



News Notes

Blood drive – Team Hickam and the 15th Services Squadron hold a blood drive on Sept. 28 from 9 a.m. to 2 p.m. at the Hickam Community Center. For more information, call Senior Airman Clarissa Gomez at 449-1666 or e-mail clarissa.gomez@hickam.af.mil.

Boutiki Christmas open house – Boutiki gift shop at Pearl Harbor, has a Christmas open house Wednesday, from 3 to 9 p.m. More than 1,700 Christmas ornaments will be on display for purchase as well as linens, artwork, cards and more.

Voluntary assignment applications – The Air Force delayed the suspension of the voluntary assignment applications consideration requests until Sept. 30. People may still continue to apply for these assignments. For more information, contact Tech. Sgt. Nicole Henderson at 449-0667.

Harvest festival – Volunteers are needed for the harvest festival, Oct. 25, 6:30 to 8:30 p.m. at the chapel center. For more information, call 449-1754.

Homeland security job opportunity – A recruiter from the U.S. Border Patrol will be at the Airman and Family Readiness Flight today from 1 to 3 p.m. to answer questions about careers with homeland security. Between now and the end of 2008, homeland security will hire more than 6,000 new agents. For more information, call 449-0300.

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8 Days to the Air Force Ball

In this week's Kukini



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Teams assess Wake damage

By Tech. Sgt. Chris Vadnais
Air Force Print News

A 53-person team of 15th Airlift Wing Airmen, Defense Department employees and contractors arrived here Sept. 12 on a C-17 Globemaster III from Hickam.

The team of civil engineers and communications experts came to assess damage caused by Super Typhoon Ioke and report the findings to Gen. Paul V. Hester, Pacific Air Forces commander.

"Our job is to figure out the price tag on the damage," said Maj. Ron Pieri, 15th Civil Engineer Squadron operations officer. "We know that's going to take some time. What we don't know for sure is how much time."



A C-17 Globemaster III sits on the flightline at Wake Island Tuesday. Debris and coral are signs of the destruction left by Super Typhoon Ioke after it hit the island Aug. 31. The C-17 Globemaster III brought a 53-person team to the island to assess damage left by the typhoon.

Photo by Tech. Sgt. Shane Cuomo

See WAKE, A6

JROTC demonstrates skills at Hickam

By Senior Airman Erin Smith
15th Airlift Wing Public Affairs

Shoes were spit shined, uniforms pressed and dress right dress, about face and other commands resounded throughout Hickam Saturday during the Junior Reserve Officer Training Competition.

About 330 cadets from 14 different schools participated in the competi-

tion which included a number of different events including unarmed regulation, armed demilitarized rifles regulation, color guard and the O'Brady knockout drill, a Simon says style competition.

"The O'Brady takes place at the end of each drill meet and always draws a lot of attention," said Senior Master Sgt. (ret.) Dennis Shea, Kaiser High School Air Force JROTC instructor.

"Simon calls stationary drill movements and the cadets must respond correctly. Competitors are weeded out until only the winner is left standing. O'Bradys include separate competitions for armed and unarmed participants."

This competition, one of many different types of competitions between JROTC schools, was the first in a

See JROTC, A4

Sentry Aloha



Photo by Tech. Sgt. Shane Cuomo

Master Sgt. Carlos Rodriguez marshals an F-16 Fighting Falcon to its parking spot Sept. 9, at Hickam. Six F-16's and assorted personnel from the Texas Air National Guard's 149th Fighter Wing arrived to participate in

Exercise Sentry Aloha. The exercise brings dissimilar combat assets to Hickam to train with the Hawaii Air National Guard's 199th Fighter Squadron.

Rotary donates dictionaries to students

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

Hickam Elementary third graders got a gift Tuesday morning. A dozen Pearl Harbor Rotary Club members stopped into their class to give them each their very own copy of "A Student's Dictionary."

Hickam Elementary, along with Nimitz and Mokulele Elementary, received dictionaries from this program.

"This is a state-wide Rotary project to promote literacy and to help teach third graders that using a dictionary can be fun and informative," said Connie Kraus, Rotary Club of Pearl Harbor. "We are donating 1,500 dictionaries to 24 different schools. We are just one of several Rotary clubs in the state involved in this National project."

The Hawaii Rotary Dictionary Project is a project of Rotary in Hawaii. Rotary is an international service club that does service in communities and throughout the world. The Hawaii

Rotary Dictionary project started in 2005. Rotarians throughout the state are raising money to buy dictionaries for third grade students in the State of Hawaii.

Each student signs a book with their name – this is to let them know it's theirs for good, and they can take it with them, wherever they go. A brief lesson on how to use the book is given, and students are asked to find certain words to demonstrate their comprehension.

"I think we adults may get a bigger kick of this than the children," said Lenny Katsarsky, Pearl Harbor Rotary Club member. "But it's amazing how receptive the children are at this age. It was a total involvement of the entire class. It's a pleasure for us to do this and we are inspired by the children."

