

BASE EXERCISE TUESDAY, APRIL 21

The 15th Airlift Wing will conduct a base-wide exercise on April 21. There may be some traffic delays at the Main Gate, Porter Gate and throughout the base for a short period of time. POC is Mr. John Tauber, Chief of Exercises and Evaluations, at 449-1593.

News Notes

Information fair — An Alcohol Awareness Month and Child Abuse Prevention Month Information Fair is scheduled at the BX April 17, from 10 a.m. to 2 p.m. Find out how you can make a difference. POC is ADAPT/AP 449-0175.

Free soccer clinic tomorrow — Register for today for a special soccer clinic from Hawaii Pacific University coaches. It's for children ages 8-13 and will be held at the Youth Soccer Fields behind bldg. 1335 on April 18, from 9-11 a.m. Register at the Makai Recreation Center. Free soccer balls will be given to the first 200 kids. Volunteers are still needed to help with set up. Call Angela Villanueva at 449-3354.

Holocaust Remembrance Day — April 19-26 is viewed as the Days of Remembrance and April 21 is designated as Holocaust Remembrance Day. On Tuesday, April 21 at 11 a.m., the Holocaust Remembrance committee will be hosting a special memorial service at Nelles Chapel. It will be to celebrate and remember the victims and survivors of the Holocaust. Kosher food tasting to follow. POC is Ms. Jolene Cantrell-Blake at 449-4979.

Story time — A special "family" children's story time is planned for Child Abuse Prevention Month and Month of the Military Child at Hickam Library. There will be stories about families, songs and a special craft. Each family will receive a goody bag with information and resources and treats. It's sponsored by Hickam Library and the Family Advocacy Program on Wednesday, April 22, from 9 to 10 a.m. Call 449-8299.

Writing awards Saturday — The awards for the annual Creative Writing Contest, sponsored by the Hickam Library and the Friends of the Library, will be held on Saturday, April 18 at 1 p.m. at the library and not on April 19, which was earlier posted. Call 449-8299.

Surveys due — Hickam Community Housing (HCH) would like to remind its residents to complete the annual resident satisfaction survey, the CEL. Feedback is needed not just for areas that need improvement, but also services and programs that are performing well. Surveys must be submitted by April 30. Any resident with questions should contact their HCH Community Center.

Hear the 'Voices of Men' — "Voices of Men" is scheduled Thursday, April 23 at 9 a.m. and 2 p.m. at the base theater. This multimedia play deals with important issues such as sexual

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Make a huge difference by donating a little bit of time

By Chris Aguinaldo
Hickam Kukini editor

HICKAM AIR FORCE BASE — It's a place where one can get CPR, first aid and defibrillator training. But it's also a place that can give people a purpose to help those in need in non-medical ways. It's the American Red Cross, where there's never a shortage for the need of volunteers.

Invariably, when one thinks about the organization founded by Clara Barton more than a century ago, the images of blood collection and emergency response come to mind. And while that's still true today, said Deborah Kaahanui, the Hickam Station Coordinator, there's a lot more to the Red Cross.

"We have a wide variety of opportunities," she said. There are chances to instruct, help out at various centers and offices on the base, and use one's experiences and education for the greater good whenever you choose, she said.

"I was looking for something to do since we're empty nesters," said Karen Murphy, volunteer coordinator. She's found that for herself and more.

She explains that there are talented people with degrees or life experience who don't have jobs because of the economy or they have other commitments like taking care of



Photo by Chris Aguinaldo

First Lt. Joel Nelson and his wife Justine who teach CPR say volunteering with the Red Cross has been a wonderful experience. The couple is scheduled to PCS and new instructors are sought.

their families.

"A lot of our volunteers want to keep their skills up," said Murphy.

For example, those with office skills can help file. The 15th Medical Group recently made a request for volunteers to help with their medical records, Murphy shared.

While that doesn't conjure up the "frontline" image of volunteers drawing blood, keeping the health history of Airmen and their families

straight is by no means less critical.

Another place that needs help is the pharmacy, where there's no shortage of foot traffic. They're fortunate that there are many retirees who are able to give time, but sometimes they may have other commitments.

