

Photo by Senior Airman Erin Smith

Christy Avilla, AKAL shift supervisor, checks the daily logs at the main gate. AKAL augments the 15th Security Forces Squadron, providing entry and exit

control and processing visitors at the visitor's center. They ensure nobody enters Hickam without proper identification or permission.

## AKAL teams with 15th SFS

By Kirsten Tacker  
Kukini Photojournalist

Facilitating the safety of Hickam's perimeter 24 hours a day, seven days a week, Akal is the security company that has become a unified team with the 15th Security Forces Squadron since December 2005.

Akal augments the 15th SFS as the second largest security company in the United States.

"It may have been a shock at first to see civilian contractors checking people's ID cards instead of a security forces member, but we have transitioned to a new way of life and Akal has become a

common and welcome part of Hickam," said Capt. Adrian Estrada, 15th SFS Operations officer.

Akal's mission is entry and exit control of Hickam.

"We divided the responsibilities and the 15th SFS will take care of security and law enforcement on base," said Captain Estrada. "Akal is in charge of entry control at the main gate, Kuntz gate and processing at the visitor's center."

Akal members aren't average security guards. Many have prior military or police service.

"There are retired senior NCOs and chief warrant officers, SWAT team mem-

bers, corrections officers, (Hawaii Police Department) officers and even Navy SEALs guarding our gates now," said the captain. "We've been very impressed with the background and experience of some of our guards. The professionalism and wisdom gained from years of service shows in the way they do their job every day."

Akal ensures nobody enters Hickam without proper identification or permission.

"We take our job very seriously," said Kaile Takatsuka, the Akal site manager for Hickam. "The Air Force has trusted us to control entry to their base, so we will do everything we can to keep out unauthorized personnel and vehicles."

Even though the responsibilities have been divided, the security forces and Akal still work as one unit.

"We are one team, responsible for the security of the base," said Captain Estrada. "If one of us fails it will affect the other and it could jeopardize the safety and security of Team Hickam. The success of our mission depends on our ability to work together, so we are trying to bridge any gaps and become more of a team. Our goal is to be one cohesive unit, instead of two separate units."

Captain Estrada and Mr. Takatsuka agree both are making a conscious effort to create a bond between the two units.

To facilitate that transition, the two units have been integrating meetings and formations, sharing information and even spending time together off duty. Akal has been invited to participate in the

