



# KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train to Fight. Train to Win.

JUNE 28, 2012 VOL. 73 NO. 26

## Dark Knights shine bright at drill down competition

Page on 14-15

Four selected for  
nurse commissioning  
Page 5

Chief Anderson retires  
Page 11

Weightlifting  
competition  
Page 22

### INSIDE

Commentary, 3 Training and Education, 5-7 News and Features, 8-21 Sports and Recreation, 22-23

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## 81st Training Wing Public Affairs

**Brig. Gen. Brad Spacy**  
81st Training Wing  
commander

**Jerry Taranto**  
Public Affairs director

**1st Lt. Victoria Porto**  
Public Affairs deputy

**Staff Sgt.  
Kimberly Rae Moore**  
Public Affairs NCOIC

**Airman 1st Class  
Heather Heiney**  
Keesler News co-editor

**Steve Hoffmann**  
Keesler News co-editor

**Kemberly Groue**  
Photojournalist

Public affairs staff

**Senior Airman  
Eric Summers Jr.**

**Joel Van Nice**

**Tim Coleman**

**Susan Griggs**

The Keesler News office is in Room 201A, Wall Studio, Building 0902. The mailing address: 81TRW/PAIN, Keesler AFB, MS 39534-2120. Phone: 377-3837, 3604, 2254 or 9966. Published Thursday. News deadline: noon Monday. Editorial content edited, prepared and provided by the 81st TRW Public Affairs Office is in compliance with Air Force journalistic standards. Photos are Air Force photos unless otherwise indicated.

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## ON THE COVER

Airman 1st Class Eric Williams, 338th Training Squadron drill team instructor, spins his weapon during the freestyle portion of the 81st Training Group's drill down competition Friday. The Dark Knights placed first overall, second in both open ranks and regulation and third in freestyle drill.

Photo by Kemberly Groue



## PHOTO OF THE WEEK

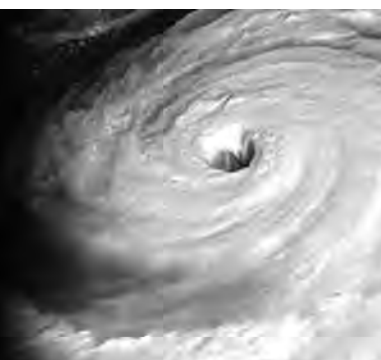


Photo by Tech. Sgt. Caycee Cook

Personnel from McEntire Joint National Guard Base, S.C., arrive at Kandahar Airfield, Afghanistan, June 10 to begin the second half of the unit's air expeditionary force rotation in country. Members of the 169th Fighter Wing are deployed in support of Operation Enduring Freedom. To submit your photograph to Photo of the Week, email a hi-resolution copy to keeslernews@us.af.mil.

## HURRICANE SEASON

runs from June 1 - Nov. 30. For more information and preparations tips,  
visit [www.keesler.af.mil/hurricaneinfo.asp](http://www.keesler.af.mil/hurricaneinfo.asp)



# 'The Lima Bean Theory' on physical training

By Brig. Gen. Brad Spacy

81st Training Wing commander

My father was raised in a small farm town in Indiana and when I was a young boy we mostly ate simple country food. We always had meat, potatoes, some kind of greens, and at least two times a week we had lima beans. I hated lima beans! I hated lima beans and wondered why we had them so much because my mom, two sisters and my brother hated them too — yuck!

I was just 4 years old when I figured out that since everyone hated lima beans except dad, he must be the reason we ate them; so I decided to confront him. This was a big deal for me because to me my father was huge and intimidating. So I got up my courage and walked right up to him and said point blank, "Dad, we all hate lima beans so why do we have to eat them all the time?"

He looked slowly down at



me, put his huge hands on my tiny shoulders and said in an eerily calm voice, "Son, you can eat those lima beans and you can hate them, or you can eat those lima beans and learn to like them; but son, you're going to eat lima beans." He walked away without another word. I almost wet my pants.

After I got control of my emotions, I started thinking about what my father said. I realized that no matter what

I thought, I would be eating lima beans for a long time, so I decided to figure out how to get them down. I tried swallowing them whole. They went down easy enough but I paid for it later ... So I decided to find something about them I liked. Hmmmm, salt was good ... and the butter was good too ... just mix them with my mashed potatoes and lima beans didn't seem so bad after all.

As time went on, I actually

learned to like lima beans a lot and have eaten them voluntarily ever since! In fact, I just bought a can at the commissary last week and look forward to eating them with my family!

Physical Training for Airmen is a lot like lima beans. "You can do PT and hate it, or you can do PT and learn to like it...but you're going to do PT!" You can simply force yourself to work out (swallow them whole) or you can find something about it you like (butter, salt and mashed potatoes)! There is a lesson here for our civilian Airmen too ... fitness is good and you will be happier if you make it part of your life! So just like I learned to like lima beans, learn to like PT!

One problem is that people tend to make getting fit too complicated by worrying about developing and recording the perfect workout. It just takes some simple planning and commitment and you can

do anything! Here's how you can get started:

First see your doctor and make sure you are medically capable of exercising! Next, stop by the health and wellness center or the Blake, Triangle or Dragon Fitness Centers and talk to some of our fitness experts about all the great programs we have available. They will help you learn how to work out too! Then find some exercise activity you like doing and do it with a friend or even better a group of friends. Finally, make your new fitness regimen part of your daily routine to make sure you stick with it. It is that simple!

I didn't think I could ever like eating lima beans, but after just a little dedicated effort, I found out I could love them! I challenge you to use the "Lima Bean Theory" and learn to like fitness — I know you can do it! See you in the gym.

## How you can help tell Keesler, Air Force story

By Susan Griggs

Keesler Public Affairs

You may not realize it, but you're the most effective person to champion the Air Force story.

Public affairs teams around the globe devote considerable time, energy and resources to promote the Air Force and its mission. But the Air Force's public image is often shaped and bolstered by personal encounters at the local level.

