

Another copy sent airline for luggage listing

HIPAO
MAY 1 1988



Kukailimoku

War God Of King Kamehameha I • 154 COMPAG

Vol 34, No. 5

Hickam Air Force Base
Hawaii

May 15, 1988

POWERHOUSE "PJ"



Members of our HANG ohana often go unrecognized for their special talents or contributions to the Guard and our community. We hope that this will be the first in a series of articles showcasing the exemplary efforts of some of the members of our HANG family who have put forth that "extra effort" to better themselves, their community and the Guard.

To look at the slight frame of "P.J." Lindahl, your first impression would hardly be "Iron Man", but aside from the reference to gender, that's her! On 10 Oct. 1987, after only two months of comprehensive training, she accomplished what few of us would dare to even try, the grueling Iron Man Triathlon. Lets face it, a 2.4 mile swim, a 112 mile bike trek and a full 26 mile marathon in succession is not your typical Saturday morning jaunt. The challenge is awesome and those who

Continued on pg 9

ARMED FORCES DAY "SECURING THE BLESSING OF LIBERTY"

The B-1B, the Air Force's newest multi-role, long-range strategic bomber, will highlight Armed Forces Day celebrations on Hickam as part of the more than 25 different types of military aircraft, helicopter and equipment on display.

Armed forces Day culminates an annual celebration - Hawaii Military Week. This year's theme is "We are Family". Special activities will be held throughout the week long celebration. Here is a schedule of events for Hawaii Military Week:

MONDAY, 2 TO 3 p.m. - Hawaii Military Week opening ceremony at the rotunda of the State Capitol. The event is open to the public.

WEDNESDAY, 7 to 9 p.m. - a "Top Band" concert, featuring a joint service band, the Royal Hawaiian Band and local high school band members, will be at the Waikiki Shell. Tickets are available at the Makai Recreation Center; however, it is a free concert, and tickets are not required for admittance. Gates open at 5 p.m.. Picnicking is encouraged, although coolers can be no higher than 18 inches.

THURSDAY, 11:30 a.m. to 1:30 p.m. - The Chamber of Commerce is sponsoring a quarterly luncheon where joint service recognition awards will be presented. The luncheon will be at the Ilikai's Pacific Ballroom.

Continued on pg 9

**Commander's
Corner**

by

Col. John S. W. Lee



Welcome home to the members of the 154 Tac Hospital who worked with the active forces at Kunsan AB during the Team Spirit exercise. They had the opportunity to look at what "was would be like" up close. In addition we sent nine motor pool personnel to assist the 201st CMBTCG in returning their trucks to Pusan for their sea voyage to Hawaii.

While we expect our big ORI towards the end of this year, we are starting a little early to recognize that our preparation for mobility did not exist and that this new "ball game" will require aggressive management action and much practice to attain proficiency in this area. Of critical importance to demonstrate our mobility capability is the expected performance of our pallet builders (the smoother movers); we intend to organize two teams who will work in 12-hour shifts to meet our scheduled moving times for cargo. For the initial phase of the ORI, we must at least be rated satisfactory in performing our mobility mission or we can forget the rest of the ORI. Mobility is critical in demonstrating our wartime readiness. Secondly, our air defense exercises will focus on our ability to survive following a "disaster" and perform our mission. Many of us have started chemical warfare training and we need to know our prescribed duties during an attack to minimize injury and damages. Take heed to learn our "alarm codes" buddy care responsibilities and reacting to survival procedures with a sense of urgency.

I cannot underestimate the many requirements which must be

fulfilled before engaging in an ORI; we have started early to allow for the optimum use of time to train in "large scenarios" which may task your patience because of the requirement to "hurry up and wait". Bear with us...this is what war is like.

154th MSF - NEW UNIT

The 154th Mission Support Flight will be activated and go through its federal recognition inspection this Sunday morning. The inspector will be Lt Col Huckins from AFCC PCD/IG. The MSF consists of 26 people who provide services in the areas of ground communications, base administration, audio visual, and computer support. MSF's mission is to place accurate, timely information in the right place, at the right time, in the right hands, so critical decisions can be accurately executed.

