



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

MARCH 29, 2012 VOL. 73 NO.13



Exercise tests response to major accident

Page 5, 8

Keesler medics save
Biloxi firefighter's life
Page 11

Career assistance advisor
Page 16 - 17

Muscle Mania
Page 26

INSIDE

Commentary, 3 Training and Education, 5-8 News and Features, 11-26 Sports and Recreation, 27-28

www.keesler.af.mil

81st Training Wing Public Affairs

Brig. Gen. Andrew Mueller
81st Training Wing
commander

Jerry Taranto
Public Affairs director

1st Lt. Victoria Porto
Public Affairs deputy

**Staff Sgt.
Kimberly Rae Moore**
Public Affairs NCOIC/
Keesler News co-editor

Steve Hoffmann
Keesler News co-editor

Kemberly Groue
Photojournalist

Public affairs staff
**Senior Airman
Eric Summers Jr.
Airman 1st Class
Heather Heiney
Joel Van Nice
Tim Coleman
Susan Griggs**

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.



Use your smart phone QR code application to view this issue and the online Keesler News archives.

ON THE COVER

Keesler firefighters respond on scene during a major accident response exercise Monday on I-81 across from the marina. The exercise scenario included a Coast Guard MH-65C Dolphin helicopter crash that caused a van to overturn resulting in four deaths and 13 injuries. MAREs are conducted to test Keesler personnel's response.

Story and photos on Pages 5 and 8.

Photo by Kemberly Groue



DRAGONS THAT I MEET

Janet Lanier



Photo by Kemberly Groue

By Brig. Gen. Andrew Mueller
81st Training Wing commander

I'd like to introduce you to Keesler's environmental/planning program manager, Janet Lanier.

Mrs. Lanier is responsible for the overall management of the environmental program and most recently contributed to the success of the ESOHCAMP (Environmental, Safety and Occupational Health Compliance Assessment and Management Program.)

Mrs. Lanier oversees the day-to-day handling of hazardous materials, pollution prevention efforts and air quality preservation.

It's an honor to have Mrs. Lanier as a member of Team Keesler.



TRAIN, CARE, INNOVATE — DEVELOPING COMBAT POWER FOR AIR, SPACE AND CYBERSPACE

81st FSS faces tough choices on base amenities

By Maj. John Ponton

81st FSS commander

We can expect significant changes in the world of force support during these times of budget cuts and personnel downsizing. While we have been very successful in preserving our activities and level of service, the reality of operating in the current austere environment is forcing some tough decisions, as predicted.

As we move forward, the 81st Force Support Squadron will do its best to keep the Keesler population as informed as possible, and also explain why certain decisions are being made. One such example is the addition of a child and parent fitness area in the Blake Fitness Center.

The movement of the child-parent fitness area was a response to customer critiques and feedback from the 2011 Caring for People survey. While we appreciate that some customers prefer to leave the Blake Fitness Center as is, the move allows a significant percentage of the Keesler population to have better access to a fitness area otherwise unavailable to them, specifically during weekends, holidays, early mornings and evenings.

The addition will also improve the equipment, size and appearance of the area formerly located at the Dragon Fitness Center. Lastly, the move will increase the value and flexibility of the Blake Fitness Center.

Another change you will see involves the auto and wood hobby shops. We have lost our appropriated funded positions in each of these facilities, presenting us with a significant challenge regarding future operations. The auto hobby shop will reduce hours to Fridays, Saturdays



Photo by Kemberly Groue

Charley Koch, 81st Force Support Squadron wood shop manager, operates a radial arm saw to cut a piece of wood for a self-help project in the wood hobby shop. Koch assists in customer self-help projects and also makes building kits for children programs at the Keesler Skill Development Center.

and Sundays. Although we began the process more than a month ago, hiring someone as a part-time manager has been challenging. Our goal is to keep the facility open, albeit with reduced hours and some changes to services available. We anticipate periods of closure short durations as we continue the hiring process.

A greater challenge involves the wood hobby shop. The current number of

customers is not enough to support operating the facility. When we lose our appropriated fund personnel, we'll make every effort to make the facility available in some manner. However, we will operate in a very limited capacity.

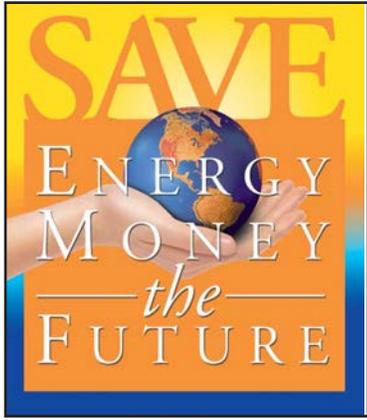
As always, we appreciate your support, and indeed there is much progress to report. Our golf and bowling programs are increasingly strong. Additionally, we con-

tinue to invest in our activities to increase their value to you, our valued customers. Air Education and Training Command has taken notice of the great things we are doing here at Keesler and has invested more than \$700,000 in your services activities.

Very soon you will see an expanded Fam Camp, a repaved and extended I-81 running path, a paintball program, a Cross Fit workout

area, a remodeled bowling center, nature parks at the marina and CDC, as well as many improvements to the golf course and its snack bar.

