



# KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

JUNE 9, 2011 VOL. 72 NO. 23



## Honoring Old Glory

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## Wingman saves friend from depths of despair

By Tech. Sgt. Terri Kaas

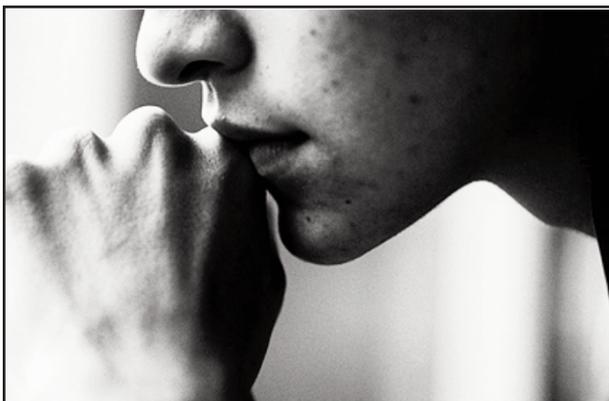
86th Airlift Wing Public Affairs

RAMSTEIN Air Base, Germany — It started with an assignment I wasn't too keen on taking. We all have them, where we have already been there, done that and wanted something else. I knew the assignment would be difficult since I recently retrained into a different career field. I hadn't expected or been told before arriving that I would be a 3-level NCO in a job I was just learning. But it happens, we all work through it and adapt as needed.

My husband at the time deployed within six months of moving to our new duty location, leaving me alone with our 1-year-old child. This is the stuff they tell us can happen as military couples who have children. No problem, I am a modern woman: I can bring home the bacon, cook it and feed it to my family, then wash all the dishes, bathe the baby and write enlisted performance reports all night.

Then, I couldn't sleep at night. I would sometimes get only 10 hours of sleep for the entire week. It wasn't an upset baby keeping me up, just an inability to sleep no matter what I tried. So, I decided to be productive with my insomnia and would bake the work center cakes and cookies or even breakfast muffins, all from scratch, because what else is there to do at 2 a.m.?

I started coming to work late and getting appropriately counseled. Then I started losing weight, no matter what I ate. I could eat a double cheeseburger, a large-sized onion rings and a large strawberry shake for lunch and dinner, yet I still lost 30



pounds in just three weeks. I wasn't throwing it up, heavens no, I love food! I was living off of take out, junk food, coffee and lots of candy. How could this be happening?

I didn't know it at the time, but I learned I had some classic symptoms of depression. Symptoms can include depressed mood, loss of interest in activities you used to enjoy, feelings of guilt, hopelessness and worthlessness, sleep disturbances, appetite and weight changes, difficulty concentrating, and lack of energy and fatigue.

According to the National Mental Health Association, approximately 12 million women in the U.S. experience clinical depression every year. About one in every eight women can expect to develop clinical depression in her lifetime. Women are twice as likely as men to develop depression.

Social and cultural causes can stem from many

aspects. The more roles that a woman is expected to play — wife, mother, working woman, etc. — the more susceptible she is to “role strain” and its association with stress and depression. Women who receive little help at home or are single mothers are more likely to experience depression.

I remember the first time that someone genuinely asked how I was, because they were concerned about me. Me. Someone actually wanted to know what was going on and wanted to help. And it wasn't my supervisors, my peers or my commander. It was my own Airman, who cared enough and noticed that something was wrong and helped me get the help that I desperately needed.

With the help and support of my friend, I was able to find the strength to go to the mental health clinic and receive the help I needed. I was one of the more than 60 percent of service members who, according to the American Psychiatric Association, think seeking help for mental health issues would have at least some negative impact on their career. This isn't so.

Mental health disorders have a biological basis and can be treated like any other health condition.

As military members, we have been briefed many times on how to recognize the signs and symptoms of someone who is in need of mental health assistance. For someone who truly needs help, the first step to wellness is the hardest step there is. Acknowledging your problem is not a weakness, but a step made with incredible strength.

## Airmen's drinking leads to foolish, selfish decision

By Staff Sgt. Anthony Huling

20th Equipment Maintenance Squadron

SHAW Air Force Base, S.C. — My life was changed forever Feb. 11.

It was a Friday. I was glad to be getting off work, because I was going to be on leave for the next two weeks.

Around 5 p.m., my friend, Chris, texted me and asked if I wanted to come over to his house. Since my wife was taking my daughter over to a friend's house, I decided to go.

When I arrived, he was in his garage building a paint booth for his motorcycle, so I started helping him out. We were working and having some drinks. Somewhere around 10:30 p.m., we decided to take his motorcycle for a spin.

We headed out of our neighborhood, and it was only about a half mile before we veered off of the road.

The next thing I remember is wak-

ing up in a helicopter. It felt like a bad dream. I asked the EMT where I was and what happened. They told me that I had been in a motorcycle accident, and I was being airlifted to the hospital. I was told that we were driving between 80 and 120 mph.

Chris and I were thrown about 100 feet from the cycle. There were several bones broken in my back and road rash on my forehead, back, chest, stomach, knees, ankles and toes. I now have nerve damage in both arms.

Chris was not as lucky. He has severe head trauma and some broken ribs. He is also currently in a coma and is not responding.

I can only hope and pray that he will wake up.

Our selfish act affected our family, friends and co-workers.

When his wife heard us leave she got in her car to find us. She was passed by

an ambulance heading out and followed. She arrived on scene and saw us lying on the asphalt. She rushed back to my house to get my wife. Luckily, my oldest daughter was spending the night at a friend's house.

Chris was just recently married, and his wife was pregnant. We had to postpone my youngest daughter's second birthday party.

Most people don't get a second chance in life. I would have never made this mistake if I had not been drinking.

I thought I had a safe plan.

But, that all fell apart because I could not make any responsible decisions after I started drinking.

I pray that none of you will ever have to go through something like this. The world does not look the same as it did before the accident. Only by God's grace am I alive and able to tell this story.





## ON THE COVER

From left, Tech. Sgt. John Benavidez, 332nd Training Squadron; Staff Sgts. Lamar Gardner, 334th TRS, and Melissa Keith, 336th TRS; and Tech. Sgt. Kerry Holmes, 335th TRS, are some of the military training leaders who folded the flag during the 81st Training Wing's formal retreat Friday. Tuesday is Flag Day, a national celebration of the history of the American flag and a time to remember proper etiquette for its display. For a story about the observance, see Page 16.

Photo by Adam Bond



## DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

If you could change one thing about the airman battle uniform, what would it be?



"To make them a little more breathable."

Airman 1st Class Jesse Daniels, 338th Training Squadron



"Get rid of the belt and make an elastic waist."

Tech. Sgt. Robert Campbell, 338th TRS



"Put pen pockets on outer sleeve, and there should be summer weights."

2nd Lt. Semira Moore, 81st Comptroller Squadron

## KEESLER NEWS

81st Training Wing commander

Brig. Gen. Andrew Mueller

Public affairs director

Jerry Taranto

Editor

Susan Griggs

Photojournalist

Kemberly Groue

Writer/graphic designer

Steve Hoffmann

Public affairs staff

Billy Bell

Tim Coleman

Airman 1st Class

Heather Heiney

Staff Sgt.

Kimberly Moore

Senior Airman

Eric Summers Jr.

Joel Van Nice

YoLanda Wallace

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## 6 Keesler Airmen headed to Air Force Academy

By Susan Griggs

Keesler News editor

Six Keesler Airmen have been selected for admission to the Air Force Academy.

One of them, Airman 1st Class Andrew Duggan, has been accepted for direct entry into the academy.