HNGEA

1988 SCHOLARSHIP FUNDRAISING DRIVE

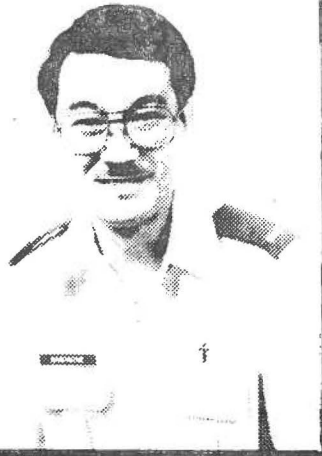
The Hawaiian Air National Guard Enlisted Association will be conducting a fundraising drive to raise money for scholarships. The drive will consist of selling two different products: Huli-Huli chicken on Oahu and McDonalds French Fries coupons on the neighbor islands.

The Huli-Huli chicken sale will begin late this month, and end on 9 July. The cost per ticket is \$2.75 per 1/2 chicken. The organization stands to earn \$1.10 per sale. The pick up date is 9 July 1988 (Sat) at the Moanalua Shopping Center- across from the Navy-Marine golf course. Time for pick up is 10:00 a.m. to 1:00 p.m.

The neighbor island units will be soliciting sales throughout the summer months. Each island will have 500 McDonalds coupons redeemable at any Hawaii based McDonalds. Cost for the coupon is \$1.00.

If anyone is interested in helping with sales contact MSgt. Wayne Soma, 449-6986, or SFC Weslie Seril, 737-1522.

Pastor's Perspective



by Chaplain
(1Lt) Robert Nagamine

This is the season of celebration. As some people are graduating and partying, others are getting married and celebrating. The celebration marks not an end but a beginning. For the graduate, completing school opens doors to the job market. For the newlywed, marriage brings a new life. Now is prime time for changes.

Getting off on the right foot is important. Whether life brings us fortune or hardship, one word is ever so essential: ATTITUDE. Good attitude. "The right stuff." Having the right attitude can make a world of difference. It can determine the magnitude of our success. It gives us that added edge we need. Various qualities of attitude will help us. The attitude of initiative is valuable. Not everyone has initiative. It doesn't seem to come naturally. We have to learn it. It's so good when people don't have to be told what to do, when they can figure out for themselves what needs to be done. Winners are those who "seize the initiative". When opportunities arise don't let them get by you. They may never come again.

Another valuable attitude is team work. The more we become team players, the more valuable we are. We can accomplish more together than we can accomplish separately. This is called synergism. Geese give us a good example of how team work helps. I recently read that they can fly 71 percent farther than other birds. They fly wing tip to wing tip and in a V formation. Every bird takes his turn leading the flock by taking the hardest job, the point of the V. As

each bird gets tired, he fans out to the edges of the V and the rested birds move up to the point of the V. Team work makes a difference.

Finally, a positive attitude is important. I know that there are a lot of negative things that we have to deal with, but we need to be reminded of the positive things. A scripture passage says this, "Finally brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things". Thinking about positive things will give you a positive attitude.

May god richly bless you as you enter a new phase of your life.

NOTE: Worship service is at 1500 rather 1530 today.

PROTESTANT WORSHIP
SUNDAY UTAs
154 CAM SQ
3:00 PM



Classroom #4

KUKAILIMOKU
MEMBERS OF THE KUKAILIMOKU
STAFF

This funded Air Force newspaper is an authorized publication for the members of the U.S. military services. Contents of the KUKAILIMOKU are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force or the Hawaii Air National Guard.

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SSgt Rodney P. Jacques.....Editor
SrA Gaye S. Sakamoto.....Assoc. Editor
TSgt George Galasinao.....Illustrator

CAM SQ. News & Views



by MSgt Fred M. Higa, Jr.

