



# KEESLER NEWS

Keesler Air Force Base  
Biloxi, Mississippi

Volume 70, No. 30  
Thursday, August 6, 2009



Train to Fight — Train to Win

## INSIDE

### COMMENTARY

Importance of  
followership, **2**

### TRAINING AND EDUCATION

Hazardous response  
exercise, **6**

Focus on warrior ethos, **7**

### NEWS AND FEATURES

Deployed captain keeps  
communication flowing, **13**

Fisher House, **14-15**

Backpack concerns, **16**

Veteran tributes, **17**

### SPORTS AND RECREATION

2 Keesler runners represent  
AETC at marathon, **19**

### SECTIONS

Commentary.....**2-3**

Training, education.....**4-7**

News, features.....**8-18**

Sports, recreation.... **19-20**

Digest.....**21-23**

Classifieds.....**24**

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



Dragons deployed — 189

## Tower power



Photo by Kemberly Groue

Senior Airman Nick Hallman, leader of a construction team from the 85th Engineering Installation Squadron, installs the bottom of the safety climb support on a 40-foot indoor tower being built in the Matero Hall bay area last week. The new tower allows climbing training to be conducted rain or shine for airfield systems apprentice students in the 338th Training Squadron. For story and photo, Page 4.

# Uncertain suicide causes frustrate military

American Forces Press Service and  
Secretary of the Air Force Public Affairs

WASHINGTON — The most frustrating part about suicide prevention is uncertainty about what causes troops to take their lives, top military leaders said July 29.

This near-unanimous chorus was sounded on Capitol Hill when the second-ranking military officers of each service testified about military mental health before the House Armed Services Committee.

“The most frustrating thing is trying to find a cause,” said Gen. Peter Chiarelli, the Army’s vice chief of staff.

The Army last week launched a study group comprising the military, National Institute of Mental Health, academia and other members in hopes of better understanding the underlying causes of suicide.

The largest study of behavioral health ever undertaken by the Army will examine behavioral health, psychological resilience, suicide risk, suicide-related behaviors and suicide deaths across the active and reserve components over all phases of a soldier’s career.

The \$50 million study will present findings quarterly, with preliminary results due in November. General Chiarelli said the findings could be incorporated in real time into treatment programs. The Army had a record number of suicides in 2007 with 115, and again in 2008 with 139.

The study group “realizes this is not

Please see **Suicide**, Page 9

## Thin Air Force-blue line between leadership, followership

By Chief Master Sgt. Richard Myers

85th Engineering Installation Squadron superintendent

When is the last time you saw the phrase “outstanding follower” in a performance report or award package? Yet we are all followers. It does not matter if you are a new Airman basic or the wing commander. We all carry our organization’s flag while serving a higher cause. The commitment to the organization makes everyone in uniform followers. We answer our nation’s call and serve a tradition of honor. But few want to be called a follower when all the good books are written on leadership. The fact is we should take pride in being effective followers.

Followership can be defined as a process by which a person fills the role of follower, supporting the views of a leader or organizations and consciously and deliberately working toward common goals shared with the leader or organization. That sounds pretty good, but there is still a stigma associated with the term follower.

The assumption is followership is simply doing what you’re told. Nothing could be further from the truth; good followership is an act of leadership, especially in the Air Force. We expect effective followers to see the big picture, make sound decisions, strive to achieve goals, act according to our core values, be self-employed, earn trust and have the confidence and guts to say the right things at the right times. Hey, that sounds like leadership.

Robert Kelley’s model of followership proposed that there are four essential qualities that effective followers share:

**First**, effective followers manage themselves well. This quality refers to the ability to determine one’s own goals within a large context and to decide what role to take.

**Second**, effective followers are committed to the organization and to a purpose beyond themselves.

**Thirdly**, effective followers build their competence and focus their efforts for maximum impact.

**Finally**, effective followers are courageous, honest, and credible. This implies and requires independent and critical thinking skills.

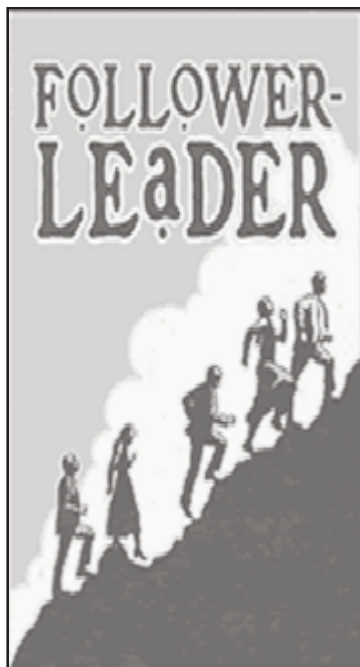
Kelley also stated that an effective follower exhibits enthusiasm, intelligence, and self-reliance. Kelley’s model describes Airmen I proudly serve with every day.

Also, if Kelley is right, there is a thin Air Force-blue line between leadership and followership. Thus we must promote empowered followership to develop future leaders. But effective followership does not just happen because a supervisor-subordinate relationship exists. It’s a joint effort requiring mutual trust and respect. It takes wingmen.

We are on the right track. We have added formal discussion to our professional military education and professional development guide. We have also included a Leadership/Followership block on the new airman basic through technical sergeant enlistment performance reports.

Maybe we will never get to the point where we can write Sergeant Jones, Lieutenant Smith or Chief Myers is an “outstanding follower” in an awards package or performance report, but we can certainly promote a culture that understands the importance of good followership to ensure professional growth and mission success. After all, good followership is an act of leadership.

“There go my people. I must follow them, for I am their leader.”



101  
CRITICAL  
DAYS OF  
SUMMER

Keep safety in mind  
as you work and play.

## ACTION LINE — 377-4357

By Brig. Gen. Ian Dickinson

81st Training Wing commander

You’re encouraged to work concerns through your chain of command or contact an appropriate helping agent. For unresolved issues, call the commander’s action line for assistance.

Suggestions to help make this a more valuable and useful tool are welcome. Call the commander’s action line, 377-4357; write to Commander’s Action Line, 81st TRW/PA, Keesler AFB, MS 39534-2603; e-mail 81st TRW Commander’s Action Line (on-base) or commanders.line@keesler.af.mil (off-base).



General Dickinson

### THE AIRMAN'S CREED

I AM AN AMERICAN AIRMAN,  
I AM A WARRIOR.  
I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN,  
MY MISSION IS TO FLY, FIGHT, AND WIN.  
I AM FAITHFUL TO A PROUD HERITAGE,  
A TRADITION OF HONOR,  
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,  
GUARDIAN OF FREEDOM AND JUSTICE,  
MY NATION'S SWORD AND SHIELD,  
ITS SENTRY AND AVENGER.  
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:  
WINGMAN, LEADER, WARRIOR.  
I WILL NEVER LEAVE AN AIRMAN BEHIND,  
I WILL NEVER FALTER,  
AND I WILL NOT FAIL.



## DRAGON ON THE STREET

By Kemberly Groue

Keesler News photojournalist

What is your favorite dessert?



Chocolate ice cream  
Chief Petty Officer Mack McCree, 336th Training Squadron (retired Wednesday)



Double chocolate cake  
Maj. David Hunt, 81st Aerospace Medicine Squadron



Apple pie  
Patricia Oosterhuis, fire department

## KEESLER NEWS

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# TRAINING AND EDUCATION

## Unique indoor training tower enhances airfield systems course

By Susan Griggs

Keesler News editor

Construction is finished on a 40-foot tower in Matero Hall which provides an all-weather climbing training facility for airfield systems apprentice students in the 338th Training Squadron.

A team from the 85th Engineering Installation Squadron built the structure, which should be ready for use next week.

The 85th EIS has allowed the 338th TRS to use its 53-foot outdoor tower since June 2008, when trainers began to incorporate climbing instruction into the course.

The instruction prepares Airmen to safely perform periodic and corrective maintenance on equipment mounted on the towers, according to Terry Campbell, airfield systems training manager.

Previously, airfield systems personnel with a climbing mission attended a three-day climbing course at Sheppard Air Force Base, Texas.

The new structure in the bay area of Matero Hall is the first indoor training tower of its kind, according to Werner Lamm, 338th TRS training support chief.

"Weather has a big impact on our training schedule, which will no longer be the case when we can use Matero Hall," he pointed out.

When there's lightning within 5 miles of the outdoor tower, climbing training stops. Inclement weather also hinders training. Any time training stops, the possibility of extending training exists, negatively impacting the mission.

Now the climbing training won't have to be shifted based on weather predictions, enabling students to receive instruction in the proper sequence.

However, Mr. Campbell



Photo by Kemberly Groue

From left, Senior Airman Jonathan Pelletier, Airman 1st Class Rathanak Ear, Senior Airman Jarrett Bowling and Staff Sgt. Warren Macomber from the 85th EIS work on construction of the 40-foot training tower in the bay area of Matero Hall last week.

said the Maltby Hall tower "was a valuable training tool, allowing us to put climbing-certified Airmen in the career field much earlier than if we had waited on completion of the Matero Hall tower."

He noted that 166 students passed through the course in fiscal 2008, with an increase to 173 this year.

"We train Air Force, Air National Guard and foreign

students," Mr. Campbell said. "With this addition to their training, our graduates will be more mission-ready than in the past."

"It's been a lot of work and a real team effort," said Lt. Col. John Thomas, 338th TRS commander. "We've have gotten great cooperation from everyone on this, and why not? It saves money and improves mission effectiveness."



Don't drink  
and drive.  
Call 377-SAVE  
for a  
safe ride home.



Photo by Steve Pivnick  
Airman 1st Class Eric Whitlow, left, and Airman Basic Christina Ortiz, 334th Training Squadron students, portray victims who hand over their personal belongings to Senior Airman Oruaron Idudhe, 81st Surgical Operations Squadron, and Staff Sgt. James Bowden, 81st Medical Operations Squadron, at the start of the decontamination process July 29 during the all hazard response training field exercise. AHRT is an Air Force chief of staff education, training and exercise program that allows the installation commander to evaluate emergency response capabilities.



Photo by Kemberly Groue  
Airman Basic John Rey Andres, 336th TRS student, has his vital signs checked after his "wounds" were bandaged by Tech. Sgt. Alisha Baxter, 81st MDOS.

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

## Medics test emergency response



Photo by Kemberly Groue  
Staff Sgt. James Clark, 81st MDOS, cares for Airman Basic Kelli Wilson, 336th TRS student, documents treatment in her patient tracking folder.



