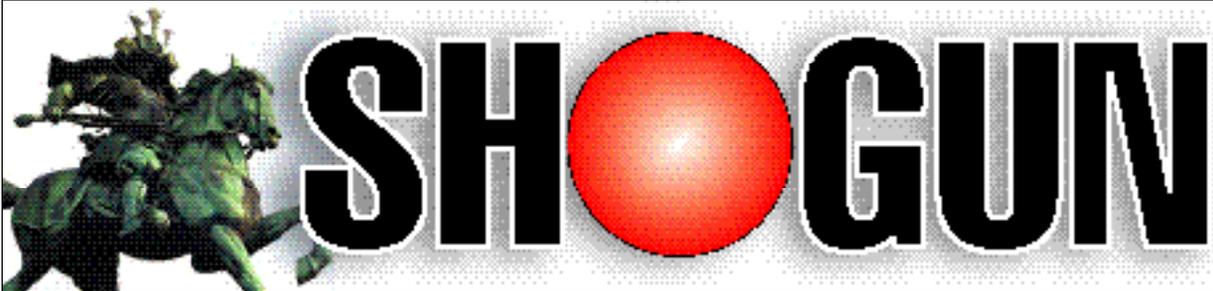


## MONTHLY SORTIE GOALS

961st Airborne Air Control Squadron	55
Monthly flying-hour contract	46.1
Hours flown	-8.9
33rd Rescue Squadron	
Monthly flying-hour contract	110
Hours flown	136.6
Monthly offset	+24.6
909th Air Refueling Squadron	
Monthly flying-hour contract	227
Hours flown	223
Monthly offset	-4
44th Fighter Squadron	
Monthly sortie contract	302
Sorties flown	309
Monthly offset	+7
47th Fighter Squadron	
Monthly sortie contract	313
Sorties flown	325
Monthly offset	+12

Source: 18th MOS/MXOOP, as of Feb. 17

# T H E K A D E N A



Vol. 18, No. 7

Kadena Air Base, Japan

Friday, Feb. 20, 2004

## WEEKEND WEATHER



**TODAY:** Mostly cloudy  
E/SE winds @ 12-18 knots  
High: 75 Low: 55



**SATURDAY:** Mostly cloudy  
SE winds @ 10-18 knots  
High: 73 Low: 55



**SUNDAY:** Rain showers  
NW winds @ 12-24 knots  
High: 64 Low: 54

FRIDAY MORNING'S  
COMMUNITYBANK  
EXCHANGERATES  
BUYING: \$1=Y103 SELLING: Y108-\$1

# Okinawa Marathon hits Kadena streets Sunday

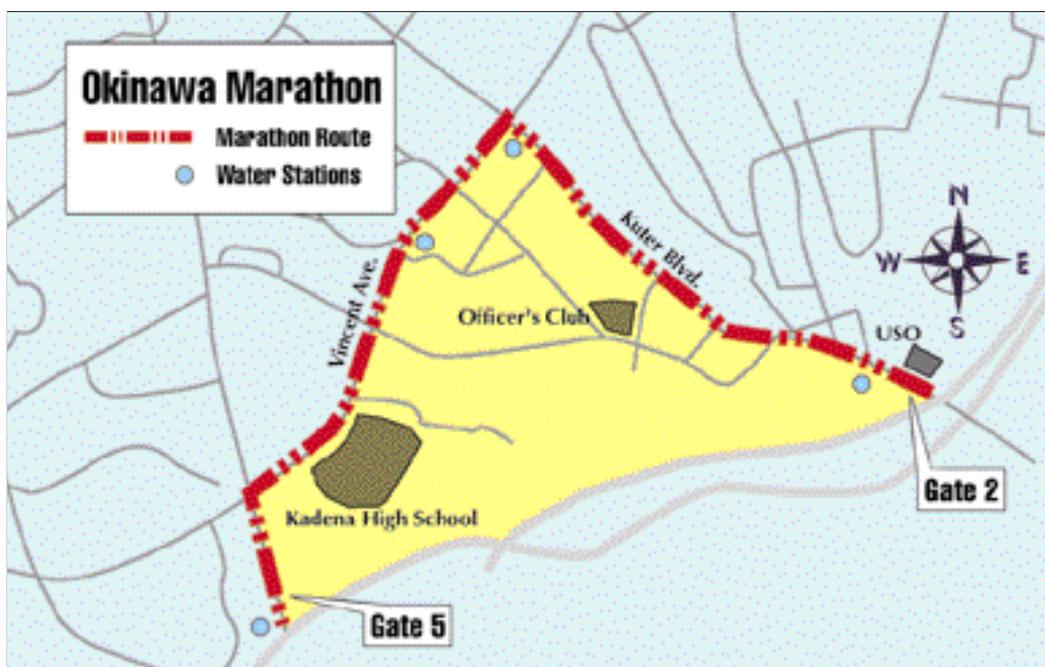
By Staff Sgt. Jason Lake  
18th Wing Public Affairs

Drivers should anticipate on- and off-base traffic congestion around Gate 2, Kuter Boulevard, Vincent and Schreiber avenues and Gate 5 due to the closure of roads used in the Okinawa Marathon Sunday.

Kadena will host a portion of the race.

The following facilities will be affected by the race: Chapel 2, the Kadena Library, Shogun Inn, Officers' Club, Main Street USA, Kadena High School, Bob Hope Primary and Amelia Earhart Intermediate schools, dormitories along the route, family housing on Beeson Avenue, the temporary lodging facility and visiting officers' quarters.

Nearly 9,000 runners from throughout Japan and



File graphic by Staff Sgt. Marc Barnes

the international community will take part in the 12th annual running of the

marathon, which weaves through 12 local communities and Kadena.

During the race, hundreds of Kadena volunteers will cheer on the athletes and

hand out drinks and water-soaked sponges at water stations along the marathon route.

The marathon is scheduled to start at 9 a.m. at Okinawa Comprehensive Park in Awase. The first group of runners are expected on Kadena at approximately 10:30 a.m. and will enter through Gate 2 on Kuter Avenue. The runners will exit through Gate 5, with the last runners expected to depart the base around 1:30 p.m.

The Okinawa Marathon is one of two major marathons held on Okinawa each year. This marathon is the only marathon in Japan that includes a run through a U.S. military installation.

Of the 12 years the marathon has been held, it has always included a trek through Kadena.

## 31st RQS gets their feet wet



Air Force/ Airman 1st Class Heather Tower

A member of the 31st Rescue Squadron dangles from a HH-60 Pave Hawk helicopter during a joint training session with Japan Air Self Defense Force officials Tuesday. For story and more photos, see page 4.

