

In this week's Kukini



Motorcycle safety is the focus of an upcoming event here at Hickam AFB **A7**

News Notes

15 AW Commander Civilian Call — There will be a civilian call for employees on 18 May at 0900, Enlisted Club for NAF employees. The subject will be Joint Basing. 15 AW Employees who are on duty at these times should attend. POC: Mike McCrary, 449-0132.

Hale Aina to keep busy — Hale Aina dining facility will be supporting exercise Terminal Fury 11-21 May 2009. During this time, BAS customers are expected to experience longer wait times due to EMS (Essential Messing Service) customers having priority. We highly encourage BAS customers to use other facilities on base to alleviate any inconvenience and wait time during this time frame. If you have any questions, please call Mr. Valdez or MSgt Jerome at 449-1666.

AF Ball car wash — Looking for car wash volunteers on 17 May beginning at 0800. The car wash is one of many different events planned to help offset ticket prices for the 2009 Air Force Ball. Shifts will be from 0800-1000, 1000-1200, 1200-1400 and 1400-1600. Units welcome! Contact TSgt Afryea Clark at 449-3693 to sign up.

Enlisted Promotees — Do you plan on pinning on your new stripes on 1 June? Contact your First Sergeant for information about how to be included in the Hickam AFB monthly promotion ceremony. Deadline for promotee bio submissions is 22 May. Coordinate submissions through your First Sergeant. POCs: MSgt Robert Jones or MSgt Nathan Prince, 448-1458.

Wingman Relay, Bench Press contest — Check out these fitness events coming up: Wingman 10K Relay on 23 May, 0700 at Hickam Beach parking lot; Categories: 2-person, 4-person, and 6-person team. Bench Press contest on 30 May at 0900. For more information, contact the Fitness Center at 448-2214. Entry forms available online. Click the Fitness Center link at hickamservices.com.

America's Armed Forces Kids Fun Run — This will take place on Saturday, May 16 at 8 a.m. at Aloha Aina Park. Youth ages 5-13 can register until May **See NEWS NOTES, A8**

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Crossword B3
Sudoku B3
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Pacific senior enlisted leader to take top Air Force position

Courtesy of U.S. Pacific Command

CAMP SMITH — Air Force officials recently announced that Chief Master Sergeant James A. Roy, currently the Senior Enlisted Leader and advisor to U.S. Pacific Command in Hawaii, will be the next Chief Master Sergeant of the United States Air Force following a ceremony June 30.

"I'm honored and blessed to be chosen as the next Chief Master Sergeant of the Air Force and look forward to working with Gen. Schwartz and Secretary Donley to represent the best interests of our Air Force family to our nation's leaders as we support today's joint fighter," said Chief Roy. "Paula and I are excited for the opportunities that lie ahead and will continue to dedicate ourselves to serving our Air Force."

As chief master sergeant of the Air Force, Roy will represent the highest enlisted level of leadership, and as such, will provide direction for the enlisted corps and represents their interests, as appropriate, to the American public, and to those in all levels of government.

He will serve as the personal advisor to the Chief of Staff and the Secretary of the Air Force on all issues regarding the welfare, readiness, morale, and proper utilization and progress of the enlisted force. Chief Roy will be the 16th Chief Master Sergeant appointed to the highest noncommissioned officer position.

"Gen. Schwartz made a wise choice when he selected Chief



U.S. Air Force photo

Chief Master Sgt. of the Air Force Rodney J. McKinley (right) introduces his replacement, Chief Master Sgt. James A. Roy, to attendees of the Senior Enlisted Forum May 8 at Maxwell Air Force Base, Ala. Chief Roy, who currently is the senior enlisted advisor to the U.S. Pacific Command combatant commander, was selected by Air Force Chief of Staff Gen. Norton Schwartz to become the 16th Chief Master Sergeant of the Air Force. Chief Master Sgt. Roy is scheduled to assume his new duties on June 30, following Chief McKinley's retirement.

Master Sgt. Jim Roy and his wife Paula for this position. Our Air Force is very fortunate to have a leader of Chief Roy's caliber," said Adm. Timothy J. Keating, Commander, U.S. Pacific Command. "His valuable experience and proven leadership as PACOM's senior enlisted leader will play a pivotal role in the Air Force's future."

In his duties as the PACOM Senior Enlisted Leader and advisor, Chief Roy traveled extensively throughout the Asia-Pacific region meeting not only with U.S. servicemembers but also with his counterparts among the 36 coun-

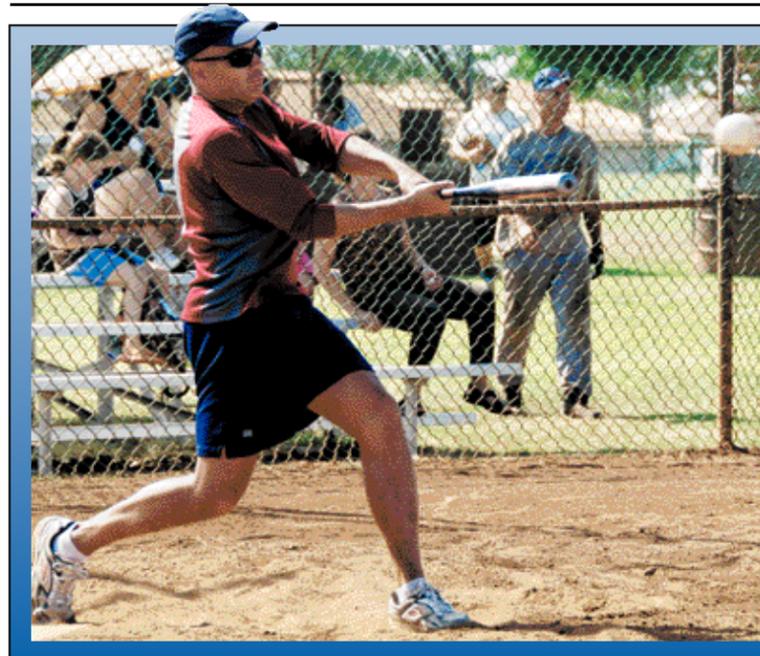
tries in the PACOM area of responsibility. Of note, Chief Roy led the first senior enlisted delegation to the People's Republic of China in 2008, which resulted in a reciprocal visit to Hawaii later that same year.

