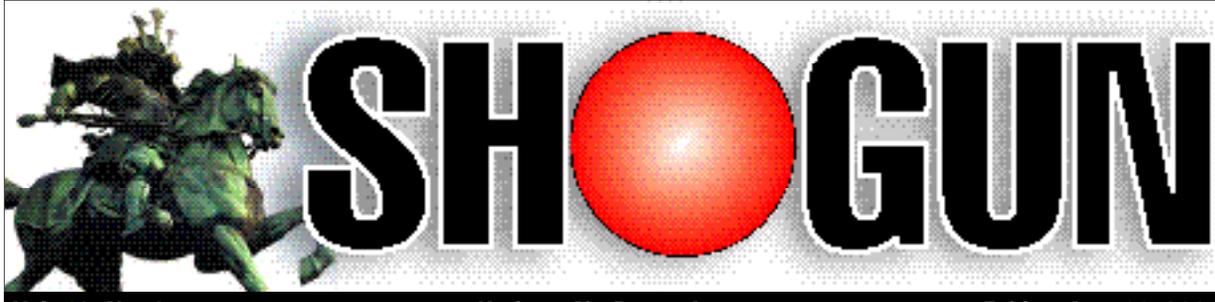


MONTHLY SORTIE GOALS

961st Airborne Air Control Squadron	
Monthly flying-hour contract	84
Hours flown	82
Monthly offset	-2
33rd Rescue Squadron	
Monthly flying-hour contract	35
Hours flown	36.7
Monthly offset	1.7
909th Air Refueling Squadron	
Monthly flying-hour contract	147
Hours flown	153.2
Monthly offset	6.2
44th & 67th Fighter Squadrons	
Monthly sortie contract	305
Sorties flown	324
Monthly offset	19

Source: 18th MXOS, as of Jan. 14

THE KADENA



Vol. 18, No. 2

Kadena Air Base, Japan

Friday, Jan. 16, 2004

WEEKEND WEATHER



TODAY: Partly cloudy
NE winds @ 10-12 knots
High: 68 Low: 54



SATURDAY: Mostly cloudy
SE/SW winds @ 10-15 knots
High: 63 Low: 55



SUNDAY: Rainshowers
N/N winds @ 12-20 knots
High: 64 Low: 59

**FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES**
BUYING: \$1=Y104 SELLING: Y109=\$1

Two Kadena families win \$25K

by Capt. CK Keegan
18th Wing public affairs

It was a bacon croissant-which value meal Airman 1st Class Jonathan Carpenter will never forget. For the Olson Family it was a quick stop for two drinks.

In those visits, both families at Kadena collected the proper game pieces in a local fast-food game that netted each \$25,000.

Airman Carpenter, an 18th Wing chaplain's assistant and Steve Olson, 718th Civil Engineer Squadron chief of real estate management, were two of 30 winners in the Burger King Major Money Loot Camp game. The idea of the game was to spell out the word MAJOR for \$250,000 or MONEY for \$25,000 by collecting game pieces with letters on them.

Airman Carpenter and the Olson Family both found "Y" game pieces that were worth \$25,000 and received their checks Dec. 12.

"I love me a flame broiled whopper," said Airman Car-



From left to right: Airman 1st Class Jonathan Carpenter and his wife, Shannon, and the Olson family (Jennifer, Bill, Vicki, Zachary, Steven, Candi and Mike) found winning game pieces for each of their families to collect \$25,000 from a fast-food competition.

penter, "and I love contests like that. I always won a free drink or burger every time I ate there."

A new year's resolution has reduced the number of trips to the nearest BK. "I'm on a diet and fast-food is kinda conflicting with losing weight," he said.

Airman Carpenter and his wife Shannon plan to save half

of the money, buy plane tickets for a family to visit Okinawa and then "SHOP."

Expecting their first child in February, the money came at just the right time.

"I do feel lucky," said Airman Carpenter. "I enjoy my job here, we won \$25,000, and I'm going to be a daddy, that's the real prize right there."

Mr. Olson, his wife Vicki

Air Force /Tech. Sgt. Richard Freeland

and their five children have spent some of the money – on donations to the Combined Federal Campaign, Christmas presents and a future end-of-season party for the Falcons football team – but plan to save most of it for college tuition. "The kids went all out on mom this Christmas," said Mr. Olson. "It was downright wonderful seeing them buy all of

the things they could think of that their mom had commented about." It was Mr. Olson's 19-year-old daughter Candi who found the winning pull tab while shopping with her mom.

"I wasn't quite sure we won," said Candi. "I didn't want to believe it until I saw it all spelled out. I just kept thinking about my mom. I know she wanted to pay off all the bills and now she would get to."

Mr. Olson doesn't consider luck to be a factor, and credits his children for winning the contest since it's always their idea to participate.

"Most days we're just happy to be alive and enjoy what life has to offer," he said. "Good events are celebrated by the family and bad events pull us closer together. We know from experience that money doesn't buy true happiness."

A special "thank you" by Airman Carpenter also goes out to Airman 1st Class Rosalinda Bedford for "hooking up" another airman with a ride to the BK for that bacon croissant-which value meal.

Okinawans visit base to stifle family curses

By 2nd Lt. Chrystal Smith
18th Wing public affairs

More than 100 years of curses could disastrously influence the inhabitants of Kadena and the descendants of Okinawa with the removal of one program here.

The Kadena sacred sites program is in place to guard against 'Chijiuri' or ancestral curses befalling all Okinawa, and the base held its first sacred site visit of the New Year for local Okinawa residents last week.

Kadena is home to almost 100 sacred sites that include shrines, tombs, former village sites, caves and historic war sites. To gain access to the sites, visitors submit requests to base officials. Approved visitors go to the various sites to worship and pray to and for their ancestors.

These visits are part of Okinawan religion called

Sosen Suhai or ancestors' worship. The Okinawan-native religion is based on the belief that if ancestors do not sleep in peace or enter nirvana a curse will come upon their descendants.

The program is managed by 18th Wing public affairs community relations section. Visits are offered every Friday, except on holidays or operational exercise days. In 2003, more than 100 visitors came to Kadena.

"The program is one of the most utilized by the Okinawan community," said Keiko Toma, community relations specialist with the 18th Wing public affairs office. Residents of Okinawa City, Kadena Town, and Chatan Town are prime participants in the sacred sites program.

"If we did not offer the program, I imagine the frustrations and anxieties of the local Okinawa residents would

increase," said Ms. Toma. "It is truly a vital program that we offer the community so they get the opportunity to carry out rituals consistent with their faith."

Tomi Kina and niece, Tsuneko Nagamine of Okinawa City, visited the Morine Bijuru site to complete a prayer for the thousands of lives that were lost in the Battle of Okinawa almost 60 years ago.

Morine used to be one of the colonies of the exiled samurais but later it became an independent section of Goeku Village around the Taisho to Showa era (1920s - 1930s). Bijuru originally means a name of the first saint of the 16 Buddhist Followers, but in Okinawa it is referred to as a sacred natural stone.

People pay a visit to the site to pray for children's healthy growth, safe travel



Air Force /Airman First Class Michael J. Pallazola

Tomi Kina (left) and niece, Tsuneko Nagamine of Okinawa City, visited the Morine Bijuru site to complete a prayer for all those lost during the battles fought on Okinawa.

and abundant crops. Ms. Kina is regarded as a special prayer and said that she was asked to come pray.

"I pray for everyone that died in the battle," said Ms. Kina. "I also pray for everyone throughout the world, especially everyone on Okinawa (on the first and fifteenth day of each month on the lunar calendar)."

Senior Airman Jamarco Clinton of the 44th Fighter Squadron escorted the visi-

tors. He volunteered because of his interest in Okinawan culture and its religion.

"It's good to see different cultures and religions," said Senior Airman Clinton.

"I grew up Baptist, so I am well accustomed to that particular style of worship," he said. "I was intrigued by Okinawa's culture and religion and wanted to learning more; I figured this would give me a great first-hand experience."



