



# EXCELLENT!

## Keesler celebrates inspection results

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[www.keesler.af.mil](http://www.keesler.af.mil)



## Excellent!

### Keesler wows unit compliance inspectors

By Brig. Gen. Andrew Mueller

81st Training Wing commander

Congratulations, Team Keesler! The “Excellent” rating in the Headquarters Air Education and Training Command Compliance Inspection validates something Chief Master Sgt. Lonnie Slater, our command chief, and I see everyday – our base is home to outstanding professionals who know their job and demonstrate excellence in doing their job. You should be extremely proud of our team and how we performed during this inspection. Our wing is highlighted as one of the best in AETC!

While this rating truly reflects the efforts of our entire team, more than 100 individuals were identified as professional performers by the inspection teams. In addition, our Food Service Quality Assurance Team, our Contracting Systems Team, our Integrated Defense Plan

Development Team and our Modular Control Equipment Trainer Team and our Equal Opportunity Team were each highlighted as top professional performer teams by the AETC Inspector General.

Through all of the challenging exercise scenarios that tested our base last week, our outstanding 81st Security Forces Squadron and top-notch fire department and medical response teams passed every test, even through one of the most aggressive major accident response exercises I’ve seen. Our anti-terrorism force protection program was key to facilitating units across the installation to demonstrate the proper force protection measures and showcase our excellent base-wide force protection program.

In a separate, but equally important air traffic system evaluation program, our airfield operations were again rated “Excellent” by AETC’s

Inspector General team. An inspection conducted every 24 months designed to evaluate all components of our air traffic system on safety, compatibility and adequacy, the success of airfield operations is multi-faceted with coordinated efforts of civil engineering, the 81st Communications Squadron, air traffic control, airfield management, Federal Aviation Administration, safety office, weather office and many others.

Without a doubt, Team Keesler performed extremely well during these inspections and I am proud to be a member of the team which scored another “Excellent” inspection rating to add to Keesler’s rich heritage. I invite each of you to join me Wednesday in the marina park where I look forward to recognizing our professional performers, our top teams and most of all, every member of Team Keesler for sustaining “Excellence” in the 81st Training Wing.

## Even one suicide is too many

By Chief Master Sgt. of the Air Force James Roy

An alarming trend is happening in our Air Force, and we need your help. We’ve had a drastic increase this year in the number of suicides among our total force Airmen — active duty, guard, reserve and civilians. Last year we lost 84 Airmen by suicides; this year, we’ve nearly reached that number. Even one suicide is too many!

We all take suicide awareness training, but that’s just the first step — we must take immediate action and get involved. We need to look out for each other and understand that we’re not alone. Be ready and willing to assist your wingman and ask for help when you need it. We must all take the time to care about those around us. That’s what good wingmen do, and that’s what our Air Force needs.

Supervisors at every level must act now. Get to know your Airmen better and understand their personal and professional challenges. This is not a time to sit idle and think this won’t happen in your unit. No one is immune. Suicides range the spectrum of ages, locations, major commands and career fields. The two most common factors we’ve seen are problems with relationships and finances.

We need to be good wingmen for others and also need to develop and maintain trusted relationships and friendships

where we can talk openly and honestly about things happening in our own lives. We need to feel comfortable exchanging ideas, views and experiences with those who are closest to us. There is always someone available for you.

So many people care about you — more than you may think. Family, friends, co-workers, supervisors, first sergeants, commanders, chaplains, medical professionals and senior leaders are ready and willing to listen and help — just give them a chance. Don’t ever think you’re alone or that no one will understand. We will understand, and we will help you. It doesn’t matter whether you write, call or e-mail, please reach out. We are an Air Force family and you mean a lot to all of us. If you feel you are at the end of your road, you are not — talk with someone. We care about you and will ensure you receive the help you need.

You should never be afraid of seeking help for fear of reprisal. Our lives should be the priority. The Air Force also has many resources to help. Military and family life consultants, chaplains and medical professionals are all available. Military One Source counselors are always available by calling 1-800-342-9647 or visiting [www.militaryonesource.com](http://www.militaryonesource.com).

With everyone’s help, we can and must step up and reverse this devastating trend.

## ACTION LINE —

### 377-4357

By Brig. Gen. Andrew Mueller

81st Training Wing commander

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

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

**Comment** — The operating system for Keesler lodging has to be one of the worst in the world. The phone rang 40 times before I hung up. I tried again two hours later with the same results. When I tried again, I asked for the front desk — I listened to music for more than 10 minutes, then it rang 10 times, then it went back to music. Finally someone picked up and said “Keesler Inn.” I asked, “Can I have your name, please?” and they hung up. I called again, got the operator and was put on hold for 10 minutes. Then I went to [DODLodging.net](http://DODLodging.net) and it said my account information was already in use — I’ve never made an online Air Force lodging reservation.

**Response** — Thank you for bringing this problem to our attention. Our lodging manager contacted you personally about the issues you experienced, apologized for the inconvenience and made your reservations. Our manager submitted a customer complaint with our telephone system contractor about the issues we continue to experience. We’re working to solve the situation to ensure other guests won’t have the same problems in the future.

## ON THE COVER

Brig. Gen. Andrew Mueller, 81st Training Wing commander, shows his pride in Team Keesler during Tuesday's outbrief in which the base learned of its "Excellent" rating from last week's Air Education and Training Command Inspector General Compliance Inspection. The outbrief was held at the Bay Breeze Event Center. A story on the inspection results will be featured in the Nov. 10 issue of the Keesler News.

Photo by Kemberly Groue



## KEESLER NEWS

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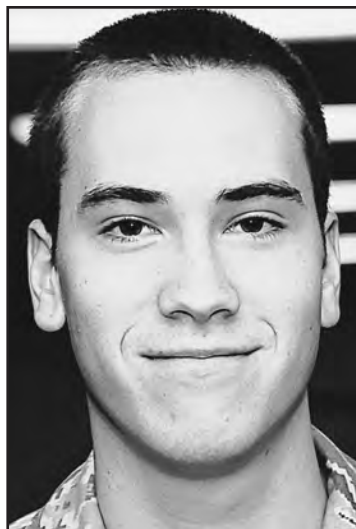


## DRAGON ON THE STREET

By Kemberly Groue

Keesler News photojournalist

Describe your personality in one word.



"Spontaneous"

Airman 1st Class Brian Heiney, 81st Security Forces Squadron



"Loud"

Ilos Ducksworth, 81st Training Support Squadron



"Vibrant"

Senior Airman Alesha Gervais, 81st Training Group

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;  
 and **35 mph** in some sections of perimeter roads.





# TRAINING AND EDUCATION

Col. Kenneth Frollini, who led the Headquarters Air Education and Training Command Inspector General Compliance Inspection team, was the reviewing officer for Friday's drill down.

Photos by Kemberly Groue



## 4 for 5 — Gators win drill down



The Gators' freestyle drill master, Airman 1st Class Cordney Stewart, performs at Friday's competition.

By Susan Griggs

Keesler News editor

The 334th Training Squadron claimed its fourth overall drill down win for 2010 in Friday's 81st Training Group competition.

