



KEESLER NEWS

Keesler Air Force Base
Biloxi, Mississippi

Volume 69, No. 49
Thursday, Dec. 18, 2008

Rebuild the base ... Renew the community ... Reload the Air Force



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Dragons deployed
278

Jingle jail



Photo by Kemberly Groue

Master Sgt. Jeffery Green, 81st Aerospace Medicine Squadron, languishes in his cell Dec. 11 after being apprehended by the 81st Security Forces Squadron's Santa Police. Sergeant Green was held for 5½ hours and his colleagues collected \$110 to keep him jailed, the most raised by any one person in the annual 81st SFS booster club fundraiser.

Keesler hosts Thunderbirds for air show

By Airman 1st Class David Salanitri

Keesler News editor

It's official! The Air Force's aerial demonstration team, the Thunderbirds, are coming to the Thunder on the Bay air show and open house, April 4-5 on base.

The Thunderbirds are only one of many groups who will be performing.

Other performers include the Army Golden Knights and the Air Force Academy Wings of Blue parachute teams, the War Birds, and the Air Force Academy Acro team.

"We are extremely proud that the Thunderbirds have selected Keesler Air Force Base as part of their 2009 performance schedule," said Col. Chris Valle, 81st Training Wing vice commander.

The air show and open house, which are open to the public, are the first Keesler has hosted since 2004, and the first time the Thunderbirds have performed at Keesler in 15 years. Project officials anticipate 50,000-100,000 people will attend the event.

The base, which started planning for the air show a year in advance, took several things into consideration.

"We have and will continue to conduct exercises to prepare the base and local/regional emergency response personnel. Exercises may include aircraft mishap, downed parachutists, and other scenarios which could impact our guests," said 1st Lt. Laura Chighizola, co-project officer.

Not only will aircraft and jump teams be providing entertainment, but vendors will be in the area to provide refreshments and other amenities.

Please see **Thunderbirds**, Page 9

Air Force leaders send greetings

Air Force Print News

SAN ANTONIO — The following is a holiday message from Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force Rodney McKinley:

“The holidays give each of us an opportunity to reflect our accomplishments of the past year and cherish time with our families. It is also a time to look forward to a new year of opportunities, both collectively and individually.

“Our Air Force faced difficult challenges this year and all of you responded admirably in meeting them. As a service, we renewed our focus on stewardship, accountability, precision and reliability. These are the hall-

marks of our core values — integrity, service and excellence. Each and every one of you is vitally important. Our role as trustworthy partners in today’s joint and coalition fight depends on your day-to-day contributions. We could not be more proud of all you do to demonstrate that the Air Force is “all in” and devoted to winning today’s fight while preparing for tomorrow’s challenges.

“During this holiday season, you can reflect with pride that many of our great nation’s Soldiers, Sailors, Marines, Coast Guardsmen and Airmen may safely celebrate with their families because of your contribution. The global vigilance, reach and power you collectively provide the nation are vital to

our security, both at home and abroad. In the coming year, we will continue to innovate the air, space and cyberspace capabilities we provide combatant commanders. You are the strength of our Air Force and its greatest asset. It is our privilege to serve with you all, and we are grateful for the support your families so faithfully provide.

“We recognize your service requires great sacrifice. While many Airmen will enjoy time with their families this holiday season, tens of thousands more are separated from loved ones or far from home because of their selfless service to the nation. We honor all of you, your service and your families who share in your sacrifice. We wish you all a safe and happy holiday season.”

2nd Air Force commander urges safety during holidays

By Maj. Gen. Al Flowers

2nd Air Force commander

Team Second Air Force, The Christmas and New Year holiday season is nearly here, and many will soon be traveling to be with family and friends. Although this holiday season is meant to be a time of joy and celebration, it can also be a time of sadness too often marred by tragic — and preventable — loss of life.

This time of year requires our very best efforts to protect our greatest resource: our people. Each of you had an important part in making this year’s Thanksgiving holiday a success story; so, let’s keep the same momentum in the upcoming holidays.

Now is the time to revisit successful campaign strategies and apply lessons learned. We must continue to focus on the traditional problem areas: drinking and driving, seat belt usage, fatigue, complacency, judgment and personal discipline. Bad weather, unplanned trips, festive gatherings, and recreational and sporting activities present predictable risks.

Be a good “Wingman” and seek a commitment from each member under your command to accept accountability, responsibility and pledge to exercise safe conduct, both on and off duty.

Remember for some of our Airmen, the months of November through January aren’t always the happiest times of the year. A large majority of suicides involving Air Force members occur during these months. Look for signs in your personnel. Are they having marital problems, health issues, or financial problems? This time of year can be very stressful and depressing. Make sure these Airmen have all the support they need to ensure they remain in our Air Force family.

Thank you for all you do. I commend each of you for the support you have given and ask during the holidays we place special emphasis on taking care of our people. Ida and I wish all of you happy and joyous holidays. We need every member of this team to return safely and ready to meet the challenges facing us in 2009.

Wishing all safe holiday

By Brig. Gen. Greg Touhill

81st Training Wing commander

Happy holidays!

As we complete our last academic week of the year, many are readying for holiday travel and time with family and friends. This weekend, over 2,000 Keesler Airmen, Sailors, Soldiers and Marines will depart the base via planes, trains, and automobiles.

These great folks will travel across the country and around the world. They represent the best our country has to offer. When you see them traveling in their dress uniforms, please join me in thanking them for their service.

You may be traveling too. Your safety during this holiday season is critically important. Please make safety part of your plans. Please make sure drinking and driving is not! We want you back home safe and sound! Charlene and I wish you and your family a joyous holiday season, a very Merry Christmas and a Happy New Year!



Photo by Kemberly Groue

General Touhill stands in front of a child’s bicycle to remind Keesler members of the lives they endanger if they choose to drink and drive. General Touhill has pledged to ride the bicycle to wing headquarters if the wing goes 81 consecutive days without a DUI incident. He reminds everyone to have a safe holiday.



WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN, THE LIFE SKILLS COUNSELORS, AND THE PEOPLE AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY



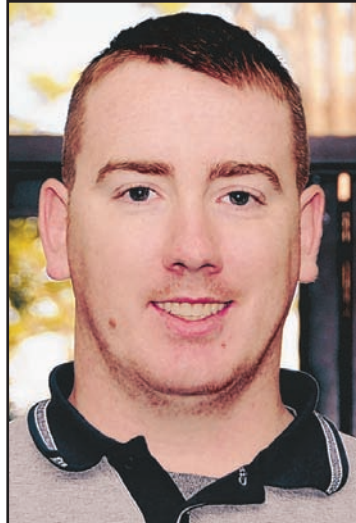


DRAGON ON THE STREET

By **Kemberly Groue**

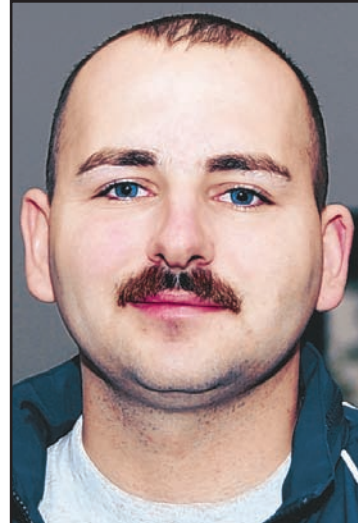
Keesler News photographer

What is the best thing that happened to you in 2008?



Being able to wear my blues at my sister's wedding, or proposing to my girlfriend.

Airman Ciaran Druken,
81st Force Support Squadron



I got married to the most wonderful woman I could ever find.

Staff Sgt. Christopher Pike, 81st Security Forces Squadron

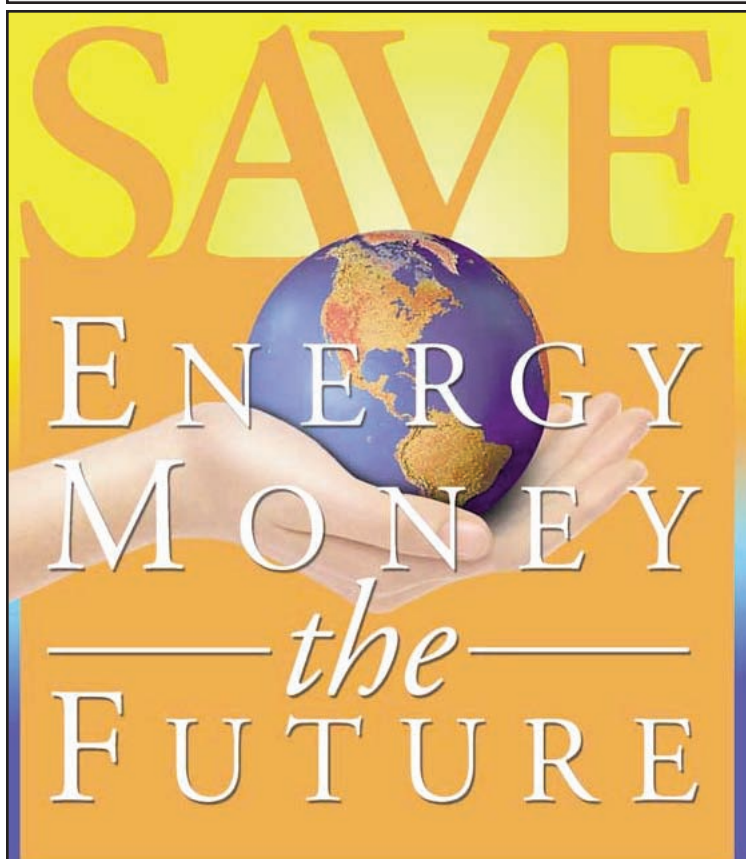


I learned that you must take the first step in faith — you don't have to see the whole picture, just take the first step.

Yolanda Wallace, 81st Civil Engineer Squadron

News tip? Call the Keesler News, 377-8734, 3837, 4130 or 9966.

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



Exceptions to Keesler's
25 mph
speed limit:
15 mph
in housing areas,
Ploesti Drive construction site,
flight line
and unpaved surfaces;
10 mph
in close proximity
to marching formations
and when waved
through base gates;
5 mph
in parking lots;
35 mph
in some sections
of perimeter roads.

KEESLER NEWS

81st Training Wing commander

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Keesler on the Web
<http://www.keesler.af.mil>

TRAINING AND EDUCATION



U.S. Air Force photo

This screenshot shows flight simulation software created by Air Force researchers who leveraged existing commercial gaming software to demonstrate an alternative way to quickly deliver a low-cost, realistic simulation program with genuine training effectiveness.

Gaming technology used for interactive military training

by John Schutte

711th Human Performance Wing

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Air Force Research Laboratory's researchers at Mesa, Ariz., unveiled the technological potential of its gaming research and development project publicly Dec. 1 during the 2008 Interservice/Industry Training, Simulation and Education Conference in Orlando, Fla.

Members of the 711th Human Performance Wing's Warfighter Readiness Research Division blended commercial gaming technology with military-specific databases that demonstrated quicker, less expensive ways to develop the next generation of tools for interactive military training.

The fast-track technology demonstration project began in June when two Thurgood Marshall College Fund interns joined RHA for a summer of hands-on programming experience. Their initial success formed the foundation for a project that clearly depicts how modern gaming technology can help cut development time and costs for critical military distributed mission simulations, said 2nd Lt. Luke Lisa, an aerospace engineer who leads the project.

Building on the gaming industry's competitive advancements is an approach that makes sense, said 1st Lt. Clinton Kam, an aeronautical engineer also assigned to the project.

"You have this billion-dollar gaming industry and they're advancing the technology constantly, pushing forward the video cards, the physics cards, the processors," Lieutenant Kam

said. "So our challenge is, how can we leverage their efforts?"

Researchers are interested in how best to get military training value in a game environment that would provide genuine training effectiveness at the low cost of a computer game.

"You don't want the aircraft to do things it wouldn't actually do in real life, such as climbing faster than it's capable of doing," Lieutenant Kam said, otherwise the result could be "negative training" for the warfighter.

Because Air Force researchers can access validated military data not available to commercial developers, they can ensure that computer-generated military models match real-world profiles, not only for aircraft but also for attributes such as missile trajectory and radar detection. The value of this integration — in terms of fidelity and training relevance — is a new near-term opportunity to examine how games might fit into the continuum of military training methods.

Early efforts focused on pilots, but the gaming-integration concept can apply to any scenario, including joint terminal attack controllers who rely on video feeds from an unmanned aircraft system to call in airstrikes.

"Our first objective was an integration proof of concept, showing that tying these packages together can work," Lieutenant Lisa said. "Now when someone approaches us with a need, they know that gaming has the potential to be leveraged as an alternative approach that saves money and helps meet the warfighters' need faster."



An FBI special weapons and tactics team moves in to surround a C-130 during an exercise on the flightline Dec. 12.

Photos by Kemberly Groue

Exercise scenario tests anti-hijacking response



Above, Senior Airman Christopher Turknott, 81st Security Forces Squadron, searches Tech. Sgt. Daniel Wilburn, an instructor from the 338th Training Squadron, who portrayed the hijacker in the exercise scenario.



At right, Staff Sgts. Jonathan Garner, left, and Christopher Pike, right, 81st SFS, assist Airman Basic Samuel Nabakowski, who portrayed a person whose leg was injured during the hijacking attempt. Airman Nabakowski is a student in the 334th TRS.



An FBI agent takes notes at base operations during the negotiation process with the hijacker.

Trainer retires with 31 years of federal service

By Susan Griggs

Keesler News staff

Madeline Rickman, 336th Training Squadron, retires Dec. 18 with more than 31 years of federal service.

A native of Montana, she's the daughter of Vernon and Julie Rickman. Her dad was in the Air Force and trained at Keesler in 1951.

Mrs. Rickman's career began at Minot Air Force Base, N.D. in 1977, where she held clerical positions in the chapel, mission support, civil engineering and services.

