

Inside



■ Movies this week: 'You Don't Mess with the Zohan' (above), 'Speed Racer' and 'The Happening'

B4



■ This week's 'Fit Tip' packs some punch — along with a few well-placed kicks

B5

Education

**DISCOVER college information** — The Force Development Flight can provide passwords to the DISCOVER Web site. This education tool can help determine your interest in civilian careers. For more information, stop by Hangar 2, Rm. 103, Monday through Friday from 8:30 a.m. to 3:30 p.m..

**Central Michigan University** — CMU offers a 36-credit hour master of science in Administration degree with concentrations in general administration, health service administration, human resource administration, leadership, and public administration. Registration for Fall I continues through next Friday. For more information or to register, call 422-6118 or email tanne1am@cmich.edu.

**National test site** — The Force Development Flight has a contract with Hawaii Pacific University to administer college credit by examination (CLEP or DSST) on Hickam on Mondays and Wednesdays. Active-duty military test for free and civilians can test for a nominal fee. To schedule an exam date, contact HPU at 543-8053 or e-mail mcp\_clep@hpu.edu.

News Notes

**Volunteers needed for 'Hele On'** — The Airman and Family Readiness Center is looking for volunteers to assist with the 5th annual 'Operation Hele On' — a mock deployment for children. The event is scheduled for Aug. 15 from 7 a.m. to 5 p.m. Volunteer duties consist of set up, tear down, photographer, food servers, escorts SNCOs as TIs, and NCOs as team leads. For more information, call Master Sgt. Garrett Kuwada or Tech. Sgt. Cherie Greene at 449-0300.

## Services kicks off club membership drive with today's event at E' Club

By Jeff Nicolay  
Hickam Kukini editor

Team Hickam members can win a three-day Las Vegas vacation for two at a free 15th Services Squadron pau hana event today from 4 to 6:30 p.m. at the Enlisted Club.

The event is open to all-ranks, club member and non-members alike.

According to Paulette Burnard, 15th Services marketing director, the event is being held as a kick-off for its new "U-Choose Card Choice" program.

"Hickam clubs is kicking membership benefits into high gear," she said. "From now through October 15, the program offers some great deals for Airmen that make being a club member hard to resist. And to make it hard to resist, to enter the drawing for the Las Vegas package, all you have to do is be a club member or fill out an application to become one — it's a simple as that!"

As Ms. Burnard explained, the U-Choose program centers around a more flexible credit card arrangement. In the past, she said, club members had to use the club-issued



Fifteenth Services Marketing will hold an all-ranks, members/non-members pau hana event beginning at 4 p.m. at the Enlisted Club to kick off its 'U-Choose' club membership promotion that runs through Oct. 15.

MasterCard. Now, club members have the option of applying for a proprietary credit card that can only be used on base.

"Our surveys have shown that Airmen often didn't want to be restricted to the club MasterCard," she pointed. "With U-Choose, club members now have another option."

As part of the U-Choose promotion, club members will enjoy some great deals and opportunities above and beyond the normal benefits of membership, which include two-percent cash back on selected purchases, Ms. Burnard added, including great prizes and give-

aways. "Between now and when the promotion ends on October 15, the clubs will be giving away trips to Maui; a trip to the Kilauea Military Camp; tickets to Sea Life Park, the Honolulu Zoo, Hawaiian Water Adventure Park and Paradise Cove Luau; and free meals at Hickam activities, plus a variety of other games and contests. But it's only for club members, so if you're not a member yet, now is the perfect time to sign up."

All Air Force club members can register to win one of 10 \$1,000 cash prizes. Plus, she said, all new club members receive an "Instant



Photos courtesy of 15th Services Squadron

Scratch Off" ticket worth \$5, \$10, \$25 or \$100 — and every one is at least a five-dollar winner.

As an added inducement to converting non-members into bona fide club members, Ms. Burnard said the Air Force is offering six months free dues to new applicants.

"Club membership is a great deal to begin with," she said, "starting from just \$4 per month for E1-4.

