



A tour guide plays the ukulele on the tour.



A sea turtle rests on the shores of the Black Sands Beach.



Workers at the Mauna Loa Macadamia Nut factory prepare macadamia nuts for shipment and sale.



The full-day tour included a stop at the Black Sands Beach.

# This place is COOL!

## Full day tours take breath away

*Editor's note: This is the final part in a three-part series on Kilauea Military Camp and its tour packages.*

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

You have probably heard about it, but unless you see it for yourself you can't fully understand how cool it is.

The Black Sands Beach on the Big Island of Hawaii is one of the stops on the Circle Island Tour offered by Kilauea Military Camp. We saw the beautiful rain forests and stopped at a local bakery.

This tour takes you around the entire island and lasts about 10 hours.

The second all-day tour called Hilo tour shows you Hilo Town and takes you to the Mauna Loa Macadamia Nut Visitor's Center and factory. The tour also stops by a orchid farm, Rainbow Falls, Big Island Candy Factory and Akaka Falls.

This was a great tour and seeing the beautiful waterfalls and serene rain forests was wonderful. Visitor's also go by the Farmer's Market.

These tours offer a great introduction to the Big Island. KMC offers an affordable place for military members, government civilians, and sponsored civilians to vacation. My only suggestion aside from taking the tours is to get a rental car for a few days after the tours and visit the spots you wanted to see more of and also hike down to the lava flow at night.

Enjoy the beauty of the Big Island and remember KMC is offering a special deal through Dec. 15. Guests who stay at least three nights get a \$25 KMC dining or tour credit.



# Veterans recharge lives in NYC marathon

By Staff Sgt. Shad Eidson  
Air Force Print News

Of the 38,000 runners in the New York City Marathon Nov. 5, 50 disabled veterans ran on the Achilles Freedom Team of 'wounded veterans'.

While most runners push themselves to exhaustion through the 26.2 miles of urban roads, Monica Szymanski took on the marathon to re-energize her life.

"I'm still in shock being able to accomplish it," said Mrs. Szymanski, a disabled veteran and former Air Force Reserve senior airman. "I have good days and bad days. Today was more of a phenomenal day."

Four years ago, just a few weeks after her father died of cancer, Mrs. Szymanski was diagnosed with cancer. At the time, she was the sole caregiver for her 3-month-old son while her husband was deployed. Because of complications with removing the cancerous mass, she opted to have her left leg amputated during the required surgery.

"The aftermath is very challenging. What inspires me is knowing that I can see my son and my husband everyday," Mrs. Szymanski said.



Photo by Staff Sgt. Shad Eidson

A year after her cancer, she met Achilles members who encouraged her. However, it wasn't until she saw the strength and will of disabled veterans, recovering from their injuries at Walter Reed Army Medical Center, that their determination would motivate her to push to new limits.

The recharge she gains at the marathon doesn't come from finishing in 3:10:49 either. It comes from her "wounded warrior" teammates on the Achilles Freedom Team. This year's group of 50 and their inspiration fills her with a stronger purpose – just as they have in two of the city's previous marathons.

"I think that it's great they're out here," said Officer Jimmy Griffin with the New York Police Department.

They're an inspiration to a lot of people, and they're showing that

**Achilles Freedom Team 'wounded warrior' Monica Szymanski gets help with her hand-crank cycle from New York Fire Department volunteers after she completed the New York City Marathon Nov. 5. The former Reserve senior airman, who lost her leg due to cancer, joined nearly 50 disabled veterans for the marathon.**

having a disability isn't a handicap, he said.

The Freedom Team is part of the Achilles Track Club, an international, nonprofit organization that supports people with all types of disabilities to participate in mainstream athletics, promote personal achievement and enhance self-esteem.

Nearly 200 Achilles athletes competed this year, said Mary Bryant, Achilles Freedom Team director. And their successes today couldn't have happened without more than 30 members from New York City's fire and police departments. They volunteered their off-duty time to transport the athletes and their gear to and from the airport, hotels and race events.

Mrs. Szymanski plans to start an Achilles Chapter in Ohio where her husband is now stationed at Wright-Patterson Air Force Base.

"I know that there are others out there who are disabled that want to get out," she said. "I know that I am not the only one who wants to enjoy life outside the house and not feel that you're limited so where can you go?"

