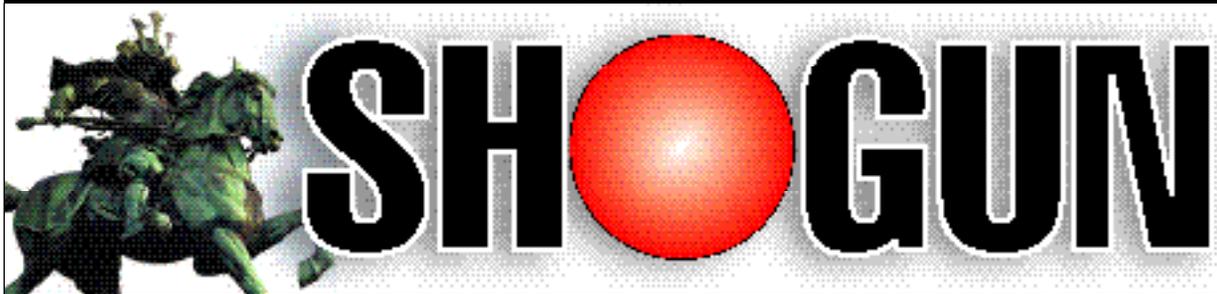


MONTHLY SORTIE GOALS

| | |
|-------------------------------------|-------|
| 961st Airborne Air Control Squadron | 98.5 |
| Monthly flying-hour contract | 97.4 |
| Hours flown | -0.9 |
| Monthly offset | |
| 33rd Rescue Squadron | 182 |
| Monthly flying-hour contract | 226.8 |
| Hours flown | +44.8 |
| Monthly offset | |
| 909th Air Refueling Squadron | 367 |
| Monthly flying-hour contract | 364.6 |
| Hours flown | -2.4 |
| Monthly offset | |
| 44th Fighter Squadron | 399 |
| Monthly sortie contract | 406 |
| Sorties flown | +7 |
| Monthly offset | |
| 67th Fighter Squadron | 396 |
| Monthly sortie contract | 419 |
| Sorties flown | +23 |
| Monthly offset | |

Source: 18th MOS/MXOOP, as of Feb. 24

T H E K A D E N A



Vol. 18, No. 8

Kadena Air Base, Japan

Friday, Feb. 27, 2004

WEEKEND WEATHER



TODAY: Partly cloudy
N/NE winds @ 5-10 knots
High: 66 Low: 50



SATURDAY: Partly cloudy
S/SE winds @ 10-15 knots
High: 70 Low: 52



SUNDAY: Partly cloudy
S/SW winds @ 12-18 knots
High: 72 Low: 61

FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES
BUYING: \$1=Y105 SELLING: Y111=\$1

Three SNCOs share \$10K IDEA program reward

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Ever have a great idea on how to improve something on base, but never told anyone about?

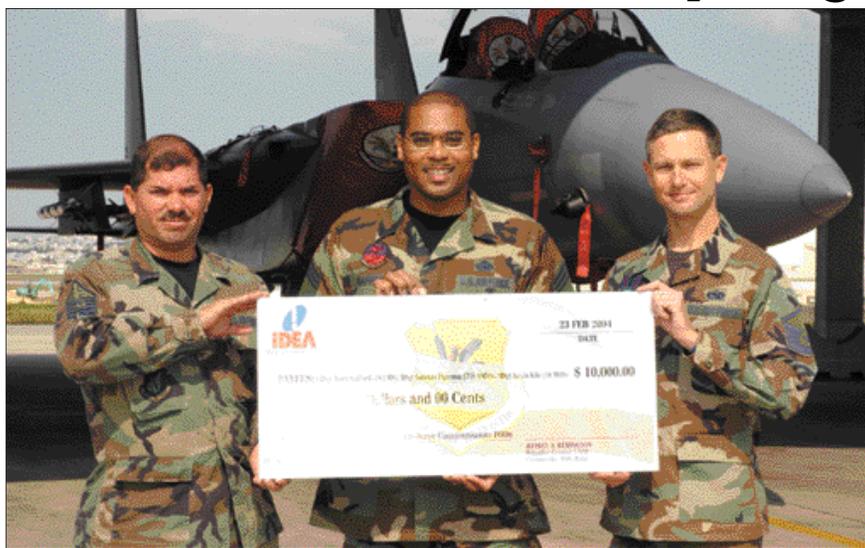
Sitting on an your idea could lose you money.

Last week three senior enlisted maintainers were awarded \$10,000 by Air Force officials for submitting an IDEA, or Inovative Development through Employee Awareness, that saved the Air Force more than \$4 million.

Chief Master Sgt. Terry Gafford, 18th Component Maintenance Squadron, and Master Sgts. Lorenzo Figueroa, 718th Aircraft Maintenance and Kevin Kile, 18th Maintenance Operations Squadron, became the first members at Kadena to get the maximum amount awarded under the Air Force program.

The three suggested that Air Force officials relocate electronic countermeasure pods rarely used on Kadena F-15s to Misawa Air Base, Japan.

"The pod utilization figures showed a disproportionate amount of maintenance



Air Force /Staff Sgt. Anika Williams

Master Sgt. Lorenzo Figueroa, 718th Aircraft Maintenance Squadron, Chief Master Sgt. Terry Gafford, 18th Component Maintenance Squadron and Master Sgt. Kevin Kile, 18th Maintenance Operations Squadron, show their \$10,000 check awarded by Air Force IDEA program officials for their idea to relocate electronic countermeasure pods that were no longer needed at Kadena to Misawa Air Base in mainland Japan.

hours versus flying hours," the three Chief Gafford explained in the official IDEA package. "This utilization

rate didn't support the current investment in equipment and personnel."

Although the IDEA was submitted

in 2001, and equipment was shipped to Misawa a few months later, Sergeant Figueroa said the official IDEA award was not approved until last month.

Brig. Gen. Jeffrey Remington, 18th Wing commander, presented the \$10,000 check to the three during a meeting at headquarter Feb. 23. Each of the three will receive \$3,333.33 – Air Force saves the extra penny.

Sergeant Kile, who plans to put his share of the reward in a savings account, says the IDEA program is a great way to change the way the Air Force does business and get a reward in the process.

"It's a great incentive to get others to upchannel their ideas," he said.

According to Master Sgt. Jennifer Gilder, 18th Wing Manpower and Organization office, Kadena has had 105 IDEAs sent by 48 people since October 2002. Of those, 38 people received cash rewards for a total of \$48,730.

To submit an IDEA, visit the IDEA Program Data System at <https://ideas.randolph.af.mil>, or call the 18th Wing MO office at 632-7706.

Commissaries recall meat products

The Defense Commissary Agency has implemented a recall of frozen hamburger beef patties due to a suspected case of food poisoning found in a Japanese family on Okinawa.

As a precautionary measure, the Food Safety and Inspection Service (FSIS) of the U.S. Department of Agriculture (USDA) has recalled raw beef products produced by Richwood Meat Co., of Merced, Calif., with a "Packed on Date of August 11, 2003," the same packing date as the contaminated meat. The products being recalled are listed in the attached recall notice.

DeCA officials urge anyone who bought a listed product to return it to their commissary for a full refund. DeCA officials from around Japan have already pulled the product from store shelves.

