

Inside



■ Movies this week: 'Hancock' (above) and 'WALL-E' B4

Education

Community College of the Air Force cutoff date for October class — To be considered in the October class, CCAF must receive all documentation for degree candidate submissions by Friday, Aug. 29. This is for diplomas to be printed in October. For more information about CCAF, call Timothy Smith at 449-6363, ext. 221.

PME testing — Individuals enrolled in voluntary Professional Military Education Course 12 or 14, SOS, ACSC or AWC need to contact the Force Development Flight via e-mail 15mss.dpe@hickam.af.mil or by calling 449-6363 to schedule an exam. Testing is available by appointment only on Tuesdays and Wednesdays.

Force Development Flight closure notice — The Force Development Flight (Education Office, Base Training, Formal Training & Military Testing) will close at 2 p.m. today due to a Commander's Call. Scheduled testing and briefings will not be affected. POC is Force Development Flight at 15mss.dpe@hickam.af.mil

News Notes

Domestic Violence Victim Advocacy Program — Hickam currently provides services of a Domestic Violence Victim Advocate to those in abusive relationships seeking help, resources, and referrals. For more information or to speak to the Domestic Violence Victim Advocate, call 449-0175.

Hickam Federal Women's Program (FWP) event notice — The FWP is sponsoring a Women's Equality Day brown-bag event Wednesday, 11 a.m.-noon, at the Nelles Chapel Annex. Guest speaker is Lt. Col. Shirlene Ostrov, 735th Air Mobility Command commander. For more information or to reserve your spot, contact Priscilla.Kudela@hickam.af.mil or Melody.Banglos@hickam.af.mil. And don't forget to bring your lunch!

Hickam Officers Spouses Club event — The next HOSC event is scheduled for Tuesday, Aug. 26, at 6 p.m. Sign up for membership and special activities and meet new friends! More than 25 vendors from Hickam and around Hawaii will be on hand to present their wares and services and give door prizes! For more information, call Jennifer Lambert at 744-1731.

National Night Out

Hickam enjoys a free night of family fun



By Jeff Nicolay
Hickam Kukini editor

Hundreds of Team Hickam members descended on the Hickam Community Housing Community Center off Kuntz Avenue last week Tuesday for a free 'National Night Out' event featuring 'America's Night Out Against Crime,' family style food, fun and entertainment.

"This was our 4th annual National Night Out event, and I'd have to say it was our best ever," said event organizer Kawehi Morrison, HCH Community Center director. "Everybody seemed to have a good time."

The event kicked off at 5 p.m., as base residents checked in and got outfitted with glow bands qualifying them to participate in all the activities and dig into some mouth-watering summertime comfort food courtesy of HCH and area restaurant Rainbow Drive-In.

Other free food items included popcorn, otter pops, ice cream and cotton candy.

Activities ranged from a bounce house and sumo pit to face painting and bingo to magnet crafting, balloon twisting and more.

Young Team Hickam members got to meet McGruff the Crime Dog, who entertained kids and parents alike with a rap-themed anti-drug message, and his friend Sparky, who provided tips on fire safety in the home.

Entertainment at the event ranged from performances by members of the Hawaii Matsuri Taiko Drums and Gee Yung Lion Dance groups to audience games and dancing to

the music of the U.S. Air Force Band of the Pacific.

"The Matsuri Taeko performers were very dramatic — I never realized how much energy goes into that kind of drumming," said Ms. Morrison, "and the kids couldn't take their eyes off the lion dancers."

Although the group won't have another event of this magnitude again until next summer, Ms. Morrison said HCH was already hard at work with upcoming family events such as HCH's Community Yard Sale, Movie Night and Halloween Bash. She encouraged residents to check out the HCH Web site at www.hickamch.com/calendar for more information on future events.

Photos by Jeff Nicolay

(Clockwise from top) Gee Yung Lion Dancers; keiki do battle in the sumo pit; representatives of Rainbow Drive-In grill up mouth-watering barbecue chicken; McGruff the Crime Dog gets his anti-drug message across to kids; a member of the Hawaii Matsuri Taeko Drums troupe gets her groove on; hungry Team Hickam members dig in to a tasty selection of comfort food.



Walking: A fitness program you can live with

By Tina Mace
Hickam Fitness Center certified personal trainer

How many times have you started an exercise program full of gusto and motivation, only to find the desire fizzle out after a few short days? Often, people start a fitness regime that is so intensive or demanding that they end up feeling too sore to continue. Others start a diet or exercise program that provides rapid weight loss, but end up quitting because it just isn't sustainable. The key to finding an effective weight loss program is to choose one that is progressive and can be easily incorporated into your life.