Throw in six months free dues and it's tough to beat." And it just keeps getting better. 10-4-U!! Beginning Oct. 1, she said, club members will get a enjoy 10-percent off deals on selected

items at Mamala Bay and Ke'Alohi Golf, the Bowling Center, Hickam Arts & Crafts, ITT, Outdoor Recreation equipment rental and the Fitness & Sports Center. Plus, she added, Services is working to get similar discounts for Airmen at selected downtown businesses.

"Now is the best time to be a club member," she said. "We're hoping to getting everyone who isn't a club member yet to come down to the E' Club [today], enjoy the free food and refreshments, the live entertainment and more. It's going to be a great time and a great way to start the weekend."

## Base housing — down with the old, up with the new



A contractor breaks up the foundation of an old home in Onizuka Village on Hickam on Tuesday. The demolition is part of phase II of the base's housing privatization project. Nearly 400 houses in this neighborhood — all 30-40 years old — will be destroyed to make way for larger, more energy-efficient homes.

U.S. Air Force photo by Master Sgt. Chris Vadnais

## 324th Intelligence Squadron recognizes Holli Irizarry for dedication, involvement

By Staff Sgt. John Gay  
324th Intelligence Squadron

The 324th Intelligence Squadron (IS) has always been blessed with an abundance of top-notch Airmen and extraordinary wingmen, but one of the squadron's most selfless and dedicated wingmen is not an Airman, though she is part of our Air Force family. She's this year's recipient of the Joan Orr Military Spouse of the Year Award for the AF ISR Agency: Mrs. Holli Irizarry.

"Holli's involvement with the 324th is phenomenal," said Lt. Col. Hogan, 324 IS commander. "She works full-time and has a house full of kids and she continues to be involved even while her husband is deployed. I thank my lucky stars that we have her as part of the squadron."

Colonel Hogan praised Mrs. Irizarry for her efforts in squadron activities ranging from planning



Photo by Staff Sgt. Jeffrey Walldren

(From left) Lt. Col. Charles Hogan, 324th Intelligence Squadron commander; Senior Master Sgt. Raymond Irizarry, 324 IS squadron superintendent; Mrs. Holli Irizarry; and Col. John Stauffer, 70th Intelligence Wing commander.

retirement ceremonies to cooking Thanksgiving dinner for 175 Airmen in the dorms.

"Her generosity has touched the lives of almost every Airman in the squadron and their families," he said.

"She's even helped to bring new squadron family members into the world by rushing an Air Force spouse, in labor, to the hospital to deliver her baby. When our Airmen were deployed in support of the Global War on Terror, she coordinated donations and helped put together care packages for 12 Airmen who were overseas during the Christmas holidays."

The colonel called Mrs. Irizarry's dedication to the Squadron and the base "outstanding," adding that she has volunteered at squadron car washes and at the local Airman's Attic and assisted disabled squadron family members and counseled families in times of crisis.

"Her contributions to the welfare and morale of the 324th are beyond measure," said Colonel Hogan. "The fact that she has found the time to contribute so much to the squadron is nothing short of amazing."

## Inside SERVICES

### Youth Ocean Adventure summer edition is on now

This six-week program for youth ages 7-15 is open for registration, and includes sailing, surfing, reef walking, volleyball, windsurfing and team building at Hickam Harbor running through next Friday. Off-base excursions include hiking Kaena Point, kayaking Chinaman's Hat and snorkeling Three Tables on the North Shore. Pre-registration required, and participants have the option of either full or half days. A full eight-hour day is \$180 per week or \$875 for six weeks, and a four-hour day is \$100 per week or \$450 for six weeks. For details, call 449-5215 or go online to register at [www.hickamservices.com](http://www.hickamservices.com).

### Kids summer craft camps kick into gear on Tuesday

Calling all kids ages 5-15, spend your summer learning new creative projects each day for six fun-filled weeks with the Arts & Crafts Center. Sign up now for all of them or just one week. The next class session runs Tuesday through Friday. Cost is \$50 for the first child, and \$45 for each additional child. For a full list of class schedules, call the Arts & Crafts Center at 448-9907.

### Sign up for tomorrow's surf lessons at Hickam Harbor

Registration is open for group surf lessons, tomorrow from 9:30 a.m. to 12:30 p.m. at Hickam Harbor. Participants must be able to swim without

a life jacket and must register by the Wednesday before the class. Cost is \$35 for board rental, transportation and the wisdom of two instructors. For more information, call Outdoor Recreation at 449-5215.

