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Keesler graduates inaugural class of cyberspace officers

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Your family, your career ... choose wisely

By Lt. Col. Eric Duncan

375th Contracting Squadron commander

SCOTT Air Force Base, Ill. — Serving in the military can place a lot of demands on us. Sometimes, though, we are so busy focusing on our jobs, we forget that military life can be tough on our families, as well.

To emphasize a commitment to families, Air Force senior leaders implemented The Year of the Air Force Family program, which wrapped up in July. It was a great campaign, but our families need and deserve more than that.

My dad passed away last January, and apart from the pain of losing him, I struggle with guilt that I wasn't around much and didn't spend enough time with him. We talked on the phone almost daily, but that will never replace the foregone time together. I've been in the Air Force now for more than 17 years, and it always seemed there was some job-related excuse that kept me away. As I look back, I regret some of the choices I made.

We hear these kinds of thoughts all the time from people who lose a loved one, yet we rarely make any changes in our own lives to prevent us from experiencing those same feelings. Instead, we say "I'm just too busy," "there will be time later,"

Your choices may determine
whether you
run out of family
before you run out of career.

or my favorite, "I'm too important to the organization, and the mission will suffer if I'm gone."

I now realize that there may not always be time later. Our kids grow up quickly, and life is short. I've heard "things are busier than ever" for as long as I've been in the Air Force, and I really doubt things are going to slow down anytime soon, if ever.

Yes, we are busy, and we all play key roles, but do you really believe that your occasional absence will have such a devastating impact on your unit that aircraft will fall out of the sky and the Air Force mission will fail? If so, you may be surprised to know that the Air Force was flying, fighting and winning long before you joined and will continue to do so long after you're gone.

Balancing family and career can be tough, but I once read an enlightening article by an Army brigade commander on the difference between "important" versus "urgent." The author provided three rules to consider before missing any professional or personal event:

It is important to someone who's important to you

Your personal presence makes a difference

The opportunity is not going to come around again

If those three conditions are satisfied, you should have a pretty good idea as to what you should do. The holidays are a great time to re-emphasize your commitment to your family, but don't limit your involvement to this time of year.

More than knowing the Air Force supports them, our families need us to be there for them. Beyond the financial support, they deserve our attendance at student teacher conferences, sporting events and graduations, taking part in birthdays and anniversaries and basically being an active participant in their lives and not just a picture on their mantle.

No one ever said it will be easy, but your choices may determine whether you run out of family before you run out of career.

Apologizing: Putting self aside

By Gene Kamena

Retired colonel, Air War College professor

MAXWELL Air Force Base, Ala. — When the military police vehicle pulled behind my car with its blue lights flashing, I knew I had screwed up. I was not wearing a seat belt.

Not a big deal? It is if you are the brigade commander in Germany. It is if you have a policy requiring a week's restriction of driving privileges for any traffic offense. It is if you are left on the side of the road for forty minutes, for all to see, while the specialist from the MP confirms you are not on the FBI's most wanted list.

That evening, I called the commanding general and informed him of my transgression. His only comment was "make it right."

The next morning, as I entered the brigade headquarters and the charge of quarters dutifully called the building to attention; he also said with a wry smile,

"Sir, I understand you had a brush with the law yesterday."

I needed to do something, and quickly.

Leaders make mistakes; good leaders acknowledge their mistakes and if appropriate, apologize. Apologizing is never easy, especially for someone in a position of authority. Easy or not, sometimes it is the right thing to do.

Happenstance had it that the monthly brigade run was scheduled the next morning. In front of more than three thousand soldiers and leaders, I told the story of what happened, admitted I was wrong, made no excuses, handed my license over to the brigade command sergeant major and walked for the next week (no one ever offered me a ride).

The above story is true. I relate this very embarrassing incident with the intent of passing on what I learned about leaders, mistakes and apologizing:

· **When leaders make mistakes, big or small, people notice.** They notice

because they watch what leaders do. If there is a disconnect between what a leader says and what a leader does, people will remember what a leader does.

· **Mistakes do not get better with time.** My advice is to inform, communicate and remedy the situation as soon as practical.

· **Tell the truth and set the record straight.** I am convinced had I not apologized, rumors would have it that I was involved in a high-speed chase.

· **Mean what you say.** People will know if you are sincere or not.

· **There can be only one standard.** Whatever the rules, policies or practices, hold yourself to the same standard you do everyone else.

Apologizing for my misconduct was not easy, but it was the right thing to do. A leader must keep their ego in check. Good leaders hold themselves accountable for their mistakes, and when an apology is required, leaders put self aside.



**CLICK IT
OR
TICKET**



ON THE COVER

From left, 2nd Lts. Mark Lebedzinski, Brett Cox, Calvin Perez and Nate Kendall look at a display of vintage communication equipment displayed at Monday's dinner honoring the first graduates of the Air Force's undergraduate cyberspace training course conducted in the 333rd Training Squadron. Lieutenant Perez is one of the graduates and Lieutenants Lebedzinski, Cox and Kendall are students in the current class. Lieutenant Perez, the first Air National Guardsman to graduate from the course, is stationed with the New York Air National Guard's 213th Engineering Installation Squadron. Story and photos, Pages 4-5. Photo by Kemberly Groue



DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

As a former commander of the 81st Training Wing, what's the biggest change you've seen at Keesler since you left?



From left, Generals Touhill, Lord, Capasso and Dickinson were at Keesler last week for the Scope Warrior conference.

"Who hit Muse Manor?"

Brig. Gen. Gregory Touhill, commander from October 2007 to May 2009, now chief of the office of military cooperation, U.S. Embassy, Kuwait.

"The excitement about the new cyber training for our Air Force."

Lt. General William Lord, commander from April 2004 to November 2005, now chief of warfighting integration and chief information officer, office of the Secretary of the Air Force at the Pentagon.

"The whole base has transformed."

Maj. Gen. Paul Capasso, commander from November 2005 to October 2007, now director of network services for the office of information dominance and chief information officer, office of the Secretary of the Air Force at the Pentagon.

"The opening of the event center closed the chapter on Katrina recovery — from recovery to future modernization."

Brig. Gen. Ian Dickinson, commander from May 2009 to July 2010, now director of communications and information, U.S. Space Command, Peterson Air Force Base, Colo.

KEESLER NEWS

81st Training Wing commander

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Second Lt. Andrew Allen, left, the Air Force's first undergraduate cyberspace training course graduate, has his cyberspace operator badge pinned on by one of his classmates, 2nd Lt. Robert Mayo at Tuesday's graduation ceremony at Keesler Air Force Base, Miss. Lieutenant Allen is headed to the 355th Communications Squadron, Davis-Monthan Air Force Base, Ariz., and Lieutenant Mayo is assigned to the 92nd Information Operations Squadron, Lackland AFB, Texas.

