



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train. Fight. Win.

DEC. 6, 2012 VOL. 73 NO. 47



Keesler puts on show at Mississippi Bowl

Page 14-15

New PTL program
underway
Page 5

Keesler in top two
for CINC award
Page 9

Energy drink survey
comes to Keesler
Page 20

INSIDE

Commentary, 3 Training and Education, 5 News and Features, 9-20 Recreation, 22-24

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KEESLER NEWS

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ON THE COVER

Airmen line the field while carrying the 50 state flags during a pre-game celebration at the 2012 Mississippi Bowl at the Biloxi High School football stadium Saturday. Other Keesler participation included the Honor Guard, a C-130J Hercules fly over by the 403rd Wing and a drill down performance by the 81st Training Group.

Photo by Kemberly Groue



PHOTO OF THE WEEK



Photo by Kemberly Groue

Sean Stokes, Vice Brothers LLC, operates an excavator to demolish Building 4910, a permanent party dorm on Larcher Blvd. Nov. 29. The demolition of the dorm was part of the continued move of personnel to the new permanent party dorms next to the Commissary. There is nothing planned to be in its place at this time.



THE WORLD'S BEST AIRMEN — TRAINING, FIGHTING, WINNING

Fire department offers holiday safety reminders

By James Palmer

Keesler fire prevention section assistant chief

According to data from the National Fire Protection Association and the U.S. Fire Administration, an estimated 240 home fires involving Christmas trees and 150 home fires involving holiday lights and other decorative lighting occur each year. Following a few simple fire safety tips can keep electric lights and the ever-popular Christmas tree from creating a tragedy.

What's a traditional Christmas morning scene without a beautifully decorated tree? If your household includes a natural tree in its festivities, the Keesler Fire Department recommends the following tips to make your home fire-safe during the holidays. Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection.

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. Check your tree for freshness:

- A fresh tree is all green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of



falling needles shows that the tree is too dry.

Place tree at least five feet away from heat sources. Heated rooms dry trees out rapidly creating a fire hazard. Cut off about two inches of the trunk to expose fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy water-holding stand with wide-spread feet. Keep stand filled with water while tree is indoors. Add a cup of sugar to the water each refill. Place tree out of the way of foot traffic and do not block any exits. Choosing and caring for a Christmas tree may mean the difference between a safe holiday home and a dangerous one.

Decorating the tree and home for

the holidays can be a special event for families everywhere. Since many types of decorations involve electrical devices and wiring, potentially flammable materials and often candles, accidents can happen. Remember the following tips when using electrical devices on trees and you will have a safe holiday season.

- Use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or have them repaired before using.
- Use no more than three standard-

size sets of lights per surge protector. Do not connect surge protectors together for use as extension cord. Extension cords are highly discouraged with use of lights.

- Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Do not place any candles on the tree.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted. To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it.

During this holiday season, plan for safety. Look for and eliminate potential danger spots near trees and other electrical connections. Make an emergency plan to use if a fire breaks out in the home. Make sure each family member knows what to do and practice the plan.

For more information call 228-377-3330/3333 or stop by building 4225 on Hangar Road.

Always remember that all fires, including those that have been extinguished, on Keesler property must be reported by dialing 911.

Air Force leaders issue safety campaign theme

By Michael Donley

Secretary of the Air Force;

Gen. Mark Welsh III

Chief of Staff of the Air Force

Chief Master Sgt. of the Air Force James Roy

Safe-n-Sound, All Year Round is the theme of this year's holiday and winter safety campaign which runs from Nov. 16 to Jan. 2.

Whether you are traveling, celebrating or participating in winter activities, take the time to include sound risk management in all your

plans; the time invested up front could save your life.

Across the Air Force, we work very hard throughout the year to reduce mishaps. Regrettably, despite those efforts, we lost six Airmen last year during the holiday season. It is imperative that we step up our efforts. Please pay special attention to your surroundings, the weather and especially your celebration game-plan during this holiday season.

