

Meaning swift and valued runner, the *Kukini* in ancient times took news from one Hawaiian leader to another.

HICKAM *Kukini*

HOT TOPIC

Team Hickam congratulates newly selected colonels

See Page 3

Serving the Air Force Hawaii Community

Vol. 11, No. 3

Jan. 23, 2004

Hickam AFB, Hawaii



Photo by Jerry Banks

Airpower

Master Sgt. Kenneth Lindsey, 25th Air Support Operations Squadron, boards the plane for deployment Tuesday. Sergeant Lindsey was one of nine members from the 25th ASOS who were assisted by 735th Air Mobility Squadron personnel. The 735th AMS has also been assisting members from the Army's 25th Infantry Division complete their processing and departure. For more information on the team's departure, turn to Page 9.

Base safety initiatives implemented: Focus set on seatbelt usage, motorcycle protection gear

By Jim Hammonds
15th Airlift Wing Safety

In an attempt to reverse the trend of motor vehicle fatalities across Pacific Air Forces, the commander of Pacific Air Forces and the 15th Airlift Wing commander recently implemented new safety initiatives.

The first initiative is the PACAF commander's Zero-Tolerance Policy on Nonusage of Seatbelts and Proper Motorcycle Personal Protective Equipment. The new policy, released PACAF-wide in October, mandates increased 'random seatbelt and motorcycle PPE checks' on a monthly basis, according to base safety officials.

The safety checks will now be carried out base-wide to ensure operators are in compliance at all times when traveling on base, according to Lt. Col. Jeff Spear, 15th Airlift Wing Safety chief.

"The goal of the new 'Zero Tolerance Policy' is to ensure all drivers are in compliance with minimum safety standards on base, with the hope that these habits then carry-over when drivers are in the higher risk, off-base environment," Colonel Spear said.

The new policy is intentionally unforgiving if drivers are not in compliance with the most basic requirements for all occupants to wear a

seatbelt, or motorcyclists and their passengers to have all Department of Defense-directed PPE, he said. Without exception, all military, dependents and DOD civilians found in violation will have their on-base driving privileges suspended for one week on the first offense.

A second offense within 12 months will lead to a one-month suspension, while a third offense in an 18-month time period will earn a one-year suspension, according to base safety officials. Vehicle operators are responsible for passenger compliance, and will incur the same suspensions if any passenger is in violation.

In addition to the increased emphasis on motorcycle PPE compliance, the 15th Airlift Wing commander has funded a new motorcycle safety training contract with Leeward Community College. The new contract, which began in September, is a first for Hickam and has already proven to be more timely and more reliable than the volunteer-based training previously conducted on base, according to base safety officials.

The new contract allows motorcyclists, based on their personal riding experience, who are required and authorized to obtain Motorcycle Safety Foundation instruction free-of-charge (in accordance with 15AWI 91-207), to attend a three-day introductory course or a one-day exper-

rienced riders' course.

Additionally, the 15th AW commander has initiated a new requirement for all riders who register their motorcycle after Jan. 1 to receive recurring motorcycle training every four years or anytime they register a different motorcycle, said Colonel Spear.

"The wing commander is fully committed to increasing motorcycle safety, and has fully funded our new motorcycle training contract. At Hickam we feel the basic Air Force requirement, which only requires training once in an airman's career, is clearly insufficient," he said. "Numerous safety studies have shown recurring training is beneficial for even highly experienced riders and riders who've recently purchased a different motorcycle.

"Our new policy, and our new contract, will ensure our personnel get the quality training they deserve," Colonel Spear added.

Current motorcyclists, who have registered their bikes prior to Jan. 1 are 'waived' from the new recurring training requirement until their current registration expires, or until they register a different motorcycle, whichever is sooner.

Personnel interested in learning more details about the new 15th AW motorcycle training program should contact the Wing Safety Office at 449-0749.

10 tips for sticking to fitness resolutions

By Courtney Campbell
5th Services Squadron

MINOT AIR FORCE BASE, N.D. (AFPN) – It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight, and what better time because the new year is a time for new beginnings.

But by the time February rolls around, most of these New Year’s “resolutionaries” will give up and wait to try it again next year. Why does this happen to so many people every year? We are a society that demands instant gratification and results, but deciding to make fitness a part of a New Year’s resolution has to include a lifestyle change.

Sorry, but there are no short-term get-fit-quick plans.

Here are some tips to help you fight the urge to give up on this resolution.

First, change your attitude about fitness. All too often, people think of exercise as punishment -- painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot. Aerobic programs on many bases also offer a “getting started” class. Once you are ready to increase your fitness level and need more of a challenge, pick a sport or activity that piques your inter-

est. Try a kickboxing class, use a rock-climbing wall, or train for a 5- or 10-kilometer run.

Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can’t make a workout session, you should still go. Stay the course and get your workout done.

Experts say anything done for 21 days is habit forming and when done for six months, becomes part of your personality. And don’t forget, you will be motivating and encouraging your buddy at the same time.

Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

Use the facilities you have around you, like the base gym and its excellent equipment. There are always a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates to pick from.

Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

Reward yourself after attaining a goal. Buy a new pair of shoes for sticking to your first

week of workouts, get a massage after you have lost your first five pounds, buy a new outfit for working up to 25 push-ups, take a vacation for dropping two clothing sizes. You deserve this.

If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you are making positive strides.

Be prepared to workout whenever you have time. Keep a gym bag packed and readily accessible so you don’t have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive thru. If you get the munchies halfway through your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don’t skip meals. It can slow your metabolism and hinder weight loss. Health and Wellness Centers have pamphlets on healthy eating.