Disabled veterans who would like to join the Freedom Team can visit [www.achillestrackclub.org](http://www.achillestrackclub.org).

## Veterans urged to wear military medals on Veterans Day

By Donna Miles  
American Forces Press Service

With National Veterans Awareness Week under way and the national Veterans Day observance on Nov. 11, the Veterans Affairs secretary is urging all veterans to show their pride by wearing their military medals.

R. James Nicholson's "Veterans Pride" initiative calls on veterans to wear the medals they earned while in uniform this

Veterans Day to "let America know who you are and what you did for freedom," he said.

The campaign is modeled after a tradition in Australia and New Zealand, countries that honor the Australian and New Zealand Army Corps, or ANZAC, every April 25. The observance originally commemorated more than 8,000 Australians killed during the battle of Gallipoli during World War I, but now honors all Australian and New

Zealand veterans.

Last year, while attending ANZAC ceremonies in Sydney, Secretary Nicholson said he was struck to see all the veterans and surviving family members wearing their military medals and campaign ribbons.

"It focused public pride and attention on those veterans as individuals with personal histories of service and sacrifice for the common good," he noted in

a message to veterans. "That is why I am calling on America's veterans to wear their military medals this Veterans Day, Nov. 11, 2006."

Secretary Nicholson and leaders of major veterans groups announced the initiative during an Oct. 18 ceremony here at the VA headquarters.

Wearing their medals, he said, "will demonstrate the deep pride our veterans have in their military serv-

ice and bring Veterans Day home to all American citizens."

"We expect Americans will see our decorated heroes unite in spirit at ceremonies, in parades and elsewhere as a compelling symbol of courage and sacrifice on Veterans Day, the day we set aside to thank those who served and safeguarded our national security," Secretary Nicholson said at the ceremony.

The secretary and the

veterans group leaders hope to start a new tradition in which U.S. veterans wear their military medals every Veterans Day, Memorial Day and Fourth of July.

More information about the Veterans Pride campaign is posted on the VA Web site. The site also helps veterans determine where to go to replace lost medals or to confirm which decorations they're entitled to wear.

# Crossword Puzzle: Happy Birthday USMC

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

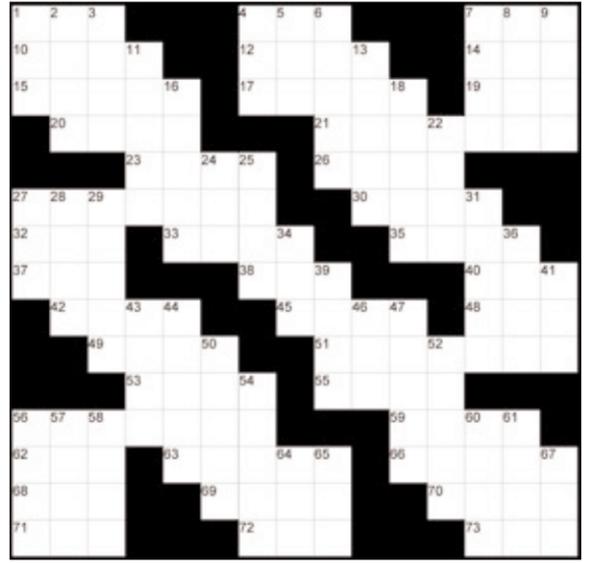
**ACROSS**

1. Dramatize
4. Fury
7. Maj. Greg Boyington was one
10. \_\_\_ the Explorer
12. Soft mineral
14. Col. Wesley L. \_\_\_; MOH recipient in 1969
15. John Phillip \_\_\_; Leader of the Marine Band
17. Theatrical presentation set to music
19. The Greatest
20. Preserved
21. Nightclub providing short programs of live entertainment
23. Long times
26. Column
27. 1LT Presley Neville \_\_\_; "Hero of Derne" referenced in USMC Hymn
30. Lt Col Anthony \_\_\_; fourth Commandant of the Marine Corps
32. European mount

33. Cheese type
35. Utah town
37. Jogged
38. Chicken or small suffix
40. The sun
42. Principal god of the Greek pantheon; ruler of the heavens
45. Giant
48. Ram's mate
49. Unit of matter
51. Maj Gen Wendell \_\_\_; 14th Commandant of Marine Corps, MOH recipient
53. Iowa town
55. Hebrew prophet of the eighth century B.C.
56. Lt Gen Thomas J. \_\_\_; WWII and Korean War veteran
59. Maj. Ross L. \_\_\_; MOH recipient for action in Haiti
62. Single
63. Deletes copy
66. Word preceding newspaper or chores
68. www.af. \_\_\_
69. Fencing sword
70. Hint
71. Greek letter