Typhoon conditions

Q. How soon after TC-1C is declared are facilities such as the Shoppette allowed to close?

A. Just like all other nonessential functions on the island, we are required to immediately close our facilities and get to quarters when TC-1C is declared.

Education benefits

Q. I did not sign up for the Montgomery GI Bill in basic, can I sign up now?

A. The decision to enroll in the MGIB must be made within 14 days of entry on active duty.

Therefore, a person who chooses not to enroll during

that time period will not have another chance to do so unless authorized by Congressional legislation.

However, there are two bills currently under consideration by Congress that, if approved, will significantly affect the educational benefits of all military members: H.R. 1212, Veterans' Education Affordability Act and H.R. 879, The Montgomery GI Bill Enhancement Act of 2003.

Full information on current MGIB eligibility may be found in DoD Directive 1322.16 or viewed at the Department of Veterans Affairs Web site, <http://www.gibill.va.gov/education/c30pam/htm>.

Open containers

Q. Are open beverage containers allowed

downtown?

A. Open containers are not permitted downtown for any SOFA member.

We are currently working with local police officials to increase the amount of Japanese law enforcement patrols in the area to enforce this rule.

Additionally, we have voiced our concern to the local government about the limited amount of trash receptacles located along the gate 2 street areas.

New restaurants

Q. Will Kadena be receiving any new restaurant upgrades such as Pizza Hut or Subway?

A. Yes, both restaurants are planned to open on Kadena in late 2004.

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil

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 concern 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.



Brig. Gen. Jeffrey Remington
18th Wing commander

AAFES Action Line.....	645-4301
Base Exchange.....	633-4570
Civil Engineer Helpline.....	634-4270
Clubs.....	634-3002
Commissary.....	634-3640
Finance.....	634-1996
Fraud, Waste & Abuse Hotline.....	634-0404
Home Telephone Helpline.....	634-4080
Housing Maintenance.....	634-HOME
Kadena Services.....	634-1719
Medical and Dental.....	632-9304
Safety.....	634-SAFE
Security Forces.....	634-1397

As conflict continues so does OPSEC

By Capt. Mark A. Weiskircher
18th Operations Support Squadron

As some of the news during the holidays showed us, we still live in a very tense world even when you don't include the continuing War on Terror. There is one piece of mission readiness that we all can take part in and share responsibility for Operational Security. Being in an overseas location and receiving AFN, we have all been exposed to the OPSEC "commercials" that are broadcast.

While we may chuckle at some of the situations portrayed, there is a very real danger that conversations you have with your family at a restaurant, phone calls to loved ones in the states, and e-mails that you send can all be overheard or read by someone with an agenda against our country, base, unit, or your family.

So, be sure to educate your family on OPSEC as you educate yourself.

Though the threat is very real, it can also be easily thwarted by employing some simple measures.

Some of these are discussed below, but the basic premise is to not discuss any operational, personnel, or planning issues in insecure situations.

By just being smart about what we say, and when we say it, we can drastically cut down on the amount of operationally important information any potential adversaries can collect against us and our efforts.

Use your Critical Information List. This list contains information that must be protected to prevent our adversaries from gaining a significant operational, economic, political, or technological advantage against us, while also preventing adverse impact on friendly mission accomplishment.

The responsibility to protect this information lies with everyone.

So, know what information is critical to your mission and protect it.

Use STU-IIIs and the SIPRNET. There is no excuse for discussing/transmitting classified or sensitive information over unclassified lines.

Don't say, fax, post, e-mail, or throw out anything you wouldn't want to see printed in a newspaper. The electronic systems security assessment and telephone monitoring assessment programs are alive and well.

These reports show the type of information our adversaries routinely collect. Information from both programs are reviewed by commanders, and they are still seeing far too much sensitive information disclosed via e-mail and telephone conversations.

Your unit's critical information list can help you determine what may be inappropriate to discuss over unclassified media.

Use a shredder and other appropriate disposal methods. Recent " dumpster dives" have once again highlighted the need for

proper disposal of classified and sensitive information. Documents with personal, Privacy Act information, including social security numbers and credit card numbers should be properly disposed of.

Air Force Instruction 33-332 outlines how to properly dispose of Privacy Act information. All personnel are expected to be familiar and follow this guidance.

In this age when identity theft is such a problem, we must protect our fellow airmen and families by ensuring their information does not fall into the wrong hands.

Again, the final word is Awareness. Be aware of where and to whom you are speaking or writing, and be aware that the information you are discussing is appropriate to the medium.

This is a something we can all help with, whether at work, school, or home. Be aware of OPSEC and protect our critical information.

Captain Weiskircher is the wing information operations programs manager.



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Public Affairs Chief.....Lt. Col. Kevin Krejcarek
Deputy Public Affairs Chief.....Capt. CK Keegan
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For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil.

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SHOGUN WARRIOR OF THE WEEK



Tech. Sgt. William K. McQueen

909th Aerial Refueling Squadron, NCO in charge of standardization and evaluations
Hometown: Middleport, N.Y.

Reason for nomination: Recently recognized as one of 10 airlift tanker association leadership award winners from within the entire mobility air forces.

Time at Kadena: 3 years

Time in the Air Force: 8 years

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.

AFRICAN-AMERICAN HISTORY MONTH EVENTS

Feb. 7 -- Music festival -- The search is on for singers and musicians to help organize a mass choir for this event. Currently rehearsals are being held at Chapel 2 from 6 to 8 p.m. on Fridays and from 11 a.m. to 1 p.m. on Saturdays. The rehearsals will continue until the day of the event. For more information, call Leona Tatum at 933-7580 or e-mail her at rlovel@yacht.ocn.ne.jp.

Feb. 7 -- African-American Expo 2004 -- An Exposition celebrating the 50th Anniversary of the Supreme court ruling of "Brown vs. Board of Education" will be held at the Kadena High School from 10 a.m. to 2 p.m. Food, music and poetry readings, dances, storytelling, scholarship and adoption information will be available at the site. For more information, call Daisy Jones at 634-7530.

GIRL SCOUT COOKIES: Girl Scout Cookie sales begin today through Feb. 29 at the Kadena Base Exchange, USO and the post office. Door-to-door cookie sales will start Saturday from 10 a.m. to 2 p.m. For more information, contact the Girl Scout Hut at 634-0753.

ENLISTED ASSIGNMENTS: The Enlisted Quarterly Assignment Listing for overseas returnees in the May-July 2004 cycle was released Tuesday. Airmen need to update their preferences by Jan. 30. Airmen will be notified of their selection by mid-February.

MARTIN LUTHER KING SERVICE: A combined Protestant worship service will be held Sunday in honor of Martin Luther King Jr. at 9 a.m. at the base theater. A regularly scheduled 9 a.m. Sunday school will not be held. For more information, call Chaplain (Capt.) Richard Tatum at 634-2225.

SCHOOL MEETING: Kadena parents can meet with the DoDDS Okinawa District superintendent and her staff at Stearley Heights Elementary School Jan. 22 from 6 to 8 p.m. in the school cafeteria. The meeting is for parents of students at all Kadena schools.

EMPEROR VISIT: The emperor of Japan will visit Okinawa on Jan. 23 and 24 and local police expect traffic jams and limited road service in Naha City, Kochinda Town, Gushikami Village and Itoman City on Jan. 23 from noon to 9:30 p.m. and on Jan. 24 from 9 a.m. to 3 p.m. in Naha and Urasoe cities. Drivers may be requested to stop around major intersections during these times. Local police are asking drivers to avoid these areas to help alleviate expected traffic jams.

COMMANDER'S CALLS: The 18th Wing will hold a commander's call at the Keystone Theater on Feb. 3 at 7:30 a.m. for E-1 through E-5 and at 3:30 p.m. for E-6 through E-9; on Feb. 4 at 7:30 a.m. for E-6 through E-9, at 10:30 a.m. for civilian employees and at 3:30 p.m.

