



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

JUNE 14, 2012 VOL. 73 NO. 24



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ON THE COVER

Chief Master Sgt. Oscar "Deno" Mackin, 2nd Air Force command chief, and Airman 1st Class Shade Bennett, 81st Logistics Readiness Squadron, participate in the 5K professional wellness month run June 6, which began and ended at the Triangle Fitness Center. There were 64 individuals that participated in the race.

Photo by Kemberly Groue



PHOTO OF THE WEEK

Coming 'round the mountain



Photo by Staff Sgt. Chad C. Strohmeyer

A formation of C-130 Hercules cargo aircraft fly in formation as they return from the Samurai Surge training mission near Mount Fuji, Japan, June 5. At 12,388 feet, Mount Fuji is the tallest mountain in Japan.



TRAIN, CARE, INNOVATE — DEVELOPING COMBAT POWER FOR AIR, SPACE AND CYBERSPACE

Resiliency: facing death to learn how to live

By LaDona Beevers

27th Special Operations Wing
Public Affairs

CANNON AIR FORCE BASE, N.M. — It seems like resiliency has been a major focus in the wing recently. Many Air Commandos have stepped up and shared their knowledge, stories and experiences of what this concept means to them. As I prepare to retire after 29 years of service at Cannon Air Force Base, N.M., I would like to share my story of resiliency and how through very challenging times I was able to endure and bounce back with the help of my Airmen, family, friends and faith.

By the age of 28, my daughter had already suffered two major strokes. She lost control over the left side of her body and being left-handed, she had to give up her pet grooming business she had started three years prior to the strokes.

After the strokes, she was confined to a wheelchair, her speech was slurred, her eyesight was impaired and letters and numbers were beyond her understanding.

She could not write or comprehend dollar figures, phone numbers and day-to-day tasks. Then, shortly after her 29th birthday, she had emergency gall bladder surgery.

One week after her gallbladder surgery, I woke up on a Sunday morning and went into her room to check on her. She was slumped forward in her recliner where she often relaxed at night when she was in pain. She was not breathing and had no pulse.

My daughter had accidentally taken double the amount of her pain medication. The additional narcotics on top of her other medications caused her to overdose.

I immediately dialed 911 and started CPR. I could not



Courtesy photo

LaDona Beevers stands with her daughter Sharla at a bridal shower in August 2011. Sharla survived two major strokes before the age of 28 and against medical odds healed physically, mentally and socially.

get any response from her at all. When the emergency medical technicians arrived, one of the young men went white. I remember thinking “Oh no, he knows her!”

They immediately ventilated her by hand and injected her with adrenaline. She had no vital signs at that time and since she was sitting up, the blood had pooled when her circulation ceased.

My 29-year-old baby girl was technically dead. When I arrived at the hospital, the family was ushered into a room inside the emergency room — the room where the families of patients who were not expected to live were placed.

I was called back to the cubicle where she lay on the stretcher hooked up to life support. As I approached the room, her vitals crashed and the nurse began prepping her

for resuscitation. I heard a buzzing sound as I slumped against the doorframe and I realized it was a medical drill being used to open a hole in her shin bone to attach a life-line in an attempt to jump-start blood circulation.

The ER provider glanced up and saw me, but did not stop his attempts to save my daughter. I could see the remorse in his eyes.

Once the doctor was able to stabilize her, he came over and told me that her vitals had dropped once in the ambulance and twice in the ER. He gently asked if I would sign a form releasing the hospital and staff from any liability in case of her death.

I asked him what her chances were for survival. He was very honest and told me there were only two options: I could leave her in Clovis and

they would try to make her as comfortable as possible, or he could call for a helicopter airlift to Lubbock, Texas.

I asked him what he would do if it were his child. He looked me straight in the eyes and told me that he would risk the airlift to Lubbock due to the better life-support facilities, equipment and trained personnel. He said he did not believe she would live through the next 12 hours. I am still grateful to that ER doctor for the advice he gave me.

When the medical helicopter arrived, I again had to sign another medical release statement absolving the medical team from legal responsibility if she did not reach the Lubbock hospital alive.

The helicopter crew was absolutely wonderful. They took my cell phone number and promised to keep me informed while they were transporting her as I traveled by car.

It was the longest trip I have ever taken. About half way to Lubbock, the air medic called to tell me that she was in the intensive care unit at Covenant Medical Center. He told me that she was a fighter and they had to sedate her due to the fact that she was fighting against the life support tubes.

When I arrived, I again had to sign medical release paperwork absolving the hospital in the event of her death. Three times in less than four hours I signed away blame in the possibility of my child's death.

After extensive tests and evaluations, my daughter's liver and kidneys were found to be non-functional; her lungs and heart were not sustaining her. She was completely reliant on life support. After three long days, the doctors called my son and me into her room and asked that we attempt to remove the life-support system. We agreed and she rap-

idly began to fail.

I placed her back on life support but asked if she had brain activity. The doctors told me that she was so heavily sedated that they did not know if there was any actual brain functioning. They told me that if they reduced the sedation she was going to be in extreme pain.

I had to know if her brain was active or not. My decision to keep her on life support or not would be based on this information.

Three days later, the doctors called me in to tell me she had brain activity. Later that week, I sat in the waiting room with my grandchildren as my son came running in from the ICU to tell me my daughter was finally awake.

My office leadership assisted me from the beginning with full support. The civilians on base donated enough leave that I did not have to worry about leave without pay which was a big concern due to the extensive time I spent with my daughter at hospitals, surgeries and home care.

