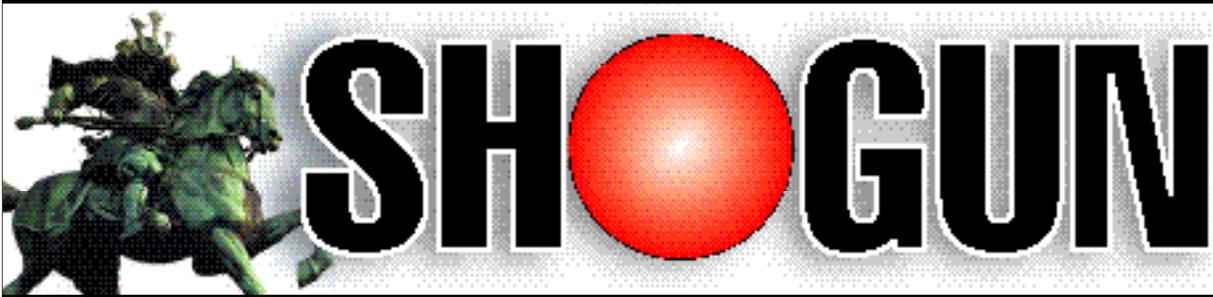


## MONTHLY SORTIE GOALS

961st Airborne Air Control Squadron	115.0
Monthly flying-hour contract	47.5
Hours flown	-8.6
Monthly offset	
33rd Rescue Squadron	243.0
Monthly flying-hour contract	94.9
Hours flown	-52.1
Monthly offset	
909th Air Refueling Squadron	560.0
Monthly flying-hour contract	262.3
Hours flown	-29.7
Monthly offset	
44th Fighter Squadron	498
Monthly sortie contract	146
Sorties flown	-66
Monthly offset	
67th Fighter Squadron	482
Monthly sortie contract	137
Sorties flown	-75
Monthly offset	

Source: 18th MOS/MXOOP, as of June 16

# T H E K A D E N A



Vol. 18, No. 24

Kadena Air Base, Japan

Friday, June 18, 2004

## WEEKEND WEATHER



TODAY: Partly cloudy becoming mostly cloudy E to NE winds @ 10-20 knots High: 82 Low: 73



SATURDAY: Cloudy with rain showers NE winds @ 20-45 knots High: 82 Low: 75



SUNDAY: Cloudy with heavy rain showers N winds @ 35-50 knots High: 81 Low: 77

FRIDAY MORNING'S COMMUNITYBANK EXCHANGERATES BUYING: \$1=Y107 SELLING: Y113-\$1

# Kadena hosts 2004 Special Olympics

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

More than 7,000 special-needs athletes and artist, volunteers, fans and supporters came out for the 5th Annual Kadena Special Olympics held here at Kadena High School Saturday.

The rain was not enough to damper spirits or the overall mood set for the games. Every year the games improve in scale and participation, and this year followed suite despite the inclement weather, said Felip Jimenez, KSO director of operations.

Opening ceremonies began as hundreds of special-needs athletes and artists, coaches, volunteers and escorts paraded into the stadium. Three Marine representatives, two local and one U.S. athlete escorted the torch.

This year's special guest, retired sumo legend Musashimaru, lead the Special Olympics athletes' oath, "Let me win. But if I cannot win, let me be brave in my attempt." This, and the lighting of the Olympic torch opened Saturday's games.

Athletes competed in floor hockey, various track and field events while being cheered on by thousands of volunteer huggers, fans and supporters. An art show displaying about 230 pieces artwork by special-needs artists was held in the high school's cafeteria. There were also a wide variety of entertainers present as well as other activities available to give the athletes additional memories of the games.

It was the first time the games were held at the high school, as well as the first time during the Kadena



Air Force /Tech. Sgt. Richard Freeland

Col. Brent Baker, 18th Mission Support Group commander, presents Mitsutaka Tokashiki his first place gold medal in the wheelchair softball toss during Saturday's Special Olympics at Kadena High School.

games that optometry screenings had ever been offered to the athletes. There were four Navy doctors and one local American-trained doctor on hand to provide screening to any of the athletes or artists

who desired service.

"The games were an awesome success," said Colonel Glenda Raichlen, Kadena Special Olympics Committee chairman. "The Kadena High School stadium was conducive

in allowing the fans and volunteers to support and encourage the athletes as they competed in their events."

Officials expect the games will be around for years to come and they are projected to

grow continually in range. Charitable contributions from many in and around the Okinawa community made many of the awards and sporting good items for the athletes

See Olympics, Pages 6 and 7

## Officials pull plug on water restrictions at Kadena

By Capt. CK Keegan  
18th Wing Public Affairs

Water conservation restrictions are lifted on Kadena, 18th Wing officials announced Tuesday. Five months have passed since the first requests came for Kadena residents to limit water usage. Now, with reservoir levels at 88.1 percent as of Wednesday, officials here are lifting restrictions, but asking for everyone to keep a water conservation mindset.

"We still need to be cautious," said Brig. Gen. Jeffrey Remington, 18th Wing Commander. "The summer is just beginning

and we have several months of hot weather coming. Continuing to be careful could keep us from restrictions down the road."

In the last three months, Kadena has saved 26.3 million gallons of water. That is equivalent to seven full days of water usage, said Mark Wheeler, 18th Civil Engineer Squadron deputy. "Individually, you might not have thought you were saving much water, but collectively, it was worth it." Mr. Wheeler also hopes the last couple of months might have opened people's eyes about water conservation and the amount of water people waste.

"I hope people realized how easy it is to

conserve water taking showers, not flushing the toilet as often, and matching the washing machine level to the load size," he said. "We can continue to save water without it having a drastic impact on our lives."

The AAFES car wash will have its normal hours of operation and families are now allowed to fill small children's pools. Watering plants is permitted, but residents are not allowed to water yards, as a standing policy.

Officials emphasize the use of water nozzles and not leaving hoses unattended. The Chibana pool should open in the next two weeks.



Air Force/ Airman 1st Class Michael Pallazola

Brig. Gen. Jeffrey Remington, 18th Wing commander will relinquish command of the 18th Wing on Thursday.