Murphy said that during school breaks, teenage volunteers who are at least 16 years old have stepped in. Those contemplating something to

do during the summer break should seriously check out community service with the ARC, she recommended.

Of course, there's a continuous need for volunteers to help with first aid and related classes. Kaahanui has said she's fortunate to have had the Nelson family, who teach CPR classes. The classes not only help raise money for the Hickam program, but also share a life saving skill.

First Lt. Joel Nelson with the 56th ACOMS said the Red Cross "works around my schedule" and it was easy to commit to teaching classes even though he's active duty.

"Everyone should know basic CPR," said his wife Justine. She adds that the Red Cross is a friendly environment to learn from.

But with the Nelsons PCSing shortly, Kaahanui says she's losing two critical volunteers. "There's always a rotation."

The ACR will help get those qualified certified to teach CPR. If you're willing to commit to get the certification and teach for at least a couple of years, call the Hickam Red Cross office at 449-0166.

In the next of this series on the Red Cross, we meet a couple helping reclaim insurance money on behalf of military members who are involved in accidents and a woman who is making a difference by helping keep our Airmen fit for the mission.



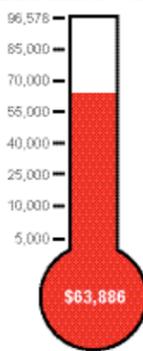
U.S. Air Force photo by Vanessa Perez

Senator helps break ground

U.S. Senator Daniel Inouye, Chairman of the Senate Appropriations Committee and of the Senate Defense Appropriations Subcommittee, is joined by PACAF and Hickam AFB leadership at the opening ceremony and ribbon cutting of Hangar 19 on Tuesday, April 14.

Team Hickam AFAF progress

Air Force Assistance Fund



Campaign ends April 27

Squadron PT undergoing transformation

By Senior Airman
Carolyn Viss
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE — Transformation is happening all across the Air Force. It's happening in career fields, work centers, and deployed environments. It's also happening in the bodies of Airmen who are embracing a "warrior ethos" making changes in lifestyles, and training to be fit to fight.

Answering the Air Force Audit Agency's December 2008 audit report which found "unit-based fitness programs did not effectively influence Airmen to make fitness a year-round commitment," transformation is being reflected in unit physical training programs here. The 15th Comptroller Squadron physical training leader, 1st Lt. Terrance Wilson, said he began



U.S. Air Force photo by Ed Foster

Staff Sgt. Zenaida Johnson does push-ups while 1st Lt. Lisa Kempker does squats during 15th Comptroller Squadron PT on April 14.

revamping the PT program in January to focus on the basic elements of form and push Airmen to progress so that they see results and want to challenge themselves.

"Our focus is a lifestyle change so that they can be better, healthier people," he said. "We require three days of PT a week, but we encourage Airmen to do additional

PT on their own, because at some point it becomes a career decision for each individual."

Their squadron meets for PT on Tuesdays, Thursdays,

and Fridays. Thursdays are self-paced and Fridays are "fun" days, with team building sports, but Tuesdays they focus on the elements of the PT test, said the 24-year-old squadron PTL.

"Each week, we do 15 minutes of circuit training focusing on the effects of correct form," he said. "I would rather see the Airmen doing four or eight or ten pushups with perfect form and improving every week than pounding out 25 or 30 pushups that wouldn't count on the test."

After their strength session, the group runs toward the Sea Breeze, a route headed toward the Hickam AFB beach which shows the mile markers. Everyone is expected to go at least 1.25 miles and then back, but "each week we push each member to progress within the same

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Moving beyond the F-22: AF looks at future

Commentary by Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz

WASHINGTON (AFNS) — The debate over whether to continue production of the F-22 Raptor has been one of the most politically charged and controversial budget issues in recent memory, spawning lobbying efforts that include contractor-sponsored newspaper ads and letter-writing campaigns.

The F-22 is, unquestionably, the most capable fighter in our military inventory. Its advantages include stealth and speed; while optimized for air-to-air combat, it also has a ground-attack capability.

