

Inside



■ Movies this week: 'The Day the Earth Stood Still' and 'Four Christmases' (above) **B4**

Education

PME testing — Those enrolled in voluntary Professional Military Education Course 12 or 14, SOS, ACSC, or AWC can contact the Force Development Flight to schedule a test appointment. Testing is available on Tuesdays (0800 & 1300) and Wednesdays alternating weekly between 0800 and 1300. Special test sessions for AWC short answer essay and version 17 on Mondays at 0800 and Thursdays at 1300. For a test date, e-mail 15mss.dpe@hickam.af.mil and provide your name, SSN (at least last 4), PME type, and requested date.

AF tuition assistance (TA) — Reminders: you can request TA 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.

Commissioning briefing — A commissioning briefing will be held Friday, Jan 16th at 1300 in Hangar 2, Room 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. E-mail the Force Development Flight at 15mss.dpe@hickam.af.mil or call 449-6363 to sign-up for the briefing. Plan about 1.5 hours for the briefing.

CCAF cutoff date for spring diploma printing — To be considered part of the CCAF April class, CCAF must receive all documentation (official transcripts) for degree candidate submissions by 27 Feb 2009. This is for diplomas to be printed in April. Hickam's annual CCAF graduation ceremony will be May 15. For questions about CCAF contact Timothy Smith at timothy.smith2@hickam.af.mil or call 449-6363 x221.



Bye Bye, Ben

Ben Borth, 15 MSG Deputy for Installation Support, retires today. Last week, well-wishers said goodbye at ceremonies at the Enlisted Club on Jan. 8, his birthday. From left: Naval Station Pearl Harbor Commanding Officer Capt Richard Kitchens speaks; Borth blows out his 56th birthday cake brought by Alexis Ybarra; Col Charles Baumgardner gives a citation to Mrs. Carol Borth for her service to Hickam; and 15 AW Commander Col Giovanni Tuck shares congratulations.

Chris Aguinaldo photos

Deployed servicemember returns home half the Airman he used to be

By Tech. Sgt. Michael Voss
376th Expeditionary Wing Public Affairs

MANAS AIR BASE, Kyrgyz Republic (AFPN) — "I knew I was unhealthy and had to make some changes, especially when I thought about my five-year-old looking up at me," said Senior Airman Jarvis Johnson. "Without changes, I wouldn't be around to see him and my daughters grow up."

When you ask someone what they can accomplish in six months — just 24 short weeks — they may say something like, "I plan to finish a couple college courses," or maybe, "I'm going to read a couple books," or "Tour a little."

Many may say they are



Courtesy photo

Senior Airman Jarvis Johnson, assigned to the Expeditionary Logistics Readiness Squadron at Manas Air Base, Kyrgyz Republic, shows off his slim new body. He arrived at Manas at 295 pounds.

going to get in shape, but what do they mean when they say "get in shape?" Six months is not enough time to get in shape if you're not, is it?

One Airman set out just 180 days ago to do just this, to get back into shape after years of inactivity.

Airman Johnson remembers the day he made up his mind to get fit. Before heading to Manas, Airman Johnson attended a week long Combat Skill Training Course. During the course, he had tried to put on a flak vest. At nearly 300 pounds, he knew he would need a large one but had no idea that the readiness squadron would not have anything that would fit. After trying on the largest size available, a 3X, they simply gave up and let him

go without, but this experience would stay fresh in Jarvis' mind.

Upon arrival at Manas, Airman Johnson decided this would be the last time he would wear a 44-inch pants with a waist circumference of 47. This also would be the last time his family and wife of 17 years would see him so badly overweight.

During his first days at Manas, Airman Jarvis attended the Wing Right Start briefing and watched as 376th Expeditionary Wing Commander Col. Christopher Bence said "You can leave here how you like." First he showed pictures of a person who arrived thin, ate too much and left extremely overweight. "Or," he said, "you can leave like this." He showed a picture of an

Airman who came to Manas overweight and lost 75 pounds.

Although Airman Johnson was impressed by the slide, he already had made up his mind to lose weight. But now, he had a firm goal.

"I wanted to lose somewhere around 75 pounds, but I said to myself I can beat that," said the father of three. "I told Col. Bence right there; I said I am going to be the one you brief about in six months, the one who lost the weight."