Well, glad to see you all made it through another hectic UTA drill weekend. If you thought this weekend was busy, wait til next month!!!! Much news to report so let's get started....Congratulations to Maj Bruce Minato, our Aircraft Maintenance Officer, as he was winner of the HNGA Outstanding Officer Award. The presentation was made at the HNGA banquet held on Apr 16. Well deserved, Major!!! Also receiving an award was our own MSG George Mishina of Quality Control for submitting the winning entry to the 15ABW Quarterly FOD poster contest. He received a dinner for two at the Tradewinds NCO Club which sponsors the base FOD Program. Anyone and everyone can enter and win, just ask George. The next entry deadline is June 30. Speaking of Quality Control, much mahalo goes to Ms. Edna Mushiaki as she retires after 28 years working for the Air Guard. She will surely be missed. Edna was honored with a luncheon on May 6 at the CRC where she received gifts ranging from a brand new Smith-Corona typewriter to a handmade Model-T made of koa wood, and a picture of our F-15 in flight. The luncheon was attended by 130 well-wishers which included Edna's ex-bosses (now retired) LTC Harold Mattos, CMS Bobby Choi & SMS Toshi Oshiro. Other retirees who came to wish Edna well included Maj John Beaumont, Tony Kim, Simanu 'Sam' Afoa, & Benny Goo. With all those retirees, we could start a 154 CAM Sq Hall of Fame??!!?? At any rate, good luck to you, Edna.... Still in Quality Control, congrats and good luck Gordon Lau as he just got promoted to SSgt and just in time too as he goes to QC school at Sheppard AFB, Texas...Congrats are in order to Ann Leona Taniguchi and

hubby Shane on the birth of son Sheldon on Apr 20. Big guy weighed in at a hefty 6 lbs 3 ozs. Whole family in good shape...Congrats to recent promotees SSgt Carol

Yamaguchi of Weapons, TSgt Eric Wada and SSgt David Sone of Avionics....The welcome mat goes to new enlistees Sgt Gordon Narusawa of Missile Shop and AB Guy Kawaguchi of Avionics. Good luck to school attendee Fred Kano as he departed for the Avionics TITE school in April and won't be back til April of next year. You really need lots of luck to stay away that long!!!! Congrats to AB Shanna Komatsu of the Munitions Maintenance shop as he returned from the Munitions Maintenance course at Lowrey AFB. Just got word from SMS Reggie Chun that Shanna was an Honor Graduate in that course. Right On!!! Kudos to SMS Randy Lum as he was selected to be an official judge in the PACAF Sabre Spirit Load competition to be held at Osan AB, Korea. He'll be there June 1 - 12. Hope he'll bring back some goodies (tips on how we can do our jobs better)...In New Orleans this week for info gathering is Maj Mick Melich and CMS Tom Sato. Hope they'll bring home some 'tips' also...Best wishes to SrA Sherilyn Wong of the Fab shop as she ties or tied the knot on Saturday, May 14. Former CAMRon member and dad MSgt Mel Wong must be on pins and needles for the wedding.....With the increase in training for our upcoming ORI/UEI, the importance of recognizing our various employers for their support is imperative. If you want to recognize your boss or employer, you should submit his/her name to the Pro Patria Award committee so they'll be formally recognized. For information, see your 1st Sgt or Commander...Don't forget, time is getting short, and the retirement party for MSgt Rudy Luat is getting closer. (See ad on page 7.)

**NEXT UTA
JUN 11, 1988**

CBPO CONNECTION

UNIFORM TIPS AFR 35-10

BATTLE DRESS UNIFORM (BDU)-
Effectively immediately, officers have the option to wear either the black subdued pin-on grade insignia (Army style) or the cloth subdued insignia on the BDU. Placement will be the same as presently prescribed for the cloth insignia. Officer grade insignia for the OG 507 fatigue uniform remains unchanged (cloth subdued).

EYEGASSES AND OTHER ORNAMENTS-
Ornaments around the neck, and ornamentation on eyeglass lenses or frames are prohibited while on duty or in uniform. Conservative eyeglass frames may be worn as needed and when not prohibited by safety regulations.

a. Wear Indoors- Conservative, clear, slightly tinted, or photosensitive lenses, which are practically clear under normal light may be worn indoors.

b. Wear Outdoors- Conservative sun glasses and photosensitive-type eyeglasses may be worn while outdoors. A "fadish" style sunglass lens, to include mirrored lens, in not appropriate.

c. Wear in Military Formation- Only conservative, clear, slightly tinted or photosensitive lenses (which are not extremely dark outdoors) may be worn in military formation.

