

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	100.0
Hours flown	16.1
Monthly offset	-83.9
33rd Rescue Squadron	
Monthly flying-hour contract	230.0
Hours flown	21.1
Monthly offset	-208.9
909th Air Refueling Squadron	
Monthly flying-hour contract	570.0
Hours flown	109.1
Monthly offset	-460.9
44th Fighter Squadron	
Monthly sortie contract	497
Sorties flown	66
Monthly offset	-431
67th Fighter Squadron	
Monthly sortie contract	427
Sorties flown	26.4
Monthly offset	-401

Source: 18th MOS/MXOOP, as of July 7

THE KADENA SHOGUN

Vol. 18, No. 28 Kadena Air Base, Japan Friday, July 16, 2004

WEEKEND WEATHER	
	TODAY: Partly cloudy SE winds @ 12-15 knots High: 84 Low: 72
	SATURDAY: Partly cloudy SE winds @ 10 knots High: 88 Low: 73
	SUNDAY: Mostly cloudy S winds @ 12 knots High: 82 Low: 75
FRIDAY MORNING'S COMMUNITYBANK EXCHANGERATES BUYING: \$1=¥106 SELLING: ¥111=\$1	

3 Kadena rescue workers win Air Force awards

By Capt. CK Keegan
18th Wing Public Affairs

Three of the top four rescue Airmen are at Kadena, Air Force officials say.

The awards, released last week by the deputy chief of staff for Air and Space Operations, named 2nd Lt. Timothy Hanks, the Air Force combat rescue officer of the year; Master Sgt. Charles Stiefken, as the pararescue senior NCO of the year; and Staff Sergeant Airman William Moore, as the pararescue airman of the year.

Sergeant Stiefken, 18th Operations Group chief of standard and evaluations for pararescue, developed a joint rescue/evasion plan for over 900 combatants, leading the team comprised of the Green Beret, Navy Seals and Marine Corps reconaissance teams. He received the Air Achievement Medal for operation in hostile territory during Operation ENDURING FREEDOM. He also is personally responsible for saving the lives five people. But what he is known

for in his squadron is his leadership. "He stands out when he walks in a room," said Lieutenantenant Hanks, "When he says how something will happen, you know he knows what he is talking about. He just has a special quality about him."

Lieutenant Hanks says Sergeant Stiefken has probably saved close to 100 people as a pararescuer. "But he's touched more lives than he's saved."

Sergeant Moore, of the 31st RQS, pinned on staff sergeant supplemental July 13. He earned two Sikorsky Aircraft Rescue awards for life-saving actions—rescuing someone trapped in a cave and treating a snowmobile accident victim. He also deployed to Afghanistan where he took lessons learned in the field and applied them at his home



STIEFKEN



MOORE

station. He rewrote guidance on how to wear gear, how to medically treat wounded and how to tactically

employ. These procedures are now being used by seven pararescuemen deployed to the same region.

He was also awarded the Air Force Commendation medal for heroism and he was recently selected as an Air Force Outstanding Airman of the Year. "He is the epitome of the Air Force core values," said Lieutenant Hanks. "He lives by them. "He takes a task and completes it to the best of his abilities—always."

Lieutenant Hanks stood up the 31st RQS only a few months after his arrival to Kadena. He justified 51 personnel, \$1.9 million needs to the PACAF Director of Operations, and spent overtime crafting a \$3.4 million spend-



Air Force/Master Sgt. Adam Johnston

Second Lt. Timothy Hanks was recently named the Air Force combat rescue officer of the year.

ing plan. All during an operational readiness inspection.

Three weeks after the standup, he organized the flawless execution of a deployment in support of OEF. He also built a rescue plan for rescue alert duty for U2 support, and he increased his team's readiness from 46 to 92 percent with training upgrades.

Lieutenant Hanks gives credit for his success to the amazing NCOs and Airmen in his office.

"The opportunity to lead

these guys is like no other," he said. "To work next to them is the greatest gift I have been given as an officer."

Lieutenant Hanks, a prior-enlisted pararescuer, he said he has never seen a unit operate as a single team like the 31st RQS. "We have strong NCOs," he said. "They go above and beyond and show what 'service before self' means. If I could put all my people in for the Airman of the Year award, I would have all 12 right here in this squadron."

Kadena 'crew chief' retires after 30 years in AF

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

Chief Master Sgt. Danny Whalen, 353rd Maintenance Squadron, has never forgiven the Air Force for a grave injustice he endured at Beale AFB, in 1983. And he's still fightin' mad.

