

OPERATION 'HELE ON'

provides military families with an interactive pre-deployment experience

Story and photos by DC Smith

Navy Region Hawaii, Public Affairs

On March 23, Operation "Hele On" was conducted in building 2115, Mobility Complex on Joint Base Pearl Harbor-Hickam (JBPHH). "Hele On," translated from Hawaiian, means "ready go" and is a mock deployment for Navy and Air Force members, coordinated through JBPHH Warfighter and Family Services.

Families experience firsthand what their Sailor/Airman parent may go through as they prepare to be an individual augmentee (IA) or Air Force deployed, said Mark Blice-Baum, work/life specialist with JBPHH, WFS. "They experienced a 'family friendly' pre-deployment brief, deployment line, mobility supply (try on gear that their loved ones are required to take with them on deployment), and presentation with emergency management personal protective gear," he explained.

For this month's event, 42 families registered, totaling 132 participants. "Scenarios used included characters that the children can relate to and each briefing will be geared to their level of understanding," Blice-Baum remarked. After the families signed in and received dinner rations (to-go boxed meals) followed by a commander brief with opening remarks given by Lt. Col. Chad Raduege, 647th

Air Base Group deputy commander, Operation Hele On was officially underway.

During the commander's brief and additional information provided from assisting volunteers, Staff Sgt. Michelle L. Looney and Airman First Class Latrice Mosley, 647th Logistics Readiness Squadron (LRS), Contingency Plans, families were briefed on the importance and completion of the out-processing checklist and order of events to follow.

Looney explained that the checklist consisted of a series of representatives from Warfighter and Family Services, legal, sexual assault response coordinator (SARC), chaplain, finance, public health, intel and installation personal readiness (IPR).

It was noted that the purpose of the briefings is to ensure members are properly out-processed from their home base and properly prepared to in-process at their forward (deployed) location.

Maximus Ikehara, age 5 talked about the experience, "I think it's fun," he said as his sister Mei-Li, age 7, stood by his side. Both are the children of Maj. Thomas Ikehara, 25th Air Support Operations Squadron (ASOS), and they wore large smiles and military uniforms from their dad's closet.

Andrew Ulmer, age 9, put his experience into one word, "Awesome!" Andrew is the son of Maj. Philip Ulmer, Joint POW/MIA Accounting Command (JPAC).

During the emergency management portion of the briefings, Senior Airman Philip Turner, 647 Civil Engineering Squadron, demonstrated the donning of and proper use of personal protective gear designed to keep the wearer safe from contaminants.

Turner mentioned that the chemical, biological, radiation, nuclear, explosive (CBRNE) gear, formally known as mission oriented protective posture or MOPP gear, saves lives and is extremely important for the deployed member to wear properly and safely. He also said he volunteered to demonstrate the gear to the families because he wanted to "teach kids what mom and dad uses when deployed to protect them."

During the demonstrations provided to the families, 24 volunteers from a variety of organizations served as photographers, registrars, family escorts, set-up and clean-up crews. "Each month WFS provides a monthly event for families

of deployed/remote/frequently TDY Airmen/AI Sailors that includes a meal and activities," said Blice-Baum. He said that during the monthly event, "the families receive encouraging words from the 647th ABG commander and other joint base leadership and have a chance to support each other during their loved ones' deployments."

As Operation "Hele On" came to a close, family members of Master Sgt. Daniel Williams, 15th Wing flight safety, summed up the experience. His daughter, Katlyn Shelby, age 16, said, "I'm

pretty close to my dad, so to see what he does before he deploys is pretty interesting." His wife Jennifer stated, "I like the new gas mask as opposed to 20 years ago in Desert Storm."

The Warfighter and Family Services office provides support services to Navy and Air Force personnel. The office is located at 655 Vickers Ave., building 1105 across the street from Pacific Air Forces (PACAF) on the Hickam side of JBPHH. Additional information can be found at www.greatlifehawaii.com.



(Above) Staff Sgt. Nicholas Madsen, 96th Air Refueling Squadron (ARS), provides ready-to-go meals to Erin Grigg and her daughters, Emmaleigh and Lorelei, family members of Staff Sgt. Neil Grigg, 13th Air Force Intelligence (intel), before the start of Operation "Hele On" at the Mobility Complex at Joint Base Pearl Harbor-Hickam.



(Above) Tech Sgt. Sameka Owens, 561st Network Operations Squadron, Det. 1, provides in-processing instructions and information to Jennifer Castro, wife of Senior Airman Ender Castro, of 647th Security Forces Squadron, at the in-processing counter.



Senior Airman Philip Turner, 647th Civil Engineering Squadron, demonstrates the proper procedure used to drink water while wearing full personal protective gear and wearing an issued gas mask from the emergency management team.

Senior Airman Blair L. Johnson, 647th Logistics Readiness Squadron (LRS), demonstrates the proper wear of personal protective gear to Katlyn Shelby Williams, daughter of Master Sgt. Daniel Williams, of 15th Wing flight safety during Operation "Hele On" held March 23 at the mobility complex on Joint Base Pearl Harbor-Hickam.

Defending champs SDVT-1 sneak past 747 CS

Story and photo by Randy Dela Cruz

Sports Editor

Navy Diver 3rd Class Robert Kreyenhagen booted in two goals, including the game winner, to lead last year's Navy intramural soccer champions SEAL (sea, air, land) Delivery Vehicle Team-One (SDVT-1) to a 3-2 win over the 747th Communication Squadron (747 CS) in an Intramural Soccer League Gold Division game at Ward Field, Joint Base Pearl Harbor-Hickam, on March 26.

The victory improved the SEAL's divisional record to 2-0, while the 747 CS saw its mark drop to 0-3.

Kreyenhagen, who is in his second season as a member of the SDVT-1 team, scored his first

goal on a kick near the box, before sealing the win with a kick to the back of the net midway through the second half.

"The first goal was just hustling. I got a good pass and scored," Kreyenhagen said. "The second one, the goalie just kicked it out. I used my speed and got in there."

Although the 747 CS entered the matchup without a win, the team seemed to rise to the occasion and proved to be a tough opponent against the defending champs.

Following

Kreyenhagen's first goal, the 747 CS came back and tied the score on a kick from the left wing by military family member Kenneth Baker.

Striker Master-At-Arms 2nd Class Ray Stosser put SDVT-1 back out in front on a breakaway goal down the middle of the field, but the 747 CS knotted up the score once again when Capt. Chris Peterson kicked in a goal to make it 2-2.

However, things dried up for the 747 CS in the second half, as SDVT-1 stepped up its defensive pressure and quickly put a cap on its opponent.

While the 747 CS was able to place five kicks on goal in the first half, the team's attack was effectively shut out by the SEAL's relentless defensive charge.

"The momentum definitely

swayed toward the end," Peterson admitted. "They had the size advantage and their cardio was pretty good as well. They definitely pushed and attacked the ball better than we could."

The SEAL's aggressive pursuit of the ball finally paid off in the middle of the second half, as the team consistently placed itself deep into enemy territory.