With nothing but a determined heart and a quote from legendary coach Vince Lombardi to give him emotional strength, "the dictionary is the only place that success comes before work," the

See HALF, B5

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

Team Hickam proudly announces Senior Airman Daniel Jardel, an Aerospace Propulsion Journeyman, more commonly known as a jet engine mechanic, from the 15th Aircraft Maintenance Squadron as its warrior of the week.

"The biggest thing with Airman Jardel is he is always happy to do whatever is asked of him," said Tech Sgt. Timothy Rosenau, 15th Aircraft Maintenance Squadron section chief. "If I ask him to do something out of the ordinary in addition to his duties, he always does it."

Airman Jardel, a Philadelphia native, has been in the Air Force for 3 years, 2 and a half of which have been spent at Hickam. He said he joined the Air Force for a new experience and a change.

"I picked jets," he said of his job. "It sounded interesting and I wanted to learn a trade. I thought it would be cool. You're in the Air Force; you

WARRIOR of the week

may as well work on jet engines. I am happy for the experience."

His current plans are to leave the active duty life and move closer to home and help take care of his family.

"I want to go home and join the iron working union," he said. "I'm excited about it. I like to work construction and it will be a change of pace."

Though he plans to use his talents elsewhere, he said his time in the Air Force will help him as it made him a more responsible person.

"I'd say as far as having a sense of accountability," he said. "Showing up early, not on time, being aware of what I do off duty as it affects me at work."

Another thing he learned is to be a good follower as well



Photo by Staff Sgt. Erin Smith

Senior Airman Daniel Jardel says his time in the Air Force has helped make him a more responsible person "as far as having a sense of accountability."

as a leader.

"I learned to shut up and color," he said with a smile. "It's a good lesson. There can't be too many chiefs and

not enough indians."

Though he was following, he chose strong leaders to emulate.

Master Sergeants Keith Myers and Jeremy Barber were very personable and knowledgeable Senior Noncommissioned Officers he chose to follow.

"Master Sergeant Barber is old school," he said. "He will let you know if you're doing good, he will let you know if you're doing bad. I like people like that."

Last year, when the Maintenance Squadron changed out 5 engines in 72 hours, the three of them worked together on the night shift to help make that happen.

"They know a lot about the planes," he said. "The C-17 is

new so there aren't many straight C-17 guys and you don't get the chance to work directly with lots of Master Sergeants. It's good to work with them when you have the chance."

His leaders say that he is always at work on time and is very sharp as far as dress and appearance goes. Airman Jardel has also become their 'go-to' guy who they can depend on to take care of any maintenance problems that come their way.

"As a guy who is new and young in his career, he's the one who stepped up and accepted responsibility way over his head," said Sergeant Myers, 15th Aircraft Maintenance Squadron production supervisor. "He's the one we rely on every day and go to for any major problems. You usually want a Staff [sergeant] or Tech. [sergeant] but we go to him."

Together, they work to keep the Air Force flying because, "without engines, airplanes are just fancy parade floats," Airman Jardel said.

Inside SERVICES

Laugh with Kenny Hill

If you're looking for a night of laughs, tomorrow night at the Hickam Enlisted Club is it! Kenny Hill's All Star Comedy Jam begins at 9 p.m. and promises an evening of non-stop entertainment. Pre-event tickets are on sale at the Enlisted Club Customer Service counter. Call 448-2271.

Come to 'King' party

Dress to impress for the Martin Luther King Jr. Pre-Holiday Party at the Enlisted Club, Sunday, Jan. 18, 9 p.m. to 2 a.m. Cost is \$7 for non-members and free for Club members. Call 448-2271.

Enjoy Valentine's for two

Tickets for Chef Knapp's Valentine's Dinner, Feb. 14, go on sale Jan. 19 at the Enlisted Club. Perfect for a night of romance. Choose from four dinner options with a special table for two. Choices include Beef Tenderloin in Puff Pastry, Mahi-Mahi baked in Banana Champagne sauce, Oven Roasted Pork Loin in a Portobello Mushroom Sauce or Sautéed Chicken Breast with Apple raisin curry sauce. Price includes appetizer, soup, entree and desserts. The cost is \$69.95 for two. \$10 Members discount. Price includes appetizer, soup, entrée and dessert. Call 448-2271 for reservations.

