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War God Of King Kamehameha I - 154 COMPAG

Vol. 35, No.10

Hickam Air Force Base
Hawaii

July 15 1990

CE AND SERVICES RETURN FROM OKINAWA

by Maj. Fred Fogel & MSgt Debbie Brownhill

The 154th Civil Engineering Squadron and the 154th Services Flight, returned on June 30, 1990 from a highly successful two week deployment to Kadena AB...and Uncle Sam really got his money's worth! After a five hour delay and a nine hour flight, a C5A offloaded 54 CES troops, 12 services personnel and two Air Base Operability technicians on the friendly island of Okinawa. Three hours later they were in closed camp (that's right, tents), with MREs and chemical warfare defense gear in hand, ready to start Base Recovery After Attack Training (BRAAT).

The weather was good (for Okinawa) with 82 to 95 degree temperatures, 85% humidity and lots of sunshine. Augmented by bomb disposal personnel, firefighters, air base operability techs, NBC detection/chemical decontamination folks and Prime FARE (commissary support) members, the next four days were spent learning and practicing Prime BEEF (Base Engineer Emergency Forces) and RIBS (Readiness in Base Services) skills. The camp, officially called Mok Li Ree AB, was buzzing while personnel set up an erdelator to purify water, cleared bomb damaged runways, filled craters, processed through SCPPS (self contained personnel protective shelter) after a simulated chemical attack, plotted a Minimum Operating Strip (MOS) from field observations for aircraft taxiing and takeoff, set up and operated a field shower, cooked hot meals in a Mobile Kitchen Trailer, erected camouflage netting (over everything!), layed AM-2 field laundry, installed mobile field lighting kits and a

(CONTINUED ON PAGE 10)

MISHAP PREVENTION - OUR RESPONSIBILITY

BY CAPT. GAYLORD DOWSON

Mishap Prevention is a responsibility we all share. Without it, this unit would probably come to a complete stop. Recent mishap trends has forced the NGB to strongly recommend that all units stand down during the July UTA and review and reinforce their safety programs. Mishap Prevention is the most important program in the world of safety. A strong program would eliminate the need for all other safety programs. It would mean that there would be no injuries, no lost workdays, the job gets done, the mission gets done, and you can continue to support yourself and your family. Well, it just doesn't work like that. There are some mishaps you just can't stop, the ones that are "an act of god". But, there are many mishaps we can stop or prevent.

Most minor mishaps are usually a result of people having poor attitudes, poor training, and/or procedures not being properly executed. These symptoms also set the stage for major mishaps. Heed my words, I've read many mishap reports that ranged from broken bones and lost fingers to fatalities. It can happen to you! But, by supporting and enforcing your unit's safety program we can reduce your risk of becoming just another statistic. Talk to your supervisors and ADSTs, and see what your program has to offer you and what you can offer it to make it a strong and safe program. Supervisors and ADSTs need to review and reinforce their unit's safety programs and communicate the program to their personnel. This will not only eliminate the prior mentioned symptoms, but perpetuate the HIANG's mission capabilities and the

(CONTINUED ON PAGE 3)

COMMANDER'S CORNER



by
Lt. Col. Michael H. Tice

Sunday, July 15, 1990, has been designated as SAFETY DAY within the 154th Composite Group. While it's obvious that safety awareness is an everyday concern, it behooves us to periodically pause and take stock of how we're doing and seek ways of eliminating hazards identified in our operations. The bottom line objective is no injured people or damaged property or equipment.

Safety was the topic of a special meeting convened by Major General Killey, Director of the ANG, last month in Washington. This year's news has not been good as there have been five fighter losses and four fatalities in the Air National Guard. Three of the mishaps occurred in the May-June 1990 period. At a time when the entire military force structure is coming under scrutiny in competing for declining defense dollars, the ANG can ill afford to be perceived as not capable of performing its mission safely. At a time when the HIANG is seeking the addition of a KC-135 unit and newer or more F-15's we must be perceived as "having our stuff all in one bag" when it comes to SAFETY.