Photos by Kemberly Groue



Air Force's first cyberspace officers graduate



General Cotton speaks at Tuesday's undergraduate cyberspace training course graduation. The course is taught in the 333rd Training Squadron.

Keesler Public Affairs

The Air Force took a significant step forward in its cyberspace training transformation Tuesday as 15 officers graduated from the first undergraduate cyberspace training course at Keesler.

"It's time to leave here and provide the Air Force and the nation with real options and opportunities based on what you've learned," said Brig. Gen. David Cotton, guest speaker at the graduation ceremony. General Cotton is the director of cyberspace operations and Air Force senior information assurance officer for the Secretary of the Air Force Office of Information Dominance at the Pentagon.

"You'll provide an improved mission assurance and provide the hope that we have folks that can be deployed as leaders as we go forward into this new world with new missions and new capabilities based on threats and vulnerabilities," he said.

The cyberspace operations officers completed 24 weeks of rigorous training in the 333rd Training Squadron focused on developing experts in cyber space operations. The initial skills training course replaced basic communications officer training. Keesler's performance-based instruction provides students with an introduction to fundamentals and operations in the cyberspace domain.

The course is part of the Air Force's vision for a fully developed Air Force cyberspace operations workforce with the required operational rigor and mission assurance for effectively establishing, controlling and leveraging cyberspace capabilities.

"You might not fully appreciate the magnitude of your military service in this mission area right now, but I promise you that if you maintain your commitment and stay in the armed forces, when you look back on your life one day, you realize how unbelievable it was to have

"No enemy out there today is ready to go against the United States beak to beak, but they are very willing to go after our soft underbelly, using the capabilities that you just studied these last 24 weeks. Your mission is to prevent them from doing that."

— General Basla

had this historic opportunity to be part of such a special, pioneering group," said Maj. Gen. Michael Basla at Monday's dinner honoring the graduates. He's the vice commander of Air Force Space Command, Peterson Air Force Base, Colo.

"No enemy out there today is ready to go against the United States beak to beak, but they are very willing to go after our soft underbelly, using the capabilities that you just studied these last 24 weeks," General Basla pointed out. "Your mission is to prevent them from doing that."

Please see **Cyberspace**, Page 5

Who they are, where they'll be assigned

The 15 second lieutenants who graduated from the inaugural undergraduate cyberspace training course and their duty locations are:

Andrew Allen, Davis-Monthan Air Force Base, Ariz.

Lance Bramble, Osan Air Base, South Korea

Ryan Haskins, Scott AFB, Ill.

John Kingery, Wright-Patterson AFB, Ohio.

Robert Mayo, Lackland AFB, Texas

Etienne Menard, Barksdale AFB, La.

Mark Morris, Beale AFB, Calif.

Jeffrey Pelky, Maxwell AFB, Ala.

Jorge Perez, New York Air National Guard

Michael Pond, Hanscom AFB, Mass.

Eduardo Ramirez, Vandenberg AFB, Calif.

Carlos Rodriguez, Hickam AFB, Hawaii

Brian Smith, Keesler AFB, Del.

James Sterling, Dover AFB, Del.

Jefferson Thorpe, Tyndall AFB, Fla.

Cyberspace,

from Page 4

"These three warfighting domains of air, space, and cyberspace offer opportunities for great synergy and our integrated approach for rapidly planning and executing operations across these domains will allow us to deliver tremendous warfighting capability to the armed forces for a U.S. military capacity that is beyond anything history has yet witnessed," he emphasized.

Although Keesler has trained officers and enlisted members in communications, computer technology, air traffic control and electronics for decades, technical training is transitioning to support the Air Force's new roles in cyberspace operations. The training is intended to bolster the unfolding organizational, technical and security demands of a network-centric Air Force operating in the cyberspace domain.

The new course provides initial training for 17DX cyber operations officers, a career field that replaced 33SX communications officers. The course provides a foundation on which officers can build their skill sets.

Graduates have the fundamental training to establish, secure, operate, assess and actively defend seven types of networks including command



Photo by Kemberly Groue

General Basla, left, chats with 1st Lt. Christian Ford at Monday's dinner honoring the Air Force's first undergraduate cyberspace training graduates. General Basla is vice commander of Air Force Space Command, Peterson Air Force Base, Colo. Lieutenant Ford is an instructor in the 333rd Training Squadron where the course is taught.

and control systems, Internet protocol, telephony, satellite and mobile telecommunications.

Because of the fluid nature of the cyberspace domain, the Keesler training team is primed to keep pace with changes in cyberspace technology, tactics, techniques and procedures through strong partnerships with career field managers, Air Education and

Training Command representatives, other Department of Defense agencies, industry and academia.

In the first phase of the course, students earned their Security + certification, a commercial standard in the industry. The second half of the course emphasizes what it means to fly, fight and win in cyberspace at the Internet pro-

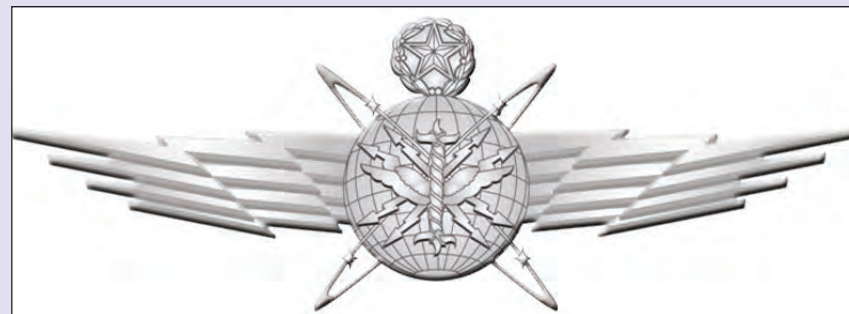
cedure level, with training on networking fundamentals and a variety of simulators.

Up to 400 military members, civilians and international students are expected to complete the course annually.

Susan Griggs, Keesler News editor; 1st Lt. Joost Verduyn, deputy director of public affairs; and Airman 1st Class Heather Holcomb, public affairs specialist, contributed to this report.



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Cyberspace Operator Badge

The lightning bolt wings signify the cyberspace domain. The globe signifies the projection of cyber power worldwide. Together they signify a common communications heritage.

The bolted wings centered on the globe are taken from the center of the Air Force seal and signify the striking power through air, space and cyberspace.

The orbits circling the globe signify the space-related elements of the cyberspace mission.

Teachers get AFCEA science, technology grants

By Susan Griggs

Keesler News editor

Five area educators were presented \$500 grants for science and technology upgrades at their schools during the Armed Forces Communications and Electronics Association luncheon Dec. 1 at the Bay Breeze Event Center.

