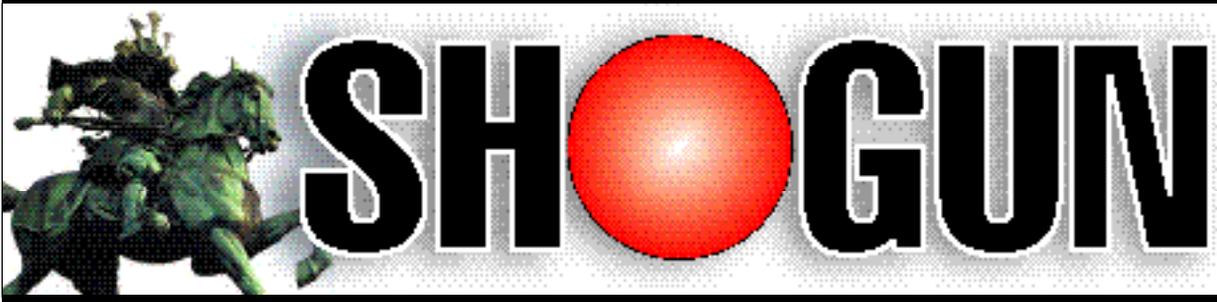


MONTHLY SORTIE GOALS

961st Airborne Air Control Squadron	72.3
Monthly flying-hour contract	81.3
Hours flown	+9.0
Monthly offset	
33rd Rescue Squadron	161.0
Monthly flying-hour contract	151.4
Hours flown	-9.6
Monthly offset	
909th Air Refueling Squadron	330.0
Monthly flying-hour contract	346.6
Hours flown	+16.6
Monthly offset	
44th Fighter Squadron	224.0
Monthly sortie contract	199.0
Sorties flown	-25
Monthly offset	
67th Fighter Squadron	222.0
Monthly sortie contract	214.0
Sorties flown	-8
Monthly offset	

Source: 18th MOS/MXOOP, as of May 19

T H E K A D E N A



Vol. 18, No. 20

Kadena Air Base, Japan

Friday, May 21, 2004

WEEKEND WEATHER

	TODAY: Mostly cloudy NE winds @ 10-15 knots High: 84 Low: 75
	SATURDAY: Cloudy with rain showers NE winds @ 10-20 knots High: 81 Low: 75
	SUNDAY: Cloudy with rain showers N/NE winds @ 15-25 knots High: 81 Low: 75

FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES
BUYING: \$1=Y111 SELLING: Y117=\$1

Operation Pacific Greetings blows away Kadena crowd



Air Force/Staff Sgt. Chenzira Mallory

Tech. Sgt. Ken Trimmins plays two trumpets at once during the Operation Pacific Greeting concert at Kadena's Marine Liason Hangar 3 Saturday. More than 4,500 people attended that concert that included performances by the Air Force Reserve Band, New England Patriots cheerleader squad and a special musical performance by the multi-platinum band, Hootie and the Blowfish. For more pictures, turn to page six and seven.

Kadena 'buck-a-stripe' program in full-swing

By Capt. CK Keegan
18th Wing Public Affairs

The Kadena Top 3 is sponsoring a "Buck-a-Stripe" campaign until June 4 to help build a new assisted-living building at the Enlisted Village near Eglin Air Force Base, Fla.

The Kadena Top 3 is requesting each enlisted person donate one dollar per stripe.

"I am asking every enlisted member to donate a buck a stripe to this great cause," said Chief Master Sgt. Anthony Bishop, 18th Wing command chief. "One of the greatest parts of being in the Air Force is knowing how well we take care of our people. The Air Force Enlisted Village is one more way we can continue to take care of our Air Force family members."

The Village offers housing and financial assistance to the widows and surviving spouses of retired enlisted members.

According to the Website, "... the surviving spouse with the greatest need is cared for first and none are refused assistance due to financial status."

Frequent military moves and low-paying jobs often leave spouses with-



Air Force/Capt. CK Keegan

Enlisted Airman can make donations to the "Buck-a-Stripe" campaign through their unit first sergeant or chief master sergeant.

out a job, home equity, retirement plans or significant assets, the Website explains. "Surviving spouses requiring financial assistance live here among peers sharing memories of Air Force life without the stigma normally associated with subsidized

housing facilities."

Approximately 30 percent of the housing facility has low-income, subsidized tenants, while the other 70 percent live there by choice.

Formerly the Air Force Enlisted Widow's Home, Enlisted Village was founded in 1967 by a group of active duty and retired Air Force non-commissioned officers. The Enlisted Village is now trying to expand and five acres of land has been cleared in preparation for a two-story 64-bed assisted living facility. Completion of the facility is expected in 2005.

"The reason for raising the funds is that under the current guidelines, based on the current facility, they cannot house anyone who needs assisted living," said Chief Bishop. "The goal is to raise the last \$5 Million needed to build the new assisted living facility."

Chief says they are expecting to raise \$25,000 on Kadena. While the request is for one dollar per stripe, people can give whatever they would like. First sergeants and chiefs are collecting the money.

"We cannot afford to continue moving these people out of the village when they need us the most," he said.

Remington gets Pentagon assignment, Jouas to command 18th Wing

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Brig. Gen. Jeffrey Remington, 18th Wing commander, is to be reassigned to the Pentagon, Air Force officials announced recently. According to an official message entitled "Senior Leader Announcement," General Remington is to become the deputy director of politico-military affairs (for Asia-Pacific and Middle East) on the joint staff at the Pentagon.

The official message also announced that Col. Jan-Marc Jouas, a brigadier general selectee, and current commander of the 354th Fighter Wing at Eielson Air Force Base, Alaska, is to replace Remington.

Colonel Jouas is a former F-4 instructor pilot and a 1979 graduate of the U.S. Air Force Academy, according to his official biography on the Eielson Web site. He is a command pilot with more than 2,700 hours in the F-4 and F-16 aircraft and has flown more than 80 combat missions during Operations Desert Storm, Provide Comfort, Northern and Southern Watch and Allied Force.

The change of command ceremony is scheduled for 8 a.m. June 24 inside the 961st AWACS hangar.



Commander says rotation cycle offers opportunity for improvement

By Lt. Col. Billy Thompson
33rd Rescue Squadron
commander

How many hail and farewells have you been to in the past year?

It's likely that you have attended a hail and farewell at least once a quarter or possibly once a month, depending on your unit's size.

My point in asking this question is not to ascertain the status of your social calendar, but to highlight the fact that our units are in a constant state of transition.

Great people come and go from our base and our unit's on a daily basis.

Individually, and as units, we have to be prepared to take advantage of this opportunity, rather than fret over the loss.

In 1996, I had the opportunity to participate in an exchange program that allowed me to serve with an Army unit for two years.

In preparation for my assignment, I was committed to doing everything I could to hit the ground running.

I attended Army specific training courses and honed my basic

knowledge of my aircraft. I knew that as the only Air Force member in a 1,500-man Army Regiment, I was at a certain disadvantage and that my actions would be noticed.

For this reason, I wanted to be as prepared as possible so that when I arrived I would not only be ready to contribute to the unit, but also be ready to learn their ways of conducting business.

Despite my preparations, I was more than a little apprehensive as my first day approached.

At 7:30 a.m. on my first day, I reported to my new company commander.

This battle tested major known as "Bulldog," was known for his toughness.

Perhaps as a result of watching one too many old war movies, I was prepared for a brief and chilly reception where he would point out to me the glories of the Army and every instance where he had been wronged by the Air Force.

However, I was taken aback by his first statement.

"What you see here is not necessarily wrong, it's just different. If you know of a better way to do

things, I want to hear it."

As I allowed his statement to sink in, it became apparent that not only did he not feel the Army way of conducting business was the only way, but he was also prepared to change if I knew a better way.

What a great way of preparing to receive a new member into his unit.

I think there are a few things for us as members of Team Kadena to focus on from my experience.

One, be prepared to share your experiences and knowledge with your new unit. Maybe there was a certain process or function that was conducted more efficiently at your last base. If so, share it.

Two, as the "new guy," don't pre-judge your new unit. Remember, things are not necessarily wrong, just different.

Three, as the gaining unit, be open to new ideas and new ways of conducting business.

Finally, seize the opportunity to make your unit better on a daily basis.