### All-ranks Texas Hold 'Em at the E' Club next Saturday

Attention card sharps! Show off your skills at all-ranks Texas Hold 'em, next Saturday at the E Club. Check in at 5:45 p.m.; game begins at 6:15 p.m. Seats are limited, so sign up early to ensure your place in this free, members-only event. For details call 448-2271.

### Enjoy all-ranks Bunko at the E' Club next Saturday

Try your hand at the E' Club's Bunko game, next Saturday at 6:30 p.m. Seats are limited, so sign up early to ensure a seat at this free, members-only, all-ranks event. Check-in is from 6:15 to 6:30 p.m. For more information or to sign up, call the Enlisted Club at 448-2271.

### Summer Junior Golf Tourney tees off next Saturday

Entry fee is \$18 per person for this July 26 tournament at Ke'alohe Par 3, running 1 to

5 p.m. All Junior Flights play by age group in the event, which is open to military and their guests. Juniors must have their own set of clubs and must know and abide by the rules of golf and practice good golf etiquette. Open to the first 48 players. For more information, call Ke'alohe Par 3 at 448-2318.

### Get up and get peddlin' in Julys Tour de Hickam

This cycling incentive program runs the entire month of July, and rewards top finishers and an overall winner with prizes. Log sheets can be picked up at the Fitness Center customer service counter and must be tallied to show total mileage. One spin session gives you 25 miles and actual mileage or road and lifecycle stationary bike, mile per mile. Log your own miles. For more information, call 448-2214, or check it out online at [www.hickamservices.com](http://www.hickamservices.com).

### Groove to Pal-ercise by Melanie Marani

Registration is now open for Mommy & Me Pal-Time for Tots ages 1-4 and Creative Pal-ercise for ages 3-7, by Melanie Marani. Classes explore a different theme of creative movement focusing on the importance of exercise, development of motor skills, balance and coordination. Cost is \$10 per session. Upcoming class dates are tomorrow and next week

Monday through Saturday. Mommy & Me Pal-Time runs from 10 to 10:40 a.m.; Creative Pal-ercise runs from noon to 12:40 p.m. at the Arts & Crafts Center. For more information or to register, call the Arts & Crafts Center at 449-5215.

### Youth Flag Football registration opens soon

Registration opens Monday continues through Aug. 8 for Youth Flag Football. Youth born 1993-2003 are eligible to sign up. Practice begins the week of Sept. 1, and the season begins Sept. 27 and lasts through Nov. 15. Cost is \$65 per child. For details, call Youth Sports at 448-4492.

### Link up to junior golf at Ke'alohe Par 3

Registration opens tomorrow on [playgolfamerica.com](http://playgolfamerica.com) and will continue until all slots are full. This program has only six slots per class for each age group: 7-9 years and 10-12 years. Cost is \$59 per student. For details, call Ke'alohe Par 3 at 448-2318.

### Link up to adult golf at Ke'alohe Par 3

Registration opens tomorrow on [playgolfamerica.com](http://playgolfamerica.com) and will continue until all slots are full. Cost is \$59 per student. For details, call Ke'alohe Par 3 at 448-2318.

### Attend Ohana Newcomer's briefing on Tuesday

Base newcomers and all Team Hickam members — come spin the prize wheel and learn what Services has to offer, Tuesday at 12:15 p.m. at the Enlisted Club. Free lunch is provided. For reservations, call 448-2209, ext. 237.

## Youth Flag Football



## Flag Football Registration!

Registration -14 July to 8 August  
Youth Sports and Fitness Bldg 1399  
Mon-Fri 1030 - 1730  
Season runs from 27 September - 15th November

Youth must be born between the years of 1993-2003  
Participants must have current physical  
and birth certificate to register

