



Sudan 'Lost Boy' serves as Kadena NCO

By Senior Airman Maeson L. Elleman

18th Wing Public Affairs

8/27/2014 — "At the age of 10, I have seen death; I have buried other kids - at the age of 10," he said, a sadness moving into his eyes. "But at the same time, I've rebounded. If I have to stay in that hole and think of those horrible situations I've been in, then I would not be here today."

Labeled a "Lost Boy" by the United Nations along with more than 30,000 other kids from Sudan in the mid-1980s, Madut Bul - now a U.S. Air Force staff sergeant working as a with the 33rd Helicopter Maintenance Unit supply specialist - had experienced what most can't imagine.

After civil war tore at the nation, young teenagers were thrust into battle wielding Russian-made AK-47 rifles against a domestic enemy. As a result, these Lost Boys, ranging in age from 7 to 17, were orphaned or separated from their families and forced to live the lives of refugees.

"In 1983, a war broke out in my country - the country was

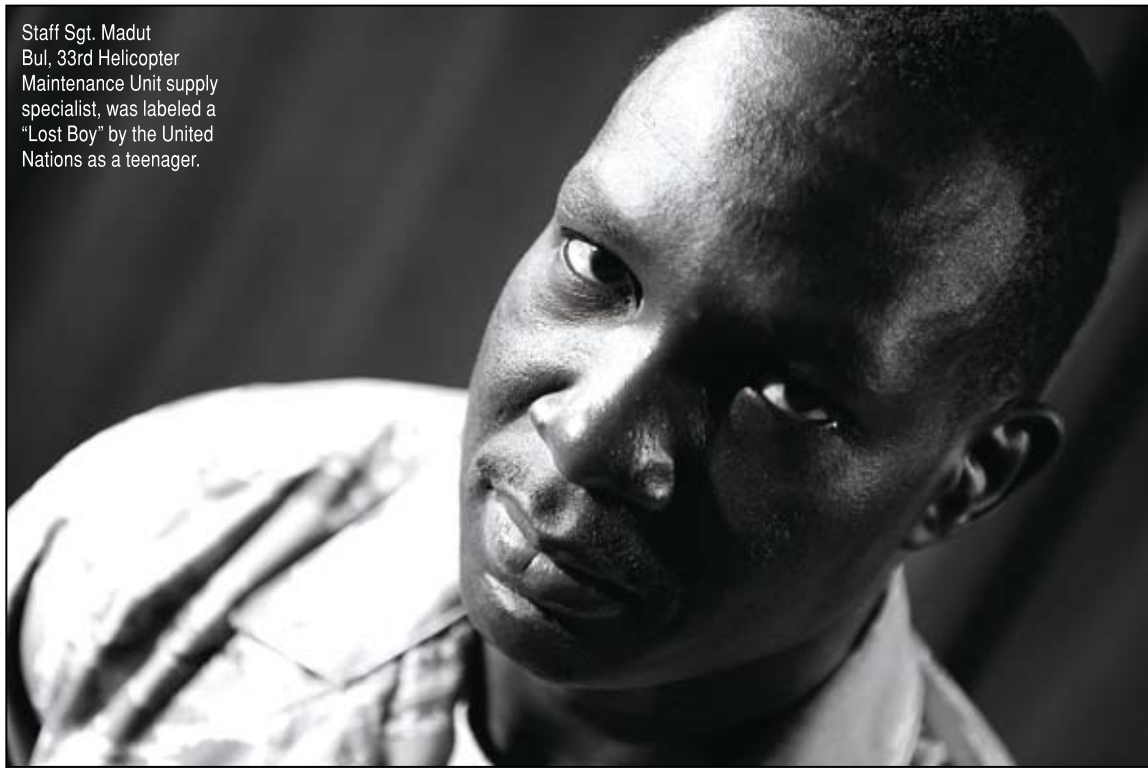
Sudan," he said, his face grim. "We did not have a family. I did not know where my family was. At that time when we were under the rebel groups who were fighting the government, if you were 13 years old, you were old enough to be able to have an AK-47 to go and fight."

As they fled east of the mayhem, they were pushed to neighboring countries seeking relief. However, they soon discovered that the first journey was fruitless.

"First, we went to Ethiopia, but they were having their civil war," Bul recounted. "At the time the war happened, they had to come back to the border of Sudan, then we had to go to Kenya. That's over a thousand miles. We were walking there by foot."

"We were over 30,000 kids," he continued. "There were a lot of kids that either died during the crossing over to come to Sudan, hunger or eaten by wild animals. At that time, the only food that we had was the food that we were carrying. They took a head count again ... we were at about almost 12,000."

Staff Sgt. Madut Bul, 33rd Helicopter Maintenance Unit supply specialist, was labeled a "Lost Boy" by the United Nations as a teenager.



(U.S. Air Force photo by Senior Airman Maeson L. Elleman)

With the help of humanitarian aid, a program was set up to relocate many of the children to foster homes in the Southeastern U.S. However, according to Bul, the extensive process proved too slow.

At the end of it all, only a lucky fraction of the refugees including Bul were given the opportunity to move to the U.S.

"Only 500 kids got to go to foster homes," Bul said. "Thirty-eight hundred made it to the

United States - out of 30,000 ... and I was one of them."

But it wasn't over just yet. Five months after Bul and his friends arrived in Charlotte, N.C., 9/11 struck fear into the hearts of

SEE LOST BOY, PAGE 2

Risner holds F3 grand opening



(U.S. Air Force photo by Airman 1st Class Zade C. Vadnais)

Tom Harter, 18th FSS facilities project manager, Brig. Gen. James B. Hecker, 18th Wing commander, Verna James, 18th Civil Engineering Squadron project architect, and Tech. Sgt. Heather Consola, 18th Contracting Squadron contracting specialist, cut the ribbon at the Risner Fitness Center's Functional Fitness Facility grand opening ceremony on Kadena Air Base, Aug. 25.

By Airman 1st Class Zade C. Vadnais

18th Wing Public Affairs

8/25/2014 — The Risner Fitness Center held a ribbon-cutting ceremony to celebrate the grand opening of its new

24-hour Functional Fitness facility, or F3.

The open air facility houses pull-up bars, climbing ropes and still rings while an attached equipment storage area houses medicine balls and other

functional fitness equipment.

"Risner's F3 offers much needed additional space, expanding fitness opportunities," said Gordon Murdock, 18th Force Support Squadron marketing director. "Additionally, functional fitness equipment addresses a need many in the community have for extreme fitness not otherwise available in the main building."

Functional fitness programs focus on building strength, speed, agility and stamina through exercises like squats and pull-ups that mimic the human body's everyday movements.

Since the facility is open air, those seeking to use the F3 may come and go as they please. The equipment storage area will be open for several hours during high-traffic times and will be locked during evening hours with a key available for check out at the Risner front desk.

"The Risner staff is evaluating use and is exploring adding additional functional fitness classes as part of their group exercise lineup," Murdock said.

Kadena firefighters train for real world scenarios



(U.S. Air Force photos by Airmen 1st Class Stephen G. Eigel)

A team of 18th Civil Engineer Squadron firefighters makes their way through a simulated burning building on Kadena Air Base, Aug. 22. The simulation was part of a training exercise to help prepare the team for real world events.



An 18th Civil Engineer Squadron firefighter helps Master Sgt. Brandon Wolfgang, 18th Security Forces Squadron superintendent of flight operations, out of a simulated burning building on Kadena Air Base, Aug. 22.

My reason for becoming a SAPR victim advocate

Commentary by Senior Airman Jonathan Bynes

18th Communications Squadron

This is my story about being an active bystander against sexual assault. My story begins in the winter of 2007 while I was studying abroad in Punta Cana, Dominican Republic.

I was 21 years old and traveling with 15 other students from my university. For most of us, this was our first experience outside of the country with minimal supervision, so there was a level of nervousness and excitement surrounding the group. We all knew that this was going to be one of those times in our lives that we were going to remember forever. The best part about the trip was that even though everyone came from different walks of life, we all got along extremely well. I believe that most of it had to do with the fact that we were excited to be on a warm tropical island away from the bitter cold of Virginia.

Even though we were there to do research work on tourism around the island, we definitely lived by the motto "work hard, play hard." As young college students, we weren't thinking about the dangers there even though we were briefed on them before we left the states and again when we arrived. Little did I know I would soon come to encounter some of those dangers firsthand.

