



KEESLER NEWS

Keesler Air Force Base
Biloxi, Mississippi

Volume 71, No. 3
Thursday, Jan. 21, 2010



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**39 weeks until
Unit Compliance
Inspection**

Keesler ramps up inspection preparation

By Angela Cutrer

Keesler News staff

Keesler's upcoming Unit Compliance Inspection is on the horizon and base officials want Team Keesler to be ready.

Brig. Gen. Ian Dickinson, 81st Training Wing commander, expects the wing to remain on a constant state of readiness because of this impending inspection slated for Oct. 24-30.

"To ensure we're inspection ready, squadron commanders must validate their unit self-inspection program, dig into the regulations and verify the findings from the 2007 Operational Readiness Inspection are closed," he said.

General Dickinson believes squadron commanders are the key in the self-inspection program that will ensure Keesler is in compliance and deserving of an "outstanding" rating. While the UCI team is at Keesler, the general

expects personnel to be "educated, motivated, independently evaluated and inspection ready."

For the 2007 ORI, Keesler achieved an overall "excellent" rating.

"We are hoping for that rating or even better for this go around," said Maj. Bob Paleo, the wing's UCI project officer and exercise evaluation chief.

Col. Ward Juedeman, chief of the inspection division for Air Education and Training Command's inspector general, said the new limited-notice inspection program implemented last year will breed the "compliance culture" Air Force leadership requires of all service members and units.

Keesler plans to conduct mock UCI and staff assistance visits after first validating all findings closed from the last ORI. Also planned are semi-annual self inspections verified by squadron com-

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81st Medical Group prepares for two no-notice reviews

By Steve Pivnick

81st Medical Group Public Affairs

Members of the 81st Medical Group are "crossing the t's and dotting the i's" as they fine-tune all aspects of the varied elements necessary to provide top-notch medical service at Keesler community in anticipation of two major inspections in 2010.

The tandem survey by The Joint Commission and Health Service Inspection by the Air Force Inspection Agency are no-notice reviews conducted every three years.

Please see **81st MDG**, Page 9

Base supports humanitarian relief to Haiti

Keesler Public Affairs

Keesler is providing humanitarian and medical support in the wake of a 7.0 magnitude earthquake in Haiti.

Jan. 13, Keesler was called to support the 818th Contingency Response Group from McGuire Air Force Base, N.J., according to Maj. Matthew Atkinson, director of operations for the 81st Logistics Readiness Squadron.

The major said that 818th CRG members were training at the Air National Guard's Combat Readiness Training Center in Gulfport. The Airmen drove to Keesler, loaded supplies and flew to MacDill AFB, Fla., on their way to Haiti.

"Our Airmen constantly train to deliver people and

supplies anywhere they're needed," the major pointed out. "This life-saving effort is an excellent opportunity to put this training to use."

In addition to the 81st LRS, CSC, the wing's performance management office and the 81st Security Forces Squadron participated in preparing to deploy sleeping bags, first aid kits, mess kits and other essential items.

Monday, Keesler transported 12,048 meals-ready-to-eat to Hurlburt Field, Fla, in response to Air Force Special Operations Command's request, according to Carmen Steed, 81st Force Support Squadron force sustainment flight chief.

Almost 50 members of the 81st Medical Group have been

tapped to provide medical support to the relief effort.

A three-person critical care air transport team and a three-member critical care team left over the three-day Martin Luther King holiday weekend. The CCATT was comprised of a critical-care nurse, emergency room physician and a cardiopulmonary technician. The second team was made up of an internal medicine physician, ER nurse and a cardiopulmonary technician.

The 81st FSS personnel deployment staff processed more than 40 medics Tuesday as 81st MDG teams provided required inoculations, laboratory tests, pharmaceuticals and public health information.

"Wherever you are, you are

part of a worldwide effort," Col. Christopher Valle, 81st Training Wing vice commander, told the deployers. "Take great pride in what you are doing."

Lt. Col. Chris Morgan, 81st Medical Support Squadron medical readiness flight commander, told the deployers they could anticipate being en route to either Haiti, MacDill AFB, Miami, or the hospital ship USS Comfort by Wednesday night. Having everyone process and then be on call ensured they'd be ready to go when the movement notification was received.

Colonel Morgan anticipates receiving additional tasks.

Senior Airman Kimberly Moore and Susan Griggs, 81st Training Wing Public Affairs, and Steve Pivnick, 81st Medical Group Public Affairs, contributed to this report.

Take PRIDE in inspections as well as in life

By Lt. Col. Brian Casleton

81st Aerospace Medicine Squadron commander

As we enter into the New Year, we are faced with a variety of upcoming inspections.

I am reminded of a time in 1993 when similar preparations were ongoing at Columbus Air Force Base, Miss. Retired U.S. Air Forces in Europe commander Gen. Robert “Doc” Foglesong, then a colonel and 14th Training Wing commander, used a very simple term to focus the wing and organizations on the task at hand. That term was “PRIDE” — take PRIDE in your organization, your facilities and everything you do and we will be successful. PRIDE is a key part of self-image and can be individually controlled. He defined “PRIDE” as Preparation, Respect, Integrity, Discipline and Enthusiasm.

Preparation refers to the state of being prepared for specific or unpredictable events or situations. Preparedness is an important quality in achieving goals and avoiding and mitigating negative outcomes. We have the regulations and the checklists; we need to be honest brokers and actively prepare for what lies ahead.

Respect has great importance in everyday life. As children we are taught to respect our parents, teachers, rules and traditions, among other things. A good leader respects himself, his team and his peers. Self-respect, a powerful and positive image of yourself, affects the way you act, the way you conduct business and, more significantly, the way you think about yourself and those around you.

The quality of our self-image — positive or negative — is central to our potential for success. Successful individuals and businesses always have a strong self-image; they believe without any doubt at all that they can reach their goals. Have respect for the workplace, the people you work with and you can expect positive outcomes. Understand what every member of the team brings, value their inputs and create an environment where all are welcome and comfortable.

Integrity is our first core value; it’s steadfast adherence to a strict moral or ethical code. We cannot succeed if people cannot trust us. Good leaders fight to protect their integrity and the integrity of the team.

Discipline is the instant willingness and obedience to follow all orders, respect for authority, self-

reliance and teamwork. Good leaders do those things we expect responsible people to do. Good leaders follow the rules they make. If a leader is not willing to stick by them, neither will the rest of the team.

Enthusiasm is essential as we enter the inspection preparatory mindset. Ralph Waldo Emerson stated, “Nothing great was ever achieved without enthusiasm.” Enthusiasm is contagious. Be enthusiastic about life, your job and the mission and we will succeed.

Times are getting tougher; we have fewer resources and greater monetary constraints. Those in key leadership positions have a responsibility to provide leadership for the organizations. If leaders make small adjustments, the cumulative effect on our organizations will ensure successful outcomes from the coming inspections.

Every task is important. One Airman is no more important than another and we are all leaders in one way or another. Everything we do reflects on successfully completing our mission in one form or another, so take PRIDE in everything you do and in Keesler.

Create goals to make a better you for the new year

By Chief Master Sgt. Robert Ellis

39th Air Base Wing command chief

INCIRLIK Air Base, Turkey — Like many of you, I enjoyed the college football bowl games that occurred over the holidays. Each team that competed had a winning season, and you can believe that none of them became successful by accident.

The coaches and staff of these teams did more than hope for success; as a wise man once told me, “hope is not a plan.” These leaders spent hours drawing up game plans, strategies and plays to ensure victory well before their players stepped on the field.

Likewise, it’s imperative for each of us to draw up our game plans and strategies to ensure our success.

Here are a few key principles to help ensure your success in 2010.

Write your vision and make it plain.

When you write down your goals, objectives and strategies and prominently display them, it keeps them fresh and in focus. The things that get our attention are typically the things we get done.

So as you resolve to accomplish your goals this year, keep them in clear focus to ensure you don’t fall off the

wagon as many who establish resolutions for the new year do. Statistics show that only 20 percent of those who make New Year’s resolutions maintain their commitment beyond Valentine’s Day!

If you want to be successful, stay away from fad diets and unrealistic workout routines that promise to give you a beach body in six weeks; trust me — it won’t happen. Set realistic, obtainable and measurable goals.

Make fitness and nutrition a lifestyle change.

Every year in January, I see hoards of people piling into the fitness center and running around the base. No matter where I’m stationed this phenomenon continues, just like Groundhog Day or a bad movie. I joke about it because for years I did the same thing; I rode the fitness-nutrition rollercoaster. Every year I resolved to improve my fitness, my eating habits and my overall health.

However, every year — some more successful than others — I fell off the wagon after a period of time. It wasn’t until I came to the realization that the primary reason I needed to be fit was for my own quality of life, not just readiness.

From that day on I stopped working out for the Air Force and focused on it for myself. I gave up the fad diets and miracle work-outs and came up with realistic, effective eating and work-out habits. We’ve got a great staff at the health and wellness center who can help you do the same.

While you’re getting fit and improving nutrition, don’t neglect your spiritual fitness either. A sound spiritual diet helps you through times of stress, hardship and tragedy. Our chaplains have great programs to assist you in this area.

Passionately pursue education and professional development.

These are invaluable to our growth, development and leadership. These are not “nice to have’s” and they are not things that only “good Airmen” do.

If you are an Airman today, you are expected to be your absolute best and that absolute best goes well beyond just your Air Force specialty. We need multidimensional Airmen who are specifically and intentionally developed to assume leadership roles today and beyond.

Education and professional development provide you with the tools you need to be effective. Leaders never

arrive; we are always in the learning-growing mode.

If you haven’t completed your professional military education or degree(s) yet, get focused, get serious and get it done in 2010.

Quality family time must be a priority.

This year we celebrate the “Year of the Air Force Family.” It’s a time to put priorities in order and recognize those who love, support and cover us.

This year put your family on the pedestal they deserve because they’ve earned it and all they ask for in return is appreciation. The mighty Air Force that we are today is a result of you; likewise, you are the Airmen you are because of your family. So, in 2010, let’s commit to making family a priority and setting aside good quality time for them.

I believe this can be your best year ever! You can win your own personal bowl championship series, but you can’t just hope for it — you have to plan and then execute your plan.

Thanks for all you do for our Air Force family and our nation; I wish you nothing but success in 2010 as you stay fit, focused and fighting for what’s right.



DRAGON ON THE STREET

By Kemberly Groue

Keesler News photojournalist

What is something you're procrastinating about doing?



"Restoring my '69 Chevy Impala."