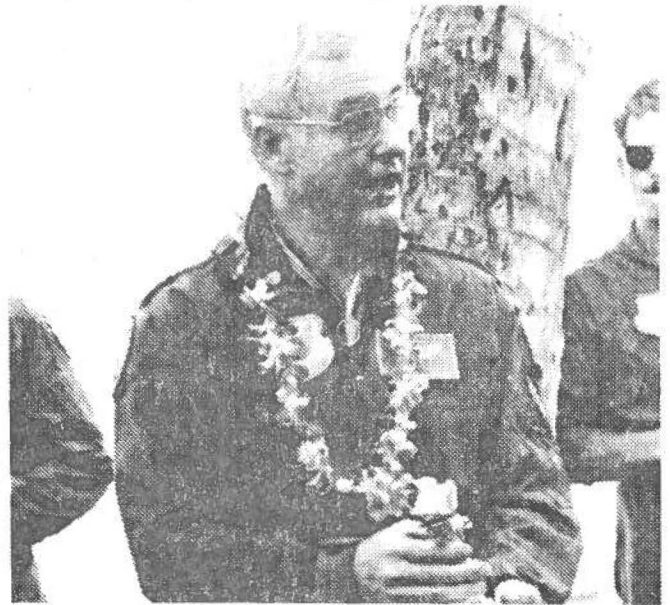
Here's how the 154th COMPG is doing. On the flying side of the house we've had no Class A or B mishaps this year. Going into the 4th quarter we have experienced nine Class C mishaps, as opposed to thirteen last year; so by continuing to work safely and wisely we can close out the year well below the total 19 we had in FY 89.

On the ground we're not doing as well. In FY 89 we had a total of 11 Class C mishaps resulting in a total of 52 lost workdays. So far this year we've had 10, resulting in a total of 57 lost workdays. Back injuries and falls are the leading causes. The safety office is working to provide more information on proper back care. People injuries is what we most certainly want to strive to eliminate.

In weapons we've had one Class C mishap this year, whereas last year we had none.

Tactical aviation and all of the activities that are

essential in making it happen have been described by some as "inherently dangerous." They're right! What we mustn't lose sight of is that they need not be unsafe. Conducting our activities with proper planning, leadership and supervision, and in accordance with published tech order and regulatory guidance goes a long way towards making our activities safe and is expected of all of us. The other absolutely essential ingredient is YOU. Work safe, work smart and look for ways we can do things safer and smarter. Our flight, ground and weapons Class A, B, C mishap rates are "0" for the 4th quarter, let's keep them that way!



Major General Donald "Pepper" Snyder took his last flight on July 11 before leaving his position as PACAF Director of Operations to accept a position at MacDill AFB, Florida. Photo by TSgt. Solomon Ford

KUKAILIMOKU

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(MISHAP, continued from page 1)
welfare of its people.

The following article below is on back injury prevention. There is a short explanation on why we suffer back injuries and another on how to prevent them through some simple exercises. There is also an advertisement on a back support "belt" called ProFlex attached to the end of the newspaper. This belt is from the wave of the future. It provides outstanding back support for 99% of the jobs required in today's workplace. Talk to your supervisor if you're interested in acquiring one or call the 154 COMPG Safety Office for more information. Have a Safe Day!!

BACK INJURY PREVENTION

Back injury prevention will always be a question of what you lift, how you lift, the position, size and weight of the load, stature, sex, fitness, frequency, ergonomics, and equipment you use to name only a few elements.

If we consider that we are lifting 80% of our total body weight everytime we bend forward with muscles approximately the size of our small finger, its easy to see how wear and tear on the back adds up fast. This explains how a high percentage of the so-called back injuries occur lifting nothing - a piece of paper off the floor, getting out of the car, or brushing your teeth over the sink.