The night of the incident started innocently enough. We decided to go to a local club our translator had recommended, assuring us that she never had a problem there. I wasn't worried about anything because we were in a large group and our translator said the area was safe, so what could really go wrong?

It was turning into a good night, everyone was drinking and having a good time mingling with the locals and enjoying the atmosphere. Some people had more to drink than others but that was nothing out of the ordinary. As the night went on, I noticed one local guy hitting on every single one of the ladies in our group. At the time, I didn't pay much attention to it as I was busy chatting with other people.

About an hour or two later when I was coming out of

the restroom, I saw one of the girls in my group heading to the restroom by herself. It was obvious that she was drunk. I wasn't really sure why she was alone so, being the gentleman that I am, I decided to wait for her.

After about a minute or two of waiting, I saw the guy who was hitting on the girls at the bar walk up and try to enter the women's restroom. I thought maybe he was just drunk and didn't know what he was doing so I politely told him that he was at the wrong restroom and the men's restroom was the other way. He told me, in half broken English and half Spanish, "It's ok. I have something waiting on me in there." I knew that my friend was the only one in there so I said, "There is nothing waiting for you in there."

He tried to brush by me but I stood my ground and he stumbled backwards. We started arguing because he wanted to get past me and I wouldn't let him. The girl heard the commotion going on outside the door and came out of the restroom. The guy noticed, grabbed her by the arm and tried to force his way in the restroom with her. I pushed him away from her and he stumbled backwards once again.

The guy was steaming mad at this point and started yelling and screaming at me in Spanish. I'm not sure what he was saying but I knew he was not trying to be my friend. He then proceeded to pull out a knife with a blade about four to six inches long and started waving it at me like a mad man. When I saw this, my heart dropped and my mind instantly started thinking I was about to die.

I felt like I was going to die alone in a strange place with no family around me. That was the worst feeling that I have ever had in my life. As the guy was coming toward me with the knife, I prepared to battle for my life. As I prepared to dodge his attack, I suddenly saw two of the club bouncers bear hug him and slam him to the ground. Some of the other people in the group saw what was going on and wisely got help.

I was relieved because no one got hurt and I didn't have to test my fighting skills.

My feelings of relief and happiness would not be enjoyed for long, though. The group had decided that it was time to leave the club and go back to the hotel. On the ride back, I really hadn't had a chance to say anything to the girl who was assaulted because she was pretty drunk and she was with the other girls in the group, but I did notice that she was pretty shaken up, which was understandable. When we got back to the resort I decided to ask if she was okay. Shockingly, she proceeded to slap me in my face and tell me that it wasn't my business what she was doing or what she does and to stay out of her way.

This angered and frustrated me because I put my life in danger to do the right thing and she acted like it was an inconvenience to her. Everyone around me was telling me not to worry about it and she didn't mean it because she was drunk and upset.

The next morning, the girl didn't remember much of what went on that night but her friends told her about it. She came up to me and told me that she felt horrible about the things she said to me and she really did appreciate what I did. It made me feel better that she apologized and I didn't feel like my efforts went unrecognized.

That definitely was the craziest night of my life. I had never been put in a situation quite like that before. I learned a lot of things about myself that night. It's easy to say "what if" when talking about what you would do if you were ever put in a certain situation but when that time comes you never know what you are actually going to do. I'm happy to know that when called into action, I was able to do the right thing no matter how dangerous it might have been. If I am ever put in that situation again, I won't hesitate to act the same way. A desire to help those in need is the reason I became a Sexual Assault Prevention and Response victim advocate.

LOST BOY FROM PAGE 1

Americans. Without prior knowledge of U.S. capabilities, Bul and his friends were afraid their new home would soon resemble their last.

"When Sept. 11 happened, we did not have an idea of how strong the United States was, so our perception was that it looked like we were going to be running again," he explained. "Me and one of my friends, we are in the Air Force. Our perception was that we might want to have our AK-47s and be able to protect ourselves."

However, it was more than that which led to his enlistment. Instead, Bul recounted what he was most appreciative of while escaping the civil war in Sudan.

"At that time I had a lot of my family being killed," Bul said. "I did not have anything

to help. My reason to join was that I want to help somebody. I want to be able to go out there and protect somebody. I know my country got independent in 2011, but it's because of a few people standing up in order to protect the majority of people.

"If you want to join any service that's protecting your community, I think it's a good, noble cause that all of us are able to stand up and protect our people," Bul continued. "You are not in for money; you are in to protect your country; you are in to protect your family. If you come in with that mindset, you will not disappoint yourself. It might not be easy, but it might be part of something bigger than yourself."

After first being denied enlistment due to not having a high school diploma,

Bul charged forward and completed the education necessary to join. Now the eight-year veteran has a bachelor's degree in criminal justice – and his U.S. citizenship.

"I signed up for four years as open general, but I wanted to be security forces," Bul said. "I wasn't a citizen though, so I had to stay with supply."

Since joining the Air Force, he's moved forward in life and is currently on vacation getting married to his fiancée. He's since traveled back to the country and built homes, and the NCO has been sponsoring 23 kids in Sudan since 2011.

"It would be selfish of me to forget," he said. "The United States is awesome, and it's given me something that my country has not given me, but at the same time my

country may have taught me something too: without somebody standing up for other people, somebody like me will not have a chance."

It's been a long, tough road, but even after all the hardships he endured as a kid, Bul said he won't forget where he came from. Instead, he uses it as a lesson in resiliency to others.

"I know all of us here have the courage to stand up for our country," he said. "I have to stay strong; you have to stay strong. We have to stay strong in order to move forward. A bad story makes us stronger. You have to rebound out of whatever you are in and know that there are other people out there that might have gone through a more difficult time than what you're going through."

Kadena Air Base Weekly Newspaper

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EOD disposes of MFE hazards

By Staff Sgt. **Rachelle Coleman**

18th Wing Public Affairs

8/28/2014 — A protein container sits on the ground right outside the 33rd Rescue Squadron hangar near a helicopter. A little switch on the side indicates this isn't a normal package – it could be an improvised explosive device.

The suspicious package was one of several incidents 18th Civil Engineer Squadron explosive ordnance disposal technicians responded to during Kadena's mission focused exercise Aug. 19-22.

During the exercise, EOD Airmen cleared unexploded ordnance and conducted wartime IED and chemical operation training.

According to Master Sgt. Ryan Bobzin, 18th CES EOD craftsman and wing inspection team member, the main difference in MFE operations and routine training is interacting with different agencies.

"Normally when we run our own training ops, like if I'm running it, I'll also play the part of the incident commander, the witness on scene and the security forces guy," said Bobzin. "When we actually get to play with the base, we get to interact with those agencies which brings a little bit of a different dynamic to each training op. It's a good thing to practice because when you're out there on those actual ops in real life you have to interact with all those people and agencies."

Depending on how difficult it is to solve the situation and what the technicians see, it could take anywhere from 30 minutes to a few hours to neutralize the threat. Response time is also dependent on the cooperation of



^ Airman 1st Class Cody Ray, 18th Civil Engineer Squadron explosive ordnance disposal technician, uses a radio to communicate with a technician in the bomb suit during a suspicious package exercise, Kadena Air Base, Aug. 19. The exercise was part of a base-wide mission focused exercise and allowed the EOD flight to practice coordinating response efforts with other units.



^ Staff Sgt. Sean Eggleston, 18th Civil Engineer Squadron explosive ordnance disposal technician, places an x-ray machine behind a simulated suspicious package during a mission focused exercise, Kadena Air Base, Aug. 19.

others that are involved in the scenario.

For one of the new airmen, the exercise was the first time he was able to practice using the F6A robot, the Kadena team's main force protection unit primarily used for IEDs, outside of the shop.

"We send the robot down first to get first eyes on so we're not having to send someone down in the bomb suit initially," said Airman 1st Class Cody

Ray, 18th CES EOD technician.

IEDs come in all forms – detonators can be remote or manual, and the explosives inside vary in nature and amount.

"We want to gather as much information with the robot as possible to limit our time on target with our own personnel to minimize exposure and danger to them," Ray said. "It's pretty difficult to get used to

not being able to see the robot with your eyes, just focusing on the camera, especially trying to look at things through a screen, which is only 2-D, trying to look at a 3-D world."

Whether exercise or real-world, MFEs create a safe environment to train and test Airmen on the proper procedures to defend against potential real-world situations.

