

WWII nurse returns to Hickam

By Lt. Col.
David Beavers
15th Medical Group

This past week many of those surviving the attack on Hawaii on December 7, 1941 returned to commemorate the 65th anniversary of the attacks.

Monica Conter Benning was a second lieutenant Army Nurse Corps officer on duty at the Hickam Clinic the day of the attacks. She returned to Hickam, Dec. 8 to visit the clinic where she once worked and see how it has changed over the years. Senior Nurses from the Air Force, Army and Navy were present for Mrs. Benning's visit to Hickam Medical Group where she spent time with many of the medical group staff talking about her life and experiences.

Monica wanted to see the world. Escaping the cozy childhood she had spent in private Catholic schools. Her father was a physician and encouraged her to pursue a career in medicine.

When she was 19 years old, she went off to study nursing at Providence Hospital School of Nursing in Mobile, Alabama. Late in 1939, she was employed as a nurse in Baltimore when she learned of the need for nurses in the Army. She was sworn in as

a second lieutenant in January 1940.

Her first duty station as an Army nurse was at Walter Reed General Hospital. While assigned in Washington D.C., she posed for a Red Cross Nursing Service recruiting booklet titled, "Uncle Sam Needs Nurses." The booklets were used to recruit nurses for the Army, Navy and Red Cross.

Mrs. Benning was then reassigned to Hawaii and traveled by ship to assume her duties at Tripler General Hospital and arrived in July 1941. The new 30-bed medical treatment facility at Hickam was completed in November 1941 and Benning was one of six nurses to be assigned there.

There were two nurses on duty when the Japanese attacked; Mrs. Benning was one of them. She remembers screams, smoke fumes and the mass confusion that came from the people being showered with gunfire.

She spent the day administering morphine injections to the injured and gathering the casualties so they could identify those



Above, Monica Conter Benning receives a mission brief from the 15th Medical Group during her visit. She also walked the halls of the hospital she once worked at and got to see other buildings around base like her old dormitory, the building where her wedding reception was also held. Left, Monica Conter Benning greets Navy Capt. Carlson, Director of Branch Clinics, Naval Health Clinic.

Photos by Vanessa Perez



who still were alive and could be helped. More than 2,300 Americans perished during the attack, 189 at Hickam Field.

Benning met her husband

while assigned to Hickam Field. Barney Benning was an artillery officer who arrived in Hawaii about the same time as Mrs. Benning. At the time they were mar-

ried, all the nurses assigned to Hickam lived at 106 Boquet, directly behind the hospital. Not only did Mrs. Benning live there but she also has fond memories of

“ She remembers screams, smoke fumes and the mass confusion that came from the people being showered with gunfire. ”

the building as that is where her wedding reception was held. During this visit in she got to visit those quarters once again and recount the story of tossing her bouquet from the top of the stairway.

A few years after her wedding, she was required to leave the military in 1943, as she was pregnant with their first child and was returned to the mainland. During this time, Capt. Eddie Rickenbacker was recovering from injuries at Hickam and Mrs. Benning was able to return to the mainland by being assigned as a nurse with the medical team returning to Washington.

Monica served a total of three years on active duty and her husband retired from the U.S. Army. He passed away late in 2005 and was buried at Arlington.



The facility features a full kitchen.



People can host events in this room.



The Hickam Community Housing Community Center is located near the base chapel.

Hickam families get new HCH community center

By Ryan Mielke
Hickam Community Housing
Deputy Asset Manager

Months of construction are complete and the doors are about to swing open as Hickam Community Housing's Community Center officially began operations, Tuesday.

The Community Center serves as the gathering place for the more than 1,000 families to relax, workout, learn, or simply strengthen community bonds with their neighbors. HCH's hub of community activity and gathering resides in its community center. Some of the planned activities at the HCH Community Center include the following:

- Adult education classes
- Entertainment and group functions
- Cultural education classes

“ We really want our residents to feel that this center is an extension of their homes and communities. ”

Rick Cunefare,
Hickam Community Housing

- Fitness activities
- Cooking facilities
- Teen and adult dancing
- Computer and internet access

“We really want our residents to feel that this center is an extension of their homes and communities,” said Rick Cunefare, HCH Director of Property Management. “We have many events and activi-

ties planned that we hope will further enhance the quality of living in HCH. Whatever our residents prefer to do to relax, such as playing cards, watching movies, or working out, chances are, they can do it at their new community center.”