Everytime we bend forward from the hips with the legs straight we are using our backs like a crane. The back is not designated to be in this position and is not an efficient lifting machine. "Bend your knees not your back," is good advice for lifting, but let's take it a step further.

It's not hard to figure out that when you bend your knees to lift, the job is done with the strong leg muscles. Not only is this efficient, it's the way the human body was designed to lift, less strain more strength.

Another important point is the lower back is not designed to twist. In the lumbar (lower back) section of the spine the joints lock together when twisted. Everytime we twist our trunk to lift, reach, push or pull, with our hips facing forward stress is placed on the lower back. To avoid this straining position simply remember to keep your hips and hands in the same direction by pivoting your feet. You'll be amazed how no strain or stress is felt in your lower back.

Back strain can be prevented by incorporating the following simple techniques: (1) work on good posture, alignment is essential to keeping the spine and muscles

balanced; (2) tighten those stomach muscles before you lift, reach, push or pull, they're the back's greatest supporter; (3) keep your hips and hands in the same direction even if you can only angle your hips slightly; (4) use your hand to support your trunk when bending forward by placing it on your thigh or table etc.; (5) keep those muscles tuned up.

Protecting your back around the clock is your best insurance against back injury. You are the only one who's around to do it both on and off the job.

How to Lift Properly



1 ► **Get a firm footing.** Keep your feet apart for a stable base; point toes out.



2 ► **Bend your knees.** Don't bend at the waist. Keep the principles of leverage in mind at all times. Don't do more work than you have to.



3 ► **Tighten stomach muscles.** Abdominal muscles support your spine when you lift, offsetting the force of the load. Train muscle groups to work together.



4 ► **Lift with your legs.** Let your powerful leg muscles do the work of lifting, not your weaker back muscles.



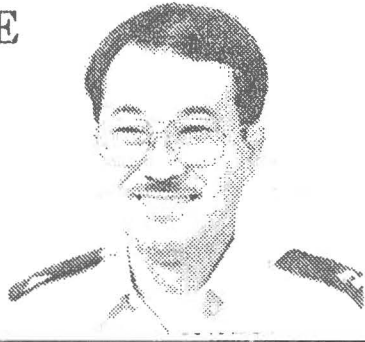
5 ► **Keep load close.** Don't hold the load away from your body. The closer it is to your spine, the less force it exerts on your back.



6 ► **Keep your back upright.** Whether lifting or putting down the load, don't add the weight of your body to the load. Avoid twisting; it can cause injury.

PASTOR'S PERSPECTIVE

By Chaplain (Capt)
Robert Nagamine



It's great to visit with all of you as I circulate throughout the Group.

Every drill weekend I have the opportunity to see you in your working conditions. I count it as a privilege to do this, because along the way I've made lots of friends.

In my visits I have seen a wide range of working conditions that you have to deal with. Most of them are good, however a few of them could use some improvement.

Let me share with you some of the characteristics that I have seen which make a work environment a great place to be in, so that you may want to strive for it. Seven characteristics seems to be present when a work place is very successful and they are as follows...

First, there is a positive flow of communication. When people who work with one another feel the freedom and ease to communicate necessary information about assignments or projects, their network will run smoothly and efficiently. If people don't talk to one another or fail to inform others of their actions or intentions, then the operation will lack unity and cohesion.

Second, teamwork is an important key. In real life we've actually seen times when an average team of players have beaten a more talented team of players, simply because of teamwork. This is true of the work place also. With teamwork lots of work can be accomplished in a shorter span of time.

Consider if you are a good team player and whether you help your coworkers when their load gets too heavy. Also, ask yourself if you seem to be working with others or against others. Remember teamwork does make a difference.

Third, there is active consideration for the working conditions of the people we work with. Most people are really good because they go out of their way to help others when it is needed. Let us avoid the philosophy, "everyman

FOR THE FAMILY

Last month I wrote on how we need to maintain effective communication skills as we relate with our families and those close to us, especially our spouses. If successful at this, our relationships will remain healthy and secure, able to withstand separation due to times of military duty. I suggested that our relationships need to communicate four things: expectations, intentions, personal needs and feelings.

