



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

APRIL 21, 2011 VOL. 72 NO. 16



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Seven moves in 14 years for this 'Air Force brat'

By McKenna Stone

Editor's note: The author, an eighth grader at Williamsburg Middle School in Arlington, Va., is the daughter of Col. Lynn Connett, 81st Training Group commander, and Col. Jay Stone, deputy director for Air Force Psychological Health.

Many kids grow up in one town under one roof throughout their childhood. Others move every couple years to follow their parent's military jobs. I'm one of those kids. I've experienced the joy of making new friends, the fear of meeting new people and the pain that comes with leaving them. Luckily, there's never a sad ending to our journey into a new and exciting place. It may be hard to depart from somewhere you've grown so fond of, but there are even better opportunities waiting in the place to come.

The Air Force tries to put families first, but that may not always be the result.

This year has been hard on my family and even tougher on us kids.

My mother, Col. Lynn Connett, was assigned to Keesler as a group commander.

She was thrilled not only to be out of the Pentagon, but also to receive such an important role. We were all so proud of her, because no one else knows how hard she's worked for this except for us; the ones who see her coming home late, missing school events and working on off days.

My father, Col. Jay Stone, supported her through it all. In fact, they support each other a tremendous amount. But the new adventure didn't last long because after only a few months in Biloxi, we found out that my dad was being reassigned to Washington, D.C., last summer. He had just returned from a seven-month deployment to Iraq and we were only



McKenna Stone

given two months of reuniting. I chose to go with him to see my old friends, be back on my old cheer team and keep him

company. Unfortunately, my younger brother and sister stayed in Mississippi with my mom. We only see each other a few times a year, and only for a short amount of time.

Like most brothers and sisters, I fight a lot with my siblings, especially last year when my dad was deployed and my mom worked late. Our nanny had fun supervising the arguments and controlling the TV remote.

In a way, being apart has brought us closer together. We realize how much we love each other and need one another. I can't imagine what this year would have been like without Skype, texting or Facebook. My sister, Riley, is my best friend and my motive to be a

good example. She understands and listens to me when I call her blabbing about "the new boyfriend of the month," as my mom puts it. And don't even get me started on my little brother, Sawyer. He can be a handful, but by the end of each day, I realize that life would be boring and routine without his crazy sense of humor.

I look up to my parents and those who work hard to defend our country. I hope that someday I can follow in their footsteps to be a remarkable hero and make a difference. Others may pity the kids that have to move around and start over every few years. Even though being an "Air Force brat" has its disadvantages, I can't imagine my life any other way.



ON THE COVER

Three-year-old Brody Sigler, left, and his 4-year-old brother, Braden, race toward their dad, Tech. Sgt. Josh Sigler, 81st Medical Group, at the child development center. Sergeant Sigler, who's married to Johanna Sigler, is one of the parents who participated in Family Fun Day April 14. The event, part of Keesler's Month of the Military Child observance, included a picnic, games, crafts and other activities for Keesler children and their parents. More photos, Page 15.

Photo by Kemberly Groue.



DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

What is the most important quality in a good leader?



"Patience."

Master Sgt. Michael Asdel,

81st Security Forces Squadron



"One who believes in himself or herself and takes charge in tough situations."

Glenda Mosby, retired master sergeant



"Confidence and being a good follower so you can learn to be a better leader."

Airman Erik Heiss, 338th Training Squadron

KEESLER NEWS

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Photos by Kemberly Groue

From left, Airmen Beck, Novosel, Mackay and Lewis collect trophies on behalf of the Gators, including first place overall at Friday's drill down competition.

Gators win drill down honors

By Susan Griggs

Keesler News editor

The 334th Training Squadron Gators claimed the overall title in Friday's 81st Training Group's drill down competition.

The Gators, moving up from their second place overall finish in February's drill down, ranked first in open ranks, second in freestyle and third in regulation drill.

The 336th TRS Red Wolves, who earned first place overall in February, placed second overall this time, with a first in regulation drill and third in open ranks and freestyle.

The Bulls from the 335th TRS were the third place team overall, with first place in freestyle and second in regulation drill.

The 338th TRS Dark Knights came in third in open ranks competition.

The winning drill team members are:

Regulation drill —Airmen Basic Omari Slaughter, Shane Burgess, Eric Hilson, James Rose, Jason Rizya and Caleb Johnson and Airmen 1st Class Ashley Beck (drill master) and Amirah Smith.

Freestyle rifle team – Airmen Basic Joel Novosel, Nicholas Torres, Rachael Englund, Crystal Mollet, Erica Porter and Corey Helmick and Airmen 1st Class Ryan Lewis (drill master), Casandra Mackay and Guy Butts.

Open ranks – Airmen Burgess (drill master), Beck, Lewis, Helmick, Butts, Mollet, Rizya and Novosel.

The next drill down is 8 a.m. June 24 on the drill pad behind the Levitow Training Support Facility.



From front, Airman 1st Class Jacob Thoman, drillmaster; Airman 1st Class Robert Robinson and Airman Steven Daniels show how the 335th TRS won first place in the freestyle competition.

81st Training Group garners two AETC awards for 2010

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Two 81st Training Group members won Air Education and Training Command awards.

Winners are:

Military training leader

— Master Sgt. Anthony Fisher, 81st Training Group military training superintendent. Sergeant Fisher ran the 81st TRG's transition program test cycle which resulted in the program being adopted in 36 AETC locations. He also was a part of the 2010 Unit Compliance Inspection team and contributed to 100 percent compliance of two detachments by inspecting them and providing assistance. He founded Keesler's quarterly Teddy Bear Run in which the teddy bears are donated to the 81st Medical Group's pediatric patients.



Sergeant Fisher

Support airman — Senior Airman Brett David, 81st Training Support Squadron cyber systems operator. Airman David led a network security sweep which eliminated unauthorized access and unsecured informa-



Airman David

tion. He identified missing information assurance documents and corrected 139 discrepancies. He also volunteered more than 50 hours for special needs children and organized a charity 5-kilometer race team.

Keesler teen accepted to Air Force Academy

By Susan Griggs

Keesler News editor

Biloxi High School senior Christopher Boulanger has earned an appointment to the Air Force Academy's Class of 2015 through a competitive nomination from Mississippi Sen. Roger Wicker.

Christopher, who holds a perfect 4.0 grade point average, is an Eagle Scout and a member of Biloxi High's chapter of the National Honor Society. He's also a member of the school band and swimming team.

He'll leave for basic cadet training in June.

Christopher's parents are Chief Master Sgt. Richard



Boulanger

and Kelly Boulanger. His father is flight chief for air traffic control training in the 334th Training Squadron.

Cyberspace isn't a secure environment.

Dark Knights perform during patriotic salute



Photo by Kemberly Groue

The 338th Training Squadron's drill team performed April 14 in "Dreams: A Celebration of America" at Biloxi's Beau Rivage Theater. The patriotic salute was produced by the Lynn Meadows Discovery Center of Gulfport, Mississippi's first children's museum.

81st Dental Squadron technician selected for hygienist training program

By Master Sgt. James Bunce

81st Dental Squadron

Staff Sgt. Rebecca Escajeda, 81st Dental Squadron, is one of eight Air Force dental technicians accepted to attend a two-year registered dental hygienist course as part of the Air Force Dental Hygiene Training Scholarship Program.