"They took my plane from me," he recalls with a melancholy scowl.

"Balls '49" was Chief Whalen's baby, a '58-model KC-135Q beauty that he coddled, cared for and cried over before his selection to Strategic Air Command's Maintenance Standardization and Evaluation Team two decades ago. That tail number, 580049, is still passing gas today.

The chief retires today after 30 years in blue (and brown) uniform. When asked if he'll ever forgive the Air Force for seizing his Stratotanker, he replied, "Time heals most wounds, we'll see."

The chief came into a very different Air Force in 1974. President Richard Nixon had



Air Force/Master Sgt Michael Farris

Chief Master Sgt. Danny Whalen, 353rd Maintenance Squadron, discusses aircraft write-ups with fellow crew chief Staff Sgt. Joshua Hestehave.

resigned three months previously and the U.S. was quickly withdrawing from Vietnam.

"The draft ended a few months before I decided to join," Chief Whalen said. "I was working at a tool and die company near Poughkeepsie,

N.Y., and making pretty good money."

But the conditions weren't good and the chief didn't like what saw when he imagined himself slaving away there for 30 years or more. A retired soldier named Gus encour-

aged him to join the service.

Months later, Airman Basic Whalen marched tall past the reviewing stand at his Basic Training graduation and headed for jet aircraft mechanic school at Chanute AFB, Ill.

"I was admittedly a little homesick," Chief Whalen said. "But my first assignment to Plattsburgh AFB was exactly 240 miles to my front door."

Chief Whalen's monthly salary of about 300 bucks didn't go far, and he settled down in a half-trailer on the outskirts of a village referred to as Wiggleton.

"Wiggleton was a miserable collection of shanty houses, shacks really, that shook when the wind blew," he said. "I felt pretty good to be in half a trailer."

It was there, in the high Adirondacks, that Chief Whalen found his calling as a crew chief. The winters were brutally cold, he recalls, but he had a warm spot in his heart for his plane.

"Guys used to make fun of me because I wouldn't go home," he said. "I'd work all night and spend my own money to buy carpet or paint."

After eight years and six promotions, Technical Sgt Whalen instinctively knew his Plattsburgh days were numbered.

See Retire, Page 4



DUI...No-excuse at Kadena

By Col. H. Brent Baker
and Capt. Joseph Williams
18th Mission Support Group

The 101 critical days of summer are upon us. Does this scenario sound familiar?

On your mark, get set, go. The clock is ticking, it's Friday and in a few hours the week-end will officially begin. It's time to pack up the cooler, head to the beach, get in some diving, a quick parasail, and back in time for the beach bash with the keg to get the summer started off right!

The mission is...go, go, go and the "fun" pace at Kadena is go, go, go! If this sound too frantic, maybe you could just call a few buddies to get up a game of softball or basketball.

Off-road driving anyone?

Hit the clubs, throw back a few, then get in the car and drive...

But hold on!

Is this the way to start the summer or a weekend? Many do, and end-up with a DUI or even worse...dead!

Last year, 30 wing personnel were caught driving under the influence, this year we've already had 23.

We are going in the wrong in the wrong direction and if we continue this pace, we will exceed the number of DUI's we experienced last year by 8.

According to Mother's Against Drunk Driving, approximately 900 people will die at the hands of drunk drivers during Memorial Day,

Independence Day and Labor Day weekends, a staggering 50 percent of all traffic related fatalities and a big reason May 28 through Sept. 6 has come to be called "the 101 critical days of summer."

One final statistic is staggering: MADD says that DUI's are the leading cause of traffic related deaths; 17,241 people were killed in alcohol-related traffic accidents in 2002, a remarkable 41 percent of all traffic related deaths.

Even if a drunk driver avoids an accident, a DUI conviction can destroy a military career.

Typical consequences include an immediate order into a military alcohol abuse treatment program and a one-

year revocation of all driving privileges. Non-judicial punishment is also common. Punishments imposed can include demotion, loss of pay, extra duty, restriction to quarters and letters of reprimand.

DUI arrests can also prompt courts martial proceedings and administrative separation proceedings.

Punishment for our civilian employees and SOFA status civilians is just as harsh.

Most people don't plan on getting a DUI but people do fail to plan.

Here's a plan: If you know that you're going to drink, don't even drive to where you're going.

