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Beware the security threats that Facebook entails

By Jim Crissinger

AETC operational security program manager

Forget those phishing emails that attempt to get your credit card or bank sign-in information. When crooks want to know how to get into your bank account, they post a message on Facebook. These messages appear so innocuous and so appropriate in the Facebook setting that you are likely to not only get conned, but pass on the scam.

Facebook is the new frontier for fraud, says Tom Clare, head of product marketing at Blue Coat, an Internet security company that does annual reports on web threats. In just this past year social networks have soared to 4th from 17th most treacherous web terrain — behind porn and software-sharing sites, which you probably know to avoid.

What makes Facebook so treacherous? Us.

It starts with the fact that we are inundated with requests to set up passwords to get into our work computers, our online bank accounts, Facebook and every other web-based subscription. So what do we do? We use the same password.

“Crooks understand that most users use the same password for everything,” says Mr. Clare. “If they can get your user credentials for your Facebook account, there’s a good chance that they have the password for your bank account.”

If you are smart enough to have separate passwords for Facebook and your financial accounts, crooks get at you through a variety of phishing attempts that you might think are Facebook games and widgets. But look closely and you’ll realize that they deliver answers to all of your bank’s security questions — and possibly clues to your passwords — right into the hands of the crooks.

Think it couldn’t happen to you? Let’s see if you recognize any of these recent Facebook messages that jeopardize your security. All of these came from my Facebook friends in just the past few weeks:

Who knows you best?

The message reads:

Can you do this? My middle name _____, my age ____, my favorite soda _____, my birthday __/__/__, who’s the love of my life _____, my best friend _____, my favorite color _____, my eye color _____, my hair color _____ my favorite food _____ and my mom’s name _____. Put this as your status and see who knows you best.

How many of these are the same facts your bank asks to verify your identity? Put this as your status and everybody — including all the people who want to hijack your bank account and credit cards — will know you well enough to make a viable attempt.

Your friend just answered a ? about you!

Was it possible that an old friend answered a question about me that I needed to “unlock?” Absolutely. But when you click on the link, the next screen should give you pause: 21 questions is requesting permission to:

- access your name, profile picture, gender, networks, user ID, friends and any other information shared with everyone
- send you e-mail
- post to your wall, and
- access your data any time regardless of whether or not you’re using their application.

Can you take that access back — ever? It sure doesn’t look like it. There’s no reference to how you can stop them from future access to your data in their “terms and conditions.” Worse, it appears that to “unlock” the answer in your friend’s post, you need to answer a bunch of questions about your other friends and violate their privacy too. I didn’t give 21 Questions access to my information, but the roughly 850 people who joined “People Who Hate 21 Questions on Facebook” apparently have and can give you insight into just how pernicious this program can be.

LOL. Look at the video I found of you!

This is the most dangerous of all the spam messages and it comes in a variety of forms, says Clare. It’s actually a bid to surreptitiously install malware on your computer. This malware can track your computer keystrokes and record your sign-in and password information with all of your online accounts.

When you click on the link, it says that you need to upgrade your video player to see the clip. If you hit the “upgrade” button, it opens your computer to the crooks, who ship in their software. You may be completely unaware of it until you start seeing strange charges hit your credit cards or bank account. Up-to-date security software should stop the download. If you don’t have that, watch out.

If you think some friend is sending you a video clip, double-check with the friend before you click on the link. When I messaged my high-school classmate to ask if she’d really sent this, she was horrified. Her Facebook account had been hijacked and anyone who clicked through was likely to have their account hijacked too. That’s how this virus spreads virally.

We’re stuck!

It started out as an e-mail scam, but now the “We’re stuck in (Europe/Asia/Canada) and need money” scam has moved to instant messages on Facebook, where it can be more effective. Most people have learned not to react to the e-mail, but instant messages help crooks by forcing you to react emotionally — They’re right there. They need help, now. A friend got one of these messages last week from the parents of a close friend. She immediately called her friend and said “Have you talked to your parents lately?” The response: “Yeah. They’re right here.”

Facebook has launched a security system to combat account hijacking that allows crooks to send messages and posts through your account. You can get updates on what they’re doing at Facebook’s security page, where they’ve also got a nice little security quiz that’s definitely worth taking.



The 2011
Air Force Assistance Fund
campaign ends Monday.
Don't forget to make your
'commitment to caring.'

ON THE COVER

Bernadette Clark, left, gets some help with a necklace from jewelry stylist Lisa Hendrickson as Lindy Sheely admires the accessory during Friday's Pamper Me Day at the Roberts Consolidated Aircraft Maintenance Facility. Mrs. Clark's husband is Maj. James Clark, 81st Security Forces Squadron commander. Mrs. Sheely is married to Staff Sgt. Grant Sheely, 81st Medical Operations Squadron. Pamper Me Day is an annual observance sponsored by the airman and family readiness center that coincides with Military Spouse Appreciation Day. The event offered refreshments, door prizes, displays and services such as manicures, massages and facials.

Photo by Kemberly Groue



KEESLER NEWS

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DRAGONS ON THE STREET

By Kemberly Groue

Keesler News photojournalist

Where would you take your dream vacation?



"Europe."

Chris Denz, 81st Force Support Squadron



"Belize."

Tech. Sgt. Kimberly Sturdivant, 81st Contracting Squadron



"Australia."

Cpl. Franklin Saxton, Keesler Marine Corps Detachment

100 percent ID check

From left, Steven Dietz, 81st Security Forces Squadron, and Craig Berkley, CSC, have their identification checked by Airman 1st Class Pierre Topeze, 81st SFS, at the Pass Road Gate Tuesday. Because of heightened security during Force Protection Condition Bravo, identification cards are required for all persons in vehicles entering the base. The Department of Defense requires ID cards for dependents ages 10 and older. Those entering the base are asked to have ID cards ready before approaching the gate to minimize traffic backups.

Photo by Kemberly Groue



TRAINING AND EDUCATION

From left, Airman Jack Gavin and Staff Sgt. Josh Coffman work to achieve satellite acquisition by taking a flyaway triband satellite antenna for USC-60 used to transfer data from one location to another as their instructor, Edward Bellivan, observes. Airman Gavin and Sergeant Coffman are students in the radio frequency transmission apprentice course in the 338th TRS.

Photos by Kemberly Groue



Keesler marks major milestone in cyber training

By Capt. Magina Baonga

333rd Training Squadron

Wednesday, the 81st Training Group marks a momentous event in cyber history by hosting a banquet to celebrate the transformation of the communications career fields to cyberspace operations.

Hosted by Brig. Gen. Andrew Mueller, 81st Training Wing commander, the occasion commemorates the standup of 19 new cyber courses in the 81st Training Group for both officer and enlisted personnel.

May 29, 2009, President Barack Obama stated that the nation's computer network infrastructure will be defended as a national strategic asset.

Just four months later, President Obama's vision was implemented when the 332nd Training Squadron stood up the first course, information technology fundamentals.

Eighteen additional courses stood up at Keesler since then, with the last course, 1B4 cyberspace defense operator, launched Jan. 24. Members of that first class receive their cyberspace badges at the banquet before graduating May 20 and heading to their newly-assigned bases as cyberspace operations forces.

The 1B4 course, also known as the cyberspace warfare course, provides 85 days of initial skills training to supply cyberspace defense operators to various cyber operations units across the Air Force. A new class begins every six weeks with up to 12 students per class.

Communications enlisted personnel became cyberspace Airmen when certain career fields were combined into one. Information management, technical control, voice/cable, communications operations and some cryptography and programmer Air Force Specialty Codes combined to form the cyber surety AFSC.

Other cryptography, technical control and voice sys-



May 20, the first class of seven enlisted cyberspace defense operators graduates from training in the 333rd TRS.

tems AFSCs became the cyber transport Systems AFSC. Upon completion of basic training, all nonprior service Airmen assigned to a cyber AFSC attend nine training days of information technology fundamentals where they learn basic computer networking.

Depending on the individual's specialty, enlisted members then complete from 41 to 139 days of training to earn 3D0XX and 3D1XX AFSCs.

Officer training consists of 115 days of undergraduate cyberspace training and additional initial qualification training before award of the 17D AFSC.