In 2003 the Air Force entered into joint educational agreements with two institutions, Trident Technical College in Charleston S.C.,

and St. Petersburg College in St. Petersburg, Fla., to train active-duty dental technicians as registered dental hygienists. The programs are accredited by the American Dental Association's Commission on Dental Accreditation.

Sergeant Escajeda departs Keesler this summer to attend Trident's associate's degree program in dental hygiene.

The curriculum includes both general education and professional dental hygiene courses. Upon graduation, Sergeant Escajeda is eligible

to sit for the dental hygiene national board exam as well as the regional and/or individual state board examinations for her license. Then she'll provide preventive, educational and therapeutic services in an Air Force dental clinic.

The El Paso, Texas, native has been a member of the Air Force since February 2006 and assigned to Keesler since June 2006. While at Keesler, she's earned an associate of arts degree from Mississippi Gulf Coast Community College.



Sergeant Escajeda

TRAINING, EDUCATION NOTES

ASMC scholarships

Friday is the deadline to apply for one of two \$1,000 college scholarships being awarded by the Mississippi Sound Chapter of the American Society of Military Comp-trollers.

The scholarship is offered to graduating high school seniors entering a college financial or resource management course of study, including business administration, economics, public administration, computer science, or operations research related to finance., financial management or accounting.

Application packages include an ASMC Mississippi Sound Chapter application form; a recommendation letter from a high school principal, academic dean, or guidance counselor; and a recommendation letter from a high school teacher. A college acceptance letter is required at the time the scholarship funds are awarded.

For nomination packages, call 376-8212.

CCAF graduation

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

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

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.

Be proactive
in reporting
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violations.

2 win AETC legal awards

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Two members of the Keesler legal office were awarded Air Education and Training Command awards for 2010.

Outstanding civilian attorney — Richard Brock, chief of civil law. This is the second consecutive year that Mr. Brock has won this award. Last year, he authored 415 legal opinions for Keesler clients and donated 65 hours of free legal services to 10 clients for the Mississippi State Bar Association. He also briefed more than 2,000 wing personnel and dependants on hurricane preparation, ethics, and homosexual policy.

Outstanding paralegal senior noncommissioned officer — Senior Master Sgt. Kimberlee Bauer, law office



Mr. Brock

superintendent. Sergeant Bauer saved 270 attorney hours and reduced repeat office visits by helping create the new "One-stop Will Shop." She saved 1,500 man hours and \$140,000 by acquiring 6 legal interns. She



Sergeant Bauer

also administrated more than 100 legal briefs including adoption workshops, elder care, newcomers briefings, first term airman center briefings and retirement briefings leading to the education of more than 6,000 people.

Enlisted force management meets goal

Air Force News Service

WASHINGTON — Air Force officials announced the closure of enlisted voluntary and involuntary force management programs for fiscal 2011 after meeting end-strength goals for enlisted Airmen.

Force management programs announced in December were implemented to size and shape the force to meet congressionally authorized end strength.

"Because we met our fiscal year 2011 enlisted end-strength goal, we won't need to conduct the two remaining date of separation rollback phases planned for this year," said Maj. Gen. Sharon Dunbar, director of force management policy.

This involuntary program accelerated the separation of enlisted Airmen with less than 14 years or more than 20 years of service who weren't recommended for retention by their commanders. Airmen under the rollback pro-

"The Air Force must balance the desire of Airmen wanting to serve with the need to operate within its congressionally authorized end strength."

— Chief Roy

gram separate by May 31.

The enlisted voluntary programs included Palace Chase transfers to the Reserve and a variety of waivers, to include certain active duty service commitments and enlistment contracts, that allowed enlisted Airmen to voluntarily separate or retire.

"The Air Force must balance the desire of Airmen wanting to serve with the need to operate within its congressionally authorized end strength," said Chief Master Sgt. of the Air Force James Roy. "We recognize these actions may be difficult for Airmen who have been asked to transition from the Air Force. We will continue to communicate with our Airmen in clear and candid terms to minimize uncertainty and maximize options."

Officer force management programs continue as previously announced.

IN THE NEWS

Wing commander's call

An 81st Training Wing commander's call, 3:30 p.m. today at the Bay Breeze Event Center ballroom, is open to all ranks, including military members, civilians and contractors.

Lent, Easter, Passover services

The Keesler Chapel has scheduled Holy Week and Passover services.

Roman Catholic

Holy Thursday Mass, adoration and confession — 7 p.m. today, Triangle Chapel.

Good Friday service — 7 p.m. Friday, Triangle Chapel.

Easter Vigil Mass and reception — 7 p.m. Saturday, Triangle Chapel.

Easter Mass — 9 a.m. April 24, Triangle Chapel, Easter Sunday Mass followed by Easter egg hunt.

Protestant

Easter sunrise service — 6 a.m. Sunday, Bay Breeze Event Center, followed by breakfast.

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

Contemporary service — 10:30 a.m. Sunday, Triangle Chapel.

Gospel service — noon Sunday, Triangle Chapel.

Latter-Day Saints — Student group service, 2 p.m. Sunday, Triangle Chapel.

Jewish

Passover — Individuals can be matched with families in the local area by calling Congregation Beth Israel, 539-1655 or 207-2196.

Greek Orthodox

Services are conducted at Holy Trinity Orthodox Church, 255 Beauvoir Road, Biloxi.

Divine liturgy — 10 a.m. today.

12 Passion gospels — 6 p.m. today.

Royal hours — noon Friday.

Lamentations — 6 p.m. Friday.

Divine Liturgy, St. Basil — 10 a.m. Saturday.

Rush service — 10 p.m. Saturday.

Agape vespers — 2 p.m. Sunday.

Off-limits list

These establishments have been declared "off-limits" to all armed forces personnel by the Armed Forces Disciplinary Control Board:

Biloxi — Ya-ya's, 2623 Pass Road.

Ocean Springs — Pugs, 6213 Washington Avenue.

D'Iberville — Guitars and Cadillacs, 4031 Popps Ferry Road.

Gulfport — Herbal Alternatives, 1909 East Pass Road and 11530 U.S. Highway 49.

Dragons deployed — 223

Logistics compliance inspection ends



Photos by Kemberly Groue

From left, Steven Cain, Airman 1st Class Matthew Chesnavage and Michael Rhodes, 81st Logistics Readiness Squadron, work in Keesler's vehicle maintenance section. In addition to the squadron, other areas assessed are the supply, fuels, munitions and transient alert sections and performance management office. Outstanding performers recognized by the LCAP team from the 81st LRS are Staff Sgt. Derrick Gerlich, Senior Airman Patsy Chandler, William Harrison, Miles Burton, Donald Gavin Jr., and Bobby Rakes.



At table from left, Brig. Gen. Andrew Mueller, 81st Training Wing commander; Chief Master Sgt. Curtis Jennings, 81st TRW command chief; Col. Rodney Berk, 81st Mission Support Group commander, and Lt. Col. Sean Gallagher, 81st MSG deputy commander, and other base personnel listen as Lt. Col. James Humes gives a briefing on Air Education and Training Command's Logistics Compliance Assessment Program inspection conducted April 11-15.