Terrence McClain, 81st Force Support Squadron



"Completing my professional military education."

Capt. Jason Eddy, 45th Airlift Squadron



"Doing the trim on the inside of my house after Katrina."

Lorraine Weston, 338th Training Squadron

Exceptions to Keesler's 25 mph speed limit:

15 mph in housing areas, flight line and unpaved surfaces;

10 mph in close proximity to marching formations and when waved through base gates;

5 mph in parking lots;

35 mph in some sections of perimeter roads.

KEESLER NEWS

81st Training Wing commander

Brig. Gen. Ian Dickinson

Public affairs director

Jerry Taranto

Editor

Susan Griggs

Photojournalist

Kemberly Groue

Contract journalist

Angela Cutrer

Public affairs staff

Billy Bell

Tim Coleman

Jonathan Hicks

Senior Airman

Kimberly Moore

Senior Airman

Eric Summers

Joel Van Nice

1st Lt. Joost Verduyn

YoLanda Wallace

The Keesler News office is in Room 201A, Wall Studio, Building 0902. The mailing address: 81TRW/PAIN, Keesler AFB, MS 39534-2120. Phone: 377-4130, 3837, 3163 or 9966. Published Thursday. News deadline: noon Monday. Editorial content edited, prepared and provided by the 81st TRW Public Affairs Office is in compliance with Air Force journalistic standards. Photos are Air Force photos unless otherwise indicated.

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Keesler on the Web

<http://www.keesler.af.mil>

338th Training Squadron Detachment 1

Trainer learns intricacies of joint service mission

By Susan Griggs

Keesler News editor

Ten months after returning from a six-month deployment to Iraq, Master Sgt. Shawn Fogg reflected on a memorable assignment as an Airman working for the Army with Navy technology.

Sergeant Fogg, a 20-year Air Force veteran, was deployed for the first time in his career from Fort Gordon, Ga., where he's served for 2½ years as a training development specialist with the 338th Training Squadron's Detachment 1. His primary Air Force Specialty Code is satellite, wideband and telemetry systems.

"With three days notice, I was tasked to deploy with the Army," Sergeant Fogg recalled. "Despite working on an Army installation, I had no idea what lie ahead. I started at combat skills training, then electronic warfare training, both Army-led courses. Once I arrived in Baghdad, I was equipped and trained by the Navy, then sent to Camp Echo, where I was assigned to an Army infantry unit."

Sergeant Fogg installed, maintained and perform pre-convoy checks on vehicle-mounted CREW jammers — counter radio-controlled improvised explosive device electronic warfare systems — and trained Soldiers to use the devices properly.

"Day and night, convoys rolled through dangerous territory," Sergeant Fogg said. "The enemy had become more sophisticated, using the latest technology available to any consumer. Terrorists devise both simple and intricate radio signal-controlled explosives, and they're often concealed from even the most alert observer. CREW jammers seek out these devices and prevent them from doing their damage, saving countless lives."

"I started at combat skills training, then electronic warfare training, both Army-led courses. Once I arrived in Baghdad, I was equipped and trained by the Navy, then sent to Camp Echo, where I was assigned to an Army infantry unit."

— Sergeant Fogg



On three occasions, Sergeant Fogg rode "outside the wire" in convoys of Humvees and mine-resistant ambush-protected vehicles — MRAPs for short.

"Although well trained in war tactics, the Soldiers were limited in their understanding of the CREW systems," he pointed out. "Some of the experienced soldiers were hesitant to rely on the systems because of initial design shortcomings, but the jammers are now much more effective than when first implemented. My rides boosted the confidence of the soldiers in the systems."

After four months, Sergeant Fogg was reassigned to a new battalion. He met them in Kuwait, where they waited for orders to move into Iraq. After staging personnel and equipment, they flew to Baghdad, then to Camp Kalsu, in a combination of aircraft, all flown by the Air Force — Blackhawk helicopters, a C-130, then Chinook helicopters — that Sergeant Fogg found fascinating.

"The Blackhawk was very noisy outside, but fairly quiet inside, with very tight 'accommodations' — you climb aboard wearing a helmet, eye

and ear protection, body armor and rifle, about 70 pounds of gear," Sergeant Fogg remembered. "There's no ramp, just a 4-foot high step with a rotor thumping inches above your head. Once onboard, you have to fasten a five-point harness around yourself in the dark. Your bags and equipment are stuffed under and on top of you, so there's no way to move around once you're inside — if you're fortunate, you can see out of the window, although your head may need to stay turned for the duration of the flight.

"In comparison, the C-130 has a loading ramp, commercial aircraft-style seating and a lot of room inside," he continued. "Normally, your gear and a lot of other stuff rides behind you.

"The Chinook is a combination of the two — it's a helicopter with two rotors providing twice the noise and vibration. It can carry an Abrams tank from its belly hoist and 40 troops with a lot of stuff inside. It also has small, high-mounted windows, but there's a great view to the rear — the loading ramp is left open during the flight to accommodate the gunner and his 30-caliber machine gun."

At Camp Kalsu, Sergeant Fogg was the electronic warfare officer and a member of the battalion staff working in the intelligence branch.

"I was entrusted with training all 750 Soldiers, from the O-5 to the E-1s," he explained. "When I left Camp Kalsu, two Soldiers had been fully trained and equipped for reclassification to the Army EWO field and 21 Soldiers to directly augment them."

One afternoon, a Humvee was hit by a hard-wired improvised explosive device.

"When we learned of the event, everyone was concerned and angry," Sergeant Fogg stated. "The convoy Soldiers received only minor injuries, but the vehicle was destroyed. They were eager to return to their convoy tasks. They had defeated the unseen enemy — death — with their will, and we were proud of them."

Sergeant Fogg said any rivalry between the Army, Navy and Air Force was set aside to accomplish the mission.

"I trusted the Soldiers during pre-deployment training — they taught me land navigation, combat weapons use and administering an IV while

under fire," he remarked. "I gained valuable counter-IED knowledge from the Navy; in turn, the Soldiers trusted me for counter-IED tactics training and CREW operations and maintenance. I trusted the judgment of the seasoned Soldiers during convoy operations, and the Soldiers obeyed the Airmen responsible for the aircraft they flew in.

"We had an unspoken agreement, 'We already have an enemy, so why not work together?,' Sergeant Fogg added.

"I would deploy with any of those fine people again," he said. "Ultimately, it was a very rewarding and fulfilling experience."

During his deployment, Baghdad and Kuwait provided the only reliable contact with his home, so Sergeant Fogg was overjoyed to return to his wife, Nancy, and his 16-year-old son, Rob.

Back at Fort Gordon, Sergeant Fogg said his deployment experience provides an additional dimension to his legitimacy as a trainer.

"In addition to 'talking the talk,' I have lived through the experience, providing firsthand accounts of new equipment, explaining the joint operations culture and trusting my wingman," he commented.

Sergeant Fogg remains at Fort Gordon as operating location as noncommissioned officer in charge as the 338th TRS detachment shrinks from 42 members to 10. Many of those members have come to Keesler to support the new radio frequency transmission systems apprentice course that began Jan. 5 which melds the ground radio and satellite, wideband and telemetry systems courses. The new course is part of Keesler's cyber training transformation.

Brothers together in basic training, tech school



Photo by Kemberly Groue

James, left, and Lawrence Nichols train together on an AN/GRC 171 radio Jan. 7 in Jones Hall. The brothers are in one of the final legacy ground radio courses in the 338th TRS. The new radio frequency transmission systems apprentice maintenance course that began Jan. 5 combines the ground radio and the satellite, wideband and telemetry systems courses.

By Senior Airman
Kimberly Moore

Keesler Public Affairs

The Air Force family recently acquired a pair of brothers whose journey thus far has been nothing like what they expected.

While growing up, 22-year-old Airman 1st Class James Nichols wanted to join the military but after visiting with a recruiter from his first choice, the Navy, he decided the Navy lifestyle was not for him. He instead chose to go to college and work toward a degree in sports medicine.

Meanwhile, his big brother, 25-year-old Airman 1st Class Lawrence Nichols, worked construction as a general contractor with their family.

“Family is very important to us,” he explained.

So when the economy started to go bad and the school James was attending closed, Lawrence supported his brother

and visited the Air Force recruiting office with him.

“I was shocked how much the Air Force gives you,” James said. “After speaking with the recruiter we realized the Air Force lifestyle was perfect for us.”

Although there are programs available such as the Buddy Deal, where buddies who join together may be stationed together, the Nichols brother didn’t take advantage of these.

“We both just joined as open electronics,” Lawrence said. “We happened to leave for basic at the same time and we, along with five others, arrived at Lackland Air Force Base, Texas, without our paperwork from our hometown (military enlistment processing station..)”

The seven spent the first three days of basic training awaiting paperwork. Once it

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Brothers, from Page 6

arrived they were all put into the same flight.

The brothers soon learned that they were at an advantage having their sibling with them on their journey.

“Basic was pretty easy having a wingman; it was a constant motivation to graduate together,” James said.

As graduation approached, Lawrence and James eagerly awaited their assignments.

“One day before basic training graduation, we found out both of us were going into the ground radio apprentice course and would both be going to Keesler for training,” Lawrence said.

Once at Keesler the brothers took an active role, joining the Airmen’s Council and volunteering for various activities together, such as painting the in-processing room for which they were coined by

their squadron commander, Lt. Col. Daniel Gottrich.

“The IP briefing room is the first thing you see when you get here and it was dark and gloomy so we hung curtains, painted the walls and gave it a ‘Dark Knights,’ castle effect,” James said.

Getting out and volunteering not only helped pass time but it also helped the Nichols brothers to meet people.

“We’re not nervous to talk to people but by having someone you already know there with you does make it a lot easier,” James said. “We quickly became well-known and I became the Airmen’s Council president my third week here.”

So the pair of brother who never intended to do anything more than join together have been in the same flight in basic training, were randomly placed into the same career field, and are now in technical training together.

“It’s pretty cool how it has worked out,” James said.

“It’s been one heck of a ride,” Lawrence added.

But the ride is almost over — the brothers recently received their orders and Lawrence is going to McGuire AFB, N.J., and James is headed to Eglin Air Force Base, Fla.

“The 338th has been really good to both of us; better than what I thought it would be,” James said.

Lawrence said, “At 25 I thought I knew a lot, but I’ve learned so much from the instructors and (military training leaders) — the people here are great. I’ve made better friends in the two months here than I have my whole life.”