As Kreyenhagen positioned himself near the front of the box, a 747 CS defensive player knocked him off his feet, but the SDVT-1 striker still managed to get enough of the ball to kick in the winning score.

Despite falling to its third defeat of the young season, Peterson said he believes that the

747 CS is on its way to putting things together.

The defense, led by sweeper Capt. Justin Butler, held up well under the constant pressure of SDVT-1 shooters, said Peterson, and the team's offense should improve with more practice.

"This was the first time that a lot of us have played together," Peterson pointed out. "So it's good for us to get out there and play even. It's just a matter of time before we get the ball in the goal."

Like the 747 CS, Kreyenhagen admitted that SDVT-1 is also making adjustments as the season progresses.

Still, Kreyenhagen said he is certain that the team has what it takes to compete for the overall title.

"We got a lot of

new guys," Kreyenhagen stated. "We got a good group of dudes and once we start playing together, we'll be fine."

Navy Diver 2nd Class Ryan Jones, who was also a member of last year's title team, agreed with Kreyenhagen and added that since it's his final year on the squad, he would like nothing better than to go out with another championship.

Jones said that even though he is unfamiliar with many of his teammates, he has no doubt about the squad's potential or how to fulfill it.

"We're going to start practicing in the morning on

Tuesdays and Thursdays and work on passing," Jones acknowledged. "Once we get that down, we'll come together."



Capt. Justin Butler of the 747th Communication Squadron (747 CS) heads the ball away from Navy Diver 2nd Class Ryan Jones of SEAL Delivery Vehicle Team-One (SDVT-1) during an Intramural Soccer League Gold Division game at Ward Field, Joint Base Pearl Harbor-Hickam, on March 26. The SEAL team defeated 747 CS, 3-2, to up its league record to 2-0.

Defense helps NIOC-Hawaii dominate Chafee

Story and photo by Randy Dela Cruz

Sports Editor

Navy Information Operations Command (NIOC) Hawaii used the strength of its stifling pressure defense to earn a commanding 4-0 victory over U S S Chafee (DDG 90) in a

Intramural Soccer League Blue Division matchup at Hickam Football/Soccer Field, joint base Pearl Harbor-Hickam on March 26.

NIOC, which got off to a 7-0 start last year against Navy competition, evened out its record in this season's inaugural Joint Base league to 1-1-1, while the Chafee suffered its second defeat out of three games.

Against Chafee, NIOC quickly got on the scoreboard on four goals in the first half, and then let its defense do the talking as the team manhandled Chafee's every move on offense.

Information Systems Technician 3rd Class Jared Danowit got NIOC its first score on a breakaway from the left wing within the first few minutes of play.

Danowit sandwiched a goal by teammate Coast Guard Intelligence Specialist 3rd Class Jacob Totri with his second tally of the game, before Marine Cpl. Jonathan Real closed out the scoring for NIOC with a goal prior to halftime.

"We just possessed the ball and worked together as a team," said Danowit about the

team's outburst on offense in the first half. "Basically, we just made a run and everyone was where they should have been."

While NIOC seemed to pull in the reins on offense in the second half, the team's defense continued to dominate Chafee—especially with its excellent play near the middle of the field.

In stopping Chafee's attack, Danowit explained that he and his teammates tried to keep it simple and directed traffic to the heart of their defense.

"We have a setup scheme of two strong sweepers," Danowit said. "And our midfielders are really strong."

Department of Defense (DoD) civilian Phil Perez of NIOC agreed with Danowit and added that the team's defense gained full control after the players saw that they could consistently get to the ball first.

"First we tried to keep the ball away from them and limit their speed," Perez noted. "Once we realized that we could outmuscle them for the ball we just kind of controlled the ball, in the middle of the field rather than give them a chance of setting up anything offensively."

Perez also said that having a full roster of players contributed heavily to the success of the team's defense.

Even though substitutions appeared to bog down NIOC's offense, the steady rotation of fresh players helped keep the pressure on Chafee.

"We had a good turnout today, so we were able to utilize our numbers," Perez said. "We put people at different positions (in the second half) that they usually don't play just to give them some practice."

Following NIOC's outstanding performance against

about the game." Although the pieces seem to be falling in place for NIOC, Perez said that he was initially concerned about seeing so many new faces on the team.

However, he soon learned a little more about the squad's latest additions.

"At first it looked

like we weren't going to have a good team because we lost a lot of guys from last year," he said. "When we sent out the e-mail, we noticed that many of the guys that wanted to sign up were former division I players."

"If we keep practicing and working as a team, then I think we'll easily make it to the playoffs and set our name out there as one of the teams to beat," Perez said.



Navy Information Operations Command (NIOC) Hawaii striker Information Systems Technician 3rd Class Jared Danowit gets ready to kick in his first of two goals during an Intramural Soccer League Blue Division versus USS Chafee (DDG 90) at Hickam Football/Soccer Field, Joint Base Pearl Harbor-Hickam on March

Players from 3-Peat reflect on hoops title season

Story and photo by
Randy Dela Cruz

Sports Editor

One day after the 3-Peat basketball squad captured its third consecutive intramural basketball championship, several members of the team returned to the scene of the two-day long final tournament to receive their trophies at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 28.

The team competed in previous years as Naval Station Pearl Harbor (NAVSTA), but changed to 3-Peat to reflect the combined Air Force and naval base.

In the 16-team playoff that was held March 26-27, 3-Peat advanced to the final four after dispatching the 15th Operations Group Intelligence (15 OGI) in the first round on Saturday, before beating second-round opponent 324th Intelligence Squadron (324 IS) in the first of three games on Sunday.

The win over the 324 IS set-up 3-Peat in a much-anticipated showdown against Hickam Monday-Wednesday Division kinglypin, Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), in the semifinals.

However, the expected ruckus between the two top guns never materialized, as PACOM/JIOC was stung with a huge setback when 6-foot-7-inch center Lt. Adam Hudson was ejected in the first half after being slapped with two technical fouls.

Left with no one to battle against 3-Peat's dominating front line, the two-time defending champs trounced PACOM/JIOC, 51-34, to earn a final meeting with longtime Navy rival USS



Seven members of the 3-Peat basketball team ventured back to Bloch Arena to receive their trophies one day after beating USS Lake Erie (CG 70), 44-33, to earn the team's third intramural hoops championship in three years. Members are, (standing from left), Cryptologic Technician (Interpretive) 1st Class Ty Moore, Personnel Specialist 3rd Class Aaron Jackson, Logistics Specialist 2nd Class Trae Caple, Master-at-Arms Seaman Brandon Thomason, Logistics Specialist 2nd Class Eric Cotton, Chief Electrician's Mate Troy McCloud and Aviation Structural Mechanic 3rd Class Roshawn Thomas.

Lake Erie (CG 70).

Although 3-Peat had to go into overtime to beat Lake Erie in last season's Navy intramural title game, the team experienced no such difficulty this time around, as the former NAVSTA squad earned a double-digit, 44-33, win to capture the first ever joint-base intramural hoop championship.

