

Inside



■ Mike O'Donnell, played by Matthew Perry/Zac Efron, relives his senior year of high school in '17 Again' **B4**

Education

Force Development

Flight closure — The Force Development Flight (Education Office, Base Training & Military Testing) will be closed today, May 22 for PACAF Family Day and on Memorial Day, Monday, May 25. POC is Force Development Flight at 15mss.dpe@hickam.af.mil.

Education level in military records — Check your DVR in the AF Portal to confirm your education level is current. Enlisted members needing to have their education level updated should have an official college transcript sent from their college to 15 MSS/DPE, 900 Hangar Ave., Hickam AFB, HI 96853. Officers needing their education level updated should contact AFIT at afit.coding@afit.edu. Questions about your education level, visit Hangar 2, Room 103 or e-mail 15mss.dpe@hickam.af.mil.

Spouse Tuition Assistance Program (STAP) — Spouses of active duty Air Force members may be eligible for STAP funds to go to college. Applications will be accepted 25 May – 10 Jun 2009 for classes with a term start date in July 2009. Applications available in Hangar 2, Room 103 or online at www2.hickam.af.mil/units/15mssaaaff/index.asp under Air Force Aid Society. For additional information, contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

POST 9/11 GI BILL — Effective May 1st individuals can start submitting their applications for the Post 9/11 GI Bill. Applications and information are available on the VA's website www.gibill.va.gov. Submitted by Force Development Flight at 15mss.dpe@hickam.af.mil.

09E5 WAPS TESTING — Individuals testing for the 09E5 WAPs testing cycle (1 May-15 Jun 09) need to reference and understand the Individual Responsibilities outlined in AFI 36-2605, 1.19. Testing is conducted at 0730 or 1330 in Hangar 2, Room 278. Show times are 0715 or 1315 and the door will close precisely at 0730 or 1330. **NO ELECTRONIC EQUIPMENT** (phones, PDAs, electronic watches, etc.) are permitted in the testing room. You must be in Military Uniform of the day and have a valid Military ID card in your possession to test. POC: D.S. Myers at david.myers@hickam.af.mil or 449-6363 x252.

A strong hit of 'Mace'

by Hickam Kukini staff

HICKAM AIR FORCE BASE — Hickam Fitness Center's own Tina Mace won the Armed Forces Pacific women's bodybuilding contest recently held at Pearl Harbor. She is one of our personal trainers and also a group exercise instructor.

"I have been a certified personal trainer for nearly 10 years, but just recently decided to compete in a bodybuilding competition," she said. "A lot of friends and associates encouraged me to give it a try and I couldn't pass up the opportunity!"

"I had a great time competing this year and I hope to win the European Armed Forces Championships later this fall," she shared.

She has been involved in some aspect of fitness since she was 15 years old. "Over the past ten years I have shifted my focus more towards weight training because I found it really sculpted my body in a positive way."

"When I was active duty, I relied on cardio and calisthenics to keep in shape. After switching careers and then having my daughter, I found that I needed to adjust my workout plan to achieve the same level of fitness. I

began adding more weights into my routine and then picked up Olympic lifting. Aside from the multitude of health benefits achieved through strength training, I also enjoy the feeling of strength and mental focus the sport provides."

She recommends that everyone incorporate some aspect of weight training into their routine. "I can't stress the value of a personal trainer enough, though. I see people in the gym throwing their body into contorted positions and it makes me cringe. You have to do the exercises correctly in order to reap the rewards."

Also, one must remain dedicated to their fitness goals. "Many people make fitness resolutions in January and fizzle out a few months later. That is why May is National Fitness Month and Hickam Fitness Center has so many great activities and classes going on that everyone is sure to find something they enjoy doing."

Visit the Fitness Center to learn more about the programs and meet personal trainers or call 448-2214. Click the link at hickamservices.com and learn more about the center and the upcoming bench press contest on May 30.

Courtesy photo

Hickam Fitness Center's own Tina Mace won the Armed Forces Pacific women's bodybuilding contest held at Pearl Harbor. She recommends that everyone add weight training to their fitness routine.



WARRIOR of the week

by Chris Aguinaldo
Hickam Kukini editor

HICKAM AIR FORCE BASE — For helping teach Airmen about Survival, Evasion, Resistance and Escape, Team Hickam declares Tech. Sgt. Sherwood Brown as our Warrior of the Week!

