Marketing Director

With the month of June upon us and the temperature rising, it's obvious that summer is here. For many, summer is the season of getting fit, basking in the sun and returning to those childhood days of playing and having fun.

Here at Keesler, there's no better resource for summertime fit and fun than the base fitness centers. Whether you're toning for the beach or training for a marathon the certified personal trainers at Blake, Dragon or Triangle fitness centers can assist you by creating a free customized workout routine based on your fitness goals and abilities.

There are also great fitness incentive programs to assist in tracking your fitness progress and motivate you to succeed.

"Fit to Fight" rewards participants with prizes such as backpacks and cool shirts once they've reached predetermined mileage goals.

"FitFactor," a program for the entire family, includes an online tracking tool for calculating each family member's physical activity and healthy lifestyle habits. Dragon Fitness Center has a parent-child fitness room where children 6 months and older can play, under your supervision, while you work out.

If you feel a little intimidated by all those gym buffs, don't be. Each fitness center is designed to create a comfortable environment for any gym-goer.

Get to know the fitness equipment by participating in an equipment orientation. Certified personal trainers will provide instruction on how to use the various machines, explain the machine's function and recommend the appropriate weight load and number of repetitions.

The fitness centers also offer fitness seminars through-

Play these free video games at the community centers

- Army of Two
- Assassin's Creed
- Blazing Angels: Squadrons of WWII
- Call of Duty 4
- Fallout 3
- Final Fantasy
- G-Force
- Game Party
- Halo 3
- Madden NFL 11
- Metal Gear Solid 4
- My Fitness Coach 2
- NBA 2K10
- NCAA Football 11
- WWF SmackDown
- Splinter Cell
- Sport Champions
- Street Fighter IV
- Tiger Woods PGA Tour
- Toy Story 3
- Need for Speed Undercover
- UFC Undisputed 2010

out the year that provide advice on everything from choosing the proper running shoes to making healthy food selections at the grocery store.

For those that like to play hard, motivation is usually strongest when surrounded by fellow fitness enthusiasts. If that's you, we have several ways for you to surround yourself with fellow fit-seekers.

Dragon Fitness Center offers a variety of free group fitness classes for any level workout. Mondays-Thursdays. Classes include circuit training, cycling, core fitness, high intensity cardio classes, Pilates, step aerobics, yoga and Zumba. And yes, spouses are welcome to participate.

But if group fitness is more exciting when there's a hint of competition, we've got that covered too. Throughout the year the fitness centers host 5-K races, lifting competitions, circuit challenges, varsity and intramural sports.

And when it just comes down to friendly competition among friends, the fitness centers also offer racquetball, indoor and outdoor basket-

ball, sand volleyball and tennis courts, all free to use. Baseball diamonds, soccer fields, three outdoor tracks and a boxing room at Triangle Fitness Center are also available. Sporting equipment can be used for free at any of the gyms.

And when you're done with all that energy and calorie-burning fun, why not revert back to the lazy days of summer? Now is a great time to reward yourself with a little relaxation and rejuvenation. The Blake Fitness Center's men's and women's locker rooms feature saunas and steam rooms. Or if you really need to loosen up, the Dragon and Triangle Fitness Centers offer massage therapy services at a fraction of the cost of off-base spas. Services include hot stone, aromatherapy, reflexology, deep tissue, Swedish and pregnancy massages. Call 282-4734 or 348-6698 to schedule an appointment.

Looking for more ways to relax this summer? Try picking up a new hobby. The Bay Breeze Community Center

has music rooms, a piano, guitar and drum set that are free to play at your leisure. A variety of music classes are available to help any adult develop their talent. Private instructional classes in voice, piano, guitar and drums are offered weekly. Classes range from \$50-100 a month and can be scheduled directly with the instructor.

This summer, sign up for the one-time-only piano summer special. Piano instructor Donna Kotsakos will be offering three months (June 4-Aug. 20) of private piano lessons, including books, for only \$199, a 33 percent discount off the regular rates. To sign up, call 377-2509 or 3308.

For those that find they're most at ease when enthralled in a game with friends, we've got something for you. No matter what type of "gamer" you are, the Bay Breeze Community Center offers all types of fun activities. Stop by the billiards room where five brand new, free pool tables await you. Or perhaps you'd prefer to grab a few friends for a competitive game of Monopoly, Jenga, Yahtzee or Dominos, all free to use.

