



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train. Fight. Win.

NOV. 1, 2012 VOL. 73 NO. 42



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ON THE COVER

Secretary of the Air Force Michael Donley, delivered remarks during the 34th Annual Salute To The Military Oct. 23, at the Mississippi Coast Coliseum in Biloxi. Master Sgt. Nicole Dismute, Mathies NCO Academy, was recognized as the winner of the Thomas V. Fredian Community Leadership Award at the event.

Photo by Kemberly Groue



PHOTO OF THE WEEK



Photo by Kemberly Groue

Charles Campbell, Center Point Energy; Michael Barker, Keesler Resource Efficiency Manager; and Darlene Stewart, Center Point Energy, provide pamphlets and momentos to Marine Sgt. Jon Reid and Marine Staff Sgt. Chad Radich, Keesler Marine Detachment, at the Exchange, Oct. 24, to promote Energy Action Month. Energy Action Month provides an opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy.

HURRICANE SEASON

runs from June 1 - Nov. 30. For more information and preparations tips,
visit www.keesler.af.mil/hurricaneinfo.asp



Make the hard call: live up to standards

By Chief Master Sgt. Ramona Mayer

81st Diagnostics and Therapeutics Squadron superintendent

“Chief, we really do need another option to choose from in Block 3,” I was told recently.

I disagree with that statement because the fitness portion of an enlisted performance report seems pretty straightforward to me because the Airman either meets standards, does not meet standards or is exempt from fitness testing.

The real issue isn't the Airman's fitness status but rather the supervisor's ability to make a judgment call. This particular Airman had received a “satisfactory” fitness score, but had spent significant time during the reporting period in the fitness improvement program for failing to present a professional military image while in uniform. After providing feedback, resources and time to make improvements, it was now time to reflect on her ability to comply

with all standards during the reporting period — including a professional military image.

As leaders, when we are given the responsibility to supervise Airmen, we also have the responsibility to ensure they are given clear expectations and know the expected standards of performance, conduct, fitness and dress and appearance. If supervisors have done their part, as outlined in Air Force Instruction 36-2618, “The Enlisted Force Structure,” by providing continuous feedback, engaging at every opportunity to teach, mentor and coach our Air Force core values, standards and way of life — it becomes a matter of what the Airman has chosen when evaluation time comes.

One of the toughest lessons to learn is taking responsibility and complying. But the lesson doesn't start with the Airmen we supervise; it starts with us. Each day we should take an honest look at ourselves and ask, “Do I inspire confidence in my abilities to

defend the American public — those who ultimately pay my salary?” “Do I live a lifestyle of integrity or is that a word I drop only when it's convenient?” Or, “Am I the role model and epitome of a professional belonging to the world's greatest Air Force?” Nothing will cheapen credibility and erode authority faster than not following rules while pointing fingers at others.

Chief Master Sgt. Scott Dearduff, Air Force Central Command and 9th Air Force command chief, spent countless hours mentoring all Airmen around him. He would say, “Don't just talk the talk but walk the walk.” He taught me actions are far greater than words because our actions demonstrate what's in the heart and will show the true fabric someone is made from.

My challenge for you is to make the hard call, hold yourself and your Airmen accountable to all standards, live Air Force core values and inspire others.

Courtesies still apply in digital communication

By Tech. Sgt. Brent Likes

27th Intelligence Squadron

JOINT BASE LANGLEY EUSTIS, Va. — Modern communication is quick and convenient, and has dramatically altered the way the Air Force fights. Air Force information systems provide each Airman with direct and immediate access to the world.

While information systems such as email, webpages, electronic transfer points and data links vitally enhance productivity by providing massive amounts of information to each Airman, they also allow each Airman to send information out to the world. Today's professional Airman must be aware of the capabilities of these information systems and their responsibilities while using them.

Entire library shelves are filled with books on professionalism, and hundreds of articles online suggest guidelines and tips for professional communications. While these tools are useful for everyone, Airmen have the additional benefit of several documents providing

official guidance on professionalism. For personal interactions, written communications and use of information systems, the Air Force has provided clear guidance for how Airmen are to conduct themselves.

At the most basic level, The Enlisted Force Structure charges all enlisted Airmen to be professional regardless of rank. When it comes to written communications, The Tongue and Quill fully details almost every communication situation and document encountered in the Air Force.

Chapter 12, Electronic Communication, is an especially useful resource. All Airmen should review this section of the T&Q to ensure they are complying with the Air Force's expectations of a professional.

Lastly, another useful guide is AFMAN 33-152, User Responsibilities and Guidance for Information Systems. Chapters 3 and 4 contain comprehensive lists of inappropriate personal uses of internet and telephone capabilities. You may want to review these lists to ensure you are not in violation

of them. Also, you may not know that section 6.4.2.3 of AFMAN 33-152 specifically prohibits slogans and quotes in signature blocks.

Some of these documents may seem overwhelming because they are quite specific. However, there are consistent concepts behind those documents which you should already be familiar with — the Air Force core values.

Airmen can use the Air Force Core Values to evaluate their professional communications as a gut check before referencing the above guidance. The concepts of “Integrity First,” “Service Before Self,” and “Excellence In All We Do” have clear applications when we use information systems.

Consider your integrity and the use of the internet at work. The Air Force allows several morale websites, including Facebook, YouTube and ESPN. Are you spending hours a day on them? Could you be pursuing online training, following career related news, or reading leadership key messages and policy changes?

How about Service Before Self? Do you place the Air Force first when submitting routine documents and performance reports? Do you take the time to research and evaluate these administrative processes, week after week to make reports better, or do you just copy, paste and walk away?

How about exhibiting excellence in quick emails or message chats? Do you pay attention to the details of appropriate customs and courtesies, including proper forms of address and a signature block in emails?

