

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	115.0
Monthly flying-hour contract	95.6
Hours flown	-19.4
Monthly offset	
33rd Rescue Squadron	243.0
Monthly flying-hour contract	195.5
Hours flown	-47.5
Monthly offset	
909th Air Refueling Squadron	560.0
Monthly flying-hour contract	489.6
Hours flown	-70.4
Monthly offset	
44th Fighter Squadron	498
Monthly sortie contract	424
Sorties flown	-74
Monthly offset	
67th Fighter Squadron	482
Monthly sortie contract	436
Sorties flown	-46
Monthly offset	

Source: 18th MOSIMXOOP, as of June 30

# T H E K A D E N A

# SHOGUN

Vol. 18, No. 26 Kadena Air Base, Japan Friday, July 2, 2004

### WEEKEND WEATHER

**TODAY:** Mostly cloudy with isolated rainshowers  
SE winds @ 15-30 knots  
High: 86 Low: 77

**SATURDAY:** Mostly cloudy with isolated thunderstorms  
SE winds @ 20-35 knots  
High: 86 Low: 81

**SUNDAY:** Partly cloudy with isolated thunderstorms  
SW winds @ 20-30 knots  
High: 88 Low: 82

FRIDAY MORNING'S  
COMMUNITYBANK  
EXCHANGERATES  
BUYING: \$1=\$106 SELLING: ¥111=\$1

# 67th FS gets top AF honors

By Capt. CK Keegan  
18th Wing Public Affairs

The Air Force chief of staff says one flying unit at Kadena is tops and is the 2003 Raytheon Hughes Achievement Award winner.

The Hughes Achievement award is presented to an air defense squadron who excels in day to day missions; including deployments, training, maintenance and safety.

"The 67th Fighter Squadron clearly displayed its superior ability to mobilize, deploy, fly, and dominate the sky anywhere in the world," said Gen. John Jumper, Air Force chief of staff.

The competition was "keen" according to General Jumper as the 67th competed against 159th Fighter Squadron from Jacksonville, Fla., and the 58th Fighter Squadron from Eglin Air Force Base, Fla..

"Each nominated squadron demonstrated the best our Air Force has to offer, and I am proud of their accomplishments," said General Jumper.



Air Force/ Staff Sgt. D. Myles Cullen

With three American flags on board his F-15 Strike Eagle, Lt. Col. Matt Molloy, of the 67th Fighter Squadron, prepares for a mission March 16, 2003 at a forward-deployed location in Southwest Asia. Two of the flags in the front of the canopy represent his two kids and one he carries for his wife.

A traveling trophy accompanies the Hughes award and currently resides with last year's winner - the 71st Fighter Squadron at Langley AFB, Va. - until it comes to Kadena some time in the fall.

Lt. Col Matthew Molloy,

44th Fighter Squadron commander until his recent change of command, said it's the people that make the 67th FS so great.

"Simply said, our folks typify the core values of our service. In everything they do -

whether in the air or on the ground, it is done with the spirit of excellence," he said. "They walk with integrity, both on- and off-duty.

"They are the finest collection of warfighters I've seen in my 17 years of service."

Airman 1st Class Anglea Baker, 67th FS information management apprentice, said working in the 67th is great because everyone knows their jobs and gets things done. She also said the leadership helps instill pride in the squadron.

"The leadership is run by people that we can really look up to and we are able to talk to them as people and not just as higher ups," she said.

The people of the 67th showed what they were made of here and while deployed to six countries, including deployments to OPERTIONS Southern Watch and Iraqi Freedom. The 67th FS was rated as the best of 30 squadrons by the 363rd Air Expeditionary Wing operations group commander at Prince Sultan Air Base, Saudi Arabia. They flew 33 percent more sorties over what was expected by the Combined Air Operations Center while keeping the squadron mishap free. They were the first to cross the 33rd parallel when Iraqi Freedom began.

See HUGHES, Page 4

# Brozenick takes helm of Kadena's 353rd SOG

By Master Sgt. Michael Farris  
353rd Special Operations  
Group Public Affairs

"Troops, you look fantastic," was the first message Col. Norman J. Brozenick sent to the men and women of the 353rd Special Operations Group as he took command Friday morning in Kadena's 353rd Maintenance Squadron hangar.

"I am humbled and thrilled to join the ranks of the Pacific Air Commando family and the Team Kadena community," he said.

Colonel Brozenick spoke of the threats of terrorism and the importance of doggedly pursuing them together with SOF teammates and coalition partners.

"The threat is real and it's now," he said.

"The enemy is clever, cunning, and dangerous. There are individuals, groups, networks, and others in this region that openly reject our democratic way of life and plan each and everyday to harm our citizens and damage

**"I am humbled and thrilled to join the ranks of the Pacific Air Commando family and the Team Kadena community!"**

our interests as well as those of our allies and friends. Time is of the essence."

Colonel Brozenick comes to Kadena from Kirtland AFB, N.M., where he had undergone MC-130P Combat Shadow training since May.

He is the 10th commander of the five-squadron, 750-member group - the only Air Force Special Operations unit in the Pacific.

The ceremony's presiding officer was Brig. Gen. John Folkerts, vice commander of Air Force Special Operations Command.

General Folkerts thanked the Air Commandos for their part in combating terrorism.

"The men and women of

the 353rd have demonstrated that this is truly a global war on terror and they continue to demonstrate that fact each day.

"Air Force Special Operations Command leaders are confident that when Adm. Fargo (Pacific Command commander) or Brig. Gen. Trebon (Special Operations Command Pacific commander) call, we can count on your team to be ready."

Earlier in his career, Col. Brozenick commanded the Air Force's sole combat aviation advisory squadron, the 6th Special Operations Squadron, and subsequently served as deputy commander of the 16th Operations Group, both at Hurlburt Field, Fla.

His staff tours include duty as chief of Joint Air Operations, Checkmate Division, Headquarters Air Force, and chief of the Studies Analysis and Gaming Division, Joint Staff, Washington, D.C.

"History is waiting," Colonel Brozenick concluded. "Our capability and will shall not lack."



Air Force/Chiaki Irmamina

Col. Norman Brozenick addresses the 353rd Special Operations Group following a change of command ceremony here June 25.



# Fourth of July: America's Birthday

By Gen. Bill Begert  
Pacific Air Forces commander

Hotdogs and baseball, fireworks and sparklers, music and the American flag.