Now it is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don’t be afraid to ask questions. If you are unsure about exercises or machines at the gym ask the staff for help. If you are not sure which aerobic class is for you, ask an instructor.

Go and do it. You will love the way you feel.



24/7

Three hundred sixty-five days a year.
Your commitment to ensuring the freedom of America has not gone unnoticed. Thank you.



U.S. AIR FORCE
CROSS INTO THE BLUE

The purpose of the Action Line is in its name it’s your direct link to me so we can work as a team to make Hickam a better community. It also allows you to recognize individuals who go “above and beyond” in their duties – and we all know there are plenty of those folks here. All members of Team Hickam are welcome to use the Action Line, however, I urge you to give the normal chain of command the first crack at resolving problems or issues. It’s only fair to give our commanders and managers the first opportunity to work issues under their responsibility. If you have done this and are still not satisfied, give my commander’s Action Line a call. If you want me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response. I’ll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.



Col. Ray Torres
15th Airlift Wing commander

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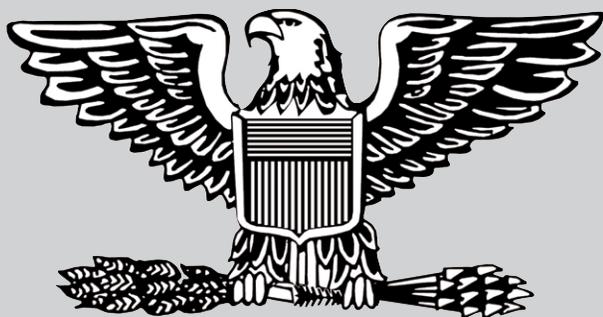
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Congratulations newly selected Colonels



Robert Boyles, 15th Mission Support Group
Kimberly Cox, 15th Aeromedical-Dental Squadron
Kenneth Dorner, 25th Air Support Operations Squadron
Gerald Houge, Pacific Air Forces
Michael Howe, Pacific Air Forces
Keith Moncrief, 715th Air Mobility Operations Group
Everette Newton, U.S. Pacific Command
Linda Thomas, Pacific Air Forces



Photo by Tech. Sgt. Andrew Leonhard

Words of encouragement

Sergeant Daniel Gomes, 25th Infantry Division (light), receives "troop mail" from Anastasia Amende, Hickam Girl Scout Troop 560. Children across the United States wrote letters to the deploying troops to start the pen pal process. The 25th is deploying to Southwest Asia for one year. The Hickam Girl Scouts also handed out 1,200 boxes of cookies along with 90 pizza's from Pizza Hut and more than 75 gallons of soft drinks were donated by the local United Services Organization.

No Child Left Behind Act: What every parent should know about NCLB

By Alice Patton
15th Airlift Wing School Liaison

The No Child Left Behind Act is now two years old.

The NCLB has had a profound effect on public education in Hawaii and holds schools accountable for results, according to state school administrators.

A primary goal of the NCLB Act is that all students will meet or exceed state academic standards not later than the end of the 2013-14 school year, they said.

The January Superintendent's Report for the Board of Education and Hawaii's Public Schools listed several NCLB issues of interest to parents.

State Standards and Assessment. Every state must have a standards-based education system in the public schools. The Hawaii Content and Performance Standards were started in 1994, refined in 1999, and are now firmly in place.

The Hawaii Department of Education is piloting a standards-based report card and plans to have statewide use by 2006-2007, state school officials said. Instead of the usual A, B, C, D, and F grades, the new report cards will have the proficiency levels listed on the card.

Four performance levels have been established in Hawaii: "Well Below Proficiency", "Approaches Proficiency", "Meets Proficiency", and "Exceeds Proficiency". Some states use both a letter grade and a proficiency level on the report card.

Accountability Plan. Hawaii's NCLB Accountability Plan was approved by the U.S. Department of Education. Hawaii was one of the first states to have its plan approved and is only one of 13 approved state plans, school officials said.

Adequate Yearly Progress. AYP is now calculated for all public schools. To reach AYP, a school must meet academic benchmarks in reading and math

linked to the state NCLB proficiency goals. There are 37 benchmarks each public school in Hawaii must meet to achieve the "Met" status, in good standing. Four of the five schools that service Hickam family members met all 37 benchmarks. Aliamanu Middle School met 36 of the 37 benchmarks.

Annual Testing. The NCLB requires testing each year. Hawaii's assessment test is given to grades 3, 5, 8 and 10 and grades 4, 6, and 7th grade in high school by the 2005-2006 school year.

Highly Qualified Teachers. Under the NCLB act each public school must report the percentage of teachers who are fully certified and have teaching credentials for the subjects they teach. The Hawaii DOE reported highly qualified teachers taught 80.2 percent of all the classes. A goal of 100 percent has been set by the NCLB for 2005-2006. Additionally, all substitute teachers will be required to have a

bachelor's degree and all paraprofessionals must have at a minimum two years of college.

School Report Cards. The NCLB requires a detailed report from each school to be released to the public covering school assessment results and AYP results. All Hawaii reports can be found under the DOE's "Accountability Resource Center Hawaii" Web site at <http://arch.k12.hi.us>.

There is a link to the DOE from the 15th AW School Liaison website. From your home computer go to Web site <http://www2.hickam.af.mil>; government computer users go to Web Site <https://hickam.af.mil>. Look for the "Schools" link on each of these sites.

