



# KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

MARCH 3, 2011  
VOL. 72 NO. 9

## Towering task for 85th EIS team

Page 5

Community center reopens  
Page 6

New tree for Oak Park  
Page 11

Annual awards  
Pages 14-15

### INSIDE

Commentary, 2-3 Training and Education, 4-9 News and Features, 10-21 Sports and Recreation, 22-23

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## Lombardi lessons — drill ... drill ... drill ...

By Col. Glen Downing

81st Training Wing vice commander

At the beginning of every spring training session, Vince Lombardi, the famed coach of the Green Bay Packers and namesake of the Super Bowl trophy, would walk into a locker room filled with the greatest players in the NFL. Coach Lombardi would hold up a football and loudly proclaim, "Gentlemen, this is a football." Why would the coach of a team that won five NFL championships, to include the first two Super Bowls, start every season with such a fundamental statement?

Coach Lombardi's approach is detailed in Bob Rubin's book, *Green Bay's Packers: Return to Glory*, "We may not know any more about football than most of the other coaches in the league, but if we can put everything we know together so it makes good basic sense and then drill-drill-drill it into them ... that kind of coaching can make winners out of losers."

In a military sense, we need to train, train harder and then train again.

The Green Bay Packers would start every year with the most rudimentary elements of their game. Once the basics were mastered, they'd work through the playbook, drilling and drilling until every play was second nature. When the season started, desire, talent and other intangibles no longer mattered. What made the Green Bay Packers successful was repetition. Repetition is what got them to the Super Bowl.

As a military installation, our Super Bowl occurs during a time of major emergency. Over the last 20 years, the U.S. military faced multiple Super Bowl-like emergencies on nearly an annual basis. The attack on CIA headquarters in 1993, shootings at Fairchild Air Force Base, Wash., in 1994, bombings in Oklahoma City in 1995, Khobar Towers in 1996, U.S. embassy bombing in Kenya in 1998, the USS Cole attack in 2000, the Sept 11 attacks in 2001, U.S. embassy bombing in Peru in 2002, Riyadh bombings in 2003, U.S. embassy attack in Greece in 2007, the shootings at Fort Hood in 2009 and the failed bomb attempt in New York City

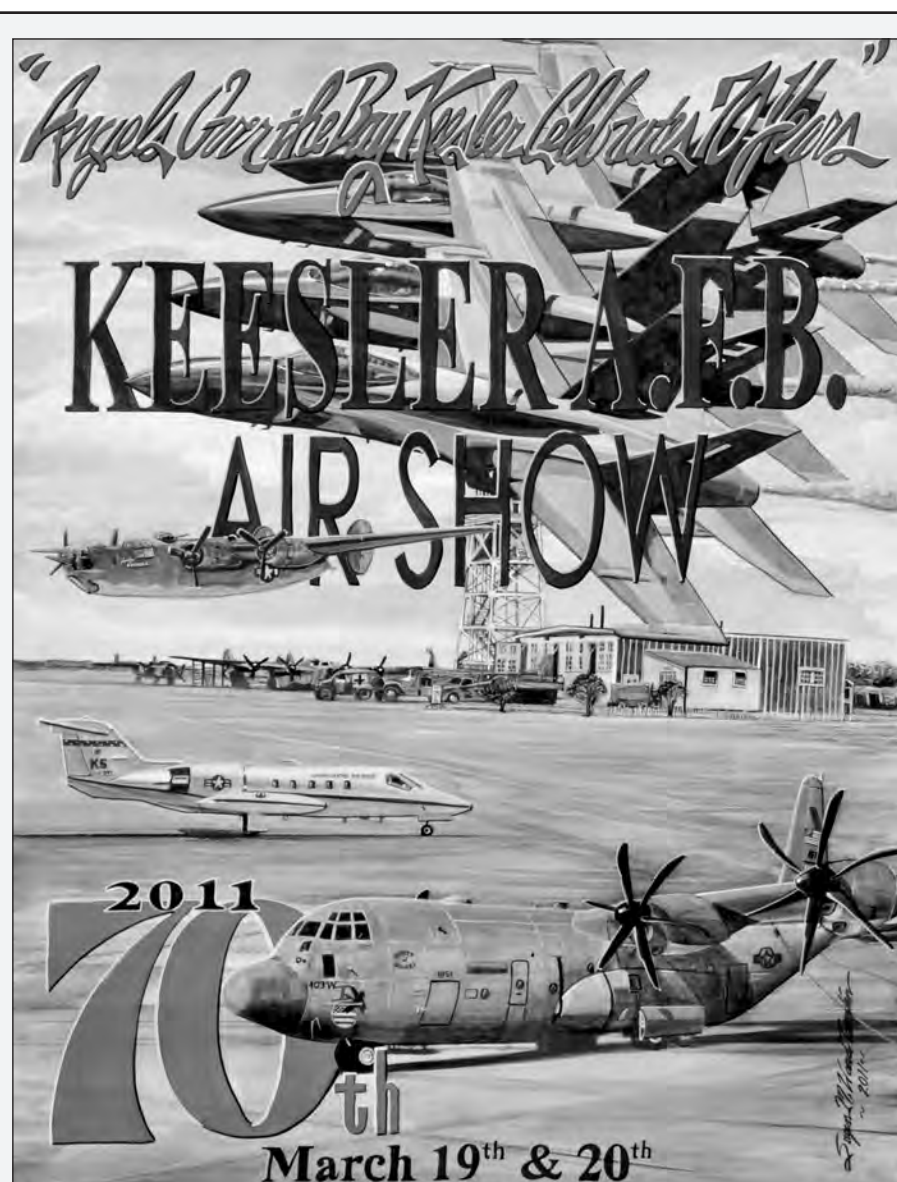
last year are all evidence. Right here at Keesler, we've faced four major hurricanes in the last 20 years, including Hurricane Katrina, the most destructive natural disaster in U.S. history.

Some argue responding to attack or disaster is easy when motivated by the smoke and destruction left in their wake, implying preparation is not important because we already know what to do. Would Lombardi's Packers have won Super Bowls without the preparation they conducted in spring training? No — so why should we anticipate success without a similar level of preparation?

Our opportunity for spring training is our exercise program. Rather a force protection exercise or a major accident response exercise, these rehearsals allow the entire installation to "drill-drill-drill." Like some of Lombardi's Packers, a few will find these exercises too rudimentary for them. Others will complain these exercises are an inconvenience, slowing their progress through our gates or service in our many customer areas. This is true; often our exercise program will interfere with daily operations and inconvenience customers. These customers are the ones the exercises prepare us to protect in the first place. A few minutes of inconvenience are a worthwhile price to pay for safety and security.

A good exercise program starts with the fundamentals. Once the fundamentals are mastered, every part of the playbook, every major plan needs to be rehearsed. Monthly events ensure continuity of training and keep learning fresh. Every major incident response plan is exercised at least annually; the most likely are practiced more frequently.

This level of preparation, a level achieved by training, training harder, then training again, is necessary to respond to the unknown and unexpected incident response Super Bowl. Prudence will not allow us to sit idly by, wait for disaster then respond. The time for us to get ready is now. The best way to start is with one simple statement, "Gentlemen, this is a football!"



Gates open 9 a.m. both days — Free admission!  
Shuttles run from base housing both days  
(for more information, see Page 10).

### Scheduled performers

the Navy Blue Angels, Army Golden Knights parachute team, a B-25 Mitchell Bomber, an F-16 demonstration, Viper East, AT-6 Texan, Fat Albert, C-130J Hercules, T-38 Talon, P-40 Warhawk, C-47 Skytrain, MiG-17F Fighter Jet, F4U Corsair and the Air Force Honor Guard.