72. Cut
73. Epoch DOWN
1. Commercials
2. Col. Donald G. \_\_\_; MOH recipient for action as POW
3. Test answer
4. Simpson trial judge
5. Dr. Dre's music genre
6. Inaugurate
7. In the distance
8. Sgt. Darrell \_\_\_; MOH recipient for action at Iwo Jima
9. Leave
11. Colorado ski town
13. Lt Gen Edward A. \_\_\_; Navy Cross recipient for WWII efforts
16. Make amends
18. Right angles to the keel of a ship
22. A Guthrie
24. Lower and raise the head quickly
25. Break suddenly with a brisk, sharp, cracking sound
27. Paddle
28. Brig Gen Vincente T. \_\_\_; elected as U.S. House of Rep for Guam
29. Temporary absence or cessation of breathing
31. Artists' prop
34. Mr. \_\_\_; 1983 Keaton movie
36. Cereal holder
39. \_\_\_; Warrior Princess
41. Confederate general
43. State home to Hill AFB
44. Battle of the \_\_\_ (1916); main Allied attack on Western Front
46. Precious stone
47. Dodge
50. Gen. George G. \_\_\_; victor of Gettysburg
52. Son of Abraham who was offered as a sacrifice to God
54. Cuts something with short, quick strokes
56. Derive
57. Entity regarded as basic structural constituent of a whole
58. Actress Ward
60. 5,280 feet
61. Slander
64. Afternoon drink in UK
65. Embroider
67. Vote in favor

See SOLUTIONS, B4



## AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday



Friday 7 p.m., Saturday 2 p.m. and 7 p.m.

**Open Season** – A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters. Starring Paul Westerberg and Gary Sinise. Rated PG (rude humor, mild action, language), 100 min.



Sunday and Wednesday 7 p.m.

**School for Scoundrels** – Roger enrolls in a top-secret confidence-building class taught by the suavely underhanded Dr. P. Aided by his assistant, Leshar, Dr. P uses unorthodox, often dangerous methods, but he guarantees results: Employ his techniques and you will unleash your inner lion. Roger quickly discovers that star students have a way of catapulting Dr. P's competitive side into high gear. Starring Billy Bob Thornton and Jon Heder. Rated PG-13 (language, crude/sexual content, violence), 101 min.



Thursday 7 p.m.

**The Guardian** – After losing his crew in a fatal crash, legendary Rescue Swimmer, Ben, is sent to teach at "A" School, an elite training program for Coast Guard Rescue Swimmers. Wrestling with the loss of his crew members, he throws himself into teaching, turning the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who is driven to be the best. Starring Ashton Kutcher and Kevin Costner. Rated PG-13 (action/peril, strong language, sensuality), 136 min.

## SUDOKU

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

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

Three Minute

Jenny



SOLUTIONS, From B3



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.

PROTESTANT

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.

JEWISH

Aloha Jewish Chapel,  
 Pearl Harbor - 473-0050  
 Jewish Lay Leader Mr. David Bender 527-5877  
 Naval Station Chapel - 473-3971

CATHOLIC

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.

BUDDHIST

Honpa Hongwanji Hawaii  
 Betsuin A Shin Buddhist Temple - 536-7044

ORTHODOX

For more information, call 438-6687

ISLAMIC

Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m.  
 Muslim Association of Hawaii 947-6263

SUDOKU, From B3

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

SPORTS SHORTS

**Youth basketball registration** – Youth basketball registration continues through today at the Community Center and the season starts Jan. 6. Kids born between 1990 and 2001 are eligible to join and must have a current physical and birth certificate. The cost is \$65 per child plus a \$25 membership fee. For more information, call 448-4492.

**Poolympics at Pool 2** – Family teams of four are invited to participate in some fun competitions and aquatic relay races at Pool 2 on

Nov. 17 from 5:30 to 8 p.m. Categories include an inner-tube relay and a dressed relay, plus get an introduction to water polo. For more information, call 449-5215.