STEPS in the right direction



Air Force/ Tech. Sgt. Richard Freeland

Tech. Sgt. Harvey Gilchrist (left), 18th Services Squadron; Tech. Sgt. Joseph Allen, 18th Civil Engineer Squadron; Master Sgt. Regina Foushee-Rayford, 18th Medical Operations Squadron; Tech. Sgt. Steven Joyce, 18th Equipment Maintenance Squadron; Tech. Sgt. Scott Bennett, 1st Special Operations Squadron and Tech. Sgt. William McQueen, 909th Aerial Refueling Squadron show off their new stripes received through the Stripes for Exceptional Performers program last month.

for E-1 through E-5. A commander's call for officers will be held Feb. 6 at 4 p.m. at the Officers' Club.

OFFICE CLOSURE: Kadena's telephone customer service, telephone trouble reporting and communications cable

digging permit office in Bldgs. 400 and 3136 will be closed Feb. 6 for a power outage. Customers may pay their telephone bill at accounting and finance in Bldg. 721-C.

For more information, contact 634-1005.

ADVERTISEMENT



Commanders issue 54 Articles 15 in 3 months

The following Article 15s were issued in October 2003:

A senior airman with the 18th Aircraft Maintenance Squadron was demoted to airman first class with a suspended demotion to airman, fined \$750, received 30 extra days of duty and reprimanded for arriving 45 minutes late to work and returning to work four hours after an appointment ended at 12:45 p.m. on the same day.

A staff sergeant with the 18th AMXS was demoted to senior airman, received a suspended fine of \$1,000, received 45 extra days of duty and was reprimanded for missing his space available flight in the U.S. and returning 15 days after his leave ended.

A staff sergeant with the 18th AMXS received a suspended reduction to senior airman and was reprimanded for not following technical data which resulted in damage to equipment and injury to personnel.

An airman first class with the 18th AMXS received a suspended demotion to airman, was fined \$500, received 30 extra days of duty and was reprimanded for being removed from a maintenance class in which he was repeatedly late for.

A senior airman with the 18th Component Maintenance Squadron received a suspended demotion to airman basic, was fined \$1,000, received 30 days extra duty and was reprimanded for creating a story while on temporary duty in the U.S. that his sister was in an intensive care unit at a local hospital to get a day off of work.

An airman first class with the 18th Equipment Maintenance Squadron was demoted to airman, fined \$1,290 and received 30 extra days of duty for lying to a squadron commander while in the dormitory stating that he was assigned to a squadron that does not exist, then later making a false statement to his first sergeant and commander denying that he had been in the dormitory.

An airman first class from the 18th EMS was demoted to airman, fined \$1,290 and received 15 extra days of duty for breaking into several vehicles in the dormitory parking lot and stealing various items from those vehicles.

A senior airman from the 18th EMS was demoted to airman first class, fined \$1,528 and received 30 days extra duty for breaking into several vehicles in the dormitory parking lot and stealing various items from those vehicles.

An airman first class with the 18th Logistics Readiness Squadron received a suspended demotion to airman, was fined \$500 and restricted to Kadena Air Base for 60 days for possession of numerous bottles of alcohol while being under the legal drinking age.

A staff sergeant with the 18th Maintenance Operations Squadron was demoted to senior airman, received 15 days extra duty, was restricted to Kadena Air Base for 15 days and reprimanded for failing to complete necessary out-processing actions which required his DEROS to be extended.

An airman first class with the 18th Operations Support Squadron was demoted to airman and received 30 days extra duty for failing to report for UCC duties.

A senior airman with the 18th Civil Engineer Squadron was demoted to airman first class for reporting to work with a blood alcohol content of .084.

A senior airman with the 18th Communications Squadron received a suspended demotion to airman first class, 30 days extra duty and was reprimanded for going out drinking while on telephone standby for an exercise.

An airman first class with the 18th CS received a suspended demotion to airman and 15 days extra duty for going out drinking while on telephone standby for an LORE. The member is under the legal limit for drinking.

An airman basic with the 18th CS received 45 days extra duty and was restricted to Kadena Air Base for 60 days for showing up 3 and a half hours late for duty because he had been drinking.

An airman with the 18th MDOS was demoted to airman basic and received seven days extra duty for failure to pay a cellular telephone bill of approximately \$1,800.

An airman first class with the 353rd Maintenance Squadron received a suspended demotion to airman, fined \$644, received 45 days extra duty and was reprimanded for having a blood alcohol count of .091 during a DUI stop. This was the member's second DUI in less than a year.

A senior airman with the 718th AMXS received a suspended demotion to airman first class, 15 days extra duty and was reprimanded for failing to report to a scheduled appointment.

An airman first class with the 718th AMXS received 20 days extra duty and was reprimanded for making a false official statement about prior marijuana use on an enlistment form.

A senior airman with the 733rd AMS received a suspended demotion to airman first class, 30 days extra duty and was reprimanded for oversleeping and showing up an hour and a half late for duty.

A senior airman with the 390th Intelligence Squadron received a suspended demotion to airman first class, fined \$200 and was reprimanded for having an altercation with his wife in which he slapping her in the face and for kicking her in the leg while she was on the ground.

The following Article 15s were issued in November 2003:

An airman first class with the 18th CMS was demoted to airman, received 14 days extra duty and was reprimanded for repeatedly failing to meet assigned additional duty suspenses over a four month time period.

An airman first class with the 18th CMS was demoted to airman, received 45 days extra duty and was reprimanded for being 30 minutes late for duty.

An airman first class with the 18th EMS was demoted to airman, fined \$1,290 and received 45 days extra duty for breaking into several vehicles in the dormitory parking lot with his two friends and stealing various items from the vehicles.

A staff sergeant with the 18th EMS was demoted to senior airman, fined \$1,724.14 and received 21 days extra duty for falsifying his off-base lease agreement and fraudulently filing a claim for overseas housing allowance.

A staff sergeant with the 18th EMS was demoted to senior airman, received a suspended fine of \$600 and received 15 days extra duty for telling his supervisor during the Operational Readiness Inspection, that he was going to check on a troop who had been drinking, but instead went to his own home for the remainder of his shift.

A staff sergeant with the 18th MOS was demoted to senior airman, fined \$200 and was reprimanded for assaulting his 5-year-old son with a BDU web belt causing severe bruising and welts.

A staff sergeant with the 18th Munitions Squadron was demoted to senior airman, received 30 days extra duty and was reprimanded for viewing pornographic sites on his government computer.

A staff sergeant with the 18th MUNS was demoted to senior airman and was reprimanded because his house was declared a public health hazard.

A staff sergeant with the 718th AMXS was demoted to senior airman, fined \$600 and received 45 days extra duty for driving under the influence with a blood alcohol count of .266.

A staff sergeant with the 18th Logistics Readiness Squadron was demoted to senior airman for committing adultery with an airman assigned to the same work center.

An airman first class with the 18th Security Forces Squadron received a suspended demotion to airman, fined \$300, restricted to Kadena for 14 days and received 14 days extra duty for being asleep on post during the ORI.

An airman first class with the 18th CES was demoted to airman and was

reprimanded for driving under the influence with a blood alcohol count of .074.

A senior airman with the 18th CES received a suspended demotion to airman first class and 30 days extra duty for committing adultery with an airman assigned to the same work center.

An airman with the 353rd Operations Support Squadron was demoted to airman basic and was reprimanded for viewing pornographic images on a government computer.

An airman first class with the 733rd AMS received a suspended demotion to airman, 30 days extra duty and was reprimanded for failing to go to his unit's mandatory training.

A staff sergeant with the 33rd Rescue Squadron was demoted to senior airman and received 10 days extra duty for getting drunk while on temporary duty and throwing a knife into a wall, which eventually led to stabbing himself in the thigh which resulted in detrimental mission impact.

The following Article 15s were issued in December 2003:

A senior airman with the 18th EMS was demoted to airman first class, received a suspended fine of \$1,528 and 23 days extra duty for driving while his license was suspended.