"His travels throughout the PACOM area of responsibility and his interactions with the men and women from each of the armed services and those from international militaries will be a significant influence in shaping tomorrow's Airmen," said Keating.

Chief Roy grew up in Monroe, Mich. and entered the Air Force in Sept. 1982. His past assignments

include heavy equipment operator in the civil engineer career field and then in leadership positions at the squadron, group, and numbered air force levels. He has served as the command chief master sergeant at wings in Air Education and Training Command, Air Mobility Command and Air Combat Command.

He was also deployed as the command chief master sergeant of the 386th Air Expeditionary Wing in Southwest Asia. Prior to assuming his current position, he was the command chief master sergeant for U.S. Forces Japan and Fifth Air Force at Yokota Air Base, Japan.



'Howe' to hit a big home run

Lt. Col. Robert Howe, 15th Operations Group deputy commander, swings for a home run during the Chiefs vs. Eagles softball game during the Hickam Sports Day event held May 8. The Chiefs won the game with a score of 8-1. The day's events were designed to build camaraderie and fitness. See more photos of Sports Day on page B1.

U.S. Air Force photo by Vanessa M. Perez

Bone marrow registry drive here till June 5

By Senior Airman Carolyn Viss
 15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE — Anyone whose family member or friend has been touched by a blood disease such as leukemia knows that a bone marrow transplant can be the most critical life-saving option, yet only one out of 300 potential donors will match a patient in need.

That's why Hickam Air Force Base is holding a bone marrow registry drive now through June 5. This year's goal is for 2,000 people to register with the National Marrow Donor Program, according to 2nd Lt. James Thompson III, who is running this year's drive. "People who register owe nothing else, unless they are contacted as a match for a patient," Lieutenant Thompson said. "It's a simple, five-minute procedure that

includes filling out a consent form and swabbing your mouth, and doesn't commit you to anything additional."

Anyone associated with Hickam AFB or the Department of Defense, including family members and civilian employees, is eligible to register, Lieutenant Thompson said. He was on the committee last year as the 15th Contracting Squadron's point of contact when 1,900 people from Hickam AFB volunteered to add their name to the national registry, increasing the odds that someone in need would have a donor match from the base, he said.

Sure enough, "around October I was contacted and asked if I was still interested in participating as a donor, which I was," said donor registrant Air Force Reservist Senior Airman Suzanne Calimpong, a 624th Civil Engineer Squadron engineering assistant and L-3 commu-

nications contractor for the 15th CES. She went to Falls Church, Va., for the week-long donation procedure, which she called "painless."

The procedure consisted of going to the clinic for a shot of Filgrastim (Neupogen) once a day for five days, she said. The medicine was used to draw the blood stem cells out from her bone marrow and into her bloodstream so it could be easily filtered from the blood. On the fifth day, the clinic staff performed the bone marrow draw.

"The procedure was about six hours long and consisted of having a needle inserted into each arm, which was hooked up to a machine that would draw the blood, separate the stem cells from the blood, and return the cleaned blood back into my body," Ms. Calimpong said.

Now, because of her donation, someone whose immune system was failing has a chance **See MARROW, A7**

ACTION LINE

The need for bicycle racks to be closer at BX

Comment: Sir, we need to place the bicycle parking rack closer to the BX and/or put a light near the rack outside the alterations shop so folks can see their bike and gear and better prevent theft of these items.

The lighting around the current bike rack (just outside the alteration shop) is non-existent and makes it near impossible to

input your bike lock combo and makes the bike and gear a EASY target for thieves after sunset.

Someone also needs to remove the abandoned bikes from the rack as well, I have noticed this since I frequent the BX via bike and see the same rusty bikes with flat tires.

Thank you for your valued time and consideration.

Response: Thank you for bringing this to our attention.

The bicycle rack near the AAFES Alterations Shop is being relocated near the BXtra side walk area so it is readily available and can be seen from the main street between the food court and the BXtra.

The area is better lit and will diminish any possible bike theft. The existing abandoned bikes will be removed to allow for temporary storage of bikes.

Good news: the entire rafter breezeway lights in front of the

BX will be replaced and upgraded during the renovation of the BX which will begin this summer.

Should you have additional concerns please contact Mr. Jeff Gardner, Hickam BX Manager, and he will be more than happy to assist you.

Thank you for your comment.

The Action Line is your direct link to me so we can work as a team to make Hickam a better

community. I urge you to use the normal chain of command first. If you have done this and are still not satisfied, contact my commander's Action Line. If you would like me to get back to you, send your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response. I'll work on your issue and respond verbally or in writing.

The Action Line e-mail is: 15aw.pal@hickam.af.mil.

Chief bids 'Mahalo ... Until we meet again'

By Command Chief Master Sergeant Thomas Westermeyer

HICKAM AIR FORCE BASE — I just opened up my "Out of Office Assistant" so I could post an automatic reply for my e-mails to let people know that I have now PCSed, but I didn't know what to say. As I sat in front of my com-

puter thinking about what to write, I then started thinking about the last twenty two months my family and I spent with Team Hickam.

I began to reminisce of all the fun times we had both on our base and within the local community. The longer I sat there staring at the computer, the more I thought of the great times we had in paradise. I

thought of the many things that meant so much to me and to my family, the late night walks along the channel and running early in the morning saying hello to everyone I saw.

I thought of the PME students I had the privilege of interacting with both in the class and then meeting the families at the graduation nights with the professionals from the PME center, and meeting all the FTAC Airmen to welcome to the base. And then there were the visits with all the newcomers that went to the Ohana Aloha briefing that our awesome Airman and Family Readiness Center put together.

I thought of the many visits to the numerous work centers to meet the Warrior Airmen of the 15 AW. I thought of Sunday drives around the island with my wife and family hikes through along the remote trails and the many excellent surfing trips with "Buster" to include that one really big day at Hickam Harbor when we had it all to ourselves. I thought of sunrises at Bellows and from the top of Diamond Head and sunsets on the beach at Makaha and Waikiki.