Grab a taxi and the temptation to drive will be

removed. On Kadena there is no excuse for drunk driving with all the great programs available to you:

-- Airman Against Drunk Driving operates a 24-hour, 7-day a week free ride program. Call 634-AADD.

-- Free ride home program from all the 18th Services clubs.

-- Ride home program from the 18th Security Forces Squadron.

-- Most units also have their own ride home program.

-- Taxis are always available at a nominal fee.

Manage the risks, don't drink and drive and help take the word "critical" out of the 101 critical days of Summer..

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen.
Jan-Marc Jouis
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.

PHONE NUMBERS

AAFES Action Line.....	645-4301
Base Exchange.....	633-4570
Clubs.....	634-3002
Commissary.....	634-3640
Finance.....	634-1996
Fraud, Waste & Abuse Hotline.....	634-0404
Home Telephone Helpline.....	634-4080
Housing Maintenance.....	634-HOME
Kadena Services.....	634-1719
Medical and Dental.....	630-4785
Safety.....	634-SAFE
Security Forces.....	634-1397

Lack of diesel fuels concerns

I talked with a supervisor at AAFES and was told that Kadena would not get diesel pumps until the Air Force builds an underground tank for the diesel gas. Does the Air Force have plans to build the underground tank needed to provide Kadena residents with diesel gas?

There's a lot of interest in diesel fuel access at the Kadena main gas station, and AAFES and the 718th Civil Engineer Squadron are diligently working to bring this improvement to their customers. AAFES has a \$450,000 renovation project planned for the Kadena gas station that will provide diesel fuel storage and retail capability. We expect to start construction of new diesel tanks and dispensing pumps in October 2004. AAFES is projected to start selling diesel fuel at Kadena by late January or early February 2005.

All work and no playgrounds?

I would like to know why there is no playground in North Terrace Housing. There is a playground in pretty much every other housing area on Kadena. The closest parks are too far away. There are a lot of children in this area that would use a park if put in, as well as two larger grass areas that used to have older

play equipment that was removed due to health and safety issues. I understand the reasoning behind removing the old and rusty equipment. I have contacted several people in regards to this, and all those I've spoken with say that there are no plans to put a park in and I would like to know why.

We've made great strides to provide safe playgrounds over the years. Three years ago there were 128 playgrounds and all were professionally inspected. We corrected many safety hazards, which required unsafe playgrounds like the one in North Terrace housing to be removed. A plan to install 31 new "super playgrounds" over a three year period was developed. Each playground costs \$100,000 to \$200,000. While we installed many playgrounds a year ahead of schedule, our housing construction budget has been sharply cut and we do not have the funds to build more. Instead, we have focused on critical infrastructure items like water and heating and air conditioning systems. We hope to build more playgrounds when the budget picture improves. I appreciate your concern and ask for your understanding as we balance our money to deliver the best "bang for the buck" to our housing residents.



18th Wing Commander.....Brig. Gen. Jan-Marc Jouis
Acting Public Affairs Chief.....Capt. CK Keegan
Public Affairs Superintendent.....Master Sgt. Brad Carder

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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. Stephan B. Sisco

18th Logistics Readiness Squadron, NCO in charge of materiel control
Hometown: Liberty, Mo.

Reason for nomination: Aggressively monitored spending during a recent budget crisis, scrutinizing \$1,400 part purchases totalling \$82,500. Worked closely with squadron resource advisor to ensure critical funds were placed where needed.

Time at Kadena: 9 months

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

CHANGES OF COMMAND: Col. David Freaney will assume command of the 18th Operations Group from Col. Joseph Ford in a change of command ceremony at 8:18 a.m. today at the AWACS hangar.

- Col. Kelley Kash will assume command of the 18th Medical Group from Col. Mark Presson in a change of command ceremony at 4:18 p.m. today at the Kadena Officers' Club.

TOYDRIVE: Airman Committed to Excellence is hosting a base-wide toy drive for the Ishimine Orphanage of Okinawa and will collect toys until July 30. Collection points are set up at the Falcon Fitness Center, the youth center, and the school age program next to Teen Center Millennium. For more information contact, Airman 1st Class William Bentley at 634-6100.

LIMITED SERVICE: The Joint Services Vehicle Registration Office at Camp Foster will have limited service Monday because of a Japanese holiday. Normal hours will resume Tuesday.

- Kadena's telephone customer service and communications cable digging permit office will close July 23 at 11:30 a.m. for an official function. Customers wanting to pay their bills may continue to do so at Bldg. 721-C. For more information call 634-1005.

