

Inside



■ Movies this week: 'Quantum of Solace' (above), 'Soul Men' and 'Madagascar: Escape 2 Africa' **B4**



■ Santa and Gov. Sarah Palin accompany the Alaska Guard on a holiday mission. **B5**

Education

Proctored-test announcement — Are you taking a college course that requires a proctored exam? Force Development Flight in Hangar 2 offers limited seating for proctored exams. At the start of the course, send an e-mail to 15mss.dpe@hickam.af.mil with the following info: Full name, rank, last four numbers of your SSN, school, course, estimated exam dates and exam type (paper or online). Don't wait — seating is limited.

College registration — Chaminade University, Embry-Riddle Aeronautical University, Honolulu Community College, Hawaii Pacific University and Wayland Baptist University on Hickam are currently registering for spring courses starting after the first of the year. Visit a college representative for more information in Hangar 2. For more information contact the Force Development Flight at 15mss.dpe@hickam.af.mil or by calling 449-6363.

Air Force Tuition Assistance program reminder — You can request tuition assistance within 45 days of your 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. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil or stop by Hangar 2, Rm. 103.

Discover College information — There is a great Web site tool to assist with identifying careers and education to help you with your college decisions. This is a free resource to valid ID cardholders (military and family members). For more information, stop by the Force Development Flight in Hangar 2, Rm. 103, Monday through Friday from 8:30 a.m. to 3:30 p.m.

Force Development Flight closure — The Force Development Flight (Education Office, Base Training and Military Testing) will be closed today for an official function from noon to 4:30 p.m. And don't forget the PACAF Family Days on Friday, Dec 26, and Friday, Jan 2. For more information, contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

SPECIAL OLYMPICS HAWAII

By Staff Sgt. Erin Smith
15th Airlift Wing Public Affairs

Hangar 35 seemed to come alive Dec. 5 as Special Olympics Hawaii Athletes poured in for the Special Olympics Holiday Classic Opening Ceremonies.

This weekend of games was the culmination of the fall sports season for Special Olympics Hawaii. Athletes from Oahu, Kauai, Maui, Molokai and the Big Island competed for hundreds of medals and ribbons, according to Special Olympics Hawaii staff.

"We had just over 800 athletes come to our base over the course of the weekend," said Tech. Sgt. Dennis Carr, 15th Contracting Squadron, one of the event's project coordinators. "They came in from five other islands, and the [Hawaii Air National Guard] really came through for us in that respect. I'm not sure how [many] the HIANG flew in, but I know it was a huge portion of the athletes."

The Holiday Classic has been hosted jointly by Hickam Air Force Base and Marine Corps Base Hawaii, Kaneohe Bay since 2002. Why? Over the years, its sports have continued to increase in popularity and participation.

To make an event of this magnitude come together, help is required, not only from volunteers, but also from an entire staff from Hickam AFB and Special Olympics Hawaii working together organizing the games. This year, Sergeant Carr, who also helped in 2007, worked with Master Sgt. Kevin Albertson and Staff Sgt. Greg Love, both from the 15th Contracting Squadron, as well as others from

around the 15th Airlift Wing to coordinate this event.

"This year we had about 1,500 volunteers," said Sergeant Carr. "I have to take my hat off to the volunteers at the hospitality tent. 2nd Lt. Michael Gentry led the team there, and they managed to always have food ready at any point of the day. That is definitely not an easy job, and they pulled it off very well."

Though the volunteers are contributing their time, they aren't giving it away free. What they get in return is the satisfaction of knowing they've made a difference.

"You give individuals the opportunity to compete in a sport or event they really enjoy," said Sergeant Carr. "A lot of the athletes for the Hawaii Special Olympics wouldn't have this sort of opportunity otherwise. A lot of parents will even shake hands and say 'thanks.' That really makes it worthwhile."

During the Holiday Classic, the athletes also have the opportunity to enjoy many Special Events, such as Opening and Closing Ceremonies, Olympic Town, and the Victory Dance. Athletes and coaches are housed, fed, and transported by SOHI and the event hosts.