The other five, Airmen 1st Class Cherry Acha, Terry Lee Jr., Brendan Mallory, Trevor Sandson and Stephen Warren, will attend the Air Force Academy Preparatory School, a 10-month program designed to ready qualified young men and women academically, physically and militarily to enter the academy.

“The one or two annual applications from Keesler jumped to 12 this year,” said Gary Jackson, a retired lieutenant colonel who serves as an admissions liaison officer for the academy and the Keesler program coordinator for the Leaders Encouraging Airmen Development Program.

“I get a great deal of personal satisfaction working with this program — it’s like strapping a rocket to each troop’s back and launching them into an incredible career orbit,” he said.

**Airman Acha**, a medical technician in the 81st Surgical Operations Squadron, was selected for senior airman below-the-zone with a June 18 promotion date.

Originally from the Philippines, she had already completed two years of nursing school when she came to the United States in 2008. She joined the Air Force in 2009 and arrived at Keesler almost a year ago.

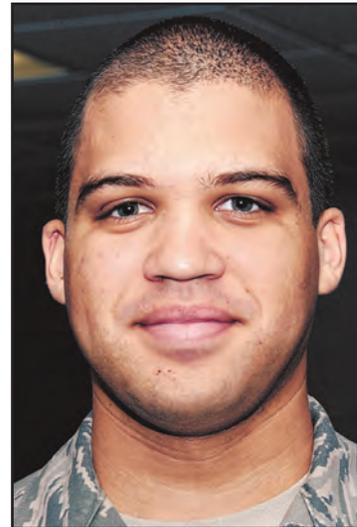
“I can get my bachelor’s degree which was my primary goal for enlisting,” Airman Acha noted. She hopes to enter medical school following commissioning.



Airman Acha



Airman Duggan



Airman Lee



Airman Mallory



Airman Sandson



Airman Warren

**Airman Duggan**, a weather apprentice student in the 335th Training Squadron, wants to major in aeronautical engineering and become an officer and a pilot. He was valedictorian of his graduating class and excelled in track, cross country and swimming, participating in marathons and triathlons.

“I want to get a first-class education in one of America’s top schools,” Airman Duggan explained. “As an airman leader at Keesler, I’ve learned to work with people of varied ages, gender, races and background. I’ve learned to lead by example and how to gain

trust and respect while making sure the job gets done.”

**Airman Lee**, who completed the airfield systems apprentice course in the 338th TRS, plans to major in biology on his way to a medical career. He’s a second-degree black belt and instructor in taekwondo, a varsity soccer player and plays seven musical instruments.

His Air Force heritage is strong — he has three uncles who graduated from the academy, another aunt and uncle who are active-duty officers, his dad is a senior noncommissioned officer and his grandfather is a retired NCO.

“The academy is an excellent educational opportunity,” Airman Lee commented. “Watching the military training leaders and instructors interact with the students at Keesler has taught me a lot about how to be a leader and positive role model.”

**Airman Mallory**, an air traffic control student in the 335th TRS, also wants to become a pilot and plans to major in mathematics. He’s an Eagle Scout that graduated with a 4.1 grade point average.

“I cruised through life without putting forth much effort and I did well, but I wasn’t

proud of myself,” he admitted. “I didn’t work to my full potential and I wanted to change. I joined the military to learn discipline and become a better person, and so far it’s been the best decision of my life.

“At Keesler, I’ve learned much about social interaction and how to talk to my peers and superiors,” he added. “I do my best to treat everyone with the respect they deserve.”

**Airman Sandson**, 81st Medical Operations Squadron medical administrative technician, joined the Air Force in 2009 and has been at Keesler since January 2010.

“Attending the academy has been a goal of mine since tenth grade,” he stated.

“I want to earn an engineering degree and become a pilot,” he continued. “Being enlisted has been a great experience. I had the opportunity to take part in the honor guard, help coach the Ocean Springs High School wrestling team and participate in a lot of other great things.”

**Airman Warren** graduated from both the electronic principles and precision measurement equipment laboratory in the 332nd Training Squadron. He would like to major in business administration and management or economics.

He was active in junior ROTC, band, choir, athletics and church youth programs. He was a counselor at a summer camp for underprivileged children and did volunteer work in Florida and Mississippi after recent hurricanes.

During a trip to Washington, D.C., in 2006, he found the name of his grandfather, Maj. Tommy Warren, on the Vietnam Veterans Memorial wall. Major Warren was killed in action in 1970 and Airman Warren aspires to become a fighter pilot like his grandfather.

Steve Pivnick, 81st Medical Group Public Affairs, contributed to this report.

## Prisoners of war, missing in action recalled



From left, Staff Sgt. Adrienne Russell George, Airman Leadership School instructor, and Wendell Ward wait as Senior Airmen Zachary Merryman, 81st Diagnostics and Therapeutics Squadron, places a rose on the POW/MIA table during a Memorial Day ceremony at the Armed Forces Retirement Home in Gulfport. Mr. Ward, an AFRH resident, was an Army corporal taken prisoner by the German army during World War II who spoke at the ceremony.



Photos by Herb Welch

From left, Senior Airman Michael Phillips, 81st Security Forces Squadron, places a sword in a sheath as Senior Airman Steven Showmaker, rifleman from the 81st SFS; Senior Airmen Collin Guzak, 81st Aerospace Medicine Squadron; Casey Lovelace, 81st Dental Squadron, and Lacedric Womack, 81st Medical Support Squadron; Staff Sgt. Adrienne Russell George, ALS instructor, on microphone in background; Senior Airmen Larry Moreno III, 81st Force Support Squadron; Chelsie McCall, 81st SFS, and Bo Brauer, 85th Engineering Installation Squadron, participate in the ceremony. The senior airmen are graduates of ALS Class 11-4.

# 31 physicians, dentists graduate

By Dr. Kenneth Levin

## 81st Medical Group

Thirty-one physicians and dentists graduated from 81st Medical Group Hospital internship and residency training today.

Maj. Gen. (Dr.) Gerard Caron, assistant surgeon general for dental services, delivered the commencement address.

Physician graduates include seven residents with three years of specialty training in internal medicine. This comprehensive training platform includes rotations at other facilities such as the Biloxi Veterans Administration Medical Center and the University of Mississippi Medical Center in Jackson, providing all graduates with balanced instruction in all core competencies evaluated by the Accreditation Council of Graduate Medical Education. In 2009, Keesler's internal medicine residency received a three-year accreditation status from the ACGME.

Physicians who complete these programs are eligible to take board certification examinations in their specialty and are assigned to hospitals in the United States and overseas. Four of the graduat-

ing internal medicine residents were selected for fellowship training in cardiology, hematology-oncology and critical care medicine. All seven of the internal medicine and four general surgery graduates completing one-year internships will continue their residency training at Keesler.

Eight graduating dentists are completing a one-year advanced education in general dentistry residency and two are completing a one-year general practice residency. They receive advanced training in all dental specialties including oral surgery, endodontics, periodontics, prosthodontics, pedodontics and orthodontics. Upon graduation, they will be assigned as military dentists throughout the world. Keesler hosts the Air Force's largest one-year AEGD.

The two-year dental graduates are completing a residency in endodontics. They completed didactics and research at the LSU School of Dentistry in New Orleans the first year and predominantly clinical work at Keesler in the second year. The endodontic residents help provide supervised teaching for the AEGD/GPR program as part of their cur-

riculum. Both endodontic graduates will be assigned stateside following graduation.

Graduates are:

**Third-year internal medicine** — Capts. (Drs.) Kuang Chang, Hugh Coke, Brian Hampson, Johnathan Henderson, Adam Marler, Christopher Nelson and Liana Rodriguez.

**First-year internal medicine** — Capts. (Drs.) Adrian Barron, Timothy Davis, Matthew Fain, Andrew Maley, Talayeh Rezayat, Benjamin Smith and Derek Smith.