### Displays

C-17 Globemaster, C-130J Hercules, C-21, C-172, MQ-1 Predator remotely piloted aircraft, B-26J Mitchell Bomber, Beech T-34A Mentor, UH-1 Huey, PT-17 Stearman, T-1 Jayhawk, T-6A Texan II, Yak-52, T-6G Texan, L-39 Albatross, L-29 Delfin, HC-144 Ocean Sentry, P-3C Orion, T-45C Goshawk, L-178 Navion, E-2C Hawkeye, EA-6B Prowler, EA-18G Growler, H-65 Dolphin, OH-58 Kiowa and RQ-4 Global Hawk full scale model.



## ON THE COVER

Senior Airman Jeremy Thatcher, 85th Engineering Installation Squadron, communicates with other team members Feb. 15 as they remove angle bolt plates from tower legs of an excess AN/GPN-20 (V) antenna south of Cody Hall. The tower was dismantled and returned to the supply system via Tobyhanna Army Depot, Pa. The system is valued at more than \$436,000. Having the system dismantled by the 85th EIS saved the Air Force money while providing a training opportunity for squadron members. Story, more photos, Page 5.

Photo by Kemberly Groue

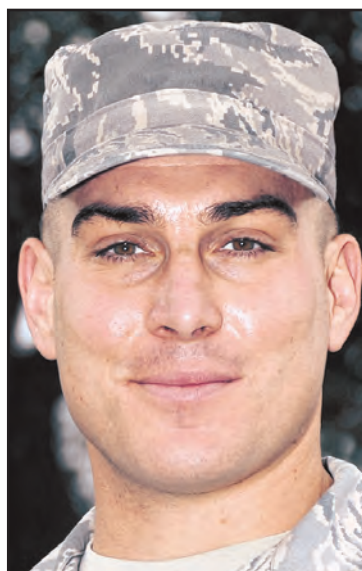


## DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

If you won a million dollars, what's the first thing you'd buy?



"I think I'd donate 50 percent to multiple sclerosis research."

Staff Sgt. Matthew Zilisch,  
333rd Training Squadron



"A plane ticket to Greece!"

Staff Sgt. Audrey Spoor,  
81st Security Forces Squadron



"Property and building to open my smooth jazz club, my dream and goal."

Chester Sims, 335th TRS

## KEESLER NEWS

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## AETC commander highlights mission success

By Lt. Col. Sean McKenna

### AETC Public Affairs

The commander of Air Education and Training Command highlighted the Air Force's successes in recruiting, training and educating Airmen while acknowledging the many challenges that lie ahead during a presentation at the 27th Annual Air Force Association's Air Warfare Symposium in Orlando, Fla., Feb. 18.

Gen. Edward Rice Jr. spoke to a group of nearly 250 military professionals, aerospace industry insiders and media members. The presentation, titled "AETC: Today's Challenges... Tomorrow's Opportunities," touched on the command's achievements in 2010, including leading and graduating a student population of more than 330,000 military members, before turning attention to the many challenges the Air Force's fourth-largest command faces in the days ahead.

"Be proud of what's going on in your Air Education and Training Command, carrying out

tasks that are meeting the needs of our combatant commanders," said General Rice, who assumed command Nov. 17.

The Air Force met 100 percent of its active-duty enlisted and line-officer recruiting goals in fiscal year 2010, General Rice said, all while welcoming the brightest crop of Airmen in Air Force history, with more than 90 percent of recruits scoring in the upper half of the Armed Services Vocational Aptitude Battery test.

He pointed out there is still room for improvement, especially in health professions recruiting, where the challenge remains attracting fully qualified doctors and dentists, primarily due to the disparity in salaries between what the Air Force and the civilian sector can offer.

General Rice reported the Air Force met 95 percent of its programmed undergraduate flying training in FY10 and 89 percent of its overall flying training production, consisting of 91 officer and 30 enlisted pipelines with 302 different courses offered.



General Rice

The challenge that lies ahead, he said, is keeping up with the Air Force's high demand for pilot production, leaving little headroom for dealing with the unexpected. With aging aircraft such as the 50-year-old T-38 Talon primary trainer, the future of the Air Force's flying training program is a top priority.

With a goal of filling 90 per-

cent of its technical training seats, the Air Force bested that in FY10 with 95 percent, General Rice noted, while expertly managing 136 separate career-field curriculums totaling more than 3,000 courses. However, certain critical career fields — including pararescue jumper, combat controller, cryptological language analyst, cyber systems operator, and airborne intelligence, surveillance, and reconnaissance operator — continue to suffer from production shortfalls, he said.

Improving the shortfalls in those critical career fields remains a top focus for AETC, General Rice said. For example, with the attrition rate for pararescue trainees at 90 percent, the Air Force has tightened its recruiting and screening processes, with the aim of bringing in a PJ candidate much more likely to withstand the rigors of an intense PJ training pipeline that encompasses 11 courses during 424 days.

The general explained the command's core mission analysis, a process that identifies AETC's requirements, roles and

missions, and determines how it can most effectively and efficiently accomplish those missions. Doing so, he said, leads the command to make better resourcing decisions and manage risk more effectively, with the goal being to maintain the highest standards of recruiting, training and education excellence in a resource-constrained environment.

"The senior leadership of AETC is spending a lot of time...making sure that every one of the things we do is still relevant and is tied back to something we have been asked to do by a valid authority," General Rice said.

General Rice concluded his presentation by reiterating that AETC remains "The First Command," the foundation of the Air Force enterprise, the fire from which every Airman warrior is forged. For the Air Force to continue to succeed in the years ahead, he said, AETC will have to continue to work the margins hard and make the fullest use of its precious resources through the CMA process.

# Engineering squadron dismantles unused radar

By Susan Griggs

Keesler News editor

Once again, the 85th Engineering Installation Squadron has come to the aid of the 81st Training Group to remove excess equipment on the south side of Cody Hall.

The project to dismantle an excess AN/GPN-20(V) antenna not only saved the Air Force money, but it provided a training opportunity for the 85th EIS team, according to Dale Riggins, equipment resources manager for the 81st Training Support Squadron.

Mr. Riggins said the system is valued at more than \$436,000. Keesler has three of the systems, but only needs two, so the excess system is being returned to the supply system via Tobyhanna Army Depot, Pa.

“Because it’s an older system still being used in the field, parts are in critically short sup-

ply,” Mr. Riggins explained. “Pieces will be rebuilt and will become available for organizations to order.”

The GPN-20 is taught in the 338th Training Squadron’s ground radar systems apprentice course. It’s a transportable dual-channel radar system with tower-mounted antenna and remote site operator controls. It detects aircraft within 60 nautical miles of the radar site and processes radar information for display on a plan-position indicator.

“Our training group is truly blessed to have the 85th EIS collocated with us at Keesler,” Mr. Riggins said. “Since the unit uses our projects as training exercises, we’re able to accomplish equipment projects that other bases can only dream about.

“This project is just one more example of the tremendous support the 81st TRG receives from the 85 EIS,” he

added “They come during the holidays, they come on the weekends, they come after hours at night. Sometimes we might have to wait a week or two until their schedule clears. But they always come,

and the price is right!”

The 81st EIS team members were presented commander’s coins by Lt. Col. Janet Pattison, 81st Training Support Squadron commander.

They are Senior Airmen

Jeremy Thatcher, Rathanak Ear, Seth Reed and Travis Crowell; Staff Sgts. Aaron Bryars, Angelina Clark, Adam Campbell, Steven Hunt and Curtis Perkins; and Tech. Sgts. Walt Ferrell and Rebecca Sargent.