According to Okinawa Prefectural Government officials, the family received a bag of frozen hamburger patties from a friend and cooked them at home. Two children in the family were later diagnosed as displaying symptoms of Enterohemorrhagic E. coli

| Recalled products produced Aug. 11, 2003 | |
|--|--|
| <p>•Various size cases of CALIFORNIA PACIFIC ASSOCIATES "PURE BEEF PATTIES" and "BEEF SIRLOIN & BEEF PATTIES." Each case carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal of inspection. All of the cases bearing this label were shipped to military installations.</p> | <p>of inspection. These products were sent to institutional establishments.</p> |
| <p>•Various size packages of "GROUND BEEF PATTIES" and "GROUND BEEF BULK" packed for Sysco. The labels for the recalled products contain a pack date of 8-11-03. Each box bears the company name Sysco and is stamped with the establishment number "8264" inside the USDA seal of inspection. These products were sent to institutional establishments.</p> | <p>•Ten pound boxes of Golbon "Beef Patties" with a package code of "7320." Each case carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal of inspection. These products were sent to institutional establishments.</p> |
| <p>•Various size packages of Richwood Meat Company Richwood Meat Company GROUND BEEF," "Richwood Meat Company BEEF PATTIES," "Richwood Meat Company BEEF SIRLOIN AND BEEF PATTIES" and "Richwood Meat Company GROUND BEEF PATTIES." Each case carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal of inspection. These products were shipped to institutional and retail establishments.</p> | <p>•Ten pound boxes of DANCO QUALITY FOODS "PURE BEEF PATTIES" with package codes 7067 and 7077 printed on the labels. Each case carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal of inspection. These products were sent to institutional establishments.</p> |
| <p>•Various size packages of Chef's Pride Brand "GROUND BEEF" and "GROUND BEEF CHUCK." Each case carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal</p> | <p>•Ten pound boxes of "Ritz Food Service GROUND BEEF CHUCK" with package code 4729. Each box carries a pack date of 8-11-03 and the establishment number "8264" inside the USDA seal of inspection. The product was sent to institutional establishments.</p> |
| | <p>•Twenty pound boxes of "GROUND BEEF" packed for COLUMBUS FOODSERVICE. Each box contains two ten pound chubs of ground beef and carries a pack date of 8-11-03. The establishment number "8264" can be found inside the USDA seal of inspection. The product was sent to institutional establishments.</p> |

intoxication.

A third member tested positive for the bacteria, but has not displayed any symptoms. One of the children was admitted to a local hospital earlier this week as a precautionary measure and released the following morning.

Another family member who said she consumed the hamburgers tested negative for the bacteria.

Okinawa Prefectural Health Department officials notified the Okinawa Area

Field Office of Headquarters, U.S. Forces Japan on February 20. According to the children's mother, the meat was purchased from a U.S. military commissary on Okinawa.

The mother reportedly told Okinawa Prefectural Health Department officials she did not purchase the meat herself, or receive the meat directly from the individual who actually purchased the meat.

It is still unclear who purchased the meat, the exact chain of custody between the

purchaser and the mother, or how much time had elapsed from the point when the meat was purchased, until the point when it was consumed by the children.

Preventive medicine experts at U.S. Naval Hospital, Camp Lester, said that while it is possible the E. coli bacterium was present in the meat prior to its purchase, it is also possible the meat was contaminated by improper handling after its purchase.

There have been no other

reported cases of the disease on Okinawa or elsewhere.

According to U.S. military veterinary officials, "A thorough review of medical case files indicates that there have been no reports of food borne illness associated with the consumption of meat products among the U.S. military forces and their families in Okinawa. Therefore, we must conclude that there is no health threat to users of the Department of Defense commissaries."

Defense Commissary Agency officials, and U.S. Army Japan District Veterinary Command officials have noted that meat used in all U.S. military commissaries in Japan comes from approved sources that meet multiple and strict inspection requirements, to include inspections by the U.S. Department of Agriculture. The products are verified and inspected at the plant, during transit and prior to leaving port in the United States.

For more information on food safety and security, see <http://www.fsis.usda.gov>.

Compiled by U.S. Forces Japan public affairs



The power of integrity

By Lt. Col. Randy Mauldin

718th Aircraft Maintenance Squadron commander

A squadron commander I used to know told me how he once was involved in a security breach.

He had left a classified document on his desk over night and was the only one who knew about the security violation the next morning when he came into work.

Although he admitted thinking for a few seconds about just slipping the document into the safe and learning a valuable lesson, integrity prevailed and he called his security officer and first sergeant asking them to notify the appropriate security officials.

He related how utterly humiliating and embarrassing the ordeal was - having to explain the situation to his group commander and being rigorously investigated by another squadron commander.

The weeks of investigation and accountability checks that followed were miserable. What amazed him was how fast the word had gotten around the squadron: "the commander turned himself in."

Somehow his people knew he could have swept the whole situation under the rug, but made a conscious choice to do the right thing.

Several non-commissioned officers, and senior NCOs and officers mentioned it every once in a while in one way or another as he visited the squadron shops over his term as commander.

He came to realize that one action made more of an impact on his people's integrity than all of the preaching and persuading he did at commander's calls.

He believed their respect for him grew through that incident, as did their willingness to follow him. It was from him that I first learned about the power of integrity.

We have all have seen the power of integrity in action

many times. Any time an airman, NCO, senior NCO, officer or civilian at any level in the chain of command demonstrates the integrity to do the right thing, especially when it is difficult or painful or unpopular, then eventually, over the course of time, a deep and abiding respect grows for that leader.

This respect earns the leader moral authority, and increases his or her power to lead no matter what rank.

At 6 a.m. a few Saturdays ago, I had all the members of my dorm to discuss the pitfalls of smoking in the dorm and various other failings, to include a colossal mess of charcoal from a training chem suit that someone failed to clean up.

As they were standing in formation, I mentioned this failure and asked to know who did it - fully expecting no one to respond. In front of 160 peers, most of whom were understandably less than happy about the whole situation, a young man stepped forward and penitently owned up to making the mess.

I was shocked and intensely moved that, even though he had committed an irresponsible act, he had the depth of character to step forward and take responsibility for it - right in front of his peers.

The impact his integrity made on me was profound. My first thought was one of pride that he had it in him to admit it. The more I thought about it, the more I respected him. He had inspired me to a higher course of integrity.

I challenge you to unleash the power of integrity as it applies to your ability to motivate, influence and lead your peers, subordinates, and bosses to success.

The foundational key to success as a leader is to put into effect the power of integrity by committing to do the right thing, no matter how difficult or unpopular, no matter who is or is not watching.

Maintaining dental readiness

By Capt. Jeffrey Moeller
18th Dental Squadron

Oral health is an important factor in your overall health and is essential to mission accomplishment. It's vital that each service member maintain good oral health and avoid being classified as non-deployable for dental reasons.

The number one dental reason for being classified as nondeployable is tooth decay.

The Air Force has instituted a program to target those at higher risk for dental decay, but the best defense against dental decay, or dental caries, is prevention.

Proper daily brushing and flossing are the best methods and supplements to aid in the reduction of decay.

Frequent low-dose fluoride exposure (found in toothpaste and drinking water) can go a long way toward maintaining health or even reversing poor dental conditions.

