



# KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train. Fight. Win.

FEB. 7, 2013 VOL. 74 NO. 5

## 338th TRS wins drill down

Pages 14-15

81st TRW releases  
annual award nominees  
Page 5

81st MDG cuts ribbon  
Page 13

Mobile app provides  
patients with biofeedback  
Page 24

### INSIDE

Commentary, 2 Dragon Achievement, 5 News and Features, 9-24

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# 'Domestic violence can't happen to me' — it can

By Paula Spooner

Family advocacy outreach manager

Too many people believe that domestic violence can't happen to them. In fact, perhaps even you may be a member of that group.

I am referring to those who prefer to think they are different from the rest of the pack — smarter, more aware and somehow protected from unhealthy people who might otherwise target and injure them. I will admit that I was once one of those people, but I was very wrong.

Fourteen years ago I married my second husband after a two-year courtship. My personality was no different back then than it is now — strong, confident and outgoing. I was more than content in my career and delighted daily in my three children. My life was full and the future seemed virtually unlimited.

But then, within several months of our marriage, after a cross-country move took us far away from family and friends, my new husband abruptly became verbally abusive of me and my children. Swiftly progressing to severe emotional abuse, it deteriorated from there. The suddenness and rapidity with

which it progressed stunned and bewildered me to the point that I struggled to wrap my mind around the reality of it. It seemed surreal. Because it was such a departure from what I was accustomed to, I initially found myself meticulously examining what I might have said or done to provoke these cruel outbursts in him. Eventually I realized the behavior was his responsibility, not mine.

Even then I felt stuck: He was a well-respected, high-ranking military officer. I was an Air Force civilian working in family advocacy. How could I, a person who knew all about domestic violence, who in my own mind should have "known better," tell anyone what was going on? Who would believe me? How could I even begin to explain it? He soon made the decision for both of us and one evening he was arrested. The aftermath was embarrassing and messy, yet also a tremendous relief. My colleagues were supportive, pragmatic and understanding. The kids and I began the painful process of healing. From start to finish, the total length of that marriage was less than one year.

I tell you this for a couple of reasons. First, in the past,

family advocacy only offered one option for reporting domestic violence: an unrestricted report. If I had chosen to make a report, it would have provided my family much needed access to family advocacy program support and counseling, but it would also have launched an official investigation involving law enforcement and my then-husband's command. Prior to his arrest, I hadn't yet made some critical decisions. In addition, I had multiple concerns about a formal investigation. How would he react? We were both assigned to the same squadron (same flight, in fact), and given both of our very visible positions, I was acutely aware of the sensitivity of the situation.

On the positive side, once the formal investigation was launched, it proceeded smoothly. My husband was held firmly accountable. In fact, we both were held accountable to ensure that we followed every military and civilian expectation to the letter. This protected both of us. It provided boundaries, structure and reassured the kids. These were all helpful things that oddly contributed to a more amicable outcome.

Today, family advocacy

also offers a restricted reporting option. With this option, a victim can confidentially disclose details about a situation to specific individuals, receive necessary treatment and counseling or seek victim advocacy, and it will not trigger an official investigation. Service members or their partners (they don't have to be married) who desire a restricted report may disclose to a victim advocate, family advocacy staff member, health care provider, sexual assault response coordinator or chaplain. An unrestricted report is the only option if the disclosure is made to a command or law enforcement official.

Victims can obtain any needed medical care, create viable safety plans, explore and clarify their feelings and then decide how they wish to proceed. This option puts the control and timing of the process fully in the hands of the victim, which is tremendously reassuring. Privacy and confidentiality are total unless the privacy of the victim becomes outweighed by risk of harm. A restricted report may be changed to an unrestricted report by a victim at any time. Once it changes to an unrestricted report, however, it cannot be changed back to a

restricted report.

The second reason I shared my story is to reinforce a point that should be obvious, but too often isn't. Interpersonal violence never discriminates. It doesn't seek out a particular personality type, educational level, military rank, socioeconomic status, ethnic culture or religion. Anyone can become the target of abusive relationship behaviors, particularly when those behaviors aren't revealed until the relationship is well established and strong bonds are formed.

Don't ever delude yourself into thinking that someone you believe you know well couldn't possibly be a victim of violence because "He's such a big, athletic guy!" or "She's just not the type. She's way too strong willed!" It's very tough to reach out and ask for help. So do the right thing and ask the simple question, "I'm concerned. Is everything OK? I'm here if you want to talk."

Trust me on this.

For more information on reporting options, interpersonal violence dynamics and how you can be a positive voice in your squadron, call family advocacy, 228-376-3457. For a domestic violence victim advocate, call 228-376-5361.

## A changing world requires adaptive leadership

By Col. Jerry Lawson

81st Inpatient Operations Squadron

As leaders in today's military, we are challenged with an ever-changing mix of attitudes, personalities and generational beliefs all found within our culturally-diverse young Airmen.

How does one approach such a diverse population with such varied and continually changing values and priorities?

The process of leading must adapt and change with our ever-evolving population.

As leaders, we may not yet have all the answers on how to best guide those placed in our charge. The Airmen of today have greatly differing perspectives on how a mission should be accom-

plished. The bottom line is we as leaders cannot ignore an evolving society that is rapidly forming around us. Nor can we disregard the factors and changing attitudes which will challenge us. We must adapt each day to keep a foothold on the missions ahead.

To set the stage for the challenges ahead, keep in mind that each generation has its own beliefs and attitudes.

Those in the "silent generation" are considered to be hard working, respect authority, put duty and work before fun and adhere to rules.

Baby boomers are considered workaholics, strive for personal fulfillment, value a quality product and question authority.

Members of Generation X are considered self-reliant, want structure and direction, are generally more skeptical and consider freedom their best reward.