If electronic gaming is your preference you'll enjoy the free cybersports gaming rooms at both the Bay Breeze Community Center and Vandenberg Community Center where PlayStation 3, Xbox, Nintendo Wii and computers for Internet gaming. The recreation aide in either facility can assist you in attaining gaming consoles, controllers and games.

So, no matter your summertime passion — playing hard, or resting easy — we have something for you.

For more fun activities, visit <http://www.keeslerservices.us> or follow us on Facebook and Twitter.

June 2011



H A P P E N I N G S



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.

Multi-crafts shop

Editor's note: Potter's wheels, ceramic molds, air brush and tools are available for use.

We offer a variety of craft classes. Classes begin at 11 a.m. on the weekends unless otherwise noted. Call the Wednesday before to schedule. Prices vary.

Ladies' night — 6 p.m. June 10. Ladies enjoy a fun-filled night with the girls that includes games, snacks, drinks (nonalcoholic) and buy one get one half off ceramics special. \$5 admission fee.

Pottery class — June 18.

Auto hobby shop

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

Air condition recharging — make sure you're vehicle is ready for the summer heat.

Ladies vehicle maintenance training — stop by anytime between 10 a.m. and 6 p.m. June 10. Certified mechanics will train you on basic vehicle maintenance including tire changing, oil changing and fluid check training for \$7.

DRAGON WAGON

Anyone on Keesler is welcome to ride.

50 cents per ride. \$10 monthly passes available.
Air Force club members ride free.

Hours:

Thursdays before nontraining Fridays — 5 p.m. to midnight

Nontraining Fridays — noon to midnight

Training Fridays — 5 p.m. to midnight

Saturdays — noon to midnight

Sundays — noon to 6 p.m.

Route	minutes of each hour
Welch Theater	:00
Vandenberg Community Center, Legends Café, Triangle pool	
Shaw House/5000 block	:06
• White Avenue Gate	
Base Exchange bus stop	:08
• McBride Library, arts and crafts center, auto hobby shop, tennis courts, post office, main pool	
Live Oak Dining Facility/2000 block	:17
Gaudé Lanes Bowling Center	:19
• Blake Fitness Center and Shoppette	
Tyer House	:25
• Sablich Center	
Youth Center (Saturdays only)	:28
Outdoor recreation	:33
• Marina park and playground	
Bay Breeze Event Center	:44
• Golf course; collocated club; community center; leisure travel office; information, tickets and travel	
Pass Road Gate	:50
Return to Welch Theater	:55

NOTE: Route and times are subject to change. For more information, visit our website at <http://www.keeslerservices.us>.

Resale lot

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.

Frame shop

Framing class — 12:30 p.m. June 10 and 24. Bring a piece of art or photograph no larger than 5x7-inches to frame.

Engraving shop

Custom items — engraved mugs, pens, shadow boxes and more. We also etch glass items. Purchase new from our selection or bring an item of your own.

Wood shop

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

Woodworking class — 9 a.m. Saturdays. Learn basic techniques and how to use shop equipment. \$25 includes materials. Class certifies you to use shop for future do-it-yourself projects.

Creative woodworking — learn intarsia, the art of piecing wood together in a decorative pattern. Beginners' class is 10 a.m. Saturday and June 18, \$20. Advanced is 10 a.m. June 11 and 25, \$25.

CHILD DEVELOPMENT CENTER

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

Give parents a break — 4-10 p.m. June 4. This 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: 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.

HELP WANTED

Editor's note: The 81st Force Support Squadron's human resource office is located in Room 213, Sablich Center.

Nonappropriated fund positions — apply in house or online. A computer lab is now available for job seekers to use on site during normal business hours. To apply online or for current job openings log onto <https://nafjobs.afsv.net>, click on "hot jobs."

VANDENBERG COMMUNITY CENTER

Editor's note: Events listed are for nonprior service students only. For more information, call 377-3308.

*Part of the late night dances; \$3 cover charge applies.

Totally 80s party* — 8 p.m. to 2 a.m. June 10. Dress for our flashback to the 80s. Drink and food specials provided by the Legends Café.