Win Pro Bowl tickets

Enter for a chance to win

two tickets to the NFL Pro Bowl games on Feb. 8. Receive a drawing ticket at the Bowling Center, every time you bowl now through Jan. 21, 9 a.m.-4 p.m., Monday through Friday during open bowling, except for the holiday Jan. 19. Complete a three game series and receive four drawing tickets. Drawing will be held Jan. 22. Participants need not be present to win. Call the Bowling Center at 448-9959.

Find a deal at the abandoned vehicle auction

Choose from more than 50 vehicles in this sealed bid auction Friday, Jan. 23, 8 a.m. to noon. Auction is being held in the parking lot across from the Hickam Bowling Center and adjacent to the Thrift Shop. Call Auto Hobby at 449-2554 or Arts & Crafts at 448-9907.

Romance abounds at Sweethearts Dinner

This year's annual Valentine's Sweethearts Dinner has all the trimmings for a romantic evening. All entrees are served with the following: Appetizer Plate-Endive, Pecans and Blue Cheese-Tomato Bruchetta-

Tomato, Mozzarella and Basil, Salad-Avocado and Grapefruit Salad. Your choice of entrée: beef wellington served with parsley potatoes; pork tenderloin stuffed with spinach and boursin cheese served with cous cous; blackened ahi served with ginger orange rice. Dessert: baked bombay with chocolate covered strawberries for two. Tickets go on sale Jan. 26. The cost is \$75.95 for two with a \$2 Members First discount. Call The Officers' Club for reservations at 448-4608.

Catch UFC 94 action and excitement at E'Club

The Ultimate Fighting Championship 94, featuring St-Pierre vs. Penn 2, will be aired at the Hickam Enlisted Club's J.R. Rockers on Saturday, Jan. 31, with doors opening at 4 p.m. This pay-per-view event is free to Club members. Non-members pay \$10. Come out for a night of excitement, food and fun.

Superferry salutes the military with fares

Buy one, get one free! Starting from \$39 one-way fares to Maui for those with valid military ID cards (DoD civilians not eligible). Offer good with round-trip purchase and passengers must travel at the same time. Free fare does not include taxes & fees. Some restrictions apply. Special offer valid for travel

booked and traveled by March 31, 2009. Rates subject to change, offer only available from the Hickam ITT Office. Call 448-2295.

Sign up for February Wine & Whale Tour

ITT's Maui Superferry Wine & Whale Tour, Feb. 21-22, is waiting for you to sign up. Go on a self-guided tour of Lavender Farm followed by a winery tour and tasting, no-host lunch at Ulupalakua Ranch, Surfing Goat Cheese Dairy tour, stop in Makawao "Cowboy" town, go on a whale watch tour in Lahaina, visit Paia "surf town" and stay at the Westin Ka'anapali Ocean Resort. Register by Feb. 6. The cost is \$450. per person based on double occupancy. Call ITT at 448-2295.

Players wanted for T-ball/Baseball Pony League

Youth Activities is accepting enrollment through Jan. 30 for T-ball/Baseball Pony League, April through July season, for keiki born May 1994 to April 2004. The clinic will be held at the Bowling Center sports field. Cost is \$65 for Youth Program members and \$70 for non-members. There is a \$5 late registration fee. For more information, call 448-4492.

Deal at Texas Hold'em & Bunco Tournaments

Test your skills against the best players on base and win great prizes, Jan. 31 at the Enlisted Club. Check in at 5:45 p.m. Games start at 6:15 p.m. This event is open to all ranks and is for members only. For more information, call 448-2271.

HICKAM AFB
SERVICES
Combat Support & Community Service

Free Show!

