

Inside



■ Steve Martin returns as the bumbling Inspector Clouseau in 'The Pink Panther 2' playing this week **B4**

Education

AWC testing change — The Force Development Flight will only be offering one test session a week for Air War College short answer essay and version 17 exams due to staffing shortages. Testing will be Thursdays at 1 p.m. by appointment only. Space is limited. E-mail 15mss.dpe@hickam.af.mil to schedule an exam date. Multiple choice AWC exams can be scheduled during regular test sessions on Tuesdays/Wednesdays by appointment.

AF Tuition Assistance (TA) — 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 for more information.

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 our office in Hangar 2, Rm 103 to discuss any questions.

GMAT testing offered — 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.

Wild 'Knights' at Hickam

Thanks to the USO, the Hollywood Knights celebrity basketball team visited Hickam AFB for a friendly game and to meet with the fans. Singer Aaron Carter, actor Frankie Delgado, and American Gladiators Venom and Wolf were among those who entertained attendees with their zany antics — like when Wolf started break dancing during the game.



Photos and design by Jay Parco

WARRIOR of the week

By Chris Aguinaldo
Hickam Kukini editor

For helping making the skies a little more friendly, Team Hickam salutes SSgt Jenny Fritcher as our Warrior of the Week!

The Instructor Flight Attendant from 65 AS has certainly made good on one of her reasons for joining the Air Force. "I get to see the world on a regular basis," she shared.

The Altamont, Ill. native has just returned from back to back flights, including trips to Australia, New Zealand and India. Now that she's back at Hickam, where she's been stationed for the last three years, she spent the better part of this week catching up on paperwork and training flight personnel.

SSgt Fritcher has been in the service for eight years and says she's "grown up a lot," in the Air Force.

"I have gained independence and experienced things I never thought possible."

She's also been a sterling representative of the base, no matter where she goes, according to her commander Lt Col Doug Golden. "As a flight attendant she is the face of the 65 AS and Team Hickam to senior leaders engaged in vital travel to support theater engagement strategies — a huge responsibility for a Staff



Photo by Chris Aguinaldo

Instructor Flight Attendant SSgt Jenny Fritcher, right, reviews the student training record of SrA Rashel Luke, a new flight attendant. SSgt Fritcher is described as a 'mentor to her peers,' by her commander.

Sergeant."

"Her professionalism and can-do attitude are consistently recognized by our 4-star customers," he continued. "She's a mentor to her peers and someone I can assign a task to and be guaranteed outstanding results."

SSgt Fritcher said she would like in the next five years to become an officer and obtain a graduate degree. After Hickam, she said she'd like to be stationed at Ramstein Air Base, Germany. "I think that Europe has a lot to offer

and it is one of my favorite places in the world."

While she's here, though, she plans to "enjoy the beach and being outside" and be ready to travel anywhere in the world at a moment's notice.

"SSgt Fritcher epitomizes the 65AS ethos of safety, reliability, and comfort for our senior ranking customers on the C-40 and C-37 aircraft," commented Lt Col Golden. "SSgt Fritcher is going places in our Air Force ... the sky's the limit!"

Hickam Health: The 100 calorie challenge

The average American gains about two pounds a year. Since every pound of body weight equals 3,500 calories, two pounds translates into an extra 19 calories a day. The reality is a simple reduction of 100 calories a day can be the difference in weight maintenance versus gain or loss.

Making a change in your intake that equals 100 calories is very simple. Try these choices:

- Water-packed tuna instead of oil-packed
- One cup of whole grain cereal instead of two
- Tomato slices, lettuce leaves and pepper strips on a sandwich instead of mayo
- Two cups of skim milk per day instead of two cups of whole milk
- A cup of low-fat, sugar free yogurt, instead of a doughnut
- A cup of water flavored with a lemon instead of a soft drink

With National Nutrition Month coming to a close, keep your momentum going into April and beyond.

Source: www.eatright.org

— Submitted by Amy Robitschek, Health Education Program Manager

Inside SERVICES

Hold'em finalists have 'Showdown' tomorrow

Come watch the best card players in PACAF play in the Texas Hold'em Championship tomorrow night at 6 p.m. at the Enlisted Club. Enjoy free appetizers, drinks and prizes. For more information, call the Enlisted Club at 448-2271.

Watch UFC Fight Night at the Enlisted Club

Ultimate Fight Championship featuring Condit vs. Kampmann will be aired on Spike TV at the Enlisted Club on Wednesday, April 1 at 6 p.m. The doors open at 4:30 p.m. and there is no cover charge. Call the Enlisted Club at 448-2271 for more information.

