

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	90.0
Monthly flying-hour contract	86.4
Hours flown	-3.6
Monthly offset	
33rd Rescue Squadron	222.0
Monthly flying-hour contract	240.5
Hours flown	18.2
Monthly offset	
909th Air Refueling Squadron	570.0
Monthly flying-hour contract	571.9
Hours flown	1.9
Monthly offset	
44th Fighter Squadron	358
Monthly sortie contract	157
Sorties flown	-43
Monthly offset	
67th Fighter Squadron	341
Monthly sortie contract	188
Sorties flown	-115
Monthly offset	

Source: 18th MOS/MXOOP, as of Aug. 30

# THE KADENA



# SHOGUN

Vol. 18, No. 34      Kadena Air Base, Japan      Friday, Sep. 03, 2004

WEEKEND WEATHER	
	<b>TODAY:</b> Mostly cloudy NE winds @ 12-18 knots High: 88 Low: 77
	<b>SATURDAY:</b> Mostly cloudy NE winds @ 15-25 knots High: 86 Low: 79
	<b>SUNDAY:</b> Windy, mostly cloudy NE winds @ 25-35 knots High: 86 Low: 82
FRIDAY MORNING'S COMMUNITYBANK EXCHANGERATES BUYING: \$1-\$107    SELLING: ¥113-\$1	

# Kadena reviews readiness

By 1st Lt. Chrystal Smith  
18 Wing Public Affairs

While Kadena officials say last week's Local Operational Readiness Exercise went well, they also say Airmen here should expect some changes for next quarter's exercise.

"We wanted to be sure we could walk before we started to run," said Lt. Col. Doug Gould, 18th Wing inspector general.

"In Phase I we focused on the basics of generating aircraft and getting planes and people out as soon as possible," he said.

"During Phase II, we tested Team Kadena's ability to survive and operate by concentrating on getting jets off the ground, and self-aid and buddy care," said Colonel Gould.

Because of a high personnel turnover during the summer, base officials said one of the focuses during this exercise was to re-emphasize the need for accurate and effective communication up and down the chain of command.

Overall, top brass said the exercise went well, but everyone should expect future adjustments.

Please See EXERCISE, Page 5



Staff Sgt. Lonnie Stamper of the 18th Munitions Squadron reviews his ATSO guide while awaiting general release from alarm black while wearing chemical gear in MOPP Condition 4 during a chemical attack scenario Aug. 25. The scenario was part of Phase II within the 18th Wing's weeklong operational readiness exercise Beverly High 04-3, "Island Heat." For more photos see Pages 6 and 7.

## New Japanese parking certificate rule begins

By Capt. CK Keegan  
18th Wing Public Affairs

Off-base housing agents have agreed to help Status of Forces Agreement vehicle owners acquire parking certificates, as part of a new requirement that began Wednesday.

The certificate applies only to people who move to an area outside 2 kilometers from a military installation and people who live 2 kilometers from a military installation and buy a new vehicle after Sept. 1.

The certificate requirement does not apply to military community members living outside the 2-kilometer radius prior to Sept. 1, who also have vehicles purchased before Sept. 1.

The certificates are required to prove to the Japanese government that drivers have off-road parking available for their vehicles.

According to published reports, the requirement for parking is based on a 1962 law designed to ensure vehicle

owners don't park on the streets, which congests roadways. The cost is 2,200 yen for the certificate and 550 yen for the parking decal. This is a one-time fee. "This regulation does not apply to motorcycles," said Mr. Jimenez. "Light weight vehicles generally under 660 cc (6.6 liters) that display a yellow license plate may not be required to obtain a certificate; however, a parking decal may be required. Residents need to check with their housing agent to verify what is needed for their area."

All cities and towns require the certifications, but Kitanagakusugu, Nakagusuku, and Ozato are the only villages that require it.

Local housing agencies have agreed to identify housing located outside the 2 kilometer radius. They also agreed to provide the parking certificate applications and assist members in filling them out. The member then needs to take the form and payment to the police station. The police station will check the form and send it to get

processed. "If any of the information on the forms is incorrect," said Mr. Jimenez, "the form will be returned and the member will have to complete the process over; they will be charged the fee again. It's very important that people make sure they are careful."

The Japanese government and U.S. Forces Japan have not yet agreed on whether people who live within U.S. military bases or those who live within a 2-kilometer radius from a base are required to get a parking certificate.

"People who need to register their vehicle that live within the 2 kilometers just need to tell the Land Transportation Officials that their 'custody space' is within the base," said Mr. Jimenez. About 4,300 people live off base, and Mr. Jimenez says this regulation would have affected about 45 of them had the requirement been already in place. People living off base prior to Sept. 1 are protected under the grandfather clause, unless they purchase a new vehicle.

## Base preps for festival

By Senior Airman  
Anna Fitzhorn  
18th Wing Public Affairs

AmericaFest, one of Okinawa's most anticipated festivals, will be held Sept. 14 from noon to 10 p.m. for those with base access and Sept. 15 from noon to 9 p.m. for the general public.

"We expect thousands of people to visit the base during the two-day entertainment extravaganza," said Lt. Col. Denis Delaney, AmericaFest director. "Our mission behind the two-day attraction is to provide a world class event that strengthens our ties with Okinawa and provides fantastic entertainment to Okinawa's military community."

Musical entertainment, demonstration teams and static display aircraft will be on tap during both days of the festival.

Fireworks are scheduled on Sept. 15 to start at 8:15 p.m.



# Safety should continue as 101 Critical days end

By Ron Kirby  
18th Wing Safety Office

We are nearing the end of the 101 Critical Days of Summer Safety Campaign for 2004, and we have made it this far with no serious mishaps.

This is a testament of the dedication to the wing safety program by commanders, supervisors and first sergeants.

The efforts made towards educating Airmen and increasing overall awareness has been very effective here at Kadena.

The "Labor Day" Weekend is just ahead, and this long summer weekend marks the end of another annual Department of Defense safety campaign.

We all should know what to do by now.

We have heard our commanders and supervisors express their concerns for our safety during this summer campaign. We have even taken a few extra steps and implemented special measures to guard against possible mishaps.

Let's make sure we stay focused and think on the various tasks at hand.

It is highly recommended that you plan out a proposed activity or task before performing it to effectively assess all associated or potential risks.