**General surgery first-year** — Capts. (Drs.) Mason Hunt, Hameed Jafri, David Northern and Ramon Riojas.

**Research** — Capt. (Dr.) Andrew Hall.

**Dental second-year endodontic** — Majs. (Drs.) Rhett Casper and Arezoo Barani.

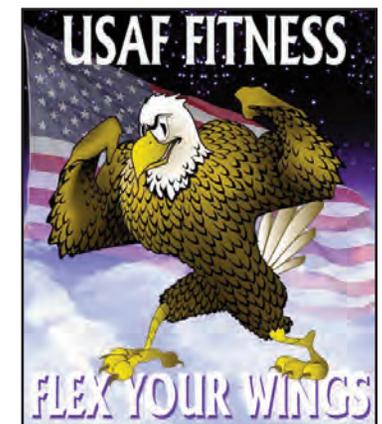
**One-year AEGD** — Capts. (Drs.) Robert Brandt, Anthony Carter, Mandy Riggin, Jamie Smith, Justin Smith, Shelby Tessoroff, Tonya Barry and Damian Black.

**One-year GPR** — Capts. (Drs.) Erin McNamara and Evan-Yutaka Masunaga.

## 332nd TRS deactivates; 334th TRS changes command

The 332nd Training Squadron deactivation ceremony is 8 a.m. June 19 at Dolan Hall.

The 334th Training Squadron change of command ceremony is 3 p.m. the same day at Welch Auditorium.





Air Force photo

JET Airmen receive combat skills training at Fort Bliss last year.

## 602nd TRG Detachment 7 moves from Fort McCoy to Fort Bliss

**Fort McCoy, Wisc., Keesler Public Affairs and 602nd Training Group (Provisional)**

Monday, 2nd Air Force's 602nd Training Group (Provisional) Detachment 7 received its first joint expeditionary tasking Airmen for training with the Army at Fort Bliss, Texas.

Detachment 7 ended training at Fort McCoy, Wisc., April 22. The Joint Sourcing Training Oversight program for joint expeditionary tasking Airmen is also conducted at detachments at Fort Polk, La., Camp Atterbury, Ind., and Joint Base McGuire-Dix-Lakehurst, N.J.

At these Army bases, JET Airmen receive specific, in-theater mobilization training prior to deploying in support of overseas combat contingencies, specifically in Iraq and Afghanistan, in support of Operations New Dawn and Enduring Freedom.

Fort McCoy statistics show 10,597 service members completed JSTO mobilization training at Fort McCoy from fiscal 2005, the first year JSTO training was provided, through FY 2011. That includes several hundred Navy and 40 Coast Guard personnel.

"It was a very successful operation," said Maj. Laura King, Detachment 7 commander. "Airmen learned combat skills not traditionally taught to Airmen. They trained on large-caliber weapons, up to the M2 .50-caliber heavy machine gun and the newer mine-resistant ambush-protected vehicles. They went through convoy and base-defense training.

"It was all very important so the Airmen could survive in a combat area and provide the

combatant commander with the best-trained personnel possible," the major said. "The JSTO program has been great for the Air Force. The purpose of the JSTO program is for both the Army and the Air Force to know what each service's capabilities bring to the fight."

"We appreciate the tremendous support from the Fort McCoy garrison and the 181st Infantry Brigade who bent over backwards to help us," Major King continued. "They were very responsive providing training for us. The Air Force and the Army are charged with taking care of our Airmen and Soldiers to ensure they are fully trained and cared for and capable of performing their missions. I am absolutely proud of the skills the Air Force learned and the very valuable lessons at Fort McCoy to prepare Airmen for combat."

"Major King and her team did a great job closing our detachment at Fort McCoy and did an equally fabulous job getting our facilities and support mission ready at Fort Bliss," said Col. Chuck Douglass, 602nd TRG (P) commander, from the group's headquarters at Keesler.

"I want to add my thanks to the Army staff at both Fort McCoy and Fort Bliss for their support of the 602 TRG's mission," he added. "Without the Army's support, we couldn't have successfully relocated Detachment 7."

Tom Michele, Eagle Systems and Services, Fort McCoy; Susan Griggs, Keesler News editor; and Lt. Col. Jay Delancy, 602nd TRG (P), contributed to this report.

## 'Tis the season for outdoor fun, squadron celebrations



Photos by Kemberly Groue

Top, 336th Training Squadron personnel and family members do the “cha cha slide” at the 336th Training Squadron’s fais do-do at marina park Friday. Fais do-do is a name for a Cajun dance party.

Left, Brent Misita, 336th TRS cyber operations instructor, boils a pot of crawfish for his squadron’s get-together. The summer months are popular times for squadron picnics, even with south Mississippi’s steamy temperatures.



## Battling trash

From left, Airman Basic William Seagle, Airman 1st Class Christopher Erdt, Airman Allen Santiago and Airman 1st Class Aaron Ross, students in the 338th Training Squadron, pick up trash along Irish Hill Drive outside the White Avenue Gate, June 2. The Dark Knights have adopted the area as a community service project.

Photo by Kemberly Groue

# 81st Training Group honors top student, MTF

By Susan Griggs

Keesler News editor

June 2, the 81st Training Group named its Airman of the Month and military training flight for May.

Airman of the Month is Airman Basic Charles Norden, 332nd Training Squadron. Airman Norden, from Land O Lakes, Fla., graduates Aug. 1 from the radio frequency transmissions course in the 332nd Training Squadron.

The five squadrons with nonprior service students select one Airman to compete at a monthly board. They're graded on personal appearance, communication skills and military bearing and respond to questions about customs and courtesies, dress and appearance, entries in the Airman's Manual and current events from the Keesler News.



Airman Norden

The 332nd MTF is the MTF of the month. The Mad Dogs scored the highest overall in marching, physical training, room inspections, open ranks, Airman's Manual, charge of quarters and retreat.

## TRAINING, EDUCATION NOTES

### MSMS visit

Wade Leonard from the Mississippi School for Mathematics and Science briefs potential students and their families, 5-7 p.m. today in Room 108B, Sablich Center.

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

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

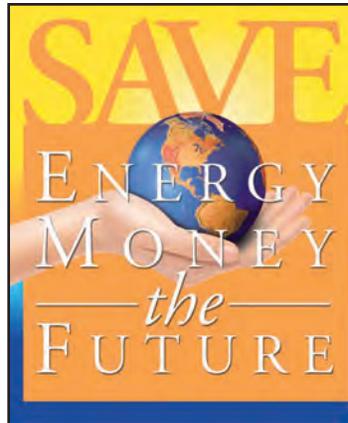
For more information, log on to [www.themsms.org](http://www.themsms.org). or call 376-8505.

### 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.



### Perfect student



Airman Basic Phillip Reeves graduated Tuesday from the personnel apprentice course in the 332nd Training Squadron with a perfect score. Airman Reeves, from Batesville, Ark., now trains at Sheppard Air Force Base, Texas, in the F-16 avionic system apprentice course.

## Record-setting airlift squadron returns from Afghanistan

451st Air Expeditionary Wing  
and 403rd Wing Public Affairs

After four months in Afghanistan, a total-force C-130J unit returned to Keesler May 19 carrying a group of individuals who didn't just accomplish a mission; they set the new standard.

Between January and May, the 772nd Expeditionary Airlift Squadron, the name of the deployed unit at Kandahar Airfield, Afghanistan, successfully completed 261 airdrops setting records in three of those months.

The 772nd EAS was comprised of members from 41st Airlift Squadron, Little Rock Air Force Base, Ark., and Keesler's 403rd Wing, including those from the 815th and 345th Airlift Squadrons and the 403rd Maintenance Group.