“I’m thankful for how everything has turned out, I’m getting to do what I truly wanted to do as a kid and I’m still working toward my education only on a more accelerated route,” James explained. “The Air Force is providing me with so many things in my pocket that can be ammo for whatever I want to do in the future.”

TRAINING, EDUCATION NOTES

Be a physician assistant

Completed applications are due Monday for the next board for Physician Assistant Phase I training classes.

For more information, call the education office, 376-8708/8710.

Drill downs, parades

Drill downs — 8 a.m. Feb. 19, April 16 and Oct. 15; 7 a.m. June 11 and Aug. 20.

Parades — 6 p.m. March 18, July 22 and Sept. 16.

For more information on drill downs, call Staff Sgt. Julie Hammond, 377-2737. For more information on parades, call Staff Sgt. Gregory Washington, 377-9527.

CCAF deadline

Feb. 26 is the deadline to apply for the Community College of the Air Force spring graduating class.

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

For more information, visit the education office, Room 376-8708 or 8710.

NECP deadlines

Nurse Enlisted Commissioning Program deadlines are Feb. 26, notification of intent to apply; March 26, academic evaluation; and April 23, applications due.

For more information, call the education office, 377-8708.

Education briefings

Post-9/11 GI Bill — Briefings are 1 p.m. Wednesdays in the Sablich Center auditorium.

Officer Training School — 10 a.m. Tuesdays, Room 224, Sablich Center.

ROTC — bi-monthly at 10 a.m. Tuesdays starting today, Room 224, Sablich Center.

No briefings are held March 22-26.

For more information, call 376-8708 or 8710.

Hap Arnold grants

Applications are available online for the Air Force Aid Society’s Henry H. Arnold Education Grant Program at <http://www.afas.org/Education/ArnoldEdGrant.cfm>

The \$2,000 grants are given to selected sons and daughters of active duty, Title 10 Active Guard/Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (state-side) of active duty members and Title 10 AGR/ Reservists; and surviving spouses of deceased members for undergraduate studies.

The application deadline is March 12.

For more information, call 376-8517.

GI Bill benefits

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

For more information, call 376-8708.

General Wyman gets new assignment

By Steve Pivnick

81st Medical Group Public Affairs

Brig. Gen. (Dr.) Dan Wyman, 81st Medical Group commander, has been selected to become the command surgeon for Air Combat Command at Langley Air Force Base, Va.

His successor, Col. (Dr.) Kory Cornum, ACC command surgeon since 2007, has been selected for promotion to the rank of brigadier general. Plans are being developed for a formal change of command ceremony at Keesler in the spring.

General Wyman assumed command of the 81st MDG in June 2008 following a two-year tour of duty as command surgeon of Pacific Air Forces at Hickam AFB, Hawaii.



General Wyman

Keesler contracting team earns command-level award

By Angela Cutrer

Keesler News staff

The 81st Training Wing's base operations support contracting team is Air Education and Training Command's outstanding contracting team of the year for fiscal 2009.

The team, which provided administration of Keesler's BOS contract, was led by the 81st Contracting Squadron's

administrative contracting officer, Capt. Jennifer Mapp, from January to April 2009, then by Randi Williams from April 2009 to the end of the award period in October 2009. The team included contract specialists Jeni Hornbeck and Dennis Rogers.

The accomplishments of the team, which supports multiple service areas across the base, included administration of a \$225 million contract and

quality assurance training for other BOS personnel.

Lt. Col. Christopher Wegner, 81st CONS commander, said "I couldn't be more proud of the hard work and dedication exhibited by this team of contracting professionals. They are truly deserving of this recognition and I wish them further success and recognition during competition at the Air Force level."

Emphasis on traffic safety yields positive results during holidays

Air Force Safety Center and Keesler News staff

KIRTLAND Air Force Base, N.M. — The Air Force had the lowest recorded number of private motor vehicle fatalities during the Thanks-giving-to-New Year's time frame — one — to include the lowest number of automobile fatalities — zero.

"PMVs are both motorcycles (PMV-2) and automobiles (PMV-4)," said Col. Roberto Guerrero, chief of ground safety for the Air Force Safety Center. "We track both and had only one accident during this time frame — a motorcyclist who was hit from behind while waiting at a stop light by a non-Air Force drunk driver."

It was the first time in 13 years the Air Force didn't have a single active-duty death due to any type of safety mishap during this time frame. In comparison, the Air Force has aver-

aged more than six fatalities to PMV mishaps during this time over the past 23 years.

"Our Airmen are taking the secretary's and chief of staff's memo on reckless behavior to heart," said Colonel Guerrero. The memo emphasized private motor vehicle safety and noted that all Airmen must understand that failure to take personal responsibility will result in their being held accountable for their actions.

"Thank you for your support in emphasizing traffic safety since that's where our Airmen are most at risk," said Maj. Gen. Fred Roggero, Air Force chief of safety. "Please congratulate your commanders/directors and your safety professionals for a job well done during this typically hazardous time of year. Please remind them to not let up on what they're doing."

IN THE NEWS

Wing quarterly awards luncheon

The 81st Training Wing quarterly awards luncheon is 11 a.m. Jan. 28 at the Dragon's Lair. Tickets are available from the following group representatives:

Wing staff agencies — Master Sgt. Michael Rieger, 377-2975.

81st Medical Group — Master Sgt. Helen Vandergrinten, 376-4344, or Tech. Sgt. Dakita Bailey, 376-4694.

81st Training Group — Master Sgt. Carl Greene, 377-7337.

81st Mission Support Group — Tech. Sgt. Pricothye Brown, 377-0630.

National Prayer Breakfast Feb. 1

The National Prayer Breakfast is 7 a.m. Feb. 1 in the Dragon's Lair.

Most Rev. Richard Higgins, auxiliary bishop for the Archdiocese of Military Services, is the keynote speaker.

Tickets are \$5 and may be purchased at base chapels or from first sergeants. For more information, call 377-4859.

Trainers plan awards banquet

The 81st Training Group annual awards banquet is Feb. 4 in the Dragon's Lair. The 6 p.m. social hour is followed by dinner at 7. The attire is mess dress or semi-formal for military and business or evening attire for civilians.

Tickets are \$10 for E-1 through E-4 and \$15 for E-5 and above and civilians. Purchase tickets by Jan. 29 from first sergeants or squadron representatives.

Wing annual awards banquet

The 81st Training Wing's annual awards banquet is 6 p.m. Feb. 18 in the Roberts Consolidated Aircraft Maintenance Facility. Attire is mess dress/semi-formal for military and the equivalent for civilians.

Tickets are \$27 and are available from the following:

Wing staff agencies — Tech. Sgt. Lana Pray, 376-8232.

81st Training Group — Senior Master Sgt. Endsley, 377-0167; Master Sgt. Larry Bakel, 377-7642, and Tech. Sgt. Noah Vaughan, 377-0231.

81st Mission Support Group — Staff Sgt. Crystal Hollars, 377-9160; Senior Airman Ashley Leduc, 376-8181, and Senior Airman Ian Johnson, 376-8362.

81st Medical Group — 2nd Lt. Jason Garcia, 376-4421; Senior Master Sgt. Glenn Brass, 376-4303, or Master Sgt. Natascha Jones-Williams 376-3081.

Auditions to select two emcees are 1-3:30 p.m. Wednesday and are open to enlisted, officers and civilians. For more information, call Senior Master Sgt. Kerry Slater, 377-1374, or e-mail kerry.slater@us.af.mil.

Pass Road Gate update

The southbound lanes of Ploesti Drive from the gate to Hercules Street remain closed for construction of denial barriers.

All traffic entering the base at the Pass Road Gate is detoured north on Ploesti around Bay Breeze Golf Course.

The Rodenberg Gate is open 6 a.m. to 6 p.m. daily except Sundays and holidays.

Inspection,

from Page 1

manders and implementation of best practices from across the Air Force, AETC and other bases.

In December, Major Paleo organized a UCI working group of Keesler representatives from across the base that continues to meet at least monthly:

Lt. Col. Karen Castillo, inspector general.

Brian Mooers, Air Force Smart Operations for the 21st Century chief.

Chief Master Sgt. Colin O'Neill, self-inspection monitor.

Senior Master Sgt. Lisa Boothe, wing staff agency representative.

Maj. Sean Ellars and Kurt Higgins, 81st Training Group representatives.

Lt. Col. Sean Gallagher and Master Sgt. Gregory McMillan, 81st Mission Support Group representatives.

Senior Master Sgt. Kevin Hayden, 81st Medical Group representative

In December, the group met with AETC's inspection office and Colonel Castillo noted some lessons learned from the visit:

Inspectors will check with the unit self-inspection program to validate if they were consistently identified.

False reporting is a "double-hit" (identified as "green," but turned out "red").

UCI emphasis is on regulatory compliance. The key to compliance is a strong self-inspection program that prepares the wing for all inspections, including no notice (72 hours) and limited notice (three weeks).

The AETC self-inspection checklists are only a starting point because self inspection is a basis for compliance; units should build on the AETC/IG functional self-inspection checklists.

Commanders should expect to lose training time during the UCI, unlike previous inspections. Although units can request waiver of relief for shortfall areas, only one AETC base has requested this.

Units should focus on providing a comprehensive binder for the UCI team, with supporting documentation showing compliance with self-inspection items.

Focus on command-level trends. Visit the AETC/IG website on the Air Force Portal to find functional area trends from previous UCIs and ORIs.

The AETC UCI team will consist of more than 130 people. Expect a

larger team than previous inspections because there are more compliance items to inspect.

Thoroughly read regulations to find the complete list of compliance items.

Program management, also known as commander's programs, is the most difficult area to get an "Outstanding" or "Excellent" rating because of the diversity of programs, so take special care in assigning this duty.

The team inspects the "programs," not the "people." Don't take the inspection personally; keep it professional at all times.

Root cause analysis isn't required, but is highly recommended, for self-inspection program deficiencies. The 81st TRW has made a root cause analysis mandatory for all self-inspection program deficiencies.

81st MDG,

from Page 1

The Joint Commission evaluates and accredits more than 17,000 health-care organizations and programs in the US, including more than 9,500 hospitals. It's the nation's oldest and largest standards-setting and accrediting body in health care.

According to Col. Robert Cothron, 81st MDG medical center administrator, civilian health care organizations voluntarily pursue accreditation from The Joint Commission. However, it's essentially man-

datory for Air Force hospitals.

"The Joint Commission surveyors visit accredited hospitals at least once every three years to evaluate standards compliance. This visit is called a survey, and since 2006 all surveys have been unannounced. Joint Commission surveyors are highly-trained experts in their respective fields of expertise — physicians, nurses, administrators, clinical engineers and others.