Those in Generation Y are considered good at multitasking, are entrepreneurial, are goal-oriented and value a family and work balance.

Millennials are considered optimistic, realistic and individualistic, like to rewrite the rules and expect technology to be integrated into every aspect of their lives.

If you do not believe in the generational approach, just refer to the news and see the changing world. For example, a recent article observed, "A group of concerned educational leaders and

a child psychologist were looking at the importance of changing the color of the ink that school teachers used to correct papers from red to blue. They felt that red ink was too negative and could possibly be affecting some children in a demeaning way which could cause negative long-term effects."

I am not saying that this group's opinion or findings are right or wrong, nor am I saying that a leader must accept every theory or belief that comes down the pike. What is important is the realization and acknowledgement that there is a group of individuals who may truly believe one thing is the right thing

See **Leadership**, Page 7

**Brig. Gen. Brad Spacy**  
81st Training Wing  
commander

**81st Training Wing  
Public Affairs**

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Chief

**Jerry Taranto**  
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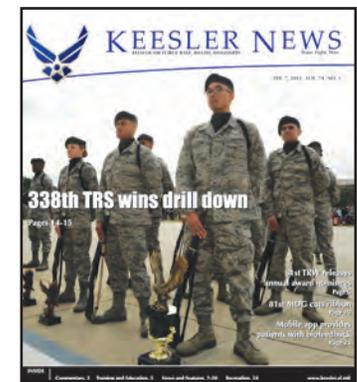


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## ON THE COVER

Members of the 338th Training Squadron drill down competition team stand in formation in front of the trophies they accumulated during the first drill down of the season Friday at the Levitow Training Support Facility. The 338th TRS was the overall winner of the drill down, with the 335th TRS taking second and the 336th TRS in third.

Photo by Kemberly Groue



## PHOTO OF THE WEEK



### Keesler children entertained by motivational speaker, author

Trevor Romain, a children's motivational speaker and author, visited the youth center at Keesler Jan. 30 to speak to the children about topics such as bullying, homework, deployment, teamwork and nutrition. The tour was sponsored by the United Service Organizations Inc. Trevor spoke to over 2,800 children at six elementary schools along the Gulf Coast. The school visits were organized by military school liaison officers Kevin Byrd and Gerry Cross and Families OverComing Under Stress, a military family resiliency training. More than 800 military children received a "deployment pack" that contains DVDs, a personal journal, and other items to help them cope with a parent's deployment.

Photo by Kemberly Groue



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



## Wing releases annual award nominees

### 81st Training Wing Public Affairs

The 81st Training Wing annual awards ceremony is March 1 at the Bay Breeze Event Center ballroom. Cocktail hour is from 6-7 p.m. and the ceremony begins at 7.

Nominees are:

**Airman** — Senior Airmen Zachery Bartlett, 81st Medical Support Squadron; Merissa Clements, 81st Training Group, and Heather Heiney, 81st Training Wing Public Affairs; and Airman 1st Class Hamish Grason, 81st Force Support Squadron.

**Noncommissioned officer** — Tech. Sgts. Stephanie Horn, 81st TRW (81st Medical Group nominee), and Christopher Podobinski, 81st TRG; and Staff Sgts. Heather Smith, 81st Comptroller Squadron, and Ann Yarbrough, 81st Logistics Readiness Squadron.

**Senior NCO** — Master Sgts. Michael Asdel, 81st TRW Safety Office; Derek Glanton, 81st TRG; Joshua Sigler, 81st MDG, and Tomeika Washington, 81st FSS.

**First sergeant** — Master Sgts. Casey Boom-

ershire, 81st LRS; Christopher Walton, 81st MDSS, and Stephen Whitworth, 335th Training Squadron.

**Company grade officer** — Capt. James Johnson, 336th TRS, and Jonathan Mueller, 81st Diagnostics and Therapeutics Squadron, and 1st Lts. Victoria Porto, 81st TRW Public Affairs, and Daniel Wright, 81st FSS.

**Civilian category I, non-supervisory** — Parlee Barrow, 81st CPTS; Joann Griggs, 81st MDTS; Bridget Haynes, 338th TRS, and Trevor Kearns, 81st Communications Squadron.

**Civilian category II, non-supervisory** — Richard Brock, 81st TRW Legal Office; Steven Green, 81st Contracting Squadron; Mark Greenstreet, 81st MDSS, and Vanessa Williams, 81st Training Support Squadron.

**Civilian category I, supervisory** — Tawanda Simpson, 81st LRS.

**Civilian category II, supervisory** — Becky Green, 81st FSS; Desirae McIntyre, 334th TRS, and Jerry Taranto, 81st TRW Public Affairs.

## Airman earns AETC's print journalist award for second year in a row

By Susan Griggs

81st Training Wing Public Affairs

**Senior Airman Heather Heiney**, a photojournalist in the 81st Training Wing Public Affairs Office, is Air Education and Training Command's military print journalist of the year ... again.

Heiney, who serves as Keesler News co-editor, also earned the award for the best sports story in AETC's 2012 media contest. In the 2011 competition, she also claimed top honors in the commentary category.

Keesler is the first duty station for Heiney, who arrived in August 2010. After only four months on the job, she was selected as AETC's

outstanding new writer in the 2010 contest, along with second place in the commentary category and third place in the photojournalism category.

Her five-part entry for 2012 included a news story about former Chief Master Sgt. of the Air Force James Roy's visit to Keesler, a hurricane season preview feature, and commentaries about last year's AETC symposium, an interview with former Chief Master Sgt. of the Air Force Robert Gaylor and life lessons learned from Fata Morgana's comedic daredevil Bello Nock.

Heiney now represents AETC in the 2012 Air Force Media Contest.