I then thought of the many incredible things that made this tour so memorable, those things that I will never forget like the friends my family and I made during the last twenty two months and the joy we had seeing old friends from past



Photo by Chris Aguinaldo

Command Chief Master Sergeant Thomas Westermeyer is presented a mounted knife during a recent Hickam Honor Guard luncheon in recognition of the chief's service at Hickam Air Force Base by 15th Services Squadron Commander Lt. Col. Timothy Telega. They are joined by 2nd Lt. DeShaun Brandy, OIC of the Honor Guard, and TSgt. Mark Schwartz, NCOIC of the Honor Guard.

assignments.

I'll never forget the many great things that our great wing did over the past two years — all the awards that were won, the stripes that were earned, all the BTZ boards, the STEP promotions and the "Outstanding" results of the ORI.

Twenty two months flew by and it is hard to believe that it is time to go, especially when there is still so much more left to do and so many great Airmen that I didn't get to meet. Both Diane and I have to admit, this goodbye is the toughest we have faced in all our years of service. The beauty of Hawaii and the Aloha

spirit has become a large part of our lives. This will not be forgotten.

But reason number one that made this assignment so very special is the people. Each and every one of you, from the Assistants in the front office that treat us like family, to Fran and the Wing Executive Officers and, of course, TSgt. Clark and SSgt. Rico who have done such a fantastic job as Command Chief Assistants, Col Tuck and Col Wolford and to the highest ranking "Team Hickam" Officers and to the newest Airmen I met in FTAC a few weeks ago, the HiANG Team, 624 RSG, and all the rest of the

outstanding mission partners, community leaders and the State of Hawaii USO, and finally, the Friends of Hickam, who do so very much for our enlisted Airmen — sorry if I forgot anyone. You all have made this tour so special and we thank you for everything you have done!

So rather than saying good bye, the Westermeyer ohana would like to say "Mahalo nui loa" and until we meet again!

CMSgt. Thomas Westermeyer will be stationed at Eglin Air Force Base, Fla. as the 96th Air Base Wing Command Chief.

The editorial deadline is the FRIDAY PRIOR to Friday publications. Prior coordination is MANDATORY. Articles and announcements must have complete information, bylines, credits and contact information.

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!

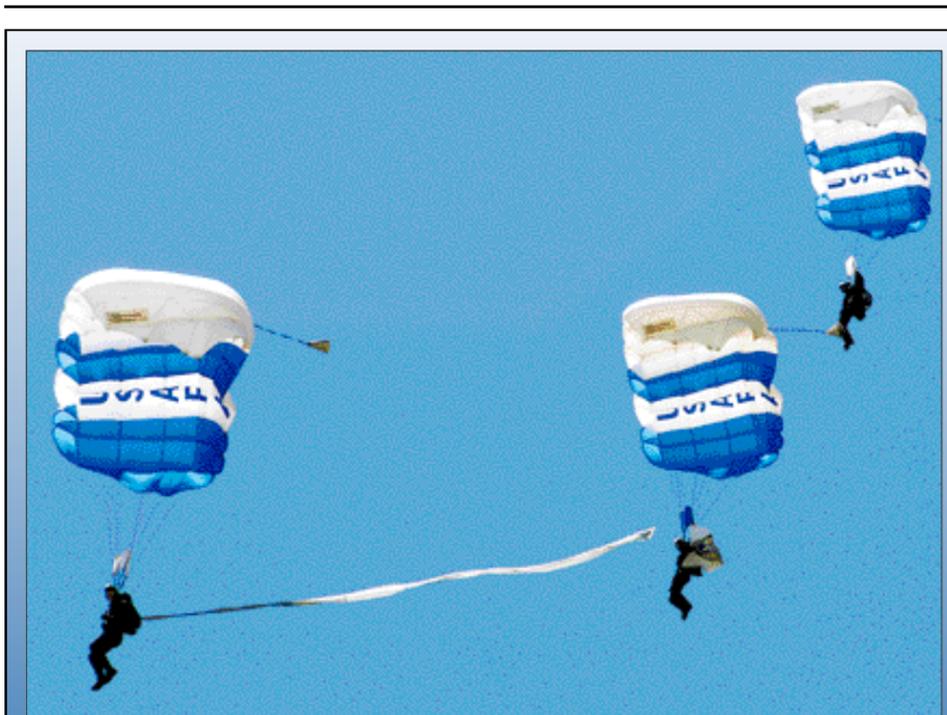
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 Law Enforcement Desk449-6373
 Mental Health449-0175
 SARC Hotline449-7272

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



U.S. Air Force photo by Dennis Rogers

'Wings of Blue' soar through the air

Members of the U.S. Air Force Academy's Wings of Blue Parachute team maneuver their canopies toward successful landings in the Academy's cadet area in Colorado May 6. The team performed a demonstration jump during the afternoon meal formation in front of the entire cadet wing and Academy visitors.

Hickam AFB honors CCAF graduates today

Submitted by Force Development Flight

HICKAM AIR FORCE BASE — Hickam AFB is hosting the CCAF Graduation Ceremony today, Friday, May 15 at 10 a.m. at the Hickam Officers Club Lanai. A reception and College Education Fair will follow the ceremony and continue until 2 p.m. Those at the base are invited to attend to congratulate the graduates. Attire is uniform of the day or aloha casual.