Ladies' night* — 8 p.m. to 2 a.m. June 18. The

first 25 ladies get in free with two male guests that pay \$3 cover charge. Drink specials for the ladies.

Luuu party* — 8 p.m. to 2 a.m. June 24. Hula dance, limbo contests and island fun. Drink and food specials provided by Legends Café.

Guys' night* — 8 p.m. to 2 a.m. June 25. The first 25 guys get in free with two female guests that pay \$3. Drink specials for the guys.

Late night dances* — 8 p.m. to 2 a.m. Thursdays before nontraining Fridays and every Friday and Saturday. Karaoke 9 p.m. Saturdays.

Tae kwon do classes — 5-7 p.m. Mondays-Thursdays for ages 18 and older. \$75 per month.

VETERINARY TREATMENT FACILITY

Editor's note: All animals in base housing must be registered with the veterinary office. For an 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; call to schedule.

YOUTH CENTER

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

Olympic Day celebration — 9 a.m. June 25 at the Triangle Track, ages 5-18. 100/200 meter races, baton relays and long jump emphasize the importance of sportsmanship, fair play, respect and perseverance. Participants receive an Olympic Day celebration T-shirt. Hosted by the youth center, fitness centers, health and wellness center and other base helping agencies. Parents are encouraged to participate with their children

New Tuesday dance classes — 5:30-6:30 p.m. ages 3-5 and 6:30-7:30 p.m. ages 6 and older. \$45 per month.

Classes — guitar, tae kwon do and tennis are offered. Call to schedule.

Free Sittercity membership — funded by the Department of Defense, helps you locate summer child care. Profiles feature background checks, references and reviews. The "post a job" feature allows you to send out your open positions to the caregivers in your area. To access your paid membership, log on to <http://www.sittercity.com/dod>.

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; Cindy Milford, publications administrator; Diana White and Rebecca Stryker, marketing specialists; Hank D'Aquila, graphics illustrator; Tanja Schloegel, commercial sponsorship coordinator.

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

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

AIRMAN AND FAMILY READINESS CENTER

Editor's note: All briefings are held in Room 108, Sablich Center, unless otherwise noted. Space is limited. Registration is required, call 376-8728.

Financial counseling — one-on-one counseling for first term airmen and nonprior service students with more than 20 weeks. Complete your appointment and get a free car-care voucher.

Mandatory pre-separation counseling — Tuesdays, 1 p.m. for those separating, 2:30 p.m. for retirees. Must complete 90 days prior to separation/retirement.

Post-deployment brief — 9 a.m. Tuesdays or 1 p.m. Thursdays for all those returning from deployment.

Newcomers orientation — 7 a.m. to noon June 15.

Civilian jobs resume writing course — 2-4:30 p.m. Tuesday, learn formatting options and how to concisely present your accomplishments. Bring a resume if possible.

Federal resume writing/job search — 2-4:30 p.m. Wednesday. Learn how to prepare a resume for federal employment. Print a federal job announcement and bring to class.

Transition assistance workshop — 8 a.m. to 4 p.m. June 13-15. Open to those 12 months or less from separation or 24 months from retirement. Spouses are invited to attend.

Veteran's Administration benefits brief — 8-11 a.m. June 16.

Career beginnings and assessment — 2-4:30 p.m. June 21.

Survivor's benefit briefing — 9-11 a.m. June 22.

Interview skills and salary negotiation — 2-4:30 p.m. June 22. Learn how to get the employer to "talk money" first when discussing salary.

Resume review — individual resumes can be reviewed after completion of any class or transition assistance workshop.

Heart Link — spouse orientation; call for dates and details.

YOUTH SUMMER CAMPS

School age camp for ages 6-12 at the youth center. Fees are based on family income.

Games, arts and crafts, swimming, bowling and field trips.

- Monday-June 10 camp out week
- June 13-June 17 fashion week
- June 20-June 24 under the sea
- June 27-July 1 go green

Teen summer camp for ages 13-18 at the youth center. \$5 per day.

Swimming, bowling, fieldtrips, sports challenges, community service opportunities and more.

- Monday-June 10 water week
- June 13-June 17 sports and fitness
- June 20-June 24 go green
- June 27-July 1 photography and digital arts

British soccer camp for ages 4-18 at the youth center. Monday-June 10, register online at <http://www.challengersports.com>.