"It's hard to find skilled cyber professionals," said Tech. Sgt. Dennis Wilson, a former programmer who's now a cyberspace defense operator and instructor. "There is a level of knowledge involved in what we do that surpasses undergraduate technological degrees. Combining AFSCs is putting a greater expectation on our airmen — they are expected to know and perform even more tasks with these new changes. There are years of training and experience involved in becoming a master of the cyber domain. We've got the ball and we are running with it!"

Cyber training captures more than just the cyberspace operations AFSCs — it goes beyond initial skills training and includes all users of cyberspace.

As an undergraduate cyber training student who hails from Air Force Space Command, civilian Kevin LaSalle believes that "the inherent requirement is to educate and inform all users on the functional and operational capabilities of cyberspace and to be fully prepared to defend as necessary."

Capt. Joshua Bishop, a current UCT student and intelligence officer by trade, stated that "the undergraduate cyber training course is a direct reflection of the Air Force's mission to fly, fight and win...in air, space and cyberspace. The skills taught at Keesler will equip future cyberspace operations Airmen with the tools they will need to not only support and maintain Air Force networks, but to also defend Air Force freedom of movement within the cyber domain. The core curriculum within the schoolhouse meets the demanding requirements of an operational Airman and develops cyber professionals prepared for the highly dynamic space within which they will operate on a daily basis."

Keesler partners with Vandenberg to build missile maintenance trainer

By Susan Griggs

Keesler News editor

The 81st Training Support Squadron's Simware section is partnering with the 532nd Training Squadron at Vandenberg Air Force Base, Calif., to build the Inter-Continental Ballistic Missile Maintenance Virtual Trainer.

The importance of this training system can't be overstated as acquisition of the IMVT is the No. 1 nuclear training priority for Air Education and Training Command's nuclear task force, according to Ronald Washburn, 81st TRSS Simware development section chief.

"There are two reasons for this priority," Mr. Washburn explained. "IMVT addresses certain training shortcomings by providing critical training instruction Vandenberg's missile maintenance officer course. It builds upon course fundamentals by introducing comprehensive maintenance generation scenarios to ensure graduates comprehend ICBM maintenance capabilities in relation to combatant commander requirements and national security strategy."

"Our mission at the 532nd Training Squadron is to graduate the highest quality missile maintainers in the world," said Lt. Col. Suzet Schreier, commander. "The quality of the training we provide is increased significantly by adding this simulation technology to our curriculum. It not only brings our training environment from the 20th to the 21st Century — it is flexible. It allows us to expand and enhance the simulation possibilities for our students as our curriculum changes and evolves to meet the growing needs of the Air Force."

Development of the trainer is taking place over a 2½-year period at a cost of just over \$800,000, significantly less than the \$3.6 million that had been earmarked for construction by a contractor. Final delivery to the 532nd TRS is set for late 2012.

However, in an effort to provide initial training capabilities as soon as possible, the 81st TRSS Simware team and trainer development flight have been working closely with Vandenberg subject matter experts to install a voice over Internet protocol telephone system, intercom system, computer network, computers, monitors, simulated radio, digital clocks and initial simulator system capabilities.



Rob Cowan, 81st TRSS, puts the final touches on the intercom and simulated radio station system at Vandenberg.

"There was no contractual requirement to install this equipment until 2012, but the IMVT team realized that training could be immediately impacted in a very positive way with a little more work, so it was an easy decision to make," Mr. Washburn pointed out. "There is much more work to be accomplished, but the partnership between Keesler and Vandenberg is strong. Working together, mission success will be achieved."

Vandenberg instructors are very pleased with this new training capability and are using this new technology for their next class.

"IMVT not only provides a world-class training resource for the nuclear enterprise today, it also utilizes an approach to training that ICBM wings

can use in the future to support supplemental and advanced training needs for demanding maintenance scenarios," said Col. Michael Lutton, 381st Training Group commander. "The nuclear maintenance business is a no-failure business like all nuclear areas. IMVT now provides a full-spectrum simulation capability for our maintainers."



Colonel Lutton checks out the new VoIP phones while monitoring the performance assessment data system in the new training console at Vandenberg developed and installed by the 81st TRSS team.

Photos by Roger Toney



Billy Smith, 81st TRSS, prepares network cables for the new server rack at Vandenberg.

Academic aces



From left, Airman 1st Class James Dover and Staff Sgts. Kevin Fordham and Donald Hartman achieved perfect scores in their technical training. Airman Dover and Sergeant Fordham graduated from the electronic principles course in the 332nd Training Squadron, while Sergeant Hartman graduated from the personnel apprentice course in the 335th TRS. Airman Dover, from Cedar City, Utah, is headed to Sheppard Air Force Base, Texas, for guidance and control training with a follow-on assignment to Little Rock AFB, Ark. Sergeant Fordham, from Richmond Hill, Ga., is also headed to Sheppard for electronic warfare training. He's assigned to the Georgia Air National Guard in Savannah. Sergeant Hartman, from Sellersburg, Ind., is a member of the Kentucky Air National Guard assigned to the 123rd Force Support Squadron, Louisville.

Computer virus prevention depends on you.

General reviews air traffic control training



Maj. Gen. Brett Williams, left, talks with Chief Master Sgt. Richard Boulanger Jr. during a May 5 tour of the 334th Training Squadron's air traffic control simulator. The general is director of operations, deputy chief of staff for operations, plans and requirements at Air Force headquarters at the Pentagon. The general was at Keesler for last week's 2011 Airfield Operations Worldwide Conference.

Photo by Kemberly Groue

First-year PA program graduates 2

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Medical Group Hospital's newest training program marks its one-year anniversary this month with a graduation ceremony.

Upon their graduation Friday, two of the nine students presently enrolled in the physician assistant program's one-year clinical training phase — Officer Trainees Bradley Dispense and Kimberly Bertrand — will receive their master of science degrees from the University of Nebraska Medical Center and be commissioned first lieutenants.

OT Bertrand will be assigned to Langley Air Force Base, Va., and OT Dispense to Tyndall AFB, Fla. The UNMC oversees the Physician Assistant Program and provides credentials for the participants.

The clinical training phase is expected to expand to 16 months in January.

Capt. Danny Villalobos, 81st Medical Operations Squadron and the program's clinical coordinator, explained students enter the clinical phase following a year of classroom training at San Antonio's Fort Sam Houston.

Students there represent all branches of the military as well as the Coast Guard. Air Force members complete their clinicals at one of several Air Force military treatment facilities including Keesler, Andrews AFB, Md., Langley AFB, Va., Travis AFB, Calif., Eglin AFB, Fla., Nellis AFB, Nev., and Offutt AFB, Neb.

He noted that Keesler currently has one Army member and is expecting a Coast Guard student this month. In addition to the nine students now in the Keesler program, the captain said three more will enter this month.

"This is a continuing rotational class with three students added every three to four months," Captain Villalobos said. Air Force PA students are mainly applicants from the 4N aerospace medicine and surgical services



Photo by Steve Pivnick

OT Dispense examines Linda Calvanese April 17 in the emergency department. Mrs. Calvanese's husband is retiree Andy Calvanese.

enlisted Air Force specialty.

Physician assistants are utilized as primary care providers, the captain observed.

"They see patients just as a physician does and work under a physician whom they can consult when necessary," the captain explained. "During their training, they 'shadow' physicians and staff PAs in obstetrics and gynecology; psychiatry; internal medicine; ear, nose and throat; orthopedics and the emergency room. After two years in the family health area, PAs can apply for one-year fellowships enabling them to specialize in general surgery, orthopedics, ENT or psychiatry."

81st Training Group names April's top Airman, MTF

By Susan Griggs

Keesler News editor

May 4, the 81st Training Group announced its Airman of the Month for April and military training flight for April.

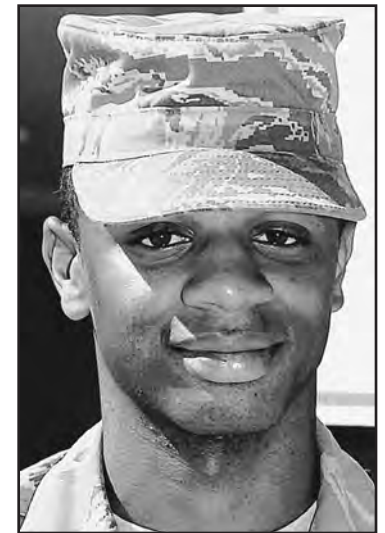
Airman of the Month is Airman 1st Class Brandon Skeete, a weather student from the 335th Training Squadron. He's a red rope student leader with a 91 percent course average who expects to graduate July 12.