Chief Electrician's Mate

Troy McCloud, who was a member of 3-Peat's amazing three-title seasons, said that this year's team entered the playoffs focused and ready to win.

After avenging the team's first loss in three years by blazing past National Security Agency Hawaii (NSAH) in the final game of the regular season, McCloud said that 3-Peat used the

momentum to race through the postseason.

"It (win over NSAH) was good because the chemistry and rotation was coming together," he said. "Everyone had felt each other out, all the adjustments had been made, so the playoffs was the easiest time. Everyone knew their role. We just needed to execute."

In reflecting upon the

team's three title trophies, McCloud noted that this one was especially sweet.

"This one was huge," he claimed. "We had almost a whole new lineup, there was more teams to deal with, it's the first championship with a combined base, so this is the most justifying one."

Point guard Personnel Specialist 3rd Class Aaron Jackson returned to 3-Peat

only a couple of games before the end of the regular season, but made an easy transition that seemed to fortify the team's awesome attack.

Also a three-year member of the squad, Jackson said that he knew there was something special about this year's team the moment he rejoined the group.

"Last year, we had to work a lot harder. It was more of a struggle," he pointed out. "This year's team is more comparable to our first (title) team, but it's more of a complete team. This team, we had guys working inside, we had shooters, we had guys that played good defense, so this one, as a whole, was probably the best one."

One major addition to the squad this season was provided by Logistics Specialist 2nd Class Eric Cotton, whose inside and outside play for 3-Peat was one of the top reasons for the team's dominating year.

Although Cotton admitted that he had to learn how to fit into the team's attack, he had no doubt about how the season would end.

"Everything turned out how I thought it would be," he stated.

While Cotton and Jackson said that they'll be back to help 3-Peat try for a fourth title in a row, McCloud wasn't so certain about lacing up his shoes for one more season.

One person who won't be back is 3-Peat two-year shooting guard Master-at-Arms Seaman Brandon Thomason, who is moving on to another command.

Thomason said that with so much at stake, there was no way that he was leaving 3-Peat as a runner-up.

"There was no mercy. That was our motto," Thomason said. "Leave everything on the floor and take no prisoners."

'Hoppy' times abound in April with Easter events for all

Don Robbins

Assistant Editor

It's time to start hopping into the spirit and mark your calendar with the many upcoming Easter and spring-themed events sponsored by Morale, Welfare and Recreation (MWR).

A free Easter egg coloring contest for children ages 3 to 12 is happening from now through April 22 at the Makai Recreation Center. Youth can stop by the front desk to pick up an Easter egg coloring page. Pages are due no later than April 22. Pages turned in on time will be entered to win a full Easter basket. For more information, call 449-3354.

Join a free 5K Bunny Hop Run/Walk at 8 a.m. April 16 at Hickam Fitness Center. The event is open to all authorized users of the fitness center. For more information, call 448-2214.

A free adult Easter egg hunt with an opportunity to win prizes will be held at 6 p.m. April 21 at Beeman Center. If participants need a ride to Beeman, they can catch the shuttle from Airman Center at 5:15 p.m. and from Instant Liberty at 5:30 p.m. This event is open to single service members only. For more information, call: 473-2583.

Head over to the Hickam Library from 10 a.m. to 6 p.m. April 22 for a free Earth Day event to learn ways to take care of the planet. The activities will include an opportunity to make an Easter ornament using recycled materials. For more information, call 449-8299.

A free Easter egg drop contest will be held at 5 p.m. April 22 at the Hickam Teen Center for young people ages 10 to 18. Design a device using paper, string, bubble wrap and Styrofoam that can hold an egg and be dropped from a great distance without breaking the egg.

Prizes will be awarded for most intricate design, egg survival, worst explosion and more. Contraptions can be put together on-site from April 18-21. For more information, call 448-2296.

The free 22nd Annual Easter egg hunt will be held from 1 to 2:30 p.m. April 23, behind the School-Age Care Programs Office, Hickam Bldg. 1335. Bring your own basket for the hunt. Start times depend on age group. Take a photo with the Easter Bunny. For more information, call 448-4396.

Springfest will also be held on April 23, from 4 to 7 p.m. The free Springfest will be held at Ward Field. Bring the whole family to celebrate the Month of the Military Child. Bounce houses and a climbing wall, crafts, games and petting zoo, face painting and photo opportunities, stilt walkers and roving magicians, Earth Day exhibits and the all-new Taste of Joint Base Pearl

Harbor-Hickam (JBPHH) will include free samplings of chef specialties from base restaurants. FMI: www.greatlifeohawaii.com.

An Easter Sunday Champagne will be held April 24 with seating at 10 a.m. and 12:30 p.m. at the Tradewinds Enlisted Club. Cost is \$28.95 for adults, \$14.50 for children ages 7 to 12, and \$7.25 for children ages 4 to 6. The brunch is free for children ages 3 and younger. There is a \$2 Members First discount. Celebrate the holiday with a springtime brunch, with champagne. Reservations will be accepted beginning April 4. All ranks are welcome. For more information, call 448-2271.

An Easter Brunch Buffet will be held on April 24 at the Officers' Club. There will be 10 a.m. and 1 p.m. lanai seating, and 10:30 a.m. and 1:30 p.m. dining room seating. The cost is \$28.95 for adults, and \$14.50 for children ages 7 to 12, and \$7.25 for children ages 4 to 6. The

brunch is free for children ages 3 and younger. There is a \$2 Members First discount. Choose from a selection of dishes, including carved steamship round, baked ham, leg of lamb, mahi mahi florentine, hoisings-glazed chicken, Belgian waffles, eggs benedict, plus traditional accompaniments, assorted salads, and a made-to-order omelet bar and dessert bar. All ranks are welcome. Reservations and For more information, call 448-4608.

Treat yourself to a 90-minute Easter massage special one week only from April 24 to 30 at the Hickam Fitness Center. Cost is \$65 per person for 90 minutes. Massage must be purchased and used during the week. To book appointment and For more information: 448-2214.

A free preschool story time will be held from 9 to 10 a.m. on April 27 at the Hickam Library. The theme will be "Easter bunny." For more information: 449-8299.

Has your dental cleaning experience changed?

Khara Maciel

Registered Dental Hygienist, 15th Aeromedical Squadron/15th Dental Flight

As research and scientific advancements are made, new treatment guidelines are created. Gone are the days of "cookie cutter" dental care. Dental professionals now treat each patient on evidence-based theories. Evidence-based care means that your dental professional will consider your past and present medical health, radiographic indications and oral clinical findings to develop a treatment plan just for you.

In years past, your dental cleaning consisted of scaling calculus (removing tartar), rubber cup polishing your enamel to remove plaque and stain, flossing, and a fluoride treatment. New research has indicated

that routinely rubber cup polishing enamel to remove plaque can be harmful. Your enamel is composed of several minerals, one of which is fluoride. Every time your enamel is rubber cup polished, microscopic amounts of these minerals are removed, thus potentially weakening your enamel.