The 334th TRS Gators, winners of the February, April and August contests, took first place in regulation drill and freestyle drill and second place in open ranks.

The Dark Knights from the 338th TRS, who hold last year's overall drill down title and won the June contest, came in second place this time with a first place in open ranks and second in regulation drill.

Third place overall went to the 336th TRS Red Wolves, with third place finishes in all three categories.

The 335th TRS Bulls placed second in freestyle drill.

The Gators fielded three teams for the competition:

**Regulation drill** — Airmen Basic Tonya Pullen, Christopher Smith and Sheridan Smiths; Airmen Christine Banks and Joseph Herndon; and Airmen 1st Class Slisha Jones, Daniel Triglianios, Lynn Visitacion and Michael Wallace.

**Open ranks** — Airmen Basic Christopher Smith and Austin Witzel-Liddy; Airmen Christine Banks, Jon Dipietro and Joseph Herndon (drill master); and Airmen 1st Class Alisha Jones, Daniel Triglianios and Matthew Lee.

**Freestyle drill** — Airmen Basic Dennis Beasley, Anthony Scott, and Curtis Spencer and Austin Witzel-Liddy; Airmen Jon Dipietro and Matthew Lee; and Airmen 1st Class Chase Crelly, Devin Johnson and Cordney Stewart (drill master).



Airman Basic Christopher Hagger, 334th Training Squadron, cries for help at the crash site near the Triangle Track. Three people “died” and 30 were “injured” in the exercise.

Photo by Kemberly Groue



# Inspectors evaluate accident response exercise

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Training Wing conducted a major accident response exercise Oct. 26 under the watchful eyes of the Air Education and Training Command Inspector General’s Compliance Inspection team.

The scenario revolved around a simulated accident involving a C-130 Hercules. The aircraft’s brakes failed upon landing, causing it to go off the end of the runway, hit a van and break apart near the Triangle Track where students were involved in physical training. Some of the aircraft’s cargo broke loose, causing a chemical spill and toxic fumes.

Thirty students from the 332nd, 334th and 338th Training Squadrons and one member of the 81st Security Forces

Squadron were moulaged and acted as accident victims with a variety of injuries including severe chemical burns, smoke inhalation, bumps and bruises.

To complicate matters, a passing van picked up six accident victims and delivered them, all with chemical contamination, to the 81st Medical Group Hospital emergency department. The remaining casualties were transported to the hospital via ambulance and ambus.

Since the accident involved chemical contaminants, casualties initially were cared for by the hospital’s in-place patient decontamination team. Then they were triaged and, based on the severity of their injuries, taken inside the emergency department for treatment and later moved to inpatient units for care.



Photo by Kemberly Groue

Vince Davis, fire department hazardous materials safety officer, holds Airman Basic Joshua Hagen’s head steady while the medical triage officer retrieves a neck brace. Airman Hagen is a 334th TRS student.



Photo by Kemberly Groue

Senior Airman John Reed, left, and Maj. Paul Langevin, 81st Aerospace Medicine Squadron, coordinate triage areas at the crash site.



Photo by Kemberly Groue

From left, Senior Airman Jeremy Journigan, Staff Sgt. Jacquelyn Jones and Airmen 1st Class Evan Compton, and Welson Portillo, 81st Force Support Squadron, and other search and recovery team members comb the crash site.

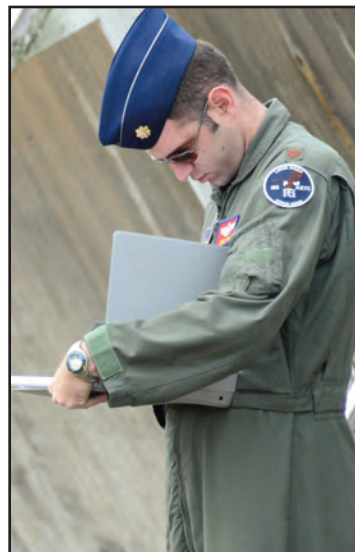


Photo by Kemberly Groue  
Maj. Jeremy Ponn from the inspection team takes notes during the exercise.



Photo by Steve Pivnick

The in-place patient decontamination team cleans an accident victim before he can be seen by medical providers outside the Emergency Department.



## Father and son are Dark Knights



Photo by Kemberly Groue

Curtis Gommels watches his son, Airman 1st Class Geoffrey Gommels, climb the tower inside Matero Hall to qualify for his climbing certification. Airman Gommels graduated Oct. 28 from the airfield systems basic apprentice course in the 338th Training Squadron. His father is a radio frequency transmissions instructor in the squadron. Along with extensive tower climbing training, students in the airfield systems course receive initial training on equipment that includes meteorological, navigation and air traffic control communications systems. Students learn to align, calibrate and troubleshoot complex landing systems using sophisticated test equipment such as oscilloscopes, signal generators and spectrum analyzers. Training also includes operational risk management, technical orders, air expeditionary force and flight inspection certifications.



# 29 finish Airman Leadership School

By Susan Griggs

## Keesler News

Twenty-seven senior airmen and two staff sergeants graduated from Airman Leadership School Class 10-7 Oct. 27.

**81st Aerospace Medicine Squadron** — Senior Airman Ebony Hodges.

**81st Dental Squadron** — Senior Airmen Brandy Foley and Jerid Jones..

**81st Diagnostics and Therapeutics Squadron** — Senior Airmen Ryan Britten and Andrea Pyszka.

**81st Force Support Squadron** — Senior Airmen Kathryn Braun and Shelley Meczywor.

**81st Inpatient Operations Squadron** — Senior Airman Claire Sundquist.

**81st Logistics Readiness Squadron** — Senior Airman Bounliene Chanthapho.

**81st Medical Operations Squadron** — Senior Airmen Morgan Jones and Kristin Nelson

**81st Medical Support Squadron** — Senior Airmen Logan Kendrick, Consuelo

Patterson and Promesha Sloan.

**81st Mission Support Group** — Senior Airmen Jeremiah Ramos and Kelvin Sims Jr.

**81st Security Forces Squadron** — Senior Airmen Hayden Granger and Matthew Hemphill.

**81st Surgical Operations Squadron** — Senior Airmen Paul Cummings, Sherenda Fausnaugh, Jorge Panama and Christine Villarreal.

**85th Engineering Installation Squadron** — Senior Airmen Anna Lee (distinguished graduate) and Curtis Perkins.

**332nd Training Squadron** — Senior Airman Vernon Peoples Jr. (commandant's award) and Staff Sgt. Stefanie Schnose (class flight chief, academic achievement award and distinguished graduate).

**334th TRS** — Senior Airman Jonathan Chickletts (John Levitow Award).

**345th Airlift Squadron** — Senior Airman Johnathon Campton and Staff Sgt. Rodney Peterson (class first sergeant).

## Arnold Grant applications available online

Applications for the 2011-2012 General Henry "Hap" Arnold education grant program are now available from the Air Force Aid Society online at [www.afas.org](http://www.afas.org).

The \$2,000 need-based grants to dependent children of active duty members, Title 10 Reservists on extended active duty, Title 32 Active Guard/Reserve performing full-time

active duty, retired Air Force members, retired Reservists with at least 20 years of qualifying service and deceased Air Force members.