Remember, focus on the great people arriving and don't fret about the ones that you lose.

World War II Memorial site honors heroes of last century

by Maj. Jeff Decker
379th Expeditionary Maintenance Squadron

SOUTHWEST ASIA — The recent opening of the National World War II Memorial in Washington D.C. and its dedication this Memorial Day are highlighting the service of a generation who stood up to protect our nation, fought tyranny and freed an oppressed European continent 60 years ago.

We are now in a conflict as arduous and noble as the struggle fought by our great grandparents, grandparents and older aunts and uncles, a fight our secretary of defense believes "is the most important tasking the U.S. military has been handed since the second world war."

Approximately 16 million Americans served in the Armed Forces during World War II, performing their duty across the entire globe.

World War II was the defining moment of the 20th Century. This memorial now stands in our nation's capital to thank those who served from the deserts of North Africa to the islands of the Pacific and across the European mainland, when America faced a determined enemy and a world threatened by totalitarian states.

It is also a powerful symbol to our fellow citizens and those who wear the uniform today that we too are engaged with a resolute adversary and a world facing the dangers of global terrorism, a war we must win to protect our homeland and our way of life.

You are following in the footsteps of Americans who answered the call on their watch. Now it is time for us to do the same.

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.

Make way for emergency vehicles

I have noticed that parking problems are increasing in O'Donnell Gardens. The residents have started parking on both sides of the road. When they park like this, it makes it very hard to drive between the cars that are parked - especially for emergency vehicles. Is it possible to make one side of the road a "No Parking" side, and leave the other side open for parking?

I sincerely understand your concerns with regard to how this issue impedes access for residents and

emergency vehicles. Due to sight distances, road width and traffic volume, the "No Parking" restriction should be expanded on Pandanus Street.

A work order requesting additional "No Parking" signs has been submitted to accomplish this. This action coupled with proper parking enforcement will fully alleviate the problem. Security forces conduct routine patrols within housing areas and if vehicles are parked in "No Parking" areas, violators are cited. If areas are not identified as "No Parking" areas, security forces will appraise the situation and cite violators if warranted.

If you have any further parking-related questions, contact Albert Kellner, 18th Civil Engineer Squadron traffic engineer, at 634-7278.

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



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

Kadena Air Base Editorial Staff
Internal Information Chief.....Master Sgt. Adam Johnston
Editor.....Staff Sgt. Jason Lake

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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



Senior Airman Harry Goldsboro II

18th Operation Support Squadron, intelligence analysis apprentice
Hometown: New Castle, Del.

Reason for nomination: Airman Goldsboro was unanimously selected as the 18th Wing 2003 Intelligence Airman of the Year and recently promoted to senior airman below-the-zone. He was also awarded the Air Force Commendation Medal for his efforts while supporting Operation Iraqi Freedom.

Time at Kadena: 1 year, 10 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.



SCHOOLPLAY: There will be a presentation of "Moe's Town" at Amelia Earhart Intermediate School at 9 a.m., 1:30 p.m. and 7 p.m. Thursday. For more information, call 634-1329.

ROADTAX: Today is the last day Kadena residents can pay their 2004 Japanese Road Tax at the Keystone Theater until 3:30 p.m. All taxes must be paid in yen. Vehicles without a 2004 sticker will be cited and restricted after June 1.

ASIAN PACIFIC AMERICAN HERITAGE EVENTS: There will be a fashion show and dinner from 6 to 9:30 p.m. at the Rocker NCO Club May 29. For more information, call 634-1247 or 634-3206.

INTERPRETERS NEEDED: Japanese-English interpreters are need for the 2004 Special Olympic Games held at the Kadena High School June 12. To volunteer, call 634-3911 or 630-9188.

JUNIOR ENLISTED APPRECIATION DAY: The Kadena Top 3 will sponsor a junior enlisted appreciation function at noon May 28 at Marek Park. For more information, call 634-2794.

CHANGE OF COMMAND: Lt. Col. Laura Koch will assume command of the 82nd Reconnaissance Squadron from Lt. Col. Cleophas Hockaday at 8:20 a.m. Tuesday at the AWACS hangar.

SUICIDE AWARENESS BRIEFING: There will be

Okinawan Perspective: Week in Review

By 2nd Lt. Chrystal Smith
18th Wing Public Affairs

The following is a synopsis of articles about Kadena and the U.S. military that appeared in Okinawa Times and the Ryukyu Shimpo the past week.

□ This week, the water level in the reservoir dropped steadily from 50.1% to 49.3% of its total storage capacity of 74,850,000 tons. Everyone should continue to make a conscious effort to conserve water.

□ In a special committee on armed attack contingency in the House of Representatives in Tokyo, a diet member from the Okinawa district Minister of Foreign Affairs asked about aging F-15 fighter aircraft assigned to Kadena. In response, the minister stated that it is not his position to be aware of details on U.S. military aircraft operations; however U.S. military briefed him that ensuring safety is the top priority.

□ The annual "May 15 Peace Marching" sponsored by Okinawa Peace Movement Center was held from May 14-16. The peace march-

ing included three different routes in east, west and south. Participants walked about 80 miles near U.S. military bases and war historical sites, and more than 4,000 people participated in the different marches. The last day, 16,000 participants joined a human chain demonstration that encircled Futenma Air Station. Afterwards they held an assembly in Ginowan City demonstrating opposition to revising Japan's Constitution and demanded the immediate withdrawal of Japan Self Defense Forces from Iraq. The assembly also asked for a drastic reduction and realignment of U.S. military bases and review of the Japan-U.S. SOFA agreement.

□ It has become an issue that private Y-plate vehicles driven by U.S. servicemembers, civilians and their family members have been exempted from a garage certificate required by Japanese law. The situation hasn't been resolved after more than six years of debate. Okinawa Prefectural Government asked the Government of Japan to correct the situation as early as possible.

suicide awareness briefings at the Keystone Theater at 8 and 11 a.m. and 2 p.m. Wednesday and June 25. Airmen are required to attend this brief-

ing annually.

HONORGUARD INFORMATION: Airman interested in volunteering for the Kadena

honor guard can e-mail kadena.honorguard@kadena.af.mil for more information.

SUMMER HIRE PROGRAM: The civilian personnel flight is now accepting applications for Kadena's Summer Hire Program at Bldg. 721. Applications will be accepted from 8 a.m. to 4 p.m. Tuesday through Thursday. SOFA-sponsored family members of DoD military and civilian employees who are 14 to 22 years old are eligible to apply. Employment will begin July 6 and end Aug. 20. Sponsors may apply on behalf of their family members who are not currently on island. Applicants' passports and Social Security cards are required for verification. For more information, call 632-7914.

MEDICAL GROUP MINIMAL MANNING: The 18th Medical Group will have minimal manning June 4 due to an official function. Service for urgent conditions will still be available during normal duty hours. For emergency assistance, call 911 on base, or 119 off base.

OFFICE CLOSURE: Due to a power outage at Building 721, the military and civilian personnel flights will be closed Wednesday. For emergencies, call 639-2298.

Herculean effort begins Cobra Gold 2004

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

PHITSANULOK, Thailand - The sky over this rural northern city was filled with parachutes Thursday as a Kadena-based MC-130 Combat Talon II crew flew more than seven hours of airdrop missions in support of Cobra Gold 2004.

Aircraft commander Capt. Trevor Benitone, a pilot with the 1st Special Operations Squadron, said his crew put forth extraordinary effort in providing the platform for 181 static line jumpers and 42 freefall jumpers for both U.S. and Thai forces.

"I've dropped 180 personnel before, but this is my first time reaching 200 in one day. It took a lot of hard work to finish this job," he said.

Capt. Benitone and six other crewmembers flew 18 passes over drop zones. At one point the troop compartment was reconfigured to switch from ramp jumps to door jumps.

"Except for the volume, this was a fairly typical friendship drop mission," he said. "The intent is to establish a baseline



PHITSANULOK, Thailand - A U.S. Army parachutist leaps out the back on an Air Force MC-130 Combat Talon II during a high altitude low opening jump over Phitsanulok.

training regimen. It allows each jumper to establish currency and qualification.

Captain Benitone said initial phases of most exercises are designed to breed familiar-

ity with the aircrew and the jumpers. When procedures are completely seamless, the mission profiles can become more robust.

