

File
HIPAO
APR 2 1989
Wry



Kukailimoku

War God Of King Kamehameha I - 154 COMPG

Vol. 35, No. 4

Hickam Air Force Base
Hawaii

April 23, 1989

☆☆ APRIL STARS ☆☆



PHOTO BY RON BIHO

Maj General Alexis T. Lum, Adjutant General for the state of Hawaii, was given a NGB baseball cap as a token of gratitude from Maj General John B. Conaway, new Vice Chief, NGB. (right)

March was a banner month for seeing stars at the 154th Composite Group, military stars that is! Maj Gen John B. Conaway, former Director of the Air National Guard and newly assigned Vice Chief, National Guard Bureau, paid a short visit to Hawaii on his way back to Washington D.C. from Korea, where he was observing National Guard participation in "Team Spirit". Gen Conaway arrived on 18 March for meetings with PACAF officials and members of the Hawaii Department of Defense but had to cut his visit short because of pressing business back in Washington.

On 29 March the 154 Composite Group was visited by the new Air National Guard Director, Brig Gen Philip G. Killey. Gen Killey and a host of National Guard Bureau and ANG Support Center personnel visited Oahu and neighbor island units of the HIANG and conducted classes here on Oahu. It was a great opportunity for members of the HIANG to meet with their MAJCOM counterparts and get some good, real-time information and help right from the top.

Thanks to everyone who helped host our distinguished visitors and put forth that extra effort to show our new Director the real meaning of "Aloha Spirit"!



PHOTO BY RON BIHO

Maj "Ace" Ellinwood (left) gave the new new Director of the Air National Guard, Brig General Philip G. Killey, a taste of "Eagle" flying, Hawaiian-style, on April 4th.

Please take the KUKAILIMOKU home for your family

**Commander's
Corner**

by

Col. John S. W. Lee



We're looking ahead to our Clark AB deployment, which was re-adjusted to 20 May to 1 June this year. We will still have the opportunity to fire our missiles and to validate our deployment capability. For those selected to go, plans do include time to visit, shop, and spend some leisure time in the beautiful Philippines.

Rarely do we have the opportunity of hosting two Chief NGB dignitaries in a single month, but we did in March, when Maj Gen Conaway visited our unit on his return from a trip to Alaska, Korea and Guam. Following his visit, many of our personnel met the new Director of the Air National Guard, BG Killey who brought his key NGB Staff personnel with him. Both leaders shared their thoughts and considerations with us which provided a bedrock from which to plan for Fiscal Year 90.

Yesterday was a landmark occasion as the 154 hosted six F-16s from VMFA 212 (Kaneohe). Needless to say, the level of dogfighting provided the best in training for both sides. We will continue to stress the optimum in our UTA exercises. In June, we will host the Sentry Tigre players (A-7s & F-16s), and in July we intend to host Jacksonville, Florida group with their six F-16s. I cannot and will not underestimate the degree of responsibilities which hosting entails and I do want to thank our unit members who consistently carry the aloha banner for this unit; it takes patience, consideration and a herculean positive attitude to be an acceptable host.

NEW AF ADVISOR

by Capt Stan Osserman

Welcome to Lt Col Mike Reavis, our new Air Force Advisor. Colonel Reavis came on board as the 326 Air Division transformed into the 6010th Aerospace Defense Group in February. He is one of the most experienced F-15 pilots in the Air Force, having flown the Eagle since 1978. In addition to over 2000 hours of flight time in the F-15 he also comes to us with experience as an instructor pilot in the Air Training Command.

The duties of Air Force Advisor are not new to Colonel Reavis either. He's been an advisor to the Royal Saudi Arabian Air Force so he should feel right at home here with the likes of Kimo "Sheik Yer Bootie" Kelly over at the 199th Tactical Fighter Squadron!

Colonel Reavis enjoys SCUBA diving/spear-fishing and hopes to get some in while assigned here. (He's the only one I know that has SCUBA dived in the Red Sea.)

Accompanying the colonel on his three year tour is his son Craig (13) and daughter Carrie (11). Again, welcome to the Reavis family!



Lt.Col. Mike Reavis (left) debriefing Capt. Art Hicks after a Saturday A.M. flight.

HAWAII NATIONAL GUARD ENLISTED ASSOCIATION

\$1,000 Scholarship Award
Open to All Members of the HNGEA
and their Dependents
DEADLINE: May 31, 1989
For More Information: contact
TSGT. Simmons - 449-9589

ADVISORY COUNCIL

by SSgt Robert Yokono

The Enlisted Advisory Council for the HIANG exists to help iron out problems that occasionally arise and seem to elude a good solution. If you have problems or questions about squadron policy that cannot be handled through your normal supervisory chain, please contact your squadrons Enlisted Advisory Council member or your Unit Career Advisor.

