



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

MARCH 10, 2011 VOL. 72 NO. 10



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bon temps rouler!

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A way out: journey back from brink of suicide

By Maj. Karry Gladden

Air Force Network Integration Center

SCOTT Air Force Base, Ill. — I recently celebrated two important anniversaries. On Jan. 30, 2010, I decided when and how I was going to end my life. The night before, I went to bed and slept for two hours, as I had for the previous nine or so months. Once I was sure my wife was asleep, I got out my laptop and researched how long it would take to bleed out from a femoral artery injury. This bit of information helped me narrow down the when and how. It also took away the last stumbling block. It had to look like an accident, primarily to ensure my sweetheart didn't spend the rest of her life wondering why I committed suicide or blamed herself.

It is important to know that I got to the brink of suicide the same way most people do — a series of stressors in my life built up until they simply got the better of me. To make matters worse, I had chronic back pain, which had been increasing since an injury a year ago, resulting in less and less exercise — an important way to relieve stress. And although I made sure members of my family received counseling for the major life events we were all facing, I just “manned up.” Through it all, I continued my duties as a flight commander at Ramstein Air Base, Germany, and later, as an executive officer at Scott Air Force Base.

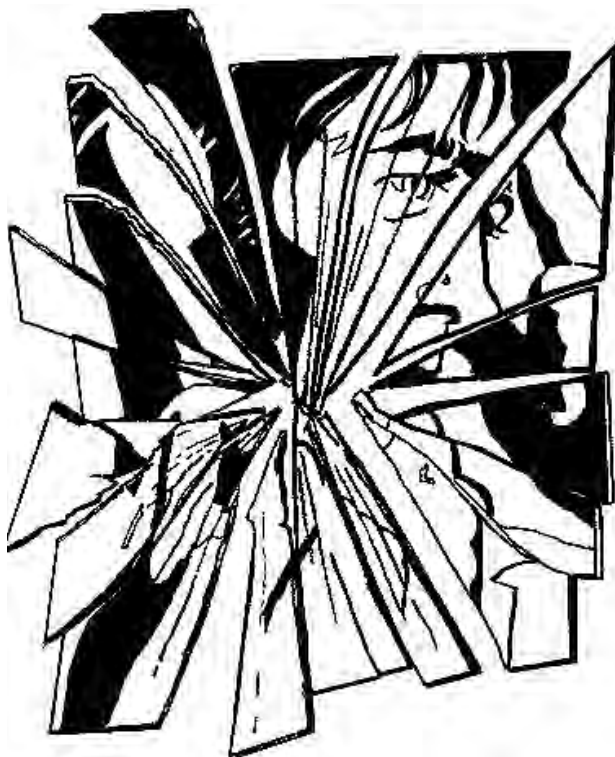
Here are signs I ignored:

- On the way home from work one day, a truck veered into my lane. I made no effort to move and was disappointed when it didn't hit me.
- I was sleeping less and less, lying awake with racing thoughts, only falling asleep when exhausted.
- I wasn't eating. Ironically though, I gained a lot of weight.

I went through the motions of life; I went to work because I had a responsibility to my family and the Uniform Code of Military Justice.

Jan. 31, 2010, is the other anniversary, the day I decided to live. It was a Sunday morning. During church I realized that normal people do not stay awake at night researching how to die. At home, I took my wife aside and told her everything. I also asked her to remove our firearms from the house, not to leave me alone and take me to the emergency room or mental health first thing in the morning. Just telling that one person, the most important person in my life, paid big dividends. She didn't look at me like I'd sprouted another head; she was upset that she hadn't noticed and that I couldn't tell her. It wasn't that I couldn't tell her — I didn't want to add to her stress.

I felt better. I got up Monday morning and decided that just telling my wife was enough. I put my blues on and told her everything was going to be okay. I didn't need to go see anyone. She gave me the option of going willingly or in the back of an ambulance.



We went to mental health and I chose to admit myself. I would have been admitted either way, but believe me, self-admission is the way to go. The mental health staff was very professional and sympathetic. A very knowledgeable senior airman spoke with my wife and me and started the admission process. A civilian provider made arrangements with a local hospital for care.

Once at the hospital I realized that I had never been so embarrassed or ashamed in my life. “How did I get here?” “What will everyone think?” I tried to figure out what I would tell everyone when I got out. I quickly learned a few life lessons:

There are others there just like me, not just with the same experiences, but other Airmen.

Sleep is a wonderful and restorative thing.

No one, my commander included, saw me as weak or “crazy.” He was very supportive. He even called me — in the hospital — to congratulate me on my selection to major. I learned I had been selected for promotion from a call on a stainless steel phone with a cord too short to be used as a noose.