Photo by Kemberly Groue  
Senior Airman Jamie Whitten, 81st Aerospace Medicine Squadron, briefs the decontamination team about Airman Wilson's condition. The exercise tested also the 81st Medical Group's immediate medical response capability, bioenvironmental response to a potential chemical agent, laboratory response network procedures for analyzing an unknown "white powder" and the installation's disease containment plan. Program objectives were to educate senior bae leaders, provide exercise evaluation team training and validate emergency response operations.

# Warrior Ethos project provides daily dose of heritage to students

By Angela Cutrer

Keesler News staff

What started out as a comment from retired Gen. Michael Moseley, former Air Force chief of staff, became a daily rite for new Airman in technical training this year.

The Project Warrior Ethos shares accounts of significant events in Air Force history with a most impressionable audience — new Airmen.

In hopes of bringing a snapshot of history for a moment each morning, the project spotlights material available as an interactive multimedia presentation for suitably equipped classrooms.

The interactive program consists of an Adobe Flash executable file that functions as a control mechanism that selects and plays a unique daily presentation relating to historical events for that date. Special days, such as the date of the Air Force's birthday) are honored with custom-built presentations.

The project's goal is having instructors run the daily presentations in the classroom, with discussion to follow.

"Taking only a moment at the start of each day, (this project) will have a lasting impact on our future leaders," said Capt. Kelly Just, 81st Training Support Squadron, who managed the collaboration of the many entities that made this project a reality.

"We're in the business of shaping young minds," the captain continued. "We know it's

"To me, our warrior ethos is the war fighting-focused culture, conviction, character, ethic, mindset, spirit and soul we foster in all Airmen. It's the pride in our heritage, the recognition that our nation depends on us to dominate air, space and cyberspace, and our willing acceptance of the burden of those immense responsibilities."

— retired Gen. Michael Moseley  
former Air Force Chief of Staff

important to acknowledge the accomplishments of those who have come before us, as well as learn from the lessons garnered throughout our rich history."

The primary team members from 2nd Air Force's operational assessment branch worked with assistance from the 81st TRSS technology support section to create the project. A month-long beta testing conducted in April 2008 led to the analysis of feedback to determine required changes.

Miguel Rivera and Master Sgt. Michael Estensen served as project managers for the initiative, used a team of developers, including Sherry Clark and David Bouis, who

worked on daily vignettes for the entire calendar year.

"It's a great idea because it presents to a new generation coming into the military the history of what came before," said Mr. Rivera. "We can all learn from history of contributions that are now policy."

To view the project, visit the Project Warrior Ethos Community of Practices Web site at <http://www.d.my.af.mil/afknp/ASP/CoP/OpenCoP.asp?Filter=AE-ED-01-54>.

The completed project, which includes one year's worth of daily presentations available for classroom use, began in January and is now in Phase II.

## TRAINING, EDUCATION NOTES

### Post 9/11 GI Bill

The education office holds Post 9/11 GI Bill briefings, 1-1:30 p.m. Aug. 4, 6, 13 and 27 in the Sablich Center Auditorium, Room 222.

### House party

A UBU house party for nonprior service students is 8 p.m. Aug. 21 at the Legends Cafe in Vandenberg Community Center.

Students make pick up a free UBU card at the event, or show their current card and become eligible for prizes and giveaways.

The party is sponsored by the Army and Air Force Exchange Service and Keesler Federal Credit Union.

### MGCCC registration

Mississippi Gulf Coast Community College's Keesler Center is holding online preregistration for the fall term which begins Aug. 24.

Late registration continues through Aug. 27

Current students preregister at <http://www.mgccc.edu>. New students planning to register must have a scheduled appointment time.

For assistance or to schedule an appointment, call 376-8477.

### CCAF graduation

Aug. 28 is the application deadline for Community College of the Air Force fall graduation.

By that date, all supporting documentation must be filed with CCAF at Maxwell-Gunter Air Force Base, Ala., including your nomination action request.

For more information, visit the education office, Room 224, Sablich Center, or call 376-8708 or 8710.

### Air Force Academy jobs

Sept. 30 is the deadline to apply for officer instructor positions at the Air Force Academy and limited positions at the U.S. Military Academy and the U.S. Naval Academy.

Information about the three-year controlled tour is available at <http://ask.afpc.randolph.af>

[mil/main\\_content.asp?prods1=1&prods2=14&prods3=190&prods4=821&p\\_faqid=6051](http://mil/main_content.asp?prods1=1&prods2=14&prods3=190&prods4=821&p_faqid=6051)

For more information, call DSN 664-4048 or e-mail [afpc.dpasf@randolph.af.mil](mailto:afpc.dpasf@randolph.af.mil)

### Drill downs, parades

The 81st Training Group conducts drill downs and parades on the parade field behind the Levitow Training Support Facility.

**Drill down** — 7 a.m. Friday; 8 a.m. Oct. 2.

**Parade** — 6 p.m. Sept. 17.

For drill down information, call Tech. Sgt. Malcolm Summers, 377-2103. For parade information, call Staff Sgt. Donald McNair, 377-9527.

### ACSC options

Air Command and Staff College can be completed by correspondence or seminar.

Majors or major-selects of all services and civilians General Schedule-11 and above are eligible.

For more information, call 376-8472.

### Civilian tuition aid

Civilian tuition assistance program funds are still available for fiscal 2009.

For more information, call the education office, 376-8710.

### CCAF online

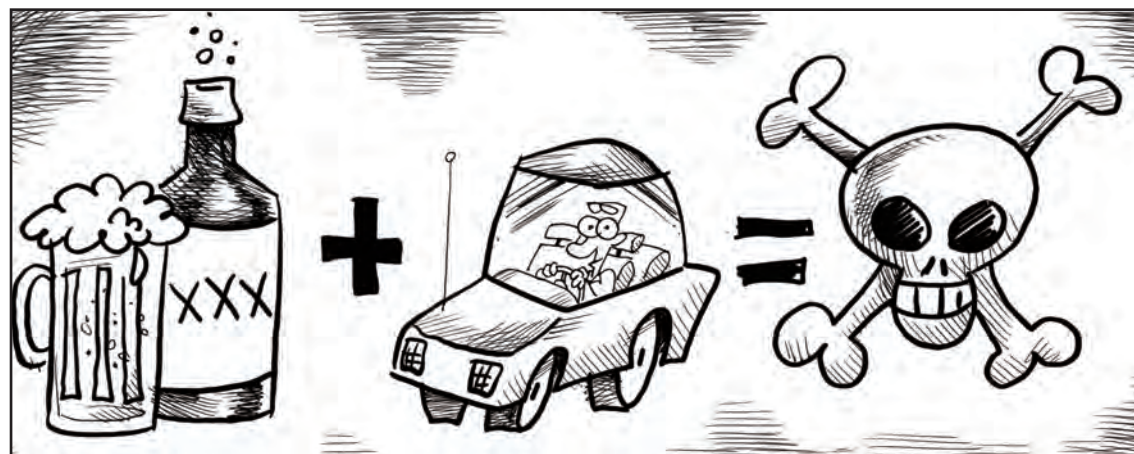
Visit the Air Force Virtual Education Center, <https://www.my.af.mil/afvecprod>, to create MyAFVEC accounts to access online customer service tools.

People can request and track Community College of the Air Force transcripts, view degree progress reports and see if a course counts toward a CCAF degree.

### CCAF program

The Community College of the Air Force's General Education Mobile is a partnership between CCAF and civilian academic institutions that offers clustered online general education courses to meet CCAF degree requirements.

For more information, call the education center, 376-8708 or 8710.



## New command chief for 2nd Air Force

By Airman 1st Class David Salanitri

### Keesler Public Affairs

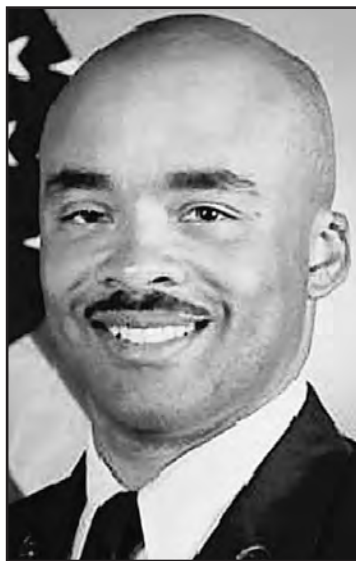
Chief Master Sgt. Linus Jordan will be 2nd Air Force's new command chief.

He replaces Chief Master Sgt. Paul Moreau who retired July 16.

Chief Jordan arrives next week at Keesler from Yokota Air Base, Japan, where he was the 374th Airlift Wing command chief for two years. At Yokota, he served as principal adviser to the wing commander in leading more than 6,300 military, civilian and local national employees providing tactical, operational support and distinguished visitor airlift throughout Japan and the Pacific Command theater of operation while supporting a base community exceeding 11,000.

The Bronze Star recipient's new duties include being the senior enlisted leader responsible to the commander on matters concerning the welfare, effective utilization, professional development and readiness 2nd Air Force's enlisted members.

The 20-year Air Force member's assignments include tours in Japan, Korea and Germany as well deployments in support of Operations Enduring Freedom, Desert Storm and Iraqi Freedom.



Chief Jordan

## DOD names new Tricare contractors

### Air Force News Service.

FALLS CHURCH, Va. — Department of Defense officials have announced the selection of new Tricare managed care support contractors for the North and South Tricare regions in the United States.

The third generation contracts are worth an estimated \$55.5 billion more than the base and five options periods.

Transition from the current contracts is scheduled to begin immediately, with the start of health care delivery under the new contracts anticipated to be April 1. The transition will occur during the base period and health care delivery will begin with the first option.

Tricare officials administer the health care plan for 9.4 million servicemembers, retirees and their families worldwide. Managed care support contractors provide health, medical and administrative support services to eligible beneficiaries in each of the three Tricare regions within the U.S.

UnitedHealth Military and Veterans Services of Minnetonka, Minn., is selected for the South region where Humana Military Healthcare Services is the current contractor. Aetna Government Health Plans of Hartford, Conn., is selected for the North region where Health Net Federal Services is the current contractor. The Tricare West region will retain its current contractor, TriWest Healthcare Alliance Corp.

"We expect all of our managed care support contractors to provide top quality health care and the highest possible customer satisfaction," said Ellen Embrey, acting director of Tricare. "Delivering quality health care to our nation's heroes and their families is our No. 1

priority, with a special emphasis on our wounded warriors."

Ms. Embrey is also performing the duties of the assistant secretary of defense for health affairs.

"Our military hospitals and clinics continue to be at the center of our health care delivery system," said Navy Rear Adm. Christine Hunter, Tricare deputy director. "At Tricare we are fully committed to augmenting that system with high-quality care for all beneficiaries."

Although two new contractors have been selected, the three-region structure in the U.S. and all of the Tricare benefit options offered under the current contracts remain the same.