Staff Sgt. Steven Flint, left, 85th EIS, hammers out a retaining pin in the antenna pedestal as the team chief, Tech Sgt. Walt Ferrell, observes other Airmen perform the finishing touches on the radar dismantling.



Photos by Kemberly Groue

Perched precariously at the intersection of stairways and steel, Staff Sgt. Curtis Perkins, 85th EIS, removes bolts from an angle plate on the legs of the radar tower.



From left, Airmen 1st Class LaNece Smith, Shanda Moreno, Martha Gonzalez and Michelle Geronimo, 336th Training Squadron students, help themselves to food provided by Buffalo Wild Wings at the reopening of the Vandenberg Community Center Friday.

## New life for renovated facility

From left, Airman Edwin Hilerio, Col. Rodney Berk and Airman Basic Keith Nelson play games in the new video room. Colonel Berk is the 81st Mission Support Group commander and Airmen Hilerio and Nelson are students in the 335th TRS. The refurbished facility includes new paint, carpet, furniture, sound system, computer and gaming room, classroom, patio, movie room, piano, televisions and gaming equipment.

Photos by Kemberly Groue



From left, Maj. Tabettha Clark, 335th TRS commander; Chief Master Sgt. Billy Abbott, 81st Training Group superintendent; Tech. Sgt. Julie Abbott, 81st TRG military training leader; and Airmen Basic Anthony Oneha and Francis Slusser, 332nd TRS students, dance to The Cupid Shuffle.

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.

# NCO Academy has 15 graduates from Keesler

By Susan Griggs

Keesler News editor

Fifteen Keesler technical sergeants were members of Mathies NCO Academy Class 11-2 that graduated Feb. 17.

They are:

**2nd Air Force** — Jason Reid.

**81st Diagnostics and Therapeutics Squadron** — Afrika Brooks and Nicole Dirickson.

**81st Logistics Readiness Squadron** — Vonetta Farquharson, John Shapley and Joshua Thompson.

**81st Operations Support Flight** — Dirik Cole.

**81st Training Support Squadron** — Sean Rafferty.

**85th Engineering Installation Squadron** — Keven Foster.

**333rd Training Squadron** — Richard Striggow.

**334th TRS** — Kera Douglas.

**335th TRS** — Tiffany Brown, Lorraine Cibak and Brandin Coy (distinguished graduate.)

**403rd Maintenance Squadron** — Dathan Osgood.

## Shooter on the loose



Photo by Kembely Groue

From left, Staff Sgt. Austin Sutton and Senior Airman Joseph Glover use small unit tactics to clear a building as Master Sgt. Christopher Rash portrays a gunman during the 81st Security Forces Squadron's active shooter exercise in Hangar 3, Feb. 22.

## Technology's latest and greatest



Photo by Kemberly Groue

From left, Tech. Sgt. Vonetta Farquharson, 81st Logistics Readiness Squadron, and Staff Sgt. Charles White, 81st Training Wing, listen as Bob Carroll, regional sales manager for David Clark Company, demonstrates aviation headsets during the 16th annual Training Technology and Information Systems Expo, Feb. 24. The expo, hosted by the 81st Training Support Squadron and the Gulf Coast Chapter of the Armed Forces Communications and Electronics Association, featured more than 40 exhibitors. It's the first time the event has been held at the Bay Breeze Event Center.

Visit [www.jetairmen.af.mil](http://www.jetairmen.af.mil)  
for information about  
joint expeditionary tasking  
and  
individual augmentee  
programs.



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for a safe ride  
home.

**More than 45 saves  
so far this year!**



# TRAINING AND EDUCATION NOTES

## DeCA scholarships

Applications for the Defense Commissary Agency's 2011 Scholarships for Military Children program are available at the commissary, online at <http://www.commissaries.com> under the "news and info" tab under "scholarship info" tab; or at [www.militaryscholar.org](http://www.militaryscholar.org).

## Hap Arnold grants

March 11 is the application deadline for the 2011-2012 General Henry H. Arnold education grant program.

Application forms and eligibility requirements and other information to apply for the \$2,000 grants are found at the Air Force Aid Society's website at [www.afas.org](http://www.afas.org).

## KSC scholarships

April 1 is the deadline to apply for 2011 Keesler Spouses Club scholarships.

Eligible applicants include

high school seniors entering a college, university or vocational studies and spouses pursuing a degree or vocational studies.

For more information, log on to [www.keeslerspousesclub.com](http://www.keeslerspousesclub.com) or call 273-2489 or 243-7133.

## Swan scholarship

May 31 is the deadline to apply for the Hurricane Hunters \$2,000 Swan 38 scholarship.

The scholarship is open to active and retired 403rd Wing members and their dependents.

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

## Manager certification

The Community College of the Air Force awards professional manager certification that formally recognizes an individual's advanced level of education and experience in leadership and management, as well as professional accomplishments.

The program provides a structured professional devel-

opment track that supplements enlisted professional military education and the career field education and training plan.

For more information, log on to <http://www.au.af.mil/au/ccaf/certifications.asp> or call 376-8708 or 8710.

## Drill downs, parades

The 81st Training Group's drill downs are 8 a.m. April 29, June 24, Aug. 19 and Oct. 28 on the parade grounds.

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

## 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>

## Academic aces



Two Air National Guard students in the 335th Training Squadron, Senior Airman Sarah Coulter and Tech. Sgt. Joshua Johnson, graduated from technical training last week with perfect scores. Airman Coulter, a student in the personnel apprentice course, returns to the 133rd Test Squadron, Fort Dodge, Iowa. Sergeant Johnson graduated from the financial management apprentice course and is assigned to the 115th Fighter Wing, Madison, Wisc.

# The Airman's Creed

*I am an American Airman.  
I am a Warrior:  
I have answered my nation's call.*

*I am an American Airman.  
My mission is to fly, fight and win.  
I am faithful to a proud heritage,  
A tradition of honor,  
And a legacy of valor.*

*I am an American Airman,  
guardian of freedom and justice,  
My nation's sword and shield,  
Its sentry and avenger.  
I defend my country with my life.*

*I am an American Airman:  
Wingman, leader, warrior.  
I will never leave an Airman behind,  
I will never falter  
and I will not fail.*

## Air Force awards Boeing tanker aircraft contract

By Capt. Chris Sukach

Secretary of the Air Force  
Public Affairs

WASHINGTON — Air Force and Defense Department officials announced the award of an engineering and manufacturing development contract valued at more than \$3.5 billion for the KC-46A aerial refueler to The Boeing Company Feb. 24.

Secretary of the Air Force Michael Donley said in the briefing that many factors were evaluated during the tanker selection process.

“This selection process determined whether or not the proposals demonstrated the ability of an offerer to deliver all 372 mandatory requirements and whether non-mandatory capabilities would be addressed,” said Secretary Donley, emphasizing that both offerers met the mandatory requirements. “It also took into account fleet mission effectiveness in wartime, and life cycle costs as embodied in fuel efficiency and military construction costs.”

Deputy Secretary of Defense William Lynn noted the “competition favored no one except the taxpayer and the warfighter.”

The Air Force-led selection effort included experts from the larger DOD community, including staff from the Office of the Secretary of Defense and independent review teams during each step of the process.

The thorough and transparent selection process was marked by continual dialogue with offerers to ensure the Air Force had a clear understanding of their proposals and the companies clearly under-

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“To the men and women  
of our Air Force,  
today’s announcement represents  
a long-overdue start  
to a much-needed program.”

— Secretary Donley

stood the service’s analysis of their offers, said Secretary Donley.

Secretary Donley also highlighted that the warfighter was in charge of stating the requirements for the tanker, and that meeting those requirements enables the aircraft to go to war on day one.