# Sayonara, Team Kadena

By Brig. Gen. Jeffrey A. Remington  
18th Wing commander

It's hard to believe just two years ago I arrived here with my family to take command of the 18th Wing. Your commitment, dedication, sacrifice and devotion reach way beyond what I had envisioned.

You are remarkable.

As the commander of Team Kadena, I was humbled and honored to serve alongside you over the past 26 months.

We have met every challenge head-on including OPERATIONS ENDURING and IRAQI FREEDOM. We were the first and largest combat wing to reorganize in PACAF after successful completion of Combat Logistics Readiness...8,000 troops, 80 aircraft and \$6 billion in resources...prepared for Air Expeditionary Force deployments.

We deployed over 1,750 Airmen, 12 fighters and our E-3 aircraft on the 18th Wing's AEF deployments for OPERATION SOUTHERN WATCH which quickly evolved into OPERATION IRAQI FREEDOM.

Our other accomplishments include...flying more than 34,900 sorties, 52,900 hours, participating in 16 exercises and more than 22 major deployments to include AEF's and

exercises Cope North and Cope Thunder.

Here on Kadena, our deployed spouses met these challenges with class. They endured much, balancing the trials of getting children ready for school, helping with homework, working toward a degree and supporting others and contributing their time to help make our community a better place to live and work.

We received two Department of Defense-level awards, over 40 Air Force-level awards, countless PACAF-level awards and our Airmen distinguished themselves by being awarded a Distinguished Flying Cross and four Bronze Stars. We stood up three new units, 18th Aeromedical Evacuation Squadron, 718th Maintenance Squadron and the 31st Rescue Squadron. You received an "Excellent" for both the Unit Compliance Inspection and the Operation Readiness Inspection. Our Air Force motto is "No One Comes Close." As I have said on several occasions, it's not that we're bragging...it's just a simple fact. And your professionalism, attention to detail, and drive for success shows daily in your work.

After 26 months, Mabelle and I along with our daughter and nieces

will move onto our next set of challenges. We are sad to be leaving this beautiful island, rich in culture and tradition. It's hard for me to put into words what my family and I have experienced during our time here. This is one place I will always remember as home. I want to thank and acknowledge Ambassador Numata, Governor Inamine and Mayors Nakasone, Miyagi and Hentona for their support and continued guidance. I also want to thank my Okinawa friends and neighbors. Even with all the coordination of preparing to leave, I find myself often taking a moment to appreciate the awesome beauty of this island that I have enjoyed so much these past two years.

Our community of excellence is a perfect example of America's best. It's the men and women of the Air Force as well as our counterparts from the Marines, Navy and Army who with us, protect and defend the interests of the United States and our host nation.

Together we are all Americans-standing proud defending freedom and making the world a safer and better place to live. Best of luck to you all and know that Kadena and Okinawa will always hold a special place in my heart.

## 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.



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

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**CHANGES OF COMMAND:** Col. Juan Ibanez, Jr. will assume command of the 18th Civil Engineer Group from Col. Steven K. Lillemon today at 9:18 a.m. in Bldg. 3660 (the AWACS hangar).

- Lt. Col. Jeffrey H. Gustafson will assume command of the 67th Fighter Squadron from Lt. Col. Matthew H. Molloy at 4:07 p.m. today at upper fighter ramp spot 50 on the Kadena flightline.

- Lt. Col. David Abercrombie will assume command of the 18th Security Forces Squadron from Lt. Col. Gus Green at 8:18 a.m. Tuesday at the 18th Wing headquarters.

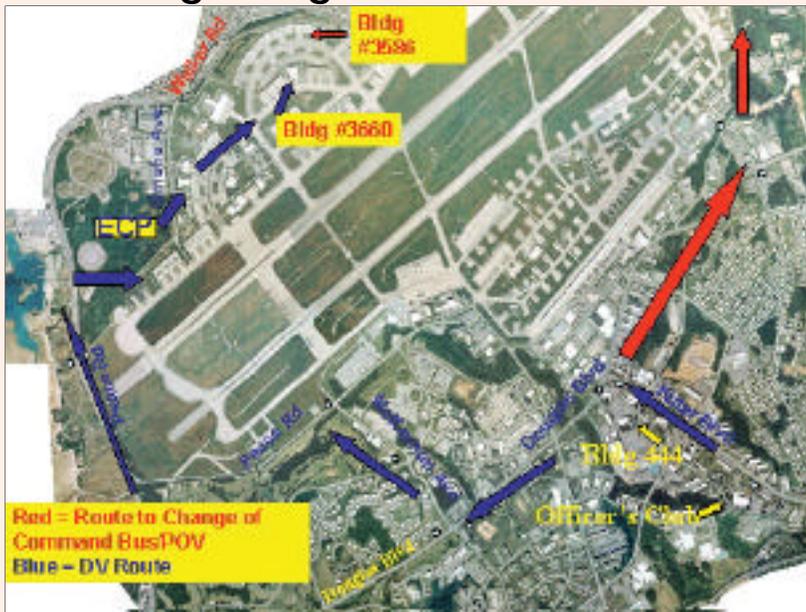
- Maj. Angel R. Olivares will assume command of the 18th Mission Support Squadron from Lt. Col. David A. Southerland at 9 a.m. Wednesday in the Banyan Tree Club ballroom.

**OPERATION KUDOS:** Operation Kids Understanding Deployment Operations kicks off Saturday 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.

**ROAD WORK:** A contractor will install electrical wire to a new facility causing Kuter Boulevard to experience limited driving lanes until Sunday at 6 p.m. Officials ask drivers to drive slowly around the construction zone as traffic lanes will be limited to one-lane from each direction.

**BLOODDRIVES:** A blood drive will be held

## 18th Wing change of command traffic



The 18th Wing change of command is scheduled for Thursday at 8 a.m. at Bldg. 3660 (the AWACS hangar). Col. Jan-Marc Jouas, a brigadier general selectee, will assume command of the wing from General Remington. Attendees will be allowed to drive to the hangar following the red route highlighted in the picture above. Personnel with the 18th Security Forces Squadron will provide traffic control and directional signs will be posted along the route. Additionally, mass transportation will be provided from the commissary/exchange parking lot from 6:45 a.m. to 7:30 a.m.

Monday at Kadena's USO building from 9 a.m. to noon, and Wednesday at Camp Foster's Community Center from 8 a.m. to noon.