All Airmen, uniformed and civilian, have a responsibility to ensure a safe holiday

for themselves, their fellow Airmen, their wingmen and their families by being alert to safety risks on and off duty. We urge you to use common sense and keep your focus on risk management as we strive to enjoy a mishap-free season.

Happy holidays to you and your families. Whether you are deployed or serving at home, your dedication and sacrifice are profoundly appreciated. Travel and celebrate wisely, take care of each other and return to duty Safe-n-Sound.



Safety Sam says,

“For tips on how to stay safe during the holidays, read the articles on this page.”

New PTL program gets underway at Keesler

By Steve Hoffmann

Keesler News co-editor

When you learned to walk, there was a dance you did with gravity, clumsily at first, but you finally got the beat, learned the steps and began to walk. Your muscles learned the proper way to hold themselves in order to achieve balance and mobility.

Al Ciampa, 81st Aerospace Medicine Squadron exercise physiologist, has a new program that draws on that learning process and has begun teaching it to Keesler's physical training leaders.

Ciampa's human performance course teaches PTL's how to lead and teach their Airmen and is designed to strengthen the entire body by using its ability to balance itself.

To that end, Ciampa designed Keesler's new Warfighter Fitness Court which features weightlifting tools designed to challenge the entire body at once.

"This room is designed to promote full-body exercise in free space," explained Ciampa. "There's no machine in here that locks you in cutting off the rest of the body. In here, you're constantly challenging the entire body and neural system



Photos by Kemberly Groue

Al Ciampa, 81st Aerospace Medicine Squadron exercise physiologist, conducts a human performance course for physical training leaders Friday at the Dragon Fitness Center. The human performance course is designed to teach physical training leaders proper movement to facilitate greater body mobility and stability, employing a whole-body approach to strength conditioning.

in free space the way nature intended and the way the body is designed to function."

Perhaps the most striking feature of the room is its emptiness. Everything is against the wall leaving the

room wide open like an exercise playroom. Users pull out what they need in open space leaving plenty of room to exercise the whole body. There are parallel bars, monkey bars, pull-up bars, lightweight rowing machines, jump ropes, medicine balls and kettle bells.

Ciampa's philosophy is based on the assumption that years of sitting at desks in school, at work and benches and machines in the gym leads to muscular imbalance leaving the body weaker and more prone to muscular strain and injury.

"When you put people under a load and challenge them in ways they've never been challenged before, they start sweating and shaking they say 'why can't I do this? I can squat 500 pounds.'" Ciampa noted. "But they're excited about learning this stuff, learning a new way."

"Al's course is a giant step in the right direction," said Lt. Col. John Fox, 53rd Weather Reconnaissance Squadron chief navigator and fitness program manager for

the 403rd Wing. "It teaches members proper movement patterns, exercise selection, and, most importantly, it helps the member develop mental toughness and to not give up when the training gets a little difficult. Al is a master at simply pressing ahead and giving the trainee one option — to learn the proper movement, stick with it and make it happen."

Ciampa has already taught one eight-week course and is halfway through a second. The first half of the course focuses on bio-mechanics and teaching members proper movement. The second half applies that proper movement to very simple, high intensity strength and conditioning routines.

Ciampa says that he likes to use kettle bells, which look like a cannonball with a handle, because they lend themselves to teaching proper movement while strengthening. But there are other tools and workout routines that can be strung together to create an

effective workout.

"This course has changed the whole way I view fitness," said Tech. Sgt. Jason Washington, 81st Training Support Squadron curriculum developer supervisor and PTL. "Years ago, I bought into the whole body builder approach of isolating muscles but have found, after training so closely with Al, that this isn't the way our bodies were designed to move. I have noticed total improvement in my day-to-day movements such as picking up a pen from off the floor, bending down to tie my son's shoe, squatting, breathing, running, etc. I now lead PT with the same principles and movements that I learned during the course."