The contracts feature financial incentives to encourage exceptional customer service; high-quality care; detection of fraud, waste and abuse; increased electronic claims processing; better program management, improved preventive care and cost savings. To apply these incentives fairly, Tricare officials improved methods to measure and assess network provider, beneficiary and military treatment facility commander satisfaction.

As with the current contracts, the new contracts require prime service areas around military treatment facilities and base realignment and closure sites.

Under the contract, some prime service areas may be discontinued, and as a result, some beneficiaries will no longer be offered Prime. These beneficiaries still retain Tricare coverage under the Standard or Extra plan.

"Tricare and all the managed care contractors are dedicated to making a smooth transition with minimal impact on beneficiaries," Admiral Hunter said.

## IN THE NEWS

### White Avenue Gate remains closed

The White Avenue Gate denial barrier installation project should be completed Aug. 14 so the gates can reopen the following week.

The Meadows Drive and Pass Road Gates are open 24/7. The Judge Sekul Avenue Gate is open 5:30 a.m. to 6 p.m. work days.

### Commander's call

The 81st Training Wing holds a make-up commander's call at Welch Auditorium for all ranks, 8 a.m. Aug. 7.

### Work continues in Bay Ridge area

Work continues this month on street tie-ins and utility connections near the entrance of Bay Ridge housing area and Bay Breeze Golf Course.

Traffic on Ploesti Drive near Vandenberg and Patton is being rerouted into the turn lane, which is expected to cause congestion when motorists turn left from the northern stretch of Ploesti into the Bay Breeze parking lot.

### Construction closes ER entrance

The main entrance to Keesler Medical Center's emergency room is closed until mid-August due to construction of the new radiation oncology center.

ER patients should use the outpatient clinic entrance. More critical patients use a temporary entrance on the north side of the building west of the ambulance bay door.

### Cell phones, seatbelts, car seats

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

For military members, offenses are subject to citation for points, and for civilian employees, dependents, retirees and contractors, citations carry a fine.

For all offenders, driving privileges can be suspended for seven days for the first offense, 30 days for a second offense and one year for a third offense.

**Seatbelts** — must be used by driver and passengers; children at least 4-7 years old or less than 65 pounds, or under 4 feet 9 inches in height, must be in a booster/child seat of vehicles in operation on the installation. For violations, driving privileges can be suspended seven days for the first offense, 30 days for the second offense, 90 days for the third offense and one year for the fourth and subsequent offenses.

For more information, call the 81st Security Forces Squadron, 376-6600, or the wing safety office, 377-2007.

### Obstacle course off limits

The 334th Training Squadron combat control training obstacle course is fenced with a single point of entry and is off limits to unauthorized personnel.

### Construction sites off-limits

Do not enter any base construction sites unless authorized.

# Suicide,

from Page 1

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business as usual. We're not going to wait for the final results of the study," the general said, referring to the project's five-year timeline. "We feel that this could be huge — huge for the Army, the Department of Defense and quite frankly, for America."

The general predicted that an early recommendation will be to relieve stress on the force by increasing the amount of time troops spend at home relative to the length of time deployed. General Chiarelli said deployment stress has shown to manifest itself in high-risk behaviors in soldiers.

"In a growing segment of the Army's population, we've seen increased stress and anxiety manifest itself through high-risk behaviors, including acts of violence, excess use of alcohol, drug abuse and reckless driving," he said.

Accordingly, the military is trying to address the broader issues underlying psychological problems that sometimes lead to suicide.

"Suicide is an extreme indicator," General Chiarelli said.

"The tragedy of suicide has the potential to strike across our Air Force and is not limited to Airmen who have deployed or will deploy," said Air Force Vice Chief of Staff Gen. William Fraser. "Nor is it bound by rank, gender, ethnicity or geography."

Although Air Force officials said the highest suicide risk category is 21 to 25-year-old junior enlisted members, statistics also reflect most suicide victims seen in mental health clinics had relationship problems, suffered alcohol abuse or had difficulty adjusting to life's stressors.

General Fraser testified that the Air Force "is proceeding deliberately with programs and policies designed to improve Airmen's psychological health, collectively and individually."

General Fraser added that the service works closely with Department of Defense and Veteran's Administration counterparts to ensure a continuity of care and treatment options.

"Caring for our Airmen is a moral duty that we require of ourselves and that the nation expects," General Fraser said.

He was optimistic that an increased number of airmen seeking assistance indicates a reduction of the stigma sometimes attached to mental health treatment. But in a quarter of the cases of Air Force suicides since 2003, that assistance was insufficient, he said.

"That's the most frustrating— when you provide things and still it's just not enough. And you never really ever know 'What else could I have done?'" General Fraser asked ruefully. "What else could we have done to help them to not lose hope in the face of despair and then commit that fateful act?"

Navy Adm. Patrick Walsh, vice chief of naval operations, said the military's suicide prevention should place greater emphasis on troops after they return home from deployment.

"The reality of it is, the target for (these programs) needs to be the assimilation of those who have served back into the general population dealing with the day to day — whether it's families, their kids, their education, their bills, and the relationship stressors associated with it," Admiral Walsh said.

"Our folks, while they're deployed, generally are OK," he said. "When they return from the cocoon of deployment, it's those first six months that are often a vulnerable time."

Echoing this finding, Gen. James Amos, the assistant Marine Corps commandant, said Marines generally are happy when deployed. "When they return home is when they are most at risk," he said.

In the Marine Corps, those who take their lives tend to be a certain demographic: a white male in the junior enlisted ranks, age 18 to 24, and the most common form of suicide was a fatal gunshot wound or hanging, which mirrors the civilian population.

But while most Marines who committed suicide — 42 in 2008 — had recently experienced a failed relationship, General Amos bemoaned the lack of a more comprehensive understanding of the root causes.

"We're doing abysmal," General Amos admitted.

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John Kruzal, American Forces Press Service, and Tech. Sgt. Amaani Lyle, Secretary of the Air Force Public Affairs, contributed to this report.



# PERSONNEL NOTES

## Military customer guide

The 81st Force Support Squadron military personnel section has developed a customer handbook to assist members in obtaining the appropriate assistance concerning personnel programs.

The handbook includes contact information, program descriptions with points of contact and helpful Web sites with Air Force Personnel Center links, step-by-step guides and Personnel Service Delivery Memorandums.

The link is \\keefs10302\81MSS\_Common\MPS\_Customer\_Handbook.docx

For more information, call Master Sgt. Kreig Cressione, 376-8648.

## 2009 selection boards

**Aug. 17-28** — command screening.

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

**Sept. 21-25** — special selection boards.

**Oct. 13-26** — chief master sergeant evaluation.

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

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

## 2010 selection boards

**Jan. 11, June 7, Sept. 27** — special selection boards.

**Feb. 1** — senior master sergeant evaluation.

**March 8** — lieutenant colonel line of the Air Force and medical service corps; major MSC.

**June 21** — senior NCO supplemental board.

**July 12** — colonel LAF-J/chaplain/BSC; lieutenant colonel and major LAF-J/CHAP.

**Aug. 16** — command screening board.

**Sept. 13** — colonel MSC/medical corps/dental corps; lieutenant colonel and major MC/DC.

**Oct. 18** — chief master sergeant evaluation.

**Nov. 8** — colonel LAF; lieutenant colonel and major BSC.

**Dec. 6** — colonel and lieutenant colonel nursing corps; major LAF/NC.

## Discrimination hotline

### Air Force Personnel Center

The Air Force Discrimination Hotline, 1-888-231-4058, that serves all active-duty, Guard, Reserve and civilian Airmen.

The 24/7 hotline number ensures all unlawful discrimination and sexual harassment concerns are quickly identified and addressed. It streamlines the process by which individuals can speak with an equal opportunity professional at the Air Force Personnel Center to advise and assist with their concerns and issues. Callers can remain anonymous.

Personnel are highly encouraged to use their chain of command and/or local EO office as a first means to address concerns, but the 24/7 hotline is available to those who don't have immediate access to their local EO office.

## Military personnel contacts

Military personnel section phone numbers:

**Customer support** — 376-8738.

**Career development** — 376-8739.

**Force management** — 376-8740.

**Student personnel center** — 377-4111.

**Testing** — 376-4111.

## Customer service hours

Customer service is open 8 a.m. to 3 p.m. on "down Fridays."

To be issued an identification card, two forms of legal identification are necessary. Dependents are required to be accompanied by their sponsor unless they have power of attorney or a Defense Department Form 1172.

For more information, call Tech. Sgt. Carlton Vinson, 376-8339

## Reenlistment bonus list

### Air Force News Service

For a complete selective reenlistment bonus list, visit AFPC's "Ask" Web site and click on the "military" tab. Select "active duty enlisted," then "reenlistments" and click on "Selective Reenlistment Bonus."

For more information, call the re-enlistment office, 376-8378, 8385 or 8387.

## Financial aid for adoption

### Air Force Personnel Center

Through the Adoption Expense Reimbursement Program, parents using a legal adoption agency may be eligible for up to \$2,000 per adoptive child, with a maximum reimbursement of \$5,000 in a calendar year, for qualifying expenses.

To qualify for the program:

**Adoption** must be finalized while the Airman is serving on continuous active duty, or full-time Air Guard Reserve duty with orders specifying a period of at least 180 days,

**Child** must be under 18 years of age and physically or mentally incapable of caring for himself,

**Child** may not be the biological offspring of the Airman or a stepchild, and

**The adoption** must be arranged by a qualified adoption agency that has responsibility under state or local law for child placement through adoption; a nonprofit voluntary adoption agency that is authorized by state or local law to place children for adoption; or any other source authorized by a state to provide adoption placement if the adoption is supervised by a court under state or local law.

For more information, call the Total Force Service Center, 1-800-525-0102 or DSN 665-5000.

# Commissary, base exchange have hurricane supplies stocked

By Senior Airman  
Kimberly Moore Limrick

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## Keesler Public affairs

Although no one can predict when a disaster will occur, everyone can be prepared.

Hurricane season began June 1. If a hurricane hits, residents need to be prepared for three to seven days without access to stores, electricity or running water.

The Federal Emergency Management Agency advises people keep at least a three-day supply of water for each person in the household in addition to ready-to-eat canned meats, fruits and vegetable and high-energy foods such as peanut butter, crackers, granola bars and trail mix.

“Starting June 1 each year, we build a ‘hurricane section’ and maintain enough stock in case of an emergency,” said Gordy Harris, commissary director. “All emergency items are available in one place.

“We try to keep at least two semis full of water at all times during hurricane season,” he added. “We also keep several extra pallets of meals-ready-to-eat in stock at all times.”

The main exchange also has items available to members so they can be prepared.