The colonel noted, "The objective of the survey is not only to evaluate the hospital but to provide education and guidance that will help the staff continue to improve the hospital's

performance. The survey process evaluates actual care processes by tracing patients through the care, treatment and services they received."

Joint Commission standards focus on patient safety and quality of care and are updated regularly to reflect the rapid advances in health care and medicine.

"More than 250 standards address everything from patient rights and education, infection control, medication management and preventing medical errors, to how the hospital verifies its professional staff is qualified and

competent, how it prepares for emergencies and how it collects data on its performance and uses that data to improve itself," the colonel said.

The Air Force Inspection Agency at Kirtland Air Force Base, N.M., is a field operating agency of the Secretary of the Air Force Inspector General and is the primary action arm of its inspection system.

The Medical Operations Directorate, one of five AFIA directorates, performs Health Services Inspections of all Air Force active-duty, Reserve and Guard medical units worldwide in partnership with

expert civilian accrediting agencies such as The Joint Commission. AFIA performs 20-25 active-duty HSIs a year.

"An HSI is conducted by nine medical inspectors who ensure compliance with Defense Department and Air Force instructions and regulations," the colonel observed. "An AFIA team conducting an active-duty HSI is comprised of eight officers and one enlisted member, each averaging more than 25 years experience in the Air Force Medical Service. Many are graduated group commanders, squadron commanders and group superintendents."

Junior officer gives birds-eye view of symposium

By 1st Lt. Joost Verduyn

Keesler Public Affairs

Editor's note: Lieutenant Verduyn, one of 160 Keesler and 2nd Air Force representatives at the Air Education and Training Command Symposium, offers a personal view of last week's event.

When I first arrived in San Antonio for the Air Education and Training Command Symposium, I didn't know what to expect. All that I had heard up to that point was that I was going to have a good time.

Now that I'm back, let me tell you that the AETC Symposium is something worth attending. There were amazing speakers and topics with a little something for everyone.

I left Keesler Jan. 13 on a C-17 Globemaster from Altus Air Force Base, Okla. This isn't a bad way to fly — pretty much just like an airliner. After landing at Kelly Field and a short bus trip to our hotel, it was time to check in. Here's a little advice for you — get on the bus that gets there first and sit near the front.

No one thought to give me this advice, so I waited for more than 100 other people to check in.

Jan. 14, I headed to the symposium with my schedule and registration, but I still wasn't sure what to expect. There was a lot to see in the huge exhibit hall. There was a Huey and a display Thunder-bird. I tried my hand at surgery using a machine that lets you control little metal pincers. I looked at displays for turbine engines and the T-50. It was an impressive place with a lot to experience, and they served a great breakfast.

After a welcome speech by Gen. Stephen Lorenz, AETC commander, I attended my first seminar. These great presentations were the heart and soul of the symposium. There were so many options that I wish there had been another day for me to be able to hit more of them.

I learned about the future of remote piloted aircraft and social networking in the Air Force. I took another seminar on the different reasons insurgencies win or lose. This seminar made participants ask themselves, "What can I do to help?"

Some of the more thought-provoking seminars were panels from people who had "been there." One called History's Warriors featured two retired Airmen and one active-duty Airman with up-close experiences from World War II, Vietnam and today's conflicts.

The most sought-after seminar was probably the Medal of Honor recipients panel with four surviving Medal of Honor recipients. It was an honor to have these Air Force heroes among us.

Another person I heard was our 2nd Air Force commander, Maj. Gen. Mary Kay Hertog. I had the opportunity to hear her on a general officers panel and again during a speech that she found out she had to give at the last second. She talked about her past and the future of our Air Force. If you get the chance, listen to her talk. You will come away with a better sense about what you offer to this Air Force.

The AETC Symposium was a great experience. I would recommend it to anyone who has the opportunity to go. Plus, spending your evenings on San Antonio's Riverwalk is a pretty good perk, too.

PERSONNEL NOTES

NCO retraining program under way

Air Force officials have announced Phase II of the fiscal 2010 noncommissioned officer retraining program for retraining from Air Force specialty codes with overages to AFSCs with shortages.

This mandatory phase runs through Feb. 1.

For more information and a list of retraining-in and retraining-out AFSCs, check the virtual MPF or call the military personnel section.

Foreign language proficiency bonus

Air Force officials have recently updated the foreign language proficiency bonus policy.

All Airmen, regardless of career field, are now eligible for FLPB in a broad range of languages including those identified as “dominant in the force” such as Spanish, Tagalog, French, German, Italian, Portuguese, Korean and Russian.

For Air Force Special Operations Command assigned Airmen serving in language-coded billets, the policy provides incentive for Airmen with elementary proficiency to achieve increased language capability.

The new policy targets high proficiency in languages critical to building partnerships and answering operational requirements.

Air Force officials are dedicated to establishing a force of language-enabled Airmen with the capability to communicate, negotiate and relate to allies and potential adversaries. While AFSOC personnel are the first to be targeted, the program is open to all career fields based on requirement and coordination with the Air Force senior language authority.

For more information, contact local education centers for testing opportunities. Visit the Air Force AIDO culture, region and language force development Web site on the Air Force Portal for the complete strategic language list.

Hours change for finance office

New hours for finance customer service in Sablich Center now include compressed work schedule Fridays:

8 a.m. to 3 p.m. Monday-Friday.

8 a.m. to noon CWS Fridays.

8 a.m. to noon Monday-Friday, cashier hours; closed CWS Fridays.

For more information, call 376-8225.

Security changes for myPay

Changes to myPay security now require users to create a login identification and password for future access. Due to complications with this process, many members have been locked out of myPay.

Here’s how to alleviate some of these problems:

The new instructions to change your login ID and PIN/password are found at <https://mypay.dfas.mil/StepByStep.pdf>

The frequently-asked questions tab of the myPay home page can also assist in changing the login ID and PIN/password. It’s found at <https://mypay.dfas.mil/FAQ.htm>

If difficulties continue, members may call the centralized customer support unit toll free, 1-888-332-7411, and press 5 for myPay. Hours are 6 a.m. to 5:30 p.m. CST weekdays. Due to increased volume of calls, there may be a long wait before speaking with a customer service representative.

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

Military suicide rates on rise

By Army Sgt. 1st Class Michael Carden

American Forces Press Service

WASHINGTON (AFNS) — Suicide is a growing problem in the military community, and its leaders must be committed to reversing that trend, the chairman of the Joint Chiefs of Staff said here Jan. 13.

The suicide rate in all four services was higher than the national average, with 52 Marines and 48 Sailors taking their own lives in 2009, according to the individual services' annual reports. As of November, 147 Soldiers had fallen to suicide. The final 2009 figures for the Army are expected to be released Jan. 14. Air Force officials reported 41 active-duty suicides, a 12.5 per 100,000 ratio, in 2009.

In an address to an audience of more than 1,000 military and other government agency health-care workers and officials gathered for the 2nd Annual Suicide Prevention Conference sponsored by the Defense and Veterans Affairs departments, Adm. Mike Mullen and his wife, Deborah, shared their thoughts and concerns on the issue.

Admiral Mullen said that while he recognizes the challenge the armed services have had in combating suicide while waging wars in Iraq and Afghanistan, it's a challenge that can't be overlooked.

"The subject of suicide is one of tremendous difficulty and challenge and understanding, and there have been a lot of people who have worked on this diligently for many, many years," the chairman said. "Certainly, ... with the rise in the numbers in all the services since these wars, (Defense Department officials have) started to really look at the causes and get to a point where we can prevent this and understand this."

Despite the lack of a clear link between repeated deployment cycles and service member suicides, the admiral urged the audience not to count that factor out. "Dwell time" at home between deployments over the next couple of years, he said, will begin to increase for the Marine Corps but not for the Army. So health-care professionals need to be mindful of that and continue learning, he said.

"I know at this point in time, there does not appear to be any scientific correlation between the number of deployments and those who are at risk, but I'm just hard-pressed to believe that's not the case," Admiral Mullen said. "I know we are and hope to continue to look (at deployments) first to peel back the causes to get to the root of this."

Sustaining Marine Corps dwell time will alleviate "a lot of pressure and stress," the admiral said. But the armed forces must carry on their missions as U.S. officials draw down forces in Iraq and increases the military foot-

print in Afghanistan, he added.

Admiral Mullen stressed that in addition to the high rate of suicides among the ground forces, the increasing rate is evident among the entire military.

"As I look at the numbers for each service, the rates have gone up per capita at about the same rate over the past four or five years for every service," he said. "This isn't just a ground-force problem."

Suicide is a growing problem that leaders have to commit to, and experts who study suicide prevention must help those leaders understand the causes, Admiral Mullen said. The military's leaders are eager to implement programs and better prevention measures, he added.

Admiral Mullen advocated for better overall training for service members, noting that the military has a tendency to focus on training, whether it's field or mental fitness, during the deployment-readiness cycle. Training for troops and their family members must start from the day they swear in, he said.

"We have a tendency to cycle (training) to get you ready before you deploy, but I

would argue that with where we are right now, we have to have a continuum of readiness that starts to educate families from day one about the challenges that lie ahead, the information that is available (and) the networks that are out there in these challenging times, so that we can hopefully avoid crisis," he said.

Suicide among military family members also is a growing concern for the military. Deborah Mullen said that although much focus has been given to suicide prevention for service-members and assistance for survivors of suicide victims, more must be done for the families. Family members also need training to build resilience and learn how to deal with the stress of deployments, she said.

"There's another side to this, and that's family members who've committed suicide," she said. "It's our responsibility. These are our family members."

Families are under great stress, too, she said, noting that watching their loved ones deploy repeatedly can be equally as strenuous on families at it is on the deploying service members.

"I think we need to realize that we have families that are under such great stress," the chairman's wife said. "This stress is only going to continue. We need to be able to give tools to family members who are left behind."

"I hope the families are something you will look at as you work through these really challenging problems," she told the audience. "We do have family members who we need to be aware of, and we need to get our arms around the number of suicide attempts and actual suicides and the impact on the family."

In 2009,
41 active-duty Airmen,
52 Marines
and 48 Sailors
took their own lives.
As of November,
147 Soldiers
had fallen to suicide.

Law offers protection from abusive credit card issuers

By Rose Marie Janosik

Airman and family readiness center

Financial stress can wreak havoc on families. In the past, some credit card companies have employed what some consider abusive practices which make it difficult for families to dig their way out of credit card debt.