Originally from Illinois City, Ill., the NCOIC of SERE has been in the service for 14 years, with the last year and half here. "I love being a SERE specialist," he said, noting that being at the Pearl of the Pacific allows water survival training "year round in the ocean."

Said his commander, Lt. Col. Keith C. Parnell, 15th Operations Support Squadron, "Technical Sergeant Brown lives and breathes SERE. His devotion to the Air Force and the survival community is reflected in the quality training



U.S. Air Force photo/Tech. Sgt. Cohen A. Young

Tech. Sgt. Sherwood Brown, right, monitors the progression of Capt. George Adams, a C-17 pilot with the 535th Airlift Squadron, as he attempts to inflate his one-man life raft during refresher water survival training last month in the waters adjacent to Hickam Air Force Base. Sergeant Brown is an Air Force survival, evasion, resistance and escape specialist assigned to the 15th Operations Support Squadron at Hickam.

he provides here at Hickam." He also gives this friendly warning: "Beware if you have to take one of his courses — water

survival, escape/evasion training or parachute refresher. Plan on getting wet, muddy and exhausted."

"His efforts always go above and beyond and have impacted aircrew training across the entire Pacific Area of Responsibility," Lt. Col. Parnell added.

Taking care of one another is important to Tech. Sgt. Brown, in and out the water. In fact, he suggests that the "the base could dedicate itself to raising funds or supplies for one cause each quarter." "Pick an orphanage — the one in Djibouti comes to mind — but any of them could use the help. Imagine if all the Squadron booster clubs gave 5 percent of their earnings to help. That may mean a few less door prizes at the Christmas party — no one would miss that. However, those kids would feel a very real impact if we shipped jeans or shoes with that money instead."

He would like to continue as a SERE specialist and expressed an interest in being stationed at "Edwards AFB to run the test parachuting program."

But, for the time being, he really appreciates being in the Aloha State. "My family enjoys kayaking almost every weekend."



Photo courtesy of 15th Services Squadron

Get good and soaked tomorrow!

Join 15AW Services on Saturday, May 23 for the Beach Bum Parade and soak the 15AW Commander, the Parade's Grand Marshall, and other floats. See page 2 for more information about the fun day at Hickam AFB.

Inside SERVICES

Today is Family Day

Both the Officers Club and the Enlisted Club will be closed for lunch today in observance of PACAF Family Day. J.R. Rockers will open at 4:30 p.m. The O'Club will re-open at 4:30 p.m. for Pau Hana. Wright Brothers will be open normal hours. The Fitness & Sports Center will be open Holiday Hours, from 7 a.m. to 7 p.m.

Airman's Friday Night Bash

Kick off the Memorial Weekend with free food, live music, belly dancers, free gifts, a magic show, makeovers and a video game contest at tonight's E1 - E4 Friday Night Bash beginning at 6 p.m. in the Makai Recreational Center. For more information, call Angela Villanueva at 449-3354.

UFC 98 at the Enlisted Club

Ultimate Fight Championship featuring Evans vs. Machida will be aired at the Enlisted Club tomorrow at 4 p.m. with doors opening at 3 p.m. The event is free for Club members and \$10 for non-members. Call the Enlisted Club at 448-2271 for more information.

Beach Bum Parade & Splashtacular

Don't miss this awesome, wet, fun Memorial Day

weekend starting with the Beach Bum parade tomorrow at 3 p.m. The parade starts at Bishop Point Pier and continues to Hickam Harbor. Water balloons and hoses will be provided for maximum wetness. Bring your water guns and spray those floats. Free food and music will be provided at Foster Point at approximately 4 p.m. There will be a free movie playing on a large outdoor movie screen. The weekend festivities continue with "Splashtacular" on Sunday, May 24, starting at 11 a.m. at Hickam Beach. There will be unlimited use of Outdoor Recreation's giant inflatables, giant waterslide, banana boat rides, kayaking, windsurfing, sailing, motorboat rides and more for only \$5 per person all day. Call Outdoor Recreation at 449-5215 for details or visit www.hickam-services.com.

Free Aerobathon & Spinathon events

The Hickam Fitness & Sports Center continues its May Fitness Month celebration with an Aerobathon and Spinathon on Monday, May 25 from 8 to 11 a.m. The Aerobathon will be conducted at the Fitness & Sports Center with kickboxing, Zumba, step, body, pump and Piyo offered. The Spinathon will be held at the Spinning Center. These events are free and are conducted simultaneously. First come, first serve. For details, call 448-2214.