## Tax center volunteers ready to lend a hand to Kadena taxpayers

By Staff Sgt. Jason Lake  
18th Wing Public Affairs

Military members stationed overseas receive an automatic 60-day extension to file their returns, but the April 15 deadline still applies to those who owe taxes. If the payment is late, the balance owed will accumulate interest and penalties.

Kadena taxpayers can rest easier knowing that volunteers at the Kadena Tax Center have geared up for the tax season and offer free tax-preparation services.

The tax center's services are available to military members and civilian employees and their families. The center is located on Wilkins Street in Building 1460 behind Eagle Hardware.

Through April 17, the center is open Tuesday through Thursday from 9 a.m. to 4 p.m. for appointments. Customers don't need an appointment for walk-in hours on Fridays and Saturdays from 9 a.m. to 3 p.m.

The tax center also has a drop off system, which allows customers to stop by during appointment hours and drop off their tax information.

Drop-off customers should leave a phone number so tax advisors can reach them in case of any questions.

Drop-off customers can come back to the center by the end of the day to review and sign their return before it's filed electronically.

Valerie Baltimore, Kadena's chief tax advisor, said e-filers can expect to see refund deposits in their account within 10-14 days if done through direct deposit, or 3-4 weeks for a check to arrive in the mail. If a return is

mailed to the Internal Revenue Service on paper, filers should expect to get a check within 6-8 weeks.

Customers should bring all pertinent information needed to file their return, including W-2s, any 1099 statements and social security cards for themselves and all dependents.

Customers with foreign spouses who work on the local economy should know the total foreign earned income, and should have their spouse's tax identification number.

To apply for a tax identification number, customers can get a W-7 (Dec. 03 version) application form at the tax center, or by visiting [www.irs.gov](http://www.irs.gov). Once completed, Ms. Baltimore said the form must be submitted to the IRS office in Bensalem, Pa., with the tax return and all other required documentation.

For those who purchased or sold stock during 2003, the tax center needs to know when and how much stock was purchased or sold prior to filing at the tax center.

Some tax breaks have also been added to this year:

1. An increase in the child tax credit from \$600 to \$1000 per child under the age of 17.

2. An increase in the "married filing joint" standard deduction from \$7850 to \$9500.

3. If you left your home due to military orders, sold your home since tax year 2000 and had to pay capital gains tax, you may qualify for some of your money back. Congress has passed a tax relief act to cover this situation.

For more information, call the center at 634-7784, or e-mail [tax.center@kadena.af.mil](mailto:tax.center@kadena.af.mil).

# Fire safety tips

By Staff Sgt. Robert Chastain  
18th Civil Engineer Squadron

During the holiday season Pacific Air Forces suffered five structural fires in the span of less than a week. Despite the fact that no lives were lost in the incidents, damage was estimated at more than \$4 million.

Don't let your house go up in flames.

Did you know unattended cooking is the number one cause of fires in family housing? Everyone needs to know what to do if a cooking fire occurs.

There are only two acceptable means of extinguishing a stove-top fire:

Put a lid on it or use the extinguisher. If you choose to use the lid method, make sure after putting the lid on the pot, that you turn the burner off and move the pot from the heated burner to a cool one.

If you choose the extinguisher method, remember P.A.S.S.

**P** - Pull the pin.

**A** - Aim the extinguisher nozzle at the base of the fire.

**S** - Squeeze the handle of the extinguisher.

**S** - Sweep from side to side until the fire is out.

Only use this method if the fire is small enough to completely extinguish with an extinguisher and without putting yourself at risk of getting burned.

Regardless of what method you choose, don't forget to call 911 - even if the fire is out.

All family houses should have an operational fire extinguisher in a location with easy access.

If your house doesn't have a fire extinguisher, visit Kadena's Eagle Hardware and pick one up.

Last, it is important to know how to report an emergency in case something happens. Remember the acronym S.P.E.E.D.

**S** - Sound the alarm... This can be done by manually activating a smoke detector or running through the building shouting "FIRE."

**P** - Phone the fire department. Dial 911 on base and provide your name, phone number, building number, and emergency.

**E** - Extinguish the fire. Remember to P.A.S.S.

**E** - Evacuate.

**D** - Direct arriving fire department personnel to the location of the fire. The first arriving crew chief will need to know all available information to minimize property damage.

# Take a look in the mirror

By Col. Barbara Johnston  
18th Air Evacuation Squadron commander

Some time ago I got into a mentoring session with a young major.

His thesis was that there was too little leadership in the military and much of the conversation centered on the ever present "they."

They don't know what they are doing; they don't understand the troops in the field and so forth.

The major had numerous solutions to the problems that he saw - none of which he could implement until he either had a staff to delegate it to, or instantly got promoted to general.

I thought of that major while I was reviewing an enlisted performance report. This airman did not have a job that was going to change the destiny of nations, but he was one of those gems who knew his job well and got it done with practically no supervision.

When he found a better way to do things, or it was within his authority, he did it.

When he needed approval for something, he often had the paperwork already finished. I would occasionally change a word just to feel useful, but it usually wasn't necessary.

When someone would ask him to do something, they didn't need to check back three times a day to see if it was being done.

If he ran into a problem he couldn't solve, he told his supervisor what he had already done and what he thought I could do to help. It occurred to me that this airman was a real part of the leadership in the Air Force while the major was not.

Some of us have the idea that leadership must come from on high (at least one level above us) and picture a John Wayne type individual inspiring us to do great and courageous things.

The more commonly needed leadership is the

kind that shows us how to get through the daily grind and come out feeling good about ourselves.

Put yourself in your supervisor's shoes.

As a worker, do you solve problems or merely discover problems, or are you the problem?

Do you, the supervisor, see your worker as a self motivator, or as the kind of person who needs constant detailed direction? Would you like to work for yourself?

Picture yourself walking down the street. Do you look like someone who knows where you are going and will be glad when you get there? Or do you always look like someone on the way to get the flu shot? Are you like the major or the airman?

Are you looking for leadership in the military? Are you the "leader" or are you a "they?"

As a first step, look in the mirror.

## ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen. Jeffrey Remington  
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play.

If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it.

Although not required, it's better to give commanders, first sergeants or the agencies with which you have the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

## Japanese knife law

Japanese customs recently confiscated a blade sent to me by a custom knifemaker in the states. I can go downtown and buy knives over 6 cm (2.3 inches) long. What is the policy concerning knife blades in Japan?

Under Article 22 of the Japan Sword and Gun Law, knife blades over 8 cm (or 3.5 inches) are illegal.