When I was stricken with a severe case of the flu and my daughter was still in the hospital, my supervisor went to visit her every day after she got off work and at lunch would check on me. My office even remembered my daughter's birthday and brought up a cake and gifts for her.

They brought us home-cooked meals even after we were released from the hospital. When we got home, all I had to do was warm it up. They dropped by and visited with her, brought flowers and treats trying to encourage her low appetite.

Over the next year and a half, my daughter would undergo four months of dialysis, which



Airman, MTL excellence



Photos by Kemberly Groue

Airman Basic Chloe Roze, 335th Training Squadron, is the 81st Training Group's Airman of the Month for May. Her award was presented during a ceremony June 4, on the drill pad. Roze, from Dowall, Wash., is here for finance training. The four squadrons that train nonprior service students each 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, dormitory common areas and current events from that week's issue of the Keesler News.

Staff Sgt. Marshall Dixon Jr, 336th Training Squadron, won the Dragon Award for outstanding military training leader for May. One MTL is nominated from the four squadrons that train nonprior service students. Nominees take a knowledge test of the Air Force Instruction that governs the job and perform control of flight marching and open ranks. The award is intended to raise the level of adherence to military training standards and military excellence set for technical training students. The 336th TRS also won the Military Training Flight of the Month.



Academic aces



Photos by Kemberly Groue

Airman Basic Kendrick McCrady graduated with a perfect score from cyber systems operation apprentice course in the 336th Training Squadron June 6, at Thompson Hall. McCrady, a native of Port Orchard, Wash., will remain at Keesler to train in the cyber security plus course.

Airman 1st Class John Moore, far right, graduated with a perfect score from financial management and comptroller course in the 335th Training Squadron June 5 at Wolfe Hall. Moore, a native of Columbia, Tenn., is now assigned to the 17th Comptroller Squadron, Goodfellow Air Force Base, Texas.

Physicians, dentists graduate from training

By Dr. Kenneth Levin

81st Medical Group Graduate Medical Education associate director

Thirty-seven physicians and dentists will graduate from internship and residency training during a ceremony at the 81st Medical Group Don Wylie Auditorium 10 a.m. today. Lt. Gen. Douglas Owens, Air Education and Training Command vice commander, will deliver the commencement address.

General surgery residency graduates include three residents who are the first five-year graduates since the program re-started following Hurricane Katrina in August 2005. In addition, this program is the largest general surgery residency platform in the entire Air Force. Surgery residents receive some of the most comprehensive training available in the entire Department of Defense with rotations to Eglin Air Force Base and Pensacola Naval Medical Center, Fla.; Memorial Hospital of Gulfport; Biloxi Veterans Administration Medical Center; Brooke Army Medical Center, San Antonio, Texas; University of Mississippi Medical Center at Jackson,

Miss. and even Landstuhl Army Regional Medical Center, Germany.

Other physician graduates include seven residents with three years of specialty training in internal medicine. This is a very comprehensive training platform in internal medicine which also includes rotations at other facilities such as the Biloxi VA and the UMMC. This ensures all graduates receive balanced instruction in all of the core competencies evaluated by the Accreditation Council of Graduate Medical Education.

Physicians who complete these programs are eligible to take board certification examinations in their specialty and are assigned to hospitals in the United States and overseas. One graduating general surgery resident was selected for fellowship training in vascular medicine and one internal medicine graduate was selected for a fellowship in genetics. Six internal medicine and six general surgery graduates completing one-year internships will continue their residency training at Keesler.

Eight graduating dentists are completing a one-year advanced educa-

tion in general dentistry residency and two are completing a one-year general practice residency. These dentists receive advanced training in all dental specialties including oral surgery, endodontics, periodontics, prosthodontics, pedodontics and orthodontics. Upon graduation, they will be assigned as military dentists throughout the world. Keesler hosts the largest one-year AEGD program in the Air Force.

The dental graduates are completing a two-year residency in endodontics. Didactics and research were accomplished at LSU School of Dentistry in New Orleans the first year and the second year the students completed the clinical portion of their training. This is the perfect program for Keesler as these endodontic residents help provide supervised teaching for the AEGD/GPR program as part of their curriculum. Both endodontic graduates will be assigned stateside following graduation.

The graduates:

General Surgery — Fifth-year postgraduates: Maj. (Dr.) Chad Edwards, Capts. (Drs.) William Harris

and Charles Woodham. **First-year postgraduates:** Capts. (Drs.) Jacob Anderson, Ramon Brown, Brady Bahr, James Coker, John Hyman, Kyle Iverson, William Smith and Olivia Vaughan

Internal Medicine — Third-year postgraduates: Maj. (Dr.) Charles Borders, Capts. (Drs.) Adam Ackerman, Steven Deas, Mauricio Decastro-Pretelt, Sabrina Sumner and Jordan Williams. **First-year postgraduates:** Capts. (Drs.) David Brandt, Anthony Cavalli, Blair Curtis, Grant Gallimore, Benjamin Goins, Timothy Netters and Quy Nguyen

Research — Capt. (Dr.) Ramon Riojas

Dental — Second-year endodontic postgraduates: Majs. (Drs.) Steven Black and Jeffrey Burroughs. **One-year AEGD postgraduates:** Capts. (Drs.) Riley Adams, Angela Cook, Justin Heaton, Christopher Loftin, Evan Roberts, Radley Robins, John Willison and Eric Winterton. **One-year GPR:** Capts. (Drs.) Thomas Heidenreich and Jacob Sladky.

Keesler scores well on cyber security report

By Charles Cerny

81st Communications Squadron

Last week a team of eight Defense Information Systems Agency command cyber readiness inspectors from US CYBER Command at Ft. Meade, Md., evaluated Keesler's cyber security posture. They found and reported our cyber readiness to be "Outstanding" on the non-secure internet protocol network and "Excellent" on the secure internet protocol network.