“General Schwartz and I are confident in the fact that when our young pilots, boom operators and maintainers receive this aircraft, they will have the tools they need to be successful at what we ask them to do,” the secretary added.

Air Force Chief of Staff Gen. Norton Schwartz shared the secretary’s sentiment.

“I’m pleased with how this has produced an outcome after an exhaustive effort by hundreds of the department’s very best people, that we will get about delivering the capability that’s long overdue,” General Schwartz said.

While the focus of the briefing was on the award of the contract, Secretary Donley addressed basing

considerations for the aircraft, stating that those decisions involve other organizations and will take place over the next few years.

Secretary Donley also reiterated the service’s commitment to provide quality equipment to the warfighter.

“To the men and women of our Air Force, today’s announcement represents a long-overdue start to a much-needed program,” Secretary Donley said. “Your Air Force leadership, supported by Dr. (Ashton) Carter and others throughout the Department of Defense, is determined to see this through, and we will stand behind this work.”

Air Force and DOD officials complemented both offerers and thanked congressional oversight committees and their staffs for working with the department during the contract process that served the warfighter and taxpayers well.

The program expects to deliver the first 18 aircraft by 2017.

## IN THE NEWS

### Death notification

The 81st Training Wing commander regrets to announce the death of Tech. Sgt. Kevin Anthony Martin, 403rd Logistics Readiness Squadron.

Any person having claims for or against the estate of Sergeant Martin, call Lt. Col. Allyson Chauvin, summary court officer, 377-4160.

### National Prayer Breakfast

Keesler’s National Prayer Breakfast is 7 a.m. Tuesday at the Bay Breeze Event Center.

Team Impact will appear at the event. For more information, log on to [www.team-impact.com](http://www.team-impact.com).

Tickets are \$5 and are available from Staff Sgt. Charles White, 377-2331.

### Air show shuttle stops

Shuttles are planned starting at 9 a.m. from several base housing locations during Keesler’s Angels Over the Bay Air Show and Open House, March 19-20:

**Bayridge housing area** — Patrick Drive at Cabell Drive and Vandenberg Drive, Shady Lawn at Vandenberg Drive.

**East Falcon Park** — corner of Stone Drive and McDonnell Avenue.

**West Falcon Park** — Hiller Drive Gate.

**Thrower Park** — gate at Jim Money Road at Annex Road.

### Early Keesler News deadline

The deadline for the March 10 issue of the Keesler News is noon today because of Tuesday’s Mardi Gras regional holiday observed by the newspaper’s publisher.

### Last World War I veteran dies

**Air Force News Service**

Frank Woodruff Buckles, who lied about his age to enlist in the Army in 1917 and became the last known U.S. veteran of World War I, died Sunday at the age of 110.

Burial with full military honors will be held at Arlington National Cemetery.

### Clinics close for warrior training

**81st Medical Group Public Affairs**

The 81st Medical Group conducts warrior training noon to 5 p.m. March 10.

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, please go to the nearest emergency room. If this is an emergency, contact 911 for an ambulance.

**Dragons deployed — 230**



## Oak for Oak Park

From left, Col. Rodney Berk, 81st Mission Support Group commander; Polly Ladner, president of the Oak Park Garden Club; Bob Young, Oak Park resident; Chief Master Sgt. Curtis Jennings, 81st MSG superintendent; Terese Collins, Oak Park resident; May Young, Oak Park resident and master gardener; Col. Glen Downing, 81st Training Wing vice commander; George Lawrence, Biloxi City Council member; J.J. Vollmuth, a retired chief master sergeant and Oak Park resident; and Chief Master Sgt. Lonnie Slater, 81st TRW command chief, participate in Friday's tree planting ceremony at the entrance to the Oak Park neighborhood. The tree planting is part of a comprehensive landscaping project to beautify the entrance into the Oak Park neighborhood just north of the base.

Photo by Kemberly Groue

Donna Flynn posts a sign at the Dragon Fitness Center reminding patrons not to use the drinking fountains.

Photo by Kemberly Groue



Photo by Lt. Col. Jonathan Wright

Forklift operator Gary Harmon unloads cases of water from a Pascagoula distributor at the Taylor Logistics Center Feb. 23. As of Monday, purchase of 7,660 cases or 162,192 bottles valued at \$43,000 had been expedited by Airman 1st Class Ryan Zaremba.

# Water warriors

## Cooperative efforts keep safe water available for base residents

For the latest updates on the boil water order, log on to [www.keesler.af.mil](http://www.keesler.af.mil) or visit the Keesler Facebook page, [www.facebook.com/81stTRW.keesler](http://www.facebook.com/81stTRW.keesler)

Airman Basic Javier Peralty and Airman Hector Sanchez, 336th TRS students, load cases of water for base housing residents at the Bay Breeze Event Center Friday. Bottled water has also been distributed to dorm residents, lodging guests and the child development center and youth center.

Photo by Kemberly Groue

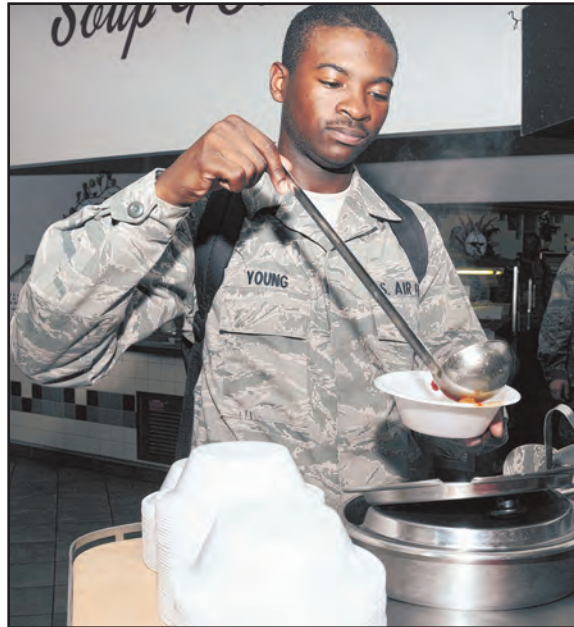


Photo by Kemberly Groue

Airman 1st Class Draylon Young, 336th Training Squadron student, ladles soup into a styrofoam bowl at the Azalea Dining Facility. In addition to using disposable dinnerware, canned and bottled beverages were served instead of fountain drinks.

