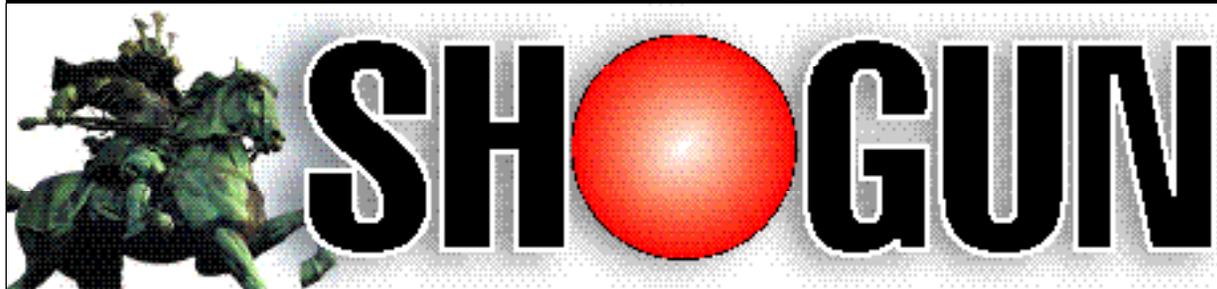


MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	100.0
Monthly flying-hour contract	16.1
Hours flown	-83.9
Monthly offset	
33rd Rescue Squadron	230.0
Monthly flying-hour contract	21.1
Hours flown	-208.9
Monthly offset	
909th Air Refueling Squadron	570.0
Monthly flying-hour contract	109.1
Hours flown	-460.9
Monthly offset	
48th Fighter Squadron	497
Monthly sortie contract	66
Sorties flown	-431
Monthly offset	
67th Fighter Squadron	427
Monthly sortie contract	26.4
Sorties flown	-401
Monthly offset	

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

THE KADENA



Vol. 18, No. 29 Kadena Air Base, Japan Friday, July 9, 2004

WEEKEND WEATHER

TODAY: Mostly cloudy with rainshowers
SW winds @ 12-18 knots
High: 84 Low: 77

SATURDAY: Mostly cloudy with rainshowers
SW winds @ 12-15 knots
High: 86 Low: 75

SUNDAY: Mostly cloudy with rainshowers
SW winds @ 10-15 knots
High: 88 Low: 77

FRIDAY MORNING'S COMMUNITYBANK EXCHANGERATES
BUYING: \$1=Y106 SELLING: Y111=\$1

Aussies honor Kadena Airman

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

Staff Sgt. Clint Thornton, a 24-year-old combat controller assigned to Kadena's 320th Special Tactics Squadron, was awarded the Unit Citation for Gallantry, one of Australia's highest honors at a ceremony in Perth June 9.

For the first two months of the Iraq War, Sergeant Thornton was attached to the Australian Army's 1st Special Air Service Squadron as their liaison to air assets in the theater.

The unit helped clear Iraq's western desert and facilitated a rapid advance of coalition forces into Baghdad.

The citation recognizes Thornton's "extraordinary gallantry in action involving the development and execution of bold, innovative plans in support of complex, high-risk operations in Operation Falconer."

Thornton said his unit made a great impact and his experiences with the Australian SAS were unforgettable.

"They're among the best operators I've ever worked with," he said. "They're efficient, professional and a whole lot of fun."

Sergeant Thornton and the 1st SAS scouted the desert, calling in close air support, establishing roadblocks and hitting enemy targets.

Their mobility was greatly enhanced by long-range patrol vehicles.

"The SAS is very efficient," he said. "Their vehicles are awesome and packed everything you can imagine."

At one point, the group remained in the desert for 38 consecutive days.

It was Sergeant Thornton's job to call in air support for the group or



Air Force/ Master Sgt. Michael Farris

Staff Sgt. Clint Thornton of the 320th Special Tactics Squadron was awarded one of Australia's highest honors -- the Unit Citation for Gallantry -- recently.

other troops in contact with the enemy.

He said the responsiveness of U.S. and coalition fighters was remarkable.

"Within minutes of making a call, we had bombs on target," he said. "It was amazing. My Australian counterparts developed great confidence in

our ability to respond."

The multinational contingent didn't always rely on firepower to achieve their objective.

"We came across a cement factory that we had to clear out," he said. "An F-16 screamed past at 3,000 feet -- breaking the sound barrier and shat-

tering windows. The workers abandoned the factory immediately."

Sergeant Thornton was also impressed with the industrious and creative nature of his Australian mates.

"We took over an abandoned airfield, formerly an Iraqi fighter base," he said.

"There were dozens of MiG 21s and 25s - none flyable. The runways had been cratered by coalition bombs and it was our job to bring them back to life.

The Aussies found a few rusted-out, broken-down tractors and other heavy equipment.

They somehow got them running and a few days later we cleared the first Australian MC-130 to land.

Other memorable missions included patrolling a ridge line and being shot at with a triple-A artillery piece and manning a roadblock on a main highway into Baghdad where they discovered passengers in a car carrying \$750,000 in greenbacks.

Sergeant Thornton was assigned to the 21st STS at Pope Air Force Base, N.C. during his time in Iraq and relocated to Kadena nearly a year ago.

The ceremony in Perth was attended by Australian Prime Minister John Howard, the defense minister and other military and government officials.

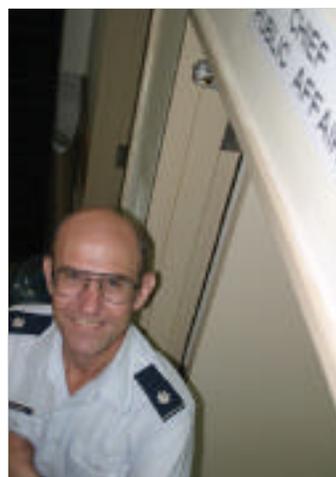
Three other Air Force combat controllers were also assigned to the 1st SAS and received the citation along with Thornton.

They are Tech. Sgt. Ian Vredenburg Staff Sgt. Francis Green, and Tech. Sgt. Neilson

"It was a great honor to stand alongside the men of the 1st SAS as they recognized our efforts," he said. "It was an even greater honor working with them."

Kadena officer retires after 34 years of service

By Master Sgt. Adam Johnston
18th Wing Public Affairs



Air Force/Master Sgt. Adam Johnston
Lt. Col. Kevin Krejcarek

After nearly 35 years -- wearing both enlisted stripes and officer brass -- Air Force Lt. Col. Kevin Krejcarek is retiring.

"I've gone through over half the grades as an enlisted member and half the grades as an officer," he said Wednesday with a laugh.

Colonel Krejcarek, 18th Wing, chief of public affairs, first entered the Air Force as an airman basic in February 1970.

"I came in the Air Force to get the GI Bill because people were hiring folks with an education," Colonel Krejcarek said Wednesday.

"I came in for four years and wound up staying nearly 35 years."

As a "buck" sergeant -- the second phase of life as an E-4 in the old Air Force -- he attended the NCO Leadership School at Kadena.

"I attended classes in the same building as the NCO Academy is in now," he said.