The Council is set up to handle cases on a "no-names" basis and is made up of enlisted members who care about you and the HIANG.

The Enlisted Advisory Council meets at least once per quarter and the meeting minutes are available for your review. If a the solution to your dilemma seems impossible, give your squadron representative a call!

HIANG VOLLEYBALL

Announcing!!!! The 1989 HIANG Volleyball Tournament will be hosted by the 154COMPG this year. Tournament will be held on the 24 - 25 June 89 at the Kekuhaupio Gymnasium (Kamehameha Schools.)

The coordinator and committee members are:
 SSgt Jan K.N. DeRego - 448-0602
 MSgt Wayne Soma - 449-6986
 TSgt Eddy Compoc - 449-1608
 TSgt Alvin Naumu - 449-1921
 SSgt Russell Campos - 449-9210

There will be three divisions- Open Men, Women and Mix (co-ed.) All HIANG units are encouraged to participate. More details on the Tournament will be circulated within each HIANG unit.

Any questions concerning the Tournament, contact any of the above members.

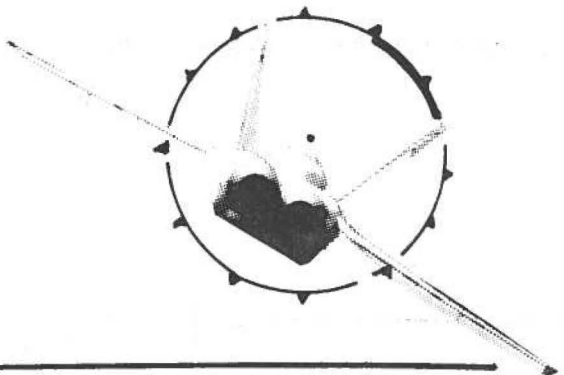
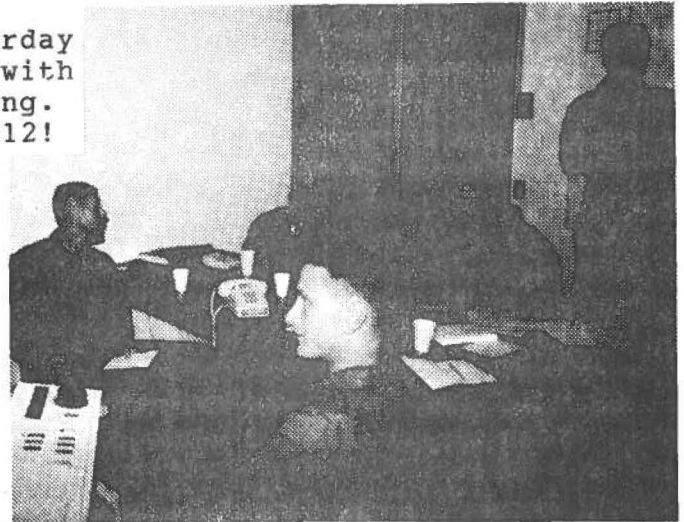
THE HORNETS ARE HERE!

The HIANG ramp was full of hornets this weekend, the new Marine F-18 "Hornets", that is! The Marines from Kaneohe have been eager to get the new generation F-18 fighter on their flightline and our HIANG pilots have been equally anxious to fly against their favorite sparring partners in their new hardware.

It all came together yesterday when the Lancers duked it out with us, in the spirit of good training. Thanks for coming to town VMFA-212!



photos by Capt Stan Osserman



Pastor's Perspective



BY CHAPLAIN (CAPT)
ROBERT NAGAMINE

Have you ever noticed the many needs you have and how hard it is to meet those needs? Generally, a person has four basic needs: intellectual, physical, social and spiritual needs. To live a healthy and happy life, I think that one must ensure that all of those needs be adequately met. And it is so hard to do that. We usually end up overemphasizing or underemphasizing one or more of these areas.

That's why I believe that it is important for us to maintain balance in our lives. The saying is accurate: "Balance is the key to life." When we keep things in their proper place and balance, I think we will only gain from it. For example, if we could strike a balance between work and play, exercise and rest, meditation and action, and listening and talking, we would be on top of things.

By answering some questions, you can take an inventory of the needs you are fulfilling. On the intellectual area, are you learning new things or new skills that are stimulating and challenging your mind? For instance, have you learned anything new while fixing your car, running a computer, studying a new and interesting subject, etc.? For the physical part, do you exercise regularly? Do you get an aerobic workout every other day? Then the social area, do you take time to relax and socialize with people with whom you can be yourself? And finally the spiritual side, do you take time for spiritual enrichment and meditation? Do you search the Scriptures for divine wisdom to

help you with your pressing and difficult decisions? If your answer to any one of these questions is "no", it would be helpful to make an adjustment in your lifestyle. Picture your life as a boat sailing in the ocean, and the four areas mentioned represents the four sides of the boat. If you overemphasize any one area your boat will tilt, take in water and begin to sink. So, keep all of the areas in balance and picture yourself sailing successfully through the seas of your life.