They are Patty Comer, Biloxi Junior High 7th Grade School; Laura Matthews, Vancleave Middle School; and Marcia Todd and Cindy Grammar, Our Lady of Fatima Catholic School, Biloxi.

The other winner, science teacher Amy Lash from Moss Point High School, was represented by Dr. Spurgeon Banyard, principal.

The guest speaker was Alfred Rivera, director of computing services for the Defense Information Systems Agency.

Brig. Gen. Andrew Mueller, 81st Training Wing commander, hosted the event.

Special guests included:

Lt. Gen. William Lord, former 81st TRW commander, now chief of warfighting integration and chief information officer, office of the Secretary of the Air Force at the Pentagon.

Maj. Gen. Richard Webber, commander of 24th Air Force and Air Force Network Operations, Lackland Air Force Base, Texas.

Maj. Gen. Stephen Gross, mobilization assistant to General Lord.

Maj. Gen. Paul Capasso, former 81st TRW commander, now director of network services for the Office of Information Dominance and Chief Information Officer, office of the Secretary of the Air Force at the Pentagon.

Maj. Gen. Edward Bolton Jr., director of cyber and space operations, deputy chief of staff for operations, plans and requirements at Air Force headquarters at the Pentagon.

Tom Gwaltney, AFCEA regional vice president.

Georgia Fontana, World Wide Technology representing Hewlett-Packard, corporate sponsor of the luncheon.



Ms. Comer



Ms. Matthews



Ms. Todd



Ms. Grammar

TRAINING, EDUCATION NOTES

Academy visit program

The Air Force Academy will host 25 Airmen for an all-expenses-paid tour, Jan. 13-16.

Airmen from all over the country are matched with a cadet escort to gain insight into life at the academy.

Airmen ages 22 or younger with no dependants who are U.S. citizens can apply by forwarding a letter of endorsement and an Air Force Form 1786 signed by their squadron commander, copy of their high school transcript and copy of ACT or SAT scores e-mailed to eddie.cunningham@usafa.edu.

For more information, call DSN 333-8836 or log on to www.academyadmissions.com.

Drill downs, parades

The 81st Training Group's 2011 drill down and parade schedule is:

Drill downs — 8 a.m. Feb. 18, April 29, June 24, Aug. 19 and Oct. 28.

For more information, call 377-2103.

Parades — 6 p.m. March 17, July 21 and Sept. 29 and during Special Olympics, May 13-15.

For more information, call 377-2789.

ROTC at USA

The University of South Alabama offers a four-year ROTC program for qualified students wishing to pursue an Air Force commission.

The campus is 60 miles from Keesler and offers Alabama in-state tuition rates to residents of George, Greene, Harrison, Jackson, Perry and Stone Counties in Mississippi.

For more information, call 1-251-460-7211 or e-mail robertpatt@usouthal.edu.

Civilian training

Information about civilian training opportunities is available from the civilian force development corner on the Keesler public Web site, <http://www.keesler.af.mil/civilianforcedevelopmentcenter.asp>



Lieutenant Kiser



Ms. Vollbrecht



Sergeant Harris

3 Keesler finance leaders honored with AETC awards

By Susan Griggs

Keesler News editor

Three Keesler finance leaders have been recognized with awards for fiscal 2010 from Air Education and Training Command.

They are 2nd Lt. William Kiser and Kristin Vollbrecht, 81st Comptroller Squadron, and Staff Sgt. Brandon Harris, 335th Training Squadron.

Lieutenant Kiser, financial services flight commander, is AETC's financial management officer of the year. His 16-member staff served 17,600 customers and documents valued at \$356 million.

He led the Air Force's controlled spend account pilot program at Keesler and implemented a 100 percent document tracking system that boosted accuracy from 82 to 97 percent in eight months. He also directed Keesler's government travel card program for 3,000 members and 53 squadron representatives.

The lieutenant is treasurer of the company grade officers council and the area chapter of the American Society of Military Comptrollers. He is an 81st Training Wing mission briefer and volunteered with Special Olympics and Habitat for Humanity.

Ms. Vollbrecht, supervisory budget analyst, is the command's finance civilian of the year. She earned the Joint Service Commendation Medal after serving a voluntary 3½-month deployment as an Army budget officer in sup-

port of Operation Unified Response-Haiti.

She personally validated 1,426 documents worth nearly \$123 million, all ahead of schedule, for the 81st CPTS tri-annual review. She prepares the weekly status of funds for group commanders. During the FY10 closeout, she stepped in to manage the \$69.7 civilian payroll program due to an unexpected absence.

While in Haiti, she distributed food, clothing and supplies for three Haitian orphanages, financed roof repair for one orphanage, cared for children at a field hospital and donated her own clothing to homeless women. She helped raise more than \$15,000 for muscular dystrophy and cancer research.

Sergeant Harris, an enlisted financial course instructor, mentored 361 Airmen and motivated six marginal students to avoid washback.

He revitalized two blocks of instruction by updating 960 pages of course material. He's the financial management learning center's community of practice administrator and managed 18 self-inspection checklists. He conducted a financial management class online, curtailing instructor workload by 50 percent.

Sergeant Harris led two Keesler 5/6 fundraisers, served as a dispatcher for Airmen Against Drunk Driving, coached his squadron's softball team and recruited 12 volunteers to mentor 20 teens at Biloxi's detention center. He's earned 15 academic hours toward his master's degree in business administration.

IN THE NEWS

Ploesti Drive closes for repairs

81st Infrastructure Division

Ploesti Drive from the Pass Road Gate to just west of Triangle Chapel is closed for repair of a gas leak near the intersection of Ploesti and Hercules Street.

Hercules Street is closed south of Falcon Street to Ploesti.

The work should be completed by Monday.

Segment of Larcher closes Monday

Northbound traffic on Larcher Boulevard between C Street and the exchange pharmacy's drive-through entrance is rerouted Monday through Jan. 13.

Northbound traffic on Larcher will be redirected either to go west on C Street and north on Third Street or east on C Street and north on Commissary Road.

All entrances to the commissary and exchange remain open. Southbound traffic on Larcher is not affected.

Clinics close for warrior training

81st Medical Group Public Affairs

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

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.

Holiday household waste

The housing office has arranged with the refuse contractor to place dumpsters at several locations Dec. 27-30 to collect extra holiday household waste.

The dumpsters will be located at the corner of Patrick and Vandenberg Drives in Bay Ridge, corner of Garfield Avenue and Givens Street in East Falcon, rear of the Polk Circle cul-de-sac in West Falcon and the northwest side of Cannon Drive in Thrower Park. There won't be a dumpster placed at Sandhill Landing.