## Airman wins command logistics honor

### 81st Training Wing Public Affairs

**Senior Airman Jeffrey Sadler**, 81st Logistics Readiness Squadron, is Air Education and Training Command's Logistics Plans Airman of the Year for 2012.

As a logistics planner, Sadler supported the second-largest AETC mobility platform by preparing 941 unit type codes for 2,200 members in the event of a tasking and assisting 570

of those through deployment processing.

He guided the deployment staff-assisted-visit program, inspecting 63 unit deployment managers and identifying or correcting 20 errors, helping refine the wing mobility process.

Sadler also streamlined the mobility tasking process by creating a names-in-system tracker which AETC said was the best in the Air Force.



## Leadership,

from Page 2

to do, based on their established value or perspective. We, as leaders, cannot ignore these facts or just dismiss them. We must deal with them and develop innovative ways to continue to provide guidance and direction for those in our care.

Looking at the styles of leadership, both past and present, we continue to learn and

utilize many established techniques and develop our own toolkits to tackle our missions as they unfold. The point is we must also acknowledge change and evolution of society and the importance of personal perspectives. We must be able to develop new tools and techniques to adapt and mold our future Airmen as well as our future leaders to meet the ever-challenging world ahead of us.

We must be able to expand

our thought process to capture every possible resource, both past and future, developing effective leadership styles with new and adaptive motivational tools meeting the mission as well as the needs of our Airmen. We have to evolve along with our military society and ensure that our future Airmen will be molded into the greatest warfighters in the world. These are the challenges we face and must embrace.



Safety Sam says,

**“Safety is something**

**you learn from**

**the start —**

**being accident free**

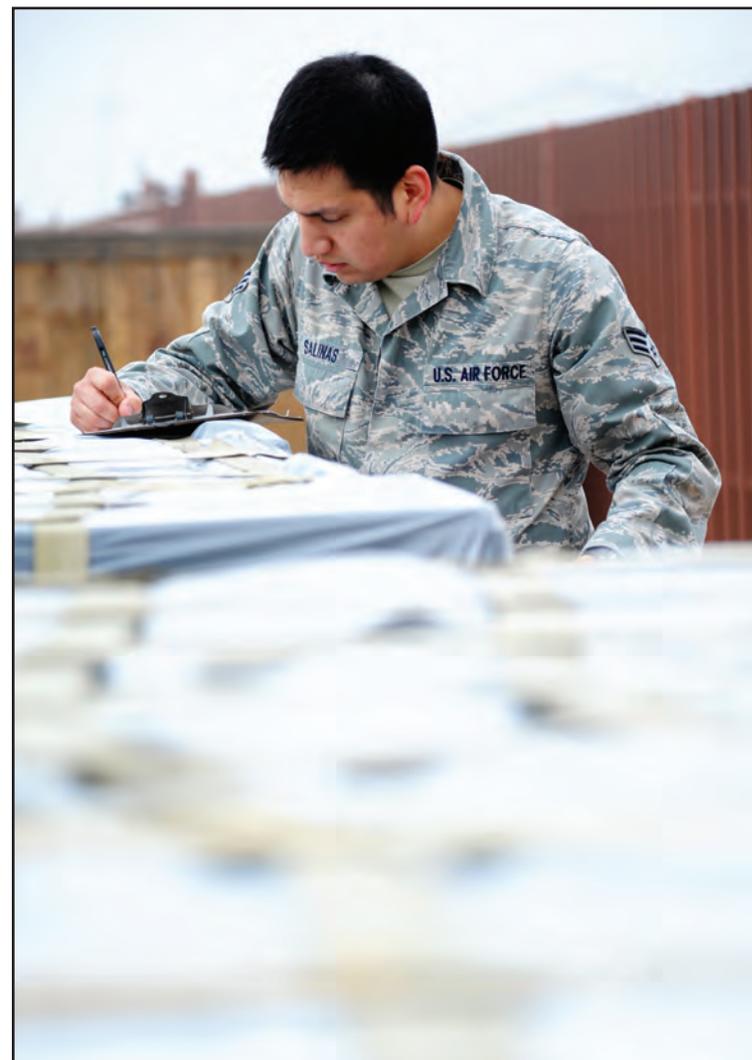
**is doing your part.”**

## Keesler exercises humanitarian readiness



Photos by Kemberly Groue

Gary Harmon, 81st Logistics Readiness Squadron, provides direction to Marc Lerch, 81st LRS, as he operates a forklift for transporting cargo at the supply warehouse loading docks during a humanitarian deployment exercise Jan. 29 at the Taylor Logistics Center. The exercise scenario consists of an earthquake in Arkansas with a warning order for a deployment to Little Rock, Ark.



Augmentee Senior Airman Oracio Salinas, 85th Engineering Installation Squadron, checks incoming cargo.



Staff Sgt. Shaun Sergow, 81st Security Forces Squadron, receives dog tags from Staff Sgt. Tomeka Gordon, 81st Training Wing, at the chaplain's table at the deployment eligibility line.



Staff Sgt. Kimberly Agee and Senior Airman Allison Meaney, 81st Surgical Operations Squadron, review their mobility folders after processing through the deployment line



Photo by Steve Pivnick

From left, Biloxi city councilman and retired Lt. Gen. Clark Griffith; Myrtis Franke, Gulfport office director for Sen. Thad Cochran; Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander; Rep. Steven Palazzo, and Brig. Gen. Brad Spacy, 81st Training Wing commander, cut the ribbon marking the official opening of the Keesler Medical Center's new Back Bay Tower Friday. The tower contains state-of-the-art medical and surgical inpatient wards, intensive care and recovery/peri-anesthesia care units as well as a new emergency department, physical-occupational therapy-chiropractic clinic, two new operating rooms and two cardiac catheterization labs. The hospital started using the new facility in December. Cornum also used the opportunity to announce the Keesler Hospital has been officially redesignated "Keesler Medical Center."