After you have considered the associated risks, implement procedures to eliminate or reduce them to an acceptable level.

When assessing the risks of an activity, the mental process should not take more than a few seconds for most activities.

The elimination process can be quite simple.

Before engaging in an activity, just ask, "What are all the things that could possibly happen or what's the worst that could happen?"

Can you handle or live with the possible outcomes of these "what if" results or should you make a change in your plans to eliminate or shift the possible outcomes to be more desirable.

Some of our Kadena family has had some close calls during this year's campaign.

Some of those calls have resulted in unexpected trips to the base clinic or to the Navy hospital, and in such episodes, those results quickly bring good times to a quick halt.

As of August 24, the Air Force has lost 26 Airmen during this year's safety campaign to fatal mishaps.

Twenty of the fatal mishaps involved the operation of motor vehicles.

The three main contributing factors involved in the reported vehicle mishaps were alcohol, speed and driving in darkness.

Perhaps if the victims would have followed old axioms, such as "Think before you act," "Don't drink and drive," or "Slow Down," they could have prevented many of these fatalities.

When members of the team go down due to mishaps, the mission suffers, and our overall effectiveness is hampered tremendously.

Let's all have a great time this Labor Day Weekend, enjoy it as the last weekend of the summer and THINK before you act.

## ACTION LINES

E-mail: 18wg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jouas

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.

## Base Access For Spouse

I am currently stationed at Osan, Korea on a short tour with a follow-on assignment to Kadena. My wife is Okinawan, we have two toddlers and are expecting a child later this year. It was approved for my family to remain at Kadena, my follow-on assignment, as non-command sponsored. On the orders it states that we are approved base allowance for Kadena, which is good for housing and all. The MPF Chief and SMSgt here reviewed my orders and explained to me that according to my orders, I will rate everything that command sponsored families do except Base Housing and the privilege to get Y-Plates. They said that my family will be able to utilize the base facilities and we will get the base allowance to help for housing off base. I was told that without "command sponsorship" orders, I can't get my wife Y-Plates until I return from Osan, Korea. Does that mean she has to stop at the front gate every time she needs to go to the hospital, commissary or BX to get a pass?

The Joint Vehicle Registration Office (JSVRO) at Camp Foster will be able to issue your wife a pass for the

entire length of your tour at Osan AB.

To get the vehicle pass she needs to show the following documents:

- Dependent ID card
- A copy of your orders for the follow-on to Kadena AB with her name on it
- A SOFA driver's license
- A car title with her name on it for the non-"Y" plated automobile, as well as all of the vehicle's insurance paperwork

One item to note with the orders is that they must state that your spouse is authorized to reside on Okinawa. Without this, she cannot be given a vehicle pass.

Prior to going to Camp Foster, have your wife come to Kadena, Gate 1 or Gate 2, get a visitor's pass, then proceed to Pass and Registration to obtain a SOFA driver's license. (She would need a copy of your orders and her dependent ID card.) Once she has the driver's license, she would then proceed to Camp Foster (JSVRO) with all of the required paperwork mentioned above and they will be able to issue her a vehicle pass for the length of the spouse's remote in Korea provided all insurance paperwork stays current. If you have additional questions, please contact 18th Security Forces Squadron, 632-0229.



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## SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Christina Perrien

18th Logistics Readiness Squadron DIFM Analysis

Hometown: Stone Mountain, Ga.

Reason for nomination: Superbly manages the largest overseas DIFM account for 104 aircraft ensuring parts are turned in and put back in supply inventory in less than one day.

Time at Kadena: 3 years

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

**TRAFFIC CLOSURE:** Gate 2 Street will be closed to traffic today between 7:30 p.m. and 10 p.m. Eisa dancers will perform outside the gate.

**ENERGY SAVINGS:** 18th Civil Engineering Squadron officials are asking housing residents to set their air conditioning thermostats to 78 degrees Fahrenheit during this week as part of the Kadena Summer Energy Conservation program. A one degree change in air conditioning can reduce the total monthly electricity cost of a home by 3 percent.

**POWER OUTAGE:** There will be limited services Sep 7. at the Kadena housing office due to an all-day power outage.

**PWOC FALL BIBLE STUDY:** Protestant Women of the Chapel will host their annual fall Bible study kick-off 6:30 p.m., Sep. 7 at Chapel 1. For more info., call Kelly Brown at 965-1868.

**2004 AIR FORCE BALL FUNDRAISER:** Voting for the Pie in the Face contest is going on now through Sep. 8. Contact your unit representative to cast your votes.

**WATER OUTAGE:** An outage is scheduled from 9 a.m. to 5 p.m., Sep. 9 that will affect the following units: 710, 715, 717, 718, 719, 721, 727 and 787.

**FREE VEHICLE TOW SERVICE:** For spouses of deployed Airman assigned to Kadena is available by calling 634-1126.

## VOTE 2004



Air Force/ Airman 1st Class Michael Pallazola

Susan Yarborough, Kadena Voting Assistance Officer, is in charge of helping military members vote by absentee ballot in the upcoming election. Kadena officials will have two voter registration booths at the commissary and postal service center beginning today through Sept. 11 for Armed Forces Voters' Week.

**MIDDLE EAST LECTURE LUNCHEON:** Troy State University will be hosting a luncheon seminar at the Kadena Officers Club Sep. 10 at 11:30 in the Weekender Lounge. RSVP by Sep 8 at 634-3930.

**ANNUAL INVENTORY:** The 18th Munitions Squadron will close Sept. 6 through 17 to conduct a semi-annual inventory.

For more information call 632-5309.

**BLOOD DRIVE:** Sponsored by 18th AMXS in Building 3384 Sep. 10 from 9 a.m. to 1 p.m. For more info., contact C. Tracy Parmer at 643-7710 or parmerct@oki10.med.navy.mil

**NATIONAL POW/MIA DAY:** In honor of National POW/MIA Recognition Day, the

AFSA is sponsoring a flag pole ceremony at 6:30 a.m. Sep. 17 at the 18th Wing headquarters. Breakfast follows at 8 a.m. at the Rocker NCO Club. RSVP by Sep. 14 by calling 634-1809.

**WELCOME ABOARD COFFEE:** Marine and Naval officers' spouses are invited to the Butler Officers Club at 9:30 a.m., Sep. 20. For more info., call Michelle Cunningham at 646-2095 or Karen Landes at 936-0871.