"The goal is to teach proper movement, and to give PTL's tools that they can take out into the track and field," said Ciampa. "We get buy-in from PTL's because they've experienced change in themselves. They're getting creative and really trying to implement what they've learned."



Ciampa assists Master Sgt. Jamie Sieloff, 403rd Wing, with proper hip movement for arm bar mobility using kettle bells.

Stained glass shield presented to Keesler



Photo by Kemberly Groue

Retired Maj. Gen. Roger Radcliff, last commander of the 81st Tactical Fighter Wing, presented a stained glass print of the 81st TFW shield to Brig. Gen. Brad Spacy, 81st Training Wing commander Monday at headquarters. The print, which was made by a military spouse, was a gift from Radcliff's wife when he was the commander. On July 1, 1993, the 81st Tactical Fighter Wing deactivated at Royal Air Force Bentwaters. That same day, Air Force headquarters redesignated the wing as the 81st Training Wing, activated it at Keesler and assigned it to 2nd Air Force. Although its name and mission have changed, the wing's heritage continues unbroken.

Keesler one of two finalists for CINC excellence award

By Staff Sgt.
Kimberly Rae Moore

Keesler Public Affairs NCOIC

"Congratulations are in order for the entire base, as the Pentagon selected Keesler as one of two top finalists in the Air Force for the Commander-in-Chief's Installation Excellence Award," said Brig. Gen. Bradley Spacy, 81st Training Wing commander in an email to base personnel.

This award recognizes the top installations that demonstrate enhanced productivity, dedication to continual improvement and other innovative accomplishments that create and sustain base operations to support the mission of the United States Air Force.

"Being selected in the Air Force's top two installations is an incredible honor, and yet again I am proud to see you get recognized for your efforts," the general said.

Air Education and Training Command commander, Gen. Edward A. Rice Jr. announced Keesler as the AETC winner of the Commander-In-Chief's Annual Award for Installation Excellence Oct. 22.

"Keesler represents the 'Best of the Best' in Air Education and Training Command and is truly deserving of this recognition," said Rice, in a nomination letter to Headquarters Air Force.

"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."

Keesler will compete against McConnell Air Force Base for the award. Both bases will be visited by the final selection board in January.

The winning base will receive a \$1 million award to invest in a quality-of-life element of the base, such as its fitness facilities or dorms.

Two from 81st CPTS win awards

By Senior Airman
Heather Heiney

Keesler News co-editor

Members of the 81st Comptroller Squadron were chosen for two Air Education and Training Command-level awards in the 2012 Financial Management and Comptroller Awards.

The 81st CPTS as a whole was named the Maj. Gen. Alfred K. Flowers Comptroller Organization of the year.

Parlee Barrow, 81st CPTS accounting technician, was named the Financial Management Civilian of the year in the GS-8 and below pay band.

The 81st CPTS was number one in document

accuracy 19 consecutive months for AETC with a 98 percent average. They prepared 678 Airmen for deployment through 204 finance briefings and ensuring their financial matters were in order. They also ran a 'fit to fight' program leading to an average physical training test score of 90.5 percent.

Barrow managed \$35.5 million in 81st Mission Support Group contracts through 50 invoices and receiving reports and averted interest penalties for the third quarter. She earned a master's of business administration degree with honors in accounting. She also volunteered her time throughout the year between seven organizations.



Keesler Hospital conducts open house for new tower



Photos by Steve Pivnick

Lt. Col. Kathryn Weiss, 81st Surgical Operations Squadron anesthesia flight commander, chats with retired Chief Master Sgt. Jerry Caldwell of Biloxi. He was touring the new facility during an afternoon open house Nov. 29 at Keesler for those enrolled with the hospital and staff members. Departments that will be located in the tower have begun moving in this week and it will be open for patient care approximately mid-December.