Women's only surf lessons held

Ladies, this is your chance to learn how to surf by professional instructors from Outdoor Recreation on Saturday, April 4, from 9 a.m. to noon, at Hickam Harbor. Let us make your surfing experience a pleasant, enjoyable and successful one by helping you select the right board size and give you personal instructions on uncrowded waves. The cost is \$35. Sign up by April 1. Call Outdoor Recreation at 449-5215 to sign up.

Explore Laie Ponds during hike

Outdoor Recreation will take you on an intermediate level hike to Laie Ponds Sunday, April 5, from 9 a.m. to 3 p.m., at in the Kahuku Forest Reserve. You will see strawberry guava trees and Uluhe ferns along the trail to the pond where you can cool off in a refreshing swimming hole and rest to have lunch. The Kahuku Forest Reserve offers a spectacular view of the island. The cost is \$15 and it includes transportation and a guided tour. Sign up by April 1. Call Outdoor Recreation at 449-5215 to sign up.

Take the Street Team Challenge

The Hickam Hangar Street Team Challenge is Saturday,

April 4, from 7 to 10 p.m. Entry fee is \$50 per team. \$500 will be awarded to the top team in divisions Pro, Amateur and Shops. Form your own team and contact the Hickam Skate Hangar at 448-4422 for more information.

Flashback at Warrior Friday at the Officers Club

Flashback to the 80s is the theme for the April 3 Warrior Friday at the Officers' Club Koa Lounge, from 4:30 to 10 p.m. Warrior Friday is the first Friday of the month and is hosted in April by the Hickam Officers' Spouses Club. The event is free for Club Members. For more information, call 448-4608.

Enjoy Pau Hana Fridays at the Enlisted Club

Come early and stay late for "Pau Hana Fridays" Friday, April 3 at the Enlisted Club. Start with half-price off selected pupus from 4 to 6 p.m. Pupus are free for Club Members during social hour. Afterwards, enjoy live music by "Higher Ground" on the J.R. Rocker's Lanai from 7 to 10 p.m. Stay late and jump on the dance floor with DJ Hype from 9 p.m. to 2 a.m. There is no cover charge. For information, call 448-2271 Ext. 227.

Clubs offer Sunday 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. For more information, call 448-4608 (O) or 448-2271 (E) for reservations.

Ke'alohe Golf Course has golf specials

Ke'alohe Par 3 Golf Course has specials for the month of April on Mondays, Tuesdays and Wednesdays. On Mondays and Wednesdays play 9 holes and get the second round for half-price between the hours of 7 a.m. to 4 p.m. On Tuesdays play 9 holes and get your second round for half-price between the hours of 1

to 5 p.m. For more information, call 448-2318.

Go on 'Plumeria Sunset Dinner Cruise'

Military Special During the month of April, Hickam Information, Tickets & Travel is offering a Military Special, buy one, get one free on the Plumeria Sunset Dinner Cruise. The cost is \$39 for adults and \$25 for children 3-11 years. Cruise includes a three-course entree with a welcome Mai Tai drink. Cruise departs daily from Kewalo Basin at 5:15 p.m. Call ITT at 448-2295 for reservations.

Bowling Center offers 'Month of Military Child' special

Hickam Bowling Center celebrates "Month of the Military Child" with a bowling special. Children ages 5-12 years can bowl for \$1.50 per game, Monday, Tuesday and Thursday from 10 a.m. to 6 p.m. and Wednesday from 9 a.m. to 6 p.m. For more information, call the Bowling Center at 448-9959.

Discover China and its culture

See the ancient wonders and fascinating sights of China May 19-31 with Hickam Information, Tickets & Travel. Explore the interesting and different cultures in Beijing, Xian, Guilin and Shanghai. Tour includes local guides with 4 and 5 Star hotels. Many of the meals are included. The cost is \$3,395 per person, based on double occupancy. Price and itinerary are subject to change. For reservations, call ITT at 448-2295.

Superferry offers refunds

Passengers with Superferry tickets are advised to call the Superferry Reservations at 1-877-443-3779 to obtain their refunds. The ITT office is not able to process any refunds as payments were made directly to the Superferry.

Arts & Crafts store closed

The Hickam Arts & Crafts Sales Store will be closed Tuesday, March 31 for inventory.



April 13-18

Hickam Fitness & Sports Center

**Exciting games
all week long!
Spectators welcome
Cheer for your favorite team
Door prizes available**

For more information, call 448-3214



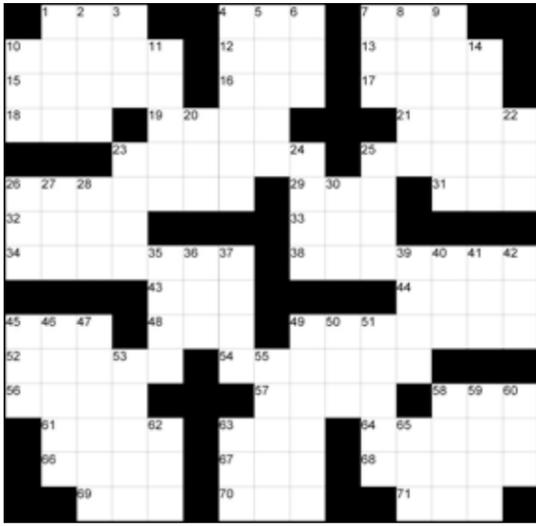

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Crossword Puzzle: Airmen of Note, part 1