Beth Linder, HCH's new Community Center Director, comes to HCH from The Honolulu Club. She has done post-graduate work in kinesiology and can assist residents with the fitness room, activities and events planning. She said she looks forward to HCH families discovering the center for the first time. “We have so much here; a place where people can get in a brief workout or relax with their families and friends,” she said. “We will pay close attention to the desires of our families, as to what services we bring in the future. This really is, after all, their center.”



Beth Linder, left, and Cindy Schleindel, right, work out on the fitness equipment at the community center. The center also features strength training equipment.

15th Services holiday hours

Many of the 15th Services Squadron facilities and programs will be operating under special schedules during the holiday season. For a complete listing, please go to www.hickamservices.com and click on "Holiday Hours."

Tops in Blue 2006 World Tour

Tops in Blue, the Air Force's Expeditionary Entertainers, take center stage at the Freedom Tower Mall for only one performance tomorrow evening. The show's theme, "What's Love?" is their own creative blend of soul, country and pop music. Open seating begins at 6 p.m. and the show starts at 7. Bring a

blanket or lawn chair. Admission is free and the performance is open to the public. Register for a chance to win a 550-unit calling card. View a preview of the show online at www.hickamservices.com. For more information, call 449-3354.

Scrapbook day

It's time to finish those scrapbook album projects. The Arts and Crafts Center's next Scrapbook Day is tomorrow from 10 a.m. to 3 p.m. For more information, call 449-1568.

O'Club Brunch with Santa

Bring the kids and your camera for a great photo opportunity Sunday from 10 a.m. to 1 p.m. at the Officers' Club. Enjoy great

food as well as live holiday piano music. Adults cost \$18.95 (\$2 Members First Discount); children 7-11 are \$5.95; children 4-6 are \$3.75; and children under 3 are free. For more information, call 448-4608.

Gym floor closure

The gym floor will be closed from Monday through Jan. 5 for a lighting upgrade project. Access to the locker rooms, racquetball courts and massage rooms will remain available. For more information, call 448-2214.

Family Ginger Bread House Competition

Enjoy sweet family time together by building a ginger bread house at the Community Center's Family Ginger Bread House

Competition Dec. 20 from 6 to 8 p.m. The \$20 per family fee includes all building supplies and refreshments. There are 10 slots available and the registration deadline is Monday. For more information, call 448-0418.

Family housing holiday decorating contest

Whether it's a nativity scene or a display that rivals Times Square, families are invited to compete in the Community Center's Best Holiday Decorations Contest. Families interested in competing must contact the Community Center by Tuesday. Judges will drive by each registered house between 7:30 and 8 p.m. Thursday. 1st and 2nd place prizes will be awarded. For more information, call 448-0418.

Cookie caper



Photo by Senior Airman Erin Smith
Iris Carlisle, Cookie Caper volunteer, puts the finishing touches on cookie packages to be delivered to deployed Airmen, 525 Airmen in the dorms on base and 15 Airmen at Bellows. This year, more than 18,000 cookies were donated and more than 40 volunteers came out to help pack and distribute the cookies. Nearly 2400 cookies were also delivered to Navy dormitory residents assigned to a ship and 1200 cookies were donated to Hawaii Center for the deaf and blind, the Salvation Army Homeless Shelter and the Fisher House.

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.