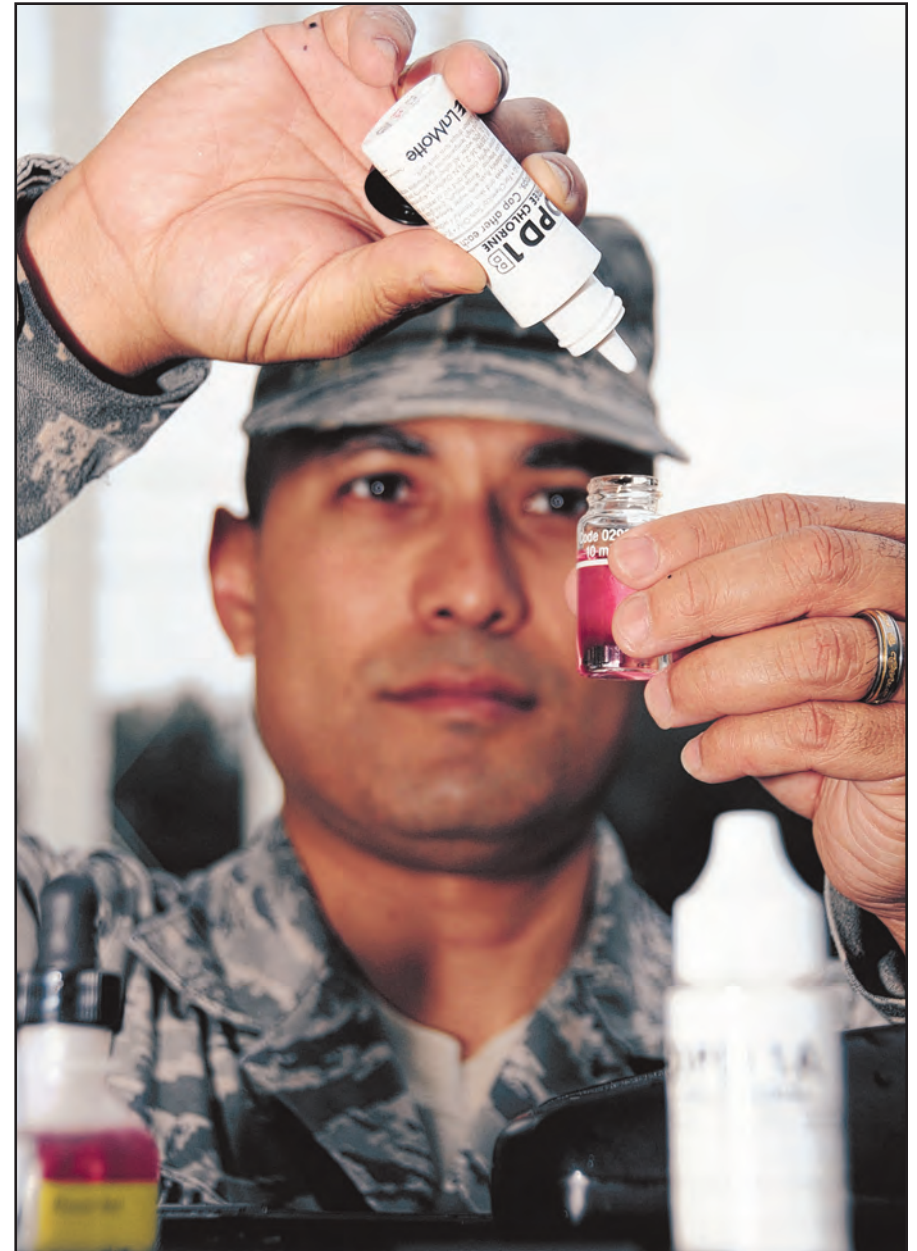


Photo by Kemberly Groue

Staff Sgt. Billy Wince, 81st Aerospace Medicine Squadron, tests a water sample from a well in East Falcon Park Monday. The Mississippi State Department of Health issued a boil-water notice for the base Feb. 21. Ten routine samples are sent to the MSDH lab each month. When one sample tested positive for coliform, the base was required to submit 24 samples free of total coliform for two consecutive days for the boil water notice to be lifted. As of Tuesday, the notice remained in effect.

# Pay freeze also impacts NAF workers

Air Force News Service

SAN ANTONIO — The recently implemented two-year pay freeze for federal employees applies to Department of Defense nonappropriated fund employees in crafts and trades and pay-banded pay schedules.

Under legislation signed in December, the pay freeze impacts basic pay, special pay rates and cost-of-living allowances for nearly two million federal employees through Dec. 31, 2012. The pay freeze doesn't apply to performance awards, bonuses, performance pay adjustments, promotions, within grade increases or premium payments such as overtime pay.

Wage and salary surveys used to adjust federal pay will continue to be conducted as scheduled, and new wage schedules will be issued with no increase in hourly pay. Increases will not be authorized to existing special rates, and new special rate requests will not be approved except under special circumstances.

Based on a provision in public law, pay adjust-

ments for crafts and trades may not be less than pay adjustments received by general schedule employees. Since there was no general increase for GS employees in January 2011, there was no adjustment for CT employees. CT wage schedules that were issued in fiscal 2011 will be rescinded. New wage schedules will be issued with no change in hourly pay.

The pay freeze policy may not apply to any increase that is required by a collective bargaining agreement that was already executed.

Unlike the nearly 150,000 federal civilian employees who are paid out of the federal appropriated fund budget, the 25,000 Air Force NAF employees are paid by money that is generated by NAF activities, such as Air Force clubs, bowling centers, golf courses and youth centers.

For more information on the pay freeze, call 377-9055 or visit the Department of Defense Civilian Personnel Management Service website, [http://www.cpm.s.osd.mil/NAFPPO/NAPPO\\_index.aspx](http://www.cpm.s.osd.mil/NAFPPO/NAPPO_index.aspx).

## Heart attack symptoms

Men and women may experience some common symptoms, but there are differences.



- Nausea/vomiting
- Jaw pain
- Back pain



- Chest discomfort
- Arm pain
- Shortness of breath

## PERSONNEL NOTES

### Transition assistance classes

#### 81st Force Support Squadron

The airman and family readiness center plans the following classes for 2011 at the Sablich Center.

For more information or to preregister for classes, call 376-8728.

**Mandatory pre-separation briefings** — 1 p.m. Tuesdays for those separating with honorable discharges and 2:30 for retirees, Room 110. 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. Medical separation must receive a one-on-one briefing.

**Transition assistance program workshops** — 8 a.m. to 4:30 p.m. March 14-16, April 11-13, May 9-11, June 13-15, July 18-20, Aug. 8-10, Sept. 12-14, Oct. 17-19, Nov. 14-16 and Dec. 12-14, Room 108A. Dress is business casual; no jeans, T-shirts or uniforms.

**Veterans benefits briefing** — 8-11 a.m. March 17, April 14, May 12, June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, Room 108A.

**Retirement briefings** — 1-3:30 p.m. March 17, April 14, May 12, June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov 17 and Dec. 15, Room 108A; intended for members with less than a year until retirement.

**Executive transition assistance workshop** — Dec. 6-9 for colonels and chief master sergeants with the necessary knowledge and skills to organize their search for a second career in the private, nonprofit and government sector. Air Education and Training Command headquarters facilitates this workshop. For more information, call Robert Bertels, DSN 487-2669 or 6106 or e-mail [robert.bertels@randolph.af.mil](mailto:robert.bertels@randolph.af.mil).

### MTI opportunities

The military training instructor corps has received authorization to pursue 18-month time-on-station waivers. First term Airmen must be within their career job reservation window.

For more information, call the MTI recruiting team, DSN 473-1016 or 1018.

### Classes for job hunters

#### 81st Force Support Squadron

The airman and family readiness center plans the following classes for 2011 at the Sablich Center.

For more information or to preregister for classes, call 376-8728.

**Resumes for non-government jobs** — 9-11:30 a.m. March 22, Room 108A. Maximum of 15 people per class; pre-registration is required no later than the day prior to the class.

**Resumes for government or federal positions** — 9-11:30 a.m. March 16 or March 30, Room 108B, 9 a.m. until 11:30 a.m. Pre-registration is required no later than the day prior to the class.

**Skills assessment class** — 9-11:30 a.m. March 10, Room 108A. Pre-registration is required no later than the day prior to the class.

**Interviewing and salary negotiation class** — 9-11 a.m. March 24, Room 108A.

**Resume writing and job fair preparation** — special class to assist in preparing for April's Southern Region Military and Civilian Job Fair in April; 2-4:30 p.m. March 29, Room 108 B, or 9-11:30 a.m. March 31, Room 108A.

**Upcoming special classes** — in May there'll be special civilian job resume writing, federal job resume writing and interviewing classes for instructors or other personnel with inflexible work schedules. Each topic's class will be 45 minutes each day for three days. Participants are expected to attend all three class days.