Not long ago, I conducted a base tour for a group of high school leaders, many of whom had never set foot on a military base. Staff Sgt. Matthew Hooke, 334th Training Squadron, and Senior Airman Justin Ireland, 81st Medical Operations Squadron, were guides for the group. Hooke

did a lot more than show the students around the air traffic control training area, and Ireland went beyond leading the group through the endless halls of Keesler Hospital.

These two Airmen engaged the students with conversations not only about their jobs and the Air Force mission, but directed questions to the teenagers about what kind of careers they'd like to pursue and offered personal insights about the challenges and benefits of military service. There's no doubt that they left a positive impression about the Air Force with these young people.

More recently, I gave a tour to a man from Alabama who went through basic training at Keesler in 1943 and a woman from South Carolina

who served as an Airman in Bryan Hall 47 years ago. As we stopped at Bryan Hall and 81st Training Wing headquarters, military members and civilians stopped and greeted these visitors, asking them about their time at Keesler and thanking them for their past service. These two veterans were deeply touched by the recognition.

Our public affairs team relies on many people across the base to bring Keesler's story to the public. We're constantly looking for volunteers — when people move on, we need others who are willing to take their places. Maybe one of these volunteer opportunities is right for you:

- When base tours are conducted, representatives are needed across the base to tell

their unit's story for visiting civic, military, retiree and student groups.

- Our office often fields requests for speakers from civic groups and schools. The speaker's bureau is a public service and information tool comprised of military and civilian Air Force employees from a variety of experiences and backgrounds who share their knowledge about Air Force history, aviation, computer operations, communication skills, health, military life, military law, combat experience, financial management, child development and many other subjects.

- We need more mission briefers to present prepared comments to accompany slide presentations about Keesler and its mission at various

meetings and events.

- And if you're blessed with a beautiful voice, we're always looking for National Anthem singers. Few things touch the hearts of people in our community more than an Airman in service dress sharing a vocal tribute at an event.

One final thought — whether you're in uniform changing a tire for a stranded motorist, wearing your squadron T-shirt at your child's T-ball game or displaying an Air Force emblem on your vehicle, you're an Air Force ambassador.

To get involved in Keesler's public affairs outreach programs, call 228-377-1179.



# Four Keesler NCO's selected to nurse commissioning program

By Steve Pivnick

## 81st Medical Group Public Affairs

Four Keesler NCOs were selected June 13 to participate in the Nurse Enlisted Commissioning Program.

They are Staff Sgts. Thomas Oliver, 334th Training Squadron; and Joana Trotti, 81st Dental Squadron; Tech. Sgt. Rachel Chiartano, 81st Surgical Operations Squadron; and Master Sgt. Marisa Guzman, 81st Medical Support Squadron.

All will attend nursing school for two years and be commissioned as second lieutenants in the Air Force upon graduation and successful completion of their nursing licensing boards. They will then attend six weeks of Commissioned Officer Training at Maxwell Air Force Base, Ala., followed by the 11-week Nurse Transition Program before being assigned to their permanent duty stations.

Oliver, an air traffic control instructor, had applied a year ago, but his career field wouldn't release him at the time because his specialty was undermanned.

"I reapplied this year, was allowed to proceed and here I am," he said.

When his commander informed him of his selection he was both excited and relieved. "The NECP process takes time and commitment. It took almost four years for my goal to reach fruition."

Oliver, from Satellite Beach, Fla., has been in the Air Force almost eight years, the past two at Keesler. He has been pursuing his education since becoming a rated air traffic controller seven years ago. He earned a bachelor of science degree in professional aeronautics from Embry Riddle University and also has two applied science degrees from the Community College of the Air Force.

He will attend the University of Southern Mississippi School of Nursing.

Trotti said she had applied to the USM School of Nursing in November and the NECP in April and was excited when she found out she was accepted.

She said she has been going to school off and on since 2004 and will start classes at the USM School of Nursing Gulf Coast Campus Aug. 21 with a June 2014 graduation date.

The Miami native has been in the Air Force for 10 years, more than four years at Keesler. She also has had assignments to Grand Forks AFB, N.D., and Misawa Air Base, Japan.

Trotti urges others who might want to follow in her footsteps to "be positive, work hard and, if I can do it as a single parent away from my family, anyone that really wants to get into nursing can do it!"

Chiartano said she had applied for the NECP this past March; the application deadline was late April. She learned of her selection from her squadron commander, Col. (Dr.) Joseph Giovannini.

"He called me after work and notified me. I was ecstatic. Actually, I was speechless; I felt like an idiot because I didn't have much to say! I think I am still in shock."

Chiartano has been taking night classes for about six years.

"My original plan was to obtain a bachelors degree in criminal justice. My job as a physical therapy assistant requires me to rehabilitate inpatients up on the wards. I really enjoy working the inpatient aspect which in turn changed my mind and motivated me to take the nursing path. I currently have three associate degrees (criminal justice, physical therapy assistant and associate of arts). I have attended Pikes Peak Community College (Colorado Springs, Colo.) and Mississippi Gulf Coast Community College."

Chiartano has been a member of the Air Force for 12 years and has been at Keesler since 2006 following retraining

from the security forces career field. She will attend the nursing school at the University of South Alabama in Mobile.

"I start Aug. 17 and will attend school year-round with an expected graduation date of May 2014," she explained. "I couldn't be more thrilled that I was selected for the NECP and look forward to the next chapter of my life as a future Air Force nurse and member of the officer corps."

Guzman said she had applied for this year's board, which met on May 13, in April.

Commenting on her notification, she said, "My squadron commander, Lt. Col. (Craig) Lambert, personally came to my office to tell me the great news! I was excited, thrilled and happy to have been accepted to the NECP!"

She had been preparing for the day for some time.

"I completed my CCAF in 2004 and have been going to school for nursing prerequisites since 2007 on and off due to deployments and PME attendance."

She plans to attend the University of Alabama-Birmingham.

"I am within two years of completing a bachelor's degree in nursing. I will attend school to finish the final two years and obtain a four-year BSN degree."

Guzman, who also calls Miami home, has been in the Air Force for 13 years. She arrived at Keesler in September 2009 following assignments at Nellis AFB, Nev., and the Air Force Academy in Colorado Springs, Colo.