The 18th Dental Squadron providers can explain preventative measures to combat decay in high-risk individuals to include over-the-counter fluoride mouth rinses and fluoride applications.

Reducing the consumption of foods with high amounts of sugar and acids, such as soda and sour candies, can go a long way toward reducing the number of decay-causing bacteria.

Additionally, the use of gum and mints containing xylitol further reduces levels of these harmful bacteria.

Knowing your oral health readiness classification and decay risk is a key step toward maintaining mission readiness.

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen.
Jeffrey Remington
18th Wing
commander

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

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

Although not required, it's better to give commanders, first sergeants or the agencies with which you have the 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.

Pool ban

I recently saw pools being sold at the base exchange that had been banned for use on-base. Has the pool policy changed?

A team of professionals from the 18th Civil Engineer Group, 18th Wing Safety and 18th Wing Legal office evaluate safety concerns with pools.

Several possible courses of action were considered and evaluated in terms of safety requirements, cost to residents, aesthetic impacts and risk to residents.

The installation commanders from Camps Kinser, Butler, Courtney and

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

Kadena supported the ban of large pools.

After considering all the issues and impacts, installation commanders unanimously decided to continue the policy allowing wading pools up to one-foot deep and six feet wide.

Installing a fence around larger pools doesn't eliminate the safety concern of drownings. Gates can be left open, fences climbed and pools are not supervised all day every day.

Unfortunately due to personnel changes at the base exchange, the pools once again appeared on the shelves.

After talks with the BX manager, the illegal pools have been removed. Safety of our children and the protection of our families must always be our first priority.

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



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

Kadena Air Base Editorial Staff

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

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

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

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

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

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

For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil

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



SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Denise Edwards

18th Medical Group, NCOIC Personnel Programs

Hometown: Georgetown, S.C.

Reason for nomination: For four months, Sergeant Edwards single-handedly managed more than 20 personnel programs in support of 425 medics. She's been lauded by her commanders as professional and resourceful.

Time at Kadena: 1 year, 1 month

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.

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

BLACK HISTORY MONTH BANQUET: The Rocker NCO Club will host a Black History Month banquet Saturday at 7 p.m. Cost is \$20 per person.

CHANGE OF COMMAND: Lt. Col. Neil Billings will take command of the 353rd Operations Support Squadron from Lt. Col. Robert McDonald at 1:53 p.m. March 5 in the commando west hangar.

SCHOLARSHIP: The Naval Officers' Spouses' Club of Okinawa is accepting applications for their 2004 Scholarship Program. Eligible U.S. Navy family members may pick-up applications at the Navy Fleet Gift Shop at Camp Lester, base education centers and other locations. Applications are due by April 1. For more information, visit the Navy Fleet Gift Shop or contact Stacy Wheeler at 646-8726 or e-mail: wheelerinokina@hotmai.com.

CLOSURES: The 18th Munitions Squadron munitions storage area will be closed Monday through March 12 for inventory. Only emergency requests approved by a group commander or equivalent, will be accepted. For more information, call Master Sgt. Keith Krigger at 632-5309 or Senior Master Sgt. Gassie Orr at 632-5064.

• The Kadena family support center will be closed until March 5 for carpet installation. For Air Force Aid emergencies, call 634-3366.

TERM IV APPLICATIONS: Kadena's base education and training office is accepting term four applications for the Spouse Tuition Assistance Program. Applications are due by March 5. For more information, call 634-1500.

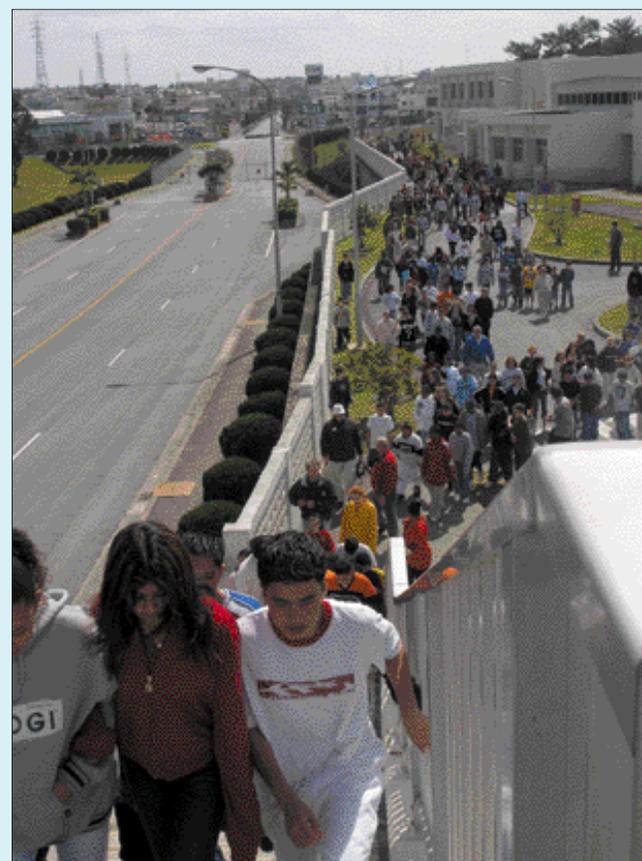
FAITH CONVENTION: The Kadena Holy Family Parish kicks off its 2004 Faith Convention at Chapel 1 at 6 p.m. March 12. The cost is \$20 per person, which includes desserts, seminar entry and Lenten lunch. For more information, call Faron Petteys at 938-1949 or e-mail cwocinoki@yahoo.com.

NEW PROCEDURES: The Joint

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

COURT MARTIAL: On Feb. 13, an airman first class with the 18th Equipment Maintenance Squadron was convicted at a summary court martial. The airman received a letter of reprimand from his supervisor and in return the airman wrote an insulting, and derogatory response back to the supervisor. Several days later the airman e-mailed his response to several coworkers and friends. The airman was convicted of disrespect to an NCO and violating AFI 33-119 (proper e-mail procedure) Articles 91 and 92 of the Uniform Code of Military Justice. The airman was sentenced to 14 days hard labor without confinement, fined \$938 and reprimanded.

Practice makes perfect



Air Force/ Airman 1st Class Michael Pallazola
Hundreds of Kadena Middle School students evacuate during a bomb threat exercise coordinated with 18th Security Forces and the 18th Civil Engineer Squadron's fire department Monday. Authorities swept the building with the help of a bomb detection canine unit.



Air Force/ Staff Sgt. Jason Lake
Senior Airman Edward Pohl, 18th Component Maintenance Squadron, holds up an English flash card for third grade students to read during a Feb. 20 class at Kitami Elementary School.

Kadena volunteers teach English at Kitami Elementary School

By Staff Sgt. Jason Lake
18th Wing Public Affairs

A dozen Kadena volunteers visited Kitami Elementary School in Okinawa City to teach third grade students basic English during an open house.

Nearly a hundred third graders sang songs and played games with the volunteers while parents looked on.

Shota Nakasone, a third grader at the school, had been asking his mother questions in English all week in preparation for a special visit by Kadena volunteers last week.

Kaori Nakasone, Shota's mother who visited the school during the school's open house, said the nine-year-old has been excited about seeing the American tutors.

For Tech. Sgt. Caron Glen, 18th Component Maintenance Squadron, getting out to the school and teaching English is something that brings him closer to the native culture.