Last August, a new law began protecting consumers against unfair practices by credit card issuers.

Now consumers are given at least 21 days to pay your monthly credit card bill without threat of a late fee, rather than the current 14 days. They must be given at least 45 days advance warning, in writing, of changes to their credit card account. Prior, only 15 days notice was required in most circumstances.

Card holders have the right to opt out of interest rate hikes

and fee increases and to cancel their accounts while paying off any outstanding balance under the previous terms. Previously, issuers offered opt-out provisions only at their discretion.

The second phase of the new law begins next month. The new provisions take effect Feb. 22, when card issuers cannot increase interest rates

on an existing balances unless the card holder is at least 60 days late on the account. Rates cannot be increased on new accounts in their first year unless the card holder is 60 days late in payment.

A consumer cannot be charged over-limit fees unless the card issuer obtains prior consent to accept and process over-limit transactions. The

card issuer cannot charge fees for accepting payments by mail, phone, electronic transfer or any other means, unless the payment is processed through an expedited service processor. They are banned from universal default practices in which cardholders' interest rates are raised because of late payments made to others.

Year of the Air Force Family



Effective July 1, if a card holder's interest rate is increased due to being 60 days late on a credit card payment, the credit card issuer must revert back to the original rate after the card holder completes six months of on-time payments. There will also be new rules requiring that gift cards not expire for at least five years, with a ban on inactivity fees.

Since the card issuer reports information to the credit bureaus, consumers may want to get a credit report on yourself to assure that the information is correct.

Call Free Annual Credit Reports, 1-877-322-8228, or log on to www.annualcredits.com. Free Annual Credit Reports will obtain your credit reports from the three major credit bureaus, free to you, and you can do this every year.

See, some things in life are free. Happy non-spending!

'Flying Jennies' reservists credited with deployment successes

By Master Sgt. Michael Duhe

403rd Wing Public Affairs

Reservists from the 815th Airlift Squadron "Flying Jennies" will soon return from a deployment to Southwest Asia, having set at least one world record for airdrop and earning accolades for their efforts and achievements.

Flying the C-130J-30 model aircraft, deployed 815th aircrews from the 403rd Wing at Keesler set a record for the maximum number of airdrop bundles delivered in a one-week period: 801 bundles in 24 missions. U.S. Central Command, which oversees combat operations in the area, verified this as a record.

The Flying Jennies airdropped a range of vital cargo, including ammunition, medical supplies and food and water to troops on the ground. Thanks to the generosity of the members of the 403rd Wing, the Flying Jennies also helped ease the hardship of troops away from their loved ones during the holiday season. The aircrews delivered more than 150 boxes of "care packages" full of comfort items that had been collected at Keesler just weeks before.

"These guys (who received the packages) are manning outposts in no-man's land," explained Col. Don Buckley, 815th AS director of operations. "There's no way to get things in except by helicopter or C-130 airdrop. It's extremely rugged terrain. We airdropped care packages and bundles to them because they needed it most."

The Flying Jennies moved nearly 5,000 tons of cargo while deployed, eclipsing other C-130 units flying an older version of the aircraft by 35 percent. Colonel Buckley attributed this in part to the two extra pallet positions available on the J-model that allows for extra cargo.

Last September, several hundred Citizen Airmen from the 815th and several C-130J-30 model aircraft deployed to support CENTCOM airlift requirements in the region. During normal operations, all but one of the aircraft were used to fly missions, with the reserve aircraft on standby for emergencies. Utilizing it in a non-emergency situation is known as "surging." During the deployment, the Flying Jennies "surged" 15 times, which contributed to some impressive numbers for the deployment: 358 missions and 1,233 sorties flown. Aircrews logged nearly 2,500 hours of flying in 120 days. Normally, at home station, the aircrews log 2,400 hours in 12 months.

The vast majority of cargo airdropped by the Jennies arrived on target and intact, according to Colonel Buckley. "We were averaging within 25 yards at 3,000 feet. We proved how accurate we are, and we had a 98.5 percent recoverable and reusable rate."

The Flying Jennies also flew more than 20,000 passengers and 500 aeromedical evacuation passengers during the deployment. The J-model's powerful engines allow it to fly at high



Photo by Senior Airman Kasey Zickmund
Airmen from the 379th Expeditionary Airlift Evacuation Squadron load a C-130 Hercules for a medical evacuation mission Jan. 9. The C-130 can be rapidly reconfigured for various types of cargo such as palletized equipment, floor-loaded material, airdrop platforms, container delivery system bundles, vehicles and personnel or aeromedical evacuation.

altitudes, where the air is less turbulent, meaning a smoother ride for passengers, Colonel Buckley said. Some of the missions involved landing on dirt strips in austere locations. At least one mission required escort by two F-15s because of the threat of Taliban armed with anti-aircraft weapons. The Flying Jenny aircrew successfully airdropped its load while under enemy fire. Other missions involved dropping psychological operations leaflets.

"Our whole attitude here was, 'How much more can we do for you? We have this great airplane that needs to be utilized,'" Colonel Buckley commented.

While the J-model again proved its superiority as an airlifter, Colonel Buckley emphasized that it was the Airmen of the 815th AS who made the deployment a success. He noted that more than 100 medals will be awarded for achievements to squadron members, who battled extreme weather, long days and logistical challenges.

"The operational squadron could not have been this effective if it weren't for the maintainers," said Colonel Buckley. "I owe all the credit to them."

Mardi Gras 2010

Masking, merrymaking mark annual Gulf Coast festivities

Let the good times roll Parades take center stage

By Susan Griggs

Keesler News staff

Mardi Gras Day is Feb. 16 this year. Keesler units march in some of the parades that kick off Jan. 30.

For parade routes, log on to www.gulfcoast.org/visitors/events/mardigras.

Area code is 228 for all phone numbers.

Jan. 30

Bay St. Louis Krewe of Kids, 11 a.m., 216-0506.

Ocean Springs Elks, 1 p.m.; 872-2501.

Biloxi Second Liners Club, 1 p.m.; 209-8113.

Lizana Mardi Gras Parade, 1 p.m., 234-7992 or 831-8730.

Feb. 6

Pass Paws Pet Parade, 10 a.m., Pass Christian, 363-1973.

Orange Grove Carnival Association, 2 p.m.; 832-0079.

Gautier Men's Club, 7 p.m.; 327-1817 or 522-0125.

Feb. 7

Krewe of Nereids, 1 p.m., Waveland; 586-2505 or 806-6471.

Long Beach Carnival Association, 2 p.m.; 343-3972.

Feb. 12

Ocean Springs Carnival Association, 7 p.m..

Feb. 13

Biloxi Children's Mardi Gras Walking Parade, noon; 435-6339.



Marissa Warren, 12, and her 7-year-old brother, Christian, enjoyed Mardi Gras on the Biloxi Town Green with their mom, Michelle, and other families of deployed members during the 2009 Gulf Coast Carnival Association parade. Their dad, Boatswain Mate Chief Timothy Warren, was deployed to Kuwait last year with Naval Mobile Construction Battalion 11 of Gulfport.

Krewe of Diamondhead, noon, 255-6922.

Jackson County Carnival Association, Pascagoula, 1 p.m., 497-3269.

Krewe of Legacy, Pass Christian, 1 p.m., 216-2097.

Krewe of Gemini day parade, Gulfport, 2 p.m., 861-5263.

Feb. 14

St. Paul Carnival Association, Pass Christian, noon; 547-4873.

North Bay Mardi Gras Association, D'Iberville, 1:30 p.m.; 875-4538.

Feb. 16

Gulf Coast Carnival Association, 1 p.m., Biloxi; 432-8806. Krewe of Neptune follows; 669-4917.

Krewe of Diamonds, Bay St. Louis, 1 p.m., 342-0883 or 671-1471.

Krewe of Gemini night parade, 6 p.m., Gulfport; 861-5263 or 207-2785.

Gulf Coast Carnival Association

The celebration of Mardi Gras goes back to pagan rites of spring taken over by the early Catholic Church for a day of feasting before the beginning of Lent and weeks of fasting preceding Easter.

As the years passed, in addition to feasting, many added mummery with its masking and merrymaking — a sort of letting go of all inhibitions before taking on the somber penitence of Lent.

Some countries in Europe celebrated this day of feasting on different dates, but the French restricted it to the day preceding Lent, and this custom was adopted by the French colonies in the New World. In French, "Mardi" means "Tuesday" and Gras means "fat," or "to eat meat," thus Fat Tuesday or Shrove Tuesday.

Biloxi claims the first Mardi Gras celebrated in this area was at the newly-established Fort Maurepas, for wherever there was a Frenchman, a holiday and a bottle of wine, there was a celebration.

New Orleanians claim some of D'Iberville's men were exploring the mouth of the Mississippi River, and on the morning of Mardi Gras in 1699, formally took possession of the area and named a small stream near the mouth of the river — Bayou Mardi Gras — a name still printed on maps of that region.

The boisterous buffooneries of the garrison at Mobile, Ala. generally made Ash Wednesday a day for military as well as priestly discipline. It was a completely American innovation to organize the carnival, to substitute regular parades for the old impromptu mummings in the streets and to unite into many social groups for the masked balls scattered throughout the season.

The first recorded carnival celebration other than private parties or balls was New Year's Eve in Mobile in 1831 when a group of young men, following an evening of wining and dining, saw an intriguing array of rakes, hoes, tubs, buckets and cowbells in a hardware store window. They unceremoniously borrowed the implements and with cowbells clanging and tubs booming, paraded through the sleeping town serenading their friends.

Mobile's mayor graciously invited them in for refreshments, thereby giving official sanction to what turned out to be the organization of the Cowbellion de Rakin Society,



Lt Col. Rich Cole tosses Mardi Gras beads at a Mardi Gras parade last year at Beauvoir Elementary School in Biloxi.

Photos by Kemberly Groue

forerunner of Coast Carnival Krewe and the fabulous parades themselves.

In New Orleans, the French colonists had their casual carnival balls and the Spanish found the custom well established when they took over the city in 1766.

But they noticed with alarm that many residents were devoting the day to boisterous violence, so the Spanish put a stop to the custom of masking. Orleanians, masked or unmasked, continued to enjoy gallivanting around in costume.

In 1820, a group of young Creoles educated in Paris decided to liven things up with a masked procession of substantial size. But it soon got out of hand, and the celebration was suppressed until 1857, when a new organization was formed to present a parade with floats and torch lights.

The group was the Mystick Krewe of Comus, and there were two main floats, one carrying the king and the other showing Satan in a blazing hell. A new Mardi Gras was born with strong American overtones.