Military personnel stay an average of four days longer than our civilian counterparts. Why the disparity? Probably because we have a tendency to “suck it up and move on,” going back to the same environment at an increased risk of relapse.

After five or six days, I realized in horror that I had successfully hidden this from everyone, including my sweetheart of 19 years. I wondered how many others were going through the motions as well. We know there are others; we see the reports. How many times have we been surprised by their actions?

As I felt better, I felt obligated to be as vocal as I had been silent. I told my story to my unit, the Air Force Network Integration Center, and I'm telling you now.

For those supervisors, friends, spouses and wingmen:

- We have to embrace the wingman culture. A wingman is not a name and phone number on the back of a card. It is someone you know well enough to see when something is wrong, or know enough about their life and struggles to take them aside and offer to talk. If our relationship only exists Monday through Friday from 7:30 a.m. to 4:30 p.m., I'm not going to share my deepest darkest secrets with you.

- Look at your Airmen. There are signs and they are not always “giving away their stuff, experiencing financial problems, or other personality changes.” I enjoy humor and laughing, an easy wall to hide behind, but I also gained 40 pounds in nine months. No one said anything.

- Beware of the curse of competency. A fine line to be sure — we can't have people backing down from stressful jobs or the tough jobs wouldn't get done. At the same time, maybe an executive officer isn't the right job for an Airman who was given a humanitarian assignment to your unit. After explaining my situation when I arrived, I was told, “We really need you to do this and it's the right time in your career. Work with your supervisor to take the time you need.”

For those of you who are stressed, not sleeping, having racing thoughts, thinking of harming yourself either actively or passively:

- Talk to someone **now**. If you are worried about confidentiality, consider this: no one besides my commander and first sergeant knew — not even the commander's exec, and he knows everything.

- If you are worried about your career, consider: I came out on the promotion list in the hospital, I pinned on major two months ago and I still have my security clearance. And my leaders let me keep my branch chief position.

- Tell your leaders if you are in over your head. I still feel that my leaders should never have put me in an exec position, but I didn't push the issue, either. I didn't want the stigma of having said no or sounding like a whiner.

- Stay active. Part of my ongoing therapy is physical activity in addition to regular exercise.

- Asking for help does not show weakness — it shows courage. Be humble enough to talk to a friend, your chaplain or a mental health representative.

I have been reflecting on the things I would have missed. I am grateful every day for God, my loving companion, my understanding commander, a compassionate first sergeant and for the medical professionals who got me moving in the right direction.



ON THE COVER

“Laissez les bon temps rouler” is French for “Let the good times roll,” a common phrase associated with Mardi Gras, a regional celebration preceding the Lenten season. Staff Sgt. Brian Thornton, Air Force Legal Operations Agency Area Defense Counsel office at Keesler, tosses Mardi Gras beads to children at Friday’s Jeff Davis Elementary School Mardi Gras parade in Biloxi. Keesler members participated in many other Mardi Gras parades and balls in the weeks leading up to Mardi Gras Day, Tuesday. More photos, Page 14.

Photo by Kemberly Groue



DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

If a movie was being made of your life, what actor should portray you?



“Robin Williams.”

Barry Newman, 81st Training Wing sexual assault prevention and response office



“Jeff Foxworthy, because it would be a comedy.”

Michael Clark, 332nd Training Squadron



“Tajai P. Henderson.”

Airman 1st Class Ronnequa Pinkney, 81st TRW command post

KEESLER NEWS

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TRAINING AND EDUCATION

Civilians shouldn't delay education applications

By Debbie Gildea

Air Force Personnel, Services
and Manpower Public Affairs

RANDOLPH Air Force Base, Texas — Each year, hundreds of professional development opportunities are available for civilian employees, but many go unfilled because eligible candidates wait until the last minute to prepare and staff their application packages.

The civilian developmental education call is open now with applications due May 1.

Each year, 280 Civilian Acculturation and Leadership Training program positions, 100 Squadron Officer School slots and 180 Air Command and Staff College Distance

Learning Master's Program slots are available to civilians, said Loretta Brown, civilian leadership development chief.

"There are opportunities for employees at every pay and leadership level," Ms. Brown said. "Only certain programs commit the employee to continued service agreements and relocation. But those programs are primarily senior leadership programs."

The three civilian developmental education levels include tactical, operational and strategic.

Tactical level programs (new employee orientation and CALT) are primarily for new civilian employees, although

Interested?

The 81st Training Wing's civilian force development event focusing on civilian developmental education and tuition assistance is 3:15 p.m. March 30 in the Sablich Center auditorium.