"The enthusiasm the athletes show is always memorable," said Sergeant Carr. "No matter how hard some-

thing is to get set up for the Hawaii Special Olympics, once you see how much the athletes enjoy it, and the pride the parents show, it all makes it worth it."

More than 800 athletes converged on Hickam on Friday, Dec. 5, to take part in Hawaii Special Olympics Holiday Classic.

Photos by Staff Sgt. Erin Smith



Seven tips for celebrating the holidays during 'Responsible Drinking Month'

By Marisela Doyle

It's that time of the year again — the time to celebrate the holidays with friends, colleagues and family members. It's also time to approach the holiday party season with the right attitude. To that end, the U.S. Air Force has designated December as Responsible Drinking Month.

The question is, what does it mean to drink responsibly?

As is the case with eating, Airmen and their families should follow some guidelines associated with consuming alcohol to help them enjoy their holiday celebrations and avoid unnecessary consequences. To start with, one choice relating to responsible drinking means

not drinking at all if you are the designated driver, have a health-related problem, tend to get violent or your behavior hurts your family. Basically, responsible drinking means not becoming drunk, regardless of the circumstances.

Beyond that, here are some highly effective guidelines to help you celebrate without missing out on the fun:

1. Avoid consuming any alcohol if you are less than 21 years old (it's not only unwise, it's illegal!)
2. Have a healthy, filling meal before consuming alcohol
3. Beware of unfamiliar drinks
4. Minimize the consumption of mixed drinks
5. Sip your drink

6. Allow one hour to pass before your next drink

7. Resolve to celebrate your holiday sober.

Of course, it's important to remember that moderate drinking tends to result in a far more pleasant experience than exceeding your alcohol intake. Chances are, you've seen people who drink alcohol to get drunk. Many of these people assume a different personality — they do and say things that they'd never attempt while sober.

The Department of Defense's 'That Guy' campaign has identified the following personalities associated with irresponsible consumption of alcohol:

- The Risky Guy; The Player Guy; The Downer Guy; The Comedian Guy; The Angry Guy; The Dancing Guy; The Party Guy, and The Drama Guy.
- We've all seen them, and too many of us have been at least one of them at one point or another.

The truth is, no one wants to be 'That Guy.' At the same time, drinking responsibly should not be limited to holidays, parties and weekends. Drinking responsibly is a choice you make every time you drink alone or with friends. Know that abiding by a higher code helps support the Air Force mission — keeping you safe.

For this reason, December is Air Force Responsible Drinking Month. Your safety is important and it is Hickam's mission to remind you of ways you can be safe.

For more information, contact Amy Gray Robitschek, MPH, CHES, Contractor Health Education Program manager, at 448-6717, or log on to the DOD's 'That Guy' program at www.thatguy.com.



WARRIOR of the week

By Staff Sgt. Erin Smith
15th Airlift Wing Public Affairs

Team Hickam proudly announces Senior Airman Daniel Baker, a loadmaster with the 535th Airlift Squadron, as its Warrior of the Week.

"Senior Airman Baker embodies what an Airman should be: dedicated to his country, tireless in completing our daily mission and well trained in executing his assigned tasks," said Lt. Col. Casey Eaton, 535 AS commander. "As a C-17 Loadmaster, his skills are exemplary, and as a key member of our squadron's Mobility shop, he has directly contributed toward preparing us for the upcoming [Operational Readiness Inspection]. Excellence in all he does is his standard."

Senior Airman Baker, a



Photo by Staff Sgt. Erin Smith

His commanding officer says that Senior Airman Daniel Baker's skills as a C-17 loadmaster are 'exemplary' and call him a 'key member' of the 535th Airfit Squadron's mobility shop.

native of Lynn, Indiana, has been in the Air Force a little over three and a half years, three of which have been spent right here at Hickam. Although he likes Hawaii and

would like to stay here for a while because he said he can go to the beach whenever he wants, he joined the Air Force and enjoys his job because of the travel opportunities afforded him.