These dumpsters are for extra trash — no edible waste or hazardous materials. Artificial trees can be placed in dumpsters, but real trees can be picked up with recycling items.

Household bulk waste pickup is Jan. 11.

Keesler News holiday schedule

The last issue of the Keesler News for 2010 is published Dec. 16. Deadline for submissions is noon Monday.

The Keesler News isn't published Dec. 23 or 30.

The first issue for 2011 is published Jan. 6.

Air Force senior communications leaders gather for Scope Warrior conference



Brian Burns, left, asks Alfred Rivera, right, a question during the Armed Forces Communications and Electronics Association luncheon Dec. 1 at the Bay Breeze Event Center. The event took place during Scope Warrior, an annual strategic planning conference for senior Air Force communications leaders. Mr. Burns is deputy director for warfighting integration and chief information officer, office of the Secretary of the Air Force at the Pentagon. Mr. Rivera is director of computing services for the Defense Information Systems Agency.



Gregory Kipper, a digital forensics and cyber protection practitioner from General Dynamics, is the guest speaker for the Scope Warrior dinner Dec. 2. Keesler hosts the conference each year.

Photos by Kemberly Groue



From left, Maj. Jason Kane, Willem Montfoort and his wife, Col. Kim Montfoort fill their plates at the fish fry hosted by the Biloxi Bay Chamber of Commerce. Major Kane is a member of the Air Force's A-6 (communications) staff at the Pentagon. Colonel Montfoort is a member of the A-6 staff at Air Force Reserve Command headquarters, Robins Air Force Base, Ga.

PERSONNEL NOTES

Information dominance wins wars — protect it!

Special tactics recruitment briefings

The 24th Special Tactics Squadron, the Air Force's special operations unit, is making a recruiting visit to Keesler Dec. 20.

The briefings are 8 a.m. and 2 p.m. in the Sablich Center auditorium.

Recruiters are looking for members in the ranks of senior airman through master sergeant with at least two years time in service, at least 21 years old, with the ability to obtain and maintain a top secret clearance and no current unfavorable information files. However, anyone can attend a briefing.

For more information, call 1-910-243-6825 or 910-495-5558 or e-mail 24STSrecruiting@jdi.socom.mil.

Health insurance open season

The open season for health benefits runs 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 per class, and registration is required.

Interview skills and salary negotiation — 9 a.m. Jan. 20 or Feb. 24.

Federal format resume writing — 9 a.m. Jan. 19 and Feb. 2.

Civilian format resume writing — 2 p.m. Dec. 16; 9 a.m. Jan. 25.

Career skills assessment — 9 a.m. Jan. 26, Feb. 10 or March 10. This class is particularly valuable for upcoming high school graduates or those entering college.

For more information, call 376-8728.

Transition assistance briefings

The airman and family readiness center has a number of upcoming programs for members planning to separate or retire.

Mandatory pre-separation briefings — 1 p.m. Tuesdays for those separating with honorable discharges and 2:30 p.m. for retirees; Room 110, Sablich Center. Bring one copy of separation or retirement orders. This appointment is required by law, and must be accomplished 90 calendar days before the separation or retirement date. For short-notice separations or retirements, the briefing should be done as soon as possible.

Transition assistance program workshop — 8 a.m. to 4:30 p.m. Monday through Dec. 15, Room 108A, Sablich Center. Dress is business casual; no jeans, T-shirts or uniforms.

Veterans benefits briefing — 8-11 a.m. Dec. 16, Room 108A, Sablich Center.

Retirement briefings — intended for those with less than a year until retirement, 1-3:30 p.m. Dec. 16, Room 108A, Sablich Center.

To pre-register or for more information, call 376-8728.

Permissive TDY procedures

All newly-arrived permanent party active-duty members, must report to their units upon arrival at Keesler.

Unit personnel coordinators assist members with completing permissive temporary duty requests and obtaining the commander's signature. Members may not depart on permissive TDY without in-processing the military personnel section and obtaining a leave number.

For more information, call 376-8347.



Reverent retreat

Staff Sgts. Marshall Dixon, left, and Jared Whitcomb fold the flag at the 81st Training Wing's quarterly formal retreat Friday. Sergeant Dixon is a military training leader in the 335th Training Squadron and Sergeant Whitcomb is an MTL in the 332nd TRS.

Photo by Kemberly Groue

New health initiative centers on patient, team

By Marsha Nelson

81st Medical Group

The 81st Medical Group Hospital Family Health Clinic has been operating under the Air Force's Family Health Initiative since Sept. 1.

The initiative, launched in August 2008 at Ellsworth AFB, S.D., and Edwards AFB, Calif., is modeled on the patient-centered medical home, a 1960s concept that is making a comeback as the nation struggles to make health care more efficient. A patient-centered model consists of a primary-care doctor, nurse and technicians who work as a team providing treatment for most conditions and make referrals to specialists as necessary. During 2008-2009, 13 Air Force medical treatment facilities implemented the FHI. In 2010, 20 more Air Force facilities, including Keesler, have put the tenets of FHI into practice.

The model has the support of the American Medical Association, the American Academy of Family Physicians and other national health-care groups. Under the Air Force program, a family health team consists of a family practice physician, an extender (either a physician

assistant or nurse practitioner), a registered nurse and five medical technicians.

The FHI solidifies the Air Force surgeon general's vision that primary care at Air Force MTFs should be a medical home that is pleasing to both patients and medical staff. Primary goals are improved doctor-patient relationships, better access to treatment and higher-quality care.

Educating the Keesler community on FHI is the most important piece to the success of this initiative. FHI focuses on the personal relationship between patient and provider, creating a greater continuity of care. Building rapport with a medical team doctor, nurse and technician puts the focus more on preventive, proactive care instead of reactive care and ultimately leads to healthier Airmen and their families.

Keesler is laying the groundwork to establish continuity among patients and the FHI team's staff. There may be a few "hiccups" along the way, but patient suggestions assist the staff in making FHI a success.

The family health clinic, which serves about 14,000 patients, is now composed of six family health teams. Each team has approximately 2,500



Photo by Steve Pivnick

From left, Capt. (Dr.) Lauren Herrman and nurse Holli McDonald examine Maureen O'Hara while Staff Sgt. Krystal Sandoz, a medical technician, takes her blood pressure. Other "Pelican" team members are nurse practitioner Kelly Mask and medical technicians Airmen 1st Class Kelsi Speight and Kadie Stoller and Airman Aleksandar Petrakov. Mrs. O'Hara lies in Ocean Springs with her husband, retired Army Col. John O'Hara.

patients. Although the transition to the teams was virtually transparent to patients, dedicated appointments with an assigned team doctor or team

extender will become more apparent as the clinic moves into the second quarter of FHI implementation. Patients no longer are booked among

potentially 14 different clinic providers. Continuity of care is achieved by patients seeing their specific medical team. As continuity builds between the team and patient, so should trust, thereby resulting in a more satisfying health-care experience.