These are the main issues with NCLB. For more information about school choice, supplemental education services and school improvement issues visit the Web site www.NoChildLeftBehind.gov or contact the 15th AW school liaison at 448-5236.

UCI preparations moving forward

By Tech. Sgt. Mark Munsey
Kukini Editor

With less than eight months to go until the Pacific Air Forces Unit Compliance Inspection, Team Hickam continues to press forward with their individual unit UCI preparation.

As units continue to ready for the inspection, scheduled for Aug. 9 through 13, it's important to keep in mind exactly what a UCI is all about, according to base inspection officials.

"The purpose of a UCI is to assess fundamental compliance and unit mission performance activities that are required by law and governing directives," said Maj. Mark Ostrov, 15th Airlift Wing Inspections Division chief. "These include U.S. federal laws, regulatory policies, Department of Defense, Air Force, and PACAF directives and

instructions, and execution of PACAF commander policies."

The key to a successful UCI is compliance with the units respective Mission Performance Checklist, according to the Senior Master Sgt. Brad Martin, 15th AW Inspections Division superintendent.

"Each unit has at least one MPC that the inspectors will be using," Sergeant Martin said. "The most current version of the MPC can be found on the PACAF Inspector General Web site.

"The final UCI preparation inspection will be June 14 to 18," he said. "This time will be set aside for units to perform a dry run as if the inspectors have arrived. The bottom line is preparation; know your areas and explain your job to the inspectors."

Ensuring compliance starts with senior leadership, to include group and squadron commanders, said Major Ostrov.

"Be involved. The unit self inspection program plays a key role in preparing for the UCI," he said. "These tasks are things that should be accomplished on a daily basis and nothing new to the unit."

The next step in the UCI preparation plan happens later next month, Sergeant Martin said.

"February 24 through 26 there will be a cross-functional check by members of the UCI preparation team," he said. "Each unit has asked their MAJCOM counterpart for a Staff Assistance Visit not later than 120 days before the inspection. Most units have already had the SAV, but there are some who still have them scheduled to be done."

There are no hidden secrets to a successful UCI, according to Major Ostrov.

"This is an open-book test," he said. "Everything that we will be graded on is provided to us in the MPC and other instructions."



The Crime Line

The 15th Security Forces Squadron would like to keep the Hickam community abreast of security forces incidents on Hickam AFB. Here is a sample of sanitized excerpts from the security forces blotter.

Shoplifting

Location: Base Exchange

Complainant: An Army and Air Force Exchange Service store detective

Subject No. 1: A military family member

Subject No. 2: A military family member

Synopsis: An AAFES Store detective telephoned the Security Forces Control Center requesting assistance detaining two subjects for suspected shoplifting. The SFCC dispatched multiple mobile units to investigate. Before patrols arrived, Subject No. 2 fled the scene. Patrols arrived on scene and made contact with the detective. The detective gave a descrip-

tion of the fleeing subject. The patrolman radioed the SFCC and all posts and patrols were ordered to be on the look out for Subject No. 2. The patrolman on scene collected a statement from the detective. The detective told the patrolman while observing the subjects on the closed-circuit television video he witnessed the subjects select multiple, high value, electronic items from the shelves and place them inside their backpack. The detective stated the subjects walked around the store awhile and then departed, failing to render payment for items in the backpack. The detective made contact with the subjects outside; requested they accompany him inside the store when Subject No. 2 fled. A review of the video by the patrolman confirmed shoplifting. Subject No. 1 was advised of his rights. Subject acknowledged his rights and provided a written statement. Subject No. 1 confessed to attempting to shoplift from the Base Exchange. Subject No. 1's identification card was seized, a barment letter was issued, preventing him from entering any AAFES facility for an indefinite period of time and he was eventually released to his military sponsor. Subject No. 2 was eventually found; he was charged with multiple offenses and will appear with Subject No. 1 in a U. S. Magistrate Court. The subjects attempted to steal more than \$1,100 in merchandise.

Airlift 'dream machines' will call Hickam home

By Steve Diamond
15th Airlift Wing History Office

By the time the initial wave of C-17s begin flying out of Hickam in late 2005, it will have been 10 years since the Globemaster III achieved initial operational capability."

During this time, America's premier airlifter chalked up a steady stream of historic missions and "firsts," even before officially achieving IOC in January 1995.

Currently, the C-17 holds 18 world-class aviation records, including payload to altitude time-to-climb, according to C-17 officials.

C-17s first participated in Operation Provide Promise, the international relief effort that kept the Bosnia-Herzegovina city of Sarajevo alive for three-and-a-half years. Between July 1992 and January 1996, Air Force C-130s, C-141s, and C-17s airlifted humanitarian assistance to the Bosnians in 4,197 sorties, delivering 622,800 tons of relief supplies.

In January 1996 Provide Promise ended, marking



Courtesy photo

Paratroopers await to go in a C-17. The C-17 achieved initial operational capability in January 1995.

the longest humanitarian airlift in history, surpassing the Berlin Airlift by more than three years.

The C-17's first operational mission came during Operation Vigilant Warrior in October 1994. Two Globemaster IIIs departed Langley AFB, Va, flying nonstop to Dhahran AB, Saudi Arabia, with a load of vehicles, a rolling command post, and supplies for the Army's 7th Transportation Division. Two refuelings

by KC-135s made the non-stop mission possible.

While participating in Exercise Centrazbat in September 1997, eight C-17s set a new distance record for an airdrop. The flight began in the U.S. and covered 7,897 nautical miles in 19 hours and 23 minutes, delivering Kazakh, Kyrgyz, Uzbek, and American paratroops to a drop zone in Kazakhstan. A tanker fleet of nine KC-10s and 11 KC-135s supported the airlifters along the way.