ADVANCED TICKETS: AAFES officials will begin selling tickets for Spiderman 2 at 2 p.m. Wednesday at the Camp Fos-

Operation Giving



Air Force/Hideaki Sakihama

Spouses from the 18th Operations Group donated daily necessity items July 9 to the Single Mothers Home in Urasoe City and will make another donation today to the local community. Pictured clockwise from left are: Keiko Nakazato, Fumiko Nakanishi, Melissa Pointer, Janette Daley, Satoshi Arakaki and Tokiko Nago. Operation Giving will make another donation to the community today.

ter Theater. AAFES officials say customers can purchase tickets for any of the eleven scheduled performances of the movie on July 22 through July 25 and July 27 at Camp Foster.

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. Participants need to register at Building 99, the family support center from 7:30 a.m. to 4:30 p.m.

SENIOR NCOS: The 353rd Special Opera-

tions Group will hold its annual senior NCO induction ceremony on July 24 at the Kadena Rocker NCO Club. Social hour will begin at 6 p.m. and dinner is served at 7 p.m. Dress for the occasion is mess dress or semi-formal for military and business attire for civilians. Cost is \$20 for club members and \$22 for non-club members. For more information or to purchase tickets please call: Master Sgt. Johns at 634-8517, Master Sgt. Jones at 634-6416, Master Sgt. Click at 634-2786, Master Sgt. King at 634-6701 or Master Sgt. Marbut at 634-6192.

VOLUNTEERS NEEDED: The 18th Wing inspector general's office is looking for volunteers for an upcoming wing-wide exercise. Call Master Sgt. Tricia Benning at 634-5163.

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 receives \$200 and a trophy and the second place team receives \$100. Entrance fee is \$40 per team and \$10 per spectator. For more information, contact 630-4999.

FREE CHILDCARE: 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.

18th SFS Antiterrorism: Best in PACOM 2004

By 1st Lt Chrystal Smith
18th Wing Public Affairs

The 18th Security Forces Squadron was awarded top honors for the leading antiterrorism program in the Pacific Command for 2004.

The base defenders have received the award for best Antiterrorism Program - Operational Unit in the Pacific theater for the three years in a row.

The 18 Security Forces Squadron is responsible for the protection and defense of Kadena Air Base, the largest overseas combat installation in the Air Force and more than \$6 billion in assets.

Their achievements coupled with innovation, extraordinary training and awareness impact more than 35,000 people daily.

Being named the best AT in Department of Defense, PACOM, and the USAF in

2003 is but one of the major achievements accomplished this year.

The unit established joint cooperation with all U.S. Forces Japan law enforcement agencies on Okinawa that provided uniform policy recommendations to senior component commanders.

This collaboration essentially synergized more than 900 troops from the four U.S. service branches.

Innovative action and modifications to the bases infrastructure increased the shield of defense around Team Kadena's people and assets.

The installation of a bollard system to the gates to reduce the threat of unauthorized entry, surveillance cameras to increase the watch coverage of the base, and an airfield fencing project that extends around the munitions storage area perimeter are a few of the alterations made.

Additionally, the unit conducted special and extraordinary training that aids in the fortification of Kadena.

To mention a few, they trained more than 1,000 troops that augmented security forces, conducted more than 100 force protection exercises, taught the first bi-lingual resource protection training, and they were the first AF unit to participate in Jungle Warfare training with the Marines.

The performance of the unit is not exclusive to home base, but it carried over when an 11-manned headquarters team deployed to Iraq. The team implemented training, delivered awareness briefings, and performed command and control activities to strengthen defense of the deployed location.

Throughout this one-year span of time, the unit operated deficient of 66 percent of its

troops as they deployed in support of Operation Enduring Freedom and Iraqi Freedom.

In providing continuous security and defense for a myriad of people and resources, there are numerous factors the 18 SFS officials take into consideration to discourage potential threats.

"We consider all the daily changes in intelligence, general assumptions, all possible threats and thread them into the mix so that the AT/FP Rubik's cube has an end result of deterrence," said James Pettus, 18 SFS anti-terrorism officer.

However, SFS personnel say this achievement is not something accomplished by the unit alone.

"This award is not just a cop thing, it's a wing program," said Capt. Leo Manahl, 18th SFS operations officer. "Unit anti-terrorism offi-

cers, group executive officers, and our threat working group are the backbone of the program, and gave great support through the year."

