

Inside



■ Brendan Fraser leads the cast of 'Inkheart,' one of the movies this week at Hickam Memorial Theater **B2**

Education

**Hawaii Pacific University registration** — Registration has started for classes running from April 6 to June 15. Current students can register online or in the HPU office in Hangar 2. New students are encouraged to make an appointment early with the academic advisor to assist with selecting a degree plan. Call 543-8053 or visit the Web site at [www.hpu.edu](http://www.hpu.edu) and select the Military Campus Programs (MCP) tab.

**Troops To Teachers Presentation** — A local representative will be available in Hangar 2, Rm 102 on Tuesday, March 10 at 1130. No appointment required. Plan approximately 1.5 hours for the presentation. Contact the Force Development Flight at 449-6363.

**Commissioning Briefing** — This will be held next Friday, March 13 at 1300 in Hangar 2, Rm 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. Contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil) or call 449-6363 to sign up for the briefing. Plan approximately 1.5 hours for the briefing.

**Spouse Tuition Assistance Program (STAP)** — Spouses of active duty Air Force members may be eligible for STAP funds to go to college. Applications will be accepted 23 Feb-11 Mar 2009 for classes with a term start date of Apr/May/June 2009. Applications available in Hangar 2, Rm 103 or at [www2.hickam.af.mil/units/15mssaafr/index.asp](http://www2.hickam.af.mil/units/15mssaafr/index.asp) under Air Force Aid Society. Any questions, contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil).

**09E6/7 WAPS testing** — The cycle runs until March 31. WAPS testing is scheduled for 0730 and 1330 in Hangar 2, Rm 278. Note these are test start times NOT SHOW TIMES. Doors open at 0715 and 1315. All examinees must be in military uniform of the day and have their valid military ID cards in their possession to be tested. POC is Mr. Myers at 449-6363 ext. 252 or e-mail [david.myers@hickam.af.mil](mailto:david.myers@hickam.af.mil).

## Celebrating Black History Month

The Black History Month Luncheon was held Friday at the Hickam AFB Officers Club Lanai, which included a special performance by Sewa Fare, a West African dance group. Famed Tuskegee Airman, historian, and author Lt Col

(ret) Alex Jefferson was among the special guests at the annual celebration of culture. Below, 15 AW Commander Col Giovanni Tuck and SSgt Taveya Murphy welcome Col Jefferson and Alphonso Braggs, president, Honolulu Hawaii

NAACP. Left, Felicia Rishty of Sewa Fare shares an exuberant dance.

Photos by Chris Aguinaldo



By Chris Aguinaldo  
Hickam Kukini editor

Team Hickam reports that 15 Security Forces Squadron Flight Chief TSgt Andre McBride is our Warrior of the Week.

The Duquoin, Ill. native said he "wanted to serve our country" and has been in the Air Force for a decade, with the last seven months here at Hickam.

He's found that service has provided him "many opportunities ... to lead and shape those who will carry the torch after my time has passed."

Indeed, the job as flight chief is one such opportunity where he's found success, despite it usually being assigned to a more senior NCO, explained TSgt McBride's commander.

"TSgt McBride was recently thrust into a Flight Chief position — normally held by an SNCO — after the original Flight Chief deployed," according to Lt Col Raymond M. Tembreull, 15 SFS.

"The flight has flourished under his natural leadership and he has instilled discipline and a sense of readiness that set the stage for the day-to-day mission and a successful rating for the Operational Readiness Inspection," Lt Col Tembreull continued.

Lt Col Tembreull has had a chance to see TSgt McBride develop, as both were previously assigned in Guam. "TSgt McBride's professionalism and dedication should be emulated by all. You're looking at a future Chief!"

TSgt McBride shared that becoming a Chief Master Sergeant is one of his future goals, where he can continue to do "everything I can to ensure the mission is accomplished and to mentor tomorrow's SF leaders."

## WARRIOR of the week



TSgt Andre McBride is demonstrating success at a level beyond his rank during his duties as a 15 Security Forces Squadron Flight Chief, according to his commander.

Photo by Chris Aguinaldo

Being part of something greater than himself is something he's found in the service, saying the Air Force "has taught me responsibility, dedication, leadership and teamwork."