However it is permissible to

### PHONE NUMBERS

AAFES Action Line.....645-4301  
Base Exchange.....633-4570  
Clubs.....634-3002  
Commissary.....634-3640  
Finance.....634-1996  
Fraud, Waste & Abuse Hotline..634-0404

possess these knives as long as they are not concealed on your person.

You may carry it when it is carried for business and other justifiable reasons.

For example, If you have a diving knife, you are authorized to have the knife as long as it is properly stowed after use.

The key is to not carry it concealed. It's legal for retail stores to sell knives over 8 cm.

If you have questions concerning the Japan Sword and Gun Law, call 634-2475.

Home Telephone Helpline.....634-4080  
Housing Maintenance.....634-HOME  
Kadena Services.....634-1719  
Medical and Dental.....630-4785  
Safety.....634-SAFE  
Security Forces.....634-1397



18th Wing Commander.....Brig. Gen. Jeffrey Remington  
Public Affairs Chief.....Lt. Col. Kevin Krejcarek  
Deputy Public Affairs Chief.....Capt. CK Keegan  
Public Affairs Superintendent.....Master Sgt. Brad Carder

### Kadena Air Base Editorial Staff

Internal Information Chief.....Master Sgt. Adam Johnston  
Editor.....Staff Sgt. Jason Lake

Published by Print 21, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Mission Support Group. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

Contents of The Kadena Shogun are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Print 21, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use of patronage, without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs Office of Kadena Air Base. All photographs used in The Kadena Shogun are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by 18th Wing Public Affairs, Building 128, Kadena Air Base, Japan. The mailing address is 18WG/PAI, Unit 5141 Box 30, APO AP 96368-5141. Phone DSN 634-3457/5665. Fax 634-2344.

The submission deadline for information to be printed in The Kadena Shogun is 4:30 p.m. on Fridays, seven days before the desired print date.

For editorial submissions, send E-mail to [kadenashogun.newspaper@kadena.af.mil](mailto:kadenashogun.newspaper@kadena.af.mil)

For personal and paid advertising, call Print 21 at 921-2052. Personal free advertisements are offered by Island Market to readers and are printed on a space-available basis. Ad content does not constitute the official views of and are not endorsed by the U.S. government, the Department of Defense, or the Department of the Air Force.

# SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Joseph Matuliwicz

18th Component Maintenance Squadron, Aircraft electrical and environmental systems specialist  
Hometown: Guilderland, N.Y.

Reason for nomination: According to his supervisors, Sergeant Matuliwicz's military image earned him membership into Kadena's elite honor guard.

Time at Kadena: 9 months

Editor's note : *Shogun Warriors* are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

**DOGGY DASH:** The Air Force Sergeants Association will host its third annual Doggy Dash at 10 a.m. Saturday. Registration requires a donation of either a bag of dog food, cat food or cat litter, and will begin at 9 a.m. Dress up your pet and bring them to the Risner Gym.

**5K RUN:** The Air Force Sergeants Association will also host a 5K Fun Run/Walk at 7:30 a.m. Saturday. Registration begins at 7 a.m. and costs \$10. Free T-shirts will be given to the first 50 participants.

**VFW BLOOD DRIVE:** There will be a Veterans of Foreign War blood drive from 9 a.m. to 12:30 p.m. Wednesday at the Kadena USO. Donators will receive a free calling card for their contribution and members eligible to join the VFW will also receive the first year of membership free.

**DEPLOYED SPOUSES DINNER:** The family support center will host a deployed spouses dinner beginning at 6 p.m. at Chapel 1 Feb. 28. Reservations are required and can be made by calling 634-3366.

**BLACK HISTORY MONTH BANQUET:** The Rocker NCO Club will host

## Four minute fitness



Air Force/ Staff Sgt. Anika Williams

Dr. Keith Jeffrey teaches Kadena residents Tai Chi for Busy People and Four Minute Fitness during a fitness seminar at Kadena High School Saturday. More than 30 people attended the seminar that taught yoga, meditation, martial arts and other techniques to promote physical and mental wellness.

a Black History Month banquet Feb. 28 at 7 p.m. Cost is \$20 per person.

**CHANGE OF COMMAND:** Lt. Col. Neil Billings will take command of the 353rd Operations Support Squadron from Lt. Col.

Robert McDonald at 1:53 p.m. March 5 in the commando west hangar.

**SCHOLARSHIP:** The Naval Officers' Spouses' Club of Okinawa is accepting applications for their 2004 Scholarship Program. Eli-

gible U.S. Navy family members may pick-up applications at the Navy Fleet Gift Shop at Camp Lester, base education centers and other locations. Applications are due by April 1, 2004. For more information, visit the Navy Fleet Gift Shop

or contact Stacy Wheeler at 646-8726 or e-mail: wheeleri-nokinawa@hotmail.com.

**DRAGONBOATRACERSNEEDED:** Volunteers are needed to form teams for the May 5 Naha Dragon Boat race. A men's and women's team are needed for the competition consisting of 32 rowers, a gonger and a motivator. Team members must be Air Force active duty, Guard, Reserve members, a Department of Defense civilian employee or a Status of Forces Agreement family member over age 18. Racers are expected to attend training sessions three times every week - Monday, Wednesday, and Friday at 5:30 a.m. or 5:30 p.m. at the Four Diamonds Softball Field. For more information, call Master Sgt. Ursula Young at 634-2499.

**NEW PROCEDURES:** The Joint Forces Vehicle Registration Office has new guidelines on temporary license plates. Applicants must fill out an application, bring a copy of the Japanese title and compulsory insurance policy. A ¥1,500 fee will be collected before issuing the plate for a three day period. For more information, call the JFVRO at 645-7481 or 645-3963.

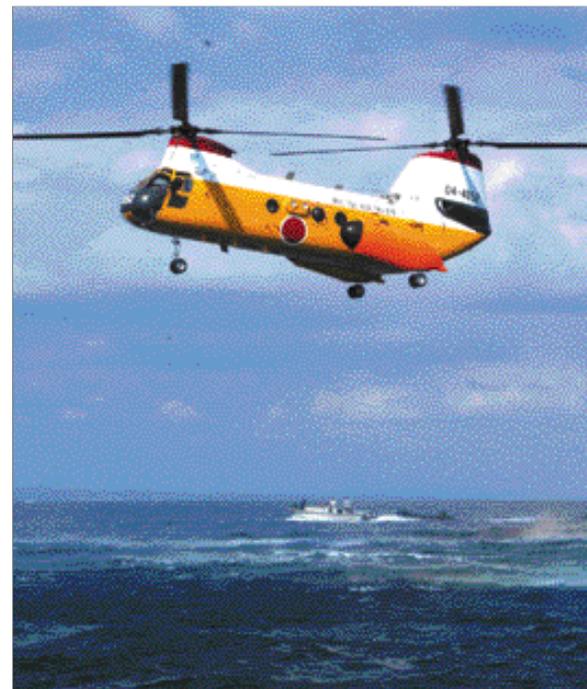


CLOCKWISE FROM TOP: Pararescuemen from the 31st Rescue Squadron explain rescue techniques with Japanese observers.