It's on this last item of digital communication I would like to focus on. As professionals, we must particularly be aware of the long-life and simple transport of the typed word. Emails, documents and even chat logs remain available long after they are initially sent. And as anyone who's clicked rapidly through the computer log-in notifications knows, the Air Force monitors everything we do on information systems.

Airmen must, repeat must, consider all communication

on information systems to be viewable by anyone at any time. Emails sent specifically to one co-worker can easily be forwarded to another, with unintended consequences. Personal chat logs on government systems are saved, and can unexpectedly become public chat logs. Additionally, all Facebook and blog posts are reviewable when done from work.

To compound the danger of digital communication further, digital information lasts so long that embarrassing or damning evidence can appear years after its first creation. Any email, blog post, chat log or document saved which is unprofessional could result in official discipline, remedial training and embarrassing apologies, with resounding consequences to your unit's reputation and your personal career.

The only defense you have against such danger is to be professional at all times. The professional Airman does not have to worry about embarrassment or discipline, because re-

Courtesies,

from Page 3

viewing their digital communications will only bring credit to themselves and the Air Force. The Tongue and Quill Chapter 12 is an exhaustive resource to use for creating professional digital communications, but here are some key suggestions to ensure your communication remains above board.

First, ask: are you using appropriate customs and courtesies? Are you submitting inquiries through the chain of command? Are you replying to only interested parties in your emails? Are your emails professionally formatted? Full terms of address, properly formatted documents, filled subject lines and attached signature blocks show quickly that you are a professional and expect to be treated as one.

Second, consider if a face-to-face or phone conversation is more appropriate than an

email or chat message. Are you discussing something personal, airing grievances, or telling a joke? Perhaps you would not like your private conversation to become public later.

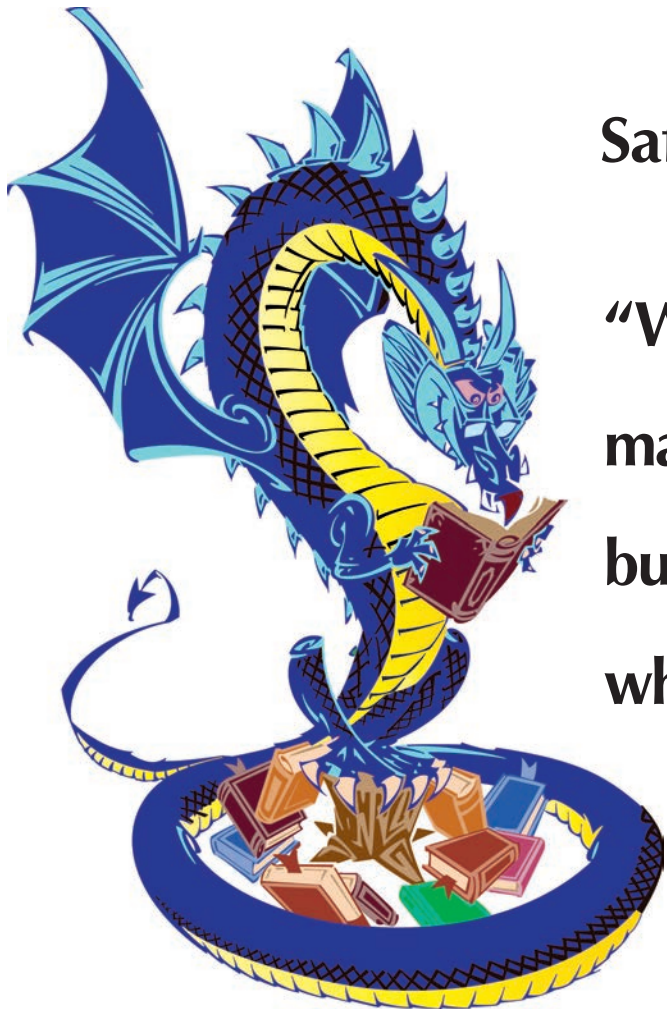
Third, consider emotions, tone and perception. Are you using phrases, inside jokes or cultural references that could be misinterpreted by someone who doesn't know you well? Your co-worker may understand your hilarious irony and sarcasm based on your personality, but will her supervisor? Some may suggest the use of emoticons here to help with tone, but the abuse of a smiley face quickly becomes just as unprofessional as an ambiguous tone. Better to simply be concise and clear.

Last and most important, have your wingman check your communication, before you send it. Your wingman can check formats, give insight on tone, suggest additional or less information, do a spell check and back you

up later if anyone comes with questions. An easy way to be professional is to work with professionals.

In conclusion, all Airmen are specifically charged to be professional. This responsibility for professionalism extends to our communications using information systems. As Airman, our emails, internet uploads, chat programs and Word documents all need to reflect our Core Values.

Utilize the written Air Force guidance and your own trusted wingman to ensure the professionalism of your communications. Finally, consider carefully how long modern communication lasts, and how damaging or supportive it can be to your professional image and that of your unit. We all ultimately represent the United States Air Force. Take pride in your professional communications and protect that good name.



Safety Sam says,

**“Working safely
may get old,
but so do those
who practice it.”**

Eight graduate from NCO Academy

By Senior Airman
Heather Heiney

Keesler News co-editor

Eight Keesler technical sergeants graduated the Mathies NCO Academy Oct. 25.

The Mathies NCO Academy trains and develops technical sergeants to become leaders as they transition into the senior NCO enlisted tier and is a requirement for promotion to master sergeant.

Ryan Tripp, 334th Training Squadron, was named the distinguished graduate.

Other graduates include:

Bryan Boggs, 338th TRS.
Christopher Boler, 336th TRS.



Rand Bundenthal, 81st Training Support Squadron.

Jason Fuentes, 338th TRS.