Mrs. Rich



Mrs. Turner



Mrs. Gottrich

81st Training Wing recognizes 3 volunteers with Air Force awards

By Susan Griggs

Keesler News editor

The 81st Training Wing honored three of its top volunteers April 14 with the Air Force Volunteer Excellence Award during Keesler's annual volunteer recognition ceremony.

The award recognizes federal civilians, family members and military and federal retirees who perform outstanding volunteer community service of a sustained, direct and consequential nature.

This year's recipients are Kim Rich, Gloria Turner and Ainsley Gottrich.

Mrs. Rich, who's married to Staff Sgt. Thomas Rich, 338th Training Squadron, was responsible for reviving the weekly Mommy and Me play group for preschoolers last year. She's responsible for planning creative and fun activities for more than 20 toddlers each week.

"Since the program is currently nomadic, Kim must plan weeks in advance and call ahead to various locations for upcoming events the moms and children want to attend," said family advocacy's Donna Gibson, who submitted the nomination. "She plans activities that are easy enough for a 2-year-old, yet stimulating enough to hold the attention and imagination of a 4-year-old.

"Although extremely busy with an infant and young child of her own, Kim is making contacts regarding a solution for a permanent home for the playgroup," Ms. Gibson added. "She is dedicated, hardworking, dependable and conscientious in sending out an advanced calendar of events for the playgroup and ensuring all moms involved are notified of any changes to the schedule in a timely manner."

Mrs. Turner is married to CSC employee Tony Turner, a retired master sergeant. Her daughter is Staff Sgt. Jan Randolph, previously assigned to the 335th TRS and now stationed at Seymour-Johnson Air Force Base, N.C.

Mrs. Turner was nominated by Master Sgt. James Messer, 81st TRW staff agencies first sergeant. Sergeant Messer is vice president of the Keesler Top III, sponsors of Airman's Attic.

"As Airman's Attic manager, she volunteered 875 hours, working late nights and some weekends to renovate the new facility, adding a child play area and increasing stock by 300 percent," Sergeant Messer pointed out. "She's increased both the customer base and operating hours four-fold. She encourages young spouses during their husband's deployments and fre-

quently watches the children for three of our families."

Mrs. Turner also delivered 1,500 Christmas stockings for base shift workers in the past decade, prepared baked goods for 335th TRS fundraisers and donated stuffed animals for the 81st Training Group's Teddy Bear Run.

Mrs. Gottrich, spouse of Lt. Col. Daniel Gottrich, 338th TRS commander, was nominated by Master Sgt. Charles Gallaher, the squadron's first sergeant.

"Mrs. Gottrich excelled as our primary cheerleader, event organizer and mentor to both permanent party spouses and young spouses of student Airman at the beginning of their careers," Sergeant Gallaher said. "She organized a quarterly student spouse orientation program, reenergized our unit's long-dormant spouses program, solicited student and spouse volunteers for community activities and hosted a 'Mommies to Be' group for 14 pregnant student wives."

She planned the squadron's Easter and Valentine's Day parties, served as a booster club mentor, was a story time volunteer at McBride Library, coached a preschool basketball team at the youth center and provided foster care for stray pets for the local humane society.

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PERSONNEL NOTES

Finance office closes

The 81st Comptroller Squadron's customer service office closes at noon May 12 and 11:30 a.m. June 22.

Class for job hunters

81st Force Support Squadron

In May, the airman and family readiness center plans a 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.

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

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. 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. 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. May 12, June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, Room 108A; 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.

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Forum seeks volunteers to provide quality of life insights at Keesler

Keesler Integrated Resource Team

The Keesler Integrated Resource Team is looking for volunteers to provide input and expertise into the upcoming Caring for People forum.

This forum provides installation commanders valuable and timely information on issues that directly impact the quality of life experienced by Airmen and their families.

These issues will be identified by gathering input from focus groups comprised of a cross-section of Keesler Airmen who collectively represent a specific population. Special needs, single Airmen, deployment support and spouse issues are a few of the planned groups.

The list of focus groups and facilitators are:

Spouse issues — Ainsley Gottrich, foulds212@hotmail.com.

Deployment support — Master Sgt. Jessica Woodruff, jessica.woodruff@us.af.mil.

Single parents — Paula Tracy, paula.tracy@us.af.mil.

School issues — Gerry Cross, gerald.cross.1@us.af.mil.

Exceptional family member issues — Becky Stanley, rebecca.stanley@us.af.mil.

Reserve component issues — Lt. Col. Allyson Chauvin, allyson.chauvin@us.af.mil.

Military to military — Master Sgt. Valerie Mullens, valerie.mullens@us.af.mil.

Single airmen — Jeanne Lessley, sarah.lessley@us.af.mil.

“If you’d be interested in and willing to meet to openly discuss concerns, interests, successes or what you perceive to be disconnects in service here at Keesler, we would like you to consider this opportunity,” said Paula Tracy, KIRT chair. “We need frank, direct input from a cross-section of individuals. All ranks are welcome. In fact, we’d like to talk with active duty, Reserve, retirees and civilians. Scheduling is flexible and meetings accomplished on your ‘turf.’”

Interested persons are asked to e-mail the facilitator for each focus group.

**NO DUIs NO EXCUSES
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Identity theft is a personal nightmare and security risk. Shred bills, statements, letters, old journals, records, outdated application forms and any documents that contain your full name, Social Security number, duty title and job information, credit card, bank account numbers and names of family members. If you see documents being removed from trash cans, call the 81st Security Forces Squadron law enforcement desk, 377-3040.

Storytime celebrates Month of the Military Child



Photo by Kemberly Groue

Brig. Gen. Andrew Mueller, 81st Training Wing commander, reads "10 Little Dinosaurs" to children at the child development center April 12. The special storytime is part of Keesler's celebration of the Month of the Military Child during April.

Fun-filled day for families



At left, Sondra Ware, wife of Staff Sgt. Jason Ware, 81st Dental Squadron, and their son Jackson, 2, use colored ink on construction paper to express how much fun they are having with this abstract work of art. Art projects such as this, along with various other crafts and games, provided the backdrop for the child development center's family fun day, April 14.

Photos by Kemberly Groue



Staff Sgt. Marshall Dixon, 336th Training Squadron military training leader, and his daughter Haley, 4, begin work laying the foundation for a castle built entirely with sand. Sergeant Dixon is married to Ashley Dixon.

Airman 1st Class Dolores Carmon, 81st Surgical Operations Squadron, and her son Jovan Scott, 4, use pipe cleaners and popsicle sticks as the framework for their long-limbed stick figure creatures.



Staff Sgt. Marcus Hyatt, 334th TRS military training leader, and his son Samir, 2, focus on the task at hand — tossing the bean bags and rope rings through the air and into the tiny holes. Samir's mother is Angela Butler.



Lt. Col. Trevor Wall, 332nd TRS commander, takes a short ride down the slide with his son Alex, 2. His wife, Capt. Rhea Lagano, 2nd Air Force, looks on.

Keesler ramps up AFAF fundraising efforts

By Susan Griggs

Keesler News editor

Keesler is ramping up its efforts to bring in financial resources for the Air Force Assistance Fund before the May 6 deadline.