Airman Skeete is from Fredericksburg, Va., and his first assignment will be at Shaw Air Force Base, S.C.

The five squadrons that train nonprior service students select one Airman to compete at a monthly group board.

Airmen are graded on personal appearance, communication skills and military bearing. They also respond to questions about customs and courtesies, dress and appearance, selected entries in the Airman's Manual and current events from that week's issue of the Keesler News.

The MTF of the month is the



Airman Skeete

336th MTF, who won the same title in March, as well as for the first quarter of the year.

The Red Wolves scored the highest overall in marching, physical training, room inspections, open ranks, Airman's Manual, charge of quarters and retreat.

The flight received a roving sign to put in front of its squadron to recognize the monthly recognition.

TRAINING, EDUCATION NOTES

MGCCC summer term

The summer session for Mississippi Gulf Coast Community College's Keesler Center begins May 23.

Pre-registration began Monday for active-duty military members. All others may register Monday through May 19.

The class schedule is available at www.mgccc.edu.

For more information, call 376-8477 or visit the MGCCC office, Room 221, Sablich Center.

Academic counseling

University of Southern Mississippi admission counselor Michelle Lane is at the USM-Keesler office, Room 219, Sablich Center, 2-5 p.m. Tuesday to answer questions about the university's programs.

Registration continues until May 30, when summer term classes begin.

MSMS visit

Wade Leonard from the Mississippi School for Mathematics and Science gives a briefing for potential students and their families, 5-7 p.m. June 9 in Room 108B, Sablich Center.

Students entering the tenth grade in the fall, ninth graders and middle school students and their families are invited to attend.

MSMS, on the campus of Mississippi University for Women in Columbus, is the state's only public, residential high school for academically talented students.

For more information about MSMS, log on to www.themsms.org or e-mail wleonard@msms.k12.ms.us.

For more information or to sign up for the briefing, call 376-8505.



Special Olympics

Keesler hosts state games for 25th consecutive year

By Susan Griggs

Keesler News editor

Team Keesler rolls out the red carpet to welcome participants in the Mississippi Special Olympics Summer Games this weekend.

"Keesler has partnered with Special Olympics to host games since 1982," said Maj. Michael Haire, 335th Training Squadron, who's serving as Keesler's Special Olympics project officer for the second consecutive year. "In the early years, Keesler only hosted area games. This year is the 25th anniversary of Keesler hosting the statewide games.

"It's always important for us to play an active role in the community, and hosting Special Olympics is a great way to do that," he pointed out.

Major Haire said coordinating the games takes several months and much support.

"It takes partnership of multiple organizations across Keesler, our Navy counterparts in Gulfport, the City of Biloxi, many local organizations and corporate sponsors to make this happen."

More than 1,200 athletes and coaches are expected this year, and normally about 3,000 volunteers help throughout the weekend."

Jackie Pope, 81st Force Support Squadron, has volunteered with the Special Olympics since 1998 and she said, "Once you've participated in the weekend, you're hooked. The excitement from the athletes is what keeps me coming back year after year."

Friday

9-10 a.m. — dorm decoration judging, Triangle.

Noon to 1 p.m. — torch run. The Biloxi Police Department hands off the "flame of hope" to members of the 81st Security Forces Squadron at Veterans Avenue, where the run continues east along along U.S. Highway 90, turning north at

White Avenue. Brig. Gen. Andrew Mueller, 81st Training Wing commander, meets the runners at the White Avenue Gate. The torch moves down Larcher Boulevard, Chappie James Avenue, Phantom Street and the Triangle Troop Walk to Welch Auditorium.

6:30-7:30 p.m. — reception, Bay Breeze Event Center.

8-10 p.m. — opening ceremonies, parade field adjacent to the Levitow Training Support Facility. Keesler members and their families are invited to attend.

Saturday

9-11 a.m. — wheelchair events, Triangle Track.

9 a.m. to noon — power lifting, Dragon Fitness Center; tennis, Keesler courts.

9 a.m. to 1 p.m. — golf, Bay Breeze Golf Course.

9 a.m. to 4 p.m. — track events, Triangle Track; aquatics, Biloxi Natatorium.

9 a.m. to 4:30 p.m. — bocce, Triangle Track; volleyball, next to Triangle softball fields.

9:30 a.m. to 4:30 p.m. — sailing, Bayview and Forrest Avenue boat ramp

10 a.m. to 6 p.m. — Olympic Village, Levitow Training Support Facility.

1:30-4 p.m. — running and standing long jump, Triangle Track; softball and tennis ball throw, Triangle softball field; shot put, behind softball field.

7-8 p.m. — closing ceremonies, Levitow Training Support Facility.

8-11 p.m. — victory dance, Levitow Training Support Facility.

8-9:45 p.m. — movie, Welch Auditorium.

Sunday

8 a.m. to noon — athletes depart.

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

IN THE NEWS

403rd Wing change of command

403rd Wing Public Affairs

Brig. Gen. James Muscatell Jr. relinquishes command of the 403rd Wing to Col. Jay Jensen, 10 a.m. today at the Bay Breeze Event Center.

Colonel Jensen most recently served as programs division chief at Air Force Reserve Command headquarters, Robins Air Force Base, Ga. Colonel Jensen, who was stationed at the 403rd Wing from April 1999 to October 2009, previously served as 815th Airlift Squadron chief of tactics, 53rd Weather Reconnaissance Squadron director of operations and 403rd Wing Operations Group commander.

This is the 14th assignment for Colonel Jensen, a command pilot and navigator with more than 6,300 flying hours.

General Muscatell has commanded the 403rd Wing since January 2009. He's accepted a position as the mobilization assistant to the director of operations and plans, U.S. Transportation Command, Scott AFB, Ill.

AFAF campaign extended

This is the last week of this year's AFAF campaign.

As of Monday, Keesler has collected \$51,670, or 62 percent, toward this year's goal of \$83,109.

Commissary case lot sale

The Keesler Commissary holds a case lot sale, 9 a.m. to 7 p.m. Friday and Saturday

Hurricane town hall briefings

Town hall briefings emphasizing preparations for hurricane season are 9 a.m. and 5:30 p.m. May 23 and 10:30 a.m. and 5:30 p.m. May 25 at the Bay Breeze Event Center.

Clinics close for warrior training

81st Medical Group Public Affairs

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

The date was changed because of the 81st MDG's participation in this week's national-level "Ultimate Caduceus" disaster exercise.

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, go to the nearest emergency room or call 911 for an ambulance.

Early Keesler News deadline

The deadline for the June 2 issue of the Keesler News is noon May 26 because of the Memorial Day federal holiday May 30.

Dragons deployed — 249



From left, Keesler historian Susan Dawson talks about Keesler's 70th anniversary to Pete and Rosina LePre of Biloxi and William Miles of Ocean Springs during the City of Biloxi's celebration of its military history, May 5 at Billy Guice Memorial Park and Glennan Park. Mr. LePre is a Navy retiree and Mr. Miles is an Air Force retiree.

Left, the Keesler Honor Guard presents the colors at the event, part of the city's Preservation in May series
Photos by Kemberly Groue



PERSONNEL NOTES

Government information systems are for official use only.
Use constitutes consent to monitoring.

Classes for job hunters

81st Force Support Squadron

The airman and family readiness center plans classes for instructors or other personnel with inflexible work schedules in Room 108B, Sablich Center.

Each class is 3:15 to 4 p.m. each day for three days. Participants are expected to attend all three class days.

Interview skills — May 17, 18 and 19.

To preregister and to receive training materials, 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. 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. today, June 16, July 21, Aug. 11, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, Room 108A.

Retirement briefings — 1-3:30 p.m. today, 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.

Finance office closes

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

Special duty team visit

Air Education and Training Command's special duty team visits Keesler July 12.

For more information, call 377-3697.

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.

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.

