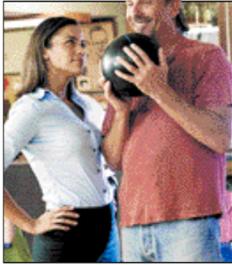


Inside



■ Movies this week: 'Swing Vote' (above) and 'Step Brothers' B4

Education

**College registration details** — Chaminade University, Embry-Riddle Aeronautical University, Honolulu Community College, Hawaii Pacific University, and Wayland Baptist University on Hickam are registering now for classes beginning in October. Visit a college representative for more information in Hangar 2. For details, contact the Force Development Flight at 15mss.dpe@hickam.af.mil or call 449-6363.

**Air Force Tuition Assistance reminder:** Airmen can request TA within 45 days of their course start date via the Air Force Virtual Education Center in the AF Portal. A degree plan must be on file (an official degree plan after 12 credits completed) before TA will be approved. Due to the end of the fiscal year (Sep 30), you must request TA for courses starting this month and have approval by the end of the fiscal year. For details, contact the Force Development Flight at 15mss.dpe@hickam.af.mil or stop by Hangar 2, Rm. 103.

**Commissioning briefing** — There will be a commissioning briefing next Friday at 1 p.m. in Hangar 2, Rm. 126. This is the starting point for active-duty enlisted AF members interested in becoming a commissioned Air Force officer. For more information, call the Force Development Flight at 449-6363 to sign-up for the briefing, which should last approximately 1.5 hours.

**Physician assistant program details** — If you are interested in the PA program, visit AFPC's "Ask" Web site at [http://ask.afpc.randolph.af.mil/main\\_content.asp?src=srch](http://ask.afpc.randolph.af.mil/main_content.asp?src=srch) and search Physician Assistant for details about eligibility and requirements for applying. Deadline is Jan. 25. For details, stop by the Education Office in Hangar 2, Rm. 103.

**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 and education required. For more information, stop by Hangar 2, Rm. 103, Monday-Friday from 8:30 a.m. to 3:30 p.m.

News Notes

**'Cop on Top' program** — Come out and help Special Olympics athletes raise funds to keep the program thriving during next week's "Cop on Top" event. The event will be held 72 hours straight, next Thursday through Saturday at the Pali Safeway Store. For more details on volunteering, call Tech. Sgt. Curran at 449-1010 or Senior Airman Larson at 448-2309.

# Olympian shows off silver

By Tom Czerwinski  
Hickam Kukini staff writer

For lack of a better term, things were looking up for some Team Hickam members last week. A world-class volleyball player and two-time Olympic medalist visited Airmen and families at the C-17 Operations Building as part of a reunion for one Hickam couple here Sept. 4.

Standing six-feet and seven-inches tall, Tayyiba Haneef-Park, a member of the U.S. Women's Indoor Volleyball Team, stopped by Hickam's C-17 Operations, accompanied by her husband, Capt. Anthony Park, a C-17 pilot with the 535th Airlift Squadron.

Tayyiba met with more than 25 Airmen from 535 AS and 15 OSS and their family members, posing for photos and signing autographs. For some, memories of that meeting won't soon be forgotten.

"I'm real excited for Tayyiba to be here and share her experiences with us," said Tech. Sgt. Jackie Fuller. "To



Photo by Tom Czerwinski

Olympic silver medalist Tayyiba Haneef-Park (center) from the U.S. Women's Indoor Volleyball Team poses with Capt. Anthony Park, her husband (right), and members of 535 AS and 15 OSS. Ms. Haneef-Park helped the U.S. team capture the silver medal by scoring 102 points throughout the 2008 Olympic Games.

hang out for a while with an Olympic medalist and actually getting hands on the silver medal was a once-in-a-lifetime experience."

Married for a little more

than 18 months the newlyweds live a world apart. On a very busy schedule, Tayyiba is not a resident here. She spends most of her time in Colorado training, while Anthony serves

his country at Hickam and wherever duty calls.

"Usually when we do get to see each other it's sporadic," said Capt. Park, who has been with the 535th for two years.

"With Tayyiba traveling the world, and me out here in the Pacific, it's challenging finding time to spend together."

When asked how she felt about her husband being an Air Force pilot, Tayyiba had this to say, "I think it's great. I had this one opportunity to represent my country in the Olympics, but that is something he (Anthony) gets everyday with other Airmen."

Hawaii was not the only stop on Haneef-Park's busy schedule. She came to Hickam via Chicago, where she was part of a taping of an Oprah Winfrey Show featuring more than 175 Olympic Games medalists.