Walking is perhaps the simplest, most effective program available for long-term success. Although no equipment is required, walkers benefit from a sturdy pair of walking shoes and a pedometer. The goal of the program is to walk at least 10,000 steps per day in order to maintain fitness; added steps

will help achieve weight loss. Since the average person's stride is about 2.5 ft, it only takes 2,000 steps to equal about a mile.

A participant should start off with an evaluation day. Put on your pedometer from the time you wake up until the time you go to bed (even those steps around the house count!) A beginner will want to add at least 500 steps a day to their program until they reach the 10,000 mark.

Once a walker hits 10,000 steps a day, they should try to add an additional 2,000 per day. This pattern should continue until you reach around 20,000 steps per day for maximum weight loss. This gradual progression reduces the risk of injury associated with "too much too soon" and can also provide a motivating factor for those who like the competitive aspect of fitness.

Form is important in any exercise. When walking, keep your head and eyes forward and your shoulders

relaxed back and down. Tighten your abdominal muscles and buttocks and fall into a natural stride. Avoid holding weights as you walk as this tends to put unnecessary pressure on the leg joints, ligaments and tendons. Instead, focus on increasing your stride or pace in intervals for maximum caloric burn.

Although this program seems too easy to be true, participants find it successful because it is easily incorporated into everyday life. Airmen can count the steps taken during unit fitness activities, stay at home parents can add steps while pushing a stroller, and office workers can start a friendly inter-office competition.

A quick search on the Web will provide hundreds of ideas for those who want variety for a walking treadmill workout. No matter how you choose to add those steps, this healthy, sustainable program will result in a happier, healthier you!



Inside SERVICES

All-night skate party on ice for next weekend at the base Skateboard hangar

Get locked in overnight, next Saturday and Sunday, at the Hickam Skateboard hangar for a full night of skating fun. The party includes all the skating you can handle with some cool contests all starting at 10 p.m. There will also be snacks, breakfast and prize drawings. Bring your blanket or sleeping bag if you want. Pre-registration is encouraged but not required but we need 10 participants to host the lock-in. Participants must be 10 years old to attend without a parent. For more information, call 448-4422.

Don't miss out on all the great deals! Hickam club membership drive is on!

Being a club member at Hickam has great benefits, but if you join now during the Annual "Reward Yourself" membership drive, the benefits will astound you. New members get a chance to win instant cash just for signing up and six months free dues. That's right — free dues! You can also sign up for a \$1,000 cash prize to be given away at the end of the drive in October. Fifteenth Services is also sweetening the pie with some other great prizes to lucky new members including a trip for two to Las Vegas; trips to Maui; the Kilauea Military Camp on the Big Island; tickets to the Honolulu Zoo, Sea Life Park, Paradise Cove Luau; and more.

The biggest change to this year's club membership drive is the choice of either a proprietary membership card or a credit card, you get to choose! For an application, stop by either the Hickam Enlisted or Officers club and sign up now!

Get movin' in tomorrow's half-marathon event

It's not too late to get in on the Third Annual Hickam Half Marathon tomorrow morning. If you've been running a lot and want a chance to compete, this is the event! Late entrants can sign up at the Earhart Sports Complex (adjacent to the Hickam Bowling Center) at 5 a.m. The 13.1-mile race begins at 6 a.m. from the same location — just don't forget to bring water!. For more information, call 448-2214.

Wine-making and tasting party set for next Saturday

The Hickam Information, Tickets & Travel office hosts an exciting Wine Making/Tasting Party on Saturday, Aug. 23, at the Diamond Head Winery. The tour includes wine sampling and appetizers at the Winery and roundtrip transportation. A wine-making kit that produces 24 bottles of wine is also avail-

able for an additional charge. For more information or to book this unique tour, contact IIT at 448-2295.

Casual Lifters take the O' Club stage tonight

Enjoy some live entertainment in the Koa Lounge to start your weekend by checking out the Casual Lifters, playing tonight at the Hickam Officers' Club from 6 to 10 p.m. This is a members-only event. Not a club member? For information on how you can become one and be eligible for instant cash and more prizes, call 448-4608.

Bite into a free lunch this Tuesday, courtesy of 15 SVS

Conducted by 15th Services Squadron, Tuesday's bi-monthly Ohana Newcomers Briefing will include a free lunch to attendees at the Hickam Enlisted Club. The Services briefing includes an informational presentation on all the events, programs and activities offered to newcomers PCSing to Hickam. The Services lunch and briefing follows the Base Ohana Briefing and bus tour and starts at approximately 12:30 p.m.