Two Keesler volunteer groups win Biloxi recognition awards

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Two Keesler groups were recognized by the City of Biloxi for their volunteerism during the city's annual Volunteer Recognition Ceremony, May 3.

The Fishbowl Student Ministry Center white rope program won the adult volunteer group award and Keesler's Center for Naval Aviation Technical Training Unit won the military volunteer group award.

The white rope program, led by the chapel's student leaders, is primarily involved with Jeff Davis Elementary School. Every other Friday,

40-50 student volunteers pair up with Jeff Davis teachers to spend almost four hours helping out wherever they can. One task is giving students one-on-one attention in an effort to help them attain a passion for learning.

Aside from volunteering at Jeff Davis, the White Rope program has been involved in coastal beach cleanups, the Memorial Day service at the Veterans Affairs Medical Center, playground construction for a local preschool and assisting at the Humane Society of South Mississippi.

CNATTU has been involved in several volunteer activities throughout the year, earning the Navy's Personal Excellence Program Award for

Outstanding Community Service. Members have helped local youth in several different ways. They spent 653 hours serving 215 students ages 5-13 at Nichols Elementary School. They helped with reading and science fairs in the Biloxi school district and served more than 700 students over 160 hours. They also contributed 98 hours to Boy Scout and Girl Scout troops and the Boys and Girls Club.

In addition to youth services, CNATTU has volunteered its time for the Gulf Coast Women's Center for Nonviolence, Adopt a Highway, beach cleanups and the 2011 Angels Over the Bay open house and air show.

Sizing up future careers



Photo by Kemberly Groue

From left, Tyra and Tia Patterson participate in a game which matches careers to their salaries during Saturday's kids career fair at the youth center. Their mom is Yvonne Patterson, an employee at the child development center. The event for youth ages 12-18 featured professionals from various career paths.

Motorcycle fatalities on the rise

By Master Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

WASHINGTON — As the summer brings warmer temperatures, Airmen should remain vigilant in taking safety precautions in all activities, and particularly on motorcycles, officials said Friday.

In a 2011 Year of Motorcycle Safety dual-signature memorandum to Airmen, the assistant secretary for installations, environment and logistics and the Air Force vice chief of staff recently stressed the special cautions riders must take on motorcycles, with specific attention to speed, reckless driving and alcohol use.

“Riding motorcycles is an exhilarating form of transportation and recreation, which also has a higher level of inherent risk,” Assistant Secretary Terry Yonkers wrote in the memorandum. “Airmen, both military and civilian, who choose to ride motorcycles must do everything to mitigate these tasks every time they ride.”

The Air Force Safety Center, Kirtland Air Force Base, N.M., said motorcycle fatalities have risen 150 percent from January to March 2011, compared to the same period last year.

“These losses are unacceptable for our Air Force,” said Vice Chief of Staff Gen. Philip Breedlove in the memorandum, adding that the service has already suffered one permanent total disability and five fatal motorcycle mishaps.

The safety reports indicated that all incidents had two common causal factors: the absence of automobile involvement and the rider losing control of his motorcycle.

“Our goal is to have zero preventable motorcycle mishaps and fatalities,” said Maj. Gen. Greg Feest, the Air Force chief of safety and Air Force Safety Center commander. “I encourage senior leadership, commanders, supervisors and riders to get actively involved in support of this effort.”

As such, General Breedlove underscored the



Photo by Kemberly Groue
Master Sgt. Yolanda Jerry, 336th Training Squadron, speaks to a group of students from her squadron on the importance of motorcycle safety in front of Holbrook Manor, April 22.

importance of motorcycle safety mentorship to include wing-level activities that foster positive riding attitudes, behaviors and build necessary riding experience.

The safety initiative mandates that all military members complete an approved motorcycle safety rider course to operate on a roadway and that Air Force-led joint bases will provide basic rider course training without cost or delay to all service members.

Mr. Yonkers and General Breedlove expressed the criticality of fostering a culture of traffic safety culture for both the base population at large and the general public.

“Each rider is ultimately accountable for his or her individual safety decisions and we’re counting on you to maintain your focus on safety,” Mr. Yonkers said.

Motorcycle Safety Week at Keesler

By Susan Griggs

Keesler News editor

Keesler observes Motorcycle Safety Week Monday through May 20.

According to officials in the Air Force chief of staff’s office, as of April 19, motorcycle fatalities across the Air Force are up more than 150 percent since January, with five fatalities and one permanent total disabilities. All accidents had two common causal factors — no automobiles were involved and each rider lost

control of his motorcycle.

To put the spotlight on motorcycle safety, Keesler has scheduled these events:

Monday – 3:30 p.m., commander’s intent briefing, Bay Breeze Event Center Ballroom 2, door prizes.

Tuesday – 7 a.m., sign up for experienced rider course through squadron motorcycle safety representative.

Wednesday – 7 a.m., sign up for beginner rider course Day 1 through squadron motorcycle safety representative.

May 19 – 7 a.m., sign up

for beginner rider course Day 2 through squadron motorcycle safety representative.

May 20 – noon to 5 p.m., bike show at Popeye’s parking lot. Local dealers display bikes, base exchange provides motorcycle-related prizes, barbecue from The Shed is available, skill challenges and other activities.

Master Sgt. Gordon Comerford, 81st Aerospace Medicine Squadron first sergeant, is project officer for the observance.

For more information, call 376-5302.

Proposal would save \$3.2 billion in defense health care costs

By Army Sgt. 1st Class
Michael J. Cardin

American Forces Press Service

WASHINGTON — The Defense Department's proposal to reform the Tricare health plan and the military health system would save at least \$3.2 billion between 2012 and 2016, the Pentagon's chief financial officer told Congress yesterday.

In testimony before the Senate Armed Services Committee's personnel subcommittee, Robert Hale said the initiatives would support President Barack Obama's debt-reduction plan, which calls for a \$4 trillion reduction in the federal budget by 2023.

President Obama's plan includes a reduction of \$78 billion in DOD's fiscal 2012 budget and an additional \$400 billion in national security cuts through 2023.

Mr. Hale said that although \$3.2 billion is only modest savings toward the president's overall goal, the savings are "substantial" within DOD.

"The federal government as a whole would save money under this plan — not a lot, but there are modest savings," he explained. "The department savings from this proposal would be very substantial. We're looking out over the whole career of an individual and setting aside money to pay for it, so you immediately see major effects."

The fiscal 2012 budget request calls for \$52.5 billion to support the military health system's 9.6 million beneficiaries, which include retirees, active-duty members and their families. The department's health care bill has more than tripled from \$19 billion in 2001.

"We've got to find ways to maintain the quality of health care but slow the growth in cost," Mr. Hale said.

Meeting that challenge begins with streamlining operations at the health affairs headquarters, he said, which means cutting more than 700

civilian contractors from the Tricare staff.

The proposal also calls for reforms for beneficiaries, including a maximum \$5 per month increase for working-age military retirees under 65, raising the co-payment for prescription drugs, and regulatory changes that would eliminate special subsidies for community hospitals that serve beneficiaries, Mr. Hale said.

Mr. Hale noted that Tricare enrollment fees have not increased since Congress appropriated funds for the program in 1994.

Families pay an estimated \$460 annually for Tricare Prime coverage, but had the fees been indexed today to meet the growth in per capita national health expenditure, those fees would now be more than \$1,000 per family each year, he said.

Beginning in 2013, future enrollees would pay fees based on the national health expenditure if the proposal is enacted, Mr. Hale said, and that, he added, still would be significantly less than what beneficiaries would pay in the private sector for health insurance.

The proposals would save an estimated \$430 million over the next five years and would stabilize cost sharing in Tricare at a level much more favorable than what Congress envisioned in the 1990s, Mr. Hale said.

Reform proposals in pharmaceuticals include incentives for allowing the department to prescribe generic drugs and deliver prescriptions by mail, saving \$2.5 billion by 2016, he added.

Mr. Hale told the panel that the rates DOD pays to "sole community hospitals" that serve military beneficiaries are substantially higher than the rates it pays to other hospitals. Sole community hospitals are determined by Medicare rules that factor in distance from other hospitals, capacity and other criteria.

Federal law requires that

the department adopt Medicare rates when practical, and combined with lower rates paid to sole community hospitals, the proposal would save the department \$395 million through 2016, Mr. Hale said.