We assessed the issue from many angles, taking into account competing strategic priorities and complementary programs and alternatives, all balanced within the context of available resources.



U.S. Air Force photo by Master Sgt. Kevin J. Gruenwald
Two F-22 Raptors fly over the Pacific Ocean during a theater security mission last month as part of a deployment to Andersen Air Force Base, Guam. The Raptors are deployed from Elmendorf AFB, Alaska.

We are often asked, 'How many F-22s does the Air Force need?' The answer, of course, depends on what we are being asked to do. When the program began, late in the Cold War, it was estimated that 740 would be needed. Since

then, the Defense Department has constantly reassessed how many major combat operations we might be challenged to conduct, where such conflicts might arise, whether or how much they might overlap, what are the strategies and capabilities of potential opponents, and U.S. objectives.

These assessments have concluded that, over time, a progressively more sophisticated mix of aircraft, weapons and networking capabilities will enable us to produce needed combat power with fewer platforms. As requirements for fighter inventories have declined and F-22 program costs have risen, the department imposed a funding cap and in December 2004 approved a program of 183

aircraft.

Based on different warfighting assumptions, the Air Force previously drew a different conclusion: that 381 aircraft would be required for a low-risk force of F-22s. We revisited this conclusion after arriving in office last summer and concluded that 243 aircraft would be a moderate-risk force. Since then, additional factors have arisen.

First, based on warfighting experience over the past several years and judgments about future threats, the Defense Department is revisiting the scenarios on which the Air Force based its assessment. Second, purchasing an additional 60 aircraft to get to a total number of 243 would create an unfunded \$13 billion

bill just as defense budgets are becoming more constrained.

This decision has increasingly become a zero-sum game. Within a fixed Air Force and overall Defense Department budget, our challenge is to decide among many competing needs. Buying more F-22s means doing less of something else. In addition to air superiority, the Air Force provides a number of other capabilities critical to joint operations for which joint warfighters have increasing needs. These include intelligence, surveillance and reconnaissance; command and control; and related needs in the space and cyber domains. We are also repairing years of institutional neglect of our nuclear forces, rebuilding the acquisition workforce and taking steps to improve Air Force capabilities for irregular warfare.

It was also prudent to consider future F-22 procurement during the broader review of President Obama's fiscal 2010 defense budget, rather than as an isolated decision. During this review, we assessed both the Air Force and Defense Department's broader road maps for tactical air forces, specifically the relationship between the F-22 and the multi-role F-35 Joint Strike Fighter, which is in the early stages of production.

The F-22 and F-35 will work together in the coming years. Each is optimized for its respective air-to-air and air-to-ground

role, but both have multi-role capability, and future upgrades to the F-22 fleet are already planned. We considered whether F-22 production should be extended as insurance while the F-35 program grows to full production. Analysis showed that overlapping F-22 and F-35 production would not only be expensive but that while the F-35 may still experience some growing pains, there is little risk of a catastrophic failure in its production line.

Much rides on the F-35's success, and it is critical to keep the Joint Strike Fighter on schedule and on cost. This is the time to make the transition from F-22 to F-35 production. Within the next few years, we will begin work on the sixth-generation capabilities necessary for future air dominance.

We support the final four F-22s proposed in the fiscal 2009 supplemental request, as this will aid the long-term viability of the F-22 fleet. But the time has come to close out production. That is why we do not recommend that F-22s be included in the fiscal 2010 defense budget.

Make no mistake. Air dominance remains an essential capability for joint warfighting. The F-22 is a vital tool in the military's arsenal and will remain in our inventory for decades to come. But the time has come to move on.

This op-ed piece appeared in the Washington Post on April 13.

Share your stories

Do you have unique AF experiences? Is there an issue that touches you or your family that you have written or want to write about? Public Affairs wants to hear from YOU. Contribute to the PACAF Pixels 15th Airlift Wing weblog! Submit ponderings, ideas or scribbles to 15AW.PA@hickam.af.mil with "Blog submission" in the subject line. Stories and photos may also be published in the Hickam Kukini. Write on!