"They're told to put planes in the air, that's what they do," said Capt. William McLeod, officer in Charge of the 451st Expeditionary Airlift Maintenance and 403rd Maintenance Squadrons. He described the deployed team members as being very humble about the records they've broken.

"It feels good knowing we're supplying the troops on the ground and allowing them to perform their missions more effectively with these much-needed supplies," said Tech. Sgt. David Pirie, 772nd EAS and 815th AS loadmaster. "It's also great knowing we're contributing to the warfighting effort."

Dropping cargo from the air means fewer supply trucks make the dangerous drives through roads littered with improvised explosive devices.

"It means something," Captain McLeod said. "We could be saving somebody's life, and everything gets there faster."

The previous record for airdrops set was 40 airdrop

"It feels good knowing we're supplying the troops on the ground and allowing them to perform their missions more effectively with these much-needed supplies."

— **Sergeant Pirie**

missions in one month. They exceeded this in January with 51, in March with 71 and April with 81, airdropping a total of 5.6 million pounds of cargo. Bad weather in February kept the unit from breaking the record, according to Lt. Col. Craig Williams, 772nd EAS and 345th AS commander.

"It feels good to be setting records, but what you'll find with most of the guys here is that it doesn't matter if you break a record — it matters that you complete the mission and get the supplies where they need to go so we can help those guys on the ground," said Lt. Col. Walt Ord, 772nd EAS and 815th AS aircraft commander. Colonel Ord was the leader of the crew that completed the initial record-breaking 41st airdrop in January.

Airdrop missions take about four to five hours each of advance planning by the tactics team to ensure no conflicts with other missions in execution. Then once the cargo is bundled and ready for flight, the loadmasters load the bundles, joint airdrop inspectors ensure the load is rigged properly and the aircraft is ready for airdrop. The crew then flies to one of many drop zones where the back of the aircraft is opened up for the bundles to be released at a different altitude depending on location. The bundles are

then released and float down to earth with assistance from attached parachutes.

In August, the 345th AS active-duty component and the 815th AS reserve unit joined together to make up the Air Force's first C-130J total force integrated unit. The active associate unit began training for this mission by sharing aircraft and working together to both fly and maintain the C-130Js. This initiative leveraged the combined resources of the Reserves and active-duty force.

"Everyone is the same and we all come together in a seamless operation to keep the guys outside the wire safer," said Colonel Williams. "Where we can fly to in one hour could be a three-day trip through the mountains that subjects those drivers to indirect fire, improvised explosive devices and other hazards ... we're literally saving lives every day."

"It was an honor to have served as the commander of the 772nd EAS in combat during one of the most prolific times in tactical airlift," said Colonel Williams. "There is no better place to be right now if you are C-130 operator who loves airdrop and landing in the dirt."

Capt. Penny Carroll, Tech. Sgts. Emily Alley and Tanya King and Senior Airman Melissa White contributed to this report.

## IN THE NEWS

### Grants for training veterans

American Forces Press Service

WASHINGTON — As part of an interagency effort to support America's veterans, the Labor Department announced \$37 million in grants to provide job training for about 21,000 veterans, many of them homeless or at risk of becoming homeless.

Labor Secretary Hilda Solis announced the grants June 1, awarded to continue successful programs into their second and third years.

Twenty-two grants totaling more than \$9 million will provide job training to about 4,000 veterans to help them succeed in civilian careers. Those funds, provided through the Veterans Workforce Investment Program, emphasize training in "green" jobs related to energy efficiency and renewable energy, modern electric power development and clean vehicles.

Secretary Solis also announced 122 grants totaling more than \$28 million to provide job training to about 17,000 veterans who are homeless or at risk of becoming homeless.

These grants, awarded under the Labor Department's Homeless Veterans Reintegration Program, include \$4.3 million for the Homeless Female Veterans and Veterans with Families Program and \$3.9 million for the Incarcerated Veterans Transition Program that helps veterans who have served time in justice facilities.

### 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 Pops Ferry Road.

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

Service members are ordered not to enter or patronize these off-limits establishments or their locations. This restriction doesn't apply to armed forces police on duty or others on official business. Violations of this order are punishable under Article 92, Uniform Code of Military Justice.

### Clinics close for warrior training

81st Medical Group Public Affairs

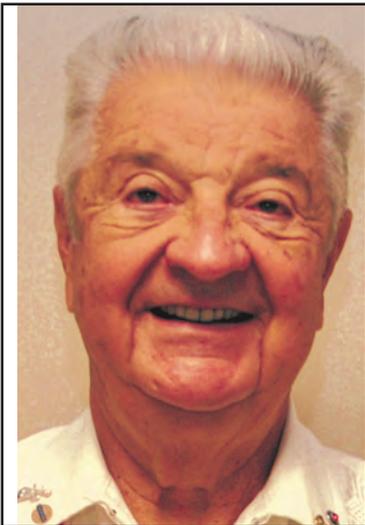
The 81st Medical Group June warrior training has been moved to noon to 5 p.m. June 21 to support the base's active shooter exercise.

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

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

## Credit union system honors Todd

Longtime 81st Medical Group Hospital volunteer escort Dean Todd has been inducted into the Mississippi Credit Union System's Hall of Fame. A retired Air Force lieutenant colonel with 24 years of service, he was recognized for his long association with the Keesler Federal Credit Union, serving on its board of directors since 1973. He was also cited for being on the board of the Mississippi Gulf Coast Chapter of Credit Unions since 2005. In addition, he has been active in the National Association of Credit Union Chairmen since 1981. As a hospital volunteer, Colonel Todd has assisted more than 20,000 patients over more than 30 years of service.



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.

# 101 Critical Days of Summer

## No mishap fatalities over holiday weekend

By Gwen Dooley

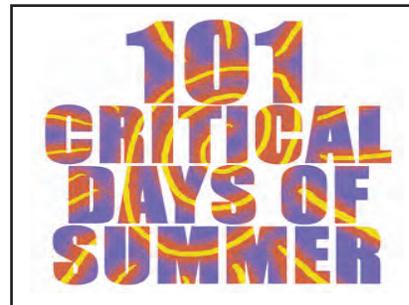
Air Force Safety Center

KIRTLAND Air Force Base, N.M. — For the second consecutive year, the Air Force had zero mishap fatalities over the Memorial Day weekend.

Maj. Gen. Gregory Feest, Air Force chief of safety, said he was pleased with these results, but he reminded Airmen of the need for continued vigilance throughout the remainder of the summer.

“We have a long way to go,” he said. “There are 15 weeks of summer, and we can never let our guard down. We’ll continue to provide mishap prevention strategies to our Airmen, our wingmen and our family members to help save lives during this Critical Days of Summer campaign.”

During the 2010 Critical Days of Summer Campaign, 16 Airmen lost their lives. While that number was lower than the 2009 campaign when 22 Airmen lost their lives, the loss of one life is one too many.



Air Force Safety Center officials are preparing to unveil several initiatives during the remainder of the Critical Days of Summer campaign, including a poster slogan contest, a video contest and public service announcements to be broadcasted in exchanges and commissaries on Air

Force and Army installations worldwide.

Roberto Guerrero, the Air Force deputy chief of safety, said he invites everyone to follow the safety center's activities on Facebook (Air Force Safety Center), Twitter (AFSAFETY), YouTube (Air Force Safety Center) and General Feest's blog at <http://flysafe.dodlive.mil>.

“We’re dedicated to doing all we can to save lives this summer,” he said. “‘Summer is Hot’ (the theme of this year’s campaign), and we’re actively working with commanders, supervisors, Airmen and their family members to team with us in our joint efforts to save lives.”

# PERSONNEL NOTES

## Active shooter exercise coming June 21-22

### 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. Monday-Wednesday, 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.