He missed making technical sergeant by 2.5 points after testing the first time.

On Sept. 28, 1979, then-Staff Sergeant Krejcarek, exchanged his enlisted stripes for officer bars.

Summing up a career that spans more than three decades, Colonel Krejcarek -- the longest serving public affairs practitioner in the Air Force -- said there are three highlights he remembers the most.

He once was "sued" for \$11 million for housing deposed dictator -- Philippine

President Ferdinand Marcos -- when he was the public affairs officer at the 15th Air Base Wing at Hickam AFB, Hawaii. The law suit -- which was later dropped -- also named the base commander as a defendant during President Marcos' 30-day stay in Hawaii. "If we didn't house him, it could have led to a civil war which could have cost America much more," he said about President Marcos' exile in Hawaii. Mr. Marcos fled the Philippines as Corazon Aquino overtook the country in democratic elections through a change inspired by "People Power."

One moment that changed Colonel Krejcarek was the death of a friend -- Capt. Brad Schults, a fellow public affairs



Wow...the Air Force has really changed...and not

By Lt. Col. Kevin Krejcarek
18th Wing Public Affairs

When I enlisted, the Air Force was in the middle of the Vietnam War and my goals were simple — get G.I. Bill benefits, go to college and get military service on my resume so I could get hired for a civilian job later.

Thirty-five years later, I've reached two of my three goals.

As I near retirement with almost 35 years of continuous service in both enlisted and officer ranks, I've seen the Air Force "transform."

While other services are just beginning to look at doing that, we've been transforming every single day for years.

Most things change, but some don't. Take aircraft for example.

The C-141 Starlifter was the prominent transport and the F-4 Phantom II was leading the fighter forces.

And then there is the B-52 Stratofortress. While it does go through upgrades, it has been a part of a lot of careers before me and will continue until most of you retire as well.

But there is a whole new lineup of aircraft on the way like the F/A-22 and remotely piloted vehicles.

I've also seen tremendous uniform changes. We had the 1505 tan cotton uniform. These were extremely comfortable wearing, but wrinkled really bad.

It was also the only uniform where you could make the pants into shorts.

With this variation, they

had to be 2 inches above the knee and you had to wear green socks which came to 2 inches below the knee.

Then there was the tropical pith helmet to complete the ensemble.

Thank goodness they finally changed that to the flight hat.

I wore that combination with a friend on the last day it was authorized.

After the 1505s came our first short-sleeved light blue shirt.

There weren't any epaulettes on them then and officers could either embroider their rank on the collars or wear the metal rank insignia.

It looked pretty neat, but I was a junior enlisted at the time and had stripes instead. But around this time I was a

sergeant which was also a noncommissioned officer. There was no senior airman at that time.

Technology also exploded. For the first decade I used a manual Underwood typewriter...and correction tape or white out.

Wow, what a luxury when the electric IBM Selectric's came out and then those were upgraded with a correcting feature.

Never mind the computers back then, because they used punch cards and primarily did spreadsheets.

We also had dial -- not pushbutton -- telephones. I also remember the first "portable" cell phone. It weighed about 50 pounds, most of it taken up with the battery.

Even with uniforms and aircraft and computers and cell phones, the absolute best part has been the PEOPLE. Whether it was the guys next to me in early 1970 swearing in to serve their country or the young airman basic coming to us today from basic training, they have been the reason why I've stayed.

It definitely wasn't the money. It was the people, the camaraderie and their pride to serve. It's the people that I will miss the most.

So carry on the pride and tradition as you continue to help transform our continually evolving Air Force. You are one of those people making the difference. Everyone and every job is important, otherwise you wouldn't be wearing blue.

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen.
Jan-Marc Jouas
18th Wing
commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into

it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

PHONE NUMBERS

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

Uniform wear in cars

Today I was approached by one of my troops with a concern. Apparently he was driving to work and had taken his uniform top off while in his car. When he pulled into the parking lot he stepped out of his car and was putting his shirt and hat on when a car who had been following him pulled in behind him. The individual in the car -- a chief master sergeant -- told my troop that he was not allowed to drive in his car without a uniform top on and then drove off.

What if this was taken a step further?

For instance, let's say I was driving home from work (with my uniform blouse draped over my passenger seat) and I look in my rear view mirror to see a car directly on my bumper flashing its headlights and motioning for me to pull over. Since I don't know this person, I probably wouldn't pull over. Now, this person following me decides that my not pulling over is "disrespectful" and decides to "pull me over." At this point it would be fair to say that I had a reasonable fear for my safety.

Sir, I know of several individuals who do this for various reasons; the most common one is to avoid wrinkling a freshly ironed uniform shirt. I personally don't wear my hat in my car while driving. I was wondering

if you could give me some guidance on this so I may pass it on to my troops.

I have looked through AFI 36-2903 and the 18th Wing Supplement to AFI 36-2903 and have not been able to find any guidance pertaining to this matter.

Air Force Instruction 36-2903 requires all military members to be in full, proper military uniform at all times when wearing the uniform. The only exception to this is when they are performing arduous duties in their immediate work area; under those conditions, they may be authorized to remove their BDU blouse.

The answer to your question is no. Many of our personnel use the excuse that they did not want to get their uniform wrinkled before coming to work. However, the other question is: How did they get to their vehicle without being in a proper military uniform? Opposite of popular opinion, it is not authorized to go to and from your quarters or anywhere else while in uniform without being completely dressed in the uniform as required.

Whether we are leaving our homes, duty sections, or any other place while wearing our uniforms, it is our responsibility to be completely dressed and in compliance with the dress and appearance AFI at all times.



18th Wing Commander.....Brig. Gen. Jan-Marc Jouas
Public Affairs Chief.....Lt. Col. Kevin Krejcarek
Deputy Public Affairs Chief.....Capt. CK Keegan
Public Affairs Superintendent.....Master Sgt. Brad Carder

Kadena Air Base Editorial Staff

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

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

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SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Malia L. Paez

18th Medical Operations Squadron, health services management craftsman
Hometown: Waipahu, Hawaii

Reason for nomination: According to her nomination package, "She is the ultimate professional -- in her interactions with patients and staff and her appearance. She can always be counted on to "make it happen."

Time at Kadena: 2 years, 6 months .

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



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

CHANGES OF COMMAND: Lt. Col. Stephen P. Melroy will assume command of the 18th Aircraft Maintenance Squadron from Lt. Col. Robert E. Mitchell today at 10 a.m. in the Rocker NCO Club.

• Col. Walter R. Cayce will assume command of the 18th Aerospace Medicine Squadron from Col. Paul A. Young on Monday at 4:18 p.m. at the Kadena Officers' Club.

• Lt. Col. Derrek D. Sanks will assume command of the 718th Civil Engineering Squadron from Lt. Col. William A. Kitch Thursday at 9 a.m. at the Rocker NCO Club.

SOFTBALLTOURNEY: The Kadena Top 3 is hosting a softball tournament July 16-18. The entry fee is \$125 per team.