FAR RIGHT: A Japanese Air Self Defense Force V-107 hovers over the simulated crash site in search of survivors.

RIGHT: Master Sgts. Charles Stiefken and Greg Plasch, 31st RQS pararescuemen, prepare to inflate their raft for rescuing survivors of the simulated crash.

CENTER: Three Japanese pararescuemen take part in the recovery of victims from the simulated aircraft crash. (Air Force photos by Airman 1st Class Heather Tower)



## Kadena pararescuemen train alongside Japanese counterparts

By 2nd Lt. Timothy Lundberg  
18th Wing Public Affairs

"Para copy, one minute, seas calm, winds calm, you are clear to drop."

Those were the words from Tech. Sgt. Jeremy Hardy that gave the go ahead for three 31st Rescue Squadron pararescuemen to jump from a C-130 flying at 3,500 feet into the waters off of White Beach Tuesday.

The three airmen exited the C-130 after first pushing out their ride for the day – a parachute equipped, self-inflating Zodiac boat that they would use while participating in Cope Angel.

Cope Angel is a three-day training exercise that demonstrates and improves joint operability between American and Japanese Air Self Defense Force assets and operators, organizers said.

Specifically, the exercise fine tunes the skills of U.S. and Japanese pararescue forces and they practice the use of different airplanes and helicopters for

rescue missions.

Staff Sgt. Gabriel Serna and Master Sgt. Charles Stiefken were two of the airmen who participated in Cope Angel. Sergeant Serna, who has been a pararescuemen for eight years and hails from Chico, Calif., said, "My job as the helicopter team leader is to call in the rescue helicopters to pick up the survivors."

Sergeant Stiefken, a 16-year pararescuemen and native of Anchorage, Ala., was the jumpmaster for the exercise. He explained that the training was important to maintain skills necessary for the real world.

"This is a simulated mass casualty exercise, our job is to go to, get in, and pick up the survivors," he said. "We want to hone our skills. These are highly perishable skills that we have to practice or we lose it."

After the team got their boat underway, they met up with the downed airplane survivors and a team of rescuemen of U.S and JASDF personnel.

A second group of pararescuemen had deployed

from a Japanese HH-60 with a T-Duck, a variant of the self-inflating boat. From there, the survivors and the U.S. and JASDF pararescuemen were hoisted onto U.S. HH-60s, Japanese UH-60s and a Japanese CH-47.

After the operational portion of the training concluded, all returned to Kadena for a debriefing and preparations for the next day of joint training involving a night rescue mission.

Second Lieutenant Tim Hanks, director of operations for the 31st RQS, said the joint training missions gave great experience to both the Americans and Japanese personnel involved.

"It's important for the U.S. Air Force and JASDF personnel to learn how to work together and to learn from each other," he said. "It's important for us to keep this working relationship going, in case this type of mission really happens, we are better prepared to save lives as a team."

"We all live by the motto: These things we do so that others may live."



Air Force/ Airman 1st Class Heather Tower

**ABOVE:** Kristine Seen changes her socks before entering the tatami room where Kazuko Miyahira held a Japanese tea ceremony Feb. 12.

**RIGHT:** Mrs. Miyahira explains to here guests how to drink Japanese tea.



Air Force/ Airman 1st Class Heather Tower



Air Force/ Airman 1st Class Heather Tower

Eiko Ishikawa, the family support center's cultural awareness program manager, bows to Mrs. Miyahira after receiving a cup of tea.



Air Force/ Airman 1st Class Heather Tower



Air Force/ Airman 1st Class Heather Tower

**ABOVE:** Mrs. Ishikawa prepares tea using eastern-style techniques.  
**LEFT:** Mrs. Ishikawa adds grounded tea powder to a cup before adding boiling water.

## Kadena residents get more than a teaspoon of culture at a Japanese tea ceremony

By 2nd Lt. Chrystal Smith  
18th Wing Public Affairs

Some Kadena residents got more than a teaspoonful of Japanese culture during a Japanese tea ceremony sponsored by the family support center Feb. 12.

More than a dozen Americans came out to the home of Kazuko Miyahira to learn about a 700-year-old Japanese tradition.

Mrs. Miyahira, who lives off-base near Kadena's Gate 2, has been teaching the ceremony for 35 years and has volunteered with the FSC for eight years.

Mrs. Miyahira said she opens her home and shares her extensive knowledge of the ceremony with others so

that all may be enlightened.

"I think it is more important to understand other cultures rather than sharing our own culture," she said. "Listening to others share their culture helps you share your culture in a way that others can understand and appreciate."

The tea ceremony Mrs. Miyahira teaches dates back to the 16th century, and is a tradition that encompasses many aspects of the Japanese culture.

In Japanese society today, the tea ceremony is taught to the younger generations to instill discipline, manners, respect and gratitude, but Mrs. Miyahira said she hopes to inspire those who attend her class.

"Nowadays everyone is so busy," Mrs. Miyahira explained. "If people

come together more often, then it would build harmony in the family."

During the class, students got a chance to see the traditional tea ceremony in addition to a western-style ceremony. Afterwards the students learned more about the tradition through a question and answer session.

Jill Roden and her family have been stationed here for more than three years, but never experienced a Japanese tea ceremony before.