### Special duty team visit

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

For more information, call 377-3697.

### Finance office closes

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

### Training for new supervisors

Three mandatory supervisory training courses for newly-selected supervisors must be completed within six months of assuming a supervisory role.

**The Air Force Supervisor's Course** provides civilian supervisors with leadership and management skills required in supervisory positions.

**The Civilian Personnel Management Course** must be taken by all civilian and military supervisors who manage civilians. This course provides background information and an understanding of applicable civilian personnel laws and regulations needed to carry out civilian personnel management responsibilities.

**The Military Personnel Management Course** provides civilian supervisors of military members the basic skills, knowledge and abilities required to supervise enlisted and officer personnel.

Personnel requiring these courses can register online through the Air Force Human Resource Management School's virtual campus at <https://www.my.af.mil/afknprod/community/views/home.aspx?Filter=AF-ED-00-38>. Periodic reports will be provided by Air Staff and major commands identifying supervisory completion, so supervisors should complete the required courses in a timely manner.

For more information, call 376-8161 or 8154.

### Leave after the fact memo

If a member is attempting to process leave after the leave has already occurred, a memorandum signed by a level no lower than the squadron first sergeant is required.

For more information, call 376-8347.



Photo by Kemberly Groue

From left, Airman Basic Jahqui Gilles, Airman Katie Ewel and Airman 1st Class Alexander Tarnawski exit Muse Manor under the watchful eye of exercise evaluation team member Darrin McClure during an active shooter exercise, May 20, 2010. Airmen Gilles and Ewel were students in the 334th Training Squadron, and Airman Tarnawski was a student in the 336th TRS. Visitors to Keesler should expect delays at the gates and limited access to facilities June 21-22, particularly during the lockdown phase, as base emergency response teams conduct another active shooter exercise directed by Air Education and Training Command.

Using a telecommunications system or device constitutes consent to monitoring.



Photo by Steve Pivnick

Lieutenant Shaw monitors the dialysis machine during Mr. Tummons' May 25 treatment.

## Dialysis offered at hospital

By Steve Pivnick

### 81st Medical Group Public Affairs

The 81st Medical Group Hospital again offers hemodialysis to patients requiring the care.

The treatment has been available since the 81st Medical Operations Squadron dialysis unit reopened in November 2009 and increased service in March 2010.

Hemodialysis removes waste products such as creatinine and urea as well as free water from the blood when the kidneys are in renal failure.

The staff of three dialysis nurses and a specialized medical technician currently cares for Department of Defense beneficiaries only in the mornings on Monday, Wednesday and Friday. The eight dialysis machines, located in three treatment rooms, allow them to care for up to 12 patients a week. They presently see four. However, they hope to increase the number of patients in the near future and establish a second "shift" as more eligible beneficiaries learn of the service.

First Lt. Nicole Ward, one of the nurses, observed, "Patients undergo dialysis for 3½ to four hours three times a week. We provide very individualized

attention; each patient has their own nurse. We are less crowded than many dialysis units, allowing us to offer more personal care. We also support the hospital's graduate medical education program as internal medicine residents see patients here (during one-month rotations)." In addition to the staff and residents, Lieutenant Ward said a hospital nutritionist sees patients frequently — many dialysis patients have diet restrictions — and a social worker stops by at least monthly.

Retired Sailor Virgil Tummons has the distinction of being the unit's first patient.

Second Lt. Renee Shaw, another staff member, commented, "Mr. Tummons was our inaugural and only patient for a few months. As word spread, a couple more people came to us. We get to know them very well since we see them so frequently."

Mr. Tummons, who retired in 1969, undergoes his 200th dialysis treatment in June. He stated, "This is one terrific staff they have here. They treat me very well." He's a former resident of the Armed Forces Retirement Home but had left there before Hurricane Katrina (August 2005). Two other dialysis patients currently

reside at the AFRH.

Maj. (Dr.) Wayne Latack, 81st MDOS and chief of nephrology, has been at Keesler almost four years, much of the time spent restoring the unit.

"Our goal is to renovate the old ICU (after the intensive care unit relocates to the new inpatient tower later this year), move over there and expand our capabilities," he said. "Long-term, we'd like to have a 20-patient chronic dialysis unit. We'll welcome a second nephrologist in July and this will allow us to easily accommodate up to 12 chronic patients.

He added, "We currently train our staff 'in house' and also send them to Travis (Air Force Base, Calif.) Almost half the training is done here and the rest at Travis, which has a 50-patient unit. This gives our staff the opportunity to see and work in a very robust unit."

Dr. Latack noted that Keesler and Travis are among only three Air Force medical treatment facilities (not including the one formerly located at Wilford Hall Medical Center in San Antonio) to offer chronic dialysis care. The Wright-Patterson AFB, Ohio, hospital is the third.

# Boy Scout constructs memorial at Triangle Chapel to honor fallen

By Susan Griggs

Keesler News editor

Kolbe Conger's Eagle Scout project, which honors his cousin who died in Iraq, provides a peaceful place for prayer and reflection outside Triangle Chapel.

The memorial, constructed of pavestones, features two benches edged by a small garden. It was dedicated to fallen service members over the Memorial Day weekend by Chaplain (Maj.) Mitch Zygodlo.

Kolbe, 13, is the oldest of Lt. Col. (Dr.) Nick and Alicia Conger's five children. His father is chief of infectious diseases at the 81st Medical Group Hospital. The eighth grader is homeschooled by his mother at their Biloxi home.

"History and government are my favorite subjects," said Kolbe, who'd like to pursue a career in law or politics. "I've always liked learning about what our service members have done throughout history."

During the four years the Conger family lived in Ramstein Air Base, Germany, before moving to Keesler last year, the family visited many graves of fallen military members who never came home.

"It had a big impact on me and my appreciation for their sacrifice," Kolbe explained. "I never thought I'd feel the sorrow that comes with knowing a fallen soldier, but in 2008, my cousin, Army Sgt. Christopher Sanders, was killed in action in Iraq. My gratitude for his bravery and for all Soldiers was deepened. I wanted to create a memorial to remember him and all service members who've fought to protect our freedom and safety."

Kolbe held bake sales at the hospital to pay for the supplies for the project.

"I met many prior scouts while working," he pointed out.

Members and leaders from



Photo by Kemberly Groue  
**Kolbe Conger, 13, sits at a memorial he built to honor his cousin who was killed in Iraq. The memorial is located outside of Triangle Chapel and provides a peaceful place for prayer and solitude.**

Boy Scout Troop 250 in Biloxi worked with him on the memorial. About 75 percent of its members are from military families.

"My assistant scoutmaster, Navy Lt. Cmdr. Don Cook, was a really big help," Kolbe pointed out. "He's an architect and engineer and taught me a lot about how to plan and carry out this project. I also got a lot of help from my

parents, our scoutmaster, Charles Uren Sr.; my assistant scoutmaster, Charles Uren Jr., and two family friends, Lt. Col. (Dr.) Michael Forgione and Capt. (Dr.) Pete Blatz.

Not only did the project teach Kolbe how to work with pavestones, he "learned how important it is to be organized, the value of teamwork and a lot about business management."

# America celebrates flag history

By Susan Griggs

Keesler News editor

Tuesday is Flag Day, a celebration of the history of the American flag and a time to remember proper etiquette for its display.

Flag Day recognizes the adoption of the Stars and Stripes as the official flag of the United States 234 years ago on June 14, 1777, by the Continental Congress meeting in Philadelphia.

A resolution was passed specifying that the flag have 13 alternating red and white stripes, and the union have 13 white stars on a blue field. The resolution didn't specify the arrangement of the stars, but a full circle was adopted later.