What better traditions for celebrating America's birthday?

As we prepare to commemorate this special holiday with family and friends, we should also be mindful of the reasons why Americans feel joyful and proud on the 4th of July.

On this day 228 years ago, our democracy began with the signing of the Declaration of Independence from England.

Each year, we remember the birth of our republic with festivities and ceremonies.

By celebrating the day that marks our nation's freedom, we celebrate our families, our great nation, our diversity, our spirit, our strength and ourselves.

In our country, many people take for granted the liberties we enjoy.

As members of the greatest military in the world, we who choose to serve in the U.S. Air Force understand the importance of our commitment.

Even now, Airmen assigned to Pacific Air Forces are sta-

tioned all over the world, in Iraq and Afghanistan and elsewhere - placing themselves in harm's way to fight terrorism, defend our freedom, and bring freedom to others.

On this 4th of July, many American families are separated from loved ones who have deployed.

Their sons, daughters, fathers, and mothers perform often-dangerous duties on a daily basis - proud Airmen, Soldiers, Sailors, and Marines.

On this Independence Day, we honor the courage and resolve of all who keep our nation strong.

We also honor the sacrifices of those who have given their lives in service, past and present.

This July 4th, Jody and I begin to explore a different kind of independence: retirement.

Being part of the Pacific Air Forces family has been such a privilege that saying goodbye will be difficult.

But in uniform or out, we wholeheartedly join all Americans as we celebrate the blessings and benefits of freedom.

We have every reason to stand up and cheer.

Happy Birthday, America.

Happy birthday to you!

Pacific Air Forces News Service

## ACTION LINE

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen.  
Jan-Marc Jouas  
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 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.

# Commander sends praise to world's most respected enlisted corps

By Lt. Col. William Kitch  
718th Civil Engineer  
Squaron commander

This is the season for changes of command.

The air is replete with words about the great accomplishments of squadron, group, and even wing commanders.

And there is much to be praised here at the 18th Wing—12,712 sorties flown last year, an "excellent" on our ORI, PACAF and AF winners too numerous to be listed.

However, when I hear all the accolades being laid at the feet of our commanders, I am reminded of a quote from Donald Robert Perry Marquis, a great American journalist and humorist, "When a man tells you that he got rich through hard work, ask him: Whose?"

I'd like to change that quote a bit and ask the question, "When an officer tells you that he got promoted through hard work, ask him: Whose?"

The answer to that question is, "The Air Force enlisted corps."

As I approach my retirement, I'm hitting a lot of lasts.

This will be my last commander's commentary and you'll have to excuse me as I indulge in unabashed praise for one of the greatest collections of per-

## When an officer tells you that he got promoted through hard work, ask him: Whose?

sons there ever was.

To be sure, we have great leadership in the Air Force and in our 18th Wing.

However, when the rubber meets the road, when the planes need to be fixed, when the munitions need to be hauled, when the runway needs to be repaired, when the network needs an upgrade, when the food is served, it is the folks who wear rank on their sleeves that carry the load and make things happen.

We are the greatest air and space force the world has ever seen.

That is because we have the best enlisted force the world has ever seen—ever!

And how is it that we come to be so lucky?

It's all about hard work.

The hard work of recruiting the best young Americans; who beats the pavement to find these folks?

Our enlisted corps.

The hard work of training these young recruits; who leads that training?

Our enlisted corps.

The hard work of keeping troops technically and professionally proficient; who writes the curricula for and teaches in our tech training and PME centers?

Our enlisted corps.

The hard work of evaluating performance, and ensuring the right troops are assigned and promoted into the right positions; who developed WAPS and runs our promotion boards?

Our enlisted corps.

So, here's to you who wear the stripes.

When I think about your expertise, commitment, and raw talent, the responsibility of command weighs even more heavily on my mind—to be entrusted with such an incredibly valuable resource, the daughters and sons of our citizens.

I pray every day that I may be up to the challenge of leading such fine Americans.

You inspire me by your words and deeds.

Your commanders may be out in front leading the way, but it's only because they're riding the wave of your hard work.

If you see me working hard, it's only because I'm trying to keep up with you. Any praise that comes my way I pass directly on to you.

## SHOGUN WARRIOR OF THE WEEK



Tech. Sgt. Larry Cruz

18th Wing, manpower analyst

Reason for nomination: Tech. Sgt. Larry Cruz consistently leads by example and views challenges as opportunities to excel. He actively mentors peers through information sharing and hands on experience. Sergeant Cruz's customer-oriented attitude is an asset to the 18th Wing manpower office and the Air Force.

Time at Kadena: 1 year and three 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.



18th Wing Commander.....Brig. Gen. Jan-Marc Jouas  
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  
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**DEATH:** Maki Owan, a housing maintenance clerk with the 718th Civil Engineer Squadron died June 25 during a hospital stay. Mrs. Owan has been part of Team Kadena since Dec. 1, 1999 when she was assigned to the 733rd Air Mobility Support Squadron. She later worked at housing furnishings management and most recently, at Eagle Hardware.

**GATE CLOSURE:** The main gate to Chibana Housing Area will close Monday until Nov. 5 to add a visitor control center. An alternate gate will be opened for residents and visitors to the housing area. Officials with the project say the addition will help ensure security and welfare at the housing area through force protection measures mandated by Pacific Air Forces.

**OPERATION GIVING:** Spouses from the 18th Operations Group will donate items to the local community on July 9 and 16. Donations include daily necessities items and used baby clothes and toys.

**COMMAND CHANGE:** Lt. Col. Derek D. Sanks will assume command of the 718th Civil

## Okinawa Perspective: This week's news review

By 1st Lt. Chrystal Smith  
18th Wing Public Affairs

*The following is a synopsis of articles about Kadena and U.S. military that appeared in the locally published newspapers Okinawa Times and the Ryuku Shimpo between June 16 and 22.*

□ Okinawa Customs house disposed of 4,169 counterfeited brand items of internationally acclaimed fashion merchandisers [including Prada, Louis Vuitton and Cartier,] at the customs office in Naha city June 24. Tourists who return from foreign countries imported the items into the country. The counterfeit items are considered to be Intellectual Property Invasion Items, and those who break the customs law will

be penalized.

□ Officials of the Japan-U.S. Joint Committee approved joint use of the water source in the Kadena Munitions storage area for the Japanese Ground Self Defense Force.