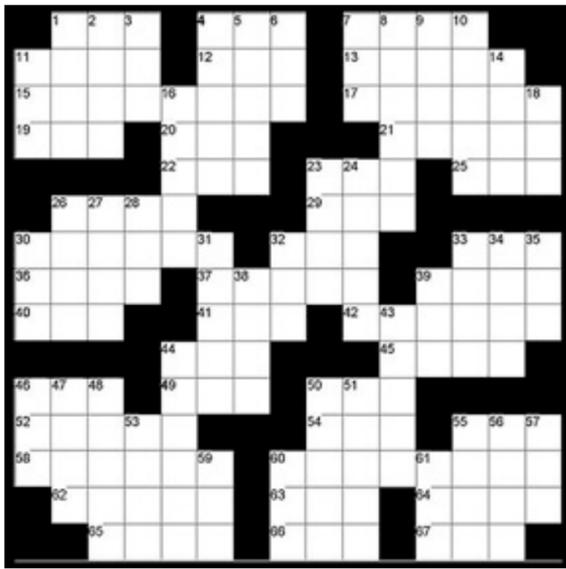
\$65 Registration Fee, \$6 Annual membership is required

For more information please contact  
448-2296 or 448-2287



**HICKAM AFB**  
**SERVICES**  
Combat Support & Community Service

# Crossword Puzzle: 'Fighting' Words



By Capt. Tony Wickman  
71st Flying Training Wing

**ACROSS**

- 1. Commotion
- 4. \_\_\_-fi; movie genre
- 7. Fall
- 11. Dress in
- 12. Even score for Tiger
- 13. F-15
- 15. F-111
- 17. Extend or distribute over a region
- 19. Explosive combo
- 20. Fury
- 21. Nettle
- 22. Morning mist
- 23. In the past
- 25. X to Cicero
- 26. Foot covering
- 29. Auto
- 30. F-101

- 32. Author
- 33. Rob \_\_\_
- 36. Fashion mag
- 37. Medal of Honor recipient Capt. Harl \_\_\_ Jr., USAAC
- 39. General's assistant
- 40. Golf prop
- 41. Writer Fleming
- 42. F-16
- 44. USN O-1
- 45. Buck or doe
- 46. Health resort
- 49. F-84Thunder\_\_\_
- 50. Took charge
- 52. F-86
- 54. Mining lode
- 55. Faint
- 58. 2004 Olympics site
- 60. F-104
- 62. Bombasts
- 63. USAF commissioning source

- 64. Sultanate of the southeast Arabian Peninsula
- 65. Plenty
- 66. John or Jane surname for the unknown
- 67. USAF O-10

**DOWN**

- 1. M\*A\*S\*H actor Alda
- 2. F-106 Delta \_\_\_
- 3. Weird
- 4. Flat fix
- 5. Hall of Fame baseball player Rod
- 6. Bother
- 7. \_\_\_ Moines
- 8. F-22
- 9. Shrek is one
- 10. Skirt feature
- 11. Feline
- 14. Mitigate, lighten, or lessen
- 16. TV picture
- 18. Lair
- 23. Pilots with 5+ aerial victories
- 24. Thief, swindler, crook, or rascal
- 26. Foot part
- 27. Aperture
- 28. Lyrical poem
- 30. American servicemember, after serving
- 31. Sound off
- 32. Cooking utensil
- 33. Starchy seeds or grain of an annual marsh grass
- 34. Scent
- 35. Desire
- 38. \_\_\_ of Eden
- 39. Pub order
- 43. Venomous snake

- 44. Punches out of an aircraft
- 46. USA E-6
- 47. Catherine \_\_\_; Henry VIII wife
- 48. Directly abreast the middle of a ship's side
- 50. Gambling game
- 51. Expunge
- 53. Nevada town
- 55. FDR coin
- 56. Middle East country
- 57. \_\_\_ in Trees; ABC sitcom
- 59. Standard time in the fifth time zone west of Greenwich
- 60. Earth
- 61. To confuse or obscure

See SOLUTIONS, B4

# SUDOKU

For solution, see SUDOKU, B4

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

## Team Hickam History

The Air Force's most historic airfield

**July 20, 1940** — The 15th Airlift Wing Headquarters building (then known as "Administration Building No. 101") is completed at a cost of \$138,433.77 at Hickam Field.

**July 18, 1958** — Public Law #85-534 authorizes the Air Force to transfer 170.99 acres of land to the Territory of Hawaii for development of Honolulu Airport.