An airman first class with the 18th LRS received a suspended demotion to airman, 14 days extra duty and was reprimanded for turning in his radio and going home during security forces augmentee duties without authority.

A senior airman with the 18th LRS received a suspended demotion to airman first class, 14 days extra duty and was reprimanded for sleeping through his lunch hour and missing a 12:30 job assignment.

An airman with the 82nd Reconnaissance Squadron was demoted to airman basic, restricted to Kadena for 30 days, received 30 days extra duty and was reprimanded for continuing to leave work to attend a driving class after the class was completed.

A senior airman with the 18th AMXS received a suspended demotion to airman first class, 10 days extra duty and was reprimanded for failing to perform change of command support detail as directed.

A staff sergeant with the 18th CMS was demoted to senior airman, received 14 days extra duty and was reprimanded for committing sodomy with the spouse of a deployed member.

A senior airman with the 18th EMS was demoted to airman first class, received a suspended fine of \$1,664 and 45 days extra duty for losing control of his vehicle and striking a concrete curb while intoxicated.

An airman first class with the 18th EMS was demoted to airman, received a suspended fine of \$1,290 and received 20 extra days of duty for disconnecting a fire safety catch on his dormitory room door.

An airman with the 18th MOS was demoted to airman basic, restricted for 60 days with further restriction to his dormitory room between 10 p.m. and 6 a.m. for being late to work, failing to return from lunch and being late to work the next day.

A technical sergeant with the 18th Mission Support Squadron received a suspended demotion to staff sergeant, fined \$500 and was reprimanded for committing adultery with the spouse of a fellow servicemember and for using government e-mail inappropriately to correspond with the spouse.

A senior airman with the 18th MUNS was demoted to airman first class and was reprimanded for crashing into a perimeter fence after going 84 mph in a 25 mph zone.

An airman with the 18th SFS received a suspended demotion to airman basic and received 30 days extra duty for being asleep on post.

An airman first class with the 18th SFS received a suspended demotion to airman and received 30 days extra duty for failing to properly inspect restricted area badges of personnel entering a con-

KADENA SPOTLIGHTS

Congratulations to the following personnel recognized as the 18th Wing staff agency fourth quarter 2003 award winners:

Airman - Senior Airman Joshua Snow of the 18th Comptroller Squadron.

NCO - Tech. Sgt. Vincent Burrell of the 18th Wing command post.

Senior NCO - Master Sgt. Charles Kimble of the 18th Wing inspector general office.

Civilian Category 1 - Crystal Pack of the 18th Comptroller Squadron.

Civilian Category 2 - Takashi Matsuda of the 18th Wing legal office.

Civilian Category 3 - Robert Curione of the 18th Wing legal office.

Company grade officer - Capt. Paul Connolly of the 18th Wing legal office.

Congratulations to the Airman Leadership Class 04-B graduates who received the following recognition:

John L. Levitow Award: Senior Airman Jeremiah Ross, 390th Intelligence Squadron.

Distinguished Graduate: Senior Airman George Peterson III, 961st Airborne Air Control Squadron.

Distinguished Graduate: Senior Airman Rebecca Walker, 353rd Operations Support Squadron.

Distinguished Graduate: Senior Airman Ivon Johnson, 18th Component Maintenance Squadron.

Distinguished Graduate: Senior Airman Benjamin Parten, 718th Aircraft Maintenance Squadron.

Distinguished Graduate: Senior Airman Benjamin Brewer, 718th AMS.

Leadership Award: Senior Airman Benjamin Parten, 718th AMS.

Academic Achievement: Senior Airman Benjamin Brewer, 718th AMS.

Congratulations to the NCO Academy Award Winners for class 03-7 who received the following recognition:

Distinguished Graduate: Tech. Sgt. Ching Y. Foster, 18th Component Maintenance Squadron.

Distinguished Graduate: Tech. Sgt. Susan M. Grinde, 18th Aircraft Maintenance Squadron.

Congratulations to the NCO Academy Award Winners for class 04-1 who received the following recognition:

Distinguished Graduate: Tech. Sgt. Frank J. Graziano, 18th Logistics Readiness Squadron.

Distinguished Graduate and Academic Achievement: Tech. Sgt. Jarrett Heavenston, 320th Special Tactics Squadron.

The following Kadena airmen also graduated from the NCO Academy in class 04-1:

Tech. Sgt. Herbert Ancog, 18th Communications Squadron.

Tech. Sgt. Rank Boutchyard, 18th Aircraft Maintenance Squadron.

Tech. Sgt. Douglas Brown, 18th Civil Engineer Squadron.

Tech. Sgt. Ernest Brown, 18th CES.

Tech. Sgt. Mary Bufford, 18th Operations Support Squadron.

Tech. Sgt. Robert Clay, Det. 1, 554th Red Horse Squadron.

Tech. Sgt. Sherrilyn Dean, Det. 1, 554th RHS.

Tech. Sgt. Patrick Felan, 18th Equipment Maintenance Squadron.

Tech. Sgt. Rusty Fitzmaurice, 18th AMXS.

Tech. Sgt. Alfredo Gomez, 18th CS.

Tech. Sgt. Bradley Harper, 18th CS.

Tech. Sgt. Darryl Harris, 733rd AMS.

Tech. Sgt. James Howell, Jr., 733rd AMS.

Tech. Sgt. Terry Jackson, 353rd Maintenance Squadron.

Tech. Sgt. Kelvin Magee, 18th Component Maintenance Squadron.

Tech. Sgt. Steven Mandell, 18th Wing.

Tech. Sgt. John Mason, Jr., 18th CES.

Tech. Sgt. Michael Miller, 390th Intelligence Squadron.

Tech. Sgt. Brian Murff, 733rd AMS.

Tech. Sgt. Brian Orcutt, 18th Equipment Maintenance Squadron.

Tech. Sgt. Virgil Parks, 733rd AMS.

Tech. Sgt. Stephen Sisco, 18th LRS.

Tech. Sgt. Robert Spearman, 18th MOS.

Tech. Sgt. Robert Stave, 17th Special Operations Squadron.

Tech. Sgt. Jonathan Tucker, 18th LRS.

Congratulations to the following American Education Week art and essay contest winners:

Essay contest winners: first place, Alison Howland, 12th grade, Kubasaki High School; second place, Bethany Stump, 12th grade, Kadena High School; third place, Aubrey McElhiney, 11th grade, Kubasaki High School; third place, Paolo Alejandro Accedera, 11th grade, Kubasaki High School; third place, Katie LaGrave, 12th grade, Kadena High School.

9th - 12th grade art contest: first place, Rosemary Freeman, 9th grade, Kadena High School; second place, Cecilia Fonseca, 12th grade, Kadena High School; third place, Kristi McNair, 10th grade, Kubasaki High School. 5th - 8th grade art contest: first place, Arianna Eves, 6th grade, Kadena Elementary School; second place, Robert Manning, 6th grade, Kadena Elementary School; third place, Ashley Flournoy, 6th grade, Stearley Heights Elementary School. Kindergarten - 4th grade art contest: first place, Sarah Durlauf, 4th grade, Stearley Heights Elementary School; second place, Mariah Del Valle, 3rd grade, Kinser Elementary School; Robert Dallas, 1st grade, Bob Hope Primary School.

Teacher's photo contest: first place, Ann Guiffre, Zukeran Elementary School; second place, Shawna Haas, Bob Hope Primary School; third place, Gemelia Restum, Kubasaki High School.

trolled area.

A staff sergeant with the 718th AMXS was demoted to senior airman, fined \$400 and received 21 days extra duty for committing adultery and sodomy with the spouse of a deployed servicemember.