The Japan Ground Self Defense Force's Shirakawa training site, located next to the MUNS area, did not have water, so JGSDF personnel transported the water by truck to the area.

□ Kadena's International Tae Kwon Do Club donated about 320,000 yen to the Misato Children's home. This was the fourth time the club had made such a contribution, and Tech. Sgt. Erick Suan of the 17th Special Operations Squadron presented the gift. The donation was primarily made up of proceeds from

fundraisers hosted on base by the club.

□ Okinawa Prefectural Government Environmental Maintenance Section published the results of a survey it conducted that allegedly showed the amount of disposed garbage from the U.S. military bases is twice that of prefecture residents. This is based on calculation divided by the population and the amount of garbage. OPG officials said improper sorting makes recycling difficult. OPG asked the Okinawa Area Field Office to educate SOFA members on sorting garbage. They also suggested U.S. military charge for waste bags to reduce the amounts of garbage. An OFAO official said the military has a plan to educate newcomers about this issue.

Engineering Squadron from Lt. Col. William A. Kitch July 15 at 9 a.m. at the Rocker NCO Club.

**SPADES TOURNAMENT:** A King and Queen of Spades Tournament will be held at the Banyan Tree August 8 from 1

to 11 p.m. The first place team will receive \$200 and a trophy and the second place team will receive \$100. Entrance fee is

\$40 per team and \$10 per spectator. For more information, contact 630-4999.

**OPERATIONKUDOS:** A rescheduled Operations Kids Understanding Deployment Operations will kick off July 24 from 10 a.m. to 4 p.m. Children ages five to 15 are invited to learn how their parents gear up for military deployments through hands-on experience. Organizers say slots are still available and participants need to register at Building 99, the family support center from 7:30 a.m. to 4:30 p.m.

**SOFTBALLTOURNEY:** The Kadena Top 3 is hosting a softball tournament July 16-18. The entry fee is \$125 per team. Umpires and balls will be provided.

**FREECHILDCARE:** Nearly 20 hours of free child care is available through a family support center program for new arrivals to Kadena. For more information, contact 634-3366.

**POSTAL ADVISORY:** Postal officials say fresh fruits, meat products and pornographic materials, are prohibited items and cannot be mailed.

# Kadena comptrollers cash in on Air Force award

By Master Sgt. Brad Carder  
18th Wing Public Affairs

The Air Force recently named Kadena's 18th Comptroller Squadron its Financial Management and Comptroller Organization of the Year, recognizing it as the service's top accounting and finance office for Fiscal Year 2003.

The 18th CPTS competed against comptroller organizations across the Air Force to determine which organization was "number one" in the financial arena.

Lt. Col. David Raths is the 18th CPTS commander. "Our people did an outstanding job throughout the year and stayed focused on the mission.

"This is a great honor for the squadron and I am extremely proud of our accomplishments," he said.

The squadron managed funds totaling \$516 million that kept Kadena Air Base combat-ready.

During the year, the squadron also managed Pacific Air Force's largest flying hour program that included \$124 million and processed more than 6,900 payments to vendors for services provided to the Air Force.

According to Maj. Mark Snow, Financial Analysis Flight commander, the magnitude of Kadena's mission coupled with teamwork throughout the unit were key to winning the award.

"I feel we outshined all other

PACAF and Air Force MAJCOM bases in the sheer magnitude of our operations," Major Snow said.

"I believe the processing and obligation of over \$30,000,000 in Global War on Terror funding projects and supplies in a 30-day period was awesome.

"We provided awesome customer service and support to the men and women of Kadena, including processing more than 500 DoDDs teachers' return travel vouchers last summer."

Additionally, the squadron initiated a unit-wide fitness program and provided 470 volunteer hours to Kadena's Airmen Against Drunk Driving Program.

**"We provided awesome customer support to the men and women of Kadena, including processing more than 500 DoDDs teachers return travel vouchers last summer."**

Maj. Mark Snow  
financial analysis flight commander

# PACAF boss retires, shares thoughts with Airmen

HICKAM AIR FORCE BASE, Hawaii - After a 36-year-career in the Air Force and three years as the commander of Pacific Air Forces, Gen. Bill Begert retires at Hickam AFB, Hawaii, today.

Serving as commander of Pacific Air Forces has been "the greatest experience of my career," he says.

"I've absolutely loved every assignment I've ever had, but commanding PACAF was icing on the cake."

To reach his "greatest experience," the general traveled a long and interesting path. After graduating from the Air Force Academy in 1968, he became - among other things - an evaluator pilot, and later a student of French at the Defense Language Institute; a forward air controller with more than 300 combat missions over Vietnam; and the Air Force assistant vice chief of staff.

He's truly "been there, done that."

As he prepares for retirement, the general looks back at what he has accomplished here. His priorities for PACAF have been to maintain and improve readiness; to prepare the command for the future; and to enhance PACAF's quality of life. With his commitment to these goals, he leaves a proud legacy that will serve PACAF well into the future.

"Readiness is Job Number One, but it's fragile. It requires vigilance and focus," he says, maintaining readiness has never been more important than it is today with an ever-increasing operations tempo.

Aging resources continue to be a concern. "We need to keep looking at the age of the force," the general says. Some of PACAF's airframes are among the oldest in the Air Force, but the command continues to address the concern by introducing new technology - including the C-17, due to arrive in 2005 - into PACAF's inventory.

Readiness means more than up-to-date equip-

ment. "Being fit - physically as well as mentally - is critical to the Aerospace Expeditionary Force concept," the general says.

To augment new Air Force fitness standards, the general instituted the computerized fitness-tracking program Fitlinxx at all PACAF bases to help Airmen monitor their progress. Mandatory enrollment in the program ensures that even reluctant Airmen will take part - for their own good and the Air Force's.

In addition to enhancing PACAF's readiness, the general has also made great strides in ensuring that PACAF is prepared to meet the future.

"My strategy has involved reaching out to our neighbors in the Pacific region," he says. "We have allies and friends whom we haven't engaged with in quite some time."

In addition to re-establishing ties with long-time allies, he also made overtures to other friendly nations. India in particular was one new focus, and the general was the driving force behind the establishment of the Cope India exercise in 2002 - the first between the U.S. Air Force and the Indian Air Force in more than 40 years.

Such exercises have been beneficial to both nations and will continue to be scheduled in future years. PACAF needs to build relationships with other nations in the Pacific region because, "the 21st Century will focus more on Asia than any other part of the world," he says.