CCAF Graduates

Active Duty

SSgt Robin L. Ackerman
A1C Ryan Keith Adams
SSgt Thomas A. Adams
SSgt Troy Salas Agustin
MSgt Kevin M. Akers
SSgt Brandon Allen
TSgt Eric J. Allen
TSgt Donald K. Alton
SSgt Sarah Joy Aluisse
TSgt David L. Anderson
MSgt Deanna L. Arney
TSgt Molly M. Bailey
MSgt Darrell W. Bainter
TSgt John W. Barbagallo
SrA Nida R. Baukys
SSgt Tanya R. Bell
SSgt Trisha Marie Benish
A1C Tyler Patrick Berndt
SSgt Stephanie N. Berry
SrA James Michael Binari
TSgt Joshua W. Birch
SrA Marshall Ryan Black
SrA Delbert Christopher Blair
SSgt Sean M. Blaisdell
SrA Mirtha Lidia Blanco
SSgt Ryan M. Boehm
MSgt Ronald K. Boothe
SSgt Rachel M. Bostic
MSgt Christopher H. Bowen
SSgt Daniel Kyle Brown
MSgt Joel L. Brown
MSgt Jonathan E. Brown
SrA Marcus Jerome Brown
MSgt Thomas W. Bruni
SSgt Andreae J. Bryson
MSgt John D. Burhans
MSgt James D. Burns
A1C Patrick Edward Butler
SSgt Christopher Matthew Byrd
MSgt Philip A. Caggiano
MSgt Christopher P. Carrico
MSgt Michael Cavaliere
SSgt April Leigh Chappell
SSgt Craig Richard Cisek
TSgt Andrew F. Clark
SrA Curan Lacy Clonch
A1C Zachary William Cluxton

TSgt Lora J. Cochran
TSgt Steven W. Coffman
SrA Elisha Nathaniel Cole
SSgt Kenneth W. Cooper
MSgt Scott D. Corwin
MSgt Vida J. Coulter
TSgt Jennifer G. Covey
TSgt Dana L. Cremer
SSgt Nicole Crocker
MSgt Bruce E. Cross
SrA Nathan L. Cross
SrA Leah M. Cruz
TSgt Sheldon J. Curl
MSgt Renard L. Curry
TSgt Martin E. Dahlke
SrA Jordan Matthew Dale
TSgt Jimmy J. Davenport
MSgt Ben A. David
SrA Michael Edward Davis
SMSgt Walter L. Delce
SSgt Michelle L. Denton
TSgt Darryl A. Dew
SSgt Travis A. Dixon
TSgt Melinda M. Drake
SSgt Steven C. Drew
MSgt Bobby W. Duncan
SSgt Jennifer N. Dunn
SSgt Nicholas Shane Edwards
SMSgt Agnes V. Ellis
SrA Broghan M. Enright
SSgt Daniel E. Erickson
SrA Jesse D. Erlenbush
SSgt Lenen M. Estacio
SSgt Julie Ann Everly
SrA Becky L. Fair
MSgt Fredrick J. Fantom
SSgt Tyler Gene Farley
MSgt Charles R. Fish
SrA Charles T. Fitzsimons
A1C Eric Preston Flint
SSgt Scott W. Fooshee
SSgt Joni N. Foster
MSgt Matthew H. Friedman
TSgt David J. Fryar
MSgt Jonathan D. Fuller
MSgt Tomas A. Garcia
SrA Russell Layne Garner
SSgt Sean M. Garrette
SrA Rufino J. Garza
TSgt Bryan G. Gatewood
MSgt Edwin Gay Jr.
TSgt Michael J. Gingras
SSgt Steven Michael Glick
SSgt William Christophe Glidewell
SSgt John M. Gomez
MSgt Michael P. Grilli
TSgt Antonio S. Gumataotao

A1C Brian John Harbison
SSgt Lara Kathleen Hatfield
SrA Stephanie J. Haugland
SrA Andrew Scott Hausker
TSgt James C. Hensley
SrA Timothy James Herrick
TSgt Kelvin D. Hilliard
SSgt Joshua M. Hittie
SSgt Michael A. Holland
TSgt Christopher N. Holloway

SrA Shannon L. Horton
SSgt Brian Kristopher Hubbard
TSgt Tony F. Hubbert
SSgt Evelyn C. Jackson
SSgt Tommy L. Jackson
MSgt Rodney A. Jacobs
SrA Stephanie Lea Jimmerson
SrA Iman P. Johnson
SSgt Zenaida R. Johnson

See CCAF, A4

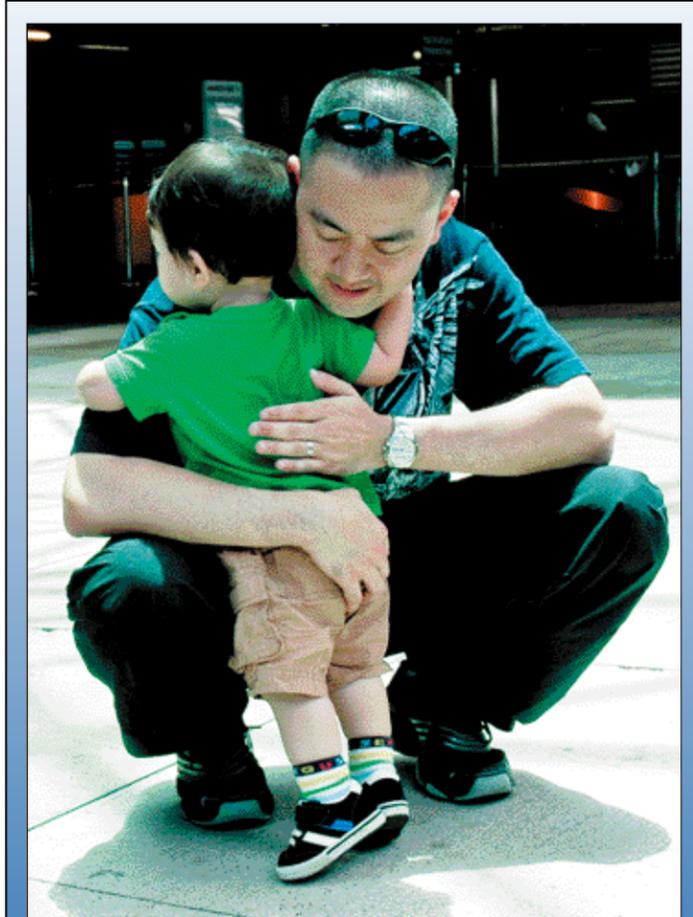


Photo by Capt. Christy Stravolo

A hug for daddy

Master Sgt. Stephen Yim gets one last hug from his son, Seiya, at Honolulu International Airport May 12 before leaving for a four-month deployment to Iraq. Sergeant Yim is an Air Force Reservist with the 624th Regional Support Group based at Hickam AFB, Hawaii. He and 25 of his fellow Reservists are tasked with running aerial port operations at Joint Base Balad.