Mr. Katsarky and Augie Rey had the opportunity to hand books to Jenn Joerger's P1 third grade class. The two called each student up to accept their book, then they lead the class in

See DICTIONARIES, A4

Bellows holds burial service

By Senior Airman Erin Smith
Kukini Editor

A burial ceremony was held Sept. 7 at Bellows Air Force Station. Thirty-two sets of ancient Hawaiian human remains and associated goods were interred within a specially constructed vault located on the station.

Some of these remains were previously curated at Bishop Museum while others were recently uncovered during various projects on Bellows AFS and on Marine Corps Training Area - Bellows.

Burial of these remains completed the repatriation process for these remains as it is outlined in the Native America Graves Protection and Repatriation Act.

The burial ceremony was conducted under the cover of darkness as was tradition in ancient Hawaii," said Valerie Curtis, 15th Civil Engineer Squadron, archaeologist. "Torches and natural lighting such as the full moon were utilized for most of the ceremony except when a crane was used to lift the cement cover of one of the vault chambers. This required artificial lighting in order to comply with safety standards."

Each set of remains was bundled in muslin cloth and placed in a lauhala basket prior to the actual ceremony. Ti leaves and Hawaiian salt was also placed in each basket as a cultural offering.

The 15th Airlift Wing sponsored the event, since the remains were uncovered on Air Force property or by Air Force projects on Marine Corps Training Area, Bellows.

See BELLOWS, A4

AF leaders send birthday message

By Honorable Michael Wynne and Gen. T. Michael Moseley
Secretary of the Air Force and Chief of Staff of the Air Force

WASHINGTON (AFP) – The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday.

"Over the course of the past 59 years, the United States Air Force has established itself as the dominant force in air, space and cyberspace. Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats.

"Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

"Our heritage is one of technological innovation, courage and dedication. As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched air, space and cyberspace dominance for the interdependent joint team and our nation.

"Your tireless commitment, agility and

“ Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans, and all their families. Happy birthday, Air Force! ”

professionalism are the foundation for our successes. Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

"As we lead into our diamond anniversary celebration, we count on our most valuable asset - our Airmen - to continue the magnificent work our forebears began. We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

"Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans, and all their families. Happy birthday, Air Force!"

AF ... 59 years of heritage

By Gen. Paul Hester
Pacific Air Forces commander

As we, the men and women of the Pacific Air Forces celebrate our service's 59th anniversary, I urge each of us to look back for a moment to what brought us to where we are today.

Back in 1947, a small core group of bold risk-takers built our foundation out of courage and determination and metal.

Officers by the names of Chenault, Arnold, and Doolittle, influenced by airpower visionaries, such as Douhet, Trenchard, and Mitchell, took pride in the role they played in the beginnings of today's Air Force. They took their role in America's defense personally. Their names were on the mailbox.

It's been less than a century since William "Billy" Mitchell demonstrated how bombers, correctly equipped, could sink some of the world's largest ships like the German battleship Ostfriesland. In response to the resistance of our nation's battleship commanders to acknowledge the burgeoning effectiveness of air power, his superiors sent him to Hawaii to quiet the hot debate of a separate air service. That didn't work, but through the strong beliefs of some forward-looking people, the value of a separate Air Force to our national defense became clear.

We've come a long way from fighting to convince our nation's leaders of the necessity for a separate Air Force. We now can establish air, space and cyberspace supremacy over our enemies at a time of our choosing.

Now we find ourselves in a long war against a shadowy enemy. We're having to shift our focus and redefine the way we fight. In doing so, we now focus even more intently on the synergy of jointness with a full awareness of your Air



General Paul Hester
Pacific Air Forces commander

Force's contribution as well as Total Force integration and interoperability with our Allies and friends.

You are transforming our Air Force and are the pioneers of the evolving PACAF mission, as well. Be proud of the role you play as Airmen in meeting challenges, such as standing up the Kenney Headquarters/13th Air Force, bedding down rotational aircraft, operating our own C-17s, and preparing to receive Global Hawks and Raptors.

These are truly challenging times for us. But it will be wonderfully satisfying as we pass a leaner, meaner Air Force to those who come behind us.

Happy Birthday to this great Air Force family and to you magnificent PACAF Airmen whose contributions are helping to redefine the 21st century's United States Air Force. I'm proud to be serving with you!

Integrity: 21st Century's most important tool for Airmen

By Lt. Col. Hans Augustus
15th Contracting Squadron commander

Airmen today have many tools available in their tool bag. Diversity, selflessness, professionalism and bravery are just a few. In today's military, a military of fewer checks and balances, fewer people to notice what each of us do on a day-to-day basis and in a military that asks us to do more, faster; integrity becomes the most important tool in our box. Now, more than ever, this is not a tool that can be discarded, forgotten or used only on occasion.

It is an essential element to every Airman that must be built upon, exploited for the betterment of all Airmen. It is integrity in the military that has strengthened the nation and allowed people to enjoy prosperity even in the midst of a global war.