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MFE tests 18th MDG airmen's preparedness

By Airman 1st Class
Zade C. Vadnais

18th Wing Public Affairs

8/21/2014 — Panicked cries fill the air as the sun rises over Kadena's flightline, illuminating the grisly aftermath of a severe car accident.

Ten airmen are sprawled on the grassy knoll by the entrance to the munitions area. Some are wincing as they clutch their bloodied limbs, most are trying their best to lie motionless and all of them are stifling giggles.

The "injured" airmen are perfectly fine. Donning makeup and lots of stage blood, they are participating in a mass casualty exercise designed to test the preparedness of the 18th Medical Group's Field Response Team.

"We simulated a car accident and we had some people come out and helps us," said Airman 1st Class Jason Garcidealba, 67th Aircraft Maintenance Unit avionics specialist. "It was cool to see how quickly everybody responded and how everybody had a helping hand."

Although the simulation was intended to test the response of FRT personnel, airmen from the 18th Security Forces Squadron happened to be driving by the scene and were the first to respond, performing self-aid buddy care and recovering a missing arm from a nearby tree.

Two Airmen from the 18th Munitions Squadron also took notice of the events unfolding right outside their gate and responded with individual first aid kits by splinting limbs, bandaging wounds and treating the victims for shock.

Once the FRT Airmen arrived via ambulance, the injuries were assessed and the process to get the victims the necessary care could begin.

"When we arrive on the scene the first thing we do is make sure the scene is safe," said Capt. Shara Koch, 18th Aerospace Medicine Squadron flight and operational medicine clinic element chief. "Once the scene is deemed safe, we need to find out who is most critically injured and who are the minimally wounded patients that can help treat other patients."

Once the patients were triaged, meaning their need for care was rated from most to least urgent, FRT Airmen simulated transporting them from the scene of the accident to the U.S. Naval Hospital on Camp Foster in order to have their injuries treated by emergency room staff.

In addition to giving Airmen a chance to test their response time and SABC skills, exercises like this also provide an opportunity to strengthen

Senior Airman Christopher Gaines, 18th Aerospace Medicine Squadron flight operational medical technician and field response team member, prepares to lift a simulated patient onto a litter on Kadena Air Base, Aug. 21. FRT members augment the 18th Medical Group's ambulance services team due to limited resources, sometimes acting as first responders.



(U.S. Air Force photos by Airman 1st Class Zade C. Vadnais)



Staff Sgt. Kyle Johnson, 18th Security Forces Squadron response force leader, performs self-aid buddy care on a simulated car crash victim on Kadena Air Base, Aug. 21. Simulations like these provide Airmen an opportunity to practice their emergency procedures in addition to giving leadership an idea of which steps need additional training.

Capt. Marisol Pacheco, 18th Aerospace Medicine Squadron clinical nurse, prepares an am-bus to transport simulated victims during a mass casualty exercise on Kadena Air Base, Aug. 21. Mass casualty exercises ensure emergency response personnel such as the 18th Medical Group's field response team are prepared for real-world contingencies.

communication skills and encourage teamwork.

"It's very chaotic; you don't know who's who," Koch said. "Communication and teamwork are really what we try to build on with our exercises because that's going to be vital to our success and make sure we utilize the greatest number of resources."

The FRT often steps in to provide ambulatory services due to the ambulance services team's limited resources, so exercises in which the FRT

responds to an emergency situation are very beneficial according to Koch.

"Our ambulance service is only able to take two patients depending on the severity of their injuries," Koch explained. "As the FRT we need to be able to augment them and respond because something as simple as a car accident can create a mass casualty."

Exercises like this test the preparedness of individual units and give leadership an idea of how well-oiled the Kadena machine is. In addition to the experience

Airmen gain and objective performance evaluation data collected by the inspection team, exercises also serve to reassure personnel that the people they would be depending on in an emergency situation are worthy of their trust and capable of getting their jobs done, even under pressure.

"It was cool to see how quickly everybody responded," Garcidealba said. "It's very reassuring to know that if something were to happen they'd be right there for you."

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Wing Inspection Team vital to MFE

By Airman 1st Class Keith James

18th Wing Public Affairs

8/21/2014 — With the start of the mission focused exercise, participating Airmen of the 18th Wing strive to demonstrate their abilities to survive and operate over the next few days of the wing inspection on Aug. 18 - 22.

Evaluating and inspecting the Airmen on how well they perform during the MFE are the members of the Wing Inspection Team. The WIT focuses on testing their units on the four major graded areas which are executing the mission, managing resources, improving the unit and leading the people.

Trained, certified and sworn-in by oath, WIT members act under the authority of the wing commander through direction from the wing Inspector General to help ensure the wing is prepared to execute its wartime mission.

"The WIT plays an important part in supporting the mission of the 18th Wing," said Lt. Col. Brian Joseph, 18th Inspector General deputy. "They are responsible for providing accurate and unbiased reports on their unit performance, which allows the wing to identify issues that

prevent us from executing our mission in an efficient and effective manner."

Integrated into the planning process long before the execution of an MFE, a WIT member's main role is to be the subject matter experts across the wing to inspect the various functional areas of their units.

Capable of conducting an inspection at any time, WIT members fill in throughout their units, prepared and ready to evaluate their units on the two types of inspections: compliance and readiness.

Compliance inspections are conducted at the group and squadron levels, while readiness inspections focus on how the wing integrates all of the group and squadrons capabilities into the overall mission.

"Inspection is an inherent function of command," Joseph said. "WIT members, along with the new Air Force Inspection System, work toward the Air Force's goal to develop a culture of continuous compliance and process improvement where preparation for an inspection is unnecessary and actually counter-productive."

Filling key roles, WIT members provide inputs for scenario



(U.S. Air Force photos by Airman 1st Class Stephen G. Eigel)

Staff Sgt. Kenneth Green, 18th Security Forces Squadron desk sergeant and Wing Inspection Team member, debriefs Airmen after a mission focused exercise inject where opposing forces broke onto base and tried to take over on Kadena Air Base, Aug. 21. Responsible for providing an accurate and unbiased report on their unit performance, WIT members are subject matter experts across the wing in their respective career fields.

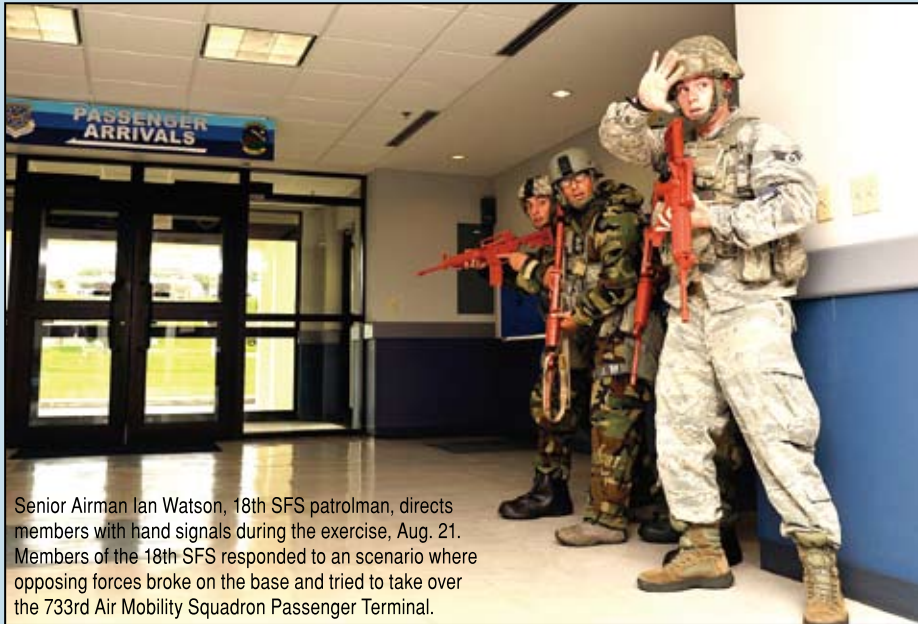
development, inspecting assigned areas and functions, evaluating scenarios, participating in the after inspection completion brief and providing inputs to the inspection reports.

"The WIT are critical to the success of the wing-wide MFEs," Joseph added. "We rely on the WIT to help achieve the desired objectives of any scenario."