In 1981, she came to Keesler and

served as a clerk typist at the 403rd Wing and 81st Security Forces Squadron before promotion to a secretary stenographer position at Keesler Medical Center.

The following year, Mrs. Rickman became the secretary to the commander of Detachment 2 of the manpower and personnel squadron.

Back at the medical center in 1989, she was promoted to assistant public affairs director and served as the temporary director for four months.

In 1991, Mrs. Rickman moved to the 81st Supply Squadron where she spent more than seven years as a computer operator.

Nearly nine years ago, she moved to the 336th TRS where she's taught in the communications-computer systems operations apprentice course.

Mrs. Rickman earned an associate's degree from Mississippi Gulf Coast Community College and attended the University of Southern Mississippi.

She's received several outstanding performance awards, sustained superior performance awards and a suggestion award.

Her husband, John Rickman, works in the 81st Training Support Squadron. They have six children and seven grandchildren.



Mrs. Rickman

TRAINING, EDUCATION NOTES

Special testing dates

Application deadlines and dates for special testing are:

SAT — Dec. 26 for Jan. 26 and April 24 for May 25

PRAXIS I and II — March 16 for April 13; June 14 for July 13.

ACT — March 27 for April 27; May 22 for June 22.

Test time is 7 a.m. for all.

For more information, call the education office, 376-8708.

Student TMO

Short sheet briefings at the technical training traffic management office are 8 a.m. and 3:30 p.m. Mondays and Wednesdays.

Briefings are held in Room 213, Levitow Training Support Facility in the Triangle.

For more information, call 377-3147 or visit Room 211 in the Levitow building.

Student health center

The student health center in the Levitow Training Support Facility is open 7 a.m. to 5 p.m. Monday-Thursday and 7 a.m. to 4 p.m. Friday.

The front desk phone numbers are 376-0324 or 0325.

GI Bill benefits

Montgomery GI Bill benefits may be used in conjunction with tuition assistance.

For more information, call 376-8708.

Air Force leaders reinforce zero tolerance for sexual assault

Air Force Print News and Keesler News staff

ALEXANDRIA, Va. — Air Force leaders recently gathered for a two-day leader summit on sexual assault prevention and response here.

Keesler's representative was Col. Christopher Valle, 81st Training Wing vice commander.

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz affirmed their commitment to eliminating sexual assaults in the Air Force, and challenged other leaders and Airmen to do the same.

"Sexual assault is absolutely inconsistent with our core values and it has no place in our Air Force; in a deployed context, at home or anywhere in between," Secretary Donley said. "Many offenders were known by their victims and most involved crimes committed by other service members. This is blue-on-blue violence, and we cannot accept it."

"We must foster a culture that actively rejects sexual assault and similar kinds of behavior," General Schwartz said. "This is not passive. We cannot just hope for the right outcome. This requires activism on all our parts. The message should be loud and clear that addressing sexual assault is a foremost and direct responsibility of commanders and a collective responsibility of our community of Airmen."

In 2005, the Air Force launched the Sexual Assault Prevention and Response Program and placed full-time sexual assault response coordinators at all main operating installations.

Keesler's SARC is Liz Waters, who's assisted by 1st Lt. Stephanie Lutz. SARCs report to vice wing commanders and provide support at locations across the Air Force, including main deployment sites.

Additionally, 1,695 volunteer victim advocates, includ-

Training set for victim advocates

There's room for nine more applicants to attend sexual assault prevention and response program victim advocate training, 7:30 a.m. to 4:30 p.m. Jan. 21, 28 and 29 and Feb. 4 in the third floor conference room in Locker Room.

Applicants must attend all four training dates.

Application deadline is Jan. 5. For forms and more information, call 377-8635.

ing 48 at Keesler, assist the SARCs in ensuring victims of sexual assault receive the care and support they need.

"Our efforts here and our programs require constant senior leadership involvement," said Lt. Gen. Richard Newton III, deputy chief of staff for manpower, personnel and services. "The SAPR program relies on Airmen's ability to trust their leadership and trust the system enough to report incidents of sexual assault."

Victims have two options for reporting sexual assault — restricted and unrestricted.

Restricted reporting is available for members serving in an active-duty status and allows a victim to confidentially disclose information about an assault to SARCs, victim advocates and health-care personnel to receive medical treatment, counseling and advocacy without automatically triggering an official investigative process.

Unrestricted reporting of a sexual assault is made through normal reporting channels, including the victim's chain of command, law enforcement, the Air Force Office of Special Investigations or other criminal investigative service.

There were nearly 600 reported sexual assaults among

Airmen in fiscal 2007, but statistics show many victims still hesitate to come forward when a sexual assault occurs.

General Newton said, "We must ask ourselves if we have the climate, communication and processes in place; do we have the leadership in place whereby our Airmen feel if they come forward, they will be listened to and supported? We have to make sure we have that trust established for our men and women."

"Creating that culture and climate begins with prevention and awareness education so that our Airmen understand the realities of sexual assault," said Carl Buchanan, manager of the Air Force's SAPR program.

Currently, Airmen receive sexual assault awareness training when they enter the Air Force either through basic military training, officer accession programs, and other venues. They must also fulfill an annual training requirement and pre-deployment training through the base SARC.

New SAPR initiatives are on the horizon include bystander intervention training, risk reduction education and training incorporated into formal professional military education courses that "grows" with Airmen as they progress in rank and responsibility.

Pilot sessions for bystander intervention modules were completed this fall at Keesler and Wright-Patterson Air Force Base, Ohio, to enable enlisted, officer and civilian Airmen to provide first-hand input.

"Keesler's pilot program was a huge success," Ms. Waters said. "The facilitators stated that Keesler's feedback will assist greatly in the design of future training."

"We want to enhance our Airmen's ability to stop sexual assaults before they occur by utilizing effective and positive approaches," she added.

IN THE NEWS

Keesler News holiday publication

Today is the last issue of the Keesler News for 2008. The newspaper isn't published Dec. 25 or Jan. 1. Jan. 8 is the first issue of 2009.

Services customer survey

The annual Air Force Services customer feedback survey under way through Jan. 15 reflects the merger of force support and services functions.

Base activities being surveyed are the airmen and family readiness center, dining facilities, arts and crafts, auto hobby shop, Gaude Lanes, child development center, civilian personnel section, Katrina Kantina, Vandenberg Community Center, education center, fitness centers and sports programs, Bay Breeze Golf Course, services' human resource office, McBride Library, military personnel section, outdoor recreation, youth programs and information and tickets and tours.

The survey is available online at <http://www.usafservue.com> or on the spot while visiting an activity.

For more information, call 377-3181.

Storm water permit review

Keesler is in the process of reviewing and updating its storm water permit as required by environmental regulation and public law.

For more information or to participate in program development, call Terry James, 377-8255.

Cold weather garments authorized

Air Force leaders have developed a list of approved mix-and-match deviations for undergarments and cold weather gear to be worn with the Airman battle uniform.

Authorized combinations can be found on the Air Force Portal at <https://www.my.af.mil/gcss-af/USAF/ep/globalTab.do?channelPageId=-1361111&command=org>.

Flu shots available

Free flu shots are available at Keesler Medical Center's immunization clinic for Department of Defense beneficiaries, 7 a.m. to 5 p.m. Monday-Thursday and 7 a.m. to 4 p.m. Fridays. No appointment is necessary.

For more information, call 376-3553.

Cell phone restrictions for drivers

It's a primary offense to use a cell phone while driving on base without a hands-free device.

Violators can be stopped and ticketed for this offense by the 81st Security Forces Squadron.

Off-limits establishments

Off-limits establishments for military members are the Blue Note Lounge, Boulevard Nightclub and Henry Beck Park (except during daylight hours or official events) in Biloxi; Bunksmall Apartments and H&H Hideaway in Pascagoula and Toni's Lounge in Moss Point.

Avery Manor comes tumbling down

Brig. Gen. Greg Touhill, 81st Training Wing commander, uses an excavator to begin demolition of Avery Manor, one of the old dormitories in the Triangle, Dec. 12. There are no plans to redevelop the area since it's in the airfield clear zone, according to 1st Lt. Justin Delorit, 81st Civil Engineer Squadron. Also, the lieutenant mentioned an initiative for bases to reduce their physical footprint by 20 percent by removing old buildings that are no longer needed.

Photo by Kemberly Groue



U.S. Air Force photo by Tech. Sgt. Justin Pyle

Thunderbirds,

from Page 1

“All who wish to become a vendor will have to register with the non-appropriated funds agency here and are highly encouraged to participate,” said Justin Cooper, co-project officer. To register with the NAF agency contact Dave Bowers at 377-0002

General admission to the Thunder on the Bay air show is free. The public can gain access to the installation by meeting at designated areas where a shuttle service will transport people to the viewing area. Time and locations will be announced closer to the air show/ open house.

“Your Air Force has invested significantly in rebuilding Keesler after Hurricane Katrina, and we are honored to invite our community partners and neighbors to join us firsthand in seeing that Keesler is indeed back,” said Colonel Valle.

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 numbers and names of family members. If you see documents being removed from trash cans, call the 81st Security Forces Squadron law enforcement desk, 377-3040.

Holiday spirit in Bay Ridge

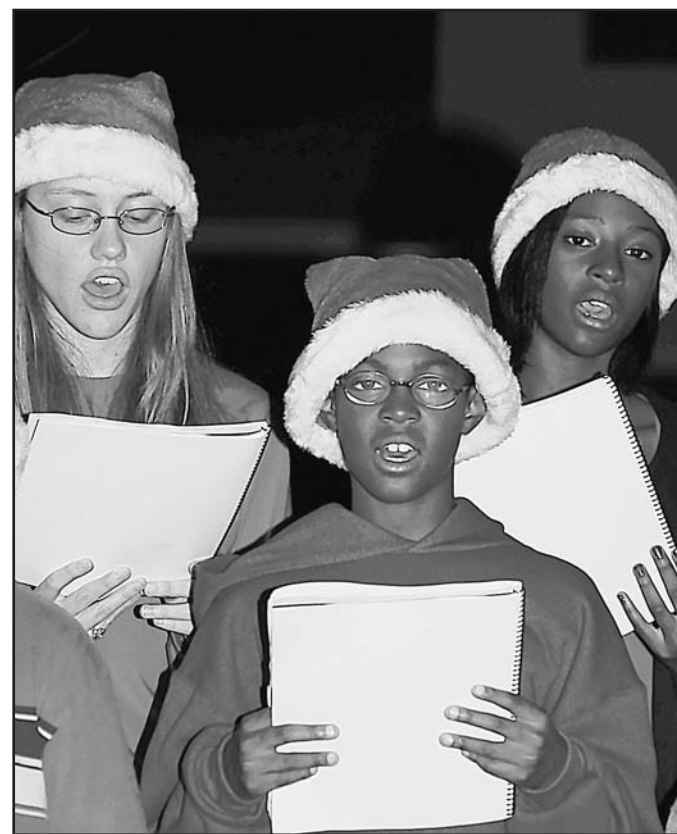


Photo by Kemberly Groue

From left, Sarah Ramsay, 16, daughter of Lt. Col. Steven Ramsay, 81st Training Group deputy commander, and Leanne Ramsay; sing with Joshua Gilliard, 8, and Jordan Gilliard, 12, son and daughter of Col. Prince Gilliard, 81st TRG commander and Wanda Gilliard. The children caroled in the Bay Ridge housing area Monday.

PERSONNEL NOTES

NCOs asked to complete survey

AETC Public Affairs

RANDOLPH Air Force Base, Texas — Air Force staff sergeants through chief master sergeants are encouraged to share feedback with officials from the Air Force Occupational Measurement Squadron through the online military knowledge and testing standard survey.

The survey, intended to give noncommissioned officers a voice their own career advancements, is used in the professional development guide in 2011 and to develop future promotion fitness and supervisory examinations.

The survey takes 10-15 minutes to complete and is posted at <https://surveys.afoms.randolph.af.mil/survey124> until March 6. Participation requires the use of a common access card. Results are released in July.

“I highly encourage Airmen participating in this survey to provide direct, honest and candid inputs,” said Chief Master Sgt. of the Air Force Rodney McKinley. “In our dynamic Air Force, the information in the PDG is updated to ensure Airmen have current information available to develop and enhance their career through professional military knowledge and for promotion preparation.

“We would like Airmen to complete this survey because they are in a position to identify areas of professional knowledge needed to carry out their Airman responsibilities,” the chief said.

2009 selection boards

Jan. 12-16, May 18-22, Sept. 21-25 — special selection boards.

Feb. 2-20 — senior master sergeant.

March 9-20 — colonel line of the Air Force; lieutenant colonel and major biomedical sciences corps/nurse corps.

June 8-26 — lieutenant colonel and major BSC/NC.

July 13-24 — senior noncommissioned officer supplemental.

Aug. 17-28 — command screening.

Sept. 14-18 — colonel medical service corps, medical corps and dental corps; lieutenant colonel and major MC/DC.

Oct. 13-26 — chief master sergeant evaluation.

Nov. 2-13 — colonel and lieutenant colonel judge advocate and chaplain; major LAF, judge advocate and chaplain.

Dec. 1-11 — colonel LAF/BSC/NC, lieutenant colonel and major BSC/NC.

Special leave accrual

Air Force Personnel Center

RANDOLPH Air Force Base, Texas — Airmen who were recalled from or unable to take annual leave this past year for reasons such as support for contingency operations may be allowed to accumulate more than 75 days at the end of a fiscal year.

Special leave accrual applies when deployments or assignments to designated operational missions at the national level prohibit members from using leave. It applies to active duty and Reserve personnel under Title 10 of the U.S. Code, and includes Air National Guard members who performed full-time training or other full-time duties for 30 days or more.

Special leave accrual is designed to prevent Airmen from losing accrued leave if they're unable to take normal leave due to significant and unforeseen operational requirements.

Airmen can't use their major command's recovery time policy as a reason for reinstatement when accrued leave could have been taken in its place.