On May 1, 1795, the flag was changed to 15 stars and 15 stripes. This flag stood over Fort McHenry as the British attacked during the War of 1812, Sept. 13-14, 1814. This flag, found still standing after the attack ended, inspired Francis Scott Key to compose The Star Spangled Banner.

On April 4, 1818, Congress passed a law limiting the flag's stripes to 13 and providing for a star to be added to the blue field for each new state. The flag evolved into the flag flown over the United States today, with its last star added for the state of Hawaii in 1960.

Flag Day was first observed in 1877, the 100th anniversary



Photo by Kemberly Groue

Flags were placed on 17,000 graves at Biloxi National Cemetery for Memorial Day.

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“The flag represents  
a living country and itself  
is considered a living thing.”

— U.S. Flag Code

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of the adoption of America's red, white and blue banner.

In 1916, President Woodrow Wilson established Flag Day as an annual national celebration. It didn't become a national holiday until Aug. 3, 1949, when President Harry Truman signed a resolution denoting June 14 as the official birth-

day of the Stars and Stripes.

As America's flag developed throughout history, so too did traditions and proper etiquette guiding its proper use and display.

The U.S. Flag Code adopted by Congress states, “The flag represents a living country and itself is considered a living thing.”

## Proper display and use of the American flag

**Hoist the flag** briskly and lower it ceremoniously.

**Display the flag** only from sunrise to sunset on buildings and on stationary flag staffs in the open. The flag may be displayed 24 hours a day if it's properly illuminated during hours of darkness. Each Air Force installation is limited to one illuminated flag staff.

**When displayed vertically or horizontally on a wall**, the union should always be to the flag's uppermost right (the observer's left.) In a window, the union should be to an outside observer's left. When displayed over a street, the flag should be suspended vertically with the union to the north on an east-west street and to the east on a north-south street.

**Don't display the flag** during inclement

weather unless an all-weather flag is used.

**The flag shouldn't be displayed** on a parade float unless from a staff.

**The flag should never be displayed** with the union down except as a signal of dire distress.

**The flag shouldn't touch anything** beneath it, such as the ground or water.

**The flag should never be used** as wearing apparel, bedding or drapery. Flag patches may be worn on the uniforms of military personnel, firemen, policemen and members of patriotic organizations. A flag lapel pin is considered a replica and should be worn on the wearer's left lapel near the heart.

For more information on proper use and display, call the protocol office, 377-3359.

# HAWC offers budget-friendly, healthy choices using 'My Plate'

By Stephanie McCann

Health and wellness center

and Senior Airman Norlisha Holmes

81st Diagnostics and Therapeutics Squadron

June 2, the U.S. Department of Agriculture unveiled its new food icon, MyPlate, which replaces MyPyramid as the government's key educational graphic for promoting healthy eating. MyPlate is a visual representation of a healthful place setting that emphasizes portion control, filling at least half of your plate with vegetables and fruits, and the remainder with modest portions of grains, lean protein and low-fat dairy foods.

Many consumers are concerned that they can't put these guidelines into practice right now because they believe that healthy foods are more expensive than less nutritious alternatives. With prices for everything from gas to food going up, there's no question that consumers need to plan their food budget carefully. However, cutting back on expenses doesn't mean that a healthy diet is unattainable.

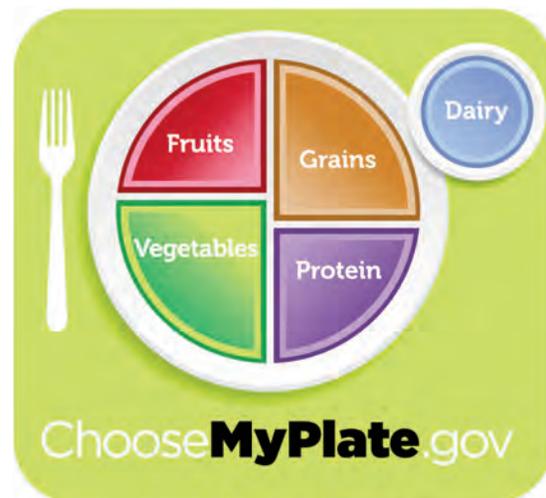
Healthy eating on any budget requires planning and commitment. The USDA estimates that the average cost of food spent in 2010 at home for a single male aged 19 to 50 years old was \$332.20 per month or \$11.07 per day using a liberal-cost plan. For a family of four, the average monthly cost was \$987.00 or \$32.90 per day. Typically, about 20 percent of the food budget is spent on breakfast, 40 percent at lunch and 40 percent at dinner.

Here are tips to stretch your food budget:

- **Eat out less.** Meals at restaurants and fast food establishments typically cost more, contain limited fruit and vegetable choices and are usually higher in calories, fat and portion size than those served at home. Cutting back on eating out can save money and calories. For example, an average "value meal" purchased at a fast food restaurant costs \$5.50 and contains about 1,300 calories. If you eat lunch out daily, that adds up to \$110 a month.

It's best to budget separately for eating out as an entertainment or discretionary expenditure. Unfortunately, many people don't plan for these extra expenses, placing a further strain on the food budget.

A more economical dining-out choice for enlisted personnel is eating lunch at a base dining facility, where a full-course healthy meal including a tossed salad, baked chicken, mashed potatoes, vegetable, fruit and low-fat milk costs \$3.05. Contrast that with a two-piece fried chicken meal with biscuit, red beans and rice and large soda for \$5.49 at a fast-food restaurant. The cost difference is coupled with a significant calorie savings as well, with the baked chicken meal providing about 570 calo-



ries versus 1,475 calories for the fried chicken meal. Additionally, the dining hall meal provides four servings of nutrient-dense fruits and vegetables.

- **Pack a lunch** and bring snacks to work more frequently, an economical and nutritious option, rather than relying on vending machine fare or take-out foods. A turkey sandwich on whole wheat bread, baby carrots, apple, light yogurt and bottled water would cost about \$2.68 while providing a reasonable 550 calories. Compare this to a foot-long turkey sub sandwich with chips and a soda for \$9.10 and about 1,010 calories.

- **Curb intake of expensive,** high-calorie specialty coffee drinks, energy drinks, alcoholic beverages and sodas and switch to plain water for a cheaper, healthier and zero-calorie alternative. A 16-ounce café mocha costs about \$3.25 and provides about 360 calories. These high-cost treats purchased daily can add up to about \$1,185 a year. One 12-ounce canned energy drink costs \$1.90, while a 16-ounce bottled water costs much less.

- **Purchase fresh fruits and vegetables** when in season to get the best value. Limit usage of pre-cut items. For example, one bag of pre-sliced apples costs 89 cents for one serving, while a whole apple is 36 cents. Also, take advantage of sales to stock up on frozen or canned vegetables and fruits.

- **Plan at least one meal a week** with cooked, dried beans or peas as a substitute for more costly meat or use less meat and stretch it by adding beans or peas to chili or stews. These economical items are rich in fiber, vitamins and minerals. Crockpot chili made at home with a pound of extra lean ground beef and four cans of kidney and pinto beans costs as little as 70 cents per serving and provides about 190 calories.

To schedule an appointment or for more information, call the health and wellness center, 376-3170.

More news, videos, information and photos  
on the Web at <http://www.keesler.af.mil>



**Lieutenant Keesler**

## **June 12 is important day in base history**

### **Keesler Public Affairs**

Even before there was an Air Force, there was a Keesler Field. This year, Keesler celebrates its 70th anniversary, making the base more than six years older than the service to which it belongs.

June 12, 1941, the original 832-acre site was officially designated Air Corps Station No. 8, Aviation Mechanics School, Biloxi, Miss. That same day, the U.S. Army Corps of Engineers awarded contracts totaling \$10 million to build Biloxi's technical training school. At the time, it was the most expensive government project to have been undertaken in the State of Mississippi.