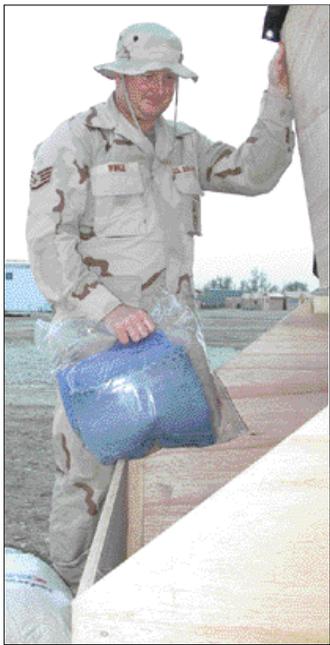
An airman first class with the 718th AMXS was fined \$400 and restricted to Kadena for 45 days for underage drinking.

A senior airman with the 718th AMXS was demoted to airman first class,

received a suspended fine of \$500, received 21 days extra duty and was reprimanded for failing to attend family advocacy classes as directed and for being late for work.

A captain with the 909th Aerial Refueling Squadron was fined \$3,800 and was reprimanded for fraternizing with an enlisted member though inappropriate e-mails and for forming a close personal relationship with the enlisted member that included sex.

Kadena chaplain helps guide donations in Iraq



Air Force/ Tech. Sgt. Bob Oldham
Staff Sgt. Rusty Winge places cleaned clothes into a storage container until they can be distributed off base.

By Tech. Sgt. Bob Oldham
332nd AEW Public Affairs

TALLIL AIR BASE, Iraq — Air Force members at home stations are involved in communities across America, Europe and the Far East, and airmen here have found a way to become involved with the local Iraqi population through a joint operation with the Army.

As airmen leave the base after their tour of duty, many dispose of their civilian clothes. Officials here decided to collect the discarded clothes, clean them and give them to orphanages, schools and local families.

"There's a lot of life left in those clothes," said Chaplain (Maj.) Michael Warner, the base's chaplain TDY here from Kadena Air Base, Japan, and the wing's focal point for the program called Project

Good Will. "Our people want to do something to make a difference in the life of the Iraqis in a positive way, contribute in a significant way while they are here."

Security requirements here limit the number of people who can actually leave the base. Airmen can only leave the confines of Tallil Air Base for mission-essential reasons.

Staff Sgt. Rusty Winge, a firefighter from Yokota Air Base, Japan, and the rest of the base's fire department are gathering the clothes here.

The base's security forces personnel distribute the clothes when they're off base. Security forces members take clothes with them on patrol and give them to local Bedouin families.

In turn, security forces members receive information about any bad guys that may be about or, at least, encour-

age the Bedouins not to venture onto base property. In addition, the local Army civil affairs unit and the Army's 171st Area Support Group visit orphanages and schools to drop off clothes and supplies.

Some deployed members here have contacted their home units, and airmen back at home station are sending used children's clothes here to be distributed to the orphanages and schools.

The fire department at Yokota held a toy, clothing and food drive Nov. 3 to Dec. 17. Some of those items raised are on their way to Iraq. "Four boxes are in the mail," said Sergeant Winge. It takes about two weeks for packages to arrive.

Officials at Kadena have eight boxes of children's clothes on the way.

"We're looking for ways

with civil affairs to get clothes into the hands of some of the homeless children," the chaplain said.

"There are a lot of homeless kids who live on the street in An Nasyriah. If we could figure out a way that might not incite a riot or violence, then we might look at that as well."

The chaplain said he thought it is human nature for airmen to want to help their fellow man.

"I think we see this as the best of human nature ... when folks are wanting to give. Every day airmen come through my office and say, 'What can I do for the Iraqis?'"

Project Good Will started with the Aerospace Expeditionary Force Blue rotation and is back in full force, and the chaplain said he expects the program to last through Silver and into future AEF rotations at Tallil.

Rumsfeld outlines Pentagon priorities

WASHINGTON— The war on terrorism will remain the Defense Department's top priority in the new year, as officials continue to focus on improving and modernizing its programs, systems and forces to make them more responsive to 21st century requirements.

Defense Secretary Donald H. Rumsfeld said the department already has made "remarkable progress" and will continue its work to "strengthen, improve and transform our forces, modernize and restructure programs and commands ... and streamline DOD processes and procedures."

Secretary Rumsfeld laid out an ambitious list of initiatives, many already under way, that he said will help free the department of its Cold War-era trappings that no longer support current demands.

Among these initiatives is the effort to rebalance the active and reserve components throughout the services.

"Our experience thus far in the global war on terror, particularly in Iraq and Afghanistan, has shown that we have somewhat of a Cold War mix of active and reserve forces remaining," Secretary Rumsfeld said.

"And we really do need to adjust it to reflect the circumstances of the day."

Secretary Rumsfeld said the military will continue its efforts to adjust global posture during 2004.

"Our experience thus far in the global war on terror, particularly in Iraq and Afghanistan, has shown that we have somewhat of a Cold War mix of active and reserve forces remaining."

Donald Rumsfeld
Secretary of Defense

This initiative involves re-examining the U.S. military "footprint" in the world and to revise it to meet current demands. Besides people permanently stationed worldwide, the U.S. military has thousands of servicemembers on deployments, said Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff.

This includes roughly 125,000 in Iraq; 13,000 in Afghanistan; more than 2,000 at Guantanamo Bay, Cuba; and more than 1,000 participating in Combined Joint Task Force Horn of Africa.

Meanwhile, nearly 3,500 servicemembers are conducting stabilization operations in the Balkans, and about 1,500 are performing counterdrug operations and other training in Central and South America, General Myers said.

Air Force Print News

More airmen may live off base

A change in how the Air Force figures unaccompanied housing requirements will call for fewer dormitory rooms — meaning more airmen could move off base in the future.

Local housing officials at Kadena say they have heard of the new guidelines for unaccompanied housing but are still developing local rules before they can be applied here.

Master Sgt. Billy Edwards, superintendent of unaccompanied housing, 718th Civil Engineer Squadron, said Tuesday that a local policy is currently being drafted but has not been finalized.

Sergeant Edwards asked that folks refrain from calling his office about the new changes to the housing policy until rules here can be finalized.

"After the policy is finalized first sergeants and dormitory managers will be informed of the new guidelines," Sergeant Edwards said.

Unit first sergeants and dormitory managers will also be the point of contact for policy once it is implemented, he said.

Under the new Air Force policy, which took effect Jan. 1, the Air Force must provide dormitory housing for unaccompanied E-1s through E-3s and E-4s with less than three years of service.

Previously, the Air Force maintained dorm

spaces for all unaccompanied airmen below E-5. The policy change is designed to make the number of dorm rooms the Air Force must have available more predictable, said Chief Master Sgt. of the Air Force Gerald Murray.

"It is easier to base a construction policy on years in service as opposed to rank within the service," Chief Murray said.

"We feel this construction policy will give us the best predictability."

Basing dorm room requirements on how many airmen are a certain rank is like "hitting a moving target," Chief Murray said.

The problem lies in the wide range of time it takes for senior airmen to graduate to the non-commissioned officer grade.

"Our standard will be that we will provide housing for airmen with up to three years service, and at that point, if dormitories are not available, our policy will provide other options for them," Chief Murray said.

Basic Allowance for Housing rates are now set high enough that a senior airman should be able to obtain adequate housing downtown, without paying a lot of out-of-pocket costs, Chief Murray said. That trend will continue, and by 2005, BAH is expected to pay 100 percent of off-base housing costs.

Pentagon resumes anthrax vaccinations

A federal judge ruled Jan. 7 that the Defense Department could again legally administer anthrax immunizations to servicemembers.

At Kadena medical officials with the 18th Medical Operations Squadron are awaiting a new shipment of anthrax vaccine before they can begin issuing the shots again.

"We currently aren't issuing the shots until we get a new shipment in," Staff Sgt. Jemarlon Waller, an allergy and immunizations technician, said Tuesday.

Sergeant Waller, with the 18th Medical Operations Squadron, said his unit will inform base officials when it

can begin issuing the Anthrax vaccination.

In Washington, military commanders "should immediately resume the anthrax vaccination program," wrote Dr. David S.C. Chu, DOD personnel chief, in a department-wide memorandum.