"I enjoy being around kids and the local culture, so English tutoring is a great way for me to do both at the same time," he said.

Sergeant Glen said he got started on the bi-weekly tutoring program after attending an Easter Egg Hunt sponsored by the 18th Wing public affairs community relations office last year.

"It was at that time that public affairs told me about the on-going English tutoring program," he explained. "I went to the next class and haven't missed a class since."

Capt. Dorothy Martino, 82nd Reconnaissance Squadron, has been tutoring at the school for nearly two years. She says she volunteers because she wants to give something back to the Okinawan people.

"I hope the local people see that we are eager



Air Force/ Staff Sgt. Jason Lake
Airman 1st Class Caleb Lloyd, 82nd Reconnaissance Squadron, Capt. Heather Dunlap, 18th Wing command post, Eugene Stump Jr., son of Lt. Col. Eugene Stump with the 18th Wing inspector general office, and Senior Airman Edward Pohl, 18th Component Maintenance Squadron, give high fives to students as they enter a classroom at Kitami Elementary School.

to give back to Okinawans and that we appreciate our time here on the island," she explained. "I think I've learned as much about their culture as they have about ours through this program. It's definitely worthwhile."

Currently, the 18th Wing public affairs community relations office organizes visits to three different elementary schools each month.

Takako Fukuhara, 18th Wing PA, said the goal is to get volunteers who can come on a regular basis, but casual volunteers are also welcome.

"We understand that everyone has mission requirements, but we would like to have regular volunteers because the kids can open up easier with someone they've learned with over a longer period of time," she said.

People interested in tutoring can e-mail: takako.fukuhara@kadena.af.mil.



Air Force/ Staff Sgt. Jason Lake
Senior Airman Jacinta Wallin, 82nd Reconnaissance Squadron, plays a flashcard matching game with Kitami Elementary School students.

Medal of Honor recipient remembers war in Vietnam

By Capt. C.K. Keegan
18th Wing Public Affairs

Joe Jackson lives a quiet life. He spends Mondays providing food for his local food bank. On Tuesdays he hangs out with "buddies" eating breakfast and sharing "war stories." The rest of the week he describes as, "just normal stuff."

He is the teddy-bear grandpa who puts his family first and believes it's extremely important to tell your children, "I love you." He says he always makes sure to hug and kiss his son, even though his son is 50 years old.

He has trouble hearing; a hearing aid helps him, but it's not always enough. His once perfect vision has deteriorated, but none of that gets him down. He still walks with confidence. His bearing commands respect and disguises his 80 years.

"At my age, I'm just happy to be anywhere," he said, "especially on this side of the grass."

Besides about 10 speaking engagements a year, which takes him all over the globe, Colonel Jackson is living a life of peace in the arms of retirement.

But 36 years ago, the scene for Colonel Jackson was anything but peaceful.

Mother's Day 1968

It was Mother's Day, May 12, 1968. When then Lt. Col. Jackson and his team were pulled off their regular duty at Da Nang, Vietnam, and directed into the skies above Kham Duc to assist with an evacuation.

An estimated 4,000 to 6,000 Viet Cong were overrunning Kham Duc, a small village of South Vietnamese soldiers, their families, a green beret contingent and an Army engineer unit. The fighting started two days earlier with the VC raining down fire-power from the surrounding hills.

"I pulled two flak vests that day; one to wear and one to sit on," said Colonel Jackson. "I knew what part of my anatomy I wanted to protect."

By the time Colonel Jackson arrived in his lumbering, unarmed C-123 light transport, the evacuation was almost complete. Of the 1,500 people evacuated that day, 257 lives were lost, and eight American aircraft littered the ground around the airstrip. An Army Chinook, still on fire and sending up black smoke, was downed on the runway, reducing its length from 5,000 feet to 2,200 feet.

A C-130 had picked up the rest of the survivors, but a three-man combat control team stayed on the ground to look for any stragglers.

It had been their responsibility to land, unload and direct aircraft bringing in supplies and reinforcements - reinforcements which hadn't made it in time.

Instead, they spent the day coordinating incoming flights, and getting people to their transports while ammunition dumps exploded around them.

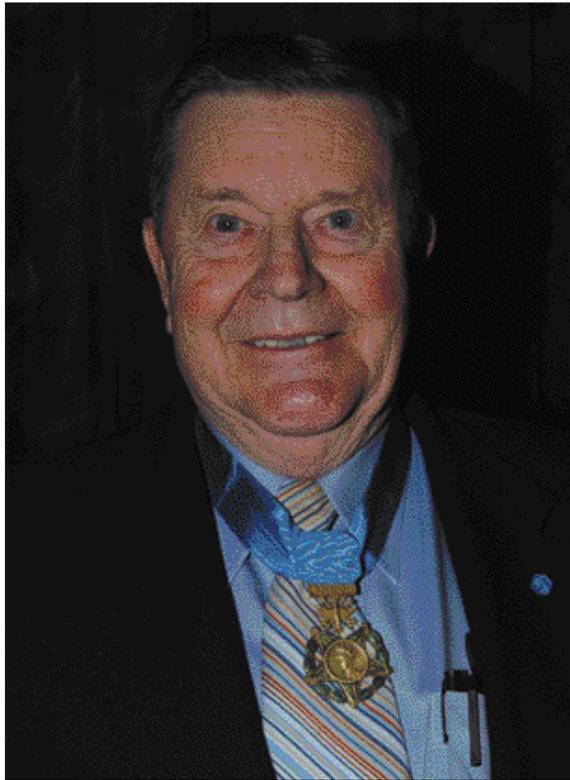
They combed through the village, but it wasn't too long before the team realized the village was empty. With all radios and communication destroyed by the VC, they were stranded without the capability to notify anyone of their presence.

The airborne command post gave the order to level the area, and it was the C-130 pilot who alerted the command post of the three people still on the ground.

"There was dead silence," said Colonel Jackson.

By this time, the VC were advancing and had set up a .51-caliber machinegun on the air strip. The three combat controllers sought shelter in a drainage ditch along the strip, while munitions and fuel continued to explode around them.

Then the call went out for someone to go in. Another C-123 crew volunteered but, after landing, were unsuccessful in locating the team. Just as it lifted off, the pilot spotted them.



(Ret.) Col. Joe Jackson, a Vietnam War veteran and Medal of Honor recipient, shared his war experiences with Kadena airmen during a presentation at the Rocker NCO Club Monday.

Unable to stop, and low on fuel, the plane had to return to base.

"God as a copilot"

The VC were now less than 200 yards away.

Colonel Jackson had been watching the events from 9,000 feet. He witnessed the fire power unloaded on the rescuing aircraft, and saw the desolation engulfing the entire valley. Without hesitation, he turned his plane in preparation to land.

Colonel Jackson's thoughts were on getting in and out as fast as possible.

"I had an appointment that night and didn't want to be hanging out," he said.

He also knew a slow moving airplane was a huge target.

In a maneuver usually reserved for fighter jets (its success still amazes him), Colonel Jackson began a steep dive toward the ground at eight times the speed of a normal cargo aircraft.

He had put his flaps up in order to slow the plane, but he was worried the flaps would malfunction, causing the aircraft to pick up too much speed and send the crew crashing to the ground; all while making a 270 degree turn to line-up with the runway.