Tooth brushing, air polishing and ultrasonic removal of plaque are comparable to rubber cup polishing without removing tooth structure. If stain is present, then rubber cup polishing is indicated on a selective basis.

For patients with low caries (cavity) risk, fluoride treatments are not recommended. Adequate amounts of fluoride can be found in your toothpaste and in the tap water on base. If your dental professional has categorized you as having a moderate to high risk of cavities, then expect to

receive a fluoride treatment at that visit.

There are many factors that increase your caries risk. Some of these factors include decalcification (loss of minerals in your enamel), caries, poor/fair oral hygiene, dry mouth, eating disorders, or diets high in sugar and acid.

Over the counter fluoride mouth rinses are available wherever oral care products are sold, and can be a good adjunct to your daily homecare regimen regardless of your caries risk.

Your oral care is a partnership between you and your dental professional. Do not be afraid to ask what evidence is found to indicate treatment or why a procedure is or is not necessary. You should always be informed and leave your dental appointment with a clear understanding of your treatment plan and of your part in your oral care.

Navy Marine Corps Relief Society fund drive continues through April 8

Karen S. Spangler

Managing Editor

This year's Navy Marine Corps Relief Society (NMCRS) fund drive in Hawaii continues through April 8.

Since it was founded in 1904, the society has provided more than \$1.1 billion in interest-free loans and grants to more than four million active duty and retired Sailors, Marines and their families. One of the ways that NMCRS obtains money to

support these needs is through its annual fundraiser.

"Out of all the organizations that conduct fund drives across the nation, the NMCRS fund drive is the only one where all of the money goes directly back to the service members," said Paul Belanger, director of NMCRS Pearl Harbor.

One source of funds for the NMCRS is the NMCRS Thrift Shop, which offers clothing, household items, furniture, uniforms and other

bargains at a fraction of their original cost. Staffed by volunteers, NMCRS thrift shop can help military families save money.

Proceeds derived from the sale of merchandise is used to assist Navy and Marine families.

Volunteers are the backbone of NMCRS and provide a helping hand in many areas. Volunteer help is always needed. For more information about NMCRS or to volunteer, call 473-0282 or visit www.nmcrs.org.

Clothing drive starts April 2

April is Sexual Assault Awareness Month (SAAM) and the Hickam Sexual Assault Prevention and Response (SAPR) office will be raising awareness during SAAM with a clothing drive. The office will be accepting clothing donations in support of the Hale Ola Windward Abuse Shelter. The shelter offers a safe, peaceful, nurturing place for women and their children.

Each weekend in April starting this Saturday, April 2 from noon to 4 p.m., the

SAPR office needs help staffing a volunteer table outside the Hickam BXtra.

They will do two shifts per day, noon - 2 p.m. and 2-4 p.m. They will be working to collect some of these items that are in desperate need at the shelter: women's and children's underwear in every size (2-22); new and gently used clothing for women and children; bath towels and bed sheets (twin size); household cleaning products; and food items such as canned goods, pastas and rice.

Insomnia and other sleep disturbances take toll on health

April Civilian Employee Assistance Program (CEAP) message

Whether you routinely get by on four hours a night or require a full 10, sleep is an important function in determining how you feel.

Feeling well-rested makes all the difference in how we face our day. In fact, research shows that reducing nighttime sleep by as little as an hour and a half reduces daytime alertness by as much as 32 percent.

A poll in 2004 by the National Sleep Foundation found that most of us work too hard, stay out late and try to get too much done in a day, and as a result we go to sleep later and get up earlier.

The same poll says 60 percent of youth between the ages of 4-17 complained of feeling

tired during the day.

Even minimal sleep loss takes a toll on your mood, energy, efficiency and ability to handle stress. If you want to feel your best, stay healthy, and perform up to your potential, sleep is a necessity, not a luxury.

The clinical consequences of untreated sleep disorders are associated with numerous serious medical illnesses. These include high blood pressure, heart attack, heart failure, stroke, obesity, psychiatric problems including depression and other mood disorders, attention deficit disorder (ADD), mental impairments, fetal and childhood growth retardation, injury from accidents, and poor quality of life.

Persons who have a history of rape or sexual molestation or other traumatic events may actively try

to avoid sleep, fearing the intrusion of nightmares and the experience of reliving the event, and may require ongoing counseling to explore these traumatic events in a safe controlled environment.

Others may sleep too many hours and never feel rested, and they should be tested for sleep apnea, a condition where a person stops breathing frequently during their sleep. They also need to be monitored for depression, as sleep allows the avoidance of uncomfortable events, but being un-rested doesn't produce the energy to deal effectively with stressful events.

Some tips to improve restfulness include:

- Stick to a regular sleep schedule.
- Go to bed at same time each night.
- Wake up same time each morning.
- Do not drink caffeinated drinks

or do vigorous exercises in the evening.

- Try to spend time in bed actually sleeping, so you mind will associate bed with sleeping.
- If you cannot fall asleep within a short time get out of bed and read;
- Do not study or watch TV in bed
- Get your brain calmed rather than revved-up.
- Monitor foods and don't eat large meals or a high fat content before bedtime, as the sleep will be disrupted when the digestive process causes frequent waking and poor quality sleep.
- Foods high in carbohydrates and calcium make ideal sleep inducing bedtime snacks.

Warfighter and Family Services (WFS) classes are free to Department of Defense (DOD) civilian employees. WFS course offerings can be found on the Quality of

Life Navy Hawaii website at <http://www.greatlifehawaii.com>. Call the Customer Service Desk at 474-1999 to register for any class.

Some FFSC classes scheduled in April are: stress management from 8 to 11 a.m. April 12; effective communication for couples from 9 to 11 a.m. April 12; career choices: do what you are from 9 to 11 a.m. April 13; and anger management from 8 to 11 a.m. April 26.

The Civilian Employee Assistance Program (CEAP) provides free, confidential, professional assessment, short-term counseling to explore options and provide referral services to civilian employees. Call 474-1999, ext. 6206 to reach Susan Bierman or ext. 6204 for Andrea Hantman, between 7 a.m. and 4:30 p.m. for CEAP information and to inquire about no cost at-your-site training.

Tripler outlines steps to protect yourself from dengue fever

Don Robbins

Assistant Editor

The state Department of Health has recently reported five cases of dengue fever, four in Pearl City and one in Honolulu, and Tripler Army Medical Center (TAMC) Department of Preventive Medicine has issued a statement on what you can do to increase your awareness of dengue fever and prevent exposure.

According to TAMC, dengue fever is a viral illness of humans carried by mosquitoes.

Symptoms of the illness include high fever, severe headaches, muscle and joint pains, rash and vomiting. Consult your doctor if you have any dengue fever symptoms.

The department of preventive medicine urged that mosquito breeding sources should be eliminated. Sources of standing water that can become breeding areas for mosquitoes include tires, bot-



(Left) The Culex quinquefasciatus night-biting mosquito can be found in Hawaii. (Right) The Aedes albopictus day-biting mosquito is a species found in Hawaii.

tlers/cans, trash, clogged roof gutters, flower pots, bromeliads and other water-containing plants, and any other item that can hold water.