Plus, he wants everyone to remember that the Air Force is "the most technically savvy, educated and professional institution on the planet."

For now, life in the Security Forces is always challenging, even in paradise.

Sometimes he said a "milder tempo, though not realistic, would be nice. Because of my work conditions and schedule, sometimes I become oblivious to the awesome weather and surroundings."

Even though the former Midwesterner admits he loves the climate here in Hawaii, he said he wouldn't mind being assigned in Germany. "I have always wanted to tour Europe."

## Hickam Health: Eat your breakfast

Did you know that eating breakfast can help you stay slim? A recent study found that adults who eat breakfast are nearly 50 percent less likely to be obese compared to people who don't eat breakfast. Eating a nutritious breakfast every day is a great way to fuel your brain and body.

March is National Nutrition Month, the perfect time to make changes to your eating habits. Make it your goal to eat breakfast every day this month.

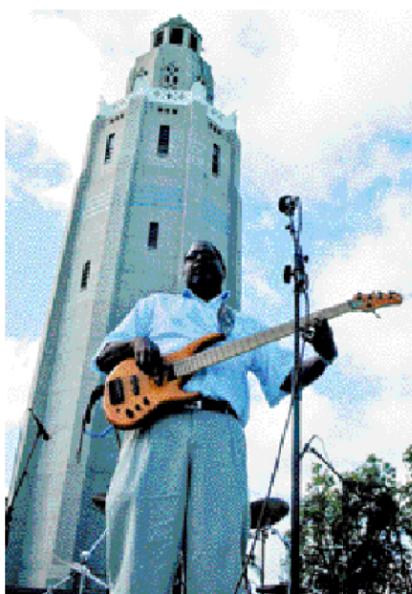
Even if you're pressed for time to get out the door in the morning, you can prepare breakfast the night before or choose easy meal options. Try whole-grain toast with peanut butter and a piece of fruit, dry cereal mixed with low-fat yogurt, hard-cooked egg sliced into a whole-wheat pita, hot cereal topped with fruit or walnuts, low-fat bran muffin or a smoothie.

Source: [www.eatright.org](http://www.eatright.org)  
— Submitted by Amy Robitschek, Health Education Program Manager

## Saying 'mahalo' with fun

Friday's Mahalo Fest 2009, 15th Services' customer appreciation event, had fun for the whole family. Freedom Tower rocked with live music. Games, food and prizes were also part of the fun. Right, Warren Washington of the band Paradise XS; Far right, Makayla Holbrook climbs a faux rock wall.

Photos by Chris Aguinaldo



## Inside SERVICES

### March Madness full of fun and prizes

The excitement of the NCAA Final Four Basketball Tournament hits Hickam and you can participate in the fun and maybe win prizes too in the Air Force's March Madness On-Line Bracket Tournament. From now until March 19 just visit one of 15th Services facilities listed below and ask for a game piece. Register online at [www.airforcemarchmadness.com](http://www.airforcemarchmadness.com) and start filling out your brackets. Who will be the 2009 NCAA Champion? Maybe your guess will win you a pair of tickets to a Final Four game or just a bunch of cash. Participants must be 18 years or older. Game pieces are available at J.R. Rockers in the Enlisted Club, Wright Bros. Café & Grille, Hickam Bowling Center, Mamala Bay GC and 10th Puke Sports Lounge at the Par 3. A cool 32 oz. Final Four Commemorative Cup filled with Coca Cola is also available for just \$1.95.

### Warrior Friday goes green

The Hickam Officers Club hosts Warrior Friday tonight with the theme of St. Patrick's Day. Come enjoy live entertainment featuring the music of Celtic Waves. The fun starts in the Koa Lounge at 4:30 p.m. with music starting at 6. Celebrate with the Wearin' o' the Green and some good Irish music. For more information, call the Club at 448-4608.

### Catch UFC 96 action

Ultimate Fight Championship 96 takes place

tomorrow at J.R. Rockers in the Hickam Enlisted Club. Doors open at 4 p.m. with the fight commencing at 5. Taking to the ring are Keith Jardine and Quinton Jackson. This is a broadcasted event for Club members. Non-members pay \$10 to view. Call 448-2271, Ext. 221 for information.