As always, your FSS team is working hard to bring you the best possible level of service we can provide. In spite of increasing challenges, our mission remains unchanged; to be the best force support squadron in the Air Force.



Target



for elimination,

call Keesler's hotline 377-7053

Major accident exercise tests base's readiness



Photos by Kemberly Groue

A Keesler firefighter offers assistance to "injured" Airman first Class Joseph Murray, 338th Training Squadron, on the scene of a major accident response exercise.



Members of the Keesler Medical Group conduct a search and recovery process.

By Staff Sgt. Kimberly Rae Moore
Keesler Public Affairs NCOIC

Keesler exhibited its response capability while conducting a Major Accident Response Exercise Monday.

A MARE can simulate a variety of events such as an aircraft crash, a hazardous spill, a terrorist attack or an explosion.

In this MARE, Keesler personnel responded to a simulated scenario in which a U.S. Coast Guard HH-65 Dolphin aircraft crashed into an occupied van just outside of Marina Park at the I-81 running track where other personnel were performing physical training.

Prior to the exercise kick off, those who volunteered to play the role of casualties were moulaged for a realistic effect.

The crash simulated four deaths and 13 injuries. This tested emergency re-

sponders, the 81st Medical Group staff and other supporting units base-wide.

"A lot of the exercise is command and control," said Thane Halsey 81st Training Wing installation exercise program office chief. "The big players in the exercise are personnel from the fire department, security forces and the medical group but other units will also have pieces of the puzzle."

"It's training," he said. "It goes back to testing the installation's readiness. In the event of an actual accident or emergency we have to be prepared to respond."

The Air Force trains daily to meet our nation's requirements for rapid response to crises throughout the world. These exercises ensure we meet Air Education and Training Command's mission to develop America's Airmen today...for tomorrow. See video at www.keesler.af.mil

More photos on page 8



Keesler firefighters extinguish a simulated fire on a Coast Guard MH-65C Dolphin helicopter. The exercise involved the helicopter crashing and causing a van to overturn resulting in deaths and injuries to those involved as well as injuries to Airmen conducting physical training on I-81.

MOVIES
AT
KEESLER

For a recorded
listing
of movies
at Welch
Auditorium, call
377-6627



Become a Keesler fan on Facebook

www.facebook.com/keeslerafb

For more news, photos, videos and information, log on to www.keesler.af.mil
or find us on Facebook at www.facebook.com/keeslerafb



Master Sgt. Jerry Dameron, 81st Aerospace Medicine Squadron, and David Tenace, assistant fire chief, discuss the casualties.



"Injured victims" wait for medical assistance in the triage area. Prior to the exercise, those who volunteered to play the role of casualties were moulaged for a realistic effect.



Keesler firefighters respond on scene during a major accident response exercise Monday on I-81 across from the Marina.

Keesler medics resuscitate firefighter's heart

By Steve Pivnick

81st Medical Group Public Affairs

"If this had happened anywhere else, he may not have survived."

This is how 81st Medical Group Commander Brig. Gen. (Dr.) Kory Cornum summed up the actions by the Keesler Hospital staff credited with saving the life of a Biloxi firefighter March 14.

Fire Capt. Kevin Landrum and eight other Biloxi firefighters were training with their Keesler counterparts at the Keesler fire pit near the base's White Avenue gate and adjacent to Irish Hill Drive when he started to feel something was not right.

"I thought I had overextended myself," he recalled. "I was getting progressively worse. As a trained first responder, I knew the signs of a heart attack. I informed my crew I didn't feel well and one of the guys saw I wasn't looking too good. He asked if I needed some oxygen so they started administering it. The oxygen didn't help with the symptoms which were getting progressively worse. That's when someone made a 911 call to get more help."

Master Sgt. Lukus Hancock, 81st Medical Operations Squadron emergency services flight chief, recalled, "We received a call from the Keesler live-fire pit at about 11 a.m. Because he was a civilian, American Medical Response had been contacted to take him to the emergency room. However, we responded to the call. The Keesler ambulance crew arrived on scene before AMR. Upon evaluation, the patient's condition wasn't looking good and the decision was made



Landrum

to transport him to our ER. Within 10 minutes of his arrival, we had stabilized him and he was taken to the (cardiac catheterization) lab."

Lt. Col. (Dr.) Steve Kindsvater, chief of cardiovascular services for the 81st MDOS, and his team then went into action. He said Landrum "had a thrombotic occlusion — a blood clot stopping all blood flow — to the main vessel in the front part of his heart which caused a life-threatening drop in his blood pressure. Furthermore, he had six episodes of ventricular fibrillation arrest (a heart electrical problem that occurs suddenly and is 100 percent fatal if not treated). In the setting of a heart attack, restoring blood flow generally fixes both the low blood pressure and the electrical problem, as it did for this patient. Mr. Landrum is a very fortunate man."

"They defibrillated my heart four times.

After the fourth time, I didn't feel any more pain and I told them I was ready to leave."

— Landrum

Landrum remarked, "I can't say enough about the care I received, starting with my crew, to the Keesler ER crew that brought me to the Keesler Hospital. I arrived at the hospital just in time."

