



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

OCT. 20, 2011 VOL. 72 NO. 40



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Prevention programs key to healthy relationships

By Paula Tracy

Family advocacy outreach manager

While any time is a great opportunity to talk about healthy relationships, October is an ideal time.

October is Domestic Violence Awareness Month. It also represents cooler weather, football and the approaching holiday season. It's a time often spent with family and friends, celebrating life's joys or lamenting the loss of our favorite team. We may choose to mix in our favorite foods and beverages. If these beverages happen to contain alcohol and emotions are running high, interesting outcomes can occur.

Let's talk about facts.

First, let's assume that you are in a dating or married relationship. Did you know that the primary determining factor of the quality of your relationship isn't a matter of whether you will disagree with your beloved, but how you handle the disagreement? According to Howard Markman, co-chair of the Department of Psychology at the University of Denver and president of Prevention and Relationship Enhancement Program Inc., all couples argue. Healthy couples simply learn how to identify their danger signs and keep them from threatening a loving, strong future together. All couples can make a decision at any time to halt destructive patterns and replace them with healthier ones.

Second, minor disagreements that would normally blow over become intensified when they occur

against the backdrop of alcohol and stress. In family advocacy, we understand that, while alcohol doesn't cause violence, it does seem to add a lot of fuel to a fire that might otherwise simply die out on its own. Alcohol reduces inhibitions; we say things we otherwise would not, make poorer choices, have a harder time taking that much needed "time out" from an escalating situation and lash out in ways we may very much regret. Alcohol renders a potentially dicey situation far more volatile.

However, there's plenty of support out there. Anyone concerned about excessive or out-of-control substance use can call and talk to one of the specialists with the alcohol and drug abuse prevention and treatment program. Family advocacy has a selection of relationship enhancement programs that reinforce the three key components to a long-lasting, healthy and fun relationship: safety, trust and communication. All are prevention programs designed to reduce risk factors and enhance protective factors in couples. Since they're classes, not therapy, no clinical records are kept on attendees but very positive changes can and do happen. Like any class, you take out of it what you put into it. Some examples:

PREP for Strong Bonds — This class was developed specifically for military couples. It reinforces the three main concepts of "Do Your Part," "Decide — Don't Slide" and "Make it Safe to Connect," but ties in commitment, forgiveness and the importance of supporting each other.

Got Your Back — For divorced or single partic-

ipants, this one focuses on how to pick healthy partners and to be a partner worth picking. It's humorous and practical, but right on the money. Learn how to take responsibility for your own current and future relationships.

Within Our Reach — Similar to Strong Bonds, this PREP class extracts and reinforces its three main concepts. Communication danger signs, the speaker-listener technique and problem-solving skills are also taught. Learn why unspoken expectations usually set us up for failure in a relationship.

The Five Love Languages for Couples — If you've ever thought that you and your beloved were simply speaking two different dialects when it came to meeting each other's emotional needs, this one just might be for you. Learn how to identify your partner's love language and continually keep that "love tank" full.

Family advocacy is always pleased and excited to offer educational classes to Team Keesler. We encourage active duty, retired, reserve/guard, family members, civilians, contract personnel and members of all other military branches to take advantage of the prevention classes that we offer. In addition, we urge everyone to remember that all family members have a right to safety in their own homes. If you or someone you know is being harmed, please call.

For more information on programs and reporting, call 376-3457 or 3479. For more information on ADAPT services, call 376-3452.

'Power the Force, Fuel the Fight'

It's time to turn energy awareness into action

By Butch Wallace

Keesler resource efficiency manager

This October, the Air Force joins our nation once again to observe Energy Awareness Month. This year's theme, "Power the Force, Fuel the Fight," encourages us to do more than just be aware. Instead, military personnel and civilians alike should take action.

"The Air Force is making excellent progress toward satisfying federal energy mandates," said Rick Stacey, chief of the Air Force Facility Energy Center, a division of the Air Force Civil Engineer Support Agency, Tyndall Air Force Base, Fla. "Some of the more prominent goals require us to reduce energy intensity 30 percent by 2015, reduce water intensity 26 percent by 2020, and increase renewable energy to 25 percent of all electricity use by 2025. But as time

goes by, the goals are getting tougher. We need everyone doing all they can do to help the Air Force continue our energy program successes."

Since 2003, the Air Force has reduced energy use nearly 15 percent, water consumption 11 percent, and more than 6 percent of all electricity is obtained from renewable sources. The Air Force energy strategy for meeting these goals is to reduce demand, increase supply and change the culture.

Reduce demand

The Air Force uses facility energy audits, utility meters, energy recommissionings and a variety of other tools to pursue aggressive reduction targets. At Kirtland AFB, N.M., audits led to an upgraded energy management control system that is expected to save \$3.7 million over the lifetime of the system. Newly installed meters

at Vandenberg AFB, Calif., allowed for better resource management and generated \$2 million of new revenue through more accurate billing of non-Department of Defense tenants. And Air Combat Command's facility recommissioning, or building "tune-up" program, incurred enough energy savings to cut \$433,000 from utility bills in 2010.

Increase supply

The Air Force leads the Department of Defense as the No. 1 producer and user of renewable energy. More than 6 percent of our electric supply comes from on-base renewable energy projects including wind, solar, geothermal and landfill gas.

"We are evaluating ways to expand our portfolio to include waste-to-energy and biomass projects as we work toward producing 25 percent renew-

able energy by 2025," said Ken Gray, AFFEC rates and renewable branch chief. Two new wind turbines will come online this fall at the Massachusetts Military Reservation. Additionally, construction begins soon begin on a 14 megawatt solar array at Davis-Monthan AFB, Ariz.