In an effort to protect your family, TAMC has provided several guidelines. They include:

- Avoid going outside when mosquitoes are most active dur-

ing dawn and dusk hours.

- Cover up with clothing as much as possible.
- For adults use insect repellents on exposed skin.
- Use mosquito repellents with 20 to 50 percent DEET.
- For children under age 5, use products with DEET concentrations no greater than 10 percent.

- For children older than 5 years, use products with DEET concentrations no higher than 15 percent.

Note that vitamins, herbal mixtures, ultrasonic devices and bath oils are not effective at repelling mosquitos, the department emphasized.

According to the Directorate of

Public Works (DPW) for U.S. Army Garrison, Hawaii, there are six biting species of mosquitoes in Hawaii, and they are divided into two general types based on their feeding habits. Day-biting mosquitoes feed primarily during the day and somewhat during dawn and dusk, while night-biting mosquitoes primarily feed during dusk and into the night.

There are four species of day-biting mosquitoes in Hawaii. They all have a short flight range of 100-150 yards which means that their presence at your home usually indicates a nearby breeding source.

Hawaii has two species of night-biting mosquitoes. They have a flight range of several miles up to 20 miles so, their presence at your home may not indicate a nearby breeding site, according to DPW.

For more information on dengue fever, call the Tripler Army Medical Center, Department of Preventive Medicine at 433-9944.

Social Security Numbers will be removed from DoD identification cards in June

Navy Region Hawaii

In an effort to protect privacy and personal identity information, the Department of Defense (DoD), is removing Social Security numbers (SSNs) and replacing them with a DoD ID number on all ID cards. As of June, Social Security numbers will no

longer be printed on any new ID card. The number removal will occur in three phases. Phase one will focus on removal of dependent SSNs, which started in December 2008. Phase two focuses on removal of all printed SSNs in June. Phase three consists of removing SSNs embedded in barcodes, beginning

by the end of 2012.

The DoD ID number will be used as the Geneva Conventions Serial Number. If you are eligible for DoD benefits, there will also be a DoD benefits number printed on your new ID card.

All DoD ID cardholders will receive a new ID card with a DoD ID number in place of the

SSN. Current ID cards should not be replaced until your card is within 30 days of its expiration date.

If your ID card has an indefinite expiration date, and you would like your SSN removed, contact the nearest RAPIDS ID card facility for an appointment.

ID cards are available at

your nearest rapids site. Visit the RAPIDS site locator at www.dmhc.osd.mil/rsl/owa/home to find the location near you. Ensure you bring two forms of identification. One must be a valid (not expired) federal or state-issued photo ID.

For more information, visit www.dmhc.osd.mil/smartcard/.

JBPHH to conduct monthly 'Giant Voice' testing April 1

Joint Base Pearl Harbor-Hickam (JBPHH) will conduct a test of its "Giant Voice" mass notification system on April 1, between noon and 4 p.m.

The test will be done after the State Civil Defense conducts its monthly test of its sirens. The Giant Voice test will consist of a voice announcement, followed by a 30-second steady tone, then conclude with another short voice announcement.

The public address will be audible to residents who live or work near JBPHH, to include the Wahiawa and West Loch annexes. The Giant Voice system provides base-wide siren signals and pre-recorded and live voice messages for use during natural disasters and emergency situations.

Sexual assault prevention presentations take place April 5 at Sharkey Theater

"Sex Signals" presentations will be held from 8 to 9:30 a.m., 10 to 11:30 a.m. and 1:30 to 3 p.m. on April 5 at Sharkey Theater on Joint Base Pearl Harbor-Hickam.

"Sex Signals" by Catharsis Productions is a highly recognized training presentation in the Department of Defense, providing a look at dating, sex and the core issue of consent. The presentation differs from traditional sexual assault prevention programs it incorporates improvisational comedy, education and audience interaction. There is a limit of 350 people per session.

To register, contact your Sexual Assault Prevention and Response (SAPR) command point of contact. SAPR command points of contact can reserve seats for their command by e-mailing the master sergeant point of contact or Shari Freeman at shari.freeman@navy.mil or call 474-1999, ext. 6220.

Father-daughter dinner dance tickets on sale

Tickets are now on sale for the upcoming father-daughter dinner dance. This year's event will be held from 4 to 7 p.m. April 30 at the Hickam Officers' Club and includes dinner buffet, DJ and the opportunity to make memories.

Tickets are \$15 per father-daughter pair, and \$5 per additional daughter. Tickets can be obtained at any Information, Tickets & Travel office through April 19 while supplies last.

The event is open to all military-affiliated personnel. For more information, call 474-1999, ext. 0.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

FORD ISLAND BRIDGE RUN
 The 13th Annual Ford Island Bridge Run at 7 a.m. on Saturday is the largest 10K run on Oahu. Runners, walkers and strollers will be participating. No entries will be accepted on race day although late registration will be accepted through today. The race will start at the entrance to Adm. Bernard "Chick" Clarey Bridge and circle around Ford Island. Winners will be announced after the race.
 FMI: 473-0784, 473-2494 or 473-2437.

JET BOAT RIDE
 "The Screamer" jet boat ride will be held Saturday. Depart Liberty Express at 12:30 p.m., Beeman Center at 1:15 p.m., Instant Liberty at 1:30 p.m., and Airman Center at 1:45 p.m. The free event is open to single service members only. FMI: 473-2583.

BELLY DANCE WORKSHOP
 Learn the ancient art of belly dancing at a workshop from 5:30 to 6:30 p.m. Mondays April 4, 11, 18 and 25 at Makai Recreation Center. The cost is \$45 per person ages 16 and older. FMI: 449-3354.

NCAA CHAMPIONSHIP GAME
 Enjoy free food during the NCAA Championship Game at all Liberty Centers at a time to be determined on April 4. The event is open to single service members only. FMI: 473-2583.

BOWLING TOURNAMENT
 Cheer on your team and watch them compete for the Hawaii All-Military Bowling Tournament Trophy from April 5 through 8 with a 10 a.m. start each day. Admission is free and the tournament will be held at Hickam, Kaneohe Bay, Schofield and Naval Station Bowling Centers. FMI: 448-9959 or 473-2574.

SURFING AT WHITE PLAINS BEACH
 Family surfing and barbecue will be held at White Plains Beach, where professional instructors will teach the basics of surfing from 10 a.m. to 3:30 p.m. on April 6. The event will start at the outdoor adventure center-fleet store. The cost is \$25 per person and participants must sign up by April 4. Participants must be able to swim without a life jacket. FMI: 473-1198.

VOLUNTEER AT THE ANIMAL SHELTER
 On national ASPCA Day, volunteer on April 7 at the Oahu SPCA shelter. This free event is open to single service members only. Depart Beeman Center at 11 a.m., Instant Liberty at 11:15 a.m., Airman Center at 11:30 a.m., and Liberty Express at noon. FMI: 473-2583.