Deadline for article submission is end of day Friday for next Friday's issue. Copy must be typed, double-spaced 12-point type, 300-500 words in length, and e-mailed to caguinal@honolulu.gannett.com.

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Kukini: Meaning swift and valued messenger, the Kukini in ancient times took news from one Hawaiian leader to another.

PACAF's Sharp Airmen of the quarter



Sharp NCO: Staff Sergeant Ryan Kniss, NCOIC, Air Defense, 613 AOC/IRD

Highlights:

- Hand-picked for ORI IG team; evaluated 15 AW/154 AOG — lauded for "Excellent" skills and procedures

- Focal point for ELINT; located 30 signals of interest ISO deployed F-22s — prevented intel gathering operations
- Superior Performer for Ex KEEN EDGE '09; briefed AOC and CTF on threats to air ops — coined by PACAF/A2
- Focused 42 daily intel briefs; stressed AOR threat changes — critical to PACAF C2 assets go/no-go decisions
- Revised Special Security Program; addressed seven shortfalls — ensured IRD facilities 100% AF & DoD compliant
- Provided AOC tour for US Forces Korea intern — praised by leadership for professionalism/military bearing



Sharp Airman: Airman First Class William M. Harkins, Regional Weather Forecaster, 17OWS/WXB

Highlights

- ID'd/issued first Korea Yellow Wind WW of the year — 42K personnel safe from health hazard

- Provided precise Ex KEY RESOLVE spt; protected assets at two sites — optimized USFK force employment
- Nailed 20kt cross-wind advisory; impressive 1.75 hr notice exceeded PACAF std by 114% — safeguarded U2s
- Led ops floor improvement project; updated radar boards/prep'd for SEPWO — req's met/crucial data on hand
- Outstanding fcstr; beat PACAF false-alarm rate 19%/desired-lead-time 12% — exploited Korean wx for tng/ops
- Drove Korea FRN corrections; ID'd unused data points in Korea—increased weather watch capabilities 233%.

Increase fire safety in the home

By Hickam Kukini staff

HICKAM AIR FORCE BASE — Fire can completely engulf a building in minutes and mishaps related to cooking usually cause more residential fires than any other known cause.

Also take a look around your home to see how you can be more safe. Being prepared can help minimize the risks and can be the key to helping you and your families survive a house fire. Here is a checklist courtesy of Hickam Fire Emergency Services.

Safe cooking practices

- Don't leave cooking opera-

tions unattended

- Keep burners, ovens or grills clean of grease residue
- Clear range/grill tops free of combustible material.
- Maintain a "Kids Safety Zone of three feet" near kitchen ranges and grills
- Plug microwave ovens and cooking appliances directly into an outlet; inspect cords for damage.
- Wear short or close fitting garments while cooking
- Follow manufacturer's safety instructions when installing, cleaning and operating cooking equipment

- Ensure an approved fire extinguisher is available and serviceable
- Turn off electrical/gas controls upon termination of cooking operations
- Use only approve lighting mediums for charcoal or gas grills
- Position grills safely away from building siding and out form under roof eaves
- Use long handle grill tools
- Ensure charcoal is completely extinguished prior to disposal

Around the home

- Are flammable/combustible

- materials stored properly and in appropriate container? Cluttered and unorganized areas contribute to fires!
- Does your home have smoke alarms on every level and outside each sleeping area?
- Are the batteries working in all your smoke alarms? Test often as needed!
- Are all the exits in your home clear of furniture, toys, and clutter?
- Does your family have a home fire escape plan that includes two exits, usually a door and a window, from each room?

Hickam holding volunteer recognition ceremony

Submitted by the Airman & Family Readiness Center

HICKAM AIR FORCE BASE — The Airman & Family Readiness Center, working with the Hickam Red Cross Service Center, is sponsoring the annual Volunteer Recognition to recognize contributions of our Hickam volunteers on April 22, from 11 a.m. to 1 p.m. in the Bldg. 1105 lanai. The event coincides with National Volunteer Week, April

19-25. Col. Dean Wolford, 15th Airlift Wing Vice Commander and acting on behalf of Col. Giovanni and Mrs. Susie Tuck, is hosting the special ceremony.

