

Inside



■ Movies this week: 'Bangkok Dangerous' (above), 'Traitor' and 'Disaster Movie' **B4**



■ Yep, it's flu season ... and Med Group's got you covered with tips on how to stay flu-free this year **B5**

Education

Officer Training School (OTS) applicants — Individuals applying for the Feb 09 non-rated board need to contact Ali Scanlon with the Force Development Flight at 449-6363, ext. 228, or Alisha.scanlon@hickam.af.mil by next Friday to set up an appointment for your initial package review. For more information about the OTS program, log on to <http://afrecruiting.com/RSOC/>.

Troops to Teachers presentation — A local representative will be available in Hangar 2, Room 102 on Tuesday at 11:30 a.m. No appointment is required, but plan approximately 1.5 hours for the presentation. For more information, call the Force Development Flight at 449-6363.

Free test prep seminar — Kaplan Test Prep & Admissions, a division of Kaplan Inc., will hold a free GMAT, GRE, LSAT, MCAT, DAT, OAT, PCAT and TOEFL practice-test event for prospective graduate school applicants. The event is aimed at gauging students' test-taking strengths and weaknesses — in a simulated testing environment — before they endure the real experience. The event will be held on Saturday, Oct. 18, from 8 a.m. to 1 p.m. at the University of Hawai'i's Richardson School of Law. For more information, contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

AFCT rule change notice — Per AFI 36-2506 dated Sept. 24, 2008, in regard to the Air Force Classification Test (AFCT) scoring: "Only the most recent scores count as the official scores of record regardless of the outcome when compared to earlier test attempts." Members no longer have the option of choosing to keep previous/old scores. Also effective Sept. 24, 2008, TCOs/TEs must update the most current AFCT scores, regardless of the exam results. For more information, call David Myers at 449-6363, ext. 252.

air power relief from the past

By Tom Czerwinski
Hickam Kukini staff writer

In a far off corner on Hickam's flightline sits something very out of the ordinary — a Soviet built MIG-15 aircraft. The '50s-era jet is sitting there as part of a former display commemorating the 50th anniversary of the Korean conflict, according to Mr. Richard May, PACAF, A4 directorate.

"The MIG was delivered to Hickam in crates aboard a C-130 by the 154th Wing Hawaii Air National Guard from the 'Boneyard' at Davis-Monthan Air Force Base in Arizona," he said. "Then it was re-assembled in hangar 35 by a crew of volunteers."

After the MIG was put back together, another group of volunteers from the 15th Maintenance Squadron did all the body work and repainted it to resemble the North Korean MIG color scheme.

"We had to reproduce the 40mm gun barrels and use landing gear and tires from a T-38, so the aircraft is not all original," said Mr. John Puu, 15th Maintenance Squadron.

Mr. May noted that this particular MIG 15 was not an original North Korean MIG. It came to the U.S. Air Force from the Polish Air Force and is now a U.S. Air Force asset belonging to the National Air Force Museum at Wight Patterson, AFB, Ohio.

The MIG was brought here for a historical symposium commemorating the



50th Anniversary of the Korean conflict held in Hickam's Hangar 35, June 27, 2001.

Mr. May said that, for the event, PACAF historian's office wanted to display aircraft flown by both the U.S. and North Korea, so the MIG was displayed alongside the U.S. F86 Saber, America's premier fighter aircraft during the

early 1950s.

"It was a week-long symposium and the event at Hangar 35 was an old-fashioned 'Hangar Dance,'" said Dr. Tim Keck, PACAF historian. "PACAF's band of the Pacific played Big

was attended by Korean War vets, former Korean pilot and other pilots from various counties that flew during the war."

Dr. Keck said the MIG will be eventually loaded on a barge and moved to the Pacific Aviation Museum at Ford Island Pearl Harbor.

Band music from the era, and the event

Looking just a little out of place in a far-flung corner off the Hickam flightline is a partially restored Soviet MIG-15 fighter that came to Hickam from Poland to play a part in a commemoration of the Korean War held on base in 2001.