He added that he understands at one point he was clinically dead.

"They defibrillated my heart four times. After the fourth time, I didn't feel any more pain and I told them (the cath lab team) I was ready to leave. I had been in agony the previous 45 minutes. The comparison to having an elephant sitting on your chest doesn't truly describe what I was feeling — it felt like the whole building was on my chest and the elephant was standing there, laughing." Landrum said he was conscious the entire time, except when they "restarted my heart."

Discussing the event, Landrum stated, "I'm 100 percent certain that if this had happened anywhere else and I had been taken anywhere else, the time involved would have cost me my life." He said only 46 minutes elapsed between the 911 call and undergoing the cardiac catheterization procedure.

When he was taken to the cath lab, he noted, "It seemed Dr. Kindsvater's entire crew was there. It was like

someone had kicked an ant hill; people were everywhere. There was no waiting around — they got with it! You could tell they knew what they were doing; they didn't miss a beat! I don't know if it was divine intervention that they all happened to be there at that time."

He added, "The care I received in the Keesler Hospital throughout the incident — in the ER, the cath lab and nurses and techs on the floor — was first class." (Landrum remained in the Keesler Hospital until the evening of March 18.) "I'm very grateful and happy to be alive! I know my family is, too."

Landrum commented that his cardiologist at Ocean Springs Hospital expects him to make a full recovery and he should be able to return to work.

"I still have some recuperation to undergo, but my outlook is that I am definitely going back to work."

Landrum has a connection to Keesler and the hospital. His father, Joseph, retired from the 81st MDG in 2004 after 47 years of federal service and coincidentally has been cared for by Dr. Kindsvater.

Landrum and his wife Renee reside in Harrison County. They have three adult children and a granddaughter.

Opportunities exist to help tell Keesler's story

By Susan Griggs

Keesler Public Affairs

Keesler Public Affairs is responsible for championing the Air Force story. To do that, the PA team relies on many other people to bring Keesler's story to the public.

For military members and civilians who enjoy public speaking, the speakers bureau

and mission briefers are always in demand. If you'd like to share your unit's mission with Keesler's visitors, you can help with tours of the base. And if singing is more your style, base and community events often look for talented vocalists. Singers are also sought for programs on base and in the surrounding community, par-

ticularly to sing the national anthem.

The speakers bureau is a public service and information tool comprised of military and civilian Air Force employees who volunteer their time and expertise to speak to a wide range of community groups. Speakers come from a variety of experiences

and backgrounds and share their knowledge about aircraft maintenance, aviation, computer operations, communication skills, health, military life, military law, combat experience, financial management, child development, Air Force history and other subjects.

Mission briefers are needed to present prepared comments

to accompany slides about Keesler and its mission at various meetings and events.

When base tours are conducted, representatives are needed across the base to tell their unit's story for visiting civic, military, retiree and student groups.

For more information, call (228) 377-1179.



Identity theft
is a
personal nightmare
and security risk.

Shred bills,
statements, letters,
old journals,
records, outdated
application forms
and any documents
that contain
your full name,
Social Security
number,
duty title and
job information,
credit card,
bank account num-
bers and names of
family members.

If you see docu-
ments being
removed from trash
cans, call the 81st
Security Forces
Squadron
law enforcement
desk, 377-3040.

Air Force launches pollution prevention tool kit

By Susan Walker

Air Force Center for Engineering and the Environment

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force launched a new tool kit March 21 to promote pollution prevention across the service.

As part of the planned Air Force Earth Day 2012 commemoration, the tool kit provides new, customizable products for use at installations Air Force-wide in creating local Earth Day campaigns.

Although the initial launch was timed to coincide with the annual Earth Day, commemorated by the Air Force on April 20 this year, the tool kit is intended for use year-round, said Kevin Gabos, a pollution prevention subject matter expert with the Air Force Center for Engineering and the Environment and the lead in the effort to create the tool kit.

“The tool kit provides outreach materials to help installations promote (pollution prevention) on a continuing basis as they move toward meeting Air Force and Department of Defense strategic sustainability performance goals of eliminating or reducing pollution before it becomes waste,” Gabos said. “It includes color logos, magnet designs, several formats for banners, three poster designs and two video public service announcements appropriate for use any time.”

“Conserve today, secure tomorrow” is the theme of the outreach campaign,

developed by AFCEE to support an Air Force initiative to reinvigorate pollution prevention efforts worldwide.

Pollution prevention is reducing or eliminating waste at the source by modifying production processes, promoting the use of non-toxic or less-toxic substances, implementing conservation techniques and re-using materials rather than adding them to the waste stream. The Air Force-wide pollution prevention campaign is an ongoing initiative to educate Air Force members, including active-duty members, civilian employees, contractors and family members on the importance of pollution prevention on their installations and encourage their personal involvement, according to officials.

Executive Order 13514 and the Department of Defense Strategic Sustainability Performance Plan establish the pollution prevention program framework for the Air Force. In addition to guidance, these documents set a series of goals for military services to meet in key areas like greenhouse gas management and reduction, reducing of non-hazardous waste generation, reducing hazardous material usage and improving water resources management. Specific goals in the sustainability performance plan include, among others, diverting 50 percent of non-hazardous solid waste and 60 percent of construction and demolition debris from the waste stream by fiscal 2015.