Lt. Col. Nneka Williams, 81st Surgical Operations Squadron Operating Room Flight commander, right, describes equipment in one of the operating rooms in Keesler Hospitals new Back Bay Tower to hospital staff members, from left, Kathleen Meschberger and Linda Davis, 81st Medical Support Squadron, and Martha Prieto-Moreno, 81st Medical Group.



Keesler medics send holiday greetings

Thirteen of the fifteen 81st Medical Group members deployed to Afghanistan as part of the 651st Expeditionary Aeromedical Evacuation Squadron pose in front of an F-16 for a group photo to send home to their families for the holidays. The team is part of the Contingency Aeromedical Staging Facility, a modular staging facility designed to support worldwide expeditionary missions. Since their arrival the team has provided support for 69 Aeromedical evacuation missions and moved 362 patients to a higher level of care.

Courtesy photo

The 50-state flag team and the honor guard from Keesler line the field during the pre-game celebration at the 2012 Mississippi Bowl at the Biloxi High School football stadium Saturday. Other Keesler participation included a C-130J Hercules fly over by the 403rd Wing and a drill down performance by the 81st Training Group.

Photos by Kemberly Groue



Vince Moore, member of the All-American Skydiving Team, parachutes onto the football field carrying the American Flag during the pre-game celebration.



Airman 1st Class Kyle Harayda, 335th TRS, spins his weapon in a drill down competition during half time.

Keesler takes field during Mississippi Bowl game



Members of the 334th Training Squadron drill team perform in a drill down competition during half time. The 336th TRS was selected as the winner of the competition by audience applause.



The Keesler Honor Guard prepares to present the colors for the Nation Anthem as a C-130J aircraft belonging to the 403rd Wing conducts a fly over.



Copiah-Lincoln Community College football players and staff look to the sky as skydivers of the All-American Skydiving Team parachute onto the field.



The 336th TRS Red Wolf mascot and Airman 1st Class Brionna Young, 336th TRS drill team member, accept the 1st place trophy from Ladd Taylor, Mississippi Bowl chairman, following a drill down competition held during half time.

2012 supply classes

Quarterly supply classes are held in the CSC Supply Conference Room, Room 121B, Taylor Logistics Building.

Block I - supply indoctrination is 9-10 a.m. Dec. 20. All newly-assigned supply custodians and resource managers are required to attend. For more information or to sign-up for any block-training class, call 228-377-5998.

Precious metals recovery program is 10-11 a.m. Dec. 20. All newly-assigned PMRP monitors are required to attend and refresher training is required annually. For more information or to sign-up, call 228-377-5998.

Block III equipment custodian refresher training is 1-2 p.m. Dec. 20. Supply equipment custodians are required to have block III custodian training annually. For more

information about the block III training or to sign-up, call 228-377-2270/7800.

Block IIA- bench stock training is 2-3 p.m., Dec. 20. For more information or to sign-up, call 228-377-4180.

Block IIB - repair cycle training is 10-11 a.m., Dec. 21. For more information or to sign-up, call 228-377-4491.

Central selection board

The CY113A colonel (LAF-J), and lieutenant colonel (LAF/LAF-J) central selection board will convene March 18 at Air Force Personnel Command headquarters.

To be eligible for the P0613A (LAF-J) and P0513A (LAF/LAF-J) CSBs the officer must have an extended active duty date of Sept. 19 or earlier with a date of separation of June 16, 2013 or later. Also, officers on active duty under the Voluntary Recall Program

or any other Reserve Recall Program must have at least one year on active duty as of the board convening date, starting from their new EAD date.

For more information call 228-376-8356.

NCOA scholarships

The Mathies NCO Academy's class 13-1 is offering two, \$250 scholarships to Keesler spouses or dependents who plan on attending an accredited junior college, trade school or four-year university in the 2012-2013 academic year. The purpose of the scholarship is to give a Keesler dependent recognition for their civic and academic achievement. Applications are due today and winners will be notified Monday. Applicants are required to answer questions about their college goals, interests and extracurricular activities as well as complete a one-page es-

say. For more information call 228-377-3944.