Photos by Tom Czerwinski

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

"Don't let your studies get in the way of your education." That's the way many academics remind their students that not all of life's most important lessons are taught in a classroom.

Senior Airman Benjamin Emigh, of the 15th Maintenance Squadron Aircraft Generation Equipment Flight, apparently already had a pretty good education when he arrived on the campus of his local community college following his 2004 graduation from Union Mine High School in El Dorado Hills, Calif.

"It was not a community of good choices," said Airman Emigh, adding that kids were showing up for class obviously under the influence of something, and that sort of behavior was tolerated ... almost condoned. After a year, he decided he'd seen enough.

"I decided to leave college and join the Air Force because people who join the military are responsible, controlled ... the military is a family of responsible people who have a purpose beyond themselves," he said. "That's what I was looking for, and the

WARRIOR of the week



Photo by Dr. Philip Breeze

Senior Airman Benjamin Emigh, 15th Maintenance Squadron Aircraft Generation Equipment Flight journeyman mechanic, decided to pursue a career in the Air Force because, in his words, "the military is a family of responsible people who have a purpose beyond themselves."

community college wasn't providing it."

That clear sense of purpose and "eye on the prize" mentality doesn't surprise Maj. Katherine Lilly, commander of the 15 MXS.

"Senior Airman Emigh far exceeds the expectations we place on our Airmen," she said. "As a journeyman mechanic, he has contributed immensely to Team Hickam's C-17 en-route and transient-

aircraft missions."

Meeting the mission is more than just keeping equipment up and running. It often entails elaborate scheduling demands, delivering equipment planeside on one ramp,

rushing to retrieve other equipment — checking to be certain it is functioning properly — and delivering it to another aircraft before hurrying back to retrieve, check and relocate the first piece of equipment.

"Recently, during continuous high ops tempo, Airman Emigh volunteered to dispatch AGE to satisfy multiple aircraft launches, succeeding in avoiding any late departures," said Major Lilly.

"I like to be part of the mission, helping to keep 'em flying and helping to keep my country safe," Airman Emigh said.

With three years left on his initial enlistment, Airman Emigh is preparing to PCS to Rota, Spain. Once there, he looks forward to the chance to make use of the three years of Spanish he took in high school, and perhaps get in a little snowboarding, his favorite sport prior to arriving at Hickam, where bodyboarding and mountain biking are the core of his recreational PT.

In the coming years, the career-minded Emigh sees himself either being admitted to OTS, or re-enlisting for Air Traffic Control school.

"Either way, I expect to make a career of the Air Force. Being in the Air Force has made me a stronger, more motivated individual."

Inside SERVICES

Library has a Fall Harvest theme for Story Time

Join Hickam Library for story time — including stories, songs and craft projects — on the second and fourth Wednesdays of each month from 9 to 10 a.m. The next story time is Wednesday, Oct. 23, where the theme will be Fall Harvest. Story Time is sponsored by Hickam Library and the Family Advocacy Program. For more information, call the library at 449-8299.

Hickam's CDC has child care openings available

The Hickam Child Development Center West currently has openings for full time child care for children ages 3-4. Children must be potty trained. Children's shot records, sponsor's and spouses LES and AF Form 357 (for Dual and Single Military) are due at the time of registration. Fees are based on total household income and vary by category. For details, call 449-5230 or stop by Bldg. 1654.

Hispanic Heritage is on display at the library

Celebrate Hispanic Heritage Month at the Hickam Library. A display of Hispanic artifacts — along with detailed brochures — is on view through Wednesday near the library's periodicals section.

Kole Kole Hike

There's no better way to see Oahu than taking a hike with Hickam Outdoor Recreation. On Sunday, Oct. 19, the ODR

crew will guide you on the Kole Kole Trail hike starting at 9 a.m. Participants are encouraged to wear sturdy hiking shoes and bring a towel, water and sunscreen. Register for this exciting way to see the island by Wednesday by calling 449-5215.

Enjoy Oktoberfest with Brewer's Select Tour

Hickam Information, Tickets & Travel invites you to experience Oktoberfest on the Brewer's Select Tour, next Saturday, Oct. 18. You'll be transported to the Aloha Tower Marketplace for an evening of beer sampling and Oktoberfest appetizers. To book this tour, call ITT at 448-2295.