CCAF, From A3

SSgt Justin M. Jones
 SSgt Andrew S. Junker
 TSgt Jeffrey D. Jürgensmeier
 SSgt Stavros K. Kalfoglou
 SSgt Karen R. Karpie
 SSgt Nicholas J. Kaslin
 MSgt Lynne M. Kelley
 SSgt Kathryn F. Kendall
 SSgt Kham R. Khammanee
 TSgt Matthew J. Kincade
 SrA Amanda Renae King
 MSgt William J. Koch
 SrA Heath Bennett Kornegay
 SrA Azucena Michelle Krobatsch
 SrA Amber N. Krueger
 SSgt John M. Kukan
 SSgt Monica D. Lampano
 TSgt Kyle S. Lau
 SSgt Dennis K. Lee
 TSgt Terry Lee
 MSgt Kelwen B. Leechung
 TSgt Anthony R. Lemos
 SSgt Justin W. Little
 A1C Brent M. Long
 SSgt Tina M. Loos
 A1C Katherine J. Loreda
 SSgt Antuon J. Luster
 SSgt Jennifer R. Luther
 SSgt William R. Lyles
 MSgt Michella Malone
 MSgt Ronald G. Malone
 SrA David Bowman Marks
 SSgt Gabriel Marc Marrel
 TSgt Jacqueline D. McKenzie
 SSgt Jessica L. McBee
 MSgt Hoang W. McChesney
 SSgt Shana M. McCosh
 SSgt Lisa Marie McGahan
 SSgt Kevin D. McLaughlin
 SrA Michael A. McLaughlin
 SrA Justin Michael Mears
 SSgt Alanna C. Medina
 SrA Jorge Luis Mejias
 SSgt Burke Anthony Mills
 SMSgt Gerald A. Mineghino
 SrA Raymond A. Moats
 SSgt Melvin A. Morena
 SrA Benjamin Craig Morgan
 Sgt Christopher L. Morris
 MSgt Ryan M. Morrison
 SSgt Elizabeth A. Mosher

SSgt Stacy A. Moskal
 TSgt Paul A. Moss
 MSgt Nicolas H. Navarro
 SSgt Eric Kokcheong Ng
 TSgt Sam Nguyen
 SSgt Tyryne L. Nichols
 SSgt Mireya P. Nyirenda
 SMSgt Amanda C. Ogle
 SSgt Chad Daniel Orr
 SSgt Ryan M. Page
 SMSgt Jeffrey N. Painter
 SMSgt Heidi D. Parker
 SMSgt Michael S. Parks
 SSgt Louis Joel Phillips
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 SSgt Danielle N. Polfliet
 MSgt Paula J. Poole
 SSgt Bryan L. Potts
 SSgt Joel F. Powell
 TSgt Felicia L. Radaker
 SrA Brett Alexander Radziewicz
 SSgt Adam G. Rains
 SSgt Ruth Alejandro Rapp
 MSgt Jon E. Ray
 TSgt Kimberly N. Ray
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 SSgt Anthony R. Renner
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 SSgt Andrew J. Roberts
 SSgt Ashley Nicole Roznos
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 SSgt Sonia N. Saenz
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 MSgt Robert J. Scheel
 MSgt Timothy A. Schmidt
 SrA Jacklin K. Segler
 A1C Jennifer C. Shackelford
 SSgt Tiffany N. Shelton
 MSgt Mark A. Shydliński
 SrA David T. Sidle
 MSgt John C. Sieh
 SrA Calvin J. Simpson
 SSgt Cindy L. Sims
 SSgt Shawn M. Slaiman
 SSgt Bryan W. Smith
 SrA Elisa Dawn Smith
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MSgt Milton R. Sneed
 SrA Matthew Boyd Southard
 SMSgt Stephanie L. Spruill
 MSgt Timothy J. Sterner
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 TSgt Jason S. Stom
 SSgt Krissa Jo Takatsuka
 TSgt Chrystal M. Tanksley
 SSgt Christina L. Taylor
 SrA Darren Michael Taylor
 SrA Joshua Lawrence Temple
 MSgt Jeffrey A. Tisher
 SrA Marc James Toves
 SrA Sean Christopher Triglia
 MSgt Anthony L. Trotman
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 A1C Ryan J. Velasco
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 MSgt Jacqueline Y. Vesey
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 MSgt Isabel Contreras
 SSgt Darlene Fejeran Ulloa Cruz
 TSgt Latisha R. Gosha
 TSgt Antonio S. Gumataotao
 SSgt Nathan C. Habana
 SSgt Armilynn R. Lujan
 SMSgt Kenneth Q. Lujan
 SMSgt Leony K. Macapagal
 TSgt Ward R. Massey
 TSgt Lee W. McKinstry
 SSgt Mitchell G.G. Pascua
 MSgt Jay J. Perez
 MSgt Cedric C. Perry
 TSgt Brian C. Peterson
 SSgt Jeremy Kalani Rhode
 TSgt Peter Y. Rieta
 SSgt Julia M. Rosales
 SSgt Jessie B. Sacayanan
 SMSgt Glenn V. San Nicolas
 TSgt Henrico S. Santamaria
 TSgt Raymond S.C. Sanz
 TSgt Josephine Quinata Taitague
 TSgt Danny A. Thomas
 SMSgt Eduardo G. Vallejo
 MSgt Federico E. Viloria
 SMSgt Michael B. Williams
 MSgt Merlin W. Zane

Explosive Ordnance Disposal is top AF Team

By Tech. Sgt. Rey Ramon
18th Wing Public Affairs

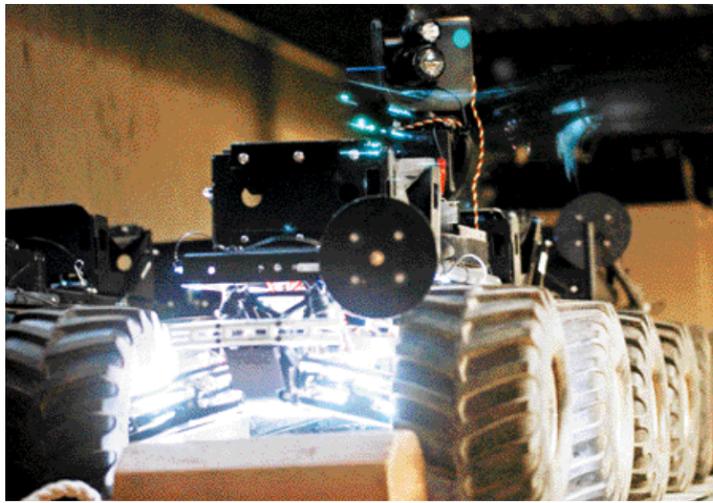
KADENA AIR BASE, Japan — The Explosive Ordnance Disposal career field was named Air Force Team of the Year for 2009 for placing their lives on the line each day to protect others.