The U.S. Olympic Women's Indoor Volleyball Team had its run toward a first-ever Olympic Games gold medal and ended just short of the target with a loss to top-ranked Brazil, 25-15, 18-25, 25-13, 25-21.

Haneef-Park added 12 points via nine kills and three aces in a bittersweet loss to Brazil for the gold during the final game

"It's something I worked my whole life for — you dream of it and it happens," she said.

# 'Home away from home' gets big check

By Tom Czerwinski  
Hickam Kukini staff writer

Keeping with the Air Force tradition of service before self, the local chapter the Air Force Sergeants Association presented a check for \$1,800 to Tripler Army Medical Center's Fisher House Sept. 8.

The funds raised by the more than 800 members of Chapter 1550 will be used exclusively to pay for one half year of Fisher House's drinking water program according to Theresa Johnson, Fisher House manager.

"Residents living here during long periods of treatment and recovery need a lot of cold drinking water to stay hydrated," said Ms. Johnson. "With a capacity for 19 families, to include a few members or possibly a close friend, there are normally 50 people living

here, and that requires a lot of drinking water."

Recently nine members from local AFSA 'Aloha Chapter' traveled to San Antonio for the associations Professional Airmen's Conference Aug. 23 to 27.

"The conference was an great opportunity for AFSA members to meet with Airmen and senior leaders to discuss quality of life and issues important to the enlisted community," said Tech. Sgt. Mark Schwartze, Aloha Chapter president.

The chapter raised more than \$12,000 in FY 08 and gave most of it back to the community.

"We raise funds by membership drives, car washes, golf tournaments and doughnut sales," the sergeant said.

Visit the chapter's Web site at <http://www.afsa1550.com>.



Photo by Tom Czerwinski

Presenting a ceremonial check in the amount of \$1,800 to Tripler's Fisher House are (from left) Tech. Sgt. Mark Schwartze, AFSA Chapter 1550 president; Tech. Sgt. Angell Stone; Tech. Sgt. Brook Whetsel; Ms. Theresa Johnson; and Master Sgt. David McCoy. Fisher House enables patients and families to have a 'home away from home.'

By Dr. Philip Breeze  
15th Airlift Wing  
Public Affairs director

Having mastered the reading 'riting and 'rithmetic part, for Staff Sgt. Scott May the three R's now stand for Respect, Responsibility and Resourcefulness.

Immediately upon his arrival at Hickam from Cannon AFB, N. Mex., Sergeant Scott signed up to be a member of the Honor Guard.

"I joined at Cannon because I wanted to pay my last respects to our veterans and to their next of kin," he said. "And when I got here I wanted to do it again. There are a lot more multi-service functions here than at Cannon."

Sergeant Scott's commanding officer, Lt. Col. Reginald O. Robinson, said the second-term Airman is at the center of activities in the 15th Logistics Readiness Squadron.

"He is involved in just about every hot transportation effort in the squadron," the colonel said. "He is currently spearheading a new aircraft parts-delivery program to improve our flight-

# WARRIOR of the week



Photo by Staff Sgt. Erin Smith

Staff Sgt. Scott May, 15th Logistics Readiness Squadron vehicle operations journeyman, puts the finishing touches on his uniform in preparation for Honor Guard practice.

line support."

But his resourcefulness does not end with his military duties.

Sergeant Scott's response

to his latest special assignment really floored his commander.

"He coordinated and led the efforts to re-tile the

headquarters building," Colonel Robinson said. "We could not have gotten a better job from a professional contractor."

Sergeant Scott credits several leaders and colleagues for the successes he has achieved thus far in his Air Force career.

"I have been fortunate to have more than one helpful and inspirational mentor in my career, and I try to do the same for my Airmen," he said.

And the sergeant's concern for his fellow Airmen does not end with the duty day, either.

"He is also the squadron's motorcycle safety representative," said Colonel Robinson. "This is a job he takes as seriously as his primary duties. He conducts buddy rides with new riders to be certain of their riding abilities."

While he is enjoying his time at Hickam — "I love being outdoors; hiking, fishing, snorkeling and riding my motorcycle," he says — Sergeant Scott sees himself prepping for master sergeant and finishing his CCAF degree in the next few years, and hoping for a stint at Eielson or Elmendorf.

"I have always wanted to go to Alaska," he said. "Combining my love of the outdoors with my commitment to military service would be the perfect blend of personal and professional satisfaction."

## Inside SERVICES

### Hickam Library presents Children's Story Time

The Hickam Library will play host to a Children's Story Hour on Wednesday, Sept. 24, from 9 to 10 a.m. Stories, songs and crafts projects will be featured in this popular program. For more information, call the Library at 449-8299.