For more information, call 376-8656.

civilians hired before NEO was implemented are encouraged to complete the seven-module online program. Major differences between NEO and CALT are that NEO is mandatory for all new civilian hires and must

be completed within 90 days of accession, while CALT is optional, and only non-prior military employees are eligible.

Operational level programs designed to grow future leaders include Education with Industry, SOS, ACSC DL Master's Program, and Intermediate Developmental Education Programs. Operational-level programs exist to educate and develop interested mid-career employees. Each has individual eligibility requirements.

Strategic level options include senior developmental education programs, like Air War College, and strategic leadership education programs, such as the Executive

Development Seminar. Strategic level programs prepare high-potential employees for increased responsibility and shared leadership. Eligibility requirements depend on the program selected, but are for GS 14 and 15 employees, or their equivalent.

Information is available on the AFPC Force Development Web page. Search for "civilian force development," then select the green updated civilian force development home page link.

For more information, visit the Air Force Personnel Services website or call the Total Force Service Center, 1-800-525-0102.

Technical school graduates post perfect scores



From left, Senior Airmen Steven Hooper and Andreen MacFarlane, Airman Basic Justin Daniels, Airman 1st Class Myron Balason and Tech. Sgt. Valorie Floyd have graduated from technical training in the 81st Training Group with perfect scores. Airmen Hooper and MacFarlane, both reservists, graduated March 1 from the personnel apprentice course in the 335th Training Squadron. Airman Hooper returns to McChord Air Force Base, Wash., and Airman MacFarlane returns to Dover AFB, Del. Airmen Daniels and Balason and Sergeant Floyd graduated March 2 from the information technology fundamentals course in the 332nd TRS and remain at Keesler for the cyber transport systems course. Airman Daniels is from Colorado Springs, Colo.; Airman Balason is from Ewa Beach, Hawaii, and Sergeant Floyd is from Reynoldsville, Pa.

Angels Over the Bay — Keesler Celebrates 70 Years — Air Show and Open House — March 19-20

Visit www.jetairmen.af.mil for information about joint expeditionary tasking and individual augmentee programs.

TRAINING, EDUCATION NOTES

Embry-Riddle term

Embry-Riddle Aeronautical University is now registering for the 11/S3-Spring II term that begins March 21.

The university offers degrees in aviation/aerospace, management and business administration with multiple course formats. Graduate courses are also available to complete Civil Service 1750 qualification requirements. Discounted tuition rates are available for active-duty military.

For more information, call 376-8478 or visit Room 217, Sablich Center.

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.

Hap Arnold grants

Friday 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.

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

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.

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 development 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>



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81stTRW.keesler



Sergeant Ramos



Major Blackington



Mr. Thompson

7 claim AETC recognition

By Susan Griggs

Keesler News editor

Seven Keesler members earned recognition in the Air Education and Training Command Information Dominance Awards and the General John P. Jumper Awards for Warfighting Integration competitions.

Winners are:

Cyber surety noncommissioned officer — Tech. Sgt. Mark Lorenzo, 333rd Training Squadron network defense instructor (photo unavailable). Sergeant Lorenzo led training to certify 34 emission security managers, upgrading the EMSEC course and designing the EMSEC lab. He corrected a system failure in the 81st Training Group's cyber campus training network within one hour. He built six master training plans, loaded 2,200 information assurance job qualification items and 800 milestones. He was a distinguished graduate of the Mathies NCO Academy.

Cyber transport systems NCO — Staff Sgt. Jose Ramos, 338th TRS instructor. He led 550 hours of instruction, providing 83 trained network technicians. He volunteered for a 191-day joint expeditionary tasking as an administrator for the third largest network in the area of responsibility for the



Airman Boyd

Army in support of Operations Iraqi Freedom and New Dawn. He implemented 775 system updates and eradicated 35,000 vulnerabilities. He executed 53 time compliance network orders and information assurance vulnerability alerts, eliminating 521 network threats.

Cyberspace operations field grade officer — Maj. Carol Blackington, 338th TRS director of operations. Major Blackington's cyber experience propelled more than 90 courses and ensured quality instruction for more than 940 Airmen. She

Please see **Awards**, Page 10



Sergeant Echte



Captain Curtiss

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.

Air show closes road, facilities

Ploesti Drive will be closed from just north of the Pass Road Gate to the intersection of Ploesti and First Street, noon to 5 p.m. March 17 and 18 for air show practice. Bay Breeze Golf Course, Bay Breeze Event Center, marina park and any other building on the closed section of road are closed during this period.

Ploesti Drive and the same facilities are closed 9 a.m. to 5 p.m. March 19 and 20 during the air show.

The Rodenberg Gate is open during these closures to allow access to Bayridge housing residents .

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.