## 81st MDG facility named 'Keesler Medical Center'

By Steve Pivnick

81st Medical Group Public Affairs

Keesler can again boast that it is home to a medical center.

Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, surprised those attending Friday's official ribbon-cutting ceremony for the hospital's new Back Bay Tower with the good news.

The Keesler Medical Center designation was changed in early 2010 to meet the requirements of the 2005 Base

Realignment and Closure Commission which mandated the facility be converted to a "community hospital." The BRAC also authorized \$60 million to construct a new inpatient tower.

In early 2012, Cornum had asked former Air Force Surgeon General Lt. Gen. (Dr.) Charles Green to approve renaming the facility "Keesler Medical Center." Lt. Gen. (Dr.) Thomas Travis, current surgeon general, ap-

proved the change in a Jan. 30 memo that stated, "This memo shall serve as approval for the 81st MDG to use the name Keesler Medical Center, effective immediately. The 81st MDG's importance as a critical Air Force medical readiness training platform and its contribution to care in the Gulf Coast region merits the use of this name."

Cornum took the opportunity of the ribbon-cutting to specifically thank two mem-

bers of the Gulf Coast community for their efforts in encouraging the BRAC commission not to reduce the Keesler medical treatment facility to a clinic, which was what was the Department of Defense recommended.

"Myrtis Franke (Gulfport office director for Sen. Thad Cochran) and General Clark Griffith (retired lieutenant general and current Biloxi city councilman) were strong advocates on our behalf," Cor-

num said. "They were responsible for retaining our role as a hospital rather than becoming a clinic. (Hurricane) Katrina also played a role in the final decision as senior leadership in Washington was dedicated to ensuring Keesler would return to its pre-Katrina status."

The "Dragon Medic" leader also thanked the 81st MDG staff for all they had done to maintain the medical center's superior medical care which drove the final decision.

Members of the 338th Training Squadron regulation drill competition team enter the field to perform during the first drill down of the season Friday at the Levitow Training Support Facility. The 338th TRS was the overall winner of the drill down, with the 335th TRS taking second and the 336th TRS in third.

Photos by Kemberly Groue



Members of the 336th TRS free-style drill competition team perform their routine for the crowd gathered at the Levitow.

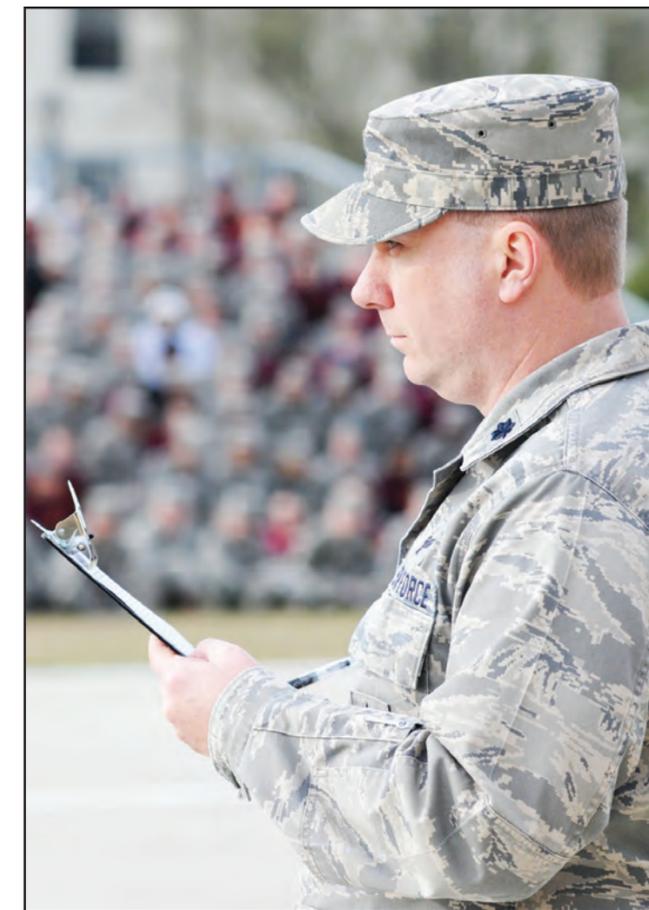
## 338th TRS takes trophy in first drill down



Airman 1st Class Ryan Heaton, 334th TRS, spins his weapon during the freestyle drill competition.



Members of the 335th TRS freestyle drill competition team perform at the first drill down of the season.



Lt. Col. Bradley McAlpine, 335th TRS commander and drill down judge, looks for the team with the sharpest skills.

# How does your diet affects your teeth?

**By Capt. (Dr.) Michael Caldwell**

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## **81st Dental Squadron**

Many factors influence teeth and can cause them to get cavities.

A primary factor is diet. The formation of cavities is a continuous process in which teeth are “demineralized” or weakened. This occurs as a result of acid in the mouth. Two main sources are acidic foods like lemons, apple juice or soda and bacteria in the mouth. When people eat sugar, the bacteria in their mouth processes that sugar and releases acids as a byproduct.

Acids can be harmful because of how they affect pH. The more acid in the mouth, the lower the pH becomes. Ideally, the pH of the mouth is 6-7. When the pH gets below 5.5, the teeth become demineralized and weak-

ened. Studies have shown that a 10 percent sucrose rinse, about the amount of sugar in a cup of coffee, causes the pH to drop below 5.5 for up to 30 minutes. So, teeth are more likely to get a cavity at that time.