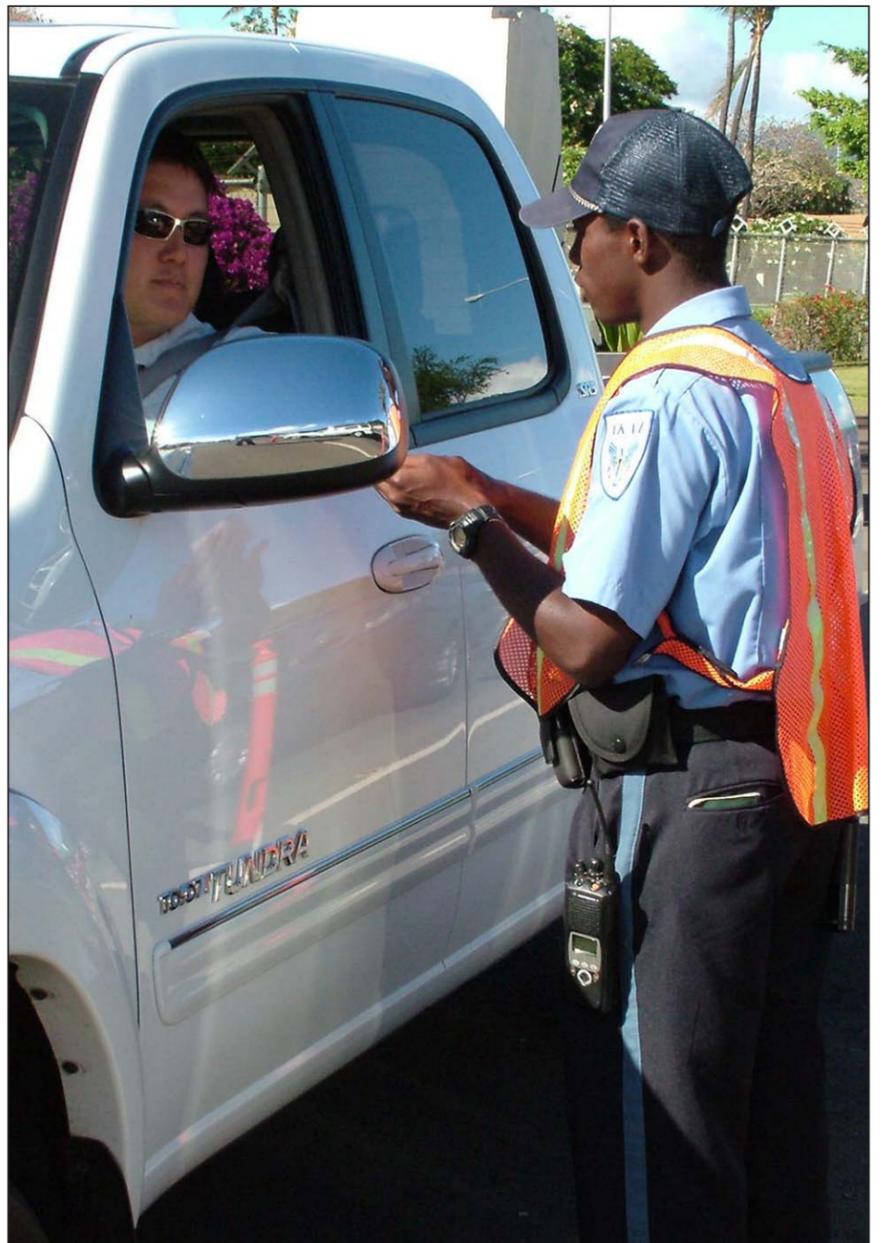


Photo by Kirsten Tacker

Arthur Caine, III, AKAL security officer, checks a driver's identification card, before letting him on base.

upcoming Hickam Sports Day and attend the Air Force Ball.

Akal provides a valuable service by manning the base gates, but they also help the base in another way.

"They are the first line of defense for anyone coming onto the base, so they verify the identity of everyone, making Hickam safer," said the captain. "At the same time, they benefit the manpower of

the security forces, which benefits the manpower of all units by reducing augmentor requirements."

Together, 15th SFS and Akal, continually work to keep Team Hickam safe and secure.



Photo by Senior Airman Erin Smith

Les England, AKAL security guard, writes a visitor's pass at the Main Gate visitor's center.

# Crossword Puzzle: Happy Birthday USAF

**By Capt Tony Wickman**  
71st Flying Training Wing  
Public Affairs

**ACROSS**

1. Football scores
4. Phone
8. Musical instrument need, perhaps
10. Cpl. Frank \_\_\_; first enlisted person to die in air accident
11. Monarchs
13. Ascends
14. Person trained and certified to give medical care
15. MAJCOM on base named after first enlisted person
17. Cutting tool
18. Org. responsible for civilian aviation safety
19. Hawaiian thanks
21. Model/actress Carol
24. Nat'l cryptological org.
26. Prize
28. Signal
29. Air Force seal year
31. \_\_\_ out a living
32. Wine valley
34. Otherwise
36. Play it by \_\_\_; improvise
37. Place to go when in trouble
43. Dessert
44. Orates
45. Dike
48. State home to Maxwell Air