The older carnival traditions are carefully preserved. Rules of the "krewes," the men's organizations, dominate the lives of the city's social circles.

In New Orleans, Mardi Gras has become two celebrations — the first a

genial free-for-everyone affair, and the other the revelry of exclusive societies.

The oldest krewes dominate, with membership ranging from one to 200. The man who really dictates is the krewe captain, not the king. No sooner is one season ended than work begins on another. For many workmen, Mardi Gras is a year-round job.

A king is chosen, a man who can afford the expense of providing his own costume, jeweled train and accessories. The king gives suppers and parties and buys gifts for the queen and her maids. In smaller towns, the king also pays for the cost of his float.

The queen is usually chosen from among the current season's debutantes. The expense is great, but so is the honor.

In this area, Mardi Gras is a school holiday, instead of Presidents Day that is celebrated in other parts of the country.

Biloxi was the first Mississippi Gulf Coast city to celebrate with a formal parade of floats in 1908. Now other south Mississippi towns celebrate with parades, but they space them at different times during the carnival season so all may come and enjoy each celebration. Biloxi still has its traditional carnival on Mardi Gras Day.

Mardi Gras glossary

Beads — necklace thrown at parades.

Carnival — festival season which runs from the Feast of the Epiphany, Jan. 6, to Mardi Gras.

Colors — purple for justice, green for faith and gold for power.

Court — royalty for a carnival krewe or club.

Doubloons — commemorative coins.

King cake — crown-shaped pastry embellished with decorations in the Mardi Gras colors of purple, green and gold.

King cakes resulted from European celebrations for Twelfth Night, or Epiphany, which commemorates the visit of the Wise Men to the Christ Child. To choose the king and queen for the festivities, a bean was tucked into the cake, and the person who found it received a year of good luck and the opportunity to pick a person to serve with him or her as royalty. Today's king cakes have a tiny plastic baby instead of a bean, so be careful when you bite into your slice of the treat. Many are filled with fruit, nuts or cream cheese. The finder of the baby traditionally has luck for a year, rules for the day — and has to supply the king cake for the next party.

Krewe — Mardi Gras organization.

Laissez les bon temps rouler — French phrase which means "let the good times roll."

Lent — a 40-day period of reflection and repentance observed by Christians preparing for Easter.

Mardi Gras — French for "Fat Tuesday," signifying celebration or overindulgence before Lent begins. The date varies depending on when Easter falls during a particular year (first Sunday after the first full moon after March 21, the spring equinox).

Throw me something, Mister — traditional cry of parade-goers to catch the attention of someone riding on a float to toss them a trinket.

Throws — necklaces, plastic cups, stuffed animals, candy, toys, coupons, pens, pencils, doubloons, paper flowers and other items tossed to parade spectators.



Vanessa Vanossenbruggen, a volunteer at the airman and family readiness center, cuts a slice of her first Mardi Gras king cake. Her husband is Airman 1st Class Michael Vanossenbruggen, 81st Logistics Readiness Squadron.

LEGAL BRIEFS

Work at home? Earn thousands? Don't be misled

By Maj. Jennifer Fournier

Legal office

Editor's note: This is part of a series of monthly information items prepared by the 81st Training Wing Legal office. For legal assistance, call 376-8601 or visit Room 227, Sablich Center.

Work-at-home scams follow certain patterns. They promise a lot of money, usually for very little or for unskilled work. They make you put money up front for supplies, training or customer lists. You eventually get nothing for your money or your hourly rate is so bad you never would have chosen that job in the first place.

Here are some specific scams and how they fall apart:

Envelope stuffing — you pay for your own supplies (so you buy envelopes, etc.) and the “secret.” The secret is a letter telling you to run an ad for envelope stuffing.

Medical billing — you pay for “training” and then you pay for customer lists. Then you're supposed to convince these medical offices to hire you to handle their billing. Since you have no work experience in the field, how likely is it that a medical company will entrust their billing to you?

Craft work — you pay for your own supplies and make items the company promises to buy back from you. The catch is that your work will never be good enough to meet their “quality standards.”

When you talk to these work-at-home salespeople, it all sounds good. They are skilled at selling. Ask the tough questions: What will my total expenses be? What exactly are those expenses? Is my pay salary or commission? Who pays me?

The legal office can review your work-at-home contract before you sign it.

Pharmacy team thanked for service to deployers

81st Medical Group Public Affairs

The 602nd Training Group (Provisional) has recognized six members of the 81st Diagnostics and Therapeutics Squadron pharmacy flight.

Tech. Sgt. Curtis Thomas, Staff Sgt. Christopher Chucta, and Airmen 1st Class Hugo Agurcia-Reyes, Brenna Torres and Seth Payne and contractor Nidra Bailey received letters of appreciation and commander's coins for their support of the Air Force chief of staff-directed joint expeditionary tasking mission.

Col. Kevin McGlaughlin, 602nd TRG(P) commander, said the members “were instrumental in providing rapid medical support service for 168 security forces Airmen undergoing pre-deployment training at Camp Shelby Joint Forces Training Center, Miss., Oct 13-Dec. 13. Their collective efforts ensured these security Airmen were equipped and mission-ready to depart Camp Shelby en route to Iraq and Afghanistan for one-year JET deployments.”



Soulful supper

Airman 1st Class Randy Tuazon, 81st Medical Operations Squadron, helps himself to home-made macaroni and cheese at a soul food dinner at The Haven Sunday. The food was supplied by the 81st Training Wing command staff and the chapel. Chaplain (Col.) Richard Dunn, wing chaplain, said the chapel has provided the weekly dinners for permanent party dormitory residents for nearly 18 months, and sometimes other organizations provide the meals. If you'd like to volunteer to host one of the meals, call Chaplain (Lt. Col.) Francis Lowe, 377-2520.

KEESLER NOTES

Closed for training

The 81st Force Support Squadron customer support section is closed for training Feb 10.

Heart Link

Heart Link, an orientation specifically designed for Air Force spouses with five years or less in military life, is 8:30 a.m. to 2:30 p.m. Feb. 25 in the Triangle Chapel Annex.

The program, hosted by the airman and family readiness center, is intended to increase awareness of the Air Force mission, customs, traditions, protocol and on- and off-base resources and services; emphasize the important role spouses play in the Air Force community; and develop new friendships and support.

Participants receive lunch, prizes, Heart Link coins, tote bags and more.

Limited child care is available.

To sign up, call 376-8728.

Visitor center hours

The Keesler Visitor Center is open 6 a.m. to 5 p.m. weekdays and closed on weekends.

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.

Supply issues

For supply issues or concerns, contact the CSC supply customer service element, Room 126, Taylor Logistics Center, Building 4002; call Michael Cashion, 377-5206, or e-mail michael.cashion.ctr@keesler.af.mil.

Wheelchair taxi

The 81st Logistic Readiness Squadron vehicle operations has a wheelchair-accessible minivan available for taxi service.

For more information, call 377-2430.

Root canal treatment

The Keesler Dental Clinic is seeking patients that require root canal treatment.

All authorized beneficiaries including military retirees and dependents of active duty and retired are eligible for care.

Patients accepted for treatment are treated by either the endodontic specialty program residents or the residents in the general dentistry program.

Referral from a dentist for root canal treatment is required.

For more information, call the endodontics department, 376-5227.

Housing maintenance

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

Missile crew commander is Air Force's top male athlete

By Staff Sgt. Mike Tryon

90th Missile Wing Public Affairs

F.E. WARREN Air Force Base, Wyo. — Becoming the Air Force Male Athlete of the Year is no easy feat. It takes a lot of determination and dedication to achieve this status.

This year's Air Force male athlete of the year is Capt. Ian Holt, a squadron command post missile combat crew commander for the 319th Missile Squadron.

Holt said it was great to have his dedication and sacrifices recognized.

"Many times I won't be satisfied with awards because I always see the next step higher, but being selected as the (male) athlete of the year is the top step of the podium," Holt said.

He added that he has been active in sports most of his life. He said he started playing soccer when he was 5 or 6.

He grew up watching his sister compete as a cycling track sprinter, he said. It wasn't until he was a freshman at the Air Force Academy that he started cycling competitively.

"It takes a real commitment to be truly dedicated to cycling," Holt said.

Things such as dieting, mental strain, lifestyle changes and even some financial sacrifices are made along the way to get where he wants to be, he added.

Cycling is a great mental and physical sport that he enjoys doing, Holt said. He added that there are many hardships that go into any sport, but when he's training up to 30 hours a week for an event, it takes something more than just energy out of his body.

"With the ops tempo as high as it is, finding time to train can be difficult," Holt said.

Rodney Ellison, 90th Missile



Air Force photo

Holt races for the United States cycling team at an international competition in Clonmel, Ireland, last summer. He trained and lived in Europe for one year while preparing for the event.

Wing, said he has worked out with Holt on occasion.

"His workouts are intense," Ellison said. "He does a routine tailored to those needing stamina, endurance and explosiveness."

"Everyone expects to hear that Lance Armstrong is my motivational model for cycling, and starting out, that was true," Holt said. He said he looks mainly at himself now for motivation, and once he loses that self drive, he'll know it's time to move on.

Many cyclists would say that winning the Tour de France is the pinnacle, but not so for him, Captain Holt said. For him, representing the United States in the Olympics is the ultimate dream in his cycling career.

"As long as I can keep improving and keep the internal fire to compete, I will try to reach the highest level," he said.

Participating in the world class athlete program for a year leading up to the 2008 Olympics was priceless, he said. Living and training in Europe, which is the grand stage for cycling, was incredible, he added.

"International cycling races are fun," Holt said.

"Racing with the U.S. armed forces team at the military world championships is always extra special because it's not about money or contracts," he added.

"It's about the pride of representing the United States and trying to be the best in the world."

"Getting into competitive sports is easy," Holt said. "Just jump into one. It's not necessary to be at the top of a sport to have fun either.

"Just remember that it takes determination and dedication to get to athlete of the year."

Military enthusiasts boost wrestling popularity

By Susan Griggs

Keesler News editor

Wrestling remains a novelty to many sports fans on the Mississippi Gulf Coast, but military families are playing a key role in launching the activity in this area.

Mississippi holds the distinction of being the last state in the country to make wrestling available to its children. In 2008, the Coastline Predators youth wrestling club in Ocean Springs was organized under the direction of Coach Grady Brown, and Ocean Springs High School chartered the first and only high school team in the state.