Securing the cyber domain is everyone's responsibility and everyone has a role in that effort. Team Keesler came together in preparation for this inspection and everyone's efforts are clearly reflected in the grades. Everyone from the system administrators to the normal user, all played key

roles in securing the ratings received from the DISA inspection team.

Continue to keep computers and information by using these practices every day:

- Lock computers and remove common access cards when leaving the system unattended
- Never download e-mail attachments from unknown senders
- Treat all passwords and personal identification numbers like a toothbrush - don't share them with others
- Never connect any device to your computer via USB
- Protect Personally Identifiable Information data by encrypting e-mail and files
- Report spam and scams to your unit Information Assurance Officer: never forward

them.

- Be careful not to post deployment or other official information to social media sites

- Always secure your office area when empty and departing at the end of the day

- Challenge anyone in your areas that you do not recognize; find out why they are there and determine the reason is legitimate; report suspicious personnel to your unit security manager

- Ensure positive access control procedures are followed at all times; control the movement of visitors in your areas and facilities; provide escorts when necessary

- Report suspicious requests for information to your unit security manager or supervisor.



Photo by Kemberly Groue
From left, Rodney McGruder, Capt. Cieara Clugston and Chuck Cerny, 81st Communications Squadron, discuss the Command Cyber Readiness Inspection in the 81st CS conference room July 7. Capt. Clugston is the lead for CCRI preparations.

Resiliency,

from Page 3

led to a pressure ulcer where blood had pooled and broke open into a massive lesion leaving her tail bone exposed.

I had to use a bleach solution and pack the wound 3 times a day. I literally had to reach into the wound past my wrist. When I would pull the tape off holding the gauze wound coverings, the skin would peel away leaving the outer edges of the lesion raw and bleeding.

My daughter would cry and ask me why I hadn't just let her die in the hospital. Her social life had become non-existent.

She couldn't go out anywhere due to the wound being so painful. Her immune system was completely com-

promised. We fought wound infections and made numerous trips to the hospital. Her veins were completely blown and getting an intravenous started was a horrible process.

She was later diagnosed with osteoporosis. Continuously through the exhaustion, pain and depression, she would ask me why I hadn't let her die. I had no answer as I was battling exhaustion and self-doubt myself. I had no faith in why I had not taken her off life-support. The constant care-giving was beginning to take a toll on me just as the illness was weakening her.

Not all people have strong faith, but I do, and I witnessed miracle after miracle as my daughter's health improved and liver healed completely.

After four months, her kidneys began functioning again

and the weekly dialysis ended. A home-care nurse was assigned that convinced her surgeon to try a wound vac. Once this piece of equipment was attached, the bandage changes were lowered to three times a week.

I had to learn how to maintain and change the dressings as insurance only covered 26 visits for home health care. Phone calls from co-workers and friends helped strengthen me. Prayers, packages and flowers arrived from long-distance friends.

These little things brought her joy and brightened our lives. The doctors were amazed by the progress she was making. Against all medical odds, she was beginning to heal physically, mentally and socially.

Some might ask how I was able to overcome all of this with my daughter. I cried when

I needed to cry, I laughed and I prayed without ceasing. I had a great support system in my supervisor and my office. I had wonderful doctors and nurses that were honest with me but willing to try new procedures. I had friends that I could vent to and let out my fears and doubts with.

Bad things happen in life. Nobody is exempt from troubles, illnesses, loneliness or loss of loved ones — sometimes things just plain happen. Nobody is always strong or consistently does the right thing. Asking for help is the hardest thing to do when you feel like there is no way out. It takes courage to admit that you can't do it all alone.

I finally have an answer for my daughter's question of why I didn't just let her die. My daughter was told by several specialists

that she would never be able to have children. But against all odds, she got pregnant.

She courageously faced three months of specialists telling her she needed to abort her baby, and delivered a beautiful son. He was five and a half weeks premature. She risked her life to carry this beautiful child and I cried the first trimester in absolute fear of kidney failure, another stroke or even the very real possibility of losing her and the baby.

But out of all the fears and tears now I see her face light up with love as she holds the sweetest and happiest baby I have ever seen. Through all of the pain and long hours of fear, I would still go back and make the same decision and will always be thankful for the wonderful people in my life.

Schwartz: Balance required to avoid 'hollow force'

By Tech Sgt. Richard Williams Jr.

Air Force Public Affairs Agency

ARLINGTON, Va. — The Air Force chief of staff reinforced the importance of avoiding a "hollow force" to a group of civic and industry leaders attending the Air Force Association's monthly breakfast here June 11.

Gen. Norton Schwartz said the Air Force must secure the proper balance between three separate but closely related dimensions: readiness, modernization and force structure.

"A shortfall in one or more of these dimensions leads to insufficiencies that also are distinct but intertwined — respectively: a hollow, aging, and poorly postured force," Schwartz said. "This complex interplay is why the oft-referenced 'delicate balance' is so difficult to achieve."

For the Air Force, an important part of achieving this balance is ensuring it has the right mix of active duty, Air National Guard and Air Force Reserve Airmen and force structure, Schwartz said.

To that end, Air Force leaders in all three components worked together on the fiscal 2013 budget request and related strategic planning to understand the compromises that can and must be made to maintain an effective, efficient force, he said.



Air Force photo

Schwartz speaks to a group of civic and industry leaders attending the AFA monthly breakfast.