The Answer is set to rock the E's Club tomorrow

The Hickam Enlisted Club presents the music of "The Answer" live and in person tomorrow night starting at 10 p.m. This band will rock you and don't forget the great

food and beverages available in J.R. Rockers.

Celebrate the weekend with a Champagne Sunday Brunch at the O' Club

Celebrate the weekend with the Hickam Officers' Club's famous Champagne Sunday Brunch, one of the best Sunday brunches on the island. You'll be treated to more than 100 delectable food choices including the omelet and Belgian waffles stations, carved beef, honey ham, roasted lamb and seafood. Don't forget those luscious salads and desserts. Champagne Sunday Brunch is served every Sunday from 10 a.m. to 1 p.m. Call 448-4608 for more information.

You want it? They got it at tomorrow's Tailgate sale

The Makai Recreation Center presents its bi-monthly Tailgate Sale tomorrow at the Burger King Parking Lot. If you're PCSing or just arriving on station, the Tailgate Sale is the perfect place to buy and sell. You'll want to arrive early for the best selection and deals. You can reserve your space by calling the Center at 449-3354.

Check out a free car-care class next Friday at the Hickam Auto Hobby Center

The Hickam Auto Hobby Center will conduct a free car care class, next Friday at 6 p.m. The class will feature brakes and includes a free brake inspection for participants. For complete details about this class or additional information about the Hickam Auto Hobby Center, call 449-2554.

Air Force Gallery Showcase

Enter your stuff now

Word gets around when a good thing comes along. That's certainly the case with the AF Arts and Crafts Gallery Showcase at www.airforcegallery.com. In just three years since its inception, submissions to the online art gallery have climbed more than 300 percent from 250 entries in 2005 to more than 800 currently on display.

"Our goal was to simply broaden the appeal of the Arts & Crafts Centers at bases around the world," said Gregory Trapuzzano, Arts, Crafts, Ticket and Travel Branch chief. "And we felt that by displaying the artwork created in those venues, using a digital, high-tech manner, we might achieve that goal. We're very pleased with the growth and interest the gallery has generated."



Full service Arts and Crafts Centers are open at 64 Air Force bases around the world, providing a location for individuals to hone their skills in a wide variety of fine arts and craft hobbies, from

ceramics to automotive repairs, and from photography to metalworking.

The centers are stocked with the necessary equipment, books and resource information, and sell the consumable materials for a wide range of activities. Plus, each center offers its own selection of classes taught by local artists and other experts.

"This is the epitome of a 'quality of life' program," said Trapuzzano. "Air Force personnel and their families know they have their own place for self-enrichment that they can share with their family. And for many, it becomes a regular place where they meet and relax with others who share their interests."

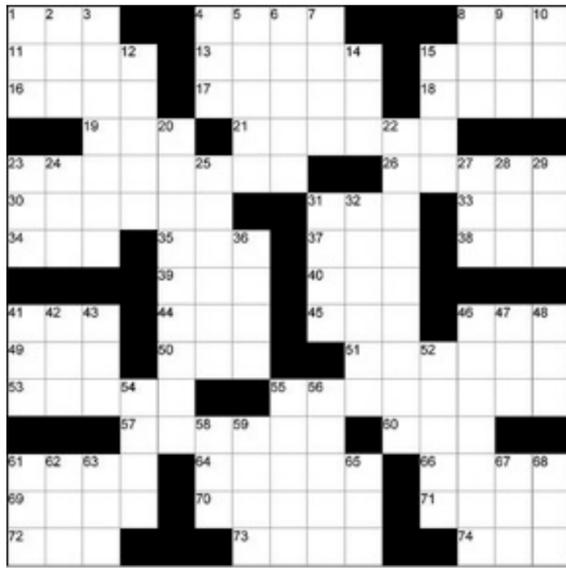
The online gallery showcases works in four categories: Artist-Craftsman, Youth Artist-Craftsman, Photography and Youth Photography. The Youth categories display work from children in two age groups, 6-12 and 13-17.

The Website is presented by the Air Force Services Agency Directorate of Programs. In addition to the gallery showcase the site features quarterly stories about artists and tips for hobbyists of every skill level.