In addition to providing

training opportunity to the jumpers, the Talon II crew also satisfied a few training requirements of their own — such as night mountain low-level flight and assault land-

ings with night vision goggles.

Capt. Benitone said the biggest challenges to the 200+ drop mission were having only one airplane, language barriers, and the setting sun. The crew began their duty day at 8 a.m. and landed well after dark at their maximum limit.

During their final approach at the end of the day, a bird strike to the pilot window added the finishing touch on a strenuous day.

Capt. Benitone is participating in his third Cobra Gold. He said the training for aircrews in Thailand is fantastic because of the good low-level mountain training, uncongested air traffic environment and the opportunity to work with our counterparts from other nations.

Cobra Gold '04 is a regularly-scheduled joint-combined exercise and is designed to improve U.S., Thai, Singaporean, Mongolian and Filipino combined readiness and joint interoperability, enhance security relationships, and demonstrate U.S. resolve to support the security and humanitarian interests of our friends and allies in the region.

KADENA SPOTLIGHTS

- Pacific Air Force officials recently announced that the following members of the 18th Wing command post have been nominated for 2003 PACAF Command and Control awards: Senior NCO category - Senior Master Sgt. Patrick Camper; NCO category - Tech. Sgt. Vincent Burrell; Airman category - Senior Airman Joshua Snow.
- Congratulations to the 18th Security Forces Squadron for being named PACAF's Best Anti-Terrorism/Force Protection Program for an Operational Unit this year.
- Congratulations to the 67th Fighter Squadron for being named PACAF's 2004 Verne Orr Award winner. The unit was also recently awarded the 2003 Raytheon Hughes Achievement Award.
- Congratulations to the following individuals recognized as 2003 PACAF Load Crew of the Year award winners: Staff Sgt. Richard Pyryt, Senior Airman John Kennett, Senior Airman Zane Mays, all from the 44th Aircraft Maintenance Unit.
- Congratulations to the following individuals recently named PACAF's Outstanding Maintenance Performers: Craftsmen/Superintendent category - Senior Master Sgt. James Cornell, 18th Component Maintenance Squadron; Craftsmen category - Tech. Sgt. Robert Carollo, 18th Equipment Maintenance Squadron; Journeyman/Apprentice category - Airman 1st Class Nicolas Neitke, 18th Equipment Maintenance Squadron.
- Congratulations to Senior Master Sgt. Mark Greateorex, 18th Maintenance Operations Squadron, for being named PACAF's Outstanding Maintenance System Support performer in the craftsmen/superintendent category.
- Congratulations to Staff Sgt. Amanda Anderson, 18th Mission Support Group, for being named PACAF's 2003 Information and Communications NCO of the Year.
- The following individuals were recently nominated for PACAF's Airlift Tanker Association Young Leadership awards: Officer category - Capt. Jason Goodwin, 909th Air Refueling Squadron; Enlisted - Tech. Sgt. Sean Bryans, 909th ARS.

Kadena craftsman nets \$10k IDEA reward

By Capt. CK Keegan
18th Wing Public Affairs

Staff Sgt. Laurence Littleton has received cash from six of his 14 IDEA Program submissions, and has no plans to stop; especially since his last idea was worth \$10,000 and will save the Air Force over \$107,000 each year.

Sergeant Littleton, an Aerospace Ground Equipment craftsman with the 18th Equipment Maintenance Squadron, simply found a cheaper way to replace a piece of plastic.

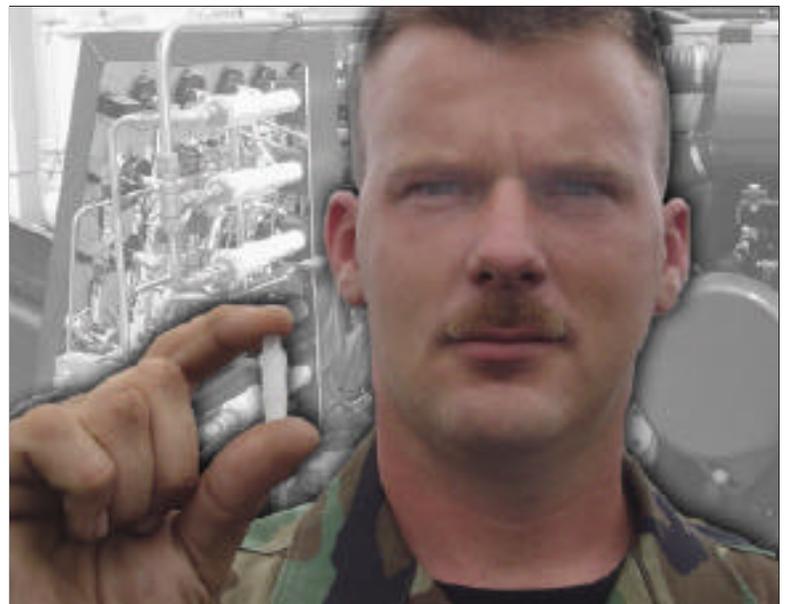
Sergeant Littleton works on a piece of equipment called a self-generating nitrogen cart. The cart is used to turn breathable air into nitrogen. To check the purity, the new nitrogen gas is pushed through a tube and into a probe, which then measures the percentage of nitrogen. The plastic fitting connects the hose to the probe, and is about an inch long.

"The piece was always breaking," said Sergeant Littleton, "and according to the technical orders, you had to replace the probe and the plastic fitting."

Replacement of the whole probe assembly is \$557.48 and was costing Kadena a lot of money. Sergeant Littleton decided to call the manufacturer and ask if he could just buy the plastic fitting.

"The guy said to me, 'Give me \$34.00 each and I'll mail them to you.'"

Sergeant Littleton then took



Air Force graphic art by Capt. C.K. Keegan

Staff Sgt. Laurence Littleton saved the Air Force more than \$107,000 by finding a better way to replace a two-inch piece of plastic.

the initiative and time to get the TO changed to enable the Air Force to buy just the plastic fitting; something that he says many people aren't willing to spend the time on.

This veteran of the IDEA program says it's easy to make money if people put in the time and effort.

"Finding an idea that makes money doesn't make me smarter than anyone else," said Sergeant Littleton, "Most people just don't want to take the time needed to change a technical order."

He said he sometimes takes TOs home and reads through them

to see if there is a better and cheaper way of doing something.

"Too many people look at it like it's the Air Force's money, just pay it," said Sergeant Littleton. "But if you look at it as though the money is coming from your own pocket, you would want to find the cheapest way to get the work done."

According to Sergeant Littleton, there is money to be made out there and he hopes the IDEA program encourages young troops to get into the TOs and find better solutions to accomplish the mission. "It helps the Air Force, and they make money."

Rumsfeld, Myers visit Abu Ghraib prison

By Kathleen T. Rhem
American Forces Press Service

KUWAIT CITY, Kuwait - The United States' top military and civilian defense officials saw firsthand improvements being made at Iraq's Baghdad Central Correction Facility, more commonly known as Abu Ghraib prison.

Defense Secretary Donald H. Rumsfeld and Joint Chiefs Chairman Air Force Gen. Richard B. Myers briefly toured a portion of the prison during a daytrip to Baghdad May 14.

Before the tour, they both spoke briefly to more than 100 soldiers in the base's dining facility about the photos of prisoner abuses that have been widely broadcast and published in recent weeks. "It doesn't represent America, it doesn't represent American values; it doesn't represent the values of ... each of you," Secretary Rumsfeld said.

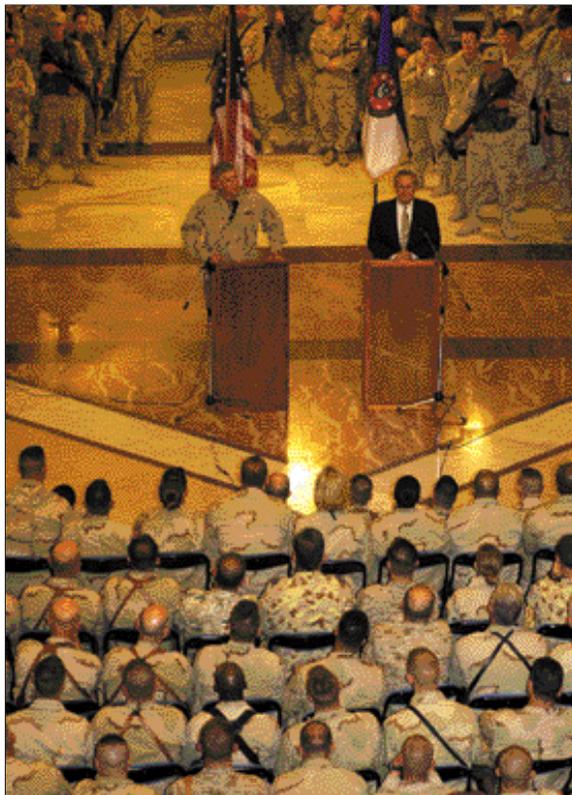
He told the soldiers those who perpetrated abuses will be brought to justice, so "the world will see how a free system, a democratic system, functions and operates transparently."

