B section

LIFESTYLES

Hickam Kukini

Vol. 16, No. 11 Friday, March 20, 2009

Inside

■ Kevin James stars as 'Paul Blart: Mall Cop' at Hickam Memorial Theater B4

Education

College registration has started — Chaminade University, Embry-Riddle Aeronautical University, Honolulu Community College, Hawaii Pacific University, and Wayland Baptist University on Hickam are currently registering for courses beginning April 6 . Visit a college representative for more information in Hangar 2. Contact: Force Development Flight at 449-6363.

Enlisted education level updates – Have you completed a college degree? Check your DVR in vMPF to determine your current education level. To have your education level updated, have your official college transcript sent to 15 MSS/DPE, 900 Hangar Ave, Hickam AFB, HI 96853. Visit the office in Hangar 2, Rm 103 to discuss any questions.

GMAT testing — Hickam's National Test Center now offers the GMAT test on Mondays and Wednesdays at 7:30 a.m. and 12:30 p.m. The test center is operated by Hawaii Pacific University and is located in Hangar 2, Rm 255. For additional information about the GMAT or any other tests offered, contact Dave Terry at 543-8056 or e-mail mcp_ntc@hpu.edu.

09E6/7 WAPS testing — The cycle runs until March 31. WAPS testing is scheduled for 7:30 a.m. and 1:30 p.m. in Hangar 2, Rm 278. Note these are test start times NOT SHOW TIMES. Doors open at 7:15 a.m. and 1:15 p.m. All examinees must be in military uniform of the day and have their valid military ID cards in their possession to be tested. Contact Mr. Myers at 449-6363 ext. 252 or at david.myers@hickam.af.mil.

FTAC enrollment — Enrollment for the next two FTAC classes is now open. Class 09-3 will run from March 30 to April 10, and Class 09-4 will run April 13-24. Airmen may be scheduled for either class via the FTAC SharePoint site at https://hickam.eim.pacaf.af.mil/sites/DPE-FTAC/default.aspx). For questions, call 448-4643. Contact SSgt Robinson or MSgt Tisher.

Air Force celebrates Women's History Month

Throughout history, women in the military have made significant contributions. This is especially true in the Air Force whether they are flying A-10 Thunderbolt IIs or commanding thousands of Airmen.

The month of March has been recognized as Women's History Month since 1987 to highlight women of the past and future. The Air Force has a special page online at www.af.mil/whm09.asp.

At Hickam AFB, women have played a significant role. In March 17, 1944 , the first members of the Women's Army Corps (WAC) arrived in Hawaii. After disembarking near the camouflaged Aloha Tower downtown, the WACs were stationed at Hickam Field where they would work in administration and motor transport jobs.

Earlier this month at Hickam, Women's History Month was marked with a special luncheon, with the theme "Enrich your life: Mind, Body and Spirit," and guests covering those topics. Other events are scheduled.

And just last week, the 15th Airlift Wing's Judge Advocate Col Karen Kinlin received the Legion of Merit, presented by 15 AW Commander Col Giovanni Tuck, for her exceptionally meritorious conduct and the performance of outstanding service — proving how vital women are to today's Air Force.

Historical WAC photos courtesy of Jenny Crider, 15 AW/HO Historian
Women's History Month luncheon photo courtesy of SSgt Melinda Morris
Legion of Merit photo by Chris Aguinaldo/Montage design by Jay Parco

WARRIOR of the week

By Chris Aguinaldo
Hickam Kukini editor

For helping ensure the safety of Airmen and civilians, Team Hickam is proud to proclaim SSgt Ryan Michael Bobzin of 15 CES/CED our Warrior of the Week.

As a Explosive Ordnance Disposal Craftsman, SSgt Bobzin not only showcases his expertise during very dangerous situations, but he also helps others learn to do the same.

"SSgt Bobzin continuously sets the example for his peers and subordinates," said Lt Col Dwayne E. Thomas, Commander, 15th Civil Engineer Squadron. "SSgt Bobzin recently returned from a combat tour in Afghanistan serving as an EOD team leader, defusing Improvised Explosive Devices."

After SSgt Bobzin's return to Hickam, "he stepped up to be a key leader during the last Operational Readiness Exercise and the Operational Readiness Inspection," continued Lt Col Thomas.

Hailing from Rochester, NY, SSgt Bobzin has been in the service for 7-1/2 years, with the last 2-1/2 assigned at Hickam. He says he joined "to make something of myself and to do my part for this country."