Summer arts camp for ages 9 and older at the arts and crafts center. \$30 per week includes all materials.

11 a.m. to 1 p.m. Tuesdays-Thursdays for ages 9 and older. Preregister for one or all camps. Registration accepted by phone with a credit card, call 377-2821.

- Tuesday-June 9 jewelry making
- June 14-16 woodworking-foot stools
- June 21-23 clay creations
- June 28-30 jewelry making
- July 12-14 cupcake and cookie decorating
- July 19-21 woodworking-coat rack
- July 26-28 collage and framing

Youth golf camp for ages 6-14 at the Bay Breeze Golf Course. \$40 per child.

June 14-16 and June 21-23, 8-10 a.m. for ages 6-9 and 10 a.m. to noon for ages 10-14.

BAY BREEZE COLLOCATED CLUB

Editor's note: All ranks and contractors welcome. Must show club card to receive discounts. Free Wi-Fi. For more information, call 377-2334.

Mongolian barbecue — 5-8 p.m. June 9. Air Force Club members pay 95-cents per ounce, nonmembers \$1.10 per ounce.

Father's Day brunch — 10:30 a.m. to 1 p.m. June 19 in the ballroom. Menu includes barbecue ribs, herb baked chicken, steamship round, twice baked potatoes, vegetables, omelet station, breakfast bar, salad, assorted desserts and more. Door prizes are awarded to dads in attendance. \$20.95 for members and \$25.95 for nonmembers. Reservations are recommended, walk-ins are welcome.

Air Force Clubs membership scholarship program — club members in good standing and their dependents are eligible to win one of 25, \$1,000 scholarships. Participants must have been accepted, or be enrolled, in an accredited college or university for entry during the fall 2011 term as a part-time or full-time student. Entries must be submitted to the Bay Breeze Collocated Club by July 1. Entry form and complete instructions are available at <http://www.afclubs.net> and at the Bay Breeze Collocated Club. Winners announced Sept. 16. Sponsored by Chase.

All-you-can-eat buffet — served 11 a.m. to 1 p.m. Mondays-Fridays. For menu, visit <http://www.keeslerservices.us>.

Buffet-a-day-giveaway — register to win 11 a.m. to 1 p.m. Mondays-Fridays.

Taco bar — 11 a.m. to 1 p.m. Mondays. \$7.95 members, \$9.95 nonmembers; includes soup, salad bar and beverage.

Potato bar — 11 a.m. to 1 p.m. Tuesdays. \$7.95 members, \$9.95 nonmembers; includes soup, salad bar and beverage.

Pasta station — 11 a.m. to 1 p.m. Wednesdays. \$7.95 members, \$9.95 nonmembers; includes soup, salad bar and beverage.

Catering — whatever your catering needs, our friendly staff is here to help. Club membership is not required. For more information, call our caterer, 377-2219.

Member discounts — show your Air Force Club card and get free rides on the Dragon Wagon; 25 percent off stall fees at the auto hobby shop; 25 percent off bowling Friday nights at Gaudé Lanes; 10 percent off Friday night fun and youth sports at the youth center; 10 percent off camper rentals at outdoor recreation and \$2 off cart rentals Mondays-Fridays at the Bay Breeze Golf Course.

Collocated lounge

Editor's note: Must be age 18 or older to enter.

Texas hold'em tournament — 5-8 p.m. June 24. Free for members; \$5 for nonmembers. \$2,000 in chips to each player. Small and large blinds. Food and drinks available. Grand prize winner. Call for more information or to reserve a seat.

Social hour — 4-7 p.m. daily. Domestic beer specials.

DJ Dynamite dance night — 8 p.m. June 11.

Hump day at the "Breezy" — 5 p.m. Wednesdays. Specials include \$5 domestic draft pitchers, \$6 premium draft pitchers and heavy hors d'oeuvres while they last. Free for members, nonmembers pay \$5 at the door.

Darts — bring your buddies for a game of darts.

Bonanza bingo — cards \$1, available at the cashier or ask your bartender; you could win a \$1,000 prize.

BAY BREEZE COMMUNITY CENTER

Editor's note: For more information, call 377-2509. Free Wi-Fi.