Emergency room move

Keesler Hospital's emergency room moves Dec. 11 to its new location on the first floor of the new Back Bay Tower, located on the northeast corner of the hospital. Signs along major Keesler roads will direct patients to the ER.

Housing office move

The housing office and community housing will be relocating to 300 Patrick Drive (Forest City Community Center) the week of Dec. 10 and there will be limited service during this time.

Business ownership seminar

Interested in having your own business, either in addition to your 'day job' or after leaving military service? Attend the 'Own Your Own Business Seminar' 2 p.m. Dec. 12 in the Sablich Center Room 108A. Hear from local offices of the Small Business Administration, Small Busi-

ness Development Center and Innovation Center. Learn about what they provide, classes and free resources. Call 228-376-8728 to sign up.

Tuition assistance

Active-duty members requesting tuition assistance may do so no earlier than 30 days prior to their class start date.

81st MDG holiday services minimal

The 81st Medical Group will have minimal services Dec. 13, 24, 25, 31 and Jan. 1. The emergency room, however, is always available.

Keesler Airman's Attic

The Keesler Airman's Attic provides free donated items to enlisted members of any branch, E-5 and below. The facility is located at the corner of Meadows Drive and First Street and is open Mondays, Wednesdays and every non-training Friday from 9 a.m. to 2 p.m. The last Saturday of the month is an "all ranks" day from 9 a.m. to 1 p.m. For more information call 228-377-3814.

Keesler Events Calendar

Today

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

4 p.m. — Children's storytime at the McBride Library for kids ages three and older.

4:30 p.m. — Holiday in the park at the marina.

5 p.m. — Family ceramics night at the arts and crafts center.

— Auto maintenance 101 at the auto hobby shop.

6 p.m. — Party plate date at the arts and crafts center.

Friday

11 a.m. — Push-pull weightlifting competition at the Triangle Fitness Center.

Saturday

1 p.m. — Kids and canvas at the arts and crafts center.

— Watercolor painting class at the arts and crafts center.

Tuesday

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

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

1 p.m. — Retirees pre-separation counseling at the Sablich Center Room 110.

Wednesday

8 a.m. — Newcomers orientation at the Sablich Center Room 108B.

Dec. 13

8 a.m. — Veterans benefits briefing at the Sablich Center Room 108A.

1 p.m. — Airman and

family readiness center post-deployment briefing at the Sablich Center Room 108.

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

Dec. 15

8 a.m. — Santa Golf Scramble at the Bay Breeze Golf Course.

Dec. 18

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

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

1 p.m. — Retirees pre-separation counseling at the Sablich Center Room 110.

2012 chapel holiday events

Catholic worship schedule (All at Triangle Chapel)

Daily mass — Monday through Friday at the Blessed Sacrament Chapel 11:15 a.m.

Evening prayer — 5 p.m. Sunday through Friday.

Feast of the Immaculate Conception — Advent Retreat from 8 a.m. to 3 p.m. Holy Day of Obligation Mass 2 p.m. Dec. 8.

Advent reconciliation service — 6 p.m. Dec. 12.

Christmas vigil mass — 5 p.m. Dec. 24.

Christmas morning mass — 9 a.m. Dec. 25.

Solemnity of Mary, Mother of God (Holy Day of Obligation) — 5 p.m. Dec. 31 and 11:15 a.m. Jan. 1.

Protestant Worship Services (All at Larcher Blvd. Chapel)

Christmas Eve candlelight worship/communion — 5 p.m. Dec. 24.

New Year's Eve watchnight service — 8 p.m. to midnight Dec. 31.

Energy drink usage survey comes to Keesler

By Lt. Col. Winnie Lok-Park

81st Diagnostics and Therapeutics Squadron

A study is currently being conducted on the prevalence of energy drink consumption among all Air Force personnel, including civilians, stationed at Keesler.