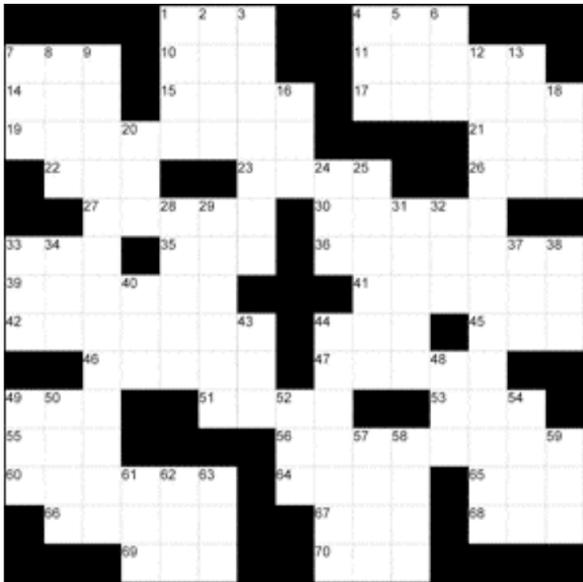
LT. DAN BAND
CONCERT

CSi star Gary Sinise comes to Hickam AFB

Sat, Jan. 31 - 7 p.m.
Freedom Tower

SERVICES **USO**

CROSSWORD PUZZLE: Air Force Axiom



By Capt Tony Wickman
71 Flying Training Wing
Public Affairs

ACROSS

- 1. Sault ___ Marie
- 4. Louse
- 7. Digital doc.
- 10. Appendage
- 11. Saddam's political party
- 14. Earthlink competitor
- 15. ___ in Manhattan
- 17. Newscaster
- 19. Part two of USAF axiom
- 21. Military entertainment org.
- 22. Terminate an employee
- 23. Adding column
- 26. Snare
- 27. Daft
- 30. African antelope
- 33. Plane incident probe, in

- short
- 35. Boy
- 36. State of being poorly illuminated
- 39. Hedge shrub
- 41. 14th U.S. president
- 42. Eastern European country
- 44. Double entendre
- 45. Occupy a seat
- 46. Prefix with venous and mural
- 47. Era
- 49. Fifth time zone west of Greenwich
- 51. Erase
- 53. Donnybrook
- 55. 2004 Academy Award-nominated biopic film
- 56. End of USAF axiom
- 60. 1986 Weaver film

- 64. Muslim people of north Africa
- 65. Sea eagle
- 66. Old Russian rulers
- 67. Soap material
- 68. V for Vendetta actor Stephen
- 69. The Joy Luck Club writer
- 70. Third eye

DOWN

- 1. Alike
- 2. Cafeteria item
- 3. Gave off
- 4. Shaq's org.
- 5. Bond writer Fleming
- 6. Tic-___-toe
- 7. Trite or glib
- 8. Qatar capital
- 9. Start of USAF axiom
- 12. Severe weather event
- 13. Garden tool
- 16. Buck's mate
- 18. Balderdash
- 20. Barbie's pal
- 24. Homer's neighbor
- 25. Mistake
- 28. Mindful
- 29. Instinct
- 31. Acid type
- 32. 22°30 east of due north
- 33. LE search item
- 34. Outrage
- 37. ___-fi; movie genre
- 38. Solidify

- 40. Enclosed truck
- 43. Dejected
- 44. Leaf stem
- 48. ___-Magnon
- 49. Pitcher's stat
- 50. Nuclear treaty
- 52. 2001 movie ___ Sam
- 54. 2002 Gibson movie We ___ Soldiers
- 57. Rogers and Scheider
- 58. Made ready beforehand
- 59. Cell material
- 61. Dine
- 62. Gun lobby
- 63. Mil. ID, perhaps.

See **SOLUTIONS, B4**

SUDOKU

For solution, see SUDOKU, B4

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

Team Hickam History

The Air Force's most historic airfield

January 16, 1984 — The Shanta Shibani, an Indian merchant vessel, arrives at Wake Island for emergency repairs. Personnel at Wake provided required support until the ship departed for Guam on Feb. 14.

January 17, 1995 — AMC Commander General Robert L. Rutherford declares initial operational capability for the C-17, and the Globemaster III officially began flying operational missions.

January 18, 2002 — 15 ABW environmental restoration program conducts site reconnaissance at approximately 100 locations across Hickam, and will collect surface soil at 20 locations beginning Feb. 25 as part of a base-wide preliminary assessment and site inspection project.

January 19, 1988 — Prime Minister Noboru Takeshita of Japan arrives at Hickam

AFB for a one-hour layover on his way home from his first visit to the United States as prime minister.

January 20, 1972 — The last of Hickam's "Gooney Birds," C-47 aircraft No. 404, departs for Taiwan after a 14-1/2 year stay at Hickam AFB. Upon arrival at Taiwan, the aircraft is to be remodified, overhauled and turned over to the government of Indonesia as part of the Military Assistance Program.



January 21, 2000 — Undersecretary of the Air Force Carol DiBattiste discusses Air Force issues with Hickam AFB personnel while visiting here.