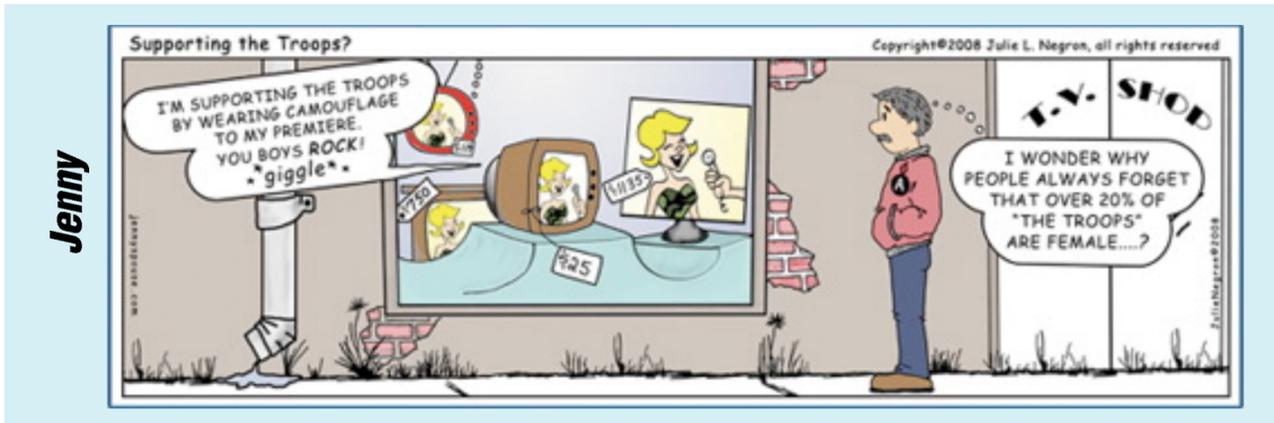
**July 22, 1962** — PACAFBASECOM emergency personnel respond to provide support at the Honolulu International Airport when a Canadian Pacific Bristol Britannia turbo-prop airliner crashes and burns on the Hickam end of Runway 8. Of 40 passengers and crew aboard, 27 lost their lives.

**July 18, 1968** — President Lyndon B. Johnson and South Vietnamese President Nguyen Van Thieu arrive at Hickam AFB, Hawaii, and held discussions at Camp H.M. Smith regarding the war.

**July 24, 1969** — The first manned lunar landing crew returns to Pacific splashdown and Hickam homecoming. Apollo XI ended its historic first manned flight to the Moon and lunar landing by splashing down some 812 nautical miles southwest of Hawaii. The crew first stepped back upon terra firma at Hickam AFB, HI.



**July 18, 1980** — During a National POW/MIA Recognition Day Ceremony, a metal plaque is dedicated in memory of American prisoners of war and missing in action from all wars. The plaque was installed in a landscaped spot within the Hickam Car Care Center area, as close as possible to the actual place where the POW's first set foot on American soil. It was not possible to put it in the exact location where the men deplaned, because what was once an aircraft parking ramp in front of the old MAC Passenger Terminal had become a four-lane thoroughfare next to a military family housing area.



**SOLUTIONS**, From B3



**SUDOKU**, From B3

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

**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**

Chapel Center  
 Sunday Contemporary  
 Service 8:30 a.m.  
 Sunday Gospel Worship  
 10:30 a.m.  
 Nelles Chapel  
 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  
 Mon.-Thu., 11:30 a.m.  
 Saturday Confessions  
 4:15 p.m.  
 Saturday Mass 5 p.m.  
 Chapel Center  
 Sunday Mass 10:30 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

**AT THE MOVIES**

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Saturday and Wednesday, 7 p.m.

**'You Don't Mess with the Zohan'** — Zohan, a highly trained, highly lethal Israeli commando, fakes his own death in order to pursue his dream: becoming a hairstylist in New York. He soon becomes an overnight sensation — due in part to "special services" he offers clients in the back room. However, his newfound fame leads to unintended consequences that threaten both his career and his life. Starring Adam Sandler and John Turturro.



Rated PG-13 for crude/sexual, language and nudity. Length: 113 min.

Friday, 8:30 p.m. Sunday, 4 p.m.