Staff Sgt. Kenneth Green, 18th Security Forces Squadron desk sergeant and Wing Inspection Team member, helps two airmen work through a vehicle-borne explosive device scenario on Kadena Air Base, Aug. 21.

18th SFS surround the AMS passenger terminal during the exercise



Senior Airman Ian Watson, 18th SFS patrolman, directs members with hand signals during the exercise, Aug. 21. Members of the 18th SFS responded to a scenario where opposing forces broke on the base and tried to take over the 733rd Air Mobility Squadron Passenger Terminal.

(U.S. Air Force photo by Naoto Anazawa)

18th Logistics Readiness Squadron supports MFE



(U.S. Air Force photo by Airman 1st Class Zade C. Vadnais)

Senior Airman Jerry Duvall, 18th Logistics Readiness Squadron air terminal operations journeyman, marshalls Staff Sgt. Mykel Wilson, 18th LRS fuels distribution supervisor, as he lowers a forklift's forks on Kadena Air Base, Aug. 18. After checking the weight and dimensions of shipping containers against a cargo manifest, Airmen from the 18th LRS loaded the cargo onto trucks to simulate delivery in support of a mission focused exercise.

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E-cigarettes are unregulated, health officials scrutinize use



(U.S. Air Force photo by Airman 1st Class Erica Crossen)

▲ A Scott Airman uses an e-cigarette, Scott Air Force Base, Ill., Aug. 13. The use of e-cigarettes has become more popular, for a variety of reasons. The tank, or container of the e-cigarette holds liquid flavoring and typically nicotine, and a vaporizer which evaporates the liquid, or juice, as it is sometimes called, that is inhaled by the user. States' attorneys general around the U.S. have pressured the FDA to apply regulations to the e-cigarette industry.

By Airman 1st Class Erica Crossen

375th Air Mobility Wing Public Affairs
8/25/2014 - SCOTT AIR FORCE BASE, Ill. — E-cigarettes have an allure that has made gas stations and tobacco shops alike sell them throughout St. Clair County. This is not unlike the grip regular cigarettes may have had on generations for decades, whether from advertisements, social pressure, or perhaps claims of being a healthier alternative to cigarettes.

For all the similarities between cigarettes and e-cigarettes, there

are some differences that have some concerned about e-cigarettes' use and increase in popularity.

Hannah Williams, a health fitness specialist at Scott's Health and Wellness Center, said, "They are not yet regulated by the Food and Drug Administration, and very little research exists on their long term effects on health or use as a quitting aid."

At Scott, e-cigarette users must follow the same rules as if using regular cigarettes. For instance, they must use e-cigarettes in designated smoking areas.

This year, it is estimated that 14

percent of 13 to 17-year-olds were using e-cigarettes, according to the U.S. Centers for Disease Control and Prevention. Middle and high school students have shown an increase in the use of e-cigarettes that has doubled in one year from 4.7 percent to 10 percent in 2012.

On August 8, attorneys general from more than half of U.S. states have pressed the FDA to enforce regulation on e-cigarettes and their sales, in the hopes young people would be less likely to start smoking e-cigarettes, according to an Illinois Attorney General press release.

Illinois was among the states to submit a letter to the FDA to restrict the advertisements and flavorings of e-cigarettes, to reduce the appeal to children and adolescents according to public health advocates.

Illinois Attorney General Lisa Madigan said, "Manufacturers and their advertisers are targeting young people with flashy marketing campaigns," she said, "We appreciate the FDA's first step toward regulating e-cigarettes, but the agency must strengthen its proposal to make sure more young people do not become addicted to nicotine."

The FDA examined a couple of the leading brands of e-cigarettes, concluding the samples did contain carcinogens

and other toxic chemicals.

Also, in addition to not being regulated, the manufacturers of e-cigarettes perform little or no quality control. This includes varying levels of nicotine in e-cigarettes labeled as one particular amount of nicotine, and even the nicotine-free e-cigarettes contained low levels of nicotine.

Smokers may use e-cigarettes to get past anti-smoking laws, which could escalate their habit enabling them to use it in more places. This may make quitting even harder in the first place.

E-cigarette users may tell you a different view for how they use them. It may be about how they came to use e-cigarettes, which has been used by some to come down from a conventional cigarette addiction.

"I used e-cigarettes specifically to quit smoking cigarettes," said Senior Airman Jonathan Olson, an Airman stationed at Scott.

"I can decide how much nicotine I want to use."

Nicotine in and of itself is a stimulant, as caffeine is, and both, in an excessive amount can have detrimental health effects. In fact, last year, caffeine withdrawal was added to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, or DSM-5, just as nicotine withdrawal is listed with

some similar effects on the body.

E-cigarette use may seem to some, as similar to purchasing their afternoon coffee.

Olson said for someone who uses e-cigarettes daily it isn't really less expensive, but what you pay for it monthly really depends on how much it is used.

"There are dozens of options; different tanks and juices," he said, "and there are a whole range of choices in e-cigarettes from high-end to low-end."

"The comparison between cigarettes and e-cigarettes is in the one common element of nicotine," said Olson.

Williams said, "Nicotine is an addictive substance no matter the delivery method."

Olson doesn't personally believe the FDA regulation would be a negative thing for e-cigarettes, as the industry would still be popular among consumers with regulation, although likely more expensive.

Health concerns for not only young people, but any e-cigarette user, may come out of the emerging e-cigarette market as lawmakers move toward continued research and regulation.

Williams encourages people who smoke to use an FDA-approved aid to quit, along with counseling, and the HAWC is a great place to turn for help, she said.

AF EOD mission wraps up in Afghanistan

By Staff Sgt. Evelyn Chavez

455th Air Expeditionary Wing Public Affairs
8/25/2014 - KANDAHAR AIRFIELD, Afghanistan — There have been 20 rotations of more than 600 explosive ordnance disposal technicians who have left their mark in the history of Operation Enduring Freedom since the 2004 inception of the 466th EOD Operating Location Bravo Flight here.

With more than 10,000 missions completed, Aug. 19 marked the unit's final mission. Although they completed the last Air Force EOD mission in Afghanistan, the unit still has a retrograde mission to support in order to officially close. As their last chapter closes in September 2014, the flight's final rotation is ensuring all assets are returned and their history remembered upon their departure.

"Our impact to Operation Enduring Freedom has been huge," said Capt. Justin Shultz, the 466th EOD Operating Location Bravo Flight executive officer, deployed from Luke Air Force Base, Arizona. "Because of our abilities and technical expertise, I feel like we have become one of the front line EOD units in Afghanistan during our time here. The main weapon of choice by insurgents is improvised explosive devices, therefore we had a huge impact on operations, without us it would have been harder for infantry units and transportation to get out and do their jobs."

Air Force EOD units in southern Afghanistan were originally part of Joint Task Force Paladin in 2001; three years later the 466th EOD Operating Location Bravo flight was created. During their tenure here, the unit supported Kandahar Airfield force protection and provided response for explosive hazard threats. The flight also had EOD technicians operating from six different forward bases in the surrounding area in the past years.

"Our unit responded to any explosive



(U.S. Air Force photo by Staff Sgt. Evelyn Chavez)

▲ Tech Sgt. Stacy Trosine packs EOD assets at Kandahar Airfield, Afghanistan Aug. 20. Trosine is an EOD logistics management NCOIC with the 466th Operating Location Bravo, helping close down the Air Force EOD unit. She is responsible for inventorying, disposing, returning and shipping all equipment. She is deployed from Fairchild Air Force Base, Wash., and a native of Colbert, Wash.

hazard on and off base, such as unexploded ordnances, improvised explosive devices and post blasts," said Shultz, a native of Ashland, Missouri. "After a vehicle is hit, our job is to go out and determine why it happened. And, if a new tactic was used, then we try to develop a counter measure to advise battle space owners on what they can do to mitigate that risk."

During the years, the unit created many memorials honoring those who served in the unit and the eight who died. They hope to preserve the unit's legacy by keeping and shipping the memorials to the Air Force Civil Engineer Center at Joint Base San Antonio-Lackland, Texas.

"One thing we made sure before we left was to clean and send back all the plaques and memorials that were made for our

fallen EOD brothers," Shultz said. "This was the member's way of coping so we want the plaques to be dispersed to the other flights, family and friends. We don't want to leave anything behind because when we leave here no one is going to know what this place was, and what it meant."