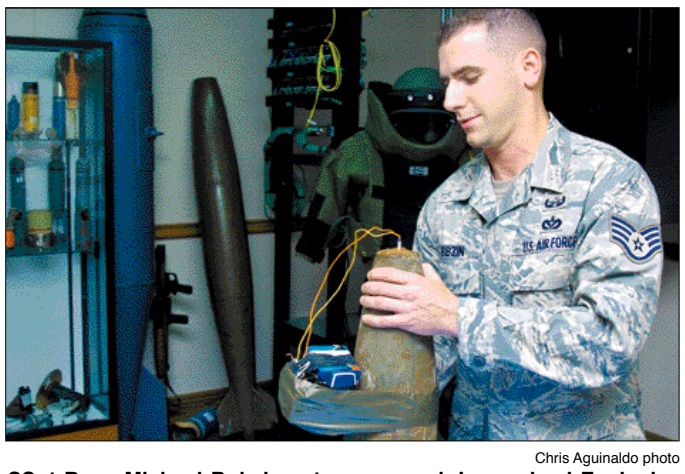
Along the way, he's learned of the great sense of "family and teamwork" in the Air Force.

Dealing with explosives means he's used to action. He notes, though, that things slow down with the copious amounts of "additional duties and paper trails in today's AF. I understand the need for written accountability, but it's detracting from doing the real mission."

He acknowledges his time in the service has "matured me by giving me more responsibility and life experience in seven years than I think most people will receive in a lifetime."

Down the road, he'd like to continue doing EOD work, whether in the military or not.

"We have empowered this young NCO to make some of the toughest calls while putting his life on the line," said Lt Col Thomas. "I couldn't be more proud of SSgt Bobzin for what he has done and continues to do for my Explosive Ordnance Disposal Team and the Civil Engineer Squadron."



Chris Aguinaldo photo

SSgt Ryan Michael Bobzin sets up a mock Improvised Explosive Device with a cell phone trigger for training purposes. In his line of work, he 'sets the example for his peers and subordinates,' said his commander.

Hickam Health

Eat out, dine smart

Eating out? Here are some tips for eating healthy while dining out during this third week of National Nutrition Month:

- Drink water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner. Ask for salad dressing to be served on the side. Then use only as much as you need.
- Order steamed, grilled, or broiled dishes instead of those fried or sautéed.
- Beware of "all-you-can-eat" buffets; order an item from the menu instead.

If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:

- Order an appetizer or side dish instead of an entree.
- Share a main dish with a friend.
- When your food is delivered, set aside or pack half of it to go immediately.
- Resign from the "clean your plate club." When you've eaten enough, leave the rest.

Source: www.eatright.org

— Submitted by Amy Robitschek, Health Education Program Manager

Inside SERVICES

Mamala Bay Golf Course receives recognition

Congratulations to Mamala Bay Golf Course, recipient of the "Customer Loyalty Award" from the National Golf Foundation. It was named "Best" in the under $40 range of 100's of civilian and military golf courses surveyed. It was also a runner-up for "Most Improved" from 2007 to 2008. These awards are based on results from customer loyalty surveys administered by the foundation.

Spear fishing offered

Start with the basics in Spear Fishing 101 in Pool # 2, Saturday, March 28, from 9 a.m. to noon. Bring mask, fins and snorkel, water, sunscreen and towel. If you don't own snorkel gear, Hickam Outdoor Recreation Equipment Issue has it available for rent. The class is limited to 3-10 people. The cost is $35 per person. Register by March 25. After completing Spear Fishing 101, the hunt is on as you try out newly learned skills in Spear Fishing 102, on Sunday, March 29, from 9 a.m. to noon. Bring dive suit, your spear fishing equipment, water, sunscreen and a towel. The $35 tuition includes two guides and boat transportation. Completion of the Spear Fishing 101 course is required. Register by March 25. Call 449-5215.

Youth volleyball clinic held

Youth Programs is offering a first-time volleyball clinic March 23-27 at the Hickam Fitness & Sports Center. The cost is $50 per child, for Youth Program members and $55 for non-members. Sign-ups are limited to 20 per age division. Ages 7-9 years play 9-11 a.m. and ages 10-12 years play 12:30-2 p.m. Sign-up at the Youth Sports and Fitness Center in Bldg. 1399. Call 448-4492.

Sail race at Hickam Harbor

Enter the Pau Hana Sail Races to be held at Hickam Harbor on March 27 at 4:30 p.m. The cost is $5 per person. Call Outdoor Recreation at 449-5215.