Tyler Hamilton, 335th TRS.

Brian Owens, 333rd TRS.

Sherwin Sterling, 81st TRSS.



Academic ace

Airman 1st Class Kyle Heidlage, 335th Training Squadron, measures direct current voltage during class Tuesday at Dolan Hall. Heidlage graduated with a perfect score from avionics fundamentals course. He is a native of Jefferson City, Mont., and is now assigned to the instrument and flight control apprentice course in the 365th Training Squadron, Sheppard Air Force Base, Texas.

Photo by Kemberly Groue



81st MDG gets new Navy, Marines liaison

Petty Officer 1st Class Shealeasa Sims uploads readiness information for Navy and Marine Corps personnel assigned to Keesler. She is the new Navy and Marine Corps liaison to the 81st Medical Group. Assigned to the Naval Construction Battalion Center Gulfport since 2009, the 17-year Navy veteran coordinates medical and dental care for Sailors or Marines and visits them if they are admitted to the hospital.

Photo by Steve Pivnick

America Recycles Day coming Nov. 15

By the CSC Environmental Office

Keesler will ask the question, "I Recycle. Do You?" during activities planned for Nov. 15 in celebration of America Recycles Day. The CSC/CEV Environmental Office will be at the Base Exchange from 10 a.m. to 2 p.m. to distribute information designed to educate, motivate and inspire individuals to recycle more while encouraging their friends and families to do the same.

Since 1997, communities across the country have come together each Nov. 15 to celebrate America Recycles Day. More than a celebration, America Recycles Day is the only nationally recognized day dedicated to the promotion of recycling in the United States. One day to educate and motivate. One day to get neighbors, friends and community leaders excited about what can be accomplished when everyone works together. One day to make recycling bigger and better 365 days a year.

Millions of Americans have pledged to increase their recycling habits at home and at



work over the 15-year history of ARD, a nationally recognized initiative dedicated to encouraging people to recycle more at home, at work and on the go. Anyone can take the pledge by going to the ARD Web site at (americarecycles-day.org).

In fiscal year 2012, Keesler recycled more than 2,600 tons of waste - an increase of 37% from last year. The alternative is to throw away trash at a cost of about \$38 per ton. Keesler recycles about 56% of

total waste on base. Last year, Keesler recycled about 30% of waste paper but has the potential to recycle as much as 70%. A target area for Fiscal Year 2013 is to avoid contaminating recycled products. For example, avoid placing plastic into recycled paper bins. Contaminated recyclables cannot generate recycling revenue.

For information about Keesler's activities for America Recycles Day, contact the Environmental Office at 228-377-1262.



Holiday Craft Bazaar

10 a.m. to 3 p.m. Nov. 3
Bay Breeze Ballroom

Free Admission and Parking!
Great Holiday Shopping!

Vendors call 377-2821 for more information and to reserve your space! \$20 includes a table and two chairs.
Hosted by the Arts & Crafts Center at the Bay Breeze Event Center.

www.keesler81fss.us



81st MDG receives 'Excellent' rating on care

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Medical Group provides "Excellent" patient care. That was the overall rating the group received from the Air Force Inspection Agency Health Service Inspection that concluded Oct. 25.

Team Chief Col. John Sell, AFIA director of medical operations, told an audience of "Dragon Medics" packing the hospital's Don Wylie Auditorium Oct. 26, "Your medical group is the best I've seen. As General Cornum (Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander) told me at the outset, it's all about the patients and that's how you operate the medical group. Your attitude is infectious – you are a true team! I would be glad to get care here or for my family to do so. You have done your commander and the Air Force Medical Service proud!"

After Sell made his remarks, he and senior enlisted inspection team member Chief Master Sgt. Dawn Fruits departed.



Photo by Steve Pivnick

Cornum gestures to the "Dragon Medics" who packed the hospital's Don Wylie Auditorium Oct. 26 as he announces the group's overall "Excellent" HSI results.

At that point, Cornum commenced a quick rundown of the inspection results, culminating with the announcement of the "Excellent" rating.

"I'm really proud of what you folks do," he said. "I'm proud of the patient care you provide and your hard work."

The 10-person team arrived over two days, five got here

Oct. 21 and the rest the following day. The earlier arrivals began scrutinizing the medical group Oct. 22, a day ahead of the anticipated start. During their assessment the team from Kirtland AFB, N.M., conducted interviews and did walk-around inspections of the hospital's work centers. In addition, they reviewed 184

binders of information compiled by the group staff.

Among the areas they examined were public health, patient safety, nursing services and operations, referral management, infection control, dental services, mental health, bioenvironmental engineering, readiness and the medical group's business plan.

The team cited five group members for special recognition for their work readying the unit for the inspection: 81st MDG HSI team chief Lt. Col. Paul Langevin; and outstanding performers Senior Airman Candace Caudill, 81st Aerospace Medicine Squadron; Staff Sgt. Tammi Fish, 81st Medical Support Squadron; Master Sgt. David Boydston, 81st Medical Operations Squadron; and Betty Schoen, 81st MDSS.

Later, Sell explained, "We conduct approximately 25 active-duty HSIs a year and inspect every Air Force medical group both in the United States and around the world. This is a compliance-based in-

spection during which a team of medical functional experts looks at more than 750 criteria." He noted, "General Cornum and his team should be very proud of an extremely successful inspection."

Cornum also recognized three group personnel for their efforts preparing the organization for the HSI. They were: Master Sgt. Mary Jamison and Senior Master Sgt. Scott Strickland, 81st MDOS; and Maj. Ronald Eller, 81st MDSS.

With the HSI over, the "Dragon Medics" completed preparations for this week's Air Education and Training Command Consolidated Unit Inspection. In addition, the medical group is vulnerable for The Joint Commission survey anytime between today and March 31, 2013. TJC can arrive with a week's prior notice. The organization accredits and certifies more than 19,000 health care organizations and programs in the United States.