As with all military organizations, deployments and personnel transfers are a reality and result in periodic changes to a medical team. When the team provider is absent for an extended period, patients can anticipate an interruption in the continuity of care. For longer term absences, patients are temporarily seen by another team. The clinic staff does everything possible to ensure patients receive timely, quality care.

The clinic plans some upcoming events, such as patient days and team weeks, to educate patients about their respective teams and to acclimate them to the new patient-centered home initiative.



Photos by Kemberly Groue

Peyton Parisi, 3, son of Master Sgt. Anthony Parisi, 81st Communications Squadron, has visions of colorful lights dancing in his head at Holiday in the Park, Dec. 1.



After making her gift requests known, Jenna Douberly, 4, daughter of Tech. Sgt. Dustin and Shannon Douberly, 81st Training Support Squadron, receives a candy cane from Santa Claus to foreshadow the gifts that will arrive on Christmas morning.



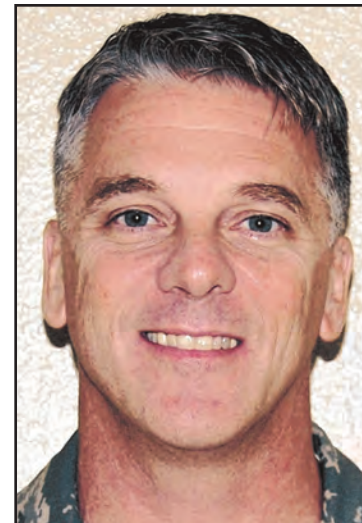
Alexia Wilson, 2, daughter of Cpl. Timothy and Amy Wilson, Keesler Marine Corps Detachment, is having a chat with Frosty the Snowman and finding they have much in common — same smile and same red, cute as a button nose.



From left, Chaplain (Capt.) Ralph Elliott, Jr., LaShae Snider, Rhoan McIntyre, Laplace Jackson, Sheila Shepard, Greg Davis, Airman 1st Class Patrick Castro and Allan Micksch sing Christmas carols to get into the spirit. Airman Castro is assigned to the 81st Communications Squadron; Ms. Snider, Mr. Jackson, Mr. Davis and Mr. Micksch are retired Airmen; Mr. McIntyre is a retired Sailor and Ms. Shepard is a retired Soldier.



Parents escort their children to the free toy table.



Sergeant Gestring

Purple Heart recipient lauded by Air Force chief of staff

By Steve Pivnick

81st Medical Group Public Affairs

Master Sgt. Kenneth Gestring, 81st Surgical Operations Squadron, was honored by Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, with a letter from the Air Force chief of staff.

The letter was presented following the group's monthly promotion ceremony Nov. 30.

Sergeant Gestring, who was presented the Purple Heart in May for wounds he suffered while deployed to Afghanistan, is among the Airmen included in the Air Force's current edition of "Portraits in Courage."

In his letter, Gen. Norman Schwartz said, "It is my distinct privilege to express, on behalf of the United States Air Force, our sincere gratitude for your heroic efforts, which we celebrate and honor in Portraits in Courage, Volume V. Your valor and strength of character represent the Integrity, Service and Excellence upon which our Air Force was built and fortified. Your exceptional service and sacrifice exemplify the patriotism that is the hallmark of our Nation.

"I am proud to stand with you as a fellow Airman. Your selflessness and ceaseless devotion to duty are an inspiration to all Airmen. I thank you and your family for your dedicated service to the Nation."

Exchange, Santa tinker with holiday strategies

By Steve Hoffmann

Keesler News staff

The holiday season is here and there are deals being offered at the Keesler Exchange that will knock your stockings off and hang them by the chimney with care.

Even with the golden incentive of no sales tax, the exchange is feeling the heat from outside competitors and offering big discounts on items from TVs and appliances to jewelry.

“Because of the economy being the way it is right now, the exchange, corporately, is taking a different strategy this season and offering deals that are right along with the competition,” said William Buell, the exchange’s retail manager.

Two-hour blitz sales, instant rebates on selected items throughout the store and sales every weekend until Christmas are some of the strategies being employed to spur sales.



Airman Basic Tyler Birkholz, 81st Aerospace Medicine Squadron, shops for a fishing pole at the exchange. Hoping to lure more shoppers this holiday season, AAFES is deploying unprecedented sales and rebate incentives.

Photo by Kemberly Groue

“We offer layaway too, which is something a lot of our competitors don’t do,” said Mr. Buell. “We’ll basically hide your gifts for you ‘til Christmas.”

Gift cards are also being highlighted as a great way to send gifts to troops overseas.

“Their convenience is mak-

ing them more and more popular every year,” said Mr. Buell pointed out. “Not only can they be used in the store but at the food court restaurants as well.”

Santa Claus is also changing tactics and making not one but two visits to Keesler. His first visit was Dec. 4-5, but

he’ll be making a rare second appearance this Saturday and Sunday from 11 a.m. to 2 p.m. to make sure every child has a chance to tell him what they want for Christmas.

Need help wrapping all those presents? The exchange is donating wrapping paper for

squadron gift-wrapping fundraisers. Gift wrapping is available in the food court throughout the holiday season.

The exchange is open 9 a.m. to 9 p.m. for holiday shopping. From Dec. 20-23, hours are extended until 10 p.m. Hours are 8 a.m. to 5 p.m. on Christmas Eve.

Energy-saving ideas abound for holiday, winter season

By Allison Casey

U.S. Department of Energy

With the winter holiday season comes the frenzy of decorating, holiday gatherings, gift buying and errand running. Don’t let your energy-saving efforts fall by the wayside amid all the festivities.

These tips below will help you save energy and money as you celebrate.

Light-emitting diode holiday lights are more efficient, long lasting and safer to use than traditional incandescent lights. The initial purchase price of LED light strings is higher, but the energy savings is significant. When considering the cost of using light strings 12 hours a day for 40 days, the cost is 56 cents for a string of 280 of LED lights with .04 watt bulbs, compared to \$6.03 for a string of 300

mini incandescent lights with .04 watt bulbs or \$25.13 for standard C-7 4-watt bulbs.

Holidays often bring many guests and lots of food and cooking. When your guests arrive, turn down the thermostat. The combination of the stove, hot food and the warm bodies should keep the house comfortable.

Whether your goal is to help the recipient save money or just to give that cool gadget, there are plenty of options for energy efficient gifts.

Electronics are always popular gifts, so consider purchasing Energy Star qualified electronics.

Computer and office equipment and appliances also receive Energy Star labeling.