America isn't perfect, the secretary said to the soldiers. "But don't let anyone tell you that America's what's wrong with this world," he continued. "Because it's not."

Secretary Rumsfeld and General Myers' party did not tour the portion of the prison in which American soldiers are reported to have mistreated Iraqi detainees, which is known as the "hardsite." The officials were given a windshield tour of Camp Ganci, a tented area that currently holds 3,200 detainees and has a capacity for 4,000.

Army Col. David Quantock explained the detainees live in 25-man tents. Colonel Quantock is commander of the 16th Military Police Brigade, which replaced the 800th MP Brigade, the unit whose soldiers appear in photos abusing prisoners.

He described some of the safety measures the prison staff has taken to ensure detainees' safety. Each tent is surrounded by sandbags stacked three



Air Force/Tech. Sgt. Jerry Morrison Jr. Chairman of the Joint Chiefs of Staff Gen. Richard Myers and Secretary of Defense Donald Rumsfeld talk to servicemembers at Al Faw Palace in Iraq May 13. The two toured Abu Ghraib prison the following day.

high on all sides, and each cellblock has several concrete bunkers to protect detainees from mortar attacks.

Colonel Quantock said mortar attacks from outside the prison are one of the biggest threats facing the detainees. He was proud to report, though, that such attacks have stopped since a late-April attack that

killed 22 detainees. He attributed the drop-off in attacks to "much more aggressive patrolling around the outskirts of (the city of) Abu Ghraib."

During Secretary Rumsfeld's tour of Camp Ganci, prisoners crowded the fences wherever the convoy of vehicles appeared. They were all dressed in civilian clothes ranging from sweatpants and T-shirts to traditional Arab garb. Guards appeared to stay outside the wire.

One group of prisoners held up a yellow sheet with, "What are you going to do about this scandl (sic)" written on it. Another held up a piece of cardboard with "help" scrawled on it. But during the official visit, no one got rowdy or out of hand.

Colonel Quantock explained there are few problems with the prisoners. Most behave as expected and even have a cordial relationship with the guards, he said. Each cellblock has a detainee "mayor" who helps resolve issues. He said there are no special qualifications to be a detainee mayor, just "a good command of English" and a cooperative attitude.

Within the next week or so, the prisoners in Camp Ganci will be moved to the brand-new Camp Redemption. Secretary Rumsfeld and General Myers toured the new facility as the finishing touches were being worked on.

Colonel Quantock explained the new camp will feature several improvements to make the detainees more comfortable. "We're going to do a lot better with this one," he said of Camp Redemption.

Camp Redemption will be covered in gravel; whereas Camp Ganci is all mud. Tents will have wooden floors, and prisoners will have cots in the new camp; neither amenity is available at Camp Ganci. And most importantly, Redemption will have electricity, and eventually, heating and air conditioning in the tents, Colonel Quantock said.

Only the most dangerous prisoners and those most valuable in terms of intelligence value are held in the hardsite, where the abuses are alleged to have taken place. Colonel Quantock said about 20 prisoners are housed there now.

U.S. brigade in Korea to deploy to Iraq

By Jim Garamone
American Forces Press Service

WASHINGTON - About 3,600 members of the 2nd Brigade of the 2nd Infantry Division will deploy to Iraq from the Republic of Korea, Defense Department officials confirmed May 17.

The troops will begin deploying to Iraq in mid-summer, a senior official said speaking on background.

The decision can be made with impunity, because of the beefed-up capabilities the United States has on the Korean peninsula, the official said. More capable air assets, a Patriot 3 brigade, rotating Stryker battalions, and far better command, control, computers, communications and intelligence facilities more than make up for the drop of U.S. troops in South Korea to 34,000, the official added.

"Ongoing global posture review is strengthening our position in

Asia and Korea," said Richard Lawless, deputy defense undersecretary for Asia-Pacific policy. "This strengthened global and regional posture, including our efforts under way in Korea to realign U.S. forces and enhance our capabilities, allows us to employ our forces worldwide in a more flexible manner."

Mr. Lawless said that if needed, the United States can quickly augment air and naval presence in the Asia-Pacific region.

Officials said Korean and Japanese leaders were informed of and agreed with the U.S. decision. They said it is part of the overall look at U.S. global posture.

The troops will spend one year in Iraq. Since military tours of Korea are typically one-year unaccompanied tours, some soldiers will spend up to two years separated from their families. Officials said the majority will spend between 12 and 18 months away from home. No decision

has been made on whether the brigade will return to Korea following its tour of duty in Iraq.

A senior military official said the troops are fully combat ready, and that this will allow the stress to be "balanced" throughout the force. He said DoD also is looking at changing the tour length of Marine forces assigned to Iraq. Currently, Marines spend seven months in Iraq and seven months home.

Officials said that North Korea should not look at the deployment as an invitation to invade the South. "Due to our strengthened posture and the ability to quickly reinforce capabilities throughout the region, we can deploy forces from Korea without assuming additional operational risks," Mr. Lawless said.

"It would be a misperception on the part of the North Koreans, let me put it that way," said the senior military official.

Roadside bomb releases sarin nerve gas in Baghdad

By Donna Miles
American Forces Press Service

WASHINGTON — A roadside bomb containing the nerve agent sarin - a substance Saddam Hussein's regime insisted it had destroyed more than a decade ago - exploded near a U.S. military convoy traveling near Baghdad, coalition officials said today.

Army Brig. Gen. Mark Kimmitt, deputy operations director for Multi-national Force Iraq, told reporters in Baghdad a U.S. convoy found the 155-millimeter artillery round rigged as an improvised explosive device. The round detonated before the explosive ordnance team could render it inert, Kimmitt said, spewing a small amount of sarin gas.

The release caused two soldiers to be treated for only "minor exposure," General Kimmitt said, and the surrounding area needed no additional decontamination.

General Kimmitt said whoever rigged the device, likely from old regime stockpiles, probably did not realize that it contained the deadly nerve agent sarin.

The effect of the explosion was minimal because the agent was used in a roadside bomb rather than being

fired by an artillery piece, Kimmitt said.

The type of round used, a "binary chemical projectile," has two chambers that keep the chemical components inside separate until they are fired by an artillery piece, General Kimmitt explained. After firing, the rotation of the artillery shell in flight causes the barrier between the two substances to mix, creating sarin. The device releases the agent when it lands and explodes.