Change the culture

Our success, our ability to truly change the Air Force culture and develop a new mindset when it comes to energy, depends on you. "Each individual can and must contribute," said Mr. Stacey. "No matter how small or how large the action, people will ultimately make the difference. Take a moment to turn off lights and appliances when not in use; make saving energy and water a habit every day; and encourage your family, friends, and co-workers to do their part too."

ON THE COVER

From left, Sparky the Fire Dog is greeted by Nigel Pittman, 3; Vivian Nguyen, 3; and other children at the child development center Oct. 12. Nigel is the son of Senior Airman Shacoya Pittman, 81st Logistics Readiness Squadron. Vivian is the daughter of Staff Sgt. Samuel Nguyen, 81st Training Support Squadron, and Kienminh Bui. The visit was one of last week's Fire Prevention Week activities. More photos, Page 13.

Photo by Kemberly Groue



For more news, photos,
videos and information,
log on to keesler.af.mil

**NO DUIs NO EXCUSES
DRINK RESPONSIBLY**

KEESLER NEWS

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The Keesler News office is in Room 201A, Wall Studio, Building 0902. The mailing address: 81TRW/PAIN, Keesler AFB, MS 39534-2120. Phone: 377-4130, 3837, 3163 or 9966. Published Thursday. News deadline: noon Monday. Editorial content edited, prepared and provided by the 81st TRW Public Affairs Office is in compliance with Air Force journalistic standards. Photos are Air Force photos unless otherwise indicated.

The Keesler News is published by Gulf Publishing Co., a private firm in no way connected with the Air Force, under an exclusive written contract with the 81st TRW as an authorized publication for U.S. military service members. Contents aren't necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Air Force. Advertising doesn't constitute endorsement by the U.S. government, DOD, Air Force or Gulf Publishing of products or services advertised. Everything advertised shall be available without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor.



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Navy celebration honors old, new

Rear Adm. Jonathan White, left, and Navy Seaman Recruit Megan Morehouse were recognized as the most senior and most junior Sailors at the Navy Ball honoring the service's 236th birthday, Saturday at the Hollywood Casino in Bay St. Louis, Miss. White, commissioned through Navy Officer Candidate School in 1983, commands the Naval Meteorology and Oceanography Command at the Stennis Space Center in Hancock County. Morehouse, who entered the Navy July 18, is a student at Keesler's Center for Naval Aviation Technical Training Unit.

Courtesy photo



81st TRG names quarterly winners

By Steve Hoffmann

Keesler News staff

The 81st Training Group recently announced its award winners for the July-September quarter:

Airman — Senior Airman Eleanora Johnson, 336th Training Squadron Detachment 2.

Noncommissioned officer — Tech. Sgt. Jason Ylagan, 333rd TRS.

Senior NCO — Master Sgt. Mark Lorenzo, 333rd TRS.

Company grade officer — Capt. Christopher Bush, 335th TRS.

Civilian Category 1 — Kristin Trujillo, 81st Training Support Squadron.

Civilian Category 2 — Thomas Love, 333rd TRS.

Civilian supervisor — Desirae McIntyre, 334th TRS.

NCO instructor — Tech. Sgt. Linford Smith, 81st TRSS.

Senior NCO instructor — Master Sgt. Carmaneta Dixon, 335th TRS.

Officer instructor — Capt. Joni Aevertmann, 335th TRS.

Civilian instructor — Ricky Harmon, 335th TRS.

Military training leader — Staff Sgt. Willard Mitchell, 338th TRS.

Flight chief — Capt. Ryan Curtiss, 333rd TRS.

NCO support category — Staff Sgt. Lester Naoe, 81st TRSS.

Senior NCO support category — Master Sgt. James Johnson Jr., 334th TRS.

Officer support category — Maj. Daniel Williams, 334th TRS.

Civilian support category — Ronald Boothe, 335th TRS.

3 academic aces from electronic principles course



From left, Airman Basic Kyle Henry from Orlando, Fla. and Kenneth McKeever from Browns-mills, N.J. and Airman 1st Class Henry Corse, from Whiting-ham, Vt., graduated Oct. 12 from the electronic principles course in the 335th Training Squadron with perfect scores. They're headed to Sheppard Air Force Base, Texas for apprentice courses — Henry in communication, navigation and mission systems; McKeever in avionics communication, navigation and penetration aid systems, and Corse in avionics sensors and electronic warfare systems.

Become a Keesler fan on Facebook — <http://www.facebook.com/keeslerafb>



TRAINING, EDUCATION NOTES

CCAF graduation

The Community College of the Air Force fall commencement ceremony has been changed to 3:30 p.m. Nov. 2 at the Bay Breeze Event Center.

A reception follows the ceremony.

For more information, call 376-8708 or 8710.

OTS recruiting boards

Officer Training School recruiting service board dates:

Rated — Dec. 1 application cutoff for Jan. 23; June 21, 2012, cutoff for Aug. 13, 2012.

Non-rated — March 1 cutoff for April 16.

Manager certification

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

CALT program

The Civilian Acculturation and Leadership Program is a two-week in-residence course patterned after the Officer Training School curriculum.

CALT is open to Air Force civilians in permanent General Service 7-13 with a bachelor's degree and two to five years experience.

Applications are open on a continuing basis.

Nominees can apply by completing the Air Force Civilian Competitive Development Nomination Form.

Seven classes are offered between October and September 2012. Classes are open until all seats are filled.

For more information, call 376-8161 or log on to Air Force Personnel Services.

AETC nominates Keesler for Installation Excellence Award

By 1st Lt. Victoria Porto

Keesler Public Affairs

Air Education and Training Command has selected Keesler as its nominee for the Air Force 2011 Commander-in-Chief's Installation Excellence Award.

General Edward Rice Jr., AETC commander, made the announcement Oct. 13, referencing Keesler as "Best of the Best" in the command and its nominee to compete at the Air Force level.