Remarking on her good fortune, Guzman said, "I am very grateful the Air Force offers opportunities for our enlisted members to pursue a nursing degree and commissioning upon graduation. By being selected into the NECP, I am one step closer to achieving my goal of becoming an Air Force Nurse Corps officer. I feel very privileged to have received this opportunity."



Photo by Kemberly Groue  
Staff Sgt. Thomas Oliver, 334th Training Squadron air traffic control instructor, evaluates his students' progress during class at Cody Hall.

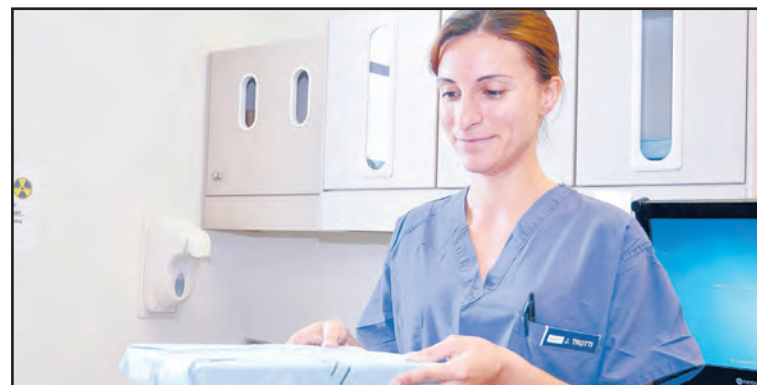


Photo by Steve Pivnick  
Trotti places a sterilized instrument kit on a tray in a dental treatment room.



Photo by Steve Pivnick  
Guzman, left, trains Senior Airman Rodrigo Paes, center, and Staff Sgt. Alexis Ellsworth on server management in the 81st MDSS information systems server center.



Photo by Steve Pivnick  
Chiartano works on a patient's seated balance and core strength by pushing the patient from different directions while the patient holds his arms in the air.



## Training specialist retires after 50 years

Mr. Ronald Lester, 338th Training Squadron training specialist, is retiring after 50 years of combined federal service 10:30 a.m. on Saturday at Bryan Hall. He is responsible for the Air Force Mission Planning Systems, Global Broadcast System and Modular Control Equipment courses. Mr. Lester enlisted in March 1958 after graduating from Waynedale High School in Apple Creek, Ohio. During his service he was an airborne navigation equipment technician and an internal navigation systems technician. He retired from the Air Force as a master sergeant in April 1978. He began his civil service as an instructor for the 90th Technical Training Group, basic electronics course on Nov. 15, 1982.

Photo by Kemberly Groue



## Academic ace

Staff Sgt. Tara Lamson graduated with a perfect score from the aviation resource management course in the 334th Training Squadron Tuesday at Cody Hall, Keesler Air Force Base, Miss. Lamson, a native of Huntington, N.Y., is headed to 446th Operations Support Flight, McChord Air Force Base, Wash.

Photo by Kemberly Groue



# 113 from Keesler promoted to technical sergeant

By Airman 1st Class Heather Heiney

Keesler News co-editor

The technical sergeant promotion list released June 21 included 113 Keesler members.

Air Force-wide, 8,518 staff sergeants were selected of the 37,402 that were eligible for promotion, a 22.77 percent selection rate. Those selected had an average of 5.39 years time in grade, 10.58 years time in service and a total score of 321.94.

Keesler selectees are:

**2nd Air Force** — Aaron Keith and Richard Moss.

**81st Aerospace Medicine Squadron** — Kimberly Coleman and Sterling McClennon.

**81st Communications Squadron** — Herbert Fritz.

**81st Dental Squadron** — Charles Davis and Lakeisha McKitchen.

**81st Diagnostics and Therapeutics Squadron** — Ladean Hoehn and Brian Marshall.

**81st Force Support Squadron** — Jamie Bell, Kriangsak Kohjaraoentham and Adrienne Russell-George.

**81st Inpatient Operations Squadron** — Vongvally Kohjaraoentham.

**81st Logistics Readiness Squadron** — Christopher Hogsett and Hyerin Kim.

**81st Medical Group** — Christina Gagnon.

**81st Medical Operations Squadron** — Mark Bautista, Regginald Bonner, James Bowden, Kristen Hand, Eric Markland, Herbert Mathis and Kristine Mayfield.

**81st Medical Support Squadron** — Steven Contreras, Contraze Isaac, Trisha Johnson, Peter Plete,



Jason Strickland, Jose Tesky and William Travis.

**81st Mission Support Group** — Candice James, Kyle Pourciau, Gianpierre Salazar, Donald Walker and Nicholas Young.

**81st Operations Support Flight** — Benjamin Omara.

**81st Security Force Squadron** — Jonathan Abston, Kacy Castro, Christopher Jarrell, Austin Sutton and Jermaine Wilson.

**81st Surgical Operations Squadron** — Tiffany Harrison and Daryl Jones.

**81st Training Support Squadron** — Lee Echtele,

Stephen Ensminger, Tommely Johnson, Karl Knowlton and Lester Naoe.

**81st Training Wing** — Tomeka Gordon and Judy MeHaffy.

**85th Engineering Installation Squadron** — Donovan Chavez, Stuart Miller, Karla Priest and Douglas Sipes.

**333rd Training Squadron** — Douglas Batchelder, Travis Cox, Courtney Lovett and Frank Meagher.

**334th TRS** — Joseph Crutcher, Nathaniel Edwards, Larry Furlough, Monica Garcia, Eric Hagan, Matthew Hooke, Zachary Marshall, Charleda Melloncon, April Omara, Hennifer Riter, Nicole Scharff and Shane Wilkinson.

**335th TRS** — Jason Buck, Taras Butrej, Brandon Coombs, Gayle Feist, Krista Knaus, Iris Palmer, Robert Prato, Christopher Quattlebaum, Damien Rapp, Tawoina Rhine, Kevin Scadden, Scott Servian, Kimberly Sims, Willard Steele, Jeffrey Williams and Tammy Williams.

**336th TRS** — Trenton Bland, Andrew Borden, Marshall Dixon, Sherman Dixon, Joshua Faulkner, Twan Jennings, Tanya Lawrence, Erin Pena, Johnathan Ransbottom, Michael Redente and David Sorensen.