Nonverbal communication, as well as verbal communication, is also a big player in relationships. The majority of our communication is usually done in nonverbal ways. Consider what kinds of nonverbal signals you are sending to your spouse, whether it's conscious or subconscious. See if you are emphasizing positive signals.

There are many obvious nonverbal signals that we can use to enhance our relationships. Facial expressions such as smiles or expressions of acceptance are effective and common. Have you wondered what ratio of smiles to frowns you are communicating? Hugs/touches/kisses are another positive form of communication. Some people feel a great sense of acceptance and security when they receive such physical affirmation. Hand gestures like the thumbs up signal and the Hawaiian "shaka" sign brings a feeling that things will work out. Proper grooming of oneself can be a signal to your spouse that you still want to keep the courtship going and the marriage interesting. Also, bringing flowers or small gifts will make your spouse think that you are thinking of him/her.

There are also not so obvious nonverbal signals that we wish or not wish to communicate. If we consistently come home late after work, that may communicate lack of interest in our spouse. For the same reason some people may become workaholics. This is harmful because this will directly hurt two persons and the marriage as a whole. Of course, some couples do spend lots of time together by choice and it can communicate interest in each other's company. It's a known fact that couples that spend more time together are usually closer to each other. If you find yourself drifting away, I hope you'll key in on the signals and do somethings about it.

I hope that the above information will help you think about your special relationship. If your spouse or family member care to join me in helping families, he/she can sign up to be in a family support group. Call me, Chaplain Robert Nagamine, at ph 449-9153, 955-3431 or 947-5008.

CAMS

NEWS & VIEWS



By
MSgt. Fred M. Higa, Jr.

I would like to welcome you all back to another fun-filled drill weekend. Civilian-wise, half the calendar year is gone; militarily, our year is almost over. A lot has been accomplished this year, however, we've got a lot more to do before the year is out. Your continued support is appreciated as we start preparing for whatever IG inspection comes our way. Much mahalo's to you!! From our retirees: CMS Dave Pontes sends his aloha and mahalo to all as he makes his move to the big island of Washington State. He has sold his home here and has moved his entire family to Washington. Dave's son, SSgt Wayne Pontes, can provide you with an address and phone number if you plan to visit Washington and want to look in on Dave. Also, CMS Art Lee (my former boss) has been on the golf course five days a week. I would guess his handicap has been lowered to '0' by now. Wonder when he'll be named the Guard's touring pro. Mahalo to MSG George Matsumoto as he has hung up his stripes and joins the ranks of retirees as of the end of June. Good luck to you, George...Congrats are in order for Sgt Whitney Tengbergen as he exchanged wedding vows with wife Pamela recently. On pins-n-needles are Jeff and Bernelda Yokono as they are anxiously awaiting the birth of their first child. Let us know when the big day happens...The welcome mat has been laid out for Sgt W. 'Tom' Hoots (Training Admin), and Sgt Don Saruwatari (Engine Shop) as they join the ranks of CAM Squadron this drill. Another Engine Shopper, Amn Carmelo Lopez, is now going through BMT and will be going to tech school soon. Sgt Chris Killion leaves this month for tech school at Lowrey AFB for Avionics training. Off to McGhee-Tyson ANGB later this month is Plans & Scheduler TSG John Cabacungan as he will be attending the NCO Academy for a couple of months...C-130 folks on the move: TSG Takao Wada just returned from Little Rock, Arkansas, after spending 32 days attending a C-130 Engines and Dual Rails Mechanic course. SSG Arthur Seto returned from