For example, if someone has a cup of coffee with sugar in it and takes a sip every 30 minutes for a few hours, the teeth will be consistently exposed to acid, with an increased risk for cavities. However, drinking an entire pot of coffee with sugar within 15 minutes leaves teeth less susceptible to cavities. The amount of sugar and acids consumed as well as the way they are consumed can affect the teeth. The more sugar and the more frequently a person consumes sugar, the worse it is for teeth. The same is true for acidic foods and drinks.

## **Airman and family readiness center**

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**500 Fisher St., Bldg. 701 (228) 376-8728**  
**Levitow Annex: 140 Phantom St. Room 134 (228) 377-0155**

# New surcharge on credit card purchases

**Air Force News Service**

WASHINGTON — As of Jan. 27, merchants in the United States and U.S. territories are permitted to impose a surcharge on any credit card transaction that uses a MasterCard or Visa branded card, which includes the Government Travel Charge Card, both Individually Billed Accounts and Centrally Billed Accounts.

This surcharge is permitted to be charged in all states except California, Colorado, Connecticut, Florida, Kansas, Maine, Massachusetts, New York, Oklahoma and Texas.

While some merchants may elect not to charge this additional fee, those that do are required to notify customers before they make an actual purchase — at the store entrance and at the point of sale — or in an online

environment, on the first page that references credit card brands. The surcharge will be included in the total transaction amount and will be listed separately on the sales receipt.

This new surcharge has been authorized reimbursable expense while on official travel. The Joint Federal Travel Regulations and the Joint Travel Regulations have been updated accordingly, effective Jan.27.

If a traveler is charged this surcharge, they should add it as a separate expense under the non-mileage expense section of their voucher, ensuring that the additional surcharge is not also included in the total of the related expense.

For additional information about this new surcharge, go to: [http://usa.visa.com/personal/using\\_visas/check-out\\_fees/index.html](http://usa.visa.com/personal/using_visas/check-out_fees/index.html)

## **School Liaison 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 NOTES

## Worship bus service

Non-prior service training students will have the opportunity to ride the shuttle bus to and from the 11 a.m. gospel worship service at the Larcher Chapel beginning Sunday. This bus service will pick up students at 10:45 a.m. at the 338th Training Squadron bus stop across from vehicle operations. After the worship service, the shuttle bus will pick up students from Larcher Chapel at 1 p.m. and return them to the 338th TRS bus stop.

## CCAF deadline

The last day to apply for the Community College of the Air Force Spring 2013 Graduating Class is Feb. 22. By that date, all supporting documentation must be on file with CCAF at Maxwell Air Force Base, Ala., including a nomination

Action Request. For more information go to the education services office in Room 224 of the Sablich Center, or call 228-376-8708.

## AFAS grants

Keesler's airman and family readiness center received \$4,000 from the Air Force Aid Society for 10 spouses to take the physician's office assistant course through Mississippi Gulf Coast Community College. Applications are available at the airman and family readiness center or can be emailed upon request. The deadline to turn in completed applications is 3 p.m. Friday. The scholarship is open to non-military spouses of Air Force members assigned to a Keesler unit. If the military member is Air Guard or Reserve, Title 10 orders showing they will be on active status from Feb. 20

through May 15 are required. Active-duty members must have orders showing they will be at Keesler through May 15.

All applicants will be notified if they are selected or non-selected no later than Feb. 15.

The course will be held evenings at the MGCCC Jeff Davis Campus. For more information go to [www.mgccc.edu](http://www.mgccc.edu).

## Black History Month

Black History Month activities organized by Keesler's African American Heritage committee include:

**Soul food sampling**, 10:30 a.m. to 1:30 p.m. Feb. 7 at the youth center.

**A three-on-three basketball tournament**, 8:30 a.m. Feb. 16 at the Blake Fitness Center.

**The ninth annual bowling tournament**, noon Feb. 21 at Gaudé Lanes.

**A gospel concert**, 6-8 p.m. Feb. 23 at the Triangle Chapel.

**AAAC Black History luncheon**, 11 a.m. Feb. 28 at the Roberts Consolidated Aircraft Maintenance Facility.

## Gas line repairs

CSC, in conjunction with The Green-Simmons Company, is currently repairing the natural gas lines throughout Keesler. The project began Jan. 14 and is scheduled to conclude Dec. 10.

During the course of the project, each building with gas will experience an interruption in their service. The interruption should not last more than two hours. As the project progresses, CSC will be contacting each building manager to schedule the gas interruptions and work as best they can around the building occupants' schedules.

There will be contractors on the base either trenching along the roads to install the new gas lines or boring along and under the roads. The following are the dates and areas the contractors will be working:

**Today through Saturday** — Vicinity of 1st St, G St., Meadows Dr., E St. and General Chappie James Ave. in Buildings 4330, 4331, 4332,

4309, 2901 and 2902.

**Monday through Feb. 9** — Vicinity of Triangle in Buildings 7510, 7504, 7331, 7333, 7334, 7301, 7316, 7318, 7315 and 7310.

**Feb. 11-19** — Vicinity of Triangle in Buildings 6901, 6902, 6903, 6918 and 6905.

## USM applications

The University of Southern Mississippi Gulf Coast campus is now accepting applications for the Summer 2013 and Fall 2013 semesters. Stop by the USM office in Room 219 of the Sablich Center Mondays through Thursdays to find out what programs are offered by USM.

## 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.** — Ten steps to a federal job class at the airman and family readiness center.

**3:30 p.m.** — Airman on the move class at the airman and family readiness center.

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

— Youth wildlife poster contest entries due at outdoor recreation.

— Retreat ceremony at the flagpole in front of 81st Training Wing headquarters.

## Saturday

**4 p.m.** — Give parents a break night at the youth center and child development center.

— Parents' night out at the youth center.