"Despite the fact that we did not always agree with complete unanimity, which is understandable due to different perspectives and institutional imperatives between the active and reserve components, we stand by our consensus — together," the general said.

The Air Force's plans to re-balance the force are needed in order to address the danger of unsustainable deployment rates by any one component, Schwartz said.

"Our reserve component is best optimized — or, put another way, our reserve component affords us with the oft-referenced cost savings — when Guard and Reserve Airmen are deployed at lower rates than their active-duty counterparts," the general said.

Therefore, the Air Force's current force structure needs to be re-optimized in relation to current realities and future eventualities, he said.

"Through careful, joint-sanctioned

modeling, we determined that we could not sustain further active component cuts without jeopardizing the collective ability of the total force to support our nation's strategic interests," Schwartz said.

As the Air Force rebalances, it will leverage its total force integration efforts by increasing the number of associations between the active duty and Reserve components, thereby enhancing all aspects of mission readiness and effectiveness, he said.

"Our (total force integration) associations provide us with the ability to utilize highly experienced Reserve component Airmen in helping to accelerate the maturity of their active component counterparts quicker," Schwartz said, citing one example of how such associations benefit the force.

When these associations are operated properly, total force integration will create efficiencies for the Air Force, saving in operational and overhead costs across the board, the general said.

"Be assured that, as a total force, we are united in a common cause to provide more effective and efficient air power, including military support to domestic contingencies and civil authorities," Schwartz said.



Photo by Tech. Sgt. Debra Hafner

Lab technician Amber Lee prepares a donor during the Columbus blood drive.

Keesler team conducts successful blood drive

81st Diagnostics and Therapeutics Squadron

A team from the Keesler Blood Donor Center travelled to Columbus Air Force Base, Miss., May 23 to conduct what resulted in a very successful blood drive.

The 17-member BDC team was augmented by five Clinical Laboratory staff members. They anticipated collecting 150 units; by the end of the drive on May 24 they tallied 173.

According to Capt. Heidi McMinn, chief of the 81st Diagnostic and Therapeutic Squadron's Blood Services, she had been contacted by Capt. Adam Irvin of the 14th Medical Support Squadron at Columbus about coming up

there to conduct a drive because their undergraduate pilot training units were standing down for the Memorial Day holiday. The 14th Flying Training Wing leadership saw this as a perfect opportunity to support U.S. forces engaged in military operations overseas.

"Many of these pilot trainees feel a personal responsibility to help in any way they can because some day they may be in the need of blood," McMinn said.

"We had an overwhelming response at this blood drive. Each squadron had a point of contact that rallied support for the event. Before we arrived, 212 appointments had been scheduled for donations. Approximately 250 potential

donors processed through the line led by 14th FTW's senior leadership, including the wing vice commander and four group commanders."

McMinn commented, "The overwhelming success of this blood drive can be attributed to the wing leadership's support and the spirit of competition that was brought to the drive. There was a wing-wide competition which spurred a lot of friendly rivalries. For example, one commander encouraged his students to donate by granting a shortened duty day or 'inviting' them to attend a 5 p.m. safety brief with him. The winning squadron commander was presented a traveling trophy which will help with support for future

blood drives."

She added, "This blood drive definitely benefited from the unprecedented support from the leadership donating, spouses baking cookies for donors and various command personnel assisting with the blood drive. These efforts proved effective and made the event a success."

McMinn said, "The impact this drive had on our Armed Services Blood Program blood supply was huge! Keesler was able to help out another base's shortfall by sending double their normal requirement of units overseas. The blood products sent overseas reached their destination in as little as five days from the day they were collected. This time of year it

is historically difficult to collect blood, especially over a long holiday. The generosity of the Columbus AFB blood donors was felt by many, as not only were units shipped overseas, but the Keesler Hospital and four stateside Army hospitals received some of these blood products. This blood will go a long way in saving lives."

The captain observed, "This drive was a success because Keesler's team is such a dedicated group of professionals. Not only were they lauded by the 14th Medical Group leadership, but they were invited to return twice a year for regular blood drives."



PCS PEAK SEASON

Tips to make PCS move smooth transition

By Mitch Chandrum
Surface Deployment and
Distribution Command Public Affairs

OFFUTT AIR FORCE BASE, Neb. — Each year, about 225,000 Department of Defense and U.S. Coast Guard household good shipments are slated for movement during the summer months. These shipments compete with

private sector moves creating a phenomenon in the transportation industry called the “peak moving season.”

Peak moving season runs May through August each year with the peak of the peak between Memorial Day and July 4.

The Army’s Military Surface Deployment and Distribution Command’s Personal Property Directorate manages the De-

fense Personal Property Program, or DP3, for DOD.

SDDC officials want servicemembers, federal employees and their families to know a smooth move for household goods is possible during peak moving season with proper planning and attention to detail.

“As soon as you receive your permanent change of station orders, you should start your

move process,” said John Johnson, branch chief for SDDC’s Personal Property Directorate Quality Assurance Division. “Requesting your pickup and delivery dates as soon as possible will ensure a better chance of getting the dates you want.”

All DOD servicemembers and civilians, including their families, have two avenues to manage their move based on lo-

cal policies.

The first is the traditional visit to the local installation transportation office or personal property shipping office to receive a relocation briefing and start the move process.

The alternative is to use the Defense Personal Property System, or DPS, which is accessed through the website, move.mil. This website is the portal for



Managing personally procured moves

By Carol Emling

81st Logistics Readiness Squadron

Formerly known as a do-it-yourself move, a personally procured move is an alternate method of moving personal property. All or a portion of a service member’s full Joint Federal Travel Regulations weight allowance can be moved by them instead of using a commercial transportation service provider, with the service member collecting an incentive payment from the government.