Keesler medic nominated for GEICO award

By Steve Pivnick

81st Medical Group Public Affairs

Tech. Sgt. Cecilia Cardenas, formerly with the 81st Medical Operations Squadron Mental Health Flight, has been selected as the Air Force nominee for the 2012 Government Employees Insurance Company Military Service Awards, Drug and Alcohol Abuse Prevention Category.

According to her award nomination, the former NCO in-charge of Keesler's Alcohol and Drug Abuse Prevention & Treatment Program led five members and oversaw 1,300 individual and group appointments and 11 projects." Her program also was named the best in 2011 by the Institute of Medicine.

Among her achievements, Cardenas was cited for instituting annual computer-based training, assisting in evaluating substance abuse and chemical dependence, therefore enhancing the skills of 1,300 medical personnel. She

also provided ADAPT assessments, treatment and education and was credited with 266 patient encounters, ensuring mission readiness and saving the Air Force more than \$65,000.

Other accomplishments included leading Keesler Air Force Base's first peer-to-peer prevention program, teaching students to educate and challenge their peers. A total of 3,000 personnel were involved resulting in a 40 percent decrease in under-aged drinking. A base newspaper article she authored to educate the Keesler community about the dangers of mixing alcohol with water sports enlightened an estimated 32,000 readers. In addition, the program she organized for National Recovery Month awareness provided alcohol and drug addiction education to the base's 11,800 personnel.

Cardenas recently left Keesler for a new assignment to the Deployment Transition Center at Ramstein Air Base, Germany.



Photo by Steve Pivnick

Then-Staff Sgt. Cardenas provides information to passersby during a Sept. 15, 2011, ADAPT program in front of the Keesler Exchange.

Family Advocacy, 81st MDG conducts domestic violence ‘experiment’

By Paula Spooner

81st Medical Operations Squadron
family advocacy outreach manager

Every year the Family Advocacy Program staff plans and implements a community awareness campaign designed to educate Team Keebler, as well as reinforce the reality that prevention and detection of interpersonal violence is truly a base-wide responsibility.

This year, FAP teamed up with Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, to conduct a social experiment. 15 male and female volunteers of various ranks, ages and job descriptions were recruited to don realistic moulage injuries indicative of non-accidental trauma. Each victim was then imbedded within his or her duty section to conduct the routine day-to-day responsibilities of the job.

The objective? To observe and evaluate bystander response to the perceived injury, both from friends and co-workers as well as casual observers. Would others approach, express concern and offer support? Would the bruises, bites or scratches be a source of discomfort or embarrassment for others, and responded to with jokes or deliberate avoidance?

If approached by concerned bystanders, volunteers offered no explanation, but handed them cards explaining the experiment, confirming their actual safety and thanking the Wingmen for intervening. Otherwise, the volunteers were to go about their normal daily routine – working, going out to lunch or hitting the gym for a quick workout. The volunteer victims were instructed to pay careful attention to their own personal thoughts and feelings as they observed others.

Many of the participants reported being surprised by their observations. One common finding was the frequency with which the clearly visible injuries was actively ignored, even in situations in which they interacted with others one-on-one. In fact, 61 percent of the tallied responses were described as “purposely ignoring the injury or saying nothing.” Virtually all participants reported that many of the colleagues closest to them seemed the least likely to respond.

All agreed that when this occurred, the negative impact was significantly greater than feeling ignored by acquaintances or strangers. Although there were a few reported exceptions, most Air Force members in leadership positions expressed concern and offered support. The majority of participants agreed that the attitude with which a bystander approached them was critical, as many were addressed in the presence of others or in a teasing or joking manner.

Virtually all volunteer victims reported experiencing an emotional response, citing sadness, depression, anger, disappointment and hurt as examples. One victim wrote, “If I was an actual victim that day, it would have been one of the worst days of my life. The lack of concern from my peers could have hurt and angered me more



Photo by Steve Pivnick

Tech. Sgt. Caroline Bunce, 81st Dental Squadron, applies makeup to create a black eye for “victim” Master Sgt. Tracee Fletcher, 81st Inpatient Operations Squadron, early in the morning of Oct. 3. Fletcher was one of 15 male and female volunteers of various ranks, ages and job descriptions recruited to don realistic moulage injuries depicting non-accidental trauma. Each victim was imbedded within his or her duty section to conduct the routine day-to-day responsibilities of the job.

than the actual (domestic violence) attack.”

This feedback is consistent with what we know about interpersonal violence. The message conveyed by a bystander’s lack of response is, “I’m not worth anyone taking the time. No one cares. I must deserve it.” Worse, the senses of betrayal, hopelessness and despair experienced when someone they trust chooses to ignore the signs of non-accidental trauma are often the toughest hurdle for survivors to overcome in counseling. It’s not that most people don’t care, won’t take the time or think it’s none of their business. To the contrary, most people are concerned; they want to do the right thing but too often people don’t intervene because they worry that they might offend the victim, or they simply have no idea what to say.

Maybe the biggest lesson about the experiment is the reminder that every one of us has tremendous power in others’ lives. You don’t need to know details about the private lives of everyone in your office to recognize if one of them suddenly comes to work with a black eye. And after talking to hundreds of trauma survivors through the years, I can tell you this: If someone is being hurt, your silence damages far more than if you should say something that seems awkward. So be discreet, be respectful, be kind. If you are concerned, say something like, “Hey, if you want to talk or you ever need anything, I’m always here.” Those simple words of compassion have the potential to become a lifeline that might become the hope that makes a difference in that person’s life.

For more information on community intervention strategies call 228-376-3459.