The survey was initiated by investigators at Travis AFB, Calif., in September to learn how many Air Force personnel use energy drinks, their side effects and the reasons people choose to consume them. After gaining approval from the Air Force Survey Office, 11 other sites, including Keesler, were selected to join the research efforts. The survey runs for four weeks at each site, with the study collection period concluding at the end of the year.

Energy drinks are widely used in the military, although little is known about the physical effects on the body.

The Air Force Times published an article in June 2012 regarding the two-year research project currently underway at Travis's David Grant U.S. Air Force Medical Center. This study is specifically looking at the effects energy drinks have on the blood pressure, heart rate and heart rhythm of users.

While the U.S. Food and Drug Administration limits the amount of caffeine in sodas and other beverages to no more than 71 mg per 12-ounce can, there are no such restrictions on energy drinks since they are classified as "nutritional supplements." This is particularly concerning to medical providers, since some energy drinks contain up to 500 mg of caffeine per container. Most people consume them for the positive effects of increased mental alertness, energy and stamina. However, excessive amounts of caffeine can cause in-

somnia, irritability, anxiety, headaches and an increased heartbeat.

Energy drinks have had much publicity lately. In November, the FDA received claims that a popular energy product may have led to 13 deaths and 33 hospitalizations over the past four years. In October, the family of a 14-year old girl sued the makers of one particular energy drink for wrongful death. After consuming two 24-oz containers in 24 hours, the girl became unconscious and later died from a cardiac arrhythmia (i.e., rapid, slow or irregular heart rate) due to caffeine toxicity, which prevented the heart from pumping blood.

Although there have not been any reports of deaths attributed to energy drinks in the military, the limited knowledge about their physical effects and how many Air Force personnel

consume them is a potential health risk.

A 2008 research study found consumption rates of energy drinks to be 61 percent of all active-duty members surveyed at one Air Force base. This study completed at Travis early this year indicated that consumption rates were 87 percent for active-duty members, with 40 percent consuming at least one drink per week. Consumption among non-active-duty members at Travis was 61 percent, which is significantly lower. These findings raise more questions about why the more recent consumption rates are higher and why active-duty members consume energy drinks at higher rates than non-active-duty members.

Your participation in this survey may help provide answers to these questions. To access it, go to https://www.surveymonkey.com/s/USAF_Energy_Drink_Consumption_Survey.

Seven 81st SFS members win AETC awards

By Staff Sgt. Eric Summers Jr.

Keesler Public Affairs

Members of the 81st Security Forces Squadron received seven individual Air Education and Training Command awards for fiscal year 2012.

The winners are:

Technical Sgt. Vincent Brasher, Outstanding Security Forces Support Staff Non-commissioned Officer Award.

Staff Sgt. Christopher Jarrel, Colonel Billy Jack Carter Award.

Staff Sgt. Audrey Spoor, Outstanding Security Forces Award in the noncommissioned officer individual mobilization augmentee category.

Senior Airman Brittany Beltran, Outstanding Security Forces Support Staff Airman Award.

Senior Airman Ryan Steelman, Outstanding Security Force Flight-level Airman Award.

Senior Airman Samantha Steelman, Airman First Class Elizabeth Jacobson Award.

Warren Breckenridge, Outstanding Security Forces Award winner in the flight-level civilian category.

Brasher was part of the quick-response force for an attack on Camp Eggers where he performed outside the wire armed escort and rescue mission to recover five coalition forces members. He was also a lead gun truck commander on 150 combat missions. He coordinated mission plans and protected NATO Training Mission-Afghanistan commander and also deterred insurgent attacks. He also identified an IED on a dismounted patrol and secured and established a safe route to mitigate casualties and injuries.