Bench Press Contest at the Hickam Fitness & Sports Center

Test your strength at the "May is Fitness Month Bench Press Contest" on Saturday, May 30 starting at 9 a.m. Both men's and women's divisions will be competing for awards at the Fitness & Sports Center. The entry fee is \$15 per person. Entry forms are available at the Customer Service counter and will be accepted until and including the day of the contest. The Bench Press Contest is sponsored in part by the United First Financial and Big City Diner. For more information, call 448-2214.

Tops in Blue needs help

Armed Forces Entertainment is looking for a trumpet player and drivers for the Tops in Blue premier entertainment group. For more information, contact Terri Smith at 487-6566.

The Hickam YP Teen Center has moved

The Hickam Youth Program Teen Center has moved to Bldg. 1335B. The Teen Center phone line, 448-2296, is in the process of being transferred. In the interim, customers may call the School Age Program at 448-4396 to reach the Teen Center. Your patience is greatly appreciated.

Memorial Day Pre-Holiday Celebration at J.R. Rockers

Enjoy three rooms of Rap, House and Ol' Skool on Sunday, May 24 from 9 p.m. to 2 a.m. Dress to impress. Admission is free for Club

members and \$7 for non-members. For information, call 448-2271, Ext. 226.

Memorial Day Closures and Holiday Hours

In observance of Memorial Day on Monday, May 25, the following facilities will be closed: The Enlisted Club, the Officers Club, Information, Tickets & Travel, Youth Programs, Makai Recreation Center and the Veterinary Clinic. The Auto Hobby Center will be closed on May 24 and 25. The Bowling Center will be open from noon to 9 p.m. Wright Brothers will be open from 6:30 to 10:30 a.m.

The Fitness & Sports Center will be open from 7 a.m. to 7 p.m.

Spear Fishing 101 & 102

Start with the basics in Spear Fishing 101 in Pool #2, Saturday, May 30, from 9 a.m. to 12 p.m. Bring mask, fins and snorkel, water, sunscreen and a towel. If you don't own snorkel gear, Hickam Outdoor Recreation Equipment Issue has it available for rent. The class is limited to 3-10 people. The cost is \$35 per person. Register by May 27. After completing Spear Fishing 101, the hunt is on as you try out newly learned skills in Spear Fishing 102, on Sunday, May 31, from 9 a.m. to 12 p.m. Bring your dive suit, spear fishing equipment, water, sunscreen and a towel. The \$35 tuition includes two guides and boat transportation. Completion of the Spear Fishing 101 course is required. Register by May 27. For more information, call Outdoor Recreation at 449-5215.

15 Services and the Friends of Hickam present

Beach Bum Parade

Saturday, May 23
3-4 p.m.
Hickam Harbor

Bring your water guns and spray those floats. Water balloons and hoses will be provided.

Free Food, 4-7 p.m. at Foster Point by Friends of Hickam

\$10 Overnight Camping available

Free Movie on the beach starts at 7 p.m.

Splashtacular

Sunday, May 24
11 a.m.-4 p.m.
Hickam Beach

\$5 entry fee includes access to giant inflatables, water slides, kayaking, sailing, motorboat rides, Banana boat rides, windsurfing & more!

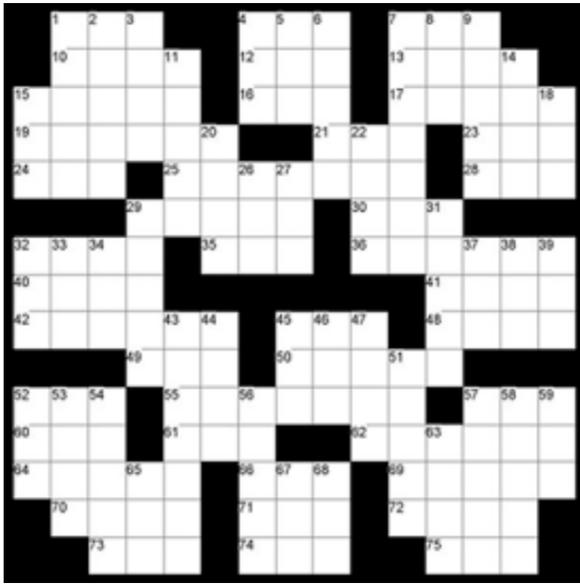
HICKAM AFB SERVICES
CAMPUS RECREATION & COMMUNITY SERVICES

For information, call 449-5215.