"Trade between Asia and the U.S. has increased significantly. It's even higher than that between the U.S. and Europe. And, when you look at some of the potential flashpoints in the region, you have to watch and wonder what will happen in the Pacific."

A strong and ready U.S. military force will be the key to stability in the region, he says.

"I'm hopeful that all nations in the Pacific will

work together toward peace. But we still need to remain ready and capable. The more ready we are, the more likely we are to have peace."

Maintaining a force that's fit to fight and ensuring its importance to stability in the Pacific region wouldn't be possible without teamwork, however. The general is quick to express his appreciation for the vital contributions of PACAF's Airmen. People are the Air Force's greatest asset, he says, and their quality of life has also been one of his ongoing priorities. "We need to maintain the high-caliber people we currently have in the Air Force. We need to ensure our facilities, housing, infrastructure and work centers are among the finest in the world, because that's what our Airmen deserve."

A duty tour at a PACAF base is better now than in the past, the general points out, because of new fitness centers, dormitories, and other facilities. Military housing at Hickam, for example, dating back more than 60 years, is in the process of being renovated or replaced. Such initiatives here and at bases PACAF-wide will also serve as an enduring tribute to the man who made them happen.

His legacy secure, General Begert still can't quite bring himself to think about retirement. After 36 years of service in the Air Force - 40, counting his years as an Academy cadet - what will he do with his time?

As he prepares to bid farewell to Hickam, PACAF, and a distinguished career of military service he remains grateful.

"Every day in the Air Force has been a blessing. Leading troops gave me the ability to wake up every morning and be thankful. I've experienced so many great things in my career, but probably the best experience has been leading Airmen."

Pacific Air Forces News Service

## HUGHES:

Continued from Page 1

During OIF, the 67th flew over 719 missions and well over 4,000 combat hours with zero reportable class A, B, or C mishaps. This amazing safety record was achieved despite the fact that the Cocks fly the oldest F-15Cs in the Active Duty Air Force," said the award nomination.

From Okinawa, the 67th provides theater commanders with rapidly mobile, deployable, sustained and lethal air superiority. They are experts in long-range airpower projection, having

completed missions covering 2000-3000 miles and keeping pilots airborne for up to 10.5 hours.

"Without its most important asset -- people and their tireless efforts and unselfish dedication to the mission -- the 67th FS could not have succeeded," said the award nomination.

Lt. Col. Jeff Gustafson, who took over the 67th FS in a change of command ceremony June 18, said taking command of a group of warriors who have accomplished so much and maintained such a level of excellence is humbling for him. "You can see it in their eyes. They love what they do and it shows," he

said. "Both the 67th Aircraft Maintenance Unit and the 67th Fighter Squadron are a well-tuned, lethal machine. Each depends on the other to function, and neither can exist independently. The 'maintenance magic' they perform under the current operations tempo and the eye-watering abilities of each and every 67th warrior is astonishing."

The 67th has won the award four times in 1983, 1986, 1989 and now 2003.

The squadron was named the fighter squadron of the decade in the 1980s. The 44th won the award in 1982, and the 12th won in 1981.

## Returning fire



Air Force/Staff Sgt. D. Myles Cullen

A sergeant clears his M-16 after being the only member of his convoy to return fire during an attack on a patrol near Baghdad. The convoy was attacked by four rocket propelled grenades -- two in front and two behind the last vehicle of a three-vehicle convoy.

# U.S. control ends in Iraq

By John D. Banusiewicz  
American Forces  
Press Service

WASHINGTON — Sovereignty in Iraq passed from the Coalition Provisional Authority to the interim Iraqi government June 28, two days ahead of schedule.

In a 10-minute ceremony inside the heavily fortified "Green Zone" where coalition headquarters is located in Baghdad, CPA administrator L. Paul Bremer III read a letter he had signed which dissolved the authority.

"As recognized in U.N. Security Council Resolution 1546, the Coalition Provisional Authority will cease to exist on June 28, at which point the occupation will end and the Iraqi interim government will assume and exercise full sovereign authority on behalf of the Iraqi people. I welcome Iraq's steps to take its rightful place of equality and honor among the free nations of the world," Mr. Bremer read.

Mr. Bremer boarded a helicopter shortly after the ceremony and later left the country aboard an Air Force C-130 Hercules.

"This is a historic and happy day for us in Iraq," said Iraqi President Ghazi al-Yawar after receiving the transfer documents. "It is a day that all Iraqis have been looking forward to. This is the day that we take our country back into the international community.

"We want a free and democratic Iraq, and we want a country that is a source of peace and stability for the whole world."

Iraqi prime minister Iyad Allawi, who reportedly sought the early transfer, expressed confidence in his government's ability to stabilize the violence-wracked country.

A poll cited in a Defense Department document called "Five Steps to Sovereignty" said 68 percent of Iraqis have confidence in the interim Iraqi government, and 79 percent think the interim government will make things better for Iraq.

The new government has an 80-percent approval rating among Iraqis, 73 percent of whom approve of Mr. Allawi, and 84 percent of whom approve of President Yawar.

The document said the interim government will operate under the rules defined in Iraq's Transitional Adminis-

trative Law, which it called "the most liberal basic governance document in the Arab world."

At a farewell meeting June 27 with the city, regional and provincial councils in Baghdad, Mr. Bremer expressed confidence in the new government's ability to take over Iraq's affairs.

"When I arrived in Baghdad in May last year, the city was still on fire from the looters," he said.

"There was not a single policeman on duty in the entire city. Not in Baghdad, not in Basra, not anywhere in the country. We were producing 300 megawatts of electricity in the entire country. A lot has gotten better."

Iraq now has 100,000 police officers on duty across the country, Mr. Bremer said.

"There are not enough yet in Baghdad," he said.

"Schools and clinics and hospitals have been reopened, though much has to be done to improve health care in Baghdad and in the country."

Mr. Bremer expressed optimism to the council members for Iraq's future.

"I am very confident that Iraq in fact will get through this process of political development and will wind up as a beacon for countries in the region as Iraq has so often been in its very long 5,000-year history," he said.

"The reason I'm confident is because of people like you, people all over the country who are willing to take up the job and the responsibility for Iraq, because the most important thing that happens when sovereignty returns to the Iraqi government is responsibility returns to the Iraqi people."