May God help you to live a balanced and successful life.

ESPECIALLY FOR FAMILIES

If you were mobilized within a moment's notice, would your family be ready to carry on without you? This is an important question we must all ask ourselves. I hope that in the near future without any hesitation, everyone will answer that question with a resounding "yes".

Being ready and remaining ready is important. The truth of the matter is, we don't know if and when we will be mobilized and sent somewhere near or far away. We must prepare both ourselves and our families to face such a change. (Beginning this month, I will be writing a series of articles that will gear themselves to helping families. So please take the Kukailimoku home for your family to read.)

Getting your personal and family affairs in order is essential. If you don't have a will, have one drawn up to insure that your desires are carried out if anything happens to you. If you don't have an attorney to help you with your will, legal advice is available here from our JAG, Capt Itamura. Make an appointment with him ASAP. In talking with him you may also want to consider arranging power of attorney to your spouse or a responsible person to act in your behalf. Some units are also setting up workshops with the JAG to consolidate the will/Power of Attorney briefings.

SEE NEXT PAGE

FAMILIES cont'd

Another area which requires attention is your family's financial matters. From time to time, it would be a great idea to review the financial setup your family has in event of your absence. This insures that your family has access to money over a long period of time.

Finally, another way to help you in your preparation is to have your spouse (or family members) get involved with a family support group. The purpose of a family support group is to provide a support system where spouses or family members of Guard members can unite together and help one another right now and during periods when Guard members are on annual training, away at school, deployed or mobilized.

If your spouse or family member is interested in getting involved in a family support group or has any questions about this subject, please call me at ph.449-9153 or ph.955-3431. I'm here to help you, so please call.

(If you haven't received a Hawaii National Guard Family Handbook, please contact me. The handbook is very helpful.)

HOSPITAL NEEDS YOUR KOKUA

Our 154 Tactical Hospital has been fighting an up-hill battle on many fronts for several years now. Their mission has grown to include mobility and they continue to play a greater role in the training of our units, as well as the units of the 201st Combat Communication Group and 199th Weather Flight. They're working in half of the space they need with a shortage of people to provided services. PLEASE, PLEASE, PLEASE help them by showing up early enough to accomplish paper-work and DON'T come to "Sick Call" for colds or other treatment that should be handled by your personal doctor.

Unit Commanders were sent a letter dated 16 Feb 1989 that outlines Tac Hospital operations

during UTA's. If supervisors have not been furnished a copy of this letter by now they should request one from their unit commander.

The Tac Hospital is always ready to help our members. It's our turn to help them out now, especially as they prepare for their Health Services Readiness Inspection this June. Please Kokua!

Self Aid and Buddy Care is "alive and well". NO CHANGES in this subject are anticipated at this time. Unit monitors are reminded to send their quarterly reports on time.

ROYAL GUARD

ATTENTION (KOA IKE ALU), there will be a meeting and practice session today for members of the Royal Guard. Please assemble on the Makai side of the Supply building (bldg 3415) promptly at 1415 hrs.

This meeting is in preparation for the Kamehameha Day Parade on June 10, 1989. Other guardsmen interested in joining the Royal Guard are welcome to attend.

NEXT UTA MAY

6 & 7, 1989



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.

The editorial content is edited, prepared and provided by the Public Affairs Office of the 154 Composite Group, Hickam Air Force Base, HI 96853-5000.

PH: 449-9374
Colonel John S.W. Lee, 154 COMPG
Commander
Capt Stan Osserman,
Public Affairs Officer

KUKAILIMOKU STAFF

Sgt Gaye Sakamoto.....Acting Editor
TSgt George Galasinao.....Illustrator

CAM SQ. News & Views



by MSgt Fred M. Higa, Jr.