**'Speed Racer'** — Speed Racer, a young man with natural racing instincts, has an ambitious goal: to win The Crucible, a car-racing rally that took the life of his older brother, Rex Racer. Speed is loyal to the family business, and finds support from his parents and his girlfriend Trixie. Determined to win this dangerous racing event, he enters The Crucible in a partnership with his one-time rival, Racer X, seeking to rescue his family's business and the racing sport itself. Starring Emile Hirsch and Christina Ricci.



Rated PG for violent action scenes, language and smoking. Length: 98 min.

Thursday, 7 p.m.

**'The Happening'** — A family on the run from an inexplicable and unstoppable event that threatens not only humanity ... but the most basic human instinct of all: survival. For high school science teacher Elliot Moore, what matters most is finding a way to escape the mysterious and deadly phenomenon. In the midst of marital crisis, he and his wife Alma hit the road with Elliot's math teacher friend Julian and his daughter Jess and head for the Pennsylvania farmlands where they hope they'll be out of reach of the grisly attack. Yet it soon becomes clear that no one — and nowhere — is safe. Starring Mark Wahlberg and Zoëy Deschanel.



Rated R for violent/disturbing images. Length: 90 min.



# Cardio kickboxing is a 'kick-ass' workout

**By Benny Miguel**  
Hickam Fitness Center fitness director

Cardio kickboxing is an exciting fusion of martial arts-derived movements and aerobic conditioning. Proper instruction of both components is necessary for a complete, safe workout. With regular training, a participant will see increased muscular strength and endurance, cardiovascular conditioning, and improved flexibility and balance.

Without proper form, cardio kickboxing injuries such as ACL tears (knee injury) and extensor tendonitis (tennis elbow) may occur. In order to reduce this risk, all moves should be performed under the guidance of a qualified instructor. ACL injuries usually occur when a trainee attempts to kick with a misaligned hip-through-toe posture. This is easily corrected with a shift in stance. In order to avoid tennis elbow, keep your punches to a partial extension.

Here are some important pointers:



**FRONT KICK**

**Front Kick** — There are several varieties of front kicks (rear leg, slide-up front leg, thrust and snap) but they require proper alignment from the hip through the toe in order to avoid injury. This style of kick is effective at shaping and strengthening all of the muscles of the hamstrings, glutes, lower back and abdominals.



**BACK KICK**

**Back Kick** — This kick effectively targets the buttocks and requires balance work, which incorporates core strengthening of the lower back and abdominals. Proper instruction will reduce the risk of injury due to excessive lumbar hyperextension.



**SIDE KICK**

**Side Kick** — This highly effective kick targets the inner and outer thighs, as well as placing emphasis on the glutes and oblique. This kick is practiced at various heights and is easily modified for beginners through advanced.



**JAB**

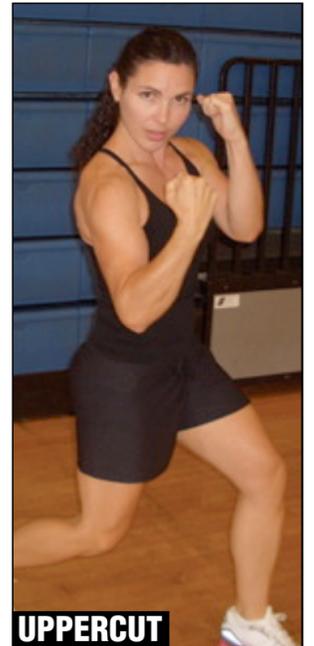
**Uppercut** — This move is a real bicep builder, as it requires exceptional muscle contraction in the upper arm. The Hips act as an anchor point for this punch, allowing the legs to become involved in what appears to be a simple arm move!



**HOOK**

Model: Tina Mace, certified group exercise instructor  
Photos: Benny Miguel

**Jab** — The most basic of all punches, this one must be thrown using the muscles of the back, deltoids and chest in order to reduce risk of injury to the elbow. In addition to providing a strong lead punch, a participant is set up for a power cross punch immediately after.



**UPPERCUT**

**Hook** — This arm movement is a powerful rotator cuff strengthening exercise. When thrown properly, it incorporates the all of the deltoid muscles, the back, chest and core.