**338th TRS** — Justin Brown, Marcus Daniels, Monique Guerin, Jonathan Hoof, Kwanza Lincoln, Jonathan Okeefe and Gary Roos.

**345th Airlift Squadron** — Nicholas Herbignat, Ronnie Holden, Phelun McKee, Troy Osz, Jonathan Perot, Nathan Singleton, Andrew Vogel and Samuel Yearber.

**Air Force Legal Operations Agency** — Merissa Pough.

## Hot wings



Photo by Adrian R. Rowan

Firefighters from the 436th Civil Engineer Squadron extinguish a simulated airplane fire at Dover Air Force Base, Del., June 12. The members of the fire protection flight regularly train for real world emergencies.



# Chief Anderson retires after 30 years of service

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Medical Group “Dragon Medics” bid farewell to long-time superintendent Chief Master Sgt. Michael Anderson as he is honored for his 30 years of Air Force service during a retirement ceremony at 10 a.m. today at the Bay Breeze Event Center. Brig. Gen. (Dr.) Dan Wyman, Air Combat Command command surgeon and former 81st MDG commander, will officiate.

The chief has been the enlisted leader of the group, which consists of seven squadrons and more than 1,600 military and civilian members, since July 2008. As superintendent, he advised the medical group commander and executive staff on daily operations and on the welfare, training, professional progression, and utilization of more than 850 enlisted personnel who staff one of the Air Force Medical Service’s largest medical facilities. The 81st MDG is also the fourth largest medical deployment platform in the Air Force and second largest in the Air Education and Training Command. The group is



Photo by Steve Pivnick

The chief reviews the commander’s schedule with Brig. Gen. (Dr.) Kory Cornum, 81st MDG commander, and Kay Hymel, executive assistant to the commander.

further distinguished by its robust Graduate Medical and Dental Education and Phase II enlisted training programs.

Anderson enlisted in the

Air Force Reserves following graduation from high school in Huber Heights, Ohio, near Dayton. He became a member of the active-duty Air

Force in February 1983. The chief, consistently recognized as a top performer, has held a variety of assignments within the medical community from

aerospace medical technician to independent duty medical technician. He also served as a first sergeant for seven years in a variety of squadrons ranging from security forces to counter drug operations.

Prior to assuming his present duties, Anderson served as the superintendent for the 48th MDG, Royal Air Force Lakenheath, United Kingdom, from January-July 2008.

Discussing his three decades of service, the chief said, “I learned that to be an effective leader you must give respect down the chain. In other words, you should respect our young airmen and NCOs just as you would respect a colonel or general officer. Over the entire length of my career, I’ve been fortunate to have a special connection with our younger generations. I always made an effort to learn their names and never missed an opportunity to speak with them.”

He considers his greatest accomplishment the ability to build professional and personal relationships, both at his home stations and abroad over his 30 years of military service to his nation.

While he didn’t deploy many times over his career, Anderson did have three remote assignments: Sardinia, Italy; Osan Air Base, Korea; and Manta, Ecuador.

“I served as an independent duty medical technician in Sardinia. I was an enlisted medical provider performing medical examinations, laboratory tests, health and food inspections and emergency dental procedures as well as prescribing medications. I served as a first sergeant for an air communications squadron at Osan, and at Manta I was the first sergeant for a forward operating location involved in counter-drug operations.”

The chief also faced several challenges over the years.

## From Chief to ‘M.C. Rokk’

By Steve Pivnick

81st Medical Group Public Affairs

Upon retirement, Chief Master Sgt. Michael Anderson hopes to find a job, focus more on his music and eventually opening a music studio where he can discover and produce other talent.

He said his nickname, “Rokk,” evolved from his rap days when he was known as “Rokkin’ Mike C.” This was altered to ‘M.C. Rokk’ when he was rapping in Italy and later to ‘Royal Rokker,’ the name he now uses in his solo career.

“I play the bass and keyboards and have a new guitar,” Chief “Rokk” said. “I sing a bit, but that’s not really my strong point.”

He explained that during his youth in the mid-70s when rap was just starting, he and some friends started a group — “The

Force”, noting that they were influenced by Star Wars.

“We were in the seventh or eighth grade and became pretty good,” he recounted. “In addition, I was a DJ. We started entering talent shows and performing at parties and later, when we were in high school, at weddings. I continued doing this in the dorms after I enlisted. I mainly did my own rap stuff.

“I started doing vocals when I was a staff sergeant and (independent duty medical technician) in Sardinia, Italy. I would go to clubs and grab the mic. They would put on instrumental versions of music and I would rap to it. They (the Sardinians) hadn’t heard rap before and I immediately became famous. The next thing I knew, an Italian producer invited me into a studio to do a rap record.

He put on some ‘house’ music and tried to give me lyrics in broken English. I couldn’t use them so I pretty much freestyled the whole thing. The record actually reached No. 6 on the Sardinian ‘Top 20.’ We did a second record but I don’t know what happened with it. I started doing appearances all over the island.”

Anderson continued, “In September 1991, I started concentrating on musical instruments — bass guitar and keyboards — and formed another group, ‘The Groove,’ while at Wright-Patterson Air Force Base, Ohio. I continued to do my own music, writing about 100 songs. I still write them and have instruments set up in my home.

“This love of music comes from my mom who is a professional gospel singer. I sing OK, but she can really sing!”



# Dark Knights take drill down trophy

Photos by Kemberly Groue



Tech Sgt. Terrance Boyd, 81st Training Group, conducts an open ranks inspection on members of the 338th Training Squadron drill team during a drill down competition Friday. The Dark Knights placed 1st overall, 2nd in both open ranks and regulation and 3rd in freestyle drill competition.



Airman Basic Amanda Goheen, 335th Training Squadron, holds her position in the freestyle drill portion of the drill down competition. The Gators placed 1st in open ranks and 3rd overall.



Members of the 338th Training Squadron drill team, perform during the freestyle portion of the drill down competition.