"We will phase in this change slowly, at least over a four-year period, in order to avoid adverse effects on care provided at these hospitals," he added.

Mr. Hale also discussed the department's proposal for equitable treatment for all Medicare-eligible military retirees.

Under current law, he said, some Medicare-eligible enrollees are allowed to remain in the U.S. Family Health Plan, a Tricare Prime option that provides care to active-duty family members and all military retirees regardless of whether they participate in Medicare Part B, which covers doctor services, outpatient care and home health services that Part A does not.

DOD officials, Mr. Hale added, seek legislation that requires those who are part of the U.S. Family Health Plan to join Medicare, as all other retirees must.

This, he added, will ensure that Tricare does not pay claims that exceed Medicare rates when military retirees qualify for both programs.

The proposals are more than reasonable, Mr. Hale said, and strike a solid balance between bringing savings and maintaining quality health care for veterans and their families.

None of the proposals would affect active-duty troops, he emphasized.

"These proposals generate savings that will help us pay for needed training and equipping of the armed forces," Mr. Hale said. "If we don't get authority to do this, we'll face major holes in the military budget, and it will be very hard to handle in difficult budgetary times."

Spouses get special treatment at annual Pamper Me Day



Photos by Kemberly Groue

From left, Nicole Williams, Erica Garcia and Corina Gestring speak with Patty McGruder, health educator with the health and wellness center, about the benefits of healthy eating. Mrs. Williams is the wife of Airman 1st Class John Williams, 335th Training Squadron; Mrs. Garcia is the wife of Airman Daniel Garcia, 81st Medical Support Squadron; and Mrs. Gestring is the wife of Master Sgt. Kenneth Gestring, 81st Medical Operations Squadron. Friday's Pamper Me Day was held in observance of Military Spouse Appreciation Day.

From left, Mialani Garcia, 5, watches her mom, Hannah Garcia, receive a makeover from Jade Braccini, makeup artist at the base exchange. Ms. Garcia is the wife of Master Chief Petty Officer David Garcia from the Seabee Base in Gulfport.



Cosmetics consultant Renee Smith sprays a sample of perfume on the wrist of Staff Sgt. Joana Trotti, 81st Dental Squadron. The annual event, held at the Roberts Consolidated Aircraft Maintenance Facility, included displays, refreshments, door prizes, manicures and massages from local vendors. Pamper Me Day was sponsored by the airman and family readiness center.





New dorm dawning

The new permanent party dormitory near the Meadows Drive Gate is nearing completion. It's the first new permanent party dorm to be built at Keesler in 50 years. The \$14,453,279 structure has been built by Anderson/Drace Construction. Project officials expect the building to be turned over to the government in late May or early June.

The new dormitory will house 144 permanent party members in 36 four-room modules. Each module provides a private bedroom and bathroom, along with a common kitchen, living space and laundry facility for the occupants. The dormitory has four three-story wings and a single-story commons building, central chiller plant and recreational spaces located in an outdoor courtyard. The construction achieves LEED silver certification, a national benchmark for the design, construction and operation of high-performance green buildings. As a final phase to the project, a modification is being issued to postpone the demolition of existing dorms 4904 and 4908, which will be renovated to accommodate residents until funding is secured for two more dorms planned for permanent party members.

Photos by Kemberly Groue

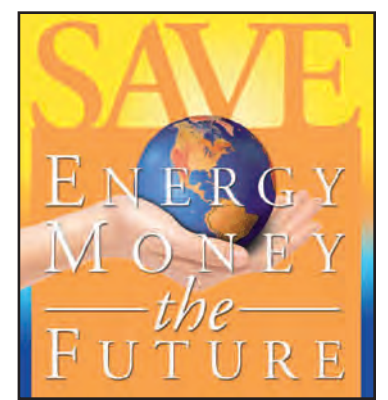


Movie schedule changed due to Special Olympics

Movies won't be featured for the public at Welch Auditorium Friday or Saturday because of Special Olympics.

Sunday's 1 p.m. feature is "Hop," rated PG-13.

For a recording of upcoming features, call 377-6627.



Disaster exercise tests medical group response

By Steve Pivnick

81st Medical Group Public Affairs

When “Ultimate Caduceus 2011” kicks off Monday, the scenario will be a 7.7 magnitude earthquake that strikes the New Madrid seismic zone northwest of Memphis, triggering a magnitude 7.7 event in the Wabash Valley seismic zone. The “disaster” results in 2,300 fatalities and 56,000 casualties, 1,200 with critical injuries.

Robert Tash, Keesler’s National Disaster Medical System Federal Coordinating Center Emergency Management Area coordinator, explained, “Ultimate Caduceus 2011 was developed to bring together federal, state, local and tribal jurisdictions to improve communication and establish future joint operating procedures to respond to a weapons of mass destruction or a mass-casualty event requiring field response and evacuation of patients from areas that have been overwhelmed by casualties. This exercise will test the ability to immediately move critical patients to areas with available medical care within one to four hours of being injured.”

He continued, “This exercise will utilize current operational and medical concepts of operations used by federal entities in emergency medical operations to enhance patient decontamination and emergency medical care functions within local jurisdictions. Annual exercises are conducted by various entities to meet individual organizational requirements, but a coordinated effort on the scale of this national level exercise is seldom undertaken.”

Mr. Tash, who’s assigned to the 81st Medical Support Squadron readiness flight, said among the main participants in the major training event are the National Capital Region; Federal Emergency Management Agency Regions IV, V, VI and VII; the eight central U.S. Earthquake Consortium member states



Litter team members from the 81st MDG prepare to carry “patients” to a waiting 403rd Wing C-130J Hercules during an April 14 exercise. Almost 80 medics from a variety of specialties trained to load and unload litter patients on the aircraft. The monthly warrior training also included moving patients on and off an ambulance and ambus. The session was conducted to prepare for next week’s Ultimate Caduceus 2011 national disaster exercise. Keesler and other area hospitals will be heavily involved Wednesday.

Photo by Steve Pivnick

(Arkansas, Alabama, Mississippi, Tennessee, Kentucky, Illinois, Indiana, Missouri); and other supporting states.

“The exercise is designed to build upon lessons learned from prior events,” Mr. Tash said. “Federal, state and local response units will be deployed. Keesler has been designated as an aerial port of debarkation, or APOD, for casualties and patient movement. Keesler will activate the NDMS FCC and a patient reception area once the mission assignment has been issued. Our FCC will coordinate patient reception and routing to the South Mississippi NDMS-participating partner hospitals as deemed necessary.”

Mr. Tash noted key elements in the exercise will include the movement and actions of response personnel, equipment availability and familiarization with its use and determining equipment

and supply needs for a patient reception event.

Keesler’s participation in the weeklong exercise is limited to Wednesday.

Thirty-five mannequins representing patients will be airlifted by a C-130 Hercules aircraft to the Keesler APOD. The aircraft will be parked next to the PRA, located in Hangar Four, where the mannequins will be replaced by more than 50 live “patients.” Once the patients have been processed by the PRA, they’ll be transported to area hospitals by ground or a “Life Flight” helicopter provided by Acadian Ambulance/Air Service. A U.S. Coast Guard helicopter from their Mobile, Ala., Air Training Center is also scheduled to participate.

Mr. Tash said, “The exercise’s primary objective is to evaluate whether federal, state and local plans and procedures to execute emergency plans are adequate and feasi-

ble in a patient evacuation scenario. In addition, it will provide training and experience for officials who would play key roles in managing and coordinating patient reception operations. UC11 may also identify issues, policies, resource needs and potential problem areas that could negatively impact an actual patient reception event, resulting in modifications to plans and procedures.”

He added the exercise offers participants the opportunity “to conduct operations that unite multiple agencies, each with different goals and objectives, at various levels of complexity and size under a joint concept of operations. It will also test the use of two mass casualty patient tracking programs (TRAC2ES and JPATS) from the reception site to the medical care facility.” Finally, UC11 will gauge the 81st MDG FCC’s ability to establish a patient reception

area and coordinate patient evacuation and movement to area NDMS hospitals.