**ENTITLEMENTS BRIEFING:** The Banyan Tree Entitlements briefing will be held

Monday at 9 a.m. in the Shiraho Room of the Rocker NCO Club. For more information call Staff Sgt. Ann Goede at 634-7799.

**HEALTH CARE TOWN HALL:** A healthcare town hall meeting will be held Tues-

day at 6:30 p.m. at Camp Lester's U.S. Navy hospital conference rooms B and C. Officials will explain new processes and initiatives at the hospital as well as an opportunity to relay user concerns to healthcare experts.

**PROMOTION PARTY:** The Kadena Top 3 and the 56 Club will hold a promotion celebration June 25 at 4:45 p.m. at the Rocker NCO Club ballroom. Organizers say there will be free food and beverages for those wishing to congratulate Kadena's newest promotees.

**SPORTS TOUR:** A soccer match against the Kadena varsity soccer team and a Royal Air Force team from the United Kingdom is scheduled for 6 p.m. June 25 at 6 p.m. Other events planned for the visit include a game against a local Okinawan team and a mock "Ryder Cup" golf tournament. The British airmen will also be doing a fund raiser for a local charity during their visit. An "icebreaker" is planned at 5:30 p.m. Wednesday at the Seaside Inn at the Kadena Marina.

**SPADESTOURNAMENT:** A King and Queen of Spades Tournament will be held at the Kadena Officers' Club July 23 from 6 to 11 p.m. First place team will receive \$200 and a trophy and the second place team will receive \$100. Entrance fee is \$40 per team and \$10 per spectator. For more information, contact Loretta Washington at 630-4999.

## Finis Flight



At the conclusion of his "fini" or final flight with the 18th Wing, Brig. Gen. Jeffrey Remington, 18th Wing commander received the traditional hose down with fire hoses Tuesday.

Air Force/ Airman 1st Class Michael Pallazola

# Okinawa Perspective: The Week 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 *Ryuku Shimpo* between June 9 and 15.

□ The Three Municipal Liaison Council, also known as Sanrenkyo, is a council formed to discuss issues pertaining to Kadena Air Base.

The council is made up of Okinawa City, Kadena Town, and Chatan Town.

This week they discussed and agreed to appeal to U.S. military to strongly consider the potential danger of an accident in relation to the Thunderbirds scheduled performance during AmericaFest on Sept. 15.

Aerial acrobatics have not been performed here since 1988 when U.S. military in Okinawa announced the indefinite suspension of an acrobatic team after receiving requests from local communities and the Okinawa prefectural government.

□ Prime Minister Junichiro Koizumi recently visited the United States to attend a G-8 Summit and met with the President Bush at a hotel

in Sea Island concerning the Japan-U.S. security structure.

It was reported that Mr. Koizumi said, "It is important to reduce the burdens on Okinawa and maintain deterrence."

However there was no specific reference to or a request made for reduction of U.S. military in Okinawa.

President George W. Bush explained that decreasing forces in Japan would not decrease deterrence, thus implying that the U.S. presence in the East Asia will remain strong.

Additionally, Ministry of Foreign Affairs officials cautioned that Okinawans should not expect forces to reduce in Okinawa.

This stemmed from talks of the reduction of U.S. Army forces in the Republic of Korea. The two situations differ in regard to treaty and forces present.

□ Okinawa Prefectural Government officials would like to conduct a survey of Y-plated vehicles for proof of garage certificates.

If drivers cannot provide proof, then appropriate measures would be taken.

The earlier request to order driving restrictions of Y-plated vehicles was withdrawn, based on the fact that vehicles have space on base.



Air Force/ Staff Sgt. Chenzira Mallory

## Cope North

ABOVE: Tech. Sgt. Terrence Crenshaw, from the 44th Fighter Squadron life support section, does an operations check on Lt. Gen. Kunihiro Oda's equipment Tuesday.



Air Force/ Staff Sgt. C.E. Lewis

LEFT: Staff Sgt. William Irby, a member of the 18th Aeromedical Evacuation Squadron attempts to get into a nine-person raft five miles east of White Beach on June 9 as part of water training during Cope North exercises held out of Kadena.

# Jumper shares view on AEF cycle extensions

By Tech. Sgt. Matt Summers  
Utah Beach Joint  
Information Bureau

STE. MERE EGLISE, France — The Air Force chief of staff announced the extension of the baseline for deployments from 90 to 120 days and the change of the air and space expeditionary force cycle from 15 months to 20 months.

The changes will take place beginning with AEF Cycle 5 in September, said Gen. John P. Jumper in his Chief's Sight Picture on June 4.

The general said the Air Force intends to stick with 90-day deployments for those Airmen already deployed in AEFs 7 and 8 and those deploying in AEFs 9 and 10 (June to August).

Airmen deploying in AEFs 1 and 2 should prepare for a four-month tour.

The general said one rea-

son for the change is the Air Force component commander for the Central Command area of operations needed Airmen to deploy for longer tours.

The extension allows greater continuity for expeditionary commanders supporting global contingency requirements.

"Make no mistake about it, Osama bin Laden killed 3,000 of our citizens on Sept. 11, 2001, and if he could have killed 30,000, 300,000 or 3 million he would have done the same thing without one ounce of remorse," General Jumper said.

"We who wear the uniform are entrusted by our nation to deal with this situation, and we should all be very proud of that," he said.

"We are the symbol of the pride and strength of this nation, and our citizens look to us to make sure that we

don't get visited by the Osama bin Ladens of the world again."

The general said the demands on deployable forces have not diminished and are not expected to decline in the near future.

"We've said from the beginning that we're going to have to let (AEF) mature," he said.

"We've gone through four cycles now, including two major combat cycles ... and it's been proven to us that the 120-day cycle will serve us better.

"Many people in the stressed and critical fields are staying 120 days, and some of them more," he said.

"It's going to help us overall with our tempo ... and quite frankly, I think it's going to make it easier on families rather than harder."

The general said he is aware that the 20-month cycle

will present challenges to reserve units, possibly affecting the number of volunteers, and leaders will monitor the situation closely to ensure fairness across the total force.

General Jumper said the Air Force has a rotational requirement of nearly 20,000 Airmen — three times the demand before Sept. 11, 2001.