Sponsored in part by: GEICO

No Federal endorsement of sponsors intended.

Crossword Puzzle: Remembrance



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Ponch and John's org.
- 4. Compute
- 7. Mock
- 10. Tarragon or oregano
- 12. Fib
- 13. Represent
- 15. Pay respect on Memorial Day to 18, 36, 42 and 55
- 16. USAF MAJCOM
- 17. African country
- 19. One exalted on Memorial Day
- 21. Dined
- 23. Period
- 24. Attempt
- 25. Horseback riding needs
- 28. Fracas
- 29. Cook-off competition
- 30. Chest bone
- 32. At rest
- 35. Fall behind
- 36. One exalted on Memorial Day

- 40. Touch
- 41. Cosmetics company
- 42. One exalted on Memorial Day
- 45. Zest
- 48. Peddle goods
- 49. Japanese sash
- 50. Girl in Wonderland
- 52. CBS hit show
- 55. One exalted on Memorial Day
- 57. North Texas school, in brief
- 60. Solar system center
- 61. Greek letter
- 62. Type of action
- 64. Hardwood
- 66. Friend
- 69. North Texas town
- 70. Ukraine capital
- 71. Take to court
- 72. Song played to remember 19, 36, 42, 55 ACROSS's sacrifice
- 73. Pub order
- 74. ___ out a living
- 75. Federal org. managing federal property, records, construction, etc.

DOWN

- 1. Singing group
- 2. ___ VIII
- 3. High school dance
- 4. Pie ___ mode
- 5. Faint
- 6. Car sticker
- 7. Memory problem
- 8. Architect I.M. ___
- 9. Gung ho
- 11. Overconfident
- 14. Fiddling ruler
- 15. Head cover
- 18. Uncooked
- 20. Building need
- 22. Span of time
- 26. Combat support org. providing supplies to US Armed Forces
- 27. Shovel dirt
- 29. Stringed instrument
- 31. What 19, 36, 42, 55 ACROSS were
- 32. No __, ands, or buts
- 33. Federal org. concerned with drug trafficking
- 34. Hawaiian wreath
- 37. ___ Got a Secret
- 38. Toxic and exempt prefix
- 39. Terminate
- 43. Watch
- 44. Mob scene
- 45. Bachelor's place
- 46. Inventor Whitney
- 47. Dock
- 51. Slithered
- 52. 68 Down's org.
- 53. Brood
- 54. World's largest democracy by population
- 56. Run out
- 57. Hits
- 58. Smart people group
- 59. Danger after air attack, in brief
- 63. Item placed to remember 19, 36, 42, 55 ACROSS's sacrifice
- 65. Snake-like fish
- 67. Waterfowl
- 68. Grant's opponent

See **SOLUTIONS, B5**

SUDOKU

For solution, see SUDOKU, B5

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

Team Hickam History

The Air Force's most historic airfield

May 22, 1951 — Paving is completed on a project for widening of Hickam's Taxiway "Charlie," and the combined Hickam-Honolulu Airport runway was formally opened to traffic. Runway 8-26 then became the longest airstrip (13,100 feet) in the Hawaiian Islands.

May 24, 2002 — The 15th AW unveils the dramatic statue "Kalani I Ka Lewa," depicting a young Ali'i (chief) releasing an eagle into the heavens.

According to the artist, Viliami Toluta'u (of Tonga), the statue symbolized the potential of children to soar high in life with education as their wings. Fittingly, the statue was placed in front of Hickam Elementary School.

May 27, 1954 — Operations started in the new Hickam Control Tower, with the old tower converted for use by Military Air Transport Service (MATs) operations, base defense facilities, Base Command Post and others.

The new tower was constructed in 1953; however, air conditioning and operational equipment were not completely installed until April 1954.

May 28, 1969 — Col.

Frank Borman, Apollo 8 command pilot, returns to Hickam for a ceremony dedicating a plaque located where he and his crew first stepped onto American soil following their historic moon-circling flight in December 1968.