Spouses of active duty members and Title 10 Reservists residing and attending school within the lower 48 contiguous states and surviving spouses of Air Force members who died while on active duty or in retired

status are also eligible candidates.

All eligible students must enroll as full-time undergraduates in colleges, universities or vocational/trade schools whose accreditation is approved by the U.S. Department of Education for participation in federal aid programs and must maintain a minimum 2.0 grade point average on a 4.0 grading scale.



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Tasking Airmen  
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jetairmenfanpage](http://www.facebook.com/jetairmenfanpage)  
Information, photos,  
videos and discussion

## Academic ace



**Tech. Sgt. Jeffrey Kienzler graduated Oct. 26 with a perfect score from the personnel apprentice course in the 335th Training Squadron. Sergeant Kienzler, from Hampshire, Ill., is a member of the Illinois Air National Guard.**

## Keesler has 8 NCO Academy graduates

By Susan Griggs

### Keesler News

Eight Keesler technical sergeants were members of Mathies NCO Academy Class 10-7 that graduated Oct. 19.

**2nd Air Force** — Tanya Boyd.

**81st Diagnostics and Therapeutics Squadron** — Cher Riplett.

**81st Security Forces Squadron** — Matthew Gormely.

**81st Training Support Squadron** — Aaron Lujan.

**334th Training Squadron** — Kristy Crespo and Roland Thomas.

**335th TRS** — Christopher Hovanec and Erin Lasker.

## TRAINING, EDUCATION NOTES

### CCAF graduation

The Community College of the Air Force fall commencement ceremony is 3:30 p.m. Tuesday at the Bay Breeze Event Center.

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

### MGCCC registration

The winter term for Mississippi Gulf Coast Community College - Keesler Center begins Nov. 15.

Pre-registration is under way for active duty military. Others may register Monday through Nov. 11.

Current students register online at [www.mgccc.edu](http://www.mgccc.edu).

For registration assistance and more information, call 376-8477 or visit Room 221, Sablich Center.

### USM visitor

Employment specialist Michelle Lane from the University of Southern Mississippi visits the USM office in Room 219, Sablich Center, 2-5 p.m. Nov. 16.

She can answer questions about any of USM's degree programs.

USM's spring semester starts Jan. 18.

For an appointment, call 376-8479.

### Academy briefing

An Air Force Academy briefing is 10 a.m. Nov. 30 in the education services center, Room 224, Sablich Center.

Jan. 31 is the deadline for enlisted members to submit applications.

### Parking lot closed

The Mathies NCO Academy parking lot is closed 7-11:40 a.m. Nov. 16 and 7-10:45 a.m. Dec. 7 for drill evaluations.

### Commissioning briefs

Commissioning briefings are 10 a.m. second Tuesday of the month in Room 224, Sablich Center.



Photo by Kemberly Groue

Petty Officer Sayers, left, and General Cartwright share the spotlight at the 32nd Annual Salute to the Military, Oct. 26 at the Mississippi Coast Coliseum Convention Center in Biloxi.

## Salute to the Military

### Another Keesler Sailor wins community leadership award

By Petty Officer 1st Class Matthew Burpee  
Center for Naval Aviation Technical Training Unit

For the second consecutive year, a Sailor from Keesler's Center for Naval Aviation Technical Training Unit was honored with the Thomas V. Fredian Community Leadership Award from the Mississippi Gulf Coast Chamber of Commerce.

Petty Officer 1st Class Darius Sayers received the award Oct. 26 at the annual Salute to the Military at the Mississippi Gulf Coast Coliseum Convention Center in Biloxi.

Last year, Petty Officer 1st Class Clarence Hartenstine, another CNATTU instructor, was the recipient.

The award is presented annually to an enlisted service member for professional performance and outstanding community involvement.

Petty Officer Sayer's professional performance is highlighted as a master training specialist in CNATTU's advanced calibration techni-

cian school where he teaches four units of college-level courses of instruction. He's the president of the command's morale, welfare and recreation committee and was hand-selected as the command volunteer coordinator. CNATTU's 60 staff members and 250 students have performed 1,049 hours of community service in 90 events this year to date.

Petty Officer Sayer's direct leadership resulted in three Navy Southeast Region command awards — first place in Campaign Drug Free, first place in Personal Excellence Partnership, and second place in the health, safety and fitness category. Specific volunteer efforts aided Nichols Elementary School, the American Heart Association, Girl Scouts of America and the DeSoto National Forest's river cleanup.

More than 1,000 guests attended the event which featured Marine Corps Gen. James Cartwright, vice chairman of the Joint Chiefs of Staff, as the guest speaker.

## IN THE NEWS

### Combined Federal Campaign

Keesler's Combined Federal Campaign has been extended to Nov. 15.

As of Friday, \$127,318.81 has been pledged, almost 94 percent of this year's goal of \$135,542.

### Clinics close for warrior training

81st Medical Group Public Affairs

The 81st Medical Group conducts warrior training, noon to 5 p.m. today and Dec. 9.

These dates are exceptions to the training normally conducted the second Thursday of the month.

Staffing is reduced in family practice, internal medicine, pediatrics general surgery, pharmacy, radiology and laboratory services. For urgent situations, call central appointments at 1-800-700-8603 or report to the emergency room.

For emergency situations such as shortness of breath, chest or abdominal pain or bleeding with pregnancy, go to the nearest emergency room or call 911 for an ambulance.

### Grass enhancement in housing

81st Infrastructure Division

Work is being done in base housing areas to fix erosion, washout and areas that are prone to voids of grass.

People in affected areas are asked not to remove the small orange flags that mark areas to be treated.

### Arnold Annex renovation

81st Medical Group Public Affairs

Renovation of Arnold Annex is expected to last through March.

Visitors are asked to use the large parking lot across the street instead of next to the building.

For more information, call 376-0385.

### Wing quarterly awards today

The 81st Training Wing quarterly awards luncheon is 11 a.m. today at the Bay Breeze Event Center.

### Early Keesler News deadlines

The Keesler News is published Wednesday, one day earlier than usual, because Veterans Day falls on Nov. 11, the regular publication day.

The deadline for submissions for the Nov. 10 issue is noon today because of the holiday.

The paper will also be published Nov. 24, one day earlier than usual, because of the Thanksgiving Day federal holiday.

The submissions deadline for that issue is noon Nov. 18.

### Daylight Saving Time ends

Daylight Saving Time ends 2 a.m. Sunday, so "fall back" one hour.



# Veterans Day observances set

By Susan Griggs

Keesler News editor

Keesler's Veterans Day observance begins with a special ecumenical worship service, 11 a.m. Sunday at the Triangle Chapel.

The uniform of the day is service dress for all active-duty members. Retirees and veterans are encouraged to wear uniforms and retirement pins, to include Veterans of Foreign Wars or American Legion attire.

Those who'd like to display military memorabilia such as photos, medals, uniforms, shadow boxes or biographies should bring these items to the Triangle Annex, 10-11 a.m. Sunday. Displays may be viewed during the fellowship hour following the service.

For more information, call 377-4859.