It's not just the quantity of flight capability that's so impressive, it is also the quality, according to Lt. Gen. Charles "Chuck" Wald, Air Force Air and Space Operations deputy chief of staff in 2002.

"This aircraft doesn't compare to anything I've ever flown," said General Wald, "I called Gen. John Handy, commander of U.S. Transportation Command and Air Mobility Command, while airborne and told him I'm switching from fighters to C-17s.

"It's an unbelievable aircraft and flies like a dream," he concluded.

Nonjudicial punishment actions

●An airman was charged with two specifications of failure to go at the time prescribed to her duty location at Kunia Regional Security Operations Center. Punishment consisted of a suspended reduction to airman basic, 14 days extra duty and a reprimand.

●An airman was charged with disrespectful language and behavior toward an NCO and failed to obey a lawful order to obtain new blue uniforms. Punishment consisted of a suspended reduction to airman basic, 14 days restriction to base, 14 days extra duty and a reprimand.

mand.

●A senior airman was charged with dereliction in the performance of his duties by failing to complete the proper inspection on a C-17 aircraft and then signed official records falsifying such work. Punishment consisted of forfeiture of \$500 and 14 days extra duty.

●A technical sergeant was charged with two specifications of failing to go at the time prescribed to his appointed place of duty. Punishment consisted of reduction to staff sergeant.

While punishments imposed for similar offenses may appear to vary from case-to-case, each case is decided based on a number of factors and on its own specific facts. Punishments vary, based on such factors as an offender's age, prior work and disciplinary record, financial condition, suitability for continued service and the level of severity of the particular offense committed. To ensure fair administration of justice throughout the Hickam community, the legal office reviews all cases. (*Information courtesy of 15th Airlift Wing Legal Office*)

News Notes

Dental Clinic closure

The 15th Dental Flight is closed for training Tuesday at noon. Patients requiring emergency dental care should contact ambulance services at 448-6195 for assistance.

National Prayer Breakfast

The National Prayer Breakfast is Feb. 6 at 7 a.m. at the Hickam Officers' Club Lanai. Tickets are \$3. They are available through first sergeants or chapel personnel at 449-1754.

Speakers include Chaplain (Brig. Gen.) Charles Baldwin, deputy chief of Chaplain Services.

FEEA scholarships now available

Applications for the Federal Employee Education and Assistance Fund 2004-05 scholarship program are now available.

Eligible applicants are federal civilians and postal employees with at least three years of service, and their dependents. Dependent applicants must be full-time students in an accredited degree program and must have a cumulative grade point average of 3.0 or higher. Employee applicants must meet the same academic criteria; however, they may be part-time students.

For more information, visit FEEA's Web site at <http://www.feea.org> in the "Educational Assistance" area. A downloadable version of the application is also available on the Web site.

To receive a printed application, please send a self-addressed, stamped No. 10 envelope to: FEEA Scholarships, 8441 W. Bowles Avenue, Suite 200, Littleton, Colo. 80123-9501. Completed applications must be postmarked not later than March 26.

FEEA has provided more than \$3.5 million in scholarships to civilian federal employees and their dependents. For more information about FEEA, visit www.feea.org or call 303-933-7580.

University of Oklahoma

The University of Oklahoma offers a Master of Arts in Managerial Economics and a Master of Public Administration. This non-thesis program can be completed in about 18 months. The one-week classes are very TDY friendly. Contact OU at 449-6364 or e-mail hickam@ou.edu. For more information visit www.goou.ou.edu.

Influenza vaccine open to all

Flu shots are now available on a limited basis. The Hickam Immunization Clinic provides shots during all walk-in hours, Monday through Friday from 8 to

11:30 a.m. and Tuesday, Thursday and Friday from 1 to 3 p.m. For more information contact Public Health at 449-1269 or the Immunization Clinic at 448-6274.

Remember "Space A"

Hickam AFB's Air Mobility Command welcomes people to travel space "Space A." The Hickam Passenger Service Team is dedicated to helping people make the most of the "Space A" travel privilege. For more information and travel tips, please visit their website at <http://www2.hickam.af.mil/spacea/> or contact a local passenger service agent at 449-1515.

Road Closure

Due to construction near the waste water treatment plant, a portion of Fort Kamehameha Road will be closed to vehicular traffic through Feb. 16. Two-way traffic will be detoured from Vickers Avenue onto A Street, through the Logistics Readiness Division compound and back onto Fort Kamehameha Road. The speed limit along the detour is 15 mph. Pedestrian and bike traffic will remain routed around the construction sites. Questions regarding the detour may be directed to Felito Saoit at 449-5384 or Capt. Reid Matsuda at 449-1560.



Photo by Mike Dey

Members from the 25th Air Support Operations Squadron and the Army 25th Infantry Division (light) make the long march toward the departure plane. During a two-week period beginning Jan. 13, approximately 4,000 Army personnel will process through Hickam's Passenger Service Terminal.

25th ASOS, Infantry Division deploy from Hickam flightline



Photo by Angela Elbern

25th ASOS members Staff Sgt. Warren Williams and Airman 1st Class Glenn Wilderman process through the passenger service terminal prior to deployment Tuesday.