It has united Americans in support of our fighting men and women whether or not they support the war.

In the Air Force people talk a lot about core values. Much professional military education time is spent studying why they are important. For most, these values are nothing new. Many people were raised with these values or something similar.

However, what varies is how well people practice them. It is safe to say that they are part of our heritage as Americans but as Airmen they are essential to our success as a fighting force. There is a big difference between recognizing integrity as part of our heritage and applying integrity as a tool in our daily lives. If people assume integrity is a given, they would be disappointed on more than one occasion.

Conversely people are always shocked to find that someone in uniform forgot to take their integrity tool out of the box

and use it. For an Airman, using the integrity tool is not an option. They must identify and defeat threats to integrity. It is up to them to ensure that those coming into the Air Force not only understand what integrity is but how to apply it every day, especially when no one is looking.

This is the legacy that remains long after we become the protected instead of the protector. Integrity brings public trust. Public trust brings the resources needed to fight and win. Those resources are not just the hardware we use to conduct our mission but more importantly the sons and daughters of America that are sent to protect that which we hold dear--freedom.

Leading by example and using integrity daily can help people ensure that their subordinates will use integrity as well. Everyone should make the decision to use that tool every morning before they show

up for work.

That way, they don't have to make the decision during a crisis. When someone shows them an easy way to circumvent a process, they will have already decided not to follow that advice. When presented with an opportunity to look good in front of the boss at the expense of someone else, Airmen will have already decided to give credit where credit is due.

When tempted to break a rule that no one will know about to get the mission done, they will not because they have already decided to be a professional. When Airmen see their supervisors using their integrity tool every day, they will understand that it is the most important tool for the 21st century.

When it comes time to say goodbye to the Air Force, retirees will notice that the waving hand will have the integrity tool in it and will be able to rest easy, knowing the Air Force is in good hands.

Action Line

The Action Line is your direct link to me so we can work as a team to make Hickam a better community.

I urge you to use the normal chain of command first. If you have done this and are still not satisfied, give my commander's Action Line a call.

If you would like 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.

Common Access Card

Comment: I'm currently assigned to the 65th Airlift Squadron and often go on Temporary Duty assignments. Since the Common Access Card logon went into effect, members of my unit are no longer able to log into Outlook

Web Access to access e-mail away from their home station. I do have a CAC card reader on my personal laptop. Is there any fix for this so I can access email on the road because many times we have to keep up on work away from work?

Response: The Air Force Public Key Infrastructure program office is developing a technology that will allow a user to access OWA using their CAC. This technology is expected to hit the streets in October 2006. This will allow individuals to access OWA from home computers with appropriate unit funded hardware. For short duration temporary duty, individuals will be able to apply for a temporary exemption for OWA access. Procedures for applying have been distributed to units via computer system administrators. To maximize security, OWA exemptions are being minimized. If you have additional questions please call the 15th Communications Squadron Help Desk at 449-8984.

Hickam Diamond Tips

Sunglasses during Warrior Run

Sunglasses will not be worn during the Warrior Run because it is a formation run. Only Airmen with a medical waiver from their doctor are authorized to wear sunglasses.



Source: Chief Master Sgt. James LeVack, 15th Airlift Wing command chief
Questions? Contact your First Sergeant.

Crisis Response lines

Hickam Family Support Center
449-0300
Life Skills Support Center
449-0175
Law Enforcement Desk
449-6373
Base Chaplain
449-1754
Military Family Abuse Shelter
533-7125
SARC Hotline
449-7272

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Deadline for copy is noon Thursday for the following Friday's issue. Copy must be typed, double-spaced 12-point type, 300 - 500 words in length, and e-mailed to hickam.kukini@hickam.af.mil.

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15th SFS breaks ground on new kennels

By Staff Sgt. Sarah Kinsman
15th Airlift Wing Public Affairs

The 15th Security Forces Squadron broke ground on the new Military Working Dog facility Thursday.

The facility replaces the older one.

"The current facility is falling apart and is an old facility," said Tech. Sgt. Nathan Nash, 15th SFS.

The new facility will be more up to date.

"It will be easier to keep sanitized and offer better living conditions for the Military Working Dogs," said Sergeant Nash.

The importance of the new building is to improve the overall living conditions for the MWDs, according to Sergeant Nash.

The cost of the facility is about \$1.4 million and the facility is scheduled to be complete in May 2007. The facility houses up to 10 working dogs.

Construction commenced this week across from the Auto Hobby Shop.

"By having a better facility, it will improve the overall well being of the Military Working Dogs," said Sergeant Nash.



Courtesy photo

Cop on Top raises money for Special Olympics

By Senior Airman Erin Smith
Kukini Editor

Volunteering becomes a part of life for most military members but Airmen from the 15th Security Forces Squadron took it to a whole new level, Aug. 31 to Sept. 2 when they raised more than \$10,000 for the Special Olympics.