Onizuka Village

Comment: My concern is with base housing and more specifically Onizuka Village. Upon accepting housing I was made to sign an agreement to

maintain my house to include the outside, this agreement also told me when trash pick-up was and when I was allowed to bring my trash receptacle to the curb and when I had to remove it. As time went I noticed that many of these things I agreed to do really did not matter. Do not get me wrong I try and follow each and every rule but I noticed that many people do not. What I mean is my neighbors throughout Onizuka Village do not mow their lawns, fail to retrieve their trash cans from the curbs (take a look, all week long, trash cans on the curbs) and do not pick up their animals' waste. I then noticed that base housing does not enforce any of the rules that we as residents are suppose to follow. I think with a little push from the base housing office (rules enforcement) that the neighborhood can become a little more

respectable. I do understand the houses are suppose to be renovated/privatized within the next year or so but does that mean we just forget about them until then, remember we do have people living in them. The housing office said they are low manned and do not have enough personnel, however, they did state they inspect housing from the road and write citations. I recommend that a day be organized where all base residents complete a mass clean-up. Once this is accomplished it will be up to residents and housing inspectors to ensure it stays this way. I do not want to sound like a complainer but I just want to live in a clean neighborhood. Thank you for your time.

Response: Thank you for bringing this to my attention. Base cleanliness is a topic of special interest to me. I have briefed in numerous forums

that Pacific Air Forces commander considers Hickam the "Pearl of the Pacific." It will/does take a concerted effort on the part of all Hickam personnel to keep our base beautiful. Neither CE or Housing can do it on their own. Yes, there is a shortage of housing inspectors; however, that is no excuse for any of our housing areas to deteriorate to the conditions you have described.

I have personally walked and driven Onizuka Village and more times than not I have found the appearance deplorable! I ask you, "Where is the pride?" The fact that the units are old and the area high density doesn't excuse any resident from being responsible for the maintenance and upkeep of their home and grounds. I have even gone so far as to personally return curbside trash cans to their owners and remind them that

living in base housing is a privilege and not a right. Base housing is neither a handout nor welfare.

So where do we go from here? First, I like your idea of a base-wide cleanup. We held one this past fall, but only focused on industrial areas. We will hold one in the Spring and also include housing areas. Second, in order to assist with this issue, the Military Family Housing will re-introduce weekly inspections every Tuesday. You should also notice the wing command chief taking unit first sgt. through the neighborhoods so they can get "eyes on" where their personnel live and view housing issues first hand. Residents not in compliance with standards will be cited for discrepancies such as not mowing, watering, trimming, clutter, etc., and overall failure to comply with guidance outlined in the housing brochure.

Normally documentation of three discrepancies in any 12-month period will be referred to the 15th Mission Support Group commander for action. However, starting next month I will begin reviewing housing discrepancies personally. Let me just say I will give strong consideration to invoking eviction procedures to residents who do not comply with the rules.

One of my leadership tenets is "attention to detail...pick up the trash"(literally and figuratively speaking). I need every resident in base housing to do their own part, take personal responsibility, and "pick up their own trash." Hickam AFB is "Our House." Together, let us all show some "Pride" in "our house" keep it clean and beautiful, and keep it the "Pearl of the Pacific." If you have additional questions or concerns please call Mr. Bill Morris, at 448-1546.

Crossword Puzzle: Moon Shot

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

ACROSS

1. Bond writer Fleming
4. Australian or New Zealander soldier
9. Rapping dr.
12. Writer Bombeck
13. ___ Mia
14. Snakelike fish
15. Last lunar mission
16. One of three crew members on last moon mission
17. Org. in charge of moon shot
19. Steal
21. U.S. space station projected after last moon shot
23. Single
24. Metal insignia of rank on shoulders of commissioned officers
26. Peter ___
27. USAF org. concerned with personnel
28. Water state