Shooting victims identified

Air Force News Service

Air Force officials announced the deaths of two Airmen as a result of the March 2 shooting at Frankfurt International Airport, Germany.

Senior Airman Nicholas Alden , 25, of Williamston, S.C., was assigned to the 48th Security Forces Squadron, Royal Air Force Lakenheath, England.

Airman 1st Class Zachary R. Cuddeback, 21, of Stanardsville, Va., was assigned to the 86th Vehicle Readiness Squadron, Ramstein Air Base, Germany.

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, please go to the nearest emergency room. If it's an emergency, call 911 for an ambulance.

Dragons deployed — 238

Awards,

from Page 8

deployed with the Army as combat adviser in support of Operation Iraqi Freedom's transition to Operation New Dawn. She coordinated highly-sensitive special operations forces missions leading to the capture of more than 100 terrorists and facilitated critical security efforts during the Iraqi election ballot recount.

Civilian assistant specialist — Clair "Kit" Thompson, 81st Communications Squadron client system technician. Mr. Thompson orchestrated installation and configuration of 300 computers for undergraduate cyber training. He identified and fixed a key management server error, avoiding a base-wide network shutdown; resolved a software issue enabling critical end-of-year finance processing and corrected a logon error affecting 9,000 e-mail accounts. He also led migration of Keesler's e-mail accounts to the AFNet system.

Ground radar systems airman — Senior Airman Charles Boyd III, 338th TRS instructor. In his first six months as an instructor, he taught 441 hours with no failures, receiving an "outstanding" classroom evaluation during the base's Unit Compliance Inspection and delivering 47 technicians to the field. He's assumed NCO responsibilities for several key programs within his unit. He assisted a U.S. Air Force Europe special maintenance team that optimized air traffic control radars, leading 12 radar updates at Lajes Field, Azores.



Ground radar systems NCO — Staff Sgt. Lee Echtle, 81st Training Support Squadron curriculum developer. Sergeant Echtle engineered a training reference data base linking 195 job qualification standard and qualification training packages across 11 Air Force specialty codes and was handpicked to test the new JQS/QTP management database. He completed 240 checklist items to prepare for 2nd Air Force's standards evaluation, conducted nine JQS reviews and completed security forces augmentee training.

Gen. John P. Jumper Warfighting Integration Award — Capt. Ryan Curtiss, 333rd

TRS. Captain Curtiss was instrumental in the standup of undergraduate cyber training four months ahead of schedule, serving as an instructor, block lead and resident certified space professional and space subject matter expert. He led critical ground software qualification, installation and checkout and evaluated phase I courseware, identifying and fixing several critical flaws. He directed development of highly elliptical orbit flight software processes and prepared for the inaugural on-orbit upgrade of the integrated tactical warning attack and assessment certification mission system.



**CLICK IT
OR
TICKET**



"Angels Over the Bay Keesler Celebrates 70 Years"

KEESLER A.F.B.

AIR SHOW



Gates open 9 a.m. both days — Free admission!
For information about shuttle service from base housing
and road closures due to air show activities, see Page 8.

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, B-26J Mitchell Bomber,
Beech T-34A Mentor, MQ-1 Predator remotely piloted aircraft,
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.

For more information, log on to www.keesler.af.mil

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. Monday-Wednesday, 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.

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. Wednesday or March 30, Room 108B. 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.

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

Discrimination hotline

Air Force Personnel Center

The Air Force Discrimination Hotline, 1-888-231-4058, serves active-duty, Guard, Reserve and civilians.

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

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

Deployed Keesler airlift squadron sets records

By Senior Airman
Tabitha Dupas

403rd Wing Public Affairs

The 815th Airlift Squadron has broken many records while deployed and continues to do so as part of the 772nd Expeditionary Airlift Squadron, a total force integrated unit at Kandahar Airfield, Afghanistan.

The previous record for the 772nd EAS was 40 airdrops in one month. It was broken Jan. 28 and by the end of the month they reached 51 drops through the collaborative efforts of the 815th, 345th, and 41st Airlift Squadrons.

“It feels good to be setting records, but what you’ll find with most of the guys here is that it doesn’t matter if you break a record, it matters that you complete the mission and get the supplies where they need to go so we can help those guys on the ground,” said Lt. Col. Walt Ord, pilot from the 815th AS and 772nd EAS aircraft commander who led the crew that made the 41st drop.

A load with 20 bundles of water, meals ready-to-eat and



Photos by Senior Airman Willard Grande II

Tech. Sgt. Josh Romero loads a bundle of supplies for an airdrop mission at Kandahar Airfield, Afghanistan. A parachute is attached to each bundle allowing 99 percent of the airdropped bundles to be recovered undamaged during the month of January. Sergeant Romeo is a loadmaster assigned to the 772nd EAS.

fuel was the record setting drop. These drops are supporting troops working out of forward operating bases.