**HOMETOWN NEWS HOLIDAY GREETINGS:** Send video greetings to family and friends in the United States. Team will shoot from 8 a.m. to 4 p.m. Sep. 23-24 at Rocker NCO Club. To schedule an appointment, call 634-1509.

**HEALTHCARE TOWN HALL MEETING:** The 18th Medical Group and USNH Okinawa will host a meeting at the Rocker NCO Club main ballroom. For more information contact 2nd Lt. Valerie McLean at 630-4492.

**MCU COLLEGE OF CONTINUING EDUCATION:** Seminar programs begin Oct. 1. For info. about enrolling, contact Jim Hopkins at hopkinsjp@mcbbutler.usmc.mil or call 645-2230/2500.

**VEHICLE REGISTRATION OFFICE:** JSVRO has established a new general e-mail mailbox for customers to request information, ask questions and provide feedback at jsvro@mcbbutler.usmc.mil or call 645-7481/3963.

# Typhoon Alley spawns eight summer storms

## TROPICAL CYCLONE CONDITIONS OF READINESS

**TC-4** Destructive winds of 50 knots or greater possible within 72 hours. *Stock up on food, bottled water, dry milk, batteries, flashlights, candles and other emergency supplies.*

**TC-3** Destructive winds of 50 knots or greater expected within 48 hours. *Initiate a general clean-up around your home, apartment and office. Pick up loose items, such as toys, garden tools and lawn furniture.*

**TC-2** Destructive winds of 50 knots or greater anticipated within 24 hours. *Secure all outdoor property such as picnic tables, barbecue grills, etc.*

**TC-1** Destructive winds of 50 knots or greater are expected within 12 hours. *DODDs schools will close at this time. Fill any available containers with water. Make a final check of food, water and other supplies.*

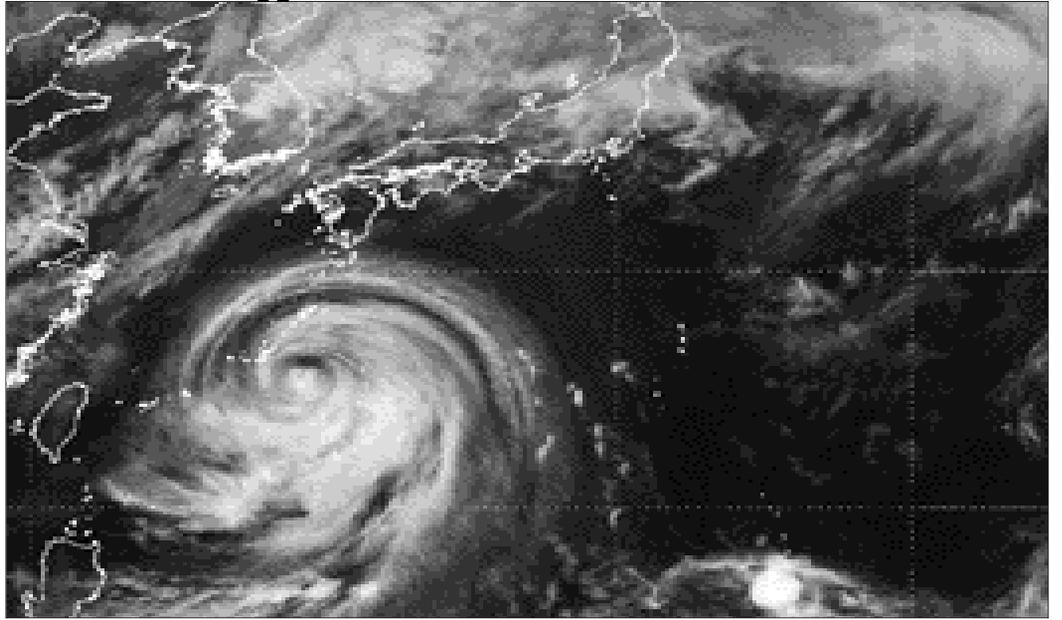
**TC-1 CAUTION** Winds blowing at 34 to 49 knots are expected to reach 50 knots or more within 12 hours. *All outdoor activities except those in direct support of urgent military missions will be discontinued. The base exchange and commissary close and all non-mission-essential people should be off the streets and in their residences. All AAFES facilities close.*

**TC-1 EMERGENCY** Destructive winds of 50 knots or greater occurring. *All outside activities are prohibited.*

**TC-1 RECOVERY** Destructive winds of 50 knots are no longer occurring. Actual winds are 34-49 knots. *No outdoor activity is authorized other than workers from pre-designated emergency crews. TCCOR1 recovery Mission-Essential Passes, which are issued to mission-essential agencies only, must be in the driver's possession before attempting to travel on Kadena.*

**STORM WATCH** Destructive winds of 50 knots are no longer occurring. Actual winds are 34-49 knots. *No outdoor activity is authorized other than workers from pre-designated emergency crews. TCCOR1 recovery Mission-Essential Passes, which are issued to mission-essential agencies only, must be in the driver's possession before attempting to travel on Kadena.*

**ALL CLEAR** Hazardous conditions and winds are no longer present, however be alert to possible damage and hazardous conditions on roads, etc. TC-4 stays in affect from July 1 to November 30 every year.



Courtesy photo

Earlier this summer, Typhoon Dianmu -- a typhoon that had its genesis as a super typhoon -- caused little to no damage at Kadena, dumped more than two inches of rain and had maximum wind speeds at the base at 54 knots (about 62 mph). While Typhoon Dianmu and Typhoon Chaba missed Okinawa they caused heavier damage at other locations within Typhoon Alley.

## Chaba misses Okinawa but causes 7 deaths in Kyushu

By Senior Airman  
Anna Fitzhorn  
18th Wing Public Affairs

Base weather officials said nothing happened to Kadena when Typhoon Chaba came within 191 nautical miles of the base.

Weather officials said they never expected the storm's winds to reach more than 50 knots (about 58 mph) but placed the base into typhoon condition 3 on Aug. 27 at 9:15 a.m. and returned to TC-4 on Sunday at 7:30 p.m.

Typhoon Chaba was the fourth storm in the last several weeks to pass by Kadena without incident.