He added that it takes every person out there to protect this installation. "We must be careful not to become complacent. Continue to utilize OSI's (Office of Special Investigations) Eagle Eyes Program and let's continue to fortify Okinawa's hardest target."

"This award is a great accomplishment given the intense competition from units in this theater," said Lt. Col. David Abercrombie, 18th SFS commander. "It shows everyone how the hard work and cooperative spirit of Team Kadena really pays off."

They will represent the USAF and PACOM at the Department of Defense level in hopes of being crowned the best of all services for 2004.

Retire: Chief goes smilin' at 30 years

Continued from Page 1

"I wasn't opposed to moving, but I didn't want to be an expeditor or trainer," he said. "I picked up the phone book and started dialing KC-135 bases, asking if they needed crew chiefs."

Altus, no; Barksdale, no; Beale BINGO!

So off he went. The chief became an expert maintainer and when he pinned on master sergeant at 13 years in service, his stormy transition to manager began.

His career path weaves through reconnaissance (U-2 and SR-71) and special ops. It lingers in helicopters and secret assignments in distant countries. He worked two gigs in Korea, the first for 12 months, the second for nine years. He hated the first one (barracks, no car) and loved the second, where he met his wife Kyong-suk.

In his 30 years, the chief has seen a world of change - some good, some bad.

"I'm not a graceful politician," he said. "But I think it's a shame when we overemphasize off duty education and community involvement. Airmen must concentrate more on their primary job, study, and they will get promoted."

But the Air Force is much better today at taking care of Airmen, he said. With benefits such as better dorms, better pay and sober-driving initiatives the emphasis is in the right place.

Chief Whalen said he'll take a few relaxing months to unwind with his wife and four-year-old daughter Rachel and eventually buy a house and look for a job. He'll miss the great people he's met over the past three decades and he's even conceded forgiveness to the Air Force for his long-standing grievance.

"I gotta go out smiling," he said.



Air Force/Senior Airman Thomas J. Doscher

Brig. Gen. Craig Koziol, 55th Wing commander at Offutt AFB, Neb., speaks to Airmen assigned to the 82nd Reconnaissance and 390th Intelligence Squadrons Tuesday at the Rocker NCO Club.

Commander from Offutt hosts unit call at Kadena

By Senior Airman
Thomas J. Doscher
55th Wing Public Affairs

Usually when someone attends a commander's call, the farthest they have to go is to the other side of the base. Brig. Gen. Craig Koziol, 55th Wing commander flew to the other side of the world.

General Koziol held a commander's call for members of the 82nd Reconnaissance Squadron and 390th Intelligence Squadron at the Rocker NCO Club here Tuesday as part of his first visit to Kadena.

After handing out several awards, he spoke with Kadena Airmen. "You're doing great work, and you need to hear that."

Among the topics General Koziol addressed was the integration of information operations into Air Combat Command, the success of which he attributed to the Airmen of the 82nd RS, 390th IS and the other units of the 55th Wing.

"We've made tremendous steps across the board because you people

are making it happen," he said. General Koziol also took questions on training, aircraft availability and enlisted issues.

In the end, General Koziol told his Airmen to brace themselves for more deployments. "We are in this for the long run because of the Global War on Terror," he said. "I don't see any change in ops tempo coming."

Tech. Sgt. Greg Dennis, 82nd RS communications and navigation technician, said he was glad to see the general.

"I'm happy seeing a wing commander come out here, because we're disconnected," Sergeant Dennis said. "It makes us feel like we belong to the 55th Wing."

In the end, General Koziol had one last message for the 82nd and 390th. "I am personally very proud of each and every one of you," he said. "We have some demanding times ahead. When people come to Offutt to talk to me about the mission, we talk about you. We don't talk about hardware."

Kadena medics release annual water report

By Master Sgt. Adam Johnston
18th Wing Public Affairs

Tap water at Air Force locations throughout Okinawa meet U.S. and Japanese health standards according to medical officials here.

Medics with the 18th Medical Group said Tuesday they have released annual results on the status of drinking water at Kadena Air Base, Chibana and O'Donnell Gardens family housing areas, the munitions storage area and Okuma Recreation Facility.

"The sole purpose of these reports is to increase consumer knowledge of drinking water quality," said Maj. Laurel A. Dove, a bioenvironmental engineer with the 18th Medical Group. "Based on the analyses, drinking water on all Air Force areas is safe for consumption."

Major Dove said the tests results - which are available online - shows that the tap water in Air Force areas meets health standards dictated by both U.S. Environmental Protection Agency and the Japan environmental governing standards.