"We will still be here to help you," Mr. Bremer said. "The multinational forces will still be here to help with security until the Iraqi forces are able on their own to deal with security. The American government will be here in the form of a very large American Embassy, which will help work with Iraqis to oversee the reconstruction projects which are now beginning already to make an impact on the Iraqi economy."

The United States will spend almost \$19 billion in Iraq throughout the next 15 to 18 months, Mr. Bremer said, much of it on rebuilding of old infrastructure like electricity, water and sewage systems.

## Iraqi army recruits



Air Force/ Staff Sgt. Ashley Brokop

Jordanian Warrant Officer Emad (left) teaches proper firing techniques to women who are recruits with the Iraqi army during weapons training at the Jordanian Royal Military Academy June 22. These women are the second class of women recruits going through a 10-week basic training course.

## American C-17 airlifts Iraqi child to Hungarian hospital

By Staff Sgt. Jason Lake  
332nd Air Expeditionary Wing  
Public Affairs

BALAD AIR BASE, Iraq — Medics from the 379th Expeditionary Aeromedical Evacuation Squadron helped airlift a 13-year-old Iraqi to Budapest, Hungary, recently.

A dozen crewmembers aboard a C-17 Globemaster III helped transport Abbas Jabbar, who was injured last month when he ran in front of a Hungarian convoy patrolling near Baghdad.

After the accident May 16, the boy was rushed to the 31st Combat Support Hospital at Baghdad International Airport.

Col. Peter Doby, who served as the chief of operations became the child's caretaker.

"(He) was in pretty bad shape," the colonel said. "He had a fractured skull and a compound fracture to his right leg. He was also on a respirator."

At one point, Colonel Doby said, the boy had to be revived.

As his condition slowly stabilized, Hungarian officials discussed the possibility of transporting Jabbar to Hungary for surgery and rehabilitation, but they realized the Hungarian government lacked the aircraft and qualified staff necessary to move him.

Colonel Doby, who grew up in Hungary, bridged talks between Hungarian and American officials working to help arrange the boy's trans-



Air Force/ Staff Sgt. Jason Lake

Abbas Jabbar, a 13-year-old Iraqi, gives a smile as he is moved into a Hungarian ambulance at the international airport in Budapest, Hungary.

port to Budapest.

"I've been in Air Mobility Command since 1982, so I thought I could do something," said Colonel Doby, who is vice commander of the 433rd Airlift Wing at Lackland Air Force Base, Texas.

Arranging the mission required coordination all the way up to, and approval by, the secretary of defense.

The parents gave the colonel permission to take the boy to Hungary and told him, "This is God's will."

Colonel Doby promised the family that he would get the boy to Hungary safely and if possible, escort him back to Iraq after his recovery.

The two flew from Baghdad International Airport to Balad aboard a UH-60 medical helicopter from the U.S. Army's 82nd Medical Battalion and waited for their aircraft at the 332nd Contingency Aeromedical Staging Facility here. Several hours later, the C-17 carrying the 379th EAMDES crew arrived,

and the flight to Hungary began.

Master Sgt. Theresa Sheheen and Tech. Sgt. Shane Larson, both from the Wyoming Air National Guard, were two of the aeromedical evacuation technicians aboard the flight.

Using only a primitive form of sign language, they tried to comfort Jabbar as he experienced his first airplane ride. Hungarian medical technicians and the two Guard Airmen helped carry Jabbar out of the aircraft into an ambulance for the trip to a Budapest hospital.

Before the doors closed behind him, Jabbar gave everyone a smile and thumbs up.

Looking back on the experience, Sergeant Larson said he was glad to help.

"This kind of operation is great because it makes the time spent over here worthwhile," he said. "This shows the citizens that we are here for them."

# Ceremony marks change in 18th Wing leadership



Air Force/ Staff Sgt. Chenzira K. Mallory



Air Force/ Airman 1st Class Heather L. Tower



Air Force/ Airman 1st Class Michael Pallazola



(Clockwise from right) **FLAG:** Chief Master Sgt. Steve Patton of the 18th Medical Group holds his unit's guidon during the 18th Wing change of command ceremony Jun 24 in Building 3660.

**JET:** Staff Sgt. Jason McClead unveils Brig. Gen. Jan-Marc Jouas' name on a Kadena F-15.

**GUARD:** Members of the Kadena Honor Guard march in front of the podium during the ceremony.

**TROOPS:** Members of various units within the 18th Wing stand at parade rest during a part of the ceremony in the 961st AACS hangar.

**SALUTE:** Brig. Gen. Jan-Marc Jouas, 18th Wing commander, salutes Lt. Gen. Thomas Waskow, 5th Air Force commander during the ceremony.

**GREEN:** Members of the audience salute during the ceremony held June 24 in Building 3660.



Air Force/ Staff Sgt. Chenzira K. Mallory



Air Force/ Chief Master Sgt. H. H. Defner



Air Force/ Staff Sgt. Chenzira K. Mallory

# Chief Murray talks deployments, force shaping

MAXWELL AIR FORCE BASE, Ala. — Combat needs, not current manpower standards, are what Air Force officials are using to determine how many people are filling the ranks, Chief Master Sgt. of the Air Force Gerald Murray said.

This, he said, is the first time in Air Force history that combat needs have been the determining factor.

Chief Murray discussed this and other current issues during his visit here for the 10th Annual Worldwide Command Chief Master Sergeants' conference June 19 to 23.

"We're engaged in a war that perhaps is not going to end any time soon, so we need to be prepared for that," Chief Murray said.

One hot topic is force shaping which is designed to return the Air Force to its authorized uniformed population by September 2005.

"How do we bring our force structure down by 20,000 people without losing any of our combat capabilities and without forcing out good quality Airmen that want to stay with us?" asked Chief Murray.

"That's our greatest challenge and clearly concerns our force; however, we will continue to work toward balancing the force," he said. Fifteen



Air Force/ Airman 1st Class Jonathan Ortiz-Torres  
Chief Master Sgt. of the Air Force Gerald Murray visits with Airmen at Maxwell AFB, Ala., during the 10th Annual Worldwide Command Chief Master Sergeants' conference.

years ago, the Air Force was 40 percent larger than it is today with about 660,000 active-duty Airmen.

Today, the force is just shy of 360,000 active-duty people, yet the service is deploying more than four times more than it did back in 1990 before operations Desert Shield and Desert Storm, Chief Murray said.

Finding ways to reduce the

number of critically manned and stressed career fields in the Air Force is also a part of the plan to balance the force.