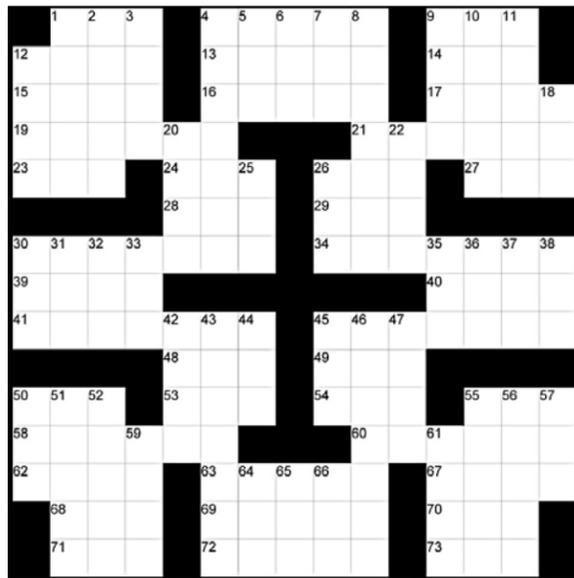
29. Japanese sash
30. Four-wheeled platform
34. Rocket used to launch lunar mission
39. ___ and Andy
40. Painful
41. One of three crew members on last lunar mission
45. Skilled performer of gymnastic feats
48. Female deer
49. Mai ___
50. Clump
53. Mining goal
54. Terminate
55. Actress Longoria
58. Lunar program
60. One of three crew members on last lunar mission
62. One of several large, dark plains on the moon; landing site
63. Hangman's halter
67. Sicilian erupter
68. Captain ___
69. Pilot program
70. Circle part
71. Explosive combo

72. Stares at
73. Color

DOWN

1. Cowboy great Michael
2. Walk ___ in her shoes...
3. Inexperienced person
4. Name of last lunar mission command module
5. AFSC 12X duty
6. GNC nutrition supplement
7. USAF E-2
8. Winter melon
9. Operation ___ Flight
10. Royal domain; kingdom
11. Lanchester and Schiaparelli
12. Former Montreal player
18. Vehicle brakes, in short
20. Saga
22. Sew
25. Each
26. Battery charge, in short
30. Owns
31. USAF MAJCOM
32. Classic Japanese drama employing verse, choral song, dance
33. USAF medal awarded for

- distinguished performance
35. Morale, welfare and recreation org.
36. ___ Roy
37. Gun lobby
38. Mil. retiree perhaps
42. American ___
43. Canadian city home to the Maple Leafs
44. Golf prop
45. Dined
46. Invalidates
47. First US woman in space
50. Beaver structure
51. Separate
52. Periodic Table symbol B
55. Doorway
56. AETC base
57. Santa ___
59. Annual season of fasting and penitence; prep for Easter
61. Browse
64. Web site ending
65. Engine need
66. Auto mechanics org.



See SOLUTIONS, B4

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday



Friday 7 p.m., Saturday 2 p.m. and Dec. 21, 7 p.m.

Flushed Away – The story of an uptown rat that gets flushed down the toilet from his penthouse apartment, ending in the sewers of London, where he has to learn a whole new and different way of life. Starring Ian McKellen and Andy Serkis. Rated PG (crude humor, language) 88 min.



Saturday 7p.m.

A Good Year – London-based investment expert Max Skinner travels to Provence to tend a small vineyard he inherited from his late uncle. When he gets suspended from his job, he settles in to life at the chateau, remembering the time he spent there as a child. Then a determined young California girl arrives claiming to be the illegitimate daughter of the deceased uncle and rightful owner of the vineyard. Starring Russell Crowe and Albert Finney. Rated PG-13 (language, sexual content) 118 min.



Sunday, Wednesday 7 p.m.

Borat – Borat Sagdiyev, Kazakhstan's sixth most famous man and a leading journalist from the State run TV network, travels from his home in Kazakhstan to the U.S. to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences. Starring Sacha Gohari, Kenneth Davitian. Rated R (crude/sexual content, nudity, language) 84 min.

SUDOKU

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

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

Cassie's Cure

Jenny



SOLUTIONS, From B3



SUDOKU, From B3

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

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

SPORTS SHORTS

Ham Roll - Today is the last chance to win a holiday ham during the Bowling Center's Ham Roll. Receive an entry slip to win one of four holiday hams with every game bowled during open bowling from 10 a.m. to 4 p.m. Complete a three-game series and get a fourth bonus entry. For more information, call 449-2702.