The honor was bestowed on them by the Air Force Association, on recommendation from the Air Force's most senior enlisted leaders. Airmen from the EOD flight here are part of the great effort this specialty puts forth to save lives.

"EOD is a demanding lifestyle," said Staff Sgt. Molly Whitehurst, 18th Civil Engineer Squadron EOD journeyman. "The job requires a specific type of person who is capable of taking charge, leading the way, and sacrificing in order to ensure the safety of the personnel entrusted to them."

According to Senior Master Sgt. Gary Underwood, 18th CES EOD flight chief, current EOD technicians have skills to accomplish the mission and adjust to enemy tactics and are constantly in high demand in Afghanistan and Iraq area of responsibility. When deployed, they train bomb squads on tactics and techniques to safely neutralize Improvised Explosive Devices and provide training on Iraqi/Coalition Forces' robotic platforms.

Also, they provide support to route clear-



U.S. Air Force photo by Tech. Sgt. Rey Ramon

The Talon bombot is a remote controlled vehicle developed to provide the explosive ordnance disposal unit the capabilities to deploy a ten-pound explosive countermeasure to an improvised explosive device or unexploded ordnance. EOD was chosen Air Force Team of the Year.

ance packages for found or suspected IEDs which opens routes for supply and troop movements. The Airmen have also partnered with Weapons Intelligence Teams to conduct Post Blast Analysis and recover forensic evidence from recovered IEDs, helping to identify and capture members of

terrorist cells.

"The impact that the EOD career field is making in the fight against the Improvised Explosive Device has directly affected the safety of U.S. and coalition forces," said Sergeant Underwood. "Thus garnering the recent recognition."

EOD provides a wide variety of missions to numerous agencies. It adapts to circumstances that are constantly changing. An EOD technician can range from supporting combat operations in the area of responsibility, supporting daily operations at their home duty station, recovering remains of fallen warriors or providing foreign dignitary security, all within a relatively short time span.

"Department of Defense EOD technicians are operating in virtually the same environment under the same rules of engagement," said Master Sgt. Doug Moore, 18th CES EOD superintendent. "We often find ourselves working with sister service EOD technicians in both garrison and deployed environments. The services bring specific skills to the fight to aid in the overall mission accomplishment."

Adaptability is the main quality that sets this career field apart from others, said Senior Airman Jesse Mercado, 18th CES EOD journeyman.

EOD members do not separate themselves regardless of service, but work as a team in every facet the career has to offer. For them, it is not a job, but a way of life.

"We've fought and bled together on the battlefield and we've buried many who sacrificed themselves to save others," said Sergeant Moore. "We're not just a team, we're a family and I'm honored to be part of it."

Crime Scene

Theft of unsecured personal property

An Active Duty E-6 assigned to 15 CES reported a theft of personal property from Bldg. 1756/Shoppette. This case is currently under investigation.

Damage of personal property

An Active Duty E-7 assigned

624 ASG reported damage of personal property at Bldg. 1232/BX parking lot. This case is currently under investigation.

Driving under the influence

A civilian was detained at Bldg. 188/Main Gate for operating a vehicle while under the influence of an intoxicant. The individual was released to the Honolulu Police Department for further processing.

Driving under the influence

An Active Duty E-4 assigned to

15 SFS was detained adjacent to Bldg. 1805/Security Forces Dormitory for operating a vehicle while under the influence of an intoxicant which resulted with a Breath or Blood Alcohol Content of .140. This case is being forwarded to Administrative Driver's License Revocation Office.

Driving under the influence

An Active Duty E-3 assigned to 15 SFS was detained at Bldg. 188/Main Gate for operating a vehicle while under the influence of an intoxicant which resulted

with a Breath or Blood Alcohol Content of .150. This case is being forwarded to Administrative Driver's License Revocation Office.

Shoplifting at BX

Army Air Force Exchange Service store detectives observed a military family member of a Soldier attempting to remove merchandise totaling \$6 without rendering payment. The individual will have her AAFES privileges revoked for one year and is awaiting a magistrate hearing.

Citation Totals for April 27-30

Nine Abandoned Vehicle Notices
Zero Civilian Traffic citations
Two Moving Traffic citations
Zero Non-Moving Traffic citations

Citation Totals for 1 May 1-7

Two Abandoned Vehicle Notices
Two Civilian Traffic citations
25 Moving Traffic citations
Four Non-Moving Traffic citations

Officials discourage aspirin use downrange

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON (AFNS) — Defense Department officials are directing servicemembers and government civilians deployed in overseas war zones to refrain from taking aspirin unless under a doctor's orders, a senior military physician said here last month.

"Aspirin use for reasons other than medical indications is discouraged," said Army Col. (Dr.) Tony Carter, director for operational medicine and medical force readiness under the deputy assistant secretary of defense for force health protection, a component of the Office of the

Assistant Secretary of Defense for Health Affairs.

Military medical authorities also advise that troops slated for deployment to combat zones should cease taking aspirin at least 10 days before departure, Dr. Carter told Pentagon Channel and American Forces Press Service reporters.

Aspirin is "a platelet-inhibitor," Dr. Carter explained. Platelets are small cells floating in the blood that induce hemostasis — the process that causes bleeding to stop through the forming of blood clots. Low amounts of blood platelets can lead to excessive bleeding.