OPERATIONKUDOS: A rescheduled Operations Kids Understanding Deployment Operations will kick off July 24 from 10 a.m. to 4 p.m. Children ages

five to 15 are invited to learn how their parents gear up for military deployments through hands-on experience. Organizers say slots are still available and participants need to register at Building 99, the family support center from 7:30 a.m. to 4:30 p.m.

SENIORNCOS: The 353rd Special Operations Group will hold its annual senior NCO induction ceremony on July 24 at the Kadena Rocker NCO Club. Social hour will begin at 6 p.m. and dinner is served at 7 p.m. Dress for the occasion is mess dress or semi-formal for military and business attire for civilians. Cost is \$20 for club members and \$22 for non-club members. For more information or to purchase tickets please call: Master Sgt. Johns at 634-8517, Master Sgt. Jones at 634-6416, Master Sgt. Click at 634-2786, Master Sgt. King at 634-6701 or Master Sgt. Marbut at 634-6192.

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

Okinawa news in review

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

The following is a synopsis of articles about Kadena and U.S. military that appeared in the locally published newspapers Okinawa Times and the Ryukyu Shimpo between June 30 and July 6. The purpose of this weekly article is to increase the awareness of Kadena's primary audience of issues the Okinawan community shows high regard.

□ In an effort to create employment opportunities, Naha City in conjunction with Naha Chamber of Commerce started classes designed to educate business owners on the needed skills for obtaining contracts with the U.S. military. Ministry of Health, Welfare, and Labor funded this education seminar.

According to the city and chamber reports, the U.S. military spends about 60 billion yen annually for contract work. Local companies

only acquire about 18% of the contracts, losing out to overseas and mainland companies.

□ The Beach Tower Okinawa, the highest building in Okinawa, was completed at Mihama, Chatan Town, June 30 and will open July 15. The resort hotel is a 24-story building that stands 81.73 meters above ground level, has 280 rooms and can house about 870 guests. The total project cost is around 6 billion yen.

□ Kadena town held the 17th Kadena Boat Race Festival at Kadena fishing port June 27.

The event was held to increase awareness of fisheries, pass on local culture and revive the town through this traditional fishermen event. The participants prayed for another year of safe passage and abundant fishing conditions. Fifty-nine teams participated, totaling about 700 people, and competed in categories for local private companies,

schools, youth, children, and foreign nationals teams.

□ The final session of proceedings for the Kadena noise suit was held July 1 at Naha District Court, Okinawa Branch, but the ruling will not be delivered until 17 Feb. 2005.

During closing statements plaintiffs complained that aircraft noise caused diminished hearing, sleep deprivation and low-weight childbirths. They made requests to U.S. and Japan governments to suspend early morning and late night flying on the base. They also asked for compensation of about 16 billion yen for health damage. Representatives of the Japanese government stated that the alleged health damage is inconclusive and to request suspension of flights is out of their control. Furthermore, anyone who subsequently moved to the area after the previous noise suit will receive little or no compensation, because awareness of the issue increased.

RETIRE: Officer collects 62 medals in 34-year career

Continued from Page 1

officer -- at the start of Desert Shield. "It wasn't a war yet, but it showed me that our field -- public affairs -- is just as important as other fields. We can go too. His death showed me that it's not just the pilots in the Air Force who die," he said.

Providing hope in Operation NEW LIFE, Colonel Krejcarek was on Wake Island helping refugees resettle after the fall of Saigon. "These were families who helped assist the U.S. while we were in Vietnam," he said. "Who knows what would have happened if they remained in Vietnam? It felt good being part of something that gives someone a future," he said.

For Colonel Krejcarek, the future will still involve the military as he will become the chief of media relations at U.S. Forces Korea as a federally-employed civilian. His daughter has followed his footsteps -- she's an Air Force captain in public affairs -- and is assigned there as the deputy commander for AFN (Korea). She now works in the same station where he worked in 1978 as a staff sergeant.

Colonel Krejcarek is also one of a select few who can wear the "A" device on the overseas short tour medal for a



Courtesy

Lt. Col. Kevin Krejcarek, pictured here as a first lieutenant, says he's seen many changes through his nearly 35 years in the Air Force. One of those changes is the move from typewriters to computers.

one-year remote stint at Thule AB, Greenland. The A-device is for arctic service. In total, the colonel, has 22 medals with 35 oak leaf clusters and five bronze star devices -- which means he's been awarded 61 medals in total. The colonel's Air Force Training Ribbon -- the first medal all Airmen receive -- has a "rare" oak leaf cluster because he graduated from both enlist-

ed and officer training courses. While the colonel said he's seen many changes throughout his years in the Air Force -- one thing hasn't changed: the people. "People have become more educated but they still have the same mission for the Air Force and the country," he said. "The terminology has changed," he says, "but, what I'm going to miss the most is the people."

Half 'n' half

Lt. Col. Kevin Krejcarek credits the Community College of the Air Force for his transformation from an enlisted airman to an officer. "Some of my friends had equal qualifications but didn't get commissioned. It was the CCAF that really got me in," he said. The following is a list of the colonel's effective dates of promotion over a career that spans nearly 35 years:

(E-1) Airman Basic.....	Feb. 3, 1970
(E-2) Airman.....	March 18, 1970
(E-3) Airman 1st Class....	Sept. 18, 1970
(E-4) Sergeant.....	March 1, 1971
(E-5) Staff Sergeant....	February 1, 1976
(O-1) Second Lieutenant..	Sept. 28, 1979
(O-2) First Lieutenant.....	Sept. 28, 1981
(O-3) Captain.....	Sept. 28, 1983
(O-4) Major.....	April 1, 1992
(O-5) Lieutenant Colonel..	June 1, 1996

Clothing policy changes for deploying Airmen

SOUTHWEST ASIA (AFPN) — All Airmen deploying to the Central Command area of responsibility must now ensure the clothing they pack is in step with a recent dress and appearance policy revision now in effect.

The most significant change requires Airmen to wear either desert camouflage uniforms or physical training gear while on an Air Force installation in Southwest Asia, said Lt. Gen. Buck Buchanan, U.S. Central Command Air Forces commander.

When the Air Force physical training uniform is made available, it and DCUs will be the only authorized clothing for Airmen assigned to units in theater, unless they are specifically authorized to wear something else, the general said.

General Buchanan's new policy ensures the Airmen's attire portrays a positive military image and supports the area's force-protection posture.

"As a military community, we are increasingly taking on the role of U.S. ambassadors," General Buchanan wrote in the policy letter. "We must also ensure protection of our forces. Accordingly, I have reviewed proper order and discipline requirements and force-protection policies, in regards to dress and appearance, to ensure every possible step has been taken to portray a positive military image and to protect the personnel assigned to this command."

At Army installations in the region, the Army dress and appearance requirements, which parallel the new CENTAF policies, will be the standard for deployed Airmen.

Because the Air Force PT uniform is still in development, Airmen are authorized to wear civilian-style PT gear as long as it is conservative, professional and with only minimal and

Uniform board releases results

WASHINGTON (AFPN) — Air Force officials recently released the results of the 96th Air Force Uniform Board held June 18 and 19.