Ultimate wingman helps save friend's life

By Airman 1st Class Jake Eckhardt

375th Air Mobility Wing Public Affairs

Editor's note: This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.

SCOTT AIR FORCE BASE, Ill. — An Airman here who noticed the suicidal signs of a friend reported the problem and helped save his friend's life.

Airman 1st Class Albert Chang, 375th Comptroller Squadron, not only got his friend and fellow service member the help he needed, but also served as a wingman to actively be involved with his friend's life when he started noticing his friend's unusual behavior.

"We first met in the courtyard back in the dorms," said Chang. "We became good friends within the first year of knowing one another."

When they met, that Airman was always known to be the comedian of the group.

"He was always making the most absurd, obnoxious jokes," Chang said. "It always caught you off-guard, and always made you laugh."

In May 2012, the Airman was notified that he would face an administrative discharge because of the Date of Service rollback.

"When he first broke the news to me, he was pretty nonchalant about it," Chang said. "He seemed as though he was alright with it. He was talking about how he had jobs back home and how everything would be fine, but he had a lot on his plate."

Chang helped him prepare for his move out of the Air Force as much as possible, as well as being there for him as a friend.

"One night I was helping him clean, it was just the two of us, and he just broke down and started crying," Chang said. "I'd never seen him like that."

"He was always smiling and making jokes. I didn't know what else to do, I just hugged him," he continued. "That calmed him down a little bit."

Showing the distraught Airman that someone cared enabled him to open up and allowed Chang to see what was really on his mind.

"He told me that his parents actually kicked him out of their house; he joined the Air Force because of it," he said. "He kept reiterating how disappointed his parents were going to be. That's when I first noticed that this was

actually a big deal to him."

After seeing what his friend was going through, Chang decided to dedicate more of his time for his well-being.

"The more time I spent with him, the more I noticed," he said. "He would crack a joke every once in a while, but I definitely noticed a change in his demeanor. He became quieter, and when he did talk it was very under-spoken."

"A couple of days had passed; we were hanging out in a friend's room," Chang continued. "I'm not sure if anyone else heard it, but he said 'God, I just want it to end. I just want it all to end.'"

"I've never encountered anything like this before, so realistically I didn't know the signs," he said.

Feeling that his friend's condition was getting worse, Chang decided to take his efforts even further.

"During his last week, he didn't have to go into work, so when I went on my break I would take him out to lunch and just talk with him. As small as that seems, I feel that it helped," he said. "The more time I spent with him, the more I tried to prepare myself, but I didn't know what to do. I could just talk to him, but I felt that that was inappropriate with his separation right around the corner."

The closer the separation date came, the more and more signs followed. Chang realized he couldn't just stand by much longer.

Two days before his friend was supposed to leave, Chang went to the Airman's dorm and found all of his things outside his room. Throughout the day, the unstable Airman had been giving his stuff away.

"At this point it had become blatantly obvious that I had to do something," he said. "I have been through suicide awareness training and these were the signs that we needed to look out for. It was just crazy that it was happening in real life."

"He said he just didn't care anymore," Chang continued. "The trigger for me was when he said he couldn't sleep anymore, because he stayed up thinking about how he just wanted everything to end. We went out to the courtyard with two other friends; I asked them to keep an eye on him for a second."

Chang then left to call his first sergeant after he overcame the fear of what his actions could do.

"I was a bit worried to be honest, because of the negative stigma of calling



Photo by Staff Sgt. Ryan Crane

Airman 1st Class Albert Chang, 375th Comptroller Squadron, noticed the suicidal signs of a friend and reported the problem, helping save his friend's life. He not only got his friend and fellow service member the help he needed, but also served as a wingman to actively be involved in his friend's life when he started noticing his friend's unusual behavior.

the authorities on a friend," he said. "I'm sure that's a big barrier in a lot of people have, so I was a bit hesitant at first."

Approximately five minutes after the call, the Airman's first sergeant and security forces arrived to take care of him.

"That was the last I saw of him for two days," he said. "I don't know why, but I felt bad. I felt guilty that he had to be watched because of me."

"I was walking out of the Shoppette when I saw him walk in with his supervisor," he added. "The very second I saw his face, I thought he was going to be mad, but when he saw me he got this big smile on his face. Then he came up to me and gave me a really tight hug."

I'll never forget what he said to me. He said, 'Thank you. I was in a really dark place in my life.' I didn't know what to say to that."

Chang and his friend still keep in contact even though he is no longer in the military.

"I don't feel like I did anything special," he said. "I feel like if I was the guy exhibiting suicidal tendencies, someone would help me. I was just helping a friend."

"It doesn't take much to help someone out," Chang added. "Even the smallest action could save a life, but you will never know unless you try."

Donley speaks at Gulf Coast 'Salute' to military

By Susan Griggs

Keesler Public Affairs

Secretary of the Air Force Michael Donley praised the robust partnership of the Air Force and its sister services with south Mississippi at the Salute to the Military, Oct. 23 at the Mississippi Coast Coliseum Convention Center in Biloxi.

Donley addressed nearly 1,000 military members and community representatives at the 34th annual event sponsored by the Mississippi Gulf Coast Chamber of Commerce.

"It's wonderful to see the strong bond of camaraderie that helps make the partnership here between the people of Mississippi and men and women who serve in our armed forces such a tremendous asset to our national security," Donley said. "This community enjoys a long tradition of supporting our service members, joining generation after generation of Americans who laid the foundation for a strong national defense."

Donley pointed out that outstanding community support for all Department of Defense missions and military members across the state "is just one of the characteristics of Mississippi neighborliness and patriotism that make the Gulf Coast such a great place to serve our country and to live, which is evidenced by the thousands of military retirees who choose to plant roots here.

"America's Airmen are in the fight," the secretary emphasized as he highlighted the contributions of the Air Force and other military branches in combat, humanitarian and stability operations around the world.