"I joined because I love this great country we live in and wanted to be a part of the men and woman who defended it," he said. "Also, to travel, of course. My favorite thing is my job when I am out of the office and on the road."

Traveling the world tends to open one's eyes to greater experiences, but for Senior Airman Baker, he has also gained "a better understanding of what it means to serve." Over the next few years, Airman Baker plans to keep serving.

"I see myself still in the Air Force helping create a better future for the Airman that come behind me," he said.

'Tis the season for holiday stress

During the holiday season, Airmen may find themselves wrestling with a combination of stressors.

Some Airmen make holiday travel plans to visit loved ones or accommodate an influx of visitors in your own home; others maybe stretching their dollars in tough economic times for a holiday dinner or special gift for a deserving spouse or child.

Whatever the case, there is a delicate balance all Airmen must strike to cope with holiday stress.

Supervisors and co-workers are encouraged to look out for signs of stress, and to reach out to each other if things become even a little overwhelming. Signs of stress may vary from person to person and situation to situation.

For more information about managing stress during the holidays, read this week's *Airman's Roll Call*, available on the Air Force Web site: www.af.mil.



Inside SERVICES

Beach Banana Boat rides set sail next weekend

Get ready to get wet! Hickam Outdoor Recreation offers exciting, fast rides on the Banana Boats on Sunday, Dec. 28, weather permitting. The rides will be offered at the beach at Hickam Harbor. For more information, call Outdoor Rec at 449-5215.

Don't let the Grinch win — go last minute shopping

The fantastic annual Christmas Week Sale continues at both the Mamala Bay and Ke'alahi Golf Courses here on Hickam. Check out some great golf merchandise at special low prices just right for that special golf person in your life. For details, call 449-2300 (MB) or 448-2318 (A).

Make your voices heard in Customer Feedback survey

Each year, Headquarters Air Force Services conducts a Customer Feedback Survey to assess customer satisfaction with base Services Programs. This year the survey runs through Jan. 15, 2009. Customers will be able to answer the survey questions online or complete a paper survey on-the-spot at Services facilities. "We want you to let your opinions be known," said Lt. Col. Timothy Telega, 15th Services Squadron commander. Team Hickam members may take the survey online at twww.usafservue.com.

Complete Pro Bowl packages are on sale now

The Hickam Officers and Enlisted clubs offer exciting NFL Pro Bowl packages are now on sale. Enjoy a delicious pre-game meal at the Officers Club, and then be whisked away by bus to Aloha Stadium for the annual professional football all-star game. Your package includes the delicious buffet, tickets to the game and roundtrip transportation from the Officers Club. Plan now to see the best NFL players in action and in person here on Oahu. For more information, call 448-4608 (Officers Club) or 448-2271 (Enlisted Club).

Make your New Year's Eve Party plans today

Tickets are now on sale for the annual New Year's Eve Party at the Hickam Enlisted Club. Be a part of the fun crowd as the evening unveils the new year of 2009. Doors open at 8:30 p.m. The lineup includes some great music and dancing with food and party favors, a cool balloon drop and champagne toast at midnight. The Enlisted Club welcomes all ranks to the festive year

HICKAM AFB SERVICES
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ending/year beginning extravaganza. Advance reservations are required and tickets are just \$20. They can be purchased at the Customer Service counter at the Club. For more information, call 448-2271.

Check out UFC 92 next Saturday at the E' Club

The Hickam Enlisted Club's popular UFC Night is back this month with the scheduled pay-per-view telecast on Saturday, Dec. 27. This special event is presented free to Club members. Non-members pay just \$10. Doors open at J.R. Rockers at 4 p.m. with the fight set to begin at 5.