At its center, Chaba was recorded as having wind gusts of 125 knots (about 144 mph).

Kadena had recorded strongest winds of 40 knots on Sunday at noon and received less than 2 inches of rainfall.

"It was not a direct hit, but it came close enough to affect the community," said Tech. Sgt. Carlo Erhardt, 18th Operations Support Squadron weather flight superintendent.

Sergeant Erhardt said officials never expected Typhoon Chaba to have winds more than 50 knots (about 58 mph) at Kadena but precautionary measures are always necessary.

After passing Kadena, Typhoon Chaba traveled northeast plowing into southern Japan, killing at least seven people and injuring 73, as reported by CNN on Tuesday.

The weather unit in conjunction with the Joint Typhoon Warning Center is typically able to predict the movement of typhoons up to 120 hours.

Sergeant Erhardt said the problem with predicting the track of a typhoon more than 72 hours out, is that variables (such as wind speed) can change drastically, causing the typhoon to slow or change course.

Though typhoons might be unpredictable, he said that generally typhoons, after moving in a straight line, will have a tendency to veer to the right with what they call "angular momentum."

"That's why we see a lot of typhoons going around the island," he said.

Typhoon season in Okinawa is from July 1 to Nov. 30. During these months, Kadena goes to Tropical Cyclone Condition of Readiness 4.

According to Kadena's weather flight, Kadena on average receives a total of four typhoons per season that change the typhoon conditions of readiness from TC-4 to TC-3.

On average Kadena also receives 1.5 typhoons per year with TC 1-Emergency, the highest typhoon warning condition, to be determined by weather officials.

"We've already blown (the average for typhoons) out of the water this season," he said.

Already, Kadena has felt

the effects of eight TC-3 typhoons and two TC-1E typhoons: Typhoon Megi and Typhoon Dianmu.

Sergeant Erhardt said there is no real reason why Okinawa is seeing more typhoons than average.

"There are always typhoons in the Pacific during typhoon season, it's just that a lot of them are coming closer to us this season," he said.

Last season, Kadena was hit by six TC-3 storms and three storms that reached TC-1E.

And typhoon season just keeps going. Another typhoon; Typhoon Songda is on its way and may hit Kadena on Sunday or Monday.

Typhoon Songda is already reported as having wave heights of 30 feet on Tuesday with maximum sustained winds of 105 knots and gusts of 130 knots.

"We're watching Typhoon Songda now and will inform the public within 72 hours of its path," said Sergeant Erhardt.

For more information on typhoons, current weather conditions or TCCOR conditions, call 634-4081 for weather updates or visit [www.kadena.af.mil/weather](http://www.kadena.af.mil/weather). Weather officials ask residents to call the recorded message line instead of the operational line for updates on the typhoon. Officials also say the best way to keep tuned to updates during a typhoon is via AFN radio.



Air Force/Staff Sgt. Chenzira Mallory  
Airman Kendra Zabel aides Staff Sgt Noel Hachtel, both of the 18th Logistics Readiness Squadron, after a mock mortar attack Aug. 25.

## EXERCISE: Changes to come in November

Continued from Page 1

"In November there will be some changes," said Brig. Gen. Jan-Marc Jouas, 18th Wing commander. "At the theater briefings we'll shoot for more big-picture information -- what it is we're doing and why it's important," he said.

"There will be less time spent on information already covered in the ATSO guide."

Officials also noted the "great attitudes" of Airmen during the exercise, as many military members were

tasked to make extraordinary adjustments due to the threat of typhoons and hot summer temperatures.

"Overall, a very good effort," said General Jouas.

"However, we do have to practice. I'm one of those who believe that the more you sweat in peacetime, the less you bleed in wartime," he said.

"Pat your folks on the back, let's take a breath and we'll be ready again in November," said the General.

## Summer months see increase in on-base larcenies, official says

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

The summer months have shown a rise in base larcenies, with nearly 70 cases of theft reported since June, say base officials.

Two hundred and fourteen cases of larceny have been reported this year. Of the 214 cases reported for 2004, 69 have happened over the past three months, and 44 of the year's total are shoplifting cases.

The 18th Security Forces Squadron responded to calls from base housing and dorm residents, privately owned vehicle owners and fitness center patrons who reported cases of suspected theft of personal property. "No time for complacency," said Tech. Sgt. Michael Sellers, installation resource protection manager. "People should not take it for granted that this is a military installation."

By no means do Security Forces officials condone the activities of theft, but rather their intention is to address issues for preventing people from becoming victims.

"Everyone should take pre-

cautions to guard against being a victim of theft/larceny," said Sergeant Sellers. Sergeant Sellers provided a few simple measures that can aid in the prevention of a person becoming a victim of theft.

**Secure vehicles and housing units:** Criminals will select their victims according to the amount of effort needed to penetrate or breach security measures. "Just because you live in base housing doesn't mean that you don't have to lock your vehicle or housing unit," said Sergeant Sellers. "Any time you are going to be away from your vehicle or housing unit, it would be a good practice to lock it up. Don't make it easy for the criminal."

**Move valuables out of plain view:** In the past 3 months, 54 of the thefts reported were cases where items were taken from vehicles in the housing areas, dormitories, or parking lots at work. Leaving your valuables on the front seat is the most common way of becoming a victim. Items left in the open, even in a secured vehicle, could be motivation for the criminals to pursue. Sergeant

Sellers added that the parking lot at the base fitness center is a prime target for thieves because there is insufficient lighting and little activity after dark. "It would be a smart move to remove all valuable items and secure your vehicle before leaving it," he said.

**Report suspicious activity:** "People often feel uncomfortable calling the law enforcement desk. Wouldn't you want someone to do the same for you if your car was at risk?" asked Sergeant Sellers. When providing information to the LED, give a brief description of the suspect(s), type of vehicle and direction of travel, and if possible, try to provide a license plate number. These details will assist Security Forces in apprehending the criminal.

"Today it may not be you, but who knows what tomorrow will bring. Help us, to help you keep our community safe."

Sergeant Sellers maintained that if people are aware of vulnerabilities and educated on prevention tips, the number of likely victims would decrease substantially.