Other Keesler participation:

## Nov. 11

**10 a.m.** — Veterans of Foreign Wars Mississippi Medal of Honor Recipients monument unveiling. Col. Lynn Connett, 81st Training Group commander, speaks.

**11 a.m.** — Biloxi Veterans Affairs Medical Center celebration, Recreational Hall, Building 17. Brig. Gen. Andrew Mueller, 81st Training Wing commander, speaks.

**11 a.m.** — American Legion Post 33 ceremony, Biloxi. Col. Glen Downing, 81st TRW vice commander, speaks.

**11 a.m.** — American Legion Post 119, Gulfport. Honor guard participates.

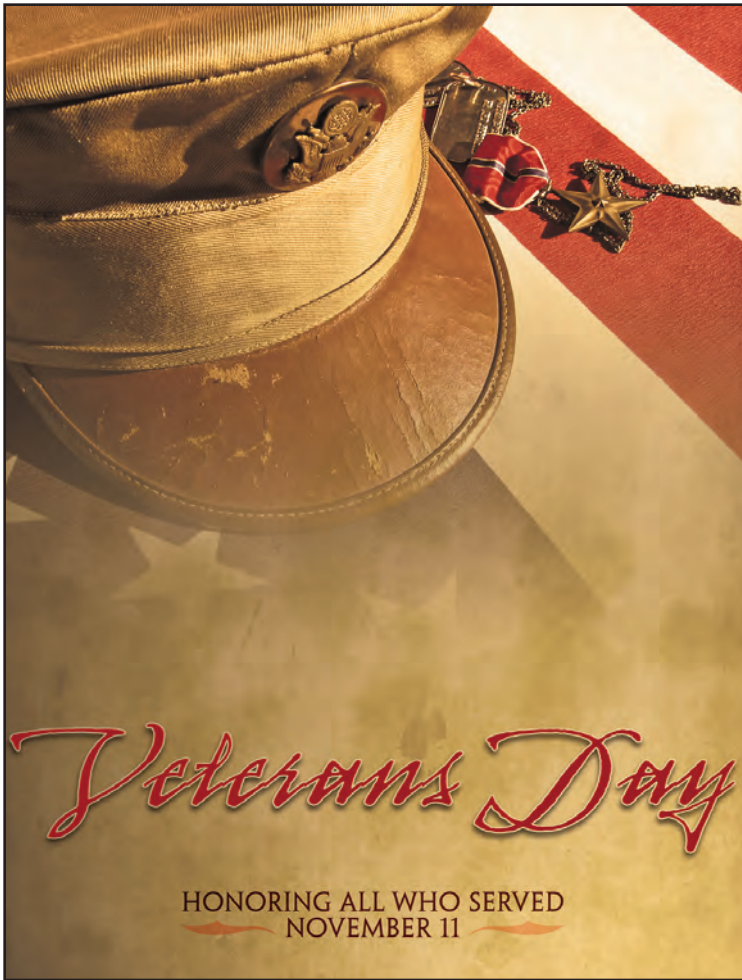
**1 p.m.** — Biloxi High School program. Senior Airman Natalie Barnes, 81st Logistics Readiness Squadron, speaks.

**4:30 p.m.** — Commanders cruise aboard the Biloxi Schooner sponsored by Biloxi Bay Chamber of Commerce.

## Nov. 13

**10 a.m.** — Veterans Day celebration, Disabled American Veterans Chapter 5 and Veterans of Foreign Wars Post 2539, 23rd Avenue, Gulfport. Col. Rodney Berk, 81st Mission Support Group commander, speaks.

**11 a.m.** — Annual Gulf Coast Veterans Day Parade, with reception at IP Casino Resort and Spa. Maj. Gen. Mary Kay Hertog, 2nd Air Force commander; General Mueller, Colonel Downing, 50-state flag team, drum and bugle corps, students and other Team Keesler members are marching. For parade route, log on to <http://www.msveteransparade.com>.





# Wingmen in right place, right time save life

By Steve Pivnick

## 81st Medical Group Public Affairs

Being at the right place at the right time probably saved Capt. Scott Thallemer's life.

The 81st Surgical Operations Squadron surgical nurse was on temporary duty at the University of Maryland R. Adams Cowley Shock Trauma Center Sept. 6 when two fellow nurses saved him from certain death.

"I was out running PT with two ICU (intensive care unit) nurses from Wilford Hall Medical Center at about 5 p.m. when, without warning, I went down face first into the street," the captain said.

The next thing he recalled was regaining consciousness as he was being placed into an ambulance.

Since he obviously didn't know what he had experienced, the following was provided by one of the nurses credited with saving his life, Capt. Annemarie Nesbit. The other was Capt. Katie Knott.

Captain Nesbit wrote in a report to her supervisor, "Captain Thallemer, Captain Knott and I were all out for a two-mile run. This was not above and beyond any of our capabilities. We had all just met a few days before at the beginning of CSTARS (Center for Sustainment of Trauma and Readiness Skills).

"As we were nearing the end of the run, we were going through a crowded crosswalk. I was just ahead of them moving around some people when I heard Captain Knott scream, 'Annie!' It was a scream that instantly made you know something was wrong. I turned around and saw Captain Knott sitting on the ground holding Captain Thallemer.

"(He) had fallen to the ground, striking his head on the curb. Captain Knott was just in front of him and she looked back over her shoulder just as he was collapsing. She turned him over and held his head in the critical C-spine position that maintains an open airway. I yelled at a

bystander to help me lift him onto the sidewalk.

"At his side we assessed him, called his name to no response and, realizing he had no pulse, started CPR. We maintained this position of holding C-spine and continuous CPR for over 10 minutes. We know this because we asked a bystander to call out the time to us in one-minute increments.

"We were yelling at the top of our lungs for an AED (automated external defibrillator). I felt a lady gawking at me and I looked up directly at her and yelled, 'We are in the Inner Harbor! There are a million restaurants and police all around! Go get me an AED!' She took off and retrieved the public-access AED. By this time he was the worst shade of blue and gray I have seen and foaming at the mouth. I placed the AED; it advised shock. It was at that moment I looked at Captain Knott and, for the first time in over 13 years as a nurse, I can say I was truly scared. I really thought Scott was going to die.

"He was shocked and I immediately resumed CPR. I only stopped when after about two more minutes he said, 'OWWWWW.' I was so relieved and amazed that he was awake and talking. He actually was trying to get up and said he felt fine! That was when Captain Knott said, 'Boy! You were just shocked! You earned yourself a C-collar, a backboard and a trip to the ER!'

"While I am very proud to serve and very proud to be a nurse, being a Wingman is what I would emphasize.

"I have been a nurse for more than 13 years — over six of those in acute critical care — and in the Air Force for less than one year! I have been trained to instinctively act when a critical event takes place. But it is times like these that push us to remember that nothing can move forward until the basics are accomplished. We were not in a hospital, a clinic or even



Captain Thallemer

"We had our hands, our strength, our hearts and a Wingman who needed us."

— Captain Nesbit

in the field with any equipment to help us. We had our hands, our strength, our hearts and a Wingman who needed us. I cannot express how amazing it was to see Captain Thallemer vibrant and joking around literally moments after we had shocked him and broken a few ribs. Nothing will ever be the same."