Here it is, April 1989, the start of the second half of the fiscal year. Before I start, I'd like to extend my apologies to all of 'my faithful readers' for last month's article. I inadvertently gave the PAC people the wrong diskette filename, which meant that the February article was reprinted in March. Anyway, I'll be combining the news of March with that of April, so without further ado....The welcome mat goes out to our newest enlistees of CAM Sq: AB Glen Primero (Mat Control), A1C Greg Guerrero (Gun Shop), Sgt Gary Samson (Weapons Release), AB Jeff Sagudic and Ann Peter Gerasimenko (Weapons Loading), SSG Joseph Flores (Corrosion Ctl), AB Lane Higa (Fuel Shop), AB Mark Yoshida (Environmental Shop) and AB Gina Kuriyama (Admin). Good luck to all of you!!!! Hello's and Goodbye's are in order for an Admin person who joined us a few short months ago and will be joining her husband Al in Alaska. Good luck goes to Sgt Kathy Anderson-Malakowski-Anderson-Fritz (don't ask!!) as she will again make Alaska her home....Good luck also goes to Manny Bolosan as he leaves the Flight Line Admin section and takes on a full time position with our Supply folks..From our Sports file: MSG Jim Fahukula reports that our CAM Sq Basketball teams did extremely well in the HNG Oahu District Basketball Tourney. CAM Sq teams took 1st, 2nd, and 4th places in the tournament, which was held over a 4-day period in February. The 3 CAM Sq teams will compete in the State Basketball Tournament in May. Good luck to all teams members..... We now have our 1st 'Super-Chief' as CMS Ken Morimoto (QA Chief) returned in March after

attending the Senior NCO Academy at Gunter AFS for 2 months. According to Chief Ken, students put in many hours of studying, but the hard work is certainly worth the effort. Our C-130 folks, who have put in many hours of training and schooling at various TDY bases, are primed and ready to take a new challenge as they anxiously await the arrival our of 'new C-130H' aircraft. The 'H' will be replacing the 'A' in the next few months and will most certainly be a welcome sight. Much thanks to all the specialists who, in addition to the C-130 folks, had to go on hands-on-training missions to the various C-130 units on the 'Big Island'....Welcome back to TSG Jim Puu (Eng Tracking) as he returns from Dyess AFB in Texas after attending a 'parts tracking course...Good luck to TSG Dave Ferreira (AGE Shop) who is off to McGee Tyson to attend the NCO Academy course...Congrats to the following individuals on their recent promotions:

Clayton Chang	MSgt
Ronald Ayonon	TSgt
Robert Furtado	SSgt
Dexter Bellezia	A1C
Jeffrey Liu	A1C
Paul Siu	A1C
Alan Tanaka	A1C
Kirk Nishimiya	A1C

Congrats are also in order to the following individuals for receiving the:

AF Commendation Medal	
CMS Thomas Sato	
MSG Jose Rivera	

(retired)

AF Meritorious Service Medal	
CMS Hiroshi Go (retired)	
CMS David Pontes	

(retired)

Good luck goes to TSG Robert Derryberry (transfer to Ohio ANG) Sgt Charles Griep (transfer to AF Reserve) and SSG Elliot HuiHui and Sgt Laurence Camvel (separation). Would like to wish them the very best in their future endeavors....CMS Dave Pontes

expresses his gratitude for the accolades and gifts given him at his retirement party held recently at the Pagoda Hotel. MSG Paul

CAM SQ cont'd

Kealoha also sends his aloha and mahalo to all those who attended his retirement party at the HaleKoa Hotel a few weeks ago. If you couldn't make it to his party, take some time off to visit him at the Flight Line as he'll continue a while longer as a part-time Guardsmen...The welcome mat goes out to the men and women of the 142 CAMS, Oregon ANG, as they begin their F-15 hands-on-training with us. Here for PMEL 'HOTS' are SMS Glenn Williams and TSG Brent Hagen. Training in the Armament Shop is TSG Warren Shifflette. A whole bunch of Portlanders just arrived the last few days, hope to have their names for the May paper...Welcome back goes to Capt Keith Kunichika as he recently returned after spending 3 weeks TDY to Warner-Robins ALC in Georgia...Off to the 'cold country' of Alaska (Kulis AFB) on Monday to set up the C-130H ISO inspection program will be SMS Sam Saffery, MSG Ray Bermudez and TSG John Cabacungan. Don't forget the salmon!!!! Forgot to welcome AP Michael Riehn as he joins the Automatic Test Station people in the Avionics Branch. Hope he was informed about the 99% honor graduate rate the Avionics people are presently enjoying.....

We have been mailing the KUKAILIMOKU to ALL of CAM Squadron's retirees since November. If any retiree has not receiving their copy, drop me a note or call me (MSG Fred Higa at 449-9819) so that we can insure you get your copy of the newsletter. If you have address changes, make sure we find out about it so we can update our mailing lists. Again, my apologies to you all for the mix-up last month. My sincere aloha and mahalo goes to Capt Osserman and his staff for allowing me this extra space this month. Hope this won't happen again, but then again, with computers one never knows!!!!

Anyway, that's all for now, so til next month, 'The biggest room in the world is the room for improvement.'