This event recognizes American Red Cross volunteers, Readiness Assistance volunteers and advisors, as well as other volunteers that have made significant contributions to our community.

Awards include the Community Volunteer of the Year, Volunteer Spouse of the Year, Volunteer

Youth of the Year, Volunteer Community/Non-Profit Agency of the Year and the Volunteer Unit/Directorates of the Year.

Volunteers have given their time to both on and off base agencies; some examples include the Airman's Attic, Teen Center, 15th Medical Group, 15 AW Legal office, Hickam Library, Force Development Flight, Habitat for Humanity, Airman & Family Readiness, local schools, USO, Special Olympics, and many

more. The Readiness Assistance volunteers work hand-in-hand in providing assistance to families during PCS, deployment and times of crisis. They provide information and referral assistance, and facilitate communication between families and unit leadership.

The Hickam volunteer program is a collaborative effort between Airman & Family Readiness and the American Red Cross.

The ARC-Hickam/Pearl Harbor

Service Center recruits for volunteers in official organizations within the 15th Airlift Wing, Pacific Air Forces, and tenant agencies. The Airman & Family Readiness Center provides volunteers with on-base volunteer information. The goal for both agencies is to provide volunteers with skills and opportunities, and official organizations with volunteers.

Contact the Airman & Family Readiness Center at 449-0300 or the Red Cross at 449-0166.

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assault and date rape, dating violence and domestic violence, harassment and objectification in a way that minimize defensiveness and promotes understanding. For information, call the Sexual Assault Prevention and Response Office at 449-7272.

Caring for Hickam's kids

— Hickam residents interested in becoming Family Child Care Providers are invited to sign up for a pre-licensing orientation. Classes are scheduled April 21-23, from 8 a.m. to 5 p.m. Call the FCC office at 449-1879.

Celebrate Earth Day

— Military personnel and their families are invited to Marine Corps Base Hawaii for a free Earth Day Expo on Saturday, April 18 from 9 a.m. to 2:00 p.m. at the Mokapu Mall Courtyard at MCBH Kaneohe. There will be displays, prizes and more. See www.mccshawaii.com/earth_day.htm for information.

JPAC briefs families of those still missing

By Army Staff Sgt.
Matthew Chlosta
NCOIC, JPAC PAO

HICKAM AIR FORCE BASE — “A bright orange flash in the sky,” James P. McGarvey said as he described a pilot’s report of how his father, Marine pilot Lt. Col. James M. McGarvey, went missing during a bombing run off the northeast coast of Vietnam, April 17, 1967.

A pilot reported from eight-miles away that he saw an orange flash, but he didn’t think it was an airplane, McGarvey said.

March 28, at the Northern Bethesda Conference Center in Maryland, was the first time McGarvey and his wife, Alice, attended a Defense POW/Missing Personnel Office family update brief. They drove up from New Bern, N.C. the night before.

DPMO conducts briefs for family members of Americans missing from the nation’s past conflicts near major U.S. metropolitan areas approximately eight times a year. Senior level personnel from the Joint POW/MIA Accounting Command are featured speakers at these meetings.



Photo by Army Staff Sgt. Matthew Chlosta

Center, James P. McGarvey, his wife Alice McGarvey, left and Air Force Capt. Camille Carson, research analyst, Southeast Asia Section, Defense Prisoner of War/Missing Personnel Office look over reports on McGarvey’s father, Marine pilot Lt. Col. James M. McGarvey — who went missing during a bombing run off the northeast coast of Vietnam, April 17, 1967 during the Vietnam War — on March 28, 2009 at the North Bethesda Conference Center, Md. during DPMO’s monthly family update brief.

Any living relatives of an MIA within a 350 mile radius of that month’s site are invited. DPMO also conducts two annual government briefings one on the Vietnam War and one on the Korean War.

The Bethesda family update was broken up into morning and afternoon sessions. Before lunch there were four speakers that

talked about the Research & Identification Process in searching for MIAs from the United States past conflicts.