HICKAM AFB
SERVICES
Combat Support & Community Service

Crossword Puzzle: Buenvvenuto in Italia



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Internet provider
- 4. Singer Fitzgerald
- 8. Father
- 11. Hawaiian festival
- 13. Claims against titles
- 15. Military org. Italy is a part
- 16. Limbs
- 17. Rock type
- 18. Sign
- 19. Bachelor's spot
- 21. USAF base located near Venice, Italy; home to 31 FW
- 23. Part of USAF
- 26. Legislate
- 30. Remington _____
- 31. Breakfast menu item
- 33. Confederate general
- 34. Source of oil; used for food and soil improvement

- 35. Japanese sash
- 37. Sauce made from lentils and spices, usually served with rice
- 38. Dog or cat
- 39. Wet dirt
- 40. The Greatest
- 41. Prone
- 44. "I Like ____" presidential slogan
- 45. Actress Ryan
- 46. Kwik-E-Mart owner/operator on The Simpsons
- 49. South Korean auto maker
- 50. Afternoon beverage in London
- 51. Ancient Greek king
- 53. Permit
- 55. Brig. Gen. Craig ____; 31 FW commander
- 57. Available or convenient for service
- 60. Actress Carrere
- 61. In the distance
- 64. Von ____: Sound of Music family

- 66. Oklahoma town home to Vance AFB
- 69. Italian for goodbye
- 70. Nickname for F-16; assigned to 21 ACROSS
- 71. Celebrity
- 72. Greek letter
- 73. European capital
- 74. Whatever or whichever it may be

DOWN

- 1. Pie _ _ _ mode
- 2. Flags of ____ Fathers
- 3. Type of eel
- 4. Golfer Ernie
- 5. Purple flower
- 6. Go away
- 7. Against
- 8. Levee
- 9. Dined
- 10. Actor Cheadle
- 12. USAF MAJCOM Italian bases are assigned
- 14. Mediterranean or Adriatic; bodies of water surrounding Italy
- 15. High time?
- 20. Mountains near 21 ACROSS
- 22. Remiss in duty
- 23. Donkey
- 24. Simpson trial judge
- 25. Admonish
- 27. European mount
- 28. Average grade
- 29. Vietnamese New Year celebration
- 31. Cheese type
- 32. Common, heavy mineral
- 36. Thought
- 41. Alias identifier
- 42. Sow
- 43. Sailor

- 46. Southern city
- 47. Dish served at 11 ACROSS
- 48. Decorative vase
- 52. Open ____; treaty allowing unarmed aerial surveillance flights
- 54. Currency in Italy
- 55. Wave your arms up and down
- 56. Avert
- 58. 4-wheeler, for example
- 59. Verve
- 61. Pilot with 5+ aerial victories
- 62. In shape
- 63. Motor club
- 65. Expert
- 67. Bond writer Fleming
- 68. Arid

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

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

Team Hickam History

The Air Force's most historic airfield

August 21, 1959 — Hawaii is admitted as the 50th state of the United States of America on this date by proclamation of President Dwight D. Eisenhower. In anticipation, the Hawaii Air National Guard had four pilots standing by at Honolulu Airport. When the official proclamation was delivered, the HIANG pilots scrambled to their waiting F-86Ls and delivered the documents to the mayors of neighboring islands.

August 19, 1963 — Successful negotiations between the State of Hawaii and PACAF-BASECOM lead to a five-year revocable agreement permitting the general public to use 46.1 acres along a one-mile stretch of Bellows Center Beach midway between the officers' and airmen's beaches. Since this area was also used frequently by the Marines for amphibious landings, the agreement stipulated that the beach would be open to the public only from noon Friday to midnight Sunday and from dawn to midnight on Federal holidays.

August 17, 1984 — The Makai Recreation Center holds a grand opening ceremony at its new Area 61 location.

August 18, 1984 — For two days, the 15th Air Base Wing supports the visit of the USAF Thunderbirds aerial demonstration team, which perform over Oahu in two sky shows — the Air Force's biggest contribution to the State of Hawaii's Silver Jubilee (25th anniversary of Hawaii's admission to the Union).

August 20, 1984 — With 100-knot winds, Hurricane Keli approaches to within 70 miles southwest of Johnston Atoll, prompting 382 personnel to be evacuated to Oahu.

August 19, 2004 — Groundbreaking ceremony is held at Hickam AFB for C-17 infrastructure facilities to be built in the coming year: C-17 flight simulator, operations building and consolidated maintenance.