As of Monday, Keesler has pledged \$33,475, more than 40 percent of this year's goal of \$83,109, according to 2nd Lt. Joshua Anson, 81st Logistics Readiness Squadron, who serves as project officer.

Tuesday's "AFAF reenergizer" bowling tournament was just one effort to boost the coffers as unit fundraising efforts continue.

Most Keesler members and their families are familiar with the Air Force Aid Society, but three other official Air Force charities benefit from the annual fundraising campaign.

Air Force Aid Society

Across the Air Force last year, direct assistance from the Air Force Aid Society totaled \$18.3 million and helped 39,000 Airmen and their families.

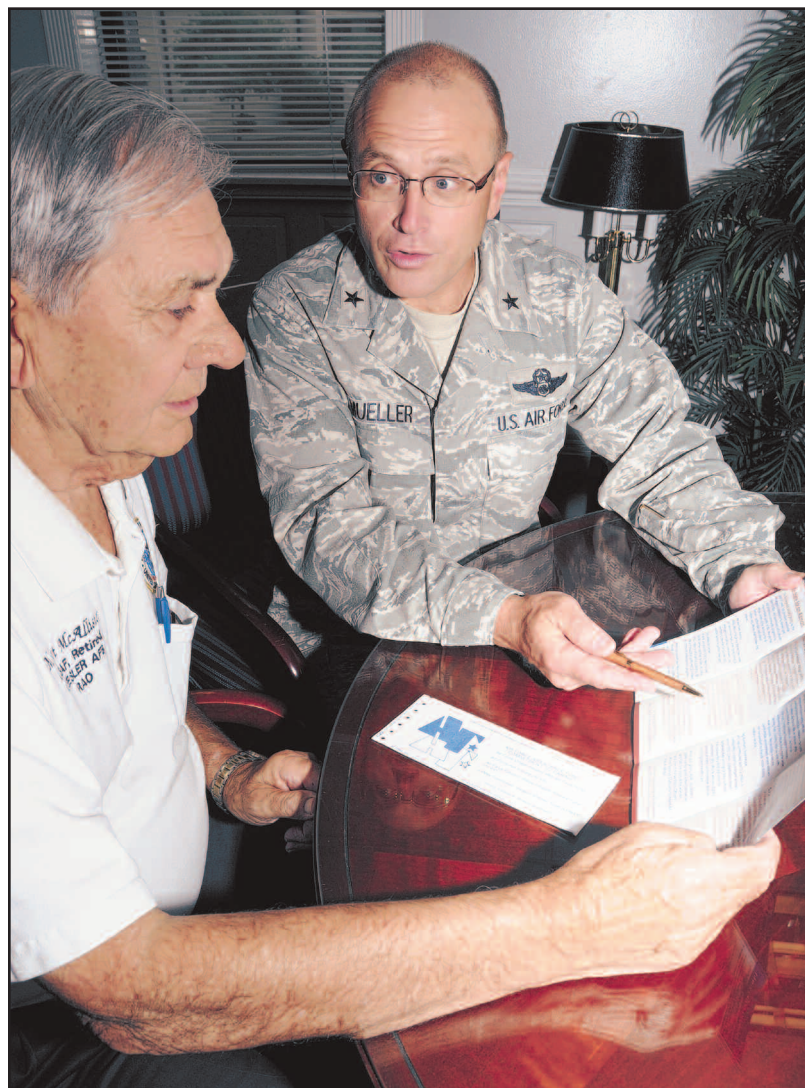
Traditionally, Keesler has received even more than it contributes to the AFAF campaign. According to Linda Edison, Keesler's AFAS officer, Keesler's fundraising goal for last year's campaign was \$77,528, but the base received \$233,608 in return for loans, grants, community enhancements and educational programs that aided 423 individuals.

During 2010, Ms. Edison said the base received more than \$181,000 in emergency assistance loans and grants to help with funeral costs, vehicle expenses, emergency travel, medical and dental bills, child care and respite assistance, moving costs and other miscellaneous needs. More than \$40,000 was used to support family-oriented programs such as Bundles for Babies, Give Parents a Break and other services for the Keesler community. Six students were assisted with Hap Arnold Scholarship Grants totaling \$12,000.

LeMay Foundation

The Gen. and Mrs. Curtis E. LeMay Foundation helps widows of all Air Force retirees, both officers and enlisted, through financial grants of assistance.

"These widows spend much of their lives coping with the difficulties of military life, and supporting their spouses through years of active duty," the foun-



Photos by Kemberly Groue

Ivan McAllister, director of the Keesler Retiree Activities Office, talks about the AFAF campaign with Brig Gen. Andrew Mueller, 81st Training Wing commander, Friday. Retirees are able to make cash donations or authorize payroll deductions to AFAF.

dation's Web site explains. "We are not interested in why they need help, only that they need it. We provide assistance for as long as it is required. We have several widows who have been receiving monthly checks for more than six years. We also help Air Force widows with a specific need they may be facing in a single disbursement. We do not offer loans. All funds disbursed are considered grants."

Air Force Village

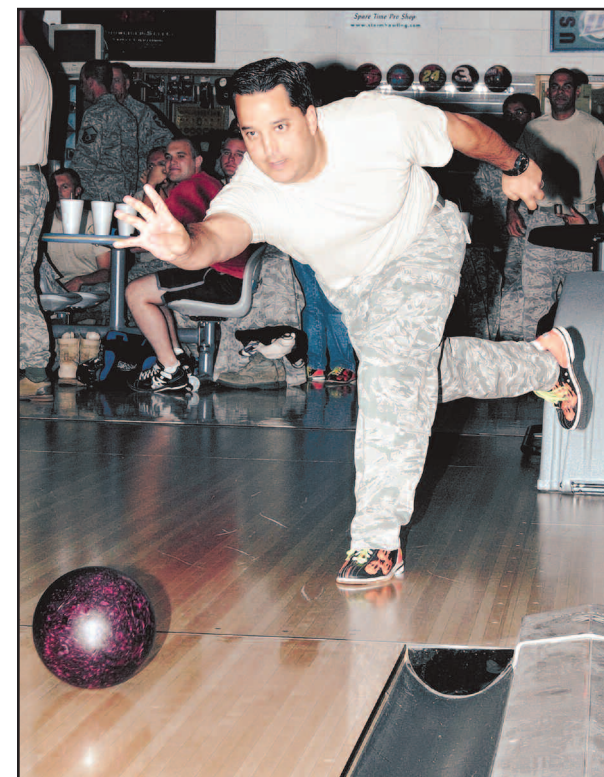
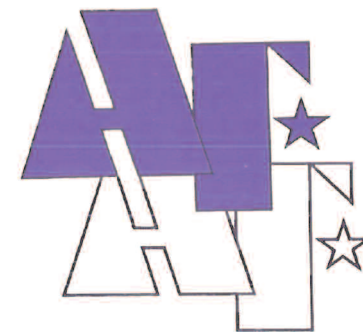
Air Force Village was founded by the Air Force Officers' Wives' Clubs 47 years ago. Its mission is to provide a dignified, appropriate and cost-effective retirement community for the widows of retired Air Force officers.

Today, the Air Force Village continue to care for widows in need,

including health care services as one of San Antonio's top retirement communities. In 2007, the Air Force Village successfully completed a campaign to begin building an endowment that will assist the widows who, through no fault of their own and often as a result of tragic circumstances, have exhausted their financial resources.