Bill Buell, main exchange manager said, “If a storm is on track to hit the Mississippi Gulf Coast we follow a timeline of different steps to take to ensure we have emergency supplies available in our store. We have two plans, one for items that are needed before a storm and another for items that are needed after the storm has passed,” he explained. “The Army and Air Force Exchange Service warehouse is fully stocked with emergency items that we can have at our store within 24 hours.”

A hurricane preparation checklist is found at <http://www.keesler.af.mil/hurricaneinfo.asp>

## DRAGON OF THE WEEK

Photo by  
Kemberly Groue



**Name** — Airman 1st Class Aric Schneeberger

**Position** — firefighter

**Time in Air Force** — one year

**Time at Keesler** — four months

**Noteworthy** — received a coin from Air Education and Training Command's command chief master sergeant

**Why did you join the Air Force?** educational benefits

**Hometown** — San Antonio, Texas

**What are your short- and long-term goals?** short term, to complete my career development course; long term, to become a fire chief

**What's your favorite quote?** "Results, not excuses."

**What are your hobbies?** playing golf

## DIAMOND NOTES

Sorry, ladies —  
rising hemlines aren't in accordance  
with Air Force Instruction 36-2903  
which states,  
"Skirt length will be no shorter  
than the top of the kneecap  
nor longer than  
the bottom of the kneecap."



Master Sgt. Elisabeth Reid, 81st Dental Squadron first sergeant

## MEMORABLE MOMENTS



### Aug. 1, 1972

Air Training Command inactivated the 3380th Technical School at Keesler and, on the same date, activated the Air Force School of Applied Aerospace Sciences and assigned it to the Keesler Technical Training Center.

# Deployed Keesler captain keeps information flowing

By Senior Airman Eric Summers

## Keesler Public Affairs

Imagine waking up for a workout at 6 a.m., then at 8 a.m. leaving the base where housing is for a 45-minute ride to work. After a long day of work until 6 p.m., take another 45-minute ride to get back to housing Monday through Saturday.

This is the lifestyle of Capt. Michelle Salgado who's currently deployed to Southwest Asia in support of Operation Enduring Freedom. At Keesler, she's the chief of current operations with the 81st Training Support Squadron.

While deployed, Captain Salgado serves as the 386th Expeditionary Communications Squadron Detachment 1 commander.

She and her superintendent, Tech. Sgt. Stephen Meyers, deployed from Eglin Air Force Base, Fla., lead two unique teams that are pivotal to the primary intra-theater airlift hub for all joint and coalition operations going into and out of Iraq and Afghanistan.

The first team is the mail control authority consisting of six military and four third-country national contractors who process inbound and outbound mail for the area of responsibility. Each month, the team processes an average of 1.9 million pounds of mail.

The second team consists of 16 contractors who provide 24/7 communications support to more than 450 coalition forces and civilian contractors at the busiest U.S. Air Force aerial port of debarkation in the world.

The detachment enables the mission of the 387th Air Expeditionary Group and five tenant units, including the 5th Expeditionary Air Mobility Squadron, Army Airfield Control Group, Theater Mortuary Evacuation Point, Marine Corps Arrival/Departure Airfield Control Group and Patient Administration Tracking Team.

Captain Salgado, who's been in the Air Force since April 1992 and stationed at Keesler since June 2006, arrived in Southwest



Courtesy photo  
Captain Salgado, left, and Sergeant Meyers

Asia for her first deployment in April.

"The most challenging part is being away from my two children — it's not so much about me missing them as it is about them missing me and that I can't be there for them," she said. "I am a single mom of two beautiful children, Jaslyn, 14, and Alec, 5.

"I am very fortunate to be based at a location that has installed a wireless morale net," she continued. "Not only can I call them DSN, I can also call them using Skype."

"The support facilities here are very nice, except for the small base exchange with very limited space and products," the captain explained. "I often go online to purchase things I can't purchase here, including the shampoo and conditioner that I use."

Captain Salgado described the housing on the base as several hardened dormitories where the junior enlisted and senior officers live. The rest live in trailers.

"I share my small room, just big enough to have a wall locker placed in the center to give us a little privacy," she said. "We have a public restroom that has five stalls and a public shower that has nine small showers."

Captain Salgado described the people as the most memorable moment part if the deployment so far for her.

"We often have contact with the locals — they have been very friendly and hospitable," Captain Saldano pointed out. "Business is done at their pace, which always starts with tea and something to eat.

"The locals really enjoy working with us," she continued. "It's amazing to watch as an agreement is arrived between us and the host nation. These partnerships involve shared goals that will benefit the U.S. and the host nation for many years to come, and experiences that I find humbling."

"Although this assignment has been very enjoyable, I often have to rely on inner joy and faith in this place that is unfamiliar in culture, appearance and every other sense," she added.

# Ophthalmologist joins staff

By Steve Pivnick

## 81st Medical Group Public Affairs

The newest member of the 81st Surgical Operations Squadron ophthalmology clinic is Capt. (Dr.) Jonathan Ellis.

Captain Ellis completed a four-year residency at Wilford Hall Medical Center, Lackland Air Force Base, Texas.

A specialist in ophthalmology and refractive surgery, he joins two other ophthalmologists at the clinic.

Captain Ellis is fully trained in refractive surgery, including LASIK and PRK, as well as macular degeneration, glaucoma treatment, plastics and pediatric eye care.

He completed more than 500 surgical procedures during his residency, including more than 200 refractive surgical procedures.



Captain Ellis

For more information about refractive surgery, currently available to active-duty military only, call 376-5735. For other ophthalmology clinic services, call 376-0452.



Photo by Steve Pivnick

From left, Arcell Toler, 13; Daron Goudy, 15; Tre McBeath, 15; Isaiah Toler, 12 and Justin Hollimon, 17, listening to the breath sounds of one of the patient simulators.

# Teens visit medical center

By Steve Pivnick

## 81st Medical Group Public Affairs

The 81st Medical Group hosted 14 young men and women for a youth workshop July 29.

The visit was arranged by Col. (Dr.) James Gasque, 81st MDG chief of medical staff.

The program, "The Summer Youth Explosion," was sponsored by the Abundant Life Evangelistic Center in Biloxi to provide life-skills information to young people ages 12-17 years old.

The young people toured the emergency department, genetics center, pharmacy, clinical laboratory, diagnostic imaging department and the patient simulation laboratory. Representatives from the 81st Dental Squadron explained and demonstrated proper dental care.

In addition, their pastor, Jason Johnson, a former Keesler air traffic control instructor, arranged for them to tour the 81st Training Group's air traffic control simulators.

From left, 2nd Lt. Bratt and Denise Ramnarine, Randolph Air Force Base, Texas; Maika Andrew, Eglin AFB, Fla.; Diane Malachi, Peterson AFB, Colo.; and 2nd Lt. Gary Jones, Hanscom AFB, Mass., prepare dinner for Fisher House guests. All but Mrs. Ramnarine are students in the basic financial management course in the 335th Training Squadron.

Photos by Kemberly Groue



# Fisher House Home away from home for military families

By Angela Cutrer

Keesler News staff

When military families face medical challenges away from home and need a safe, affordable place to stay, the Fisher House of Keesler, Inc., fits the bill. The home-like structure occupies a shady spot inside Keesler gates, so

security is one thing checked off the worry list. As for affordability, a nightly fee of \$10 lends a hand in these tough economic times.

“I don’t know how people pay for things when you can’t work and you have to go somewhere (away from home) for treatment,” said Glenda Ryan of Panama City Beach,

Fla., whose husband is being treated for cancer. “We are just middle-income people and we are so happy to be here and not by ourselves anymore. They treat us like family. It’s humbling.”

Since its opening in 1992, Keesler’s Fisher House has been a home away from home for families and outpatients receiving care in military medical facilities in Biloxi. The criteria for occupancy is the guest should be a member of the support team of the patient hospitalized or being treated at Keesler Medical Center or the Veterans Affairs Medical Center in Biloxi or someone receiving treatment on an out-patient status.

Patterned after the Ronald McDonald Houses, Fisher House serves a full range of active duty, retired military and veterans from all branches of the armed services. There’s no restriction on what branch of service or amount of duty length to become a

guest at the Fisher House.

“All military service members are welcomed,” said Larry Vetter, who has served for 10 years as executive director and manager of the facility.

The two-story, 5,000-square-foot Fisher Houses came from the generosity of New York philanthropists Zachary and Elizabeth Fisher, who wanted to give back to those who have given their all so this country can remain free. Keesler’s Fisher House was the sixth built of the 40 now in existence in the United States and Germany.

The purpose of Fisher House is to provide low- to no-cost lodging to families with loved ones undergoing medical treatments, surgeries or any other medical situation. Guests of the house place themselves on a waiting list (no reservations are permitted) for the accommodation in one of the nine family slots open at the houses. Lodging includes a private room, shared kitchen, dining



Fisher House guest Ruby Richardson, who’s having a procedure done at the VA, chats on the front porch with Christina Jones and her 9-month-old daughter, Hanna, while Lieutenant Jones and his classmates fix dinner.

and living rooms, and free laundry facilities. All rooms are furnished with cable television, ceiling fans, private phone lines and answering



From left, Tech. Sgt. Candace Young and Christina and Staff Sgt. Rodney McQueen, all from Robins AFB, Ga., relax with Fisher House director Larry Vetter. Sergeants Young and McQueen had refractive eye surgery at Keesler Medical Center.



Left, longtime housekeeper Mary Burley dusts the statue of Zachary and Elizabeth Fisher in the foyer.

Right, Fisher House, 509 Fisher St., is across the street from Sablich Center. Office hours are 7 a.m. to 5 p.m. weekdays.

Photos by Kemberly Groue



## Fisher House, from Page 14

machines, and with no limit on the length of time housed.

A usual stay is five to seven days, and Fisher House sees a 95-percent annual occupancy. Most families are here with cancer patients, Vetter noted. In 2008, Fisher House served 535 families, and so far this year, 263 families.

Though the Fishers provided the building, it's up to public funds to keep it going.

"We don't use tax dollars — we survive solely on public donations," said Vetter, who notes that there is no administrative overhead funded by public dollars. "When you donate to the Fisher House, 100 percent goes to the house."

Contributions keeps costs low for patients and their families, and Mr. Vetter said, "Our hope is that with enough donations, we can reduce or eliminate guest fees altogether in the future."

"We need to take care of our own (military members) and their families," he added. "The public support is minimal because we don't provide a service to the public — we serve only our military and their families. It's

important for us to support a place like this because our military families deserve it, and, well, you never know when one of these days you might need to use it yourself."

Guests leave their mark on Mr. Vetter, who recalls one Louisiana boat-dwelling gentleman who stayed at the facility every other month for 3½ years before dying in February from brain tumors.