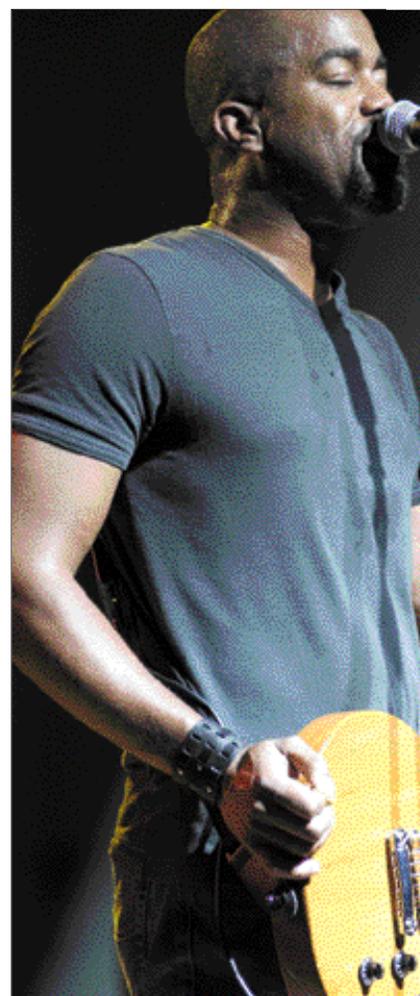
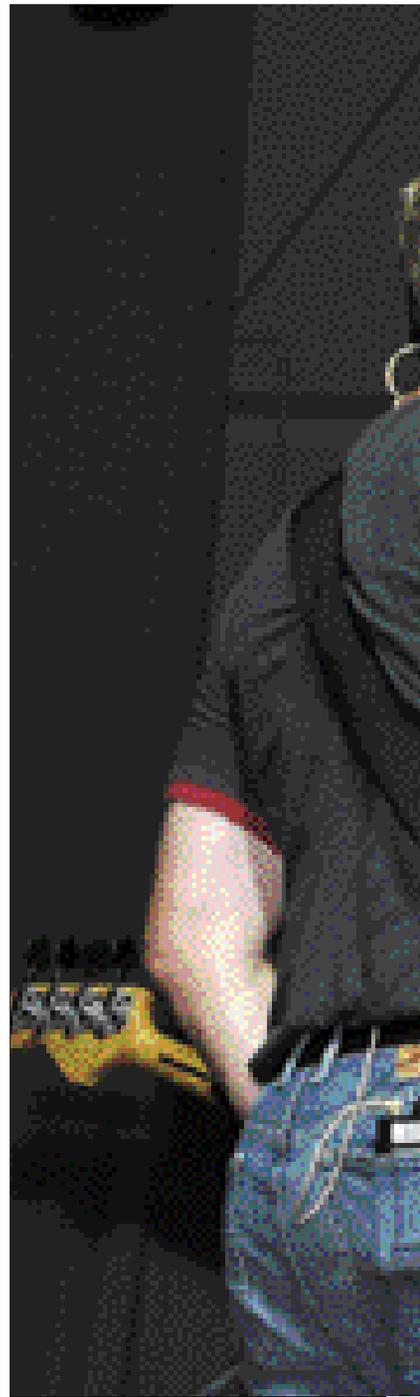
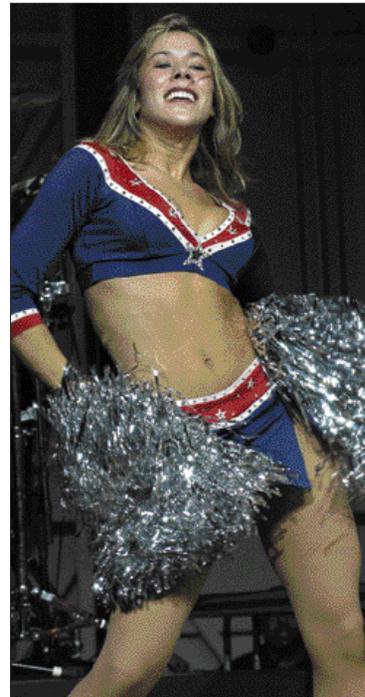
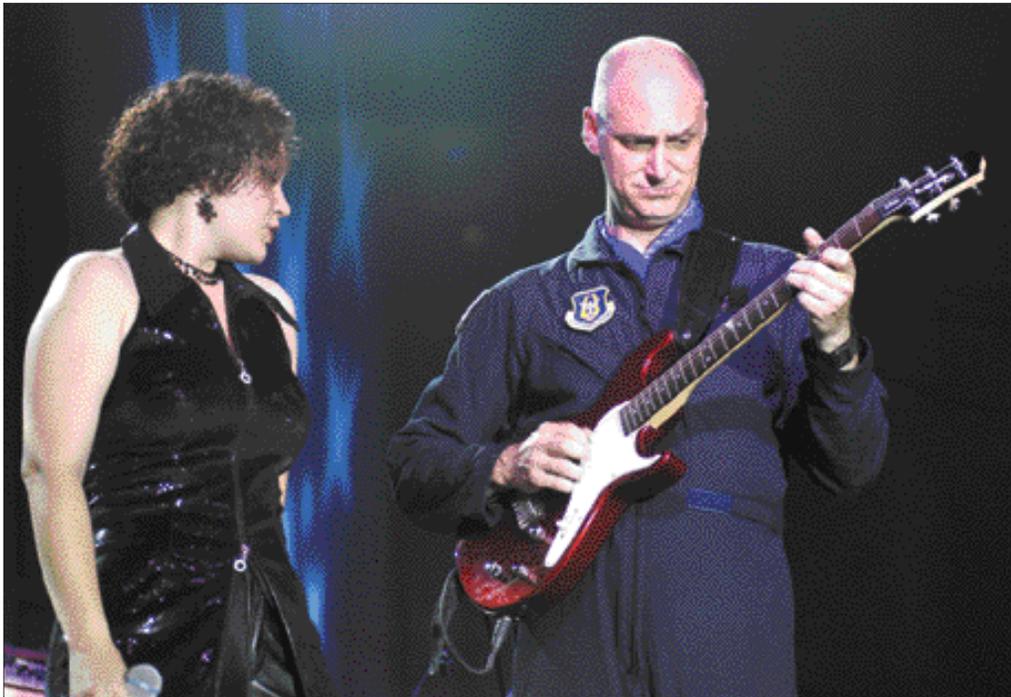
However, when the round is used in an improvised explosive device, General Kimmitt said, the chemicals don't properly mix, so they produce only "very, very small traces" of sarin gas. "When you rig it as an IED, it just blows up and you have ... minor amounts (of the chemical) going in different directions," he said. "It's virtually ineffective as a chemical weapon."

General Kimmitt said the incident does not pose a continuing threat. He said he would leave it to the Iraqi Survey Group to determine if the incident gives credence to charges that Saddam Hussein had weapons of mass destruction.

"The former regime had declared all such rounds destroyed before the 1991 Gulf War," he said.

OPERATION PACIFIC GREETINGS

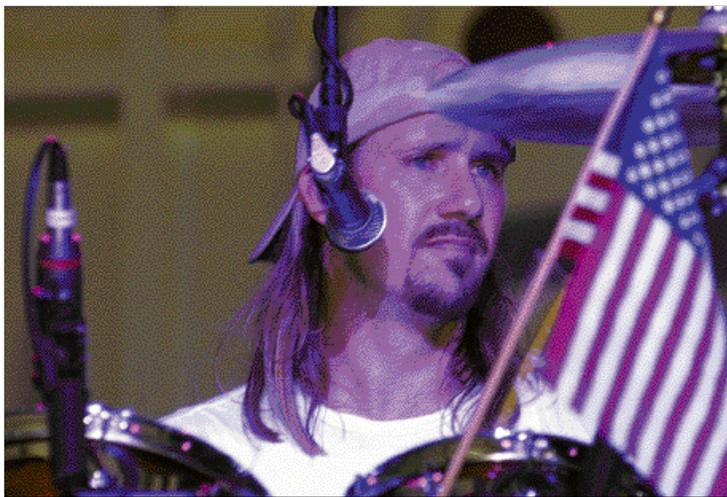
Air Force photos by Staff Sgt. Chenzira Mallory



DUO: Staff Sgt. Francis Wright, vocalist, and Tech. Sgt. Rob Walker, guitarist for the Air Force Reserve Band, performs during Operation Pacific Greetings at Kadena's Marine Liason Hangar 3 Saturday. The operation will also visit Misawa Air Base, Japan; Yokota AB, Japan; Kunsan AB, South Korea and Hickam Air Force Base, Hawaii.

PATRIOT: Amber vanEeghen, one of four cheerleaders from the 2004 National Football League Championship team, the New England Patriots, performs during the show.

DAZZLE: The Air Force Reserve Band plays a variety of music throughout the show Saturday including the hit song by Evanescence - "Bring Me to Life."