(Author unknown).....fhiga

SHOPLIFTING

by TSgt Robert DeCoster

We've all seen the publicity regarding shoplifting, and what they say is true, when someone shoplifts, they are stealing from all of us. Statistics from the recent months show that the Security Police are experiencing approximately 13 cases of shoplifting each month, and yes, some of those cases have been members of our unit or their dependents! Those caught represent a fair mix of adults and children, service members and dependents, men and women, and the dollar value of items taken have ranged from a few dollars to thousands.

What are the consequences of shoplifting here on base? First of all, there really is a cost to everyone in higher prices. On a personal level, however, the consequences to a service member who shoplifts are, as a minimum, loss of ID card, and all privileges except medical care, for 1 year. For a dependent, there can be a loss of privileges for a year, and a possibly of being barred from Hickam Air Force Base. Furthermore, if the item taken is over \$50, the dependent will be turned over to the Honolulu Police Department for disposition.

Everyone should know what constitutes shoplifting. On base, leaving the facility without rendering payment would reflect an intent to shoplift. However, many places off-base take concealment of an item, even while in the store, to be intent to shoplift. Do not place items in your pockets, purse or inside another item you'll be purchasing while shopping. Even if you only place it there because you're afraid that it will fall out of the cart. If you hide the item or don't pay for it, it will be considered shoplifting. If you're caught you can expect to be arrested. Use the baskets or shopping carts provided in the stores. Switching price tags is another version of shoplifting, and people are being prosecuted for that offense as well. Don't be tempted, It's not worth it!

PROMOTIONS

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

150ACWS(FxD)

MSgt Ronaldo M. Javier	1 Feb 89
MSgt James M. Kawamura	1 Feb 89
TSgt Napua N. Sugai	16 Feb 89
SrA Skipper V. N. Burley	15 Mar 89
SrA Connie L. Kahalekomo	15 Mar 89

154MSS

TSgt Jeffrey S. Camara	16 Feb 89
SSgt Darin Y. Tomi	16 Feb 89
SSgt Wallace M. Horibata Jr.	16 Feb 89
SSgt Stephen G. Lee	16 Feb 89
SrA Jason K. Iyomasa	15 Mar 89
SrA Dale S. Tomei	15 Mar 89

HQ 154COMP G

TSgt Susan E. Webb	16 Feb 89
Sgt Gaye S. Sakamoto	7 Mar 89
Sgt Sandra M. Nakano	14 Mar 89
SrA Eric M. Gerstl	20 Mar 89

154CAMS

TSgt Ronald E. Ayonon	16 Feb 89
SSgt Robert C. Furtado	16 Feb 89
MSgt Craig M. Harimoto	16 Mar 89
MSgt Clayton K. Chang	16 Mar 89
SSgt Kent K. Thompson	16 Mar 89
SSgt Carl J. Reynolds	16 Mar 89
Sgt Robert A. Garcia	7 Mar 89
Sgt Jeffrey K. Lee	7 Mar 89
Sgt Sherilyn W. I. Chong	21 Mar 89
Sgt Steven W. S. Wong	23 Mar 89
Sgt Gary M. Takata	27 Mar 89
Sgt Scott M. Cummings	17 Apr 89
Sgt Christopher Williams	17 Apr 89
Sgt Victor M. Saclot	21 Apr 89
Sgt Ronin Y. Burke	1 May 89
SrA Richard W. Costa Jr.	10 Mar 89
SrA Devin M. Fukunaga	10 Mar 89
SrA Cesar V. Pudiquet	27 Mar 89
SrA Ricky W. Hoo	30 Mar 89
SrA Daniel A. Cristobal	21 Apr 89
SrA John H. B. Enos	21 Apr 89
A1C Dexter G. Belleza	3 Mar 89
A1C Charles A. Lee	3 Mar 89
A1C Terry N. H. Goto	3 Mar 89
A1C Jeffery-Scot K. Leu	3 Mar 89
A1C Kirk T. Nishimiya	3 Mar 89
A1C Paul D. Y. T. Siu	3 Mar 89
A1C Alan K. Tanaka	3 Mar 89
A1C Stanford P. Kim-Bustillos	27 Mar 89
A1C Gregory A. Silva	27 Mar 89
A1C Stuart K. Hino	7 Apr 89
A1C Edward W. Holland Jr.	7 Apr 89

154 TAC HOSP

Sgt Gregory J. Pelayre	1 Feb 89
------------------------	----------

169ACWSQ(FxD)

Maj Mary C. P. Ooka	16 Mar 89
MSgt Arthur Y. Takayama	16 Mar 89
TSgt TSgt Gregory E. Hara	16 Feb 89
Sgt Phillip A. Morgan	10 Feb 89
Sgt Sharon N. Haruguchi	13 Mar 89
Sgt Renee D. Chinen	19 Apr 89
SrA Ronald R. Billaber	23 Mar 89
A1C Katherine D. Walker	10 Mar 89
A1C Colin K. Yoshimitsu	17 Mar 89
A1C Ryan J. Gionson	21 Mar 89