The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- Establish a standardized Air Force physical training uniform.
- Redesign the female lightweight blue jacket.
- Authorize the lightweight blue jacket to be worn indoors.
- Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.
- Offer the A-line skirt as an optional item.
- Redesign and revise maternity uniforms.
- Authorize the black scarf only with all Air Force uniforms, eliminating white, gray and olive drab options.
- Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.
- Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.
- Allow females to wear small, black spherical earrings when in uniform.
- Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.
- Remove the requirement to wear a tie or tab with short-sleeved shirt or blouse while traveling on a commercial airline.
- Authorize wear of a backpack over both shoulders.
- Authorize only a solid-color black backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.
- Redesign the security forces beret.
- Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.
- Allow males to cleanly shave their heads or have military high-and-tight haircuts; females are not authorized to shave their heads or wear high-and-tight haircuts.

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer. Questions should be addressed to local military personnel flights.

appropriate decoration. Shirts must have sleeves and be predominantly a solid color. Shorts must reach to the mid or lower thigh and can not be made of spandex, the general said.

For duty-related tasks that require civilian clothing, for military travel in and out of the theater, and for locations where Airmen are authorized to leave the installation for cultural or

recreational activities, they must wear conservative clothing. The policy defines "conservative" as sleeved shirts and dress pants or jeans, which fit properly and are a solid, dark color and are in good repair.

Shoes should also be conservative and sturdy. Well-maintained sneakers or hiking boots are recommended while open-toed shoes, sandals and "flip-flops" are prohibited.

The policy gives installation commanders the leeway to authorize people to wear civilian clothing for specific official duties or visits, special activities and specialized PT such as swimming, weight lifting, basketball and volleyball.

The clothing authorized in these instances will be conservative as defined and posted by installation commanders.

A new policy letter specifically states that Airmen deploying to the AOR should bring only a "minimum amount of civilian clothing," defined as no more than two dress outfits and/or two casual outfits, not including standard or specialized PT gear.

"How military members present themselves both on and off duty continues to be an important part of the effect our presence has at locations across the globe," General Buchanan said.

"This policy ensures our Airmen's dress and appearance give the same professional impression that their tireless accomplishment of the mission does every day. And as importantly, the conservative, low profile it creates reinforces our force-protection goals and operations in the theater."

Airmen deploying can get more information or a copy of the policy letter at their local military personnel flight.

Pentagon expands anthrax, smallpox vaccinations

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — More U.S. servicemembers, including those serving in South Korea, will be vaccinated against smallpox and anthrax, the Defense Department's senior medical adviser said June 30.

The availability of additional smallpox and anthrax vaccine will allow for vaccinating all servicemembers assigned to U.S. Central Command, and many serving in U.S. Pacific Command, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

This includes troops assigned in South Korea.

Dr. Winkenwerder said he could not provide the numbers of troops affected by the policy change,

other than saying "tens of thousands" would be vaccinated.

The policy change, he said, was not precipitated by a definite threat increase.

"There is no substantial change to the threat situation," Dr. Winkenwerder said, explaining the increased availability of both vaccines "will provide an additional layer of protection" for servicemembers.

Central Command troops deployed to the Afghanistan and Iraq theaters of operation had been vaccinated against smallpox and anthrax, Dr. Winkenwerder said, but now "all personnel in Central Command" will receive both vaccinations.

Servicemembers serving in selected areas of PACOM, including South Korea, also will receive the

anthrax and smallpox vaccines, Dr. Winkenwerder said.

The cost of administering more smallpox and anthrax shots will run into "the tens of millions of dollars," Dr. Winkenwerder said, but the program would not strain his \$30 billion overall budget.

Medical studies, Dr. Winkenwerder said, have shown that administration of the vaccines poses little threat to servicemembers' health. Since June 2002, the Defense Department has vaccinated more than 750,000 troops against anthrax.

That number, he said, increases to an aggregate of more than 1 million if vaccinations administered since 1998 are factored in. Since December 2002, he said, more than 625,000 troops received smallpox vaccinations.

Pilot wins \$25K Good Housekeeping award, credits God

By Keith Pannell
27th Fighter Wing Public Affairs

CANNON AIR FORCE BASE, N.M. — An unwavering faith, a good clean life and a sparkling career — not necessarily a clean house — earned a 524th Fighter Squadron F-16 Fighting Falcon pilot here a Good Housekeeping award.

Capt. Christina Hopper was presented Good Housekeeping magazine's Woman in Government Award for 2003 recently and will be featured in the magazine's July edition.

The award is given to a woman who "has made a significant contribution toward the advancement of women in government."

Captain Hopper was nominated by base officials here.

"I got a call from the editor at Good Housekeeping telling me I won the grand prize," Captain Hopper said.

"I couldn't believe I had been selected. I literally trembled for about a half hour after I hung up. Then, I called my family and my squadron commander to let them know."

Captain Hopper's husband, Capt. Aaron Hopper an F-15 pilot in the 522nd Fighter Squadron, said he is happy for his wife.

"I am extremely happy for her. It's a tremendous honor for her to have been selected out of such a qualified pool of nominees," he said.

"I think the attention she has received will prove to be very beneficial for the Air Force by encouraging women and ethnic minorities to pursue their dreams in the military, especially if that includes flying fighters."

Attention is something he said his wife has not asked for, but has certainly gotten.



Courtesy photo

Capt. Christina Hopper, an F-16 Fighting Falcon pilot, was presented Good Housekeeping magazine's Woman in Government Award for 2003 recently and will be featured in the magazine's July edition.

In the last year, she has been interviewed by reporters on international news channels and from international magazines.

Captain Hopper said she has spoken with Oprah Winfrey and has done countless local interviews.

"Christina never set out to gain recognition or special attention, but many people have been encouraged by the opportunities she has been given by both God and the Air Force," said her husband.

Captain Hopper said she does not see her faith as a part of her life, rather as the central point in her life.

Her call sign, "Thumper," is not a

play on her last name, but a shortened form of "Bible Thumper."

"I believe every blessing, including this Good Housekeeping award, is a gift from (God)," Captain Hopper said. "My faith gives me the consistent ability to cope with all kinds of stressors."

She said the biggest stressor is the constant separation from her husband because of demands by their different flying squadrons.

"We are often separated by temporary duty assignments or by opposite flying schedules," he said.

"But our relationship is a blessing and gives both of us strength to focus our efforts at work."

"I believe every blessing, including this Good Housekeeping award, is a gift from (God)."

Capt. Christina Hopper

The fighter pilot duo is to be separated again when she leaves for an instructor pilot assignment at Luke Air Force Base, Ariz.

The Good Housekeeping grand prize also came with \$25,000.

"We plan to give a portion of the money to the church, and we'll make a contribution to the squadron," she said. "We don't know about the rest yet."

Captain Hopper was deployed with her squadron in March 2003, when the war in Iraq started.

She and the other squadron pilots were bombing targets the second day of the war.

"The desert experience was unforgettable," she said.

"I can look back on that experience with a deep sense of gratitude. I'm grateful to God, who gave the opportunity to take part in such a life-changing and world-changing event."