They touched down within the first 100 feet. Colonel Jackson pushed on the breaks and sought control of the speeding aircraft. He was afraid if he reversed his propellers to slow down, it would blow out his auxiliary engines, which he needed for their escape. Miraculously, the plane came to a stop just opposite of the three guys.

The men started running toward the front of the aircraft.

"Why are they running to the front?" Colonel Jackson asked. "I can turn faster than they can run."

He said it was the biggest lie he ever told, "Roger Banister wouldn't have had a chance with these guys." Mr. Banister was the first man to run a mile in under four minutes.

The combat controllers got on board and the plane started to turn. It was then the enemy fired a 122mm rocket at them. It sped straight at the front of the aircraft. It stopped right in front of the nose gear, broke open, and sizzled... a dud.

They were on the ground less than a minute.

"Someone once told me God must have been my copilot that day. But thinking about it, I would have to disagree. Major Jesse Campbell was my copilot, I was the pilot... God was the aircraft commander," said Colonel Jackson.

Despite heavy artillery, the closeness of the enemy to the aircraft, and the trademark slow speed of the C-123, the aircraft didn't have a scratch on it. No bullet from the enemy ever found its mark.

Courage rewarded

On Jan. 16, 1969, President Lyndon Johnson presented Colonel Jackson the Medal of Honor for the daring rescue of a three-member Air Force combat control team.

Several who have written about the events of that day have called it one of the most daring rescues of the Vietnam War.

Keith Ferris, a painter of military aircraft and events, called his depiction of the rescue, "The Miracle at Kham Duc."

Colonel Jackson just knows it's a painting he never wants to pose for again.

Joe Jackson shares his story in hopes it inspires people to be more dedicated to the Air Force and the United States of America. He encourages them to, "work hard, be honest, and serve with integrity."

He was on Okinawa Monday and Tuesday and then headed to Yokota with a full schedule of speeches and engagements.

"I told them I'm 80 years old and to take it easy on me," he joked. "But I don't think they were listening."

He says he is looking forward to getting home to his wife and returning to his peaceful life. The same place where his Medal of Honor gets its rest too.

How many Medals of Honor have been awarded?



Air Force Medal of Honor

On Jan. 16, 1969, President Lyndon Johnson presented Colonel Joe Jackson the Medal of Honor for the daring rescue of a three-member Air Force combat control team. Colonel Jackson was one of 240 servicemembers to receive the Medal of Honor for actions during the Vietnam War. There have been 3,429 Medals of Honor awarded to members of all military services throughout American history. Below are the number of medals presented during various conflicts.

| | | | |
|-------------------------|-------|------------------------|-----|
| Civil War | 1,520 | Peace time (1865-1870) | 2 |
| Indian Wars (1861-1898) | 428 | Peace time (1871-1898) | 12 |
| Korea (1871) | 15 | Peace time (1899-1911) | 103 |
| Spanish American War | 109 | Peace time (1915-1916) | 8 |
| Philippines Somoa | 91 | Peace time (1920-1940) | 18 |
| Boxer Rebellion | 59 | World War I | 124 |
| Vera Cruz (1914) | 55 | World War II | 441 |
| Haiti (1915) | 6 | Korean War | 131 |
| Dominican Republic | 3 | Vietnam War | 240 |
| Haiti (1919-1920) | 2 | Somalia (1993) | 2 |
| Nicaragua (1927-1933) | 2 | Unknown soldiers | 9 |

Kadena hosts Okinawa Marathon

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Nearly 9,000 athletes from all over Japan and the international community ran through Kadena's gates Sunday during one of Okinawa's biggest marathons of the year – the Okinawa Marathon.

The 42 km (approximately 26 miles) race began at Okinawa Comprehensive Park in Awase and eventually made its way through Kadena's Gate 2 and out Gate 5.

Hundreds of Kadena volunteers gutted out the wind and rain to cheer on the run-

ners and hand out fruit, drinks and water-soaked sponges.

More than 200 American runners also participated in this year's international race.

Kelli Molter, one of Kadena's organizers and marathon participant, said the rain was a hidden blessing.

"The rain was good for us because it helped cool us down throughout the race," explained the 18th Services Squadron captain. "If we didn't have the rain we would have been cooked by the sun."

Molter said she heard

about the race last December after running in the Naha Marathon – Okinawa's other major marathon.

Compared to the Naha Marathon, Molter said the Okinawa Marathon route was more difficult.

"The number of hills on this course made it more difficult than the Naha Marathon," she said.

The Okinawa Marathon is the only marathon in Japan that includes a run through a U.S. military installation.

Kadena has been included in the race every year.



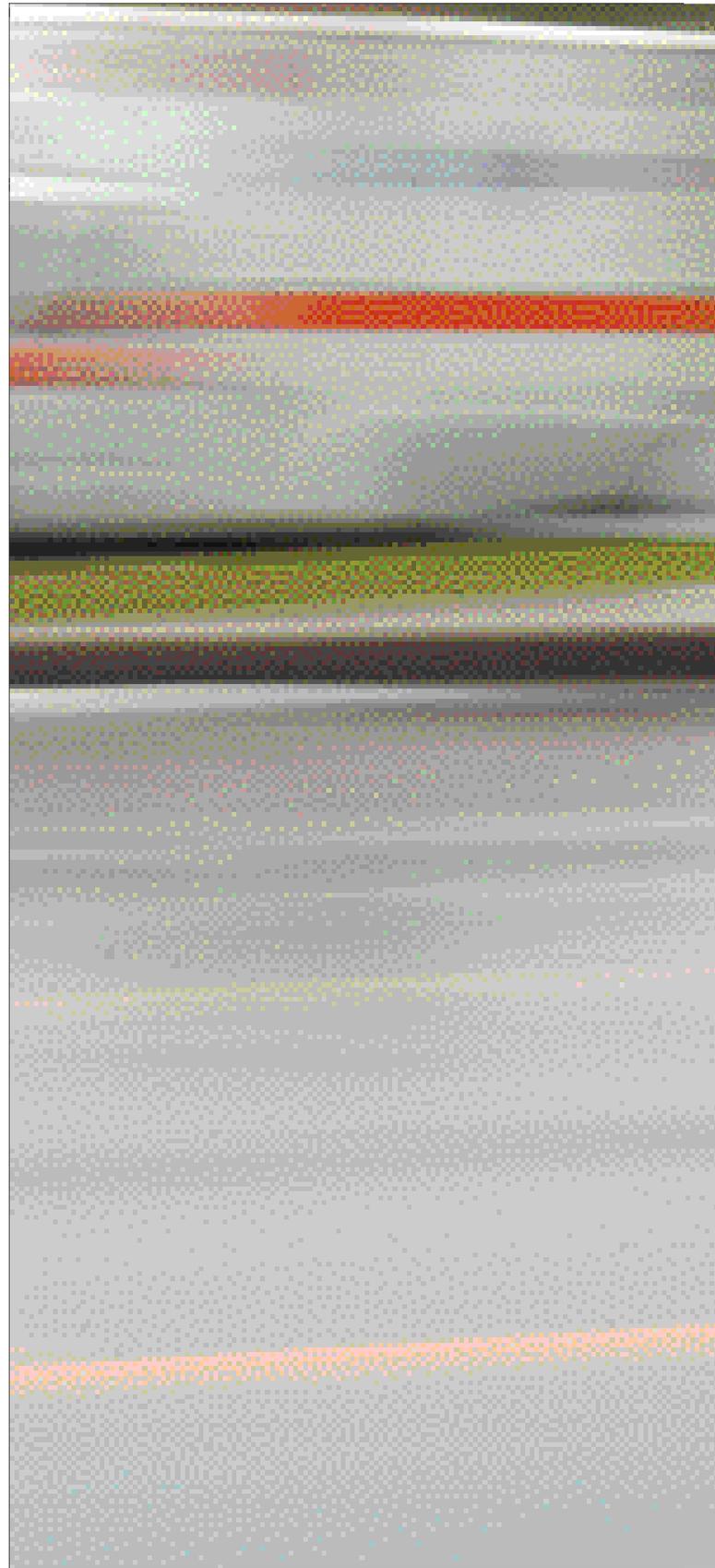
Air Force/ Airman 1st Class Michael Pallazola