Airman Tipton



Sergeant Goebel



Sergeant Hickson



Captain Burrowes



Sergeant Utsey

# Keesler honors outstanding performers for 2010

By Susan Griggs

Keesler News editor

Keesler rolled out the red carpet for its top performers for 2010 at the 81st Training Wing's annual awards banquet, Feb. 24.

"Academy Awards Style" was the theme, with a red carpet entrance at the doorway of the Bay Breeze Event Center, according to Chief Master Sgt. Lisa Boothe, awards committee chair. A medallion ceremony preceded the event, and members of the Keesler 5/6 Council and Top 3 announced each category and the winners.

The event also featured musical selections by four members of the 338th Training Squadron, Airmen Basic Andrew Konderla and Airmen 1st Class David Anderson, James Ivey III and Cameron Rivenbark.

Wing annual award winners for 2010 are:

**Airman** — Senior Airman Robert Tipton, 81st Diagnostics and Therapeutics Squadron. A diagnostics imaging technologist, he was responsible for 1,500 diagnostic imaging exams and provided guidance on new imaging processors to 28 technicians. He single-handedly revamped standard operating procedures and modified 85 quality control protocols. He earned his certification from the American Registry of Radiologic Technologist a year ahead of his peers and passed the national registry quality control test. He is a volunteer for Airmen Against Drunk Driving, Special Olympics and Biloxi Loaves and Fishes and served as a St. Martin Youth Football League coach.

**Noncommissioned officer** — Staff Sgt. Eric Goebel, 81st Security Forces Squadron. Sergeant Goebel deployed to Bagram Air Base, Afghanistan as a sniper team member, protecting \$5 billion in assets and participating in 9,600 success-

ful combat sorties. A flight leader at Keesler, he's a tactical response team leader, completed combat lifesaver training and earned certification as an instructor in baton, taser, active shooter crisis response and combat ammunition simulation. He represented Keesler at Air Education and Training Command's Order of the Sword ceremony for outgoing commander Gen. Stephen Lorenz. He collected donations for the Ronald McDonald House, Salvation Army coat drive, Airman's Attic and a local church's holiday food drive.

**Senior NCO** — Master Sgt. Torry Hickson, 338th Training Squadron. Sergeant Hickson, recognized as the 81st Training Group's senior NCO instructor of the year, instructed 553 hours with a 100 percent pass rate and rated "outstanding" during four instructor evaluations. He managed a \$384,000 budget, cut a three-level course by four days by overhauling curriculum and editing 11 workbooks and 20 tests, saving \$620 annually in training costs. He recruited 152 new members for Keesler's Air Force Sergeants Association chapter, served as an 81st TRG exercise evaluation team member and volunteered as a Big Brothers Big Sisters mentor.

**Company grade officer** — Capt. Donna Burrowes, 81st Medical Operations Squadron. As family advocacy element chief, Captain Burrowes led five high-risk programs and treated 70 family members, earning AETC honors for top behavioral health team for 2010. She serves as deployment transition center facilitator and created the program for the wing's Wingman Day standdown. The captain is president of the company grade officers council and vice-president of the local Air Force Association chapter. She led three flight community service projects and served as the entertainment chair for the local Relay for Life for the American Cancer Society.



**First sergeant** — Master Sgt. Lee Utsey, 81st Aerospace Medicine Squadron. Sergeant Utsey served both the 81st AMDS and 81st Medical Operations Squadron's 13 flights and 523 Airmen. He created a rigorous dorm inspection process, held enlisted focus groups and handled several serious personal issues with empathy and professionalism. He reinvigorated his unit's physical fitness program, reducing unsatisfactory ratings from 39 to 19 and boosting excellent

scores from 81 to 142. He's secretary of the First Sergeant Council, a volunteer at Ocean Springs Middle School, led a wounded warrior fundraiser and chaired the base's triathlon committee.

**Honor guard airman** — Airman 1st Class Justin Whitaker, 81st Medical Support Squadron. Airman Whitaker performed on 54 honor guard details, serving in the NCO in charge position for the pallbearers/firing party on 12 occasions. He was selected as the top Airman out of more than 100 honor guard members for a senior NCO professional education panel. As a medical material technician, he's a purchasing agent for the 81st Medical Group's medical supplies. He was selected for promotion below the zone, recognized as his squadron's airman of the quarter and received the First Sergeant Council's Diamond Sharp Award.

**Honor guard NCO** — Staff Sgt. Tiffany Thompson, 334th TRS. Sergeant Thompson, who served as the honor guard's primary trainer, personally performed for 54 military funeral honors, traveled 3,000 miles and volunteered 163 hours of service. She served as the assistant NCO for the unit, managing four teams, 31 members and assuring the completion of 123 military funeral honors. She coordinated transportation requests, oversaw the \$25,000 equipment and supply account and led a cycling course and coordinated weekly physical training for team members. She coordinated joint service color guards for the Armed Forces Day parade and World War II Museum annual ball in New Orleans.

**Civilian category I** — Kristen Trujillo, 81st Training Support Squadron. Since beginning her civil service career in the 81st TRSS 10 years ago as a part-time clerk while still in high school, Ms. Trujillo has moved up to her position as personnel liaison assistant while earning her bachelor's and master's degrees. Last year, she resolved 935 issues for 526

civilians in her unit. She's been the 81st Training Group's civilian of the year for the past three years. She organized a wounded warrior fundraiser, sent six care packages to deployed members of the unit and volunteered with a local food pantry and the Angel Tree program.

**Civilian category II** — Curtis Greer, 81st Force Support Squadron. Mr. Greer, a human resources specialist, is AETC's 2010 personnel flight specialist of the year. He manages Keesler's employee management relations efforts, was the contact person for a national union grievance and advised commanders on complex disciplinary cases. He reinvigorated the base's disability program and served as workforce recruitment program manager. Mr. Greer serves on the Keesler Federal Credit Union Board of Directors, teaches Sunday school and served on Biloxi High School's accreditation parent panel.

**Civilian supervisor category II** — Michael Fix, 81st FSS. Mr. Fix, AETC's manpower and personnel flight manager of the year for 2010, leads a staff that has been selected as the command's top manpower office for the past five years. He leads a team that managed more than 5,000 nonappropriated fund, wing and group authorizations worth \$556 million. He distributed 115 Christmas baskets to needy families, served as Sunday school teacher for 23 couples and raised funds for Jackson County's Backpack Buddies program that ensured nutrition for more than 300 needy children.

CSC also recognized its President' Award winners at the banquet — Rebecca Mason, civil engineering operations; Jeff Light, weather service forecaster; and Greg Stoeger, real property manager.



Airman Whitaker



Sergeant Thompson



Ms. Trujillo



Mr. Greer



Mr. Fix

**It's soul good!**



Photo by Kemberly Groue

Mechelle Pelletier, 338th Training Squadron, serves barbecue ribs to Jerry Keeton, 81st Contracting Squadron, as Airman 1st Class William Cashman, 336th Training Squadron student, waits to serve other guests at Friday's Black History Month soul food sampling at the youth center. Baked chicken, fried catfish and collard greens were among the items served. The annual event is sponsored by the African-American Heritage Committee. The committee also plans a golf tournament March 11 and a 5-kilometer sickle cell run April 8.



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# Personal wellness takes outside-in approach

By Airman 1st Class  
Heather Heiney

## Keesler Public Affairs

**Editor's note:** This is the ninth in a series of articles about personal wellness.

Environmental wellness can be dissected into three segments — relation to immediate surroundings, preserving resources and interacting with nature.

There's a delicate interplay between persons and their environment; it's as much a part of who they are as their body or spirit. If a person's environment is in disorder or uninviting, it can cause elevated stress levels. Conversely if a person is under an elevated amount of strain their environment may become muddled.