Examples are the non-commissioned officer retraining program, reinstating the career job reservation program and redirecting accessions in basic training.

"These measures are beginning to show a positive effect on increasing balance in our

force," Chief Murray said.

"Our Airmen are certainly letting me know that they are challenged, and they are certainly talking about the (operations) tempo and the increased deployment workload that we're under," he said. "There's a price that we are paying by having so many Airmen deployed. It's not only how hard they're working deployed, but how hard

they're also working at home stations by having teams separated."

One example of concerns being addressed is the recent pull-back of code "C" limitations. A code "C" designation is given to Airmen with certain medical conditions.

"Our Airmen spoke out about that and that's part of the reason we decided to step back and conduct a thorough analysis of the processes we use to look at those individuals that are not available for deployment due to medical limitations," he said.

There are currently more than 7,000 Airmen that are not eligible for worldwide deployments, and about 3,600 of those are designated as permanently in that category, Chief Murray said.

"Combat readiness, deployments and deployability is a major concern for us," Chief Murray said.

"We'll continue to work with the senior leaders of our Air Force, our Air Staff, and (major commands) to balance our force to meet that mission."

It is clear that the Air Force is going through major changes, and as Chief Murray said, "(Air Force leaders) are leading (Airmen) in a historic and exciting time."

## Officials detail global posture realignment

WASHINGTON — The realignment of U.S. forces in the world will mirror the changing threats and be a result of a fundamental shift in national security, the DOD undersecretary for policy told the House Armed Services Committee recently.

President Bush ordered Defense Secretary Donald H. Rumsfeld to study where U.S. troops are based in the world and realign them to mirror the new security environment.

In South Korea, the effort has already resulted in a reduction of 12,500 U.S. servicemembers in that country.

Douglas Feith said U.S. global posture is the legacy of World War II and the Korean War. "And after the Cold War ended, there were substantial reductions taken, but they were reductions in place," he said.

"They were really not a realignment of our forces around the world."

In Korea, many U.S. positions are exactly where they were when the fighting stopped in 1953, Secretary Rumsfeld said.

Mr. Feith pointed to the

realignment's premise: One important national security asset the United States possesses is its network of alliances and defense partnerships.

That concept is one of five ideas that has shaped thinking on the realignment issue, he said. DOD officials want to expand allied roles and build new partnerships.

"Secondly, we wanted to develop the flexibility to contend with uncertainty," he said. During the Cold War, the threat was the Soviet Union. The United States was committed to defend Western Europe. U.S. troops were in place and equipment pre-positioned for them if the Soviets came through the Fulda Gap corridor that ran through then-East Germany into West Germany.

That is no longer the case. "We have found that we've engaged in military operations over the last dozen years or so in places where nobody anticipated engaging in military operations," he said. "And it is clear that one of the most important phenomena in the world today is uncertainty."

## Tobacco use terminated in Air Force technical training

By 1st Lt. Elaine M. Larson  
Air Education and Training Command  
Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Tobacco use and possession are no longer allowed for nonprior-service technical training students at any time while on base or in uniform.

The change is included in Air Education and Training Command Instruction 36-2216, "Administration of Military Standards and Discipline Training," published June 16.

The policy states that Airmen will only be allowed to use tobacco if they are off base and out of uniform.

Before the policy change, students could use tobacco products on base after duty hours, provided they were out of uniform and had reached at least Phase III of the enlisted phase program.

Buying tobacco products has also become more challenging. Army and Air Force Exchange Service officials are supporting the command's initiative by removing tobacco products from shoppettes located in designated technical training areas. Student troop stores at Lackland Air Force Base, Texas; Keesler AFB, Miss.; and Sheppard AFB, Texas, have removed these products.

Smoking costs the Air Force more than \$1 billion each year in health care and lost productivity, according to a report published in 2000 by the Air Force Medical Operations Agency's office for prevention and health services assessment.

"Smoking is the leading cause of preventable disease and death in the United States," the report states.

Even though Airmen must quit using tobacco before entering basic military training, studies have found 82 percent of those who quit returned to tobacco use after graduation.

Most return within the first month of technical training, said Lt. Col. Alan Peterson, psychology flight commander from Wilford Hall Medical Center at Lackland AFB.

Another 7 percent of Airmen entering technical training who have "never had a puff in their lives" pick up the habit within their first year on active duty, said Col. Russell Eggert, AETC health promotion branch chief.

"More people are leaving technical training as tobacco users than those who enter (basic training)," he said.

"It's very difficult once people are addicted to nicotine to get them to quit. We want to prevent them from ever starting."

Colonel Eggert said he hopes the change will translate into fewer people starting down the road.

"Research suggests most people who use tobacco start in adolescence or early adulthood," he said.

"The longer folks hold off, the less likely they are to ever start."

The instruction does not apply to students attending Inter American Air Forces Academy or Defense Language Institute English Language Center, both at Lackland AFB.

**TODAY**

- ▲ **GOLF SALE:** Savings on selected merchandise will happen from July 2 to 4 at the Banyan Tree Golf Course. Call 634-3900 for more information.
- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
- ▲ **OKUMA:** Fourth of July celebration begins at 2 p.m. today until July 5 at Okuma. Fireworks display will be held July 4. Call 632-4386 for details.
- ▲ **MOUNT FUJI TOUR :** Seating is limited for a tour to Mount Fuji from Aug. 11 to 15 and Aug. 17 to 20. Call 634-4322 for more information.
- ▲ **KUMON MATH:** Math study for children ages 5 to 18 in 40-minute sessions from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **ROCK 'N' ROLL BOWLING:** Rock 'n' bowl fun begins from 10 p.m. to 2 a.m. at Emery Lanes. Call 634-2290 for more information.