### Hickam Auto Hobby Shop shows car owners 'how-to'

The Hickam Auto Hobby shop will present an 'Under the Hood & Fluid Inspection' how-to class on Friday, Sept. 26, at 6 p.m. The free seminar — which will be held at the shop — will help attendees learn how to take better care of their car. Don't forget our full service and do-it-yourself care center which is available for you. Call 449-2554 for additional information.

### Tour the Land of the Rising Sun with ITT

Hickam Information, Tickets & Travel is offering an exciting international tour to Japan, set for Oct. 22-30. Spaces are limited, so sign up now. Prices are based on double/quad occupancy and include international/domestic airline tickets, transfers, hotel accommodations, exclusive use of air conditioned tour bus, all excursions, meals and roundtrip transfer from the ITT office to Honolulu Airport. Check out this tour and the many other travel opportunities online at [www.hickamservices.com](http://www.hickamservices.com).

### Don't miss next weekend's Tail Gate here on base

The bi-monthly Tailgate Sale will be held on Saturday, Sept. 20 at the Burger King Parking Lot starting at 7 a.m. This is the perfect place to sell unwanted items or to purchase a long searched for treasure. For more information or to book your space, call the Makai Recreation Center at 449-3354.

### Link Up to Junior Golf today — get swinging tomorrow

Sign ups for the October session of Link Up to Golf are available now by logging on to [www.playgolfamerica.com](http://www.playgolfamerica.com). Once on the Web site, use zip code 96853 and click on 'Mamala Bay Golf Course' to register. Cost is \$59 per student. For details, call 448-2318 or 783-3622 and ask for George H. Hutchison, Jr.

### Volkssports 2008 bi-athlon set for next Sunday

Be there at Hickam Harbor's Cabana #1 for Volkssport 2008 on Sunday, Sept. 21, from 7:30 to 10 a.m. for Volkssport — an annual event that includes a 5k or 10k walk/run and a 500-meter swim. All ages are wel-

come, although an adult must accompany children under 12. Cost for this fun event is \$20 per person until next Wednesday Sept. 17. After that, cost is \$25. Entry includes Volkssport T-shirt, lunch and water throughout the event. For more information, call Outdoor Recreation at 449-5215.

### Show your creativity, gain recognition from your peers

Hickam AFB Arts & Crafts Center will accept entries through tomorrow for its Gallery Showcase. Presentation at the base level will be held at the Arts & Craft Center Gallery next Saturday, Sept. 20, at 3 p.m. Final selections will be displayed on the Gallery Showcase Web site no later than March 1, 2009, at [www.airforcegallery.com](http://www.airforcegallery.com). Individuals whose entries are selected for AFSVA Gallery Showcase display will receive recognition from HQ AFSVA. Recognition may include a commemorative medallion, certificate and DVD of the Gallery Showcase. The Gallery Showcase is not a contest. All submissions will be forwarded to PACAF. PACAF will select entries to forward to AFSVA for Gallery Showcase display, 75 entries are guaranteed with additional submissions being posted if space permits. Come view base-wide entries from Sept. 20 through Nov. 3 in the Hickam Arts & Crafts Gallery

on Kuntz Avenue.

### Airman's Outdoor Adventure offers fun on the high seas

Tomorrow's Airman's Outdoor Adventure offers plenty of opportunities for Airmen to snorkel, fish and swim. Cruise around Honolulu Airport by boat past Sand Island, Ala Moana Beach Park and Magic Island, then dock at the Ala Wai. For more information, call Outdoor Recreation at 449-5215.

### Kids Search puts knowledge at student's fingertips

The Hickam Library provides a unique service that makes it easier for students to look for their subjects of interest and it's called Kids Search. Kids Search automatically searches across all applicable databases simultaneously. Important features and functionality of Kids Search includes a completely new, visually appealing look and feel; the ability to search by topic, subtopic or keywords; simultaneously searching across all subscribed databases; the ability to sort results by relevance, as well as by date; the option of filtering search results by source type; and the ability to add search results, images or persistent links to searches to the folder. Contact the Library staff to learn how to access this and other electronic sources.

### Get it together at Hickam Scrapbook Crop Night

The Hickam Arts & Crafts Center hosts Scrapbook Crop Night on Friday, September 19 from 6 to 12 midnight. Reserve your place early for the fun night of scrapping with food, fun and door prizes. For more information or reservations, call 448-9907.