Although the service member can use the self-counseling module within the www.move.mil Defense Personal Property System to enter initial shipment data, the personal property office must finalize the counseling and approve the PPM prior to the move being accomplished. The service member must bring copies of the shipment documentation generated by DPS and a complete copy of their orders and any amendments to the PPO for this purpose.

Service members receiving an incentive to participate in the PPM program are authorized to receive 95 percent of the cost the government would have paid to transport their household goods with a TSP. Actual authorized moving costs that exceed the government

cost are at the service member’s expense. If the service member requests an advance operating allowance, they may be provided up to 60 percent of the estimated government cost to help offset their operating costs. If an advance operating allowance is drawn based on the estimated weight of the shipment and the actual shipment weight is less, the service member is required to reimburse the government the excess amount.

It is important to note that service members are required under regulations to obtain counseling and authorization for their PPM from their origin PPO. Requests for after-the-fact PPMs will be approved only by events beyond the service member’s control. Failure to receive counseling and approved shipment documentation from the origin PPO may place service members and their families in an excess cost status or create unnecessary hardship situations.

For more information contact the personal property office in the Sablich Center room 114, 228-376-8530; or the technical training traffic management office located in the Levitow Training Support Facility room 211, 228-377-3147.

SDDC moving tips

- Create a personal moving calendar with checklists, phone numbers and links to critical moving processes and information.
- Your Transportation Office or Personal Property Shipping

Office is the primary point of contact for customer service. It is never too early to ask questions.

- Once you get your orders and know the dates you want to move, immediately start the moving process. Contact your TO/PPSO to learn all options

available to you, including a Personally Procured Move. The sooner you start the better chance you have to lock in your preferred move date.

- Moving in the summer months (May through August) is extremely busy with Memorial Day to July 4 being the busiest moving time of the year. Since requested pickup and delivery dates may not be available during this time, flexibility is important and building extra time into your schedule for unforeseen circumstances is recommended.

- Once your move dates are set. Move dates are not confirmed until you coordinate with your Transportation Service Provider (the company contracted to do your move).

- Pack, pickup and delivery dates are usually scheduled on weekdays. You or your designated representative must be available between the hours of 8 a.m. and 5 p.m. You don’t want to miss your move dates as this will cause unnecessary hardship on everyone and possibly extra expenses for you.

- Have a good estimated weight of your personal property. A quick method for estimating your weight is to calculate 1,000 pounds per room. A more accurate estimate can be made using the weight estimator found at move.mil (DOD Service Members and Federal Civilians (DOD) Tab > Weight Allowance Tab > Weight Estimator Tab. Keep in mind this is only an estimate and each individual shipment will vary.

- Moving is a good time to dispose of unnecessary items. This will help you avoid excess weight charges if your shipment is close to the authorized weight allowance. You don’t want to ship and pay for something you don’t want.

- You can request a reweigh of your personal property shipment at no cost to you. This is done when you are near or over your weight allowance.

- If you are making more than one shipment, make sure you clearly separate them at your residence. Packing and loading for multiple shipments should be scheduled on separate days to avoid confusion. You

available to you, including a Personally Procured Move. The sooner you start the better chance you have to lock in your preferred move date.

- Move.mil places you in direct contact with your moving company to manage the movement of your personal property. It is extremely important to keep your contact information (phone number and e-mail address) updated in move.mil.

- If you have a delivery address for your personal property and want direct delivery, it is important to work closely with your moving company to arrange delivery and avoid your personal property being placed in temporary storage.

- You can find the “It’s Your Move,” “Shipping Your Privately Owned Vehicle” and “Storing Your POV” pamphlets on the move.mil website. These pamphlets provide explanations on responsibilities for personal property and POV shipments and are a great source for additional moving tips to help you prepare for the move.

“For questions or concerns about the moving process, the first stop for assistance should always be your local Personal Property Shipping Office or Installation Transportation Office,” Johnson said. “However, if you experience any technical problems while using move.mil, the System Response Center help desk is there to help. Simply call (800) 462-2176 or 618-220-SDDC (DSN 770-7332) or send an email message to sddc.safb.dpshd@us.army.mil.

SDDC remains committed to providing a quality personal property moving experience for DOD’s servicemembers, US Coast Guard, Federal employees, and their families.

SDDC is the Army Service Component Command of U.S. Transportation Command and is a major subordinate command to Army Materiel Command. The command partners with the commercial transportation industry as the coordinating link between DOD surface transportation requirements and the capability industry provides.

How to keep 101 critical summer days safe

By Airman 1st Class
Heather Heiney

Keesler News co-editor

Summertime isn't just popsicles, sprinklers and air conditioning — it comes with some very real dangers. The summer heat lures people to beaches, pools and boats; draws them to bikes, scooters and roller blades; and moves them to cars, trucks and motorcycles. Not to mention the increase in extreme sports, barbecues and drinking alcohol. While each activity has the potential for danger (yes, even the popsicles), they can all be enjoyable as long as safety is kept in mind.

Chief Master Sgt. Angelica Johnson, 81st Training Wing command chief, said, "The summer months are notorious for an increase in safety incidents. Good weather and increased daylight hours allow for more time enjoying activities outside, which increases our risk for mishaps."

The first step to summer safety is to always be aware of your surroundings and the risks associated with any summertime activity.

101 CRITICAL DAYS OF SUMMER

Being out in the sun alone carries its own risks including burns, heat cramps, heat exhaustion heat stroke and water intoxication. These risks are increased when someone is not acclimated to the heat; are exposed for several days in a row; lack sleep; aren't physically fit; are overweight, sick or on medication; have used alcohol within 24 hours or are over the age of 40. In a technical training environment like Keesler where people come from all around

the country and different walks of life, these factors can be common.