### Swing down to E'Club golf tourney

Sink a hole-in-one and win a new car at the 15th Annual Hickam Enlisted Club Golf Tournament to be held on Friday, March 13 at Mamala Bay Golf Course. Get closest to the pin and win other great prizes in this once-a-year chance at fun, food and great golf. Check in is 10:30 a.m. with a shotgun start slated for high noon. Your entry fee includes lunch and a post-tournament awards dinner at the E'Club. This event has it all. Call 448-2271 for details. The tournament is sponsored in part by the Tony Group.

### Hollywood Knights come charging

Six Hollywood Stars change from costumes to uniforms in the Hollywood Knights Celebrity Basketball Tour coming to Hickam on Saturday, March 21. Come out to the Hickam Fitness &

Sports Center to watch the Hickam All-Stars take on the team from Hollywood starting at 6 p.m. Celebrities participating will be James Lesure of the hit TV series Las Vegas, Josh Henderson of TV's 90210 series, Wolf of American Gladiators, D-Wrek, MTV's mix master of the comedy show Wild n' Out, Aaron Carter of Reality series House of Carters and James Kyson Lee of TV hit series Heroes. This event is brought to the base by the USO and AFE.

### Ceramics Family Night held at center

The Hickam Arts & Crafts Center presents Ceramics Family Night as part of the month-long celebration of National Craft Month on Thursday, March 12 from 6-10 p.m. Enjoy some great family fun as you learn about the craft of ceramics. For more information, call 448-9907.

### Enjoy sunset and fireworks

Experience the combination of a Hawaiian sunset on the blue Pacific with a fireworks spectacular with Hickam Information Tickets & Travel. This exciting tour is scheduled for Friday, March 13 starting at 4:30 p.m. As you travel out, keep a sharp eye out for whales as this is the time of year for whale watching. Enjoy some appetizers and beverages as you experience a wonderful Hawaiian evening aboard Honolulu's finest cruising vessel, The Makani. Cost is \$57 per adult and \$33 for chil-

dren 4-12. Call ITT at 448-2295 for reservations and information.

### Register for youth sports

Four great sports clinics are planned by the Hickam Youth Sports & Fitness Center for March with registration ongoing as of March 1. The Center will conduct the Kinder Gym Clinic and Tumbling Clinic on Monday, March 30 and the Kinder Open Gym and Cheer Clinics on Tuesday, March 31. Clinics are designed for youth ages 18 months to 17 years. Sign-ups can be made at the front desk. Call 448-2287 for additional details.

### Find your muse

The Hickam Library Annual Creative Writing Contest is for all ages. Participants may enter either or both the short story or poetry categories. Short Story entries should be double spaced with a 10-12 page limit. The Library will be accepting submissions between March 2 and April 4. Awards will be presented on Saturday, April 18 at 1 p.m. Refreshments will be provided by the Friends of Hickam Library. Call the Library at 449-8296 for more information.

### Taste 'Wild Wing Wednesdays'

J.R. Rockers at the Hickam Enlisted Club announces 'Wild Wing Wednesdays'. Every Wednesday, try Rockers' jumbo wings, breaded, naked or boneless. Next choose the sauce that really ignites your evening: Original, Nitrous Oxide, Asian Sesame, High Octane, Garlic Parmesan, Chipotle BBQ or the Sauce of the Day. Wings are just .45 cents each from 4:30 p.m. to closing. Wing Wednesdays not available for take out. Call the Club at 448-2271 for details.