"He didn't have much, but he always brought Louisiana mudcakes for the guests," Vetter said.

And he'll never forget the pregnant woman being interviewed by a local television station in the Fisher House dining room.

"She went into labor," Vetter said, "and we called 911. The film crew actually followed her to the hospital."

The Fisher House has been adopted by local groups, including members of the Heritage United Methodist Church and 335th Training Squadron financial management officer classes, who cook and serve meals for the guests monthly. It's not taken for

### How you can help

**Donate** paper products, trash bags, plastic silverware, foil, food storage bags, cleaning supplies, dishwasher detergent and laundry products.

**Donations** may be made through the Combined Federal Campaign.

For more information, call 377-8264, 806-5878 on weekends; or log on to [fisherhouse@keesler.af.mil](mailto:fisherhouse@keesler.af.mil)

granted by the guests.

"We are so impressed with everything," Mrs. Ryan said. "From the minute you walk in and see the photo and the bronze bust of the Fishers, you just know those people must be in heaven to have done this for so many hurting people."

She and her husband, Justin, have been at Fisher House since April while he receives daily treatment for

Stage 4B base of the tongue cancer that has spread to his spine and lymph glands.

"When my husband seems ill, I can talk to the people at the Fisher House and they can help me confirm what is in my heart — whether he needs to taken to the hospital or not," she said.

Mrs. Ryan first stayed in a rented condo off base which left Mrs. Ryan alone to deal with daily issues.

"I couldn't leave my husband to grocery shopping or to the pharmacy," she said. "I had no one to help me and I felt so alone."

First tipped off about the Fisher House by a scheduler at the VA, the

Ryans visited the facility and were flabbergasted by the house's warm, welcoming atmosphere.

"My husband was worried that it was like the 1960s base housing he remembered from the Vietnam era — no comfort and no air conditioning," she said. "But it's like a bed and breakfast. We couldn't believe it. I knew (then) that when I came home (from staying with her husband in the hospital), I would be safe."

The hardship of being away from home has lessened for her husband since staying at Fisher House.

"It's helped him because of the treatments, but also because of Fisher House," Mrs. Ryan said. They were even allowed to put a special recliner in their room so that her husband can sleep propped upright as required by his doctors.

"I tell everyone I know that they should support the Fisher House because you can actually see where your dollars go. I am humbled and feel so privileged to be able to stay here during this difficult time."

It's the little things that count these days for the Ryans. When they leave Biloxi for a different type of treatment in Houston for Mr. Ryan, they won't fret too much about their accommodations. There's a Fisher House there, too.

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

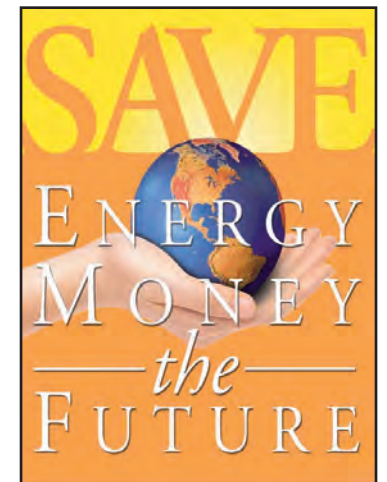




Photo by Kemberly Groue

Eight-year-old Summar Hughes and her brother, Herman Hughes, 9, shop for backpacks at the base exchange with their parents, Tech. Sgt. Byron and LaToya Self, 81st Security Forces Squadron. The children are students at Beauvoir Elementary School in Biloxi.

## Don't forget the back in 'back to school'

By Maj. Edward Goodnite

### 81st Surgical Operations Squadron

Kids are back to school this week, and the one thing they can start learning immediately is how to take care of their backs.

The Consumer Product Safety Commission reported that 7,300 backpack-related injuries were treated in U.S. emergency rooms in 2006.

Children put a lot of weight on their spines when they carry backpacks. If carried incorrectly or with too much weight, a backpack can lead to the beginnings of lifelong back pain.

Why is a good backpack important? A single strap backpack or carrying a two-strap bag on one shoulder, even if properly weighted, can cause nerve pressure through the neck and shoulder region. Using two straps is a must.

Children's bodies are growing and developing. Carrying excessive backpack weight can lead to the development of poor postural habits because the

child is compensating for the weight they carry on their back. Children shouldn't carry more than 10 to 15 of their body weight in their backpacks.

When selecting a backpack, Keesler's physical therapy, occupational therapy and chiropractic clinic professionals recommend:

**Size** — never longer or wider than the child's torso. It shouldn't hang more than 4 inches below the waist line. Bigger is not better — carrying more means a heavier load.

**Straps** — two padded and adjustable shoulder straps.

**Back** — padded, especially where the backpack sits on the torso.

**Waist belt** — when fastened, helps shift the load weight from the back and shoulders to the torso and legs.

**Compartments** — having compartments and pockets prevents load shifts and more evenly distributes weight. Heaviest items should be packed closest to the body.



# Base volunteer's Web site offers veteran tributes

By Jonathan Hicks

## Keesler Public Affairs

Military veterans have served this country with courage and dedication. Their sacrifices have been vital to our nation's freedom and way of life. Erich Anderson has created a Web site to make sure their service will always be remembered.

The Veteran Tributes Web site is nonprofit, noncommercial, nonpolitical and personally financed.

Mr. Anderson said he got idea for the site 15 years ago while serving in the National Guard. Then after exploring the archive records in Keesler's history office, he discovered the wealth of information available and began his first tribute. The Web site went online April 1, 2008.

Base historian Tasha Hairston has worked to bring



Photo by Kemberly Groue

## Mr. Anderson works on his Veteran Tributes Web site.

Keesler's rich history to life by digitalizing the historic pictures, articles and documents stored in the base archives. She said Mr. Anderson, an office volunteer, has been a valuable asset.

"Erich has been such a

great help to this office — his volunteer service has been mutually beneficial," she said. "He gains access to all the research material he needs for his tributes, and I gain the helping hands to convert more paper docu-

ments and photographs into electronic files."

Mr. Anderson's tributes are researched carefully using the veteran's actual military records and unit records, as well as other biographies and books. Besides the history office, another resource is the National Archives. It takes approximately 30 days to mail official military records after a request is made through the Freedom of Information Act.

Many who have served in the military reside in south Mississippi, and Mr. Anderson has done several tributes featuring Keesler veterans. They include Brig. Gen. Gregory Touhill, former 81st Training Wing commander, and Capt. Howard Cody, the namesake for one of Keesler's technical training buildings. Recently, he did a tribute to

the 81st TRW's vice commander, Col. Christopher Valle.

Although the Department of Veterans Affairs defines a veteran as a discharged active-duty military member who is now either separated or retired, depending on length of service and type of discharge, Mr. Anderson has a more liberal interpretation.

"To me, a veteran is someone who has served this country through military service and it doesn't matter which branch, how long they served or if they're still on active duty or not," Mr. Anderson explained.

He does about 500 tributes a year and hopes to do more than 25,000 in his lifetime. One of his proudest moments came when he did a tribute for his father, Ronald Trosclair.

For more information, visit <http://www.veterantributes.org>



## Landscaping lessons

RCI project superintendent Eric Lindmark gives tips to Miranda McAleer at a landscape information and education fair Saturday in West Falcon Park. Mrs. McAleer's husband, Petty Officer 3rd Class Shane McAleer, is assigned to the 335th Training Squadron with the Center for Naval Aviation Technical Training Unit. RCI is a subcontractor to Hunt/Yates, builder of Keesler's new military family housing. The fair discussed lawn care and maintenance, weed control, proper watering and eco-friendly options. The first 50 participants received a free hose and sprinkler.

Photo by Kemberly Groue



## KEESLER NOTES

### Navy issues decals

Navy pass and identification officials issue Department of Defense vehicle decals as a courtesy to active-duty and retired Air Force personnel in Sablich Center, 1-3 p.m. Tuesday in Room 108B and Aug. 18 in Room 108A.

Required documentation includes valid state driver's license, DD Form 2 series identification card, state vehicle inspection and proof of vehicle ownership or state registration (person doesn't need to own vehicle but must have legal authorization to drive it) and proof of liability insurance.

### Employment seminar

A free lunch-and-learn seminar hosted by the Schumacher Group, the third largest emergency department staffing and management company in the country, is 11 a.m. to 1 p.m. Aug. 24 in Room 108A, Sablich Center.

To register, call the airman and family readiness center, 376-8728.

### Heart Walk

Team registration ends Friday for the American Heart Association Heart Walk set for Oct. 3.

To register or for more

information, call Master Sgt. Patrick Key, 376-8524 or 8529, e-mail [patrick.key@us.af.mil](mailto:patrick.key@us.af.mil), or log on to <http://gulfcoastheartwalk.kintera.org>, select "find a team," then select "Keesler Dragons."

### Coastal cleanup signup

Keesler is responsible for Hiller Park during this year's Mississippi Coastal Cleanup, 8-11 a.m. Oct. 17.

Registration deadline is Oct. 13, and the backup date is Oct. 24.

Keesler members who want to participate register online at <http://www.mscoastalcleanup.org>. Military members, family members, civilian employees and contractors may participate. Children under 18 must bring the permission/registration slip and turn it in to the zone captain at the site.

For more information, call Staff Sgt Lynn Rinker, 376-3333, or e-mail [rink101@yahoo.com](mailto:rink101@yahoo.com).

### Breast cancer walk

The fourth annual 5-kilometer Making Strides Against Breast Cancer event is 8 a.m. Oct. 24 at the Biloxi Town Green.

Squadron leaders and walkers are being recruited.

For more information, call Tech. Sgt. Asha Gray, 377-

7153, or e-mail [asha.gray@us.af.mil](mailto:asha.gray@us.af.mil).

### Play group

A play group for ages 5 and younger meets 9:30-11 a.m. Tuesdays at the youth center.

For more information, call Andi Hunter, 313-9822.

### Housing maintenance

Phone numbers for family housing maintenance service are 377-5561, 5562 and 5563.

### Immunization clinic

Immunization clinic hours:

**Immunizations** — 7 a.m. to 4:15 p.m. Monday-Thursday; 7 a.m. to 4 p.m. Friday; closed 11:30 a.m. to 1 p.m. compressed work schedule Fridays.

**Allergy shots** — 1-4 p.m. Monday; 7:30-10:30 a.m. and 1-4 p.m. Tuesday and Thursday.

The clinic is closed noon to 5 p.m. on the second Thursday of each month for training.

For more information, call 376-3553.

### Thrift shop hours

The Keesler Thrift Shop is open 9 a.m. to 2 p.m. Mondays and Wednesdays.