Air Force/Airman 1st Class Michael Pallazola



Air Force/A1C Michael Pallazola



Air Force/Airman 1st Class Michael Pallazola

### School kicks off at Kadena

CLOCKWISE FROM TOP: Lyanna Jiggets, 5, asks her dad, Chief Master Sgt. Lewis Jiggets, a question during a Taiko drum show at Stearley Heights Elementary School Monday during one of several opening ceremonies at on-base schools. SPEECH: At Amelia Earhart Intermediate School the faculty held a "Ring in the New Year" ceremony Monday to signify the start of the school year. DRUM: A member of Amelia Earhart Intermediate School's Taiko Drum Group performs during opening ceremonies.



Air Force/Staff Sgt. Maritza Freeland

Members of the 18th Aeromedical Evacuation Squadron use dummies as patients for a simulated C-130 airlift operation Aug. 26.



A pilot and members of the 18th Aircraft Maintenance Squadron



Kadena F-15s taxi during a training mission Aug. 25 as part of Phase



Air Force/Staff Sgt. Maritza Freeland

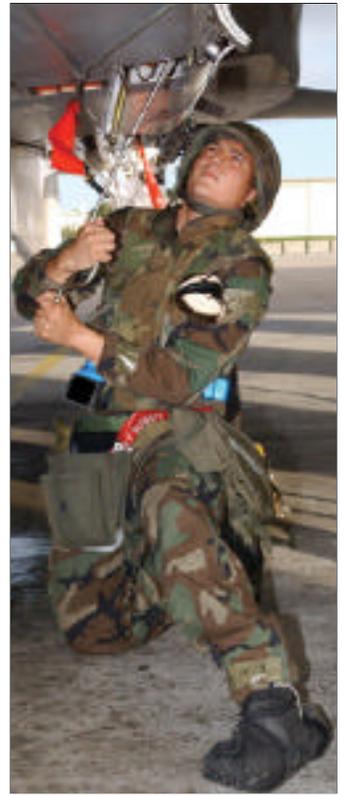
Senior Airman Chris Marsh, 909th Aircraft Maintenance Unit, rolls out a hose to connect to the KC-135 to de-fuel the plane after a training mission Aug. 26.



Members of the 18th Medical Group evaluate Tech. Sgt. Steve Oe Squadron, as a fake patient with injuries from a mock attack Aug. 2



## Kadena feels 'Island Heat' in Phase 2



Air Force/A1C Heather L. Tower  
Airman 1st Class Logan Ayala  
of the 18th Aircraft Maintenance Squadron, prepares an F-15 to be loaded with missiles Aug. 25.

he all clear signal to continue their mission following a chemical attack scenario Aug. 25.

Air Force/Staff Sgt. Maritza Freeland



Air Force/Senior Airman Mercedes  
the weeklong exercise.



Air Force/Airman Gary Edwards  
of the 18th Aircraft Maintenance



Air Force/Staff Sgt. Maritza Freeland

Members of the 18th Aeromedical Evacuation Squadron unload a patient from an HH-60 helicopter after a simulated rescue mission Aug. 26.



Air Force/Airman 1st Class Michael Pallazola  
 Colonel Kelley Kash gives bears to David Dawson Jr. (right) and Jaylon Dawson as part of "Operation Stuffed with Hugs" Aug. 19. Kadena's USO donated over one thousand bears to the 18th Medical Group. Colonel Kash is the commander of the 18th Medical Group here at Kadena.



Air Force/Airman 1st Class Michael Pallazola  
 Colonel Kash hides a bear behind his back as he talks to Brandon Boyers, 4, at the 18th Medical Group's clinic. Colonel Kash gave the bear to the boy as part of the "Operation Stuffed with Hugs" program Aug. 19.



Air Force/Airman 1st Class Michael Pallazola  
 The Kadena USO provided more than 1,000 stuffed bears to officials at Kadena's clinic to execute "Operation Stuffed with Hugs."

## Medics use bears to brighten smiles

Story and photos by Airman 1st Class Michael J. Pallazola  
 18th Wing Public Affairs

Katelyn Shibilski was both happy and excited when she received a bear after visiting Kadena's medical clinic recently. The bear Katelyn received was one of about 1,000 bears being distributed by medics here after a donation by Kadena's USO.

The 18th Medical Group handed out some of the bears Aug. 19 and plans to distribute more of the bears to deployed troops. "We will be sending approximately 600 bears to start this campaign" said Master Sgt. Mark Wolf, 18th Medical Group First Sergeant. "We are sending the bears...so our American military members can send one of these bears back to their children to let them know they are alright, they love them and give them something to hold on to until they return back home."

The USO is distributing about 5,000 bears to military hospitals on Okinawa and have sent more than 1,500 to the U.S. Navy Hospital at Camp Lester located three miles south of Kadena.

The USO distributed the bears through hospitals because "It just seemed logical to give them to kids," said Angela Durko, marketing director of USO Pacific. She thought that it would "cheer kids up" when going to see the doctor.

"It was my privilege and pleasure to pass on the special wishes from the thousands of children across the U.S. to the children of our own deployed members and families stationed overseas," said Col. Kelley Kash, 18th Medical Group commander.

As of Wednesday, Katelyn's bear sits on her bed in her house at Kadena. Her mother said she has slept with the bear every night since receiving it.



Air Force/A1C Michael Pallazola  
 Master Sgt. Mark Wolf, 18th Medical Group first sergeant, hands a stuffed bear to Kaylin Herrmann, 7, while she waits for a dental appointment with her father Master Sgt. Terri Herrmann.



Air Force/Airman 1st Class Michael Pallazola  
 Rory (Left) and Nollynn (right) with their father Todd Abshire, receive bears at the 18th Medical Group Clinic, as part of "Operation Stuffed with Hugs" August 19.

**TODAY**

**LABOR DAY WEEKEND AT OKUMA:**

Bring your family for beach time fun featuring free live entertainment, movies by the beach, adult and kid's karaoke, sand sculpting, volleyball, prizes and more! Call 632-4386 for more information.

**'WIN ME':** Harley Davidson Bingo Game and Drawing at 8 p.m. at the Rocker NCO Club.

**RIGHT HAND PERSONS EVENING:**

Say thanks to your significant other (your right hand man or woman) for all they do with an evening of free snacks and fun at the Kadena Officers' Club from 5 to 7 p.m.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children 10 and older need only to show ID card to join, 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.