He said he plans to expand the current number of 272,000 Airmen eligible to deploy.

The general has asked all major command officials to aggressively review situations where Airmen are excluded from AEF pairs.

He also asked them to take immediate steps to maximize manpower authorizations in standard tasking codes, and if required, create new ones to provide additional expeditionary capabilities.

"If you're wearing the uniform of the United States Air

Force, you're part of the AEF," General Jumper said in his sight picture.

"This evolution of the AEF is not a temporary adjustment. More appropriately, it is recognition of new demands around the world for air and space power."

The basic composition of each AEF, including five air expeditionary wings and six air expeditionary groups of airpower and combat support capability, will not change.

Low-density and high-demand units will continue to follow Department of Defense-approved deployment guidelines.

Mobility aviation units will be postured in multiple AEFs to support the U.S. Transportation Command mission and other combatant commander needs.

Courtesy of U.S. Air Forces in Europe  
News Service



Air Force/James Coburn

Staff Sgt. Scott Grant and Tech. Sgt. Richard Conrad observe as students begin firing their M-4 carbines during a basic combat convoy course here. The 342nd Training Squadron instructors will be working seven days a week, 18 hours a day for 13 weeks as several hundred students go through the course.

# Convoy course prepares Airmen for duty in Iraq

LACKLAND AIR FORCE BASE, Texas — Air Education and Training Command leaders saw the need for the Basic Combat Convoy Course for Airmen during a visit to Iraq in March.

The first "platoon" of Airmen began the course June 7, training to relieve transportation Airmen currently in Iraq, said Master Sgt. Phil Coolberth, operations superintendent of the 342nd Training Squadron. He designed the three-week course and is its top enlisted leader.

A second "platoon" began its first week of training June 14. The goal is to have multiple three-platoon truck companies trained over a 13-week period, officials said.

The seven-days-a-week training actually lasts five weeks here. The Airmen get about two weeks of integration and onward-movement training as they go through the course, Sergeant Coolberth said.

Forty-one subject-matter experts from here, F.E. Warren Air Force Base, Wyo.; Altus AFB, Okla.; and Air Force medical detachments nationwide serve as instructors. They are scheduled to work seven days a week, 18 hours a day during the course, said 1st Lt. Leo Martin, course commander from the 342nd TRS. The instructors will return to their regular jobs afterward.

"But it's not about us," Sergeant Coolberth said. He

said the true heroes are the current battlefield Airmen who are supporting soldiers as they drive trucks and man .50-caliber machine guns and M-249 automatic weapons mounted on either 5-ton cargo trucks or Humvees to run supply convoys "down mean streets, highways and byways of Iraq."

Gen. Donald G. Cook, AETC commander, and Maj. Gen. John F. Regni, 2nd Air Force commander, went to Iraq and "visited with these Air Force truck companies," Sergeant Coolberth said. "They identified the need to train (transportation) battlefield Airmen, and they thought there was no better place to do that than where battlefield Airmen are trained, and that's here at Lackland."

Before the course began here, transportation Airmen went through basic convoy training at several Army posts, then additional training in Kuwait, Sergeant Coolberth said. Airmen completing the course here also will receive advanced training in Kuwait.

The first week of the course is here, where the Airmen receive intelligence briefings and live-fire training on the M-4 carbine, Lieutenant Martin said. They also receive combat simulator training and some initial vehicle training before going to nearby Camp Bullis for two weeks of weapons tactics and maneuver training.

Instruction includes multi-

ple weapons systems and qualifications, specific Army communications systems, Global Positioning System navigation tools, combat lifesaver skills, tactical-vehicle qualifications and heavy emphasis in small unit leadership and troop-leading procedures.

"If there are people out there searching for the perfect battlefield Airman, it doesn't necessarily have to be a special operator on a horse calling in a B-52 [Stratofortress] strike," said Sergeant Coolberth, who just returned from a month-long trip to Iraq along with two other instructors. "(The transportation Airmen) are involved in combat every single day, and they were former dispatchers and shuttle bus drivers on any Air Force base you can name."

Sergeant Coolberth, who went on two convoys without incident, said the Airmen have traveled "well over a quarter-million miles on the road" without an Airman being killed in action.

"I met two (injured troops) over there who are recovering and waiting to get back on the road, and they are Airmen," he said. "They make no bones about it. They're proud of being in the Air Force, and they're prouder executing that combat capability."

"(The Airmen) are extremely disciplined with focused awareness," he said. "These are combat-hardened troops who have a rough job."



Takashi Iha stands proud after lighting the ceremonial torch to start the 2004 Kadena Special Olympics. Air Force/ Tech. Sgt. Richard Freeland

## ‘ Biggest reward is seeing smiles on faces of the athletes ’

Continued from Page 1

and volunteers possible.

“The amazing generosity of the community sponsors and individuals ensures the continued success of the program,” said Charles Steitz, KSO director of fund development.

Going forward is the overall goal

for Kadena Special Olympics program. The 2004 games raised the standard for all games on Kadena to follow for the future.

“The biggest reward for all the hard work and planning is seeing the smiles on the faces of the athletes,” said Colonel Raichlen.

Committee chairman, Colonel Raichlen received praises from

many for a job well done. However, she takes no credit for herself, but she lauded the committee for their hard work and commitment in making this a world-class event.

“The many dedicated and absolutely wonderful chair personnel plus the volunteers behind the scenes made these Special Olympic games possible for thousands.”



Air Force/ Tech. Sgt. Richard Shimano tosses a bean bag while his volunteer “driver” him to victory. Shimano won the gold in the wheelcha bag event.



Air Force/ Tech. Sgt. Richard Young Maekouchi shakes hands with retired Sumo w Musashimaru. Musashimaru was a featured guest duri year’s event.



Air Force/ Tech. Sgt. Richard Freeland  
 Tamaki leads the pack with Fujimura in a close second during the 30-meter dash. Young Tamaki took home the gold in the event.



Air Force/ Tech. Sgt. Richard Freeland  
 Taisen Kanemura enjoys the art exhibits, particularly the Sponge Bob panting.

PUBLIC AFFAIRS



Air Force/ Maj. Eric Hilliard

Charles "Chip" Steitz and Sayaka Higa of the 18th Wing public affairs office helped garner media support for this year's Special Olympics at Kadena.