Rechargeable batteries with chargers) and compact fluorescent bulbs may not be at the top of anyone’s list, but they make great stocking stuffers

and the savings will be appreciated.

Time and skills are always good gifts. Help someone on your list complete a do-it-yourself home energy audit, or help them air seal their house, install insulation or insulate their old water heater tank. Your gift will keep on giving as they see savings throughout the year.

Errands and to-dos seem to pile up during the holidays. Unfortunately, these errands add up — several short trips taken from a cold start can use twice as much fuel as a longer trip covering the same distance when the engine is warm, according to [Fueleconomy.gov](http://www.fueleconomy.gov). Plan to combine multiple errands into one trip to be as fuel efficient as possible.

For more information, call the base energy management team, 377-5859 or 5853.

ENERGY AWARENESS TIP

Indoor Lighting:

Use fluorescent tubes and energy efficient compact fluorescent light bulbs (CFLs) in fixtures throughout your base facility and at home.



Indoor Lighting Tips

- They provide high-quality and high-efficiency lighting
- CFLs can last up to 6-12 times longer than standard bulbs
- ENERGY STAR CFLs are available to fit most fixtures
- They save about \$30 in electricity costs over bulb's lifetime
- May reduce energy costs by producing 75% less heat
- Consider purchasing ENERGY STAR qualified fixtures
- Most importantly, safer to operate

Take full advantage of daylight by using light-colored, loose-weave curtains on windows to enable daylight to penetrate rooms while preserving privacy. Also, decorate and paint with lighter colors to reflect daylight.

Visit www.energystar.gov for additional information

**Make Energy A Consideration
In All We Do!**

For lost and found items,
call the 81st Security Forces Squadron
investigations office,
377-4500,
7 a.m. to 5 p.m. weekdays.



Christmas craft

Jennifer Foster and Stance LeBlanc decorate the Keesler Dolphin Friday in preparation for Biloxi's Christmas on the Water parade. Ms. Foster is employed at the mini-mall barber shop and Mr. LeBlanc is an outdoor recreation employee at the marina. Brig. Gen. Andrew Mueller and his wife, Keri, were judges for the annual event held Saturday. Keesler's entry placed second in the boat decorating competition.

Photo by Kemberly Groue

LEGAL BRIEFS

Some military home buyers can avoid repaying tax credit

By Richard Brock

Legal Office

The first-time homebuyer credit gave up to \$8,000 in tax credit on homes before Oct. 1.

Eligible individuals file an Internal Revenue Service Form 5405 to claim the tax credit.

There's a provision that most people who dispose of the home in less than 36 months have to repay the

credit. Some members who receive permanent change of station orders may be concerned that they have to repay the credit. However, the recapture provision doesn't apply to military members who receive orders to a duty station more than 50 miles away from the home or who move to government quarters under government orders.

For more information, call 376-8601 or visit <https://aflegalassistance.law>.

Slogans, taglines, backgrounds prohibited in official email

81st Training Wing Legal Office
and 81st Communications Squadron

Air Force guidance is clear - slogans, taglines and personalization shouldn't be used in official e-mail.

Many contain quotes from famous people or are maxims from motivational books and posters. Although they may be inspiring, their use in Air Force e-mail is contrary to regulation.

Air Force Instruction 33-119, Air Force Messaging, paragraph 3.7, specifically prohibits the use of slogans or taglines in Air Force e-mail.

The ban reflects the fact that e-mail has replaced or supplemented formal Air Force communications like official memorandums, messages and taskings.

As noted in the Tongue and Quill (pages 146 and 147), there are many ways to make social blunders and offend people when using e-mail. Slogans and taglines used in an official e-mail have the potential to be misinterpreted and, as a result, create an unfavorable impression of the sender and the Air Force.

Beyond slogans and taglines, the AFI also states that users won't add special backgrounds, stationeries, digital images or unusual fonts in the body of their e-mails.

While such personalized messages, with their extraneous content, may also lead to misinterpretation, they are guaranteed to use more bandwidth and increase the size of the message. Unnecessarily large e-mails negatively impact network performance for all base users.

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.



Become a
Keesler fan!
[www.facebook.com/
81stTRW.Keesler](http://www.facebook.com/81stTRW.Keesler)

Holistic holidays: Keeping your mind and body merry and bright

By Capt. DeAnna Landis
and Patty McGruder

81st Medical Group

Although most of us look forward to spending time with family and friends during this time of year, the holidays can also be a source of stress. Multiple demands of things like shopping, entertaining, traveling, working on the holidays and being separated from friends and family can allow stress and depression to creep in like uninvited guests to the holiday festivities.

It's important to recognize some of the triggers of holiday stress to prepare for a peaceful and relaxing holiday season.

Relationships

Relationships can be a source of great comfort and support through the holiday season, but tensions during the holidays can cause misunderstandings and intensified conflicts.

Family conflicts often resurface during the holidays when several people are crammed into a house when everyone is used to having their own space. Avoid engaging in the traditional "airing of grievances" and spend time focusing on the positive things you enjoy about your family.

Keep in mind that along with many Airmen, you're not the same person you were before joining the Air Force. This may present challenges to family and friends who remember you differently.

Also, holidays without a loved one can be tough and leave an individual feeling lonely and or sad. If you're not going to be able to spend the holidays with your family or friends, don't isolate yourself wherever you're going to be. Consider volunteering your time instead of staying home alone. Homeless shelters and nursing homes welcome volunteers anytime.

You may also decide to attend a religious or spiritual

service at the chapel or in the community.

Supervisors should make sure their troops have plans for the holidays or help them find something to do. If they'll be alone, help them make alternate plans. Many families open up their homes to Airmen who'd otherwise be spending the holidays alone.

Finances

Extra expenses during the holidays can be overwhelming and frustrating, especially when looking toward the future. Between travel, food, entertainment and fighting through crowds to be sure that you are able to buy that perfect gift, stretched finances can put a strain on your budget. Overspending in an attempt to ensure that everyone is happy for the holidays frequently leads to financial worries in the months to come as the credit card bills come due. Before you start buying gifts, decide how much you can afford and stick to your budget. Don't try to buy happiness with an avalanche of gifts. The airman and family readiness center can help you set up a budget for before, during and after the holidays.

Physical demands

Don't try to do everything without the necessary rest period, because illness can set in without enough sleep. Holiday demands frequently require a juggling of priorities that leads to chores and errands taking priority over healthy coping behaviors such as getting adequate rest and exercise. Don't abandon those healthy habits.

Don't let the holidays become an excuse to overdo it when it comes to eating and consuming alcohol. Overindulgence adds stress, guilt, discomfort and sluggishness. Be prepared when eating out or at parties.

Get plenty of rest and schedule enough time for travels, taking into consideration additional holiday traffic.