In addition to successfully completing 51 airdrops weighing more than 1.1 million pounds, the 772nd EAS also moved close to 4,000 passen-

gers and flew more than 420 sorties with approximately 400 flight hours during the month of January.

While the Army only expects 90 percent recovery of airdropped supplies in this particular location, the accuracy of the 772nd EAS has

boosted the percentage to 99, according to Lt. Col. Frank Poukner, 815th AS.

The 815th and 345th AS joined together in August 2010 as the first C-130J total force integrated unit of the Air Force.

“The total force integration

has helped both squadrons in that the active duty tends to be a little younger and they can learn from the experience of the 815th (AS),” said Colonel Poukner. “At the same time, the 345th (AS) has new guys coming in and are bringing fresh ideas from other squadrons. They also can fill bodies on deployments lifting some of the burden of missions off of the 815th (AS).”

They are deployed in Kandahar with the 41st AS from Little Rock Air Force Base to make up the 772nd, established in March 2009. Their mission is to supply troops in locations where delivering supplies is both dangerous and difficult by means other than airdrop.

“Our guys are working hard,” said Colonel Poukner. “Everyone has the can-do attitude toward doing what has to be done to get the mission accomplished. It is all due to the teamwork of everyone involved from maintenance to loadmasters to pilots.”

Senior Airmen Melissa White contributed to this story.



Sergeant Romero inputs the weight of oncoming cargo at Kandahar Airfield.



A C-130J Hercules from the 772nd EAS releases bundles for a remote forward operating base in Afghanistan during an airdrop mission. During the month of January, the 772nd EAS broke a record by completing 51 airdrop missions and dropping more than 1.1 million pounds of supplies during a one-month period.

Six Keesler lieutenants promoted to captain

By Susan Griggs

Keesler News editor

Six Keesler first lieutenants have been selected for promotion to captain.

Names announced Tuesday are:

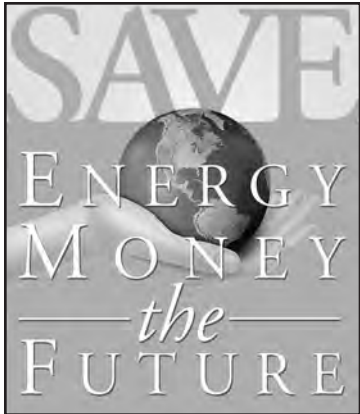
2nd Air Force — Jeffrey Van Horn.

81st Inpatient Operations Squadron — Karla Prather.

81st Medical Operations Squadron — Nicole Hust and Stephen Kennedy.

81st Surgical Operations Squadron — Margareta Beg.

81st Training Wing legal office — Craig Dunham.



Fisher House Foundation team visits Keesler



Photo by Steve Pivnick

Maj. (Dr.) James Mitchell, center, 81st Medical Operations Squadron radiation oncologist, describes the operation of the radiation oncology clinic's linear accelerator to Audrey Fisher, right, vice chairman of the Fisher House Foundation board of directors, during her Feb. 25 visit. Mrs. Fisher's mother, Laura Randall, watches at left. They were accompanied by James Weiskopf, Fisher House Foundation vice president, as they visited the Keesler Fisher House where they accepted a \$250 donation from the Keesler Spouses Club. The clinic was included in the visit since many Fisher House residents are patients or families of patients undergoing treatment there.

HAWC sponsors 'Crews' challenge during National Nutrition Month

By Steve Pivnick

81st Medical Group Public Affairs

The Keesler Health and Wellness Center, in conjunction with the Navy's "Crews Into Shape" challenge, sponsors a four-week wellness campaign and challenge to mark National Nutrition Month, observed during March.

HAWC dietician Stephanie McCann said the center offered a water bottle for all teams and members who signed up on the Navy Website to participate in the event that began Monday and runs through April 2.

"The intent is to bring people together for a team approach to wellness," Ms. McCann explained. "No weigh-in is required. Each

crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables and drinking fluids.

"The entire Department of Defense family is invited to participate," she continued. "All you have to do is find two to 10 team or crew members and pick a crew leader. Each crew member completing the challenge receives a certificate and the top-scoring crews win prizes."

For more information, contact the HAWC at 81AMDSHAWC2@keesler.af.mil or 376-3170. Further Information and the crew leader/crew guide are available at: http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx

Mardi Gras merriment



Photo by Steve Pivnick
Brig. Gen. Kory Cornum, 81st Medical Group commander, and his wife, Brig. Gen. Rhonda Cornum, director of the Army's Comprehensive Soldier Fitness Program, were grand marshals for Saturday's Krewe of Gemini parade in Gulfport.