## 'Dynamic duo' reaps coverage of Olympics

By Maj. Eric Hilliard  
 5th Air Force Public Affairs

When it comes to teamwork, one will be hard pressed to find a duo as capable and competent as Charles (Chip) Steitz and Sayaka Higa of the 18th Wing Public Affairs office.

Together, Mr. Steitz and Higa coordinate handling local, national and international media coverage of 18th Wing missions and significant events taking place on Kadena Air Base. Their efforts and accomplishments have been recognized at all levels for superb contributions to the 18th Wing and to PACAF.

Recently, they had a chance to play a large and important role in recognizing the accomplishments of other deserving individuals during the 2004 Special Olympics held at Kadena on June 12.

Mrs. Higa, who has been in the 18th Wing PA media office since 2001 has assisted in Special Olympics each year since becoming part of the PA team. She was impressed by the number of athletes and especially the volunteers and who participated in and helped support this year's event. "Even though there was a typhoon making its way past the island, the Marines and other volunteers continued through the wind and rain to set up for the event."

The wing PA Media Relations division and Community Relations division-led by Takako Fukuhara, and many others from different organizations put in countless man-hours preparing for the event that brought over 7000 people to the base in support of this special event.

For Mrs. Higa, a native of Okinawa, supporting Special Olympics has a special meaning to her. "This yearly event means a lot to me as an Okinawan. It is very clear that these types of programs are in need of increased development here on the island. The U.S. does a great job of volunteering and supporting Special Olympics. It makes me feel good to know that we are giv-

ing the athletes a chance to show off their skills and abilities-a chance that may otherwise get overlooked if not for days like this," said Mrs. Higa.

This was the fifth year that Special Olympics were held at Kadena. According to Mr. Steitz, this year's event was the best yet. "We had outstanding support this year. The Gantts (Senior Master Sgt. David Gantt and Master Sgt. Karen Gantt) and Fil Jimenez, Kadena Special Olympics director of operations) in particular were just awesome," said Mr. Steitz.

The Gantts were instrumental in overseeing the construction of the many tents and structures installed to the participants, family members, volunteers and others from the elements during the day-long event.

Both Sergeant Gantt of the 18th MOS and his wife who works in the 718th AMXS had high praises for the support they received as well. "We couldn't have pulled it off if it were not for the dedicated help of the Marines and several Army personnel as well. They worked through the wind and rain during the week prior - just to make sure that all was ready for big event. We were determined not to let anything stop us from completing our mission."

This year, special support from people like Art Arao, Ayako Kinjo, Chiemi Karimata, Tech. Sgt. Shane Griego, Col. Glenda Raichlen, approximately 60 contributing on-base and off-base organizations and numerous other generous Kadena residents raised thousands of dollars for Special Olympics. Some of the funds generated this year will go towards offsetting the expense of sending 15 special needs athletes to the Special Olympics world games in Nagano next year to compete in floor hockey. This is the first time ever for an Okinawan team-thanks in large part to the efforts of the men and women of Kadena. This was no ordinary feat...but then again, this is no ordinary team.



Navy Petty Officer 1st Class Jon D. Gesch Army Maj. Gen. Galen B. Jackman escorts former first lady Nancy Reagan as former President Ronald Reagan's casket is placed aboard an Air Force VC-25 at Naval Base Ventura County. President Reagan's body was flown to Andrews AFB, Md., enroute to Washington, D.C., to lie in state in the U.S. Capitol Rotunda. General Jackman is commander of the Military District of Washington.

# Reagan makes first, last flight in 'his' jet

WASHINGTON (AFP) — The blue-and-white presidential jet that brought the flag-draped coffin of former President Ronald Reagan to Andrews Air Force Base, Md., on June 9 is an aircraft he ordered before he left office, but this was his first ride in it.

President Reagan ordered two identical Boeing 747s to replace the aging presidential Boeing 707s he traveled in as president. First lady Nancy Reagan designed the interior decor of the planes in a style reminiscent of the desert Southwest.

One plane was delivered shortly after President Reagan left office. President George H.W. Bush, in September 1990, was the first leader to fly in one of the new planes.

The presidential air transport fleet consists of two specially configured Boeing 747-200Bs with the Air Force designation VC-25. The radio call sign "Air Force One" is used when the president is aboard either aircraft, or any other Air Force aircraft.

President Franklin D. Roosevelt was the first U.S. president to be provided air transport, which began in 1944 when a C-54 Skymaster — the "Sacred Cow" — was put into service said officials at

Andrews.

President Harry S. Truman was flown in a DC-6 "Independence" (Liftmaster) from 1947 to 1953. President Dwight D. Eisenhower, 1953 to 1961, traveled aboard the "Columbine II" and "Columbine III."

President John F. Kennedy's VC-137, a modified Boeing 707, was the first aircraft to be popularly known as "Air Force One."

Perhaps the most widely known and most historically significant presidential aircraft is the C-137C that was specifically purchased for use as the presidential aircraft in 1962. With Tail No. 26000, the aircraft carried President Kennedy to Dallas on Nov. 22, 1963, and returned his body to Washington following his assassination.

President Lyndon B. Johnson was sworn into office as the 36th president on board the aircraft at Love Field in Dallas. Officials said this fateful aircraft also was used to return President Johnson's body to Texas following his state funeral Jan. 24, 1973.

In 1972, President Richard M. Nixon made historic visits aboard 26000 to China and the Soviet Union. Tail No. 26000 was retired in May

1998 and is on display at the U.S. Air Force Museum at Wright-Patterson AFB, Ohio.

The first VC-25A — Tail No. 28000 — flew as "Air Force One" on Sept. 6, 1990, when it transported President George H.W. Bush to Kansas, Florida and back to Washington.

A second VC-25A — Tail No. 29000 — transported Presidents Clinton, Carter and Bush to Israel for the funeral of Prime Minister Yitzhak Rabin on Nov. 6, 1995.

On Feb. 6, 2004, the dedication and unveiling ceremony was held for a cornerstone for the building that will house President Reagan's presidential aircraft at the Ronald Reagan Presidential Library and Museum in Simi Valley, Calif.

The new Air Force One Pavilion will display the Boeing 707 used by President Reagan while in office. Boeing Co. workers are restoring it. This plane, with Tail No. 27000, flew in presidential service for 28 years.