(CLOCKWISE FROM TOP)

RUNNER: A Japanese athlete sprints down Kuter Avenue during the 12th Annual Okinawa Marathon Sunday.

WATER: Runners received water, fresh fruit and cheers from volunteers as they jog down Kuter Boulevard Sunday.

JOKE: To lighten up the mood some of the runners wore costumes like the one above.

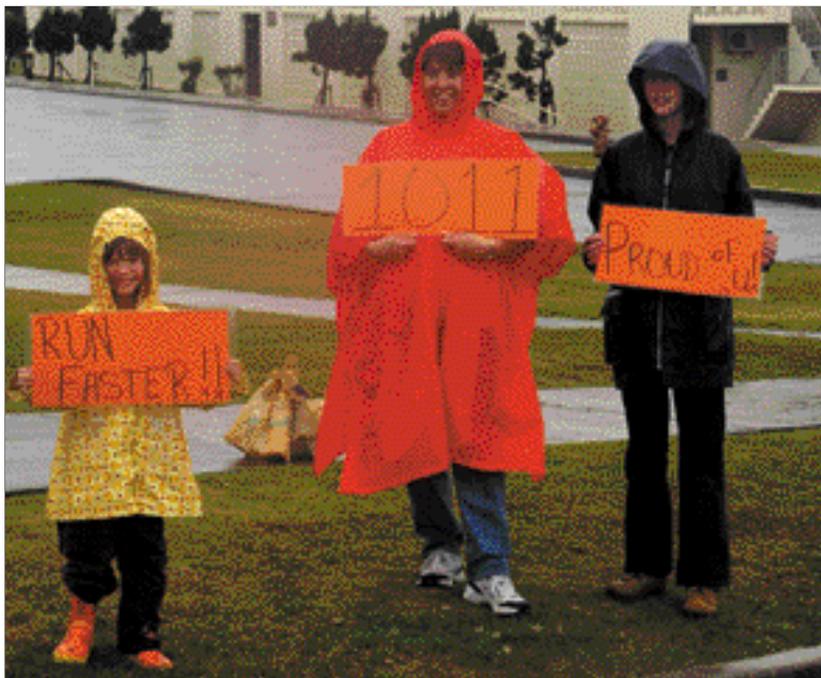




Air Force/ Airman 1st Class Michael Pallazola



st Class Michael Pallazola



Air Force/ Airman 1st Class Michael Pallazola



Air Force/ Airman 1st Class Michael Pallazola

SIGN: (center) Kathi Weller, wife of Master Sgt. Clyde Weller of the 353rd Special Operations Group, and her two daughters Cierra and Cailin, hold up signs of encouragement for their father and the thousands of other athletes that passed through Kadena's Gate 2 Sunday.

KARATE: A student of the Kenryudoushikai Karate team warms up to perform for volunteers and runners passing through the base.

Deployed fuel flight staff powers Tallil

by Tech. Sgt. Bob Oldham
407th Air Expeditionary Wing
public affairs

TALLIL AIR BASE, Iraq — Last March, they were some of the first Air Force airmen on the ground here and were instrumental in the air war effort against Saddam Hussein's army, increasing the loiter time of A-10 Thunderbolt II attack aircraft by providing the planes additional fuel.

Almost a year later and with the original fuels crew long gone, 23 members of the 407th Expeditionary Logistics Readiness Squadron's fuels flight are keeping the fuel flowing — about 1.1 million gallons every month — to generators, aircraft and base vehicles.

"Everyone here on base, the entire coalition forces, all get their fuel from us initially," said 1st Lt. Peter Lington, the base fuels officer deployed here from Shaw Air Force Base, S.C.

The lieutenant's team makes about 1,750 fuel deliveries a month to customers, including the Dutch, Italians, Romanians, South Koreans and the Army.

Every time airmen use hot water, turn on a light or drive a vehicle, they can thank a fuels troop, said the lieutenant. It is the fuel that runs the generators that provide electricity for hot water and lights.

Flight members monitor more than 960,000 gallons of fuel — aviation fuel, gasoline and diesel fuel — in fuel bladders dispersed around base. More importantly, they monitor the bladders themselves. The bladders, according to Master Sgt. Dwight Collins, the base fuels manager deployed here from Yokota Air Base, Japan, are



prone to leak in the harsh Iraqi environment, requiring maintenance. A fuel bladder that cannot hold fuel can have a negative impact on the base's mission and damage the environment.

"Our storage has been our biggest challenge," said the lieutenant. "We've had to do a lot of repairs, fix a lot of leaks."

Being here during the rainy season has also complicated matters for the flight.

"We were getting two or three trucks stuck a day," Sergeant Collins said. "Our transportation brethren did

a great job. They basically followed us around and pulled us out."

Flight members worked with the base civil engineers to improve unloading operations at various points around base, which they hope will help future rotations when the rainy season comes again.

Besides storing and distributing fuel, flight airmen operate a laboratory to test fuel, a command-and-control center to track the flight's activities and a vehicle maintenance shop to repair the flight's fleet of vehicles, which includes nine R-11 refueling



Air Force photos by Tech. Sgt. Bob Oldham

ABOVE: Senior Airman Romanuel Carter, deployed from Kadena's 18th Logistic Readiness Squadron, prepares to fill a generator with diesel fuel.

LEFT: Senior Airman Kasey Saunderson, deployed from Kadena's 18th LRS, pours aviation fluid through a funnel to test the amount of solid matter in a fuel sample.

trucks and three smaller trucks for gasoline and diesel. In addition, the cryogenics section stores liquid oxygen used by aircrews and the medical group's patients to breathe and liquid nitrogen for use in emergency fire suppression and to "air up" aircraft tires.

Whether it is seeing a C-130 Hercules flying overhead, taking a hot shower at night or working under a bright light in a tent, the members of the fuels flight have numerous daily reminders of how vital their job is to the success of the base.

Changes to LES may reduce identity theft

ARLINGTON, Va. — Leave and earning statements for all service members and Defense Department civilians, and paychecks for military retirees will soon have more identity theft protection.

Over the next several weeks, the Defense Finance and Accounting Service will drop the first five digits of a person's Social Security number from all pay statements and checks to guard against identity theft.

"The changes apply to everyone," said Patrick Shine, acting director of DFAS. The proposal "originated internally and will be phased in over the next couple of pay periods."