Free cybersports gaming — Xbox, PlayStation 3, Nintendo Wii and computer stations dedicated solely to Internet gaming.

Gamer day — noon to 5 p.m. June 18. Take advantage of the new cybersports room and play all your favorite video games. Meet and play against local gamers to see who dominates in the gaming world. Bring your own console and games or choose from our selection listed on page A1. Free to play.

Free pool — enjoy a game of billiards on the house.

Piano lessons — see story on A1 for summer special.

Voice lessons — \$100/month; Saturdays, 30-minute sessions.

Drum lessons — \$25/lesson for a 30-minute session.

Guitar lessons — \$50/month for four 30-minute class sessions. Lessons available Mondays-Fridays.

Book your next event at the Bay Breeze Event Center — a variety of rooms and services are available for both personal and official base functions. We can accommodate parties up to 500 people. For more information, call or email bos.svc@us.af.mil.

BAY BREEZE GOLF COURSE

Editor's note: For more information or tee time, call 377-3832. Open 6 a.m. to dusk. Free Wi-Fi.

Father's Day special — June 19. Free greens fee for fathers playing with their son or daughter; mandatory cart fee applies.

June twilight special — noon until closing Mondays-Thursdays, play unlimited golf. E1-E4, \$12; E5-O3, \$20; O4 and up, \$22; and guests \$22. Fees include cart rental.

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 the 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 377-4368. Those 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. Free Wi-Fi.

Summer leagues have started — late sign ups accepted.

Intramural league — 6 p.m. Thursdays beginning June 9. Runs for 12 weeks. \$10 per person/week.

Rent a lane by the hour — one hour \$12.95 plus shoe rental, two hours \$23.95 plus shoe rental. Unlimited bowlers are allowed on the lane. Available anytime except during Friday and Saturday night glow bowling.

Four week nine-pin no-tap tournament — Saturdays anytime between 10 a.m. and 5 p.m. and Sundays between 1-4 p.m. bowl a three game, no-tap with shoes for \$15 per person, per set. One in five chance of winning up to \$800. Multiple entries allowed.

Summer bowling — kids bowl for \$1 per game and \$1 shoe rentals Mondays-Thursdays until close and Fridays until 6 p.m.

Family day — Sundays, bring the family and get two hours of bowling, shoes, a large pizza and a pitcher of soda or tea for \$35.

Casino night — 7 p.m. the first and third Saturday of each month. \$15 per person for three games, shoes included. Win cash.

Bonanza bingo — \$1 per card, daily drawings. You could win \$2,000.

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. Parties range in price from \$8.95 to \$15.95 per child. Reservations are required.

11th Frame Café

Editor's note: Located inside Gaudé Lanes Bowling Center, 377-2036. Free Wi-Fi. Contractors welcome. Menu subject to change.

Lunch and bowl special — 11 a.m. to 1 p.m. Mondays-Fridays. \$1 a game, plus \$1 for shoes.

Kingpin daily specials \$6.95 — 10:30 a.m. to 1 p.m. Mondays-Fridays. For menu log onto <http://www.keeslerservies.us> and click on the link for 11th Frame Café. Call-in orders accepted 10-11 a.m.

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

INFORMATION, TICKETS AND TRAVEL

Editor's note: Free Wi-Fi. For more information, call 377-3818.

Discounted tickets — for local and out of state attractions.

Armed Forces Vacation Club — space available program offers seven nights and eight days in resort condominiums for \$369. Log on to <http://www.afvclub.com>. Keesler is designated installation #121.

Leisure travel office

Stop by for information on cruises, airline tickets and hotels. We offer packages to Las Vegas, Orlando, the Caribbean and more.

Five-day Caribbean cruise* — Oct. 31-Nov. 5, 2011. Cruise aboard the Carnival Ecstasy departing from New Orleans traveling to Progreso and Cozumel, Mexico and returning to New Orleans. Prices range from \$372.19 to \$417.19. Balcony on request. Sign up by Aug. 25. Military traveling to Mexico must have approval from an O-6 in their chain of command.