Urgent care vs. emergency care: understanding the difference

By Kim Kinser

Humana Military Healthcare Services

During the holiday season, sickness or injury can occur unexpectedly. Health care facilities, along with other businesses, may have special hours of operations. Being armed with the right information and an understanding of the difference between “emergency care” and “urgent care” can ease your mind and be helpful during an often stressful time of the year.

Urgent care services are medically necessary, non-life threatening conditions requiring professional attention within 24 hours. Examples of urgent conditions are sprains, sore throats, rising fever, coughs and colds, sinus infections and earaches.

Illnesses aren't confined to regular weekday office hours. If you and your family are enrolled in Tricare Prime or Tricare Prime Remote and find yourself in need of medical attention after hours, contact your primary care manager before you seek urgent care. Most network or medical treatment facility providers have an on-call process available after hours to assist in urgent situations.

If you're unable to contact your PCM or on-call provider for direction, notify your PCM within 24 hours or the next business day following care to get a referral. Prime enrollees have a \$12 co-pay when seeking urgent care from a Tricare-network urgent care facility.

Emergency care services are defined as medical, maternity, or psychiatric emergencies, believed to be serious medical conditions, requiring immediate medical attention. Examples of medical emergencies include, but aren't limited to, severe bleeding, chest pain, shortness or inability to breathe, spinal cord or back injury and severe eye injuries.

In an emergency, go or be taken to the nearest emergency room for care. Tricare defines an emergency room as an organized hospital-

based facility for patients who present immediate medical attention that's available 24/7.

Prime beneficiaries seeking emergency services in a network facility ER have a \$30 co-pay. Prime beneficiaries visiting an ER for services that are determined to be nonemergency or urgent health care based on the ER claim may face higher charges through the Tricare Prime point of service.

Prime beneficiaries shouldn't seek emergency care for clear cases of routine illnesses. To assist in keeping the cost of health care as low as possible, obtain all of your nonemergency care from your PCM or from other providers you've been referred to by your PCM or Tricare.

Tricare Standard beneficiaries have the freedom to choose a Tricare-authorized provider when seeking urgent or emergency care, but if the beneficiary chooses to use the Extra benefit by seeing a network provider, their out-of-pocket cost is less. If an Extra or Standard beneficiary seeks treatment in an ER and the claim reflects routine care, the facility charge may be denied and the professional services shall be allowed. If Humana Military Healthcare Services refers an Extra or Standard beneficiary to an ER, the care is allowed.

Before an emergency or illness arises, familiarize yourself with Tricare network or authorized facilities in your area. To locate a Tricare network facility or provider in the south region, log on to the HMHS Web site, <http://www.humana-military.com/south/bene/tools-resources/BeneSiteProvLoc.asp>. Look under the Tricare network facility section and click on the appropriate link. If you don't have access to the Internet or prefer to speak with someone for help in locating a network provider, call beneficiary services, 1-800-444-5445.

Beneficiaries should keep their PCM informed of any urgent or emergency services they receive so referrals can be written and follow-up care arranged.



DRAGON OF THE WEEK



Name — Senior Airman Derik Hoskins

Unit — 81st Security Forces Squadron

Position — unit scheduler/trainer

Time in Air Force — three years

Time at Keesler — 2½ years

Hometown — Tazewell, Tenn.

Noteworthy — employed in support of Operation Iraqi Freedom, March-September 2007. Most recently, he put his real-world experience to work during wing pre-deployment training ensuring deploying Keesler personnel are properly trained in integrated defense doctrine.

Why did you join the Air Force? — to serve my country and become a security forces member.

What are your goals? to make staff sergeant next cycle and start my bachelor's degree in criminal justice

What's your favorite quote? "Theirs not to reason why, theirs but to do and die." — Alfred, Lord Tennyson

What are your hobbies? watching and playing football, spending time outdoors, and spending time with my wife and daughter.

DIAMOND NOTES

According to 81st Medical Group Instruction 31-100, paragraph 13.2.1, hospital identification badges are only authorized within the confines of the 81st MDG.

Badges are considered part of the medical uniform and not the military uniform.



Master Sgt. Rogers Trahan, 81st Medical Support Squadron first sergeant

MEMORABLE MOMENTS



June 14, 1941

Contracts totaling \$10 million were awarded to build Biloxi's technical training facility where Keesler is now located.

At the time, it was the most expensive government project ever undertaken in Mississippi.

Santa's helpers shift into high gear



Left, Courtney Samsel is one of 10 Biloxi, D'Iberville and Ocean Springs Wal-Mart employees who decorated the inside and outside of Fisher House for the holidays. Wal-Mart also donated \$100 to each of the nine families currently staying at Fisher House, a home-away-from-home for patients undergoing treatment at Keesler Medical Center or the Veterans Affairs Medical Center in Biloxi. It's the second year for the Wal-Mart project.

Photo by Adam Bond

At right from left, Pvt. 1st Class Lukah Chang, Pvt. Adam Naegeli and Staff Sgt. Troy Johnson from Keesler's Marine Corps Detachment pass Toys for Tots donations to Airmen Basic Jordan Hines and Matthew King, members of the 336th Training Squadron. The 336th TRS held a drive to collect the toys for the Marine Corps' annual nationwide campaign.

Photo by Kemberly Groue



To report
sexual
assaults,
call
Keesler's
sexual
assault
response
coordinator
hotline,
377-7278.

Events embody spirit of the season

81st Force Support Squadron and base chapel

Remaining holiday events at Keesler:

Arts and crafts center 377-2821

Today — 5-7:30 p.m. — holiday crafting. Call for price.

Friday — last day to pick up engraved items and ceramic items that have been fired.

Bay Breeze Golf Course 377-3832

Friday — holiday gift basket drawing; register each time you play golf to win a \$100 golf holiday gift basket.

Christmas and New Year's Day — free golf; golf carts and rental clubs not available.

Gaudé Lanes, 377-2817

Dec. 31 — 8 p.m. to 1 a.m., New Year's Eve party. Bowling, music, dancing and prizes. Party favors, finger foods and nonalcoholic midnight toast included. \$30 adults, \$25 children ages 6-17, free ages 5 and younger. Purchase tickets early.

McBride Library 377-2181

Last two weeks in December — Christmas book display.

Project Elf Vandy 377-3308

Through Friday — commanders and first sergeants sign up people working after 6 p.m. Christmas Eve or on Christmas Day to receive special goody bags. To register your personnel, call 377-3308 or e-mail 81SVS.SVYR@keesler.af.mil by 5 p.m. with the number of bags needed. Bags can be picked up 2-4 p.m. Wednesday at Vandenberg Community Center. Sponsored by Keesler Federal Credit Union and National Productions.



Triangle Chapel 377-2520

Catholic Christmas Eve Mass — 5 p.m. Wednesday.

Protestant candlelight service — 7 p.m. Wednesday.

Catholic Christmas Mass — 9 a.m. Dec. 25.

Protestant watch night service — 10 p.m. Dec. 31.

Vandenberg Community Center, 377-3308

Dec. 31 — 8 p.m. to midnight, New Year's Eve party for nonprior service students; free admission, entertainment and party favors.

Youth center, 377-4116

Saturday — 5-9 p.m. holiday celebration, ages 6 and older. \$5 admission. Snacks, games, fun for all.

Monday and Tuesday — Christmas camp, ages 6-12. Daily fees range from \$17 to \$29 according to total family income. An application must be completed on each child attending. Call for more information.

Qualified Reservists can receive retirement pay at 50

ROBINS AIR FORCE BASE, Ga. — Department of Defense officials here issued new guidelines for early receipt of retired pay for Reserve component members.

Instead of having to wait until age 60 to receive Reserve retired pay, eligible members may receive retired pay prior to age 60 but not before age 50.

Under interim changes to Department of Defense Instruction 1215.07, Service Credit for Reserve Retirement, issued under a law passed by Congress effective Jan. 28, 2008, Reserve component members are able to reduce the age at which they are eligible to receive retirement pay by three months for each cumulative period of 90 days served on active duty in any fiscal year.

Under the new law, members eligible to receive retired pay earlier than age 60 must still wait until age 60 to receive health-care benefits.

Qualifying active-duty service performed after Jan. 28, 2008, the date on which the fiscal 2008 National Defense Authorization Act was enacted, is creditable. The law does not provide credit for time served on or before that date.

All Airmen are encouraged to ensure their orders specify the statutory provision under which their active-duty service is performed. Airmen are also encouraged to keep track of their active-duty service and orders to ensure they receive proper credit and they meet the cumulative 90-day thresholds to reduce retirement age.

More information is available on the Air Reserve Personnel Center Web site at www.arpc.afrc.af.mil.

'Tis the season for holiday blues

By 1st Lt. Gerald Roy

81st Medical Operations Squadron

The holidays are upon us — a time of giving thanks, family, sharing gifts, festive partying, laughter and getting depressed.

That's right. It's not unusual for many of us to feel sad or lonely during the holiday period, a condition that's come to be known as holiday blues or holiday depression.

According to the National Mental Health Association, there are many reasons for feeling blue around the holidays. They range from fatigue resulting from the seasonal increase in activity to financial limitations and family tensions.

Experts say one of the chief reasons for holiday blues is unrealistic expectations. We set high expectations for the holidays. We often hope the holidays will make up for a year gone wrong. We expect family members to become friendly, season's greetings to be sent, gifts to be given and happiness to reign. The mass media through news stories, TV specials and advertising raise this hope for "what may be." The reality of "what is" often falls short of expectation and there's disappointment.

To really enjoy the holidays, try to temper your expectations. Forget about what is supposed to happen. Create the holiday you want by setting realistic plans. Get involved and take action.

Also, whatever the holiday does bring is often compared to what used to be and is found lacking. A childhood memory of a special day is hard to recapture. Whenever we engage in comparison, we risk losing the joy of what actually is present at the moment. There is no benefit in longing for what once was, but great joy in exploring what is. Focus on the present and think positively.

No one wants to be alone during the holidays. Homesickness deals with the nagging thought that perhaps you made a terrible mistake in leaving the comforts of your old life. Although you may not be in a position to be with the one you would rather be with, you can do something to help yourself focus on making yourself "merry" during the holidays. If you're new in a community, be sure you get invited somewhere. Let others know what you need or invite someone to join you in celebration. Find out what the community offers and participate in it. Go to the concerts and parades. Volunteer some of your time to others and bring them joy.

For those who are grieving the loss of a loved one, the holidays are a time of mixed emotions. Be aware of what triggers your emotions. Do your best to accept that your emotions will vary during the holidays. Make time to deal with your emotions; have a good cry, punch some pillows and shout out



loud about how angry you are. But then, as best you can, let it go. Furthermore, if dealing with the loss of a loved one, plan a ritual of remembrance for them and the good times you had. Put out favorite photographs and light a candle before them. Intentionally remember those people not present. Tell fun stories about them. Say a prayer for them at a meal. Bring them into the celebration. If old traditions hold memories that are too painful, consider beginning new traditions.

Take time out for spirituality. Celebrate the religious significance of the holidays. The holidays are first and foremost a time of spirituality and recognition of special religious events. They're about finding something spiritual and wonderful about yourself, your life and the people who fill it and make it special. You might attend services just to experience human contact and community. Often this might be a good time to renew your spiritual beliefs and spend more time in contemplation of spirituality.

Although the holiday blues may be intense and unsettling, the good news is they usually subside after the holiday season is over and daily routines are resumed. There's a long list of do's and don'ts for managing the holiday blues, but one of the most important things to remember is it's a normal response to a stress-filled year, and you don't have to suffer unnecessarily. Find someone to talk with who can help you through this difficult time — a family member, a friend, a professional counselor, a chaplain, or a physician.

For more information, call the mental health clinic, 376-0385, or Military Onesource, 1-800-342-9647.

Missed briefing? Here's how to apply for MTI duty

Keesler Public Affairs

The Military Training Instructor recruiting team conducted their regularly scheduled visit here Wednesday.

Air Force members who may have missed the team's visit do not have to wait for the next visit to apply for

MTI duty.

More than 250 slots are currently open for MTIs.

Airmen 1st Class with at least 24 months time in service through technical sergeants with less than 16 years total active federal military service are eligible to apply. Master Sergeants are hired on

a case-by-case basis.

Enlisted personnel from all Air Force specialty codes that meet the previously identified criteria can apply.

For more information about becoming an MTI, visit the Air Force Portal under "Lackland AFB--37 TRW" or call DSN 473-1016/1018.





photo by Spc. Mary Gonzalez

President Bush speaks to servicemembers.

President Bush visits military members in Bagram

Air Force News Service

BAGRAM AIRFIELD, Afghanistan — President George W. Bush visited Combined Joint Task Force-101 servicemembers Dec. 15 at Bagram Airfield.

“I am proud to be with brave souls serving the United States of America,” President Bush said.

The president expressed his well wishes to the troops during the holidays and thanked them for their service in eastern Afghanistan.

“It was here in Afghanistan that the terrorists planned the attacks of Sept. 11, 2001,” he said. “After that date, America gave the Taliban a choice: you can turn over the leaders of al-Qaida — or you can share in their fate. And when they refused, our just demands were enforced by the United States military.

“Because of you, killers who wanted to take the lives of Americans back home have been brought to justice before they reached our shores,” he said to the troops.

Congress authorizes paternity leave

Air Force Print News

RANDOLPH Air Force Base, Texas —Eligible Airmen are now authorized 10 days of nonchargeable paternity leave following the birth of their newborns, courtesy of the 2009 Duncan Hunter National Defense Authorization Act passed by Congress.

The law applies to married, active-duty Airmen.

The Airman's wife must have given birth to the child on or after Oct. 14, 2008.

"This is going to have a positive impact on our Air Force families," said Senior Master Sgt. Rhonda Britt, the Directorate of Personnel Services Special Programs superintendent. "By giving our new dads more time to bond with mom and baby, we're building a stronger Air Force family."