"Those platelets serve an important role in stopping bleed-

ing once it occurs," Dr. Carter said.

Then-Assistant Secretary of Defense for Health Affairs Dr. S. Ward Casscells III signed a March 12 memorandum that noted aspirin use by troops deployed in contingency areas could contribute to excessive bleeding in the event of wounding or injury.

Blood loss is the most common cause of preventable death associated with combat injuries, the memorandum said.

Dr. Carter recalled Dr. Casscells asking his staff if the military was discouraging aspirin use by people deploying to combat zones where they stood risk of injury. The answer at the time

was no, Dr. Carter said.

The subsequent memorandum, Dr. Carter said, also directed the cessation of "over-the-counter access" to aspirin through Army and Air Force Exchange Service outlets or morale, welfare and recreation activities in war zones. AAFES has jurisdiction over Army post exchanges and Air Force base exchanges.

AAFES is complying with the Health Affairs-issued memorandum, noting in a news release that its "operations in contingency locations are removing all products containing aspirin from their shelves."

The intent of the new policy, Dr. Carter said, is to "discourage the inadvertent use of aspirin" in

combat zones. People who routinely take small doses of aspirin per doctor's orders to maintain vascular health should be all right, he said, but they should consult their physician.

Servicemembers and civilians could substitute over-the-counter, non-aspirin-based medications — such as Tylenol or Motrin — for treatment of colds, fever, muscle aches and other maladies, Dr. Carter said.

"I think we should take every measure possible to make sure that we minimize blood loss," Dr. Carter said. "And, not taking aspirin, unless you need to take it, is one of those mechanisms that we want to use."

Making informed choices about supplements

Commentary by
Staff Sgt. Mike Andriacco
380th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFNS) — At different bases throughout the Air Force, Airmen are turning to dietary supplements in an effort to maintain a fit force and high personal fitness levels, while causing possible risk to their health.

This can particularly pose a problem in deployed environments when Airmen usually make an extra effort to reach fitness goals without the distractions commonly associated with being at their home stations where, maintaining a home, family, school and a social life can limit their activity levels.

"Dietary supplements are not regulated by the Food and Drug Administration," said Maj. (Dr.) Stephen Titus, the 380th Expeditionary Medical Group's chief of the medical staff. "This places the responsibility to understand the ingredients' side effects on the shoulders of the consumer. Without oversight of the FDA, there is no third party to drive manufacturers to ensure that their product is both safe and efficacious."

The Dietary Supplement Health and Education Act of 1994 exempts supplements from regulation as long as they don't claim to cure or prevent any disease. Manufacturers may state that ingredients "may" or "have been shown in studies" to promote a particular health benefit but there is no requirement for the studies cited to be current or reproducible.

A statement of benefits may also be made if

accompanied by the disclaimer: "This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease." The manufacturer can also maintain substantiated proof that their product is documented to treat a nutritional deficiency, but it is up to the customer to request the proof of the claim and any supporting information. The company is not required to disclose it.

Because the companies are not required to ensure the safety or consistency of the product they sell, it is entirely up to Airmen to know what they are putting into their bodies and how that can impact their mission performance. This includes reading the ingredients list and researching potential results.

"There can be a number of side effects related to the consumption of supplements," Major Titus said. "We have seen cardiovascular and gastrointestinal problems, dehydration, and sports related injuries. Hydration is the key to supplement safety. Most supplements are processed in the kidneys or liver, and can cause damage to both if the user does not increase their water consumption while taking them."

Here are some common ingredients in supplements and what is known about them:

- Kola nut is an herbal source of caffeine. There is no known therapeutic dose of caffeine. Single doses of 500 mg can produce toxicity.
- Yerba mate contains the stimulants caffeine, theophylline and theobromine. There is no known therapeutic dose. Long-term use may increase the risk of some cancers.

- Cassia mimosoides extract is thought to be a lipase inhibitor. Some studies in rats have shown fat loss, not demonstrated in humans. The therapeutic dose is not known. • White willow bark is a chemical precursor to aspirin. Willow has salicin. The general therapeutic range (for pain) is 60 to 120 mg. Sometimes up to 150 mg.
- Taurine is synthesized in the body and found in most energy drinks, is an organic acid related to bile found in the lower intestine. It has not been proven to have any endurance or energy benefits and while produced synthetically now, is still sometimes derived from cow urine.
- Protein is the most widely used nutritional supplement for muscle growth, protein does have studies showing it can help increase muscle volume when used in conjunction with weight training. However, users should be aware that it can put a strain on their kidneys.
- Creatine is also looked at in organized studies, has shown no benefit in endurance exercises, but has shown an increase in weight

lifting abilities. Creatine may affect fluid balance, leading to dehydration, thus placing the user at risk. If Airmen use it, they should hydrate frequently.

"If Airmen are on any type of medication, prescription or over-the-counter, we encourage them to see a physician prior to starting a supplement regimen," Major Titus said. "There may be an interaction between the supplement and medication that the Airmen are unaware of."

Airmen should be aware that using dietary supplements can lead to physical injuries that can inhibit or slow the member's ability to train physically. It is important to always follow the label's instructions and to avoid mixing supplements. Some supplement ingredients can interfere with each other and cause an adverse reaction. Everyone needs to be aware of what they are putting into their body.

More information can be found at the Food and Drug Administration's Web site <http://www.fda.gov> in the nutrition and supplement sections.

MARROW,

From A1

at life again.

"This is an easy cause to be involved in, because you have the direct ability to help save someone's life," said Lieutenant Thompson, who has a wife and two children and said he can't imagine how he would feel if any of them were affected by a disease like leukemia.

"Military servicemembers are a natural resource for bone marrow registry because they already have that sense of duty and commitment to going the extra mile to help others," he said. Additionally, military personnel meet the National Bone Marrow Donor Program's strict health and age requirements "more than any other large organization," according to the C.W. Bill Young DoD Marrow Donor Center.

"Just knowing that someone's life was completely dependent on my donation was the reason I signed up to be a donor and why I will donate again if called upon," Ms. Calimpong said. "I [feel like] a changed person and a better person."