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

**Play and Win  
a Trip to a  
Final Four Game!**

**AIR FORCE**

**MARCH  
MADNESS**

**Online Bracket  
Tournament**

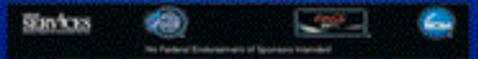
**You could also win  
\$5,000, \$2,500, \$1,000  
and more!**

**Register & play online at  
[www.airforcemarchmadness.com](http://www.airforcemarchmadness.com)**

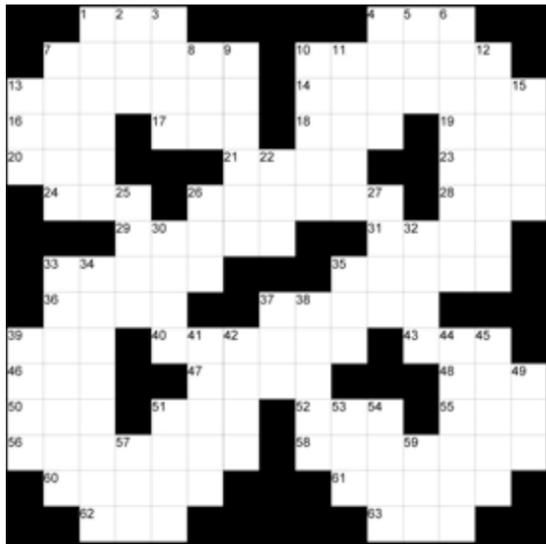
**Pick up game pieces at the  
following 15th Services facilities:  
Mamala Bay GC, Hickam Bowling,  
Wright Bros. Café, J.R. Rockers  
and 10th Puka Sports Lounge.**

**(No purchase necessary)**

**Details & rules provided on website.**



# Crossword Puzzle: Places to Go



**By Capt Tony Wickman**  
71st Flying Training Wing  
Public Affairs

**ACROSS**

- 1. \_\_\_ kwon do
- 4. Craze
- 7. Base home to 8th Fighter Wing
- 10. City home to Camp Able Sentry
- 13. Argentinean city
- 14. Pension
- 16. Raiders of the Lost \_\_\_
- 17. Zest
- 18. Turncoat
- 19. Golden Girl Arthur
- 20. Golf prop
- 21. Russian city
- 23. Hockey great Bobby
- 24. Correct
- 26. Base home to 72nd Air Base Wing
- 28. German equivalent to 2

- 29. Roman goddess of the hunt and protector of children
- 31. Greek letter
- 33. Caw
- 35. Blacksmith's tool
- 36. Spanish city home to US Naval Station
- 37. Crest
- 39. Distant but within sight
- 40. NY borough
- 43. Baseball stat
- 46. USAF org. for IEDs
- 47. MH-53 \_\_\_ Low
- 48. USAF 1C2X1
- 50. African antelope
- 51. Director Craven
- 52. Lakenheath or Mildenhall starter
- 55. Stadium cheer
- 56. Country home to 52nd Fighter Wing

- 58. Libyan capital
- 60. Second king of Judah and Israel
- 61. Distress
- 62. Sunscreen number, in short
- 63. Bro's relative

**DOWN**

- 1. Home to 39th Air Base Wing
- 2. Conjunction
- 3. Civ. Employment benefit
- 4. Arial or Times New Roman
- 5. Kwik-E-Mart clerk
- 6. Home to JTF-Horn of Africa
- 7. Country home to 51st Fighter Wing
- 8. Honest prez.
- 9. Dinner table item
- 10. Spock's dad
- 11. Scoundrel
- 12. Unending
- 13. Dog's nemesis
- 15. Scotland \_\_\_
- 22. Devil \_\_\_ Blue Dress
- 25. Delete
- 26. Dance style
- 27. Boxing arena
- 30. Country home to the 407th Air Expeditionary Group
- 32. Above
- 33. Sang
- 34. Country home to JTF-Bravo
- 35. Commercials
- 37. Gun the motor

- 38. Languid
- 39. Safecracker
- 41. Turn over
- 42. Simple
- 44. British noblemen of the lowest rank
- 45. Country home to 31st Fighter Wing
- 49. Greek letter
- 51. Orphan
- 53. Fightin' Irish coach Parseghian
- 54. Mediterranean fruit trees
- 57. Award for Steve Nash
- 59. Hawaiian dish

See SOLUTIONS, B4

# SUDOKU

For solution, see SUDOKU, B4

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

## Team Hickam History

The Air Force's most historic airfield

**March 6, 1914** — Battery Hawkins is completed at Fort Kamehameha, with two 3-inch rifles installed, and is officially turned over to the Coastal Artillery.