Reports of identity theft have substantially increased in recent years, according to the Federal Trade Commis-

sion, which monitors the issue.

This change is to be for all hard copy leave and earning statements.

This does not apply to electronic copies of statements found on myPay, the online system for access and control of customers personal pay information.

Five years ago, the number of identity theft complaints to the FTC was roughly 23,400.

By 2001, the rate had more than tripled to about 86,200.

Based on figures released in January, the number of complaints of identity theft nearly topped 215,000 for 2003.

The Social Security Administration also has taken the same step of eliminating the first five Social Security numbers on the millions of checks it issues.

Air Force ready for 2005 BRAC

by Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — The Department of Defense published in the Federal Register on Feb. 12 the criteria that will be used in selecting installations for the 2005 round of base realignment and closure.

Air Force Director of Installations, Environment and Logistics Nelson F. Gibbs spoke that same morning to the House Appropriations Committee subcommittee on military construction about the state of the Air Force's BRAC program.

"Air Force professionals at all levels have made great progress to prepare for BRAC 2005," Mr. Gibbs told the committee in his prepared testimony.

That preparation, Mr. Gibbs said, involved the creation of an Air Force office for basing and infrastructure analysis to act as the focal point for Air Force BRAC 2005 efforts. The major commands followed suit, creating their own offices to support the process, he said.

"Today, there are (more than) 150 full and part-time Air Force professionals engaged in preparing for BRAC 2005," Mr. Gibbs said.

Lessons learned from previous rounds of BRAC will help the Air Force better deal with property that may be affected by the BRAC 2005 round, Mr. Gibbs said.

"The Air Force has made significant progress in transitioning the installations identified for closure or realignment in previous rounds of BRAC," he said. "Turning to BRAC's past, the Air Force continues to work with local reuse authorities and other property recipients at each realigned and

closed base from the four previous rounds of BRAC to transfer property."

Most importantly, Mr. Gibbs said, the Air Force will be better prepared through the BRAC 2005 process to deed property faster than in previous BRAC rounds.

The Air Force is currently in the process of disposing of more than 87,000 acres at 32 locations, Mr. Gibbs said.

He also told committee members that despite what may be said on the Internet, referring to a fake story that has been circulating for some weeks, no decisions have been made as to what bases will be closed or realigned.

"No one can know the department of the Air Force's basing structure requirements for the 21st century until the BRAC 2005 process is finished," Mr. Gibbs said. "(Air Force officials affirm) ... that regardless of what may have been published on the World Wide Web, there is no Air Force BRAC list."

Mr. Gibbs said the final list of base closure recommendations will not be available until after May 2005.

"...regardless of what may have been published on the World Wide Web, there is no Air Force BRAC list."

Nelson Gibbs

Air Force Director of Installations, Environment and Logistics



Air Force/ Airman 1st Class Heather Tower

Happy birthday!

Senior Master Sgt. Joan Johnson cuts a birthday cake with the youngest member attending a birthday party at the Marshall Dining Facility Sunday. The 18th Services Squadron sponsored the free birthday party for meal card holders with birthdays in December, January and February.

Kadena Activities

Photo contest: 18th Services Squadron officials recently announced plans to hold a photo contest from Monday until June 1. Photos taken during any Services activity, event, program, or facility such as: a sporting event at the Risner Fitness Center or a day out at Okuma, are eligible for the contest. The winner will receive \$500-worth of gift certificates. Photos can be dropped off at the Services Marketing Office, Building 435 along with the contestant's name, phone number, rank (if applicable) and pictures title/description.

Pampered Pet Day: The Kadena Karing Kennel will hold a pampered pet day adoption campaign at the Kadena base exchange from 11 a.m. to 2 p.m. March 13. For more information, call 632-4062.

Discover classes: Visit the Schilling Community Center and sign up for one of the following Discover classes: Karate, Calligraphy, Rinkin Band, a local tour or golf.

Kadena ITT

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

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

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

Clubs

March 8: The Rocker NCO Club will be closed for an annual function.

March 13: *Comedy Jam*, begins at 8 p.m. at the Rocker NCO Club. A.J. Jamal will perform with Olivia Arrington, Charles Washington and Dean Howard. Cost is \$5 for members and \$10 for non-members.

March 17: *Membership Night*, 5 to 7 p.m. at the Banyan Tree Club. Enjoy a complimentary buffet-style dinner followed up by comedy showcase featuring

Charles Washington and Dean Howard at 8 p.m.

March 17: *St. Patrick's Day Membership Night*, 5 to 7 p.m. at the Rocker NCO Club. Enjoy a free dinner in addition to games and prizes.

Kadena Library

March 27: *Suessentennial Party*, begins at 9:30 a.m. Children ages three to six are invited to celebrate Dr. Seuss's 100th birthday. Three Dr. Seuss books will be read and all children will receive coupons and be eligible for prizes. For more information, call 634-1502.

Kadena Arts & Crafts

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

Youth Center

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

Schilling Community Center

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

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

March 7: *DVD and Video Swap*, 10 to 4 p.m. Pre-owned material will be sold.

Okuma

March 8-10: Okuma Joint Service Recreation Facility will be closed March 8-10 for annual maintenance and training.

Family Support Center

Today: *Checkbook Management*, 2 to 4 p.m.

Movies

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

Keystone Theater

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

Saturday: noon, Peter Pan, PG; 4 p.m., Big Bounce, PG-13; 7 p.m., American Wedding, R

Sunday: noon, Cheaper by the Dozen, PG; 4 p.m., Big Bounce, PG-13; 7 p.m., Cheaper by the Dozen, PG

Monday: 7 p.m., American Wedding, R

Tuesday: 7 p.m., Cheaper by the Dozen, PG

Wednesday: 7 p.m., Cheaper by the Dozen, PG

Thursday: 7 p.m., Barber Shop 2, PG-13

March 5: 6 p.m., Teacher's Pet, PG; 9 p.m., Barbershop 2, PG-13

Foster Theater

Today: 6 & 9 p.m., Barbershop 2, PG-13

Saturday: 1 p.m., Peter Pan, PG; 4 p.m., Cheaper by the Dozen, PG; 7 & 10 p.m., Barbershop 2, PG-13



Chapel

Catholic

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

Protestant

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

Hindu service: noon on Mondays at Chapel 1

Eastern Orthodox service: call 645-7486

Jewish services: call 637-1027

Islamic services: call 636-3219

Doggy Dash nets 1,000 lbs. of food for kennel



Air Force/ Airman 1st Class Michael Pallazola

Chazz, an 83-pound English bulldog, stops half way through the race to sip some water from his master, Robert Binney, a staff sergeant from the 353rd Maintenance Squadron. Members of the 18th Security Forces made sure Chazz, and other canines, had enough running space.

by Staff Sgt. Jason Lake
18th Wing Public Affairs

Dozens of doglovers dashed down Douglas during Doggy Dash 2004 Saturday.

More than 40 dogs of all shapes and sizes and their masters turned out for the Air Force Association's Doggy Dash which started at the Risner Fitness Center and ended at Chapel 1 on Douglas Boulevard.

Holly Azbell, a staff sergeant from the 82nd Reconnaissance Squadron and organizer of the event, said the goal of the race was to raise food for Kadena's Karing Kennels. Each contestant had to bring a bag of dog or cat food or cat litter in order to participate.