"The support personnel with EOD are instrumental in getting all the retrograde done in the proper time frame," he continued. "I have seen here how the retrograde process can be done right. We have been fortunate to have a great support staff that takes care of us while we take care of the mission."

The retrograde process includes a request of equipment disposition to either dispose of or return EOD assets to their respective home station.

"We started the process in April, and we

finally hit end of mission Aug. 19," said Tech. Sgt. Stacy Trosine, the 466th EOD Operating Location Bravo Flight logistics management NCO-in-charge, deployed from Fairchild Air Force Base, Washington. "Now we are finishing turning things in through customs and getting it back to the states."

According to Trosine, a native of Colbert, Washington, the unit has about \$30 million worth of combined Army and Air Force assets that need to be returned. Some will return to Army accounts and some shipped to Hill Air Force Base, Utah, the EOD retrograde facility.

"Here we have both Air Force and Army assets, I had to learn how the Army disposition process works," Trosine said. "I have also never closed down a unit, but it has been great to see how everything goes."

According to Trosine, with 14 years' worth of accumulated assets, it's not only mission equipment but also communication gear, office supplies, and furniture that needs to be retrograded. Before any of the equipment is returned, it must be cleaned, inventoried and properly packed to be cleared through customs.

Taking accountability of items that have been part of history is an experience Trosine said he finds exciting.

"To be part of history is great," Trosine said. "When I am inventorying the items, the EOD techs explain to me what some of the equipment is used for, and it is amazing to see and learn how all of these tools have helped save the lives of the techs out there."

According to Shultz, being part of the last Air Force EOD unit in Afghanistan has been bittersweet.

"It's bittersweet because we didn't get to do as much of the fast paced operations as our previous EOD brothers, but at the same time that's good because it means we did our job correctly by making it safer for everyone out here," he said.



ARMY OKINAWA ACTIVITIES

Local children's home summer bash



(U.S. Army courtesy photos)

Soldiers assigned to Headquarters and Headquarters Company, 10th Regional Support Group volunteered to support local children with an end of summer celebration at Toyosaki Chura-san Beach. Ten soldiers along with teachers and staff and more than 50 children from Iwaki Children's Home and the Ishimine Children's Home swam at the beach, played basketball, volleyball, and enjoyed American soft drinks and snacks provided by the soldiers. This community relations event allowed soldiers to interact with local Japanese children and to enjoy their last days of summer before school starts.



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Pacific Air Forces

NEWS BRIEFS

Bilateral exercise strengthens community readiness



(U.S. Air Force photo by Senior Airman Jose Hernandez-Domitilo)

ROKKASHO VILLAGE, Japan — Firefighters from Misawa Air Base, alongside emergency personnel from the local fire departments' work together to evacuate and provide medical care to an injured civilian during a Major Accident Response Exercise at Rokkasho Village, Aug. 19. Emergency personnel from both Misawa AB and the local community responded to a simulated F-16 Fighter Falcon accident and worked together to rescue the injured.

Wolf Pack prowls skies over Alaska



(U.S. Air Force photo by Senior Airman Peter Reft)

EIELSON AIR FORCE BASE, Alaska — Senior Airman Ian Postler, 80th Aircraft Maintenance Unit weapons load crew member assigned to Kunsan Air Base, secures a computer control group to a GBU-12 bomb during RED FLAG-Alaska 14-3 Aug. 19, Eielson Air Force Base. The GBU-12 features laser guidance systems that help steer the bomb to its target during freefall.

Crew chief scans Japanese skies



(U.S. Air Force photo by Staff Sgt. Stephany Richards)

YOKOTA AIR BASE, Japan — Staff Sgt. Michael Wright scans the area for potential obstacles during a training mission Aug. 12, near Yokota Air Base. Wright is a 459th Airlift Squadron UH-1N Huey helicopter crew chief.

JBP HH partners with local community for disaster preparedness exercise



(U.S. Air Force photo by Staff Sgt. Brian Miles)

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — First responders from the 15th Wing, 154th Wing, Joint Base and local community respond to a simulated downed helicopter crash site during a major accident response exercise on the Joint Base Pearl Harbor-Hickam flightline Aug. 21. During the MARE, Airmen were moulaged and positioned near the crash site to test the emergency response of military and civilian first responders.

B-2 Spirits depart Andersen AFB following routine deployment



(U.S. Air Force photo by Senior Airman Cierra Presentado)

Airmen from the 509th Aircraft Maintenance Squadron work on a B-2 Spirit bomber during a deployment, Andersen Air Force Base, Aug. 22. The bombers and approximately 200 support Airmen, assigned to the 509th Bomb Wing at Whiteman Air Force Base, Mo., deployed to Guam Aug. 6 to improve combat readiness and ensure regional stability. Bomber deployments help maintain stability in the region while allowing units to become familiar with operating in the theater according to USPACOM.

RED HORSE brings comfort to augmentees



(U.S. Air Force photo by Senior Airman Racheal E. Watson)

OSAN AIR BASE, Republic of Korea — Master Sgt. Roberto Pitter and Tech. Sgt. Edward Mendiola, 254th RED HORSE squadron members, build an air conditioner deflector at Rush Park, Osan Air Base, during the Ulchi Freedom Guardian exercise, Aug. 13. RED HORSE personnel helped create a home away from home for UFG participants.

Team Andersen strengthens level of readiness



(U.S. Air Force photo by Airman 1st Class Amanda Morris)

ANDERSEN AIR FORCE BASE, Guam — Senior Airman Jesus Babauta, and Airman 1st Class Brandon Levulis, both with the 36th Munitions Squadron munitions storage area, identify a simulated unexploded ordnance during Exercise Beverly Palm 14-04 Aug. 20, Andersen Air Force Base. The 12-hour exercise took place to enhance the skills of Airmen in preparation for real-world contingencies.

Hickam C-17 dedicated in honor of late Sen. Daniel Inouye

By 15th Wing Public Affairs
8/21/2014 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii — A C-17 Globemaster III from the 535th Airlift Squadron was dedicated "Spirit of Daniel Inouye" Aug. 20, 2014, in memory of local and national hero Sen. Daniel Inouye during a ceremony here at Hangar 19.

In keeping with Air Force naming tradition, aircraft tail-number 5147 received its "Spirit of" name to honor the late Senator's contributions to the state of Hawaii and the U.S. in addition to his extraordinary efforts in support of the military and pivotal role in bringing the C-17 program to Hawaii.

"The United States Air Force owns and maintains 223 C-17 aircraft and only five have been named after a specific individual," said Col. Randall Huiss, 15th Wing commander. "Senator Inouye is now part of this highly esteemed group, which now includes four Medal of Honor recipients, a USO hero and a 48-year member of Congress."

The formal naming process

began here in March, and the Wing just recently received final approval from the Vice Chief of Staff of the Air Force, after receiving lower-level approvals from Pacific Air Forces and Air Mobility Command headquarters.

"They [the honorees] all have different background and stories, but they all have this in common," said Huiss. "They are true American heroes and patriots."

Guest speaker Maj. Gen. Paul McGillicuddy, Pacific Air Forces vice commander, said the long list of Inouye's accomplishments showcase the fortitude and resilience he possessed.

"We are a nation bound by principles and ideas and Senator Inouye dedicated his life to those principles," he said.

This particular C-17 is also very characteristic of the spirit of service that Inouye represented, having been used to evacuate displaced persons and transport food, water and relief supplies to the Philippines during Operation Damayan last year.

Inouye's military service began in the 442nd Regimental Combat

Team during World War II. He was awarded the Bronze Star for his service with this unit in the Rome-Arno Campaign of 1944 where he was nearly fatally wounded by a gunshot wound to the chest. He was later awarded the Distinguished Service Cross for his bravery and heroism for additional actions in 1945; though, it was later upgraded to a Medal of Honor in 2000.

Inouye swapped his military career for one in politics in 1954 when he was elected to serve in the Hawaii territorial legislature. He later went on to serve as Hawaii's first U.S. Representative, followed by nine terms in the U.S. Senate. From 2010 to his death in 2012, Inouye served as President pro tempore of the U.S. Senate, making him the highest ranking Asian-American politician in U.S. history.

The ceremony was hosted by Huiss and presided over by McGillicuddy. Other special guests included Irene Hirano Inouye, the late Senator's widow, and members of the 442nd Regimental Combat Team with whom Inouye served during his time in the military.