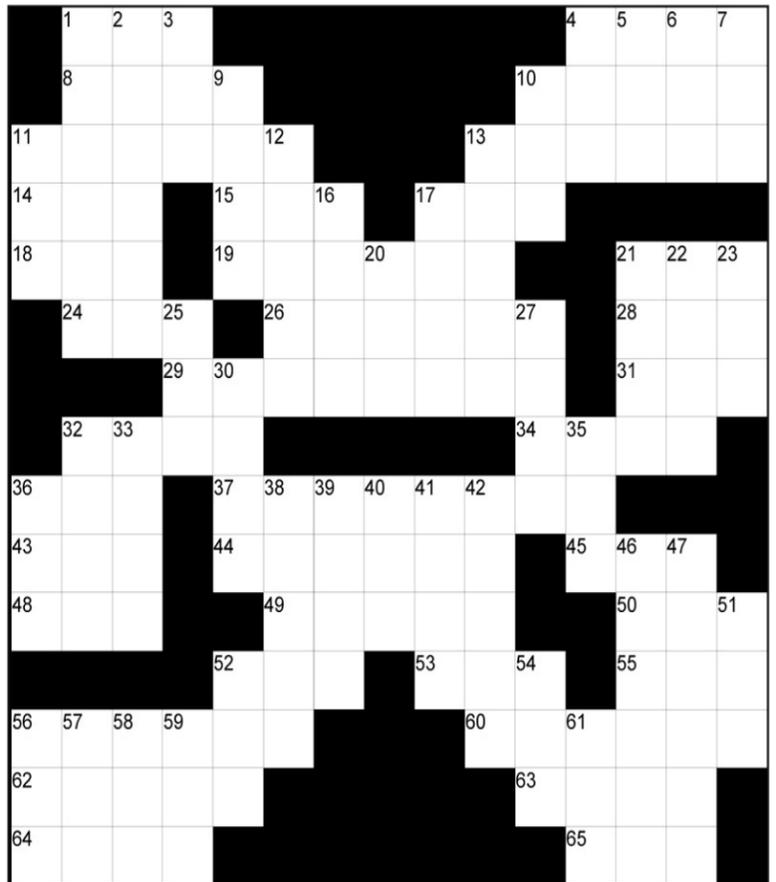
- Force Base
49. Peninsula and subcontinent of southern Asia
  50. USAF command organization
  52. Owed as a debt
  53. Immature newt
  55. 1998 Jolie TV movie
  56. USAF command org. 60 Gen. Henry \_\_\_; only five star general in AF history
  62. Audibly
  63. Ivy League school
  64. Bambi was one
  65. Dejected

**DOWN**

1. President who signed Nat'l Security Act of 1947; separate AF
2. Greek letters
3. Observe
4. CENTCOM UOD
5. Charged particle
6. MCI competitor
7. O-1s and O-2s
9. Armenia money
10. Plant
11. Ump
12. Excessive but superficial compliments
13. New Zealand native
16. Breakfast cereal
17. Eastern European
20. Leather tool

21. Pilots with 5+ kills
22. 1Lt Frank \_\_\_; WWI ace and MOH recipient
23. Golf prop
25. Guitar need
27. Expires
30. Louts
32. Hammer target
33. Region
35. Showed the way
36. Federal org. concerned with smog
38. Addictive narcotic drug
39. Hereditary unit
40. Owned
41. Haggard's \_\_\_ from Muskogee
42. AF officer school
46. Southwestern African republic
47. Sent by USPS
51. Craze
52. Org. USAF belongs to
54. Attempt
56. Angry
57. Pub order
58. G.I. \_\_\_
59. Canine
61. USN equivalent to AFB

See SOLUTION, B3



## AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

**Today, 7 p.m., Saturday, 4 p.m.**

**Barnyard** – Barnyard is a lighthearted tale centering around Otis, a carefree party cow, who enjoys singing, dancing and playing tricks on humans. Unlike his father Ben, the respected patriarch of the farm, and Miles, the wise old mule, Otis is unconcerned about keeping the animal humanlike talents a secret. But when suddenly put in the position of responsibility, the “udderly” irresponsible cow find the courage to be a leader. Starring Kevin James and Courtney Cox-Arquette. Rated PG for some mild peril and rude humor.