The pavilion is scheduled for completion in 2005. The cornerstone was dedicated Feb. 6, 2004, to honor President Reagan on his 93rd birthday.

# Flag has been powerful symbol, rallying point

By Jim Garamone  
American Forces  
Press Service

WASHINGTON — It was not all that long ago that everyone seemed to be flying an American flag.

In the days and weeks after the terrorist attacks in New York and Washington, American flags sprouted from everywhere.

At the World Trade Center site, New York firemen hoisted an American flag amid the rubble.

At the Pentagon, workers paused and saluted as a huge garrison flag was draped next to the impact point.

Flags sprouted on minivans and motorcycles. People raised flags on new flagpoles on front lawns and atop apartment buildings.

It seemed that every overpass on interstate highways had a flag, and this does not count the millions of decals, rub-ons and bumper stickers that featured the flag.

That was the latest manifestation of the flag of the

United States of America as a symbol for all that the country stands for.

It seems in time of crisis, the flag is a rallying point.

On June 14, 1777, the Continental Congress approved the U.S. flag and detailed the composition.

Originally, it was literally a rallying point for the troops of the Continental Army.

In battle, the unit flag was the center of mass, and from the area around the flag commanders gave orders and rallied troops.

The flag as a symbol of America grew out of the War of 1812. Francis Scott Key was so inspired by the sight of the American flag flying over Fort McHenry on Sept. 12, 1814, that he wrote "The Star Spangled Banner."

"And the rockets' red glare, the bombs bursting in air, gave proof through the night, that our flag was still there."

These words inspire Americans today, and when U.S. citizens see the flag, they are reminded that America is still "the land of the free, and the

home of the brave."

The American flag has become more than just a red, white and blue design. It has become a symbol of what America stands for. America reunited under the flag following the Civil War. The American flag flew at the Marne in World War I and at Iwo Jima during World War II.

The American flag flew at Porkchop Hill in Korea and Hamburger Hill in Vietnam. It has flown over Grenada, Kuwait, Kabul and Baghdad.

It covers the caskets of the fallen as they come home. And just recently, it adorned the coffin of former President Ronald Reagan, who in life created new respect for the stars and stripes.

The United States is more than just land fortunately located in North America.

The United States is a republic, and Americans do not swear fealty to royalty or land or nobility. Rather, Americans swear to uphold the Constitution of the United States, and the American flag is a symbol of that oath.



Air Force Tech. Sgt. Scott M. Ash Americans are reminded of those who have died for the freedom the American flag represents as they celebrated Flag Day on Monday in Washington, D.C.

Americans are reminded of that oath and those who have died for the freedom the

American flag represents as they celebrated Flag Day on Monday in Washington D.C.



**TODAY**

▲ **CITIZENSHIP CLASS:** Class meets from 9:30 to 11 a.m. at the Family Support Center. Call 634-3366 to register.  
 ▲ **OVERNIGHT EXPRESS:** Top 40 dance beats all night at the Banyan Tree Club from 10 p.m. to 4 a.m.  
 ▲ **BATHHOUSE TOUR:** Call 634-4322 to register.  
 ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

**SATURDAY**

▲ **FRIENDS OF THE FAMILY SUPPORT CENTER BAZAAR:** Meets from 9 a.m. to 5 p.m. at the Falcon Fitness Center. Call 634-3366 for more information.  
 ▲ **OPERATION KIDS UNDERSTANDING DEPLOYMENT OPERATIONS:** Meets from 10 a.m. to 4 p.m. at the Family Support Center. Children ages five to 15 are invited to learn how their parents gear up for military deployments firsthand. For more information, call 634-3366.  
 ▲ **FATHER AND DAUGHTER DANCE:** A Sixties Theme Dance will be held June 19 from 7 to 10 p.m. at the Schilling Community Center. For more information call 634-0365.  
 ▲ **ROCKER NCO CLUB:** Saturday night music mixer from 9 p.m. to close in the lounge.  
 ▲ **TUNNELRATS TOUR:** Call 634-4322 to register.  
 ▲ **IN THE MIDDLE OF IT ALL TOUR:** Call 634-4322 to register.  
 ▲ **FATHER'S DAY GOLFING WEEKEND TOUR AT PRICIA RESORT:** Call 634-4322 to register.  
 ▲ **ADOPTION DAY:** Karing Kennels will hold a pet adoption day from 11 a.m. to 2 p.m. at the base exchange. Call 632-4062 for more information.  
 ▲ **CARD AND COMICS SHOW:** Show will be held at the Schilling Community Center from 10 a.m. to 6 p.m.  
 ▲ **YOUTH TRIP TONEO PARK:** Open to youth center members only. Trip will go to Neo Park an open-air zoo. Cost is 1,000 yen and pre-registration is required.

**SUNDAY**

▲ **POWER BOAT SAFETY COURSE:** Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.  
 ▲ **FRIENDS OF THE FAMILY SUPPORT CENTER BAZAAR:** Meets from 9 a.m. to 4 p.m. at the Falcon Fitness Center. Call 634-3366 for more information.  
 ▲ **FATHER'S DAY BRUNCH:** Brunch will be from 9 a.m. to 1:30 p.m. in the Kudaka ballroom. Fathers who are members get a 50 percent discount. Brunch is open to all ranks and services.  
 ▲ **SUNSET CRUISE AND TEPPANYAKI TOUR:** Call 634-4322 to register.  
 ▲ **NAHA FISH AND FARMERS MARKET TOUR:** Call 634-4322 to register.  
 ▲ **FATHER'S DAY BOWLING:** Dad's will receive one free game for every two paid games.  
 ▲ **FAMILY DAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.

**MONDAY**

▲ **MONEY ON THE BOOKSHELF (PART 2 of 2):** Meets from 5 to 6 p.m. at the Family Support Center. Call 634-3366 for more information.  
 ▲ **ITOMAN HARE TRADITIONAL BOAT RACE TOUR:** Call 634-4322 to register.  
 ▲ **FAMILY NIGHT BOWLING:** From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.

▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.  
 ▲ **CAKE DECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**TUESDAY**

▲ **BUNDLES FOR BABIES:** Meets from 8 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.  
 ▲ **SMOOTH MOVE WORKSHOP:** Meets from 9 a.m. to noon at the Rocker NCO Club. Call 634-3366 for more information.  
 ▲ **SPONSORSHIP TRAINING:** Meets from 3 to 4 p.m. at the Family Support Center. Call 634-3366 to register.  
 ▲ **75 CENT BOWLING:** Selected food items and games will be 75 cents from 8 a.m. to 5 p.m.  
 ▲ **TAICHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

**WEDNESDAY**

▲ **UNACCOMPANIED NEWCOMERS TOUR:** Meets from 8 a.m. to 3:30 p.m. at the Family Support Center. Call 634-4626 to register.  
 ▲ **WASHI CLASS:** Meets from 1 to 2:30 p.m. at the Family Support Center. Call 634-3366 to register.  
 ▲ **OKINAWA MEMORIAL MUSEUM AND MEMORIAL SERVICE AT PEACE PRAYER PARK TOUR:** Call 634-4322 to register.  
 ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.  
 ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.  
 ▲ **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**

▲ **KIDS CRAFTS CLASS:** Meets from 10 to 11:30 a.m. at the Family Support Center. Call 634-4626 to register.  
 ▲ **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.

**JUNE 25**

▲ **VETERANS ASSISTANCE SEMINAR:** Meets from 9 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.  
 ▲ **SUNSHINE TOWN AND KASURI STUDIO TOUR:** Call 634-4322 to register.  
 ▲ **URASHIMA DINNER THEATER TOUR:** Call 634-4322 to register.  
 ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

**JUNE 26**

▲ **SUPER LADIES NIGHT:** Super Ladies Night will be held from 10 p.m. to 4 a.m. in the Rocker NCO Club ballroom.  
 ▲ **ROCKER NCO CLUB:** Country and Western to Southern Rock from 10 p.m. to 2 a.m. in the lounge.

▲ **TOGA PARTY:** Prizes for the best male and female costumes for the party from 6 p.m. to midnight in the Weekender Lounge of Kadena's Officers Club.  
 ▲ **NISHIZAKI WATER PARK TOUR:** Call 634-4322 to register.

▲ **EXPLORE THE NORTH TOUR:** Call 634-4322 to register.  
 ▲ **SACRED PLACES, SHRINES AND TEMPLES TOUR:** Call 634-4322 to register.  
 ▲ **CRAFT FAIR:** Show will be held at the Schilling Community Center from 10 a.m. to 4 p.m.

▲ **TABLETOP WARRIORS:** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.  
 ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.  
 ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

▲ **YOUTH POOL PARTY:** Open to youth center members and nonmembers from 9 to 12 years old, a pool party from 7 to 9 p.m. will be held at the Hagerstrom

Pool.

**JUNE 27**

▲ **POWER BOAT SAFETY COURSE:** Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.  
 ▲ **BATTLE OF OKINAWA TOUR:** Call 634-4322 to register.  
 ▲ **UNDERWATER ADVENTURE AND ASHIBINAA OUTLET MALL TOUR:** Call 634-4322 to register.  
 ▲ **FAMILY DAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **VIDEO AND COMPUTER GAME SWAP:** Swap meet at the Schilling Community Center from noon to 2 p.m. Pre-owned video and computer games to buy, sell or trade among other vendors. All games must be pre-owned, no new or copied games may be sold.

**JUNE 28**

▲ **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.  
 ▲ **KIDS MEMBERSHIP NIGHT:** A free buffet for children, \$5 for adults from 5 to 7 p.m. at the Kadena Officers Club. Open to Kadena Officers Club members only.  
 ▲ **HIDEKATSU DINNERSHOW TOUR:** Call 634-4322 to register.  
 ▲ **FAMILY NIGHT BOWLING:** From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.  
 ▲ **CAKE DECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**JUNE 29**

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

**JUNE 30**

▲ **TEA CEREMONY TOUR:** Call 634-4322 to register.  
 ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 1**

▲ **BANGKOK AND HONG KONG TOUR:** Tour is from July 1 to 7. Call 634-4322 to register.  
 ▲ **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.

**JULY 2**

▲ **GOLF SALE:** Savings on selected merchandise will happen from July 2 to 4 at the Banyan Tree Golf Course. Call 634-3900 for more information.  
 ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

**JULY 3**

▲ **TABLETOP WARRIORS:** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.  
 ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.  
 ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

**JULY 4**

▲ **PICNIC:** Various events will be held at Marek Park beginning at 1 p.m. July 4 in celebration of Independence Day.  
 ▲ **FAMILY DAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **TENNIS TOURNAMENTS:** July 4 is the last day to register for a men's intermediate division and women's open division tennis tournament July 17 and 18 and a men's open division and women's intermediate division tennis tournament July 24 and 25. Cost is \$40 per team. For more information call 634-0695.

**JULY 5**

▲ **FAMILY NIGHT BOWLING:** From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **SUMMERTENNIS CLINIC:** One-hour session runs from July 5 to 16 and begins at 9 a.m. Class size is limited to six students. Registration is required. Call 634-0695 or 634-3157 for details.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 6**

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

**JULY 7**

▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.  
 ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 8**

▲ **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.

**JULY 9**

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

**JULY 10**

▲ **TABLETOP WARRIORS:** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.  
 ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.  
 ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

**JULY 11**

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

**JULY 12**

▲ **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.  
 ▲ **FAMILY NIGHT BOWLING:** From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.  
 ▲ **CAKE DECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**JULY 13**

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

**JULY 14**

▲ **TOKYO MOUNT FUJI TOUR:** Tour is from July 14 to 18. Call 634-4322 to register.  
 ▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.  
 ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 15**

▲ **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.

**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.

**JULY 17**

▲ **TABLETOP WARRIORS:** Games held at the Schilling Community Center from 10 a.m. to 10 p.m.  
 ▲ **SAXOPHONE, FLUTE AND CLARINET LESSONS:** One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.  
 ▲ **MACHINE PATCHWORK QUILTING CLASS:** Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

**JULY 18**

▲ **FAMILY DAY BOWLING:** Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.