## Sunday

**9 a.m.** — Super Bowl scramble at the Bay Breeze Golf Course.

**4 p.m.** — Super bowling party at Gaudé lanes.

— Super Bowl party at the Bay Breeze Event Center Collocated Club.

## Monday

**9 a.m.** — Deployment briefing at the airman and family readiness center.

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

## Wednesday

**8 a.m.** — Newcomers Orientation at the airman and family readiness center.

**10:30 a.m.** — Art for Wee at the arts and crafts center.

**3 p.m.** — USA Jobs federal job search class at the airman and family readiness center.

**5:30 p.m.** — Make it "App'n" at your library at the McBride Library.

**6 p.m.** — Watercolor painting class at the arts and crafts center.

## Feb. 7

**4 p.m.** — Children's story time at the McBride Library.

**5 p.m.** — Family dinner and craft night at the Bay Breeze Collocated Club.

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

## Feb. 8

**10 a.m.** — VA jobs (Medical Personal Title 38) class at the airman and family readiness center.

**6:30 p.m.** — Mardi Gras Mambo at the youth center.

## Feb. 9

**1 p.m.** — Family time at the arts and crafts center.

## Feb. 13

**3 p.m.** — Japanese braiding class at the arts and crafts center.

**4 p.m.** — Children's story time at the McBride Library.

**5 p.m.** — Auto maintenance 101 class at the auto hobby shop.

**6 p.m.** — Airman leadership school graduation at the Bay Breeze Event Center.

## Dental Health Month events

### By Steve Pivnick

#### 81st MDG Public Affairs

The 81st Dental Squadron is planning several activities during February for National Children's Dental Health Month.

#### Feb. 6

**8:30-11 a.m.** — Children from the child development center visit the clinic.

#### Feb. 8

**8:15-9 a.m.** — Clinic staff members visit Pecan Park Elementary School, Ocean Springs.

**10-11 a.m.** — Clinic staff members visit Oak Park Elementary School, Ocean Springs.

#### Feb. 13

**7-11 a.m.** — Dental screenings, treatments and education are available to

dependents of active duty and retired members ages 3-12 during the annual "Give Kids A Smile Day."

#### Feb. 14

**4 p.m.** — Dental staff members offer story time at the McBride Library.

#### Feb. 19

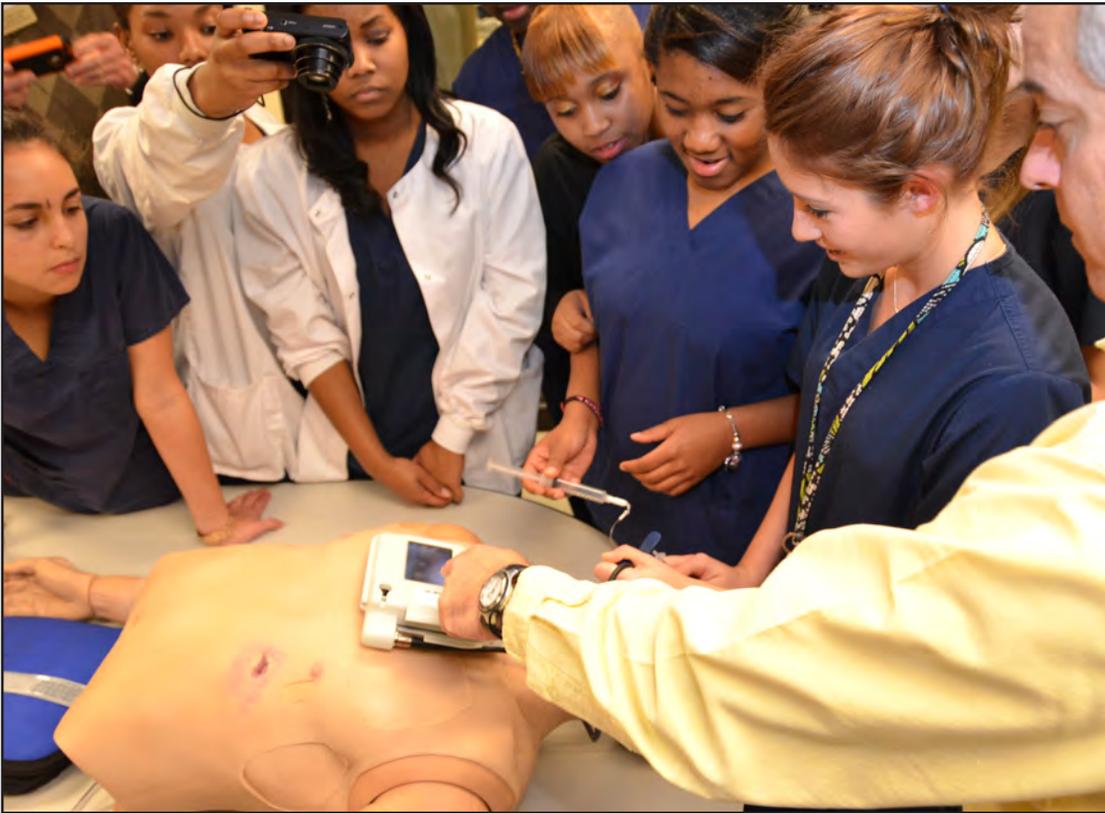
**9 a.m.** — The clinic staff visits Good Shepherd Pre-K on Pass Road.

#### Feb. 21

**4 p.m.** — Dental staff members offer story time at the McBride Library.

Registered dental hygienist Tech. Sgt. Caroline Bunce said the staff will provide brushing and flossing demonstrations and talk to the children about the importance of good nutrition and regular dental visits.

## High school students tour Keesler Medical Center



Simulation lab coordinator Randy Bernhardt, right, explains how to intubate a patient to members of the Gautier High School allied health class visiting the Keesler Medical Center. The 81st Medical Group simulation lab was just one area the group of 40 students and chaperones saw during their tour.