Paternity leave, which may be authorized in conjunction with ordinary leave, must be taken on consecutive days and within 60 days following the birth of the baby. For extraordinary circumstances, commanders may authorize paternity leave up to a maximum of 90 days following the baby's birth.

As with any administrative absence, the commander may disapprove paternity leave when it would have an adverse impact on the readiness or operational mission of the unit.

For more information, call your military personnel section or the Air Force Contact Center at 800-616-3775.

KEESLER NOTES

Home Away from Home

Registration forms must be turned in by Tuesday for the chapel's "Home Away From Home" Christmas program for nonprior service Airmen.

Host families are limited to active-duty, retired or Civil Service employees. Hosts invite two or more Airmen in their Christmas meal. Gift exchange aren't required or expected.

Forms are available at the Fishbowl Student Center and Triangle Chapel or can be downloaded at <http://www.keesler.af.mil>. Potential hosts may also register by e-mailing charles.mallory@keesler.af.mil or calling 377-8256 or 2331.

Help for assault victims

The deadline to donate to the sexual assault prevention and response program's book bag drive for the Gulf Coast Women's Center for Nonviolence is extended to Jan. 15.

Each bag has a new set of clothing to give to sexual assault victims after a forensic exam at an area hospital. Sweat pants, T-shirts, flip flops, sports bras ranging in size from small to extra-extra large and monetary donations are needed.

Drop off items at the SAPR office on the third floor of Locker House, using the stairs closest to the intersection of Third and D streets.

For more information, call 377-8635 or 7278.

Air Force leaders meet, discuss nuclear mission

Air Force News Service

WASHINGTON — Air Force leaders gathered to discuss efforts related to reinvigorating the service's nuclear enterprise Dec. 10 at the Pentagon.

This was the first meeting of the newly-created Air Force Nuclear Oversight Board, which was created as part of the Air Force Nuclear Roadmap released Oct. 24.

The board is chaired by Secretary of the Air Force Michael B. Donley and Air Force Chief of Staff Gen. Norton Schwartz and is scheduled to meet on a quarterly basis.

The group discussed the stand up of the provisional headquarters for the new Air Force Global Strike Command at its temporary location at Bolling Air Force Base, D.C., as well as manning for new organizations, streamlining the inspection process and other milestones supporting the command, which is planned to reach initial operating capability in September 2009.

“Reinvigorating the Air Force nuclear enterprise is our top priority,” Secretary Donley said. “The nuclear oversight board will be an invaluable vehicle for the chief and me to assess nuclear issues and our progress on the nuclear roadmap with senior Air Force leaders.”

Communicators on the march

Taveres Simpson, 81st Communications Squadron, defends as oe Zavala, Marine Corps Detachment, heads down the court in an Eastern Division intramural basketball game, Dec. 11 at Blake Fitness Center. After a 65-58 win, the 81st CS was the only undefeated team team in the division at week's end at 2-0. The 81st Medical Group and the 338th Training Squadron are both undefeated in the Western Division as of Dec. 10. For more scores, standings and schedules, see Page 24.

Photo by Kemberly Groue



SCORES AND MORE

Basketball

SEMAC varsity men

Saturday — Keesler 83, Eglin Air Force Base, Fla., 68.

Intramural Eastern Division (as of Dec. 11)

Team	Won	Lost
81st CS	2	0
81st CES	1	0
MARDET	1	1
Truxton	0	0
336th TRS	0	0
81st SFS	0	0
MK Island	0	1
332nd TRS	0	2
81st LRS	0	2

Dec. 8 — 336th vs Truxton and 81st SFS vs. 81st CES both rescheduled; MARDET 36, 332nd TRS 28.

Dec. 11 — MK Island and Truxton rescheduled; 336th TRS 33, 81st LRS 29; 81st CS 65, MARDET 58.

Intramural Western Division (as of Dec. 10)

Team	Won	Lost
81st MDG	2	0
338th TRS	2	0
81st DS	1	0
81st FSS	1	1
403rd Wing	1	1
81st MDSS	1	1
81st SFS	0	0
335th TRS	0	0
85th EIS	0	2

Dec. 8 — 338th TRS 41, 81st FSS 31; 81st MDG 45, 403rd Wing 33; 81st DS 45, 85th EIS 36.

Dec. 10 — 81st FSS won over 336th TRS by forfeit; 338th TRS 22, 81st MDSS 21; 81st MDG 95, 85th EIS 16.

Intramural Over-30 League (as of Dec. 11)

Team	Won	Lost
81st CES	3	0
81st TRSS	3	0
81st SFS	2	1
81st LRS	0	1
335th TRS	0	1

Bowling

Monday Night Budweiser (as of Dec. 8)

Team	Won	Lost
Perry's Refrigeration	62	29
New Meat	57	34
DOG Squad	54	37
Man On!	52	39
Slater's Shooters	49	42
Hit 9 Get 9	49	42
Pot Luck	48	43
All Screwed Up	47	44
403rd Strykers	47	44
Wrong Foot Forward	47	44
Robbie's Rejects	47	44
Our Gang	46	45
Sandy's Gang	46	45
Hang Chucky	46	45
Martini's	44	47
Ricky's Rookies	43	48
Why Not	42	49
Team 18	32	59
Hoops Gang	26	65
Unpredictables	26	65

Wednesday Night Mixed (as of Dec. 10)

Team	Won	Lost
Any Takers	52	39
Dee's Crew	52	39
Clyde's Crew	51	40
MUDD	49	42
Wild Gang	48	43
Neighbors Plus 1	47	44
Team 6	46	45
Guys and Dolls	42	49
Ichi Ban	35	56
70s Plus	33	58

Thursday Retired Seniors (as of Dec. 11)

Team	Won	Lost
6-Pack	66	25
Kitty and Kats	59	32
TBB Express	50	41
Team 14	49	42
Team 12	48	43
Team 13	47	44
Team 5	45	46
Team 8	43	48
Two He's and a She	43	48
Team 16	42	49
CHMATO	41	50
Three's Company	40.5	50.5
3-70s Plus	40	51
Team 11	39	52
2 Kings and A Queen	38	53
Lucky Trio	35.5	55.5

Friday Night Mixed (as of Dec. 12)

Team	Won	Lost
Fun Timers	63	28
Rose and Her Thorns	53	38
We Take Ugly	51	40
Frustrated	49	42
Sandbaggers	47	44
3 Guys and a Babe	44	47
Mixed Nuts	44	47
Pin Busters	43	48
The Strikers	42	49
Lady and the Tramps	40	51
Beyond Control	35	56
Pin Pals	35	56

Other

New Year's Eve party — 8 p.m. to 1 a.m. Dec. 31. Adults \$30, ages 6-17 \$25, free ages 5 and younger. Ages 14 and younger must be accompanied by adult. Cost includes bowling, shoes, finger foods, non-alcoholic beverages, midnight toast, party favors, prizes, giveaways, music and dancing. Alcoholic beverages sold separately. **Registration** — continues for Keesler Youth Bowling Association at Gaudé Lanes. Any child old enough to throw the bowling ball down the alley is eligible. League meets 9:30 a.m. Saturdays. Instruction available. For more information, including fees, call 377-2817.

Glow bowling — 11 a.m. to 1 p.m. Tuesdays, \$1 per game and \$1 for shoes; 9 p.m. Fridays, 7 p.m. Saturdays, \$5.50 adults, \$3.50 ages 17 and younger, including shoes.

Lunch and bowl special — 11 a.m. to 1 p.m. Mondays-Fridays. Bowl for \$1 a game plus \$1 for shoes.

Team building special — 1-5 p.m. weekdays. Bring your employees bowling for \$1 a game plus shoe rental. Call 377-2817 for reservations.

Open bowling — limited on league days; first come, first served. Reservations accepted with groups of 20 or more. Discounts available with groups of 25 or more.

Club member special — show current club card Thursdays and bowl for \$1.50 per game; free shoe rental.

Birthday party package — 1:30-3 p.m. or 3:30-5 p.m. Saturdays. Basic party with bowling and food \$8.95 per child. Mid party, including table supply and T-shirt, \$11.95 per child. Premium party with games and a pin, \$15.95 per child. Reservations required.

Fitness centers

Free fitness classes — yoga, step aerobics, turbo-core, spin/cycle, boxing workout and fencing at Dragon Fitness Center. For more information, call 377-2907.

Boxing room — Triangle Fitness Center. Three speed bags and two heavy bags. Sign out gloves at the counter.

Computerized fitness assessments, counseling — available by appointment at Dragon Fitness Center. To schedule, call 377-2907.

Massage appointments — at Triangle Fitness Center, call 263-5515.

Wall of Fame — powerlifting event, 1-4 p.m. first compressed work schedule Friday each month, Triangle Fitness Center. Squat, bench press and dead lift; one attempt in any or all three events; 12 weight classes for men, 10 for women. Set record for most pounds lifted or break an existing record and get your picture on the wall. Open to all Defense Department personnel 18 years of age and older.

For more information, call 377-3056.

Triangle Fitness Center — open 10 a.m. to 9 p.m. Mondays-working Fridays 10 a.m. to 6 p.m. compressed work schedule Fridays and weekends; closed holidays. For more information, call 377-3056.

Blake Fitness Center — open 4:30 a.m. to 10:30 p.m. Mondays-working Fridays; 6 a.m. to 7 p.m. compressed work schedule Fridays; 8 a.m. to 7 p.m. weekends and holidays.

Dragon Fitness Center — 6 a.m. to 8 p.m. Mondays-working Fridays. Parent-child fitness room has workout equipment and play area for ages 6 months to 7 years.

Golf

New driving range open — 7 a.m. to 7 p.m. daily. Yardage markers are accurate and measured from the hitting mats. Bucket of balls \$2.

Family month — free greens fees, ages 6-12; must be accompa-

nied by adult. Youth ages 13-17 and golfers' spouses pay half-price greens fee. Offer good during December.

Holiday gift basket — register every time you play golf to win a golf holiday gift basket valued at \$100; drawing Friday.

Twilight golf special — 2 p.m. Mondays-Thursdays. Pay nine-hole fee and golf until course closes.

Golf lessons — \$25 for 30 minutes. For appointment, call 424-0479.

Course and pro shop — 7 a.m. to dusk daily. For tee times, call 377-3832.

Outdoor recreation

Discount on fishing equipment — save 10 percent through Friday.

Discount on skiff rental — bring a friend, get 10 percent discount.

Big buck contest — bring in a deer with the most points and win \$100 savings bond. Points are calculated by placing a ring on the antlers; if an antler supports the ring, it's considered a point.

Fish of the month — weigh in largest speckled trout for the month and win \$100 savings bond. Minimum three participants.

One-day fishing trips — to Horn, Ship or Cat Islands; pick the date. Charter trip in Delacroix and Reggio, La. with professional fishing guide. For more information, call 377-3160.

Camping packages — for rent include sleeping bags, lanterns, camp stoves and tents. For more information, call 377-3160.

RV, boat and trailer storage —

\$20 per month.

Delacroix, La. fishing site — two self-contained trailers for rent, \$50 per night. Maximum four per trailer. Bring linens and cooking utensils. Louisiana fishing license required.

Pontoon boat training — to rent a pontoon you must take a test and be certified. Call for information.

Bicycles for rent — 3500 Trek seven-speed bikes, \$3 day, \$15 week.

Wet slip fees — monthly, boats more than 32 feet, \$3.75 per foot; less than 32 feet, \$2.50 per foot. Overnight, \$5 per boat.

Deep sea fishing trips — compressed work schedule Fridays and Sundays on the Keesler Dolphin II. \$75 per person includes everything you need to fish. Payment due upon reservation. Minimum 15, maximum 22 people. For reservation, call 377-3160.

Deep sea fishing private charter — rent Dolphin II, \$850 for first six people, \$60 each additional person. \$350 deposit required.

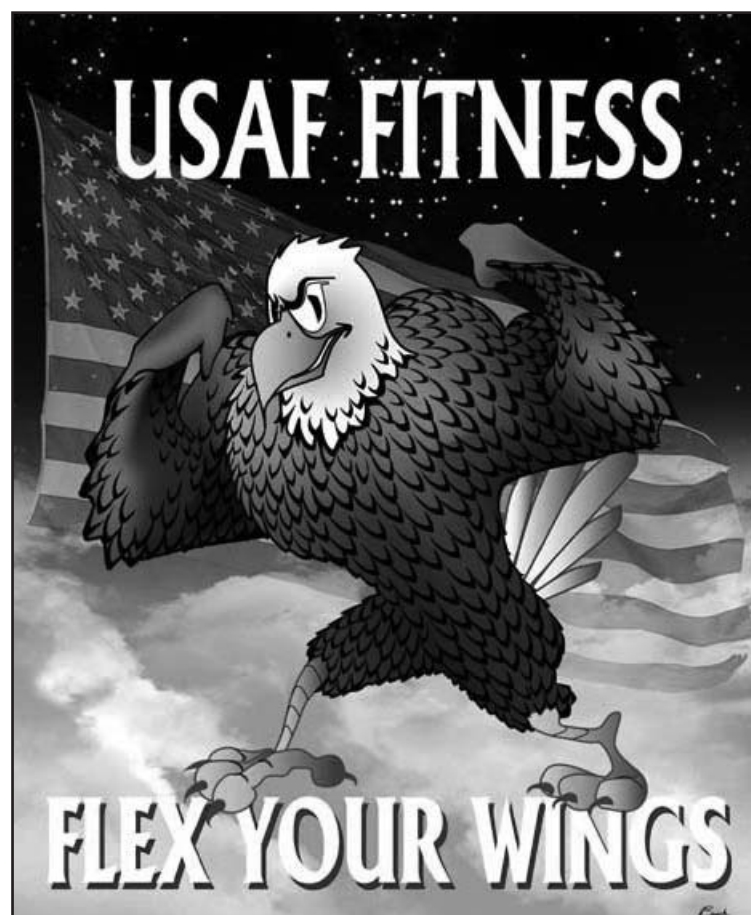
Back Bay cruiser — 17-foot vessel for rent. Mississippi boater registration card required. For prices, call 377-3160.