**Saturday and Sunday, 7 p.m.**

**Talladega Nights: The Ballad of Ricky Bobby** – Ricky Bobby is a NASCAR racing sensation whose “win at all costs” approach has made him a national hero. He and his loyal racing partner and childhood friend, Cal Naughton Jr., are a fearless duo, thrilling their fans by finishing most races in the top spots – with Ricky Bobby always leading the pack. When a flamboyant French Formula One driver, Jean Girard, challenges him for the supremacy of NASCAR, Ricky must face his own demons and fight for his place as racing’s top driver. Starring Will Ferrell and

Sacha Baron Cohen Rated PG-13 for crude and sexual humor, language, drug references and brief comic violence.

**Wednesday, 7 p.m.**

**Zoom** – When Earth is faced with certain destruction, an over the hill superhero is charged with the task of training four super-powered kids to harness their powers and save the planet in an out-of-this-world comedy adventure for the whole family. Starring Tim Allen and Courtney Cox. Rated PG for brief rude humor, language and mild action.

### CHAPEL

*Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.*

<p><b>PROTESTANT</b> Nelles Chapel Sunday Contemporary Service 8:30 a.m. Sunday Gospel Worship 11:15 a.m. Sunday Praise Gathering 5:30 p.m. Chapel Center Sunday Traditional 8:30 a.m.</p>	<p>Jewish Lay Leader Mr. David Bender 527-5877 Naval Station Chapel – 473-3971</p>	<p><b>ISLAMIC</b> Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m. Muslim Association of Hawaii 947-6263</p>
<p><b>JEWISH</b> Aloha Jewish Chapel, Pearl Harbor – 473-0050</p>	<p><b>CATHOLIC</b> Nelles Chapel Weekday Mass 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Mass 5 p.m. Chapel Center Sunday Mass 10 a.m.</p>	<p><b>BUDDHIST</b> Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple – 536-7044</p>
		<p><b>ORTHODOX</b> For more information, call 438-6687</p>

# SUDOKU

Puzzle created by Staff Sgt. Sarah Kinsman  
For solution, see SUDOKU, B4

	5		1		8			4
8	2	3						7
		1		5			6	9
5	1				7		9	
			8		3	4		
6				1				
	9	5		2				1
4		7	9			5		2
	8			3			4	

## Team Hickam History

The Air Force's most historic airfield

**Sept. 15, 1938** – Hickam Field was completed and officially activated Sept. 15, 1938. It was the principal army airfield in Hawaii and the only one large enough to accommodate the B-17 bomber.

**Sept. 18, 1947** – The Hawaii Air National Guard became a Reserve component of the newly constituted U.S. Air Force and received additional aircraft.

**Sept. 16, 1952** – Typhoon Olive battered Wake Island with 170 mile per hour winds, causing damage that took more than a year to repair. Exactly 15 years later on Sept. 16, 1967, Typhoon Sarah devastated Wake and all dependents were evacuated to Hawaii.

September 1959 – “Hawaiian Falcon” was selected as the new name for the Hickam base newspaper, formerly called “The Surf Writer.”

## SOLUTION, From B2 —

T	D	S						D	I	A	L
R	E	E						S	C	O	T
R	U	L	E	R	S			M	O	U	N
E	M	T		A	M	C		S	A	W	
F	A	A		M	A	H	A	L	O		A
N	S	A		R	E	W	A	R	D		C
			M	C	M	X	L	V	I		E
N	A	P	A							E	L
E	A	R		D	O	G	H	O	U	S	E
P	I	E		S	P	E	A	K	S		D
A	L	A		S	I	N	D	I	A		N
			D	U	E		E	F	T		G
M	A	J	C	O	M					A	R
A	L	O	U	D						Y	A
D	E	E	R							S	A

**Jenny**

**Two crazy friends**

Panel 1: "WERE NOT SPYING! THIS IS SIMPLY A NON-INTRUSIVE WAY TO GATHER INFORMATION..." "WHAT KIND OF INFORMATION?"

Panel 2: "IF THERE ARE BIKES AND TOYS, THEN WE KNOW SHE'S A MOM - LIKE ME... COMPUTER AND ELECTRONICS CRATES MEAN SHE'S PROBABLY TECH SAVVY LIKE ME..." "LOTS OF WARDROBE BOXES COULD MEAN SHE'S INTO FASHION, LIKE ME!"