Tops in Blue takes the Hickam stage Jan. 5

The 2009 edition of the Air Force's world famous traveling entertainment group, Tops in Blue, comes to Hickam AFB on Monday, Jan. 5. This is Tops in Blue edition number 55, more than half a century of entertaining Airmen and this one's theme is 'Deja Blue'! Two members of the cast are from Hickam AFB, bass guitarist A1C Henry Roberson III and lighting director A1C Christopher Okuley. Both are from the 324th Intelligence Squadron. The show will take place on stage at the Freedom Tower Mall. For more information, call the Makai Recreation Center at 449-3354.

Knock down some pins on New Year's Eve

The Hickam Bowling Center is featuring its own New Year's Eve Party with a complete 'fun' package available. The fun begins at 7 p.m. and runs through 1 a.m. The package includes all-you-can-bowl, free shoe rental and celebration as 2008 changes to 2009 and followed by breakfast! Cost is just \$25 per adult and \$20 for youth 12 and under. Tickets are now on sale through tomorrow only, so pick up yours now! For more information, call 448-9959.

Dig into a new lunch menu at the Officers Club

"Welcome to our variety," says Hickam Officers Club Manager Rose Mielke. As of January 2009, the club will serve a variety of lunch delights from 11 a.m. to 1 p.m. Soup & Salad will be the Monday fare; on Tuesdays, it's Deli Sandwiches; and on Wednesdays, the club features the Taco Bar. Then, make plans to finish your week of variety on Thursdays with the Pasta Bar and on Fridays with Stir Fry. There's something for everyone all week long.

New home buying class could change your life

The Makai Recreation Center is hosting a new Veterans Affairs Home Buying class on Wednesday, Jan. 7, at noon. In one hour, you'll find out that buying a house in Hawaii is not as hard as you think. Receive a free lunch when you RSVP to 449-3354.

Headquarters Air Force Services presents

tops in blue
 world tour '08

Celebrating 55 Years of Entertainment

at&t

American Express

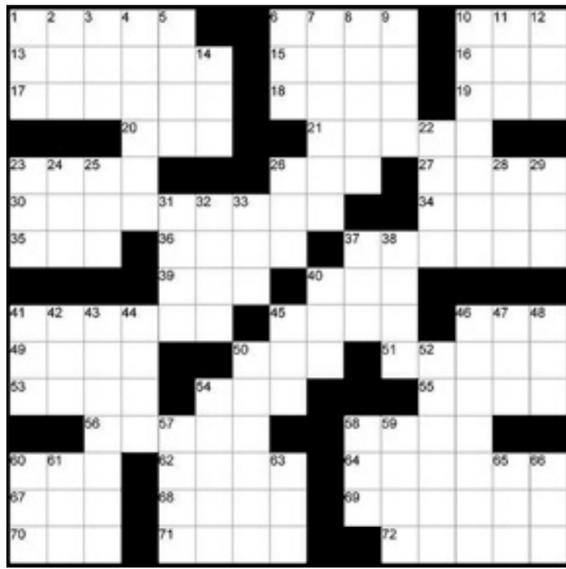
The Official Entertainment of Aggressor Aircraft

MONDAY
JANUARY 5 - 7 P.M.
FREEDOM TOWER MALL

Tops in Blue is an all-active duty U.S. Air Force special unit made up of talented amateur performers selected for their performing abilities. The current show is bigger and better than ever and has two Hickam AFB members participating.

HICKAM AFB SERVICES
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Crossword Puzzle: The Buckeye State's Base



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Swelling
- 6. MAJCOM the Buckeye State base is assigned
- 10. Buckeye State base product center tenant unit, in brief
- 13. C-5; plane flown by the Buckeye State base's 445 AW
- 15. Hammer's target
- 16. Possible duty status
- 17. Metal grating
- 18. ___ mater
- 19. Decorative vase
- 20. Permit
- 21. Pennies, nickels and dimes
- 23. Away from the wind
- 26. Earth
- 27. Clue
- 30. With 37 ACROSS, part of the Buckeye State base name
- 34. In a short time; soon