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



**Got card?**

Show your  
**Hickam Club Card and**  
**SAVE 10%!**  
at

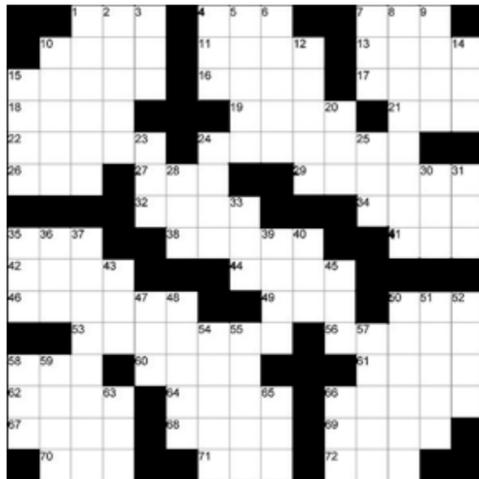
- Bowling Center
- Golf courses
- Outdoor Recreation
- Makai Rec Center
- Arts & Crafts Center
- Rec Equipment Issue
- Vet Clinic
- Sand Bar & Grill
- Fitness & Sports

*Promotion starts  
October 1, 2008*



**AIR FORCE SERVICES  
CLUBS**

## Crossword Puzzle: Happy Birthday USAF



By Capt. Tony Wickman  
71st Flying Training Wing

### ACROSS

1. Lump
4. Music holders
7. Standard time in the fifth time zone west of Greenwich
10. Drink alcoholic liquor habitually and to excess
11. First woman major general in the U.S Armed Forces
13. Land measurement
15. Movie style
16. Thought
17. At that time
18. A Guthrie
19. Buys
21. Married
22. Star Trek actor Spiner
24. Current HAF/A2
26. Orate
27. Mock

29. Appear
32. Mexican currency
34. Rouse from slumber
35. HAF/SG Lt. Gen. (Dr.) James Roudebush's org.
38. First CMSAF
41. Turn or change direction suddenly
42. Cola
44. Clump
46. Desert Storm JFACC; architect of air campaign against Iraq
49. Have dinner
50. Sunscreen number
53. Contemptible
56. Activate
58. Black or green beverage
60. Convinced
61. Soothe
62. Hall of Fame QB Graham
64. Handed over
66. Florida or Texas
67. Okla. town home to Air

- Force Base named for MoH recipient
68. Paradise
69. Dogs and cats
70. Col. Francis Gabreski and Brig. Gen. Steve Ritchie were one
71. Still
72. Axlike tool with a curved blade

### DOWN

1. Current Acting SECAF
2. Kitchen attire
3. Buzzing insect
4. Greek letter
5. Ford competitor
6. Take a nap
7. Dine
8. Current CSAF
9. Oak or elm
10. \_\_\_\_ firma
12. Having a dull or lusterless surface
14. Terminate
15. Talks excessively
20. Add up
23. Strike lightly but audibly, as to attract attention
24. Lucy's husband
25. Mil. Pay statement
28. Pod veggie
30. Jolie movie
31. Unit of energy
33. Sphere
35. Burn residue
36. Cow's call
37. See near Italy
39. Otherwise
40. Who Uncle Sam wants
43. Part of the USAF's Total Force
45. Meas. of how densely info

- is packed on storage media
47. USN O-1
48. Red cosmetics for coloring the cheeks or lips
50. First CSAF
51. Bothers
52. Run away
54. Current USAFE/CC
55. Dike
57. Distribute or apportion by measure; allot
58. Foot part
59. Sicilian erupter
63. Lyrical poem
65. Tolkien character
66. Health resort

See SOLUTIONS, B4

## SUDOKU

For solution, see SUDOKU, B4

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

## Team Hickam History

The Air Force's most historic airfield

**September 15, 1938** — Hickam Field is completed and officially activated on this date. It was the principal army airfield in Hawaii and the only one large enough to accommodate the B-17 bomber.

**September 16, 1952** — Typhoon Olive batters Wake Island with 170-mph winds, causing damage that took more than a year to repair. Exactly 15 years later, on Sept. 16, 1967, Typhoon Sarah devastated Wake; and all dependents were evacuated to Hawaii. The, 12 years after that, on Jan. 12, 1980, Tropical Storm Nadine struck, inflicting heavy damage to the sound end of Wake Island.

**September 16, 1985** — The Secretary of the Interior designates Hickam AFB as a National Historic Landmark, recognizing it as one of the nation's most significant historic resources associated with World War II in the Pacific. A bronze plaque reflecting Hickam's "national significance

in commemorating the history of the United States of America" took its place among other memorials surrounding the base flagpole. Dominating the area is a large bronze tablet engraved with the names of those who died as a result of the Dec. 7, 1941 attack.