(U.S. Air Force photo by Tech. Sgt. Terri Paden)

▲ Tech. Sgt. Dustin Ching, 154th Aircraft Maintenance Squadron crew chief, left, and Staff Sgt. Steven Devenecia, 15th Aircraft Maintenance Squadron crew chief, right, unveil the artwork for the newly dedicated "Spirit of Daniel Inouye" C-17 Globemaster III following the ceremony on the Joint Base Pearl Harbor-Hickam, flightline Aug. 20. During the ceremony, the 535th Airlift Squadron cargo aircraft was dedicated to the memory of local and national hero and Medal of Honor recipient Sen. Daniel Inouye.

American Red Cross CPR / AED / First Aid Course graduates serve in community events

By Anna Kristen Gadoury

American Red Cross - Kadena Station

8/23/2014 — Kadena Station provided fifteen health and safety volunteers to serve as first responders at the H2gO Water 5K hosted by the USO on Kadena Air Base. Nine of the volunteers completed CPR / AED / First Aid certification the weekend prior in order to serve more than 600 runners and walkers who attended the run.

More than 550 people in the Kadena community have received American Red Cross life saving training since January 2014. Eighty-three young men and women have also received pediatric CPR training this year through the American Red Cross Babysitter's certification.

The American Red Cross on Kadena Station and Camp Foster offer the following certification

courses: Adult and Pediatric CPR / AED / First Aid (blended learning and traditional course formats), CPR / AED / First Aid for Instructors and Professional Rescuers, Babysitter's Training, Wilderness and Remote First Aid, and Pet First Aid. Course schedules and availability can be found at <http://classes.redcross.org> or on Facebook at AmericanRedCross-KadenaStation. Be prepared - get certified!

The American Red Cross provides volunteer and training opportunities, as well as links members of the U.S. Armed Forces with their families during a crisis. Join us! For more information about volunteering, courses, disaster preparation, or emergency communication messages, please call Kadena Station at 634-1294 or Camp Foster at 645-3800.



(Courtesy photo)

C-130 celebrates 60 years, still going strong



(U.S. Air Force photo)

Archived photo of the YC-130 Hercules during its ferry flight from Burbank, Calif. to Edwards Air Force Base, Calif. August 23, 1954.

By Staff Sgt.

Amber R. Kelly-Herard

Air Mobility Command Public Affairs

8/23/2014 - SCOTT AIR FORCE BASE, Ill. — In 1954, the song "Rock Around the Clock" was playing on the radio, Oprah

Winfrey was born and the first issue of Sports Illustrated appeared on newsstands.

The same year, on August 23, the YC-130 Hercules made its maiden flight at the Lockheed Martin plant in Burbank, California, and the C-130 is still in production today, making it the longest running military aircraft production line in history.

The need for the C-130 came from Air Force's Tactical Air Command during 1951, after the Korean War, to fill a void for medium-cargo tactical transport.

"In its first six decades, the C-130 shaped aviation history, redefined industry standards and exhibited flexibility that other aircraft have yet to match," said George Shultz, Lockheed Martin vice president

and general manager of C-130 programs, in a Lockheed Martin Aeronautics Company press release. "The C-130 remains the world's most proven airlifter because of its ability to adapt, remain relevant and deliver results no matter the mission."

The C-130 is the most modified aircraft in the Air Force with multiple variants and hundreds of configurations, according to the Air Mobility Command Historian Office. The C-130 is used for airlift, aeromedical missions, personnel and cargo airdrop, natural disaster relief missions, Antarctic resupply to the National Science Foundation, weather reconnaissance, aerial spray missions and firefighting duties for the U.S. Forest Service. The C-130 can airlift 92 ground

troops, 64 fully-equipped paratroopers, 74 litter patients or 45,000 pounds of cargo.

The C-130J, which is the latest version of the venerable platform, was introduced February of 1999.

To date, the Air Force has 145 C-130s in the active force, 181 in the Air National Guard and 102 in the Air Force Reserve.

Currently, two Defense Department C-130 Hercules equipped with U.S. Forest Service Modular Airborne Fire Fighting Systems from the 153rd Airlift Wing, Cheyenne, Wyoming, are assisting with wildfire suppression in the Northwest, Great Basin, under the command and control of U.S. Northern Command.

Information from a Lockheed Martin press release contributed to this article.

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Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit www.kadena.af.mil NO FEDERAL ENDORSEMENT OF PRIVATE ORGANIZATIONS OR ACTIVITIES IS INTENDED.

Gate 1 construction project

The outbound lanes of Kadena AB Gate 1 will be under construction until Oct. 25. The inbound traffic lanes will be reduced to one lane intermittently and both outbound lanes will be closed with vehicle traffic detoured to Seely and Warfield Roads. From Sept. 1 through Oct. 25, outbound traffic will be limited to one lane. For more information, call Michaelangelo Miyagi at 634-5682.

Kadena and Camp Foster emergency numbers

Kadena Fire Emergency Services would like to remind everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

Civilian Personnel Office job training

The Civilian Personnel Office will host a USAJobs training class from 9:30-10:30 a.m. every first and third Tuesday of the month at Bldg. 721-A in the Bruce Scott Training Room. This training covers the basics on creating an account and signing in, searching for a job, applying for a federal job through USAJobs, understanding different requirements, and explaining the different eligibilities available for applying in an overseas or stateside location. For more information or to sign up, call 634-2228 or email kadena.staffing.1@us.af.mil and include a contact number. You may also call Timmie Kerr at 634-2227.

Calling all Air Force female officers

The Kadena Chapter of the Air Force

Women Officers Associated is looking for female officers of all ranks to join the local chapter. AFWOA's purpose is to foster comradeship, maintain ties between active and retired women officers, preserve history and promote recognition of the role of military women, and lend support to women engaged in education and training programs. Their goal is to create a network of female officers, fellowship, and give back to the base and community. For more information or to become a member, call Maj. Brooke van Eeghen at 630-4598 or email brooke.van_eeghen.1@us.af.mil or Capt. Felecia Washington at felecia.washington.2@us.af.mil.

FCC new provider orientation

The Kadena Family Child Care Program is offering orientation classes to license individuals to care for Department of Defense/Military dependants in their homes. Programs include, but are not limited to, regular full day and hourly care, extended duty and weekend care, subsidy program, returning home care, and special needs care. For more information, call Mary Bogar at 634-0514 or stop by Bldg. 1850 to pick up an application.

Officers' Christian Fellowship

The Kadena Officers' Christian Fellowship provides Bible studies and fellowship for both families and single officers. The OCF meets every Sunday from 5-7:30 p.m. at 1834 Christos Ave. in Stearley Heights (around the corner from the youth center). Dinner will be provided. For more information, call Lt. Col. Joseph Silvers at 080-6497-4833 or email joseph.silvers@us.af.mil.

Miss Hispanic Okinawa scholarship

Miss Hispanic Okinawa is looking for contestants between the ages of 18 to 35, enrolled in higher education to participate in this year's Miss/Mrs. Hispanic Okinawa Pageant scholarship. For more information, email Carla Lauber at proudmho@gmail.com.

18th MXG AFREP

The 18th Maintenance Group Air Force Repair Enhancement Program can fix almost anything, from aircraft parts down to extension cables. For more information, call the 18th MXG AFREP at 634-5337/632-6082 or email 18mxg.afrep@us.af.mil.

OTS Enlisted Commissioning Program reinstated

The Officer Training School/Basic Officer Training program has reopened and has scheduled boards for later this year and next year. The rated and non-rated boards will be open to ALL degrees. For more information, go to <https://tinyurl.com/m45smur>.

Housing Office in-processing sessions

The Kadena Housing New Arrivals in-processing sessions are appointments only held every Monday, Tuesday, Thursday and Friday at 8:30 a.m. and 1:30 p.m. at the Kadena housing office, bldg. 217, off of Douglas Boulevard. For more information or to arrange an appointment, call the Housing Office at 634-0582.

18th MDG Education & Training Office hours

The 18th Medical Group Education &

Training office hours have changed, to include appointments. Hours of operation: 8 a.m. to 3 p.m., Monday - Friday 3 - 4:15 p.m., Monday - Friday (Appointments Only) To book an appointment, contact 630-1994 or 18mdg.educationtraining@us.af.mil.