Captain Thallemer said Captains Nesbit and Knott stayed with him in the ER and followed him to the cardiac cath lab.

"The doc asked me if I minded if they watched the procedure through the window," Captain Thallemer said. "I told him, 'We're here for training so absolutely, yes!' They didn't leave my side until I went into the ICU (following the procedure)."

He explained that in the cath lab, the doctor needed to locate the blockages and see what was going on with his heart.

"The doctor went in with an endoscopic bypass through three small incisions in the right side of my chest," he said. "He took the right mammary artery and placed it on my heart to bypass the congested coronary artery. I also received an internal defibrillator and a stent for another clogged artery."

The captain remained hospitalized for 14 days because of an infection that developed on the site where the ambulance EMTs had inserted an IV.

"I would have been there for four days otherwise," he observed. After another stent was placed in an artery Oct. 4, Captain Thallemer returned to Keesler Oct. 6.

Once back here, "Our guys checked things out so they would know how to treat me. Other than cardiac rehab, that's about it; just getting back to my baseline. That's required a lot of treadmill and bike exercise to get my heart back to where it was before. I'm the youngest guy in the rehab class. Everyone else is between 70 and 90 years old."

Recalling the entire episode, Captain Thallemer said, "I can't get over how lucky I was. I'm glad there were two nurses there who had just completed ICU training. They started CPR probably within 10 seconds (of the event). Having to come to my aid in the middle of the street without any medical equipment was remarkable. The doc said before doing the procedure they saved my life."

Ironically, Captain Thallemer was credited with lifesaving actions himself while attending Squadron Officers School at Maxwell Air Force Base, Ala., Feb. 24 to April 15.

"We were a couple of weeks into the course when a classmate called to say another classmate had come out of the gym feeling kind of dizzy. I stopped by and did an assessment. I found her neurological signs all over the place and called 911. An

ambulance responded and took her to the hospital. The captain (a 27-year-old missile officer from F.E. Warren AFB, Wyo.) was diagnosed with arteriovenous malformation causing bleeding into her cerebellum.

"She needed to be transferred to a hospital that could treat her — the University of South Alabama Medical Center in Mobile — but due to bad weather, she couldn't be flown there. She had to be taken by ambulance from Montgomery to Mobile and I rode with her. She was taken to the ER where they did tests and an MRI. In the meantime, I notified her command and her husband. The doctor told her she had to go to surgery and had a very slim chance of survival. She asked me what she should do (again, Captain Thallemer is an OR nurse) and I told her she needed to be there for her family. She was immediately taken into surgery.

"Her husband arrived six hours later and I had to tell him she had already had the surgery. I spent 30 hours straight talking with her family and commanders. Thankfully, she recovered with few side effects. If she hadn't been taken to the hospital and had the surgery, she would have gone to sleep and never awakened."

The captain remarked, "To have both these events occur in a relatively short time span is pretty remarkable. In either case, if I hadn't been there for her or if those two nurses hadn't been there for me, neither one of us would have survived."

Captain Thallemer, who hopes to return to work this month, believes someone was looking out for him.

"I had changed the date I was going to attend CSTARS three times. Obviously, someone wanted me there at that time with the right people. However, what I want people to take away from these experiences is for them to know how important your Wingman is!"



# PERSONNEL NOTES

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## Informed decision briefing

An informed decision briefing for personnel within 15 months of their projected date of separation is 8 a.m. to noon Nov. 4 in the Keesler Professional Development Center, Building 2902, at the south end of Airman Leadership School.

The briefing is mandatory for first and second term Airmen within 12-15 months of their DOS regardless of current reenlistment intent, unless pending involuntary separation per Air Force Instruction 36-2624.

For more information, call 377-3697.

## Health insurance open season

The open season for health benefits runs from Monday through Dec. 13. During this period, employees can enroll or change your plans in the Employee Benefits Information System by logging on to <https://www.afpc.randolph.af.mil> or calling 1-800-525-0102.

For more information, visit Room 214, Sablich Center, or call 376-8326.

## Classes for job hunters

Job hunters can improve their chances for success with several upcoming classes at the airman and family readiness center.

Classes are held in the center's conference room in Sablich Center. There's a limit of 10 people per class, and registration is required.

**Interview skills and salary negotiation** — 11 a.m. Nov. 23 and Dec. 28.

**Federal format resume writing** — 9 a.m. Nov. 4 and 2 p.m. Nov. 18 and Dec. 8.

**Civilian format resume writing** — 2 p.m. today and Dec. 2 or 15.

After attending a class, call 376-8728 to have your resume reviewed.

For more information, call 376-8728.

Identity theft  
is a  
personal nightmare  
and security risk.

Shred bills,  
statements, letters,  
old journals, records,  
outdated  
application forms  
and any documents  
that contain  
your full name,  
Social Security number,  
duty title and  
job information,  
credit card,  
bank account numbers  
and names of  
family members.

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



## News tips?

Call the Keesler News, 377-4130, or e-mail keeslernews@us.af.mil



**Don't drink  
and drive.**

Call  
**Airmen Against  
Drunk Driving,  
377-SAVE,  
for a  
safe ride home.**

**More than  
300 saves  
so far this year**

# Cell Phones for Soldiers featured Nov. 15 during Recycling Day

## CSC environmental office

"I Recycle" is the theme of Keep America Beautiful's 2010 America Recycles Day, Nov. 15.

At Keesler, the CSC environmental office will be at the exchange, 10 a.m. to 2 p.m., to distribute information and accept donations for the Cell Phones for Soldiers program that uses proceeds from recycling old cell phones to purchase calling cards for deployed troops.

A universal waste turn-in is 8 a.m. to 3 p.m. at Building 4420 near the corner of Z and M Streets. Military organizations can drop off universal waste items such as used fluorescent bulbs, batteries (except alkaline) and mercury thermostats. Universal waste can also be turned in 9-10 a.m. every Tuesday at this location.

Typical household haz-



ardous waste containers, such as paints and used bulbs, are also accepted.

Any unused consumer products can be collected and issued free of charge. Items that won't be accepted are oils, gasoline, aerosols, solvents, munitions, tires and white goods.

For more information, call the environmental office, 377-1262.



**Become  
a  
Keesler  
fan!**

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81stTRW.Keesler](http://www.facebook.com/81stTRW.Keesler)

**Volunteer —  
get connected.**



# Disabled veterans worker has 'been there'

By Steve Pivnick

## 81st Medical Group Public Affairs

Naomi Kraima empathizes with the veterans she assists daily. She's "been there."

Ms. Kraima, Disabled American Veterans transition services officer, meets with veterans at the office she shares with the Airman and Family Readiness Center at the Sablich Center. The "vets" she works with have served in the military from World War II to Iraq and Afghanistan.

She explained, "I brief and counsel them and prepare VA claims for transitioning service members seeking VA entitlements." She noted that veterans frequently become frustrated when dealing with the VA system. "Some have combat-related issues and most have disabilities acquired during their service. I see all members undergoing medical evaluation boards."

She sees veterans on an appointment-only basis for 45 minutes per session.