The department's anthrax vaccine immunization program had been suspended since Dec. 23, after an injunction granted the previous day by the U.S. District Court for the District of Columbia caused DOD to suspend the program.

The department "remains convinced that the AVIP complies with all legal require-

ments, and there is now no judicial restraint" on administration of the vaccine, Dr. Chu wrote.

Defense Secretary Donald H. Rumsfeld and Joint Chiefs of Staff Chairman Air Force Gen. Richard B. Myers maintain the anthrax vaccine is a safe and necessary prophylactic for U.S. servicemembers deployed in the war against terrorism where enemies may employ biological, chemical or nuclear weapons of mass destruction.

Both Secretary Rumsfeld and General Myers have received anthrax shots.

American Forces Press Service



The Air Force's Tops in Blue re-enact a scene from basic training in the Air Force's early years during their 50th anniversary tour at Kadena Jan. 9 and 10. The show's theme this year was entitled "Soaring with Eagles" which highlighted the centennial of manned flight.



Capt. Dee Dee Vasquez (left), Staff Sgt. La-Kee Williams and Senior Airman Tamara Welch sing a number during this year's performance at Kadena's Keystone Theater. The show was Tops in Blue's fiftieth production.



Senior Airman Jeremy Jordan plays a Jazz trumpet solo during the two-day show attended by more than 1,800 people.



Staff Sgt. Charle Tammi Terrell's



k Jr., serenades Staff Sgt. La-Kee Williams with Marvin Gaye and No Mountain High Enough" during the show.



CLOCKWISEFROM TOP: Staff Sgt. Joshua Moreaux dips his partner, Senior Airman Takeesha Washington-Nash during a swing dance performance. Airman Washington-Nash is normally assigned as a aircraft armament weapons loader with the 18th Aircraft Maintenance Squadron at Kadena. Brig. Gen. Jeffrey Remington, 18th Wing commander, and a crowd of about 900 raise their hands with Tops in Blue performers during a musical number. LEFT: Staff Sgt. Charles Cook sings R. Kelly's "I Believe I Can Fly" at Kadena's Keystone Theater.

Tops in Blue wows 1,800 at Kadena

Photos and story by Airman First Class Heather L. Tower
18th Communications Squadron

More than 1,800 people attended a two-day Tops in Blue concert at Kadena's Keystone theater last weekend.

"This was my first time seeing Tops in Blue and I was surprised at the quality of the performance," said Marine Corps First Lt. John Roach. "The singers and musicians were extremely talented and the show was full of high energy. I don't know how they kept going. Their individual talents were brought together to deliver an unforgettable experience. This is a must-see show for anyone looking for good entertainment," he said.

According to an official program guide, Tops in Blue is an active duty Air Force special unit made up of performers selected for their entertainment abilities throughout the Air Force. Each year Air Force personnel worldwide compete in base talent contests and the most talented move on to higher levels of competition. The result is a group composed of 35 of the most talented entertainers throughout the Air Force.

According to the official guide, the main purpose of Tops in Blue is to perform for military personnel and their families throughout the world.

Also known as the Air Forces' Expeditionary Entertainers, Tops in Blue travels wherever U.S. troops are stationed. This year the troupe performed at 117 locations worldwide.

This year's, Tops in Blue show also included two of Kadena's own: vocalist Senior Airman Takeesha Washington-Nash, an aircraft armament weapons loader with the 18th Aircraft Maintenance Squadron and electronic technician, Airman First Class Matthew Flowers, a munitions account custodian with the 18th Munitions Squadron.

New law protects servicemembers

WASHINGTON — A new law replacing the Soldiers' and Sailors' Civil Relief Act of 1940 provides servicemembers greater protections to handle personal financial and legal obligations, officials said.

President Bush signed the Service Members' Civil Relief Act into law Dec. 19.

"The focus of the (new act) is the same as under the SSCRA: To provide protections to servicemembers who have difficulty meeting their personal financial and legal obligations because of their military service," said Lt. Col. Patrick Lindemann, deputy director for legal policy in the office of the undersecretary of defense for personnel and readiness.

This is significant, because it clarifies and updates SSCRA provisions and adds some protections.

"Servicemembers on long-term deployments, or called to active duty, should not have to worry about their families in their absence being evicted from their quarters without sufficient legal protections, or that they are paying on a leased car or apartment that they can't use, or about civil legal proceedings they can't attend because of their deployment," he said.

"These are some of the situations

the SCRA covers so that servicemembers are able to devote their energies to the military mission and the defense needs of the nation, and not on civil matters waiting for them at home," he said.

An automatic 90-day stay of civil proceedings upon application by the servicemember is what Colonel Lindemann called "a significant change" in the new act. This applies to all judicial and administrative hearings. Previously, stays were discretionary with the courts.

The new relief act also makes it clear the 6-percent limitation on interest rates for pre-service debts requires a reduction in monthly payments, and any interest in excess of 6 percent is forgiven, not deferred, Colonel Lindemann said.

The SCRA also expanded the protection against eviction. Under the SSCRA, servicemembers and their family who entered into a lease for \$1,200 or less could not be evicted without a court order.

This amount is increased to \$2,400 and added an annual inflation adjustment. For 2004, the maximum will be \$2,465, significantly increasing the number of servicemembers entitled to this protection, Colonel Lindemann

said.

The new relief act also gives the servicemember who has received permanent change-of-station orders or who is being deployed for 90 days or more the right to terminate a housing lease with 30 days' written notice. Before, servicemembers could be required to pay for housing they were unable to occupy.

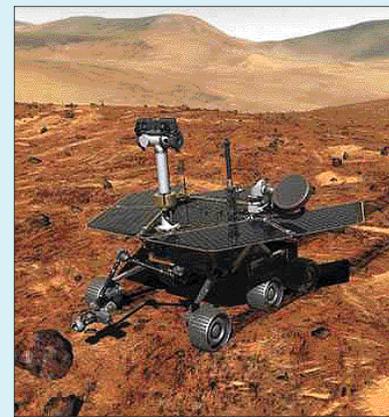
One of the more significant new provisions is an added protection for motor-vehicle leases. Any active-duty servicemember who has received PCS orders outside the continental United States, or who is being deployed for 180 days or more, may terminate a motor-vehicle lease. The law prohibits early termination charges.

"Now, servicemembers won't have to pay monthly lease payments for a car they can't use," Colonel Lindemann said.

"Servicemembers may not always realize all the protections they have under the law," Colonel Lindemann said. "If servicemembers have questions about the SCRA or the protections that they may be entitled to, they should contact their unit judge advocate or installation legal assistance officer for further assistance."

American Forces Press Service

Crossing into the red



NASA

Radiation-resistant computers developed by Air Force Research Laboratory experts at Kirtland Air Force Base, N.M. helped steer one of NASA's Mars exploration rovers to a safe landing on the red planet Jan. 4. The AFRL's Rad6000 32-bit microprocessors, manufactured for the Air Force by BAE systems, controlled the spacecraft during its flight from Earth, said Creigh Gordon, an AFRL space vehicles directorate engineer. The tiny microchips also direct the rovers, named Spirit and Opportunity, as they move about the planet searching for signs that water might once have existed on our neighbor.

AF logo authorized on jacket

Air Force Uniform Board members have introduced a new addition to the lightweight blue jacket.

"The Air Force chief of staff approved adding the Air Force logo to the existing lightweight blue jacket," said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

Some 300 jackets will be distributed Air Force-wide for wear testing. Board members are targeting Maxwell Air Force Base, Ala., as a distribution point because of its high number of temporary duty officers and enlisted airmen.

Anyone not issued an embroidered jacket can have the logo applied on their jacket by a local embroidery shop using certain guidelines, Sergeant Dean said.

The military alterations shops at Kadena — in the Olympic Mall or next to the military clothing sales store — cannot provide the new service, said employee Michiko Ussrey.