**March 6, 2003** — The wing's new C-40 flies on its first distinguished visitor (DV) mission, carrying the COMPACOM Admiral Thomas B. Fargo to the U.S. east coast.

**March 7, 1996** — More than 100 personnel from the Hawaii Air National Guard's 154th Wing deploy from Hickam to Incirlik AB, Turkey, for a 30-day deployment in support of Operation Provide Comfort II.

**March 8, 1978** — From Feb. 22 to Mar. 8, 1978, a group of 40 Japanese (including 14 former Wake Island soldiers) exhumes and cremates the remains of 954 WWII Japanese soldiers who were buried in the old Japanese graveyard on Wake Island. The remains of 600 more Japanese

soldiers could not be removed, as the site of their mass grave on Peale Islet could not be located.

**March 10, 1992** — The 65th Airlift Squadron is activated and assigned to the 15th Air Base Wing. Lt Col James E. Stieber assumed command on that date.



**March 11, 1968** — Hickam's new library opens. The \$154,000, single-story, 7,700-square-foot concrete block library was officially opened at Hickam AFB by the Base Commander assisted by the base chaplain. Its central location on the site of the original Chapel #1 and adjacent parking facilities made it more readily available to personnel assigned to the base.

**March 12, 1993** — After receiving federal recognition the previous month, the Hawaii Air National Guard's 203rd Air Refueling Squadron flies its first locally generated mission on a HIANG KC-135 Stratotanker.

## RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

### 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.

### OTHER RELIGIOUS OPPORTUNITIES

Buddhist, call 536-7044  
 Jewish, call 473-3970  
 Mormon, call 488-2434  
 Muslim, call 947-0050

### 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, cap-  
 puccinos, Italian sodas  
 Video games, internet,  
 movies and more  
 To Volunteer, call the  
 Hickam Chapel Center at  
 449-1754

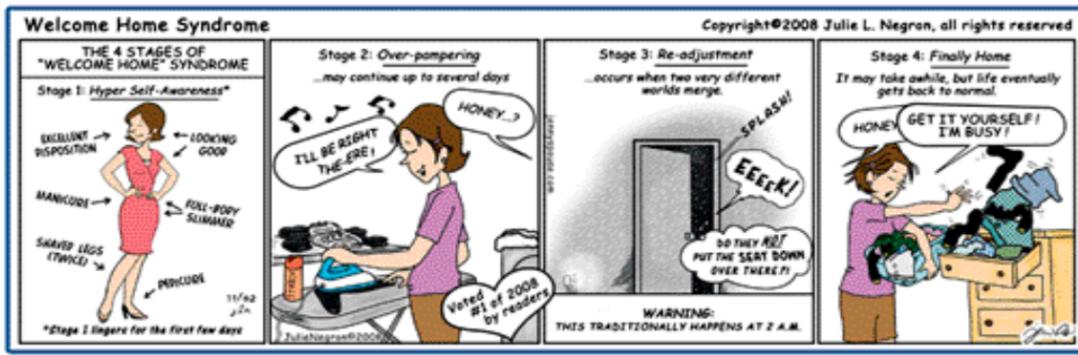
## SOLUTIONS, From B3



## SUDOKU, From B3

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

Best of Jenny



## AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

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

**'Hotel for Dogs'** — When Andi and her younger brother, Bruce, find themselves in a foster home with a strict "No pets" policy. Andi has to use her quick wit to help find a new home for their dog, Friday. The kids stumble upon an abandoned hotel and begin transforming it into the perfect home for Friday- as well as all the strays in the city. In no time, the kids have transformed the old hotel into something truly magical: a home for both the dogs and for themselves. But they have also aroused the suspicions of police who want to know, who let the dogs in?  
 Starring Emma Roberts and Don Cheadle.



Rated PG for mild thematic elements, language and crude humor. Length: 100 min.