Ke'alohe Golf Course celebration sale - Fill those stockings by saving 10-per-

cent off everything in stock over \$20 at Ke'alohe Golf Course during the Celebration Sale Sunday through Dec. 24. For more information, call 448-2318.

Group surf lessons - Register at Outdoor Recreation by Wednesday and join other dudes and dudettes for a three-hour group surf lesson Dec. 30 beginning at 9:30 a.m. Participants must be able to swim without a life jacket and pay \$45 for board

rental, transportation and the wisdom of two instructors. For more information, call 449-5215.

Pre-teen Bowl-a-Fun - Pre-teens can get in a few games of bowling between the holidays during Youth Programs' Bowl-a-Fun event Dec. 27 from noon to 4 p.m. Permission slips and a \$10 fee must be turned in by Wednesday. Thirteen slots are available. For more information, call 448-2296.

Winter junior golf tournament - Ke'alohe Golf Course hosts a Winter Junior Golf Tournament Dec. 23 with the first tee time beginning at 1 p.m. The tournament is limited to the first 36 players ages 7-17 to register by Thursday. The format is 18-hole individual stroke play and juniors will be paired by age. A \$15 entry fee includes green fee, prizes and a hot dog lunch. For more information, call 448-2318.

Free juniors' golf clinic - Juniors ages 7-16 won't want to miss this free introductory golf course, compliments of the Mamala Bay Staff Dec. 22 from 4 to 4:45 p.m. The clinic is limited to the first 12 golfers to register. For more information, or to register call 449-6490. Registration can also be completed by e-mailing M a m a l a B a y T e e - T i m e @ H i c k a m . a f . m i l . Indicate a right or left-handed preference.

Windsurfing day at Hickam Harbor - Glide above the surf with the freedom of the wind during Windsurfing Day at Hickam Harbor. Outdoor Recreation instructors will give demos and lessons between 9:30 and 11:30 a.m. and between 1 and 4 p.m. Dec. 24. A \$20 fee includes two hours of instruction, rental and safety gear. Limited space is available. Call 449-5215 for reservations or more information.

Proper nutrition revs body's engine



By Kirsten Tacker
Kukini Photojournalist

Just as gas is essential to operate a car, food is needed for the body to function properly. People never even think of running their cars without gas or oil, but often times let their body run on 'fumes'.

Skipping meals, not drinking enough water or overeating can be eliminated by making a conscious choice to incorporate portion control, a balance of carbohydrate, fat and protein in each serving with some simple daily planning.

"One thing I like to remind people is if they've had eating patterns they developed and maintained over 20 years, it will take more than a few days to change those habits," said Amy Gray, Health and Wellness Center director. "Be patient with yourself. Small changes can have big results, not just physically but mentally and emotionally."

Making changes can start with what's on the plate and how much.

"The biggest thing is probably portion control, but with portion control comes variety," said Tech. Sgt. Demetra Turner, NCOIC. "A lot of times people will limit their intake based upon foods that they like and not encourage themselves to eat more of a stronger foundation of food."

Less variety presents a problem because this could cause a loss of essential nutrients from fruits and vegetables.

"That would be one of the first things as far as gearing towards a nutritional program is actually moving towards creating variety in the diet," said Sergeant Turner.



This holiday season, parties and gatherings can easily derail healthy eating habits. Instead of a creamy casserole or heavy dish, a fruit or vegetable platter can provide a lower calorie alternative.

Part of portion control includes the ratio of what is on the plate.

"Usually we do protein half the plate and maybe a quarter of carbohydrates and veggies," said Ms. Gray.

Apparently this ratio is not balanced according to the new food guide pyramid at <http://www.mypyramid.gov/>.

"Our plates should contain a quarter of protein, a quarter of starch, preferably something with a whole grain basis and then the veggies will take up the biggest portion of the plate," said Sergeant Turner. "It has to be a conscious choice you set for yourself and get into that balance."

A source to help make better choices and achieve this balanced plate portion is the new food guide pyramid.