She said she also credits the men in the squadron who taught her what she needed to know to stay alive in combat and had enough faith in her to do the job well. "Christina Hopper is an all around exceptional individual," said Col. Jeffrey Stambaugh, the 27th Fighter Wing vice commander.

"She performed magnificently in war, she's active and firm in her faith, and she's a fitness role model. She's simply a wonderfully talented and hard-working person of great character."

Registration drive for overseas voters begins

By Sgt. 1st Class
Doug Sample
American Forces
Press Service

WASHINGTON — With the November general elections coming up, the Defense Department has designated July 4-10 as Overseas Citizens Voters Week to get eligible DoD personnel stationed

abroad registered to vote.

Polli Brunelli, director of the Federal Voting Assistance Program, said in a Pentagon Channel interview that the objective is to get overseas voters involved in the electoral process and to stress the importance of registering to vote.

She said throughout the week voting assistance offi-

cers at overseas military installations, U.S. Embassies and consulates will hold registration drives and other activities to get people to vote.

She noted the emphasis will also be placed on mailing registration forms back in time to meet local and state deadlines.

Brunelli said DoD citizens overseas should register to

vote as early as possible because each mail system is different in countries outside the United States. "Depending on whether their registration forms or ballots are traveling through international mail, or whether they are traveling through APO or FPO mail, they should allow a couple of weeks for the registration forms to get to local election

officials, Brunelli said.

"And local election officials need time to send those ballots back." Brunelli said that the Fourth of July was the perfect time to begin the drive because of the patriotism associated with the holiday.

More information about overseas voter registration can be found on the FVAP Web site.



Air Force Junior Reserve Officer Training Corps cadet Maj. Tomi Yamamoto gasps for air after crawling through the 'pit and the pond' during the endurance course in C...ly. The cadets participated in the annual, weeklong Summer Leadership Program sponsored this year by Marine Wing Support Squadron-172, 1st Marine Aircraft Win... High School.



Marine Corps/ Cpl. Ryan Walker

Air Force Junior Reserve Officer Training Corps cadets Tech. Sgt. Jason B. Hechtman and Airman Loria A. Song secure rope to a concrete support to guide cadets across a muddy pond during water traversing training.



Air Force Junior Reserve Officer Training Corps cadet Tech. Sgt. Jason B. Hechtman and Airman Loria A. Song guide cadets through the 'pit and the pond'. Ninety cadets from Kadena I... Japan; John F. Kennedy High School, Guam; and Osan American H... took part in the annual summer training.



High schoolers attend summer leader training

By Cpl. Ryan Walker
Camp Butler, Okinawa

JUNGLE WARFARE TRAINING CENTER, OKINAWA, Japan — Ninety cadets in the Air Force Junior Reserve Officer Training Corps explored the dense jungle here last month.

“The cadets’ mission was to practice leadership skills in a real-world setting,” said retired Air Force Lt. Col. Phillip J. Norris, JROTC senior instructor, Kadena High School. “Learning to lead a group of people is extremely valuable, and it’s also a chance for them to learn good follower skills.”

The training was part of the annual, weeklong Summer Leadership Program sponsored this year by Marine Wing Support Squadron-172, 1st Marine Aircraft Wing, June 14-20. The cadets were from Kadena High School, Kadena Air Base, Okinawa, Japan; John F. Kennedy High School, Guam; and Osan American High School, Osan Air Base, South Korea.

The cadets started by getting their feet wet during water traversing drills. They learned how to safely cross a body of water using rope secured to concrete supports to guide them across a pond.

“It was hard and tiring,” said cadet Tech. Sgt. Jason B. Hechtman, an 11th grader at Osan American H.S. “It took a lot of motivating to get everyone across.”

The soaked cadets’ next challenge was a one and a half-mile endurance course laced with a series of obstacles. It tested the teamwork and leadership skills of each cadet by bringing out the weakness of individual efforts and the strength of unit cohesion.

The veteran leaders took charge of their units and hiked 30 minutes through the slippery clay hills and mud-riddled trenches of the course. One obstacle that had everyone stuck was the waist-high “peanut butter” mud.

Cadets crawled and latched onto trees, and each other, to escape the grasp of the mud.

“I learned it is important to push myself even when I’m tired and hurting,” said cadet Maj. Tomi Yamamoto, a 12th grader at Kadena H.S. “It’s also important to motivate the team and push everyone to their limits.”

Yamamoto hopes to one day become an officer specializing in linguistics.

Accountability of actions, taking care of each other and unit success were the fundamentals the JROTC instructors wanted to instill in the young men and women.

“The purpose of JROTC is building citizenship,” said Norris. “The kids are a testament to why we do this.”

The cadets’ weeklong leadership program also included communications training, swim qualification, the gas chamber, martial arts, physical training and close order drill.

In addition to their regular academic curriculum, these students are enrolled in a JROTC class during the school year, which meets twice a week for 80 minutes.

“I joined JROTC to become a better leader. It develops the discipline and motivational skills to be a great leader,” Hechtman said. “Nothing comes free in life, and it takes hard work to be successful.”

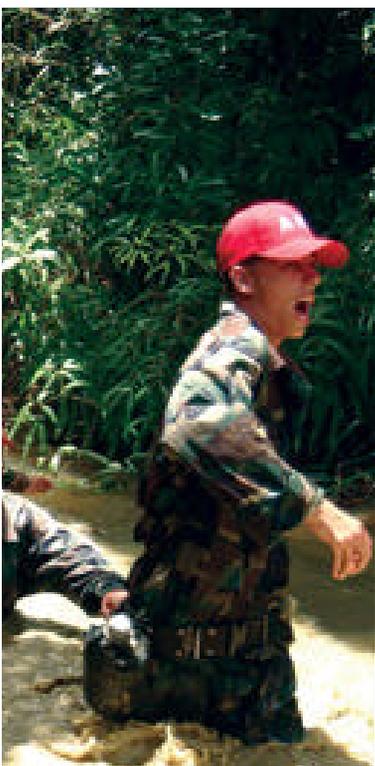


Marine Corps/ Cpl. Ryan Walker
Osan American High School's Northern Training Area recent-
graduate Yamamoto is a 12th grader at Kadena



Marine Corps/ Cpl. Ryan Walker

Air Force Junior Reserve Officer Training Corps cadets use ropes to cross a pond during the Summer Leadership Program here.



Marine Corps/ Cpl. Ryan Walker
Hechtman (right) motivates fellow
cadets at Osan American High School, Kadena Air Base, Okinawa,
South Korea.



Marine Corps/ Cpl. Ryan Walker

Air Force Junior Reserve Officer Training Corps cadet Tech. Sgt. Jason B. Hechtman uses a rope to glide through the muddy pond during water traversing drills here June 16. Hechtman is an 11th grader at Osan American High School, Osan Air Base, South Korea.

Expeditionary mindset provides Airmen stability

By Tech. Sgt.
Orville F. Desjarlais Jr.
Airman Magazine

SAN ANTONIO (AFPN) — Nothing much stands out at the Air and Space Expeditionary Force Center at Langley Air Force Base, Va.

Everything appears normal, except for the inordinate amount of white boards. The boards are standard in meeting rooms, but in every other cubicle?