Donley noted that while the Air Force has embraced technology that continues to revolutionize its capabilities in air, space and cyberspace,

"it's simply a fact that everything we do depends on our people, the living engine of our Air Force."

The secretary recognized the importance of Keesler's training mission, noting, "Thousands of Airmen trace their professional careers back to this location." He also mentioned the critical mission of the 53rd Weather Reconnaissance Squadron's Hurricane Hunters in tracking dangerous storms.

Donley also addressed the challenges facing the military services from both the international strategic environment and domestic budget constraints. He referred to the hard choices the Air Force was forced to make to align its fiscal 2013 budget proposal with the new defense strategic guidance and to comply with the requirements of the Budget Control Act that calls for a defense budget reduction of \$487 billion in the coming decade.

"In the Air Force budget, we made a conscious choice to protect readiness by trading size for quality, resulting in some force structure reductions that would divest 286 aircraft and reduce personnel in the active Guard and Reserve by approximately 9,900 over the next five years," Donley explained. "Reductions to force structure and manpower are necessary to ensure we have the resources to support a ready force today and a modern force capable of meeting tomorrow's challenges ... To achieve these reductions, it is impossible to avoid impacts to Airmen, various civilian and contractor workforces and the communities they live in."

The threat of budget sequestration overshadows all budget decisions across the federal government, according to Donley.



Brig. Gen. Brad Spacy, 81st Training Wing commander, mingles with Margaret and Duncan McKenzie, Hard Rock Casino general manager, during the reception at the 34th Annual Salute To The Military.

"We have little more than two months before sequester goes into effect, a meat ax-like approach which would drive additional reductions of approximately \$55 billion to FY 13 defense accounts," the secretary stressed.

"This is not a responsible way to achieve deficit reduction," he continued. "These additional and arbitrarily applied across-the-board cuts would leave the military without a workable strategy to counter global threats."

For the Air Force, sequestration would lead to reduction in flying hours, procurement, weapon sustainment and training, as well as civilian workforce reductions, Donley said.

In closing, the secretary thanked military members and the surrounding communities "for building and sustaining a partnership that continues to benefit the Air Force, the state of Mississippi and our nation – what a great track record, what a great legacy."



Members representing each branch of the military prepare to post the colors during the 34th Annual Salute To The Military, Oct. 23, at the Mississippi Coast Coliseum in Biloxi.



Photo by Kemberly Groue

The Honorable Steven Palazzo, United States Congress; Secretary of the Air Force Michael Donley, and The Honorable Roger Wicker, United States Senate, applaud Master Sgt. Nicole Dismute, Mathies NCO Academy, Keesler Air Force Base, Miss., after she was announced as the winner of the Thomas V. Fredian Community Leadership Award during the 34th Annual Salute To The Military Oct. 23, 2012, at the Mississippi Coast Coliseum in Biloxi.

Keesler member wins 'Thomas Fredian' award

By Susan Griggs

Keesler Public Affairs

A Keesler master sergeant was honored with the Thomas V. Fredian Community Leadership Excellence Award at the 34th annual Salute to the Military, Oct. 23 at the Mississippi Coast Coliseum Convention Center in Biloxi.

Master Sgt. Nicole Dismute, superintendent of test data and analysis at the Mathies NCO Academy, was selected from seven south Mississippi nominees to win the award presented each year by the Mississippi Gulf Coast Chamber of Commerce. The award recognizes professional excellence and community involvement by enlisted members.

Along with the award,

Dismute has been invited to be the guest of Congressman Steven Palazzo at January's State of the Union address in Washington, D.C.

Dismute, who's been in the Air Force for nearly 18 years, said she was "overwhelmed, humbled and blessed" by receiving the recognition. She expressed her gratitude to her leadership for giving her the opportunity to represent Team Keesler and the Air Force.

"This is an award that represents the shared bond, commitment and pride that we together, as a community and military, have toward serving our country," said Dismute, who's been stationed at Keesler for three years. "This award motivates me to continue to work. It adds the joys and pressures of

staying involved and growing on another level and makes it clear how my actions truly influence others."

Among her many projects, Dismute led 154 Airmen in supporting the Mississippi Special Olympics, volunteered at a local elementary school to support the positive reinforcement program and coordinated 159 Airmen to help with a veterans parade in Mobile. She was also involved in clothing giveaways and other programs at her church.

Chief Master Sgt. Robert Nolen, Mathies NCO Academy commandant, said Dismute has been "continually demonstrates the highest levels of competence, dependability, trustworthiness and loyalty. She's an outstanding leader who truly leads by ex-

ample and is committed to the development of others.

"Her servant attitude is evident in the countless sacrifices she makes for our school, Keesler and the local community," the chief added. "She has incredible drive and passion that inspires those around her."

Nolen's comments were echoed by Col. Stewart Pries, commander of the Barnes Center for Enlisted Education at Gunter Air Force Base, Ala.

"She's a leader with vision, and has been instrumental leading the men and women of the Mathies Noncommissioned Officer Academy to the pinnacle of enlisted professional military education," the colonel said. "Her selfless service, dedication and demonstrated commitment

to the community are an example for all."

Two other nominees represented Keesler units — Petty Officer 1st Class Christie Lee King, Center for Naval Aviation Technical Training Unit, and Staff Sgt. Christopher Lambert, Keesler Marine Corps Detachment.

Other nominees were Petty Officer 1st Class Justin J. Culbertson, Naval Oceanography Anti-Submarine Warfare Center at Stennis Space Center; Chief Petty Officer Donna Snow and Petty Officer 2nd Class Michael Logan, Naval Construction Training Center, Gulfport; and Petty Officer 2nd Class Stuart Park, Coast Guard Station Gulfport.