Donations are accepted during regular hours. Consignments are accepted 9 a.m. to 1 p.m. Mondays.

For more information, call 377-3217.

## AETC picks 2 Keesler runners for marathon



Karpitskaya

By Airman 1st Class David Salanitri

### Keesler Public Affairs

Two Team Keesler members have been selected to represent Air Education and Training Command in the 2009 Air Force Marathon, Sept. 19 at Wright-Patterson Air Force Base, Ohio.

The AETC representatives from Keesler are: **Yekaterina Karpitskaya** is an orthopedic surgeon from the 81st Surgical Operations Squadron. She started running in October 2004 and has done 17 full marathons since then including a marathon in Seattle June 27.

"I feel fantastic about being selected," she said. "I will do my best to represent AETC and my unit and hopefully beat my personal record of 3:30 and qualify for Boston again."

Karpitskaya is participating in the full marathon and has been preparing for the race by swimming and biking.

**Naomi Henigin** is 81st Training Wing commander's executive officer. She began running shortly after Hurricane Katrina in 2005. Since then, she's ran in four marathons, seven half marathons and numerous 5- and 10-kilometer races.

Henigin competes in the 10-K race and has been preparing for the event by doing sprint workouts along with exercises geared toward developing fast-twitch muscles.

"I'm honored to have been selected by AETC to run this year," said the six-year Air Force member. "I want to do our command proud by training hard and running my best race ever."



Henigin

## Marathon fees increase

### Air Force News Service

WRIGHT-PATTERSON Air Force Base, Ohio — Registration fees for the Air Force marathon, half-marathon and 5-K races increased Sunday.

Registration for the full marathon, which includes wheeled and visually-impaired divisions, is \$85, the half-marathon is \$70, the 10-K is \$35 per person and the 5-K (also including a wheeled division) is \$25.

"With many of the big races like New York, Marine Corps and Chicago closed out this year, we are getting more folks interested in running our race. We feel we offer similar amenities and put on a great race while keeping costs low for the runner," said Molly Loudon, marathon director. "We are honored they are choosing to come to our race. We are an easy destination to get to, local costs like hotels and parking are minimal and race registration is, lower in most cases.

"Our new redesigned half-marathon course provides a more scenic and flatter course than previous years," she continued. "It is a great event for those who enjoy some distance but don't have time to train for the rigors of a full marathon. The 5- and 10-k are great distances for family and friends to do together, whether walking or running."

The Air Force Marathon is held annually to commemorate the founding of the Air Force as a separate military service Sept. 18, 1947.

The 5-K event is held Sept. 18 on the grounds of neighboring Wright State University, with whom the marathon office began a partnership in 2007 to accommodate more short-distance runners, and have a less-congested finish line area for the longer distance runners.

Registrants pick up their race packets Sept. 17-18 at the Air Force Marathon Sports and Fitness Exposition at WSU's Ervin J. Nutter Center. This year's expo features a presentation by special guest Dave McGillivray, Boston Marathon race director. There'll also be more than 60 vendors featuring running apparel and health products.

All events, including the expo, are open to the public.

For more information, log on to [www.usafmarathon.com](http://www.usafmarathon.com).



From left, Isaac Barber, Desirae McIntyre, Demi Richard and Paul Herkamp, 334th Training Squadron, circle the Triangle Track, July 22. Photo by Kemberly Groue

## Jogging, walking, running — be safe

### Safety office

Walking and jogging have become popular means of exercising and, for some, becoming healthier. As with any form of exercise, there are certain risks involved.

The main risk to walkers and joggers at Keesler is vehicles. To protect yourself:

Keep to the sidewalks wherever possible, provided you don't interfere with other pedestrian traffic.

Move against the flow of traffic, staying as far to the left as possible when using roadways. This allows you time to spot oncoming cars and get off the road if necessary.

Avoid using roadways with heavy traffic. Motorists using congested roads are often preoccupied with other cars and aren't alert for pedestrians.

Use single file when jogging with others on the road.

Anticipate danger. A motorist, unlike a person afoot, can't stop on a dime. Check traffic before crossing the streets at night or between intersections.

Wear light-colored clothing, especially when jogging in the early morning, at dusk or at night.

Don't use headphones, headsets, earphones or any other item (except hearing aids to improve hearing) which could interfere with normal hearing while jogging. Headphones are permitted on the circular running tracks.

Don't walk or jog on Ploesti Drive and keep to the right on "Interstate 81," the base's paved track.

## Basketball

**Varsity men's and women's teams** — tryouts to be announced. Teams play in Southeastern Military Athletic Conference. Season starts in November. Coaches needed. For more information, call 377-2444 or 3056.

## Bowling

**Intramural registration** — letters of intent due today. Season starts Sept. 10. Coaches' meeting 2 p.m. today, Gaudé Lanes.

**Fall leagues** — registrations being accepted now for the Saturday morning youth league, Monday night league, Tuesday night (hospital and VA), Wednesday and Friday mixed leagues and Thursday intramurals. Sign up at the counter or call 377-2817.

**Bowling fund raisers** — for more information, call 377-2817.

**Youth bowling** — for any child old enough to throw the bowling ball down the alley. League meets 9:30 a.m. Saturdays; instruction available. For more information, 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. For reservations, call 377-2817.

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

**Birthdays 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

**Rambler 120 team challenge** — Oct. 17, Randolph Air Force Base, Texas. Biking, running and rafting. Team entry due Sept. 25. For more information, visit <http://www.keeslerservices.us>.

**Free fitness classes** — boot camp, self-defense, cycling, yoga, step aerobics, circuit training, kick boxing and pilates at Dragon Fitness Center. For more information, call 377-2907.

**Free fitness testing, exercise prescription and personal training** — at Blake, Dragon and Triangle Fitness Centers. Call for appointment.

**Boxing room** — Triangle Fitness Center. Six heavy bags, three speed bags and one double-end bag. Boxing gloves available.

**Fit to fight incentive program** — register at any Keesler fitness center for this ongoing program. Log miles accumulated on exercise machines that record miles, or by running, walking, biking or swimming. Prizes awarded for various milestones.

**Parent/child fitness room** — at Dragon Fitness Center. Workout equipment; play area for ages 6 months to 7 years.

**Massage appointments** — at Triangle Fitness Center, call 348-6698.

**No smoking** — on Crotwell Track across from Blake Fitness Center.

## Flag football

Preseason tournament starts Monday; season starts Aug. 31. Games held at the multipurpose field. For more information, call 377-2444.

## Golf

### Intramural league

(as of July 21)

Team	Points
334th TRS-A	74
336th TRS	61
81st FSS	60
*334th TRS-B	49
81st LRS	48
MARDET-A	47
333rd TRS	45
81st TRSS	42
*81st SFS	40
**335th TRS	36
**81st MDSS	12
**MARDET-B	6

\* one make-up match to play

\*\* forfeited out of the league

For more information and schedule, call Sam Miller, 377-244

9-hole Dragon fun golf —

## Bowling bolsters Big Brothers, Sisters

Several members of the 336th Training Squadron are spearheading a Bowl for Kids' Sake tournament, noon Aug. 13 at Gaudé Lanes, to support the Big Brothers Big Sisters mentoring program.

"We're trying to help reestablish the community relationship between the program and the base to at least its pre-Katrina levels," said Torry Hickson, a network integration instructor who serves as a volunteer mentor and member of the group's regional community activities board.

"Our squadron, specifically Chris and Shirmica Vernon, with the help of Gaudé Lanes manager Barton Bosarge, are helping to plan this event, which is about having fun to help kids," he said.

Funds raised go directly toward matching children with carefully-screened Big Brother and Big Sister volunteer mentors.

To donate or sign up for the tournament, call 377-8036, 5300 or 8007.



Shotgun start 4:30 p.m. Thursdays. \$20 per person includes greens fee, cart, food, beverages and prizes. Four-person team, two-person blind draw. Sign up as twosome or single. Format decided by draw each week; limited to first 36 golfers.

**Twilight special** — 3 p.m. Mondays-Thursdays. Pay one price and golf until closing; E1-E4 \$12, E5-O3 \$20, O4-up \$22, guests \$22.

**Nonprior service student special** — show phase card or UBU card. Greens fee and cart, \$15 for 18 holes, \$10 for nine holes; add \$5 for rental clubs.

**Free golf lessons for nonprior service students** 4-5:30 p.m. Tuesdays; first come, first served. Maximum 10 per session; bring clubs.

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

## Outdoor recreation

**Air Force Blue Streak bicycle streak program** — knowledgeable volunteer needed to assist in planning, organization and implementation of noncompetitive bicycle rides for all ages and abilities. For more information, call Dave Bowers by e-mail or call 377-0002.

**Water skiing** — on front beach or Biloxi Back Bay. \$50 per hour for up to six skiers, including boat, driver and skis. Minimum 2 hour rental. To schedule, call 377-3160.

**White water rafting trip** — leave 6 am. Aug. 21, return Aug. 23. For ages 12 and older. Minimum 10, maximum 18 participants. Class III and IV rapids on Tennessee's Ocoee River. \$225 per person including round-trip transportation, two nights in a mountain cabin, 4½ hours of rapids, deli buffet lunch and evening barbecue around the campfire. Payment due in full by Monday. For more information, call 377-3160.

**August fish of the month** — weigh in the largest red drum, win a \$100 savings bond. Minimum three participants.

**Pools** — main base pool, noon to 5:30 p.m. daily except Monday. Triangle Pool, noon to 7 p.m. daily except Wednesday, with lap swimming for adults, 11 a.m. to noon. Single and family passes available. Pool parties available. For more information, call the main base pool, 377-3948, or Triangle Pool, 377-3568.

**Pool parties available** — For more information, call 377-3568.

**Camping packages** — available,

including sleeping bags, lanterns, camp stoves and tents.

**Canoes, kayaks** — for rent.

**Trip to Horn Island aboard the Keesler Dolphin** — 8 a.m. to 5 p.m. Saturdays following nonworking Fridays, weather permitting. \$30 including barbecue grill, charcoal and ice. Bring food, drinks, sunscreen and fishing equipment. Minimum 15 passengers. Group rates available. For more information, call 377-3160.

**Rental campers** — \$50 day. Two available; one sleeps six, one sleeps eight. For more information and towing requirements, call 377-3160.

**Back Bay fishing trip** — \$20 per person. State fishing license required; minimum four, maximum six people. For date and time, call 377-3160.

**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.

**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.

**Nonprior service student special** — 3500 Trek seven-speed bikes, \$5 day on nonworking Friday, Saturday and Sunday, or Saturday/Sunday.

**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** — Fridays and Sundays on the Keesler Dolphin II. \$75 per person includes everything you need to fish. Payment due upon reservation. Minimum 10, maximum 22 people. For reservation, call 377-3160.