"These women were the wives of Air Force officers and they selflessly served their country alongside their husbands," the Air Force Village Web site states. "We are here to respectfully let them know they have not been forgotten."

Additionally, Air Force Village has established a separate fund that offers assistance to widows and widowers of retired officers representing all U.S. military branches.



Tech. Sgt. Scott Erwin, 81st Inpatient Operations Squadron, was one of 50 bowlers that participated in Tuesday's AFAF bowling tournament at Gaudé Lanes. The event raised \$220.

Air Force Enlisted Village

The Air Force Enlisted Village was founded in 1967 to provide a safe, secure and dignified home and financial assistance for needy surviving spouses of retired Air Force personnel and mothers of current active-duty Airmen. The surviving spouse with the greatest need is cared for first and none are refused assistance due to financial status.

"Low pay and frequent military moves leave some spouses without careers, home equities, retirement plans or any significant assets," the Air Force Village Web site points out. "Surviving spouses requiring financial assistance live here among peers sharing memories of Air Force life without the stigma normally associated with subsidized housing facilities."

Honoring America's heroes



Photo by Kemberly Groue

Author John L. Johnson signs a copy of his book, "Every Night & Every Morn: Portraits of Asian, Hispanic, Jewish, African-American and Native-American Recipients of the Congressional Medal of Honor," April 11 at the Bay Breeze Event Center. The medal is the highest military decoration awarded by the U.S. government. Mr. Johnson's visit was part of Keesler's observance of National Library Week.

Cardboard recycling simplified

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

"Our goal is to reduce, reuse and recycle as part of the Defense Department's effort to achieve 50 percent solid waste diversion by 2015," said Doug Smith, project manager.

Part of this effort is a state-of-art cardboard collection system featuring blue collection containers around the base in strategic locations.

To dispose of cardboard boxes, break them down and flatten them before inserting into the slot on the collection bin.

For more information or to request a collection container for a base site, call the recycling center, 377-4546.

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

Study evaluates waist size for fitness assessments

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Medical Group Clinical Research Laboratory has begun a new research study.

According to Capt. (Dr.) Andrew Hall, 81st Surgical Operations Squadron and currently in fellowship training at the 81st Medical Support Squadron facility, "The purpose of the study is to evaluate the accuracy of waist measurement in the Air Force physical fitness assessment to determine body composition and physical fitness."

The study is being conducted under an Air Force medical research program grant of nearly \$60,000 awarded to Dr. Hall.

The CRL is actively recruiting 10 male and 10 female active-duty Air Force personnel between the ages of 18-55 in each physical fitness age bracket to participate. It involves a waist measurement, computed tomography scan and either a Bod Pod evaluation at the health and wellness center or a dual energy X-ray

absorptiometry scan of the pelvis in the hospital radiology department. The study is done on Tuesdays and the entire process should take about an hour.

Dr. Hall explained the DEXA scan is frequently used to measure bone density, but can also accurately measure a patient's percent of body fat. Using the CT scan enables "taking a cross-sectional image of the body at the waist that hopefully will allow investigators to determine if a majority of waist circumference is due to unchangeable factors such as pelvic width and muscles and not necessarily fat."

He added, "The objective is to evaluate waist measurement for the Air Force physical fitness assessment.

The study will help determine if waist measurement is an accurate method for assessing physical fitness and if other methods would be more suitable."

Active-duty Air Force members interested in participating call 376-4352 or 3472.



Photo by Steve Pivnick

Maj. (Dr.) Mark Wall, 81st Diagnostics and Therapeutics Squadron diagnostic imaging flight, readies Dr. Hall for a CT scan as they prepare for the study.

81st MDG clinical research lab wins poster award for diabetes research

By Steve Pivnick

81st Medical Group

Members of the 81st Medical Group Clinical Research Laboratory were recently honored for their work on a joint research study involving the medical group and Mississippi State University.

The ongoing research involves diagnostic markers for diabetes mellitus and received the Top Research Poster Award at the Society of Armed Forces Medical Laboratory Scientists Conference held in New Orleans March 27-31. The 81st MDG research product competed among posters from 23

Air Force, Army and Navy scientific personnel.

The lead author on the research is Maj. Paul Eden, an Air Force Institute of Technology Ph.D. student at MSU. He is conducting his research using 81st MDG subjects and analysis at the CRL analytical lab. Staff Sgt. Ashley Iovieno is lead laboratory technician on the study, Brenly Porral provided research coordination while CRL senior scientist Dr. James Watt and CRL director Lt. Col. Eric Olsen are senior research personnel on the study. The CRL falls under the 81st Medical Support Squadron.



Major Eden

Copyright laws apply to Keesler, too.
Is your software legal?

7 from Keesler finish Bataan Memorial March

81st Medical Group Public Affairs and 48th Wing Public Affairs

Seven members of the 81st Medical Group were among people from around the U.S. and several foreign countries who gathered March 27 at White Sands Missile Range, N.M., for the 22nd Annual Bataan Memorial Death March to honor and recognize a special group of World War II veterans.

Nelson Viniegra, Airman 1st Class Guillermo Hernandez, Staff Sgts. Mark Bautista and Norites Bittig and Tech. Sgt. Jermain Smith, 81st Medical Operations Squadron; Maj. Mary Harvey, 81st Surgical Operations Squadron; and Staff Sgt. Nornil Villaflores, 81st Medical Group, joined more than 6,100 people who participated in this year's marathon, making it the largest turnout in the event's history. Sixteen survivors from the original march also attended and were on hand to greet participants at the start and end of the race.

History of march

The Bataan Memorial Death March honors the 75,000 U.S. and Filipino troops who surrendered to the Japanese while defending the islands of Luzon, Corregidor and the harbor defense forts of the Philippines and then marched more than 60 miles through the Philippine jungle.

The prisoners of war were forced to march without food or water resulting in the deaths of thousands due to disease, dehydration and starvation. The troops who could not keep with the rest of the marchers were executed on the spot by the Japanese soldiers.

The memorial march offered two different courses: a 26.2-mile trek and a 15-mile course both sprawling over the high-elevation desert terrain of the missile range. Along the way, more than 750 volunteers distributed thousands of gallons of water and sports drinks, treated participants' blisters and provided course support and security.

Record-breaking participation

According to event organizers, each year the memorial march has gained more participants. Last year's march drew a record crowd of 5,400, with this year's topping that mark with more than 6,400 registrants — a far cry from the 100 participants of the first memorial march in 1989.

The march offered many different categories for participants and was broken down into different age groups. Participants could choose from the light category — no weight,



Six Keesler team members are shown with Bataan Death March survivor Col. Glenn Frazier, center. They are Airman Hernandez (kneeling) and, from left, Sergeant Villaflores, Mr. Viniegra and Sergeants Bittig, Smith and Bautista.

or the heavy category — ruck equaling at least 35 pounds. Also, participants could choose to do the Honorary Bataan Memorial Death March course which is about 15 miles.

Major Harvey has been in the Air Force 17 years and marks four years at Keesler in May.

"I first found out about the Bataan Memorial Death March when I was attending the Uniformed Services University of the Health Sciences, Bethesda, Md., from May 2005-May 2007. A fellow student trained to march the marathon in uniform with the 40-pound pack. She completed her goal.