North Side Military Service (GOV Refueling) Station closure

The North Side Military Service Station will be closed until Sept. 30 for repairs. Customers requiring diesel and unleaded fuel for government-owned vehicles can do so at the main military service station located at the intersection of Smith Drive and McKennon Avenue, Bldg. 3155. For more information, call the Fuels Service Center 24/7 at 634-3773 or Master Sgt. Michael Vincent at 634-5187.

MilTA is Changing Effective Oct. 1

Recent changes in the instructions governing the military tuition assistance program are going into effect at the beginning of the new fiscal year, Oct. 1, 2014. Check out the Virtual Education Center for the latest news. Air Force will also send out a mass email to students who have an FY15 MilTA form processed in mid-September reminding them of the new requirements. For more information, call at 634-1500, option 1.

Absentee Voters deadlines for some states

Massachusetts will hold its primary election on September 9. If you are a Massachusetts resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at www.fps.gov.



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KADENA PANTHERS

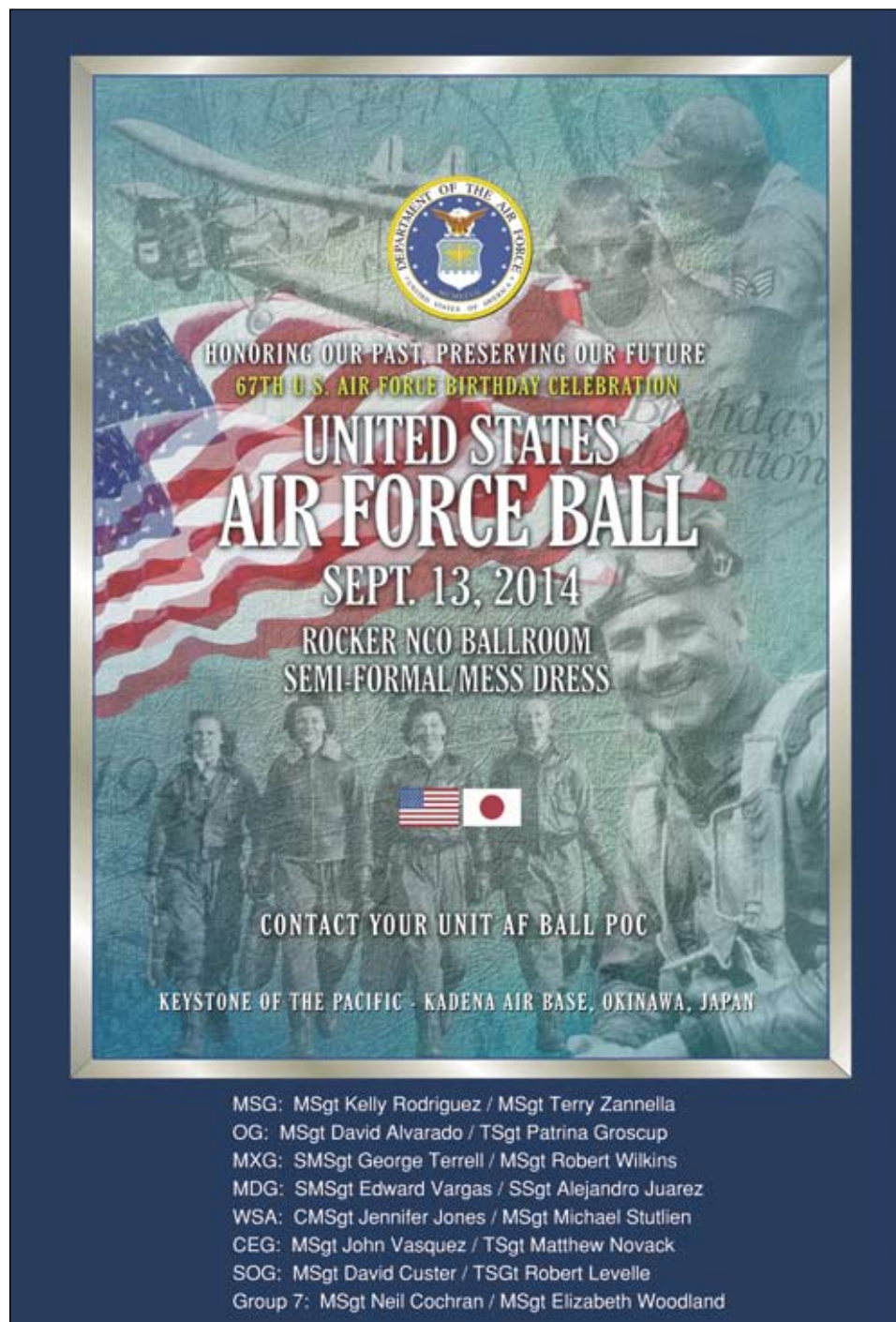
Kadena High School Homework Club
Every Monday and Thursday from 2-4 p.m.

Kadena High School Information Center

Come for help with schoolwork or homework. Tutors are available and library resources are offered to complete work.

All Kadena High School Students are welcome to attend. You do not need to sign up in advance.

Contact Sara Phillips for additional information at sara.phillips@pac.dodea.edu



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WSA: CMSgt Jennifer Jones / MSgt Michael Stutlien
CEG: MSgt John Vasquez / TSgt Matthew Novack
SOG: MSgt David Custer / TSGt Robert Leville
Group 7: MSgt Neil Cochran / MSgt Elizabeth Woodland

FVAP.gov. This form needs to be received by September 8.

New Hampshire will hold its primary election on September 9. If you are a New Hampshire resident and need to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at www.FVAP.gov. This form needs to be received September 8.

*If you request your absentee ballot and do not receive it 30 days before the election use the Federal Write-In Absentee Ballot to vote. For more information, contact your respective Unit Voting Assistance Officer or the Kadena Voting Assistance Office at vote.kadena@us.af.mil.

Officer Developmental Education Policy Changes

"Air Force Guidance Memorandum to AFI 36-2301, Policy Changes to Active Duty Officer Developmental Education," effective upon publication will dramatically change Air Force Active Duty Officer Distance Learning. This is effecting Squadron Officer School, Air Command and Staff College, and Air War College applicants. Current information about eligibility can be found in AFI36-2301 or online at http://www.aueducationssupport.com.

18th MUNS conduct 100-percent munitions inventory

The 18th Munitions Squadron storage area is conducting a 100 percent munitions inventory from Sept. 8 to 12. Emergency issues submitted in writing and approved by the group commander (or equivalent) will be the only transactions processed during this time frame. For more information, call Master Sgt. Casey Stutzman at 632-5233 or email kadena.FV5270@kadena.af.mil.

UPCOMING EVENTS

Fill the boot Campaign for Kadena Special Olympics

Kadena Fire Department will be asking for donations to help support the Kadena

Special Olympics from 9 a.m. to 5 p.m. Aug. 29, 30 and 31. The locations to make donations will be at the Kadena base exchange, Commissary and the Fairchild and Olympic Shoppettes. All funds collected will support sending the athletes to the games. For more information, call Staff Sgt. Noah Paxton at 634-4500.

Women in Leadership Panel

The Kadena Company Grade Officers Council and the Air Force Women Officers Association will be hosting a "Women in Leadership Panel" for female service members of all ranks Sept. 3 from 11 a.m. to 1 p.m. in the Kadena Officers Club Ballroom. Our panel of female Chiefs and Field Grade Officers will be answering your questions and discussing their experiences, challenges, and triumphs throughout their careers. Lunch not included. For more information, call 1st Lt. Virginia Nord at 634-2561.

Green card/Immigrant visa briefing

Representatives from U.S. Consulate will be available to discuss the application process and answer questions Sept. 5. From 10 a.m. to noon at Airman & Family Readiness Center. For more information or to register, call Nanako Misato at 634-3366 or 098-961-3366.

Kadena Honor Guard membership drive

The Kadena Air Base Honor Guard is hosting a training flight orientation on Sept. 5 at 3:30 p.m. in the McDaniel Professional Development Center. Training begins Sept. 8 and lasts until Sept. 17. For more information, call Tech. Sgt. April Robinson at 634-3505, or email april.robinson@us.af.mil.

KAB Top 3 Sprint Duathlon

There will be an individual or relay duathlon consisting of a 5K run and 15.6K bike ride flowed by another 5K run on Sept. 6 at Kenney Park. Check in will start at 6 a.m.

and the race will start at 7 a.m. The entry fee will be \$20 with shirts available for pre-purchase online for \$25. Medals will be presented to the top finishers. For more information, please email Kadenatop3@gmail.com.