It may not always be possible to get out of the sun because of work requirements, but people should always wear sunscreen, find shade if possible, and drink an adequate amount of fluid.

Staff Sgt. Thomas Northcutt, 81st Training Wing safety office said, "I can't stress hydration enough, but you have to watch over hydration too."

In the water, never leave children unattended, watch for strong currents, don't drink to excess and don't attempt to swim beyond your ability.

On base, sports safety isn't just a suggestion, there are hard rules for those running, biking or riding a scooter on base.

According to AFI 91-207, The U.S. Air Force Traffic Safety Program, "All persons who ride a bicycle, tricycle, or other human powered vehicle, including motorized bicycles, on an AF installation in a traffic environment shall wear a properly fastened and approved bicycle helmet."

"Wearing a helmet is the equivalent of wearing a seatbelt, it saves lives be-

cause the most at risk part of your body is your head," Northcutt said.

AFI 91-207 also states, "Wearing portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating or skateboarding on roadways is prohibited. Use of listening devices impairs recognition of emergency signals, alarms, announcements, approaching vehicles, human speech, and outside noise in general."

When operating a motor vehicle, watch for pedestrians and motorcyclists, heed the rules of the road, wear a seatbelt and never drink and drive.

"Safety impacts all aspects of our mission. Whether it involves our active duty, civilian or contractor personnel or their family members, focus is taken off of the mission to address an injury or worse," Johnson said.

As the safety office motto goes, "Mission first, safety always."



Photos by Kemberly Groue

Kendra Breaux, daughter of Petty Officer 1st Class Pamela Corvin, Navy Cargo Handling Battalion 13, Naval Construction Battalion Center, Gulfport, Miss., takes advantage of the slides at the Triangle Pool.

Triangle pool now open



Staff Sgt. Matt Pich, 334th Training Squadron, and his son, Tyler, 3, play together in the Triangle Pool Monday. The pool is open daily 11 a.m. to 7 p.m. Lap swim is 11 a.m. to 1 p.m.

KEESLER NOTES

Leadership symposium

The Keesler Company Grade Officer Council is holding a leadership symposium noon June 21 at the 81st Medical Group Don Wylie Auditorium featuring Col. Glen Downing, 81st Training Wing vice commander as the guest speaker. Guests are invited to bring their lunch.

Medical Service Corps Accession Board

Medical Service Corps officers serve as professional health care administrators throughout the world in various positions in hospitals. Members with a health or business related degree may qualify to apply for commission. The MSC board is held annually, normally in October. Tentative dates for the AY2013 Accession Board are Oct. 15-19. To obtain an application, the applicant must first complete the Air Force MSC application questionnaire. To receive a

questionnaire, contact AFPC/DPAMS at DSN 665-4094, opt 2/commercial 210-565-4094, opt 2 or email AFPC.DPAMS1@us.af.mil. Once complete, return by fax (210-565-4240, DSN 665-4240) or e-mail AFPC.DPAMS1@us.af.mil. The questionnaire is used to verify qualifications to meet the board. Applications are due no later than Sept. 17.

I-81 running track

Due to repaving, a phased shutdown of the track will be as follows: Reopened: North End. Through Friday: South End. June 18-29: Mid Section/South End. June 18-July 13: Striping of the track and clean up (intermittent detours along track). Please obey all signage and detour information during the outage.

Keesler Airman's Attic

The Keesler Airman's Attic provides free donated items to enlisted members of any

branch, E-5 and below with the expectation that when the person is done, they will return the item for another's use. The facility is located at the corner of Meadows Drive and First Street and is open Mondays, Wednesdays and every non-training Friday from 9 a.m. to 2 p.m. The last Saturday of the month is an "all ranks" day from 9 a.m. to 1 p.m. For more information call (228) 377-3814.

Finance office closed

The Finance Services Office will close at 10 a.m. on June 20 for a commander's call. To help with financial needs that week, the Finance Services Office will stay open and additional hour on the 18th and 19th.

Chapel Marriage Care retreat

There is a free chapel-sponsored marriage care retreat Friday through Sunday at the Riverview Plaza Renaissance Hotel in Mobile, Ala., to provide couples with an opportunity to take time out for their relationship. For more information and to register, call (228) 377-4859.

Dragon Challenge Charity Run

The Friends of Fisher House will be holding its third annual Dragon Challenge Charity Run from 6 p.m. June 22 to 6 a.m. June 23 at the Triangle track. Proceeds will go to the Keesler Fisher House, a home away from home for military families undergoing hospitalization.

All Active Duty and Retired Military Members, Civilians, Students & Dependents are invited to participate. Teams should include 8-12 members who will race a 12-hour relay with a minimum of 1 mile per person at all times. The team registration fee is \$100 and can be paid at either the Blake or Triangle gym. Same day registration will also be available. Prizes will be given throughout the night and trophies will be given to the teams with most miles logged and most donations as well as to the individual runner with the most miles.

2013 Officer Training School Boards

Non-rated line officer board is scheduled for Oct. 29-Nov 2. Application cut-off is Sept. 4.

Rated line officer board is scheduled for Jan 21-25, 2013. Application cut-off is Dec. 7.

Briefing is held second Tuesday of each month at 10 a.m. in the Education Services Center, located in the Sablich Center.