Lt. Col. (Dr.) Joseph Pocreva, 81st Medical Operations Squadron emergency services flight commander, explains how the emergency room staff cares for patients, many of whom may spend as little as 20 minutes in the department before being discharged.



## Twins in training

Airmen 1st Class Kurt Schneider, 335th Training Squadron, and John Hamilton, 338th TRS, are twins that attended technical training school together at Keesler. Schneider graduated from the weather course Jan. 31 and will be heading to Scott Air Force Base, Ill., while Hamilton remains at Keesler to complete the radio frequency transmissions course.

# Voluntary force management implemented

By Debbie Gildea

## Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — The Air Force will implement several voluntary officer and enlisted force management programs for fiscal year 2013, Air Force Personnel Center officials announced Monday.

Announced in the January release of the National Defense Authorization Act for fiscal 2013, the authorized active duty Air Force end-strength is 329,460; a reduction of 3,340 authorized personnel from fiscal 2012. In order to meet congressionally-mandated end-strength by Sept. 30, the Air Force will continue executing its multi-year force management strategy, said Lt. Col. Letitia Marsh, Headquarters Air Force Separation and Retirement Policy Branch chief.

For officers, voluntary measures will be offered in certain year groups and overage career fields to allow for time

in grade waivers for eligible lieutenant colonels and colonels, limited active-duty service commitment waivers, Palace Chase transfers to the Air National Guard or Air Force Reserve, and the 10-8 Commissioned Years of Service Waiver program.

For enlisted members, voluntary programs open to Airmen who are not in critical specialties include limited active-duty service commitment and time-in-grade waivers, waivers to enlistment contracts, and Palace Chase transfers to the Air National Guard or Air Force Reserve.

All applications must be submitted, via the virtual MPF, by Aug. 1. Approved separations must be complete by Sept. 29 and those approved to retire must do so by Sept. 1.

Voluntary force management program applicants may be required to repay the Air Force for monetary value of an active duty service commitment incurring event, depending on the program.

“For example, Airmen approved

for Palace Chase transfers to the Air National Guard or Air Force Reserve will not have to repay the service for such benefits as tuition assistance or transfer of Post 9/11 GI Bill benefits under most circumstances,” said Maj. Michael Meek, Air Force Personnel Center Retirements and Separations Branch chief. “But Airmen need to carefully read the information on each program to ensure they understand which active duty service commitment waivers require repayment.”

Although all Airmen may apply, some active-duty service commitment waivers will not be approved, including those incurred for undergraduate and advanced pilot training, Meek said.

Force management programs enable the Air Force to reduce overmanned fields in order to better utilize Air Force resources.

“As we execute this year’s voluntary force management strategy, the Air Force will continue to assess the need for additional voluntary and involun-

tary force management measures in order to meet authorized end strength levels in current and future fiscal years,” Marsh said.

Airmen who transition through a force management program are eligible for, and highly encouraged to attend, the new five-day Transition Assistance Program workshop, Marsh said. The program offers significant assistance to help people prepare for post-military life. In addition to resume development, job-hunting tips, education counseling and networking support, the new program offers one-on-one counseling to help Airmen develop comprehensive individual transition plans.

Full eligibility requirements and application procedures for officer and enlisted programs are available on the myPers website at <https://mypers.af.mil>. Enter PSDM 13-09 in the search window for officer FM programs and PSDM 13-10 for enlisted programs.

# Keesler public health flight issues flu facts

## 81st Aerospace Medicine Squadron Public Health Flight

Although the current spike of reported influenza-like illnesses has begun to decline, a few more months remain in the 2012-2013 flu season. Below is a collection of quick facts to help protect people from the flu.

### Top 10 reasons Defense Department beneficiaries should get an influenza vaccination:

1. Influenza can kill.
2. The young and elderly are typically more susceptible to severe illness from influenza.
3. Being sick can result in lost work time and lost pay.
4. One third of civilian employers do not provide paid sick days.
5. It’s free.
6. Germs are easily spread at schools and daycare facilities.
7. It will reduce the chances of fever, cough, sore throat, headaches, fatigue, aches, chills, nausea, diarrhea and other flu symptoms.
8. Even if the vaccine is not 100 percent effective, it is still better than zero protection.
9. When you are sick, you



Photo by Steve Pivnick

Brig. Gen. Brad Spacy, 81st Training Wing commander, administers a flu shot to Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, at 81st Training Wing headquarters Sept. 20, 2012, after some quick “on-the-job” training by Cornum.

put everyone around you at risk of getting sick.

10. Even if the vaccination doesn’t prevent you from getting the flu, it can reduce the amount of time you are sick.

When should you seek medical care?

When you experience a fever of 100 degrees or greater along with cough, sore throat, headaches, body aches, chills, fatigue, a runny or stuffy nose, nausea, vomiting or diarrhea.

### Is it the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. Your health care provider can give you a test within the first few days of your illness to determine whether or not you have the flu. Symptoms such as fever, body aches, fatigue and cough are more common and intense with the flu. People with colds are more likely to

have a runny or stuffy nose.

### Top five ways to prevent influenza:

1. Get vaccinated.
2. Practice proper hand hygiene by washing with soap and water.
3. Practice good cough and sneeze etiquette and use a mask if you have influenza-like symptoms.
4. Maintain a 3-6 foot personal space with those who could potentially, or are confirmed, to have the flu.
5. If sick, do not report to work — contact your work supervisor and medical provider.