Air Force pollution prevention policy requires installations to minimize



Photo by Staff Sgt. Andrew Satran

the adverse impacts on air, water and land from all aspects of the Air Force mission through implementation of an Environmental Management System, officials said. Air Force EMS is the framework used to identify, prioritize and manage the aspects of daily operations that generate waste and pollution.

A relatively new area of focus has been reusing or recycling construction material and debris on installations. When Fairchild Air Force Base, Wash., was designing a new \$43 million runway recently, the plan included recycling 60,000 tons of concrete and about 20,000 tons of asphalt from the existing runway. This reuse saved economic and material resources.

“It’s important to reduce the amount of waste that is generated, often by finding, promoting and sharing best practices within the Air Force community to eliminate pollution sources at the outset,” Gabos said. “Green procurement and processes will help the Air Force achieve our reduction goals and preserve resources — both materials and economic resources. It is up to each of us to participate to achieve these goals.”

Additional information on the pollution prevention campaign and the tool kit can be found on the AFCEE website at <http://www.afcee.af.mil>.



Inaugural Medal of Honor Day at Biloxi National Cemetery

Col. Glen Downing, 81st Training Wing vice commander, described Medal of Honor recipients as humble warriors who put the welfare of their comrades first during Sunday’s Medal of Honor Day ceremony at Biloxi National Cemetery. The inaugural event, sponsored by Veterans of Foreign Wars Post 2706 of Wiggins, featured Kurt Welborn of Houston, great-grandson of Col. Ira Welborn, the only one of Mississippi’s 18 accredited Medal of Honor recipients buried at the cemetery. Keesler Chaplain (Maj.) Mark Thomas led the invocation, the 81st Training Group Drum and Bugle Corps played the National Anthem and other patriotic selections and Virgil Mitchell and Bryan Bailey from the wing safety office participated in the VFW honor guard.

Sun Herald photo by Michael Newsom

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, Trian-
gle Chapel.

Gospel service, noon
Sunday, Triangle Chapel.

Jewish

Services take place at 8
p.m. Fridays at Congre-
gation Beth Israel, 12277
Three Rivers Road, Gulf-
port.

Saturday services are
scheduled at 10 a.m. Feb.
12, March 19 and April
9. Information, call 377-
4050, 207-2196, 539-1655
or 1-405-740-9077.

Greek Orthodox

Sunday Divine Liturgy
takes place at 10 a.m. at
Holy Trinity Greek Ortho-
dox Church, 255 Beauvoir
Road, Biloxi. For more in-
formation, call 388-6138:

Islamic

Prayer is five times daily;
Salaat ul-Jummah congre-
gational prayer, noon on
Friday, Building 2003. In-
formation, call 377-2520.

Latter-Day Saints

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

MAKE EVERYONE PROUD — QUIT TOBACCO

www.ucanquit2.com



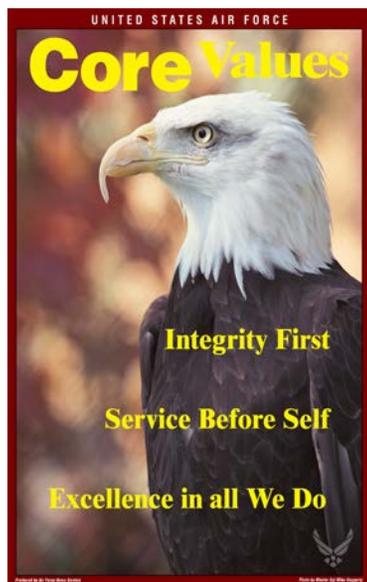
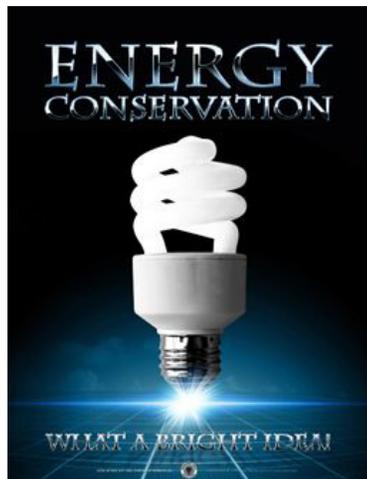
Off limits establishments

The following establishments are off limits to Armed Forces personnel with duty at Keesler:

- Ya-ya's – 2751 Pass Rd., Biloxi.
- Guitars & Cadillac's 4031 Popps Ferry Rd., D'Iberville.
- Pugs, 6213 Washington Ave., Ocean Springs.
- Herbal Alternatives, 1909 E. Pass Road and 11530 U.S. Highway 49, Gulfport.
- Bunksmall Apartments, 708 S. Pascagoula St., Pascagoula.