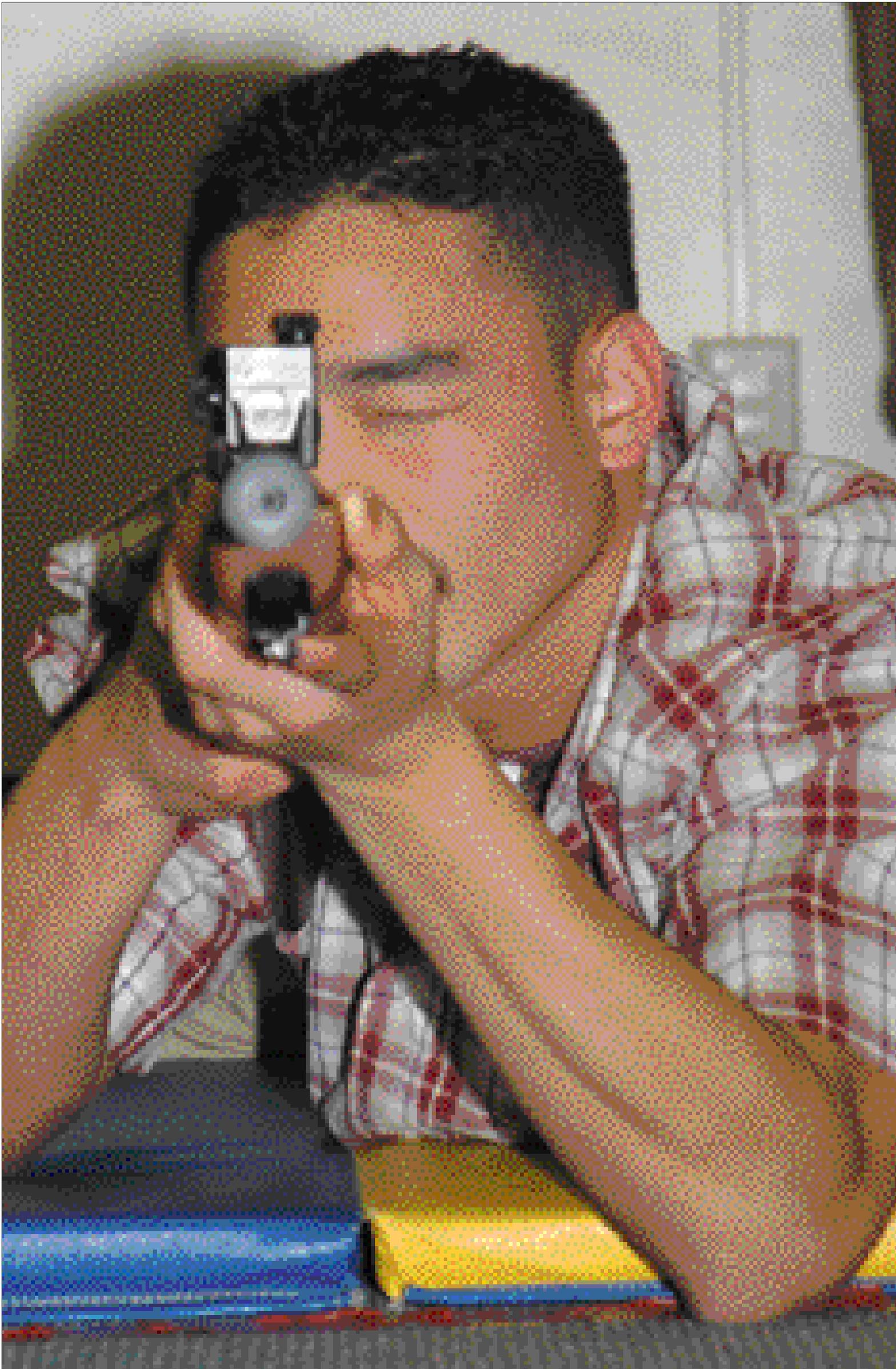
"I thought it was very interesting to see," said the North Carolina native. "They were so classy and precise in everything they did. Going to the tea ceremony was neat because I have never seen anything like that and I will probably never see anything like it again."

The FSC's cultural awareness program offers "The Way of Tea" every second Thursday of the month to all Kadena personnel.

The FSC's cultural awareness program manager, Eiko Ishikawa, highly recommends the program to military members, their dependents, and civilians of all nationalities to include Japanese nationals.

"The CAP is in place to bridge the Okinawa community and the U. S. military community," said Mrs. Ishikawa. "If you can only participate in one class while you are here, I recommend this one."

People interested in attending a cultural awareness class such as origami, Okinawan vegetable cooking, kimono wearing, or Ikebana, can call 634-3366.



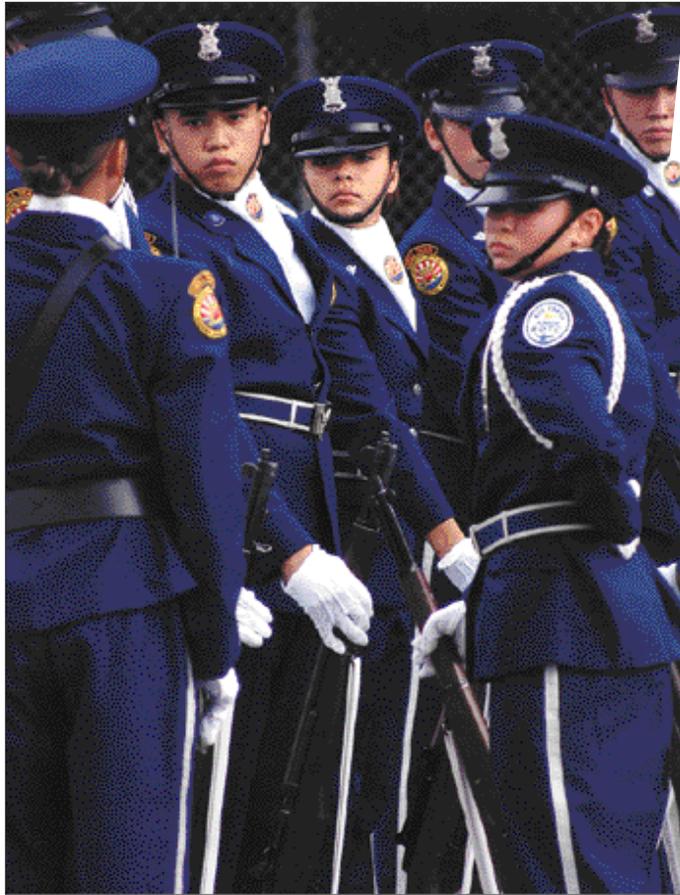
CLOCKWISE FROM  
 cadets perform dur  
 tion of the competi  
 TOP RIGHT: Guar  
 team strength duri  
 Drill Competition at  
 Kadena .  
 drill competition.  
 ABOVE: Master Gu  
 ney's 3rd Marine I  
 American High Sc  
 inspection portion  
 High School.  
 LEFT: Leo Pacheco  
 School in South K  
 during the marksm  
 High School on Car



Courtesy photo



Air Force/ Staff Sgt. Anika Williams



Courtesy photo



Air Force/ Staff Sgt. Anika Williams  
Kadena High School Junior ROTC  
ie color guard pass and review por-

School JROTC cadets show their field events portion of the Far East na High School.

cadets prepare for the exhibition

Sgt. B.J. McKay, from Camp Court-n, reviews uniform items on Osan JROTC cadets during the uniform Far East Drill Competition at Kadena

OTC cadet at Seoul American High takes aim down range at his target rition of the competition at Kubasaki ster.