Take care of yourself

Take time to express emotions when necessary. It's the holidays, but listen to your body and keep a level head.

Reach out and talk to a trusted friend or relative when needed. This can help reduce stress.

Be realistic. Don't try and make the holidays perfect. Traditions change as families change. Be flexible and enjoy things as they are, rather than obsessing about how things are supposed to be.

Set negatives aside. Try to stay relaxed and set aside a more appropriate time for difficult tasks or discussions.

Plan ahead. Prepare shopping lists, menus, social events and everything else that comes up during the holidays in advance. Be practical with allotted time, especially when others are involved.

Learn to say "no" — You can't participate in every event or activity. Be comfortable with knowing your limits and setting them with family and friends.

Take some time for yourself. Spending 15 minutes just relaxing can help you recharge your batteries and tackle the tasks you still have to handle. Get a massage, go to a movie or have a nice bubble bath.

Take time out for spirituality. Celebrate the religious significance of the holidays. It may be a good time to renew your spiritual beliefs and spend more time contemplating your spirituality.

Seek help if you begin to feel "stretched thin" emotionally or physically. Don't wait until you reach the point of helplessness or hopelessness. Seek help from a supervisor, friend or loved one or speak with someone at the mental health clinic or a chaplain.

For more, log on to <http://mentalhealthscreening.org/programs>.

Editor's note: Captain Landis is a licensed clinical social worker in the mental health flight and Ms. McGruder is a health promotion educator at the health and wellness center.

KEESLER NOTES

Immigration help

From 8 a.m. to 1 p.m. today, a representative from the U. S. Citizenship and Immigration Services is in the legal office to meet with military members, their families, retirees and their dependents to answer questions about the immigration application process and how being a military member helps the immigration process.

Walk-ins and appointments are welcome. For more information or to schedule an appointment, call 376-8601.

Toys for Tots

Donations for Toys for Tots must be turned in this week for pickup by members of the Marine Corps Reserve, sponsor of the annual drive.

Collection boxes are available in Room 107 or 110, Sablich Center, where donations will be turned in this year.

For more information or to volunteer, call 376-8501 or 209-7052.

Healthy eating classes

The health and wellness center offers two classes to plan more healthful during the holiday season:

Today — 11 a.m.-noon, Holiday Eating.

Dec. 16 — noon to 1 p.m., Eating on the Run/Dining Out.

To sign up, call 376-3170.

Center closed

The airman and family readiness center is closed Monday and Tuesday for leadership training.

Pre-separation counseling and post-deployment briefings won't be conducted Tuesday, but the transition assistance program workshop goes on as scheduled.

For emergency financial aid travel requests, call 376-8728.

AFCEA officers

New officers of the Armed Forces Communications and Electronics Association are Lt. Col. Douglas Short, 333rd Training Squadron commander, president; Lt. Col. Trevor Wall, 332nd TRS commander, vice president; Capt. Walker Hoffman, 333rd TRS, secretary; and 2nd Lt. Eric

Mast, 85th Engineering Installation Squadron, treasurer.

Top III meeting

Top III meets at 3:30 p.m. Tuesday at Bay Breeze Event Center, third floor.

Legal office closes

The legal office closes at 3 p.m. Wednesday for an official function.

Finance closes

The 81st Comptroller Squadron closes at 11:30 a.m. Dec. 16 for a unit function.

Housing decorations

Holiday decorations in base housing should only be lit from dark until midnight.

All decorations should be taken down by Jan. 6.

Airman's Attic

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

Thrift shop

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

Profits benefit base and area charities and provide scholarships.

Hours are 9 a.m. to 2 p.m. Mondays and Wednesdays. Consignments are accepted 9 a.m. to 1 p.m. Mondays.

Pickup is available for donations, such as kitchen items, small appliances, furniture, rugs, household items and infant and children's items.

For more information, call 377-3217.

Supply issues

For supply issues, contact the CSC supply customer service element, Room 126, Taylor Logistics Center, Building 4002; call 377-8891 or e-mail michael.cashion.2.ctr@us.af.mil



Photo by Kemberly Groue

From left, Airman 1st Class Joseph Van Rooyen, Airman Andrew Gomez and Airman Basic Kyle Reeder, students in the 336th Training Squadron, watch an NFL Sunday Ticket game Sunday in the collocated lounge at Bay Breeze Event Center. Big screen TVs are available in the casual dining room starting at 11 a.m. and the lounge beginning at noon.



Arts and crafts center

Friday — noon to 2 p.m., framing class. Bring in 5x7 photo for framing. \$30 materials fee.

Saturday — 8:30-10:30 a.m., beginning woodworking. \$25 material fee; 2-3 p.m., children's penguin decorating. \$5 per child.

For more information or to register, call 377-2821.

Bay Breeze Golf Course

Monday-Dec. 16 — 2 p.m., twilight special. Play unlimited golf until closing. For more information, call 377-3832.

Monday-Saturday — golf lessons with a professional. \$30 per half-hour. By appointment only.

Gaudé Lanes

Today — club member special, \$1.50 per game with free shoe rental.

Friday — 9 p.m. to midnight, glow bowling.

Saturday — 7 p.m. to midnight, glow bowling.

Keesler Club

Editor's note: Must be 18 or older to enter collocated lounge.

Saturday — 10 p.m. to midnight, dance night in the lounge. Free admission.

Sunday — noon to 5 p.m., tailgate brunch. \$8.50, members receive a \$2 discount.

Wednesday — 4 p.m., Wingman Wednesday in the lounge. \$5 domestic draft pitchers. "Wings and things" free for members, non-members pay \$3 at the door.

McBride Library

Wednesday — 10 a.m. to noon, holiday open house. Refreshments, children's story hour and ornament to celebrate "The Spirit of Giving". Free admission.

Vandenberg Community Center

Today — 5 p.m., holiday movie night. Bring your favorite holiday movie to watch. Free popcorn and beverages. Free admission.

Friday — 9-11 p.m., first annual club "V" fashion show. Cat walkers are judged on creativity, originality and pure swag. Prizes awarded. \$3 admission, nonprior service students only.

Saturday — 9 p.m. to 2 a.m., re-jingle a jingle. Remake your favorite holiday song. Winner receives an exclusive party at the "V" next month. \$3 admission, nonprior service students only.

Airman and family readiness center

Editor's note: To register for classes, call 376-8728.

Monday-Wednesday — 8 a.m. to 4 p.m., transition assistance workshop to help with the transition to the civilian work force; 10-11 a.m., sponsor training for those sponsoring inbound personnel.

Dec. 16 — 8-11 a.m., Veterans Administration benefits briefing, active duty members and their spouses are invited to attend; 2-4 p.m., civilian jobs resume writing, learn formatting and techniques for presenting your accomplishments.