**Deep sea fishing private charter** — rent Dolphin II, \$750 for first 10 people, \$50 each additional person. No license needed. \$100 deposit.

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

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

**Rent a bicycle** — 3500 Trek, seven speed, \$3 a day, \$15 weekly, \$35 monthly.

**RV, boat and trailer storage** — \$20 per month.

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

## Saints tickets are available

A limited number of tickets for Saints home games are available 10 a.m. Tuesday through Thursday at the information, ticket and four office in the arts and crafts center.

The \$60 charge includes round-trip transportation.

For more information, call 377-3818.

## HONORS

### Student honor roll

#### 332nd Training Squadron

**Electronic principles** — Airmen Basic Edgar Alvarez, Jason Anders, Daniel Baker, Steven Baker, Cody Ballard, Maichael Battista, Kyle Bigelow, Christopher Bingham, Victor Blazevec, Matthew Boxer, Larry Boyett, Darron Bradford, Michael Brooks, Steven Brooks, Matthew Burns, Cody Butcher, Cody Carlson, Richard Cascio, Paul Chadwick, Joel Clark, Matthew Clark, Stephen Clayton, Aaron Collins, Tyler Crawford, Devin Currie, Kendal Curtis, David Deni, Jamal Dennis, Ralph Dodd, Clinton Donahoo, Derek Elliott, Ryan Ernst, Jeffrey Fahmey, Jacob Finnerty, Christopher Ford, Bradley Forstrom, Daniel Funston, Evan Gillespie, Matthew Goodrich, Mark Gottschalk, Scott Green, Jarvis Griffin, Adam Grimsley, David Guzman, James Hadaway, David Hagen, Sean Hartman, Sean Harvey, Curtis Hebert, Hunter Her, Jacob Hopfauf, Russell Hutchins, Brandon Kasper, Austin Kelley, Andrew Kelm, Babak Kermanshahi, Gregory Koch, Brandon Koehler, Matthew Laclair, Brandon Lopez, Mario Lopez, Michael Maynard, Joel McEldowney, Timmothy McKinny, Kevin Mitchell, Joshua Norris, Douglas O'Loane, Joshua Page, Cassidy Parker, Chad Paulson, Adrian Perez, John Perez, Christopher Petrie, Christopher Powers, Nicole Reyes, Brian Rice, Ian Rosemond, Gabriel Rucci, Blaise Ruff, Stephen Sanders, Steven Slatton, Daniel Sotelo, Jordan Strange, Jonathan Summa, Marc Taylor, Branden Twilley, Jeremy Vance, James Vargas, Nicholas Watkins, Mark Wiedemann, Martin Wiemers and Anthony Woodward; Airmen Jeremy Ashcroft, Kevin Beaton, Travis Bilotta, Cable Bushu, Casey Cason, Charles Chambers, Tyler Cook, Jose Crespo-Chico, Christopher DeJesus, Richard Drude, Kyle Eilefson, Russel Elliot, Brian Evanoff, Roxanne Fino, Juan Flores, Hailey Garcia, Justin Gautreau, Mason Green, Nathan Johnson, Nathan Lascek, Heather Lecher, Elisha Logan, Nicholas Matta, Robert Mullen, Christopher Pearson, Jennifer Reichert, Luis Rodriguez, Devin Scott, Bardley Smith, Kirk Stoughton, William Smith, Yanui Vicenty-Gonzalez and Kevin Woodburn; Pfc. Adam Sullivan; Airmen 1st Class Gregory Anderson, Kyle Andersen, Devin Bable, Christian Barbosa, James Barrett, James Beatty, Erling Beck, Robert Blackledge, Philip Boler, Ashley Bowman, Corie Brassfield, TJ Breazzeal, James Brendemihl, Julian Bristol, Oscar Carrillo, Ryan Chapman, Joseph Christel, Robert Cisneros, Austin Davis, Monalisa Durkan, Dane Entze, David Farmer, James Ferguson, Sean Gant, Daniel Green, Jason Guerrisky, Benjamin Johnson, Matthew Johnson, Nicholas Keim, Patrick Kelley, Christopher Kiebach, Adam Kroll, James Irwin, Jason Ledford, Christopher Legault, Michael Lemon, Robert Livings, Ricky Lords, Jordan Mann, Keith McCormick, Jeffrey Meier, Kurt Meier, John Monteith, Michael Murray, Jonathan Nill Thompson, Robert Park, Kenneth Perry, Steven Phaup, Jonathan Price, Matthew Prouse, Derek Rankin, Jacob Rast, Jon Schon, Tavis Shelton, Johnathon Simmons, Morgan Simpson, Marc Smith, Michael Strickland, Jacob Stringfellow, Miles Sutton, Brady Techen, Dustin Toftefeld, Thomas Turner, Luke Utterback, Adam Wesner, Mark Whaitte, Sean Wilkinson, Jerome Williams, Joshua Williamson, Christopher Wyman and Stuart Young; Lance Cpls. Matthew Allgeyer and Louis Martinez; Senior Airmen Peter Cooper, Jeremy Edwards, Howard Kim, Derrick Love, Christopher Paccassi and Timothy Shannon; Staff Sgts. Stephen Brown, John Kelly, Brent McClure, Paul Motycka, Michael Reece, David Stivers, Dody Weaver and Marton Williams; Tech. Sgts. John Adams, Tareq Adbulla, Khalid Al Habsi, Naif Jaafari and Robert Osborn; Master Sgt. Brian Wrozek; 2nd Lt. Malek Ateyat; Maj. Abdul Hafeez and Ifukhar Zahoor.

**Metrology basic course** — Airmen Jason Warren; Staff Sgt. Steven Umana.

#### 334th TRS

**Command post apprentice course** — Airmen Basic Devon Bordeaux and Brittney Gilliam; Airmen 1st Class Brandi Beam and Jessica Hunt; Senior Airman David Baumgartner, Bryson Johnson, Marcella Mansour and Robert Zellers; Staff Sgts Jodi Gerth and Alan Nigg; Tech Sgts. Aisha Abdul-Rahim, Justin Davis, Aaron Myers, Wayne Pennington and Marc Vandargriff; Senior Master Sgt. Kenneth Bradley.

#### 335th TRS

**Comptroller training flight** — Airmen Basic David Lee, Kelly Meeks, Adam Moser, Samuel Spaethe and Steven Sutton; Airmen Darius Dinkins and Stephen Klimczak; Airmen 1st Class Laurita Agnis, Joseph Boyet, Andrew Certa, Kendra Cobbins, Jordan Edwards, Krystle Jackson, Nicole Jaszemski, Alton Kelly, Sarah Lambertson, Brendan McIntyre, Jennifer Puglisi, Bobbi Rapp, David Rossman, Doron Smith, Marquis Smith, and Logan Wilbur; Senior Airman Daniel Swanson; Staff Sgts. Tess Jaeger, Mary Linder, Jason Luckenbach, Jennifer Lundberg, Ricardo Mangini-Garcia, Jason Minor, Jennifer Pascarelli, Adam Rohrer, Jerome White, Sarah Yeagley and Jason Yeargin; Tech. Sgt. Shawn Carnahan; Master Sgts. Urbano Ayala-Oliveras, Jeffery Harwood and Christopher Morin; Senior Master Sgt. Brian Henderson;

**Weather training flight** — Airmen Basic Jeffrey Cleghorn, Travis Leonard, Phillip Momber and Ryan Whitson; Airmen Jason Jones, Tyler Pettet, Peter Shull, Charles Whatley and Enchieh Yang; Navy Airman Apprentice Angela Lundy; Marine Pfc. Scott Pelton; Navy Airmen Daniel Hicks and Shaun Mullin; Airman 1st Class Matthew Butler and Michael Olsen; Marine Cpl. Dalton Carpenter; Staff Sgt. Robert Carlton; Marine Sgts. Matthew Noack and Robert Stokes.

#### 336th TRS

**Communications and information flight** — Airmen Basic Joseph Brock, Timothy Echols, Michael Gray, Jess Hammond, Timothy Housos, Braden Irby, Christopher Kuhn, Andrae Lewis, Reannen Purser, David Simon and Matthew Underwood; Airmen Bradley Anderson, David Chilson, Satoia McClelland, Akili Proctor, Julian Smith and Kyle Stone; Airmen 1st Class Cassie Beauchene, Brenton Briggs, Stefan Casucci, Benjamin Higginbotham, Adam Hillyer, Lennard Huslik, Miriam Johnson, Sean Jones, Tran Le, Michael Lord, Elizabeth Maxwell, Jeff McCarty, Matthew Mikelionis, Mark Poulos, Mark Spadea, Aaron Stanley, Robert Stoerle, Alex Szafranski and Joshua White; Senior Airmen Glen Collins, Jeremy Joe and Joseph McCurry; Staff Sgts. Larry Barker, Jeremy Duncan, Marisela Garcia, Tynesia Riley, Alan Schultz and Kanada Vang; Technical Sgts. Christina Franks, Tyler Harding and Junar Mabunay; Master Sgt. Florencia Holbrook.

**Communications-computer flight** — Airmen Basic Adam Letteer, Chet Long, Kurt Schoeppler and Tomas Steiner; Airmen Stephen Frost and Douglas Traumer; Airmen 1st Class Jonathan

## 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

### Roman Catholic

#### Sunday Mass

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

#### Weekday Mass

Triangle Chapel.....11:15 a.m.

### Jewish

For worship opportunities, call Master Sgt. Michael Raff, 377-5235 or 207-2196.

### 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.

Austin, Courtney Bishop, Kevin Cannell, Jason Houck, Daniel Luah, Jonathan Olson, Matthew Scott and Nicole Tomlin; Senior Airmen Jonathan Johnson, Joseph McComas, Lateef Rasberry and Dennis Skarr; Staff Sgts. Dale Burris, James Fletcher, Jason Garnto, William Mahimer, Trede Morgan, John Tharp, Matthew Todd and Kenneth Wermann; Tech. Sgts. David Michaud, David Smith and Chad Watson; Master Sgts. Timothy Back, Elinor Brosseau, James McKinney and Tommy Sams; Timothy Back.

#### 338th TRS

**Airfield systems** — Airman Basic Shiloh Zamecki; Airmen 1st Class Kelvin Ciprian, Cody Hard, Matt Kuhns, Meagan Salyers, Robert Stein, Kyle Walden and Louis Walton; Senior Airmen Syretta Smith and Maurice Solet; Staff Sgts. Christopher Harper, Stephanie Smith and Nicholas Wright.