"Keesler's leaders and personnel have created an environment promoting innovation and pride in ownership to enhance base-level services, facilities, and quality of life," Rice stated.

The award was established by the President in 1984 to recognize the "outstanding efforts of the professionals who operate and maintain Department of Defense installations."

Keesler summarized those efforts in a four-page nomination package that included more than 200 examples of excellence in categories including airfield and mission

operations, chaplain, communications, comptroller, programming, contracting, environmental, housing management, airman and family readiness center, fire protection, surgeon general, judge advocate, logistics readiness, public affairs, security forces and force protection, services, personnel and education services, safety, energy and other initiatives.

"It's absolutely terrific for AETC to recognize Team Keesler for not only making Keesler Air Force Base better but also serving as positive examples for others in AETC, the Air Force and even the Department of Defense," said Lt. Col. Jonathan Wright, 81st Contracting Squadron commander and 81st Mission Support Group acting deputy commander. "We won for AETC not because of a singular achievement, but because in each of the functional areas, the unit found a way to improve a process or develop an innovation out of their own initiative, and this effort creat-

ed an outstanding impact."

Keesler now competes against the nominees from the nine other major commands to determine the top two Air Force finalists. The Installation Excellence Selection Board then visits the finalists, judging the installation's efforts in seven categories: improving work environment or physical plant, improving quality of life, enhancing work force productivity, increasing customer satisfaction and service, encouraging bottom-to-top communication, promoting unit cohesiveness and recognizing outstanding individual efforts, and initiating sustainable energy and environmental practices.

At stake is a \$1 million prize for first place and \$500,000 for the runner-up to be used for quality-of-life improvements.

"We are thrilled to represent AETC at the Air Force level and showcase the way we train, care, and innovate here at Keesler," said Brig. Gen. Andrew Mueller, 81st Training Wing commander.

IN THE NEWS

Scheduled power, cable outage

There'll be a power and cable outage from 11 p.m. Saturday until 8 a.m. Sunday on base and in housing areas to install a generator transfer switch at Wall Studio.

For more information, call 377-5997 or 228-233-5997.

CFC extended through Friday

As of Tuesday, the 81st Training Wing has pledged \$156,483 for this year's Combined Federal Campaign.

This amount is 114 percent of the 2011 goal of \$136,897.

The base drive has been extended until Friday. Pledges may be made through your unit representative or online at www.southernmscfc.org.

Tuesday is Salute to the Military

The Mississippi Gulf Coast Chamber of Commerce 33rd annual Salute to the Military is 6 p.m. Tuesday at the Mississippi Coast Coliseum Convention Center in Biloxi.

This year's event is led by Sen. Roger Wicker and Rep. Steven Palazzo, with Adm. Jonathan Greenert, chief of naval operations, as the guest speaker.

For ticket information, call public affairs, 377-1179; or the chamber, 604-0014; or log on to <http://www.mscoastchamber.com/documents/SalutetotheMilitary2011.pdf>

Early Keesler News deadline

The Keesler News will be published Nov. 9, one day earlier than usual, because of the nontraining day Nov. 10 and the Veterans Day federal holiday Nov. 11.

The early submission deadline is noon Nov. 3.

Dragons deployed — 317

Keesler has two nominees for Fredian Award

By Airman 1st Class Heather Heiney

Keesler Public Affairs

Every year at the Salute to the Military, one local service member in grade E-6 or below is presented the Thomas V. Fredian Community Leadership Award. The award honors the professional performance and leadership, community involvement and education over the past year. The award is named for a former Navy member and public affairs officer at Stennis Space Center who died in 1999.

The winner is announced Tuesday at the 33rd Annual Salute to the Military at the Mississippi Gulf Coast Coliseum in Biloxi. The formal event, sponsored by the Mississippi Gulf Coast Chamber of Commerce, brings together members of the local community to thank local military members for their service to the nation and local communities.

Keesler's nominees for the Fredian Award include

Tech. Sgt. Carlos Hurtado, 81st Training Support Squadron, and Petty Officer 1st Class Cynthia Burton, Keesler Center for Naval Aviation Technical Training Unit.

Hurtado, the 81st TRSS noncommissioned officer in charge of client systems and cyber transport, is currently fulfilling a special duty assignment that involves developing and evaluating current training requirements for the secretary of the Air Force career field manager and major command functional managers.

During a recent deployment, Hurtado was responsible for the planning and implementation of telecommunications infrastructure installations projects which led to humanitarian disaster relief, counter-narcotic operations and personnel recovery efforts. As a joint task force leader he fused Air Force initiatives with the other branches of service and led to an "excellent" Inspector General rating.

While deployed, Hurtado gave 120 hours of com-

munity service to the local community which enhanced U.S. and foreign relations. Here on the Gulf Coast, he led the collection of more than 1,400 pounds of food for local food banks and raised more than \$500 to support youth trips, activities and programs for local churches.

Burton, aerographer's mate school instructor, provides technical training and administrative management support for Navy and Marine Corps students at Keesler.

She organized and led more than 275 volunteer hours of mentorship and counseling to children at Gorenflo Elementary School in Biloxi to teach them about scholarship and civil responsibility. During the 2011 Mississippi Special Olympics Summer Games, Burton coordinated 52 CNATTU staff and students in the bocce ball and sailing regatta events. She also led four events with the Animal Protection and Education Association to help clean, build and improve animal shelters in the local area.

An American
is sexually assaulted
every 2 1/2 minutes.

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

About 10 percent
of sexual assault
victims are men.

At least 2/3
of sexual assaults
are committed
by someone
the victim knows.

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

PERSONNEL NOTES

After-hours classes for job hunters

81st Force Support Squadron

The airman and family readiness center is offering some employment preparation classes after regular duty hours.