The annual water report prepared by the 18th Medical Group's bioenvironmental engineering section is used to increase consumer knowledge of drinking water quality.

Officials say the report is used to ensure the water system complies with regulations and also includes information about source water and the levels of any detected contaminants.

Copies of the consumer confidence reports are available at the base library, family housing office and at the 18th Medical Group website at: www.18.mdg.com

TODAY

- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 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.
- ▲ **BANYAN TREE:** Bingo begins at noon. Supersnacks and blast from the past from 5 to 7 p.m. Alternative theme from 7 p.m. to close. Virus Fridaze (Reggae-theme) from 10 p.m. to 3 a.m. Call 634-0644 .
- ▲ **ROCKER NCO CLUB:** Super snacks social from 5 to 7 p.m. Deja vu with the Doctor from 5 to 8 p.m. Variety dance beats from 8 p.m. to 1 a.m. Call 634-0740 .
- ▲ **NIGHT OWL BINGO:** Card sales begin at 9:30 p.m. and play starts at 10:30 p.m. at the Rocker NCO Club. Play features a progressive coverall reaching up to \$28,000. On average, games will pay around \$750, however some games will pay \$1,000.
- ▲ **RIGHT-HAND PERSON'S EVENING:** As a way of saying "thank you" for all they do, bring your significant other (your right hand man or woman) for an evening of free snacks and fun at the Kadena Officers' Club from 5 to 7 p.m.. Call 634-3663 .
- ▲ **5K RUN:** A Dog Days of Summer 5K run will start at 8 a.m. at the Risner Fitness Center. Call 634-5128 for more information.
- ▲ **TABLE TOP WARRIORS TOURNAMENT:** Three-day tournament begins at the Schilling Community Center. Game masters are needed. Call 634-1387 .

SATURDAY

- ▲ **BANYAN TREE:** Bingo begins at 1 p.m. Country night with DJ Leis from 8 p.m. to closing in the ballroom. R&B with DJ Tone from 8 p.m. to closing in the lounge.
- ▲ **SHURI CASTLE AND SHIKINA-EN TOUR:** Call 634-4322 for more information.
- ▲ **ROCKER NCO CLUB:** Super Ladies Night from 10 p.m. to 3 a.m. Call 634-0740 .
- ▲ **TABLE TOP WARRIORS CLUB:** Club meets from 10 a.m. to 10 p.m. at the Schilling Community Center. Call 634-1387 .
- ▲ **SUMMER ICE SKATING TOUR:** Call 634-4322 for more information.
- ▲ **CARD AND COMICS SHOW:** Buy, trade or sell comics, cards and other collectables at the Schilling Community Center from 10 a.m. to 6 p.m.. Vendor tables are \$5 on a first-come, first-served basis. Admission is free. Call 634-1387 .

SUNDAY

- ▲ **FAMILYDAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.
- ▲ **BANYAN TREE :** Top 40 music from 7 to 11 p.m. Call 634-0644 .
- ▲ **TUNNEL RATS TOUR :** Call 634-4322 for more information.
- ▲ **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 .

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:	New York Minute, PG, 6 p.m. Dodgeball, PG-13, 9 p.m.
▲ Saturday:	Van Helsing, PG-13, noon Dodgeball, PG-13, 4 p.m. Dodgeball, PG-13, 7 p.m.
▲ Sunday:	New York Minute, PG, noon Dodgeball, PG-13, 4 p.m. Van Helsing, PG-13, 7 p.m.
▲ Monday:	Mean Girls, PG-13, 7 p.m.
▲ Tuesday:	Van Helsing, PG-13, 7 p.m.
▲ Wednesday:	New York Minute, PG, 7 p.m.
▲ Thursday:	The Notebook, PG-13, 1 p.m. The Notebook, PG-13, 7 p.m.
▲ July 23:	Breakin' All The Rules, PG-13, 6 p.m. The Notebook, PG-13, 9 p.m.
▲ July 24:	The Notebook, PG-13, noon Breakin' All The Rules, PG-13, 4 p.m. Troy, R, 7 p.m.
▲ July 25:	The Notebook, PG-13, noon God Send, PG-13, 4 p.m. Troy, R, 7 p.m.
▲ July 26:	God Send, PG-13, 7 p.m.
▲ July 27:	Breakin' All The Rules, PG-13, 7 p.m.
▲ July 28:	Breakin' All The Rules, PG-13, 1 p.m.
▲ July 29:	Spiderman 2, PG-13, 1 p.m.