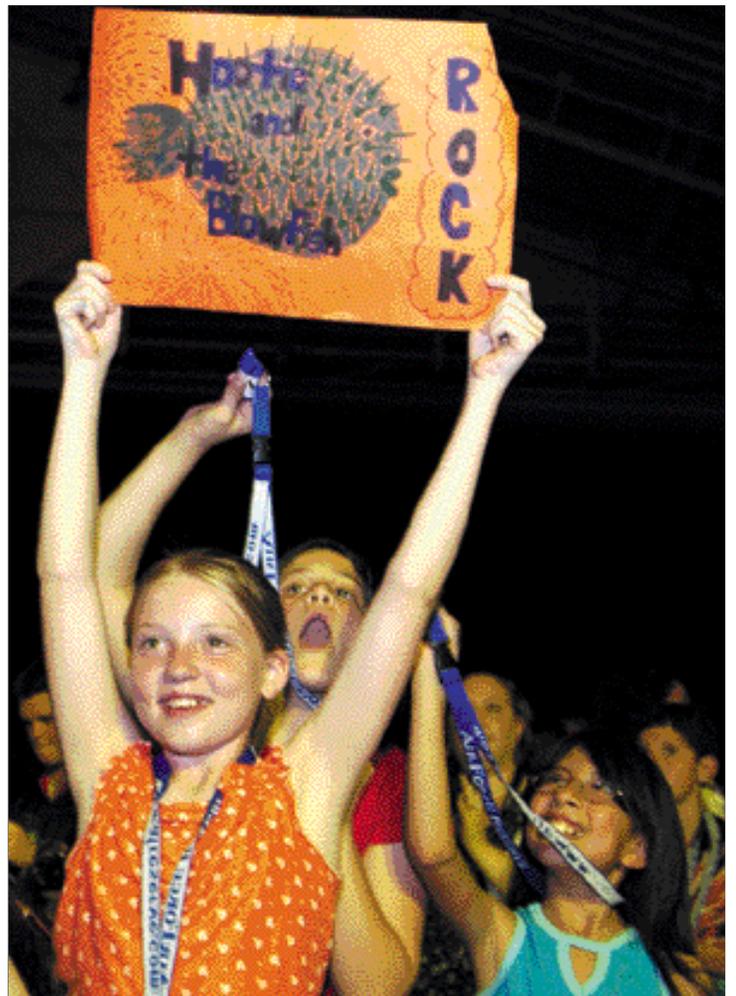
GUITAR: Darius Rucker, lead vocalist and guitarist for the popular rock band Hootie and the Blowfish, sing songs from a variety of albums released by the group.

DRUMS: Jim "Soni" Sonfeld plays drums during a performance by Hootie and the Blowfish Saturday. Operation Pacific greetings, sponsored by Air Force Reserve Command and Pacific Air Forces, was the band's fourth venture out to U.S. military installations.



FANS: Zachery Kerr and James Bloom sing along with the Air Force Reserve Band.

POSTER: Kaylee Smith holds up a sign, while Alexandra Franklin and Breanne Campos cheer on Hootie and the Blowfish Saturday.





Air Force/Master Sgt. Adam Johnston
MONKS: Maj. Vira Em translates a monk's symptoms for Navy Capt. Faye Pyles on May 17. They are part of a 20-person blast resuscitation and victim assistance team that arrived for a two-week humanitarian mission.
NEXT: Lt. Col. Diep Duong reviews a patient's screening paperwork as she assesses possible patients at a hospital compound.



Air Force/Master Sgt. Adam Johnston

U.S. military medics assist in Cambodia

by Master Sgt. Adam Johnston
18th Wing Public Affairs

KEP, Cambodia — Military medics are here caring for people injured by mine blasts and suffering from other war-related traumas in a former stronghold of the Khmer Rouge, officials said May 17.

The blast resuscitation and victim assistance mission will continue through May 29.

The medics began by screening patients to assess what type of help they could provide.

"We have screened 150 people in

the first four hours and have scheduled 22 cases for surgery," said Lt. Col. Diep Duong, team leader.

"We've already seen patients with some old land-mine injuries," said Lt. Col. (Dr.) Sid Brevard, the team's medical director. Colonel Brevard said medics are also seeing patients who have conditions resulting from a lack of necessary medical treatment.

He said people here were very patient as medics went through preliminary evaluations and screening.

While here, military medics will hone skills in austere environments

that will help them practice their field-medicine skills.

Officials said such work is important because it will give medics first-hand experience in how to work in environments with limited electricity and water, high heat and humidity, and mosquitoes.

The humanitarian mission is the third such trip to Cambodia. Similar missions have also been conducted in Vietnam and Sri Lanka.

Sergeant Johnston is deployed from Kadena to Cambodia as part of a Pacific Command-sponsored humanitarian mission.

Airman sentenced to life in prison for murder

by John Ingle
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas — An Airman from Cannon Air Force Base, N.M., was sentenced to life in a federal prison May 17 for murdering an Airman based here.

Col. Mary Boone, chief circuit trial judge for the central circuit, convicted Staff Sgt. Jason Arindain, a fuels technician, of unpremeditated murder May 15.

The sentencing phase began May 16 and ended May 17 with the judge's decision.

Colonel Boone found Sergeant Arindain not guilty of rape, forcible sodomy and felony murder.

The defense argued any sexual relationship the two might have had was consensual, not forced.

The body of Staff Sgt. Shelby Orelup, a fuels instructor at the 360th Training Squadron, was found Feb. 28, 2003, in a drainage ditch near here.

The sergeants began a relationship while they were stationed at Royal Air Force Lakenheath, England.

According to testimony, Sergeant Arindain remained in contact with Sergeant Orelup after their relationship because the two had a child together.

Sergeant Arindain returned the child to Sergeant Orelup the week of the murder.

Besides his life sentence, Colonel Boone ordered Sergeant Arindain to receive a demotion to airman basic, forfeit all pay and allowances and be dishonorably discharged from the Air Force.

Courtesy of Air Education and Training Command News Service

Stars and Stripes offers free online newspaper

by Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON — Servicemembers who do not have access to the Stars and Stripes newspaper but do have access to a computer can now go online to read or download an exact replica of the paper at no charge.

Stars and Stripes officials said the electronic version of the newspaper is an effort to reach readers in remote areas.

Free online versions of the newspaper's European, Pacific and Middle East editions became available April 26.

Tom Kelsch, the newspaper's publisher, said the free online newspaper is geared toward servicemembers in remote locations, but that any servicemember assigned anywhere in the world, as well as family members, can use the service.

"We have many military (people) stationed in places where it just isn't practical to get the printed edition to them, and this is a way to be able to reach (them) wherever in the world they're stationed," Mr. Kelsch said.

Servicemembers and their families can read the paper online or download it in portable document format at estripes.osd.mil. Officials recommend that readers who want to print the paper and read it that way use the "fit to paper" option when printing. The site also offers free access to past newspapers for seven days.

The electronic newspaper is a cost-effective way to get the Stars and Stripes to servicemembers at bases in isolated places overseas, such as Iceland or Crete, where delivery is expensive, Mr. Kelsch said. It is also a way for the newspaper to reach servicemembers stateside at bases "where circulation is low or the paper is not offered," he said.

Offering Stars and Stripes free online to servicemembers does not mean the printed edition is going away, Mr. Kelsch said.

Families of high school seniors may get to extend assignment

RANDOLPH AFB, Texas — Some Air Force families with a child entering the senior year of high school may get to stay additional time at their current duty stations thanks to a new policy announced recently.

"In today's environment of deployments and high operations tempo, it's important that we alleviate stress on families wherever we can," said Chief Master Sergeant of the Air Force Gerald R. Murray. "This initiative is designed to do that."

"This is a policy we think increases the quality of life for Air Force families," said Mr. Roger Blanchard, Air Force assistant deputy chief of staff for personnel. "The intent is to decrease turbulence and increase stability for military families," he said.

The High School Seniors Assignment Deferral Program allows senior master sergeants and below, and officers up through the rank of lieutenant colonel, to apply for a one-year assignment deferral.

Back-to-back deferments may be possible and military married to military spouses may also apply.

Even with the changes, officials said the mission comes first and will be the overriding factor in granting deferments.

"This policy does not mean that every Airman with a high school senior will remain in place," said Chief Murray. "Deferments will be approved where possible. As in all situations, however, the needs of the Air Force will come first."

"Requests will be considered on a case-by-case basis," said Col. Kathleen Grabowski, chief of

assignment programs and procedures here. "The goal is to approve as many requests as mission needs allow without being unfair, but the reality is that some requests won't be possible due to Air Force needs.

"We'll work with people as we always have," she said.

To be eligible, the senior in high school must be a dependent of and living with the Airman requesting the deferment, and must be enrolled in the dependent enrollment system called DEERS, she said.