Seven-day eastern Caribbean cruise* — Sept. 2-9, 2012. Cruise aboard the Carnival Conquest departing from New Orleans traveling to Key West, Fla.; Freeport and Nassau in the Bahamas returning to New Orleans. No Mexico destination, great for active duty military. Inside cabin \$540.92, oceanview cabin \$650.92 and balcony \$810.92.

* Prices are per person, based on double occupancy and include taxes, meals and entertainment on board the ship. Passports are recommended. A \$250 deposit per person and a \$7 processing fee is required at the time of booking. Call 377-1658 for more information or to book.

INNS OF KEESLER

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

Check-in/out — at Tyer House located on Fisher Street. If arriving after 6 p.m., please call with credit card to reserve. A business center with free Wi-Fi access is on site for your convenience.

Rooms — space-available reservations are available up to seven days in advance. Rooms offered are visiting airmen's quarters \$34.75; visitor's quarters \$39; and temporary lodging facility \$41.50 for one- and two-bedroom units with full kitchen. Pet TLFs are available for an additional \$10 per night.

LEGENDS CAFÉ

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

New menu — stop by, open evenings Thursdays-Saturdays.

Become an Air Force Club member — nonprior service students pay no dues for the first year. Submit your application to the cashier and receive an \$8 coupon for your next meal at Legends.

MCBRIDE LIBRARY

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

Free summer reading program — "A Midsummer Knight's

Read" for age 3-12 begins Tuesday. Preregister 10 a.m. to 4 p.m. today. Free activities for children and families to inspire a love of reading are 10 a.m. June 9, wizards enchanted gathering; June 14, music for little Mozarts with guest speaker Donna Kotsakos; June 16, dragonology; June 21, midsummer's dream; June 23, court jester; June 28, castle celebrations and June 30, fairy tales. Participants can win prizes for reaching their reading goals. For more information on these programs and July's special events visit our web page at <http://www.keeslerservices.us/Library2.html>.

OUTDOOR RECREATION AND MARINA

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

Father's Day special — June 19, free rod and reel rental for dads.

Sailing classes — June 9-12. Class certifies you to rent sailboats in the future. Classroom instruction is 5:30 p.m. June 9 at McBride Library. On-the-water instruction is June 10, 11 or 12 to be arranged with the instructor. \$45 per person.

Mississippi Deep Sea Fishing Rodeo (military division) — July 1-4 at the Long Beach Marina Pavilion. Free to participate. Open to United States Armed Forces personnel, Department of Defense civilians and Common Access Card holders.

Beach trips to Horn Island — \$30 per person 12 person minimum, 22 person maximum. Call to schedule.

Indoor and open air pavilions — conveniently located next to playground equipment, fishing, boating, volleyball and more. Open air pavilions are \$10 for the first four hours and \$2 for each additional hour. The indoor pavilion is \$40 for the first four hours and \$6 for each additional hour. Payment and a \$50 refundable cleaning deposit is required at time of reservation.

SPORTS AND FITNESS

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

Summer family 5K fun run — 9 a.m. June 18 at the Blake Fitness Center. Sign up at 8:30 a.m. Prizes awarded to the first, second and third place winners in the female, male and youth divisions. Free to participate. Co-hosted by the Youth Center.

Massage therapy — two therapists to serve you. Hour and half-hour appointments are now available at Dragon and Triangle Fitness Centers. Swedish, deep tissue, aromatherapy, reflexology hot stone and pregnancy massages are offered. To schedule an appointment at Triangle Fitness Center, call 348-6698; at Dragon Fitness Center, call 282-4734.

SWIMMING POOLS

Editor's note: For more information, call 377-3948 or 377-3568.

Swimming lessons — for 6 months of age and older.

Pools are open — to anyone authorized to use 81st Force Support Squadron facilities. Identification and \$1.50 entry fee or season pass required for admission. Seasonal passes available at outdoor recreation and both pools; \$20 single season, \$60 family season (three or more). Only Coast Guard-certified life vests and floating devices are permitted.

Age requirement — ages 10 and younger must be accompanied in the pool by an adult. Ages 11-13 may use the pool unattended if they can swim at least 12 meters. Infants and small children are required to wear rubber pants or swim diapers.

Parties — available 6-8 p.m. Saturdays and Sundays. Reserve at least two weeks in advance. \$50 for the first two hours and \$25 for each additional hour. Alcoholic beverages are not allowed.