Here, ideas are jotted down quickly before they evaporate. One can actually read the writing on the wall. Nearly every white board has an expeditionary process spelled out with arrows, acronyms, sources, potential advantages and disadvantages, all just steps away from becoming future Air Force policy.

"Our mission is to take the Air Force's most valuable resource, its people, and provide lethal combat power," said Brig. Gen. Anthony F. Przybyslawski, the center's commander. "We're not dealing with inanimate objects here like on a factory assembly line. We're dealing with people's lives and providing combat capable forces to the warfighter. When we (began supporting the war on terror), we went from deploying 8,000 people to 100,000 people in a couple months. It was truly amazing."

The operations in Iraq and Afghanistan put the Air Force into full afterburner, forcing a 1,250-percent increase in deployments. The conflicts also battle-tested the AEF concept of operations. In the beginning, AEF goals were straightforward: Provide combatant commanders with the right force at the right time, reduce the deployment tempo and take full advantage of the Guard, Reserve and civil-service capabilities.

It is a work in progress, designed to be flexible. It will



Air Force/ Staff Sgt. Quinton T. Burris

Members of the 821st Tanker Airlift Control Element load personal bags onto a pallet for shipment to an undisclosed forward-deployed location, March 27. The 821st TALCE deployed in support of Operation Iraqi Freedom.

continue to react to mission requirements, service needs and the national military strategy while executing the Air Force battle rhythm to deliver versatile and responsive air and space power to meet the warfighter's global security requirements.

For every action the center is a part of, there is a reaction — be it caused by wars, manpower shortages or readiness issues. The center's charter is to keep everything on an even keel. Once its concept solidified, Airmen were organized into 10 AEF "pairs" that deployed, ideally, for three months on 15-month cycles. This system became a way of life for most Airmen and allowed for unit training, adequate reconstitution, and personal as well as professional development while providing stability and predictability in

Airmen's lives. On Sept. 11, 2001, that changed.

"It was like turning on a fire hose," said Master Sgt. Roger Heath of the center's operations division, who arrived there two weeks before the attack on the United States. And it was not just Sept. 11.

Whenever he watched television news, he witnessed the fruits of his labor.

In the past, General Przybyslawski said the cost of engagement was too high. Instead of sending a six-person team to repair a runway, a whole squadron was sent. It was like using a sledgehammer to kill a fly.

"The warfighter now asks for a specific capability, and we provide the weapon system," the general said.

"An Army commander once said he was tired of using \$100 bills to pay bills without receiving change. He wanted a lot of \$5 bills. The Air Force, because we have more than 90,000 specific capabilities and skills, carries around 90,000 nickels to pay bills efficiently."

There are 220 people from 48 different Air Force specialties in the center who provide combat commanders the aircraft and manpower needed to complete a mission.

Capt. Jennifer Allen — who recently returned from a stint at a deployed location — is typical of a center staff member. A majority of them are battle-tested.

"It's hard for a personnel officer to get selected to go to a war zone," the captain said. "I

wanted to get a wartime tasking. Since I was never (against a tasking), I signed up for a remote short tour. Some people think that we in the AEF Center don't know what's going on, but we do."

General Przybyslawski instills the human aspect in the center.

"These are real people we're talking about, not line numbers. We need to take care of people," he said.

That personal care can be extended to the 20,000 people deployed on any given AEF rotation, or even focused on a single person — that is, if that person is being extended.

By his own rule, the general must review every extension.

"I found religion when General [John P.] Jumper [Air Force chief of staff] asked me who authorized extensions — who ultimately made the decision. I said (functional area managers) do. Ever since, I review every extension out there and investigate every action possible so we minimize extensions."

But he does not like to extend people, especially if they are in a remote environment.

"Extensions are like rocks in our shoes; it's not a perfect world. If we have to extend people, we try to tell them before they deploy. Extensions are our last option," he said.

"We take extensions seriously, so much so that the chief of staff will approve all extensions when the new Air Force Instruction on AEF presence policy is soon

released."

To prevent extensions and allow greater continuity for expeditionary commanders in the field, while still providing stability and predictability, General Jumper announced a change in deployment lengths.

Beginning with AEF Cycle 5 in September, AEF deployment lengths will be four months on 20-month rotational cycles.

"Simply put, the demands on our deployable forces have not diminished and are not expected to decline for some time," the general wrote.

The 20-month cycle will continue to provide commanders and Airmen the ability to plan ahead, allowing predictability while providing greater continuity for the in-theater commander.

As part of that predictability, and before Airmen are notified of a deployment, General Przybyslawski said people should put themselves in an AEF mindset and be ready to deploy anywhere in the world when requested.

General Jumper agrees.

"The culture of the ... air and space expeditionary force is ... everyone in the Air Force must understand that the day-to-day operation of the Air Force is absolutely set to the rhythm of the deploying AEF force packages," General Jumper said.

"We need people to get upset when they don't go," General Przybyslawski said.

"The proper mindset is you're either training to go, going or already gone. You're 'sitting alert' until called."



Air Force/Master Sgt. Debbie Aragon

Master Sgt. Tony Davis, incoming Tallil AB, Iraq, command post superintendent, receives a hand-over briefing from Senior Master Sgt. Lawrence Bakula, outgoing superintendent. Sergeant Davis recently arrived here from Kadena as part of Air Expeditionary Force 9 and 10.

TODAY

- ▲ **COMEDY SHOW:** Comedy showcase with comedians Warren Durso and Jamal Doman begins at 10 p.m. at the Banyan Tree Airman's Club. Call 634-0644 .
- ▲ **BANYAN TREE:** Bingo begins at noon. Supersnacks and blast from the past from 5 to 7 p.m. Alternative theme from 7 p.m. to close. Virus Fridaze from 10 p.m. to 3 a.m. Call 634-0644 .
- ▲ **YUI MONORAIL AND KOKUSAI STREET SHOPPING TOUR:** Call 634-4322 for more information.
- ▲ **ROCKER NCO CLUB:** Super snacks social from 5 to 7 p.m. Deja vu with the Doctor from 5 to 8 p.m. Variety dance beats from 8 p.m. to 1 a.m. Call 634-0740 .
- ▲ **NIGHT OWL BINGO:** Card sales begin at 9:30 p.m. and play starts at 10:30 p.m. at the Rocker NCO Club. Play features a progressive coverall reaching up to \$28,000. On average, games will pay around \$750, however some games will pay \$1,000.
- ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **ROCK 'N' ROLL BOWLING:** Rock 'n' bowl fun begins from 10 p.m. to 2 a.m. at Emery Lanes. Call 634-2290 for more information.