"While deployed last year, I race-walked two half-marathons and I wanted to continue challenging myself when I returned home. As soon as I came home, I posted a challenge on Facebook to see who would want to train with me for this awesome event. The only person who took up the challenge was my daughter, a teacher from Pass Christian. Since she had never race-walked a

half-marathon, we decided to do the 15-mile commemorative march. We trained and were able to complete the 15 miles in a little over five hours.

"It was a very moving experience meeting the survivors and seeing our wounded warriors marching right beside us. It is an experience we'll never forget. We are already planning for next year and hope to take more family members."

Sergeant Villaflores has been in the Air Force for six years. Keesler is her initial assignment.

"This is my first marathon ever. I thought if I'm ever going to do one, I might as well do it during the Bataan Memorial March.

"I did the march to honor the people who went through it in my home country and the country I currently serve. I heard about the event from Sergeant Bittig last December. Knowing we would be walking in boots, Sergeant Bittig and I started training in January.

"We walked at least three times a week until we got used to walking with our boots. We initially walked from the Beau Rivage to the Ocean Springs-Biloxi Bridge and back (about six miles), then we gradually increased the distance and reduced the days of training. I read there would be sand on the trail so most of our walking was on the beach along Highway 90. The longest training we did was 20 miles in eight hours (from DeBuys Road at the western boundary of Biloxi to the Ocean Springs-Biloxi Bridge and back).

"On the actual march day, my main goals were to finish the 26.2-mile march in less than 12 hours and to not get disqualified (for falling out or injury). The training paid off; I ranked 41st in the military female lightweight category with a time of 7:55:03.

"The march gave me time to reflect and appreciate my life more. It also gave me even higher regard for those people who died during or survived the march; they died to protect our freedom. It was a very humbling experience. I would recommend people do it at least once."

Mr. Viniegra served on active duty with the Air Force for seven years and has been with the 81st MDG for 16 years.

"This was my third march and I completed it in 6:12. I participated because of the great experience I had in the past. The journey overall was the best, from the drive there, hanging out with my friends, the march and the drive back. I would encourage anyone who asks to try it at least once."

Sergeant Smith has served with the Air Force for 14 years and has been at Keesler for 2½ years.

"Why I did the march? First, I wanted to see if I could do it. Second, I wanted to learn firsthand what the Bataan Death March was all about. My official time was 8:44:35. I placed 193rd out of 427 in the military heavy Category and my official ruck sack weight was 44 pounds. I would encourage anyone, active duty



Major Harvey

Bataan march,

from Page 20

or civilian, to complete this challenge at least once. It's tough, but very rewarding, considering the origins of the march."

Sergeant Bittig marks five years of Air Force service in May. Keesler is her first assignment.

"The Bataan Death March took place in the Philippines. I'm Filipino and a member of the U.S. military; participating in the memorial march was like being in the shoes of both Filipinos and Americans who were forced to march. Since it was scheduled the day after my birthday, finishing the Bataan Memorial Death March Memorial was a birthday challenge and a reward that I set for myself.

"My official time was 7:55:02 and I placed 41st out of 115 in the female military light category. The march was so difficult — I got 11 blisters. I encourage anyone who wants to participate to train and, most of all, have good boots. Overall, it was a fun, difficult and rewarding experience. I will definitely do it again!"

Sergeant Bautista has been in the Air Force for 10 years, the last three at Keesler.

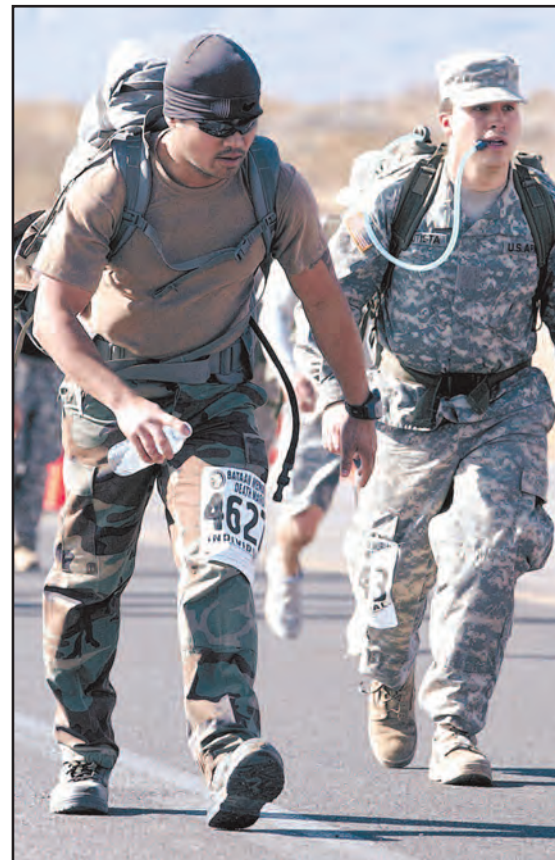
"There are only a few survivors left from the actual Death March. It was an honor to be able to shake their hands and speak with them. A few days before the march, I listened to Col. Glenn Frazier speak about his experiences as a death march prisoner of war.

"The beginning of the event was very emotional. It was 40 degrees outside with high winds. Almost everybody was sitting or standing close to one another trying to keep warm. Drummers led the participants to the starting line and with more than 6,400 participants, the faint and rhythmic beats from the snares seemed so loud and bold.

"Most participants did not care about time. We formed a line and shook the hands of the survivors who were seated along the sidewalk. Airman Hernandez, Sergeant Smith and I got off to a good start with about a 4 mph pace. I slowed down but they kept up the pace. I caught up to Sergeant Smith by Mile 10, but by then my legs were starting to cramp.

"I had trained with a heavier pack before the event, but I was not expecting all the sand pits, soft dirt the many hills and elevation. I knew it was going to be tough, but I've never been pushed this hard before. One of my favorite quotes is from General (George S.) Patton who said, 'Courage is fear holding on a minute longer.' I had to dig deep.

"A major motivation for me during the event was the bananas and the fresh cut oranges! During the real death march, marchers who stopped were beaten, shot, bayoneted, tortured and so forth. Here we were offered bananas, oranges, Gatorade. It can't get any better than that. No matter how painful it was, there really was no real reason to quit. I had to finish. I finished in 10 hours, two hours behind my buddies. I was in a lot



Courtesy photo
Sergeant Bautista, left, tackles Mile 13, one of the many difficult ascents on the course conquered. He and the ROTC member on the right, also named Bautista, chatted and kept each other company for a mile or two.

Next year's march

The 23rd annual Bataan Memorial Death March is scheduled for March 25, 2012, with registration starting in November.

of pain, but hey, I finished. My plan is to get a piece of something from every branch of service: Air Force marathon, check. Bataan Memorial, check. Now, it's on to the next one."

Airman Hernandez has been in the Air Force for just over two years and at Keesler for 19 months.

"This was my first time participating in the Bataan Memorial Death March. I did it to honor all the actual Bataan Death Marchers and for a sense of accomplishment.