"We go through their entire medical record. Disabilities run the gamut from arthritic knees to PTSD (post-traumatic stress disorder), traumatic brain injury and sometimes to death-bed situations. In those instances, I make house calls."

An Air Force veteran herself, Ms. Kraima has been in her current position since 2007.

Because she has suffered PTSD herself she sometimes is affected emotionally when dealing with her clients.

"When someone says, 'You don't understand,' I tell them, 'Yes, I do.'"

Medically retired in 2007 as a staff sergeant, Ms. Kraima was assigned to Eglin Air Force Base, Fla., as an aerospace control and warning system specialist involved in ground-control intercept when she deployed in April 2003.

"We deployed to Iraq via



"Tastes  
and smells  
would remind me  
of the desert and  
I would be  
back there.  
I felt like  
I was coming  
out of my skin."

— Ms. Kraima

Kuwait," she recounts. "We had to convoy up to Baghdad after we got our equipment off a ship. It was May 13 and our scout got lost. The commander had us pull over so he could locate her. There was an explosion; my friend, Staff Sgt. Patrick Griffin, was killed. That was one of the biggest traumatic events I experienced."

But it wasn't the last. Several mortar rounds and gunfire hit the site where she was located.

"One mortar round hit a 'gas cow' (a tank placed on four legs that looked like a cow) about 100 feet from the tent I was working in."

She was in the seventh

## Wounded Warrior Walk crosses bridge Nov. 13

As part of its observance of Warrior Care Month, Keesler hosts its second annual Wounded Warrior Walk across the Biloxi/Ocean Springs Bridge, 7-11 a.m. Nov. 13. Registration is at the

Biloxi end of the bridge in front of the Isle Casino.

The event raises funds to assist wounded and ill warriors in the local area.

For more information, call 376-3068, 257-0541 or 376-3076.



month of a year-long deployment when she received orders for Keesler. Here she served as an instructor before going through a MEB in 2007 and medically-retired, becoming the first "Air Force Wounded Warrior" at Keesler.

Discussing her own battle with PTSD, Ms. Kraima said she sought mental health help when she began hearing "booms" that weren't there, was having trouble sleeping, found herself being constantly angry and becoming emotionally detached from her two children.

"Tastes and smells would remind me of the desert and I would be back there," she said. "I felt like I was coming out of my skin. Loud noises would 'set me off,' and I was hyper-vigilant. I had no clue what was going on. I sought treatment as soon as I realized something was wrong. I went to mental

health and asked them to 'fix it.' I've been seeing the same mental health provider – Carolyn Lamb – for six years. Stabilization is very important. With treatment, I am coping with it. Finding God and becoming involved in church has grounded me."

Ms. Kraima said one of her most valuable "resources" is Donna Anderson, 81st Medical Group Active Duty Wounded Warrior Program Manager. They work closely to ensure the "troops" receive all available assistance.

Ms. Kraima observed that some older veterans believe filing a claim equates to receiving a handout but "we encourage them to file for the benefit of their families."

In addition, "Some veterans are afraid they'll lose their benefits if they seek treatment."

Acknowledging the frustration veterans develop with the

claim process, Ms. Kraima stressed that if a claim is completed properly initially, there usually would be no need for appeals. Ironically, she is in the third year of her own appeal.

Discussing veterans of Operations Iraqi Freedom and Enduring Freedom, Ms. Kraima said, "Young men and women go over there and are exposed to things they had never seen or experienced before. This is hard on them. They return home and find it difficult to readjust." She continued, "It's hard for some to identify with someone who is struggling mentally; it's not always obvious. The major factor is how to cope. Will this (PTSD) be with you forever? Yes. How do you handle these things? If you don't handle something, it's going to handle you."

Commenting on the relationship she and Ms. Kraima have with the veterans, Ms. Anderson remarked, "They have to feel they can trust you".

Ms. Anderson mentioned that Mississippi Army National Guard officials at Camp Shelby recently contacted her because they want to present a commemorative quilt to a Wounded Warrior. It was created by a base organization that works with families of deployed soldiers. She immediately knew who should be recognized: Naomi Kraima. The event is planned for Nov. 9 to coincide with Warrior Recognition Month.

Summing up her work with the nation's war heroes Ms. Kraima said, "I enjoy my work. It's very rewarding although there are some trying times emotionally. My primary goal is to take care of 'my vets' and get them the entitlements they deserve."

Originally from Queens, N.Y., Ms. Kraima resides in Gulfport with her three children.



# Keep holiday spending merry and bright

By Airman 1st Class  
Heather Holcomb

## Keesler Public Affairs

Some of the strongest and most magical memories are tied to the holidays, but for many people the holidays aren't the joyful time they remember from their childhood. The pressure of providing extravagant gifts and expensive meals can cause unnecessary stress and transform the holidays into a burden.

However, with careful planning, the holidays can retain

that childhood shimmer and warmth. The airman and family readiness center has a few tips for making the holidays affordable:

**Create a written plan** for holiday spending a month or two in advance. Include possible gifts, dollar amounts and alternative choices. Also include the cost of parties and holiday meals.

**Establish spending limits** for each person's gift and start looking for bargains early.

**If it's been a challenging year financially**, shrink holi-

day gift lists, suggest not exchanging gifts or agree to mutually observe much lower dollar-limits on gifts.

**Wait for lower prices.** Increased food and energy costs this year could bite into holiday spending, so sales and clearances may come earlier than usual.

**Ask retailers when items are going on sale.** Most retailers will reveal sale dates because they don't want consumers to shop their competition.

**Sometimes shopping later in the season** for smaller gifts, wrapping paper and accessories will yield lower prices over-all. If holiday sales are sluggish, discounts and clearance sales will appear earlier this season.

**Liquidators, buying clubs** and factory outlet stores usually offer lower prices.

**Pay with cash** and avoid using credit cards. Charge cards tend to promote indis-

criminate spending. Credit card users often say they had no idea how much they spent on the holidays until the credit card bills arrive in January or February of the next year.

**Sometimes writing checks can get out of hand**, especially when you fail to record each check or calculate the balance after writing a check, and this can result in overspending.

**Consider gifts that don't cost money.** Giving a card to a young family entitling them to emergency baby-sitting time will result in savings for both families. Other suggestions include doing laundry, ironing, taking them sight-seeing, gardening, housecleaning or washing their car.

**Retail stores offer employee discounts** in addition to early information about upcoming sales, so keep them in mind when considering a seasonal job.

**At office parties and other holiday functions**, suggest that instead of gifts everyone bring canned food for the disadvantaged.

**Save on holiday greeting cards** and postage by sending only to those who won't be visiting over the holidays.

**Make some gifts at home.** Suggestions include freshly-baked goods, art, crafts, needle work or collages. Or, put together a do-it-yourself baking or craft kit that includes everything they need to complete a project.

**Instead of giving money**, especially to younger children, give U.S. Savings Bonds. They cost one half of the face value, will not be immediately spent, encourage savings, and are interest bearing and tax free until redemption.

For more information on budgeting and finances, call the airman and family readiness center, 377-8500.