Photo by Dawn Hitchings
From left, court members for the 23rd annual Krewe of Medics Mardi Gras Ball are Wesley St. Clair, 81st Medical Support Squadron; Tyreema Anderson, 81st Surgical Operations Squadron; Queen Brenda Thomas, 81st MSGS; King Tom Mattingly, Humana Military Healthcare; Krista Hutchinson and Scott Eisenhuth, 81st MSGS; and Carla Leeseberg and Steve Pivnick, 81st Medical Group. The theme for this year's event held Feb. 26 at the IP Casino Resort and Spa was "New Orleans Jazz and Blues."

Tech. Sgt. Joanne Simmons, left, and Staff Sgt. Douglas Dredden dance at the 336th Training Squadron's Mardi Gras celebration. The event, complete with floats and costumes, followed a hail-and-farewell luncheon March 1.

Photo by
Kemberly Groue



Hailey Mueller, 11, was a fifth-grade duchess in Friday's Jeff Davis Elementary School Mardi Gras parade. Her parents are Keri and Brig. Gen. Andrew Mueller, 81st Training Wing commander.

Photo by
Kemberly Groue



Photo by Kemberly Groue
From left, Nancy and Brig. Gen. James Muscatell, 403rd Wing commander, and Lt. Col. Daniel Gottrich, 338th Training Squadron commander, and his wife, Ainsley, toss beads to spectators from a float at Sunday's North Bay Area Mardi Gras Association parade in D'Iberville.

Left, Abigail Cole untangles Mardi Gras beads as she marches in Friday's Jeff Davis Elementary School Mardi Gras parade in Biloxi. Abigail, 11, is the daughter of Lt. Col. Richard and Cheryl Cole, 81st Force Support Squadron. Abigail's parents and her six brothers and sisters also participated in the parade.



DBIDS deadline looms

Keesler police officer Bryan Beecher, left, scans Robert Scott's Defense Biometric Identification System card. Mr. Scott is a retired Sailor from Biloxi. Registration is a quick and easy process; it usually takes less than five minutes. The only thing needed to register is a Department of Defense-issued identification card, such as the common access cards, or dependent or retiree identification cards. Active-duty members, reservists and Defense Department employees register for DBIDS through March 31 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. Starting April 1, the visitor center is the only location for DBIDS registration for any active-duty members and civilians who haven't registered yet, as well as retirees, dependants and contractors. Terminals will set up at the 403rd MXS building during the 403rd Wing's unit training assembly, May 13-15, for reservists. Registration continues at the visitor center through June 31.

Photo by Kemberly Groue

Bullying prevention programs boost resilience, intervention

By Paula Tracy

81st Medical Operations Squadron family advocacy outreach manager

Think about the word “bully,” and what image comes to mind? Many people imagine a loner — a tough talking, menacing playground nemesis that lies in wait to knock down and steal the lunch of the unfortunate classmate.

On the contrary, research indicates that most bullies are not socially isolated; they have an easier time making friends than children who don't bully others. Bullies often have at least a small group of friends who support and encourage their bullying behavior. Another myth about bullies is that they possess low self-esteem. In fact, they typically have average or above average self-esteem. And girls bully, too — while boys tend to be more overt, girls may use rumors, gossip and teasing to gain power and social control.

While certainly not new, bullying has become increasingly aggressive and widespread in the 21st century. And when it occurs in the lower grades it carries disastrous long-term outcomes. Victims tend to become anxious, insecure, overly cautious and suffer from low self-esteem. They may lack social skills and, in an attempt to end the bullying, self-isolate. Bullying is negatively linked to child development, relationship formation and psychological well-being. Bullies learn that anti-social behavior and exerting control over others is acceptable and that it works. Bullying creates an atmosphere that is toxic for everyone.

Because of this, many schools now promote bullying prevention programs for students and train staff in detection and intervention. Parents



need to be educated too, so that they are in touch with what their kids actually face every day. Parents can model and reinforce resiliency by being consistently supportive and available in the life of their children.

For the past six weeks, the Family Advocacy Program has teamed up with the Youth Center to discuss situations and skills to increase empathy and boost resistance to being bullied. Using songs, interactive exercises, computer videos and role-play, Youth center kids ranging from 5 to 12 have participated in the after-school program.

Social work intern Megan Gajewski and outreach manager Paula Tracy collaborated on the program, tailoring it to the ages and interests of the kids.

“I was amazed at the ideas

and insight the children already have,” stated Ms. Gajewski. “They really thought about the content and brought their own experiences to the discussion. It was great working with them.”