Air Force/ Staff Sgt. Anika Williams



Courtesy photo

Kadena High School's JROTC color guard awaits placement of a streamer on top of their flag during the color guard competition.

# 2004 FAR EAST DRILL COMPETITION

## High school JROTC teams put their skills to the test

By Staff Sgt. Jason Lake  
18th Wing Public Affairs

More than 200 students from 13 Department of Defense Dependent Schools took part in the 2004 Far East Drill Competition at various installations on Okinawa recently.

Kadena High School's Junior ROTC drill team competed against a dozen other high school teams from Japan, Korea, Guam and Okinawa.

Each team tested its ability to perform drill commands in addition to many other trials such as a color guard presentation, survival skills test, marksmanship competition and uniform inspections.

Tomi Yamamoto, a KHS junior and cadet on the drill team, said her team finished first in the regulations competition, which tests the team's ability to perform standard drill techniques in a standard format

Cadet Yamamoto said that although this was her second year on the drill team, many of the team members were first-time participants.

"I think we did a good job," she said. "For half of the team this was their first time, so this was a good learning experience for them."

Camp Foster's Kubasaki High School drill team finished first place overall in the competition.

The other top finishers in each event were:

Inspection - Camp Zama High School, Japan

Regulation - Kadena High School, Okinawa

Drill - Kubasaki High School, Okinawa

Unarmed Exhibition - Pusan American High School, South Korea

Armed Exhibition - Kubasaki High School, Okinawa

Color Guard - Kubasaki High School, Okinawa

Survival - Yokota High School, Japan

Co-ed Marksmanship - Kubasaki High School, Okinawa

Sportsmanship - E.J. King High School, Sasebo Naval Station, Japan

Cadet Brandie Lopez, a senior member of KHS's drill team, said the team will participate in the Guam invitational tournament March 6.

## Let there be water



Air Force /Derk Blanset

EDWARDS AIR FORCE BASE, Calif. – A modified KC-135 Stratotanker sprays water on an F/A-22 during an airborne ice test recently. The aircraft was the first to use the 'rain and ice tanker' for testing.

# New Web site designed to make moving easier

By Staff Sgt. Melanie Streeter  
*Air Force Print News*

WASHINGTON — Relocating an Air Force family can be challenging. To ease the strain, Air Force officials recently launched "AF Move," a Web site designed to put as much moving-related information as possible only a mouse-click away.

"This is an absolutely outstanding Web site," said Maj. Gen. Craig Rasmussen, Air Force director of logistics readiness. "It is the gold standard for our Air Force personnel to use before, during and after their personal property move has been completed."

While many units have local sites to help Air Force families in the moving process, this site aims to give people Air Force-level guidance.

"We want this site to become institutional, so that anyone in the Air Force, military or civilian, can go there to search out information," said Randy Teske, Air Force personal property and passenger policy traffic management specialist. "Let's face it, we only move now every three or four years, so we become out of touch because processes and entitlements change."

The site links users to everything from making permanent-change-of-station moving arrangements to tracking a personally owned vehicle shipment.

"You can go into the carrier industry and

trace your shipments," said Jim McAllister, personal property and passenger policy division chief. "You can even go in and see local laws on certain items that may be restricted."

Other links connect Air Force families to the claims offices at either end of their move.

"Sometimes our members transfer to an area that's handled by another branch of military service," said Sharon Goodson, traffic management specialist. "This gives them not only the phone numbers, but keeps them in touch with Air Force policy, so if they have a question, they can go back to what the Air Force requirements are and get back on track."

The site's usefulness does not end there. When people use it early in the PCS process, they can plan the move intelligently, Mr. McAllister said.

It also serves as a great tool for remembering what items were briefed during that counseling, Mr. McAllister said.

The site also contains links to a toolbox full of technical information that Air Force personal property specialists can reference. This allows officials to quickly disseminate information to offices in the field and serves as an invaluable resource, Mr. McAllister said.

The next time PCS orders drive Air Force members to pack up personal property and head for a new base, <http://afmove.hq.af.mil> can help keep the headaches and hassles to a minimum.

# Cope Tiger exercise kicks off in Thailand

by Capt. Johnny Rea  
*Cope Tiger Public Affairs*

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Aviation units from the U.S. Air Force, Thailand and Singapore, as well as the U.S. Marine Corps, are honing their combat skills in exercise Cope Tiger '04 here until Feb. 27.

More than 1,370 people, including 770 U.S. servicemembers and 600 servicemembers from Thailand and Singapore, are participating in the annual, joint/combined multilateral exercise.

"Cope Tiger helps demonstrate our commitment to peace and stability in the Asia-Pacific region," said Col. George Daniels, senior U.S. Air Force representative and exercise director. "The exercise will improve readiness and interoperability, as well as help maintain solid relationships with nations in the region as we train side-by-side with their air forces."

Cope Tiger '04 is conducted in two phases in the Asia-Pacific region.

The first phase ended at Paya Lebar Air Base, Singapore, in December, and was a seminar/command post exercise

where aircrews from the three countries participated in the planning and exercising of an air operations center.

The second phase is the flying training exercise, which is taking place at this air base about 110 miles northeast of Bangkok.

The flying training portion of the exercise promotes closer relations and enables air force units in the region to sharpen air combat skills and practice interoperability with U.S. Forces, said Colonel Daniels, who is the 13th Air Force director of operations at Andersen Air Force Base, Guam.

American units participating in the exercise include the 90th Fighter Squadron and 962nd Airborne Air Control Squadron, Elmendorf AFB, Alaska; 909th Air Refueling Squadron and 961st AACS, Kadena AB, Japan; Marine Fighter Attack Squadron 212, Marine Corps Air Station, Iwakuni; Marine Aerial Refueling Squadron 152, Marine Corps Air Station, Futema, Japan; and Marine Tactical Electronic Warfare Squadron 4, Cherry Point Marine Corps Air Station, N.C.

# Officials limit re-enlistment window to three months

By Staff Sgt. Melanie Streeter  
*Air Force Print News*

WASHINGTON— Air Force personnel officials are changing the re-enlistment eligibility window beginning March 5.

The new policy requires active-duty airmen to re-enlist within three months of their term of service expiring, a change from the 12-month window currently in effect.

"In our effort to shape the force, we continue to seek areas that will give us greater management oversight," said Master Sgt. Maria Cornelia, the Air Force's chief of retention and bonus programs at the Pentagon.

Narrowing the window will also will assist officials with forecasting requirements for personnel programs such as selective re-enlistment bonuses, career job reservations and retraining,

Sergeant Cornelia said.

This policy shift is not something new, but a return to the policy in place before 2001. The eligibility window was expanded from three to 12 months during a low-retention period.