Keesler clinic conducts

Mammo-thon

By Steve Pivnick

81st Medical Group Public Affairs

The 81st Diagnostics and Therapeutics Squadron Mammography Clinic's first "Mammo-thon" held Oct. 26 was offered as part of "Breast Cancer Awareness Month."

Mammography technologist Kerry Hudson said 75 beneficiaries took advantage of the "Mammo-thon" and walked in for their exams.

"No one waited more than an hour and several women hadn't had a mammogram in several years. We feel annual mammograms are very important and want to thank everyone for coming to the 'Mammo-thon' and making it a great success! We hope to have another walk-in mammogram day next year."

Capt. Jonathon Mueller, Diagnostic Imaging Flight commander, added, "The mammothon captured 75 screening mammograms compared to 25 performed in a typical day! The event was a huge success thanks to all the volunteers and staff that made it possible."

The program was for active duty, retirees and their dependents, 40 years of age or older.

KEESLER NOTES

Quarterly awards luncheon

The 81st Training Wing third quarter awards luncheon is scheduled for 11:30 a.m. Nov. 6 at the Bay Breeze Event Center. Contact your group representative or call 228-377-9011 for more information.

Gospel worship move

The gospel worship service is moving from the Triangle Chapel to the Larcher Chapel beginning Nov. 18 and the service will now be held at 11 a.m.

Immigration assistance

From 8 a.m. to noon Nov. 15, a representative from the U. S. Citizenship and Immigration Services will be in the legal office to meet with military members, their families, retirees and their dependents to answer questions about the immigration application process and how being a military member helps the immigra-

tion process. Appointments are recommended, but walk-ins are seen as time allows. For more information or to schedule an appointment, call the legal office at 228-376-8601.

Impact Aid Survey

Impact Aid funding is a reimbursement for revenue lost because Federal property is not taxed.

Parents or guardians who are Active Duty military, DOD/Federal employees and contractors, and residents who live and/or work on Federal property should turn in an Impact Aid Survey. Personal data is kept confidential. Gulf Coast School Districts have different release dates for forms. Biloxi School District will be sending forms home in November. If you have questions, contact the Keesler school liaison officer at 228-376-8505.

USM counselor

A University of Southern

Mississippi admissions counselor and MBA academic advisor will be in the Blake Fitness Center 2-4:30 p.m. Nov. 14. Stop by and check out what USM has to offer for spring 2013.

William Carey

William Carey University is currently accepting applications and registering for the winter trimester, which begins November 12. If you are interested in finishing your GS 1750 requirements as you work toward your degree, consider Career and Technical Education at WCU. Online and live courses on base are offered supporting your career goals in military training at the graduate and undergraduate level. William Carey offers many flexible degrees. The university has academic advisors and staff available to assist you with tuition assistance and GI Bill benefits. Stop by the WCU office in the Sablich Center, Room 219 or

call 228-376-8480 for more information.

Keesler Airman's Attic

The Keesler Airman's Attic provides free donated items to enlisted members of any branch, E-5 and below. 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.

Clinics closed for warrior training

By Steve Pivnick

81st MDG Public Affairs

Keesler Hospital clinics are closed for warrior training from 1-5 p.m. the second Thursday of each month.

Family practice, internal medicine, pediatrics and general surgery clinics will each have one doctor available for urgent appointments. For urgent situations, contact central appointments at 1-800-700-8603 or report to the emergency room.

Although pharmacy, radiology and laboratory services are open, they will have re-

duced staffing. Patients are asked to delay visits to these services during Warrior Training.

For emergency situations such as shortness of breath, chest or abdominal pain or bleeding with pregnancy, please go to the nearest emergency room. If there is an emergency, contact 911 for an ambulance.

The 81st Medical Group staff is committed to maintaining the highest level of war and peacetime readiness. It does this through monthly training sessions. They apologize for any inconvenience.

Keesler Events Calendar

Today

10 a.m. — Rowing Regatta at all three fitness centers, winners will advance to the grand rowing regatta 10 a.m. Saturday at the Blake Fitness Center.

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

3:30 p.m. — 81st Training Wing enlisted promotion ceremony at the Welch Theater.

4 p.m. — Children's story time at the McBride Library for ages 3 and older.

Friday

5 p.m. — Jump for cash at the Bay Breeze Event Center.

6 p.m. — Needlecraft social at the arts and crafts center.

Saturday

9 a.m. — Beginners woodworking class at the arts and crafts center wood shop.

10 a.m. — Holiday craft

bazaar at the Bay Breeze Event Center.

1 p.m. — Children's gaming day at the McBride Library for ages 3-12.

4 p.m. — Give parents a break at the child development center and youth center for children 6 weeks to 12 years.

Tuesday

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

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

1 p.m. — Retirees pre-separation counseling at the Sablich Center Room 110.

Nov. 8

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

5:15 p.m. — Adoption options class at the Sablich Center Room 108A.

Nov. 9

11:30 a.m. — AIDS Awareness Month 5K run/walk at the Triangle Fitness Center.

Nov. 10

11 a.m. — Gulf Coast Veterans Day Parade in Gulfport

Nov. 13

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

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

1 p.m. — Retirees pre-separation counseling at the Sablich Center Room 110.

Nov. 14

8 a.m. — Newcomers orientation at the Sablich Center Room 108B.

5:30 p.m. — Student spouse Thanksgiving dinner at the Levitow Training Support Facility fishbowl.

Keesler Spouses' Club

It's 5 O'clock Somewhere
Auction and
Gala!!!

Thursday, November 8th, 2012
Bay Breeze Event Center

6:00pm

Join us for our annual auction to support scholarships and our charitable endeavors. There will be silent and live auctions with amazing items.