By Capt Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

1. Org. founded by William Boyce
4. Dashed
7. Reindeer relative
10. Aviation pioneer, WWII leader who led 8AF in daylight bombing
12. Bullfight cheer
13. Young adult
15. Weapon
16. Arrow shooter
17. Yankees 2B Robinson
18. WW II commander of 2 AF; directed Operation Tidal Wave
19. Abel's brother
21. Needlework using yarn
23. AAC/USAF authority on airlift; directed "Hump," and Berlin Airlift operations
25. WWII fighter pilot who survived infamous 85-mile Bataan march
26. Classifies
29. Commander's region of control, briefly
31. Vote in favor for

32. Tex-Mex menu item
33. Crypto org.
34. First USAF general to head Joint Chiefs of Staff
38. Commanded B-29 Enola Gay, which dropped atomic bomb on Hiroshima
43. Automobile
44. Gardening tool
45. Giant great
48. Org. concerned with environment
49. Enlisted airman awarded Medal of Honor during Vietnam War
52. Moves through water
54. Dance to rock music
56. Fred's pet
57. Hip
58. Strange
61. Norwegian toast
63. Precious stone
64. Bar order
66. Patriot great Bruschi
67. Norma _____
68. First CMSAF; WWII aerial gunner and POW
69. Bread type
70. Finale
71. Showed the way

DOWN

1. Northern Ireland river

2. Play
3. USAF deployment set
4. Father of modern AF logistics; Chief of the AAC materiel division
5. Single
6. Current
7. Additional odds and ends, briefly
8. Permeable
9. Pioneered aerial warfare strategy and tactics in WWII Pacific theater
10. ___ out a living; get by
11. Happening
14. Din
20. Picnic pest
22. Org. concerned with airport safety
23. Bugs or Daffy, informally
24. Bluster
25. Colorless
26. MCI competitor
27. Woodworking tool
28. ___-fi; movie genre
30. USAF org. concerned with counterterrorism
35. ___ up; freezes over
36. Quick rest
37. Clutch
39. Mold-ripened, whole-milk cheese
40. Dine
41. Boxing result, briefly
42. Embroider
45. SECDEF's office symbol
46. Swerve
47. WWII pilot, took command of Hawaiian forces after Pearl Harbor
49. On the horizon
50. Exaggerated sense of self-importance
51. Mexican revolutionary leader Pancho
53. Early AF pioneer; killed while serving with the Beech Aircraft Co
55. Body of water
58. Shrek was one
59. Title
60. Arid
62. Cleaning solution
63. Grad. school test
65. Cause physical pain

See SOLUTIONS, B5

SUDOKU

For solution, see SUDOKU, B5

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Team Hickam History

The Air Force's most historic airfield

March 27, 1990 — From Mar. 23 to 27, General Colin L. Powell and his wife Alma visit Hawaii.



March 30, 1961 — The PACAFBASECOM Provost Marshal Office is redesignated the Directorate of Security and Law Enforcement, in accordance with USAF policy.

April 1, 1945 — During April-May 1945, the 15th Fighter Group escorts B-29 raids into Japan and struck airfields to curtail enemy attacks on invasion forces at Okinawa. The group continued fighter sweeps and long-range escort missions to Japan until the end of the war.

April 1, 1967 — The "PACAF Base Command" designation is terminated; and the 6486th ABW

Commander no longer commanded the 326th Air Division, which was reassigned directly to HQ PACAF. Separation of these commands was predicated on the essential difference in their missions and responsibilities.

April 1, 1992 — As part of the objective wing reorganization, the 15th Operations Group is established.

April 1, 2001 — Crewmembers from the U.S. Navy EP-3 aircraft that was involved in an April 1st accident with a Chinese F-8 arrive at Hickam.

April 2, 1943 — The 25th Observation Squadron (predecessor to the 25th Air Support Operations Squadron) is redesignated as the 25th Liaison Squadron.

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.