199TFS

Sgt Tammy G. Brown	8 Apr 89
A1C Kristie A. Cruce	13 Apr 89

154CES

TSgt Russell W. Campos	16 Feb 89
TSgt Steven K. Fujiyoshi	16 Feb 89
TSgt Nelson T. Viernes	16 Feb 89
SSgt Ronald P. Hochbrueckner	16 Feb 89
SSgt Leslie C. Silva	16 Feb 89
SSgt Gordon O. Aihara	16 Feb 89
SSgt Stanley K. Yahiku	16 Mar 89
Sgt Rochelle L. K. Flores	14 Feb 89
SrA Victoria J. N. Lindsey	20 Apr 89
Amm Brian A. Iwanaga	10 Feb 89

154RMS

SSgt Darren R. Morris	16 Mar 89
SSgt Allan S. Tupinio	16 Mar 89
Sgt Dante H. Julian	18 Mar 89
Sgt Donna H. Derryberry	10 Feb 89
SrA Lorrie A. Macanas	18 Mar 89

CHAPTER 18**ANG NCOA GRADUATE ASSOCIATION**

BE A VOLUNTEER FOR THE CANCER SOCIETY'S ANNUAL BANK NIGHT. WE NEED AT LEAST 2 VOLUNTEERS FOR EACH OF THE LISTED LOCATIONS WE WILL BE LOOKING FOR YOU.

DATE: 16 May 1989 (Tuesday)

TIME: 1730-2100

LOCATIONS: BANK OF HAWAII

AIEA- Aiea Shopping Center

HAWAII KAI- 7192 Kalaniana'ole Hwy

KAHALA- Kahala Mall

KAIMUKI- 3600 Wai'aleae Ave

KEEAUMOKU- 1451 S. King St

WAHIAWA- 634 California Ave

WAIAWAE- 86-015 Farrington Hwy

WAIPAHU- 94-712 Farrington Hwy

PLEASE CONTACT: Gay Ross (Engine Shop) 449-5545
Melvin Ige (Engine Shop) 449-5545

TO VOLUNTEER OR FOR MORE INFORMATION

154 TAC HOSPITAL SHOTLINE



by Lt Adele Arcangeli

There are many new faces at the Tac Hospital this month. We extend a hardy welcome to Maj Shoab Naqvi, SSgt Jeffrey Kneerean, ALC Edward Oga, and AB Lisa Lee. There is also a new face at the SSgt George Yonamine's household. Congratulations, on the new baby girl!

Also, congratulations to 2Lt Sharon Strebb (previously Stottlemeyer) on recently "tying the knot". We all wish her much happiness.

Dental Note:

It is estimated that only 35% of US adults floss their teeth at least once a day. Just remember . . . "Ignore your teeth, and they'll go away."

Healthful Hint:

Over 58 billion Americans have high blood pressure (hypertension), or are taking medication for high blood pressure. High blood pressure generally is defined as a reading of 140/90 or higher.

Some risk factors for high blood pressure are as follows:

Overweight: Often people can reduce their blood pressure by just losing a few pounds.

Alcohol: Too much can predispose you to high blood pressure.

Salt: Everyone should watch their intake of excess salt.

Calcium and Potassium: There is some evidence that many people with high blood pressure consume too little calcium (non-fat dairy products) and too little potassium (fruit, fruit-juices, vegetables).

Race: Black Americans develop high blood pressure earlier and it is frequently more severe.

Family History: If your parents or siblings have high blood pressure you are more likely to have it. Nature (genes) and nurture (learned smoking, eating and exercise habits) may figure in this picture.

Stress: Experts still disagree as to what extent stress plays in the development of high blood pressure, but in any case, learning methods of stress-reducing cannot hurt.

Medications: Some medications actually can cause high blood pressure. Steroids, oral contraceptives, nasal decongestants, appetite suppressants are a few.

Hypertension is known as the "silent" disease, because in the vast majority of people it produces no outward signs or symptoms. Be sure to have your blood pressure checked regularly.

CLOTHING DRIVE FOR WAIMANO TRAINING SCHOOL

APRIL-DECEMBER 89

BRING YOUR USABLE CLOTHING TO:

154 RMS/CONTRACTING - SMSGT R. IZUTSU

154 CAM/AGE SHOP - SMSGT R. DEVEAS

169 ACW - SMSGT D. HASHIMOTO

201 CCGP - CMSGT L. NAKANO

Waimano Training School is holding it's 1989 clothing drive starting this month. Your tax deductible donation of usable clothing will make a difference!

MAHALO!!!

SUPPORT YOUR AIR FORCE ASSOCIATION AND HNGA!!!