Master Sgt. Robert Liles and Staff Sgt. John Jaykoski, 15th Security Forces Squadron, lived on top of scaffolding for 2 days to raise the money during Cop on Top, an annual state-wide program designed to raise money for Special Olympics of Hawaii.

"We lived on top of scaffolding in the parking lot of the Pali Highway Safeway from 6 a.m. Aug. 31 until 2 p.m. on Sept. 2," said Sergeant Jaykoski. "We relied on our ground crew volunteers to collect the donations from the Safeway patrons who passed us in the parking lot while we sat on our scaffolding with a bullhorn asking for donations. We both slept on top of the scaffolding Thursday and Friday night."

The squadron found out about this opportunity through fellow law enforcement organizations on Oahu.

The Special Olympics weren't the only people who reaped the benefits of this event. Members from the security forces squadron also got to give back to the community outside the gates of Hickam and work together with other island law enforce-

ment agencies toward a common goal and were given the satisfaction of knowing their efforts benefited people who rely on Special Olympics of Hawaii.

"It is especially rewarding for us," said Sergeant Liles. "Lots of times, we do charity work and never see the people it goes to. This time, we get to actually meet the athletes, work with them year-round and see how are contributions help them out."

While the cops were on the scaffolding, people on the ground were digging into their pockets to donate money in support of these athletes.

"We were approached by a homeless lady who asked what we were doing," said Sergeant Jaykoski. "After explaining to her what Cop on Top was and our goal, she reached into her shopping cart and pulled out a dollar in loose change she had and placed it in the donation bucket. That was an extremely touching event. I will remember it for the rest of my life."

The money raised directly supports Special Olympics of Hawaii events throughout the year. Every cent is used towards events for Special Olympic competitors and there is quite a fierce competition between law enforcement agencies when it comes to this event, according to Sergeant Jaykoski.

"I cannot think of many other volunteer opportunities that bring this level of pride and a feeling of accomplishment," he said.

Indian AF



Photo by Oscar Hernandez

Members from the Indian Air Force get off their plane here. They will be here about three weeks, training, integrating and exchanging ideas with all three maintenance squadrons in the 15th Maintenance Group.

Fitness center expands holiday hours

The Hickam Fitness Center is implementing new hours of operation beginning Oct. 1.

Monday through Friday
4:30 a.m. to 10:30 p.m.

Saturday
7 a.m. to 10 p.m.

Sunday
7 a.m. to 6 p.m.

Holidays and down days
7 a.m. to 6 p.m.

These hours are going to be held on a 90-day trial basis. Team Hickam members are encouraged to provide feedback to the fitness center through ICE which can be found on the 15th Services Squadron Web site at www.hickamservices.com. For more information on the new hours, contact the fitness center at 448-2214.

Meet the NEW commander

Hometown: Trinidad, CO

Family: My wife, Joanie and I have 2 boys, Evan and Ryan — but my in-laws have visited us more in the last 10 months than they have in the last 12 years!

How do you spend your off duty time?

We take advantage of local attractions no matter where we're stationed. We've toured many of the island's attractions, truly enjoy the local culture and look forward to exploring some of the other islands.

What are your personal goals as the 65th AS commander? "Excellence" is measured in many ways in the 65th AS's unique DV airlift mission. My goal is to ensure we are exploring every opportunity to improve it.

What challenges do you see as the commander of the 65th AS? My biggest challenge is to attract candidates of the caliber already in the unit.

Also, we're partnering with an inbound U.S. Naval unit with their own Gulfstream V, putting our two units at the forefront of the much larger Joint Basing initiative. Some of their personnel are already on-island and they are scheduled to fly their first missions in December — so our immediate challenges include real-estate issues and connectivity (they're not even on our Global). In the end, I foresee a relationship in which we embrace the diversity and benefit from each other's best practices.

What advice would you give to those pursuing an Air Force career? Bloom where you're planted, take advantage of opportunities as they arise, even when they take you out of your comfort zone and take the time to share what you know and do with your counterparts. Your unit must be able to function in your absence. Above all, enjoy the ride knowing that you will have grown and flourished alongside the very best America has to offer. I know I have.



Lt. Col. Rob Howe
65th Airlift Squadron

BELLOWS, From A1

The actual reburial ceremony was handled by the various Native Hawaiian organizations.

"To some members of the Native Hawaiian community, it is important that only males conduct burial ceremonies and handle the remains during the ceremony," said Ms. Curtis. "Thus, the males present during the ceremony handled the physical reburial of the remains."

The Air Force recognized these remains as Native Hawaiian. According to the Native American Graves Protection and Repatriation Act, a federal agency is required to repatriate these human remains to any claimants such as Native Hawaiian Organizations. Under the National Historic Preservation Act, a federal agency is also required to mitigate any effects on historical resources, such as burials. Thus, the Air Force has built a burial vault on Bellows to accommodate the human remains that were exhumed from Bellows.