Practice in the park



Mike Ishida of Mike's Italian Garden practices the shanshin in Marek Park on Tuesday. Mr. Ishida said he normally practices about two hours a day to work on his playing technique and singing-style. He says the singing of traditional Okinawan songs has been the harder of the two to learn because the singing style uses a unique "country" dialect.

Air Force/Master Sgt. Adam Johnston

- ▲ **GRAPE PICKING TOUR:** Call 634-4322 for more information.

MONDAY

- ▲ **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.
- ▲ **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.
- ▲ **SUMMERTENNIS CLINIC:** One-hour session runs from July 19 to 30 and begins at 9 a.m. Class size is limited to six students. Registration is required. Call 634-0695 or 634-3157 for details.
- ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
- ▲ **CAKE DECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.
- ▲ **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 634-0644 .
- ▲ **TENNIS CLINIC:** A one-hour tennis clinic will be held weekdays until July 30 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

- ▲ **BANYAN TREE:** Bingo begins at noon. Rock night with DJ Mad Cap from 8 p.m. until closing. Call 634-0644 .
- ▲ **POOL TOURNAMENT:** Begins at 8 p.m. at the Banyan Tree Airman's Club. Call 634-0644 .
- ▲ **ROCKER NCO CLUB:** Bingo starts at 7 p.m. Karaoke from 7 to 11 p.m. Call 634-0740 .
- ▲ **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.
- ▲ **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.
- ▲ **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.

THURSDAY

- ▲ **TAICHI 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.
- ▲ **JAPANESE CALLIGRAPHY CLASS:** Class for 18 years old and up from 6:30 to 8:30 p.m. Call 634-1387 .
- ▲ **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.
- ▲ **BANYAN TREE:** Bingo begins at noon. Country night with DJ Chaps from 8 p.m. until closing. Call 634-0644 .
- ▲ **POOL NIGHT:** Family night from 7 to 9:30 p.m. at the Hagerstrom Pool.
- ▲ **ROCKER NCO CLUB:** Bingo starts at 7 p.m. Latin variety music from 7 to 11 p.m. Call 634-0740 .

JULY 23

- ▲ **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.
- ▲ **BANYAN TREE:** Bingo begins at noon. Supersnacks and blast from the past from 5 to 7 p.m. Alternative theme from 7 p.m. to close. Virus Fridaze (Super Ladies Night) from 10 p.m. to 3 a.m. Call 634-0644 .
- ▲ **URASHIMA DINNER THEATER TOUR:** Call 634-4322 for more information.
- ▲ **ROCKER NCO CLUB:** Super snacks social from 5 to 7 p.m. Deja vu with the Doctor from 5 to 8 p.m. Variety dance beats from 8 p.m. to 1 a.m. Call 634-0740 .
- ▲ **NIGHT OWL BINGO:** Card sales begin at 9:30 p.m. and play starts at 10:30 p.m. at the Rocker NCO Club. Play features a progressive coverall reaching up to \$28,000. On average, games will pay around \$750, however some games will pay \$1,000.

JULY 24

- ▲ **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 an 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.

- ▲ **BANYAN TREE:** Bingo begins at 1 p.m. Country night with DJ Leis from 8 p.m. to closing in the ballroom. R&B with DJ Tone from 8 p.m. to closing in the lounge.
- ▲ **NISHIZAKI WATER PARK TOUR:** Call 634-4322 for more information.
- ▲ **TABLE TOP WARRIORS CLUB:** Club meets from 10 a.m. to 10 p.m. at the Schilling Community Center. Call 634-1387 .
- ▲ **WESTERN NIGHT:** Saddle up your best western gear for an evening of country hits and fun from 6 p.m. to midnight at the Weekender Lounge in the Kadena Officers' Club. Call 634-3663 .
- ▲ **OKINAWA CHILDREN'S ZOO TOUR:** Call 634-4322 for more information.
- ▲ **HANDMADE CRAFTS FAIR:** A crafts fair will be held from 10 a.m. to 4 p.m. at the Schilling Community Center. Vendor tables are available for \$10 and admission is free.

JULY 25

- ▲ **BANYAN TREE:** Top 40 music from 7 to 11 p.m. Call 634-0644 .
- ▲ **BATTLE OF OKINAWA TOUR:** Call 634-4322 for more information.
- ▲ **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 .
- ▲ **FINE ARTS AND MUSEUM TOUR:** Call 634-4322 for more information.
- ▲ **FAMILYDAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.