# Great American Smokeout 5-kilometer run, cigarette bonfire provide smokers time to quit Nov. 18

## Health and wellness center

The Great American Smokeout, the third Thursday of November, is a day to encourage smokers to go 24 hours without a cigarette. It's an opportunity to join others in quitting or just be supportive of someone trying to quit. Even if the individual doesn't quit for good, they'll learn they can quit for at least one day.

Keesler's Nov. 18 observance begins at 7 a.m. and includes a cigarette bonfire, a 5-kilometer run starting at the health and wellness center, T-shirts, trophies, and turkey raffle. Participants may sign up anytime during the week for the GASO and are asked to drop off an empty pack, full pack or carton of cigarettes for the bonfire.

"Commit to quit for the day individually, as a buddy team or as support for those trying to quit," said Patty McGruder, health promotion educator at the health and wellness center. "Show your support and help make this a successful



**Start a 24-hour  
smoke-free maneuver.**

Join the  
Great American  
Smokeout.  
18 NOV 2010

**QUIT TOBACCO.**  
make everyone proud  
[www.ucanquit2.org](http://www.ucanquit2.org)

tobacco-free day for Keesler."

The HAWC offers one-hour tobacco cessation classes, noon and 5 p.m. Wednesdays.

"The classroom atmosphere is intended for participation," Ms. McGruder said. "By participating, students get more out of the class and gain a better understanding of ending tobacco use. We also have an American Lung Association quit line."

Aerographer's Mate 2nd Class Michael Latin from

Keesler's Center for Naval Aviation Technical Training Unit, participated in the classes.

"This experience was the best due to the support and information," he said. "By quitting tobacco, I cut two minutes off of my run time which I know is a part of health improvement. This has motivated me even more to stay quit."

For more information, call the HAWC, 376-3170



## WHO'S YOUR WINGMAN?

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

# AAFES program promotes family fitness

## Army and Air Force Exchange Service Public Affairs

DALLAS — The Army and Air Force Exchange Service is doing its part to help service members and their families stay in shape. Operation Be Fit is part of the exchange's total health initiative focused on improving the health of mind, body, and soul of every member of the military family.

Healthy nutrition options, fitness programs, family activities and overall wellness information are just a few of the tips provided on [www.opbeFit.com](http://www.opbeFit.com). The site is easy to use, and provides health information for all levels, from novice to expert.

"The exchange's commitment to this issue goes beyond the (products) found in our stores," said Chief Master Sgt. Jeffrey Helm, the exchange's senior enlisted adviser. "Providing fitness tips and nutritional information is just one of the many ways we strive to meet the needs of our patrons."

Along with a variety of upcoming health information, Operation Be Fit features events that promote a healthy lifestyle. The Great American Smoke Out on Nov. 18 is one example, as the exchange partners with [UCanQuit2.org](http://UCanQuit2.org) to promote smoking cessation. The GASO is an event aimed at aiding participants who pledge to go smoke free for a day in the road to a smoke-free life.



## Today is deadline to enter exchange's TV giveaway

### Army and Air Force Exchange Service Public Affairs

DALLAS — Veterans Day is the last day authorized shoppers can register to win about \$4,000 in Sharp high definition televisions from the Army and Air Force Exchange Service and Serta Mattresses.

Prizes include a 60-inch, 52-inch and 46-inch TVs.

No purchase is necessary. Shoppers fill out an entry form at participating locations.

Prizes are awarded on or about Dec. 17.



# Containers simplify cardboard recycling

## **81st Intrastructure Division**

Zero Waste Solutions, teamed with Mark Dunning Industries, is Keesler's new integrated solid waste management contractor.

Keesler's goal is to reduce, reuse and recycle to help the Department of Defense's goal to divert 50 percent of its solid waste by 2015.

As part of this effort, a new cardboard collection system has been introduced that uses "Recycle Blue" collection containers placed at strategic locations around the base. The contractor hopes the containers will help the base recycle cardboard instead of adding it to the waste stream.

Break down and flatten cardboard boxes and insert them into the slot located on the "Recycle Blue" containers.

For more information or to request a "Recycle Blue" container at a base facility, call the recycling center, 377-4546 or e-mail [robert@zerowaste.com](mailto:robert@zerowaste.com).



**tops in blue**

**Free show tonight**

**Mississippi Coast Coliseum,  
Biloxi**

**Doors open at 6 p.m.**

**Show starts at 7 p.m.**

**A 3 - 5 minute steady tone  
on the base siren is a  
TORNADO WARNING  
— take cover.**



## Housing office closed

The military family housing office closes at 11 a.m. Wednesday for an official function.

## Wounded Warrior Walk

As part of its observance of Warrior Care Month, Keesler hosts its second annual Wounded Warrior Walk across the Biloxi/Ocean Springs Bridge, 7-11 a.m. Nov. 13.

The event raises funds to assist wounded and ill warriors in the local area.

For more information, call 376-3068, 257-0541 or 376-3076.

## Adoption options

Adoption Options, a seminar for military families considering adopting a child, is 5:30 p.m. Nov. 18 in Room 108A, Sablich Center.

The airman and family readiness center is partnering with several base and community agencies to present the program.

Topics include legal aspects of adoption, emotions and preparing the current family, reimbursement of adoption expenses according to Defense Department guidelines, home study process, and information from Mississippi state and private agencies.

To register, call 376-8728 by Nov. 10.

## Home Away from Home

The chapel's Home Away from Home program has paired non-prior service Airmen with host families for Thanksgiving.

This program gives host families to welcome two students into their home, providing them with home cooked meal and a family experience on Thanksgiving Day.

Host families can be active duty, Reserve, Guard, retired or civil service with access to the base and the ability to host two or more Airmen.

Host registration forms are available and must be returned to the Fishbowl Student Ministry Center or any base chapel by Nov. 22. Online registration is also available at <http://www.keesler.af.mil>.

For information, call Chaplain (Capt.) Ruben Covos or

## Base prepares to implement new ID system

Keesler is preparing to adopt the Defense Biometric Identification System.

With DBIDS, ID cards are scanned by gate guards with a hand-held device that provides real-time data that verifies identity electronically.

Everyone over the age of 16 who requires access to Keesler for more than three weeks must register in DBIDS.

Registration takes five minutes and involves scanning an ID card's barcode, verifying information and taking an electronic fingerprint.

All ID cards must have a barcode. Retirees who have ID cards without a barcode must obtain a new ID card from the military personnel section at the Sablich Center.

Registration sites are being set up at the pass and registration office in the visitor center across from the White Avenue Gate, the

military personnel section in Sablich Center, the exchange pharmacy and the 81st Medical Group Hospital's information desk.

Registration for active-duty members and Defense Department employees is Jan. 4 through March 31. Registration for retirees and dependants is April 1 through June 31, but the pass and ID office won't turn away those wishing to register earlier.

Individuals without a DOD ID card who requires long-term access to Keesler, such as a caregiver for a dependent child, must be accompanied by the person requiring their services to the MPF to obtain an agent card. This card, along with state-issued ID, vehicle registration and proof of insurance, must be presented to pass and registration to obtain a DBIDS Access ID card.

Full implementation of DBIDS is scheduled for mid 2011.

For more information, call 377-3844.

Staff Sgt. Tawny Crutcher, 377-2331.