Before the land was transferred to the Army Air Corps by the City of Biloxi and Veterans Administration, it was known as the Biloxi Country Club. Actually, the area included not only three golf courses, but the Biloxi Airport, a baseball park used by the Washington Senators major league baseball team for spring training, the Naval Reserve Park and some private property.

Later that June, the War Department renamed the new base in honor of 2nd Lt. Samuel Keesler, a native of Greenwood, Miss., who died behind German lines after being shot down in air combat with four enemy aircraft in the last months of World War I.

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Perry Jenifer, retired editor of the Keesler News, and Susan Griggs, current editor, contributed to this report.

# 101 Critical Days of Summer

## Safety office offers advice to avoid driving distractions

By Steve Hoffmann

Keesler News staff

Driving could be so much more enjoyable were it not for the need to stay on the road by turning the steering wheel. Think about it — you could talk on the phone, text, read to your children on the way to daycare, apply a little lip gloss, maybe ice that cake for the surprise birthday party you're late for. But, alas, brains still need to communicate with eyeballs via the optic nerve to detect the curvature of the road ahead. Then, an appropriate response must be formulated and executed with a sequence of electrical impulses to turn the steering wheel.

All of the above activities, except perhaps the icing of cakes, are things many people do while simultaneously driving their car. The competing demands placed on the human brain creates what is known as distracted driving.

"In our business, we try to keep something that's high risk from changing over to dangerous," said Virgil Mitchell, 81st Training Wing safety chief. "Anytime we get into an automobile, it's high risk. So what we want to do is place ourselves as an operator of the vehicle in a position where we're not being dangerous. We do that by not doing the wrong things."

According to the U.S. Department of Transportation, in 2009, 5,474 people were killed and an additional 448,000 were injured in distracted driving-related crashes.

In light of those statistics, Mr. Mitchell offers a brief rundown of some of the things to avoid while driving — not in any particular order. He mentioned talking to other



Photo illustration by Kemberly Groue

**Behind the desk, multi-tasking can be a valuable, time saving skill. But behind the wheel it can be very dangerous. In 2009, 30 percent of all automobile accidents were caused by distracted driving.**

passengers, talking to kids, talking on the phone, yelling at other drivers, texting, playing with the radio, eating, drinking, watching a movie, enjoying the scenery, reading the newspaper, putting on makeup and shaving. And don't forget the "other" category reserved for pretty much anything you can think of — like the 37-year-old woman who crashed her car last year in the Florida Keys while waxing her bikini line. Yes, that's right, bikini waxing.

Cell phone use and texting have received a lot of attention recently as some of the biggest distractions for drivers. But, according to Mr. Mitchell, they're not.

Road rage is the No. 1 distraction for men. For women, having their children in the car is the biggest distraction. Still, he points out that cell phone use and texting while driving is dangerous. He

Please see **Distracted**, Page 21

## **Distracted,**

from Page 20

notes that nearly 30 percent of all vehicle accidents are caused by distractions related to cell phone use. Additionally, for nearly 10 minutes after your cell phone conversation ends, your chances of having an accident increase nine times because you are still thinking about the conversation.

Fortunately for Keesler, Mr. Mitchell notes that drivers have been pretty safe.

“We’ve had a very low accident rate given the population,” said Mr. Mitchell. “I think it has to do with our education and awareness programs. The secret to our success has been getting the word out to the supervisors.”

Everybody who comes on base at Keesler and is planning to stay more than 30 days is required to go through

local orientation and watch a video that informs drivers about local laws and area driving conditions to familiarize them with local roads and highways.

Mr. Mitchell also credits unit safety representatives with whom he meets every quarter to discuss current safety and traffic conditions and potential hazards. As information on roadwork or changes to traffic patterns becomes known, Mr. Mitchell passes it on to his unit safety representatives and suggests alternate routes they might want to consider.

In an effort to maintain a safe driving record, Mr. Mitchell and the safety office offers some tips to minimize distractions and stay focused.

- Minimize multitasking as much as possible. Texting, flipping between radio stations, reading or other activities reduce your focus on driving and inevitably

increases your likelihood of being involved in an accident.

- Place potential distracters like newspapers, magazines and day planners in the trunk until you get to your destination.

- Plan your route before driving to your destination.

- Do all of your personal grooming prior to getting into the vehicle.

- Don’t eat or drink in the vehicle.

- Avoid engaging in complex or emotional conversations on the cell phone or with a passenger.

- Always look both ways before exiting a parking space or crossing a traffic lane. It’s not uncommon for two vehicles to simultaneously back up in adjacent stalls.

- Always maintain situational awareness of the actions of other drivers.

For more information on distracted driving, visit [www.distraction.gov](http://www.distraction.gov).

## **PREPARING for the storm**



**During hurricane season,  
log on to [www.keesler.af.mil](http://www.keesler.af.mil)  
for the latest information.**

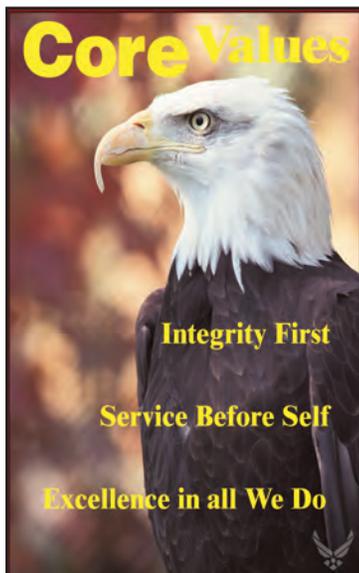
## This week's movies at Welch Auditorium

**Friday** — 6:30 p.m., Fast  
Five (PG-13)..

**Saturday** — 2 p.m.,  
African Cats (G); 6:30 p.m.,  
Madea's Big Happy Family  
(PG-13).

**Sunday** — 1 p.m., Hood-  
winked Too! Hood vs Evil  
(PG).

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



# Tricare ECHO helps special needs families

By **Linwood Outlaw III**

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## Tricare Management Activity

FALLS CHURCH, Va. — For beneficiaries with specific mental or physical disabilities, Tricare's Extended Care Health Option provides benefits, including financial assistance

that is not available through the basic Tricare program.

ECHO doesn't replace benefits from other Tricare programs; it offers supplemental benefits, such as possible coverage for assistive services, durable equipment, transportation, special education,

in-home medical services and in-home respite care services.

ECHO is available to active-duty family members, including family members of National Guard and Reserve members activated for more than 30 days; family members eligible for continued Tricare coverage through the Transitional Assistance Management Program; children or spouses of former service members who were victims of physical or emotional abuse and family members of deceased active-duty sponsors during the period they are in transitional survivor status.

Children may remain eligible for ECHO benefits with no additional premium beyond the usual Tricare eligibility age limit (21 or 23 if enrolled in college full time) as long as the sponsor remains on active duty, the child is incapable of self-support because of a mental or physical incapacity that occurs before reaching the age limit and the sponsor is responsible for more than one-half the child's support.

Qualifying conditions for ECHO include moderate or severe mental retardation, a serious physical disability and a physical or psychological condition that causes the beneficiary to be homebound.

Under ECHO, active-duty sponsors are responsible for paying a cost share determined by their pay grade and separate from cost shares associated with other Tricare programs. Regardless of the number of dependents registered in the ECHO, the sponsor pays only one cost share for benefits used in a calendar month. The maximum Tricare cost share for all ECHO benefits combined, excluding ECHO home health care benefits, is \$36,000 per fiscal year. Comprehensive services offered through the ECHO home health care benefit, which provides assistance to beneficiaries who are homebound and generally need more than 28 hours of home-based medical services each week, have their own separate reimbursement rates.