Panel 3: "I JUST THOUGHT OF SOMETHING... WHAT IF SHE'S A WEBMASTER LIKE ME AND ENDS UP BEING MY COMPETITION?" "GASP! WHAT IF SHE'S PRETTIER THAN ME AND WEARS BETTER CLOTHES TO OUR SQUADRON FUNCTIONS?"

Panel 4: "WHAT IF SHE'S LIKE ME AND HAS TWO CRAZY FRIENDS LOOKING OUT OF HER WINDOWS WITH BINOCULARS INSTEAD OF HELPING HER MOVE IN?" "WAS THAT A BIT MUCH?" "JUST A BIT, YEAH..." "C'MON, LET'S GO SEE IF SHE NEEDS OUR HELP."

A comic strip about life as a military spouse. Copyright Julie L. Negron

## Warrior run



Photos by Mark Bates



Left: Members of Team Hickam participated in the monthly Warrior Run, Sept. 8. The warrior run is a three-mile run designed to build camaraderie and esprit de corps throughout the base. Above: Members from the 15th Medical Group prepare to lift a gurney to carry during the run.

### SUDOKU, From B3

9	5	6	1	7	8	3	2	4
8	2	3	6	9	4	1	5	7
7	4	1	3	5	2	8	6	9
5	1	8	2	4	7	6	9	3
2	7	9	8	6	3	4	1	5
6	3	4	5	1	9	2	7	8
3	9	5	4	2	6	7	8	1
4	6	7	9	8	1	5	3	2
1	8	2	7	3	5	9	4	6

# Register today for sports day

Team Hickam sports day is Sept. 22, 7:45 a.m. to 4 p.m. at Hickam Harbor. People can register for this event through today. Activities include bed races, horseshoes, volleyball, kayak races fitness challenge, tug-o-war, chiefs and eagles volleyball tournament, awards ceremonies. To register, call 448-2241 or 448-4640.

#### Sports Day Rules

Volleyball and horseshoes will be double elimination tournaments.

Bed races, kayak races and the fitness challenge are timed events.

#### Bed races

Teams of four people and a rider will push the bed in a 100 yard run followed by an obstacle course and ending with a 100 yard run.

#### Volleyball

All 2004-2005 U.S.A. Volleyball rules will apply. One person from

the winning team will be required to officiate the following game.

#### Horseshoes

Personal horseshoes are not allowed. The fitness and sports center staff will supply horseshoes.

#### Kayak races

Kayaks will be propelled solely by means of double-bladed paddles. The boat has finished the race when

its bow crosses the finish line with all paddlers in it.

#### Fitness Challenge

Event includes a 40 yard dash, 30 meter swim, a dumbbell carry and a tire pull.

#### Tug of War

Ropes cannot have knots or loops in them and each team member must grip the rope barehanded.



Photo by Kirsten Tacker

Tech. Sgt. Demetra Turner, noncommissioned officer in charge of the health and wellness center instructs Ileana Flores, left, fitness center trainer, on how to use the BOD POD, a system that measures an individual's lean muscle mass and body fat. The BOD POD test takes about 6 minutes from start to finish.

# BOD POD identifies areas of risk



Ileana Flores sits inside the BOD POD. The BOD POD is based on the same whole-body measurement principle as underwater weighing except it uses air instead of water. The system can help give people a proper gauge of how many pounds to lose.

**By Kirsten Tacker**  
Kukini Photojournalist

The Health and Wellness Center has a free system that measures individual lean muscle mass and body fat called the BOD POD.

The BOD POD measurement technology can help improve health, personal performance and quality of life by using the BOD POD as a monitoring device.

"The BOD POD is a body composition tracking system," said Tech. Sgt. Demetra Turner, HAWC non-commissioned officer in charge. "It is a tool for members to use that will differentiate their lean muscle mass versus their actual body fat."

Knowing the difference between lean muscle mass and actual body fat is a good starting point for individuals who want to track their improvement over a period of time.