Marina park pavilions — to reserve, call 377-3160.

Disc golf — distance, fairway, multi-purpose, putt and approach disks for sale or rent.

Resale area — snacks, beverages, fishing and rental equipment, hunting and fishing licenses.

Paintball course — open by reservation only; for reservations or more information, call 377-3160.



GRADUATIONS

First Term Airman Center Class 08-16

81st Dental Squadron — Airmen 1st Class Jacqueline Mason, Rashod McSwain and Marvin Mitchell.

81st Diagnostics and Therapeutics Squadron — Airmen 1st Class Juliana Alvarez and Seth Payne.

81st Inpatient Operations Squadron — Airman 1st Class Alisha Smith.

81st Medical Operations Squadron — Airmen 1st Class Johnathon King.

81st Security Forces Squadron — Airman Joshua Runewicz; Airmen 1st Class Barin Harmon, Michelle Noble and Justine Oday.

81st Surgical Operations Squadron — Airman Antonia Martinez.

HONORS

Student honor roll

332nd Training Squadron

Electronic principles — Airmen Basic Brian Adams, Leonardo Alviz, Nathan Asher, Bryan Barnbrugge, Justin Bedsole, Andrew Blair, Michael Bougher, Kayla Bourbonoulis, David Brackett, Trevin Brecheisen, Kurt Breckenridge, Steven Bright, Cody Bucy, Joshua Cantrell, Patricia Capps, Jason Cherry, Seth Chestosky, Carl Coscione, Bradley Cradic, Colby Creed, Dylan Crowell, Lequonne Curry, Ricardo DeLaCruz, Zachary Donelson, Kyle Dougherty, David Dupont, Forrest Edelman, Derek Fackler, Matthew Fitzgerald, Christofer Floyd, Jason Freeman, Richard Friedrich, Tyler Goeke, Michael Gonzales, Joseph Gormely, Daniel Gossett, Matthew Grove, Paul Haggerty, Christopher Haley, Kenneth Hammons, Darold Hatcher, Chad Heimbecker, Ryan Hill, Herman Hoffman, Brad Jacobs, Justin James, Paul Johnson, Nicholas Kadish, Bryan Kelley, Jack Kemp, Christopher Kugler, Matthew Lavalley, Jeremy Leblanc, Donald Lehman, Michael Lopez, John Magee, Joseph Mason, Kristen McKibben, Joshua Miller, Brandon Morgan, Timothy Murphy, Peter Nase, Kyle Newcomb, Frank Olszynski, James Owen, Bryson Purcell, Matthew Rand, Branden Randall, Justin Raymer, Ricardo Reyes, Romeo Rivers, Fernando Rodriguez, Ryan Rodriguez, Ronald Rouse, Peter Sigmond, Austin Simons, Ashley Smith, Micah Sowders, Michael Spencer, Daniel Swann, Ryan Swiderski, Andrea Swisse, Seth Taborbellaud, Anthony Thornton, Matthew Ulrey, Justin Valdez, Harry Weiss, Walter Weller, Sean Wesner, Ryan Wilson and Thomas Yoon; Airmen Zachary Bergsma, Scott Blankenship, Jessica Crane, Patrick Debano, Lori Dentremont, Steven Fingold, Cody Gonzales, Michael Harrold, Bryan Horn, Jeffrey Kemp, Michael Koenig, Justin McCormick, Quaye Meisenhelder, Kristofferson Nunex, Ross O'Donnell, Henry Orr, Pratul Patel, Sean Purcell, Alejandro Rodriguez, Courtney Spruiell, Jason Stephan, Joshua Waggoner, Jacqueline Willson, Laura Wttenberg and Jacob Zajac; Airmen 1st Class Andrew Anderson, Christopher Barnes, Joseph Barnett, William Barton, Luke Beckwith, Brian Bernal, Matthew Bowen, David Briest, Jeffrey Burchenough, Travis Burke, Marcone Cagnussu, Steven Catlin, Jason Clukey, Gunder Coaty, Rudy Corpus, Nicolas Craven, Ian Daniel, Mathew Dick, Theodore Ehrhorn, Timothy Ellis, Christopher Farris, Stephen Gagnon, Nicholas Garrison, Lynnrae Grisham, Joseph Hammel, Logan Hammett, Zachary Hand, Daniel Hayes, Devon Hoffinan, Jeffrey Hughes, Micheal Huss, Michael Jaquier, April Jasso, Nathaniel Johnson, Shanan Kellens, Ethan Labonte, Melissa Lafollette, Steven Lafollette, Matthew Lafreniere, Samuel Lee, Seth Lindo, Eric Livesay, Daniel Logan, Vincent Lowman, Jared Lucci, Christopher Mancini, Christopher Maryinuk, John McConnell, Jacob McDonald, Christian McQueen, Jeremy McReynolds, Patricia Mead, Christopher Miles, Robert Mitchell, Christopher Murphy, Bryan North, Robert Ortolano, Corey Paden, Jose PerezBrunet, Cody Perna, Jordan Perschino, Steven Piper, Jean Rivera, Joel

Rodriguez, Stephanie Salinas, Octavious Sams, Thomas Sanchez, Pedro Santiago, Bradford Schroeder, Robert Schroeder, Romane Sillon, John Shirah, Nolan Short, Jason Skelton, Samuel Smith, Terrence Spencer, Bryan Summy, Armando Villaneda, Sarah Watson and Yurina Zamora; Pfc. Johnathan Gregory, David Malinowski, Justin McCord and Daniel Ortiz; Senior Airmen Justin Apple, Kenneth Barbera, Rachel Chamberland, Chad Colvin, Charles Daum, Ryan David, Brian Houck, Matthew Lee, Cory Martin, Charles Minatrea, Kristen Montano, Irving Ruiz-Lopez, Alex Zwet and Damion White; Staff Sgts. Matthew Brazier, Mark Brizzi, Raleigh Carlson, Christopher Porraro, Samuel Rodriguez, Courtland Scales, James Taylor, Jason Wagner, Robert Walker, Jonathan Westberg and Forrest Wyble; Petty Officer 2nd Class Jason Davis; Tech. Sgts. Charles Daum, Jonathan Mefford, James Moore, Barbara Jean Nesbitt and Benjamin Smith; Master Sgts. Paul Gunnoe, Christopher Randall and Michael Sampson; Senior Master Sgt. Donald Miller.

334th TRS

Air traffic control operations training flight — Airmen Basic Justin Brooks, Duncan Davis, Kathleen Morshed, Shelby Radtke and Jake Schmidt; Airman John Tullos; Airmen 1st Class Adrienne Baldwin and Jackie Delgado; Senior Airman Miranda Perry; Staff Sgt. Anthony Bellinger; Tech. Sgt. Jason Lane.

335th TRS

Comptroller training flight — Airmen Basic Jon Candelario, James Hill, Zachariah Lowe, Sarat Luewongopas, Jedidiah Morris, Thomas Morris, Scott Proefrock and Williams Uriniuk; Airman Jonathon Tovey; Airmen 1st Class Akshay Botre, Joshua Cedeno, Yaohue Chen, Benjamin Debacco, Mercedes Fleming, Zachary Herrera and Katherine Smith; Staff Sgts. Latrell Ball, Edgardo Garcia, Anthony Pistella, Clifford Robison and Ryan Tovar; Tech. Sgt. Michael Herrell; Master Sgt. Diana Aragon.

Weather training flight — Airmen Basic Judd Eichorst, Roger Keith, Ryan Pierce and Christopher Smith; Navy Airmen Recruit Shelby Koval and David Smith; Marine Pvt. Ryan Laign; Navy Airmen Apprentice Dannielle Flournoy and Trent

St. Michael; Airmen 1st Class Skye Kinder, Julian McAlister, Nathan Morga, Hailey Trueblood, Destin Yates and Craid Vonholtum; Navy Airmen Linley Harris, Terra Kern, Stefanie Price and Max Schoolmaster; Cpl. Steven Yates; Senior Airman Thomas Deady; Marine Sgt. Daniel Hammonds; Staff Sgts. Travis Geiger, Anathi Gumede and Kirk Joyce; Marine Staff Sgts. John King and Eric Ash; Tech. Sgts. Charles Basham; Senior Master Sgt. William McManus.

336th TRS

Communications-computer systems flight — Airmen Basic James Kulikowski and John Marchetti; Airmen 1st Class Zach Cahill, Christopher Marcelli and Michael Massey; Senior Airman Paul Hite; Staff Sgts. Christopher Carder, Terry Gordnier and Stephen Lambert; Master Sgt. Keith Brooks.

Communications and information management flight — Airmen Basic Amanda Behunin, Wilmer Rivera Bruno, Michael Butler, Simthchai Chutchainon, Christopher Cianfrone-Adams, Fernando Diaz, Patrick Elliot, Quintin Gilmore, Kenneth Greene, Holly Holland, Mary Humpherys, Tiffany Journey, Brianna Larkee, Eranisha Madison, Mark Oliver, Zarah Padilla, Joshua Perry, Christopher Pettiford, Julian Pfister, Justin Platt, Evan Soriano, Deloriane Smith, Mark Steinert, Brandon Tyler, Gary Williams, Sean Williamson and Adrian Wyche; Airmen Eric Byrne, Randall Ciardetti, Eric Leyva and Amos Xavier; Airmen 1st Class Raeann Batz, Matthew Benoit, Austin Carroll, Michael D'Amico, John Delarma, Joshua Deville, Chelsea Kline, Jonathan Martin, Richard Owens, Juan Rivera-Puig, Jared Silva, Aldwin Speziale, Michael Trum, John Valadon and Ergis Ziu; Senior Airman Deborah Donahue, Mark McArdle and Charles Wentworth; Staff Sgts. Aaron Copeland, Donna Doyon, Tremaine Joseph and Russell Warren; Tech. Sgts. Jay Goodman, Felix Rodriguez and Herry Stallings; Master Sgt. Jascha Patton.

338th TRS

Ground radar — Airmen 1st Class Tyler Dove, Casey Raynes, Khalid Rodriguez and Michael White.

HOLIDAY HOURS

Christmas and New Year's Day

Editor's note: Hours reflect changes in observance of the Christmas and New Year's holiday season. Hours for Services facilities are subject to change; call to verify.

Keesler News — closed Dec. 25-26 and Jan. 1-2.

Commissary — closes at 4 p.m. Dec. 24; closed Dec. 25 and Jan. 1.

Inns of Keesler — open 24 hours.

Child development center — closed Dec. 24-26 and 31; Jan. 1-2.

Azalea Dining Facility — closed Friday through Jan. 2.

Live Oak Dining Facility — Dec. 25, 7-8 a.m., 11 a.m. to 3 p.m., 4:30-6 p.m.; Friday through Jan. 2, 5:30-7:30 a.m. (7:30-9 a.m. compressed work schedule Fridays and weekends), 11 a.m. to 1 p.m. and 5-6:30 p.m.

Magnolia Dining Facility — Dec. 25, 7-8 a.m., 11 a.m. to 3 p.m. and 4:30-6 p.m.; Friday through Jan. 2, 6-8 a.m. (7:30-9 a.m. CWS Fridays and weekends), 11 a.m. to 1 p.m. and 5-6:30 p.m.

Family child care office — closed Dec. 24-26, Dec. 31-Jan. 2.

Blake Fitness Center — closed Dec. 25, 8 a.m. to 7 p.m. Dec. 23-24 and Dec. 26-Jan. 2.

Dragon and Triangle Fitness Centers — closed Monday through Jan. 2.

Gaudé Lanes and 11th Frame Café — closed Monday through Dec. 30 and Jan. 1-4; 8 p.m. to 1 a.m. Dec. 31.

Arts and crafts center — closed Dec. 21-Jan. 1.

Auto hobby shop — closed.

Bay Breeze Golf Course — closed Dec. 25 and Jan. 1; play free golf, but no carts or rental clubs available.

Please see **Digest**, Page 26

CHAPEL SERVICES

Editor's note: For more information, call 377-2520.

Protestant

Sunday worship

Larcher Chapel traditional with children's ministry.....8:30 a.m.

Triangle Chapel contemporary service.....10:30 a.m.

Triangle Chapel gospel service.....Noon

Holiday worship

Triangle Chapel candlelight service.....7 p.m. Dec. 24

Triangle Chapel watch night service.....10 p.m. Dec. 31

Roman Catholic

Sunday Mass

Triangle Chapel.....9 a.m.

Weekday Mass

Medical Center chapel.....11:15 a.m.

Holiday worship

Triangle Chapel, Christmas Eve Mass.....5 p.m. Dec. 24

Triangle Chapel, Christmas Mass.....9 a.m. Dec. 25

Jewish

For worship opportunities, call Master Sgt. Michael Raff, 377-5235 or 273-2226.

Islamic

Building 2003 — prayer five times daily; Salaat ul-Jummah congregational prayer, noon Friday.

For more information, call 377-2520 or 0327.

Latter-Day Saints

The Church of Jesus Christ of Latter-Day Saints — student group service, 2 p.m. Sundays, Triangle Chapel. For more information, call 396-5274 or 801-787-1990.

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Information, ticket and tours office — closed Sunday-Jan. 1.
Katrina Kantina — closed Sunday through Jan. 5.
McBride Library — noon to 5 p.m. Dec. 22-23, 29-30; closed Dec. 24-28, 31 and Jan. 1-4.
Outdoor recreation — closed Monday through Dec. 28 and Jan. 1.
Vandenberg Community Center — 10 a.m. to 8 p.m. Dec. 22-23, 10 a.m. to 6 p.m. Dec. 24, closed Dec. 25, 10 a.m. to 10 p.m. Dec. 26-27, noon to 6 p.m. Dec. 28, 10 a.m. to 8 p.m. Dec. 29-30, 10 a.m. to midnight Dec. 31 and 10 a.m. to 8 p.m. Jan. 1.
Veterinary clinic — closed Dec. 24 through Jan. 2.
Youth center — closed Dec. 24 through Jan. 2.
Legends Café — closed Sunday-Jan. 1.
Car wash — open 24 hours.
Mini-mart — open 24 hours.
Fam camp — open 24 hours.
Base car wash — open 24 hours.
Paintball course — closed Tuesday through Dec. 27 and Jan. 1.