For more information, log on to [www.tricare.mil/echo](http://www.tricare.mil/echo). If beneficiaries believe a qualifying condition exists, they should talk to their regional health care contractor.

# eight days a week

## Airman and family readiness center

**Editor's note:** Registration is required. All briefings take place in Room 108, Sablich Center, unless otherwise noted.

**Monday-Wednesday** — 8 a.m. to 4 p.m., transition assistance workshop. Open to those 12 months or less from separation or 24 months from retirement. Spouses invited to attend.

**Wednesday** — 7 a.m. to noon, newcomers orientation.

**June 16** — 8-11 a.m., Veterans Administration benefits briefing.

## Arts and crafts center

**Editor's note:** For more information or to register, call 377-2821.

**Friday** — 12:30 p.m., framing class. Bring a piece of art or photograph no larger than 5x7-inches to frame. Class certifies you to use shop equipment in the future. 6 p.m., ladies night. Games, snacks, nonalcoholic drinks and buy one get one half off ceramics special. \$5 admission fee.

**Saturday** — 10 a.m., advanced creative woodworking class. Learn intarsia, a technique that uses varied shapes, sizes and types of wood inlaid together \$25 includes materials.

**Tuesday-June 16** — 11 a.m. to 1 p.m., summer arts camp, ages 9 and older. Woodworking, create and personalize your own foot stool. Preregister for one week or all summer camps. \$30 per week includes materials.

## Auto hobby shop

**Friday** — between 10 a.m. and 6 p.m., ladies vehicle maintenance training. Certified mechanics provide basic training including tire and oil changing and fluid checks, \$7 charge.

## Bay Breeze Collocated Club

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

**Today** — 5-8 p.m., Mongolian barbecue in the ballroom. Select meat, vegetables, sauces and spices; 95 cents per ounce for Air Force Club members, \$1.10 per ounce for nonmembers.

**Saturday** — 8 p.m., dance night in the lounge. Music provided by DJ Dynamite.

**Weekdays** — 11 a.m. to 1 p.m., free buffet a day giveaway, enter to win daily in the casual dining area. No purchase necessary. Ask cashier for more information.

## Bay Breeze Golf Course

**Tuesday-June 16** — youth golf camp, 8-10 a.m., ages 6-9; 10 a.m. to noon, ages 10-14. \$40 per child.

## Fitness centers

**Through Friday** — new equipment is being installed. Blake Fitness Center's weight room is closed. Dragon and Triangle Fitness Centers remain open during installation. Minor inconveniences may occur in all facilities.

## Gaudé Lanes

**Saturday-Sunday** — 10 a.m. to 5 p.m., Saturday and 1-4 p.m., Sunday, nine-pin no-tap

tournament. Three game no-tap set with shoes, \$15 per person. Chance of winning up to \$800, multiple entries allowed.

## McBride Library

**Editor's note:** For more information or to register, call 377-2181.

**Today** — 10-11 a.m., "A Midsummer Knight's Read" summer reading program begins, ages 3-12. Reading from "Wizards Enchanted Gathering."

**Tuesday** — 10-11 a.m., "A Midsummer Knight's Read" summer reading program, ages 3-12. Reading from "Music for Little Mozarts."

**June 16** — 10-11 a.m., "A Midsummer Knight's Read" summer reading program, ages 3-12. Reading from "Dragonology."

## Outdoor recreation

**Editor's note:** For more information or to register, call 377-3160.

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

## Swimming pools

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

**Tuesday-Sunday** — noon to 5:30 p.m., main base pool. Adult lap swim is noon to 1 p.m. until further notice.

**Thursday-Tuesday** — noon to 7 p.m., triangle pool. Adult lap swim is 11 a.m. to noon.

Open to anyone authorized to use Force Support Squadron facilities. Identification and entry fee required for admission; \$1.50 daily or purchase a \$20 single season pass or \$60 family season pass, available at either pool or outdoor recreation.

## Vandenberg Community Center

**Editor's note:** Friday and Saturday night activities are part of the late night dances, \$3 admission; non-prior students only.

**Friday** — 8 p.m. to 2 a.m., totally 80s party. Food and drink specials from Legends Café.

## Youth center

**Editor's note:** For more information or to register, call 377-4116. Drop-ins accepted on space available basis.

**Tuesday-June 16** — youth summer camp, fashion week, ages 6-12, express individuality by designing and sewing their own outfits. Fee based on family income. Teen camp, sports and fitness week, ages 13-18, participate in a variety of activities from tennis, basketball, golf and obstacle courses. \$5 per day.

## Dragon Wagon

**Thursday-Sunday** — catch a ride to your favorite base "hot spots." 50 cents per ride or \$10 unlimited monthly pass available at Gaudé Lanes and Legends Café. Air Force Club members ride free. For more information, transportation route and schedule, visit <http://www.keeslerservices.us>.

# KEESLER NOTES

## New hours

New customer service hours for public affairs and the base visual information services center in Wall Studio are 7 a.m. to 4 p.m. Monday through Friday.

## SAPR office closed

The sexual assault prevention and response office is closed Friday, June 17, July 1 and July 8.

The office also closes at 11:30 a.m. June 16 for an official function.

The office hotline, 377-7278, is available for emergencies.

## Finance closed

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

## Vacation Bible School

Panda Mania, an ecumenical Vacation Bible School, ecumenical program for children 4-12 years old, kicks off with a fellowship cookout, 4 p.m. July 31. Families must arrive by 3 p.m.

Registration is held through June 27 at Larcher and Triangle Chapels. Volunteers may also sign up at these locations.

Classes are 9 a.m. to noon Aug. 1-3.

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

## 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](http://www.forestcity.apply2jobs.com).

## DBIDS registration

June 30 is the deadline to register 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, depen-

dants and contractors may continue to register 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 Maintenance Squadron and the Levitow Training Support Facility.

## Repair parts

For maintenance activities wanting to order bit/piece repair parts, call the wing awaiting parts monitors, 377-4180 or 5590.

## 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.

## Health benefits

Health benefit advisers for the 81st Medical Group are available at 376-4737 or 4010.

The Tricare contract liaison's number is 376-4752.

## Thrift shop closed

The Keesler Thrift Shop reopens Aug. 1.

For donations and pickups, call 377-3217.

## 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.

## 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 telephone control officer.

For more information, call 376-8127.

## Visitor center hours

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

## Sports safety Preconditioning curbs injuries while enhancing performance

### Safety office

Nine times out of 10, people injured while playing sports say they did everything possible to avoid the injury.

But did they, really?

The majority of people consider sports safety limited to just using the right equipment. This line of thinking ignores injuries caused by improper preconditioning.

Maintaining an adequate level of preconditioning for a sport actually helps prevent sport-related injuries while enhancing performance. A pre-conditioned body's ability to walk away from an unexpected hard hit or fall is far better than an unconditioned one. Another advantage is that pre-conditioning

appears to aid a quicker recovery if an injury does occur.

There are four basic categories of conditioning — strength and endurance, coordination and skill, cardiovascular fitness and flexibility.

Most accidents are associated with flexibility because many people jump right into the game without preparing. Flexibility refers to the looseness of the joints and body. Loosening up can be accomplished during warm-up and cool-down periods by stretching. The warm-up period is the first 10-20 minutes of light to moderate activity, such as a slow job prior to actual competition.

A few minutes of preparation can prevent a lifetime of pain.



### Dragon Challenge benefits Fisher House

Shiree Holder and her wingman, Michael Young, staff sergeants from the 334th Training Squadron, are paced by 4-year-old Alaina Holder at last year's Dragon Challenge. Friday's 12-hour marathon event, which benefits Fisher House, starts at 7 a.m. at the Triangle Track.

Photo by Kemberly Groue