HAWAII MILITARY WEEK, 1989 May 15 - 22

- | | |
|-------------------------|---|
| Saturday, May 13, 1989 | "MASH DASH", American Red Cross 4-mile run around Diamond Head; proceeds to benefit MWR Funds |
| Monday, May 15, 1989 | Opening Ceremonies, State Capitol
Sponsor: Bank of Hawaii |
| Tuesday, May 16, 1989 | "South Pacific" Business-After-Hours Pearl Harbor Officers Club
Sponsor: Hart Publishing/National |
| Wednesday, May 17, 1989 | Band Concert, Waikiki Shell
Sponsor: Hawaiian Telephone |
| Thursday, May 18, 1989 | Chamber of Commerce Quarterly Luncheon - HALE KOA HOTEL
Speaker: ADM William Crowe (pending schedule confirmation)
Sponsor: Chamber of Commerce |
| Friday, May 19, 1989 | Luau - PARADISE COVE
Sponsor: various |
| Saturday, May 20, 1989 | Armed Forces Day
Promote various Installation events |
| Sunday, May 21, 1989 | Family "Paritoto Day" - Waimea Falls
Sponsor: A.T. & T./various |



CAPT. JAMES HIKITA
ILT. MELISSA ZEN
TSGT. CARSWELL ROSS JR.

BOYS DON'T HAVE IT SO GOOD AFTER ALL

According to research, school children believe that being a man is preferable to being a woman. Children see authority, power, and the freedom to make choices as male prerogatives. Nevertheless, men suffer from damaging inequities.

- In elementary school, for every girl with academic problems there are four boys.
- Two thirds of all grade repeaters are male.
- Underachievement occurs twice as frequently among gifted boys as it does among gifted girls.
- The rate of delinquency for boys is five times higher than that of girls in this country.

Much speculation can be done on social, physiological, and emotional reasons for these differences. However, it is known that in general, while girls are socialized to undertake nurturing behaviors they still have early freedom to explore other options. The word "tomboy" suggests a certain set of behaviors, but it doesn't have the same connotation as "sissy" which would be the male counterpart. Approved roles for boys are restricted very early to those involving achieving or winning. As a result, boys tend to begin selecting masculine roles exclusively before age four, while girls don't begin that type of gender behavior limiting until around ten to eleven.

Another problem for boys is the lack of male role models in the child's environment. Overwhelmingly, elementary teachers are female and the fathers are working outside the home. Child care is generally given by mothers or female child care workers. Boys are forced to take on male roles without the

daily presence of consistent male role models. And without opportunities to test or modify behavior, boys feel unpracticed and insecure in male roles. They tend not to develop flexibility because there are only unprepared peers to look to for direction and guidance.

Researchers say the negative results for males can be "emotional malnutrition"; males find themselves unable to express self-doubts, fears, and intimate feelings. In order to fulfill what is believed to be the main masculine role, they believe they must dominate and control relationships. When men and women identify with traditional sex roles and traits, both are deprived. "Healthier" people have both "male" and "female" qualities. Everyone can encourage experiences that foster such growth and acceptance. Increasing young children's contact with adult males on a routine basis also offers greater personality growth possibilities for both sexes.
(From "Equal goals in Occupations" April 1989, Number 8)

HANG Awards Banquet
17 Nov '89
set it aside now!

MAHALO NUI LOA

To all of you who donated phone books to Olomana School, thank you for your support. Olomana was able to send four students to Washington DC. They participated in the nation-wide "Close Up" program.

Our recycling activities continues year around. All the money earned goes toward sending students to participate in "Close-up". If you have Aluminum cans or newspapers, you can call us to have them picked up, 261-8981. Again, Mahalo nui loa.

SUPERSONIC RECALL

By now you're all aware that if a recall or mobilization is ordered for units of the HIANG you will get a phone call or there will be an announcement on the radio and/or T.V. But what happens when the electronic modes of notification are down?

In the event of such a communication black-out, two of our jet fighters will take-off from Hickam and circle the island of Oahu. One fighter will circle clockwise and the other counter-clockwise. Both will be at relatively low altitude and be cycling their engines into and out of after-burner. The noise made by going into burner is a loud and distinctive jet blast. You will be able to see a long, cone-shaped flame coming from the engine if it's dark outside or if you happen to be looking into the exhaust end of the engine.

This is your cue to jump into your car or onto your bike or trusted steed and beat-feet to your unit.

This procedure applies to the neighbor island units also but the flight pattern or number of jets may be modified.

The bottom line is, if you see a fighter flying low and slow, (slow for a jet fighter, that is!), and making a loud then quiet noise pattern with it's engine, try and call your unit or tune into your favorite radio or T.V. station. If communications seem to be down, it's a good bet that a recall or mobilization is under way!