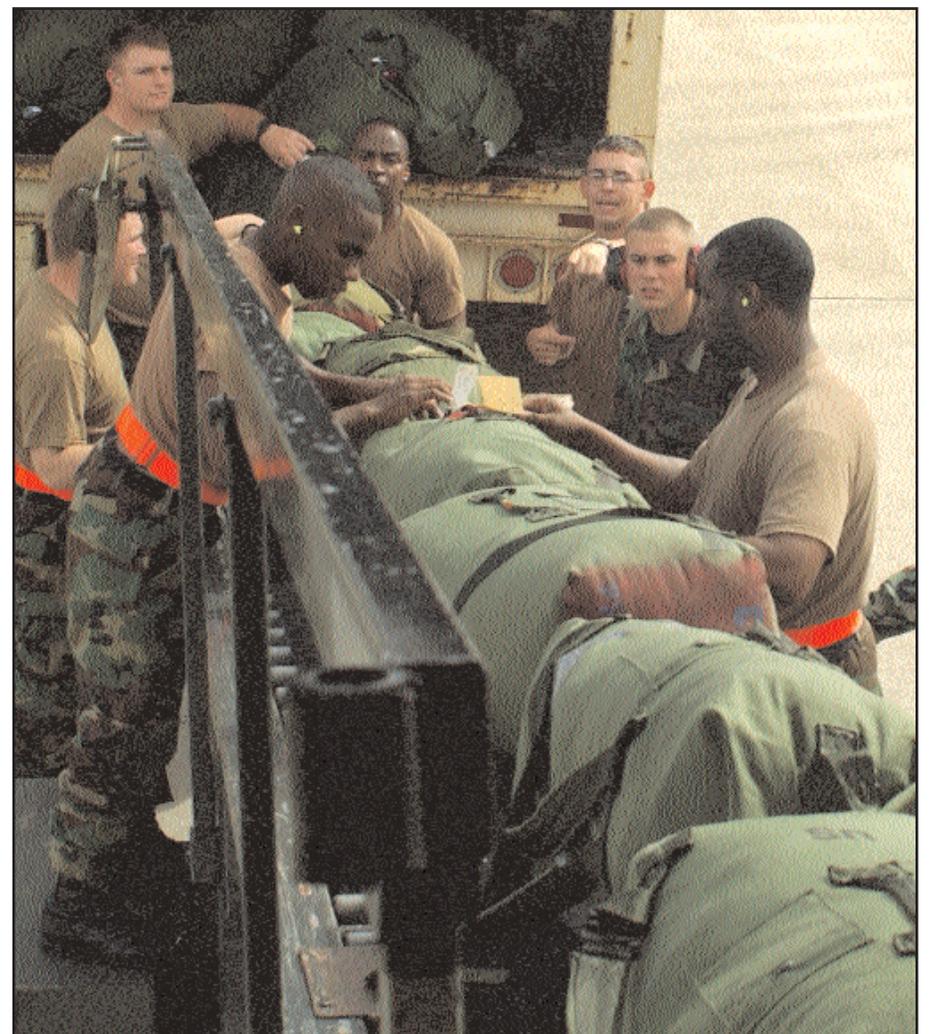


Photo by Angela Elbern

Members of the 735th Air Mobility Squadron load duffel bags from the 25th ID (light) onto the plane headed to the deployed location.

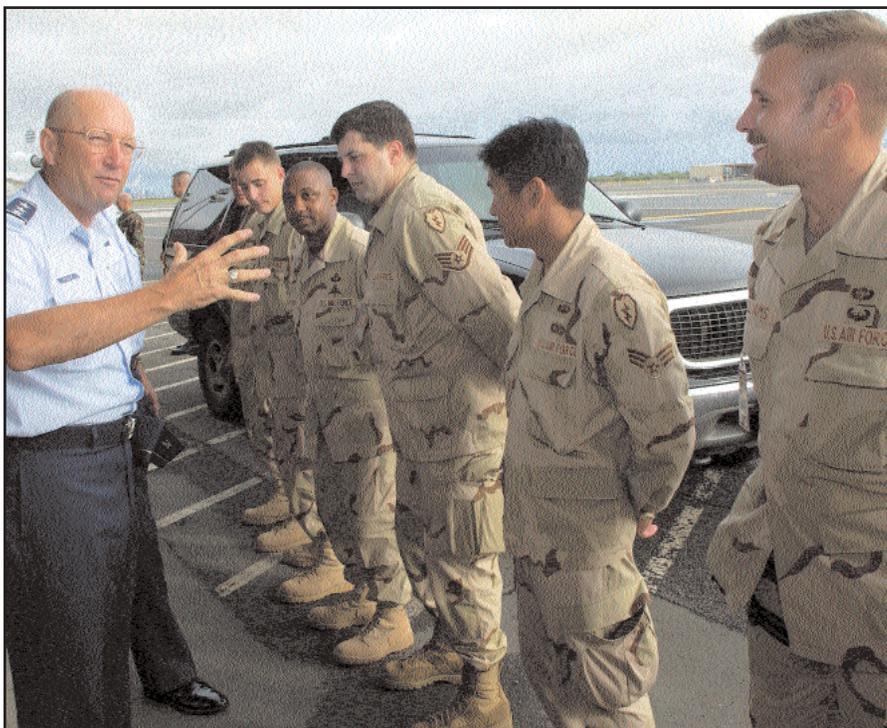


Photo by Jerry Banks

Lt. Gen. Gene Renuart, Pacific Air Forces vice commander, spends time with deploying members of the 25th ASOS Tuesday outside the base passenger service terminal.