For more information on events, visit www.greatlifeohawaii.com

Community Calendar

April

4 ~ An Air Force Assistance Fund (AFAF) Campaign Kickoff Fun Run will be held at 7 a.m. April 4 at the Missing Man Formation behind the Hickam Officers' Club. Front leaning rest and six-inch leg lift competitions will start at 7 a.m. followed by the fun run/walk. Trophies will be awarded. The cost is a \$5 entry fee/donation, which goes to support the AFAF. FMI: e-mail to shaun.khoenle@hickam.af.mil

8-10 ~ Hawaii Operation Military Kids (OMK), in collaboration with the YMCA Camp Erdman, will be hosting a reintegration family camp open to all military families whose service member has returned from a deployment in the past year. It is required that the service members attend camp with their children. FMI: 956-4125 or www.ctahr.hawaii.edu/4h/OMK.

12 ~ AFCEA Hawaii (Armed Forces Communications and Electronics Association) will hold a luncheon at 11 a.m. at Ft. Shafter, Hale Ikena Club. Speaker will be Lt. Gov. Brian Schatz and discussion will include Asia Pacific Economic Cooperation 2011 (APEC). FMI: www.afceahawaii.org or call 441-8524.

13-14 ~ CREDO (Chaplain's Religious Enrichment Development Corporation) Hawaii's personal growth retreat will be held April 13-14 at the YMCA Camp Erdman on the North Shore. FMI: 257-1919 or e-mail matthew.hansen1@navy.mil.

18-22 ~ Hawaii Education study is looking for participants for their focus groups, which will be held April 18-22. Sponsored by U.S. Pacific Command (PACOM), all students ages 9-17 and parents of children who are in school or have been in school in Hawaii either public, private or home school, are invited. The meetings take less than an hour and there are locations scheduled in all regions of the island. E-mail: hawaiikidsfocusgroups@gmail.com and join the online survey. Youth ages 5-17 and all parents are encouraged to go to www.hawaiikids.org to complete the survey.

28 ~ The Partners in Care class will be offered at 11:30 a.m. at the Hickam Family Health Clinic for Hickam Prime patients. Participants in the class will be taught proper over-the-counter medicine administration. They will be able to then request up to four over-the-counter medicines from the Hickam Pharmacy per week. Classes are usually scheduled the fourth Thursday of the month. FMI: 448-6000.

Movie Showtimes



Gnomeo & Juliet (G)

Garden gnomes Gnomeo and Juliet have as many obstacles to overcome as their quasi namesakes when they are caught up in a feud between neighbors. But with plastic pink flamingos and lawnmower races in the mix, can this young couple find lasting happiness?

SHARKEY MOVIE THEATER

TODAY
 7:00 PM The Eagle (PG-13)

SATURDAY
 2:30 PM Gnomeo and Juliet (G)
 4:45 PM Justin Bieber: Never Say Never (G)
 7:15 PM Big Mommas:
 Like Father, Like Son (PG-13)

SUNDAY
 2:30 PM Gnomeo and Juliet (G)
 4:45 PM Just Go With It (PG-13)
 7:00 PM Hall Pass (R)

HICKAM MEMORIAL THEATER

TODAY
 6:00 PM Gnomeo and Juliet (G)
 8:30 PM Justin Bieber: Never Say Never (G)

SATURDAY
 4:00 PM Gnomeo and Juliet (G)
 7:00 PM Justin Bieber: Never Say Never (G)

SUNDAY
 2:00 PM Gnomeo and Juliet (G)



Author/historian to speak at PAM on April 30

Pacific Aviation Museum

John D. Lukacs, a nationally known writer and World War II historian, brings the launch of his new paperback, "Escape from Davao: The Forgotten Story of the Most Daring Prison Break of the Pacific War," to Pacific Aviation Museum from noon to 2:35 p.m. April 30, in the museum theater.

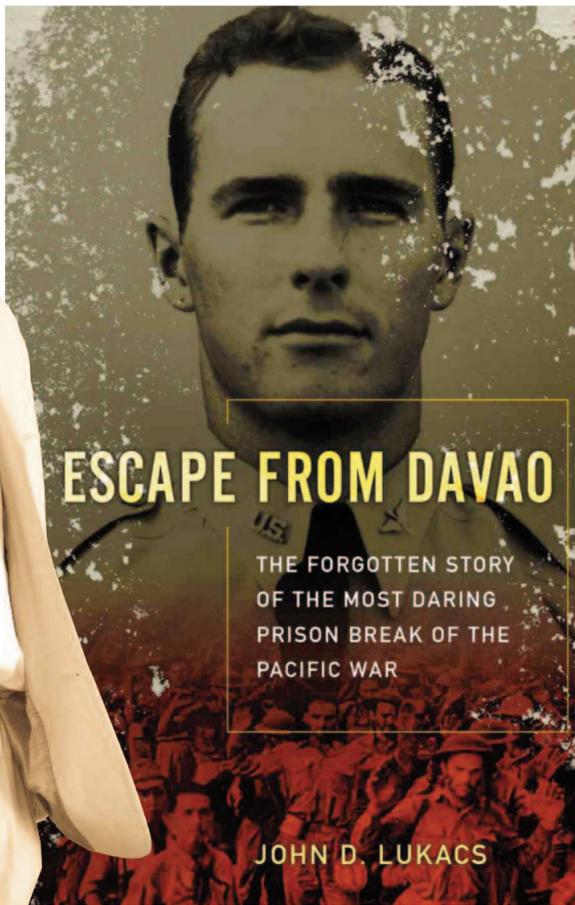
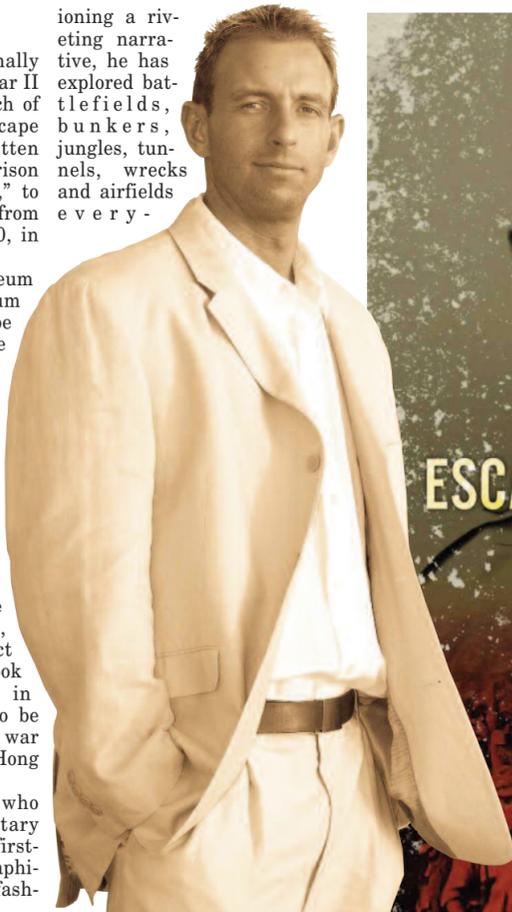
The event is free to museum members, or with museum admission. His book will be available for sale in the museum store.