Parents wanting to learn more about how they can help their kids become bully-resistant are in luck. Excellent resources for kids are available, including “The Berenstain Bears and the Bully” (Stan & Jan Berenstain, 1993), “Bully on the Bus” (Carl Bosch, 1988), “Bullies are a Pain in the Brain” (video/ Trevor Romain, 1998), and “What’s Wrong With Timmy?” (Maria Shriver, 2001). Parents can visit www.bullybeware.com or www.cfchildren.org for a wealth of information or call family advocacy, 376-3457.

For more news, photos, videos and information,
log on to www.keesler.af.mil

Prior service officers may retire early

By Lt. Col. Ann Stefanek

Secretary of the Air Force
Public Affairs

WASHINGTON — Air Force officials announced plans to allow some prior service officers the opportunity to retire early.

As a result of the Fiscal 2011 National Defense Authorization Act, officers with prior enlisted service who have completed 20 years of total active federal military service may apply to retire by Sept. 1 with less total active federal commissioned service.

“This legislation gives the Air Force the ability to allow most prior service officers the option to retire with eight rather than 10 years of active commissioned service,” explained Brig. Gen. Sharon K. G. Dunbar, director of Air Force Force Management Policy.

More Airmen are choosing to stay in the Air Force, and retention is at the highest level in 16 years. For that reason, the Air Force introduced voluntary and involuntary force-management programs to better size and shape the current force. A two-year waiver of active commissioned service is one of many voluntary programs available to eligible officers this year as part of the Air Force’s initiative to reduce end strength.

“We want to leverage voluntary separation and retirement programs to the maximum extent possible, and so we’re pleased this early retirement option is now available,” General Dunbar said.

Most officers in the line of the Air Force, judge advocate general, chaplain, biomedical science corps and medical service corps competitive categories are eligible. Additional program eligibility and information will be sent from the Air Force Personnel Center.

For more information, visit the Air Force personnel services website or call the Total Force Service Center, 800-525-0102.

Temporary, hourly day care available at CDC

By Steve Hoffmann

Keesler News staff

Attention parents with children in day care — the rent-a-

slot and hourly drop-in day care service at Keesler's child development center may be your dream come true.

Many day care facilities

close for one or two weeks at a time, leaving parents scrambling for child care during the day. They'll resort to such drastic measures as taking time from work, using valuable vacation time, hitting up the grandparents or checking the local kennels to see if they have space available. OK, maybe checking the dog pound hasn't crossed your mind, but it underscores the desperation parents sometimes feel when their child's day care facility closes.

But a slot that's for rent can be a hopeful alternative for frantic parents. Sometimes, parents who have children enrolled and regularly attending the child development center will sublease their child's slot. Maybe they're on vacation or on temporary assignment to another base — for whatever

reason, their child is not using their slot for an extended period of time. In an effort to help cover some of the weekly costs of keeping their child's slot, they'll lease it to another child.

"I think it's an excellent program," said Staff Sgt. Marshall Dixon, 336th Training Squadron. "It relieves some of the financial hardship on parents with children in day care while allowing parents like me to have access to child care."

"The program is ideal for reservists and those on temporary duty," said Anita Hymes, deputy director at the child development center. The program is open to active-duty, retired, civilians and contractors.

While the rent-a-slot program is available on a weekly basis, drop-in care is also

available by the hour for \$4 per hour. Weekly rent-a-slot costs vary depending on availability. Those with slots to rent offer them at their weekly rate or lower. Some slots may be higher or lower than others, depending on the rank of the parent. To rent a spot, parents pay the cost of whatever space is available for their child. Weekly costs range between \$59-\$139.

The rent-a-slot program averages approximately five slots rented per week.

According to Ms. Hymes, summer months and holidays are busier, averaging 10 slots rented per week.

Ms. Hymes said full-time slots are also available, particularly for infants ages 6 weeks to 12 months.

For more information, call the child development center, 377-2211.

Spouses club hosts auction Saturday at Bay Breeze

“Casino Royale,” the Keesler Spouses Club’s live and silent auction, is 5-9 p.m. Saturday 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.

Air Force honor



Holly Fisher is the Air Force’s child care provider of the year for 2010. Mrs. Fisher provides expanded duty care to children of active-duty members, Reservists and National Guard members whose duty hours exceed the standard 50 hours of child care that families pay for on base or off base. She has 14 children under her care and is accredited by the National Association of Family Child Care. Her husband is Master Sgt. Anthony Fisher, 81st Training Group.

PERSONNEL NOTES

Job fair is April 12

The Southern Region Military and Civilian Job Fair on April 12 from 9 am to 2 pm at the Mississippi Coast Coliseum and Convention Center, Biloxi.