Jarrel and military working dog Toki disregarded their own safety to protect joint force partners during a patrol

in Afghanistan where they came under direct fire from an unknown number of Taliban fighters. During the fire-fight he provided suppressive fire to allow members of his platoon to come to the aid and recover Soldiers who were wounded or killed in action. Jarrel and Toki also secured a safe route for extraction identifying and marking an improvised explosive device allowing both platoons and the casualty evacuation teams to conduct a safe movement to the helicopter landing zone while avoiding the explosive device.

Spoor staged the 81st Training Wing's defense biometric initiative and established a daily scan rate that surpassed the AETC goal by 60%. She briefed 77 Keesler Airman during the newcomer's briefing to highlight known hazards. Spoor also completed a 40-hour International Police Mountain Bike Association

training course to conduct several hi-visibility patrols.

Beltran deployed to Southwest Asia where she secured 3,500 personnel and \$5.1 billion in resources on 540 intelligence, surveillance and reconnaissance missions. She also conducted 50 United States and host nation joint patrols covering a 314 mile perimeter, forging relationships with host nation forces and deterring threats.

Ryan Steelman was part of the quick-response force for an attack on Camp Eggers where he performed outside the wire armed escort and rescue mission to recover five coalition forces members. He was also the lead gunner for 150 combat missions to deter insurgent attacks and swept routes to protect NATO Training Mission-Afghanistan commander. Steelman Safely delivered 13 distinguished visitors for Angel flights by mitigating 10

miles of known improvised explosive device routes.

Samantha Steelman directed 250 security patrols to assist Afghanistan host nation security forces with securing a seven-kilometer perimeter and 4,000 Afghanistan personnel. Also as primary base defense operations center controller and member of the lead security element she secured 400 coalition forces and two compounds for a trained battle ready force.

Breckenridge was a first responder to 10 medical emergencies rendering self-aid and buddy care and stabilizing the victim for a seamless transition to medics. As the flight leader he taught active shooter tactics. He also completed the Mississippi Bureau and Narcotics 8-hour course to identify signs of impairment which was crucial to reducing drunk driving incidents on base.



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

'Messiah' chorus performs at Keesler



Photos by Kemberly Groue

The Gulf Coast Messiah Chorus performs during a 60th Anniversary Celebration Nov. 29 at the Triangle Chapel under the direction of conductor Dr. Paul McGahie. The Choir's first performance began at Keesler and is now made up by musicians from both the military and civilian communities.



The Triangle Chapel is a full house as audience members are entertained by choral singers and musicians.



Keesler goes on Christmas cruise

Personnel from Keesler take a photo on the Keesler Dolphin II at the marina Saturday before departing to participate in the 27th Annual Christmas on the Water boat parade along the Mississippi Gulf Coast in Biloxi. Boats parade in full holiday décor with a fireworks show after the parade. The Dolphin, which was captained by Jim Young and Dave Bowers, was awarded third place in the commercial boats category. Col. Rene Romero, 81st Training Wing vice commander, and retired Brig. Gen. Rich Moss, former 403rd Wing commander, participated as judges for the event.

Photo by Kemberly Groue

334th TRS claims championship trophy

Capt. Tony Bridge, Staff Sgt. Trae Clark and Tech. Sgt. Dereck Lewis, 334th Training Squadron, display a trophy in front of Cody Hall won by Keesler's intramural flag football championship team during an annual Southern Command flag football game against Naval Construction Battalion Center Gulfport Nov. 28, 2012. The 334th TRS defeated the Seabees, 38-20.

Photo by Kemberly Groue



Photos by Kemberly Groue

Marianna Thomes, Keesler white team, and Kirsten Piernas, Keesler blue team, battle for the ball during an inter-squad scrimmage among the Women's varsity basketball team Saturday at the Blake Fitness Center. The Keesler white team defeated the Keesler blue team, 45-30.

Women's varsity basketball scrimmage



Kirsten Piernas, Keesler blue team, makes a fast break across half court as members from Keesler white team close in.