**BACK TO SCHOOL PARTY:** Children ages 6-8 can dress up as their favorite book character for this party and receive a caramel apple treat at the Kadena Youth Center from 7 to 9 p.m.

**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.

**COYOTE UGLY THEME NIGHT:** 8 p.m. until closing at the Banyan Tree Club.

**BANYAN TREE CLUB:** Super Snacks and Blast from the Past from 5 to 7 p.m. and Virus Fridaze from 10 p.m. until 3 a.m.

**THE BEST R&B ALL-NIGHT LONG:**

Starting at 10 p.m. at the Rocker NCO Club.

**ROCKER NCO CLUB:** Super Snacks Social and Deja vu with the Doctor from 5 to 7 p.m. followed by variety dance beats from 7 p.m. until closing.

**SATURDAY**

**GIANT YARD SALE:** At the Schilling Community Center from 9 a.m. to 4 p.m. Open to all SOFA status personnel and authorized guests. Call 634-1387.

**SAX, FLUTE, CLARINET LESSONS:** One hour session for ages 5 and up at the Schilling Community Center from 7 to noon. Call 634-1387 for more details.

**PATCHWORK QUILTING CLASS:** At the Schilling Community Center from 9 a.m. to 5 p.m. Call 634-1387 for more details.

**LABOR DAY WEEKEND AT KUME ISLAND TOUR:** Call 634-4322

**HOME-BASED BUSINESS SHOW:** Browse a selection of businesses at the Schilling Community Center from 10 to 5 p.m. Call 634-1387.

**TABLETOP WARRIORS CLUB:** Join us at the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m. Call 634-1387 for more details.

**KADENA OFFICERS' CLUB:** Gourmet night in the Flame Room from 5:30 to 9:30 p.m.

**BANYAN TREE CLUB:** Country night with DJ Leis from 8 p.m. until closing.

**ROCKER NCO CLUB:** Membership night with a free buffet-style dinner from 5 to 7 p.m. followed by games and prize giveaways from 7 to 9 p.m. Coyote Ugly Night begins at 10 p.m.

**SUNDAY**

**COLLEGE GAME DAY:** Catch the ABC/ESPN 'Big College Game' in the Rocker NCO Club Lounge. Open at 7:30 a.m. until the end of each game. Open to all ranks and services.

**FAMILY DAY:** Bowling games are reduced price for parents and children that bowl together at Emery Lanes from 8 a.m. to 9 p.m. Call 634-2290 for more information.

**SUNDAY BRUNCH DRAWING:** Enjoy Kadena Officers' Club lunch buffet and you could win Sunday brunch for two. For more information call 634-3663

**VIRTUAL PENTATHLON:** Log on to register for a virtual board game at www.pacfive.com and become eligible to win an assortment of instant prizes and 15

**Beach combing**



Air Force/ Airman 1st Class Michael Pallazola

**Airman 1st Class Joshua Kelly explores the coastline at the Kadena Marina Sunday, August 29. The marina offers dive programs, sailing lessons, fishing charters and the Seaside Inn Restaurant. The Seaside Inn is open for lunch from 11 a.m. to 2 p.m. Monday through Friday, for dinner from 5 to 9:30 p.m. Wednesday through Friday, or from 11 a.m. to 9:30 p.m. Saturday and Sundays. Airman Kelly is a telephone Technician assigned to the 18th Communications Squadron at Kadena.**

amazing grand prizes. The Pentathlon Game is open to all patrons eligible to use Services facilities. Runs now until Oct. 31.

**BREAKFAST BUFFET:** The Rocker NCO club offers a new and improved Breakfast Buffet from 8 a.m. to 2 p.m. in the Morrell room. Call 634-0704.

**BANYAN TREE CLUB:** Top 40 Meltdown from 7 to 11 p.m.

**ROCKER NCO CLUB:** All that Jazz, table and card games from 5 to 8 p.m. Old School music from 8 to 11 p.m.

**MONDAY**

**JAPANESE CLASS:** Adult conversational class from 7:30 to 9 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**POWER HOUR:** Youth ages 9-12 years are invited to participate in a program to raise academic proficiency at the Kadena Youth Center from 2:30 to 4:30 p.m. Call 634-0500 for more information.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children 10 and older need only to show ID card to join, 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.

**LABOR DAY LUNCH MEAL:** At the Marshall Dining Facility from 10:30 to 1 p.m. Call 634-1900.

**CAKE DECORATING:** From 6:30 to 8:30 p.m. at the Schilling Community Center. Call 634-1387.

**KADENA OFFICERS' CLUB:** Mongolian BBQ 1 oz - 60 cents in the Flame Room.

**BANYAN TREE CLUB:** 50-cent hamburgers and hot dogs from 5 to 7 p.m. or until sold-out and variety dance hits from 7 until 11 p.m.

**ROCKER NCO CLUB:** Rock around the Clock with C Note classic to modern rock from 7 p.m. until close.

**TUESDAY**

**PWOC BIBLE STUDY KICK-OFF:** Discover more about the ministries PWOC offers in Chapel 1 at 6:30 p.m. Also sign up for one of several Bible studies being offered Tues. mornings (childcare available) and evenings beginning Sept. 14. Protestant Women of the Chapel is a non-denominational Bible-based ministry for all women. Call Kelly Brown at 965-1868 for more details.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children 10 and older need only to show ID card to join, 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.

**TAI CHI CHUAN:** Adult classes from 5 to 6:30 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**POWER HOUR:** Youth ages 9-12 years are invited to participate in a program to raise academic proficiency at the Kadena Youth Center from 2:30 to 4:30 p.m. Call 634-0500 for more information.

**KADENA OFFICERS' CLUB:** New York Strip for two - \$22.95 in the Flame Room.

**BANYAN TREE CLUB:** Rock night with DJ Mad Cap from 7 p.m. until closing.

**POOL TOURNAMENT:** Win cash prizes for playing pool starting at 8 p.m. at Banyan Tree Club.

**ROCKER NCO CLUB:** Krazy Karaoke from 8 until 11 p.m.

**WEDNESDAY**

**DRAW A PRICE DAY:** Draw a ping pong ball out of the jar after your game at the Emery Lanes between 8 and 5 p.m. and the price indicated on the ball is what you will pay for each game bowled. Prices vary from a quarter to a dollar. Call 634-2290.