“We have family update briefs to stay connected with the families so they know that the government is still interested in their cases,” Ambassador Charles Ray,

deputy assistant Secretary of Defense, POW/Missing Personnel Affairs, said. “A second reason [we have family update briefs] is [to have] a venue to tell not only the families but hopefully, as they go back to their communities, a wider public that we as a govern-

ment keep our promise to our Soldiers, Sailors, Airmen and Marines that their sacrifices won’t be forgotten.”

“For JPAC it keeps the families plight in our face,” Steve Thompson, external affairs officer, JPAC, said, after his brief and Q-and-A format with Vietnam War family members. “A lot of family members come to every meeting.”

Families for MIAs that have servicemembers missing in Southeast Asia have been coming for years, they know their cases inside and out, Thompson said. But more and more attendees are relatives of Korean War MIAs and a lot are first timers, which Thompson said is an, “indicator that more and more folks are learning about what we do.”

DPMO has conducted these family updates since 1995 and has reached over 14,000 family members.

This family update brief had a total of 122 attendees with 78 being first-timers. There were more than 71 cases represented including: 32 from the Korean War, 19 from the Vietnam War, 17

from World War II and 3 from the Cold War.

In the afternoon, groups of family members attended separate sessions tailored to the specific conflict in which their loved ones were lost including the Korean/Cold War, Vietnam War and World War II.

“You know that time is our greatest enemy,” Johnie Webb, deputy to the commander for public relations and legislative affairs, JPAC, said to the family members of MIAs from the Korean War.

During the Korea War specific breakout session Webb updated the relatives on JPAC’s current operations in their ongoing searches for MIAs and the challenges they face.

“Every day that passes, witnesses that could lead us to burial sites and crash sites are dying, sites are being scavenged, sites are being lost because of ... land reformation; development. So time is our biggest enemy without a doubt,” Webb said.

Later, during a Korean War brief, Webb cited several

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al examples of the extent that JPAC investigation teams went through in South Korea to get leads on missing Americans during 2008.

"Witnesses are important, especially in this type of warfare with a lot of ground losses," Webb said. "Our investigation team went in and knocked on ... door[s] to talk to four hundred and three individuals.

"Out of those four hundred and three individuals, eleven had information that might be related to American losses," Webb said. "Then as a result of that, three sites were added to our excavation list. That is, we believe Americans are there; we need to go excavate the site.

"This mission [another Korea War investigation] a team talked to over seventeen hundred individuals; then out of seventeen hundred individuals, they found forty they believe, might have information associated with Americans," Webb said. "We added two more sites to our excavation list as a result of this."

Another important part of the MIA identification process took place in the foyer outside the conference rooms during the family update brief.

During breaks throughout the day, Armed Forces DNA Identification Laboratory personnel swabbed the inside of several attendees' cheeks to get DNA family reference samples.

These family reference samples are very important for AFDIL and JPAC in the identification process. Lab analysts can use them to match remains recovered in the future or current unidentified remains stored in JPAC's lab. They can also use the DNA to exclude an individual from group or comingled remains.

"This is really the whole thing that makes the IDs for us," Chris Johnson, DNA analyst, AFDIL, said. "Without these family reference samples we have nothing else in these situations, sometimes, to make an ID for these families."

DNA is an excellent tool for identification but not the only one, as the use of dental records as means for identification, serves as an extremely useful weapon in JPAC's ID arsenal.

"I think they're very comforting,"

Amy L. Goyne, said about the family update briefs after she had her cheek swabbed for her DNA.

Goyne is the daughter of Air Force pilot Capt. John S. Walmsley, Jr., a Medal of Honor recipient, who was killed during a mission over North Korea during the Korean War.

"They're very informative and they make you feel like you're important," Goyne said.

"It makes you feel like you're part of a family, because that door is still open."

Goyne said she attended to find out what progress is being made on her father's case, which has been limited because JPAC is not currently allowed into North Korea.

"It is truly a global mission," Webb said, during his World War II family update. "We travel all over the world doing this."

For fiscal year 2009, JPAC has conducted or planned for 39 recovery missions, 13 investigation missions and three underwater investigation missions. The missions cover World War II, the Korean War and the Vietnam War.