The book is a lost tale that the War Department called "the greatest story of the war in the Pacific" in 1944. More can be found at www.johndlukacs.com.

Lukacs' trip to Honolulu is also the start of his Pacific research expedition of 2011. From Hawaii, he will travel to Manila, Philippines, to conduct research for his second book on the Battle of Manila in 1945. The author will also be visiting other noted Pacific war sites such as Singapore, Hong Kong and Darwin.

A hands-on historian who enjoys forensic documentary research and believes that first-hand knowledge of a geographical location is essential to fas-

hioning a riveting narrative, he has explored battlefields, bunkers, jungles, tunnels, wrecks and airfields every-



where from Europe to the Pacific.

Lukacs' work has appeared in USA Today, The New York Times, ESPN The Magazine, World War II Magazine and on ESPN.com. Lukacs has made numerous local and national television and radio appearances, including on ESPN and C-SPAN, as well as Sirius Satellite Radio.

A former resident of New York City's famed Hotel Chelsea, Lukacs, 33, lives in Arizona and western Pennsylvania.

Pacific Aviation Museum Pearl Harbor is open 9 a.m. to 5 p.m. daily and is accessed by shuttles from the USS Arizona Memorial Visitor Center at Pearl Harbor. Tickets and free shuttle bus passes are available online at www.PacificAviationMuseum.org. For more information, call 441-1000.

(Left) John D. Lukacs is the author of "Escape from Davao: The Forgotten Story of the Most Daring Prison Break of the Pacific War."

(Far Left) John D. Lukacs, a nationally known writer and World War II historian, will speak at Pacific Aviation Museum on April 30.

Photos courtesy of Pacific Aviation Museum

Events mark April as month of military child

Chief of Naval Operation

April is the Month of the Military Child. It is a time to recognize the sacrifices made by the Navy's younger family members and show appreciation for the part they play in accomplishing the Navy mission.

Installations worldwide will hold special events in celebration of the military child. Check your installation and command websites for details on events taking place in your local area.

Navy Child and Youth Programs (CYP)

Navy CYP provides developmental child care, and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years. Programs and services are specifically tailored to meet the unique needs of the military mission.

Navy CYP is part of the Department of Defense (DOD) military child care and youth development system and is available to all active duty military personnel, activated reserve and national guard members, DOD civilian personnel, and DOD contractors. Youth and teen recreation programs are also available to the children and youth of military retirees. Specific programs include:

- Navy child development centers that provide state-of-the-art child development programs for children ages 6 weeks to 5 years at 144 centers worldwide.
- Child development homes that offer quality care in a loving, learning home environment for children ages 4 weeks to 12 years. Flexible hours, 24/7 availability, low child-to-adult ratios and convenient locations make this an excellent option.
- School-age care programs that provide quality

before/after-school programs and camps for children ages 6 to 12 years at 86 centers worldwide.

- Youth and teen programs that offer developmental and recreational programs, and provide a safe place to learn and grow, all while having fun.

Program elements may include health, sports and fitness, leisure activities, technology and homework assistance labs, and instructional classes ranging from financial management and job readiness to music and fitness.

Child and youth education services that assist with transition and relocation of students by preparing schools and installations. These services assure Navy families that the academic well-being of their children is a priority.

For more information about Navy CYP and services, including the school liaison officer program, go to: www.ffsp.navy.mil or www.mwr.navy.mil and click on "child and youth programs," or visit the child and youth program at your local Fleet and Family Support Center (FFSC), child development center or youth center.

Requesting child care

Registering for any of the worldwide child care programs and services can be completed through an online request for care (RFC) application available on the www.mwr.navy.mil website by clicking on "child and youth programs," then the "apply for child-care" link. Once you apply, your request is automatically forwarded to the local program for processing.

Exceptional Family Member Program (EFMP)

EFMP is designed to address the special needs of a Sailor's Exceptional

Family (EFM) during the assignment process. Special needs include medical, dental, mental health, developmental or educational requirements, wheelchair accessibility, adaptive equipment, or assistive technology devices and services.

Implementation requires up-to-date enrollment information from EFM families and extensive coordination among the personnel, medical and educational communities. EFMP enrollment is mandatory and required immediately upon identification of a special need.

Command points of contact and Navy military treatment facility EFMP coordinators stand ready to assist Sailors and family members with the enrollment process. EFMP liaisons located at FFSCs are available to provide families with special needs information, resources and referrals.

The EFMP respite care program is designed to offer parents in-home care with specialized providers trained to meet the individual needs of the EFM.

Through this program, eligible Navy families can receive up to 40 hours per month of respite care services for their children at no cost to the family.

For more information on EFMP and the respite program, go to: www.ffsp.navy.mil and click on the EFMP link.

Military kids linked to success

Chief of Naval Operation

A variety of assistance is available to help children of military families learn coping skills to help with challenges associated with military life.

Military medicine

With the Month of the Military Child theme, "Small Hands, Big Hearts," the military health system offers resources to parents and family members.

Parents can find information to help children meet the unique challenges associated with military life at www.health.mil/themes/military_child_ren.aspx.

Operation Purple

Each summer, the National Military Family Association Operation Purple Program offers summer camps to children of deployed service members. The goal of these camps is to impart the message that kids serve, too. Each camp is joint or "purple," which includes all services, the National Guard and Reserve, and is offered free of charge to all participants.

The camps, which last from five to seven days, let military kids experience carefree fun while learning coping skills for deployment related stress.

The Operation Purple program also includes leadership camps for teens, family retreats at national parks and camps geared to address the needs of children and families of the nation's wounded service members.

Information on the 2011 season will be available soon at www.operationpurple.org.

Additional web-based resources for children and youth-related programs.

Military Youth on the Move

Select the "troops and families" tab

and then "military youth on the move" at www.militaryhomefront.dod.mil

School quest

An online resource for finding future schools for your children, go to <http://www.schoolquest.org>

Academic and career help at no charge: www.tutor.com/Navy.

Special needs/EFMP, including the DOD special needs parent toolkit.

Select the "troops and family" tab, then "special needs/EFMP" at <http://www.militaryhomefront.dod.mil>

Military Onesource

Military Onesource at www.militaryonesource.com provides service members and their families with free newsletters, webinars, educational materials and tax preparation assistance.

Military Homefront:

www.militaryhomefront.dod.mil. Military Homefront is the Department of Defense website for official military community and family policy program information, providing policy and guidance designed to help troops and their families.

Naval Service Familyline:

www.nffsp.org. Naval Service Familyline provides mentoring programs as well as free printed materials to families of the sea services. Click the "familyline" tab.