**SATURDAY**

- ▲ **TABLETOP WARRIORS :** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
- ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 and up held from 7 a.m. to noon. Call 634-1387 for more information.
- ▲ **KADENA MARINA :** A two-day Star Spangled Sale with savings on merchandise at the retail store begins. Stop by the store and take "aim" at the fireworks display. Hit the target and win the discount show. Discounts range from 10 to 30 percent. Call 634-6344 for more information.
- ▲ **ROCKER NCO CLUB:** Coyote Ugly Theme Night from 10 p.m. to 3 a.m. Call 634-0740
- ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

**SUNDAY**

- ▲ **MAREK PARK:** Independence Day celebration begins at 3 p.m. Events include performance by Default, colossal cookie challenge, climbing wall, rides, contests and free watermelon. Organizers say Fireworks will be held at 8:45 p.m.
- ▲ **TENNIS TOURNAMENTS:** July 4 is the last day to register for a men's intermediate division and women's open division tennis tournament July 17 and 18 and a men's open division and women's intermediate division tennis tournament July 24 and 25. Cost is \$40 per team. For more information call 634-0695
- ▲ **BANYAN TREE:** Top 40 music from 7 to 11 p.m. Call 634-0644
- ▲ **ROCKER NCO CLUB:** Bingo starts at 6 p.m. Table and card games from 5 to 8 p.m. Old School Jams from 7 to 11 p.m. Call 634-0740
- ▲ **EMERY LANES:** Receive a 10 percent discount on the purchase of any bowling ball in stock with the color red, white or blue on it. Call 634-2290 for more information.
- ▲ **MONDAY**
- ▲ **BANYAN TREE:** Bingo begins at noon. 50-cent hamburgers and hot dogs from 5 to 7 p.m. or until supplies run out. Variety dance hits from 7 to 11 p.m. Call 634-

**Oar right!**



Air Force/ Charles K. Steitz

Members of an Air Force team raise their oars after finishing second in one of the many boat races on the Hija River Sunday as part of an annual festival in Okinawa that is held to pray for safe maritime voyages and bountiful fishing conditions. Team members are: Staff Sgt. Noel P. Cabel, Staff Sgt. Alike Publico, Staff Sgt. Michael Fontaine, Airman 1st Class Ryan Vanderbrand, Tech. Sgt. Steven Mandell, Airman 1st Class David Bertsch, Staff Sgt. Joseph Hale and Hideaki Sakihama.

0644

- ▲ **TENNIS CLINIC:** A one-hour tennis clinic will be held weekdays until July 16 at the Risner Tennis Center. Class schedules run from 9 a.m. to 6 p.m. Cost is \$70 per ten one-hour session clinics. Call 634-0695 for more information.
- ▲ **ROCKER NCO CLUB:** Bingo starts at 7 p.m. Rock around the clock with C Note from 7 p.m. to closing. Call 634-0740
- ▲ **FREE BOWLING :** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **JAPANESE CLASS:** Adult conversational class from 7:30 to 9 p.m. at the Schilling Community Center. Call 634-1387 for more information.
- ▲ **CAKE DECORATING:** Class held from 6:30 to 8:30 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**TUESDAY**

- ▲ **TAICHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.

**WEDNESDAY**

- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on

- the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.
- ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**THURSDAY**

- ▲ **TAI CHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
- ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **JAPANESECALLIGRAPHYCLASS:** Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**JULY 9**

- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **ROCK 'N' ROLL BOWLING:** Rock 'n' bowl fun begins from 10 p.m. to 2 a.m. at Emery Lanes. Call 634-2290 for more information.

**JULY 10**

- ▲ **TABLETOPWARRIORS :** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
- ▲ **SAXOPHONE, FLUTE AND**

- CLARINET LESSONS:** One hour sessions for ages 5 and up held from 7 a.m. to noon. Call 634-1387 for more information.
- ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

**JULY 11**

- ▲ **FAMILYDAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl.

**JULY 12**

- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **JUNIOR SUMMER GOLF CLINIC:** Session runs Mondays through Thursdays from 8 to 9:30 a.m. or 10 to 11:30 a.m. for a maximum of 12 students. Registration is required. Call 634-3900 to register.
- ▲ **JAPANESECONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
- ▲ **CAKEDECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**JULY 13**

- ▲ **TAI CHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.

**JULY 14**

- ▲ **TOKYO MOUNT FUJI TOUR:** Tour is from July 14 to 18. Call 634-4322 to register.
- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
- ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 15**

- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **SCHOLARSHIPS:** Deadline for essay

**M O V I E S**

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

**Keystone Theater**

- ▲ Tonight: Harry Potter and the Prisoner, PG, 6 p.m. Kill Bill Volume 2, R, 9 p.m.
- ▲ Saturday: Harry Potter and Prisoner, PG-13, noon. The Terminal, PG-13, 4 p.m.
- ▲ Sunday: Harry Potter and Prisoner, PG, 7 p.m. Harry Potter and Prisoner, PG, noon. The Terminal, PG-13, 4 p.m. The Terminal, PG-13, 7 p.m.
- ▲ Monday: Harry Potter and Prisoner, PG, noon. The Terminal, PG-13, 4 p.m. The Terminal, PG-13, 7 p.m.
- ▲ Tuesday: Kill Bill Volume 2, R, 7 p.m.
- ▲ Wednesday: Kill Bill Volume 2, R, 7 p.m.
- ▲ Thursday: Garfield, PG, 1 p.m. Garfield, PG, 7 p.m.
- ▲ July 9: Man on Fire, R, 9 p.m.

**Foster Theater**

- ▲ Tonight: Kill Bill Volume 2, R, 7 p.m. Envy, PG-13, 10 p.m.
- ▲ Saturday: Ella Enchanted, PG, 1 p.m. Garfield, PG, 4 p.m. Garfield, PG, 7 p.m. Kill Bill Volume 2, R, 10 p.m.

**C H A P E L**

**Catholic**

- ▲ Monday through Friday : Mass, Chapel 2, noon.
- ▲ Saturday : Confession, Chapel 2, 3:30 to 4:30 p.m. Vigil Mass, Chapel 2, 5 p.m.
- ▲ Sunday : Mass, Chapel 3, 8:45 a.m. Mass, Chapel 3, 12:30 p.m. and 5 p.m.

**Protestant**

- ▲ Wednesday : Bible Study, Chapel 1, 7 p.m.
- ▲ Sunday : Inspirational, Chapel 2, 8:30 a.m. Liturgical, Chapel 3, 8:45 a.m. Evangelical, Chapel 1, 9 a.m. and 10:45 a.m. General Protestant, Chapel 2, 10:30 a.m. Gospel, Chapel 3, 10:30 a.m. Sunday school, Bldg. 326 and Bldg. 327, 10:45 a.m.
- ▲ Hindu service: Mondays, Chapel 1, noon.
- ▲ Eastern Orthodox service: call 645-7486
- ▲ Jewish services: call 637-1027
- ▲ Islamic services: call 636-3219

## Bring back the draft

**Round 1:** OK, I'll admit it. I support bringing back the draft. Not that one. The NBA draft that happened last week.

It seems NBA franchises were

confused about what they were supposed to be doing there last week. Let's call a do-over and let them try again. You see, eight of the first 20 players selected were kids that until a few weeks ago, ate lunch with a few hundred of their closest friends in the school cafeteria each day. Now, they will soon square off against men who will feast on them each day on the court.