Get going with belly dancing

Experience a new challenge with a creative cardio workout doing belly dancing. The Belly Dance session is a six-week course from March 24 to April 28. The classes meet on Tuesdays from 6 to 7 p.m. at the Makai Recreation Center. The cost is $75. For registration, call 449-3354.

Register for dance academy

Registration for the Dance Movement Academy is March 27, 5 to 7 p.m. at the Makai Recreation Center. Dance administrators will be on hand to answer questions and register your child for the upcoming ballet, tap, jazz and other dance classes. Call 449-3354.

Play Texas Hold'em & Bunko

The monthly Texas Hold'em & Bunko Tournament for Club Members is March 27 at the Enlisted Club. This event lets you test your skills against the best players on base and win great prizes. Check in time is at 5:45 p.m. Call the E' Club at 448-2271.

Watch fireworks and whales

Combine fireworks, a beautiful sunset on the blue Pacific with the thrill of looking for whales on March 27, from 4:30 to 8 p.m. on the Makani Catamaran. The cost is $57 for adults, $33 for children 4-12 years and children under 4 may sit on laps and ride free. The tour includes round-trip bus from the Hickam ITT office. Call ITT at 448-2295 to make reservations.

Taste Mongolian BBQ

The Mongolian BBQ at the Officers' Club is every Thursday from 5:30 to 8 p.m., for 65 cents per ounce. The monthly lunch Mongolian BBQ is on March 27, from 11 a.m. to 1 p.m., for 50 cents per ounce. Call 448-4608.

Go on glass bottom boat tour

Information, Tickets & Travel invites you to bring the whole family to see the colorful reef life in Kaneohe Bay, Saturday, March 28, 9 a.m. to noon. Tour includes roundtrip bus from the Hickam ITT office. The cost is $15 for adults and $10 for children 2-11 years. Call ITT at 448-2295 to make reservations.

Clubs offer Easter Brunch

Both the Hickam Officers' and Enlisted Clubs have special Easter Brunches planned for Sunday, April 12. The cost is $24.95 ($2 Member's First discount), ages 7-12 $12.50, ages 3-6 $6.25 and children 2 and under free. Tickets for these Easter Brunch specials are now on sale and are going fast. Call 448-4608 (O) or 448-2271 (E) for reservations.

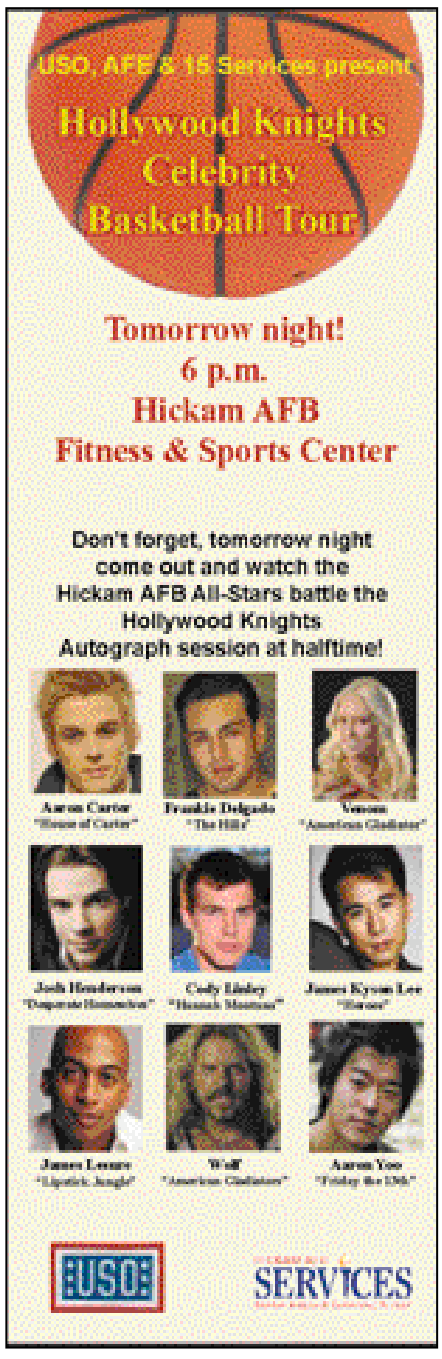
Schedule pets ahead at vet

The Hickam Veterinarian Clinic is requesting that patrons make appointments as far ahead as possible due to a staff shortage. Requests for appointments three to four weeks in advance are being accepted. The Vet Clinic is located in Bldg. 1864 on Kuntz Avenue. Call the Clinic at 449-6481 Ext. 101 for more information. Your patience is greatly appreciated.