Airmen Basic Christian Williams, Bianca Brown and Cody Steele, 334th Training Squadron, face "eyes right" during the regulation portion of the drill down competition.

By Susan Griggs

Keesler Public Affairs

The 338th Training Squadron Dark Knights charged to the overall title in Friday's 81st Training Group drill down.

It was the final Keesler drill down for Col. Glen Downing, who served as reviewing officer. He's on his way to the Pentagon for a new assignment as Chief, Mobility Division, Directorate of Global Reach, Undersecretary of the Air Force for Acquisition.

The Dark Knights, who also clinched the top spot in February's contest, placed second in open ranks and regulation drill and third place in freestyle drill.

Second place overall went to the 336th TRS Red Wolves, who took second in freestyle drill and third in open ranks and regulation drill.

The 335th TRS Bulls came in third with first place in open ranks.

The 334th TRS Gators came in first in regulation and freestyle drills.

Tech. Sgt. Julie Hammond, 81st TRG military

training leader, said that open ranks and regulation drill each count 40 percent of the overall score, with freestyle drill accounting for 20 percent of the total.

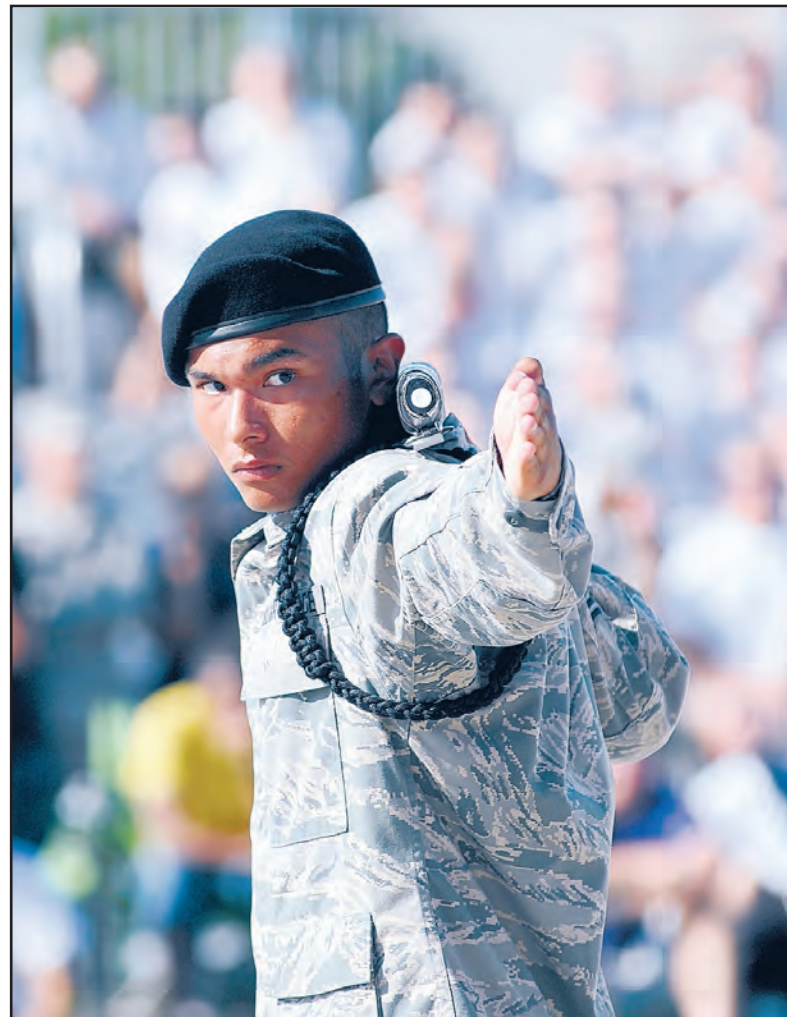
Members of the Dark Knights team are:

**Regulation drill** — Airman John Cavassa, flight commander; Airman 1st Class Jennifer Melton, guide; Airmen Basic Hayden Bevill and Keandrey Freeman; and Airmen 1st Class Stanley Smith, Mark Lozada, Zhai White and Mia Randazzo.

**Freestyle drill** — Airman 1st Class Eric Williams, drill instructor; Airman 1st Class Joshua Talley, drill master; Airmen Basic Alexander Hazel, Gregory Bales, Maurice Bell and Roger Alvarez; and Airmen 1st Class Brian Wood, Joseph Holloway and Keshia Combis.

**Open ranks** — Airman Basic Steven Dunn, drill instructor; Airmen Basic Matthew Johnson, Michael Esteban-Tavale, Brandon Lopez, Alvarez, Freeman and Bevill; and Airmen 1st Class Ryan King and Smith.

The next drill down is 8 a.m. Aug. 31.



Airman 1st Class Jonatan Ramirez, 335th Training Squadron, holds his position in the freestyle drill portion of the drill down competition.



# KEESLER NOTES

## 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.

## Correction

A cutline on Page 22 in the June 21 issue of the Keesler News should have read: Senior Airman Justin Kent and Senior Airman Gerad Lee compete for Team X-Ray, representing 81 Diagnostics and Therapeutics Squadron at the cardboard boat regatta on June 16 at the Triangle Pool. Team X-Ray won the regatta for the second year.

## Central selection boards

P0612B (LAF) (NC), P0512C (NC) and P0412B (NC) (LAF-J) boards convene Nov. 5 at Air Force Personnel Center Headquarters.

**Basic eligibility criteria:** To be eligible for the P0612B (LAF/NC), P0512C (NC) and P0412B (NC/LAF-J) CSBs the officer must have an extended active duty (EAD) date of March 9, 2012, or earlier with a date of separation of Feb. 3, 2013, or later. Also, officers on active duty under the Voluntary Recall Program or any other Reserve Recall Program must have at least one year on active duty as of the board convening date, starting from their new EAD date.

For more information call 228-376-8356.