But, "What about LeBron," you say. Yes, he had a good year. But, he's the exception (see Tyson Chandler and Darius Miles.) These teams are gambling on players that probably will not pan out. On the flipside, hundreds of high school baseball players are drafted each year, and they don't make it either. I guess that's why the NBA calls it a lottery.

**Round 2:** The National League squares off against the American League July 13 at Houston's Minute Made Park. Let's take a look at who looks like they'll be in the starting lineup. Barry Bonds: yes. Scott Rolen: yes. Jim Thome: deserves to be with his Major League leading 26 homeruns. Sammy Sosa: will be, but doesn't deserve it. He's hitting .285 with 12 homeruns. Oh well, maybe he'll break out his corked bat and we can watch him hit a few out.

**Round 3:** The United States has put together another Dream Team I can't wait to watch. The Williams sisters, Martina Navratilova, Jennifer Capriati and Andy Roddick will headline the U.S. tennis team in Athens next month. This should make for some exciting tennis. Has a men's basketball team been named yet? Send me an e-mail kadenashogun.sports@kadena.af.mil.



## Kickball



Air Force/ Airman Gary Edwards  
Andrew Hickey of the 18th Communications Squadron watches as a member of the Marine team "X" goes to kick the ball during a kickball tournament held at the Four Diamonds complex Saturday. The Marine team "X" defeated the 18th CS "Comm-unists" two games out of three. Eight teams participated in the event sponsored by the 18th CS.

## Airman loses 100 pounds

**MALMSTROM AIR FORCE BASE, Mont. (AFPN)** — It took a missile maintainer here nine months to fix one of the Air Force's most important weapon systems, and he did it out of uniform, without technical orders and after duty hours.

Senior Airman Norman Barore, assigned to the 341st Missile Maintenance Squadron here, lost 100 pounds in nine months, dropping from a super-sized 276 pounds in August 2003 to 176 pounds in May. He did it without surgery, supplements or the latest fad diet. He did it the old fashioned way by simply eating less and exercising more.

"I was supposed to sew on senior airman on Sept. 11, 2003," Airman Barore said. "I knew I'd probably get weighed, and I knew I was way over [the limit]."

When the 6-footer tipped the scale at 276 pounds, his commander told him to lose the weight.

Barore enrolled in the health and wellness center's "Sensible Weigh" class.

Sensible Weigh was part of the Air Force's weight management program at the time. A program that combines health risk and fitness has since replaced it, said Maj. Theresa L. Gilbert, a registered dietitian at the center here.

Barore attended Sensible Weigh classes every Friday for four weeks. Half of the class is devoted to fitness, half to nutrition. He said he was not very familiar with either

topic.

"I always knew I needed to work out," he said. "But I never knew how hard or how frequently. The class showed me how to hit my target heart rate for a certain duration."

A person can determine their target heart rate by subtracting their age from 220 to get their maximum heart rate. Their target heart rate is 50 percent to 80 percent of their maximum heart rate.

Staying interested in a fitness program was a challenge for Barore.

He said he was always big. He played football and wrestled, but never bothered with a fitness program.

That changed in August 2003 when he started a fitness regime that included a cardio-vascular workout on an elliptical trainer, weight training and a 2,000-calorie-a-day diet.

"My goal was to lose weight," Barore said. "Before I joined the Air Force, I had to lose 14 pounds to meet standards. I've been on diets before, but in my opinion, diets are short-term."

"My ideal weight for my height is 207 pounds, so my goal was 207 pounds," he said.

The Air Force's weight management program gave Barore three months to reach his maximum weight. He did it in less than that.

"But I wasn't satisfied," he said. "I didn't want to be right under my max. I wanted to be in a safe zone."

After slimming down to 207, Airman Barore decided

200 pounds "sounded good."

He was hitting the gym late at night four times a week, rearranging the groceries in his cupboards at home to avoid reaching for a candy bar instead of an apple, and reading the nutritional labels on packaged food. When he stepped on the scale 76 pounds lighter than he weighed in August, he set another, lower goal.

"I asked guys at work [who were] my height how much they weighed," Airman Barore said. "I got an average of 185. So that was my next goal, to hit 185. That's my kill zone, 20 pounds under my max."

"I look at pictures of me before, and I can't imagine ever weighing that much again," Airman Barore said. Not only is he lighter than before, his work has improved.

When he ran his 1.5-mile fitness test in February, he finished third in his duty section, turning in a time of 12 minutes and 36 seconds.

Three months later, he lowered his time 33 seconds. Friends and family have noticed the change too.

"My wife tells me 'you look really good' and guys at work say I look a lot better. People ask me what my final goal is, but I haven't really reached the end," he said.

"I've changed my life style and turned my life around. I'm not going back."

The Kadena health and wellness center offers a nutrition, for more information 634-2499.

## Sports Standings

### Softball Division 1

Team	W	L
18th LRS (A)	8	0
18th CMS	6	1
18th MUNS (A)	6	1
18th CES (A)	5	1
18th EMS	4	2
18th MSS	4	3
733rd AMS	4	4
718th AMXS (A)	3	4
18th SVS	3	4
18th LRS (C)	3	3
18th SFS	3	3
18th AMXS	2	3
18th CS (B)	2	5
18th CS (A)	1	6
18th CES (C)	0	7
353rd MXS	0	7

### Softball Division 2

Team	W	L
18th MOS	7	2
18th OSS	7	2
18th LRS(B)	5	2
353rd OSS	5	2
18th CES (B)	5	2
18th DS/AMDS	5	2
18th MDOS/MDSS	4	2
18th MUNS (B)	4	4
909th/961st	4	5
AAFES	4	5
390th IS	3	5
82nd RS	3	6
718th AMXS (B)	2	5
623 AFC	1	6
SCP	1	7

SOURCE: 18th SVS fitness center staff  
— Current as of July 1

Scuba diving report airs on  
AFN 89.1FM & 648AM at  
8:40 a.m. and 3:40 p.m.  
every Friday