Crossword puzzle:

Hometown USAF (Vol. 2)

ACROSS

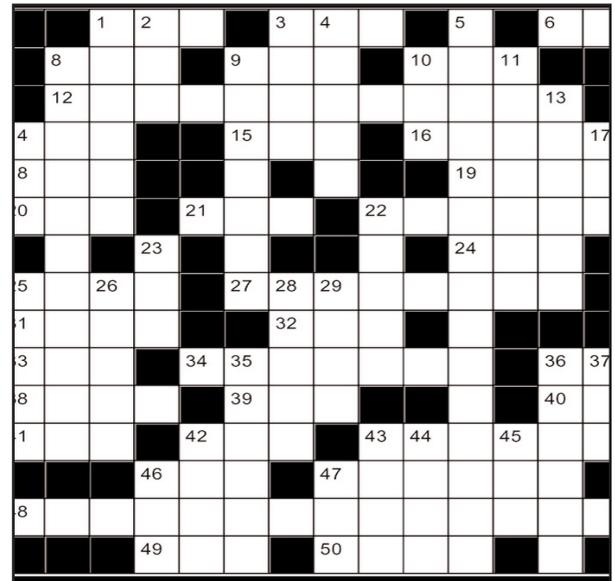
1. Maryland AFB home to 113th WG; a/c tail marking of DC
5. Alaska AFB home to 354th FW; a/c tail marking of AK
10. ___-jay Carson Daly
11. Sick
12. Aloha gift
13. Current space project (abbrev.)
14. City in south central Germany
15. Place to rest
16. From the Orient
18. See
19. Founding of a company (abbrev.)
20. Never
22. Nation wide radio (abbrev.)
24. Inventor Whitney
26. South Korean AB home to 51st FW; a/c tail marking of OS
28. Military trenching tool
31. Greek god of love
32. Worship
34. Colorado AFB home to 50th SW
37. Illinois AFB home to 375th AW

43. California AFB home to 9th Recon Wing; a/c tail marking of BB
45. Neither's partner
48. Slang for 1K
51. Statement given during enlistment/commissioning
54. Stock offer (abbrev.)
57. Lyrical poem
58. Military commander's place of responsibility (abbrev.)
59. School in Carbondale, Ill. (abbrev.)
60. Arkansas AFB home to 314th AW
61. Everything
62. Lord of the Rings character
63. California Army fort
64. Try (as in eating)

DOWN

1. Italy AB home to 31st FW; a/c tail marking of AV
2. Untouchable Elliot ___
3. Lucy's partner
4. Alike
5. Alaska AFB home to 3rd WG; a/c tail marking of AK

39. Car repair organization (abbrev.)
40. Nebraska AFB home to 55 FW; a/c tail marking of OF
6. Bugs' nemesis
7. DiCaprio and Burmester
8. Tot watcher
9. Nevada AFB home to 57th WG; a/c tail marking of WA
14. Card game
17. Actress ___-Margaret
21. Secret clearance type (abbrev.)
23. Each
25. Pirate's bounty
27. Title for Hon. James Roche (abbrev.)
29. USAF helicopter MH-53J ___ Hawk
30. Summer drink
33. Italian family who governed Ferrara (13-16 century)
34. Type of military security officer (abbrev.)
35. Hoist
36. Football stat (abbrev.)
38. Car fluid
41. Someone who swaps goods
42. Finish
43. Texas AFB home to 311 HSW
44. Bother
46. Greenland AB home to 821st ABG



47. Arouse
49. Candy brand
50. Geek
52. Military for fast
53. Plow
55. Sewing item
56. Giants great Mel ___
58. Tail marking for aircraft assigned to 177th FW (NJ)

Clippable



Refrigerator-worthy events happening on Hickam over the next seven days

Hickam Grind Time

- Weekly lunch menus at the Hale Aina dining facility, enlisted and officer clubs.

Hale Aina

Mon. - Baked chicken, Swiss steak w/ tomato sauce, baked Italian sausage
 Tues. - Onion lemon baked fish, pork schnitzel, beef yakisoba
 Wed. - Chicken cacciatore, veal parmesan, fried chicken
 Thurs. - Orange spiced pork chops, tempura fried fish, liver and onions
 Fri.- Lemon baked fish, burritos, beef and corn pie

Mon. - Roast turkey, baked ham, meatloaf
 Tues. - Barbeque, baked chicken, chicken fried steak
 Wed. - Hawaiian buffet
 Thurs. - German menu
 Fri. - Grilled pork chops, chicken vesuvio, mahi w/mushroom caper sauce, peel and eat shrimp

Wed. - Roast turkey, baked ham and hula huli chicken. Soup of the Day: Portuguese bean
 Thurs. - Roast beef, fried chicken and spaghetti or lasagna. Soup of the Day: Turkey noodle
 Fri. - Roast beef, mahi mahi, teriyaki Chicken, and chicken long rice. Soup of the Day: Clam chowder

Movies

MEMORIAL THEATER

Editor's note: All movies are scheduled to begin at 7 p.m. unless otherwise stated. All movies cost \$3 for adults and \$1.50 for children. For "R" rated movies, no one under the age of 17 will be permitted unless accompanied by a legal guardian. For more information, call 449-2239.

Friday
 "Stuck on You" -Walt and Bob are conjoined twins, one of whom has dreams of making it big in Hollywood. When they arrive in town, they're cast on a television show starring Cher. She's bummed about being relegated to TV until, that is, her show becomes a hit.
 Starring Matt Damon and Greg Kinnear. Rated PG-13 (for crude and sexual humor, and some language). Running time is 119 minutes.