**Pro Bowl pre-ticket sales** – Pre-ticket sales for the NFL Pro Bowl continue at Information, Tickets and Travel. These seating reservations cost between \$43 - \$114 and the actual tickets will be made available at a later date. The Pro Bowl will be held Feb. 10 in Aloha Stadium. For more information, call 448-2295.

**Turkey Roll** – The Turkey Roll special at the Bowling Center continues striking through Nov. 17. Bowl between Monday and Friday, 10 a.m. to 4 p.m. during open bowling and receive a chance to win one of four Thanksgiving turkeys. Complete a three-game series and receive a fourth bonus entry. This offer is not valid on holidays. For more information, call 449-2702.

**Juniors winter baseball tryouts** – Boys and girls interested in playing Juniors Winter Baseball may sign-up for tryouts at the

Community Center now through Nov. 22. The tryouts are Dec. 2 at 9 a.m. at the Juniors' field. Players must be 13-15 years old as of May 1, 2007. The registration fee is \$65 plus an annual Youth Sports membership fee of \$25. Members receive reusable Youth Coupons worth \$20. For more information, call 448-4492.

**Jingle Bell Run registration** – Santa's making a dash for the Jingle Bell Run Dec. 2, starting at 7 a.m. Register before Nov. 22 at the Fitness and Sports Center. The \$10

fee includes a t-shirt. Awards will be given for the best santa suit, the cutest little elf, the Fastest Reindeer and the Most Delightful Mr. and Mrs. Claus. For more information, call 448-2214.

**Kidsports fun** – The Hickam Kidsports Fun and Fitness Center is the first program of its kind in the Air Force. Youth between the ages of 18 months and 5 years can participate in a wide variety of recreational and sports-related programs. Fees vary according to class. For more information, call 448-6611.

## Volunteers needed for marathon

By Master Sgt. Roxane Torres  
15th Airlift Wing

Just as Thanksgiving and December are annual traditions, so is the Honolulu Marathon, Dec. 10.

Each year thousands of runners and walkers gather together at the start line in the wee hours of the morning to complete a run they have trained for months to accomplish. The excitement runs not only through crowd of runners, but also along the streets with many friends and families.

### What does this have to do with you?

The community cannot host an event of this magnitude without the assistance of volunteers. People who are unable to run or just don't have the desire to put them selves through the extensive training can still experience the adventure by donating their time. All volunteers receive a free hat and t-shirt and are asked to fill-in with various duties, such as security, timing, assistance at the finish line, and more importantly the human chain at the end of Kapiolani Park to Diamond Head road. The human chain is a line formed down the center of the road to separate the runners in the area where they are required to double back. This also gives volunteers the opportunity to support the runners by cheering because although much training is put into the preparation, a little support and encouragement never hurt.

### How to help out

Last 100 Air Force members came out to volunteer and the goal is to match or exceed that number. To volunteer, contact Master Sgt. Roxane Torres at roxane.torres@hickam.af.mil, or 449-1506.

## NFL hosts Air Force Appreciation Day



Photo by Tech. Sgt. Cohen Young



Above: Secretary of the Air Force Michael W. Wynne officiates the coin toss for the National League Football game between the Washington Redskins and the Dallas Cowboys at FedEx Field in Landover, Md. on Nov. 5. This was just one of several activities that took place during Air Force Appreciation Day there.

Left: Secretary of the Air Force Michael W. Wynne presents a Purple Heart to Army Capt. Ken Dwyer at Air Force Appreciation Day. The presentation took place prior to the game. Captain Dwyer, of Fort Walton Beach, Fla., served in Afghanistan.



## FITNESSTIPS



**Benny Miguel oversees as Jim Tamura performs hip extensions at the gym. The body should be kept straight and back flat throughout the entire range of motion.**

Photos by Senior Airman Erin Smith



**Jim Tamura shows the wrong way to perform a hip extension. When performing this exercise, the back and neck shouldn't be arched or curved.**

## Falcons roll over Army, 43-7

By Wayne Amann  
Air Force Academy Public Affairs

Prior to the 41st renewal of the Air Force/Army football rivalry, Falcon quarterback Shaun Carney was asked by a local West Point, N.Y., newspaper to predict the final score.

The junior signal caller said the blue-suiters would win 49-7. His teammates nearly made him a prophet.