Air Force Falcons headed to Independence Bowl

Air Force Print News

AIR FORCE ACADEMY, Colo. — The Air Force Falcons will play the Georgia Tech Yellow Jackets in the 2010 AdvoCare V100 Independence Bowl, 4 p.m. Dec. 27 in Shreveport, La., to be televised on ESPN2.

The Independence Bowl is beginning partnerships with the ACC and the Mountain West Conference in an agreement that runs through 2013. This year's game marks the 35th anniversary of the Independence Bowl, the nation's 11th-oldest bowl game.

"We are thrilled to have Air Force play in the 2010 AdvoCare V100 Independence Bowl this year as we begin a new partnership with the Mountain West Conference," said 2010 Bowl Chair Jim Hagan. "We feel this matchup between Air Force, and a quality opponent from the ACC will excite our fans in Shreveport-Bossier City and throughout the region, and we look forward to a great game."

The Falcons finished their season with an 8-4 overall record and a 5-3 mark in MWC play, good for a third-place tie in the conference with Brigham Young University and San Diego State. The Falcons become the first service academy team to play in the I-Bowl since Army in 1996.

The Falcons have posted at least eight wins and qualified for a bowl game the last four seasons under Head Coach Troy Calhoun. Air



Force enters the Independence Bowl riding a three-game winning streak. Air Force claimed the Commander-in-Chief's Trophy with wins over Navy and Army this season, capturing the trophy for the 17th time and for the first time since 2002.

"The Air Force Falcons are honored to get a chance to come back to the Shreveport-Bossier City and Barksdale Air Force Base community," Coach Calhoun said. "Our cadets, administration, coaches and supporters are excited to soon head south to be a part of one of college football's treasures."

"We're proud and excited to be headed to the Independence Bowl to take on a great opponent from the ACC," said Athletics Director Dr. Hans Mueh. "This is a great opportunity for our school, coaches, players and fans. Our football team has had a great season, and this is an outstanding way for them to close it out."

Army and Navy will play in the Bell Helicopter Armed Forces and San Diego County Credit Union Poinsettia Bowl, respectively, marking the first time in history that all three U.S. service academies will play in bowl games in the same season.

The Falcons have made three straight appearances in the Armed Forces Bowl in Fort Worth, Texas, facing Houston the last two years and playing California in 2007.



Basketball leagues tip off

By Susan Griggs

Keesler News editor

Keesler's intramural basketball season tipped off last week.

Eastern Conference

Nov. 29, the 81st Medical Group clobbered the 332nd Training Squadron's B team, 77-42; the 81st Training Support Squadron outpaced the 81st Dental Squadron, 50-32; and the 81st Force Support Squadron beat the Seabee Base, 58-47.

Dec. 1, the 81st Security Forces Squadron defeated the 81st FSS, 44-26; the Seabee Base bounced past the 332nd TRS-B, 59-33; and the 81st DS posted a win over the 345th Airlift Squadron, 47-37.

Eastern Conference

Nov. 30 games were rescheduled.

Dec. 2, the 403rd Wing slipped past the 333rd TRS, 39-38; the 81st Logistics Readiness Squadron earned a 51-43 win over the 338th TRS-A; and the



Photo by Adam Bond

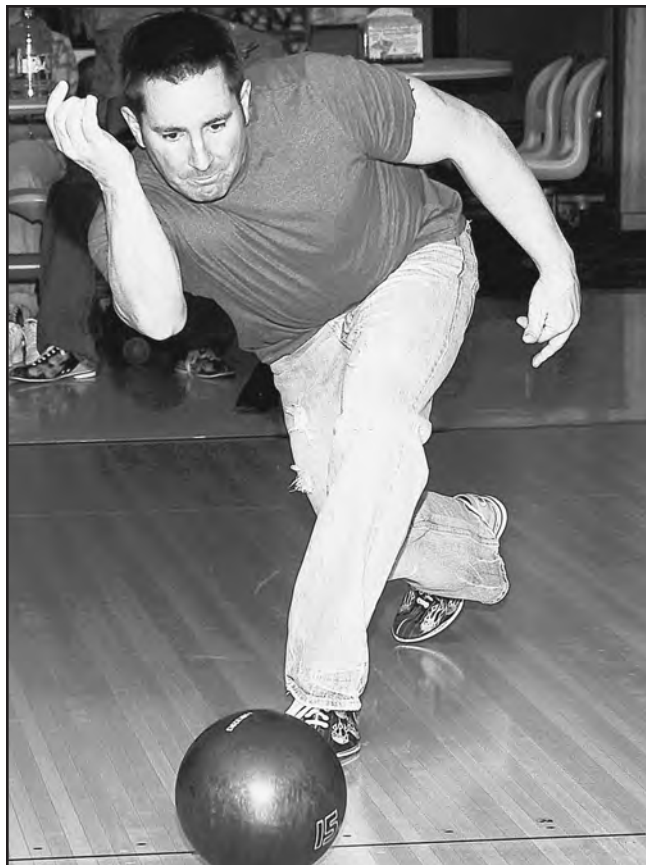
David Thatch, left, and Tranae Riley, right, block Kevin Watkins, 338th TRS-A, who's backed up by Chastin Davis during a Eastern Conference matchup Dec. 2. The 81st LRS won, 51-43.

335th TRS claimed a victory over the 81st Surgical Operations Squadron, 54-33.

Eastern Conference teams play at 6, 7 and 8 p.m. Mondays and Wednesdays and Western

Conference squads face off at 6, 7 and 8 p.m. Tuesdays and Thursdays. All games take place at Blake Fitness Center.

For more information, call 377-2444.



Cheerful bowling

Brian Herre, 336th Training Squadron, was one of the bowlers who participated in a bowl-a-rama Friday at Gaudé Lanes to benefit Project Cheer. The event, sponsored by the Keesler First Sergeants, helps Project Cheer provide the food for a holiday meal for junior enlisted members who need assistance during the holiday season. In addition to the entry fee, bowlers were asked to donate a non-perishable food item to be given to Airman's Attic. The bowl-a-rama netted \$200 and 60 food items.

Photo by Kemberly Groue

Giddy up, giddy-up, giddy up, let's go!



Photo by Adam Bond

Santa Claus, top left, greets runners at the start of the Jingle Bell 5-kilometer run, Dec. 1 at Blake Fitness Center. Top finishers were Justin Hyde, 81st Diagnostics and Therapeutics Squadron, 19:31, and Sheena McIntire, 334th Training Squadron, 22:21.

Raise your voice — honor your country.
If you're interested in singing the national anthem
at base or community ceremonies,
call YoLanda Wallace, 377-1179.

Don't drink and drive.

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

334 saves so far this year