CLASSES

Airman Leadership School

Class 09-2 — Jan. 5-Feb. 12.

Mathies NCO Academy

Class 09-2 — Jan. 6-Feb. 13.

Chapel

All classes are held at the Triangle Chapel Annex. For more information, call 377-2520.

Catholic religious education — after 9 a.m. Sunday Mass.
Protestant Sunday School — 10:30-11:30 a.m. for pre-school, elementary, teens and adults.

Men's prayer breakfast — 9 a.m. to noon second Saturday of the month.

Women's prayer breakfast — 10 a.m. to noon first Saturday of the month.

Tuesday Bible study — 6-7:30 p.m. at the Haven.
Dinner and the Bible — 6-7:30 p.m. Wednesdays, Triangle Chapel Annex.

Health and wellness center

Tobacco cessation program — the next four-week session of the American Cancer Society's Fresh Start program begins Jan. 7, with one-hour sessions at noon or 5 p.m. Prescription medications are available. To sign up or for more information, call 376-3170.

Keesler Medical Center

Pediatric subspecialty clinic

Baby Boot Camp — 11 a.m.-1 p.m. second Thursday of the month in conference room BF 400, located off the outpatient clinic entrance. Classes cover infants from birth to 6 months of age. Classes address common concerns of new parents such as booking appointments, colic, immunizations, safety, feeding issues, developmental milestones, dental care and infant cardiopulmonary resuscitation. Gifts, prizes and refreshments are included. Classes open to members of all branches of the military and their dependents. To sign up, call Capt. Romeatrus Moss, 376-5375. For more information, call Capt. Moss, Maj. Muriel Gatlin, 376-5387, or Staff Sgt. Jihan Brown, 376-5579.

Mental health clinic

Post-traumatic stress disorder — 1:30 p.m. Mondays.
Healthy thinking — 2 p.m. Tuesdays.

Please see **Digest**, Page 27

DINING HALL MENUS

Today

Lunch — herbed baked chicken, beef and noodles, fried catfish, blackeyed peas with rice, mashed potatoes, gravy, sweet potatoes, mixed vegetables, peas, fruit salad, potato salad, cream of broccoli soup, cheeseburger soup, frontier chicken chili, cannonball sandwich and Italian pepper beef sandwich.

Dinner — roast pork loin, jaegerschnitzel veal, chicken cordon bleu, potato halves, orange rice, gravy, carrots, pinto beans, corn combo, fruit salad, potato salad, cream of broccoli soup, chicken and wild rice soup, chili, cannonball sandwich and Italian pepper beef sandwich.

Friday and Jan. 2

Lunch — Mexican baked chicken, country-style steak, stuffed peppers, macaroni and cheese, mashed potatoes, gravy, corn on the cob, beans, Spanish beans, peas and carrots, pasta salad, three-bean salad, chicken with wild rice soup, onion soup, chili, barbecue pork sandwiches and burritos.

Dinner — lasagna, spaghetti with meat sauce, chicken cacciatore, rice, gravy, broccoli, cauliflower, Italian baked beans, corn O'Brien, pasta salad, three-bean salad, chicken with wild rice soup, onion soup, chili, barbecue pork sandwiches and burritos.

Saturday and Jan. 3

Lunch — baked chicken, beef yakisoba, canned ham, baked potatoes, rice pilaf, gravy, broccoli, peas, carrots, fruit medley, kidney bean salad, raisin sauce, clam chowder, tomato florentine soup and buffalo wings.

Dinner — fish almondine, stir-fry chicken with broccoli, pork chops, rissole potatoes, rice pilaf, gravy, calico corn, club spinach, fried okra, fruit medley, kidney bean salad, clam chowder, tomato florentine soup, chicken frontier chili and buffalo wings.

Sunday and Jan. 4

Lunch — baked fish, sauerbraten, chicken breast parmesan, au gratin potatoes, egg noodles, gravy, cauliflower combo, mixed vegetables, fried cabbage, tomato salad, German coleslaw, cheesy chicken tortilla soup, baked potato chowder, chili and cheese pizza.

Dinner — ginger barbecue chicken, fried shrimp, beef manicotti, potato wedges, mashed potatoes, gravy, black-eyed peas, collard greens, corn O'Brien, tomato salad, German coleslaw, cheesy chicken tortilla soup, baked potato chowder, chili and cheese pizza.

Monday and Jan. 5

Lunch — Swiss steak, baked chicken, sausage, peppers and onions, rice, mashed potatoes, gravy, broccoli, carrots, cucumber and onion salad, macaroni salad, chicken dumplings soup, minestrone, chili with beans, cannonball sandwich and chicken nuggets.

Dinner — turkey, ribeye steak, tempura fish, mashed potatoes, cornbread dressing, gravy, succotash, tempura vegetables, green beans, garden cottage cheese salad, macaroni salad, chicken dumpling soup, minestrone, chili with beans, cannonball sandwich and chicken nuggets.

Tuesday and Jan. 6

Lunch — lemon garlic fish, pork schnitzel steak, beef and yakisoba, ginger rice, mashed potatoes, gravy, pinto beans, spinach, squash, spinach salad, waldorf salad, frontier chicken chili, beef pot roast soup, vegetable soup, steak and cheese subs and tacos.

Dinner — roast pork loin, barbecue beef cubes, chicken fajitas, O'Brien potatoes, rice, gravy, cauliflower, corn on the cob, lima beans, waldorf salad, frontier chicken chili, beef pot roast soup, vegetable soup, steak and cheese subs and tacos.

Wednesday

Lunch — lasagna, spaghetti with meat sauce, chicken cacciatore, noodles, baked potatoes, baked beans, green beans, simmered squash, Mexican coleslaw, frijole salad, pasta fagioli soup, chicken tortilla soup, chili, cheese fishwich and cheese pizza

Dinner — spaghetti with meat sauce, Swiss steak, fried chicken, rice, mashed potatoes, gravy, fried cauliflower, asparagus, simmered cabbage, coleslaw, country style tomatoes, chicken noodle soup, potato soup, chili with beans, cheese fishwich and cheese pizza.

Christmas Day

Lunch and dinner — shrimp cocktail, chicken with rice soup, German tomato soup, turkey, ham, beef roast, giblet dressing, gravy, mashed potatoes, sweet potatoes, buttered potatoes, peas with mushrooms and onions, green beans, apple pie, pecan pie, almond pound cake, candy and frozen yogurt.

Friday

Lunch — shrimp scampi, beef stew, turkey, egg noodles, rice, gravy, corn on the cob, cauliflower, collard greens, three-bean salad, chicken and wild rice soup, French onion soup, chili, barbecue pork sandwich and burritos.

Dinner — chili macaroni, barbecue chicken, catfish, potato wedges, Spanish rice, gravy, fried cabbage, carrots, broccoli, pasta salad, three-bean salad, chicken and wild rice soup, French onion soup, chili, barbecue pork sandwich and burritos.

Saturday

Lunch — baked chicken, Swedish meatballs, creole shrimp, mashed potatoes, rice, gravy, creamed corn, asparagus, steamed squash, fruit salad, kidney bean salad, clam chowder, chicken chili and chicken nuggets.

Dinner — baked fish, knockwurst, five-spice chicken, potatoes, rice pilaf, stir-fry vegetables, baked beans, spinach, fruit salad, bean salad, clam chowder, chili and chicken nuggets.

Sunday

Lunch — oven fried fish, spareribs, chicken breast parmesan, macaroni and cheese, O'Brien potatoes, gravy, peas, sweet potatoes, broccoli combo, German coleslaw, tomato salad, chicken tortilla soup, baked potato chowder, chili and cheese pizza.

Dinner — stir-fry beef with broccoli, turkey nuggets, pork chop suey, sauteed mushrooms and onions, baked potatoes, rice pilaf, gravy, corn on the cob, green beans, German coleslaw, tomato salad, chicken tortilla soup, baked potato chowder, chili and cheese pizza.

Monday

Lunch — pot roast, baked stuffed fish, roast pork loin, potatoes, rice, gravy, cauliflower, succotash, green beans, cucumber/onion salad, chicken dumpling soup, minestrone, chili with beans, grilled sausage and steak and cheese subs.

Dinner — spaghetti, loin strip steak, turkey, baked potatoes, pea and pepper rice, gravy, squash, carrots, broccoli, sauteed mushrooms and onions, macaroni salad, cucumber/onion salad, chicken dumpling soup, minestrone, chili with beans, grilled sausage and steak and cheese subs.

Tuesday

Lunch — teriyaki chicken, veal parmesan, baked fish, rice, parsley buttered potatoes, gravy, fried cabbage, succotash, steamed carrots, macaroni salad, cottage cheese salad, beef pot roast soup, vegetable soup, chicken chili, sloppy joes and roast beef subs.

Dinner — country captain chicken, meatloaf, turkey a la king, rice, mashed potatoes, gravy, tempura vegetables, mustard greens, okra tomato gumbo, macaroni salad, cottage cheese salad, beef pot roast soup, vegetable soup, chicken chili, sloppy joes and roast beef subs.

Wednesday

Lunch — Chinese five-spice chicken, beef and broccoli stir fry, spareribs, vegetable egg rolls, shrimp fried rice, stir fry vegetables, chow mein noodles, fried cabbage, chicken gravy, lemon sesame green beans, Mexican coleslaw, pasta fagioli soup, vegetarian chili, cheese fishwich and pizza.

Dinner — lemon-herb chicken, sweet and sour pork, jambalaya, scalloped potatoes, rice, gravy, cauliflower, Mexican corn, Mexican coleslaw, frijole salad, chicken noodle soup, cream of potato soup, chili, cheese fishwich and pizza.

New Year's Day

Lunch — herbed baked chicken, beef and noodles, fried catfish, blackeyed peas with rice, mashed potatoes, gravy, sweet potatoes, mixed vegetables, peas, fruit salad, potato salad, cream of broccoli soup, cheeseburger soup, frontier chicken chili, cannonball sandwich and Italian pepper beef sandwich.

Dinner — roast pork, jaegerschnitzel veal, chicken cordon bleu, potatoes, rice, carrots, pinto beans, corn combo, fruit salad, potato salad, cream of broccoli soup, chicken and rice soup, chili, cannonball sandwich and Italian pepper beef sandwich.

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Stress management techniques — 10 a.m. Wednesdays.

Relaxation techniques — 9 a.m. Mondays.

To register, call 376-0385.

McBride Library

How to select a personal computer orientation — 6:30 p.m. Wednesday.

Christmas book display — last two weeks in December.

Gale data base orientations — 6:30 p.m. Wednesdays.

Fax special — 50 cents a page this month.

Orientations for commanders, instructors and first sergeants — 6:30 p.m. Wednesdays.

Available for use — children's library and meeting, audio and typing rooms.

Free wireless Internet — check at circulation desk.

Tours/orientations — call 377-2181.

CLUBS AND CENTERS

Vandenberg Community Center

Editor's note: All events, except dances, are open to all Keesler personnel.

Free New Year's Eve party — 8 p.m. to midnight for non-prior service students only; entertainment, party favors.

Free shuttle service — 6-9:30 p.m. Thursdays before nonworking Fridays; 1-11 p.m. nonworking Fridays and Saturdays and 6-11 p.m. working Fridays. Also stops at Muse Manor, McBride Library, arts and crafts center, Tyer House, Gaude Lanes, outdoor recreation, Katrina Kantina and Bay Breeze Golf Course.

Legends Café — open 10:30 a.m. to 1 p.m. Mondays-Fridays, 5-9 p.m. Mondays-Thursdays and 5-11 p.m. Fridays and Saturdays.

Pool tournaments — 6 p.m. Mondays and Tuesdays.

Dances — 6 p.m. to midnight Thursdays before compressed work schedule Fridays, and Fridays and Saturdays. \$3.

Katrina Kantina

All ranks invited — open 3:30 p.m. Tuesdays-Fridays. Snacks, beverages and music.

Luncheon specials — 11 a.m. to 1 p.m. Mondays; \$6 members, \$8 nonmembers. For more information, call 377-2219.

Tuesday special — red beans and rice, \$1 bowl.

Martini and jazz night — 5 p.m. Dec. 11.

Catering — experts can assist with planning weddings, holidays, birthdays, official functions and other special occasions.

Youth center

Editor's note: All children registered in a youth center program receive free membership.

Christmas camp — Monday and Tuesday, ages 6-12. Daily fees range from \$17-\$29 depending on total family income. An application must be completed for each child attending. For more information, call 377-4116.

Holiday celebration — 5-9 p.m. Saturday, ages 6 and older. \$5 per child.

Open recreation — 5-8 p.m. Mondays-Fridays. Exciting Boys and Girls Club programs.

Power hour — 4-6 p.m. Mondays-Fridays. Homework help and tutoring, ages 6-12. No charge for those registered in the youth program.

Torch Club — 6-7 p.m. Mondays-Fridays, ages 6-12. Focus on club and community service, education, athletics and fitness.

TRAIL (Keystone Club) — 6 p.m. every other Monday; leadership club for teens.

Book collection — drop off new and used children's books to be distributed to the Keesler Medical center's pediatric clinic.

Classes — register for dance, gymnastics, karate and guitar. For more information, call 377-4116..

Youth employment service — earn money for college tuition; call for more information.

Congressional Award program — ages 14-21; self-directed merit program promoting personal development, physical fitness and community involvement.

Volunteers needed — for sports, open recreation, crafts, cooking, computers, arts, reading, sewing and general cleaning and decorations. Must be 18 or older. For more information, call 377-4116.