Street Survival School

Keesler members can register for the second installment of Keesler's Street Survival School until Tuesday. The class is scheduled from 7:30 a.m. to 3 p.m. June 23 with a classroom portion at the professional development building, 2902, and a hands-on portion on ramp three of the flight line.

To reserve a spot or for more information, call (228) 376-3123, email keeslerautox@gmail.com or visit www.streetsurvival.org.

Keesler 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. - 2 p.m. Mondays and Wednesdays. Consignments are accepted 9 a.m. to 1 p.m. Mondays. Visit www.keeslerspousesclub.com for more information and a list of preferred donations. Pickup is available for bulk donations. For more information, call (228) 377-3217.

Keesler Events Calendar

Today

8 a.m. — Veteran's benefit briefing at the Sablich Center Room 108A. Call (228) 376-8728 to register.

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

— Retirement benefits briefing at the Sablich Center Room 108A. Call (228) 376-8728 to register.

Friday

5 p.m. — Texas Hold'em at the Bay Breeze Event Center.

6 p.m. — Cocktails and canvas at the arts and crafts center. Call (228) 377-2821 to register.

Saturday

9 a.m. — Wood shop at the

arts and crafts center.

6 p.m. — Cardboard Boat Regatta at the Triangle pool.

Sunday

8 a.m. — Father's Day brunch at the Bay Breeze Event Center.

Tuesday

9 a.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

— Separates pre-separation counseling at the Sablich Center in Room 110. Call 228-376-8728 to register.

1 p.m. — Retiree pre-separation counseling at the Sablich Center Room 110. Call (228) 376-8728 to register.

June 21

11 a.m. — First Sergeant

Annual Golf Tournament at the Bay Breeze Golf Course.

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

June 26

9 a.m. — Airman and Family Readiness Center post deployment briefing at the Sablich Center Room 108.

— Separates pre-separation counseling at the Sablich Center in room 110. Call (228) 376-8728 to register.

1 p.m. — Retiree pre-separation counseling at the Sablich Center Room 110. Call (228) 376-8728 to register.

June 27

7 a.m. — Newcomers Orientation at the Sablich Center Room 108B.

2012 quarterly supply classes

Quarterly Supply classes are held in Room 121B, Taylor Logistics Building.

Block I-Supply Indoctrination will be held 9-10 a.m., today. All newly-assigned supply custodians and resource managers are required to attend. For more information or to sign-up for any Block Training class, call (228) 377-5998.

Precious Metals Recovery Program will be held 10-11 a.m., today. All newly-assigned PMRP Monitors are required to attend, and refresher training is required annually. For more information or to sign-up, call (228) 377-5998.

Block IIA-Bench Stock Training will be held 9-10 a.m., June 21. For more information or to sign-up, call (228) 377-4180.

Block IIB-Repair Cycle Training will be held 10-11 a.m., June 21. For more information or to sign-up, call (228) 377-4191.

Block III Equipment Custodian Refresher Training will be held 1 p.m., today. All newly assigned supply equipment custodians are required to attend as well as all other custodians annually. For more information or to sign-up, call (228) 377-2270.

Partnership helps military spouses find jobs

By Tech. Sgt.
Mareshah Haynes

Air Force News Service

WASHINGTON, D.C. — As the wife of the Air Force Chief of Staff, Suzie Schwartz has the opportunity to meet with Air Force families stationed all across the country and around the world. And when she does, one issue that comes up time and again is spouse employment.

During a recent interview, Schwartz said a relatively new program called the Military Spouse Employment Partnership is addressing the career challenges husbands and wives of active-duty military members face.

“The MSEP is really just about helping spouses find jobs,” Schwartz said. “It’s teaming up spouses who need jobs with corporations and or-

ganizations that have jobs ... and offering résumé services and interview skills.”

MSEP is an initiative derived from the Army Spouse Employment Partnership. In January 2011, Presidential Study Directive Report-9 identified the need for a “unified federal approach to develop career and education opportunities for military spouses.” Based upon the success of ASEP, Defense Department officials expanded the program and opened it to spouses of Airmen, Sailors and Marines.

Spouses of any active-duty member can now take advantage of the initiative through the MSEP Career Portal on the Military OneSource Web site at <https://msejobs.militaryonesource.mil/>.

According to MSEP re-

ports, approximately one out of four military spouses is unemployed. Since MSEP’s launch on June 29, 2011, more than 394,977 jobs have been posted by MSEP partners on the Web portal, and 20,529 military spouses have been hired by the program’s partners.

“The saying goes that you enlist an Airman and you keep a family,” Schwartz said. “We can’t just give lip service that we care about these families. We really want to provide them some assistance.

“We’re not saying that we’re going to find them a job for sure,” she said. “We’re saying we’re going to ease some of those speed bumps and make it just a little bit easier because we want to keep these families.”

A unique career obstacle that many spouses face is relocating with their active-duty

husband or wife. According to MSEP officials, 77 percent of military spouses want or need employment opportunities, but find it difficult because of frequent relocations. That includes those who move to remote and overseas locations where family members are allowed to accompany the service member.

“We move at the drop of a hat,” Schwartz said. “If we were to network to find a job, that’s six months maybe that you’ve wasted, and we don’t have that (kind of time). Many spouses actually need that money, and they don’t have that connection in the local community.

“That’s kind of what (MSEP) offers — some of that networking and assistance that you would have if you were living in a community for 15 years,” she added.

The program falls under the umbrella of Michelle Obama’s and Dr. Jill Biden’s Joining Forces initiative and is backed by the U.S. Chamber of Commerce, she said.

As a military spouse herself, Schwartz said the efforts the Defense Department is making to improve the quality of life for families by assisting spouses who seek employment makes her “heart happy.”