VOLUNTEER OPPORTUNITIES
Hispanic Okinawa needs Latin-American folkloric dancers

Hispanic Okinawa is seeking volunteers to dance and participate during Hispanic Heritage month festivities. It is free to enter and open to everyone. Rehearsals will start soon. For more information on locations and time, email Carla Lauber at proudmho@gmail.com.

School of New Thought needs volunteers

The School of New Thought is seeking volunteers to assist in the feeding of the homeless in Naha. They're seeking clothing and non perishable food donations for the homeless shelter. For more information on donating or volunteer opportunities please contact Christopher Nesbitt at schoolofnewthought@gmail.com or call 080-4403-9855.

AADD looking for 40 volunteers

Airmen Against Drunk Driving is looking for 40 volunteers for the Air Force Ball Sept. 13, at the Rocker NCO Club. The volunteers will be split between two shifts from 6-9 p. m. and 9 p.m. to midnight. For more information or concerns, call Airman 1st Class Taylor Russo at 634-5870 or 080-3718-3998 or Senior Airman Angele Longbrake at 634-4341 or 090-1942-0543.

Kadena High School Homework Club needs tutors

The Kadena High School Homework Club needs adult volunteer tutors. Homework Club meets on Mondays and Thursdays, 2 - 4 p.m. in the Kadena High School Information Center. The first session will be on Sept. 8 and the program will run through

June of 2015. Volunteers are needed to tutor students in all subject areas, with the greatest needs in math, science and foreign languages. Tutors may donate as much time as they can spare, and do not have to commit to all sessions. Contact Sara. Phillips@pac.dodea.edu with your name, e-mail address, phone number, subject area(s) you can tutor, and dates/times available if you are interested in volunteering.

Kadena Gift Corner needs volunteers

Kadena Gift Corner is looking for volunteers that would like to be on a list that they can email or call when they have trucks of new shipments come in. This is one of the hardest and most crucial times for the shop to be able to call on volunteers. If you are interested in helping unload, unpack, pricing, and resetting the floor at the Kadena Gift Corner please contact volunteer@kadenagiftcorner.com for more information or to be added to our list.

OKINAWA CITY UPCOMING EVENTS

LIVE HOUSE CIRCUIT MONTH SEP 1 - SEP 30

Venue: Live houses in the Okinawa City area
Date: Sep 1 - Sep 30
FREE CHARGE!

There will be free charge weekday lives, weekend special event lives, etc., at live houses in the center of Okinawa City area. Please check Koza Lives website for schedules.
www.kozalives.com

TEL : 070-5418-6819 FAX : 098-938-5811
E-mail : kozalives@willcom.com

FC RYUKYU - HOME GAME (VS. Fujieda MYFC) SEP 7

Venue: Koza Athletic Park
Date: Sep 7 Time: 3 p.m.
Ticket: (A Seating) Advance: Adult:1,000 yen / Student:300 yen Door: Adult:1,500 yen / Student:500 yen (Elementary School Students FREE for "A" Seating) We also have S Seating! Additional 500 yen to each price.
This game is "Ladies Day" and all ladies are FREE!!

Find us on Facebook for English Information:
http://www.facebook.com/FCRyukyuu

KANADERU PARK VOL 12 SEP 21

Venue: BC Street - on the street
Date: Sep 21 Time: 2 - 8 p.m.

"Kanaderu Park" is the free music festival held in quarterly month on the BC Street. There will be 6 stages on the street, more than 40 artists will be playing music on the street to occupied by music all day! Come to see many local bands!

Inquiries:
http://kanaderupark.com
www.facebook.com/kanaderupark
kanaderupark@hotmail.co.jp

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Marshall Dining Facility's Weekly Lunch Menu

8/29 - 9/4

FRI	SAT	SUN	MON	TUE	WED	THU
Main Line						
Boneless Roast Turkey	Savory Baked Chicken	Chicken Breast Parmesan	Roast Turkey	Herbed Grilled Chicken	Chicken Enchiladas	Mediterranean Salmon
Beef Stew	Swedish Meatballs	Cantonese Spareribs	Strip Loin Steak	Meatloaf	Beef Ball Stroganoff	Chicken Parmesan
Polynesian Seafood Fillet	Creole Shrimp	Italian Broccoli Pasta	Barbecued Spareribs	Turkey Ala King	Creole Fish	Braised Beef&Noodles
Jefferson Noodles	Baked Potatoes	O'Brien Potatoes	Fried Onion Rings	Mashed Potatoes	Buttered Noodles	Garlic Mashed Potatoes
Steamed Rice	Rice Pilaf	Baked Mac&Cheese	Corn on the Cob	Tempura Vegetables	Islander Rice	Parmesan Rice
Corn on the Cob	Tempura Vegetables	Sweet Potatoes	Cornbread Dressing	Broccoli	BBQ Pork Rib Sandwich	Baked Sweet Potato
Club Spinach	Green Beans	Peas	Baked Potatoes	Collard Greens W/Garlic	Refried Beans	Mixed Vegetables
Snack Line Specials						
Burritos	Chicken Nuggets	Cheese Fishwich	Sloppy Joe	Tacos	Herbed Grilled Chicken	Herbed Grilled Chicken
Beef Curry	Ravioli	Herb Grilled Chicken	Herb Grilled Chicken	Hrb Grilled Chicken	Cheese Fishwich	Corn Dogs
Chicken Curry	Hrb Grilled Chicken	Corn Dogs	Onion Rings	Ravioli	BBQ Pork Rib Sandwich	French Fries

Menu's are subject to change / Johnson Dining Facility will have the same items as the Marshall

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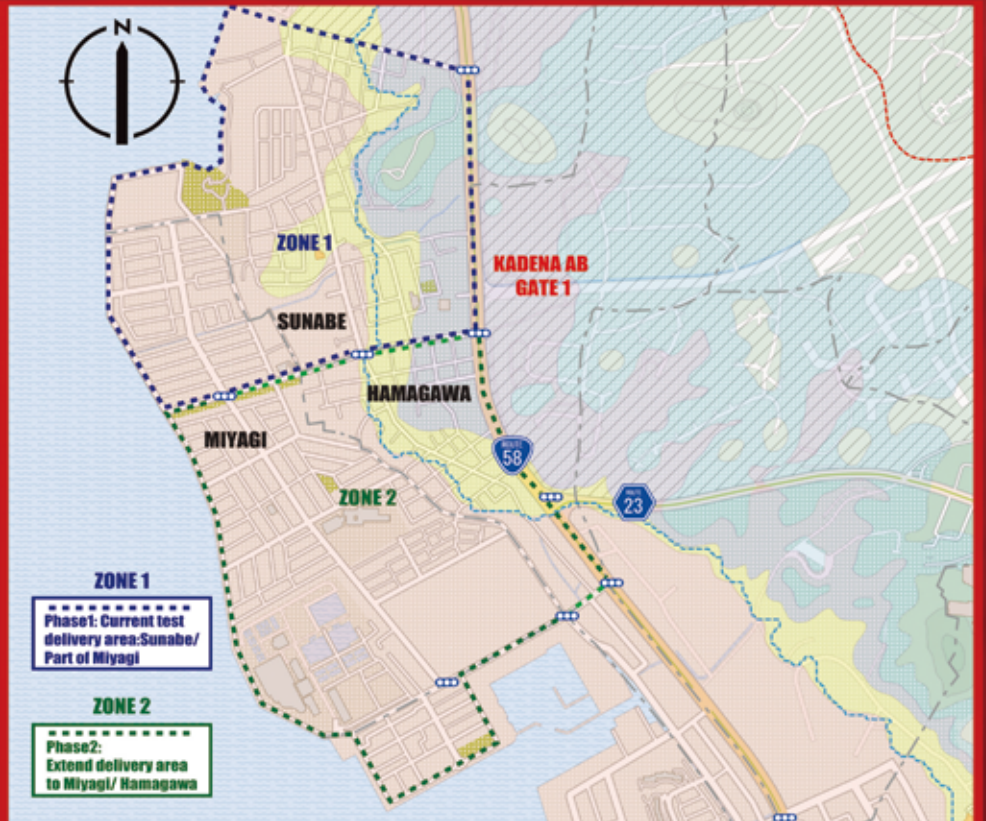
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