Airmen will still be authorized to re-enlist earlier than three months from their term of service expiring because of service-related requirements, such as a reassignment and promotion.

# Deployed airmen getting ATM access

By Capt. Kelley Thibodeau  
*379th Air Expeditionary Wing Public Affairs*

SOUTHWEST ASIA — An officer deployed to a forward location here has developed a template for an automated teller machine agreement that will place ATMs at selected locations in the region. The first two ATMs are due to be installed in mid-February.

"Major [Scott] Lettney created the first operating agreement for the U.S. Air Force for this

type of initiative," said Maj. Steve Minkin, 379th Expeditionary Comptroller Squadron commander.

The operating agreement will be used as the template for future initiatives of this nature, Major Minkin said.

Currently, most people deployed to Southwest Asia cash checks for U.S. dollars or a host nation's currency. If someone deploys without checks, he or she may have to use a pay advance to get cash. Pay advances are restricted to

\$100 and may affect a person's base pay for several months after the advance.

Major Minkin and the 379th ECPTS cashiers said they expect a significant drop in check-cashing needs once the ATM machines are installed and running.

"The initiative gives us an opportunity to look at the manning of the cashiers in the comptroller squadron and see if some positions can be reduced, allowing more people to be at home station," Major Minkin said.



Air Force/ Senior Airman Mercedes McAlister

### A special Valentine's gift for deployed spouses

Kaleinani Stephens, wife of Senior Airman Curtis Stephens of the 18th Logistics Readiness Squadron, Noel Bautista, wife of Shaff Bautista of the 18th LRS, and Crystal Bernardo, wife of Staff Sgt. Nelsen Bernardo of the 18th Civil Engineer Squadron, show their Valentine's Day gifts given by the Family Support Center as part of a raffle for deployed spouses. Karen Zink, wife of Col. Richard Zink, 18th Wing vice commander, drew the three wives names from more than 75 entries.

# Kadena Activities

Sunday: Quarterly Birthday celebration, begins at 6 p.m. at the Marshall Dining Facility. Meal card holders that celebrated their birthday in December through February can enjoy a complimentary southern style birthday meal courtesy of the 18th Services Squadron.

### Kadena ITT

Saturday: *Tunnel Rats tour*, 9 a.m. to 5 p.m. Cost is \$15 for adults, \$10 for children ages six to 12, \$5 for children under six.

• *Whale Watching tour*, 6:30 a.m. to 6 p.m. Cost is \$84 for adults, \$57 for children ages five to 11.

Sunday: *Relaxing Day at Hotel Nikko Alivila*, 9 a.m. to 4 p.m. Cost is \$70 for adults, \$26 for children ages six to 12 and \$12 for children under six.

• *Battle of Okinawa tour*, 9 a.m. to 5 p.m. Cost is \$28 for adults, \$19 for children ages six to 12, \$11 for children ages four and five and \$5 for children three and under.

Thursday: *Explore the North*, 9 a.m. to 4 p.m. Cost is \$31 for adults, \$18 for children ages six to 12 and \$10 for children under six.

Feb. 27: *Urashima Dinner Theater*, 5:30 to 10 p.m. Cost is \$60 for adults, \$39 for children ages six to 12 and \$4 for children under six.

Feb. 28: *Okinawa Crafts Exploration*, 9 a.m. to 4 p.m. Cost is \$15 for adults, \$10 for children ages six to 12.

Feb. 29: *Okinawan Folk Tales*, 9 a.m. to 3 p.m. Cost is \$15 for adults, \$10 for children ages six to 12 and \$5 for children under six.

### Clubs

Monday: *Kid's Membership Night*, 5 to 7 p.m. at the Officers' Club. The entire family can enjoy a free buffet that includes cake and ice cream. Children will receive a free goody bag to take home.

Saturday: *Super Ladies Night*, 10 p.m. to 4 a.m. at the Rocker NCO Club. Three DJ's will rotate throughout the night and there will be a crowning of Miss Super Ladies Night.

### Youth Center

Fridays: *Activity Day*, 4:30 to 5:30 p.m. Kids can play games and get creative. Open to ages 6-8.

### Schilling Community Center

Saturday: *Card and Comic Show*, 10 a.m. to 4 p.m. Spots are available to vendors for \$5 on a first-come, first-served basis.

Saturday: *Table Top Warrior's Club*, 10 a.m. to 10 p.m. The club plays Warhammer, Warhammer 40k, Battletech, Dungeons and Dragons and Magic the Gathering games.

Feb. 28: *Handmade Crafts Fair*, 10 a.m. to 4 p.m. Check out Americana, wood shelves, baskets, wreathes, candles and much more.

Feb. 29: *Family Karaoke Night*, 5 to 8 p.m. Get the family together to sing the night away.

Discover classes: Visit the Schilling Community Center and sign up for one of the following Discover classes: whale watching, Shamisen, local tour, tea ceremony or tennis.

### Family Support Center

Monday: *Money Management*, 8 to 11 a.m.

Tuesday: *Bundles for Babies*, 8 to 11:30 a.m.; *Smooth Move Workshop*, 9 a.m. to noon; *Retire Rich*, 5 to 6:30 p.m.; *Basic Computer Class*, 5 to 7:30 p.m.

Wednesday: *Unaccompanied Newcomers' tour*, 8 a.m. to 3:30 p.m.; *Washi*, 1 to 2:30 p.m.

Thursday: *Ikebana*, 1 to 1:40 p.m.

Feb. 27: *Checkbook Management*, 2 to 4 p.m.

### Kadena Marina

Sunday: *Sports Flea Market*, 7 to 10 a.m. Buy and sell diving, boating, fishing and surfing equipment. New items are prohibited from being sold. For more information, call 634-6344.

# Movies

Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.