## 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.

## 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](http://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.

## Upcoming changes of command

**Today** — 81st Communications Squadron, 3 p.m. at the Bay Breeze Event Center.

**Friday** — 338th Training Squadron, 2 p.m. at the Welch Theater;

**Monday** — 81st Mission Support Group at the Bay Breeze Event Center. The time is to be determined.

**July 9** — 333rd Training Squadron, 3:33 p.m. at the Roberts Consolidated Aircraft Maintenance Facility.

**July 10** — Marine Corps Detachment, 3:30 p.m. at Alho Manor.

**July 12** — 81st Inpatient Operations Squadron, 7:30 a.m. at the 81st Medical Group A Tower.

**July 16** — 336th Training Squadron, 3:30 p.m. at the Welch Theater.

**July 17** — 81st Diagnostics and Therapeutics Squadron, 7:30 at the 81st MDG A Tower.

**July 18** — 81st Medical Operations Squadron, 7:30 a.m. at the 81st MDG A Tower.

**Aug. 24** — 345th Airlift Squadron, 3:45 p.m. at the Roberts Consolidated Aircraft Maintenance Facility.

# Keesler Events Calendar

## Today

**10 a.m.** — Chief Master Sgt. Michael Anderson's retirement ceremony at the Bay Breeze Event Center.

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

**4 p.m.** — Summer reading program, "Hop into a Good Book," at the McBride Library.

## Friday

**1 p.m.** — Young adult summer reading program, "No-bake Iron Chef" at the McBride Library.

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

**6 p.m.** — Ladies Night at the arts and crafts center.

**6:30 p.m.** — Bingo at the Bay Breeze Event Center.

## Saturday

**10 a.m.** — Intarsia class at the arts and crafts center.

**10:30 a.m.** — Pottery wheel beginner class at the arts and crafts center

## Monday

**10 a.m.** — Summer reading program, "Fantastic food fete," at the McBride Library.

**3:30 p.m.** — 81st Training Wing enlisted promotion ceremony at the Bay Breeze

Event Center.

## Tuesday

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

— Separatees 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.

## Wednesday

### Independence Day.

**8 a.m.** — Independence Day golf scramble at the Bay Breeze Golf Course.

**1 p.m.** — American pride bowling pin decorating contest at the arts and crafts center.

**4 p.m.** — Beach Bash

## July 5

**Air Education and Training Command family day.**

## July 6

**10:30 a.m.** — Ceramic mold pouring class at the arts and crafts center.

## July 7

**9 a.m.** — Wood shop beginner class at the arts and crafts center.

**10 a.m.** — Intarsia be-

ginner class at the arts and crafts center.

## July 9

**6:30 a.m.** — Independence Day firecracker 5K run/walk at the Blake Fitness Center.

**10 a.m.** — Summer reading program, "Discovering the Milky Way," at the McBride Library.

**11 a.m.** — 81st Training Wing quarterly awards luncheon at the Bay Breeze Event Center.

## July 10

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

— Separatees 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.

**6 p.m.** — Introduction to needlecrafts class at the arts and crafts center.

## July 11

**8 a.m.** — Newcomer's orientation at the Sablich Center Room 108B.

**1 p.m.** — Art for Wee (2-5 years old) at the arts and crafts center.



## Pianist wanted

**The Keesler Chapel is seeking a pianist for the gospel worship service noon Sundays. Applicants must be able to play the piano for gospel and traditional music styles. Anyone interested in applying for this contract should pick up a statement of work at Larcher Chapel and place a sealed bid. The chapel is taking bids through close of business July 9. For more information, call (228) 377-4859.**



# Fire department offers safety tips on grilling

By James Palmer

Keesler fire prevention assistant chief

Every year dozens of people are injured and hundreds of fires are reported because of grilling accidents. With the growing popularity of outdoor cooking, the problem has the potential to get worse before it gets better.

Fire is one of the most destructive forces in the world, so if you are inviting it to your backyard for a cookout, you should take proper precautions. The first thing you need is a serviceable 2A-10 BC, 5-pound dry chemical fire extinguisher. Next, you need to know how to cut off the fuel supply, extinguish the fire and call the fire department. Always have an adult in charge of the fire at all times and never leave the grill or smoker unattended.

When it comes to out-of-control grill fires, identify the source of the fire. If the fire is in the grill itself then carefully turn off the control knob and let the fire die down. If the fire is under the grill and you can get to the fuel tank, turn off the tank. This should kill the fire immediately. If it does not, or if you cannot get to the tank valve, get away from the grill and call the fire department.

Charcoal presents its own risk due to carbon monoxide poisoning. Burning charcoal produces a lot of this gas. Charcoal grills are the cause of far more fires than gas grills.

The number one problem with charcoal grills is lighting the charcoal. Lightly soak your coals 15 minutes before lighting them. This allows the coals to ignite easily and burn evenly throughout the cooking period. Follow the instructions exactly on the container when lighting charcoal. Never attempt to relight charcoal while they are hot. Pouring lighter fluid onto hot coals causes the fluid to quickly vapor-

ize. These vapors become extremely flammable and may explode.

In the event of a charcoal fire use the fire extinguisher to extinguish the fire. Never use water, it may splatter the fire and cause smaller fires. Remember the acronym PASS: pull the pin, aim the extinguisher, squeeze the handles together and sweep from side to side at the base of the fire.

When grilling, always select a proper location to place your grill or smoker. Every year hundreds of people cause fires to their houses, garages and patios because they don't put their grill or smoker in the correct location.

The Keesler Fire Department recommends placing all grills and smokers at least 25 feet away from any facility. Also, make sure that there are no trees at your location because the super heated air from a grill or smoker will dry out the leaves on a tree and may cause them to burn.

Always clean your grills and smokers before using them because grease builds up over time and fuels fire. It is easy to get several pounds of grease in the bottom of a grill or smoker after only a few cookouts.

When you are finished cooking for the day, make sure your grill or smoker is thoroughly cooled before you place it in storage. Do not discard the hot coals on the ground, in a trash can or in a dumpster. Hot coals will start a fire in these areas. Make sure they are saturated with water and cooled for at least 30 minutes before you discard them.

Remember, always have a fire extinguisher handy, select a safe distance away from a structure, soak charcoals before lighting, check your hose connections and report all fires to 911. For more information, call (228) 377-3330/8440.