TRANSITIONS

Workshops, briefings

Congressionally-mandated pre-separation briefings — counseling by airman and family readiness center for active-duty military members of any branch of service who'll receive honorable discharges and no extra transition benefits. Briefings are Thursdays in Room 111, Sablich Center, 1 p.m. for those who are separating and 2:30 p.m. for those who are retiring. Starting in January, the briefings move to Tuesdays instead of Thursdays. The briefing is held in Sablich Center, Room 111. If someone is separating/retiring under special circumstances, they can schedule an appointment by calling 376-8728.

Transition assistance program — briefings for 2009 are 8 a.m. to 4:30 p.m. Jan. 12-15, Feb. 9-12, March 9-12, April 13-16, May 11-14, June 8-11, July 13-16, Aug. 10-13, Sept. 14-17, Oct. 19-22, Nov. 16-19 and Dec. 14-17, Room 108A, Sablich Center. For military personnel who are 12 months or less from separation or 24 months or less from retirement, and Department of Defense civilians; spouses welcome. Military members should complete congressionally-mandated pre-separation counseling in advance. Attire is business casual — no uniforms, jeans, shorts or T-shirts. To sign up, call 376-8728.

Air Force Reserve opportunities — for members separating within 180 days, call Master Sgt. Charlene Morse, 377-7116; e-mail charlene.morse@keesler.af.mil or visit Room 125-F, Sablich Center.

Palace Chase — for information about how to apply for a program to attend college full time and work part time, visit Room 125-F, Sablich Center. For more information, call Master Sgt. Charlene Morse, 377-7116; e-mail charlene.morse@keesler.af.mil or visit Room 130, Sablich Center.

Employment opportunities

Career focus program for spouses — information on area employment opportunities, job Web sites, human resources contacts, temporary jobs, on-base listings and free training programs. Computer lab available for resume preparation or job search in Room 108B, Sablich Center. For an appointment, call Ron Bublik, 376-8502 or 376-8728, or e-mail ronald.bublik@keesler.af.mil.

Air Force Office of Special Investigations — senior airmen with less than six years time in service, and staff and technical sergeants with less than 12 years time in service are eligible. Foreign language, computer or technical skills are desired, but not required. Those accepted attend the Federal Law Enforcement Training Center in Brunswick, Ga. for training in instruction in law, report writing, forensics, interview techniques, firearms and defensive tactics and other subjects related to the challenges of investigative duty. For more information on applying, contact AFOSI Detachment 407, 377-3420.

Junior ROTC — immediate employment opportunities for retired or retiring Air Force officers and noncommissioned officers. Those who retired within the past 10 years or are six months from retirement may qualify to be an instructor. To apply or for more information, go to <http://www.afaos.af.mil> and select "AFJROTC" or call Jo Alice Talley, toll free 1-866-235-7682, extension 7742; DSN 493-7742, or commercial (334) 953-7742.

Web sites

Defense Manpower Data Center — <http://www.dmdc.osd.mil/dors> or <http://www.dmdc.osd.mil/tbb>.

Air Force Blue to Corporate Gray — <http://www.bluetogray.com>.

Air Force Federal Employment Resume and Information — <http://www.afpc.randolph.af.mil/resweb>.

Civilian job certification and licensing requirements for military personnel and veterans — <http://www.dol.gov/dol/vets>.

Department of Veterans Affairs — <http://www.vba.va.gov/efif/index.htm>; for members returning from Operations Enduring Freedom and Iraqi Freedom.

Southern Region Military and Civilian Job Fair — <http://www.mesc.state.ms.us/jobfair>.

New military spouse career center — <http://www.military.com/spouse>. Extensive job board including public and private sectors. For more information, call Vince Patton, 703-269-0154, or e-mail at vince@militaryadvantage.com.

Military Connection — online resources database for military family members seeking civilian employment at <http://www.militaryconnection.com>.

America's Job Bank — <http://www.ajb.dni.us>.

MEETINGS

African-American Heritage Committee — 3:30 p.m. second Tuesday of the month, Room 109, Taylor Logistics Building. For more information, call Paulette Powell, 377-2270, or Kurt Higgins, 377-1390.

Air Force Sergeants Association Chapter 652 — 4 p.m. third Tuesday of the month, Katrina Kantina. For more information, call Staff Sgt. Rich Striggow, 377-4800, or visit the group's Web site, <http://www.afsa652.org>.

Air Force Sergeants Association Auxiliary — 6 p.m. third Tuesday of the month. For more information, call Michelle Foster, 273-4591, or e-mail auxiliary.president@afsa652.org.

Airmen Against Drunk Driving — For more information, call Staff Sgt. Aaron Eden, 377-1907; Staff Sgt. Brad Mills, 377-1714, or call 377-SAVE.

Asian Pacific-American Heritage Committee — 11:30 a.m. first Wednesday of month, Room 111, Sablich Center. For more information, call Lucy Belles, 376-8500, or Master Sgt. Ernesto Alvendia, 376-8501.

At Eze Toastmasters Club — 11 a.m. Tuesdays, Building 1101 conference room. For more information, call Dewi Clark, 377-2714 or e-mail dewi.clark2@keesler.af.mil; Arleen Stewart, 377-2440, or visit <http://www.toastmasters.org>.

Blacks in Government — 5:15 p.m. second Thursday of the month, Taylor Logistics Building conference room. For more information call Florence Clay, 377-8681, or Paulette Powell, 377-2270.

Civil Air Patrol Col. Berta A. Edge Composite Squadron — 7 p.m. Tuesdays upstairs in Hangar 3 for youth and adults. For more information, call 1-601-528-4337, e-mail Camo.princess92@gmail.com or visit <http://www.keeslercap.org>.

Company grade officers council — meets first Wednesday of the month. For time and location, call Capt. Ted West, 377-7343.

Keesler 5.6 — 3:15 p.m. third Wednesday of the month; location varies. For more information, call Staff Sgt. Toyshaline Young or Tech. Sgt. Jodi Evans, 377-4885.

Keesler Christian Home Educators Association — 7-9 p.m. second Tuesday of the month, September-May, Larcher Chapel. For more information, call Heather Melancon, 831-8895.

Keesler Spouses Club — second Tuesday of the month. For time and place, call Leanne Ramsay, 377-3217, or visit <http://www.KeeslerSpousesClub.com>.

Retired Enlisted Association Magnolia Chapter 81 — 6:30 p.m. second Thursday of the month, Vandenberg Community Center. For more information, call Larry McKean, 377-3252 or 374-5922.

Top III — 3 p.m. third Thursday of the month, Katrina Kantina. For more information, call Master Sgt. Michael Krejci, 377-4451.

Tuskegee Airmen Inc., Col. Lawrence E. Roberts Chapter — 5 p.m. first Thursday of the month, McBride Library. For more information, call Glenda Mosby, 243-1992, gmosby1@bellsouth.net, or Charles Bowers, 860-3665.

MOVIES

Editor's note: Movies are shown at Welch Auditorium. Tickets are \$3 adults and \$1.50 children for regular features, and \$2.50 adults and \$1 children for matinees. For recording about current features, call 377-6627.

ARTS AND CRAFTS CENTER

Editor's note: Preregistration is required for all classes. Register at craft sales, Building 5904. Space is limited. For more information, call 377-2821.

Multi-crafts shop

Scrapbook crop Saturday — 10 a.m. to 4 p.m. Jan. 10. \$5 including shop use fee. Share and learn from each other using shop tools and accessories.

Thursday crafting — 5-7:30 p.m. Crafting, painting, pottery, scrapbooking at your own pace. Call for price.

Scrapbook Christmas page design — 5-7:30 p.m. Jan. 15. Bring your Christmas pictures. \$20 including materials for four pages.

Jewelry making — 10:30 a.m. to noon Jan. 24, or 5:30-7 p.m. Jan. 22. Learn wire wrapping and tooling. \$30 includes materials.

Beginners pottery wheel — 10 a.m. to 3 p.m. Jan. 17. \$40 including clay, instruction and firing.

Frame shop

Self-help — available weekdays and Saturdays.

Engraving shop

Custom items — available for gift giving, special mementos and squadron awards.

Ready-made gifts to go — get a décor mug filled with goodies; a variety available for \$10 each.

Wood shop

Supplies — hard woods and plywood in stock.

Equipment — a variety of industrial wood working equipment and hand tools are available for use.

Project Help — woodcrafter assistance and an on-site library of plans available.

Beginners woodworking — 5:15-7:30 p.m. Jan. 14. \$25 includes shop use and materials, please pre-register. Class will certify you for equipment use.

Beginning intarsia — 10 a.m. Jan. 17. \$15 including materials. Intarsia is the art of piecing wood in a decorative pattern.

Advanced intarsia — 10 a.m. Jan. 24. \$20 including materials and tool use.

HELP WANTED

Editor's note: For more information, call 376-8282.

Nonappropriated fund jobs — apply noon to 5 p.m. Mondays-Thursdays and noon to 4 p.m. work Fridays at the human resource office in Room 211, Sablich Center. For current job openings, call the 24-hour job line, 377-905,5 or log on to <http://www.keeslerservices.us> and click on human resource office.

RESALE LOT

Editor's note: For more information, call 377-2821. Located on Tingle Ave. north of Security Forces building.

Buy, sell, trade — \$10 per month to place your vehicle on the lot, \$20 for recreational vehicles and boats. Registration, proof of ownership and insurance required. Register at the arts and crafts center's multi-craft shop, 10 a.m. to 5 p.m. Tuesdays-Saturdays. Must show proof of ownership and insurance. No registrations available Dec. 20-Jan. 5.

VANDENBERG COMMUNITY CENTER

Editor's note: All events, except dances, are open to all Keesler personnel. For more information, call 377-4355.

Free pool tournaments — 6:30 p.m.; Mondays 8-ball, Tuesdays 9-ball.

Late night dances — 6:30-midnight Jan. 18, Thursdays before nonworking Fridays, and Fridays and Saturdays. DJ, top 40 dance music. Nonprior service students only.

Birthday dance — 6:30-midnight Jan. 16. Nonprior service students with January birthdays show identification and enter the dance free.

Vandy shuttle — catch a free ride to Services facilities. Route runs 6-9:30 p.m. Thursdays before nonworking Fridays, 1-11 p.m. nonworking Fridays, 6-11 p.m. work Fridays, and 1-11 p.m. Saturdays. Stops include Muse Manor, library, arts and crafts center, auto hobby shop, Tyer House, bowling center, outdoor recreation, marina, Katrina Kantina, golf course and Welch Theater.

VETERINARY SERVICES

Editor's note: located on 3rd Street, Building 0408. All animals in base housing must be registered with the vet office. For appointment, call 376-7495.

Eligible patrons — active duty, retirees, reservists and National Guard on active duty for more than 72 hours with orders may use the veterinary clinic.

Heartworm prevention — purchase here and save. Must have current negative heartworm check and have been seen by the Keesler veterinarian within the past 12 months.

Sick call — call for an appointment.

Microchip identification — \$25. Protect your pet with this tiny microchip injected under the skin.

Flea and tick control — singles available in popular brands for dogs and cats. Buy one or stock up.

YOUTH PROGRAMS

Editor's note: For more information, call 377-4116. All children registered in a youth center program receive free membership.

Commissioners/coaches needed — for baseball, T-ball and soccer. Instructors are also needed for tennis, archery, track and field, art and music. For more information on how you can be a leader in youth sports, call 377-4116.

Training Responsible Adolescents In Leadership — TRAIL, a Keystone Club, is a leadership club for teens; meets 6:30-8 p.m. Jan. 5 and 19. Games, snacks and fun.

Open recreation (free and supervised) — 4-7 p.m. Mondays-Fridays, ages 9 and older. Exciting Boys and Girls Club programs including, computer media center, homework assistance "Power Hour" program, and triple play sports and recreation activities. Students sign themselves in.

Operation Night Hoops for teens — 7-10 p.m. Jan. 10. Great basketball fun.

Friday night frenzy — 6-9 p.m., ages 6-12. Free skating, music, games and more. \$5 cover charge for meals.

Youth of the year — pick up a packet now. A great opportunity for teens to participate in a lifetime achievement program.

Youth programs action council — meets monthly. If you're interested in military youth programs and have a child age 6-18, call and join this focus group.

Military home schoolers — meet monthly; call for schedule.

Classes — all new instructors. Register for dance, gymnastics, karate, theatre and guitar. Guitar \$60, all other classes \$50 per month. Classes meet every Saturday. Call for schedule.

HAPPENINGS is a monthly supplement to the Keesler News produced by 81st Force Support Squadron Services. Information is subject to change without notice. No federal endorsement of sponsors intended.

Earlene Smith, marketing specialist; Tanja Smith, commercial sponsorship coordinator; Cindy Milford, graphics illustrator; Lisa Campbell, marketing clerk.

PLEASE PULL OUT AND KEEP THIS SUPPLEMENT AS A HANDY REFERENCE FOR MONTHLY EVENTS OF 81ST FORCE SUPPORT SQUADRON SERVICES.

New Year's Eve Party

8 p.m. to midnight Dec. 31
at Vandenberg Community Center
for nonprior services students

Free admission

Party favors

Entertainment

For more information, call 377-3308.

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MANPOWER, PERSONNEL, & SERVICES



11TH FRAME CAFÉ

Editor's note: Located inside Gaudé Lanes Bowling Center; 377-2036. Contractors welcome. Menu is subject to change without notice.

Breakfast — now available 6:30-10:30 a.m. Mondays-Fridays.
Daily specials \$6.95 — 10:30 a.m. to close Mondays-work Fridays. Different menu daily. Call-in orders accepted 10-11 a.m.
Punch card — pick one up next time you visit. Purchase nine combos or Kingpin daily specials and your tenth is free.

BAY BREEZE GOLF COURSE

Editor's note: For more information or tee time, call 377-3832.

Couples/coed golf event — Jan. 17, shotgun start 2 p.m. Nine-hole select shot. \$15 per player for members; \$20 per player for nonmembers. Fee includes greens fees, cart, food, beverages and prizes. Register by Jan. 14.