Airman and family
readiness center
500 Fisher St.,
Bldg. 701
(228) 376-8728

Levitow Annex:
140 Phantom St.
Room 134
(228) 377-0155



Dental technician accepted into hygienist course



Holcomb

By Master Sgt. James Bunce
81st Dental Squadron

Tech. Sgt. Claudia Holcomb, 81st Dental Squadron, is one of eight Air Force dental technicians accepted to attend a two-year registered dental hygienist course as part of the Air Force Dental Hygiene Training Scholarship Program.

In 2003, the Air Force entered into joint educational agreements with two institutions, Trident Technical College in Charleston, S.C., and St. Petersburg College in St.

Petersburg, Fla., to train active-duty dental technicians as registered dental hygienists. The programs are accredited by the American Dental Association's Commission on Dental Accreditation.

Holcomb applied for the program in October and learned of her selection Feb. 22.

"I was very excited," she said. "It was a life-changing surprise!"

She departs Keesler next year to attend St. Petersburg College's associate's degree

program in dental hygiene. The curriculum includes both general education and professional dental hygiene courses. Upon graduation, she is eligible to sit for the dental hygiene national board exam as well as regional and/or individual state board examinations for her dental hygiene license. After completion she will provide preventive, educational and therapeutic services in an Air Force dental clinic.

"I couldn't have done this without the support of every-

one in the (dental) squadron," she added.

The Bolivian native has been a member of the Air Force since July 1, 1998, and assigned to Keesler since October 2008. While at Keesler, she's earned an associate of arts degree from Mississippi Gulf Coast Community College. She and her husband, Master Sgt. Jeremy Holcomb, 85th Engineering Installation Squadron, reside in Biloxi with daughters Amaraya, 7, and Samaya, 12.

Keesler Events Calendar

Today

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

3:30 p.m. — Public education common core standards initiative brief for parents with school-aged children at the Bay Breeze Event Center.

4:30 p.m. — Snip and save couponing class at the McBride Library.

5:30 p.m. — Single Airman Initiative cooking class. Transportation provided from Bay Breeze to Mary C. O'Keefe Cultural Center in Ocean Springs. Registration limited to first 10, call 228-377-2503.

Friday

Noon — "Lunch and Learn" about identity theft at the McBride Library.

4 p.m. — Cooking, baking and communication skill building group at the airman and family readiness center kitchen in the Sablich Center. Call 228-224-3625 to register.

6 p.m. — Ladies night at the arts and crafts center.

7 p.m. — Jade Sanders concert at the Bay Breeze Event Center.

Monday

3:30 p.m. — 81st Training Wing enlisted promotion ceremony at the Bay Breeze Event Center.

5 p.m. — Creative couponing class at the Bay Breeze Community Center function rooms.

Tuesday

9 a.m. — Airman and Family Readiness Center post deployment briefing at the Sablich Center Room 108.

— Separatees preseparation counseling at the Sablich Center Room 110. Call 228-376-8728 to register.

Noon — Creating compassion, confidence and courage "Lunch and Learn" at the Bay Breeze Event Center. Cost is \$10; call 228-377-8635 to register.

1 p.m. — Retiree preseparation counseling every Tuesday at the airman and family readiness center conference room. Call 228-376-8728 to register.

Wednesday

7 a.m. — Newcomer's orientation at the Sablich Center Room 108B.

9:30 a.m. — Nonprior service Airmen separate rations briefing at the Levitow

Training Support Facility's airman and family readiness center annex Room 134 (also at 3:30 p.m.).

3 p.m. — Keesler Integrated Resource Team meeting at the Sablich Center room 108A.

April 5

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

April 6

9 a.m. — Education fair at the main exchanges main entrance area.

1 p.m. — Resume writing and job fair preparation class at the Sablich Center Room 108A. Call 228-376-8728 to register.

April 7

9 a.m. — Easter in the Park at marina park.

April 8

6 a.m. — Easter sunrise service followed by breakfast at the Bay Breeze Event Center.

11 a.m. — Easter brunch at the Bay Breeze Event Center. Call 228-377-2334 for reservations.

April 9

8 a.m. — Three-day

Department of Labor employment workshop at the Sablich Center Room 108A. Call 228-376-8728 to register.

4 p.m. — Guest speaker Mike Cavanaugh, retired Air Force colonel, at the McBride library.

6 p.m. — E-reader class at the McBride Library.

April 10

8 a.m. — Caring for People forum at the Bay Breeze Event Center. For more information call 228-376-8500.

9 a.m. — Airman and Family Readiness Center post deployment briefing at the Sablich Center Room 108.

— Separatees preseparation counseling at the Sablich Center Room 110. Call 228-376-8728 to register.

— 18th annual Governor's Job Fair Network Spring Southern Region Military and Civilian Job Fair at the Mississippi Gulf Coast Coliseum.

1 p.m. — Retiree preseparation counseling every Tuesday at the airman and family readiness center conference room. Call 228-376-8728 to register.

4 p.m. — Children's weather safety seminar at the

McBride Library.

April 11

9 a.m. — Civilian format resume writing class at the Sablich Center Room 108B. Call 228-376-8728 to register.

11 a.m. — Education fair at the McBride Library.

4:15 p.m. — Diamond Sharp ceremony at the Bay Breeze Event Center third floor.

April 12

8 a.m. — Veterans benefit briefing at the Sablich Center Room 108A. Call 228-376-8728 to register.