PROMOTIONS

Hats off to the following people who were promoted/appointed to the ranks shown on the dates indicated:

150 ACWS

SrA John M. Gebauer 11 May 88
Amn Louis Pontes III 20 May 88

154 CAM SQ

TSgt Eric S. Wada 18 Apr 88
SSgt Gordon R. Lau 18 Apr 88
SSgt David M. Sone 18 Apr 88
Sgt John P. Amarin 15 Apr 88
Sgt Edwin H. Sproat 15 Apr 88
Sgt Russel H. Miyamoto 30 Apr 88
Sgt Ann N. Parrilla 15 May 88

SrA Christopher Williams	15 Apr 88
SrA Angela P. Icenhower	22 Apr 88
SrA Ronin Y. Burke	30 Apr 88
SrA Bryan Y. Takafuji	15 May 88
AlC Grant Kaneshiro	30 Apr 88
AlC Erwin M. Soares	30 Apr 88
AlC Lance K. Yamashina	30 Apr 88
AlC Dean N. Ishikawa	1 May 88
AlC David A. Olivera	15 May 88
AlC Thomas T. Mahi	19 May 88
AlC Robert A. Saunders	12 Jun 88
Amn Leilani D. M. Lim	23 May 88
<u>169 ACWS</u>	
Sgt Joseph F. Calauastro Jr.	6 May 88
Sgt Melvin T. Murakami	12 May 88
AlC Jeffrey P. Daog	28 Apr 88
<u>199 TFS</u>	
Lt Col Melvin K. Honda	10 May 88
Sgt Jason H. Higashionna	1 May 88
<u>154 SPF</u>	
SSgt Paul M. Gallagher	18 Apr 88
<u>154 CES</u>	
Sgt Clifford K. K. Afong	19 Apr 88
Sgt Leihulu M. Benoza	19 Apr 88
SrA Shannon J. Nishikawa	19 Apr 88
<u>154 RMS</u>	
Maj James A. Gerimonte	1 Oct 87
Sgt Scott A. Honda	25 Apr 88
Sgt Edward M. Tang	25 Apr 88
Sgt Kelly Ann M. Sunaoka	13 May 88
SrA Arlene H. Mitte	15 Apr 88

199TFS FAMILY DAY

For the first time in over a year, the 199 TFS is a complete unit with all the people back from various training and conversion schools. On that note, we will celebrate our 1988 Family Day in style with pupu's (the good kine lots!) and lots of things to do. Of course, we will have an introduction by Commander Lt Col Hal Shatz with videos featuring the HANG Family Day Hot Poop and the F-15 Eagle, and more.

There will be informative briefings from CBPO, Military Pay and the Judge Advocate. I.D. Cards for dependents are available (if you have your marriage certificate for spouses or birth certificates for children). Operations Open House, F-15 aircraft static display, equipment orientations at life support, and a shuttle bus to the Alert Pad are a few of the scheduled events.

The festivities will start at 1300 hours, so come one, come all to the 199 TFS Family Day Celebration.



THE NEW CIVIL RIGHTS LAW:

What could it mean.

MINORITIES

Bans bias by race or national origin in institutions getting federal aid. Ahead: It's unclear if minorities will have to prove an institution meant to discriminate or just had a policy with a discriminatory impact.

WOMEN

Bars any discrimination by sex by any school or college, public or private, getting federal funds. Church-run schools can seek exemptions. Schools getting federal funds can refuse to pay for abortions. Ahead: Abortion exemption could trigger a lawsuit.

HANDICAPPED

Bans discrimination by any group getting federal aid. But small "mom and pop" stores won't have to make structural changes so handicapped can enter. Ahead: Look for handicapped to sue more to seek equal treatment.

ELDERLY

Bans age based discrimination in institutions getting federal benefits.

HOMOSEXUALS

The law extends no federal protection to homosexuals. Ahead: Gay rights groups say they'll seek new laws barring discrimination.

INSTITUTIONS

Colleges and universities getting federal aid can't discriminate in any program, even one not getting any aid. Church-run colleges may seek exemptions. Churches getting federal money must not discriminate in the program using that money. Other church programs are exempt. Hospitals getting federal aid don't have to offer abortions; it is their choice.

BUSINESS:

If a corporation or partnership gets federal aid, it's subject to the civil rights law. If only one division of a firm gets aid, such as job training

grants, only that division is subject to the law. But even then, the entire firm is subject if its chief business is education, health care, housing, social services or recreation.

AIDS:

Jobs can be denied to those with contagious diseases, such as AIDS, making them unable to do the work or threatening others' health and safety. Those with other types of diseases are considered handicapped and protected by the law.