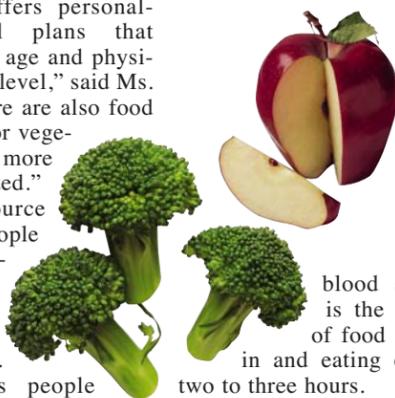
"The new food guide

pyramid offers personalized meal plans that account for age and physical activity level," said Ms. Gray. "There are also food pyramids for vegetarians, it is more individualized."

This source can help people make choices that sustain blood sugar for a long time. This keeps people from having sugar spikes that go up and down throughout the day.

"Sustaining blood sugar is really the key to maintenance," said Sergeant Turner. "It is also prevention mode too, because diabetes is one that affects folks in the way we eat. We just have a tendency of excess intake of carbohydrates."

What helps to sustain



blood sugar is the types of food taken in and eating every two to three hours.

"Eat four to six small meals a day with calories ranging anywhere from 250 -350 in a sitting," said Sergeant Turner.

This is where planning is important, having meals pre-planned especially during the workweek.

"Eating small meals throughout the day means maybe you eat breakfast at 6 a.m. and you're hungry again by 9:30 or 10 a.m.,

but that is okay, that is the point," said Ms. Gray. "You plan your meals and you have fruit or yogurt around the office to eat around 10 a.m. Then you can have something small for lunch, like half a sandwich."

Something many people do is skip meals, but this creates sluggishness and does not sustain your blood sugar. Consequently, it slows the metabolism down.

"The number one meal that you never cut is breakfast and this is the number one meal that most Americans do not partake in," said Jason Ham, HAWC's exercise physiologist.

Eating breakfast is the first thing that revs the body's engine, skipping this meal starts the day on empty. Not eating properly throughout the day contributes to overeating at night.

"Our problem is we are a population driven by overeating," said Mr. Ham. "We are an overeating nation."

Eating out is a big offender that contributes to overeating because the portions are large.

"If you go to a restaurant nine out of 10 times you will overeat, it is just a fact," said Mr. Ham. "Do everything in moderation. If you like the Whopper with cheese, do it. You don't have to cut things out. We are not the food police and we don't say never have another cheeseburger again. We sell moderation."

Moderation would include taking the mayo or the cheese off, even better get a happy meal this constitutes moderation with portion control.

When eating at a restau-

rant share a meal with someone this puts a kibosh on the temptation to overeat.

"Even if they charge for a shared plate it is still cheaper than another meal, but cost isn't the issue, overeating is though," said Ms. Gray. "It saves you money and calories."

If dining alone it will take some control and determination, but ask to have half the portion placed in a doggie bag before they even bring the meal out.

Just by halving portions not just in the restaurant but at home too, this is the first step in terms of thinking along the lines of portion control.

Other tips that support portion control are shopping smarter.

"Always shop with a list and stay towards the outside of any grocery store, because most often what is between the aisles lack nutritional value," said Sergeant Turner.

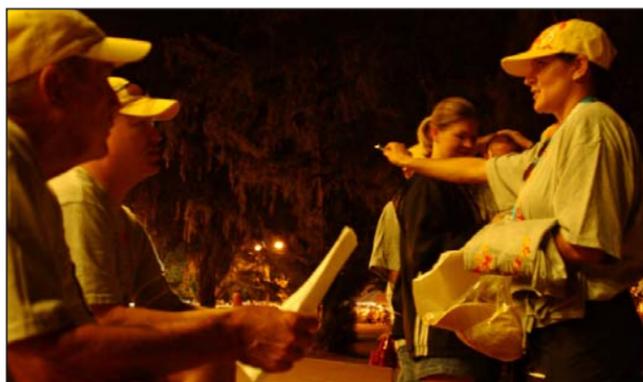
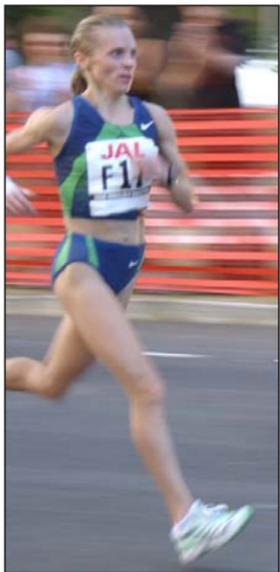
Opt for fresh or frozen versus canned foods because more of the fiber content remains in fresh or frozen. In canned foods the high sodium content is added for shelf life.