Classes are held in Room 108B, Sablich Center.

Resumes for federal jobs — 5:15-8 p.m. Monday. Bring a federal job announcement. Register no later than Friday.

Interview skills and salary negotiation — 5:15-7:45 p.m. Tuesday. Participants need to know what kind of career area or job they're pursuing and how their background would match the job requirements. Register by close of business Monday.

To sign up, call 376-8728.

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, call 376-8728.

Mandatory pre-separation briefings — 9 a.m. Tuesdays for those separating with honorable discharges and 1 p.m. 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. 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. today, Nov. 17 and Dec. 15, Room 108A.

Retirement briefings — 1-3:30 p.m. today, 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.

10 selected for promotion

By Susan Griggs

Keesler News editor

Ten Keesler enlisted members have been selected for promotion.

To staff sergeant — Senior Airmen Teresa Adens and Ricky Morgan, 81st Medical Operations Squadron, and Benjamin Vanney, 81st Security Forces Squadron.

To technical sergeant — Staff Sgts. Angela Caulfield and Emanuel Coley, 81st MDOS; Frank Harris, 81st Communications Squadron; and Brian Margavich, 333rd Training Squadron.

To master sergeant — Jesus Gelacio, 81st Logistics Readiness Squadron; Jason Johnson, 81st Training Support Squadron; and Anthony Sprague, 336th TRS.

Computer virus prevention depends on you.

A 3-5 minute steady tone on the base siren is a tornado warning — take cover.

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.

Advocates sought to assist victims of sexual assault

By Christine McGill

Sexual assault response office program technician

The sexual assault prevention and response office is recruiting victim advocates to provide essential support, liaison services and care to victims of sexual assault. A training session is scheduled for 8 a.m. to 4:30 p.m. Nov. 7-9 and 14 at the Locker House.

Victim advocates are volunteers who must possess the maturity to assist in a sensitive situation. Only active duty military personnel and Department of Defense civilian employees selected by the sexual assault response coordinator may serve as VAs.

Personnel assigned to the judge advocate's office, the chaplain's office, the equal opportunity office, law enforcement, inspector general staff and some departments of the medical center are not eligible to serve as victim advocates due to the potential conflict of interest. Individuals on G-Series orders, first sergeants and chief master sergeants are also ineligible.

Responsibilities include providing crisis intervention, referral and ongoing non-clinical support, which include provid-

ing information on available options and resources to assist the victim in making informed decisions about the case. These services will continue until the victim states support is no longer needed.

Volunteers rotate on-call duties to ensure 24/7 coverage and must be able to respond in pairs to a call within one hour. While performing duties, the victim advocates report directly to the SARC. Volunteers advise supervisors when they are performing victim advocate duties and will be away from their duty station.

Unauthorized disclosure of a covered communication, improper release of medical information and other violations of the Air Force policy and guidance on sexual assault prevention and response may result in action under the Uniform Code of Military Justice or administrative action.

Victim advocates complete a written application signed by their supervisor and commander, a personal interview with the SARC, a background check and 40 hours of training before assisting with on-call services.

If you are interested in becoming a victim advocate or for more information, call 377-8635, 8637 or 8638.

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

Be proactive in reporting
computer security violations.

Keesler observes Fire Prevention Week



Photos by Kemberly Groue
From left, Kylie Matthes, 4; Abigail Ouellet, 2; and their dad, Senior Chief Petty Officer Dylan Ouellet, Keesler Center for Naval Aviation Technical Training Unit, looks at the prizes they received in their goody bags during Saturday's fire department open house. The theme for this year's National Fire Prevention Week was "Protect Your Family from Fire."



Malachi Davis, 4, is lifted into a pair of fire bunker boots by Tech. Sgt. Daniel Blankenship, fire inspector, during a visit by fire department members to the child development center Oct. 12. Malachi's mom is Tech. Sgt. Dorothy Davis, 334th Training Squadron.



Master Sgt Jerry Dameron, 81st Medical Operations Squadron, dumps a bucket of water into a barrel during the Bucket Brigade competition at Friday's fire muster.



From left, Airmen 1st Class Nathan Rablee, Bret Ramirez, Michael Shipley and Zane Gaiser, 335th TRS students, participate in the "Rescue Randy" competition at Friday's fire muster.



Fire inspector David Tijerina instructs Kendall Diaz, an Air Force retiree from Gulfport, on how to put out a grease fire during a demonstration at the base exchange Oct. 11.

Keesler pitches in during Coastal Cleanup



Photo by Kemberly Groue

From left, Staff Sgt. Zach Lehmann, 338th Training Squadron; and Airmen 1st Class Eric Knight, 81st Surgical Operations Squadron; Lance Morgan, 81st Diagnostics and Therapeutics Squadron; Ashlee Cochran, 81st Training Wing; and Matthew Lathan, 81st Comptroller Squadron, clean up around the pond at Biloxi's Hiller Park during Saturday's 23rd annual Mississippi Coastal Cleanup. Keesler members joined with other community volunteers to collect 122,000 pounds of debris at 76 locations in Jackson, Harrison and Hancock counties.

Don't drink and drive.

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

Base rolls out red carpet for retirees

Keesler Public Affairs

Keesler's Retiree Appreciation Day is Oct. 28 at the Roberts Consolidated Aircraft Maintenance Facility on Hangar Road.

Festivities begin at 8:30 a.m. and include door prizes, more than 30 displays with information pertinent to retirees and a free lunch at

noon followed by a precision drill demonstration by the student team that wins the 81st Training Group's October drill down competition.

There'll be free coffee and donuts available at the event, but early birds can purchase breakfast on base at Gaudé Lanes, Bay Breeze Events Center, Bay

Breeze Golf Course or the food court at the main exchange.