Air Force converted five Army turnovers in the first half into 34 points and cruised to a 43-7 rout over the Black Knights Nov. 3 before 32,066, mostly stunned fans, at Michie Stadium and a national television audience on ESPN2.

"Christmas came early for us this year," said Falcon back Adam Zanotti whose team record 98-yard fumble recovery for a touchdown on Army's first possession set the tone for the game. (The play eclipsed Scott Ham's 90-yard fumble recovery for a score against Colorado in 1970). "They drove on us but we don't give up (on defense) until they're in the end zone. When I saw the ball on the ground my eyes got big and I got lucky."

Army entered the game as the nation's most turnover-prone team, 26 giveaways in eight games. The Falcons forced two more fumbles and four interceptions. The first fumble, recovered by Air Force linebacker Drew Fowler, led to a 19-yard touchdown run by halfback Chad Hall early in the second quarter.

"We called a draw play, got great blocking up front, I made one cut on the backside linebacker and ran to the end zone," said Hall who had a game-high 93 yards on 16 carries. "Points off turnovers are big. When your defense gets you the ball you can't give it back. Our defense came up huge."

Up 14-0, Falcon cornerback Garrett



Photo by Ken Carter

**Air Force quarterback Shaun Carney hands off to fullback Jacobe Kendrick who eyes the offensive line moving Army back.**

Rybak intercepted a pass and returned it to the Army one-yard line where fullback Ryan Williams ran it in.

On the ensuing kickoff Black Knight return man Damien Hunter mishandled the ball inside his goal line. Instead of downing the ball which would have brought it out to the 20-yard line, he tried to run it out but was tackled for a safety by Chris Thomas.

The play had the effect of another turnover since Army had to kick the ball back to Air Force. The Falcons then capped a 10-play, 62-yard drive with a six-yard Carney touchdown run.

On Army's first play from scrimmage on each of its next two possessions Falcon back John Rabold intercepted highly-touted freshman quarterback Carson Williams. The first pick set up a fumble recovery for a touchdown by

Beau Suder while the second resulted in a 36-yard touchdown pass by Carney to Spencer Armstrong. The back-to-back scores completed a 36-point second quarter, an Air Force record for points in a quarter.

The Falcons also paid Army back for last year's 27-24 loss in Colorado Springs, which eliminated Air Force from Commander-In-Chief's Trophy contention. This latest Air Force win means Navy retains the trophy for the fourth straight year, even if Army beats the Midshipmen Dec. 3. Navy downed Air Force 24-17 on Oct. 7.

This victory improved the Falcons all-time record to 27-13-1 against Army and bounced the Black Knights from bowl consideration. A minimum of six wins is needed to be bowl eligible. Army is 3-7 with two games to play.

# Team Hickam Pick 'Em



124 - 92

117 - 99

Team Roster	Chicago vs. NY Giants	Cleveland vs. Atlanta	New Orleans vs. Pittsburgh	NY Jets vs. New England	San Diego vs. Cincinnati	Washington vs. Philadelphia	St. Louis vs. Seattle	Tampa Bay vs. Carolina	Records	
									Last week	To date
<b>Col. J.J. Torres</b> 15th AW/CC	Chicago	Cleveland	New Orleans	New England	Cincinnati	Philadelphia	Seattle	Carolina	2-6	37-35
<b>Lt. Col. Lewis Carlisle</b> 352nd IOS/CC	NY Giants	Atlanta	New Orleans	New England	San Diego	Philadelphia	Seattle	Carolina	4-4	39-33
<b>Capt. Brian Moritz</b> 535th AS	Chicago	Atlanta	New Orleans	New England	San Diego	Philadelphia	Seattle	Carolina	4-4	41-31
<b>CMSgt. Robert Wyman</b> 692nd IG	NY Giants	Atlanta	New Orleans	New England	Cincinnati	Philadelphia	Seattle	Carolina	3-5	44-28
<b>TSgt. Youlanda Grant</b> 15th AW/CCA	Chicago	Atlanta	Pittsburgh	New England	San Diego	Philadelphia	St. Louis	Carolina	4-4	41-31
<b>SrA Jeff Galdikas</b> 15th CES	Chicago	Atlanta	New Orleans	New England	San Diego	Philadelphia	Seattle	Carolina	4-4	39-33



**TEAM HICKAM NFL CHALLENGE**