**JULY 19**

▲ **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.  
 ▲ **FAMILY NIGHT BOWLING:** From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.  
 ▲ **SUMMERTENNIS CLINIC:** One-hour session runs from July 19 to 30 and begins at 9 a.m. Class size is limited to six students. Registration is required. Call 634-0695 or 634-3157 for details.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.  
 ▲ **CAKE DECORATING CLASS:** Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**JULY 20**

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

**JULY 21**

▲ **KUMON MATH:** Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.  
 ▲ **OKINAWA DANCE:** Class held from 5 to 7 p.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

**JULY 22**

▲ **TAICHI CHUAN:** Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CONVERSATION CLASS:** Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.  
 ▲ **JAPANESE CALLIGRAPHY CLASS:** Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

**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: Shrek 2, PG, 6 p.m.  
 Hell Boy, PG-13, 9 p.m.  
 ▲ Saturday: Hell Boy, PG-13, noon.  
 Shrek 2, PG, 4 p.m.  
 ▲ Sunday: Walking Tall, PG-13, 7 p.m.  
 Hell Boy, PG-13, noon.  
 Walking Tall, PG-13, 4 p.m.  
 Shrek 2, PG, 7 p.m.  
 ▲ Monday: Walking Tall, PG-13, 7 p.m.  
 ▲ Tuesday: The Girl Next Door, R, 7 p.m.  
 Hell Boy, PG-13, 1 p.m.  
 ▲ Wednesday: The Girl Next Door, R, 7 p.m.  
 The Day After Tomorrow, PG-13, 7 p.m.  
 ▲ Thursday: Johnson Family Vacation, PG, 6 p.m.  
 The Day After Tomorrow, PG-13, 9 p.m.

**Foster Theater**

▲ Tonight: Hell Boy, PG-13, 7 p.m.  
 The Day After Tomorrow, PG-13, 10 p.m.

▲ Saturday: Home on the Range, PG, 1 p.m.  
 Hell Boy, PG-13, 4 p.m.  
 The Day After Tomorrow, PG-13, 7 p.m.  
 Hell Boy, PG-13, 10 p.m.  
 ▲ Sunday: Home on the Range, PG, 1 p.m.  
 Hell Boy, PG-13, 4 p.m.  
 The Day After Tomorrow, PG-13, 7 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

## Lakers throw in the towel

It was S-H-O-W-T-I-M-E. Just ask Kobe or Shaq. Better yet, ask Magic Johnson who hovers around Laker games like Bill Walsh



at a 49ers fourth quarter.

What was supposed to be a Dream Team-like roster turned into a nightmare for Phil Jackson and the hapless Los Angeles Lakers this week. Detroit - a far less talented group - came ready to play. They met the Lakers head-on with a bulldog defense I haven't seen since the Wisconsin Badgers 2000 Final Four team. The Pistons also showed they could score with their 100-87 drubbing of the Lakers Wednesday. However, the Lakers had given up playing their version of defense earlier in the game with the exception of Derek Fisher and Luke Walton. Congrats Motor City.

It's taken a while, but Major League Baseball has brought us excitement in June, traditionally reserved for October. Now, we don't need to wait until Fall to see the American League clash with National League rivals. We can watch it in June thanks to interleague play.

AL teams like Kansas City travel to Atlanta. And, we can watch AL pitchers who haven't swung a bat since their last year in Tee-ball take cuts at 95-mph fastballs. Actually, the AL pitchers just kind of stand in the box and hope the NL pitchers throw three quick strikes so they can go back to eating seeds or whatever it is they do.

Roger Clemens lost his first game since 2003 this week thanks to a 7-2 pounding at the hands of the Chicago Cubs. The 41 year-old Astro right-hander has looked like a pitcher 10 years his junior most of this season. Clemens' 2.46 ERA and 9 wins place him among the Major League's elite. Way to go Rocket.

If you have questions or comments, e-mail me at [KadenaShogun.sports@kadena.af.mil](mailto:KadenaShogun.sports@kadena.af.mil) I'll try and include some of the good ones here. See you next week.



Air Force/ Capt. CK Keegan

John Moore, a personal trainer with the 18th Services Squadron, watches Benj Montelya's technical form as does bicep curls. Montelya uses a personal trainer to help her keep focused during workouts.

# Personal trainers II

## Re-carbohydrate your life, eating

By Capt. CK Keegan  
18th Wing Public Affairs

Fat-free diets had people learning to like fat-free mayo, fat-free salad dressings, and 95 percent fat-free lunch meats. The latest craze of low-carb diets have put the fat back in the diet, but people have deleted the bread, pasta and anything with sugar from their menus.

Even fast-food restaurants have joined the fad by offering burgers without buns and salads instead of fries.

"It's the worse thing I have ever heard in my life," said John Moore, 18th Services fitness professional and dietitian. "Carbs have a mission in your eating. They give you energy, they fuel the brain and they preserve proteins.

"Without carbs, the protein you eat is wasted. They get flushed out of your system unused or stored as body fat. Without the correct amount of protein, your body will start eating away at your muscles for energy."

Moore said he has people come in who have lost 20 pound on the low-carb diet.

He will then take their body fat measurement and find they are the same body fat at a lower weight. All they have done is lose muscle.

The problem is that there is a lot of confusion out there with advertisers who are trying to sell a product, said Moore. It leaves people to question who is right and who to listen to.

Moore is one of Risner Fitness Center's personal trainers and weight management and he offers a class on nutrition about once a month, or on demand. He teaches the food pyramid according to the American Council on Exercise.

"The diet works," he said. "It's simply just making sure you get a good balance of food."

Dr. Eric Bermudez, 18th Aerospace Medicine Squadron flight surgeon, said patience and persistence are the two keys to developing a healthy lifestyle. He said you must approach new eating habits

and physical activity gradually and sensibly. "This means to avoid the mentality that you think you can suddenly eliminate all unhealthy foods from your diet all at once," said Bermudez. "You also shouldn't expect to meet all of your exercise goals by the end of the first week."

Bermudez recommends making changes in your eating patterns and exercise levels in small increments. He also says not to "beat yourself up" when you eat an unhealthy food item.

"Try to avoid focusing on the times when you've failed to adhere to your target goals," he said. "Instead, commend yourself for the steps you've made in the right direction."

The Risner Fitness Center has a sign up sheet for Moore's nutrition classes. The Health and Wellness Center offers Nutrition and Fitness 101 every third Thursday of the month.

For other classes offered by the HAWC or for more information, contact 634-2499.