Saturday and Sunday
 "The Last Samurai" - Tom Cruise plays a 19th-century American military officer who travels to Japan to help organize and teach the emperor's troops during a time of feudal conflict on the island. As he learns more about the samurai, the traditional protectors of feudal lands, he comes to understand and appreciate the complicated system of honor under which they live.
 Starring Tom Cruise, Timothy Spall and Billy Connolly. Rated R (for strong violence, battle sequences). Running time 154 minutes.

Monday and Tuesday.....CLOSED

Wednesday
 "Stuck on You" - See synopsis above

Thursday
 "The Last Samurai" - See synopsis above

Answers to Jan. 23 Hometown USAF Vol.2



Team Hickam:

crossword puzzle answers

Kukini changes crossword puzzle answer key policy

The Hickam Kukini is running the crossword puzzle answers for Jan. 16 and this week at the same time to help change the way we publish the answers.

The staff will start running the corresponding answer key each week so readers don't have to wait a week to complete each puzzle. For more information contact 15th Airlift Wing Public Affairs at 449-6662.

Answers to Jan. 16 Operations Nmae Game



Team Hickam's Airmen's Attic: *Here to provide stability for airmen*

By Airman Ryan Simpson
Staff Writer

Team Hickam's airmen have a place to go that provides life's little necessities airmen's attic. The airmen's attic is a nonprofit organization that provides free articles of clothing and furniture for airmen in need.

The airmen's attic is operated completely by military and civilian volunteers, and all items are donated and free to eligible patrons of the attic. The ranks of E-1 to E-5 are eligible.

The attic also supports an all enlisted day the first Tuesday of each month. Every enlisted member is invited to come and may receive up to 25 items of clothing. Drawings are also held for selected merchandise, giving everyone a chance not to go home empty handed.

The store also provides newlywed and newborn packages. Eligible patrons who have been married less than 90 days may apply for a new-

lywed package. The patron must complete the application and provide a marriage certificate for verification. Newlywed packages contain items to start a new household. Contents change occasionally but have included: dinnerware, silverware, glasses, and pots and pans.

Eligible patrons may apply for a new parent package around the eighth month of pregnancy through 30 days after the birth of the child.

Patrons wishing to apply for this package must complete the 'What to Expect Now That You're Expecting' class at the Family Support Center. The instructor must sign the patron's application in order for the patron to be eligible. The new parent package generally includes: diapers, wipes, and other baby items, stated Anna Dougherty, airmen's attic manager.

"The airmen's attic turns one man's trash to another man's treasure," said Mrs. Dougherty.

"It is not just an attic, it is a treasure chest," says Staff Sgt. Robert Tucker, who recently

stocked up on supplies at the attic. "The airmen's attic provides my family and myself great furniture for free that would cost me an arm and a leg in a department store."

"I just love to get free stuff that my family can use," said March McFadden, a recent patron of the attic. "The airmen's attic saves my family money it is just that plain and simple."

Donations can be dropped off 24 hours a day seven days a week in the shed adjacent to the airmen's attic.

The airmen's attic is located between the thrift shop and tickets and tours. The hours of operation are Tuesday from 3 to 6 p.m. and Thursday from 10 a.m. to 1 p.m. Effective Feb. 1 the hours are Tuesday and Thursday from 10 a.m. to 1 p.m.

The airmen's attic is constantly searching for volunteers. To volunteer or for more information, call Mrs. Dougherty at 449-5677.

Fitness & Sports Day January 29, 2004

Earhart Sports Complex Opening Ceremonies begin at 8 a.m.



**Air Force Fitness Test • Bench Press • Bowling* • Flag Football
Fitness Challenge • Tennis (Doubles) • 40 Yard Dash • Volleyball**

Sign up by January 26, 2004 at the Fitness & Sports Center (448-4640)

***Bowling sign ups taken at 449-2702**



Paradise Beverages, Inc.



No Federal endorsement of sponsors intended.

PACAF crushes 352nd 41-12

HQ crowned as king of football for 2003 season

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

Deployments, holidays and more than seven inches of rain might have delayed the game, but the hunger of competition was still present when two pigskin powers collided Jan. 6.

Pacific Air Forces Command topped the 352nd Information Operations Squadron 41-12 in the Hickam Air Force Base Intramural Flag Football Championship game which was originally scheduled for Dec. 2.

The headquarter's team had too much experience and desire for the information operations team to overcome. The dominance factor leaned toward the age and continuity of the team.

"We might be older but we feel a little

wiser," said Brad Hebing, coach and quarterback for the PACAF team. "We know our limits and stay within them."

According to Hebing, some teams have an inflated view of their skills and the PACAF team sees that and exploits it on the field.

That exploitation has lead to three consecutive base championships for the command team.