### Keystone Theater

Tonight: 6 p.m., *Scary Movie 3*, PG-13; 9 p.m., *Butterfly Effect*, R

Saturday : noon, *The Cat in the Hat*, PG; 4 p.m., *Scary Movie 3*, PG-13; 7 p.m., *Butterfly Effect*, R

Sunday : noon, *Peter Pan*, PG; 4 p.m., *Butterfly Effect*, R; 7 p.m., *Mona Lisa Smile*, PG-13

Monday: 7 p.m., *Something's Gotta Give*, PG-13

Tuesday: 7 p.m., *The Last Samurai*, R

Wednesday: 7 p.m., *Mona Lisa Smile*, PG-13

Thursday: 7 p.m., *Butterfly Effect*, R

Feb. 27: 6 p.m., *Big Bounce*, PG-13; 9 p.m., *Tupac Resurrection*, R

### Foster Theater

Today: 6 p.m., *Big Bounce*, PG-13; 9 p.m., *Last Samurai*, R

Saturday : 1 p.m., *Mona Lisa Smile*, PG-13; 4 p.m., *Something's Gotta Give*, PG-13; 7 p.m., *Big Bounce*, PG-13; 10 p.m., *The Last Samurai*, R



# Chapel

### Catholic

Mon.-Fri. : Mass, noon at Chapel 2  
Saturday : Confession, 3:30 to 4:30 p.m. at Chapel 2; Vigil Mass, 5 p.m. at Chapel 2  
Sunday : Mass, 8:45 a.m. at Chapel 3; 12:30 p.m. and 5 p.m. at Chapel 1

### Protestant

Wednesday : Bible Study at 7 p.m. at Chapel 1.  
Sunday : Inspirational, 8:30 a.m. at Chapel 2; Liturgical, 8:45 a.m. at Chapel 3; Evangelical, 9 a.m. and 10:45 a.m. at Chapel 1; General Protestant, 10:30 a.m. at Chapel 3; Gospel, 10:30 a.m. at Chapel 2; Sunday school at 10:45 in Bldg. 326 and Bldg. 327

Hindu service: noon on Mondays at Chapel 1  
Eastern Orthodox service: call 645-7486  
Jewish services: call 637-1027  
Islamic services: call 636-3219

## Athletes run 5k race for African-American Heritage Month



Air Force/ Staff Sgt. Anika Williams



Air Force/ Staff Sgt. Anika Williams

LEFT: Michael Thomas, a captain with the 82nd Reconnaissance Squadron, runs uphill during the African-American Heritage 5K Run Feb. 13. More than 80 people participated in the race that began and ended at the Risner Fitness Center.

ABOVE: Members of the 3rd Marine Expeditionary Force Band approach the finish line while clapping and calling out cadence.

# SPORTS COMMENTARY

## Abdominal circumference: friend or foe?

by Col. Laura Torres-Reyes

380th Expeditionary Medical Group commander

**SOUTHWEST ASIA** — Are you frustrated with the abdominal circumference score for the new fitness standard? Have you pounded out hundreds of crunches, pumped oodles of push-ups, only to find your abdominal girth doesn't get you past a composite score of 80?

I must admit that I was at first perplexed and amazed that the numbers and scores didn't change based on height or age. How could that be?

The key to understanding why abdominal circumference takes a huge chunk of your fitness score is in understanding that our new fitness program is about maintaining the health of your whole body.

What really matters now to the Air Force is that you are maintaining a state of health that decreases your risk of preventable diseases.

Research has shown conclusively that abdominal size reflects this concept of whole health. Besides the obvious risk factor of smoking tobacco, your amount of abdominal fat is a good predictor of your risk for heart disease, diabetes, stroke and some types of cancer.

Isn't that amazing?

You don't need a palm reader or crystal ball. By just taking a simple tape measurement, you can get a pretty good idea of your chances for enjoying a long, healthy life.

Of course, the hard part is deciding what to do if your abs just aren't measuring up.

Take heart! You don't have to look for a liposuction specialist or invest in expensive gadgets advertised on TV to make an improvement. The only proven way to decrease your abdominal circumference is to decrease your body fat.

The fact is we all have those enviable six-packs of muscle hidden under our abdominal fat.

As you lose the fat, the muscle definition becomes clear. If you increase your aerobic capacity and strengthen your shoulders and core muscle groups, your total body fat will decrease and your abdomen will firm up.

It is really a pretty good package deal; as you improve your scores for the 1.5 mile run, push-ups, and sit-ups, you should see your abdominal girth decrease.

Of course, you will also have to burn more calories than you eat, actually exercise aerobically by maintaining your training heart rate between 60 and 75 percent, and build more muscle to boost your metabolism.

Okay, so I never said it would be easy, but don't you feel better just knowing it makes sense?

## Sport Standings

### Basketball

#### Division 1

Team	W	L
18 EMS (A)	9	1
18 LRS (A)	8	2
18 CS (A)	8	2
18 CMS (A)	8	2
18 CES	7	4
18 MUNS	6	3
18 SFS	6	3
18 SVS	4	5
18 EMS (B)	3	7
733 AMS	3	8
18 CS (B)	2	8
18 AMXS (A)	1	8

#### Division 2

Team	W	L
18 DS/AMDS	12	0
353 OSS	8	3
33 AMU	7	4
18 LRS (B)	7	4
18 LRS (C)	7	5
18 MDOS/MDSS	6	5
390 IS	6	5
18 MSS	6	5
909/961	6	6
78 MOS	4	7
82 RS	4	8
18 CMS (B)	1	10

### Racquetball

#### Division 1

Team	W	L
18 SFS	3	0
18 OSS (A)	2	0
18 LRS (A)	1	2
733 AMS	1	1
Det. 1, 554	1	0
18 CS	0	2
18 CMS	0	2
18 CES	0	1

#### Division 2

Team	W	L
18 AMXS	2	0
VP9 (B)	1	0
18 LRS (B)	0	1
18 MOS	0	1
353 OSS	0	1
18 MSS	0	1
18 OSS (B)	0	0
VP9 (A)	0	0

SOURCE: 18th SVS fitness center staff  
Current as of Feb. 18

## SPORTS BRIEFS

**75-CENT DAY AT EMERY LANES:** There will be a 75-cent day at Emery Lanes from 8 a.m. to 5 p.m. Tuesday. The blanket-ing 75-cent price covers games, sodas, hot dogs, french fries and corn dogs.

**HEALTHY HEART FAIR:** There will be a healthy heart fair from 10 a.m. to 2 p.m. Wednesday at the Risner Fitness Center. Health care professionals will be on hand to answer questions and offer ideas on maintaining a healthy lifestyle. There will also be free blood pressure tests, body fat measurements

and information booths offering plenty of tips.

**TENNIS LESSONS:** The Kadena Tennis Center offers lessons for all skill levels from 9 to 11 a.m. and 3 to 5 p.m. on Mondays, Thursdays and Fridays. To sign up for a class, call the tennis center at 634-3157 or 634-0695.

**BASKETBALL TOURNAMENT:** March 5 is the deadline to register for Kadena's first basketball classic tournament March 12-14. The tournament is open to all

Pacific Air Force bases varsity, intra-mural, local national and other service branch teams. The tournament is limited to 12 men's teams and eight women's teams at a cost of \$150 per team. For more information, call 634-5128.

**TENNIS TOURNAMENT:** Registration for the Kadena Tennis Center's Open Division tournament is due by March 7. The entry fee for the tournament (held March 27 and 28) is \$40 per team. For more information, call 634-0695.