9 a.m. — Federal jobs resume writing class at the airman and family readiness center conference room in the Sablich Center. Call 228-376-8728 to register.

Noon — Money Talks "lunch and learn" at the McBride Library.

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

— Retirement benefits brief at the Sablich Center Room 108A.

7 p.m. — Glow golf tournament at the Bay Breeze Golf Course in honor of Sexual Assault Awareness month.

KEESLER NOTES

School Liason Officer
Keesler's partner with public, private
and home schools to assist school-age
children overcome issues related to
parental military obligations.
Contact Mr. Cross (228) 376-8505



Keesler Spouse's Club scholarships

Applications are now being accepted for 2012 Keesler Spouses' Club Scholarships. Eligible applicants include high school seniors entering college, university, or vocational studies as well as spouses pursuing a degree or vocational studies. Applications and further eligibility information are available at www.keeslerspousesclub.com, by calling 210-825-2273 or emailing scholarships@keeslerspousesclub.com. Deadline for application submission is April 2.

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. 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 more information and a list of preferred donations. Pickup is available for bulk donations. For more information, call 228-377-3217.

Keesler soccer field

The Keesler soccer field will be under repair for the next month. A fence is going to be put up next week on or about April 4 and will stay up until May 4 to repair and reseed.

Classes seek to build relationships, reduce stress

By Steve Pivnick

81st Medical Group Public Affairs

Keesler's Family Advocacy Program is offering classes targeting a diverse range of relationship skills that family advocacy outreach manager Paula Spooner says "are arguably our greatest protective factor against excessive stress."

"1-2-3 Magic!" will be conducted April 3, 10, 14 and 21. Spooner said, "This is a simple, truly effective parenting strategy that any parent can implement literally overnight. Recommended by pediatricians, parents, teachers and child development specialists, '1-2-3 Magic' is a four-week class that will enhance the re-

lationship you have with your children while stopping whining, pouting, manipulation and other types of obnoxious behavior." She said it's best for parents of children ages 2-12.

The single parents information network is 11 a.m.-1 p.m. May 2. Spooner explained, "Single parents know firsthand how difficult it can be to juggle all the responsibilities of parenting while working, staying fit and trying to have a personal life. Transferring to a new base makes it even harder. SPIN's current vision is to create a network of information, support, skill exchange and community. It is just getting started, so if you are a single parent (divorced, separated,

never married, widowed or geographically-separated from your partner) you are urged to join us. Don't miss this first meeting."

PREP for strong bonds is 3-4:30 p.m. May 1, 8, 15, 22 and 29. "This five-week class is for couples who want to make their relationship the best it can be," Spooner said. "It will challenge you to think about things you've never thought about before and help you to see yourself, your partner and your relationship in a whole new light. PREP is one of the most respected relationship-strengthening programs in the world. Go ahead and confirm this fact for yourself, then call and reserve a space for you and

your partner."

Dads 101 is set for 8-11 a.m. June 1. Spooner observed, "Babies don't arrive with a maintenance manual, though most of us wish they did. This class will prepare the expecting or brand new dad for everything he has to look forward to — from mood swings to basic baby care, from bonding to stress management. Humor-filled and discussion-based, it's relaxed, fun and taught by a fellow dad who has been through it and 'lived to tell about it.'"

Finally, active parenting of teens and 'twens' is slated for 8-10 a.m. June 13, 20 and 27 June. Spooner commented, "It seems like one day they look

up to you and the next you have the influence of a stranger. What has happened to this kid? Join this three-session, interactive, video-based learning experience that will provide insight on teen brain development, tools for becoming an authoritative parent and new ideas on discipline, communication, problem solving, family enrichment and prevention of those societal risks all parents worry about.

Family advocacy classes are conducted in the Arnold Annex classroom. They are open to all Keesler personnel and their family members. For more information or to register for classes call 228-376-3459 or 228-376-3457.

Keesler nurses selected to prestigious programs

By Steve Pivnick

81st Medical Group Public Affairs

Two Keesler nurses have been selected for prestigious programs.

Col. Dwayne Wilhite, perioperative nursing master clinician with the 81st Surgical Operations Squadron, was named military perioperative nurse consultant to the Air Force surgeon general. First Lt. Bethany Casper, an 81st MSGS registered nurse, has been accepted to a three-year doctoral program at the Uniformed Services University of the Health Sciences in Bethesda, Md., to become a psychiatric mental health nurse practitioner.

Wilhite explained as consultant he will advise the surgeon general and air staff on perioperative nurse issues. Perioperative nurses are responsible for all operating room patient care, from pre-, intra- and post-operative phases. A few of his duties involve providing inputs to deploying nurses, ensuring Air Force perioperative nurses adhere to national patient care standards and provide the very best patient care possible.

The colonel has been a member of the Air Force since 1988. He returned to Keesler in September from Elmendorf Air Force Base, Alaska. "This is my second tour at the Keesler Hospital.



Wilhite

I was an operating room nurse here as a captain from 1996-2000."

Originally from Detroit, he now considers Biloxi home and his wife Diana will join him shortly. They have two children: son Dwayne II, 27, and daughter Dayna, 23.