EXEMPT:

If you get some federal aid, farmers' crop subsidy, Social security, Medicare, Medicaid, foodstamps, you aren't affected by the law.

(From: USA Today Wednesday March 23, 1988)

"HEALTHY HEART"

Air Force commissaries are offering a free booklet with hints on eating and health. The book is called "Healthy Heart Shopping Guide to Better Eating" and begins with a short introduction to cholesterol, saturated fat and sodium. There also is a calorie counter for many favorite foods. A complete six-week menu with recipes covers 29 pages of meals designed for a healthy heart.

The Commissary Service and the Surgeon General collaborated on the booklet and approximately 120,000 copies have been distributed worldwide. Shoppers who would like a copy of the booklet should ask for it at your closest Air Force commissary store.

EXCHANGE HOURS

Effective Saturday, May 7 1988 the following facilities will have longer hours of operation:

HICKAM AND SCHOFIELD MAIN EXCHANGES
9:00 a.m. to 9:00 p.m., everyday

ALIAMANU SHOPPETTE
24 hours a day, everyday

SCHOFIELD OUTDOOR/LIVING GARDEN SHOP
9:00 a.m. to 7:00 p.m. (Mon-Sat)
10:00 a.m. to 5:00 p.m. (Sun)

SCHOFIELD CAR CARE CENTER
(gasoline only)
24 hours a day, everyday

SAFETY NOTES

SITUATIONAL AWARENESS: On 16 February, 1988, a crew chief was ingested into the intake of an F-4. We don't have F-4s any more, however, the word is out that the F-15s have more "sucking" power. In this particular incident, the proximate cause of the mishap was the individual's closeness to the aircraft (within 2 feet), at about 80% power. There were other things that led to the fatality but the bottom line was the brief lapse of **SITUATIONAL AWARENESS** that from time to time befalls the unwary. The individual failed to remain clear of the danger area of a running engine.

Are you putting me on?



TRAFFIC SAFETY: The Department of Defense has proclaimed May 23-30, 1988 as "Buckle up America" week. The campaign is designed to increase awareness of safety belt usage. On the same note, the most dangerous intersection on Oahu was found to be at Kalakaua Avenue and Kapiolani Blvd. according to Traffic Safety news. Additionally, the two mile stretch of road between Ward and McCully on Kapiolani has been labeled by AAA of Hawaii as the most dangerous stretch of road on Oahu.

Experts believe that accidents can be reduced at dangerous intersections and roadways if motorists mentally prepare themselves and avoid the type of behavior that contributes to accidents - such as inattention and impatience. And yes, don't forget to fasten your seatbelts.

TODAYS MENU





**30th Annual
Youth Festival
at Hickam Air Force Base**

May 20 1700-2330	May 21 1100-2330	May 22 1200-2100
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Schedule of Entertainment

Friday	7-11 p.m.	Mo-Jo Hand (R & R)
Saturday	12 noon-1 p.m.	Ronald McDonald & Friends
	2-6 p.m.	Nueva Vida (R & R)
	7-11 p.m.	Flight (Top 40)
Sunday	12 noon-3 p.m.	Pa'ani (Hawaiian)
	3:30-5:30 p.m.	KDEO Dancers and Mason Dixon Line (C & W)
	6-8 p.m.	Variety (Top 40)

Special Guests in Kiddie Land

Fat Fred the Penguin and Kolohe the Dolphin from Sea Life Park - 1 to 2 p.m. on Saturday.

Pikake Peacock from Waimea Falls Park - 1 to 3 p.m. on Sunday.



Supporting
Men, Women... Readness

Sales of scrip for the Air Force Hawaii Youth Festival are on sale now. The scrip can be purchased in front of Hickam Exchange, Commissary, Wee-Serv, Shoppette, Credit Union, First Hawaiian Bank, Wheeler Class IV store and Shoppette, Schofield PX, and Schofield Commissary. Purchasers are eligible for door prizes such as an interisland cruise for two, video camera, stereo TV, walkman, to name a few. Profits from the Youth Festival help support youth programs at Hickam and Wheeler.