On average JPAC identifies approximately 70 MIAs per year.

The individual conflict breakout sessions ended with a question and answer period for family members to query the speakers on even more case specific areas.

When those discussions were over, there was one more general discussion and Q-and-A format with the entire group of conference attendees. The day concluded with final one-on-one meetings between families and their case-specific officers/analysts.

"Very informative," Alice

McGarvey, said, "the different areas in one place and how they work together was very enlightening. I don't think anyone really understands the magnitude and the research being done."

Sometimes people think that the U.S. government doesn't care, Alice McGarvey said.

"I think today shows that is far from the truth," Alice McGarvey said. "You can hear the sincerity in their [the speakers] voices."

The McGarvey's met with case offi-

cer, Air Force Capt. Camille Carson, research analyst, Southeast-Asia Section, DPMO.

"I think they're important," McGarvey said. "That people are trying to find out about them and solve the mysteries. Glad we came, being [the] first time we [didn't] know what to expect. I'm just sorry I waited so long. We're just now being able to get out."

McGarvey and his wife have five daughters. With their youngest now old enough, McGarvey said, for us to concentrate on this.

McGarvey said his mom and aunt are both still alive. They would like to know what happened and would like for the U.S. to bring his father home, McGarvey said.

"I was six when his plane went down," McGarvey said. "I remember him. I can remember how he was towards my sisters. He was just goofy. I thought about [how] we would bury him and then [we'd have] some place to take our kids and say this is your grandfather."

"You just don't forget," Alice

McGarvey said.

The McGarvey's said they're going to review the information they were given at the brief, formulate more questions and they plan to attend the annual DPMO Southeast Asia Government Brief held in D.C. this July.

Tears streamed down Alice McGarvey's face as her husband explained why it is so important to him that his father's remains are returned home after going missing in action during the Vietnam War.

"Just to know he is back where he should be, it would give final closure," McGarvey said.

(Note: Already this year, DPMO has held three meetings with seven remain - ing in 2009. The three conducted already were held in Florida, New Mexico and Maryland, with the remain - der in: Colorado, Washington, New Hampshire, Minnesota, Mississippi, Missouri and Washington D.C. For more information, see the JPAC Web site at www.jpac.pacom.mil or the DPMO Web site www.dtic.mil/DPMO. This article is part of a series high - lighting the mission of JPAC.)

FITNESS, From A1



Photo by Ed Foster

Tech. Sgt. Leroy Lobitos, a member of the 15th Comptroller Squadron, finishes his 2-mile run in front of the Hickam Air Force Base gym on April 14. The squadron recently revamped its PT program.

time frame," Lieutenant Wilson said. "I tell them, if you went 1.25 miles and back last week, try to go to the 1.5 mile marker this week, without adding much time."

Many of the Airmen who have participated in Lieutenant Wilson's new PT program have, in fact, seen improvements in their fitness testing scores. Those who struggled are given stronger incentives and another opportunity to improve through Hickam AFB's Human Performance and Rehabilitation Center's Fitness Improvement Program.

"On March 18, I failed the fitness test by four points," said Airman 1st Class Diana Kahookele, 15 CPTS accounting liaison. "I was shocked. I thought I had this in the bag."

Having recently moved to Hickam from Edwards AFB, Calif., Airman Kahookele described her former physical training routine as "blah," and said she had never even had her

waist taped since basic training.

Although squadron PT helped her improve a bit for her recent test, she said her form for the pushups wasn't enough and only four of hers counted. Now, she goes to the HPARC every day and has great progress in her fitness in just a few weeks. She finds she actually enjoys it.

"It's difficult, but it's motivating," Airman Kahookele said.

After just 42 days, she thinks she can pass the PT test, but wants to stay in the FIP for the full 90 days. "I want it to be a whole body change," she said. "Fitness is part of my life now."

She's also looking forward to going back to squadron PT, now that she's better at performing the exercises required.

"I learned that if you put in your all, you get results," Airman Kahookele said. "I think everyone should do the HPARC class!"