In addition to the 81st MDG, other participants include elements of the 81st Training Wing, U.S. Coast Guard Search & Rescue (Mobile), Biloxi Veterans Administration Medical Center, American Medical Response, Acadian Ambulance and Air Service, American Red Cross and The Salvation Army of South Mississippi.

Among the participating NDMS hospitals in south Mississippi are the Biloxi VA Medical Center, 81st MDG Hospital, Biloxi Regional Medical Center, Singing River Hospital, Ocean Springs Hospital, Memorial Hospital at Gulfport, Garden Park Medical Center and Hancock County Medical Center. Each hospital will accept casualties based on their needs to meet training requirements.

Keesler thespians step into multiple stage roles

By Airman 1st Class
Heather Heiney

Keesler Public Affairs

Nearly everyone slips seamlessly into another role when they leave work at the end of the day — but for several Keesler members, the role they slip into is on a stage.

Judy Madden, 81st Training Support Squadron training specialist, has been in theater since she auditioned for the chorus in Camelot in 1990 and said that she was immediately hooked. Now, she acts, directs and is the current president of the Biloxi Little Theater board of directors.

“It began as something I wanted to try when my daughters were getting older,” Ms. Madden said, “I felt I needed something for myself and I immediately loved it.”

She said that her favorite part about being on stage is becoming someone else and receiving an immediate audience reaction.

“It can be laughs, tears or applause. Sometimes it’s total

silence — even in that you can feel you have touched them,” Ms. Madden said.

She said that backstage work can either be constantly busy or very quiet and that it can be the most unrecognized and underappreciated part of theater. However, if it isn’t done properly, the show can fall apart. For her, directing wasn’t as satisfying as acting at first, but over time it has become special to her.

“When you realize that a show is going well because of the things you have asked your actors to do, it is an amazing experience,” Ms. Madden said.

She has been directing a summer show for teens the last 15 years and said that it has become the highlight of her year. She gets to watch the teens give a production everything they have and discover new things about themselves in the process.

“I discovered as much about myself as those summer teens do in those shows,” Ms. Madden said.



Courtesy photo

Ms. Ragno, back row right, performs the role of a 16-year-old pregnant girl who calls into a radio show in Center Stage’s production of “Talk Radio” in 2000. Ms. Ragno enjoys doing behind the scenes work in local theater productions.

She said that theater is her passion and she hopes that more people from Keesler will get involved and help support the local theater community because without support from ticket sales, donations and fund raisers, the theaters don’t have the resources to function.

Peter Harris, 81st Medical Support Squadron network engineer, has been in theater for about 20 years and has filled the roles of trustee, board member, set builder, actor, box office ticket seller and floor sweeper.

“For someone with no common sense it’s a lot of fun,” Mr. Harris said, “One gets to work as many hours as you can with no pay, very little recognition, in the company of folks that are not normal, to develop a product that only lasts a couple of weeks and the only possible pay back may be that elusive result called entertainment.”

He said that a community theater is like any civic group and survives on the dedication and good will of normal people who are willing to take whatever time they can to support a good cause. Some people spend a

dedicated 40 hours a week supporting theater, but most people involved simply dedicate several weeks or months of their life for a single production.

Mr. Harris’s most memorable moment in theater was when he got beat up by fairies during a children’s production. He said that he played the part of a mean Celtic character who was involved in a fight scene with three teenagers.

“The lights dimmed and a dozen magic fairies appeared,” Mr. Harris said, “The fairies proceeded to take me to the ground and jump all around and on me to the flash of strobe lights — the little kids ate it up.”

Barbie Ragno, 81st Force Support Squadron general lodging manager, has been in theater since 1999 as a supporter, spouse of an actor, backstage manager and a member of the board of directors.

Ms. Ragno said that although being on stage was not for her, she enjoys being backstage.

“It is your responsibility to make sure all props are in place, actors are ready and

once the lights go down the rush is unbelievable,” Ms. Ragno said.

She also said that she enjoys meeting people and helping out where she can.

“Being part of the theater group is like being part of a huge family,” she said.

She said that because being involved in a play takes up most of her free time, she wasn’t able to participate much after her daughter was born. Now that her daughter is 5 years old, she hopes to work backstage for her first production this summer.

Barry Newman, 81st Training Wing sexual assault prevention and response program specialist, has been in theater for 11 years and has occupied many roles.

Mr. Newman said that he started out as a theater parent taking his daughter to and from theater rehearsals when she was 10 years old. Once, he was asked to help move set pieces and his role in theater began to grow as his experience increased.

He said that being backstage gives him a different perspective on the show and



Courtesy photo

Mr. Newman performing the role of Sidney Swindol in Gulfport Little Theater’s production of “Somebody Save My Baby Ruth” in June 2010. This production encourages audience participation and interaction between cast and audience.

Theater,

from Page 20

the actors. It involves long periods of inactivity followed by short bursts of chaos.

“We call it the magic of theater when a show moves seamlessly from one scene to another and all the technical aspects combined with the acting makes a believable story,” Mr. Newman said, “It’s really like a well-choreographed dance — everybody needs to know what their specific job is.”

Now he spends most of his time as an actor. He said that being on stage is more fun because he tries to create a believable character that the audience can relate to and understand.

“There is so much that goes into every production,” Mr. Newman said, “You first need a show that people will want to see; a capable director and producer; a cast of performers; technical experts for lighting, sound and set construction; costumes and makeup; advertising; a location to perform; and rehearsals, rehearsals, rehearsals.”

Currently, Mr. Newman is rehearsing for “The Teahouse of the August Moon,” at the Bay St. Louis Little Theater which opens in June. The cast includes 18 men, eight women, three children and one goat.

Mr. Newman said that being involved in theater has affected many other aspects of his life.

“I’ve become more self-confident, especially speaking in front of groups,” Mr. Newman said, “I think it has helped me to be more focused on the task at hand, learn time management, and also has probably improved my memory.”

Steve Hoffmann, Keesler News graphic designer and staff writer, said that he should have been in theater his whole life, but got started through participating in church skits in 2003.



Courtesy photo

During the 2007 DC Fringe Festival, Mr. Hoffmann performs *The Gillerds Show*, a one-man comedy he wrote about a man who is writing a reality show about sock puppets. Locally, he has appeared in two productions with the Bay St. Louis Little Theater.

“One thing that I heard a director say once that has stuck with me is that most people think that acting is about putting on masks, but it’s really about taking them off.”

— Mr. Hoffmann

Mr. Hoffmann said that his crowning achievement so far was a one-man comedy show that he performed at the 2007 DC Fringe Festival.

“It was so therapeutic — not only finally performing it, but developing, writing and discovering the story over the five years it took to write,” he said.

Mr. Hoffmann said that theater is exhilarating and that it’s the thing he does best in life.

“I’m a pretty shy, quiet person in real life,” Mr. Hoffmann said, “The analogy I think about is if expressiveness were water, most people let it leak out in everyday life. But for shy people, those leaks aren’t there, so the water builds until it gets dumped out — for me the place where I dump it out is on stage.”

Mr. Hoffmann said that seeing a performance on

stage can be powerful to audience members. It may deliver a message that they need to hear and he feels that it is his duty and responsibility to convey that message.

Currently Mr. Hoffmann is in the note-taking phase of a play he would like to write titled “No Comment.” He said that in addition to the production of “No Comment,” his goal is to participate in one theater production per year.

While each Keesler member who is involved in theater still has a role to play on the base and at home, they have made a place in their lives to step into someone else’s role, even if for short periods of time.

“One thing that I heard a director say once that has stuck with me is that most people think that acting is about putting on masks, but it’s really about taking them off,” Mr. Hoffmann said.

VA implementing enhancements to services for veterans, caregivers

Air Force News Service

WASHINGTON — Department of Veterans Affairs officials published May 3 the interim final rule for implementing the family caregiver program of the Caregivers and Veterans Omnibus Health Services Act 2010.

This new rule will provide additional support to eligible post-9/11 veterans who elect to receive their care in a home setting from a primary family caregiver, officials said.

“We at VA know that every day is a challenge for our most seriously injured veterans and their family caregivers,” said VA Secretary Eric Shinseki. “I know many veterans and their family caregivers have been waiting anxiously for this day, and I urge them to get their applications in as soon as possible so they can receive the additional support they have earned.”