Group Surfing Lessons set for next weekend

Register for this sweet Group Surfing Lesson being conducted by Hickam Outdoor Recreation on Sunday, Oct. 19, from 9:30 a.m. to 12:30 p.m. Join other dudes and dudettes for the three hours of instruction that will have you 'hangin' ten' with the big ones. Participants must be able to swim without a life jacket. This event includes use of a surfboard, transportation and instruction. Book by Wednesday to reserve your place!

Fall Jr. Golf Tournament set for Saturday, Oct. 18

The Ke'alohe Par 3 Golf Course presents its Fall Junior Golf Tournament on Saturday, Oct. 18, starting at 1 p.m. All juniors will be flighted by age groups. Youth must play with their own clubs and must know and abide by the rules of golf as well as practice good golf etiquette. For more information, call the Pro Shop at 448-2318.

'Ghost' booked to haunt Hickam's Enlisted Club

The band "Ghost" makes an appropriate appearance on the Hickam Enlisted Club Lanai during the month of Halloween. The music begins at 6 p.m. and continues until 9. On this night, 'boo' takes on a whole new meaning. For details, call 448-2271.

It's Ladies Crud night, next Friday at the O' Club

If you've ever seen the game 'Crud' played, you won't want to miss next Friday's Ladies Crud Night at the Hickam Officers Club. The balls, elbows and fur start flying at 7 p.m. For details, call the club at 448-4608.

Enjoy the wind in your sails with Outdoor Rec

Make reservations now for a private sunset cruise for two aboard a 19-foot Rhodes sailboat on Hickam Harbor. Outdoor Recreation makes

this trip available by reservation and participants are asked to wear dark clothing and closed-toe shoes. Lifejackets are also a must! Cost is just \$29 and is available daily. Make reservations 72 hours in advance by calling 449-5215.

Sign up now for Sports Day, set for Friday, Oct. 24

The deadline is looming for teams to register for the Team Hickam Sports Day to be held on Friday, Oct. 24, at Hickam Harbor. There are eight exciting events to choose from or go ahead and play 'em all — but be sure sign up by next Friday through your designated Unit Fitness & Sports Advisory Committee rep.

Saturday Tail Gate Sale set for next weekend

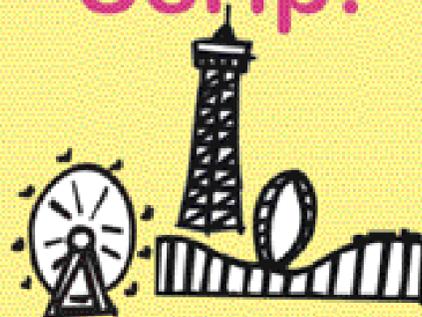
Have fun at your own special Tail Gater on Saturday, Oct. 18, as Hickam's Makai Recreation Center hosts its bi-monthly Tail Gate Sale. You can buy or sell at this event, which opens to the buyers at 7 a.m. sharp. Get there early as the best stuff goes fast! For more information or to reserve a space, call MRC at 449-3354.

Get on board for next month's Fall Craft Fair

The Annual Hickam Fall Craft Fair/Family Fun Day/Dog Show is scheduled for Saturday, Nov. 15, so now is the time to sign up for your booth at the Hickam Arts & Crafts Center on Kuntz Avenue. Seventy-five to 100 vendors are expected to attend this big event, which is the perfect place to buy those great one-of-a-kind craft gifts. For more information, call 448-9907.

50th Hickam Carnival
Oct. 31 - Nov. 2
Burger King Parking Lot

Sell
Carnival
Scrip!



Any group/organization may participate to sell Carnival Scrip! All groups/orgs earn 10% of their total scrip sales so the more you sell, the more you make!