January 22, 1945 — The 25th Air Support Operations Squadron (then-25th Liaison Squadron) is stationed at Del Monte, Mindanao.

HALF, From B1

Airman, deployed from McChord Air Force Base, Wash, continued on the path to a healthy living again.

"I used this quote on those days when I didn't feel like getting up and going to gym, when I was like 'damn I don't want to do this today,'" said Airman Johnson.

He remembers it wasn't always like this, being overweight. A football linebacker, basketball and track star throughout high school, he was always athletic. When he enlisted in the military he was a tall 6' 1 and 169 pounds.

Then in 2004 he tore his Achilles tendon, an extremely painful injury which caused him to be unable to do any type of physical activity. Quickly he began to put on more and more weight, but due to fortunate timing, Air Force physical fitness monitors were conducting the cycle ergometric test versus the mile and a half run that they currently employ.

"I am a steak and potatoes kind of guy," said Airman Johnson. "When the mile and a half run went away and the Air Force went to (cycle ergometry) you didn't have to run so I didn't. I was passing the ergo test, but I knew that I could not have passed the run. I was easily packing in 5,000 calories a day!"

In June, the 35-year old took to walking on the treadmill in the base gym, at first only 30 minutes a day. But he also cut out fried foods. Eventually he moved to the elliptical machine. He has successfully changed what he eats and how he eats. He stopped eating fried foods all together, and began drinking water.



Courtesy photo

Senior Airman Jarvis Johnson, assigned to the Expeditionary Logistics Readiness Squadron at Manas Air Base, Kyrgyz Republic, sits down for dinner with some deployed friends. At the time, Airman Johnson weighed 295 pounds, but had already decided to make some changes during his six month deployment. During his time at Manas, Airman Johnson lost 125 pounds and took 14 inches of his waist. The self-described 'steak and potatoes kind of guy' started watching his caloric intake, cut out fried food and gradually increased his physical activity since last June.

"I decided to try the five little meals versus one big meal a day," said Airman Johnson.

Now nearly six months later the man who just 180 days ago could not fit into the largest available flak vest is working-out sometimes three times a day. He has moved from using the elliptical machine 30 minutes a day to an hour at the highest level. He also is jumping rope for 20 minutes straight along with twice a week sprints on

the basketball court.

He has lost 125 pounds, is down to 165 pounds and has taking 14 inches off his waist.

And as returning Airmen look forward to seeing their loved-ones' eyes when they get off that plane back home, Airman Johnson's wife, Jasa, has got something else to look forward to: a "small" surprise.

Nearly letting the proverbial cat out of the bag in July, Airman Johnson sent home a picture of himself. His wife

took notice and asked if he had been losing weight? To which he replied, "If anything I have been gaining."

Immediately he sent her a photo he had taken earlier, and he has been doing the same the entire deployment.

Due to return home just in time to begin 2009, and nearly half the man he used to be, Airman Johnson is thankful for his new, healthy lifestyle.

"You can't imagine how good this feels," said Airman Johnson.



FITNESSTIPS

Exercise: Chest press

Muscle group: Chest, back, shoulder

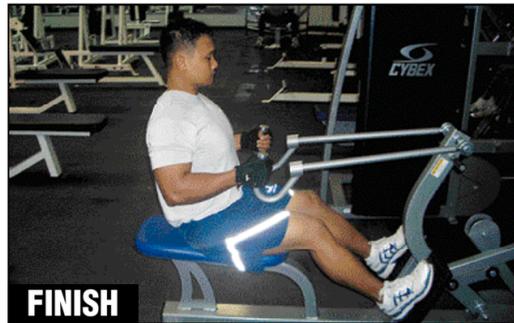


START
This exercise is great for improving upper body strength.

Preparation and execution:

Sit on a chest press machine and keep your back flush against the back pad. Keeping abdominal muscles tight, extend both arms forward and pause for two counts, then return to starting position. Perform 8-12 repetitions for strength, 15-20 for muscle endurance and tone.

Rest one minute between sets for a total of two to three sets.



Photos by Benny Miguel, Hickam Fitness Center director

Instructions by Airman 1st Class Katrina Plank, assistant fitness coordinator

Model: Senior Airman Marcus Shelton

Staff: Airman 1st Class Katrina Plank