"This burial vault and the reburial ceremony is significant to the Native Hawaiian community in that it provides closure for them in regards to burial issues," said Ms. Curtis. "For the Air Force, this burial vault provides a means for us to securely rebury and repatriate human remains that we had in our collections and to comply with multiple federal historic preservation laws. It is a win-win situation for all parties since it the burial vault location and design was a collaborative effort between the 15th Airlift Wing and the Native Hawaiian community."

NEWS NOTES, From A1

Fall classes – Registration for fall term college courses. For more information, call 449-6363 ext. 225.

Voting hotline – The Installation Voting Office has a voting hotline, 448-2310. People should call this hotline or contact their unit voting assistance counselor for the Federal postcard application. All federal postcard applications should be mailed by today to receive absentee ballot materials in time for the Nov. 7 election.

Water conservation reminder for MFH – Water conservation is vital to the entire Hickam community. The Military Family Housing asks that housing occupants limit lawn watering to

20 minutes for each spot and water from 6 to 9 a.m. and 4 to 8 p.m. People in odd-numbered houses should water on odd-numbered days and people in even-numbered houses should water on even-numbered days. These guidelines help ensure water stores are maintained throughout the warmer months. For more information, call Dave Stiner, base energy and water manager, at 448-2693.

Women's retreat – The Catholic women's retreat at the Benedictine Monastery is Oct. 14 from 9:30 a.m. to 2:30 p.m. People must register by Oct. 2. For more information, call 839-4319 or e-mail MCCWHawaii@yahoo.com.

DICTIONARIES, From A1

searching a few words and using the book to learn a little sign language as well.

The dictionaries are also filled with biographies of the Presidents, U.S. States, The Constitution, The Declaration of Independence, The Solar System, Braille, Sign Language and information on all the countries.

From the first entry in the dictionary, "A," to the last page with the longest word in the English language at 1,909 letters, the students now have their own guide to help them learn more than 32,000 words.

JROTC, From A1

Photo by Tech. Sgt. Shane Cuomo

Navy Junior Reserve Officer Training Corps cadets from Kaiser High School go through their marching routine during a JROTC drill competition, Sept. 9. The drill competition is the first of competitions that will culminate in April at the Pacific Championship. About 330 students participated in the competition which was judged by active duty Air Force and Army non-commissioned officers.

series of four to five drill competitions that take place each year. The competitions culminate with Pacific Regional Championships in April.

Students in the JROTC programs in Hawaii, from all branches of the service, have drill teams as a part of their curriculum. The students spend about five to eight hours weekly, during class and after school in preparation for the drill competition which was scored by volunteer Air Force and Army noncommissioned officers.

"From what I've seen and based on their performance over the weekend, it was obvious that all the cadets, and their instructors, put a lot of pride and

dedication into their performances," said Master Sgt. Kyle Marquez, Hickam's JROTC competition co-coordinator. "The cadets were impressive ... their routines were very sharp and crisp"

During the event, the students executed facing movements, marched and called commands.

"Each team consists of a team leader calling commands and a minimum of six team members," said Sergeant Shea. "They execute a concise step-by-step drill sequence, which is scored by a panel of three judges. The color guard consists of four members and their sequence

includes proper flag display, etiquette and movements."

When JROTC participants show their skills in events like this, they also demonstrate professionalism and teamwork and even a sense of pride in military tradition.

"Participation in these events benefits our cadets in many ways," said Sergeant Shea. "They learn to work as a team. Drill instills a sense of belonging and accomplishment and, finally, each member is eventually expected to take charge and lead the team. It's amazing to witness the positive changes that take place within the cadets throughout the year."

Depression can happen to anyone

By Staff Sgt. Sarah Kinsman
15th Airlift Wing Public Affairs

Most people only hear about depression around the holidays when everyone is putting the word out about keeping an eye on each other during the holiday season.

Depression can strike anyone at any time. Many times at Hickam people have depression because of relationship problems or job stresses, said Maj. Kimberly Finney, 15th Medical Group Life Skills clinical psychologist.

Suicide is one result of depression.

"It isn't one thing that usually makes someone attempt suicide," said the major. "Something is going on and it's usually something happens that is the last straw. Couple that with inadequate coping skills and the person may think 'I've tried everything and nothing else is working and I just want the pain to end.'"

Life Skills offers active-duty members the opportunity to seek help when facing depression.

"We're here to help before a person gets to that point," said the major.

People may not even know they are depressed.

"Sometimes people have ideas of depression such as when you're depressed you cry," said Major Finney. "It could be headaches, stomach problems, low energy or anadonia, lack of interest in doing normal things they liked doing before."

"We're all limited," said Major Finney. "Nobody has 100 percent of a working toolbox. Each day is different than the day before. Sometimes a person's tools are working. We're here to help people learn new tools."

A key to combating depression is recognizing it and talking with someone

Are you facing depression?