- 35. Federal org. concerned with airport security
- 36. Crest
- 37. Namesake of the Buckeye State base
- 39. Towel marking
- 40. ___ Claire
- 41. Ohio city home to the Buckeye State base
- 45. Buckeye State base R&D tenant unit
- 46. Slice
- 49. Margarine
- 50. Baseball tool
- 51. Hide
- 53. Buckeye State tenant unit for advanced education, in brief
- 54. Golden actress Arthur
- 55. Region
- 56. Projecting handle used to operate a mechanism
- 58. Sinister
- 60. Father
- 62. Loiter
- 64. Discovers the absence or loss of something

- 67. Mock
- 68. Like
- 69. Superfluous or useless
- 70. Head movement
- 71. Loan
- 72. Commandeer

DOWN

- 1. Breakfast item
- 2. Patriotic org.
- 3. Cotton gin inventor Whitney
- 4. Hammer
- 5. Car part
- 6. Actress Ortiz of Ugly Betty
- 7. F-16
- 8. Acted out
- 9. Tribe
- 10. Entertaining
- 11. Title of address for a male officer
- 12. Discard
- 14. Still
- 22. Asian person
- 23. Given
- 24. ___ Vegas
- 25. Greek letter
- 26. Drunkard
- 28. Classical drama of Japan with stylized music and dance
- 29. Explosive combo
- 31. Resound
- 32. Derail
- 33. Draft org.
- 37. Combat
- 38. Make a determination
- 40. Young newt
- 41. 1988 Quaid/Ryan film
- 42. Alien TV show
- 43. Surrendered
- 44. Carry
- 45. Auto club
- 46. Current MAJCOM commander at the Buckeye

SUDOKU

For solution, see SUDOKU, B4

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

See SOLUTIONS, B4

Team Hickam History

The Air Force's most historic airfield

December 20, 2005 — The largest formation of C-17 Globemaster IIIs from a single base takes off from Charleston AFB, S. Carolina, in a demonstration of the strategic airdrop capability of the Air Force. The C-17 formation conducted low-level training in the Charleston area before taking part in a massive airdrop at North Auxiliary Air Field, S.C.

December 21, 1985 — "The Warehouse," a new Hickam teen center in Area 61, holds a grand opening. Among its activities were teen dances held on Friday and Saturday nights.

December 21, 1987 — Hollywood comedian Bob Hope makes a brief stopover at Hickam en route to an entertainment swing through U.S. bases and outposts in the Pacific, Indian Ocean and Persian Gulf.

December 22, 2004 — Atterbury Circle, originally designed and built as semi-circle that passed behind 15th wing headquarters, re-opens as a complete 360-degree "traffic circle."

December 24, 1974 — Fifteen firefighters retire from the 15th Air Base Wing fire department, taking with them more than 500 years of firefighting experience.



December 25, 1941 — The Hawaiian Air Force Base Command is established at Hickam with four subordinate echelons—Hickam Field Base Command, Wheeler Field Base Command, Bellows Field Base Command, and the Hawaiian Air Depot (located at Hickam). This action separated supply and service functions from tactical functions and operations within the Air Corps.



SOLUTIONS, From B3



SUDOKU, From B3

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

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.; Saturday, 7 p.m.

'Madagascar: Escape 2 Africa' — When the human-raised denizens of a New York zoo find themselves marooned on the distant shores of Madagascar, they're eager to return to their comfy digs in the Big Apple. So they hatch a plan so crazy it just might work. They repair an old crashed plane — sort of — and are able to remain airborne just long enough to make it to the wildest place of all: the vast plains of Africa. There, they encounter species of their own kind for the very first time — with hilarious results. Starring the voices of Ben Stiller and Bernie Mac.



Rated PG for mild crude humor. Length: 110 min.

Friday, 8:30 p.m.

'Quantum of Solace' — On the heels of a mission that cost him the life of his beloved, James Bond's mission of vengeance leads him to the enigmatic Mr. Greene, a member of a shadowy international organization called "Quantum." Bond uncovers a plot by the group to take total control of one of the world's most important natural resources by fostering a military coup in Bolivia. Greene promises to give control of the country to the corrupt General Medrano in exchange for a seemingly barren piece of land. Navigating a minefield of treachery, murder and deceit, Bond allies with old friends in a battle to uncover the truth. Starring Daniel Craig and Dame Judi Dench.