Maps to the event will be available at all gates. There'll be ample parking, including handicapped spaces, in the area of the event.

For more information, call the retiree activities office, 376-7309.

Sign up by Nov. 4 for street survival school

Registration is open until Nov. 4 for the inaugural Keesler Street Survival School, 7 a.m. to 4 p.m. Nov. 12-13.

The aim of the free two-day school is to reduce deadly car crashes involving teenagers and beginner drivers by providing them a controlled setting where they can gain valuable hands-on experience in car control in real-world situations, according to Master Sgt. Richie Frias, 81st Medical Support Squadron medical resource management office chief, who's spearheading the event.

Students ages 17-24 will have a knowledgeable coach at their sides throughout the class to help them to understand how important experience is rather than guessing when something unexpected happens on the road that could kill them, their passengers or others sharing the road.

Driving is done in the student's own car, but

no 4x4 or lifted vehicles are allowed, so drivers can learn about their vehicle's handling limits and how to control them.

Challenging driving courses are created in a controlled area to allow the student to experience abnormal car behavior and how to handle the new situation. Part of the driving course is wet down to let students experience "mistakes" at a very slow speed.

It's not a course for learning how to drive at high speeds — safety and car control are the objectives.

Spaces are limited to the first 30 participants. Those with driver's permits are allowed based on space availability.

To reserve a spot or for more information, call 376-4630, e-mail keesleautox@gmail.com or visit www.streetsurvival.org.

Operation Hero



Photos by Kemberly Groue

Members of the 338th Training Squadron drill team performs during Saturday's Operation Hero at the Sablich Center. Operation Hero takes place twice a year to give parents a chance to let their children see what happens when they leave home for deployment taskings or temporary duty.



Airman 1st Class Donald Davenport, 81st Medical Operations Squadron, wraps the head of Tenay Malachi, 9, to simulate a head injury. Tenay's parents are Master Sgt. Dina and Pedro Malachi, 336th TRS.



Senior Airman Branden Fox, 345th Airlift Squadron, fits a gas mask on Montgomery Wilson, 10, son of Master Sgt. Gregory and Rebecca Wilson, 85th Engineering Installation Squadron. Wilson is currently deployed to Afghanistan.



Powerful pull

The 81st Aerospace Medicine Squadron team, left, strains to pull their 81st Medical Support Squadron adversaries across the line during the 81st Medical Group's Oct. 7 picnic's tug of war. Although the 81st MDSS won the competition, the 81st AMDS was named the 81st MDG sports champion. Other matches included volleyball, obstacle course, hot dog eating contest, tricycle racing, three-legged and wheelchair races and horseshoes. More than 800 "Dragon Medics" and family members enjoyed the afternoon's food and activities.

Photo by Steve Pivnick

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

Regular services are 8 p.m. Fridays, 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, 10 a.m., 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.

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

Make safety a reality — don't be a fatality.

This week's movies at Welch Theater

Friday — 6:30 p.m.,
Columbiana (PG-13).

Saturday — 2 p.m.,
Warrior (PG-13); 6:30 p.m.,
The Debt (R).

Sunday — 1 p.m., The
Help (PG-13).

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

Pharmacy plans events for national observance

By Capt. Armel Hasani

81st Diagnostics and Therapeutics Squadron

The 81st Diagnostics and Therapeutics Squadron pharmacy flight has planned several events next week to mark the October observance of American Pharmacists Month.

The pharmacy staff provides poison prevention education for children at the child development Center Monday. From 8-10 a.m. Tuesday and Wednesday in the base exchange pharmacy lobby, patients may bring in their medications and herbal supplements and speak with a pharmacist about any concerns.

The pharmacy has designated Wednesday as an appreciation day for pharmacy technicians and Oct. 27 as a day to thank pharmacy volunteers.

From 8:30-11:30 a.m. Oct. 28, pharmacy representatives operate a booth during Retiree Appreciation Day at the Roberts Consolidated Aircraft Maintenance Facility.

From 10 a.m. to 2 p.m. Oct. 29, the pharmacy co-sponsors "Drug Take-Back Day" with the U.S. Drug Enforcement Administration at the exchange for all Department of Defense beneficiaries.

Safe drug disposal offered

81st Medical Group

All Department of Defense beneficiaries are encouraged to participate in a U.S. Drug Enforcement Administration "Drug Take-Back Day" Oct. 29 to turn in potentially dangerous expired, unused and unwanted prescription drugs in an effort to prevent pill abuse and theft.

The joint DEA and 81st Training Wing program is 10 a.m. to 2 p.m. at the Keesler Exchange for members of the DOD community. The service is free and anonymous — no questions asked. Controlled, non-controlled and over-the-counter medications are accepted. However, no syringes, needles, opened vials or anything that may have blood-borne pathogens may be turned in.

According to the DEA, Americans turned in 376,593 pounds of prescription drugs last April at nearly 5,400 sites operated by the DEA and more than 3,000 state and local law enforcement partners.

The DEA stated, "This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are

alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs."

The DEA says studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines — flushing them down the toilet or throwing them in the trash — pose potential safety and health hazards.

Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" of controlled substance medications to dispose of them by delivering them to entities authorized by the U.S. attorney general to accept them. The act also allows the attorney general to authorize long-term care facilities to dispose of their residents' controlled substances in certain instances.

The DEA is drafting regulations to implement the act, but until enacted, local law enforcement agencies and the DEA will continue to hold prescription drug take-back events every few months.

Exchange return period extended for holiday gifts

Keesler Exchange

Recent industry statistics show that 3 to 4 percent of all retail sales are returned for refund or exchange. To alleviate the worry about what can be returned and when, the Army and Air Force Exchange Service is giving the gift of extended hassle-free returns for the holidays.