"People need to know a good process for improvement," said Sergeant Turner. "The BOD POD gives them their lean muscle mass, but also the actual weight of the lean muscle mass and the body fat. It gives them a goal for themselves."

Fat is classified as two types. Essential fat is found in vital organs, the nervous system and is necessary for normal body function. Storage fat is the extra fuel stored under the skin and around numerous organs. Lean muscle mass includes muscle, bone and water.

"The process for improvement will be outlined on your result sheet," said Sergeant Turner. "It will give a medium range

of ultra-lean, very lean, acceptable fat level and those that are borderline obese."

The BOD POD test takes about six minutes from start to finish. The BOD POD is based on the same whole-body measurement principle as underwater weighing, except it uses air instead of water.

"It is the most accurate assessment out there besides being dunked under water," said Sergeant Turner. "Dunked under water is your most accurate measurement, but then you will have your body fat analysis done using a hand held caliper. The calipers are within roughly an 11 percent difference. The BOD POD brings you between one to two percent of your actual body fat."

Since the BOD POD measures the amount of air a body displaces, minimal clothing is required.

"There is a requirement two hours before of no exercise, no eating and no drinking," said Sergeant Turner. "We provide the swim cap. Subjects should wear preferably a swim suit or something spandex and take off all shoes and jewelry. For an optimal baseline level."

People will have to go through three cycles. Each time the door is opened it automatically readjusts at every cycle.

"Once the assessment is complete, you will see two sets of numbers," said Sergeant Turner. "One will be your actual body fat percentage and the pounds associated with body fat and the other is lean muscle mass."

This provides the subject with a proper gauge of how many pounds they should lose or gain.

"Your body still needs a certain percentage of fat for your vital organs, but it will give you a rough estimate," said Sergeant Turner. "If your body fat is 19 percent and you want to go down and of that 19 percent, maybe 28 pounds of it is fat. You don't want to lose all 28 pounds of your fat. If you lost 10 pounds that would bring your percentage down."

Another positive attribute to the BOD POD is it takes into account the different builds of men and women according to demographics.

"There are at least four models," said Sergeant Turner. "If you fit into any of those categories you can set those parameters so that you can get an accurate measurement based upon your demographic. It takes into account a person that is obese, underweight, African-American or of Asian descent."

Differentiating what is healthy for an individual's body frame and knowing the healthy range differs between men and women, this is where the BOD POD simplifies everything to help achieve personal goals.

"A lot of times when people are looking for a weight loss motivation, the BOD POD is a good tool to see where you are," said Sergeant Turner.

The HAWC invites any Team Hickam member to use the BOD POD during its regular duty hours.

# Team Hickam Pick 'Em



15 - 9

12 - 12

Team Roster	Kansas City vs. Denver	Carolina vs. Minnesota	NY Giants vs. Philadelphia	Oakland vs. Baltimore	Tampa Bay vs. Atlanta	New England vs. NY Jets	Washington vs. Dallas	Pittsburgh vs. Jacksonville	Last week's record
Col. J.J. Torres 15th AW/CC	Kansas City	Carolina	Philadelphia	Baltimore	Atlanta	New England	Washington	Pittsburgh	4-4
Lt. Col. Lewis Carlisle 352nd IOS/CC	Denver	Carolina	NY Giants	Oakland	Atlanta	New England	Dallas	Pittsburgh	5-3
Capt. Brian Moritz 535th AS	Denver	Carolina	Philadelphia	Baltimore	Tampa Bay	New England	Dallas	Pittsburgh	3-5
CMSgt. Robert Wyman 692nd IG	Denver	Carolina	NY Giants	Baltimore	Atlanta	New England	Dallas	Pittsburgh	6-2
TSgt. Youlanda Grant 15th AW/CCA	Denver	Carolina	Philadelphia	Baltimore	Atlanta	New England	Dallas	Jacksonville	5-3
SrA Jeff Galdikas 15th CES	Denver	Carolina	NY Giants	Oakland	Atlanta	New England	Dallas	Jacksonville	4-4



**TEAM HICKAM NFL CHALLENGE**