Rated PG-13 for sequences of violence/ action and sexual content. Length: 110 min.

Sunday, 4 p.m.

'Soul Men' — Following their successful career as part of a popular singing group back in the day, Louis and Floyd eventually went their separate ways and never spoke again. When the death of their former group leader reunites them and sends them driving across country for a tribute concert at the legendary Apollo Theatre, they have only five days to bury the hatchet on a 20-year-old grudge and work up a new act — no mean feat, given their respective egos! Starring Samuel L. Jackson and Bernie Mac.



Rated R for pervasive language, sexual content and nudity. Length: 103 min.

Operation Santa Claus goes on, thanks to Alaska Guard

By Army Spc.
Paizley Ramsey
134th Public Affairs
Detachment

CAMP DENALI, Alaska (AFNS) — Children from rural Alaskan communities were treated to an early Christmas this year as members of the Alaska National Guard completed Operation Santa Claus for young people in communities across the state.

The 50-year-old community relations and support program provides toys, books and school supplies to Alaskan children.

More than 100 students from McQueen School in Kivalina, a city in Alaska's Northwest Arctic borough, received books, presents, a holiday meal and photos with Santa Dec. 6.

Members of the 176th Wing from Kulis Air National Guard Base in Anchorage flew a C-130 Hercules with the gifts to the Kivalina children.

"This is so much fun, and the presents are really cool," said 14-year-old Jasmine Adams of McQueen School.

Said Warren Hawley, a 13-year-old fellow student, "This doesn't happen very much, and we want you guys to come back."

Alaska Gov. Sarah Palin made a surprise visit. "It's wonderful to be here in Kivalina to celebrate the holidays and to be able to do this for the children of the community," said Governor Palin, who was accompanied by her daughter,



U.S. Army photo by Spc. Paizley Ramsey

Alaska Gov. Sarah Palin helps Santa pass out gifts during Operation Santa Claus 2008 Dec. 6 in Kivalina, Alaska. Operation Santa Claus, an Alaska National Guard community relations and support program, provides toys, books and school supplies for young people in communities across the state.

Piper. "It's good to be able to show our support for the National Guard and to show the people of Alaska what our Guard is up to."

Several military guests were on hand, including Gen. Carrol H. "Howie" Chandler, the Pacific Air Forces commander; Lt. Gen. Craig E. Campbell, Alaska's adjutant general; Lt. Gen. Dana T. Atkins, the Alaskan Command commander; and Army Brig. Gen. Thomas H. Katkus, the Alaska Army

National Guard commander.

"The greatest thing about Operation Santa Claus is that we get to share our gifts, and the people of the communities get to share their culture," General Campbell said. "Operation Santa Claus becomes a bonding experience for both urban and rural Alaska."

After a hot Christmas dinner, lifelong Kivalina resident Larry Adams expressed his thanks to the men and women of the Alaska Guard.

"It's absolutely great what the Guard is doing, and the kids just love this," Adams said. "I wish they would do this more often. We would love to see the Guard here again — only we don't want to wait until next winter. Come see us again this summer."

The Guard also sponsored visits to other rural Alaskan communities, including Ruby, Newtok, Stebbins, Teller, Brevig Mission and Chalkyitsik. A visit to Metlakatla is also planned.



Exercise: Standing triceps extension

Muscle: Arms (triceps)



- Start by positioning yourself with both feet about six inches apart, pointed straight and slightly bend hips forward

- Both hands should be shoulder-width apart using a neutral grip along with keeping knees slightly bent for a stable stance

- From start position, extend elbows from chest level down to middle of legs (quads)

- In a controlled manner, flex elbows upward back toward chest level

- Do not move shoulders — all motion comes from the elbows

- Maintain stability and complete steps until you've reached the desired number of reps.



Photo by Tech. Sgt Brandi Thomas, NCOIC, Fitness