"Don't go shopping when you are hungry," said Ms. Gray. "I make really bad decisions. I come home with stuff I wouldn't normally buy."

When buying a big bag of pretzels or any large snack place a smaller portion in a Ziploc baggie for portion control and be aware of eating out of boredom. This eliminates overeating.

Eating smart and healthy needs to be an individual and a family effort, even friends can help support the new changes.

Honolulu Marathon



Photos by 2nd Lt. Melanie McLean

Top left, Lyubov Denisova makes her way to the finish line during the Honolulu Marathon, Dec. 10. Top right, Capt. Paul Theriot, a pilot with the 535th Airlift Squadron and Capt. Jeremiah Reed, an F-16 pilot from the 8th Fighter Squadron at Kunsan AFB, Korea replenish lost nutrients after the race. Bottom left, A runner powers his way through the 26.2 mile race. Bottom right, Master Sgt. Roxane Torres, volunteer coordinator from the 15th Airlift Wing directs security volunteers from Hickam. Volunteers boarded a bus at Hickam at 2 a.m. to donate their time to this international event.

FITNESSTIPS



RIGHT

Chelsea Barlow performs a trunk flex, under the supervision of Benny Miguel. During this exercise, people should lie prone on an exercise ball with the back flat and legs extended behind the body, feet shoulder width apart. Contract the glutes and begin pulling the legs upward until the glutes are fully contracted keeping upper body straight and parallel to the floor. Hold and continue to contract the glutes. Slowly lower the legs back to the starting position.



WRONG

When performing the exercise, people should keep the feet shoulder width apart arms should be fully extended and body should not be too far forward on the ball.

Team Hickam Pick 'Em



186 - 150

179 - 157

Team Roster	Dallas at Atlanta	Detroit at Green Bay	Jacksonville vs. Tennessee	Miami vs. Buffalo	Philadelphia vs. N. Y. Giants	Pittsburgh vs. Carolina	Kansas City vs. San Diego	Cincinnati vs. Indianapolis	Records	
									Last week	To date
Col. J.J. Torres 15th AW/CC	Atlanta	Green Bay	Jacksonville	Buffalo	N.Y. Giants	Carolina	San Diego	Indianapolis	4-4	59-53
Lt. Col. Lewis Carlisle 352nd IOS/CC	Dallas	Detroit	Tennessee	Buffalo	N.Y. Giants	Pittsburgh	San Diego	Indianapolis	4-4	58-54
Capt. Brian Moritz 535th AS	Dallas	Green Bay	Jacksonville	Buffalo	N.Y. Giants	Carolina	San Diego	Indianapolis	3-5	62-50
CMSgt. Robert Wyman 692nd IG	Dallas	Green Bay	Tennessee	Miami	N.Y. Giants	Pittsburgh	San Diego	Indianapolis	3-5	59-53
TSgt. Youlanda Grant 15th AW/CCA	Dallas	Green Bay	Jacksonville	Miami	N.Y. Giants	Pittsburgh	San Diego	Cincinnati	3-5	65-47
SrA Jeff Galdikas 15th CES	Dallas	Detroit	Jacksonville	Miami	N.Y. Giants	Pittsburgh	San Diego	Cincinnati	3-5	62-50



TEAM HICKAM NFL CHALLENGE