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

**'Inkheart'** — Mortimer and his daughter, Meggie, share a unique gift for bringing characters from books to life when they read aloud. But for every character brought to life a real person disappears into its page. While at a secondhand book shop, Mo hears voices when he locates the book they're coming from, it sends a shiver up his spine. It's "Inkheart," a book he's been searching for since Meggie was three years old, when her mother, Resa vanished into its mystical world. Mo's plan to use the book to rescue Resa is thwarted when Capricorn, the evil villain of Inkheart, kidnaps Meggie. Determined to rescue his daughter and send the fictional characters back where they belong, Mo assembles a unique group of friends and allies and embarks on a daring and perilous journey.  
 Starring Brendan Fraser and Helen Mirren.



Rated PG for fantasy adventure action, scary moments and language. Length: 106 min

Thursday, 7 p.m.

**'Last Chance Harvey'** — Harvey, on the verge of losing his job, goes to London for a weekend to attend his daughter's wedding but promises his boss to be back on Monday for an important meeting. Harvey arrives in London only to learn his daughter has chosen to have her stepfather walk her down the aisle. Trying to hide his devastation he leaves the wedding before the reception in hopes of getting to the airport on time, but he misses his plane. When he calls his boss to explain he is fired on the spot. Drowning his sorrow at the airport bar, Harvey strikes up a conversation with Kate. They unexpectedly transform one another's lives.  
 Starring Dustin Hoffman and Emma Thompson.



Rated PG-13 for strong language. Length: 99 min.

# Beware of the sippy cup

**Hickam AFB Dental Clinic**

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Many training cups, also called sippy or tippy cups, are available in stores. Many

are "no spill" cups, which are essentially baby bottles in disguise. "No spill" cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip.

Don't let your child carry the training cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup has the potential to injure the mouth.

A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose.

It can and should be set

aside when no longer needed.

For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup. As this changeover from baby bottle to training cup takes place, be very careful:

- What kind of training cup you choose
- What goes into the cup
- How frequently your child sips from it
- That your child does not carry the cup around

Talk to your dentist for more information. If your child has not had a dental examination, schedule a dental checkup for his or her teeth. The American Dental Association says that it is beneficial for the first dental visit to occur within six months of the appearance of the first tooth, and no later than the child's first birthday.



Photo courtesy Fitness Center

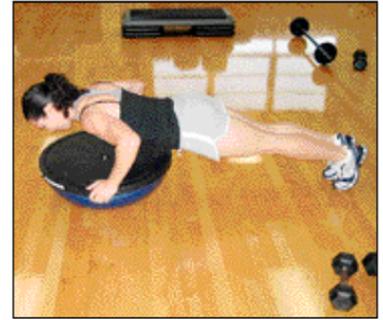
## Lifelong fitness

The first time I met George (on right of me) and Jean Topic was summer 2000. George asked for my assistance due to his recent knee surgery. I gave him a few exercises to strengthen his knees and some upper body to balance his workout. Eight years later, he still comes to the gym three days a week. When I asked George, 80, what keeps him motivated he said "I feel good" especially after a workout. Every time I perform my rounds at the fitness center, I see individuals in their late 60s, even some in their 80s still working out. I can't help sometimes but stop and chat with them. They are full of wisdom and I learn so much from them. It really makes my day and they inspire me to continue to do what I do.

— Benny M. Miguel, Fitness Director



**Exercise: Bosu push-up**  
**Muscle Group: chest (pecs), triceps and core**



Grasps handles on both sides with the ball side down on the floor. Begin in the up position, keeping back straight and in neutral alignment. Begin to lower chest down so that arms are bent to an approximate 90 degree angle. Raise back up while contracting the chest.

Model: Tina Mace, certified personal trainer and aerobics instructor  
Photos: Mr. Benny Miguel, Fitness Director  
Instructions: A1C Katrina Plank, Asst Fitness Coordinator and certified personal trainer



**Exercise: Bosu chest fly**  
**Muscle Group: chest (pecs), shoulders and core**

Lie with back on bosu ball and knees bent to stabilize core. Using dumbbells, palms up, begin with arms out perpendicular to the body. Slowly bring arms together in front and contract the chest.

Model: Tina Mace, certified personal trainer and aerobics instructor  
Photos: Mr. Benny Miguel, Fitness Director  
Instructions: A1C Katrina Plank, assistant fitness coordinator, certified personal trainer