**POWER HOUR:** Youth ages 9-12 years are invited to participate in a program to raise academic proficiency at the Kadena Youth Center from 2:30 to 4:30 p.m. Call 634-0500 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.

**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.

**OKINAWA DANCE:** Class from 5 to 7 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children 10 and older need only to show ID card to join, 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.

**INFO QUEST 2004:** Get started on your quest for fascinating information and win prizes at the Kadena Base Library. Call 634-7719 for more information.

**KADENA OFFICERS' CLUB:** 20% off regular menu for Air Force Club Members only in the Flame Room.

**BANYAN TREE CLUB:** Request night Top 40 from 7 to 11 p.m. and Social Hour from 9 to 10 p.m.

**ROCKER NCO CLUB:** Ladies Night with Rob Ski from 8 p.m. until closing.

**THURSDAY**

**JAPANESE CLASS:** Adult conversational class from 10 to 11:30 a.m. at the Schilling Community Center. Call 634-1387 for more information.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes.

Children 10 and older need only to show ID card to join, 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.

**JAPANESE CALLIGRAPHY:** Adult calligraphy class from 6:30 to 8:30 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**POWER HOUR:** Youth ages 9-12 years are invited to participate in a program to raise academic proficiency at the Kadena Youth Center from 2:30 to 4:30 p.m. Call 634-0500 for more information.

**TAI CHI CHUAN:** Adult classes from 5 to 6:30 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**FREE SALSA LESSONS:** At the Kadena Officers' Club from 7 to 9 p.m. in the Weekender Lounge. Be sure to wear comfortable shoes!

**KADENA OFFICERS' CLUB:** Prime Rib Dinner for two - \$21.95 in the Flame Room.

**BANYAN TREE CLUB:** Latin music and build your own burrito bar from 5 to 7 p.m. followed by Country night with DJ Chaps from 7 p.m. until closing.

**ROCKER NCO CLUB:** Latin variety music from 8 p.m. until closing.

**SEPT. 10**

**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.

**CHURA-U BATH HOUSE TOUR:** For more information call 634-4322

**KEYSTONE COUNCIL MEETING:** Voice your ideas and opinions for the Teen Center at the Teen Center Millennium from 3:30 to 5:30 p.m. Open to ages 13-18 years. Call 634-3866.

**FREE BOWLING:** Children 9 to 18 bowl for free from 2:30 to 5 p.m. at Emery Lanes.

Children 10 and older need only to show ID card to join, 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.

**LIVE ROCK BAND:** From 8 p.m. until closing at the Banyan Tree Club.

**SUNSHINE TOWN AND KASURI STUDIO TOUR:** For more information call 634-4322

**BANYAN TREE CLUB:** Super Snacks and Blast from the Past from 5 to 7 p.m. and Virus Fridaze from 10 p.m. until 3 a.m.

**KRAZY KARAOKE:** From 7 to 10 p.m. and Top 40 variety dance until 3 a.m. at the Rocker NCO Club.

**ROCKER NCO CLUB:** Super Snacks Social and Deja vu with the Doctor from 5 to 7 p.m.

Variety Dance beats from 7 p.m. until close.

**SEPT. 11**

**KIDS NIGHT OUT:** Give parents a break with a night of games, movies, crafts and more. Register by Sept. 8. Open to youth ages 6-12 years. Call the Kadena Youth Center at 634-0500.

**COLORAMA:** Bowl three games at the Emery Lanes and try your luck at winning money and other prizes. Sign-ups begin at 6 p.m., bowling begins at 7. Call 634-2290.

**TABLETOP WARRIORS CLUB:** Join us at the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m. Call 634-1387 for more details.

**TEEN HIP HOP DANCE:** Party with the best DJs on the Island at the Teen Center Millennium from 7 to 10:30 p.m. Open to members and nonmembers. Call 634-3866.

**SAX, FLUTE, CLARINET LESSONS:** One hour session for ages 5 and up at the Schilling Community Center from 7 a.m. to noon. Call 634-1387 for more details.

**PATCHWORK QUILTING CLASS:** At the Schilling Community Center from 9 to 5 p.m. Call 634-1387 for more information.

**BATTLE OF OKINAWA TOUR:** For more information call 634-4322

**BINGO:** Join the Schilling Community Center for 10 exciting games and lots of terrific prizes. Game cards go on sale at 1, games begin at 2 p.m.

**NISHIZAKI WATER PARK TOUR:** For more information call 634-4322

**TWILIGHT CRUISE TOUR:** For more information call 634-4322

**BANYAN TREE CLUB:** Country night with DJ Leis from 8 p.m. until closing.

**ROCKER NCO CLUB:** King of Fights IX, K1 and UFC style open to all ranks and services. Doors open at 7 p.m., first match at 9 p.m. There will be a meet and greet prior in the Ballroom. Tickets are available at the Customer Service Counter. Call 634-0740 for more information.

**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 1, 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

**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**

- ▲ Today: Collateral, R, 6 p.m. Collateral, R, 9 p.m.
- ▲ Saturday: Spiderman 2, PG-13, noon Sleepover, PG, 4 p.m. Collateral, R, 7 p.m.
- ▲ Sunday: Spiderman 2, PG-13, noon Sleepover, PG, 4 p.m. Collateral, R, 7 p.m.
- ▲ Monday: Spiderman 2, PG-13, 3 p.m. Collateral, R, 7 p.m.
- ▲ Tuesday: Spiderman 2, PG-13, 7 p.m.
- ▲ Wednesday: Sleepover, PG, 7 p.m.
- ▲ Thursday: Alien vs. Predator, NR, 7 p.m.

**Butler Theater**

- ▲ Today: Alien vs. Predator, PG-13, 7 p.m. Alien vs. Predator, PG-13, 10 p.m.
- ▲ Saturday: Around the World 80 Days, PG, 1 p.m. White Chicks, PG-13, 4 p.m. Alien vs. Predator, PG-13, 7 p.m. Alien vs. Predator, PG-13, 10 p.m.
- ▲ Sunday: Around the World 80 Days, PG, 1 p.m. Alien vs. Predator, PG-13, 4 p.m. Alien vs. Predator, PG-13, 7 p.m. White Chicks, PG-13, 10 p.m.
- ▲ Monday: Around the World 80 Days, PG, 1 p.m. Alien vs. Predator, PG-13, 4 p.m. White Chicks, PG-13, 7 p.m.
- ▲ Tuesday: The Notebook, PG-13, 7 p.m.
- ▲ Wednesday: White Chicks, PG-13, 7 p.m.
- ▲ Thursday: Without a Paddle, PG-13, 7 p.m.