Casper has been an Air Force member for three years and Keesler is her first assignment.

The Knoxville, Tenn., native earned a bachelor of science degree in nursing



Casper

from East Tennessee State University in Johnson City. She said in late summer she had applied for the Air Force Institute of Technology psychiatric mental health nurse practitioner master's degree program.

"During the interview, I was offered the doctorate program and said 'Yes!' I wasn't sure I was qualified so I applied for the master's program."

She said that she felt wonderful when she learned of her selection. "It

was very exciting news!"

This has been the lieutenant's long-term goal.

"After completing my bachelor's in nursing and getting initial nursing experience in different fields, I always wanted to further my education and become a psychiatric mental health nurse practitioner. I want to help Airmen who face some unique stresses and mental challenges that arise from being in the military. I am so excited to get the opportunity to provide advanced treatment to patients with psychological disorders and be able to give them the best chance at living normal lives."

Casper credited two mentors for helping her towards this achievement: Juanita Mullins, an 81st MSGS perioperative nurse who completed the doctorate in nursing practice program at the University of South Alabama, and Maj. Stephanie Amador, a former 81st Medical Group nurse, currently in the USUHS program. "Both have been my inspiration."

She departs Keesler for USUHS the end of April and starts school there May 19.

Col. Teresa Ryan, interim 81st MDG chief nurse, said, "Both are significant accomplishments for Air Force nurses."

Notification of death

With great regret, Brig. Gen. Andrew Mueller, 81st Training Wing commander, announces the death of Staff Sgt. Eric Ro Kuster, 148th CS, assigned to Keesler for formal training with the 338th TRS. Any person or persons having claims for or against the estate of Kuster, previously assigned to the 338 TRS should contact the Summary Court Officer, Lt. Tyler Oar at 377-1617.

**Lost &
Found**

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

Keesler Youth Center kids kick butts!



Jasmin Lasker, 6, daughter of Tech. Sgt. Erin Lasker, 335th Training Squadron, decorates a "Kick Butts Day" poster at the youth center March 19. The anti-smoking event poster display was judged March 21, with a prize awarded to the first place winners in each age category.



Koah Tigler-Liechty, 5, and Trevor Schritter, 6, get a firsthand look at a year's worth of cigarette tar at the youth center with the help of Terri Jordan, 81st Aerospace Medicine Squadron. The exhibit is part of Kick Butts Day, an anti-smoking event. Trevor's mother is Natasha Wosyk, 81st Force Support Squadron. Koah's parents are Joshua Liechty and Staff Sgt. Metia Tigler, 81 Medical Operations Squadron.



CSC members Cindy Milford, Lisa Campbell and Rebecca Stryker judge the entries for the Kick Butts Day poster contest at the youth center.

'Kick Butts' poster winners

Teens

First place — Celestina Rodriguez Contreras, 11, daughter of Staff Sgt. Steven and Carman Contreras, 81st Medical Support Squadron

Second place — Keystone Girls

Third place — Michelle Gelacio, 14, daughter of Tech. Sgt. Jesus and Dora Gelacio, 81st Logistics Readiness Squadron

9-10 year-old

First place — Katelyn Powell, 9, daughter of Mark and Stacy Powell, Navy Resident Officer in Charge of Construction

Second place — Joie Hixson, 9, daughter of Staff

Sgt. Isid and Teena Setosta 81st Inpatient Operation Squadron

Third place — Baylee Barker, 10, daughter of Maj. Amber Barker, 81st IPTS

5-8 year-old

First place — Breanna Glanton, 7, daughter of Tech. Sgt. Shandreka Glanton, 81st Contracting Squadron and Tech Sgt. Derek Glanton, 85th Engineering Installation Squadron

Second place — Sofia Kiddy, 7, daughter of Tech. Sgt. William and Aimee Kiddy, 81st Medical Group

Third place — Alexander Smith, 6, son of Master Sgts. Joseph and Sarah Smith, 336th Training Squadron



Become a Keesler fan on Facebook www.facebook.com/keeslerafb



*Get up. Get out. Get Fit.
Together.*

Former Keesler medic proud to be called 'Doc'

By Master Sgt. Lukus Hancock
81st Medical Operations Squadron

Keesler medics are constantly deployed around the world to provide critical medical care wherever needed. And not just in support of Air Force missions. Some medics are deployed with sister-service units.

A former Keesler emergency services technician had his medical expertise put to the test during a seven-month Afghanistan deployment. Staff Sgt. Ryan Hartman, 81st Medical Operations Squadron, who recently separated from the Air Force, was deployed May 30 through Dec. 30, 2011, as one of two Air Force medics attached to a U.S. Army unit at Shindand, Afghanistan.

"I mainly served with the first platoon of the 548th Transportation Company out of Trenton, Mo." he said, "They call you 'Doc,' a title that is earned, never given. In the Army, the company medic is very important and the title comes with great honor and responsibility. They trust you with their lives and are confident in your abilities. They depend on you to care for them and ensure they make it home if things go bad."

He continued, "When you go 'outside the wire,' you have to be prepared for many contingencies, from extreme weather conditions to IEDs. Once you leave base, you are the only medical care they have until you return."