## Clinic holiday hours

The 81st Medical Group Hospital's primary care and specialty clinics maintain operating hours aligned with the 81st Training Wing schedule during the holiday season.

Except for the actual holidays, the clinics are open 7 a.m. to 5 p.m. Monday-Thursday and 7 a.m. to 4 p.m. Fridays. Clinics have reduced staffs on non-training Fridays.

Clinics are closed on federal holidays and Air Education and Training Command family days, Nov. 26, Dec. 27 and Jan. 3.

The emergency department is always open.

## Thrift shop hours

The Keesler Thrift Shop, operated by the Keesler Spouses Club, is at the corner of Meadows Drive and First Street.

Hours are 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 source

The Defense Reutilization and Marketing Office is a free source

of supplies and equipment.

For more information, visit the CSC supply customer service element, Room 126, Taylor Logistics Center, Building 4002; call Michael Cashion, 377-8891, or e-mail [michael.cashion.2.ctr@us.af.mil](mailto:michael.cashion.2.ctr@us.af.mil)

## Airman's Attic hours

Airman's Attic is at the corner of Meadows Drive and 1st Street.

Airmen's Attic assists junior enlisted members with obtaining free basic household items.

Donations are needed such as furniture, area rugs, cutlery, dishware, infant wear and maternity clothes which are clean and in good condition. Bring donations to Airman's Attic during regular hours, 10 a.m. to 2 p.m. Mondays, Wednesdays, non-training Fridays and the last Saturday of the month.

## Supply classes

Quarterly supply classes are held in Room 109, Taylor Logistics Building.

**Block I** basic supply class is 9 a.m. Dec. 15.

All newly-assigned supply custodians and resource managers are required to attend.

For more information, contact Patrick Governale, 377-5998 or [patrick.governale.ctr@us.af.mil](mailto:patrick.governale.ctr@us.af.mil), or Paulette Powell,

377-2270, [paulette.powell.1.ctr@us.af.mil](mailto:paulette.powell.1.ctr@us.af.mil).

**Block IIA-Bench Stock** is 9-9:30 a.m. Dec 9. To schedule an appointment, call Crystal Simpson, 377-9955.

**Block IIB-Repair Cycle** is 10-11 a.m. Dec 9. To schedule an appointment, call Nathaniel Parks, 377-2310.

**Block III** training is 1 p.m. Dec. 15. All newly-assigned supply equipment custodians are required to attend as well as all other custodians annually.

For more information, contact Willie McDonald, 377-2660 or [willie.mcdonald.1.ctr@us.af.mil](mailto:willie.mcdonald.1.ctr@us.af.mil) or Paulette Powell, 377-2270, [paulette.powell.1.ctr@us.af.mil](mailto:paulette.powell.1.ctr@us.af.mil)

## Speakers bureau

The public affairs office is looking for people who enjoy public speaking to tell the Air Force story.

The Keesler Speakers Bureau is a community relations program developed as a public service and information vehicle. It's comprised of military and civilian Air Force employees who volunteer their time and information to speak to community groups.

Speakers come from a variety of experiences and backgrounds that offer a variety of presentations. Topics include aircraft maintenance, aviation,

computer operations, communication skills, health, military life, military law, combat experience, financial management, child development, Air Force history and more.

For more information, call YoLanda Wallace, 377-1179.

## Healthy living classes

The mental health flight is offering a series classes encompassing healthy living from a therapeutic point of view.

Classes are 3 p.m. Wednesdays in the Arnold Medical Annex conference room on Meadows Drive.

They last 60-90 minutes and are open to military members and retirees, along with their family members, as well as federal civilian employees.

For more information on topics, call Senior Airman Fabian Consbruck, 376-0385.

## Be Well class

The health and wellness center offers a "Be Well Class," 8-10:30 a.m. Tuesdays, for Keesler military, retired, their families and federal civilian employees.

The three-part class focuses on exercise, nutrition and behavior modifications. It's recommended for people who aren't sure how to start an exercise program or make improvements in overall health, fitness and diet. It's taught by an exercise physiologist, the HAWC dietician and a mental health technician.

Specific modules are offered each month that members can attend, such as running, strength training and healthy weight.

For more information, call the HAWC, 376-3170.

## Space available flights

Regularly scheduled flights on 403rd Wing unit training assembly weekends are available to MacDill Air Force Base, Fla.; Dobbins Air Reserve Base, Ga.; Little Rock AFB, Ark.; and Millington Municipal Airport, Memphis, Tenn.

For recorded flight information, call 377-4538 or DSN 597-4538, and for a passenger representative, call 377-1259 or DSN 597-1259.

# SPORTS AND RECREATION

## Airman finishes in top 15 overall in first marathon appearance



Photo by Steve Pivnick

Justin Hyde runs laps on the Crotwell Track Oct. 18 during physical training.

By Steve Pivnick

81st Medical Group Public Affairs

Justin Hyde, a dietician with the 81st Diagnostics and Therapeutics Squadron's nutritional medicine flight, completed his first marathon Oct. 9 in Madison, Miss., about 5 miles north of Jackson.

His time for the "Run for Life" event was 3:48:29, which placed him 11th among the 98 men who participated and 13th overall among the 233 men and women runners.

Hyde began training in July using the 18-week Hal Higdon marathon training program, which consists of four short runs and one long run each week, increasing in distance weekly.

Hyde said he had hoped to run in the half-marathon of last year's Air Force Marathon at Wright-Patterson Air Force Base, Ohio, but was unable to compete because he was deployed to Balad Air Base, Iraq, from July 2009 to January of this year. He continued to train during his deployment and plans to compete in future marathons.

"There's one coming up in about six months, but I want to prepare for my physical training test which requires a different type of training," he said.

Hyde, who calls Minneapolis-St. Paul, Minn., home, served as an enlisted member of the Minnesota Air National Guard before receiving a direct active-duty commission in May 2007. He arrived at Keesler in June 2008 following completion of a one-year dietetics internship at Wilford Hall Medical Center, Lackland Air Force Base, Texas.

## Free sled hockey clinic offered to wounded warriors Nov. 13

By Susan Griggs

Keesler News editor

Wounded warriors and other athletes with mobility issues are invited to a free introductory sled hockey clinic, Nov. 13, 1-3 p.m. at the Mississippi Coast Coliseum.

The clinic is co-sponsored by USA Disabled Hockey and the Mississippi Surge. Members of the San Antonio Rampage sled hockey team and

Southern Amateur Hockey Association instructors.

Sled hockey, also referred to as ice sledge hockey, is a fast-paced, highly physical game played by athletes with disabilities to the lower part of the body. Instead of skates, players use two-blade sledges that allow the puck to pass beneath. Players use two sticks which have a spike-end for pushing and a blade-end for shooting.

"The purpose is to intro-

duce the sport of sled hockey and let participants enjoy a unique on-ice experience," said Tom Adams, director of the Keesler Retiree Affairs Office. "It's open to people ages 10 and older with all types of physical disabilities."

Sign-up begins at 12:30 p.m. T-shirts are given to the first 100 participants.

For more information, call 238-5433, 731-7572 or e-mail TRA1947@gmail.com.