For items purchased between Nov. 1 and Dec. 24, Keesler shoppers can return or exchange those items through Jan. 31.

If a shopper requests a refund with a sales receipt, a cash refund will be made if the original purchase was made in cash. If the original purchase was made by credit card, the refund can be credited to the customer's same credit card. If a customer requests a refund without a sales receipt, the refund amount is loaded onto an exchange merchandise card.

"The Keesler Exchange's return policy is second to none," said Penny Madison, the exchange's general manager. "With our amended policy during the holiday season, we have the processes to ensure it's the right color, look or fit."

In addition to returns on locally-purchased items, shoppers can return exchange, catalog or Internet orders to the Keesler Exchange for a full refund on the product. If the return is due to an error on the exchange's part, shoppers are reimbursed the standard shipping charges in full.

"We take our commitment to serving those who serve very seriously," said Ms. Madison. "Exchange shoppers give the best gifts because we ensure that military members get exactly what they want every time."

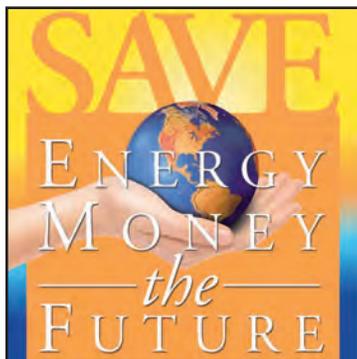
Commissary plans contests

The commissary plans two Halloween contests.

Saturday — 2-3 p.m., fastest pumpkin pie eating contest. Today is the deadline to sign up in the produce department.

Oct. 29 — noon to 2 p.m., pumpkin decorating contest, ages 12 and under. Oct. 27 is the deadline to sign up.

Prizes are awarded for both contests. Sponsors are Acosta Sales and Marketing, Kellogg's and Elite Food Company.



Halloween fun for kids, families, adults

81st Force Support Squadron

A variety of fall and Halloween festivities are planned by the 81st Force Support Squadron.

Friday

- 6:30-9:30 p.m., Spooky Friday Night Fun for ages 6-12, youth center. Games, contests and more; costumes encouraged. \$10 first child, \$5 each additional child.

Saturday

- 10 a.m., Spooktacular Laps for Fitness at the Crotwell Track across from the Blake Fitness Center. Register 9:30-10 a.m. The free event consists of a 1-mile walk (four laps). Each family member must complete a lap to receive a prize. Afterwards, visit the fitness haunted house just north of the track. Safe Halloween costumes encouraged.

- Noon to 1 p.m., make a mask at the arts and crafts center. Kids of all ages are invited to create their very own Halloween mask — spooky or friendly. \$5 per person.

- 8 p.m. to 8 a.m., Teen Oktoberfest Lock-In for ages 13-18, youth center. Refreshments, games and prizes; costumes highly encouraged. Materials will be provided to create a costume. \$5.

- 8 p.m. to midnight, Nightmare on Ploesti Drive Halloween Party for adults, Bay Breeze Event Center ballroom. Drink and grill specials, costume contest, music and more.

Oct. 28

- 9 a.m., free Halloween 5-kilometer fun run/walk, Blake Fitness Center. Register 8:30-9 a.m. Awards for participants with the most original costumes.

- 6 p.m., Ghouls in the Park, marina park. Free family-oriented event with costume contests, pumpkin painting, music, photo booth, games, hay rides, candy and other activities.

Oct. 29

- 6-10 p.m., Teen Boo Bash for high school students only, Bay Breeze Event Center function room. Music, dancing, refreshments, costume contest and prizes. Co-hosted by the community centers and youth center. \$5.

- 8 p.m. to 2 a.m., Terror Fest for nonprior service students, Vandenberg Community Center. Games, costume contest, prizes, food, music and more. \$3 cover charge.

Oct. 29

- 10:30 a.m. to 1 p.m., Halloween brunch, Bay Breeze Event Center ballroom. \$15.95 club members, \$19.95 nonmembers. Ages 4-10 eat half price, 3 and younger eat free. Costumes welcome.

Oct. 31

- 6-9 p.m., trick or treat in family housing with increased patrols by 81st Security Forces Squadron.

Haunted hangar opens Wednesday

Hangar 3 is being transformed into a hall of horrors for a Keesler Halloween tradition dating back nearly 25 years.

The vacant hangar across from Thomson Hall is the site for "The Forgotten," a Halloween haunted house sponsored by the 335th Training Squadron and the 81st Security Forces Squadron, Oct. 26-31. Hours vary according to the day. Admission is \$10 for adults and \$5 for children, but the event isn't recommended for young children.

There's a \$2 discount per ticket admission with a bowling receipt from Gaudé Lanes through Oct. 31.

For more information, visit www.Facebook.com/KeeslerHH.

KEESLER NOTES

Office closes

The military personnel section, to include DEERS terminals, closes at 11 a.m. today for an official function.

For emergency assistance, call 228-233-8413 or 228-697-4478. For emergency identification or common access card assistance, the 403rd Wing's personnel section is open 8 a.m. to 3:30 p.m. in Room 127, Building 0904.

Enlisted Bash 3

The Airman's Council hosts Enlisted Bash 3, 9 p.m. to 1 a.m. Friday in the Bay Breeze Event Center ballroom.

Door prizes include a television, gaming system, MP3 player, digital camera and gift cards. The first 100 members over age 21 receive one free mixed drink or two free beers.

Tickets are \$3 in advance from council members and \$5 at the door.

For more information, call 377-3495.

Chapel position

The chapel is soliciting bids for a non-personal service contract position as Airmen's ministry center coordinator.

Bids are accepted until Tuesday with an anticipated start date of Nov. 1.

The 30-hour a week job is from 5-10 p.m. Sunday through Friday plus additional hours.