**September 15, 1997** — Eight C-17s set the distance record for an airdrop when by flying 7,897 nautical miles from the United States to a drop zone in Kazakhstan during Exercise CENTRAZBAT (Central Asian Battalion) 97 during a mission lasting 19 hours and 23 minutes. The drop of Kazakh, Kyrgyz, Uzbek, and American paratroops was facilitated by three air refuelings from a tanker fleet consisting of nine KC-10s and 11 KC-135s. Sixteen airlift missions to Tashkent, Uzbekistan, supported the airdrop phase of the exercise. The exercise was designed to enhance regional cooperation and increase interoperability among NATO and Partnership for Peace countries of the former Soviet Union.



**SOLUTIONS**, From B3



**SUDOKU**, From B3

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

**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.

**'Swing Vote'** — Bud Johnson is an apathetic, beer-slinging, lovable loser coasting through a life that has passed him by. The single bright spot in that life is his precocious, over-achieving 12-year-old daughter, Molly. She takes care of both of them, until one mischievous moment on election day when she accidentally sets off a chain of events that culminate in the Presidential election coming down to a single vote — her dad's! Starring Kevin Costner and Paula Patton.



Rated PG13 for language. Length: 120 min.

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

**'Step Brothers'** — Bremman Huff is a sporadically employed 39-year-old who lives with his mother, Nancy. Meanwhile, Dale Doback is a terminally unemployed 40-year-old lives with his father, Robert. When Robert and Nancy marry and move in together, the two respective sons are forced to live with each other as step brothers. When their narcissism and passive-aggressiveness threatens to tear Nancy and Robert apart, these two middle-aged, immature, overgrown boys orchestrate an insane, elaborate plan to get their parents back together. To pull it off, they are forced to form an unlikely bond that just might — finally — get them out of the house. Starring Will Farrell and John C. Reilly.



Rated R for crude/sexual content, pervasive language. Length: 95 min.

## ITT, Outdoor Rec show off their new home



Photo courtesy of 15th Services Squadron

Staff members work with Team Hickam members attending Monday's grand opening of the new 15th Services Squadron Information Tickets & Travel and Recreation Equipment Issue building, which houses both facilities together in Bldg. 1780 on Kuntz Avenue. The \$1.1 million remodel of the old AAFES Shoppette building provides a substantial increase in square footage for ITT and Outdoor Rec, along with better parking for customers.

### **ASK A PERSONAL TRAINER**

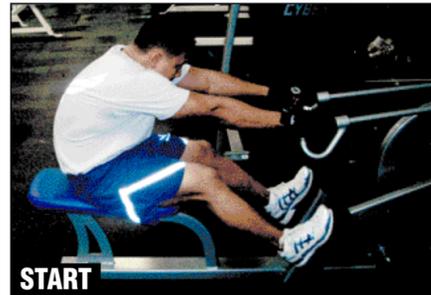
**Question:** I've been doing the same thing for months and feel like I have reached a plateau. What should I do?

**Answer:** When you do the same fitness routine repetitively, your body adapts over time. Regular variations in your training program — a process also known as "periodization" — not only helps prevent these plateaux, it also cuts down on the chance injury, staleness and burnout. So try a new exercise class every couple of months and change your current strength-training regime. For a tailor-made routine, consider working with a personal trainer. After all, "variety is the spice of life!"

Sharon Steggerda, certified personal trainer  
Send all "Ask a personal trainer" questions to:  
[benedicto.miguel@hickam.af.mil](mailto:benedicto.miguel@hickam.af.mil)

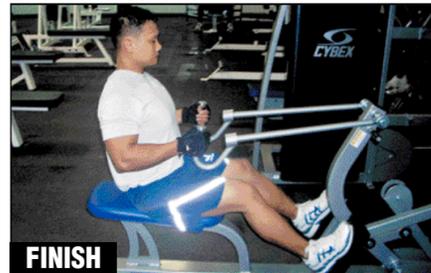


**Exercise:** Seated row  
**Muscle Group:** Back



**START**

- Member must be on platform with knees bent and grasp handle
- Position knees with a slight bend
- Pull handle to waist while straightening lower back
- Pull shoulders back and push chest forward during contraction
- Return until arms are extended, shoulders are stretched forward and lower back is flexed forward
- Repeat as desired.



**FINISH**

Model: Staff Sgt. Martin Tenado, Hickam Fitness Center fitness specialist  
Photo by Erick Lundberg, Hickam Fitness Center section chief