Some ways to restore balance in work and home environments are:

**Clean** — Not only does cleaning allow people time to think and exert their muscles, when they are done the space will be more organized which



reduces the frustration of trying to find things.

**Personalize** — A space that reflects someone's personality and interests can be more inviting than white walls. Hanging photographs or paintings, bringing in plants or cut flowers and displaying collections are both visually appealing and can make a person feel at home.

**Add comfort** — If people are physically uncomfortable, they're more likely to be uneasy. Pillows, blankets and cushions are easy and fairly inexpensive ways to add comfort to a room.

These days, resources are limited. There's more to do

with less time and money and the environment itself is being stretched thin. Some ways to help the environment and preserve personal resources include recycling, driving less or carpooling and conserving water and energy.

Adrian Barcomb, base resource efficiency manager, suggested nine ways to conserve resources — turn off lights, use natural light when possible, use energy-saving bulbs, turn off computers, use energy efficient power strips, turn off devices like TVs and video game consoles when not in use, unplug chargers and appliances, take short showers instead of long show-

ers or baths and keep the thermostat at 68 degrees in the winter and 78 degrees in the summer.

Saving resources also helps ensure that nature is preserved for current and future generations to enjoy.

Interacting with nature can be refreshing because it allows the opportunity to take a step back from everyday life. The physical benefits of Vitamin D from sunlight and exercise go along with just about every outdoor activity.

Wayne Fortier, a worker at Keesler's marina, said, "By being outdoors, you breathe the fresh air, get some sun on your face and have a chance to just enjoy the day and things around you."

The options for getting outside are so varied that there's something for all ages, abilities and interests. Mississippi offers a landscape of beaches, lakes, rivers and dense forest along with a climate that makes outdoor activity possible almost year-round.

Keesler's outdoor recreation center and marina park offer a wide variety of options including kayaking, canoeing, paddle boats, volleyball courts, a disk golf course, a sailing program, two base swimming pools, camping equipment, pavilions, picnic areas, bike rentals, and much more.

For a complete list, visit <http://www.keeslerservices.us/OR2.html>, call 377-3160 or drop by outdoor recreation. It's open 7 a.m. to 5 p.m. seven days a week.

Everyone can reap the physical and emotional benefits of sunlight, a fresh breeze, beautiful landscapes and exercise; all they have to do is take that step outside their four walls.

Environmental wellness is just as pivotal to a fulfilling life as any other aspect of wellness, and needs just as much care and work. If people take the time to care for their surroundings, conserve resources and interact with the environment, the other aspects of wellness become just a little bit easier to maintain.



## SUICIDE AFFECTS



## MORE THAN



## ONE





For more news, photos, videos  
and information,  
log on to [www.keesler.af.mil](http://www.keesler.af.mil)

## Worship schedule

### Roman Catholic

**Daily Mass**, 11:15 a.m.,  
Triangle Chapel.

**Sunday Mass**, 9 a.m.,  
Triangle Chapel.

### Protestant

**Traditional service**,  
8:30 a.m. Sunday, Larcher  
Chapel.

**Contemporary service**,  
10:30 a.m. Sunday, Trian-  
gle Chapel.

**Gospel service**, noon  
Sunday, Triangle Chapel.

### Jewish

Services take place at 8  
p.m. Fridays at Congrega-  
tion Beth Israel, 12277  
Three Rivers Road, Gulf-  
port.

Saturday services are  
scheduled at 10 a.m. Feb.  
12, March 19 and April 9.

For more information,  
call 377-4050, 207-2196,  
539-1655 or 1-405-740-  
9077.

### Islamic

Prayer is five times  
daily; Salaat ul-Jummah  
congregational prayer,  
noon on Friday, Building  
2003. For more informa-  
tion, call 377-2520.

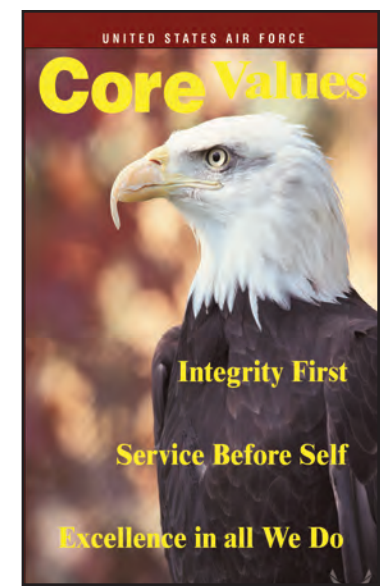
### Latter-Day Saints

Student group service, 2  
p.m. Sunday, Triangle  
Chapel. For more infor-  
mation, call 396-5274 or  
1-616-881-1994.

## Mississippi Coast History Week



Photo by Kemberly Groue  
Base historian Susan Dawson chats with Wayne Hopkins of  
D'Iberville as they look at memorabilia from the Keesler  
archives at the Biloxi Community Center as part of the 21st  
annual Mississippi Coast History Week.



# eight days a week

## Arts and crafts center

**Editor's note:** For more information or to register, call 377-2821.

**Friday** — noon, framing class, bring a photograph or piece of art no larger than 5x7-inches for framing, \$30. Class certifies you to use the framing shop equipment in the future.

**Saturday** — 10 a.m., beginning woodworking, \$25; 10 a.m. to noon, intarsia woodworking, \$25; 11 a.m. to 1 p.m., pottery, \$30.

## Bay Breeze Community Center

**Wednesday** — 6 p.m., wingman Wednesday pool tournament. Players are allowed to bring their own pool sticks. Free to participate.

## Gaudé Lanes Bowling Center

**Saturday** — 7 p.m., casino bowling, \$15 per person for three games, guaranteed progressive jackpots.

**Weekdays** — 11 a.m. to 1 p.m., bowling lunch special, buy any combo meal at the 11th Frame Café and get one free game of bowling.

## Bay Breeze Golf Course

**Monday-March 10** — 2 p.m. until closing, twilight special, play unlimited golf. Fees include cart rental: E1-E4, \$12; E5-O3, \$20; O4-up, \$22; guests, \$22.

**March 12** — noon to 1:30 p.m., free golf clinic, nonprior service students only. To sign up, call 377-3832.

## McBride Library

**Sunday-March 12** — “Teen Tech Week” encourages teens to use the library’s nonprint resources for education and recreation. For more information, call 377-2181.

**Monday** — 6-7 p.m., e-learning class for teens.

## Bay Breeze Collocated Club

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

**Mondays-nontraining Fridays** — 11 a.m. to 1 p.m. all-you-can-eat buffet and salad bar in casual dining.

**Wednesdays** — 5-8 p.m., wingman Wednesdays in the lounge. \$5 domestic draft pitchers. Free for club members, nonmembers pay \$3.

**March 11** — 5-8 p.m., jazz night in the lounge.

## Outdoor recreation

**Today** — 8 a.m. to 1 p.m., nonappropriated funds sale, open to all Department of Defense card holders. All sales are cash and carry.

## Vandenberg Community Center

**Editor's note:** \* indicates activities that are part of the late night dances, \$3 admission; nonprior students only.

\***Friday** — 10 p.m., DJ battle, wow the crowd with your originality and spinning skills.

\***Saturday** — 10 p.m., air guitar contest, take the stage and rock the house with your air guitar.

**Tuesday** — 6-9 p.m., comedy night, enjoy a laugh-out-loud night of comedy from various comedians.

## Airman and family readiness

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

**Tuesday** — 9 a.m., post-deployment briefing; 1 p.m., preseparation counseling, for separates; 2:30 p.m., preseparation counseling, for retirees.