Tickets are available at the Thrift Store and from KSC members. Tickets will be available in advance* for \$13 and sold at the door for \$18 dollars. Heavy Hors d'oeuvre, cash bar, and dessert auction will be present.

*Advance purchases (by 11/7) are eligible for a door prize valued at \$50.

Airman aids crash victims with ties to Keesler

By Steve Pivnick

81st Medical Group Public Affairs

Senior Airman Ciara Bien, 81st Medical Support Squadron, was waiting for a traffic signal in Biloxi to change when she witnessed an airborne pickup truck going through the intersection.

"I said 'Oh, my God!' as the truck flew by like a pancake and landed on its roof. I had never seen anything like that before!"

Bien reacted immediately.

"As someone else ran to the truck, I ran to the other car. All his airbags had deployed. I helped him out of his car, walked him to safety on the side of the road — making sure he had no severe injuries, which he didn't. I called 911 as we walked.

I then went to the truck that had flipped on its top. The driver already had been helped out and we walked him over to a bench, had him sit down next to his wife (who was a passenger in the truck). Another bystander had led her to the bench. I stayed with the truck driver trying to keep him



Photo by Steve Pivnick
Bond thanks Bien for her actions following the Oct. 20 accident that involved his brother as Lt. Col. Tommy Franklin, acting 81st MDSS commander, looks on.

still and calm until the paramedics arrived. He was very worried about his wife. He told me they had been married for 46 years and they were on a trip to Florida. I kept assuring him she was sitting right next to him and that she was OK."

Bien remained at the accident scene while the truck

driver and his wife were placed in ambulances and also ensured the car driver was doing alright.

Coincidentally, Adam Bond, a photographer with KMAR Industries at Keesler, was nearby when the accident occurred and learned that the driver of the car involved in

the crash was his brother. They were returning from visiting their parents in Ocean Springs and apparently his brother had passed him on U.S. 90.

Bond wanted to thank Bien for her actions and wrote her commander a letter highlighting her involvement. He commented, "I had begun to decelerate for a traffic light that had just turned yellow when I witnessed a truck fly through the air in the intersection in front of me, just two cars ahead. I ran to assist and only after helping the driver out of the truck did I discover my brother was the other driver in the accident and had collided with the truck. Fortunately, no one involved was seriously injured.

"As our nerves began to settle, I became aware of Senior Airman Ciara Bien, who was assisting the occupants of the truck as emergency services tended to their injuries. (She) also checked and double-checked my brother to ensure he wasn't in need of medical attention. Even after the heroic bystanders who had responded to the initial impact had carried on and even after accident

onlookers had dispersed, she remained on scene. Only after ambulances departed and she was certain everyone had been properly cared for did she return to her vehicle."

He concluded, "Senior Airman Bien exemplifies the Air Force core values in the medical community and the 81st MDSS through her demonstrated service to the community in a time of need. Her actions directly contributed to the assured well-being of three civilians in crisis and reflect positively on the Air Force and its mission. Please take the time to acknowledge her for a job well done." He also visited her in her office at the Keesler Hospital Oct. 22 to thank her.

Bien recalled the entire incident, from the collision to the ambulances' departure, spanned a little more than half an hour. The event culminated a very active day for the health services management specialist; she had participated in the "Making Strides Against Breast Cancer" 5K Walk in Biloxi in the morning and later the "Buddy Walk for Down Syndrome" in Gulfport.



Outstanding ministry

Members of the gospel service announcement team; Effie Clark, Florence Clay, Roy Tolbert, Denise Rucker, LaPlace Jackson, Sabrina Davis, and Curtis Jennings; pose for a photo after being recognized for outstanding ministry by Chaplain (Maj.) Josephine Pinkney, for their outstanding ministry. The announcement team is organized and orchestrated by team leader Effie Clark, retired educator. Her team consists of a combination of chapel attendees who are active duty personnel, retired military, retired dependents and retired civil servants. The direct duties of the announcement team are to greet, inform parishioners of upcoming ministries and events, and welcome visitors to the worship service. An important announcement the team is currently sharing is that the gospel service is moving to the Larcher Chapel Nov. 18 and services will be held at 11 a.m. Sundays.

Courtesy photo

Ghouls in the Park



Photos by Kemberly Groue

Students in the 81st Training Group, dressed up as zombies and put on a performance for the audience at Ghouls in the Park Friday at the Marina Park. The event included a haunted house, trunk or treating, hay rides and music.



One-year-olds Gretchen Koenig and Jaxen Urban dress up as Garth and Wayne from the 90's Saturday Night Live sketch "Wayne's World" and movie. Gretchen is the daughter of Margaret and Marine Sgt. Lucas Koenig, Keesler Marine Detachment. Jaxen is the son of Alyssa and Marine Sgt. Jacob Urban, MARDET.



Tech. Sgt. Geoffrey Gagnon, 81st Training Support Squadron, puts finishing touches on the Keesler 5/6 display prior to the start of the haunted house.



Eighteen-month-old Noelanni Hunter, shows off her bumble bee costume. Noelanni is the granddaughter of Christine and Master Sgt. Billy Waller, 81st Security Forces Squadron.

Varsity basketball



Photos by Kemberly Groue

Alvin Holmes, Keesler, dribbles the ball toward the goal as Gerald Cooper and Chris Saunders, Fort Benning, play defense during a varsity basketball game Saturday, at the Blake Fitness Center. Fort Benning defeated Keesler 78-76.



Alvin Holmes and Shaun McQuiston, Keesler, jump for a rebound during their game against Fort Benning.



Intramural football

Reshod Campbell, 403rd Wing, watches as Eric Roe, 333rd Training Squadron, attempted an interception before going out of bounds during an intramural flag football game Oct. 25. The 403rd Wing defeated the 333rd TRS, 33-20.

Photo by Kemberly Groue