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.jennyspouse.com

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

17 AGAIN

Class of 1989, Mike O'Donnell is a star on his high school basketball court with a college scout in the stands and a bright future in his grasp. But instead, he decided to share his life with his girlfriend Scarlett and the baby he just learned they are expecting.

Twenty years later, Mike is given another chance when he is miraculously transformed back to the age of 17. Unfortunately, Mike may look 17 again, but his thirty-something outlook is total uncool to the class of 2009. And in trying to recapture his best years, Mike could lose the best things that ever happened to him.

Starring Matthew Perry and Zac Efron.

Rated PG13 (sexual material, language, teen partying) 102 min.

Tonight, 8:30 p.m.; Sunday, 4 p.m.; Thursday, 7 p.m.



DRAGONBALL: EVOLUTION

Goku's quest begins innocently in the backyard of his grandfather's home where Gohan is training the young man in some exotic martial arts moves. On Goku's 18th birthday, Gohan gives him a small round Dragonball with four stars floating inside the ball. There are only six others like it in the world. The holder with all seven Dragonballs will be granted one perfect wish. In the quest to find out about his past and his connection to the Dragonball, Gohan promises to reveal all to Goku at his birthday dinner. When Goku skips out to attend a party he finds himself facing the deadliest enemies on Earth.

Starring Justin Chatwin and Yun-Fat Chow.

Rated PG (intense sequences of action/violence, brief mild language) 85 min.

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





Exercise: Planks
Muscles Worked: Shoulder stability and Core



Planks are a great way to help increase strength in the chest and triceps muscles. They're also a great way to improve push-ups.

For beginners, Start off with your elbows on the ground. Place the elbows directly under the shoulder and keep the back and neck in neutral alignment. You can have your feet together or slightly apart for more balance and added stability.

Keep your abs contracted throughout the movement. For advanced planks, simply place the hands directly under the shoulders and keep the arms extended. Remember to keep the back and neck neutral and abs contracted. Start with 15 seconds and increase up to a minute.



Model: Sabrina Pulliam
 Photos and Instructions: A1C Katrina Plank, Asst. Fitness Coordinator and Certified personal trainer

TRICARE enhances Web offerings

By Tyler Patterson
 TriWest Healthcare Alliance

Today's net-savvy TRICARE beneficiaries use the Internet to manage their health care more than ever, but it doesn't take a computer wiz to navigate the convenient features on www.triwest.com.

And the best part is that users get to pick the time and place that's convenient.

Here are just a few of the tools available online to make managing your health care even easier:

Online Account Registration

West Region beneficiaries who register for a secure www.triwest.com account can update other health insurance information, access copies of claims explanations of benefits (EOB)—especially helpful during tax season — change address information and more.

Visit the Web site www.triwest.com/beneficiary and click the "Register Today" button to get started. TriWest does not share your information with outside parties.

Appointment Reporting

Once registered at www.triwest.com, beneficiaries can report their specialty care appointment dates online. Previously, a beneficiary had to call TriWest to report this information. Now they can simply log in, access their authorization and referral information and enter their appointment date in just a few easy steps.

QuickAlert

Registered www.triwest.com users enjoy another perk: QuickAlert, TriWest's notification system for authorizations, referrals and EOBs. QuickAlert can be set to alert you by e-mail or phone when an authorization or referral has been processed for your account. You'll still receive notification by mail in approximately one week, but you can save time and schedule specialty care sooner with QuickAlert.

ePay

Beneficiaries can automate their TRICARE Prime enrollment fee payments with TriWest's ePay. Sign up at www.triwest.com/epay

today, choose a payment method (allotment, electronic funds transfer or credit card) and never worry about late payments again.

'TRICARE 2 You' Online Library

The "TRICARE 2 You" Online Library hosts TriWest's all-new streaming TRICARE benefit videos, current and archived articles from the "TRICARE 2 You eNewsletter" and a slew of links and resources to help answer your frequently asked TRICARE questions. Visit it today at www.triwest.com/t2u.

Healing 2gether Online

"Healing 2gether Online" (H2O) is TriWest's comprehensive online resource for wounded, ill or severely injured service members and their families and caregivers. Find information and resources to help you use your benefits at www.triwest.com/h2o.

Start saving time by managing your health care online; register at www.triwest.com/beneficiary today and see just how easy, secure and convenient it can be.

SOLUTIONS, From B3 — **SUDOKU, From B3**



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