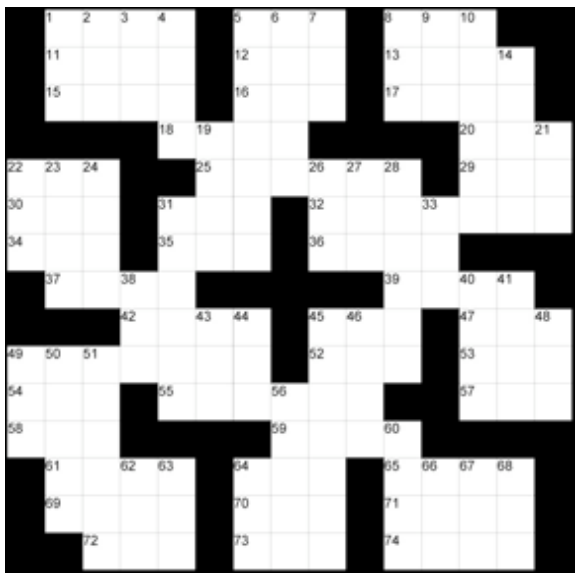
Sign up for last whale watch

This is your chance to see the humpback whales on the last cruise for the season in Ko Olina on West Oahu, on Saturday, April 4 or Sunday, April 5. The cost is $35 for adults and $30 for children 5-11 years. Children under 5 are not permitted due to safety concerns. The tour includes round-trip bus from the Hickam Information, Tickets & Travel office, from 11:15 a.m. to 2:30 p.m. Call ITT at 448-2295 to make reservations.

HICKAM AFB SERVICES
Combat Support & Community Service



Crossword Puzzle: History of the World, Part 2



By Capt. Tony Wickman,
71st Flying Training Wing
Public Affairs

ACROSS

1. Dread
5. Road material
8. Code that identify an individual consumer product, briefly
11. SSgt Jeffrey __; Silver Star recipient for actions in Somalia
12. Air Force equivalent to 1 DOWN
13. Drench
15. Ancient Peruvians
16. Greek letter
17. Infamous Roman emperor
18. Number of baseball players in the field
20. Field rations for Airmen
22. Model Carol
25. Site of Operation Just Cause in 1989
29. Snakelike fish
30. Gen. John __; ACC commander and acting CSAF in 1990
31. Lawn
32. War between 1954-1975
34. USAF intel. org.
35. Altar words
36. Kellogg waffle brand
37. Daze
39. Sultan
42. From __ to Eternity
45. School standing tool
47. Dip quickly into water
49. 1991 war
52. Jogged
53. Verne __; 14th SECAF
54. Item to task/disseminate targets and specific missions, briefly
55. Capt. Charles ___; first person to break sound barrier
57. Zodiac sign
58. Address for male officer
59. Egyptian cross
61. Mention; as a source
64. Greek letter
65. Brig. Gen. Robin ___; triple ace from WWII and Vietnam
69. At another time
70. Informal lead-in for school or students
71. Jump
72. H.S. diploma equivalent
73. Old Glory represents it
74. Several

DOWN

1. DOJ org. for terrorism
2. Sea bird
3. USAF predecessor
4. Gen. Michael E. ___; CSAF 1997-2001
5. U.K fighter/bomber aircraft
6. Blanched
7. __ de Janeiro
8. Part of DoD
9. 1Lt Bryce __; flew first jet combat reconnaissance mission
10. Actress Electra
14. War from 1951-1953
19. Apple music player
21. Shade tree
22. Pie ___ mode
23. Clark's girl in the comics
24. ___ 70's Show
26. St. alternative
27. Russian-made jet
28. Arm of the Mediterranean between Greece and Turkey
31. Brawny
33. Author Clancy
38. 1989 'Weird Al' Yankovic film
40. American ____
41. Scarce
43. Norma __
44. Period
45. Site of Operation Urgent Fury in 1983
46. Public use land
48. Expert
49. Fuel
50. New York city
51. Maj. Charles ___; 1952 Medal of Honor recipient
56. Thomas S. ___; 7th SECDEF
60. Brig. Gen. Jeanne __; first female USAF general officer
62. Foot part
63. Terminate
64. Flightless bird
66. Greensward
67. Actor Aykroyd
68. Double agent

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

				8				3
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	2				3	9	1	
2	6			3		7		
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	4	7	3				8	
			7		8	2		4
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Team Hickam History

The Air Force's most historic airfield

March 20, 1987 — Hickam firefighters respond to a major brushfire in the Palehua area of Oahu, helping to save eleven lives.