“Folks that were raised up north, such as active duty military members, are more familiar with the sport and its benefits,” noted Mike Benca, a cardiologist at Keesler Medical Center who serves as an assistant coach for the Predators. “About half of the 30 members currently on our team are from active-duty Air Force and Navy families.”

“I still believe that wrestling is the best sport available to our youth,” said Benca, who began wrestling when he was 5 years old at the YMCA in Olean, N.Y. and continued through his first year of college. “It teaches discipline, hard work, self-responsibility and espouses mental toughness. One point about the sport that can’t be overlooked is its ability to boost self esteem and give children a means to defend

themselves if necessary.”

“Wrestling gives children the ability to compete with a level playing field,” Benca explained. “In the winter, the predominant sport is basketball, which in high school gives around 25 children a physical outlet. Wrestling is for all shapes and sizes.

“Matches are stratified based on age and weight,” he continued. “Currently on our team we have a 5-year-old girl weighing 45 pounds and a 7-year-old boy weighing 80 pounds and all varieties in between. Children love to wrestle and tend to gravitate to it regardless of training.”

As a cardiologist, Benca is keenly aware of the physical benefits of wrestling.

“Coordination, conditioning, strength, and flexibility are all big aspects of the sport — they play a big role in normal child development and help to reduce injury in all activities,” he stressed. “Cardiovascular (aerobic) fitness is a big key. Although it doesn’t seem like long, the big kids are wrestling 6 minutes in a match and without proper preparation they’ll find they run out of ‘wind’ in the third period.

“Particularly in this age of rampant obesity, particularly among children, and video games, getting kids sweating while having fun is very important,” he emphasized.

Benca stated that although wrestling is loosely defined as a team sport, in reality it’s



Photos by Kemberly Groue

Brown, left, and Benca demonstrate a double leg takedown at practice Jan. 12. Brown, head coach for the Ocean Springs High School wrestling team and Coastline Predators Wrestling Academy, teaches math at Ocean Springs Junior High School. Benca, an assistant coach, is a cardiologist at Keesler Medical Center.

more of an individual sport.

“When you’re wrestling three two-minute periods, it’s just the two of you out there,” he pointed out. “All the work you put in conditioning and learning new techniques on the practice mat pays off during the match.

“If you lack intensity and discipline during practice, this is very clear when you are on the mat and likely will result in a loss and an important lesson,” he added. “There’s nowhere to turn to try and deflect a poor performance. This translates very well into adolescence and adulthood.”

Benca read that the average grade point average of high-performing wrestlers is 3.0 on a 4.0 scale, which is a likely reflection of a solid work ethic.

“Several presidents — Abraham Lincoln, George Washington, Theodore Roosevelt, Dwight Eisenhower) — high achievers like Gen. Norman Schwarzkopf and professional athletes including football greats Warren Sapp and Ray Lewis were wrestlers,” he reported. “Several of the elite mixed martial artists have a wrestling background.”

Benca said that wrestling skills enhance performance in other sports.

“If you search on the Internet for football, the holy grail of

sports around here, you’ll find many scouts and commentators who note how dramatically wrestling improves football performance. Former NFL coach John Madden once was quoted

that if he could, he would have all offensive lineman wrestle during the off-season.”

For more information about youth wrestling, log on to www.ms predators.com.



Aspiring young wrestlers hit the mats at practice Jan. 12.



Carter Hickam, left, 8-year-old son of Michael and Michelle Hickam, 335th Training Squadron, wrestles with Ryan Benca, 7-year-old son of Mike and Susan Benca, 81st Medical Operations Squadron. The Predators compete in Louisiana, since there are no other youth clubs in Mississippi. Ryan won a Louisiana state championship last year.

SCORES AND MORE

Basketball

All games played at the Dragon Fitness Center.

Intramural Over 30 (as of Jan. 11)

Team	Won	Lost
333rd TRS	4	0
81st FSS-81st CS	3	1
332nd TRS	1	2
81st LRS	1	3
335th TRS	1	3
81st SFS	0	1

Intramural Eastern Division (as of Jan. 11)

Team	Won	Lost
81st FSS-81st CPTS	5	0
334th TRS	5	1
336rd TRS	4	1
81st SFS	3	3
338th TRS-A	2	2
332nd TRS-B	1	4
81st MDSS-A	1	5
333rd TRS	0	5

Intramural Western Division (as of Jan. 11)

Team	Won	Lost
81st MSGS	7	0
81st MSG	4	1
335th TRS	4	1
403rd Wing	3	3
332nd TRS-A	3	3
81st MDSS-B	2	2
338th TRS-B	1	3
81st DS	0	2

Bowling

Thursday Federal Intramural (as of Jan. 19)

Team	Won	Lost
81st MDSS	86	42
Dough Boys	82	46
81st DS	78	50
81st SFS	78	50
81st LRS	77	51
338th TRS-B	70	58
338th TRS-A	68	60
332nd TRS	67	61
403rd MXS	66	62
336th TRS	60	68
81st FSS	60	68
81st TRSS	60	68
335th TRS	50	78
334th TRS	44	84
333rd TRS	44	84
No One Home	8	88

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.

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

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

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

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 — 1-3 p.m. Mondays-Wednesdays, 1-5 p.m. Thursdays and Fridays. Bring your employees bowling for \$1 a game plus shoe rental. For reservations, 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.

Fitness centers

Biggest loser contest — Through March 19. Final weigh in on or before weekend of March 19. The top two male and female contestants losing the most weight during the competition will receive a T-shirt and Subway gift card.

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

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

Dragon Fitness Center — Due to the basketball court's water damage, center hours extended for full-court basketball play 6 a.m.-11 p.m. Mondays-working Friday; 8 a.m.-1 p.m. nonworking Friday and Saturdays. Parent-child fitness room has workout equipment and play area for ages 6 months to 7 years. For more information, call 377-4385.

Free blood pressure machines — available at all fitness centers.

Free fitness classes — boot camp, self-defense, cycling, yoga, step aerobics, Tae Kwon-do, core fitness, 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. For more information, call for appointment.

Fit to fight incentive program — Dragon slayers, dragon readers, dragon gliders and dragon riders available free at Blake, Dragon and

Triangle fitness centers. Awards presented. For more information, contact the fitness center of your choice.

Massage appointments — at Triangle Fitness Center. For more information, call 348-6698.

No smoking — on Crowell Track across from Blake Fitness Center.

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

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

Golf

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

Twilight special — 1 p.m. Mondays-Thursdays; play unlimited golf until closing. Fees: E1-E4, \$12; E5-O3, \$20; O4-up, \$22, guests \$22.

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

Outdoor recreation

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

Catamaran sailboat for rent — \$10 per hour, minimum 2 hours, or \$75 per day. Trailer and take-off site \$100 per day or \$175 for a weekend. Must be sailboat certified.

Camping packages — available, including sleeping bags, lanterns, camp stoves and tents.

Canoes, kayaks — for rent.

Children's wildlife poster contest — throughout the month. Any type of wildlife including, birds, fish and animals. First-place winner receives a \$100 savings bond, second place winner receives a \$50 savings bond.

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

Deep sea fishing trips — Nonworking 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 more information and to reserve, call 377-3160.

Delacroix, La. fishing site — Outdoor fishing/hunting camp in Delacroix, La. Rent a self-contained camper, sleeps four, \$50/night, \$125/weekend (Friday noon to Monday noon) or \$300 a week (seven days noon to noon). Bring food, beverages, cooking utensils and bedding. Louisiana license needed to fish. For more information, call 377-3160.

January special — Ten percent discount on all rental equipment.

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

Nonprior service student special — 35000 Trek seven-speed bikes, \$5 day on nonworking Friday, Saturday and Sunday, or Saturday/Sunday.

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

Paddle boats for rent — two-person or four-person for \$5 per hour for minimum of two hours. For more information, call 377-3160.

Pontoon boat training — test to become certified to rent a pontoon. 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.

Rent a bicycle — 3500 Trek, seven speed, \$3 day, \$15 week, \$35 month.

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

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

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

Wet slip fees — monthly, 32 feet-plus, \$3.75 per foot; under 32 feet, \$2.50 per foot; overnight, \$5 per boat.



HONORS

1st Sergeants Council

Diamond Sharp Awards

81st Medical Support Squadron — Senior Airman Sung Kwon.

81st Security Forces Squadron — Tech. Sgt. Duane King.

Student honor roll

332nd Training Squadron

Electronic principles — Airmen Basic Alexander Avery, Rick Baron, Samaura Brown, Matthew Brubaker, Brandon Clark, Timothy Drafz, Nelson Fields, Stephen Halbert, Avery Hawkins, Caleb Hewlett, Eric Hidalgo, Liam Johnson, Lester Josol, Daniel Kosakowski, Josiah Kuzianik, Joshua Linares, Kyle Miller, Joshua Milne, Sam Morley, Vincent Murphy, Cameron Rhodes, Jashayala Rouse, Brian Russell, Raymond Savo, Ryan Shipman, Zachery Shoemaker, Darren Sligh, Terry Smith, Christopher Spear, Nicholas Turley, Charles Turner, Stanley Wesley, Christopher Williams and Justin Wray; Airmen Daniel Chandler, John Eckardt, Charvis Franklin, Cameron Fuqua, Eric Hoening, Justin Hollister, Justin Jolley, Christopher Laroche, Mark Lopez, Randall Margritz, Eric Miller, Ashlynn Schmidt and Justin Varnum; Airmen 1st Class Adam Bartholomew, Michael Bates, Michael Cable, Christopher Calcagni, Adam Cannon, Mitchel Carroll, Reginald Cummings, Joshua Diedrich, Leran Dong, Steven Evans, Alexander Finch, Justin Guzman, Julia Jefferson, Keandre Johnson, LeeMichael Lleces, Andrew McLeod, Benjamin Nienhouse, Chelsea Page, Dwight Patterson, Garren Piemmons, Luis Rendon, Franklin Sherwood, Darren Stebbins, Mathew Velky, Scott Vickers, Ellis Wallace, Brandon Wicks and Ethan Winter; Senior Airmen Timothy Hardesty, Michael Leonardson, Jeffery Stiebling and Michael Wills; Staff Sgts. Pedro Chamorro, Crystal Chiles, Erin Hook, Justin Johnson, Damain Schuetze and Johnathon Valentine; Private Robert Webb.

Metrology basic course — Airman Basic Ellen Gruesen; Airmen Christopher Johnson and Gregory Koch; Senior Airman Eric Ward.