Check all that apply:

- I am often restless and irritable
 - I am having irregular sleep patterns - either too much or not enough.
 - I don't enjoy hobbies, my friends, family or leisure activities any more.
 - I am having trouble managing my diabetes, hypertension or other chronic illness.
 - I have nagging aches and pains that do not get better no matter what I do.
 - Specifically, I often experience
 - _ Digestive problems
 - _ Headache or backache
 - _ Vague aches and pains like joint or muscle pains
 - _ Chest pains
 - _ Dizziness
 - I have trouble concentrating or making simple decisions.
 - Others have commented on my mood or attitude lately.
 - My weight has changed a considerable amount.
 - I have had several of the symptoms I checked above for more than two weeks.
 - I feel that my functioning in my everyday life (work, family, friends) is suffering because of these problems.
 - I have a family history of depression.
 - I have thought about suicide.
- If you checked these boxes you may want to make an appointment to discuss this with your provider.

supportive or seeking professional help.

The rumors of life skills being a career ender are not true.

"Coming to life skills before the problem gets worse shows good judgement and reliability," said Major Finney. "Not going can lead to impacting the job and that ruins someone's career because they didn't take steps to prevent the problem."

Being proactive is key in preventing problems from depression. The life skills clinic is offering a free depression screen Oct. 5. They will be in the clinic from 9 to 11 a.m. and at the base exchange from 1 to 3 p.m.

Many people who have just arrived at Hickam face depression due to the new

environment, not knowing people, financial problems due to the high cost.

"Many people feel like they're in this environment where they're supposed to be happy," said Capt. Chad Johnson, 15th MDG Life Skills clinical psychologist.

Something people may not know about depression is it can affect everyone regardless of race, age or genetics. Children face depression as well and parents should be mindful of their child's behavior.

For more information or to seek help with depression, active-duty members can call life skills at 449-0175 and family members should make an appointment with their primary care manager.

Crime Scene



Major traffic accident

Security forces were notified of a major traffic accident at the intersection of Scott Circle and Boquet Boulevard. Investigation revealed a civilian contractor's vehicle was traveling northbound on Scott Circle and a civilian employee's vehicle was traveling westbound on ouBoquet Boulevard. While crossing the intersection, the contractor failed to yield the right of way causing the other vehicle to strike the contractors vehicle on the passenger front door causing disabling damage and injuries. People involved were transported to Kaiser Medical Center for further treatment of various injuries.

Minor traffic accident

Security forces were notified of a minor traffic accident involving a civilian and an active-duty Air Force member. Damage consisted of a small dent to the driver side mirror frame and mirror glass shattered in one vehicle and minor damage to the bedrail of the other vehicle.

Damage to private property

An active-duty Army mem-

ber reported his vehicle had been damaged by a light pole which had rusted out from the bottom and fell on his car.

Harassing phone calls

An active-duty Air Force member's child reported threatening text messages they received on their cell phone from another active-duty Air Force member's child.

Shoplifting

An active-duty Air Force spouse was detained at the BXtra for shoplifting. Total cost of stolen merchandise was \$9.27.

Minor traffic accident

An Indian Air Force member reported hittin a parked vehicle causing an eight-inch-long scratch to his vehicle. The parked vehicle belonged to an active-duty Air Force member. Damage consisted of a broken driver-side mirror.

Larceny of private property

An active-duty Air Force member reported larceny of private property at the Airman's Attic. Items stolen were a set of golf clubs, several boxes of clothing and a radio.

WAKE, From A1

Senior Master Sgt. Thomas Yereance, one of the civil engineer team leaders, said it will be tough to tell how long the assessment will take. All his teams have seen so far is satellite imagery and notes from 36th Contingency Response Group at Andersen AFB, Guam, which arrived at Wake Island earlier this month.

"It could be anywhere from a week or 10 days to a month, possibly, just depending on how much damage is done to the facilities," he said.

Ioke hit the atoll Aug. 31 with 155 mph winds and gusts to 190 mph. By then, Air Force officials already had used two C-17s from Hickam to evacuate all 188 of the island's residents.

For several of those residents, Sept. 12 marked a return home. After two weeks away, with only satellite photos of damage to go on, anxiety was high.

"We're anxious to get back and take a look at things and see the damage or problems that we might have that we can't see from the photos," said Jimmie Taylor, who has lived on Wake Island for a year and a half. "We just don't know how much damage there really is."

Responses to natural disasters like this are exactly the kinds of missions U.S. Pacific Command and Pacific Air Forces officials had in mind for Hickam's C-17 fleet. The C-130 Hercules they replaced would take nearly twice as long to fly to the island and carried far less cargo. Airlift support from outside PACAF likely would take days to coordinate.

Wake Island serves as a scientific outpost and a midpoint air base for Air Force aircraft flying across the Pacific Ocean.



Photo by Tech. Sgt. Shane Cuomo

A Defense Department employee surveys some of the damage left on Wake Island by Super Typhoon Ioke after it hit the island Aug. 31. A C-17 Globemaster III brought a 53-person team to assess damage left by the typhoon.