SOLUTIONS, From B3

AOL	ELLA	DAD
LUAU	LIENS	NATO
ARMS	SLATE	OMEN
PAD	AVIANO	
AIRFORCE	ENACT	
STEELE	EGG	LEE
SOY	OBI	DAL
		PET
APT	IKE	MEG
KIA	TEA	NESTOR
AGREE	FRANKLIN	
	USABLE	TIA
AFAR	TRAPP	ENID
CIAO	VIPER	STAR
ETA	OSLO	ANY

SUDOKU, From B3

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

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
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AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

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

'WALL-E' — What if mankind had to leave Earth, and somebody forgot to turn the last robot off? That aforementioned robot, WALL-E, spends every day doing what he was made for, but soon discovers what he was meant for, as he adventures across the galaxy chasing his dream. Starring the voices of Jeff Garlin and Benjamin Burtt. Rated G. Length: 90 min.



Friday, 8:30 p.m.; Sunday, 4 p.m.; Thursday, 7 p.m.

'Hancock' — Hancock's well-intentioned heroism may get the job done and save countless lives, but he always seems to leave jaw-dropping damage in his wake. And as grateful as they may be to their local superhero, the public has finally had enough. Meanwhile, Hancock doesn't care what other people think — until the day he saves the life of PR executive Ray Embrey and reveals his vulnerable side. Facing that will be Hancock's greatest challenge yet. Starring Will Smith and Jason Bateman. Rated PG-13 for intense sequences of sci-fi action, violence, language. Length: 92 min.



Middle-aged commander sets an example for younger Airmen

**By Airman 1st Class
Melissa White**
437th Airlift Wing
Public Affairs

CHARLESTON AIR FORCE BASE, S.C. (AFPN) — Every year, most Airmen set a goal of passing their annual fitness test, and some even set a goal to score a 100 percent.

But how many people can get a perfect score on the toughest scale when they can do it at their own level? And how many also really hold themselves to the standard of "excellence in all we do?"

Forty-seven-year-old Col. Joseph Mancy, 437th Operations Group commander, is one of those people. On his most recent fitness test in July, he scored 100 percent on the male's 25-and-under category even though he is in the male's 45-49 category.

"I've scored 100 on my last three fitness tests, but I decided that just getting a 100 wasn't enough of a challenge," said the colonel, who has been taking fitness tests for more than 20 years. "So I set out to get a perfect on the toughest level, the 25-and-under age category."

He accomplished that with a run time of 9:16, 55 crunches, 63 push-ups and an abdominal circumference of

32.5 inches. With a few seconds and push-ups to spare, he would have needed to run at least a 9:36 with 55 crunches, 62 push-ups and an abdominal circumference of 32.5 inches for the 25 and under category. In his respective category of 45-49, he would have needed a run time of 10:24 with 45 crunches, 40 push-ups and an abdominal circumference of 32.5 inches to score a 100 percent.

Though he did better than "perfect" on this test, Colonel Mancy is no stranger to physical fitness. He was part of the track and cross country teams in high school and tries to work out every weekday for about an hour. He was also in the Marine Corps from 1982-1984 while he was in college before going to Air Force Officer Training School in 1984.

"Working out is something I have done for most of my life and I really enjoy it," Colonel Mancy said. "And I was in the Marine Corps before the Air Force, so when I went to OTS I thought it was going to be tough. But when we had to go run for the first time, I was in shock when they told us, 'Now go and try to run around the track for 10 minutes, but if you can't make it then don't

worry about it -- just try.' I just couldn't believe it ... especially since I came from being able to run several miles with a rucksack on my back."

Even though his schedule might get busy at times, Colonel Mancy always finds time to go on daily evening walks with his wife, Veronica. He said that whenever he gets a chance to walk, he does so because he thinks a little bit of exercise is a good thing any time he can get it.

"Don't ever get out of shape," said Colonel Mancy. "Once you get out of shape, it's more difficult to get back in the routine of working out. I love working out, but it's a great second benefit to know that I can help inspire other Airmen to get physically fit."

And he already has inspired Airmen. Two squadrons within Colonel Mancy's group, the 437 OG, have a 100-percent pass rate with a total of more than 400 Airmen. Also, there have been more than 139 Airmen on Charleston AFB who scored a 100 percent on the fitness test, and 873 who scored "excellent" out of a total of 3,526 Airmen who take the test.

"I think it's an amazing feat to get a perfect score,

especially if it's on the toughest age category," said Regina Creech, 437th Medical Group Health and Wellness Center chief. "So I think it's great that Colonel Mancy did this because it sets a good example for our Airmen to show them that this can be done even if you're 47 years old."



Col. Joseph Mancy runs to the finish line during a commander's 5,000-meter run fitness challenge on Charleston Air Force Base, S.C., Aug. 1. Colonel Mancy is 47 years old and recently scored 100 percent in the 25-and-under category on his physical fitness test. He is the 437th Operations Group commander.

U.S. Air Force photo by Airman 1st Class Cynthia Spalding