"We haven't started doing it and we don't know when or if we're going to start providing the service," she said on Tuesday. The reason why the shops can't do the service according to Ms. Ussrey is that neither shop currently has the machines to do the required embroidery. Ms. Ussrey also could not say when or if such machines would be available in the future.

For Kadena airmen who can find someone to do the



Air Force/Master Sgt. Jim Varhegyi

The Air Force chief of staff has approved adding the Air Force logo to the light-weight blue jacket.

work, the Air Force logo is to be embroidered in a polyester white meridian thread with a stiff tear-off backing, according to information provided by Libby Glade, Air Force clothing office chief.

The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.

The symbol is to fit within a two-inch square. There is a one-fourth inch space between the symbol's lowest point and the "U.S. AIR FORCE" type.

The "U.S. AIR FORCE" type is to be one-fourth of an inch high, 3.5 inches long, in all capital Arial font, 24 point.

The symbol is to be embroidered on the upper left chest. The dot in the center of the symbol is centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered horizontally between the zipper and the sleeve armhole seam. Rank on the jacket continues to be worn on either the collar or the sleeve, Sergeant Dean said.

Voluntary NCO retraining begins

The Air Force needs 1,100 noncommissioned officers in surplus career fields to voluntarily retrain into shortage career fields to balance the enlisted force in 2004.

The voluntary phase of the fiscal 2004 NCO Retraining Program began Jan. 5 and ends Feb. 23. The program helps balance the enlisted force by moving staff, technical and master sergeants from specialties with surpluses to specialties with shortages.

Imbalances in the mid-level NCO grades among specialties occur as a result of personnel force structure changes, differing retention trends among specialties, and the equality of promotions across all skills.

If needed an involuntary retraining phase will begin March 8 through April 26.

The Air Force's fiscal 2003 retraining program was the first action taken in five years, said Lt. Col. Kim Haney at the Pentagon. Tech. Sgt. Derek Hughes, NCO in charge of enlisted retraining at the Air Force Personnel Center at Randolph Air Force Base, Texas, said he believes more people identified for retraining in 2004 will consider their options and seek out opportunities. "I'm guessing that we'll be more successful in the voluntary portion this year because people learned last

year that the Air Force was serious about the program. People who were vulnerable, who didn't make their own choice, had it made for them" Sergeant Hughes said. "Last year we identified people for retraining by name and we're doing that again. They'll get a 'rip' saying they're vulnerable."

A Web page shows them how vulnerable they are and where they stand on a list of their peers by Air Force Specialty Code and grade. The Web page is available at www.afpc.randolph.af.mil/enlskills/retraining/retraining/htm. Users must log onto their virtual MPF account to view the data.

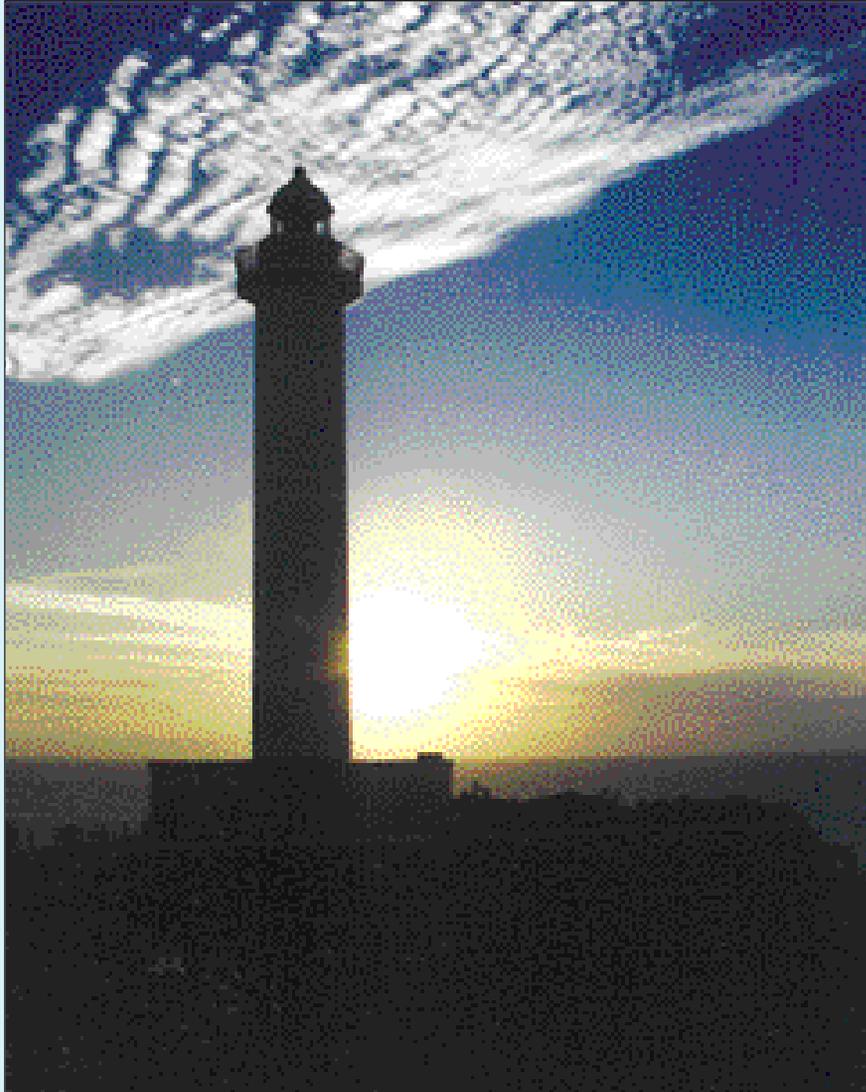
The voluntary phase is not limited to individuals identified on the list. Anyone matching the specialty code and grade can apply for retraining during the voluntary phase.

"Last year, there weren't enough volunteers in Phase 1, so we did a non-vol phase," Sergeant Hughes said. "And even after that, 200 people still didn't submit applications, so we had to pick jobs for them. They chose not to decide and were not necessarily happy with results. We'd rather tell them how to be proactive, how to find something that would interest them."



Scenic sunset

Cape Zanpa in Yomitan Village offers spectacular views of the sunset from the tops of cliffs that drop off into the East China Sea. Visiting the tourist site in Yomitan Village is free. To drive to Cape Zanpa, take Highway 58 North to Route 6. Turn left on Route 6 and follow the road until the end.



Air Force/ Staff Sgt. Marc Barnes

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., Radio, PG; 9 p.m., Lord of the Rings: Return of the King, PG-13

Saturday : noon, Lord of the Rings: Return of the King, PG-13; 4 p.m., Looney Tunes Back in Action, PG; 7 p.m., Lord of the Rings: Return of the King, PG-13

Sunday : noon, Looney Tunes Back in Action, PG; 4 p.m., Radio, PG; 7 p.m., Lord of the Rings: Return of the King, PG-13

Monday: 7 p.m., Love Actually, R

Tuesday: 7 p.m., Radio, PG
Wednesday: 7 p.m., Love Actually, R

Thursday: 7 p.m., Peter Pan, PG.

Jan. 23: 6 p.m., Peter Pan, PG.; 9 p.m., Master and Commander, PG-13

Foster Theater

Today: 7 p.m. Peter Pan, PG; 10 p.m., Love Actually, R

Saturday : 1 p.m. Peter Pan, PG; 4 p.m. Looney Tunes Back in Action, PG; 7 p.m. Lord of the Rings: Return of the King, PG-13; 10 p.m. The Texas Chainsaw Massacre, R

Kadena Activities

Clubs

Tonight: *Comedy Showcase*, starts at 8 p.m. in the Banyan Tree Club ballroom.

Saturday: *Teen Membership Night*, 6 to 11 p.m. in the Officers' Club Kudaka Ballroom. Open to teens 13 to 19 years old. \$3 per teen. *Super Ladies Night*, 10 p.m. to 4 a.m. in the Rocker NCO Club Ballroom. A "Miss Super Ladies Night" winner will be named.