**Wednesday** — 7 a.m. to noon, newcomer’s orientation.

**March 10** — 9-11:30 a.m., career skills assessment.

## Youth center

**Monday-Wednesday** — Mardi Gras camp, ages 6-17. Activities include bowling, parade, activities, snacks and more. For more information, call 377-4117.

**Friday** — 6:30-9:30 p.m., Friday night fun, ages 6-12. \$10 admission for the first child, \$5 for each additional child. Show your Bay Breeze club card and receive a 10 percent discount on admission.

**March 12** — 4-10 p.m., give parents a break, free child care at the youth and child development centers. Open to families referred by base helping agencies. For more information, call 376-8728.

## Fitness centers

**Wednesday** — noon, 5-kilometer St. Patrick’s Day run/walk, Blake Fitness Center. Registration begins at 11:30 a.m. Safe St. Patty’s running attire encouraged. Sponsored by Keesler Federal Credit Union and Beau Rivage. Federal endorsement of sponsors not intended.

## Skin cancer screening

A limited number of appointments are available Wednesday in the dermatology clinic for skin cancer screening.

Patients who've received a screening exam within the last year are ineligible. Patients are screened for skin cancer only; other skin issues won't addressed or treated.

For an appointment, call 376-3501.

## KSC auction

"Casino Royale," the Keesler Spouses Club's live and silent auction, is 5-9 p.m. March 12 at the Bay Breeze Event Center.

Guests can bid on themed baskets, art, symphony tickets and other items.

The event supports KSC's scholarship program, Fisher House and other base and community charitable causes.

Tickets are \$13 in advance and \$18 at the door.

For tickets, call 509-879-8012 or 228-207-4549.

## AFA luncheon

The Air Force Sergeants Association annual awards luncheon is 11 a.m. March 15 at the Bay Breeze Event Center ballroom.

Tickets are \$5 for a chicken wrap, potato salad, chips, coleslaw and tea.

For tickets, call 377-2520.

## Smallpox shots

Starting March 14, the immunization clinic will open at 8 a.m. on Mondays and Wednesdays to accommodate

smallpox vaccination that will be given between 7-8 a.m.

## DBIDS registration

Registration continues for Defense Biometric Identification System cards.

Active-duty members and Defense Department employees register 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.

Register at the pass and registration office in the visitor center across from the White Avenue Gate, the military personnel section in Sablich Center, exchange pharmacy, 81st Medical Group Hospital's information desk and A tower lobby, Hewes Hall, 403rd Maintenance Squadron, and the Levitow Training Support Facility.

## Tax office

The base tax office in Room 229, Sablich Center, is open 8 a.m. to 3 p.m. Monday through Thursday and 8 a.m. to 2 p.m. on training Fridays.

For more information and appointments, call 376-8141.

## 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.

Airman's Attic is open on a trial basis, 5-7 p.m. Tuesdays.

## 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.

Donations are needed such as kitchen items, small appliances, furniture, rugs, household items and infant and children's items. Pickup is available.

For more information, call 377-3217.

## Supply classes

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

**Block I** basic supply class is 9-10 a.m., March 17, June 16, Sept. 22 and Dec. 15. All newly-assigned supply custodians and resource managers are required to attend.

**Block IIA-Bench Stock** and **Block IIB-Repair Cycle** are held 9-11 a.m. March 16, June 15, Sept. 21 and Dec. 14.

**Block III supplemental training** is 1-2 p.m., March 17, June 16, Sept. 22 and Dec. 15. All newly-assigned supply equipment custodians are required to attend, as well as all other custodians annually.

For more information, call 377-4480.

## Black History Month

Remaining Black History Month events:

**AAHC golf tournament** — March 11, Bay Breeze Golf Course. \$50 per person for four-person team. For more information, call Kurt Higgins, 377-5250.

**Sickle cell 5-kilometer run/walk** — April 8, Blake Fitness Center. Registration 6:45 a.m., race time 7:30 a.m. Cost is \$10-\$15. For more information, call Master Sgt. Yolanda Jerry, 377-1201, or Tech. Sgt. Tyrone Deckard, 376-6603.

# SPORTS AND RECREATION

## Zumba classes add spice to aerobic workouts

By Diana Egger

CSC publicist

The Dragon Fitness Center has turned up the heat on its aerobic workout schedule with free zumba classes, and fitness enthusiasts around Keesler are clamoring to get in on the action.

Zumba instructor Gretchen Sayers currently conducts classes for more than 100 participants at Dragon Fitness Center.

Zumba fuses together Latin and international music with an exhilarating, high-impact aerobic workout. The music used in Zumba is structured with beats and tempo changes that help to transition between toning, strengthening and cardio moves.

The class is relatively fast paced, but the workout is designed to accommodate each individual's fitness preference.

"The class is very diverse," Sayers said. "We have people of various ages, fitness levels and abilities. The good thing about zumba is that you

can choose the speed and level that suits your capabilities."

Music isn't the only component that helps make Zumba fun. Dancing has become one of the most popular forms of aerobic exercise in recent years and Zumba encompasses trendy dance forms such as the cha cha, fox trot, salsa and merengue among its catalog of routines.

"The dance element of zumba really helps people to let loose and have fun with the class," Sayers pointed out. "It becomes more of a night out with friends for them than a workout. Before they know it, participants are shedding pounds, feeling confident and having a blast. This is what Zumba is all about."

Zumba is offered noon to 1 p.m. Mondays, 5-6 p.m. Wednesdays and 5:30-6:30 p.m. Tuesdays and Thursdays.

For more information on Zumba or other free fitness classes at the Dragon Fitness Center, call 377-2907 or log on to [www.keeslerservices.us](http://www.keeslerservices.us).



Photo by Kemberly Groue

Sayers, left, leads a zumba class Feb. 24 at Dragon Fitness Center. The growing popularity of the free classes required a move to the basketball court, rather than one of the smaller exercise rooms.

# Bulls raise bar for intramural volleyball season

By Sam Miller

## Intramural sports director

The 335th Training Squadron Bulls won the preseason intramural volleyball tournament Feb. 24.

The Bulls beat the 81st Dental Squadron, 2-1, in a best-of-three-games single-elimination format and finished the tournament with a 3-0 record. The team hopes to finish at the top of the standings this season after a disappointing 2-8 finish last year.

Feb. 22, the 81st DS defeated the 333rd TRS, 2-1; the 335th TRS beat the 81st Security Forces Squadron, 2-1; the 81st Dental Squadron blanked the 334th TRS, 2-0.

Feb. 23, the 81st Diagnostics and Therapeutics Squadron topped the

81st Logistics Readiness Squadron, 2-1; the 338th TRS won over the 81st Aerospace Medicine Squadron, 2-1; and the 335th TRS defeated the 81st MDTs, 2-0.

Feb. 24, the 81st DS defeated the 338th TRS, 2-0.

The season began this week with the 11-team league divided into two conferences.

The Eastern Conference plays on Mondays and Wednesdays and includes the 333rd TRS A-team, 81st AMDS, 338th TRS, 81st MDTs and 81st Logistics Readiness Squadron.

The Western Division plays on Tuesdays and Thursdays and includes the 81st SFS, 335th TRS, 81st Medical Operations Squadron, 333rd TRS B-team, 81st DS and 334th TRS.



Jason Ware, left, 81st DS watches teammate Jemal Young take flight as he sends the ball across the net. The 81st DS defeated the 333rd TRS 2-1 to reach the final match with the 335th TRS in the preseason intramural volleyball tournament.



Photos by Kemberly Groue  
Gilberto Quijano, left, 81st DS, and teammate Sagan Barber try in vain to block a massive spike by Grayson Fortuna, 335th TRS. The 335th TRS Bulls beat the 81st DS 2-1 in a best-of-three match.