### Why do people who get vaccinated still get sick?

• The vaccine takes one to two weeks to build good immune protection from the flu virus. Exposure to an influenza virus just prior to or after vaccination may result in the person getting the flu. Getting vaccinated annually in October helps build a person’s immune protection for the duration of the flu season. The flu season begins just prior to the holiday season when many individuals start shopping, traveling and spending added time with family and friends. This increased

interaction with other people increases the potential for a person to be exposed to the flu or other communicable virus.

• Similar viruses such as rhinovirus and adenovirus also circulate during flu season and may be mistaken for the flu.

• Health officials base the next annual flu vaccine on three flu virus strains suggested to be the most prevalent from extensive epidemiological research. Therefore, individuals can always be exposed to other strains of the flu virus not covered in the current vaccination.

• The vaccine is not 100 percent effective for all people; some individuals will still get the flu virus even after being vaccinated.

• Some people can experience minor cold symptoms such as low-grade fever, aches or runny nose which are commonly mistaken as flu symptoms in reaction to the vaccine. These minor cold symptoms should resolve within 24-48 hours, and are far less serious than getting the flu, when many people are very sick.

For more information go to [www.cdc.gov/FLU/about/qa/flushot.htm](http://www.cdc.gov/FLU/about/qa/flushot.htm).

# On-the-go app makes it easier to 'be ready'

By John Burt

AFCEC Public Affairs

TYNDALL AIR FORCE BASE, Fla. — Whether it's an active shooter or natural disaster, when emergencies occur, it's important to be prepared.

Now, thanks to Air Force Emergency Management, there's an app for that!

The Air Force Civil Engineer Center's Emergency Management Division here has developed an Air Force "Be Ready" mobile application, for use on Android devices. The app was designed as an on-the-go source for emergency hazard information

and preparation guides and is the latest resource available through AFEM's Be Ready Awareness Campaign.

"The Be Ready app provides information about what to do before, during and after specific threats," said Rob Genova, AFCEC emergency management education and training specialist. "It's a complement to our printed Air Force Emergency Preparedness Guide."

Having worked through hurricanes, tornadoes and other emergencies, Jay Granberg, a news photographer at WMBB-TV in Panama City, Fla., said he's impressed with the app.

"It's simple, easy to use, not cluttered like other apps I've seen. There's a lot of information and it moves smoothly from section to section. It will be a great resource, not only for my family, but for those times when I am covering disasters that affect the community," Granberg said.

The app offers emergency education and awareness information, and gives users practical tools to better prepare for disasters.

"It has a family evacuation plan that you can tailor to your needs," said Genova. "It's preloaded with emergency numbers and sites like the Fed-

eral Emergency Management Agency and Red Cross. You can also add your own emergency contacts and local agencies.

"We encourage everyone to have an emergency supply kit," Genova added, "and the app provides a checklist for items you may need which you can modify to match your particular region or threat."

Feedback for the app, which was downloaded more than 250 times within the first four days of release, has been very positive, Genova said.

Air Force officials know there's a need and desire for products on other mobile plat-

forms and they're working on delivering that.

"Emergency management experts plan to release versions of the app on other mobile platforms including the Apple iPhone coming late spring 2013," Genova said.

To download the free 'Be Ready' application for Android devices visit, <https://play.google.com/store/apps/details?id=air.com.ara.brapp>. For more information and resources to help you and your family "Be Ready," contact installation Emergency Management offices or visit [www.BeReady.af.mil](http://www.BeReady.af.mil).

## App provides biofeedback for patients

National Center for Telehealth and Technology

JOINT BASE LEWIS-MCCHORD, Wash. — The Department of Defense released a smart phone mobile application to help service members use the therapeutic benefits of biofeedback.

BioZen, a mobile app from the Defense Department's National Center for Telehealth and Technology based here, known as T2, uses wireless sensors to show users their physical level of relaxation. It is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic.

"Mastering biofeedback successfully is difficult and frustrating for many people," said Dr. David Cooper, T2 psychologist. "This app takes many of the large medical sensors found in a clinic and puts them in the hands of anyone with a smart phone. BioZen makes it easier for anyone to get started with biofeedback."

BioZen shows real-time data from multiple body sensors including electroencephalogram, electromyography, galvanic skin response, electrocardiogram, respiratory rate, and skin temperature. Each sensor sends a separate signal to the phone so users

can see how their body is responding to their behavior.

The system can display Delta, Theta, Alpha, Beta, and Gamma brain waves. It can also combine the brain waves to show meditative and attentive cognitive states. Users can document their session with biofeedback data recorded in the phone or tablet. BioZen generates graphical feedback from the recording sessions to show the user's progress over time.

The mobile application, free for Android devices, is built on an open source framework Bluetooth Sensor Processing for Android, also known as B-SPAN, developed by T2.

Users need to purchase compatible medical sensors to use the app. A sensor can range in price depending on quality. The cost of compatible sensors begins between \$75 and \$150. A list of compatible sensors is on the BioZen website.

The National Center for Telehealth and Technology, a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, serves as the primary Department of Defense office for cutting-edge approaches in applying technology to psychological health.

## KIDS ROCK<sup>™</sup> New Orleans



The youth center is putting together a Keesler kids' team for the New Orleans Rock-n-Roll Marathon, "Kids Rock" Run 9 a.m. Feb. 23 at City Park in New Orleans.

This team will meet for weekly runs leading up to the event. All participants will receive a t-shirt, medal, race bib, pace packet and access to the Rock-n-Roll expo.

Keesler Kids between Kindergarten and 7th grade can register at Youth Center or [kidsrock@competitorgroup.com](mailto:kidsrock@competitorgroup.com). Team name "Keesler Kids Rock the Run."

\$25 per runner (sponsors available if needed).

Sign-ups for the weekly runs will continue through the middle of Jan. at the Youth Center.

377-4116  
[www.keesleraf.mil](http://www.keesleraf.mil)



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