"Officers overseas may apply using either the DEROS forecast procedures or when placed on the initial VML," said the Master Sgt. Letty Inabinet, superintendent of assignment procedures. "While enlisted personnel overseas must apply by requesting the deferment on their DEROS option rip during their DEROS forecast window."

Officials estimate that annually 20-25 percent of officers and senior non-commissioned officers have children entering their senior year of high school and perhaps one third of those could be eligible for assignment in a given year, officials said.

The policy makes official what was already being done informally whenever possible in the past, said Colonel Grabowski.

In some cases, assignments teams were already successfully working with Airmen to allow families stability when children were coming up on graduation, she said.

Applications and details are available at military personnel flights and commander support staffs.

Setting an example for younger students



Air Force/Staff Sgt. Chenzira Mallory

Christine Smith leads the Kadena Elementary Koraliers in signing the Japanese and American national anthems during the Community College of the Air Force graduation ceremony at the Rocker NCO Club May 14. More than 200 students received a diploma in the past year. For more information on educational opportunities visit the Kadena education and training center, or call 634-1500.

TODAY

- ▲ **MARTIAL ARTS CHALLENGE:** Amelia Earhart Intermediate School will host a World Tae Kwon Do Federation Olympic Style tournament beginning at 9 a.m. Saturday. The event is open to all ages and belt ranks. Register at the Kadena Youth Center. Cost is \$20 to compete if registered early, otherwise cost is \$25 the day of the event. Call 634-1387 for more information.
- ▲ **CITIZENSHIP CLASS:** Class meets from 9:30 to 11 a.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **FIRST TIME HOMEBUYERS:** Class meets from 2 to 4 p.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **DANCEHALL REGGAE PARTY:** There will be a reggae party at the Banyan Tree Club beginning at 10 p.m.
- ▲ **GROUP TENNIS LESSONS:** Classes run every hour between 9-11 a.m. and 3-5 p.m. at the Kadena Tennis Center. Call 634-3157 to register.
- ▲ **FINE FASHION JEWELRY:** Shop from a selection of vintage pendants on leather and organza in addition to children's jewelry, freshwater pearls, necklaces and more at the Schilling Community Center. Call 634-1387 for more information.

▲ **URASHIMA DINNER THEATER:** Showtime is 5:30 p.m. at Kadena Information, Tickets and Travel. Cost is \$60 for adults, \$39 for children ages six to 12, \$5 for children under six. Call 634-4322 for more information.

SATURDAY

- ▲ **DEPLOYED SPOUSES DINNER:** Meets from 6 to 8 p.m. at Chapel One. Call 634-3366 to register.
- ▲ **COLORAMA:** Signups begin at 6 p.m. at Emery Lanes. Bowling starts at 7 p.m.
- ▲ **TABLE TOP WARRIORS:** Begins at 10 a.m. at the Schilling Community Center. Call 634-1387 for more information.
- ▲ **IN THE MIDDLE OF IT ALL TOUR:** Showtime is 9 a.m. at Kadena Information, Tickets and Travel. Cost is \$18 for adults, \$12 for children ages six to 12, \$5 for children under six. Call 634-4322 for more information.
- ▲ **YUI MONORAIL & KOKUSAI STREET TOUR:** Showtime is 9 a.m. at Kadena Information, Tickets and Travel. Cost is \$18 for adults, \$12 for children ages six to 12, \$5 for children under six. Call 634-4322 for more information.

SUNDAY

- ▲ **POWER BOAT SAFETY COURSE:** Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.
- ▲ **FAMILY DAY:** Family Day at Emery Lanes begins at 8 a.m. Games are \$1 per person per family.
- ▲ **RENT-A-LANE:** Five bowlers can rent a lane for \$15 and bowl from 8 to 11 a.m.
- ▲ **BATTLE OF OKINAWA TOUR:** Showtime is 9 a.m. at Kadena Information, Tickets and Travel. Cost is \$28 for adults, \$19 for children ages six to 12, \$11 for children ages four to five and \$5 for children under four. Call 634-4322 for more information.
- ▲ **BLUE INDIGO AND BASHOFU WEAVING STU-**

DIO TOUR: Showtime is 10 a.m. at Kadena Information, Tickets and Travel. Cost is \$35 for adults, \$30 for children ages six to 12 and \$5 for children under six. Call 634-4322 for more information.

MONDAY

- ▲ **KID'S MEMBERSHIP NIGHT:** Begins at the Officers' Club at 5 p.m. Call 634-FOOD for more information.
- ▲ **FAMILY DAY:** Family Day at Emery Lanes begins at 6 p.m. Games are \$1 per person per family.
- ▲ **GROUP TENNIS LESSONS:** Classes run every hour between 9-11 a.m. and 3-5 p.m. at the Kadena Tennis Center. Call 634-3157 to register.

TUESDAY

- ▲ **BUNDLES FOR BABIES:** Class meets from 8 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **SECRETS TO FINANCIAL SUCCESS:** Class meets from 5 to 6:30 p.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **75 CENT DAY:** Enjoy selected food and games of bowling for just 75 cent each.

WEDNESDAY

- ▲ **WASHI CLASS:** Class meets from 1 to 2:30 p.m. at the Family Support Center. Call 634-3366 to register.

THURSDAY

- ▲ **IKEBANA:** Class meets from 1 to 1:40 p.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **GROUP TENNIS LESSONS:** Classes run every hour between 9-11 a.m. and 3-5 p.m. at the Kadena Tennis Center. Call 634-3157 to register.
- ▲ **FINE FASHION JEWELRY:** Shop from a selection of vintage pendants on leather and organza in addition to children's

jewelry, freshwater pearls, necklaces and more at the Schilling Community Center. Call 634-1387 for more information.

▲ **TEEN JOB FAIR:** Representatives from various base agencies will talk with teens looking for work from 3 to 5 p.m. at the Teen Millennium Center. Call 634-3866 for more information.

MAY 28

- ▲ **VA SEMINAR:** Class meets from 9 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **CHECKBOOK MANAGEMENT:** Class meets from 2 to 4 p.m. at the Family Support Center. Call 634-3366 to register.
- ▲ **GROUP TENNIS LESSONS:** Classes run every hour between 9-11 a.m. and 3-5 p.m. at the Kadena Tennis Center. Call 634-3157 to register.

MAY 29

- ▲ **OVERNIGHT LOCK-IN:** Skoshi Bowl will host an overnight lock-in for children ages six to 12 beginning at 8 p.m. Cost is \$20 per child.
- ▲ **EXPO PARK TOUR:** Showtime is 9 a.m. at Kadena Information, Tickets and Travel. Cost is \$32 for adults, \$27 for students ages 16-18, \$27 for students ages six to 15 and \$5 for children under six. Call 634-4322 for more information.

MAY 30

- ▲ **POWER BOAT SAFETY COURSE:** Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.
- ▲ **FAMILY DAY:** Family Day at Emery Lanes begins at 8 a.m. Games are \$1 per person per family.
- ▲ **RENT-A-LANE:** Five bowlers can rent a lane for \$15 and bowl from 8 to 11 a.m.
- ▲ **FAMILY KARAOKE:** Begins at 5 p.m. at the Schilling Community Center.
- ▲ **OKINAWA WORLD TOUR:** Showtime is 9 a.m. at Kadena Information, Tickets and Travel. Cost is \$29 for adults, \$17 for children ages five to 15 and \$5 for children under five. Call 634-4322 for more information.

MAY 31

- ▲ **DATING AND HEALTHY RELATIONSHIPS:** Class meets from 3 to 4:30 p.m. at Family Support Center. Call 634-3366 to register.
- ▲ **FAMILY DAY:** Family Day at Emery Lanes begins at 6 p.m. Games are \$1 per person per family.

JULY 15

- ▲ **SCHOLARSHIPS:** Deadline for

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

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: Never Die Alone, R, 6 p.m. Man on Fire, R, 9 p.m.
- ▲ Saturday: Never Die Alone, R, noon. Dawn of the Dead, R, 4 p.m. Man on Fire, R, 7 p.m. Dawn of the Dead, R, noon. Never Die Alone, R, 4 p.m. Man on Fire, PG-13, 7 p.m. Dawn of the Dead, R, 7 p.m. Taking Lives, R, 7 p.m.
- ▲ Monday: Never Die Alone, R, 7 p.m.
- ▲ Tuesday: Laws of Attraction, PG-13, 7 p.m.
- ▲ Wednesday: Laws of Attraction, PG-13, 6 p.m. The Passion of the Christ, R, 9 p.m.
- ▲ Thursday: Laws of Attraction, PG-13, 7 p.m.
- ▲ May 28: The Passion of the Christ, R, 9 p.m.