Donation booths will be set up at the Hickam Base Exchange and Commissary during the last week of May and first week of June. Squadron POCs are also needed to help spread the word. For more information, contact Lieutenant Thompson at 448-2930 or Tech. Sgt. Donald Shevlin at 448-2957 or visit www.dod-marrow.com.

Joint motorcycle ride, rodeo scheduled

15th Airlift Wing Safety Office

HICKAM AIR FORCE BASE — Calling all motorcycle riders! The 15th Airlift Wing Safety Office is scheduled to host a joint motorcycle ride and rodeo. The ride and rodeo will take place May 22. This event is an opportunity for all Department of Defense motorcycle riders and potential riders on Oahu to meet with fellow riders and share experiences. Although the goal of the event is to promote motorcycle safety, the safety office would like to build camaraderie between all motorcycle riders on the island.

The day will begin with separate rides starting at each of the services' bases. After riders complete predetermined routes, they will rally at Hickam Air Force Base. The motorcycle rodeo will begin once all riders arrive here. The day's events will end with a performance by two professional motorcycle stunt riders. There will also be motorcycle and food vendors at the event. All participants



U.S. Air Force photo by Senior Airman Carolyn Viss

Daniel Lingham, Jr., watches fellow rider Staff Sgt. Scott Yonushonis (reflected) mount his cruiser wearing proper personal protective equipment outside the 15th Airlift Wing safety office May 12. Both work in the safety office, which is scheduled to host a joint-service motorcycle ride and rodeo May 22. The purpose of the event is to promote motorcycle safety while building camaraderie among Department of Defense motorcycle riders and potential riders.

have the opportunity to win prizes donated from various vendors on the island.

Riders are encouraged to form their own riding groups of 10-15 and should contact their unit motorcycle monitors to coordinate their ride. Individual riders who are not a part of a riding group can meet at Hickam AFB at the Burger King parking lot at 7:45 the morning of the event to join with other riders.

Schedule of events:

- 7:45 a.m. - Motorcycle inspection and safety brief
- 8:30 a.m. - First bike out on safety ride
- 12:30 - Last bike arrives at Hickam AFB
- 1 p.m. - Motorcycle rodeo begins
- 3:30 p.m. - Stunt rider performance
- 4 p.m. - Closing comments

For more information, call the 15 AW Safety Office at 449-0749.

Medical specialists converge at Hickam AFB

13th AF PublicAffairs

HICKAM AIR FORCE BASE — Thirty-two critical care specialists from the United States, Australia and India trained on the movement of severely ill patients in the Pacific theater during a course here this week.

Thirteenth Air Force's Theater Patient Movement Requirements Center-Pacific, the aeromedical evacuation regulating organization for U.S. Pacific Command, hosted the Joint Medical Attendant Transport Team training course, which focused on

the aeromedical evacuation of critical care patients and equipment proficiency skills.

"This course is a great opportunity for our Air Force, Army and Navy medics to gain valuable training that will be needed to support on-going requirements in the PACOM area of responsibility," said Lt. Col. Dr. Lynda Vu, validating flight surgeon for TPMRC-P. "It will also give us the opportunity to collaborate and train alongside medical personnel from the Royal Australian and India Air Forces, who continue to

be valued partners."

There is a 5,300-nautical-mile distance in the theater between Okinawa, Japan and California, as well as limited divert options across the Pacific Ocean. Both of these factors pose challenges to the safe air transport of critically ill patients, said Colonel Vu.

"This course ensures our medical teams use the safest measures in transporting patients in the PACOM AOR," she said.

In addition to training U.S. Airmen, Soldiers and Sailors, six civilian members of Hawaii's Disaster

Medical Assistance Team, a physician and nurse from the Royal Australian Air Force, and a physician from the Indian Air Force will attend.

Colonel Vu said additional support for this course was provided by many agencies including active duty Air Force, Hawaii Air National Guard units, and civilian agencies.

Theater Patient Movement Requirements Center-Pacific hosted the inaugural Joint Medical Attendant Transport Team training course in September 2008 and plans

to host two sessions of the course annually in the future.

Three neonatal specialists from the 18th Medical Group, Kadena Air Base, Japan, will introduce a new neonatal intensive care transport teaching module to the course as well.

"This course is a success because of the joint efforts of personnel from multiple agencies," Colonel Vu said. "We would not be able to provide such a broad, high-quality experience for our participants without the help from our joint colleagues."

NEWS NOTES, From A1

15 at all Youth Programs facilities. Call 448-4396.

Youth soccer registration — The Hickam Youth Sports Program is now holding Soccer registration until 15 May at the Youth Sports & Fitness Center (Bldg #1399). Youth born between 1 Sept 1993 to 1 June 2004 are eligible to sign-up. Practices begin the first week of June. Season runs 11 July to 29 August. POC: BJ Bentley or Gavin Doi at 448-4492.

Ohana Aloha/Bus Tour — This is on 19 May, 0700-1230 (at the Makai Rec Ctr): This Newcomers' Orientation is for newly arrived AF members and their families. The Wing Commander welcomes families and various base agencies to take a tour of the island. Appropriate attire is uniform of the day. Register through your unit CSS or MPF.

Postponed 3rd annual awareness fun run — Due to the Armed Forces Kids Run on 16 May our Fun Run will have to be postponed to a later date. Thank you for those who have registered and we apologize for any inconvenience. If you have any questions please contact 1Lt Amber Park at DSN 449-6400/amber.park@hickam.af.mil or the SARC Office at 449-7272.

15 Airlift Wing Equal Opportunity Office — We are here to assist in the resolution of discrimination complaints based on race, color, religion, national origin and sex (to include sexual harassment). Please call 449-1701 for any questions or concerns.

CPR, First Aid and defibrillator training available — The Red Cross offers classes in lifesaving skills. Call the Red Cross at 449-0166.

Asian-Pacific Islander American Heritage honored

Great Grand Master Jhoon Rhee admires a Hawaiian warrior hand combat weapon made of koa wood during the Asian-Pacific Islander American Heritage Month luncheon here May 6. The weapon is lined with shark teeth and was a 'thank you' token for Master Rhee's performance at the heritage month event.

U.S. Air Force photo by Oscar Hernandez