These links are offered as a convenience and for informational purposes. Their inclusion here does not constitute an endorsement or an approval by the Department of the Navy on any of the products, services or opinions of the external providers. The Department of the Navy bears no responsibility for the accuracy of the content of external sites.

Radford High School students visit JBPHH for career day

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

Students from Admiral Arthur W. Radford High School spent the morning of March 24 at Joint Base Pearl Harbor-Hickam (JBPHH), getting an up close and personal look at various career fields the students have an interest to pursue. The career shadow program allowed students a chance to see the daily operations and responsibilities of many careers at JBPHH.

The annual program is headed by Enrica Luz Guerrero, college and career resource center coordinator for Radford High School, and Darren Dean, the joint base school liaison, from 647th Air Base Group. The students were separated into different groups based on their career interest, and visited that particular career function on the base.

One group visited the Hale Aina dining facility and received a brief overview of food service programs. The students learned about food preparation, store-room operations, accounting, quality assurance personnel, personal hygiene and sanitation, and flight kitchen operations.

Senior Airman Devon Broom, food service shift leader, and Tech. Sgt. Christopher Oliver, flight kitchen NCOIC, briefed the students on grooming stan-



Kameron Paige, a 10th grade student from Radford High School, washes his hands while learning sanitation standards during career day on March 24 at the Hale Aina dining facility at Joint Base Pearl Harbor-Hickam, Hawaii. Anela Duenas-Blanco, an 11th grade Radford student, and Senior Airman Devon Broom, food service accountant (far right), look on.

dards, facility cleanliness, the 14-day rotating menu, and food storage. The students were also treated to lunch.

"Career Day was very interesting and informative," said Lauren Zehner, a 10th grade student. "It helped sway my decision on a career path for the future."

Kyle Sleppy, also a 10th grade student, said it was pretty unique and pretty cool going into the freezer. His mom is in the services career field, so he grew up exposed to this type of career.

Anela Duenas-Blanco, an 11th grade student, thought it was a great experience. "I really enjoyed the lunch," she said.

Another group of students vis-

ited the 647th Security Forces Squadron. The students had the opportunity to meet with police services, walk through the facilities, visit the K-9 kennels, and participate in a traffic stop and ticket writing scenario.

Staff Sgt. Paul Benedict, 647th Security Forces Squadron, said he had a "defenderiffic" time with each one of the students. He began the day by showing the students the weapons in the security forces armory. The students also learned how to put handcuffs on suspects and were able to practice putting handcuffs on each other.

One of the highlights for the students was the opportunity to

participate in a training exercise. During the training, Benedict wore a protection suit as the students practiced using police batons to subdue him as he played the role of an aggressive suspect.

The 15th Medical Group also sponsored a group to their facilities. The students were met by Master Sgt. David Boggs, NCOIC of readiness flight. "We had 10 students visit the med group and it was a huge success," said Boggs. They started in pediatrics and talked with the head nurse and lead technologist. They visited family health and learned how to start IVs, visited optometry and were able to operate some of the eye equipment, and toured the lab and radiology. "They were really interested in this section," said Boggs. The students also visited public health and the dental clinic.

"My favorite part about the visit through the medical group was learning how to place the IV," said Brittany Jackson, a 10th grade student from Radford. "After I graduate high school, I really want to become an anesthesiologist."

"I feel the program needs to grow with the amount of students as well," said Boggs. "From the medical aspect, I would like to place the students in a clinic of their choice for the entire time they are here. This way they can actually see patient care and the things that go on behind the scenes instead

of just a briefing." Other groups visited were the 535th Airlift Squadron's C-17 flight simulator, the Child Development Center and contracting.

"Career Day was a great opportunity to show the younger generation what it is that we, services personnel, do in food service," said Broom. "The students are at that age where they need to be thinking about their future careers, and career day gives them a way to explore other options that they might not have considered." Broom said she heard so many positive remarks that day, and was very proud to be a part of the event.

"The career shadowing experience allowed our students time to see what the daily tasks and responsibilities are of their career interest, which helped our students confirm their career plans," said Guerrero. "This experience has been valuable to assisting students with knowing that their career interest is a great match to their personality and work style, as well as helped them to know what the next steps are in their career planning process."

"The men and women of Joint Base Pearl Harbor-Hickam who graciously gave their time did an outstanding job mentoring the students and are an attribute to the professionalism and dedication of our military," said Guerrero. "Radford High School is fortunate to have such an extraordinary partnership with our military community."

Air Force Assistance Fund charity event April 4 includes endurance competitions

Don Robbins

Assistant Editor



The Air Force Assistance Fund (AFAF) Campaign Kickoff Fun Run event starting at 7 a.m. April 4 will feature additional activities such as front-leaning rest and six-inch leg lift competitions. The event will be held at the Missing Man Formation behind the Hickam Officers' Club on Joint Base Pearl Harbor-

Hickam to promote physical health while supporting the Air Force Assistance Fund "Commitment to Caring," which will receive 100 percent of the donations.

Trophies for the competitions will be awarded for a \$5 entry fee. The endurance competitions will commence at 7 a.m. followed by the 5K fun run/walk. Donations will also be accepted with a suggested donation of \$5. A

signup and water booth will be set up at the Missing Man Formation. Donations go directly toward the Air Force Assistance Fund foundations.

The AFAF campaign runs from now through May 6. U.S. Air Force Master Sgt. Roger Turnbow stated that the AFAF is a tax-exempt organization that collects donations for four AF-affiliated charities. Turnbow is section chief, readiness cell 747th Communications Squadron at Joint Base Pearl Harbor-Hickam.

Turnbow explained that the AFAF is similar to the Combined Federal Campaign in the sense that no other major fundraising activities by base personnel are authorized while it's in progress. "As such, it only happens once a year, and it's our only opportunity to solicit donations for our very own charities at work. As you probably figured out, this is their one opportunity to engage you directly every year," Turnbow said.

"Think of it as the CFC,

except just for the Air Force. The AF Village and the AF Enlisted Village provide retirement housing for widows and widowers, as does the LeMay Foundation. The AF Aid Society provides loans and grants for a variety of things, generally falling into three categories: education/tuition, community

enhancement, and emergency aid. What sets it apart is that the AFAS is the Air Force's official charity organization," Turnbow said.

For more information, e-mail U.S. Air Force Tech. Sgt. Shaun E. Khoenle, 324 Intelligence Squadron, at shaun.khoenle@hickam.af.mil.

WHO SAID IT?
"If you can dream it, you can do it."

Last Week's
WHO SAID IT?

Who is credited in 1971 with saying, "We now say, 'All jobs are open to women'" (except combat positions).

Air Force Gen. Jeanne Holm

This Week's Trivia
What 44-gun U.S. Navy war ship, built in Boston and launched on Oct. 21, 1797, grew into a national icon nicknamed "Old Ironsides" due to its victories at sea?

Last Issue's Question:
What year did the U.S. Air Force Academy hold its first graduation ceremony and how many cadets graduated then?

Answer:
On June 3, 1959, 207 cadets graduated as members of the first graduating class of the U.S. Air Force Academy in Colorado.