JULY 26

- ▲ **BANYAN TREE:** Bingo begins at noon. 50-cent hamburgers and hot dogs from 5

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

The Rocket's 'jets' running out of JP-4

Round 1: Roger Clemens was the National League's starting pitcher for Tuesday's All Star game in Houston.

What should have been a magnificent event for the big Texan, was a not-so-fun drubbing thanks to Boston's Manny Ramirez and former Clemens' teammate Alfonso Soriano.

Both made light work of Clemens' pitching, depositing two souvenirs over the wall for fans to battle for.

At the end of last season, Clemens decided to retire.

However, a chance to pitch in his native Texas with his best buddy Andy Pettit drew The Rocket back in. The Astros were expected to contend for a division title and possibly the World Series. Now Houston is all but eliminated from contention and Clemens must be asking himself, "Why?"

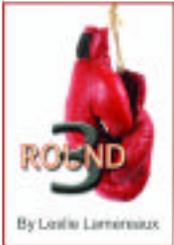
Round 2: The Tour de France is in high gear and I got an E-mail from Stokely Samuel who wanted to talk about it. Stokely writes, "I know there are some 'hardcore cyclists' on the island (like myself) who would enjoy reading a article or two about what's going on with Tyler Hamilton, Lance Armstrong and other American cyclists in their bid to win the greatest race on earth."

Well, Armstrong has remained about 10 minutes behind the leader most of the week. However, many feel he will be able to regain the lead as the race moves into the tough mountain stages over the next few days. Armstrong is trying to score a record sixth win in the world's premier cycling event.

Round 3: At the MLB halfway mark it looks like it could be a Yankees vs. Cardinals World Series in October.

Both teams have powerful lineups that will make it difficult for teams like the Cubs and Red Sox to keep up with.

Cubs and Red Sox fans, send me an e-mail at: kadenashogun.sports@kadena.af.mil



Kadena staff sergeant may go pro after body building test in Vegas

By 1st Lt Chrystal Smith
18th Wing Public Affairs

She gracefully walked into the room and right away took center-stage. All sights were fixed on her as her aura commanded. In a room of thousands, her chiseled frame was on display, and she was clearly one of form.

Her audience questioned her beauty, her femininity, and her physique, yet she remained poised and confident. Undaunted by all the attention, she was boosted to a level of unbelievable confidence that exuded an infectious energy.

By the end of the evening, it was clear that she was the best for that moment in time.

Sabrina Gibson, a staff sergeant with the 18th Medical Operations Squadron won her first large-scale amateur fitness competition in April by beating out other contenders of the 2004 Emerald Cup Championship overall fitness category and first place in the fitness category, short class. The victory qualified her to compete in competition that would potentially certify her as a professional fitness competitor.

Today she is competing in the 2004 USA Bodybuilding and Fitness Competition (pro-qualifier) in Las Vegas, Nev. to essentially acquire a professional certification.

The competition lasts until Saturday.

Contestants in the fitness category are judged on how strong they appear, flexibility, overall cardiovascular conditioning, style, personality, coordination and overall performance.

They perform fitness routines that could include aerobics, dance, gymnastics and other expressions of athletic talent.

Throughout the routine, they incorporate the mandatory strength moves: a one-armed push-up, leg extension holds, high kick, straddle hold, a full split front, and a full split side.

The mental health technician has competed in power lifting, bodybuilding and fitness competitions for almost ten years and has a background in gymnastics, which may be fitting for the sport of fitness competitions.

She recounted the days she practiced gymnastics, "For four years, every Saturday, for five hours and 'Every Breath You Take,' (hit song by The Police) playing in the background."

Past experience coupled with discipline and sacrifices of time and diet work together in her preparation for the national competition.

The 33-year-old said her husband's motivation, enthusiasm and support gives her the courage she needs to compete, and the outstanding support she has received from co-workers and gym colleagues has been vital as she sets her sites on accomplishing this major goal.

A professional certification means that Sergeant Gibson would be able to compete among the pros to win cash prizes and product endorsement contracts.



Courtesy photo
Sabrina Gibson, a staff sergeant with the 18th Medical Operations Squadron won her first large-scale amateur fitness competition in April by beating out other contenders of the 2004 Emerald Cup Championship overall fitness category and first place in the fitness category, short class. The victory qualified her to compete in competition that would potentially certify her as a professional fitness competitor.