**Ground radar** — Airmen Tyler Bagby, Joshua Buzzard, Robert Compton and Christopher Farrell; Airmen 1st Class Andrew Dahn and Adam Gagnon; Staff Sgts. Gerald Barq and Eliud Martinez-Franco.

**Ground radio** — Airman 1st Class Dusty Kock; Senior Airmen Ronald Forest and Nicholas Neenan; Staff Sgts. Joseph Cutcher, Justin Oaks, Gerardo Ovalle and Jeremy Paumer; Tech. Sgts. Amie Kimble, Kevin Irvin and Jeremiah White.

**Network infrastructure systems** — Airmen Basic Gerald Lint and Christopher Retterer; Airmen Collin Gronning and Robert Stewart; Airmen 1st Class Xavier Collazo, Colin Dunaj, Nicholas Feuerborn, Austin Gootee, Joshua Johnson, Seth Monteleone, Kenneth Royal and Michael Spikes; Senior Airman William Vandermate; Staff Sgts. Andrew Appleby, Mark Pauldine, Luis Reyes and Stanley Ruth.

## CLASSES

### Airman Leadership School

**Class 09-6** — Monday through Sept. 16.

### Mathies NCO Academy

**Class 09-6** — graduation Sept. 10.

### Airman and family readiness center

**Resume writing classes** — Private sector, 9-10:45 a.m. Aug. 18; 1:30-3:15 p.m. Aug. 20. Federal format, 9-10:45 a.m. Tuesday and Aug. 25; 1:30-3:15 p.m. Aug. 13 and 27. Classes in airman and family readiness center conference room; check in at Room 110, Sablich Center. Sessions limited to 10 people; open to military members, family members and retirees. To register and additional instructions, call 376-8728.

**All about credit** — 11 a.m. Aug. 19, airman and family readiness center conference room. Seating limited to 10 people. To register, call 376-8728.

**Bundles for Babies** — 9 a.m. Aug. 28, airman and family readiness center conference room, sponsored by Air Force Aid Society. For expectant military women and spouses of active-duty military personnel. To register, call 376-8728.

### Arts and crafts center

**Jewelry making** — 5-7 p.m. today or 10:30 a.m. to noon Aug. 22. \$30 including materials. Learn wire wrapping and tooling.

**Scrapbooking** — 10:30 a.m. to noon Saturday. \$20 including materials.

**Beginners pottery** — 10:30 a.m. to noon Aug. 15. \$40 including supplies.

**Card making** — 5-7 p.m. Aug. 20. \$7 including materials.

**Beginning woodworking** — Every Wednesday. \$25 includes shop use and materials. For time, call 377-2821.

**Beginning intarsia woodworking** — 10 a.m. to noon Saturday or Aug. 22. \$15 including materials. Intarsia is the art of piecing wood together in a decorative pattern.

Please see **Digest**, Page 22

# Digest,

from Page 21

**Advanced intarsia woodworking** — 10 a.m. to noon Aug. 15 or 29. \$20 including materials and tool use.

**Beginning framing** — 12:30-4 p.m. Friday or Aug. 21. \$30 including materials. Bring photo or artwork no larger than 11x14 inches.

**Tailgate flea markets** — Saturdays. Set up at 8 a.m., sales are 9 a.m. to 1 p.m. Tables \$15 on day of sale. Register by 4 p.m. Fridays and pay \$10 and get a parking space.

**Multi-crafts center** — potter's wheels, ceramic molds, air brushing and tools are available for use in the shop. Craft classes for beginners, intermediate and advance levels. Craft supplies for sale.

**Engraving shop** — squadron, office and individual orders.

**Wood shop** — stocked retail lumber and a large assembly area adjacent to the machine room are available. Call for information on beginners and advanced woodworking classes.

## 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.

**Dinner and the Bible** — 6-7:30 p.m. Wednesdays, Triangle Chapel Annex.

## 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. Romeatrius 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.

**Stress management techniques** — 10 a.m. Wednesdays.

**Relaxation techniques** — 9 a.m. Mondays.

To register, call 376-0385.

## McBride Library

**Free quilting class** — 11 a.m. to 1 p.m. Aug. 22, ages 14 and older; 17 and younger must be accompanied by a parent or sponsor. Participants receive a sample bag of starter materials. Preregister by Wednesday.

**Student research help** — 6:30 p.m. Wednesdays. Basic information on Ebsco and Gale Group.

**Research databases** — comprehensive research capabilities. Many specialty areas. Orientations 6:30 p.m. Tuesdays. To sign up, call 377-2181.

**Playaway** — first self-playing digital audio books now available. Audio content preloaded; select from large assortment of titles. Pop in a battery, plug in almost any type of headset and enjoy.

**Overdrive audio online book program** — individual or family accounts allow download/playing of full length audio books on a personal computer. Check with library staff for details.

**Rosetta Stone online language learning center** — 30 foreign languages including Spanish. For more information, check with the library staff.

**Chief of Staff professional military reading list** — titles

available for checkout from the special book collection.

**Online catalog** — to search the inventory of books, DVDs, CDs, videotapes, magazines, periodicals and more, log on to <http://www.keeslerservices.us>, click on the link for McBride Library, then the link for the online catalog.

**Available** — two large meeting rooms, audio room, typing room and children's library.

**Free wireless Internet** — check at circulation desk.

**Tours/orientations** — call 377-2604.

**Paperback book swap** — swap one for one. Must be in good condition and of same genre.

**Volunteers needed** — to shelve books, assist with children's story time and create displays. For more information, call 377-2181.

## CLUBS AND CENTERS

### Vandenberg Community Center

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

**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. Buffet specials 11 a.m. to 1 p.m. Beef brisket Wednesday; Mexican Aug. 19; turkey Aug. 26; \$6.95 each. Catfish buffet Aug. 14 and 28, \$8.95.

**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.

**Movie nights** — 7 p.m. Wednesday; free popcorn.

### Katrina Kantina

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

**Margarita night** — 5-8 p.m. Friday. Specialty margaritas \$5.25, chips and salsa, DJ Wayne and his karaoke machine.

**Tuesday special** — 5-7 p.m., tacos 2 for \$1 for members, \$1.50 each for no members.

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

**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.**

**School-age program** — register now. School served are Jeff Davis and Beauvoir Elementary. Space limited.

**TRAIL** — 6-8 p.m. Mondays beginning Aug. 10.

**Friday night fun** — 6:30-9:30 p.m. beginning Aug. 14 for ages 6-12. Skating, music, games and more.

**Family dinner/dance** — 6-8 p.m. Aug. 20. Children free, adults \$5. Reservations appreciated; call 377-4116.

**Dance class** — starts Aug. 31. Mondays 5:30-6:30 p.m. ages 6-8, 6:30-7:30 p.m. ages 9 and older; Tuesdays 5:30-6:30 p.m. ages 3-5.

**Coming soon** — archery, tennis, cheerleading and Operation Night Hoops. For more information, call 377-4116.

**Classes** — gymnastics 9 a.m. to noon Saturdays; ages 3 and older. Guitar, ages 6 and older, by appointment only. Both classes are \$50 per month. To register, call 377-4116.

**Open recreation** — 3-5:45 p.m. Mondays-Thursdays, 3-6 p.m. Fridays and 9 a.m. to noon Saturdays, ages 9 and older. 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 at the front desk.

**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.

**Commissioners and coaches needed** — for youth sports. For more information, call 377-4116.

Please see **Digest**, Page 23

## DINING HALL MENUS

### Today

**Lunch** — baked chicken, pepper steak, pasta primavera, mashed potatoes, rice, gravy, mixed vegetables, fried okra, green beans, potato salad, fruit salad, cream of broccoli soup, cheeseburger soup, chicken chili, buffalo wings and roast beef subs.

**Dinner** — pork chops with mushroom gravy, braised liver with onions, fried fish, hush puppies, rissole potatoes, rice, gravy, broccoli, peas and carrots, corn, fruit salad, potato salad, cream of broccoli soup, chicken chili, cheeseburger soup, buffalo wings and roast beef subs.

### Friday

**Lunch** — chili macaroni, barbecue chicken, fried 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.

**Dinner** — 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.

### Saturday

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

**Dinner** — 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.

### Sunday

**Lunch** — 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.

**Dinner** — 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.

### Monday

**Lunch** — spaghetti with meat sauce, 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.

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

### Tuesday

**Dinner** — 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.

**Lunch** — 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, Cantonese 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, pork chalupa, jambalaya, scalloped potatoes, rice, gravy, cauliflower combo, Mexican corn, Mexican coleslaw, frijole salad, chicken noodle soup, cream of potato soup, chili, cheese fishwich and pizza.

# Digest,

from Page 22

## TICKETS AND TRIPS

**Discounted tickets** — for information, log on to <http://www.keeslerservices.us> and click on the ITT link.

**Information on area and out-of-state attractions** — free brochures for Louisiana, Mississippi, Alabama, Florida and Georgia.

**Disney special continues** — Salute to Military program continues. Order tickets now. For more information, call 377-3818.

**Tour bus** — available for group rental, seats 23.

## 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 Tuesdays in Room 111, Sablich Center, 1 p.m. for those who are separating and 2:30 p.m. for those who are retiring. If separating/retiring under special circumstances, call 376-8728 for appointment.

**Transition assistance program** — briefings are 8 a.m. to 4:30 p.m. Monday through Aug. 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](mailto: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](mailto:charlene.morse@keesler.af.mil) or visit Room 130, Sablich Center.

## MEETINGS

**African-American Heritage Committee** — 3:30 p.m. second Tuesday of the month, Room 109, Taylor Logistics Building. For more information, call Tech. Sgt. Yolanda Jerry, 377-2157, or Kurt Higgins, 377-5250.

**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](mailto: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 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 Alventia, 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](mailto: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](mailto: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 1st Lt. Stephanie Lutz, 377-8638.

**Keesler 5.6** — 3:15 p.m. third Wednesday of the month; location varies. For more information, call Tech. Sgt. Kimberly Sturdivant, 377-1813.

**Keesler Amateur Radio Club** — Net with news-line and echo-link is held Wednesdays on 146.79, minus offset, no PL tone. Monthly meeting is 7 p.m. second Monday of the month at Locker House facility. Enter courtyard on left side of building as you face the front of it. Enter the door marked "T flight" and proceed straight ahead until you see a sign saying "K5TYP."

**Keesler Spouses Club** — second Tuesday of the month. For time and place, e-mail Devalynn Solomon, [deesolomon@cablone.net](mailto:deesolomon@cablone.net), 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** — 3:30 p.m. third Thursday of the month; location varies. For more information, call Master Sgt. Tammy McElroy, 376-3164.

**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](mailto:gmosby1@bellsouth.net), or Charles Bowers, 860-3665.

## MISCELLANEOUS

### 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.**