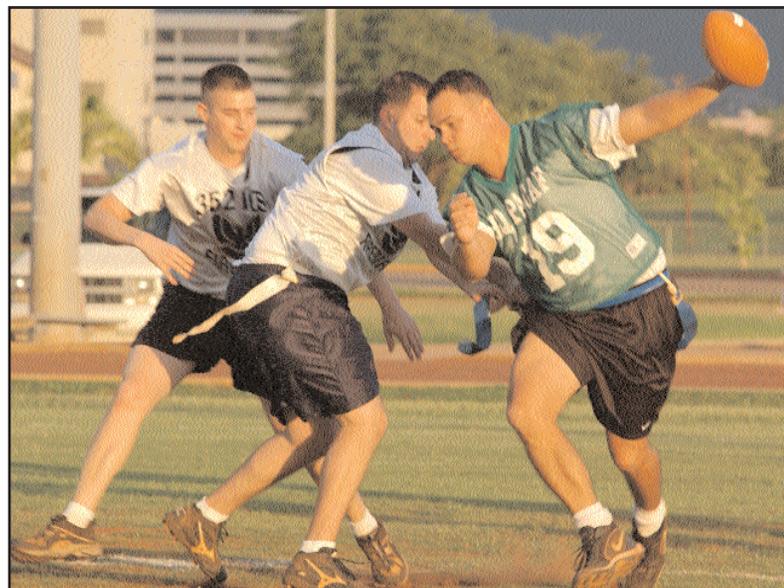
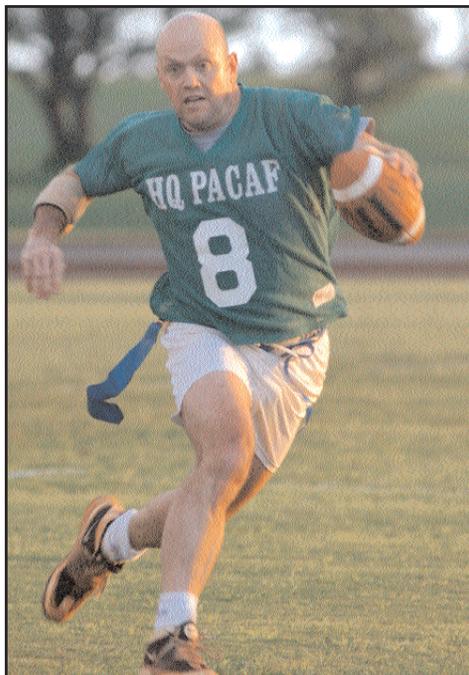
The 352nd squad sensed it would be an uphill battle.

"We knew it would be a hard game," said 352nd Coach Bill Farrell. "But going into this game we said 'we will not give up.'"

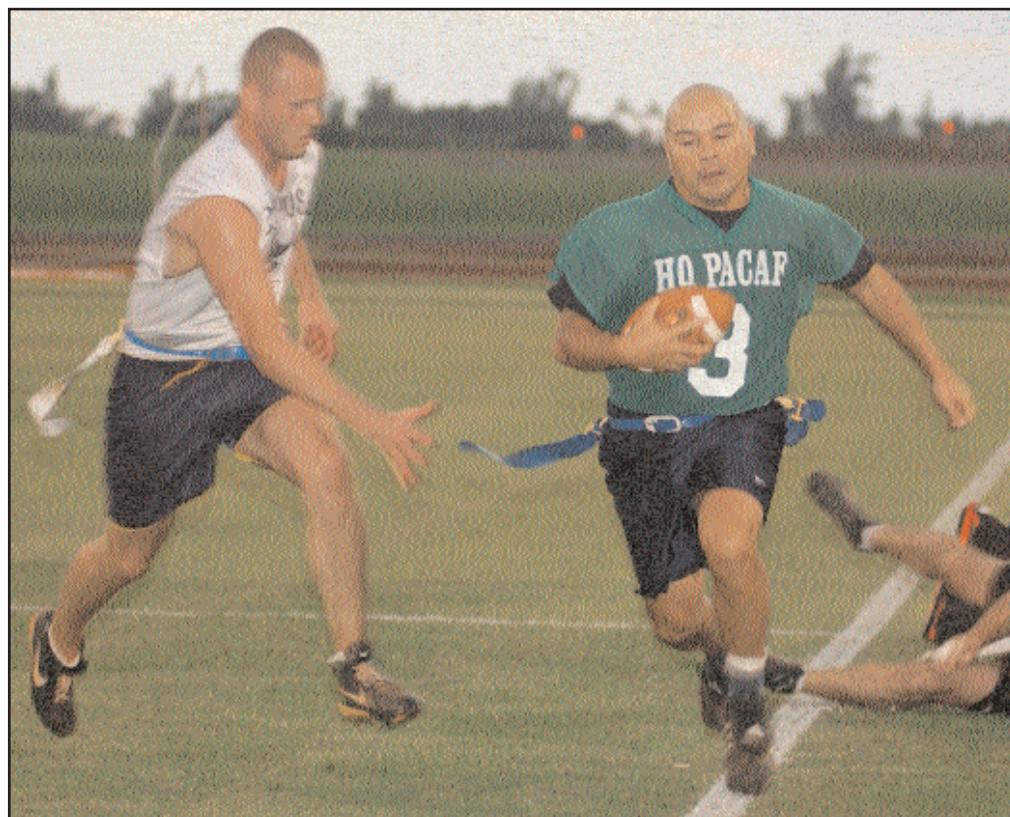
Both teams look forward to next year. One will think about the what if's and the other about let's do it again.

The 352nd finished the season at 8-6 and the champion PACAF team finished 16-1.

Pacific Air Forces Command quarterback Brad Hebing scrambled from and pick apart the 352nd Information Operations Squadron defense in the base flag football championship game Jan. 6. Hebing finished the game with six touchdown passes.



Mike Bennes (19) runs around Phil Ritchie and Thomas Drake for a few yards. Bennes, caught four touchdown passes and had more than 120 yards or receiving in the huge win.



(Above) Juls Taraya picks up a first down while trying to evade James Akins, but steps out of bounds.



(Left) Nate Stephens, 352nd IOS, stretches to grab a pass among PACAF defenders. Stephens had four catches for 50 yards and scored on a 55-yard option play.

**Photos by
Mysti Cabasug**