More than 1,000 pounds of food was raised in addition to a few hundred pounds of cat litter.

Azbell said this year's contributions dwarfed last year's rate.

"This year we had three times as much donated as last year," she said. "We had a great turnout."

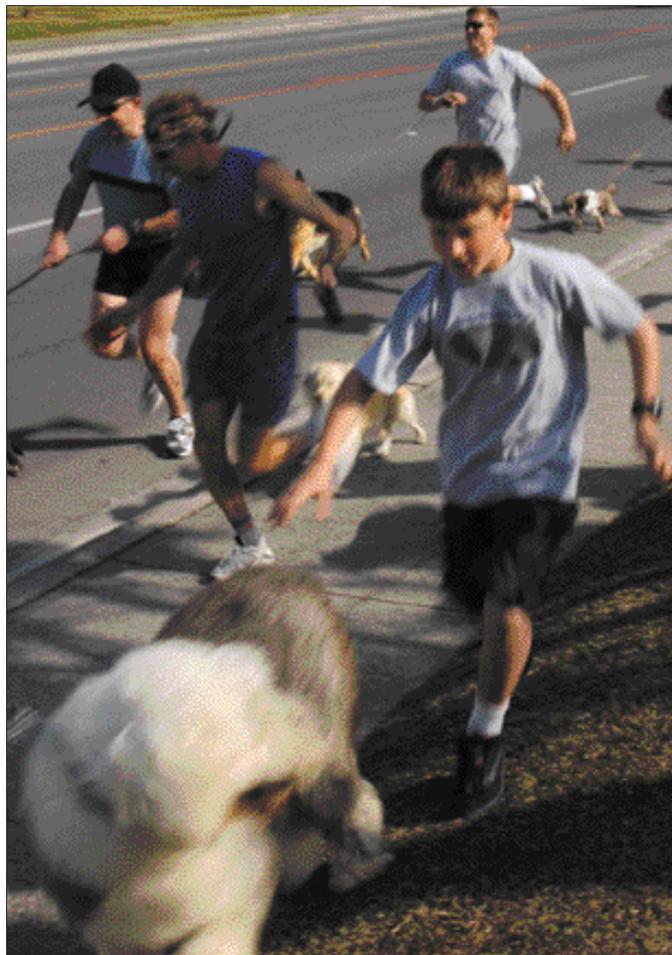
Dave Elger and his two dogs, Bucky and Sumo, were the first to cross the finish line after only 5 minutes, 45 seconds.

Elger said he's been running with the two dogs every morning ever since he picked them up off the streets.

Despite having three children and an infant at her side, Mary Young took the time to bring her dog, Kira out to the race.

For carting a stroller, leash and three other children, Young was awarded the "Judges Choice" plaque for determination.

One of the less motivated, but better dressed dog's



Air Force/ Airman 1st Class Michael Pallazola

Dog and dog owners alike dash down Douglas Boulevard during Doggy Dash 2004. The charity race raised more than 1,000 pounds of food for the Kadena Karing Kennels.

of the race was Chazz, an 83-pound English bulldog.

Robert Binney, a staff sergeant from the 353rd Maintenance Squadron, said it took more than an hour to design his bulldog's battle dress uniform sewn together out of old uniforms.

"He's like one of my kids," he explained. "My wife, Robin, and I don't have any children, so our dogs

are like our adopted children."

Chazz waddled along as fast as he could - taking water breaks every few hundred feet.

In the end, he needed a little help from "dad" as he was the last to cross the finish line in Binney's arms.

The judges named the "tired" bulldog the "Best Dressed" dog of the race.

Sport Standings

Basketball

Division 1

| Team | W | L |
|-------------|----|----|
| 18 EMS (A) | 11 | 1 |
| 18 CS (A) | 10 | 2 |
| 18 CMS (A) | 9 | 3 |
| 18 LRS (A) | 8 | 4 |
| 18 MUNS | 8 | 4 |
| 18 CES | 7 | 5 |
| 18 SFS | 7 | 5 |
| 18 SVS | 6 | 6 |
| 18 AMXS (A) | 4 | 8 |
| 18 EMS (B) | 3 | 9 |
| 733 AMS | 3 | 9 |
| 18 CS (B) | 2 | 10 |

Division 2

| Team | W | L |
|--------------|----|----|
| 18 DS/AMDS | 12 | 0 |
| 353 OSS | 9 | 3 |
| 33 AMU | 8 | 4 |
| 18 LRS (B) | 8 | 4 |
| 18 LRS (C) | 7 | 5 |
| 18 MDOS/MDSS | 7 | 5 |
| 390 IS | 6 | 6 |
| 909/961 | 6 | 6 |
| 18 MSS | 6 | 6 |
| 18 MOS | 4 | 8 |
| 82 RS | 4 | 8 |
| 18 CMS (B) | 1 | 11 |

Racquetball

Division 1

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

Division 2

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

SOURCE: 18th SVS fitness center staff (current as of Feb. 25)

Controllers first to score perfect on AF fitness test

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

Two of Kadena's command post operators, Tony Davis and Heather Dunlap, were the first male and female to accomplish a perfect score on their physical fitness test at Kadena.

While several individuals have since been able to pound out a perfect score, these two fit to fight airmen were able to set the example early on for what is expected of all airmen in the future.

Dunlap, a captain, and Davis, a master sergeant, will be the first to tell you that the new Air Force fitness test is not an end unto itself - it's a benchmark for how you should be living your life as a member of the U.S. military.

"It's been hard to get a routine going here, but working out has been a part of my day since I was 14 years old," said Davis, the 43-year-old native of Chattanooga, Tenn. "Every week day I run six to 12 miles, then on Saturday I run about 10 miles. On Sundays I go for a 40 to 50 mile bike ride."

Dunlap, a 32-year-old from Free-



Air Force/ Senior Airman Mercedes McAlister

Heather Dunlap and Tony Davis, both with the 18th Wing command post, were the first female and male airmen to earn perfect scores on their performance fitness test at Kadena. Dunlap racked up 42 pushups, 50 situps, ran 1.5 miles in 10 minutes, 57 seconds and measured 29 inches around the waist. Davis gutted out 49 pushups, 50 situps, ran 1.5 miles in 8 minutes, 39 seconds and measured 31 inches around the waist.

dom, Wis., also maintains a vigorous workout regimen in order to keep her physical fitness level high. "I run four to five days a week, usually three and

a half to eight miles per day. Then on the weekends I go with my son in the baby jogger for about five miles. When I'm at home I do sit ups and push ups

while I'm watching TV with my kids. They count along with me while I'm exercising. It helps to get the little ones involved."

Davis also noted that having fitness as a part of your lifestyle is necessary to max out the waist measurement portion of the test. "I'm 5 feet 9 inches tall, and I weigh 155 lbs., fortunately my body matches the profile they are going for."

Compared with the bike test, Dunlap was enthusiastic about the new fitness program.

"The new program is good, it's much better than the bike test," she said. "The new fitness standards tests your physical endurance and your cardio. I see people now having to work out in order to pass."

Both Dunlap and Davis were humble about their personal accomplishment on the physical fitness test, noting that because the Wing Staff Agencies tested first they were able to post their perfect scores first.

"They're some amazingly physically fit people here, we were very lucky we got to test early," said Davis.