"My emotions during the march were all over the place. There were times I wanted to quit as I wondered what survivors must have been going through. My chip time was 8:05 at a pace of 18:31. This was beyond one of the toughest challenges I have ever encountered but I will most definitely do it again next year. I encourage as many people as possible to try it."

Airman 1st Class Siuta Ika, 49th Wing Public Affairs, Holloman Air Force Base, N.M., and Steve Pivnick, 81st Medical Group Public Affairs, contributed to this report.

Feeling tired? Here are hints to fight fatigue

By Maj. (Dr.)
Rhodora Beckinger

81st Aerospace Medicine Squadron

Everyone feels fatigued and the need for sleep on occasion. It could be at the end of a long duty day or, more to one's dismay, early in the morning or halfway through the workday. There's no cure for fatigue, but there are several things that people can do to minimize its effect.

A good night's sleep is the key to performing well the next day. For aircrew members, it is mandatory to have 12 hours off between events, with eight of those hours to be uninterrupted rest. Humans vary greatly in how much sleep they require.

Albert Einstein stated he needed 10 hours of sleep to perform at his peak, while Thomas Edison claimed a few hours a night was plenty.

A normal average amount of sleep is generally eight hours. The minimum amount of sleep to maintain performance during sustained operations is six to eight hours. Fragmented sleep isn't as effective as continuous sleep. If someone is tired, taking "combat naps" is useful. A



sleep period as brief as 10 minutes, but no longer than 30 minutes, can be very useful and refreshing.

Equally important is to have and establish good sleep habits. People should try to go to sleep the same time every day, including weekends.

Try to develop a routine before sleep; this can also be useful when a military member is on temporary duty or

deployed. Using a bed for sleep is essential; this associates a bed with sleep. If it's necessary for people to sleep outside the normal bedtime period, they should darken the room, keep noise to a minimum and wear clothes that they usually use for sleeping.

People should allow at least four hours between exercise and sleeping, because physical activity tends to

wake people up.

Avoid caffeinated beverages including coffee, soda and tea several hours before going to sleep. Alcohol also reduces the quality and amount of sleep. Many people awake from hours of sleep after drinking alcohol and still don't feel refreshed. In other words, alcohol should not be used to help a person to sleep.

Another consideration is circadian rhythms, the body's internal body clock. The body clock normally is about 25 hours. Environmental cues such as light and darkness cause the biological clock to reset for 24 hours. Desynchronization occurs with travel and jet lag when crossing time zones, as well as shift work resulting in people staying up at night and sleeping during the day.

Generally, body cycles change at 40 minutes per day when going east and 60 minutes per day when traveling west. This means the body adjusts to westward travel faster. People should be aware of this and plan accordingly.

What has the Air Force done to combat fatigue? Air Force aerospace physiologists and flight surgeons provide education in conjunction with experts in fatigue countermeasures. The Air Force Research Laboratory team at Brooks City Base, Texas, used a computer program called the FAST Fatigue Avoidance Scheduling Tool that analyzed different work schedules to design the optimum one for maximum performance. This is especially helpful to personnel who have to do shift work.

At Keesler, Capt. Lisa Wurst, a psychologist in the 81st Medical Operations Squadron mental health flight, leads a new program to help people with sleep that offers an alternative to medications. The class provides education on proper sleep hygiene and nutrition to maximize sleep and encourages participants to maintain a sleep journal.

For more information on this program, call 376-0385.

For other information on fatigue, call 376-0444.

IT
TAKES
THE
COURAGE AND STRENGTH
OF A WARRIOR
TO ASK FOR HELP.....

If you're in an emotional crisis
call 1-800-273-TALK "Press 1 for Veterans"

www.suicidepreventionlifeline.org

SUICIDE PREVENTION

Department of Veterans Affairs

403rd Wing has award winners

By Susan Griggs

Keesler News editor

Three members of the 403rd Wing won recognition in the Air Force Reserve Command media contest for 2010.

Tech. Sgt. Ryan Labadens — first place series.

Tech. Sgt. Tanya King — outstanding public affairs tactical grade civilian and third place combat documentation photo.

Senior Airman Kimberly Erickson — first place news photo.

Sergeant King also was recognized as the wing's non-commissioned officer of the quarter for January-March.

Quarterly award winners:

Airman — Airman 1st Class Chad Harris, 345th Airlift Squadron.

Senior NCO — Master Sgt. James Wilson, 403rd Force Support Squadron.

Company grade officer — Capt. William Miller, 815th Airlift Squadron.

eight days a week

Volunteer — get connected.

Arts and crafts center

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

Today — 4-6 p.m., beginners ceramics. \$35 includes materials.

Bay Breeze Collocated Club

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

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

Friday — 5-8 p.m., seafood extravaganza dinner for two. Enjoy a platter of menu items that include shrimp, fried catfish, fried oysters, stuffed crab, gumbo, corn on the cob, hushpuppies and more. \$24.95 per couple for club members; \$26.95 per couple for nonmembers.

Sunday — 10:30 a.m. to 1 p.m., Easter brunch. Enjoy seafood pasta, roasted turkey, pot roast, hand-carved glazed ham, omelet station, French toast casserole, vegetables, desserts and more. Entertainment provided by jazz pianist "Red Velvet." Activities include Easter egg dyeing and festive activities. \$26.95 per person, members receive a \$2 discount. Children ages 4-10 eat for half-price, 3 and younger eat free. Sponsored by Keesler Federal Credit Union (federal endorsement of sponsors not intended.)

April 28 — 5-8 p.m., Mongolian barbeque in the ballroom. 95 cents an ounce members; \$1.10 an ounce nonmembers.

Bay Breeze Golf Course

Today through Sunday — Easter special; receive 5 to 15 percent off selected merchandise in the pro shop.

Tuesday — 4:30 p.m., free golf clinic. Open to everyone with access to Keesler. To sign up, call 377-3832.

Fitness centers

Tuesday — 11 a.m. to noon, pounding the pavement seminar: "Your athletic footwear can make a difference" in the Dragon Fitness Center aerobics room. A representative from a local sport-

ing goods store will provide insight and answer questions. Free giveaways and participation.

Outdoor recreation

Saturday — Easter egg hunt and parade in marina park. Parade begins at 9 a.m. immediately followed by the egg hunt. Don't forget to bring your camera for photos with the Easter bunny! Sponsored by Hertz (federal endorsement of sponsors not intended.)

April 28-30 — Sailing classes. Learn to sail in our first sailing class of the season. Class certifies you to rent sailboats in the future. Classroom instruction: April 28. On-the-water instruction: April 29-30. \$45 per person. For more information, call 377-3160.

April 30 — 9 a.m., kids fishing rodeo at the marina. Scales are open 9 a.m. to 1 p.m. Age groups for boys and girls 2-6, 7-11 and 12-16 years old. Prizes are awarded to the top finishers in each age division. Fishing pole and bait provided. Free to enter. Open to children and grandchildren of active duty, retired and Department of Defense civilian employees. Sponsored by Keesler Federal Credit Union (federal endorsement of sponsors not intended.)

Vandenberg Community Center

Editor's note: Friday and Saturday night activities are part of the late night dances, \$3 admission; nonprior students only.

Friday — 8 p.m. to 2 a.m., Latin dance night. Shake your rumba and show off your moves.

Wednesday — 6-9 p.m., join us at the "V" for a night of great debate. A list of debate topics are provided.