“I remember the days of going (on job interviews) and people would actually look to see if you had a military decal on your car before they would interview you,” Schwartz said. “This program actually brings tears to my eyes because I would have given anything to have someone help me find a job. Now we’re not just talking about it; we’re really doing it.”

Healthcare providers tour new tower

Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, left, describes the new Back Bay Tower emergency department to guests attending the sixth annual 81st MDG-Humana Military Healthcare Services Provider Collaboration event held May 31 in the Keesler Hospital’s new addition. Almost 100 area civilian medical providers and administrators attended. The program offered attendees the opportunity to tour the facility which includes new inpatient units, two new operating rooms, a pair of cardiac cath labs and physical and occupational therapy clinics. Guests had an opportunity to meet their Keesler counterparts during the evening.

Photo by Steve Pivnick





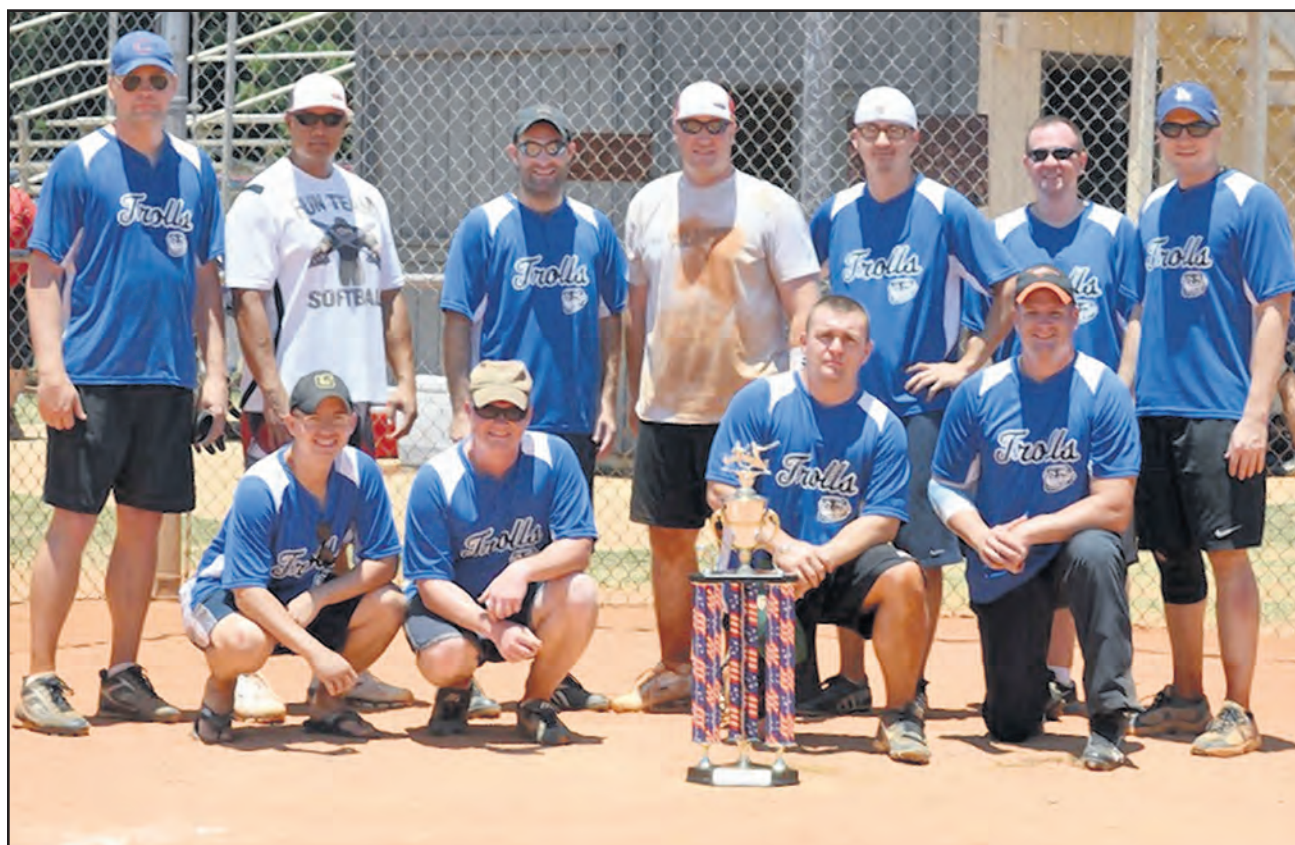
Photos by Kemberly Groue

Runners participate in the 5K professional wellness month run June 6, which began and ended at the Triangle Fitness Center. There were 64 individuals that participated in the race.

5K Wellness Run



Capt. Joshua Ord, 334th Training Squadron, finished first with a time of 20 minutes 19 seconds and 2nd Lt. David Lane, 81st Inpatient Operation Squadron, finished second with a time of 20 minutes 50 seconds



Keesler PMEL wins softball tournament

The Precision Measurement Equipment Laboratory instructors for the 335th Training Squadron won the 19th Annual Southeastern PMEL Softball Championship at Hurlburt Field Air Force Base, Fla., June 2-3, 2012. Keesler PMEL fielded its first solo team in five years and went undefeated in the tournament. This is Keesler's first time winning the Tournament and the team will go on to play the West Coast Champions at Nellis AFB. The team members were: (back row): Keith Jackson, Bryant Adarme, Nathan Cyr, Lonnie Gore, Jason Degrasse, Taras Butrej, Ken Tottle, (front row): Jason Buck, Kevin Timmcke, Tom Rouan and Josh Mustin.

Photo by Jenny Mustin