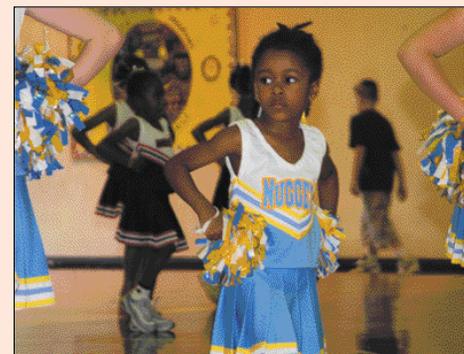
Foster Theater

- ▲ Tonight: Laws of Attraction, PG-13, 7 p.m. Never Die Alone, R, 10 p.m. Miracle, PG, 1 p.m. Catch that Kid, PG, 4 p.m. Dawn of the Dead, R, 7 p.m. Dawn of the Dead, R, 10 p.m. Catch that Kid, PG, 1 p.m. Never Die Alone, R, 4 p.m. Dawn of the Dead, R, 7 p.m.
- ▲ Saturday: Never Die Alone, R, 10 p.m. Miracle, PG, 1 p.m. Catch that Kid, PG, 4 p.m. Dawn of the Dead, R, 7 p.m. Dawn of the Dead, R, 10 p.m. Catch that Kid, PG, 1 p.m. Never Die Alone, R, 4 p.m. Dawn of the Dead, R, 7 p.m.
- ▲ Sunday: Never Die Alone, R, 4 p.m. Dawn of the Dead, R, 7 p.m. Laws of Attraction, PG-13, 7 p.m.
- ▲ Monday: Dawn of the Dead, R, 7 p.m.
- ▲ Tuesday: Laws of Attraction, PG-13, 7 p.m.

Cheerleading with the champs



Air Force/Staff Sgt. Chenzira Mallory



Air Force/Staff Sgt. Chenzira Mallory

STRETCH: Alison Preston, a New England Patriots cheerleader, performs warm up stretches with young cheerleaders during a workshop at O'Conner Gym May 15. Four cheerleaders from the National Football League's championship team taught the youths dance routines and signed autographs.

STUDENT: Four-year-old Lauren White tries to keep in step during a dance routine with the Patriots cheerleaders.

18th AMXS beats 18th OSS, wins racquetball championship

By 2nd Lt. Chrystal Smith
18th Wing Public Affairs

Kadena crowned a new intramural racquetball champion May 13 at Risner Fitness Complex on center court in postseason tournament play.

The 18th Aircraft Maintenance Squadron "racqueteers" swung their way to victory by defeating the 18th Operations Support Squadron team to win the base intramural racquetball championship.

The tournament itself was double elimination for all teams. If a team loss its first game they would have to scrap and claw their way out of the loser's bracket to get back into a position to contend for the championship.

The teams were made up of numerous players, having only two primary players at match time. First round action of the championship had the teams facing off in two separate singles matches with the winner taking the best of three games. In the event of a split, the teams would have to play a best of three doubles match to break the tie, thus crowning the champion.

Going into the championship game, AMXS had an unblemished record, while the OSS had one defeat, which came at the hands of AMXS.

During the finals, Kevin Miles and Jody Penney worked the AMXS racquets, while Bennett Samuels and Brian Gwinnup swatted for the OSS.

The championship began with two games being played simultaneously with hopes of the best team taking the title easily. Gwinnup squared off with Miles while Samuels faced off with Penney. The result of the matchup was a tie with one victory for each team.

Play continued with the doubles tiebreaker match where all four players took the court to decide who was the champ once and for all. The 18th AMXS team swept the match 2-0 and took home the base championship for 2004.

Running for fitness means preparing before stepping on the track

By 1st Lt. Elizabeth Fontenot
18th Physiological Training Flight

It had been years since Joe Orr got out on the track, but he was determined to pass the Air Force's new physical fitness standards, lose weight, and get physically fit. His first time out he ran about three-quarters of a mile.

"I was beat," said Orr, 18th Wing historian. "It took a lot out of me, and my lungs were aching pretty bad."

There are a lot of people like Joe out there, said Carrie Zeune, 18th Physiological Training Flight, aerospace physiologist.

"The new Air Force fitness standards have made running an essential element in any training program," she said. But Zeune says there are a few important things to consider before stepping onto a track.

BEGINNING STEPS

According to Zeune, the first step is to buy the right shoes. This is the biggest equipment expense and it is very important to get it right. The wrong shoe can cause serious problems.

"Shoes are designed for 300-500 miles of wear, so those old crusty shoes in the closet may need to be retired."

The second step is to make a plan. An effective workout can take as little as 30 minutes every other day.

"It's good to map out different courses where you know what the distances are of each," said Zeune. "It could make you more likely to complete a run if you have it planned in advance."

The third step is to take a mile trial. This time is important in that it helps to calculate pace per mile on longer runs and can determine a starting point.

"Run at a pace that is a little beyond easy, but less than a struggle," she said. "Then try to improve your time in later tests as fitness improves."

IMPROVEMENT STEPS

Get FIT is a simple formula for improving as a runner, said Zeune. It means your Frequency needs to be at least every other day; your Intensity should be at a comfortable pace; and the Time should be for about 30 minutes. This can include walk breaks as needed.

Zeune also said most runs need to be easy - this is for both a beginner and an elite athlete. As a new runner, each week should have one hard day but the majority should be an easier-paced run. A hard day could be intervals, a harder but shorter run, or even a race.

"Remember to warm up and cool down," said Zeune. "Don't confuse a little stretching with a good warm up." A proper warm up begins with walking

and then progressing to a slow run. This eases the body into the workout session. Don't count the warm up as part of the workout time or distance. The cool down should be another five-minute walk and stretching to follow.

RECOVERY STEPS

The minute the workout is finished, the body begins its recovery.

After a hard run, the body is designed to be able to absorb nutritional energy at a greater rate. Therefore, eating easily digestible foods after a workout enables the muscles to replace energy stores for the next workout. Zeune also emphasized the importance of hydration during recovery and said to keep drinking fluids after the workout session.

"Ice and cold water are magic," she said. "After an intense session, running a cold hose over the legs, especially the shins, can help to reduce swelling. Ice can be used to target particular areas."

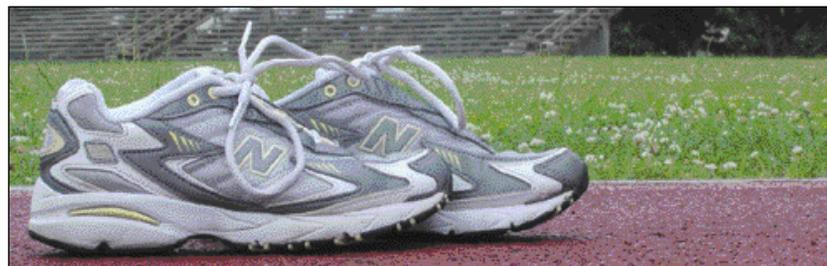
A second way to reduce fluid build up is to elevate the legs after training. This combined with using the cold water on the legs are very effective for the injury-prone athletes.

The last part of recovery is making sure to get plenty of sleep.

"Having to go to work all day following a hard training day is going to impact recovery time," said Zeune. "Aim to schedule harder sessions on days when you can relax and get enough sleep."

Runners measure themselves against their own standards. "When a runner improves his or her run time, increases distance, or sets a personal record, they win," said Zeune. "It doesn't matter what anyone else has done on the same day, they are still a winner."

Joe Orr considers himself a winner everyday he works out. In January, when the wing staff agencies took the test, he ran an 11:56 and had dropped 20 pounds.



Air Force/Capt. CK Keegan

The proper shoe is the first step to starting a running program. Some things to consider: make sure the shoe is designed as a running shoe; wear socks that you use while running into store for proper shoe fitting; allow a half inch of space between the longest toe and end of the shoe; shoes should fit snug without being too tight and the heel shouldn't slip while walking.