Hartman said his aid bag contained items and equipment needed to save a life in any situation. "There were chest seals for penetration injuries, cricothyrotomy kits, blood volume expanding IV fluids, mass hemorrhage control and about a dozen medications, including morphine and narcain."

He commented, "Once you have all of your gear ready — aid bag, plate carrier, full combat load and your weapons — it's time to load up in

your (mine-resistant ambush protected) vehicle. The best way to describe this vehicle is a heavily-armored dump truck with an enclosed cab.

"We usually conducted our regular missions every other day. The longest was down to Camp Leatherneck, about 200 miles one way and took six to eight hours on the rare good day; it was routinely more than 18 hours. The longest mission I was on lasted 23 hours."

Hartman recalled an incident while returning from a mission to Leatherneck.

"We had a group of host-nation trucks in our convoy. An HNT's trailer wheels locked up and were dragging on the road, eventually causing the tires to burst into flames. We stopped and some soldiers grabbed fire extinguishers to try to put out the flames. After a few minutes, a tire exploded.

"Then I heard over the radio, 'We have a soldier down; we need the medic!' I immediately grabbed my aid bag and weapon. I left the vehicle and ran to aid my countryman and friend. He was knocked out temporarily and covered in molten rubber and soot. I assessed him and found he had (pieces of tire) in his eyes. After I irrigated his eyes, we evacuated him and two other patients, suffering from smoke inhalation, to a Slovenian forward operating base near our position. I learned later the doctor told the blast victim he would have lost his eyesight had I not treated him as I had.

"The soldiers I served with treated me as one of their own. All the guys from the first platoon became my brothers. I'll always be their 'Doc.'"

Hartman noted, "I was one of about 17 Air Force medics there. All did great things. We are all very proud of what we accomplished and the lives we impacted. Nothing can replace our experience and the bonds we created."



Photo by Master Sgt. William Greer

Staff Sgt. Ryan Hartman conducts an inventory of his medical packs at Shindand Air Base, Afghanistan, Aug. 6, 2011, to ensure sufficient supplies are ready when needed. Hartman was a medical services technician from Keesler attached to the Army's 298th Combat Sustainment Support Battalion in support of Operation Enduring Freedom.

Keesler flexes it's muscles at 'Muscle Mania'

By Airman 1st Class Heather Heiney

Keesler Public Affairs

Fourteen Keesler members participated in Saturday's Muscle Mania event which at the Triangle Fitness Center. Each participant completed squat, bench presses and dead lifts in four categories — open raw division, equipped division, masters division and women's division.

Winners were determined based on the Schwartz/Malone Formula which assigns a coefficient based on the weight of the competitor. That co-efficient is then multiplied with the total weight lifted over the three events to provide the formula total. The person with the highest formula total is declared the strongest.

Open raw division

First place — Austin Sutton, 81st Security Forces Squadron, with a formula total of 841.81 pounds.

Second place — Dereck Sanford, 81st Aerospace Medicine Squadron, with a formula total of 809.33 pounds.

Third place — Aerone Baladad, 81st Diagnostics and Therapeutics Squadron, with a formula total of 803.55 pounds.

Equipped division

Overall — Robert Reville, 403rd Security Forces Squadron, with a formula total of 1195.55 pounds.

Masters division

Overall — Matthew Lakin, Missouri National Guard, with a formula total of 681.90 pounds.

Women's overall

First place — Shayna Sutton, wife of Austin Sutton, with a formula total of 476.16.

Second place — Charlotte Trott, 81st Inpatient Operations Squadron, with a formula total of 474.51 pounds.

Third place — Amy Lolo, 333rd Training Squadron, with a formula total of 355.04 pounds.

There were also three Keesler weight-lifting record breakers in the competition. Aerone Balad broke the squat and bench press records for the male 114-123.5 pound class with weights of 292.1 and 220.5 pounds, respectively. Justin Trott, husband of Charlotte Trott, broke the deadlift record in the male 165.4-181.9 pound class with a weight of 501.5 pounds. Shayna Sutton and Charlotte Trott tied for squat record in women's 114.7-123.5 pound class with a weight of 176.4 pounds.



Photos by Kemberly Groue

Shayna Sutton, wife of Staff Sgt. Austin Sutton, 81st Security Forces Squadron, prepares to dead lift 167 pounds during the Muscle Mania competition at the Triangle Fitness Center. Sutton place first overall in the women's division.



Al Watkins, 81st Infrastructure Division, judges the squatting competition as Justin Trott takes his turn squatting 425 pounds while Triangle Fitness Center staffers Lance Solari, Robert Reville and Kyle Kinsey spot him.

Pro golfers hold clinic at Bay Breeze Golf Course



Photos by Kemberly Groue

Pro golfers Larry Mize and Andy Bean hold a free golf clinic at the Bay Breeze Event Center March 21. The clinic included a questions and answers session and instructional demonstrations at the driving range.



Pro golfer Larry Mize provides demonstrations illustrating how to solve golfing problems in response to questions from audience members.



Pro golfer Andy Bean explains how to achieve a desired ball trajectory.