A statement of work is available at the Triangle or Larcher Chapel administration offices.

Marriage retreat

The chapel hosts a free "invisible marriage retreat," 8:30 a.m. to 3:30 p.m. Oct. 28 at the Bay Breeze Event Center.

The event includes a light breakfast and lunch.

For more information or to register, call 377-2331.

Voting assistance

In addition to unit voting assistance representatives, group representatives are also available to assist voters:

81st Training Wing Staff

Agencies — 376-8129.

81st Medical Group — 228-365-4965.

81st Mission Support Group — 376-6370.

81st TRW and 81st Training Group — 377-3774.

Keesler's Got Talent

Auditions for "Keesler's Got Talent" are 6:30-8 p.m. Nov. 2 in the Bay Breeze Event Center ballroom.

Anyone with a Department of Defense identification card is eligible to compete.

The show is 7 p.m. Nov. 5 in the same location.

Tickets are \$3 in advance from council members or at the audition and \$5 at the door.

For more information, call 377-3495.

Top III meeting

The Top III meets at 3:30 p.m. Nov. 9 at the Bay Breeze Event Center, third floor.

Senior noncommissioned officers from all services and

those selected for promotion to those ranks are invited.

BHS honors veterans

Biloxi High School holds a Veterans Day program, 1 p.m. Nov. 10 in the school's sports arena.

"We're trying to include more military personnel since they are the ones that we're honoring," said BHS spokesperson DeBorah Holliday.

Military guests are asked to be in place by 12:45 p.m.

Adoption options

A program with information for military families thinking about adopting a child or already in the adoption process is 5:30-8 p.m. Nov. 17 in Room 108A, Sablich Center.

Presenters include the base legal office, military personnel flight, Catholic Social and Community Services, Mississippi Division of Family and Children Services and private adoption services.

To register, call 376-8728.

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.

Hours are 10 a.m. to 2 p.m. Mondays, Wednesdays and non-training Fridays and 10 a.m. to 2 p.m. the last Saturday of the month.

For more information, call 209-1390 or 377-3814.

Keesler Thrift Shop

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

Profits benefit base and area charities and provide scholarships.

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from Page 22

Hours are 9 a.m. to 2 p.m. Mondays and Wednesdays. Consignments are accepted 9 a.m. to 1 p.m. Mondays.

Log on to www.keeslerspousesclub.com for a list of preferred donations. Pickup is available for bulk donations.

For more information, call 377-3217 or log on to www.keesler.af.mil.

Periodontal patients

The 81st Dental Squadron periodontics department is seek-

ing 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.



Fire-engine pink



Photos by Kemberly Groue

Keesler firefighters marked Breast Cancer Awareness Month by wearing pink shirts Oct. 13.

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.

Today — 8-11 a.m., Veterans Affairs benefits briefing. 1-4 p.m., retirement benefits briefing.

Monday — 5:15-8 p.m., federal jobs resume writing. Bring current job announcement.

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.

Tuesday — 5:15-7:30 p.m., interview skills and salary negotiation.

Wednesday — 9-11 a.m., survivor benefits briefing. For single and married members and their spouses.

Arts and crafts center

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

Saturday — noon to 1 p.m., make-a-mask, all ages. Create a clay Halloween mask. \$5.

Saturday — 9 a.m., basic woodworking. Class certifies you to use shop equipment. \$25.

Bay Breeze Collocated Club

Editor's note: For more information or reservations, call 377-2334. Federal endorsement of sponsors not intended.

Today — 5-8 p.m., Mongolian barbecue in the ballroom. 75 cents per ounce for Air Force Club members, 95 cents per ounce for non-members.

Saturday — 8 p.m. to midnight, adult Halloween party in the ballroom. Drink and grill specials, costume contest, music. Free admission.

Weekdays — food and drink specials in the collocated lounge. Taco Tuesdays, wings and things Wednesdays and ladies night Thursdays.

Saturdays and Sundays — 11 a.m., lounge opens; noon, grill opens. ESPN College GamePlan Saturdays; NFL Sunday Ticket Sundays.

Bay Breeze Golf Course

Editor's note: For more information or to register, call 377-3832.

Wednesday — 4:30-5:30 p.m., free ladies golf clinic. Space limited.

Daily — 6-11 a.m., breakfast platters less than \$4 at snack bar.

Fitness centers

Editor's note: For more information or to register, call 377-4385 or 3056.

Saturday — 10 a.m., spooktacular laps for fitness, Crotwell Track. One mile walk; each family member must complete a lap to receive a prize. Registration 9:30 a.m. Safe Halloween costumes encouraged.

Through Nov. 3 — intramural basketball registration. Contact squadron sports representative.

Gaudé Lanes

Editor's note: For more information, call 377-2817.

Saturday — 1 p.m., base individual bowling championship tournament. Single format tournament. Top eight three-game finishers advance to the single elimination finals Oct. 29.

Saturdays — 11 a.m. to 7 p.m., pizza and pins special. Two hours of bowling, shoes, large pizza and a pitcher of soda or tea, \$35.

Sundays — noon to 6 p.m., ages 12 and younger bowl free, including shoes. Must be accompanied by an adult.

Weekdays — 6:30-9 a.m., fast \$5 breakfast served at 11th Frame Café.

Inns of Keesler

Editor's note: For more information, call 374-0088.

Through Dec. 17 — accepting holiday reservations for Dec. 17-Jan. 3.

McBride Library

Editor's note: For more information, call 229-4180.

Through Friday — fall art contest. Submit original drawing or photograph for display. Judging held Saturday.

Outdoor recreation

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

Saturday-Sunday — overnight deep sea fishing trip, Oct. 22-23. \$375 per person; includes license and tackle. Bring sleeping bag and beverages. Eight people required. Preregistration and advanced payment required.