334th TRS

Air traffic control operations training flight — Airmen Basic Mya Hudson, Juan Isales, Matthew King, Julian Portis, Michael Roche, Nicholas Taylor and Brady Soeun; Airmen Tiheisha Bolles, Kyle Karr, Matthew Perry, Willie Pruitt, Keagan Stangret and Hugh Stout; Airmen 1st Class Ashley Barth, John Bryan, Micael Carroll, Kari Cox, Anthony David, Kyle Dean, Erich Dorow, Shawn Hanger, Emily Hendricks, Steven Hicks, Kristine Hunter Lovelady, Jessica Luecking, Daniel Middaugh, Jared Records, Shawn Riddle, Tristan Ritter, Davis Rodriguez, James Schurz, Brandon Simon and Carson Weir; Staff Sgts. John Addams, Jeremy Box, Christopher Campbell and Justin McLanahan.

Command post apprentice course — Airman Basic Joshua Molyneux; Airmen First Class Brett Decker and Allyson Yafuso; Senior Airman Aaron Hildebrand; Staff Sgts Michael Cross, Shaun Gingerella and Gretchen Phillips; Technical Sgts Helen Blackwell, Jennifer Frost and Derek Jarrels

336th TRS

Communications and information fight — Airmen Basic Aaron Johnson, Kyle Law, Jordan Moulton and Patrick Wagner-Ruch; Airmen 1st Class Nouri Dkhili, Louis Hernandez, Erin Kuykendall, James Marrone, Logan Michlig, Amanda Voisin, Seth Wells, Samuel White and Lee Wilson; Senior Airmen John Cessna and Joseph Metelko.

338th TRS

Ground radar systems — Airmen Cody Perschbacher, Tyler Schutt and Chad Wanner; Airmen 1st Class Justin Burnett, Jessica Paul, Ralphy Rodriguez, Brady Techen and Travis Salter; Senior Airman Gary Martin; Staff Sgt. Julie Reinhardt;

Tech. Sgt. John Adams.

Radio frequency transmission systems — Airmen Basic Trent Deason, Arin Hackman, Matthew La Casse and Taylor Urrreta; Airmen Shawn Duda, Raymond Quiles and Taylor Spence; Airmen 1st Class Jordan Moore and Philip Post.

CLASSES

Airman Leadership School

Class 10-2 — graduation Feb. 11.

Mathies NCO Academy

Class 10-2 — graduation Feb. 17.

Arts and crafts center

Advanced intarsia woodworking — 10 a.m. Jan. 30. \$25 includes materials.

Beginning woodworking — 5:30 p.m. Jan. 27. Make a cutting board. \$25, includes materials and shop use.

Engraving shop — squadron, office and individual orders.

Glass painting — 10:30 a.m. Saturday. \$25 includes a completed painted project.

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.

Pottery — 10 a.m. to noon, Saturday. \$40.

Scrapbooking — 5:30-7 p.m. today. \$10 includes materials.

Wood shop — stocked retail lumber and a large assembly area adjacent to the machine room available. Call for class information.

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

Jewish services are held Fridays at 7:30 p.m. at the Congregation Beth Israel, 12277 Three Rivers Rd., Gulfport. Call Master Sgt. Michael Raff, 377-5235 or 207-2196.

Islamic

Prayer five times daily; Salaat ul-Jummah congregational prayer, noon Friday. Building 2003, across from the Live Oak dining facility. 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. Call 396-5274 or (801) 787-1990.

Orthodox

Divine Liturgy 10 a.m. Sunday at Holy Trinity Greek Orthodox Church, 255 Beauvoir Rd, Biloxi. Call 388-6138 or Father Stephen Clos, 377-4105.

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 preschool, 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.

Grief Share support group — meets 6:30 p.m. second Thursday of each month, Triangle Chapel Annex. One-on-one and group support available for people experiencing difficult relationships or work situations, loss of a loved one or job, divorce, health issues and grief. For more information, call Chaplain (Capt.) Garrell Calton, 376-3095 or Glenda Woodard or Delphine McIntyre, 377-2531.

Keesler Medical Center

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

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

Chief of Staff professional military reading list — titles available for checkout from the special book collection.

Free wireless Internet — check at circulation desk.

Paperback book swap — swap one of same genre for another.

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

Online catalog — to search the inventory, log on to <http://www.keesler-services.us>, click link for McBride Library, then link for online catalog.

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.

Research databases — comprehensive research capabilities. Many specialty areas.

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

Tours/orientations — for more information, call 377-2604.

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.

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

Legends Café — buffet specials 11 a.m.-1 p.m.

Pool tournaments — 7 p.m. Tuesdays and Wednesdays.

Please see **Digest**, Page 22

Digest,

from Page 21

Katrina Kantina

All ranks invited — open 3:30 p.m. Tuesdays-Fridays. Snacks, beverages and music; \$5.25, chips and salsa, DJ Wayne and his karaoke machine.

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

Lunch — 11 a.m. to 1 p.m. Mondays. \$6 for club members, \$8 for nonmembers. Menu changes weekly.

Youth center

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

TRAIL — 6-8 p.m. Mondays.

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

Classes — Guitar, piano and gymnastic classes available. For more information, call 377-4116.

Open recreation — 3-5:45 p.m. Mondays-Thursdays and 3-6 p.m. Fridays for ages 9 and older. Teen open recreation 4-8 p.m. Saturdays for ages 13 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 front desk.

Youth employment service — earn money for college tuition. For more information, call 377-4116.

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.

TICKETS AND TRIPS

Discounted tickets — for more 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.

Tour bus — available for group rental, seats 23.

TRANSITIONS

Workshops, briefings

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

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.

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

Transition assistance program — The Department of Labor's program is from 8 a.m. to 4 p.m. the first three days; the fourth day is the Veterans Affairs benefits brief from 8-11 a.m. and the retirement benefits briefs from 1-6 p.m. The schedule is Monday-Thursday; Feb. 8-11; March 8-11; April 12-15; May 10-13; June 7-10; July 12-15; Aug. 9-12; Sept. 13-16; Oct. 18-21; Nov. 15-18; and Dec. 13-16. To register, call 376-8728 to register.

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 — 7 a.m. third Tuesday of the month, Live Oak Dining Facility. For more information, call Tech. Sgt. Rich Striggow, 377-4800, or visit <http://chapter.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.

Airman's Council — meets every first and third Tuesday at 4 p.m., Sablich Auditorium. For more information, call Senior Airman Alonda West, 377-2994.

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 Alvendia, 376-8501.

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

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

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

Company grade officers council — 4:30 p.m. every second Wednesday at the Katrina Kantina at the marina. For more information, call Capt. Jermaine Jordan, 377-1704.

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 Mondays at Locker House. Enter courtyard near Second Street. Enter door marked "T flight" and go straight ahead to sign saying "K5TYP."

Keesler Spouses Club — second Tuesdays. For more information, e-mail Devalynn Solomon, deesolomon@cableone.net, or visit <http://www.KeeslerSpousesClub.com>.

Retired Enlisted Association Magnolia Chapter 81 — 5:30 p.m. second Thursdays, Sablich Center, Room 108-B. For more information, call Charles Partin, 313-3267.

Top III — second Tuesday of the month. Meetings are 7 a.m. at Live Oak Dining Facility in January, March, May, July, September and November; 3:30 p.m. remaining months at Katrina Kantina. For more information, call Master Sgt. Tammy McElroy, 376-3164.

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

MISCELLANEOUS

Movies

Editor's note: Movies shown in Welch Auditorium; \$3 adults, \$1.50 children for regular features; \$2.50 adults and \$1 children for matinees. For upcoming features, call 377-6627.

DINING HALL MENUS

Today

Lunch — 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, chili, cream of broccoli soup, bean ham soup, buffalo wings and roast beef subs.

Dinner — baked chicken, pepper steak, pasta primavera, mashed potatoes, rice, gravy, vegetables, okra, green beans, potato salad, fruit salad, chili, broccoli soup, bean ham soup, buffalo wings and roast beef subs.

Friday

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

Dinner — chili macaroni, barbecue chicken, fried catfish, potato wedges, Spanish rice, gravy, fried cabbage, carrots, broccoli, pasta salad, three-bean salad, chile con queso, Tuscan vegetables, chicken noodle soup, barbecue pork sandwich and burritos.

Saturday

Lunch — baked chicken, Swedish meatballs, creole shrimp, mashed potatoes, rice, gravy, corn, asparagus, squash, fruit salad, kidney bean salad, chicken chili, minestrone soup, baja chicken enchilada and chicken nuggets.

Dinner — baked fish, knockwurst, Chinese five-spice chicken, potatoes, rice, gravy, stir-fry vegetables, baked beans, spinach, fruit salad, bean salad, chicken chili, minestrone soup, baja chicken enchilada and chicken nuggets.

Sunday

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

Dinner — stir-fry beef with broccoli, turkey nuggets, orange- and honey-glazed ham, sauteed mushrooms and onions, baked potatoes, rice pilaf, gravy, corn on the cob, green beans, tomato salad, German coleslaw, chili, broccoli soup, chicken with rice and cheese pizza.

Monday

Lunch — beef pot roast, baked stuffed fish, roast pork loin, potatoes, rice, gravy, cauliflower combo, succotash, green beans with mushrooms, cucumber onion salad, macaroni salad, chili con queso, Tuscan vegetable, cheeseburger chowder, grilled sausage and steak and cheese subs.

Dinner — spaghetti with meat sauce, loin strip steak, turkey, baked potatoes, pea and pepper rice, gravy, squash, carrots, broccoli, sauteed mushrooms and onions, cucumber onion salad, macaroni salad, chili con queso, Tuscan vegetable, cheeseburger chowder, grilled sausage and steak and cheese subs.

Tuesday

Lunch — teriyaki chicken, veal parmesan, baked fish, rice, parsley buttered potatoes, mushroom gravy, cabbage, succotash, carrots, macaroni salad, cottage cheese salad, timberline chili, minestrone soup, baja chicken enchilada, barbecue beef, sloppy joes and roast beef subs.

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

Wednesday

Lunch — lasagna, spaghetti with meat sauce, chicken cacciatore, buttered noodles, baked potatoes, Italian-style baked beans, green beans with mushrooms, marinara sauce, simmered squash, Mexican cole slaw, frijole salad, chicken chili, clam chowder, chicken gumbo, cheese sandwich and pizza.

Dinner — lemon-herb chicken, pork chalupa, jambalaya, scalloped potatoes, rice, gravy, califlower combo, Mexican corn, broccoli, Mexican coleslaw, frijole salad, chicken chili, clam chowder, chicken gumbo, cheese fishwich and pizza.

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.*