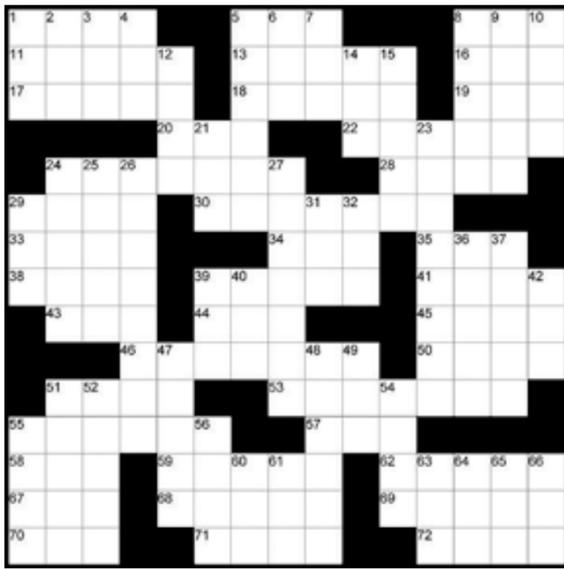
The Top three selling Hickam squadrons win cash! \$500 for first, \$300 for second and \$200 for third. Scrip is just like cash and is used for Carnival food, games, Kiddieland and Beer Garden.

HICKAM AFB
SERVICES
Combat Support & Community Service

Call 448-2209
x-257 for details.

HICKAM AFB
SERVICES
Combat Support & Community Service

Crossword Puzzle: Happy Birthday USN



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Son of Isaac and Rebekah, twin brother of Jacob
- 5. Untanned hide of a small or young animal
- 8. Cooking spray
- 11. Of or pertaining to ancient Scandinavia
- 13. Correct
- 16. Pie ___ mode
- 17. Take a nap
- 18. Monetary unit of Nigeria
- 19. ___ for tat; retaliate
- 20. Charged particle
- 22. Anchor's ___; Official USN song
- 24. Member of an E-8, perhaps
- 28. Most famous of England's public schools
- 29. Prefix for inside or within
- 30. Mark

- 33. In place of
- 34. Donkey
- 35. ID for current space lab program
- 38. Buck
- 39. Mud
- 41. Chooses
- 43. Burn residue
- 44. ___ Chi; Chinese martial arts
- 45. Pod denizens
- 46. Abstains
- 50. Fleming and others
- 51. Heating material
- 53. Bruce Willis film
- 55. Chinese bears
- 57. Formerly
- 58. NW German river
- 59. Animal
- 62. Audibly
- 67. Mock
- 68. Proceed
- 69. Site of famous WWII sea

- battle; CV-32 named for site
- 70. Fink
- 71. Doe
- 72. Dispatched

DOWN

- 1. USN O-1
- 2. Fifth tone of the diatonic scale in solfeggio
- 3. ___ We There Yet?
- 4. Exploit
- 5. Dog's house
- 6. USAF Total Force member
- 7. Louvre architect
- 8. Place to sun
- 9. Get in a row
- 10. School subject
- 12. Saga
- 14. Gun lobby
- 15. US gold medal gymnast Dominique
- 21. Sphere
- 23. African country
- 24. Grammy Award-winning singer Baker
- 25. Thoughts
- 26. Current USN CNO
- 27. Tired
- 29. Golfer Ernie
- 31. Standard time in the 7th time zone west of Greenwich, in brief
- 32. Suffix for relating to or being
- 36. Skewer
- 37. Endure
- 39. Among others, briefly
- 40. Ooh counterpart when awestruck
- 42. Draft org.
- 47. Chunks
- 48. Current SECNAV

- 49. Observe
- 51. Current MCPON
- 52. Beginning
- 54. Cure
- 55. Fruit
- 56. Plant starter
- 60. Iron or Bronze
- 61. Litigate
- 63. Mil. pay statement
- 64. Popeye's girl Olive
- 65. SW American Indian
- 66. Morning moisture

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

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

Team Hickam History

The Air Force's most historic airfield

October 15, 1946 — The 15th Fighter Group (forerunner to the 15th Airlift Wing) is inactivated in Hawaii.