SATURDAY

- ▲ **ROCKER NCO CLUB:** Free Maohi Nui Polynesian Entertainment begins at 8 p.m. Call 634-0740 .
- ▲ **COMEDY SHOW:** Comedy showcase with comedians Warren Durso and Jamal Doman begins at 10 p.m. at the Rocker NCO Club. Call 634-0740 .
- ▲ **BATTLE OF OKINAWA TOUR:** Call 634-4322 for more information.
- ▲ **TABLE TOP WARRIORS CLUB:** Club meets from 10 a.m. to 10 p.m. at the Schilling Community Center. Call 634-1387 .
- ▲ **BANYAN TREE:** Bingo begins at 1 p.m. Country night with DJ Leis from 8 p.m. to closing in the ballroom. R&B with DJ Tone from 8 p.m. to closing in the lounge.
- ▲ **NISHIZAKI WATER PARK TOUR:** Call 634-4322 for more information.
- ▲ **BINGO:** Game cards go on sale at 1 p.m. and play begins at 2 p.m. at the Schilling Community Center. Call 634-1387 .
- ▲ **TABLETOPWARRIORS :** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
- ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.
- ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

SUNDAY

- ▲ **FAMILYDAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl.
- ▲ **BANYAN TREE:** Top 40 music from 7 to 11 p.m. Call 634-0644 .
- ▲ **OCEAN OBSERVATORY TOUR:** Call 634-4322 for more information.
- ▲ **ROCKER NCO CLUB:** Bingo starts at 6 p.m. Table and card games from 5 to 8 p.m. Old School Jams from 7 to 11 p.m.

M O V I E S

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

- Keystone Theater**
- ▲ Tonight: Garfield, PG, 6 p.m.
Man on Fire, R, 9 p.m.
 - ▲ Saturday: Garfield, PG, noon.
13 Going on 30, PG-13, 4 p.m.
Garfield, PG, 7 p.m.
 - ▲ Sunday: 13 Going on 30, PG-13, noon.
Garfield, PG, 4 p.m.
Man on Fire, R, 7 p.m.
 - ▲ Monday: 13 Going on 30, PG-13, noon.
 - ▲ Tuesday: Man on Fire, R, 7 p.m.
 - ▲ Wednesday: Laws of Attraction, PG-13, 7 p.m.
 - ▲ Thursday: Dodgeball, PG-13, 1 p.m.
Dodgeball, PG-13, 7 p.m.
New York Minute, PG, 6 p.m.
 - ▲ July 16: Dodgeball, PG-13, 9 p.m.
 - ▲ July 17: Van Helsing, PG-13, noon
Dodgeball, PG-13, 4 p.m.
Dodgeball, PG-13, 7 p.m.
 - ▲ July 18: New York Minute, PG, noon
Dodgeball, PG-13, 4 p.m.
Van Helsing, PG-13, 7 p.m.
 - ▲ July 19: Mean Girls, PG-13, 7 p.m.
 - ▲ July 20: Van Helsing, PG-13, 7 p.m.
 - ▲ July 21: New York Minute, PG, 7 p.m.
 - ▲ July 22: The Notebook, PG-13, 1 p.m.
The Notebook, PG-13, 7 p.m.
 - ▲ July 23: Breakin' all the Rules, PG-13, 6 p.m.
The Notebook, PG-13, 9 p.m.

Summer festivals



Air Force/ Master Sgt. Adam Johnston

Schools throughout Okinawa will be holding festivals on school grounds called Natsu Matsuri or Summer Festival. The festivals routinely have performances and dances by children who attend the school. Parents and grandparents are usually on hand with every type of camera to record the event that is typically open only to people with some connection to the school.

Call 634-0740 .

▲ **IN THE MIDDLE OF IT ALL TOUR:** Call 634-4322 for more information.

MONDAY

- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **JUNIOR SUMMER GOLF CLINIC:** Session runs Mondays through Thursdays from 8 to 9:30 a.m. or 10 to 11:30 a.m. for a maximum of 12 students. Registration is required. Call 634-3900 to register.
- ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
- ▲ **CAKEDECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.
- ▲ **BANYAN TREE:** Bingo begins at noon. 50-cent hamburgers and hot dogs from 5 to 7 p.m. or until supplies run out. Variety dance hits from 7 to 11 p.m. Call 634-0644 .

- ▲ **ROCKER NCO CLUB:** Rock around the clock with C Note from 7 p.m. to closing. Call 634-0740 .
- ▲ **BIRTHDAY BINGO:** Those celebrating a birthday in the month of July will receive a free Bingo book after presenting a valid identification and club card at the Rocker NCO Club. Play begins at 7 p.m.

TUESDAY

- ▲ **TAICHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **BANYAN TREE:** Bingo begins at noon. Rock night with DJ Mad Cap from 8 p.m. until closing. Call 634-0644 .
- ▲ **POOL TOURNAMENT:** Begins at 8 p.m. at the Banyan Tree Air-

man's Club. Call 634-0644 .

▲ **ROCKER NCO CLUB:** Bingo starts at 7 p.m. Karaoke from 7 to 11 p.m. Call 634-0740 .

▲ **COMEDY SHOW:** Comedians Warren Durso and Jamal Doman will headline a comedy show in the Kadena Officers' Club Weekender Lounge from 7 to 8:30 p.m. Call 634-3663 .

▲ **BANYAN TREE:** Bingo begins at noon. 50-cent hamburgers and hot dogs from 5 to 7 p.m. or until supplies run out. Variety dance hits from 7 to 11 p.m. Call 634-0644 .

▲ **ROCKER NCO CLUB:** Rock around the clock with C Note from 7 p.m. to closing. Call 634-0740 .

▲ **BIRTHDAY BINGO:** Those celebrating a birthday in the month of July will receive a free Bingo book after presenting a valid identification and club card at the Rocker NCO Club. Play begins at 7 p.m.

WEDNESDAY

- ▲ **MEMBERSHIP NIGHT:** Free buffet for club members and their spouses from 5 to 7 p.m. at the Rocker NCO Club. No children allowed. Take-out from the buffet is not available. Call 634-0740 .
- ▲ **GRAPE PICKING TOUR:** Call 634-4322 for more information.

▲ **MEMBERSHIP NIGHT:** Free buffet for club members and their spouses from 5 to 7 p.m. at the Banyan Tree Airman's Club. No children allowed. Call 634-0644 .

▲ **MEMBERSHIP NIGHT:** Free buffet for Kadena Officers' Club members only from 5 to 7 p.m. in the Kadena Officers' Club Kudaka Ballroom. Primary club members may bring their spouse or one guest who is not eligible to be a club member. No children please. Call 634-3663 .

▲ **BANYAN TREE:** Bingo begins at noon. Top 40 request night from 8 p.m. until closing. Call 634-0644 .

▲ **COMEDY SHOW:** Show starts at 7:30 p.m. at the Rocker NCO Club. Call 634-0740 .

▲ **ROCKER NCO CLUB:** All that Jazz from 5 to 8 p.m. Ladies night from 8 p.m. until closing. Call 634-0740 .

▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.

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

information.

▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

THURSDAY

- ▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.
- ▲ **SCHOLARSHIPS:** Deadline for essay of 500 words or less on "What Freedom Means to Me" to qualify for top prize of \$6,000. For full rules, eligibility and contest details visit the Officers', NCO or Airman's Clubs for details or get an entry form at: www.pafsv.af.mil/clubs

▲ **TAI CHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.

▲ **JAPANESE CALLIGRAPHY CLASS:** Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

▲ **BANYAN TREE:** Bingo begins at noon. Country night with DJ Chaps from 8 p.m. until closing. Call 634-0644 .