Vandenberg Community Center

Editor's note: Friday and Saturday night activities are part of the late night dances, \$3 admission; non-prior service students only. For more information, call 377-3308 or 5576.

Today — 8 p.m. to 2 a.m., poetry slam. Enjoy a night of spoken word.

Friday and Saturday — 8 p.m. to 2 a.m., late night dances.

Wednesday — 5 p.m., free movie night; popcorn provided.

Youth center

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

Friday — 6:30-9:30 p.m., spooky Friday night fun, ages 6-12. Festive games, contests, movies and more. Costumes encouraged. \$10 for first child, \$5 each additional. Air Force Club members get 10 percent off first child's fee.

Saturday — 8 p.m. to 8 a.m., teen Oktoberfest lock-in, ages 13-18. Refreshments, games and prizes. Bring sleeping bag, pillow and overnight bag. Costumes encouraged. \$5 admission.

Dragon Wagon

Friday-Sunday — all new route and schedule. Air Force Club members ride free; \$1 for non-members. For new route and schedule, visit <http://www.keesler81fss.us>.

SPORTS AND RECREATION

Instructor by day, fighter by night

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Maintaining peak physical fitness is an ingrained aspect of Air Force life. It's not just because of "the test" that leers over every Airman's head once or twice a year like a military training instructor demanding more pushups, but because physical fitness keeps Airmen ready and able to achieve their missions at a moment's notice.

Daynesha Bumanglag, 334th Training Squadron air traffic control instructor, exceeds the requirements and exemplifies the Air Force core values by teaching and practicing mixed martial arts.

"I have friends who say that they know of better ways to enjoy their time than getting punched in the face," Bumanglag said.

Her most recent fight was against Jaime Moyle from Orlando, Fla., Oct. 1 during Cage Rage 9 at the IP Casino.

"We both were greatly matched and put on a good fight. I lost by decision after three, three-minute rounds," Bumanglag said. "We stood toe-to-toe all three rounds but she got the best of the fight by scoring on me with her takedowns."

To be approved to fight in Cage Rage 9, Bumanglag had to be willing and able to fight, recommended and approved to fight by her training team, have up-to-date blood work to satisfy the state's regulatory commission, attend mandatory weigh-ins and meetings and be ready to go on the day of the fight.

"Along with the training schedule, I made sure I fed my body the essential nutrients it needed in order to withstand such training," she said.

In addition to her duties as an ATC instructor, Bumanglag makes time to teach a women's fitness kick-



Courtesy photo by Kathy Morton

Bumanglag punches Farley during "Blood and Sand X" at the Mississippi Coast Coliseum, Aug. 13.

boxing class twice a week.

"It definitely keeps me disciplined, humbled and patient," Bumanglag said. "It keeps me on my 'A-game' fitness-wise and keeps me involved with the community."

Although she grew up with martial arts, she began MMA after moving to Keesler nearly a year ago and trains 15-30 hours per week. Some of her training activities include sparring, mitt drills, heavy bag work and running or sprinting.

"I grew up in a family of fighters so it has always stuck with me," she said. "It is also a great way to stay in shape, relieve stress and, believe it or not, build camaraderie."

Her first fight was in Blood and Sand X on Aug. 13 at the Mississippi Coast Coliseum against Paige Farley from Birmingham, Ala.

"(My opponent) had a few fights under her belt already, so I knew she was going to be a tough fight," Bumanglag said. "I lost that fight in the second round by submission, but the feeling I had stepping in that cage for the first time was amazing."

"I believe anything one gives their blood, sweat, tears, sacrifice and time to relates to our core values in more ways than one," she said. "I love fighting, but I love what I do in the Air Force more."



Thursday intramural bowling

Week 6 of 34

Team	Won	Lost	Season high scores
335th TRS-A	34.0	14.0	Team game — 338th TRS, 953.
334th TRS	32.0	16.0	Team series — 81st FSS, 2,733.
81st FSS	30.0	18.0	Game/men — Garo Watson, 267.
81st CS	30.0	18.0	Series/men — Jeff Miracle, 734.
403rd AMXS	30.0	18.0	Game/women — Lynetta Jackson, 191.
81st LRS-B	28.0	20.0	Series/women — Sabra Miracle, 529.
336th TRS	28.0	20.0	Average/men — Garo Watson, 208.07.
81st TRSS-PMEL	26.0	22.0	Average/women — Sabra Miracle, 156.28.
ECS Strikers	24.0	24.0	
2nd Air Force	22.0	26.0	
Seabees	20.0	28.0	
338th TRS	16.0	32.0	
81st TRSS-A	18.0	30.0	
81st LRS-A	16.0	32.0	
335th TRS-B	16.0	32.0	
81st WSA	14.0	34.0	

Breast Cancer Awareness Month



Kyle Soughard, 335th Training Squadron, was the first male finisher in the Breast Cancer Awareness Month 5-kilometer run Oct. 12 with a time of 19:01. Second place went to Geoffrey Sasaki, 81st Diagnostics and Therapeutics Squadron, 19:20, and third place went to Chuck Wiedie, 81st Training Wing, 19:41. Elizabeth Levri, 335th Training Squadron, was the fastest female runner at 23:14, followed by Tiffany Thompson, 334th TRS, 24:11, and Aimee Hammon, Seymour Johnson Air Force Base, N.C., 24:30. The run, sponsored by the 81st Force Support Squadron, drew 164 runners.

Photo by Kemberly Groue

Parking spots must be marked on both sides by a white diagonal or horizontal line or a white "T" in accordance with Keesler Instruction 31-204.

Parking on seeded areas, on troop walks and at the student dormitories in the Triangle is prohibited. It's also illegal to park with the driver's side nearest the curb, instead of the passenger's side.