Monday, staff in VA’s Office of Care Management and Social Work will open the application process for eligible post-9/11 veterans and service members to designate their family caregivers.

Additional services for primary family caregivers of eligible post-9/11 veterans and service members include a stipend, mental health services, and access to health care insurance, if they are not already entitled to care or services under a health care plan. Comprehensive caregiver training and medical support are other components of this program.

Officials said the program builds on the foundation of caregiver support now provided at VA and reflects what families and clinicians have long known: that family caregivers in a home environment can enhance the health and well-being of veterans under VA care.

Veterans may download a copy of the family caregiver program application (VA CG 10-10) at www.caregiver.va.gov.

The application enables the veteran to designate a primary family caregiver and secondary family caregivers, if needed.

Caregiver support coordinators are stationed at every VA medical center and via phone at 877-222-8387 to assist veterans and their family caregivers with the application process.

“Providing support to family caregivers who sacrifice so much to allow veterans to remain at home surrounded by their loved ones, is very important to us at VA,” said Deborah Amdur, VA’s chief consultant for care management and social work. “We offer a range of caregiver support services including training, counseling and respite care to ensure that our caregivers have the tools and support they need to continue in their care giving role.”

“We appreciate the patience, support and assistance we have received from veterans, veterans service organizations, and the greater caregiver community in shaping this program and bringing this new VA program to our wounded warriors and their dedicated family caregivers.”

Caregivers for veterans of all eras are eligible for respite care, education and training on what it means to be a caregiver, how to best meet the veteran’s care needs, and the importance of self-care when in a care giving role.

The full range of VA services already provided to caregivers will continue, and local caregiver support coordinators at each VA medical center are available to assist family caregivers in identifying benefits and services for which they may be eligible.

The caregiver support coordinators are well-versed in VA programs and also have information about other local public, private and non-profit agency support services that are available to support veterans and their family caregivers at home, officials said.

VA programs for veterans and their family caregivers include:

In-home and community-based care — This includes skilled home health care, homemaker home health aide services, community adult day health care and home-based primary care.

Respite care — Designed to relieve the family caregiver from the constant challenge of caring for a chronically ill or disabled veteran at home, respite services can include in-home care, a short stay in one of VA’s community living centers or an environment designed for adult day health care.

Caregiver education and training programs — VA currently provides multiple training opportunities which include pre-discharge care instruction and specialized caregiver programs in multiple severe traumas such as traumatic brain injury, spinal cord injury/disorders, and blind rehabilitation. VA has a family caregiver assistance healthy living center on www.myhealth.va.gov, as well as caregiver information on the health site on VA’s main Web page. Both websites include information on VA and community resources and caregiver health and wellness.

Caregiver support groups and other services — Family caregiver support groups, offered in a face-to-face setting or on the telephone, provide emotional and peer support, and information. Family caregiver services include family counseling, spiritual and pastoral care, family leisure and recreational activities and temporary lodging in Fisher Houses.

Other services — VA provides durable medical equipment and prosthetic and sensory aides to improve function, financial assistance with home modification to improve access and mobility, and transportation assistance for some veterans to and from medical appointments.

Goals set for Keesler's new recycling contractor

By Steve Hoffmann

Keesler News staff

Having been reused and recycled since the 1940s, the building that houses the recycling center off Chappie James Avenue is the perfect home for Zero Waste Solutions, Keesler's new solid waste management and recycling contractor.

"The chair I'm sitting in is reused," said Doug Smith, Zero Waste Solutions project manager. "In fact, every piece of furniture in this office is being reused."

In keeping with Keesler's efforts to reduce, reuse and recycle, Zero Waste Solutions has been charged with obtaining the federally-mandated goals of recycling 40 percent of all trash by year's end and 50 percent by the end of 2015.

According to Mr. Smith, when it took over waste collection and recycling efforts in October, the base was averaging around 13-15 percent recycling rate. At the end of last quarter, Zero Waste Solutions had doubled that, achieving approximately 27 percent.

Zero Waste Solutions, together with subcontractor Mark Dunning Industries, collects roughly 400 tons of trash per month. Only 160 tons gets recycled — the rest still ends up in the landfill. However, since October, Mr. Smith estimates that more than 850 tons of trash has been recycled.

"It's getting better, but we have a long way to go," Mr. Smith points out. "The biggest challenge is getting the word out to the base and educating them on how to recycle, what can and can't be recycled and setting up a program to follow."

There's not much Zero Waste Solutions can't recycle. Paper, shredded paper, cardboard, aluminum cans, plastic bottles and toner cartridges can be picked up from the buildings or base housing. Electronics, scrap wood, metal, glass, dirt and concrete can be dropped off at the



Photo by Kemberly Groue

From left, Mr. Robertson, Duane Olson and Douglas Houle work to empty a cardboard recycling bin to prepare the cardboard for binding into bales. Zero Waste Solutions collects a variety of recyclables and sells it to local processing companies. Proceeds collected from the sale is given back to the government.

recycling center. Around-the-clock drop-off locations are at the recycling center and in the parking lot behind the Commissary off Meadows Drive. Old furniture can be dropped off as well, which Zero Waste Solutions will try to resell. Also, certain food waste is now being collected and taken to a 100-acre site in Louisiana where it's turned into compost.

All proceeds from the sale of recyclables to local processing facilities goes back to the government. Zero Waste Solutions doesn't receive a dime of this money as they are already retained by a fixed contract with the government.

The more Zero Waste Solutions reduces, reuses and recycles, the more money the company makes for the government. The purer each cate-

gory of recyclable remains, the higher the price. For example, if paper doesn't have shredded paper mixed in, it gets a higher price. Mr. Smith and his team of trash removal technicians often sort through and separate what they can, but they'd rather keep that to a minimum.

Pete Robertson, route recycling specialist, has seen the good, bad and the ugly when he makes his biweekly recycling pickups.

"The weather center probably has the best program and is organized well," said Mr. Robertson. "Then I'll get to the next building and spend 30-45 minutes sorting through it all. Some buildings I just want to turn around and go home."

Mr. Smith has been making the rounds, going from build-

ing to building, showing personnel how to set up a workable recycling program.

"It just takes one person at each building who's willing to take charge and implement a recycling program to make it work," said Mr. Smith.

Airman 1st Class Jackie Bonkoski, 334th Training Squadron, was that one person at Avery Manor. She and her fellow students took it upon themselves to call Mr. Smith and inquire about how to set up a recycling program. They got all the proper bins and put them in the right location and made posters to hang above them describing what each bin was for. Then Airman Bonkoski wrote down the recycling rules and procedures specific to Avery Manor and put it in a three-ring binder to hand down to the

next generation of students.

"I pick up more recycling at Avery Manor now than I do in the entire Triangle," said Mr. Robinson.

Mr. Smith acknowledges that the recycling awareness and interest is increasing steadily. Instead of two people a month coming to him to ask about recycling, he now gets around two people a week. As word spreads and with incentive plans in the works, he's optimistic that Keesler will reach its recycling goals.

"The best advice I have is that it has to become routine," said Mr. Smith. "When people get into a routine, recycling is easy."

For more information on the recycling program at Keesler, call Zero Waste Solutions, 377-4546.

eight days a week

Airman and family readiness center

Tuesday-Wednesday — 3:15-4 p.m., interview skills and salary negotiation.

Wednesday — 9-11 a.m., survivor's benefit briefing. For single and married members and their spouses.

May 19 — 1-2:30 p.m., Smooth Move. Get expert advice on how to make relocation easier for you and your dependents. Open to anyone with access to Keesler.

Arts and crafts center

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

Friday — 12:30 p.m., framing class. Bring a piece of art or photograph no larger than 5x7 inches to frame. Class certifies you to use shop equipment in the future.

Saturday — 10 a.m., creative woodworking class. Create intarsia artwork by piecing together wood in a decorative pattern. 11 a.m., pottery class. Learn to use the pottery wheel and other sculpting techniques.

Auto hobby shop

Friday — anytime between 10 a.m. and 6 p.m., ladies vehicle maintenance training. Certified mechanics provide basic training including tire and oil changing and fluid checks, \$7 charge.