Tuesday: *Comedy Showcase*, 7 to 9 p.m. in the Officers' Club Weekender Lounge.

Wednesday: *Membership Night*, 5 to 7 p.m. at the Rocker NCO Club. Free buffet.; *Comedy Showcase*, 8 to 9:30 p.m. No children please.

Outdoor Recreation

Whale Watching: Humpback whales make their annual migration to waters off Okinawa from January through the end of March. At the peak of the season there are estimated to be over one hundred whales in the area at any given time. Kadena Marina offers whale-watching tours which will give a full view of these mighty mammals. Private or group reservations are available, contact the Kadena Outdoor Recreation at 634-6344.

Kadena ITT

Today : *Bath House Tour*.

Saturday : *Tangerine Picking Tour, Castle Ruin Exploration Tour*.

Sunday : *Tunnel Rats Tour, Kimono Shopping Tour*.

Wednesday: *Sunshine Town and Kasuri Studio*.

Jan. 23: *Urashima Dinner Theater*.

Schilling Community Center

Saturday : *Card and Comic Show*, Buy, trade or sell comics, cards and other collectables. Vendor tables are \$5 on a first-come, first-served basis. Admission is free; Tabletop Warriors Club, 10 a.m. to 10 p.m. Warhammer, Warhammer 40K, Battletech, Dungeons & Dragons and Magic the Gathering.

Schilling Community Center classes

Kumon Math (ages 5 to 8) : *Wednesdays & Fridays from 3 to 5:40 p.m. (40-minute sessions)*. Discover the Kumon method of learning mathematics, an individualized method that can help children excel in math and develop superior study habits regardless of age or skill level.

Okinawan Dance : *Wednesdays from 5 to 7 p.m.* Learn traditional expressive dance forms unique to the island.

Salsa Dance (ages 18 and up): *Tuesdays and Thursdays from 6 to 7 p.m. for beginners and from 7 to 8 p.m. for advanced*. Learn Salsa and Mambo dance steps, partner turn patterns, and solo footwork.

Tai Chi Chuan (ages 18 and up): *Tuesdays and Thursdays from 5 to 6:30 p.m.*

Japanese Conversation (ages 18 and up): *Tuesdays from 7:30 to 9 p.m.* Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation.

Japanese Calligraphy (ages 18 and up): *Thursdays from 6:30 to 8:30 p.m.* This is a new class.

Cake Decorating (ages 18 and up): *Mondays and Thursdays from 11 a.m. to 12:30 p.m.* Learn techniques for mastering the basics of cake decoration.

Saxophone, Flute and Clarinet (ages 5 and up): *Saturdays from 7 a.m. to noon. (One-hour session each)*.

Youth Center

Fine Arts Club (ages 9 through 12) : *Mondays from 4:30 to 5:30 p.m.*

Torch Club (ages 9 through 12) : *Wednesdays from 4:30 to 5:30 p.m.*

Power hour (ages 9 through 12) : *School days from 2 to 5 p.m.*

Photo club (ages 9 through 12) : *Second and fourth Tuesdays of each month from 4:30 to 5:30 p.m.*



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. at base theater; 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: 4 p.m. Sunday at Chapel 1

Eastern Orthodox service: call 645-7486

Jewish services: call 637-1027

Islamic services: call 636-3219

Leaders do first official physical training test



Air Force/MSgt. Jim Varhegyi Air Force Chief of Staff Gen. John P. Jumper finishes the 1.5 mile run.

The Air Force's most senior leaders, both officer and enlisted, completed their fitness evaluations Jan. 7 at the Bolling Air Force Base Wellness Center.

At Kadena physical fitness testing has also begun. "More than a hundred people have already tested under the new fitness rules," said Janneane Moody, exercise physiologist with the 18th Medical Group.

In Washington, the group was among the first in the Air Force to have their physical fitness evaluated using the service's new fitness standard. Under the standard, fitness evaluations now include body composition, strength and aerobic fitness measurements.

Nearly 60 Air Force general officers, led by Air Force Chief of Staff Gen. John P. Jumper, were evaluated. The chief master sergeants were evaluated later in the afternoon.

While it is unusual for so many senior leaders to be together at once for a fitness evaluation, General Jumper



Air Force/MSgt. Jim Varhegyi Chief Master Sgt. of the Air Force Gerald R. Murray does push-ups during his fitness evaluation. The chief helped General Jumper launch the new Air Force fitness standard Jan. 7.

said the gathering served a purpose.

"We want everybody to know that when I say commanders are responsible for fitness, it starts at the top," said the general. "We have gotten all the Air Force leadership in the Washington area out at one time. Hopefully this demonstrates that leading from the top really means

leading from the top."

General Jumper said he expects commanders around the service to follow his example and to participate in leading their airmen toward a more fit force.

"I expect squadron commanders to be out in front of their squadrons, group commanders to be out in front of their groups, and wing com-

manders to be out in front of their wings as we go through this test cycle," General Jumper said. "I expect the whole Air Force to test and I expect that we all are going to pass."

The evaluations also represented the culmination of more than a year's worth of work in developing a new fitness standard for the Air Force. The service had been using the same gauge of fitness — the cycle ergometry test — for more than a decade.

The new evaluation is more fitting of the demands put on airmen in today's expeditionary climate, General Jumper said. "We are all over the world and in all sorts of climates," General Jumper said.

"If you talk to the combat controllers, who during Operation Enduring Freedom were up at the top of 14,000-foot mountains with 100 pounds of gear, it becomes quite evident we need to be fit — fit to fight is the term we use."

Kadena workout partners weigh advantages of ephedra in wake of alert

By 2nd Lt. Timothy Lundberg
18th Wing public affairs

Following an FDA alert, Air Force Medical Service officials are once again "strongly advising" airmen to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Capt. Rosalie Duarte, 18th Wing chief of protocol and her husband John — two of many at Kadena who use dietary supplements along with a workout routine — have stopped using ephedra-based products because of the risks involved.

Captain Duarte is also a certified personal trainer and a certified spinning and aerobics instructor.

Mr. Duarte is a certified personal trainer and has several bodybuilding shows and overall titles under his belt.

"Ephedra-based products make up only one percent of herbal supplement sales in the United States, but they account for 64 percent of the health problems," said Captain Duarte.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

The Duarte's were aware of the FDA alert and Captain Duarte said, "The Air Force has been proactive, ahead of the FDA with ephedra by discontinuing its sales on base over a year ago to help keep troops safe and fit."

In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra that strongly discouraged the use of such supplements and highlighted associated risk factors.

Besides issuing an alert, FDA officials are notifying manufacturers that they intend to publish a final rule stating dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury. The rule would have the effect of banning these products as soon as it becomes effective, 60 days after publication.

"FDA will publish a final rule as soon as possible that will formalize its conclusions that dietary supplements containing ephedrine alkaloids present unreasonable risks to those who take them for any reason," said Tommy G. Thompson, health and human services secretary.

"We are taking action to notify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements," said Dr. Mark B. McClellan, FDA com-

missioner. "Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law. "We worked hard to obtain and review all the available evidence about the risks and benefits of ephedra, including its pharmacology, studies of ephedra's safety and effectiveness, adverse event reports, and reviews by independent experts," Dr. McClellan said.

In February 2003, a jury in Austin, Texas, determined that ephedra use was at least 50-percent to blame for the death of a 24-year-old Charles Bryant Scurlock II, of Round Rock, Texas. Mr. Scurlock collapsed and later died after a two-mile run for an Army National Guard physical fitness test in 1999. The jury awarded \$1 million to the plaintiffs.

In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements and strongly discouraged the use of supplements with ephedra.

In November 2002, the Air Force's surgeon general issued a notice to airmen on the potential risks associated with dietary supplements containing ephedra, following the death of a young airman.

Air Force Print News contributed to this report.



Air Force/ Airman First Class Michael J. Pallazola John Duarte demonstrates a concentration curl at Kadena's Risner Fitness Center on Monday.