Editor's Note: To read the complete stories and find more Air Force News, go to www.af.mil.

Thousands trek in 'America Supports You' Freedom Walk

WASHINGTON (AFP) — They represented a cross-section of America — thousands of men, women and children of all ages, races and backgrounds from every corner of the country. They came together Sept. 10 during the second annual "America Supports You" Freedom Walk here to pay tribute to those killed on Sept. 11, 2001.

For those hours from when

they first assembled on the National Mall until they concluded their two-mile Freedom Walk near the Pentagon crash site, the participants shared a common focus and sense of commitment.

"Each has their own reason for being here, but they have all joined together at a crucial time for our country," said Joyce Rumsfeld, wife of Defense Secretary Donald Rumsfeld, as she greeted participants in the Pentagon parking lot. (Story by Donna Miles, *Armed Forces Press Service*)

Air Force prepares to test synthetic fuel on B-52

WASHINGTON (AFP) — A B-52 Stratofortress powered by a mix of synthetic and JP-8 fuel is slated to take its first flight Sept. 19 from Edwards Air Force Base, Calif., bringing the Air Force one step closer to reducing its dependence on foreign fuel.

"Our goal is to by 2016 have 50 percent of our aviation fuel coming from alternative fuel sources," Mr. Aimone said.

Mechanic snares \$10,000 through IDEA program

TINKER AIR FORCE BASE, Okla. (AFP) — William Durham was watching an

infomercial about a year ago that featured a steamer blasting away caked-on pizza residue from an oven. He was amazed at how easily the steamer cleaned bathrooms, ovens and even barbecue grills.

Part of Mr. Durham's job as a mechanic with the 76th Maintenance Wing is to remove carbonized fuel known as coking from the inside of the fuel distribution bodies of an F-15 Eagle's engines — not an easy job because the PD-680 solvent used to clean them doesn't always work.

When such cleaning fails, the \$10,000 fuel distribution bodies are condemned. (Story by Kevan Goff-Parker, *72nd Air Base Wing Public Affairs*)

Missouri Air National Guard gets sneak preview of B-2

LAMBERT AIR NATIONAL GUARD BASE, St. Louis (AFP) — Missouri Air National Guard Airmen got a peek at a B-2 Spirit stealth bomber when it visited the 131st Fighter Wing here Sept. 9.

Col. Greg Biscone, 509th Bomb Wing commander, piloted the B-2 from Whiteman Air Force Base, Mo., to St. Louis. It gave the Missouri Guardsmen an opportunity to see the aircraft up-close before the Missouri ANG and active duty units pair up as a B-2 unit at Whiteman Air Force Base.



NAF Sale

The 15th Services Squadron has a non-appropriated funds Sale of surplus items from its facilities and offices today at Bldg. 422, the Old Enlisted Club by Pool 2. Items for sale include furniture, TVs, kitchenware, sports equipment and much more. Active duty personnel and their spouses may start shopping at 8 a.m., retirees and spouses may start at 9 a.m. and DoD civilians are invited to come at 10 a.m. The sale will last until 2 p.m. For more information, call 448-4258.

Team Hickam Sports Day

Today is the last day to register for Team Hickam Sports Day, Sept. 22. To reg-

ister, contact Unit Fitness and Sports Advisory Committee representatives. Events include volleyball, bed races, kayak races, horseshoes, fitness challenge and tug-o-war. For more information, call 448-4640 or 448-2214.

Space at Hickam Beach will be limited on Sept. 22 due to support of Sports Day events. For more information, call 449-5215.

Air Force Club membership campaign

The 2006 Air Force Club Membership Campaign continues through Nov. 30. Join the Enlisted or Officers' Clubs during this time and receive one month free dues, a special new member

coupon book for Club discounts and freebies, entry forms for weekly prize drawings and a chance to win a Hummer H3. Members who recruit members receive \$5 in Club Bucks. For more information, call the E' Club at 448-2271 or the O' Club at 448-4608.



Football Frenzy

Football Frenzy has made a touchdown at J.R. Rockers at the Enlisted Club. Club Members of all ranks can fill out an entry form for a chance to win a trip to the Super Bowl. Sunday games will be shown at 7 a.m., 10:15 a.m. and 2:15 p.m. Monday games are at 1 p.m. and 4:15 p.m.

During Football Frenzy, the Enlisted Club's Sunday Breakfast Buffet will begin at 6:30 a.m. and appetizers will be sold starting at 10

a.m. Free appetizers are available for Members at the 4:15 p.m. Monday game. For more information, call 448-2271.

Tops in Blue auditions

Set a mission to audition. Performing is a duty for members of Tops in Blue, the Air Force's expeditionary entertainment unit. The Air Force Worldwide Talent Competition in November is the starting point for troupe hopefuls. The application deadline for the 2007 tour is Oct. 2. For more information, call the Community Center at 449-3354 or visit www.topsinblue.com.