RETIREMENT PARTY

MSGT RUDY LUAT

DATE: JULY 3, 1988
PLACE: C'EST SI BON,
PAGODA HOTEL
TIME: 1800 HOURS

MENU: DINNER BUFFET
(includes) Salad Bar
Pot Roast Beef
Chicken Thighs
(Teriyaki Style)
Mahimahi Cardinal
Desserts

COST: \$20.00 per person
(\$2.00 gift only)

Contact SMS Dick DeVeas for more information.

Sports

GOLF TOURNAMENT



10TH ANNUAL ALL HANG GOLF TOURNAMENT

DATE: 15 AUGUST 1988 (MONDAY)

PLACE: HICKAM AFB GOLF COURSE

TIME: REGISTRATION 0700-0745
SHOTGUN START 0800

LUNCH/AWARDS TO FOLLOW AT THE 154COMPG RECREATION CENTER (CRC)

ENTRY FEE: \$17.00 (INCLUDES CART, LUNCH AND PRIZES)

GREEN FEE: MILITARY (ALL RANKS) = \$ 7.00
AF DOD = 8.00
CIVILIAN 20.00

CONTACT YOUR UNIT POC:

- HIANG 1LT RANDY TOM
- 154COMPG MSGT CARL WAI
- 150ACW. LTCOL REGGIE DOI
- 169ACW. MSGT ART TAKAYAMA
- 291CCS. TSGT DERRY MURATA
- 292CCS. SMSGT GREG ING
- 293CCS. SMSGT MAX VALENZUELA



Rockwell

"I thought I'd had it. He had me locked in on radar. I'd pull to the right, and he'd pull to the right. I couldn't shake him. He was really good. Luckily, I lost him when I pulled off the freeway and parked behind a gas station."

1988 CENTRAL SLOW PITCH TOURNAMENT

HICKAM AFB, HAWAII
1-3 JULY 1988

NATIONAL GUARD



SEE YOUR UNIT REPRESENTATIVE!!

- HQ HIANG/199TFS
CAPT SAKAMOTO 449-2865
- 154 CAM SQ TEAM A
SSGT GABRIEL 449-2091
- 154 CAM SQ TEAM B
MGST HIGA 449-1518
- 154 CAM SQ TEAM C
SMSGT PADILLA 449-9769
- 154 RMS
SSGT NAUMU 449-1921
- 154 CIVIL ENGINEERS
CMSGT CORREA 449-8017
- 154 COMPG/ (MSS,SPF,HOSP)
MSGT SOMA 449-6986
- 169 ACWS/199 WEA FLT
SMSGT AKAMINE 655-7367
- 201CCG/293CCS
MSGT NAKAHARA 449-9739
- 297 ATCF
MSGT LANGAI 684-0819

NOTE: The top four teams will represent Oahu in the HIANG State Softball Tournament, July 30-31, 1988.

HANG VOLLEYBALL



Individuals wishing to participate in the 1988 Volleyball Tournament are requested to contact the following 154 COMPG representatives by close of business on 15 May 1988.

- SSgt. Grant Suzuki 449-5545
- TSgt. Jimmy Pahukula 449-0090
- 2LT Stan Hong 449-6631
- SSgt. Kaipo Sing 449-5685

The tournament dates are:

- DATE: 4-5 June 1988
- PLACE: Kekuhaupio Gym
Kamehameha Schools
- TIME: 0800-1900

"PJ" Continued

Hickam proved the ideal place for "P.J." to train for running and cycling events.

qualify as participants converge on the Big Island for this supreme physical and mental challenge.

P.J., who is currently cross training into the ground safety field, has always had a keen interest in physical fitness. She has a degree in Physical Education from Cal. State, Long Beach and planned to teach P.E. until that little voice lured her away from the security of a 9-5 job and towards her present position as a Health Consultant and Certified Corrective Therapist. She has been contracted by many local companies, hospitals and government agencies to survey, evaluate the work environment then train employees and supervisors to improve their work environment and health. She has also briefed our aircrews on conditioning for the high "G" environment. After all cramps, pinched nerves and related injuries have no place in the cockpit.

To qualify for the Iron Man, P.J. finished second place in the womens 35-39 division of the Windward Triathlon, the only qualifying event on Oahu. She then entered the Waikiki Roughwater Swim to build her

confidence in the aquatic events and the Dick Evans 112 mile bike race, in which she finished second in the overall womens division, to check her cycling stamina. Add that to finishing six Honolulu Marathons and she knew that she could handle each segment of the triathlon, now all she had to do was one of each race in the same day!