Some pointers for the event:

Dress appropriately — military uniform is acceptable. On-the-spot interviews may happen.

Bring a resume or information to complete an application, including at least three references to include phone numbers.

Don't bring children.

For a list of registered employers, log on to <http://www.jobfairs.ms.gov/>

Military personnel contacts

Military personnel section phone numbers:

Customer support — 376-8738.

Career development — 376-8739.

Force management — 376-8740.

Student personnel center — 377-4111.

Testing — 376-4111.

Leave after the fact memo

If a member is attempting to process leave after the leave has already occurred, a memorandum signed by a level no lower than the squadron first sergeant is required.

For more information, call 376-8347.



Arts and crafts center

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

Saturday — 10 a.m., beginning woodworking, \$25; 10 a.m. to noon, advanced intarsia woodworking, \$25; 1 p.m. Pot-o'-gold children's class; create your own St. Patrick's Day pot-of-gold. \$5 includes snack.

Bay Breeze Community Center

Wednesday — 6 p.m., free wingman Wednesday pool tournament; players can bring their own pool sticks. .

Gaudé Lanes Bowling Center

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.

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

Tuesday — 5 p.m., free golf clinic for company grade officers. Call pro shop to sign up.

Bay Breeze Collocated Club

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

Friday — 5-8 p.m., jazz night in the lounge.

Saturday — 8 p.m. to midnight, dance night with DJ Dynamite in the lounge.

Sunday — 10:30 a.m. to 1 p.m., spring brunch. \$16.95 nonmembers, club members receive \$2 discount, ages 4-10 half price, ages 3 and younger free.

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.

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 and Saturday — 8 p.m. to 2 a.m., two-night masquerade ball.*

Airman and family readiness

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

Today — 9-11:30 a.m., career skills assessment.

Monday — 10-11 a.m., sponsor training.

Monday-Wednesday — 8 a.m. to 4 p.m., transition assistance workshop.

Tuesday — 9 a.m., post-deployment briefing; 1 p.m., pre-separation counseling for those separating; 2:30 p.m., pre-separation counseling for retirees.

Wednesday — 9-11:30 a.m., federal resume writing/job search.

March 17 — 8-11 a.m., VA benefits brief, for active duty members and their spouses; 1-4 p.m., retirement brief.

Youth center

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

Saturday — 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.

Smallpox shots

Starting Monday, 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.

Black History Month

Upcoming African-American Heritage Committee events are:

AAHC golf tournament — Friday, 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.

AFA luncheon

The Air Force Sergeants Association annual awards

luncheon is 11 a.m. Tuesday at the Bay Breeze Event Center ballroom.

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

For tickets, call 377-2520.

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. Wednesday, 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.

Speakers bureau

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

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

Speakers come from a variety of experiences and backgrounds that offer a variety of presentations. Topics include aircraft maintenance, aviation, computer operations, communication skills, health, military life, military law, combat experience, financial management, child development, Air Force history and more.

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

11 teams hit the courts for intramural volleyball

By Susan Griggs

Keesler News editor

Keesler's intramural volleyball season tipped off Feb. 28.

In the Eastern Conference, the 333rd Training Squadron's A-team jumped to a 2-0 standing with wins over the 338th TRS and 81st Aerospace Medicine Squadron. Other teams are the 81st Logistics Readiness Squadron and the 81st Diagnostics and Therapeutics Squadron.

Conference games are 6 and 7 p.m. Mondays and Wednesdays at Blake Fitness Center.

The 335th TRS, winners of the league's preseason tournament, are undefeated in the Western Conference with victories over the 81st Security Forces Squadron and the 333rd TRS B-team. Other contenders are the 334th TRS, 81st Medical Operations

Squadron and the 81st Dental Squadron.

Conference games are 6, 7 and 8 p.m. Tuesdays and Thursdays at Blake Fitness Center.

Intramural sports director Sam Miller said Dragon Fitness Center is available for practice 3-5 p.m. Monday-Friday. Teams can reserve the court once a week and at least eight players must be available to practice. The reservation is voided if players aren't there 10 minutes past the reservation time.

Blake Fitness Center is available for practice 11:30 a.m. to 3:30 p.m. non-training Fridays. Teams can reserve the court once a week with a minimum of 10 players available for practice. If players aren't there by 10 minutes after the scheduled court time, the reservation is voided.

For more information, call 377-2444.

Jerry Dameron, 81st MDOS, gets a hard hit over the net March 3 in a game against the 81st Security Forces Squadron. The medics beat the cops, 2-0.

Photos by Kemberly Groue



Michelle Noble, 81st SFS, hits the ball to a teammate in the March 3 contest with the 81st MDOS.