March 20, 2000 — The Hickam First Term Airmen's Center (FTAC) officially opens its doors in Hangar 2. The mission of the center was to aid in the transition of first duty station airmen from a training atmosphere to a mission-oriented environment.

March 21, 2005 — Boeing starts assembly on the first C-17 Globemaster III destined to be based outside the continental United States, at Hickam AFB, HI.

March 23, 1950 — Opening ceremonies for the new Airmen's Swimming Pool at Hickam includes participation by Hollywood star Esther Williams.

March 23, 2005 — Col. William J. Changose takes command of the 15th Airlift Wing, Hickam AFB, HI, from Col. Raymond G. Torres. Col. Torres went on to become the Vice Commander, 21st Expeditionary Mobility Task Force (21 EMTF/CV), at McGuire AFB, New Jersey.

March 24, 1950 — The new Hickam Theater opens with appropriate ceremonies, which included a free show (preview of the movie "Twelve O'clock High") for all military personnel and their dependents.

March 24, 1955 —Seventh Air Force establishes its headquarters at Wheeler AFB in the newly modified and rehabilitated Building 107.

March 26, 1948 — Hickam Field is redesignated Hickam Air Force Base.

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

SOLUTIONS, From B3

	F	E	A	R		T	A	R		U	P	C	
	B	R	A	Y		O	S	I		S	O	A	K
	I	N	C	A		R	H	O		N	E	R	O
				N	I	N	E					M	R	E
A	L	T			P	A	N	A	M	A		E	E	L
L	O	H		S	O	D		V	I	E	T	N	A	M
A	I	A		I	D	O		E	G	G	O			
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			H	E	R	E		G	P	A		D	A	P
G	U	L	F	W	A	R		R	A	N		O	R	R
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	A	N	O	N		M	E	D		L	E	A	P	
		G	E	D		U	S	A		M	A	N	Y	

SUDOKU, From B3

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

Jenny

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

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

'Paul Blart: Mall Cop' — Paul is a single, suburban dad trying to make ends meet as a security officer at a New Jersey mall. It's a job he takes very seriously, though no one else does. When Santa's helpers at the mall stage a coup, shutting down the megaplex and taking hostages, Jersey's most formidable mall cop will have to become a real cop to save the day.

Starring Kevin James and Jayma Mays.

Rated PG for violence, mild crude/suggestive humor and language. Length: 121 min.

Friday, 8:30 p.m.; Wednesday, 7 p.m.

'He's Just Not That Into You' — A group of interconnected, Baltimore-based twenty- and thirty-somethings navigate their various relationships from the shallow end of the dating pool through the deep, murky waters of married life. If you've ever sat by the phone wondering why he said he would call, but didn't, or why your relationship just isn't going to the next level … he (or she) is 'just not that into you.'

Starring Drew Barrymore and Jennifer Aniston.

Rated PG-13 for sexual content and strong language. Length: 121 min.

Sunday, 4 p.m.; Thursday, 7 p.m.

'Taken' — Bryan, a former secret agent relies on his old skills to save Kim, his 17-year-old estranged daughter, who has been forced into the slave trade. Using his contacts in the CIA and the business connections of his ex-wife's husband, he travels to Paris to find her.

Starring Liam Neeson and Maggie Grace.

Rated PG-13 for intense sequences of violence, disturbing thematic material, sexual content, drug references and language. Length: 91 min.

New prototype PT uniforms are undergoing wear tests

By Mike Wallace
Skywrighter Staff, Wright-Patterson AFB

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — A prototype physical training uniform for the Air Force is undergoing wear testing here, the Pentagon and MacDill AFB, Fla.

The new design was introduced last month at the three sites for 185 males and females of various sizes, ethnic backgrounds, officers — including 42 general officers, and enlisted, to wear during PT three or more times a week. At the end of this month, the Air Force Uniform Office here will evaluate the uniform's performance from feedback provided by the wearers.