# Get Moore with personal training

By Capt. CK Keegan  
18th Wing Public Affairs

Kadena residents are losing weight, but not with fad diets and not with diet pills. They are losing the weight by following the food pyramid, exercising, and soaking up encouragement from John Moore, a personal fitness specialist at the Risner Fitness Center. Moore, who is ranked in the top 6 of personal trainers in the world by the American Council on Exercise for 2004, has been a trainer for over 16 years. He said the key to weight loss is great nutrition, physical activity and plenty of rest.

## NUTRITION

Moore took the food pyramid and simplified it to proteins (dairy and meat groups), carbohydrates (vegetables, bread and fruit group), and oils. He said to eat two to three servings of proteins, nine to 11 servings of carbs, and only one serving of fat. The important factors are to eat every two to three hours, stay within the recommended portion size, drink plenty of fluids, and limit oils and sugars.

"The low carb diets have it wrong," said Moore. "It's about eating low-calorie carbs. Carbs have an important roll in the body and getting rid of them will decrease brain power and fat loss."

By low-calorie carbs, Moore means fruits and vegetables. Carbohydrates such as bread and pasta can only be about two servings of your daily intake.

"Breads and pastas are by-

products of grains. That's where we come into the problems," said Moore. "It takes your body longer to digest them, feel the effects from them, and finally get them out of your body."

People on his plan eat foods that digest quickly. This forces the body to use stored fat for energy, but Moore said that it only works when meals are spaced no more than three hours apart.

## EXERCISE

Moore said there are several considerations when starting to exercise. First, there is no concrete plan for everyone. People have different goals and needs, plus everyone has a different starting point.

"You need to exercise according to your goals. If you are trying to lose weight, then you shouldn't have just a weight lifting routine," he said.

Second, he said you have to constantly challenge yourself. These challenges should get you out of your comfort zone. But at the same time, you should do something you enjoy. You should perform challenging cardio five to seven times each week, working up to 30 minutes.

Last, is to be committed. "You have to commit to your commitment," he said.

For those who want to build muscle or even just an athletic body, Moore said it takes trauma. The muscle has to tear down in order to build up. This is taking the body past burning to "lighting yourself on fire."

## REST

To repair, the body needs



Air Force/Airman 1st Class Michael Pallazola

Personal fitness specialist John Moore is ranked among the top personal trainers in the world by the American Council on Exercise for 2004. Contact Risner Fitness Center for more information on the personal trainer program.

six to eight hours of sleep.

"You can over train and not see any results because you don't rest," said Moore. "This blows motivation, you lack endurance and you give up a lot easier."

## RESULTS

1st Lt. Shannon LeBlance, 18th Logistics Readiness Squadron section commander, has been working with Moore since February. She has lost 24 pounds and gone from 32 to 21 percent body fat.

"I didn't believe I could do it," said LeBlance. "But he's very encouraging, he's firm and strict, and he maximizes your hour with him to its full potential. I just kept seeing the weight come off."

Several of LeBlance's friends and coworkers are now going to Moore and they have all seen drastic changes.

"We all had to buy new uniforms," she said. "I could take my belt half way around my waist, and then halfway around again."

"Sometimes it's hard to stay on the diet and exercise. I have to tell myself I have a goal and not feel guilty when I cheat. I just have to remember that I can't cheat all the time and then get back on it."

Karen Calvin met Moore about one year ago. She was 216 pounds, 5 foot 9 inches, wearing a size 20, and at 43 percent body fat.

"I remember he asked me what my goal was and I told him I would like to be a size 10. He looked me up and down and said, 'no,'" said Calvin. "I thought I had overshoot myself and so I changed it to a size 12. He said, 'No, I see you as a size 6.' You have no idea what that meant to

me."

By November, Calvin was down to 171 pounds and one year later is 149 pounds, 20 percent body fat and wearing her size 6.

"He didn't make me feel fat. He took me by the hand and walked me through each step. He just kept telling me I was going to get my body back," she said. "I tried so many fad diets and could never stick with anything. This time I knew I would do it."

Moore taught her about pushing past the comfortable mode and being committed. "Even when I don't want to be there, he doesn't take 'no' for an answer."

Calvin said two important elements are to eat on time and eat the right portion. "If you do what he tells you to do - you will see a miracle."

## Moore Sports Standings

John Moore started his career in 1986 when he tried out for the Dallas Cowboys. He made the final cut, but horsing around, Erik Williams fell on his leg and injured his knee. He spent his time on the team as part of the practice squad and in rehabilitation with the trainer.

"She was awesome," he said. "I was so impressed by her training techniques that I wanted to learn more about it and use it first for myself and then eventually with my clients."

He said he opened a gym, which he still owns in Florida, and never went back. He went back to school to

become a nutritionist, he already had a degree in kinesiology, and "...got certified in everything I could."

"Every time I thought I knew everything, I would get a new client with a different situation," he said.

One client he worked with for over four years was 62 years old and had weight issues most of her life. She was 479 pounds when he met her and had been bed ridden for about a year.

Moore said they started slow, with her making small movements. The progress was slow, but by the end of four years, she weighed 106 pounds and walked the Paris marathon.

He has also worked with pregnant women, diabetics, people who require specific sports training and he has recently looked at working with people who have terminal diseases.

Moore offers nutrition classes to squadrons or he will come to commander's calls. He also offers classes on gym safety, how to use supplements, and other topics. He believed in educating people so they can educate others.

"The solution is not to go see John, because John might not always be there," he said. "I like clients to share the information I give them."

## Moore Certifications

### 2003

- The Cooper Institute Physical Fitness Specialist
- Schwinn Cycle Instructor ACE Clinical Exercise Specialist
- Tobacco Cessation Instructor

### 2002

- US Navy Nutrition Certification ACE Personal Trainer, August
- The Cooper Institute Health Promotion Director, April

### 2001

- Reebok Cycle Instructor

### 1996

- NEDIA Aerobics Instructor June

### 1990

- AFAA Personal Trainer & Group Fitness Instructor, August