REC CENTER UPGRADE

The 15th Civil Engineering Squadron Fire Department completed connecting a new fire alarm system in building 3432, the Composite Recreation Center (CRC), next to the baseball diamond. The former alarm system was a local system, used only to alert occupants of the facility. The new alarm will be monitored at the main fire station providing 24-hour protection.

NEW FLIGHT

A new flight within the 154 Composite Group was federally recognized on April 7, 1989! The 154 Services Flight is now a reality. The new flight's major tasking will be 'readiness in base services', (PRIME RIBS), a program that organizes and trains services personnel for world-wide combat support activities.

Captain Kay D. Sgagias will command the flight which, when fully manned, will consist of two officers and 32 enlisted members trained in food services, billeting, mortuary and related services. CONGRATULATIONS!!!

CLASSES AVAILABLE

The following classes are available for ANG members nationwide:

OFFICER: Air Command & Staff, Reserve Forces Course, 17-28 July 1989, for Capt/Maj with secret clearance.

SENIOR NCO'S: USAF Senior NCO Academy, six classes, (24 Oct - 13 Dec '89, 9 Jan - 28 Feb '90, 8 Mar - 25 Apr '90, 2 May - 20 Jun '90, 27 Jun - 15 Aug '90, 28 Aug - 17 Oct '90), E-7 thru E-9 with secret or top secret clearance and one year of retainability after graduation.

If you are interested in attending one of these courses, contact your supervisor or CBPO for more details.

AERO CLUB

The Hickam-Wheeler Aero Club will be giving 'Private Pilot Ground School' classes for individuals interested in obtaining their private pilots certificate.

NIGHT CLASS: Starts 1 May 1800 hrs Monday and Wednesday 1800-2000 hrs for 8 weeks at Hickam AFB.

DAY CLASS: Starts 29 April 0900 hrs Saturdays 0900-1300 hrs for 8 weeks at Wheeler AFB.

Total cost, including books and supplies, is \$180.00. For more information and enrollment call: 449-1228 at Hickam or 655-1091 at Wheeler.

For additional information on other ground school classes, call Cristina Recto-Hoglund at 488-3965.

CBPO CONNECTION

EMERGENCY DATA UPDATE

Members are required to ensure that their DD Form 93, Emergency Data form, is kept up to date. The importance of this form cannot be overemphasized. The form is used to contact your next of kin if you are involved in an accident or become a casualty. You must also update the form when there is a change in marital status, spouse's address, parents' address, location or the number of dependents and military status of spouse. Stop by the CBPO Customer Assistance Section or see your Personnel Technician (for GSUs) as soon as possible for any of these changes.

UNIFORM TIP--BDU CAPS

The Air Force has experienced difficulties in procuring an acceptable issue BDU baseball cap. The current issue cap does not meet the quality and durability standards. Air Force must go back to the drawing board to obtain an acceptable baseball style cap. To resolve the Air Force immediate needs, the Army BDU cap will be issued at Lackland. Additionally, the remaining inventory of Air Force BDU caps will be sold thru AAFES. AAFES, was also asked to reintroduce the optional BDU baseball cap for sale in military clothing stores. AAFES will be provided Army BDU caps as they become available. Effective immediately, Army BDU caps are authorized for wear with BDUs. This is in addition to organizational baseball caps and the current "issue" cap. MAJCOMS retain the authority to prescribe proper headgear wear during contingencies and exercises and the latitude to ensure the highest degree of standardization possible. If you have any questions, please contact the CBPO Customer Assistance Section at 449-5669.

WEIGHT CHECK - MAY 6



Oh-Oh! It's the Chunky Chicken Program For You!

150th ACWSQ AHI TOURNAMENT 21, 22, 23 JUNE 1989



KAUAI 89

COMMUNITY COLLEGE

The Community College of the Air Force (CCAF) provides enlisted members of the Air National Guard opportunities for professional development through varied study programs.

CCAF is an accredited educational institution and offers an associates degree in applied science. The programs are a mix of Air Force Technical courses, professional military instruction, and college-level work at civilian institutions.

Enlisted personnel are eligible to register with the college after attaining at least a 3-skill level in an AFSC. The basis for study programs directly relate to the AFSCs and by attaining upgraded levels (5,7, and 9), you also earn hours toward a degree. Basic Military Training, NCO leadership schools and academies, and other formal and correspondence training may be accepted. A person may receive credit for active duty training during prior military service and for courses completed at a civilian institution prior to enlistment.

There is no charge for registration. If you would like more information regarding CCAF enrollment, contact your CCAF monitor. At Hickam AFB, MSgt. Iris Kabazawa, BCA, is your new CCAF monitor. Come in or call her at 449-7794.