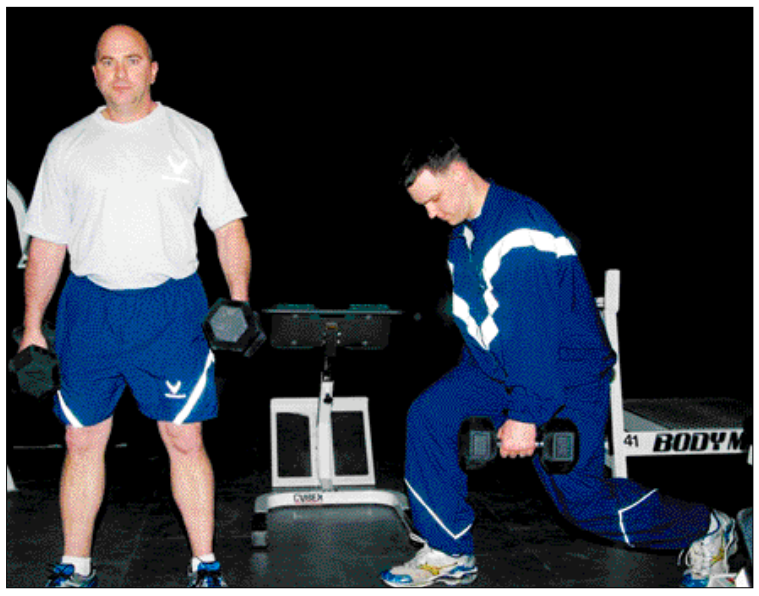
Capt. Nick Ferry, program manager for the PT uniform, described it as "100 percent polyester with a moisture management system and an anti-odor lining."

He added that the prototypes differ from the current PT uniform in features including: no hood or vents, better reflectivity, decreased noise and lighter weight. The uniform consists of a jacket and slacks, T-shirt, and tapered shorts with pockets and comfortable liner.

Emphasizing that the uniform still is in testing, Captain Ferry said that wearers initially "loved the fabric." He added they also "appreciated the longer length in shorts and the better fitting liner."

Captain Ferry said that volunteers were carefully measured, and they were required to wear the uniforms during PT activities.

"We have the whole gamut of what people do in PT," he said. "We have the three-times-a-week Airmen, and we have people who exercise longer, such as marathon runners. We require the volunteers to keep logs of exercise and laundry cycles."



U.S. Air Force photo by Bonnie White

Brad Jessmer from the Air Force Uniform Office and Capt. Nick Ferry, a program manager for the PT uniform, work out in the uniforms that are currently being tested at Wright-Patterson Air Force Base, Ohio, and elsewhere. A prototype physical training uniform for the Air Force is undergoing wear testing there, the Pentagon and MacDill AFB, Fla.

The prototype uniform laundry instructions include washing in cold water using mild detergents, and not using fabric softeners or dryer sheets since chemicals from these could clog the pores of the uniform's polyester material and adversely affect performance.

Since 1947, the AF Uniform Office here has been dedicated to giving Airmen the highest quality uniforms for them to accomplish their missions.

The PT uniform currently in use was adopted in 2004 from an Air Force Academy design, and technicians here modified it for general Air Force use. Feedback on the uniform's heat, weight, and discomfort when compared to exercise clothing available commercially led to creating the new uniform.

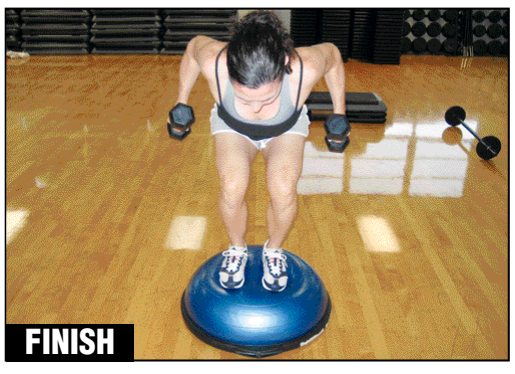
The wear test is scheduled to end March 31. Captain Ferry said that afterwards, "There'll be a final survey, and we'll analyze peoples' likes and dislikes to see if further tests or modifications are needed. Then, we'd brief at the Chief of Staff level, and from there it's a go or no-go."

He added, "I think it will be adopted, but we'll support any changes that are needed."

FITNESS TIPS

Exercise: Dumbbell rows on Bosu ball
Muscles worked: Upper mid back

Begin by standing on bosu ball, knees bent and leaning over, but keeping the back straight and maintaining neutral alignment throughout the exercise.
Hold dumbbells down at sides and to execute bend elbow so that upper arms are right alongside the torso. The elbows should be facing the rear.
As you bring the dumbbells up, squeeze the upper back — but remember to keep the back straight.



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