October 13, 1950 — En route to his famous meeting with General Douglas MacArthur at Wake Island, President Harry S Truman stops at Hickam. Traveling with the President was General of the Army Omar N. Bradley, Chairman, Joint Chiefs of Staff. At Hickam they were met by Adm. Arthur W. Radford, Commander in Chief, Pacific, and Col. Manning E. Tillery, 1500th Air Transport Wing commander. The official party conducted an inspection tour of both Hickam and Wheeler, as well as other military installations on Oahu, before leaving for Wake Island the next day.

October 11, 1954 — The 15th Operations Support Squadron (then-15th Communications Squadron, Operations) is stationed at Evreux

Air Base, France.

October 15, 1994 — The C-17's first operational mission occurs during Operation Vigilant Warrior. The C-17 departed Langley Air Force Base, Virginia, for Dhahran, Saudi Arabia, with a load of vehicles, a rolling command post, and supplies for the Army's 7th Transportation Division. Two refuelings by KC-135s made possible the non-stop mission.

October 16, 1996 — Hickam wins a Hawaii State Award of Excellence for "continuing to strive for quality in everything we do." It was the first time a military installation in Hawaii won the coveted 'Oihana Maika'i (Endeavors of Excellence) award and, according to state officials, it was also the first time an Air Force unit had won a state-level award among the 38 states that had formal quality recognition programs.



SOLUTIONS, From B3



SUDOKU, From B3

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



RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754.

CATHOLIC
Nelles Chapel
Weekday Mass
Mon.-Thu.,
11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Vigil Mass
5 p.m.
Chapel Center
Sunday Mass 10:30 a.m.

PROTESTANT
Chapel Center
Sunday
Contemporary Service
8:30 a.m.
Nelles Chapel
Traditional/Liturgical
Service 8:30 a.m.
Gospel Service
10:30 a.m.

RELIGIOUS EDUCATION
(Catholic) Chapel Center
Sunday (Sep-May) 9:00 a.m.
(Protestant) Chapel Center
Sunday (Sep-May) AWANA
3:00 p.m.
Wednesday Sunday School
Dinner 4:45 p.m.
Wednesday Sunday School
Classes 6:00 p.m.

THE GATHERING PLACE
Airmen's Dorm Coffeehouse
King Hall First Floor
Dayroom - Bldg. 1856 - All
Airmen welcome!
Mon.-Thu. 6-10 p.m.
Fri.-Sat. 6-11 p.m.
Free gourmet espresso, cappuccinos, Italian sodas
Video games, internet,

movies and more
To Volunteer, call the
Hickam Chapel Center at
449-1754

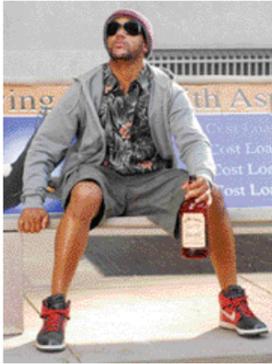
OTHER RELIGIOUS OPPORTUNITIES
Jewish
Buddhist
Orthodox
Islamic

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

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

'Disaster Movie' — A group of ridiculously attractive twenty-somethings endures a series of comic misadventures one fateful night as they try to make their way to safety while every known natural disaster and catastrophic event — asteroids, twisters, earthquakes, the works — hits the city. En route to their destination, they try to solve a series of mysteries and bring an end to the rampant destruction. Starring Matt Lanter and Vanessa Minnillo.



Rated PG-13 for crude/sexual content, language, drug references and comic violence. Length: 90 min.

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

'Bangkok Dangerous' — Joe, a remorseless hit man, is in Bangkok to execute four enemies of a ruthless crime boss. He hires Kong, a street punk and pickpocket, to run errands for him with the intention of covering his tracks by killing him at the end of the assignment. Instead, Joe, the ultimate lone wolf, finds himself mentoring the young man while simultaneously being drawn into a tentative romance with a local shop girl. As he falls further under the sway of Bangkok's intoxicating beauty, he begins to question his isolated existence and let down his guard just as his employer decides it's time to clean house. Starring Nicolas Cage and Shahkrit Yamnarn.



Rated R for strong violence and sexuality. Length: 99 min.

Saturday and Thursday, 7 p.m.