Bay Breeze Collocated Club

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

Today — 6-8 p.m., presentation and book signing of "From Jeep Driver to General" by author Jesse Allen, retired Air Force major general, who details his journey through early childhood, World War II and his 30-year military career. Hosted by McBride Library.

Friday — 5-8 p.m., Mongolian barbecue in the ballroom. Select your favorite meat, vegetables, sauces and spices; 95 cents per ounce for club members, \$1.10 per ounce for nonmembers.

Saturday — 8 p.m. to 2 a.m., May Bash in the lounge. DJ Dynamite spins rhythm and blues, hip-hop, reggae, old school and New Orleans bounce.

Wednesday — 4 p.m., member appreciation night in the lounge. Free hors d'oeuvres, music by DJ Dynamite and prizes; club members only.

Bay Breeze Golf Course

Saturday — 11 a.m. to 1 p.m., free golf clinic for moms. To sign up, call 377-3832.

Today through Sunday — Mother's Day special; 15 percent off all ladies apparel, plus moms tee off for half price.

Gaudé Lanes

Today — 9 a.m., senior summer league begins. \$10 per person, per week. League runs every Thursday, for 16 weeks. Sign up today.

Friday — 6:30 p.m., mixer league begins. \$13 per person, per week. League runs every Friday,

for 16 weeks. Sign up today.

Sunday — family day. Bring in the family and get two hours of bowling, shoes, one large pizza and one pitcher of soda or tea for only \$35.

Wednesday — 6:30 p.m., parent/child league begins. \$15 per two-person team, per week. League runs every Wednesday, for 16 weeks. Includes free performance ball. Sign up today.

Information, tickets and travel

Today — Gulfport Music Festival tickets on sale; \$35 for a weekend pass. Event is Friday and Saturday in downtown Gulfport.

Outdoor recreation

Today — 9 a.m. to 1 p.m., swimming lesson registration at outdoor recreation. Lessons for ages 5 and older and parent/child aquatics, for 6 months to age 5.

Today-Saturday — Sailing classes. Class certifies you to rent sailboats in the future. Classroom instruction May 12. On-the-water instruction May 13-14. \$45 per person. Space limited. For more information, call 377-3160.

Triangle Fitness Center

Wednesday — 1-6 p.m., free Cybex challenge. Circuit competition using isotonic exercise machines; see who can complete the most number of cycles. Six different weight classes. Registration is open until the day of the event. Participants receive T-shirt and certificate of completion.

Vandenberg Community Center

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

Today — 6-8 p.m., free dart tournament. Prizes awarded to winner.

May 19 — 6-9 p.m., last player standing pool tournament. Free to enter.

Youth center

Friday — youth baseball and T-ball registration. \$50 for the first child, \$25 each additional. Fee includes uniform, trophy and end-of-the-year gathering. Practice begins June 3. Bay Breeze Club members, show your club card and get 10 percent off first child's fee.

Saturday — 4-10 p.m., give parents a break. Free child care at the youth and child development centers for Air Force families referred by base helping agencies. Children are provided complimentary dinner at 6 p.m. Parents must sign up in advance.

Dragon Wagon

Thursday-Sunday — Catch a ride to your favorite base "hot spots." 50¢ per ride. Air Force Club members ride free. For more information on transportation route and schedule, visit www.keeslerservices.us.

Parenting class

The "1-2-3 Magic" parenting class is 9-11 a.m. May 16, 18 and 19 in the Arnold Annex conference room.

The course is for parents of children ages 2-12 and is open to anyone with base privileges.

For more information or to sign up, call 376-3457 or 3459.

Legal office closes

The legal office is closed 11 a.m. to 1 p.m. Monday for an official function.

In case of an emergency, call 697-5621.

Office closes early

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

Car wash

The 81st Security Forces Squadron holds a car wash, 9 a.m. to 4 p.m. May 20 in front of the unit's headquarters, Building 3501 on Larcher Boulevard.

Exchange hosts family fun festival

Army and Air Force Exchange Service Public Affairs

The Keesler Exchange offers a variety of giveaways and specials at its family fun and fitness festival, 9 a.m. to 5 p.m. Friday and Saturday.

Authorized shoppers can enter to win a 52-inch Sharp high-definition television and take advantage of specials on clothing and sporting goods. In addition to shopping and giveaways, sandwiches from The Shed are available throughout the event.

"We've been working with vendors for the past few months getting ready for this event," said Krystal Malloy, sales and merchandise manager. "It's going to be a great couple of days for the community to come together and shop, dine and just have some fun."

Proceeds will be used to support the team that's marching in the 2011 Security Forces 9/11 Ruck March to Remember.

For more information, call 376-6625.

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 Levi-

tow Training Support Facility.

Terminals will set up at the 403rd MXS during the 403rd Wing's unit training assembly, May 13-15 for reservists.

Job opportunities

Forest City Residential Management, responsible for the privatized family housing initiative at Keesler, has property management, operations and maintenance positions available.

To apply and review job postings, log on to www.forestcity.apply2jobs.com.

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, Wed-

nesdays, 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.

Singers sought

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

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

SPORTS AND RECREATION

It's game on at annual Keesler Sports Day



Photos by Kemberly Groue

Ramon Santiago, 81st FSS, bumps the volleyball back into play during a sand volleyball match at Sports Day, May 5. His team won first place large squadron honors for the day.

Winners

Small squadrons

First — Keesler Marine Corps Detachment

Second — 81st Training Support Squadron

Third — 81st Training Wing staff agencies

Large squadrons

First — 81st Force Support Squadron

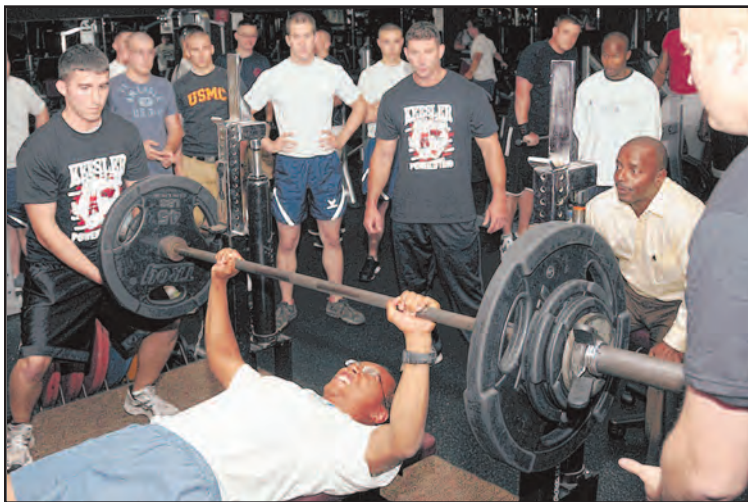
Second — 81st Logistics Readiness Squadron

Third — 334th Training Squadron



Chad Harris, 345th Airlift Squadron, navigates the waters of Biloxi's Back Bay in the kayak race.

Thaddeus Faxon, 81st Contracting Squadron, digs deep and finds the strength to power through one more bench press repetition during the weightlifting competition at the Triangle Fitness Center.



Lester Naoe, 81st TRSS, places just the right spin on the frisbee as he tries to toss it into the chain-link basket during a game of frisbee golf. Karl Knowlton, 81st TRSS, looks on as he waits his turn.



Jake Broersma, 81st Dental Squadron, dribbles the ball past defender Jason Syverson, left, 81st Inpatient Operations Squadron intensive care unit, as he makes his way toward the goal during a three-on-three soccer match at Meadows Field. Teammate Aaron Betancourt, 81st DS, positions himself on the field of play.

'Don't Fry Day' run promotes sun safety

The 81st Medical Operations Squadron dermatology clinic sponsors a "Don't Fry Day" 5-kilometer fun run May 20 at the Blake Fitness Center.

The event is an effort to promote sun safety awareness.

Registration starts at 7 a.m. and the race is at 8 a.m. The first 100 registrants receive a free mini-sunscreen. Ten dollar Starbucks gift cards go to the overall top male and female finishers.

For more information, contact Senior Airman Kayla Spiel, 376-3501.

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NO DRUGS NO EXCUSES
DRINK RESPONSIBLY

Heart Attack Symptoms

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



- Nausea/vomiting
- Jaw pain
- Back pain



- Chest discomfort
- Arm pain
- Shortness of breath