<p>CATHOLIC <i>Nelles Chapel</i> 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.</p>	<p>PROTESTANT <i>Chapel Center</i> Sunday Contemporary Service 8:30 a.m. <i>Nelles Chapel</i> Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.</p>	<p>OTHER RELIGIOUS OPPORTUNITIES Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050</p>	<p>(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.</p>	<p>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</p>	
			<p>RELIGIOUS EDUCATION (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.</p>	<p>THE GATHERING PLACE Airmen's Dorm Coffeehouse</p>	

Jenny

www.jennymyspouse.com

The List

1. Return cable boxes + remotes
2. Run gas out of lawnmower
3. Throw away bdrm Carpet
4. Clean garbage disposal
5. Clean vacuum cleaner
6. Gather address book, paperwork (with orders), cell phones + chargers
7. Haul trash to dump

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AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

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

'The Pink Panther 2' — When legendary treasures from around the world are stolen, including the priceless Pink Panther Diamond, Chief Inspector Dreyfus is forced to assign Inspector Clouseau to a team of international detectives and experts charged with catching the thief and retrieving the stolen artifacts.

Starring Steve Martin and Jean Reno.
 Rated PG for some suggestive humor, brief mild language and action. Length: 92 min.



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

'Friday the 13th' — Searching for his missing sister, Clay heads up to the eerie woods of legendary Crystal Lake where he stumbles on the creaky remains of rotting old cabins that lie in wait behind moss-covered trees. Against the advice of police and cautions from the locals, Clay pursues what few leads he has with the help of a young woman he meets among a group of college kids up for an all-thrills weekend. Little do they know, they've entered the domain of one of the most terrifying specters in American film history — Jason.

Starring Amanda Righetti and Jared Padalecki.
 Rated R for graphic bloody violence, sexual content, drug references and language. Length: 98 min.



Thursday, 7 p.m.

'Push' — Nick, a "mover," has been in hiding since the Division murdered his father. He has found sanctuary in densely populated Hong Kong — the last safe place on earth for fugitive psychics like him. Nick is forced out of hiding when Cassie, a "watcher," seeks his help in finding Kira, a "pusher" who may hold the key to ending the Division's program. With the help of a team of rogue psychics, Nick & Cassie, traverses the seedy underbelly of the city. But they find themselves square in the crosshairs of Division Agent Henry Carver, a pusher who will stop at nothing to keep them from achieving their goal.

Starring Dakota Fanning and Chris Evans.
 Rated PG-13 for intense violence, strong language, smoking and teen drinking. Length: 111 min.



Hickam Hurricanes make waves at championship

By Renee Bloom
Hickam Hurricanes publicity chair

The Hickam Hurricanes Swim Team made huge waves at the 2009 Junior Age Group Short Course Yards (SCY) Championships last weekend, March 14-15.

The team had awesome swims earning 6th place over all out of 14 competing. Taylor Day, 14, tied for 1st place for the highest points earned for Girls 13-14. Jen Litchfield, 10, tied for 2nd place and Marissa Goodson placed 6th for highest points earned for Girls 10 and under. Catherine Malone, 11, placed 3rd for highest points earned for Girls 11-12, and Ryan Bloom, 10, placed 4th for highest points earned for Boys 10 and under.

"I am so proud of our swimmers that competed at the JAG championship meet," said Coach Lectie Richards. "It gave our swimmers



Photo by Renee Bloom

The Hickam Hurricanes Swim Team celebrate their success at the recent Junior Age Group Short Course Yards Championships. In front are Ryan Bloom, Kaylor Hockman and Catherine Malone. Behind are Marissa Goodson, Jen Litchfield, Ceci Hockman, Steven Killen, Taylor Day and Miquela Goodson.

the opportunity to go out there and race some of the fastest swimmers in our LSC. We ended the meet with three girls scoring in the top three in their age group and as a

team placed sixth out of 14 teams. Great job Hickam!"

For more detailed results and more photos, go online to www.hickamhurricanes.com.

SOLUTIONS, From B3 — SUDOKU, From B3 —

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



Add balance to your personal fitness program

By Tina Mace
Hickam Fitness Center

A quick walk through most fitness centers will reveal a variety of balance challenging unstable surfaces and equipment. Some people may wonder if these rubber balls and balance boards really contribute much to a training program.

The answer is a resounding "Yes!" Although a person can manipulate their body to create imbalance without devices, various equipment such as physio balls and BOSU balance balls provide an exceptional platform for balance challenge programs.

The basic principal behind incorporating instability into a workout is to increase proprioception, or the body's ability to communicate position and movement to the central nervous system.

Kinesthetic awareness, or the ability to process body position in a three-dimensional space, is also improved with balance training. By training your body to react to instability, essential functions such as agility and balance are improved, resulting in a decrease in injury potential.

If this isn't enough to convince you, note that balance training also provides an intense training session for the core musculature. Not only will abdominal strength improve, but you will also see strength gains through the lower back, obliques, hips and glutes. In fact, nearly every muscle group can benefit from balance work.

So the next time you walk into our fitness center, don't shy away from the physio balls and balance boards; they may be just what your core needs.

Tina Mace has a BS degree in Health Science as a Health Educator and is a Certified Personal Trainer.