Courtesy photo

A cooking grill caught the side of a house on fire in base housing at Joint Base Elmendorf-Richardson, Alaska, May 22. Every year hundreds of people cause fires to ignite on their houses, garages and patios because they don't put their grill or smoker in the correct location. The Keesler Fire Department recommends placing all grills and smokers at least 25 feet away from any facility.

## Energy efficiency supports Air Force mission

By Michael Barker

Keesler resource efficiency manager

The federal government is the largest consumer of energy in the U.S. Thus, the Air Force has the most potential for savings, not only in the area of aviation fuel, but also in facility energy conservation. This theme powering America further supports the Air Force's overall mission to fly, fight, and win, and reinforces its energy strategy to reduce demand, increase supply, and change the culture.

Keesler has an objective to reduce energy intensity by 3 percent a year from a baseline fiscal year 2003 and a cumula-

tive goal of 30 percent reduction by FY 2015. From the period of FY 2003 to FY 2010, energy intensity on base has decreased due to efficient equipment installation and demolition of older facilities. Keesler needs to continue to make significant changes in the way the base consumes energy in the future. Keesler's energy team has many projects in the works, such as replacing inefficient chiller compressors and upgrading lighting to energy efficient fixtures. However, it is going to take teamwork and discipline. There is a number of energy conservation "self help" initiatives that can make a difference:

- Maintain space temperature stan-

dards — Cooling season occupied thermostats set points are to be no lower than 76 degrees Fahrenheit and heating season occupied thermostats set points are to be no higher than 69 degrees F.

- Lighting opportunities — Turn off interior lights at the end of the work day or when they are not needed, report any exterior lighting left on during daylight hours to (228) 377-5561 and replace incandescent light bulbs with compact fluorescent bulbs.

- Appliances and equipment — Turn off computer monitors, printers, scanners, and other office equipment at the end of the work day (desktop com-

puters connected to the network must remain on for security updates); use of personal appliances, such as coffee makers, refrigerators and microwaves, should be minimized to the fullest extent and consolidated to break rooms only; and purchase only energy efficient products.

Each member of Team Keesler has an important part to play in conserving energy and we can each make energy a consideration in all we do. If you have energy conservation questions, comments or suggestions, contact base energy management, (228) 377-5853, or base resource efficiency management, (228) 377-5859.



# 81st MDTs pioneers with new pathology scanner

By Steve Pivnick

## 81st Medical Group Public Affairs

The 81st Diagnostics and Therapeutics Squadron Pathology Department is one of the first in the Air Force to receive a state-of-the-art scanner that allows the staff to share specimens with colleagues worldwide.

Maj. (Dr.) Nicholas Lancia is the medical director for microbiology and director of telepathology for the squadron's pathology and clinical laboratory flight.

He explained, "Installation and training were completed June 13 and 14. The machine creates high magnification, high resolution digital images of glass slides, which can be shared with colleagues and specialists across the globe via the internet."

He continued, "This particular technology is called 'Whole Slide Imaging.' Among its benefits, the scanner will allow us to consult subspecialists and experts on difficult tumors within a matter of minutes (rather than days by 'snail

mail'), strengthen our quality assurance procedures (reducing errors and increasing quality of care), show much greater and thorough detail at conferences such as Tumor Board (a multi-disciplinary conference to determine treatment for difficult cases in the hospital), enhance resident teaching and education, expedite the centralization of technical services within the lab and lend greater force flexibility to the military branches that deploy it."

The major noted the scanner installation at Keesler was only the second of four in the Air Force. Travis Air Force Base, Calif., was the first.

"By September, the four initial scanners will have been installed. Wright-Patterson (AFB, Ohio) is next and Lackland (AFB, Texas) is scheduled for late August. A broader network will be deployed in a phased timeline. This program builds off the first shared digital slide image on the Air Force network, which was shared by myself at Keesler on April 24 and was viewed by personnel



Photo by Steve Pivnick

Technician Adam Schiffer, center, Aperio's field services regional supervisor, shows, from left, lab technicians Senior Airmen Quinton Moll and Johnathon Skrocki, anatomic pathology supervisor Terry Augustine and Lancia the basic software that drives the scanner. He also explained some of the basic errors they might encounter and how to fix them.

at Travis' hospital.

"Telepathology research projects have been ongoing for nearly a decade, but this tech-

nology is showing the most promise at improving patient care, resident and physician training and error mitigation.

Everyone involved is excited to see it come to fruition and we are happy to be a part of the leading edge here at Keesler."

## Shoplifting incidents rose 41 percent at Keesler Exchange during 2011

By Army & Air Force Exchange Service Public Affairs

DALLAS — According to the National Association for Shoplifting Prevention, losses due to thefts from retail stores alone amount to more than \$35 million a day. The Army and Air Force Exchange Service, which has contributed more than \$2.4 billion to morale, welfare and recreation programs in the past 10 years, continues to focus its efforts on reducing theft to maximize the investment authorized shoppers make in their Exchange benefit.

Despite an aggressive youth "Shoplifting Awareness Community Outreach" program,

closed circuit televisions with DVR technology and high-tech Electronic Article Surveillance, shoplifting at the Keesler Exchange increased 41 percent last year, from 22 incidents in 2010 to 31 in 2011.

The value of merchandise involved in local loss prevention cases also increased from \$2529.66 in 2010 to \$2559.99.

"Despite our proactive, and visible, efforts to prevent shoplifting, the end result was an increase in both incidents and the total value of items stolen," said General Manger Penny Madison.

"Of course, the toll of this issue goes far beyond dollars and cents as theft can be detrimen-

tal to a military career. Every shoplifting incident that is prevented before it occurs benefits not only the individual but also our installation and exchange."

If shoplifting is suspected, the Keesler Exchange loss prevention office turns the issue over to local law enforcement. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act allows the Exchange to enact a flat, administrative cost (Civil Recovery) of \$200. There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

## 81st SFS issues warning on leaving children in cars

By Capt. Chris Porta  
81st Security Forces Squadron operations officer

Recently there have been an increase in child neglect incidents at Keesler. In each event, children aged 9 or younger were left unattended and without proper supervision in running vehicles.