Free golf — Christmas and New Year's Day. Carts and rental clubs not available.

Active duty military/spouse January special — golf together as a couple. One pays normal rate, the other pays half price.

New driving range — open daily 7 a.m. to dusk. \$2 for bucket of 40 balls. Yardage markers are accurate and measured from the hitting mats.

Open play — come play our new, challenging 18 hole, par 71 course. Call for tee time. For fees list, log on to <http://www.keeslerservices.us> and click on the Bay Breeze link.

Twilight special — 2 p.m. Mondays through Thursdays pay for nine holes and golf until closing.

"UBU" specials for nonprior service students — \$15 for 18 holes or \$10 for nine holes includes greens fee and cart; \$20 for 18 holes or \$15 for nine holes includes greens fee, cart, and rental clubs; free golf clinics noon to 1 p.m. Jan. 10, 17, 23, 24 and 31. Call to sign up, limited to the first 10 to sign up per session.

Golf lessons — \$25 for a half hour of instruction.

Pro shop — gloves, golf balls, tees, gift certificates and more.

DINING FACILITIES

Editor's note: For more information, call 377-2200.

Wondering what's on the menu today? — Call the Dine Line at 377-DINE (3463) for daily menu.

Christmas dinner — 11 a.m. to 3 p.m. Dec. 25 in the Magnolia and Live Oak dining facilities. Retirees and their families are welcome to join us at Live Oak.

Monthly birthday celebration — 5 p.m. the first Wednesday of each month for all nonprior service students, permanent party enlisted and essential station messing members. Reservations must be made in advance by the 25th of the previous month; call 377-3854. Personnel collecting basic allowance for subsistence must pay cash and surcharge.

FAMILY CHILD CARE

Editor's note: For more information, call 377-3189.

Child care slots — available now. Call today for assistance in locating a provider, it's like having extended family.

Expanded duty, permanent change of station, and returning home child care — is available. Call for details.

Providers needed — military spouses on and off base who wish to care for children in their homes. Providers are also needed to care for children with special needs and to work swing and evening shifts.

FITNESS

Free fitness classes at Dragon Fitness Center — boot camp, self-defense, yoga, step aerobics, "Karobics," pilates, sculpt and tone, and cycling. Karobics is a high-energy cardio class using kicks and blocks that are associated with karate. For more information and schedule, call 377-2907 or log on to <http://www.keeslerservices.us>.

Parent/child fitness room — located inside Dragon Fitness Center, features workout equipment and a play area for ages 6 months to 7 years. Children must be directly supervised by parent while in the facility.

INNS OF KEESLER

Editor's note: For reservations and more information, call 377-4900 or 377-9986.

Rooms available — Space-available" reservations can be made 24 hours in advance. Rooms offered are visiting airmen's quarters, \$23.25 with a queen bed, refrigerator, microwave and shared bathroom; visitor's quarters, \$27 with a queen bed, refrigerator, microwave and private bathroom; and temporary lodging facility, \$41.50 for one- and two-bedroom family units with full kitchen. Pet TLFs available for an additional \$10 per night.

Visitors coming for the holidays? — Space-available reservations being accepted for Christmas and New Year's holidays.

Mini-mart — open 24 hours, seven days a week inside Muse Manor. Snacks, drinks, health/hygiene items available. For more information, call 377-2752.

GAUDÉ LANES BOWLING CENTER

Editor's note: For more information, call 377-2817. Bumpers are available on 19 lanes by reservation for ages 10 and younger.

Now open Sundays — 1-6 p.m. stop in to bowl and enjoy some good food in our 11th Fame Café.

Youth bowling — any child old enough to throw the bowling ball down the alley is eligible to participate. League meets at 9:30 a.m. Saturdays. Instruction is available.

Wing logo shirts — \$22 in the pro shop.

Bowl at lunch — 11 a.m. to 1 p.m. Mondays-Fridays. \$1 per game; \$1 for shoes. Tuesdays feature glow bowling.

Club member special — Thursdays. Show your current club card and bowl for \$1.50 with free shoe rental.

Team building — 1-5 p.m. Mondays-Fridays. Bring your employees bowling for \$1 a game plus shoe rental. Call to reserve.

Open bowling — limited on league days; first come, first served. Reservations accepted for groups of 20 or more.

Glow bowling — 9 p.m. Fridays and 7 p.m. Saturdays.

Birthday parties — 1:30-3 p.m. or 3:30-5 p.m. Saturdays. Choose one of three packages and remember the birthday child is free. Reservations are required two weeks in advance.

Nonprior service students specials — show your phase card and bowl for \$1.50 per game any time, shoes included.

Plan a fund raiser — make money for your organization and have fun doing it.

INFORMATION, TICKETS AND TOURS

Editor's note: For more information, call 377-3818.

Tickets — discounted tickets available to major attractions in three-state area. For a complete list of ticket prices, log on to <http://www.keeslerservices.us> and click on the link for ITT.

Mardi Gras parades — call for pricing and schedule of tours to the upcoming Mardi Gras parades in New Orleans and Mobile. Space is limited.

KATRINA KANTINA

Editor's note: Located in the marina building overlooking Biloxi's Bay. Contractors welcome. For more information, call 377-2219.

All ranks invited — snacks, beverages and music.

Monday madness lunch specials — 11 a.m. to 1 p.m. \$6 for members, nonmembers add \$2. Lunch specials include dessert and iced tea. Buy nine and your tenth lunch special is free. Jan. 5, red beans and rice, sausage, tossed salad, rolls, and butter; Jan. 12, pot roast, potato casserole, green beans, tossed salad, rolls and butter; Jan. 26, hot wings, fried wings, mac and cheese, corn, salad, rolls and butter.

Red beans and rice — 5-7 p.m. Tuesdays, \$1 a bowl.

Wings and things — 5 p.m. Jan. 7. Keesler Club members get in free, nonmembers pay \$3 at the door. Enjoy complimentary hors d'oeuvres and \$1 domestic draft beer.

Karaoke with DJ Wayne — 6-9 p.m. Jan. 22. Drink specials.

Catering — let our professional assist you with planning weddings, holidays, birthdays, official functions and other special occasions. Club membership is not required.

LEGENDS CAFÉ

Editor's note: Located inside Vandenberg Community Center. For more information, call 377-2424.

Dine-in or take-out — serving lunch and dinner. Pool table. Salads, baskets, sandwiches, pizza, etc.

Lunch special punch card — buy nine lunch combos or buffets and your tenth is free.

Reserve your bird — rotisserie chicken special Tuesdays and Thursdays. Lunch is \$4 for half chicken or \$6 for whole chicken with side item and roll. Dinner is \$10 and serves four with a whole chicken and two large side items. Order at the café or call by 1 p.m. Payment due at time of reservation. Pick up after 5 p.m.

Lunch buffets — Wednesdays \$7 includes iced tea, call for menu. Work Fridays feature fried catfish, \$8 includes iced tea.

MCBRIDE LIBRARY

Editor's note: For more information, call 377-2181.

Fax special — all faxes are 50 cents a page throughout January.

Search our online catalog — to search our huge inventory of books (print and audio), DVDs, CDs, VHS, magazines, periodicals and more, just log on to <http://www.keeslerservices.us> and click on the link for McBride Library, then the link for our on-line catalog.

Need a place to hold a meeting? — Two large meeting rooms, audio room, typing room and children's library are available.

Wireless Internet service — now available. Please check at the circulation desk to get the network key/password.

Free high-speed Internet and e-mail — now on 40 computers.

OUTDOOR RECREATION AND MARINA

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

Marina slips — wet slip fees: boats in excess of 32 feet are charged \$3.75 per foot. Boats 32 feet and below are charged \$2.50 per foot. Overnight is \$5.

January rental equipment special — save 10 percent during January. For a price list, log on to www.keeslerservices.us and click on the Outdoor Recreation link.

Wildlife poster contest — throughout January. Children submit their original posters depicting any type of wildlife, such as birds, fish and animals. First place winner receives a \$100 savings bond, second place receives a \$50 bond.

Fishing/hunting camps in Delacroix, La. — Two completely self-contained campers available for rent.

Fish of the month contest — largest catfish in January wins a \$100 savings bond. Minimum three participants.

Retail store — cold drinks, snacks, fishing equipment, bait, sun screen, Mississippi hunting and fishing licenses, and more.

Rental campers — tow to your destination and enjoy. \$50 per day. Two available: one sleeps six, one sleeps eight. Call for more information and towing requirements.

Pontoon boat training — to rent a pontoon you must take a test and be certified.

Recreational vehicle, boat and trailer storage — monthly fee, \$20. Call for more information.

Disc golf — distance, fairway, multi-purpose, putt and approach discs for rent/sale. Course use is free.

Paintball course — reservations only, call to schedule play.

Fam camp — park is open 24 hours daily. Office hours are 7 a.m. to 4 p.m. daily. For more information, call 594-0543.

Air Education and Training Command outdoor recreation facilities — visit recreation areas throughout the command at <http://ourtaetcooutdoors.us/>.

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The Dolphin II



Fishing Trips

Licensed captain and mate provided. No license required.

Space Available Trips
\$75 per person

Outdoor recreation hosts a fishing trip every Sunday and nonworking Fridays. Groups and individuals can sign up. Price includes everything you need to fish. Bring food, beverages, and sunscreen. Minimum 10, maximum 22 people. Call to reserve.

Private Fishing Charter

\$750 for the first 10 people, \$50 for each additional person. \$100 deposit. Call to reserve.

Special Occasions

Weddings ~ Receptions
Proposals

Wine and cheese cruises

Team building trips

Overnight camping trips

Family gatherings

Sightseeing cruises

Use your imagination and give us a call — we'd love to make your special occasion an experience to remember. Call for pricing.

377-3160

GAUDÉ LANES BOWLING CENTER
8 P.M. - 1 A.M.
Dec. 31

NEW YEAR'S EVE PARTY

Bowling (shoes included)
Music ~ Prizes ~ Dancing
Party favors ~ Finger foods
Nonalcoholic midnight toast

Purchase tickets early.
\$30 for adults
\$25 for ages 6-17

Ages 5 and younger are free. Ages 14 and younger must be accompanied by an adult. Alcoholic beverages sold separately.

Sponsored by Rex Distributing.

Fitness centers can help you look fine in 2009

By Earlene Smith
81st Force Support Squadron

If you're like most people, one of your New Year's resolutions will be to "look fine in 2009." Using Keesler's fitness centers is an excellent and free way to reach your goal.

If you're not sure where to start or what equipment to use to achieve the look you want, talk to one of the qualified professionals on staff.

Blake Fitness Center is the largest of Keesler's three fitness centers, boasting over 30,000 square feet of workout space. It has a multi-use basketball gym, two weight rooms, five racquetball courts, two cardiovascular workout rooms, a stretching/abdominal room, steam room and saunas.

Hours are 4:30 a.m. to 10:30 p.m. Mondays-work Fridays, 6 a.m. to 7 p.m. non-working Fridays, 8 a.m. to 7 p.m. Saturdays, Sundays and holidays.

The Triangle Fitness Center on Falcon Street in the Triangle is open to all Keesler personnel.

A full line of plate-loaded Hammer Strength equipment, and specialized power lifting equipment is available 10 a.m. to 9 p.m. Mondays-work Fridays and noon to 6 p.m. non-working Fridays, Saturdays and Sundays. The center is closed on holidays.

A slower-paced, relaxed environment, 6 a.m. to 8 p.m. Mondays-work Fridays, is offered at the Dragon Fitness Center.

The center is equipped with a basketball court, nautilus equipment and cardiovascular equipment.

A variety of free fitness classes taught by certified instructors are conducted at the Dragon Fitness Center.



Photo by Lisa Campbell
Fitness instructor, Michelle Sprague, teaches a free sculpt and tone class 5:15 p.m. Tuesdays and Thursdays at Dragon Fitness Center.

Step aerobics is a high-energy, low-impact class where you choose to do the moves on the step at low, medium or high intensity. Good for improving your cardio fitness and burning some calories.

Basic karate kicks and blocks are incorporated in the "Karobics" class. This is an intermediate level class designed to improve overall cardiovascular conditioning and endurance.

Cycling is a high energy bike class designed to improve overall cardiovascular endurance and conditioning for intermediate through advanced riders. Exercises are performed on custom fit stationary cycles.

The purpose of the self-defense class is twofold: to teach basic self defense techniques to assist in escaping in the event of an attack; and to teach striking movements that utilize hand and foot techniques, pressure points, joint locks and basic ground escape movements. This is an excellent aerobic and anaerobic conditioning class.

Boot camp is an advanced

early morning class designed to improve both cardio and strength conditioning. It's the perfect class for starting your day off on the right foot.

The new Pilates class is one way to improve overall core strength and balance. The class incorporates a method of exercise and physical movements designed to stretch, strengthen and balance the body.

To improve overall cardiovascular endurance, strengthen all major muscle groups and improve overall toning enroll in the sculpt & tone class.

For class schedules stop by any of the fitness centers, or log on to the Services website, www.keeslerservices.us.

The minimum age to use the fitness centers is 6, with certain restrictions.

Ages 6-12 are denied access to the cardiovascular and weight equipment, and group exercise rooms. They are allowed use of the basketball and racquetball courts with interactive supervision from adults at all times.

Youth ages 13-15 are welcome to use the cardiovascular and weight equipment, and group exercise rooms, with interactive supervision from an adult at all times. A parent or legal guardian must be in the facility when they use the basketball or racquetball courts.

Unrestricted use of all fitness center facilities and equipment is available for ages 16 and older.

If you prefer to get your exercise outdoors, Keesler has two fitness trails, numerous lighted basketball courts, ten tennis courts, two softball fields and a multi-purpose flag football/soccer field.

When setting fitness goals for yourself, make sure they're realistic. Many people want to do too much, too fast and expect instant results. Their New Year's resolution is quickly forgotten.

The reality is it takes time, determination, dedication and a lot of work to get and stay in shape.

Good luck.

January 2009

Keesler AFB
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