Youth center

April 21, 22 and 25 — Spring break camp for school age children and teens. Youth will tour a local museum, go bowling, participate in an Easter egg hunt, arts and crafts projects and more! Breakfast, lunch and snacks provided. For more information or to sign up, call 377-4116.



Movies at Welch Auditorium

Friday — 6:30 p.m., Red Riding Hood (PG-13).

Saturday — 2 p.m., Adjustment Bureau (PG-13); 6:30 p.m., Rango (PG).

Sunday — 1 p.m., Mars Needs Moms (PG).

April 29 — 6:30 p.m., Battle: Los Angeles (PG-13).

April 30 — 2 p.m., Rango (PG-13); 6:30 p.m., Paul (R).

May 1 — 1 p.m., Red Riding Hood (PG-13).

Chapel position

The chapel is looking for a part-time account manager to maintain, administer and account for all assets of the chapel tithes and offerings fund.

The account manager leads daily finance operations, including functional responsibility over the CTOF budget and all transactions.

The person chosen must be positive, self-motivated, able to interface well with parishioners and be a strong oral and written communicator fluent in English.

Familiarity with Microsoft Office (Excel, Outlook, PowerPoint and Word) is necessary. An associate degree in business or accounting is preferred but not required. A demonstration of skills may be required.

If selected, a criminal history background check is done.

Friday is the deadline for bid submissions. The bid is selected based on best value.

More information and bidding instructions are available at Larcher Chapel. For more information, call 377-4859.

Caring for People

The Caring for People focus group meets 1-3 p.m. April 30 at the youth center.

The event is open to all military families with a special needs member.

Services provided by the exceptional family member program, school liaison officer, 81st Medical Group and the University of Southern Mississippi First Stop Family Support Center are discussed.

Child care is provided.

To register or for more information, call the airman and family readiness center, 376-8728 or 8703.

Lifeguards needed

Thirty lifeguard positions are available at Keesler this summer.

To qualify, applicants must be at least 16 years old and have adult, child and infant CPR certification; basic first aid certification and lifeguard certification covering lifesaving and water rescue. In addition to proof of these certifications, a complete application consists of an OF-612, OF-

306, current transcript and letter of enrollment from school.

To apply, visit the civilian personnel office, Room 214, Sablich Center or call 376-8644.

Pamper Me Day

Pamper Me Day for spouses of current or retired military members is 10 a.m. to 2 p.m. May 6 at the Roberts Consolidated Aircraft Maintenance Facility next to the base fire station.

Refreshments, door prizes, displays and services such as manicures, massages, facials and spray-on tans are offered, but appointments are required for some activities.

The event is hosted by the airman and family readiness center.

For spouses to register or for participants to reserve a space, call 376-8727 by May 2.

Test proctors needed

The school liaison office has received requests for test proctors from various school districts.

Biloxi Junior High School has requested about 50 test proctors from 7:30 a.m. to noon May 10-12.

To volunteer, call 376-8505.

Office closes early

The military personnel section's customer support ID card section closes at 10 a.m. May 18 for an official function.

DBIDS registration

Registration continues for Defense Biometric Identification System cards.

As of Friday, active-duty members and DOD civilians are being directed to the visitor center if they try to enter the base without a DBIDS card.

Reservists, retirees, dependants and contractors may continue to register through June 30 at the visitor center, 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 Levittow Training Support Facility.

Terminals will set up at the 403rd MXS building during the

403 Wing's unit training assembly, May 13-15 for reservists.

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.

Phone requirements

Only voice systems maintenance personnel assigned to the 81st Communications Squadron are authorized to install, relocate, modify, or remove voice instruments and services.

To change your voice services or instruments, submit a request through your unit telephone control officer.

For more information, call 376-8127.

Periodontal patients

The 81st Dental Squadron periodontics department is seeking people with gum problems for the general dental residency teaching program.

Limited numbers of patients, including retirees and eligible military dependents, accepted as teaching cases receive free periodontal care at Keesler.

Patients accepted for peri-

odontal care will be treated by Air Force general dentistry residents under specialty supervision. Patients must be readily available for lengthy recurring appointments, generally Monday afternoons and Tuesday mornings.

For more information, call 376-5225.

Singers sought

Vocalists are needed to sing the National Anthem at base or community ceremonies.

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

Supply classes

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

Block I basic supply class is 9-10 a.m. 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. June 15, Sept. 21 and Dec. 14.

Block III supplemental training is 1-2 p.m. 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.

Skate smoothly, safely

AETC safety directorate
and Keesler News staff

You can hardly drive down the street without seeing couples in-line skating, children flying by on skateboards or friends enjoying a pick-up game of street hockey.

Here are some guidelines for safe participation in these recreational activities:

- Read manufacturer's guidance for safe equipment use.
- Wear safety equipment such as helmets and knee and elbow pads.
- Skate only where it's safe and legal.
- Avoid steep inclines.
- Dress to be seen.
- Don't skate after dark.
- Check skating surface

to be sure it's smooth, clean, dry and free of debris.

- Avoid busy streets and don't skate in and out from between parked cars. Empty parking lots are best for street hockey, but if a street is used, assign someone to act as a spotter for traffic.

- Keep skates in good condition. Check wheel and brake bolts before skating. If wheels begin to wobble, stop skating and check for broken axles, loose bolts or worn bearings.

- Supervise young children on skates and skateboards.

- It's a violation of base regulations to obstruct traffic. This applies to in-line skaters, skate-boarders, skaters and bicyclists, too.

Midnight softball takes place Friday

By Susan Griggs

Keesler News editor

Midnight softball is planned at the Triangle Fields, 8 p.m. Friday to 2 a.m. the next morning.

Master Sgt. Anthony Fisher, 81st Training Group military training superintendent, said the tournament was the result of focus group meetings between his staff and the Alcohol and Drug Abuse Prevention and Treatment program staff headed by Capt. Kara Wisniewski.

"Our overarching message is that Team Keesler doesn't tolerate underage drinking or contributing to this problem," Sergeant Fisher said.

Tech. Sgt. Steven Clinton and Staff Sgt. Jennifer Hamilton, 81st TRG military training leaders, are organizing the event.

"We're giving our Airmen an alternative activity for that Saturday night," Sergeant Clinton explained. "We expect 10 teams of nonprior service Airmen, an MTL team and possibly a team of commanders and first sergeants. The airman and family readiness center is setting up a giant screen so Airmen can watch movies while waiting for their next game. We're working on food, music and other activities to make this a success."

For more information, call 377-2789.

11 events on Keesler Sports Day schedule

By Susan Griggs

Keesler News editor

Keesler Sports Day is May 5.
Events planned are:

7:15 a.m. — 5-kilometer run.

8 a.m. — softball.

9 a.m. — 3-on-3 basketball and 3-on-3 soccer.

10 a.m. — beach volleyball.

11 a.m. — frisbee golf and golf long range drive.

12:30 p.m. — bowling.

1 p.m. — kayak race, weightlifting and tennis.

4:30 p.m. — closing ceremonies at Crotwell Track.

Squadrons earn points toward the Commander's Trophy, and the top three large and small squadrons win trophies.

For more information, contact your squadron sports day leader or call the health and wellness center, 376-3170.