▲ **OKINAWA COMPREHENSIVE WATER PARK TOUR:** Call 634-4322 for more information.

▲ **ROCKER NCO CLUB:** Bingo starts at 7 p.m. Latin variety music from 7 to 11 p.m. Call 634-0740 .

JULY 16

▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

▲ **KUMON MATH:** Math study for children ages 5 to 18 in 40-minute sessions from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

▲ **FREE BOWLING:** Children 9 to 18 bowl for free from noon to 5 p.m. at Emery Lanes. Children 10 and older need only to show an ID card to join, while 9 year olds must be signed in by a parent. Participants must bowl on the designated lanes. A three game limit may apply and a

waiting list will be used when the "free" lanes are busy. Call 634-2290 for more information.

▲ **ROCK 'N' ROLL BOWLING:** Rock 'n' bowl fun begins from 10 p.m. to 2 a.m. at Emery Lanes. Call 634-2290 for more information.

▲ **BANYAN TREE:** Bingo begins at noon. Supersnacks and blast from the past from 5 to 7 p.m. Alternative theme from 7 p.m. to close. Virus Fridaze (Reggae-theme) from 10 p.m. to 3 a.m. Call 634-0644 .

▲ **ROCKER NCO CLUB:** Super snacks social from 5 to 7 p.m. Deja vu with the Doctor from 5 to 8 p.m. Variety dance beats from 8 p.m. to 1 a.m. Call 634-0740 .

▲ **NIGHT OWL BINGO:** Card sales begin at 9:30 p.m. and play starts at 10:30 p.m. at the Rocker NCO Club. Play features a progressive coverall reaching up to \$28,000. On average, games will pay around \$750, however some games will pay \$1,000.

▲ **RIGHT-HAND PERSON'S EVENING:**

As a way of saying "thank you" for all they do, bring your significant other (your right hand man or woman) for an evening of free snacks and fun at the Kadena Officers' Club from 5 to 7 p.m. Call 634-3663 .

▲ **5K RUN:** A Dog Days of Summer 5K run will start at 8 a.m. at the Risner Fitness Center. Call 634-5128 for more information.

▲ **TABLE TOP WARRIORS TOURNAMENT:** Three-day tournament begins at the Schilling Community Center. Game masters are needed. Call 634-1387 .

JULY 17

▲ **TABLETOPWARRIORS :** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.

C H A P E L

Catholic

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

Protestant

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

Strawberries and cream with beluga caviar

Round 1: The Wimbledon lawn tennis championships ended last weekend and a new star emerged.

Young Russian Maria Sharapova put the hurt on powerful Serena Williams, 6-1, 6-4.

How good is she? Well, she's the first Russian to win a singles title at the All-England club; she is the third youngest women's champ (she's 17) since the event began in 1927 and she is the lowest seed -- 13th -- to claim the title. She has certainly captured the attention of the sports world. Now, she must play like a champion if she wants to contend against the likes of Williams and Jennifer Capriati. Next up: Athens and then the U.S. Open. We'll see.

Round 2: Los Angeles Dodgers closer Eric Gagne blew his first save in 85 tries this week, when the Arizona Diamondbacks pushed two runs across in the ninth inning against the powerful reliever to spoil his record-setting save streak. The last time he blew a save was against the Diamondbacks nearly two years ago. Gagne was virtually unhittable during the streak with his 100 mph fastballs striking fear in the hearts of hitters. Gagne's efforts were recognized last season when he was named the National League's Cy Young Award winner — unheard of for a relief pitcher.

Round 3: The Los Angeles Lakers' saga continues. The Lakers laid out a nearly irresistible offer to Duke's Mike Krzyzewski in an effort to lure the hugely successful coach away from his program in the Tar Heel State. After much media speculation, Krzyzewski opted to remain in the Tar Heel state. Coach K is on track to eclipse Texas Tech's Bob Knight a few years after The General surpasses former North Carolina coach Dean Smith's record 879 wins. Knight should do that in two or three more seasons.

Send me an e-mail at:
kadenashogun.sports@kadena.af.mil



By Leslie Lerner



Air Force/ Capt. CK Keegan

Jill Casey, from the Aerobics and Fitness Association of America, grades hopeful aerobics instructors as they teach portions of the certification class.



Air Force/ Capt. CK Keegan

Class members perform one-footed squats as demonstrated by a student instructor during the certification trials.

Aerobics instructors sweat through certification testing

By Capt. CK Keegan
18th Wing Public Affairs

Twenty one hopefuls spent 36 hours of their time performing intense cardio, trying to obtain certification to become an aerobics instructor at Kadena recently. The Aerobics and Fitness Association of America offered aerobic certification and workshops late last month at the Risner Fitness Center.

The four-day trials began June 24 with practical training on Thursday and then certification on Friday. Saturday and Sunday were workshops for current and hopeful instructors, and each day lasted nine hours.

"Everyday I woke up really sore and I was sore for about a week after," said Jenia Thomas, 18 Services fitness specialist.

"But I learned a lot of new stuff, especially in aerobics. It was a great experience."

Jill Casey, master trainer with AFAA, came to Kadena for the certification from Yongson Garrison, South Korea, where she works as an independent contractor.

She said preparing for the certification requires knowledge of cardiovascular application, exercise physiology, kinesiology, injury prevention and nutrition.

She said they have about an 80 percent pass rate. People who aren't able to project their voices, aren't able to motivate others, those who show improper techniques for an exercise, or people who don't pass the written test, don't make it through the certification.

Those already qualified to

teach are required to take classes to keep their certification current, so AFAA also holds workshops during the four-day event.

The certification and workshops are funded yearly, when funds are available, and Dawn Pierce, Risner Fitness Center director, and she said it's an important program especially at Kadena.

"This program was brought to [Kadena] by PACAF and the main reason is because all fitness center directors know how difficult it is to get certified instructors while stationed overseas," said Dawn Pierce, Risner Fitness Center director.

"It makes much better sense, including -- dollars and cents," to have get as many certified [through this program] as possible."

Sports Standings

Softball

Division 1

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

Softball

Division 2

Team	W	L
18th MOS	8	2
18th OSS	8	2
18th LRS (B)	6	2
353rd OSS	6	2
18th CES (B)	8	1
18th DS/AMDS	6	2
18th MDOS/MDSS	6	2
18th MUNS (B)	4	5
909th/961st	5	5
AAFES	4	6
390th IS	3	6
82nd RS	3	7
718th AMXS (B)	2	6
623 AFC	1	7
SCP	1	8

Women's Softball

Team	W	L
18th LRS	2	1
18th CMS/EMS	3	2
18th MUNS	3	2
718th AMXS	5	2
18th MDG	2	4
18th SFS	2	2
18th OSS	1	4
18th CES	3	4

Over 30 Basketball

Team	W	L
18th MSS	4	1
18th EMS	4	1
18th CES	5	2
18th MOS	3	3
18th MUNS	3	4
18th SFS	2	3
733rd AMS	2	5
18th DS	1	5

SOURCE: 18th SVS fitness center staff - Current as of July 8