Windsurfing days at Hickam Harbor

Glide above the surf with the freedom of the wind during Windsurfing Days at Hickam Harbor Saturday. Instructors will be on hand from 9 a.m. to 5 p.m. to give demonstrations and lessons. The \$20 fee includes two hours of instruction, rental and safety gear. For more information, reservations and times call 449-5215.



Air Force artist craftsman and photography showcase

The Air Force Artist Craftsman and Photography Showcase is seeking entries of any category of art, darkroom or digital photography. All participants receive a certificate and photos of all entries will be forwarded to the MAJCOM level. The limit is six entries per person and the deadline to register is Sept. 30. The awards presentation will be Oct. 11 at the Arts and Crafts Center. For more information, call 449-1568.

Boys and girls club day for kids

Boys and Girls Club Day for Kids happens Saturday at the Community Center from

10 a.m. to 2 p.m. Activities include inflatable joust, kiddieland, family games, pick-it-and-paint-it ceramics and more. For more information, call 449-2361.

Sailboat checkout sale

Sale away and save \$20 during the Sailboat Checkout Sale Saturday from 9 a.m. to 5 p.m. at Hickam Harbor. The \$20 fee includes boat rental, safety gear and an instructor. Space is limited. For more information and reservations, call 449-5215.



Tailgate sale

One man's treasure might be found in another man's tailgate. And for a bargain price, at that. The next Tailgate Sale is Saturday from 7 to 10 a.m. in the Burger King parking lot. For more information, call 449-2361.

See SERVICES, A11

SERVICES, From A10**Scrapbook night**

The Arts and Crafts Center hosts its next Scrapbook Night Thursday from 5 to 9:30 p.m.

Put it all together and take some educated guesses in the trivia contest. There will be prizes, the usual wonderful pupus and lots of fun, creative ideas. For more information, call 449-1568.

Nintendogs toy drive dance

Help the Nintendogs Club collect toys for the Hawai'i Humane Society. Bring a new doggie toy to the Nintendogs Toy Drive Dance Saturday between 10 a.m. and 2 p.m. and get into the dance for free. Or pay just \$5 to help Fido play fetch. For more information, call 448-2296.

Parents night out

Because parents deserve a break too, KidSports offers a Parents Night Out, Sept. 23 from 6 to 11 p.m. Children ages 5 to 12 can enjoy a fun evening that includes a movie, healthy snack and drink.

The obstacle course and the moonbounce will also be open. Paid reservations of \$20 are required by Monday. For more information, call 448-6611.

Kindermusik classes

Kindermusik is an early childhood music and movement program with parental participation.

Classes are held at the Community Center for youngsters aged birth to 18 months, 18 months to three years and 3 to 5 years. The 12-week fall session begins Tuesday.

For more information, call 449-3354 or the teacher, Caren at 422-6437.

Sea Breeze Restaurant renovations

The Sea Breeze Restaurant renovations have been

completed and it will re-open today beginning a 5 p.m. For more information, call 449-9900.

**Lunch 'n' bowl**

It's a uniform advantage. All this month, from 10 a.m. to 1:30 p.m., Monday through Friday, military people in uniform who make any purchase of \$5 or more at the Kau Kau Korner snack bar get up to three free games of bowling at the Bowling Center.

All customers can strike this same deal during these hours on Tuesdays. For more information, call 449-2702.

Coyote Ugly ... girls' night out

Sept. 22 is Coyote Ugly... Girls' Night Out at the

Enlisted Club. There will be no cover charge for women. Men who are Members will be admitted for \$5 and Non-members get in for \$10. Go as low as possible in the limbo contest or enter the karaoke or dance contest. It's a howling good time. For more information, call 448-2271.

**Southeast Asia highlights tour**

Time is running out to sign up for an exotic trip to Southeast Asia, Oct. 5 - 17. Travelers will spend four nights in Bangkok, Thailand, three nights in Siem Reap, Cambodia and three nights in Kuala Lumpur, Malaysia. The cost is \$2,295 per person, based on double occupancy. For more information, call 448-2295.

The black widow of billiards

She's known for her long black hair, black attire and for devouring her opponents. Jeanette Lee, the Black Widow of Billiards will visit the Community Center Sept. 28 at 5:30 p.m. She'll demonstrate amazing trick shots, take on audience challenges and sign autographs. For more information, call 449-2361.

Spear fishing two-part workshop

Spear Fishing 101 is a basic demonstration of the techniques and equipment used in spear fishing and will be given from 9 a.m. to noon Sept. 23 at Pool 2. Tuition is \$30 and participants must be an accomplished swimmer at least 15 years old.

Spear Fishing 102 provides practical instruction in Hickam Harbor Sept. 24 from 9 a.m. to noon. Completion of the Spear Fishing 101 workshop is a prerequisite. \$30 tuition includes boat transportation. Bring snorkel gear and spear fishing equipment. For more information, call 449-5215.

Give US your feedback

Team Hickam members can submit letters to the editor to

Tell us what you think or would like to see in Kukini

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