She continued to train with other triathletes until the last two weeks where she concentrated on the mental toughening of going it alone. She did most of her training here on Hickam then it was off to the Big Island.

Talking to this petite powerhouse you can't help but be inspired by her enthusiasm for life. Taking an awesome challenge or meeting a lofty goal allows you to take the routine challenge in stride, gives you great self confidence and allows you to excel in the many other aspects of your life. Just ask P.J., she finished the Iron Man Triathlon!

ARMED FORCES DAY Cont.

MAY 20, 6 to 10 p.m. - A South Pacific luau will be held at Paradise cove. Tickets are available at the Makai Recreation Center. Prices are \$5 for E-1 through E-6, \$7 for E-7 through E-9, \$10 for officers and \$20 for civilians. Tickets will not be available at the door.

MAY 21, 7 a.m. - A 5 or 3.1 kilometer 'Fit for Freedom Fun Run'

SEE NEXT PAGE



May 21, 1988

ARMED FORCES DAY cont.

will begin on base at the U.S. Post Office, Bldg. 2097.

MAY 21, 9 a.m. to 4 p.m. - Armed Forces Day observance. The joint service observance at Hickam features displays and demonstrations from the Air Force and other branches of military service. Shuttle bus service will be provided from Hickam to Pearl Harbor and back.

MAY 21, 1:30 to 3 p.m. - The Hickam Ski Team will put on an Armed Forces Day show for spectators at the Hickam Harbor.

MAY 22, 11:30 a.m. to 4 p.m. - Sea Life Park will host a family day that includes lunch at the park. Specially reduced tickets are available at the Makai Recreation Center., Tickets cost \$6 for all military members and dependents ages 13 and older and \$4 for dependents between 3 and 12 years old. Admission is free for children under 3 years old. Tickets for civilians is \$12. Discount tickets will not be available at the door. An S.O.S. cook-off will also be held at Sea Life Park, with a team from the 15th Services Squadron competing against other services and civilian chefs for top honors.

Visitors to Hickam's Armed Forces Day observance should enter the base through the main gate. With so many activities scheduled, people should plan to come early and spend the entire day at Hickam. Ample free parking will be available.

Looking to the FUTURE



WASHINGTON (AFNS) Initial flight tests of the B-2 advanced technology bomber will highlight the return of the flying wing design to military aviation. The radar-evading bomber, depicted above in an artist's rendition, will make its first flight from Palmdale to nearby Edwards AFB Calif, this fall.

Flying activities planned for May 21

Aircraft flyovers and other air activities will take place at Hickam as part of the Armed Forces Day's events. Here is the time schedule for those activities:

9:10 to 9:15 a.m. - Four Hawaii Air National Guard F-15 Eagle aircraft will fly over at 1,500 feet northbound.

9:12 to 9:17 a.m. - Four Kaneohe Marine Corp Air Station F-4 Phantom aircraft will fly over at 1,500 feet northbound.

9:40 to 9:50 a.m. - Jumping from 10,000 feet, the Tropic Lightning Sport Parachute Club will demonstrate parachuting techniques over the ewa pad.

10 to 10:05 a.m. - The four HANG F-15s will perform a low approach and closing over runway 8L.

10:05 to 10:10 a.m. - The four KMCAS F-4s will perform a low approach and closing over runway 8L.

10:30 to 10:35 a.m. - Four OV-10 Bronco aircraft from the 22nd Tactical Air Support Squadron will perform a low approach over runway 8L.

11:15 to 11:20 a.m. - The four 22 TASS OV-10s will do a north to south run-in over the display area at 1,500 feet.

12:40 to 12:50 p.m. - Jumping from a UH-1 helicopter at 10,000 feet, the Tropic Lightning Sport Parachute Club will perform a parachute demonstration over the ewa pad.

1:10 to 1:15 p.m. - Four HANG F-15s will fly over at 1,500 feet northbound.

1:12 to 1:17 p.m. - Four Marine F-4s will fly over at 1,500 feet northbound.

2 to 2:05 p.m. - The four F-15s will perform a low approach and closing over runway 8L.

2:05 to 2:10 p.m. - The four F-4s will perform a low approach and closing over runway 8L.