The act of leaving a child unattended in a vehicle, while not intended to cause harm, poses serious risks to the children's welfare, es-

pecially considering the Mississippi summer heat. Because of this, Keesler regulations require children to be at least 10 years old to be left alone in vehicles. Children ages 9 or younger may be left unattended only if supervised by someone who is over age 12.

In all cases where security forces respond and find that a violation has occurred, the parents are apprehended for child neglect.



# Anderson,

from Page 11

“One challenge I faced early in my career was as an emergency room and labor and delivery technician. I dealt with the life and death aspect of patient care for adults and newborns. You always want to provide the best possible care for your patients but sometimes you are helpless when it comes to saving their lives. As my career evolved from

patient care to first sergeant and superintendent, it was always a challenge making recommendations on whether to keep a young man or woman in the Air Force or send them back to a sometimes less-than-desirable way of life. I was so concerned I would sometimes lay awake at night making sure our leadership team did everything possible to put the Airman back on the right track prior to taking action.”

As his superintendent wraps up a long, distinguished career,

Brig. Gen. (Dr.) Kory Cornum, 81st MDG commander, noted, “Chief Anderson knows our people! He knows every one of them, what they do, what makes them happy and what doesn’t. He always has people’s best interest in mind with every discussion or decision we make.”

Looking back at his three decades of service, the chief said, “It’s always been about taking care of the people that do the mission. As a young independent duty medical technician, first sergeant and a chief, I’ve always enjoyed taking care of our nation’s Airmen. At the end of the day, I am happy to look in the mirror and know that I made difference.”

He, wife Angelica and daughter Jacklyn, 13, will return to a brand new home they’ve built in Huber Heights.



## HURCON checklist

At **HURCON 5**, as of June 1, crisis action team implements tropical storm advisory and directs commanders and/or first sergeants to review TSA checklists and take appropriate actions.

At **HURCON 4**, listen to latest weather bulletins and follow instructions from unit commanders.

Off-base and base housing residents should:

- Brief family members on their responsibilities. Review actions to take if sheltering is necessary.

- Keep radio and television on for information on status of the storm.

- Check supply of food that can be eaten without cooking.

- Stock flashlights, extra batteries, camp lantern, transistor radio, special prescribed medicines and food, baby food, first aid kit, insecticides, water purification tablets, fire extinguisher, tool kit and hardware, boards for windows and plastic bags to cover any broken windows.

- Tie down mobile homes and disconnect propane tanks.

- Secure objects in open areas.

- Fill car tanks with gasoline.

- Store small boats in enclosed shelters or tie them down.

At **HURCON 3**, dorm residents should:

- Store personal items in lockers and drawers.

- Move furniture to walls opposite windows.

- Unplug electrical equipment and turn off lights.

- Close all doors.

- Secure equipment, motorcycles, trash cans, signs, etc.

- Stand by for briefings by unit commanders.

- Plan to brace doors securely.

- Stack furniture and rugs.

- Have flashlights within easy reach.

- Stay away from windows.

- Keep in contact with duty section or squadron.

- Minimize phone calls to base.

- Pay particular attention to bulletins and advisories issued by base officials, and to radio and television for information and evacuation or sheltering instructions.

At **HURCON 2**, make final preparations — fill jugs, bottles, etc., with drinking water. Put important personal papers or valuables in water-proof strong boxes. Everyone except mission-essential personnel and students is encouraged to evacuate.

At **HURCON 1**, mission-essential personnel and students report to their designated shelters.





Photos by Kemberly Groue

Tech. Sgt. Kasey Crowe, 334th Training Squadron, squats 475 pounds successfully for his first attempt in the category at the weightlifting event at the Triangle Fitness Center Friday.

## Keesler holds weightlifting competition

By Steve Hoffmann

Keesler News co-editor

Fifteen Keesler members participated in Friday's American Powerlifting Federation event at the Triangle Fitness Center. Each participant completed squat, bench presses and deadlifts in four categories — open raw division, equipped division and women's division.

Winners were determined based on the Schwartz/Malone formula which assigns a coefficient based on the weight of the competitor. That coefficient is then multiplied by the total weight lifted over the three events to provide the formula total. The person with the highest formula total is declared the strongest.

### Open raw division

**First place** — Austin Sutton, 81<sup>st</sup> Security Forces Squadron, with a formula total of 874.18 pounds.

**Second place** — Justin Trott, husband of Charlotte Trott, 81<sup>st</sup> Inpatient Operations

Squadron, with a formula total of 834.89 pounds.

**Third place** — Barron Ramiro, with a formula total of 736.95 pounds.

### Equipped division

**Overall** — Kasey Crowe, 334<sup>th</sup> Training Squadron, with a formula total of 872.24 pounds.

### Women's overall

**First place** — Shayna Sutton, wife of Austin Sutton, with a formula total of 579.64 pounds.

**Second place** — Sunita Brathwaite, 335<sup>th</sup> Training Squadron, with a formula total of 463.10 pounds.

There were also two Keesler weight-lifting record breakers in the competition. Justin Trott broke the deadlift record in the male 165.4-181.9 pound class with a weight of 565.2 pounds. Shayna Sutton broke the squat and deadlift records in the women's 114.7-123.5 pound class with weights of 209.4 and 275.6 pounds respectively.



Airman 1st Class Sunita Brathwaite, 335th Training Squadron, dead lifts 95 pounds successfully for her first attempt in the category.



# 'Street Survival' course teaches students defensive driving basics



Photos by Kemberly Groue

Rusty Noonan, instructor from the Gulf Coast Region of the Sports Car Club of America, escorts Kirby Gentry, driver, through the course.

Students line up to take their vehicles through the street survival and defensive driving course on the flight line.



## 'Insomniacs' win Dragon Challenge

Brig. Gen. Brad Spacy, 81st Training Wing commander, and Chief Master Sgt. Angelica Johnson, 81st Training Wing command chief, far right, pose with a group of Airmen from the 335th Training Squadron known as the '335th Insomniacs' during Friday night's Dragon Challenge Charity Run held by the Friends of the Fisher House. The team ran all night and raised \$800, more than any other team, completing more than 100 miles during the event as a team.

Courtesy photo