'Traitor' — When straight-arrow FBI agent Troy Clayton heads up an investigation into a dangerous international conspiracy, all clues seem to lead back to former U.S. Special Operations officer Samic Horn. The inter-agency task force looking into the case meets with Carter, a veteran CIA contactor who seemingly has his own agenda, and Max Archer, a fellow FBI agent. The task force links Horn to a prison break in Yemen, a bombing in Nice and a raid in London, but a tangle of contradictory evidence emerges, forcing Clayton to question whether his quarry is a disaffected former military operative or something far more complicated. Starring Don Cheadle and Guy Pearce.



Rated PG-13 for violence, thematic material, language. Length: 114 min.

Flu ... the best defense is a good offense

By Maj. Deborah Carr
15th Medical Group

It's the time of year for two things: football and flu. It's a lot more pleasant to think about the first than the second, however, by arming yourself with a little knowledge and taking action you can suit up against the flu.

Seasonal flu, or influenza, is a virus that attacks the respiratory tract (nose, throat, and lungs). It differs from a cold in that it has more severe symptoms, which include fever, headache, body aches, extreme tiredness, dry cough, sore throat, and stuffy nose.

Most people recover from seasonal flu in a few days; however, for some it can be fatal. Thirty-six thousand people in the United States die of complications from seasonal flu each year. The elderly and the very young, or those with weakened immune systems are the most vulnerable.

Flu is spread when a sick person spreads droplets by coughing, sneezing, or speaking and another person breathes them in. It can also be spread when you touch a virus-contaminated surface (such as a door knob) and then touch your nose or mouth. One key feature that makes flu so contagious is

that a person can spread the flu virus for a day prior to feeling ill and then 3-7 days after symptoms start.

If you get the flu you should do the following:

- Rest (stay home if at all possible so you don't infect others at your workplace)
- Drink plenty of liquids
- Cover your nose/mouth when coughing or sneezing (use a tissue or your sleeve).

Since flu is a virus taking antibiotics won't cure it, although your doctor can prescribe medications to help relieve the symptoms.

How can you prevent flu? There are two ways: the first is to Wash Your Hands!

Wash after shaking someone's hands or touching door-knobs and surfaces. Keep hand sanitizer at your desk if you don't have ready access to soap and water.

The second way is to have the flu vaccination.

The virus changes slightly each year to create a new strain, which is why you need an annual shot. There are two types of flu vaccine available: the traditional "shot" (needle vaccination in the arm) and a nasal spray flu vaccine (mist spray up the nostrils).

When the 15th Medical Group Immunizations Clinic receives their total shipment

of flu vaccine they will start mass vaccinations. They will schedule visits to units so that you may receive a flu shot at work rather than having to visit the clinic. There will also be free flu clinics conducted at Base Exchanges around Oahu offered by DoD (Nov. 29, Dec. 4, Dec. 13 at Pearl Harbor NEX; Dec. 5 Schofield PX; Dec. 19 Hickam BX; Dec. 20 K-Bay MCX), as well as flu clinics offered by the Hawaiian State Health Department.

Football and flu have one

thing in common: the best defense is usually a good offense. By taking steps to protect yourself and receiving your annual flu vaccine, you stand your best chance of not being taken out by a germ.

For further questions, please call either the Immunizations Clinic at 448-6275/6276, or Public Health at 448-6141. If you receive a flu vaccine at an off-base location please email keith.walker.5@us.af.mil with the date and type of flu vaccine received.



Exercise: Back Extension
Muscle group: Lower back



This exercise is great for developing strength in the lower back.

Execution: Lie on stomach with hands placed underneath the chin or arms extended overhead for more advance. Slowly lift upper body off the floor, hold and slowly return to starting position. Perform 8-12 repetition for strength, 15-20 for muscle endurance.

Other options:

1. Lift one leg as you raise the upper body
2. Lift both legs as you raise the upper body.



Photos: Benny Miguel, Hickam Fitness Center fitness director
Instructions: A1C Katrina Plank, assistant fitness coordinator
Model: Senior Airman Marcus Shelton (with Airman Plank)