Dyess AFB, Texas, after completing the C-130 APU Engine Mechanic course. SSG Bonifacio Garalde is off to Dyess AFB to attend a C-130 Aircraft Crew Chief course for 21 days. Watch out for the heat. TSG Preston Ares recently returned from Kadena AB, Okinawa, Japan, as he was the crew chief assigned to OUR C-130 which was tasked to pick up our Civil Engineers and Services Flight folks there. The Civil Engineers and Services Flight people had spent two weeks doing their annual field training in the fields of Kadena AB. Speaking of the Services Flight, much mahalo to Major Kay Sgagias and her compadres as they graciously allowed me the honor of having dinner with them every nite while I was in Kadena for a computer workshop/confab. Great bunch of folks to dine with. 'Outstanding' was the reaction from the Kadena billeting folks as our Civil Engineers re-tiled the entry floors in the main billeting building in less than a day. 'Many hands' were involved in that job and the teamwork displayed was terrific...Congrats to MSG Ron Mirafior (Fuels Shop) and TSG Irvin Yoshino (Electric Shop) as they participated in the Great Hawaiian Relays and completed the grueling event in their own record times. Good show! Kudo's to our Royal Guard as they won 2nd place in the 4th of July parade...Engine Shopper Mark Peleholani has put out an 'APB' as his red Honda 500 was stolen recently. There's only 3 on the island, so if you see one, call him at the Engine Shop. He wants it back...Our Family Support Group is still alive and well. Additional coordination is now being worked on to get the program into high gear. Hope to have more information soon from our unit coordinators, Jo-Ann Pontes and KathyAbe...Well gang, that's all for now, so til next iss... "A good memory is what enables you to remember a mistake; each time you repeat it." (author unknown).....fhiga

HAWAII NATIONAL GUARD



Social Actions



CAPT. JAMES HIKITA - TSGT. CARSWELL ROSS

RECOGNIZING CHEMICAL DEPENDENCY

(By the Department of Child and Family Services)

Drug abuse costs business and industry billions of dollars annually. These costs are attributed to worker's compensation, lost productivity and health care. But many managers are unaware of how pervasive substance abuse is in the work force, less than two percent of the CEOs(Chief Executive Officers) report it as a problem in their company. Yet statistics show that 10 to 23 percent of all workers are involved in daily drug usage. A user is 16 times more likely to be absent from work. And 47 percent of all industrial accidents have been attributed to alcohol abuse alone. A manager's job is to recognize the signs of possible chemical, alcohol, cocaine, marijuana abuses and refer the employee to an employee assistance program or to outside treatment.

Signs of possible chemical dependency include decreased job performance, absenteeism, tardiness and unreliability. Job performance problems can mean missed appointments, sloppy reports, failure to follow up on work and apathetic or hostile work attitude. A chemically dependent employee's motivation will drop, and perhaps memory lapses or mood swings may occur. Such an employee creates a safety problem for everyone because chemical abuse affects vision, balance, coordination and other motor skills. The employee is not as alert, has slower reaction times, uses poor judgment and takes unnecessary risks. This can cause accidents from improper use of equipment and injuries from hazardous wastes, falls or fires. A chemically dependent employee's life is often in upheaval because of the abuse. Marital problems, uncontrollable children, and financial worries

may add to the problems at work.

Physical indications of drinking are alcoholic breath, bloodshot eyes, slurred or incoherent speech and irregular walking or muscle movements. Try and observe the suspected employee in social or business situations where alcohol is available. Watch how much is drunk and note any personality changes. At work, be alert to whether the employee often leaves the work area for unexplained periods of time.

Cocaine is highly addictive, is easily concealed and gives workers the false impression that they can do their jobs better and faster. Occasional use can cause a stuffy or runny nose. Chronic snorting can ruin the nostril linings and cause eczema around the nostrils. A chronic user experiences behavioral changes, has difficulty sleeping, is irritable and may become depressed or feel inadequate. Injecting cocaine increases the changes of getting infection, hepatitis or even AIDS.

Symptoms of marijuana use are reddened eyes, talkativeness and a voracious appetite. Occasional users may exhibit poor performance, an inability to concentrate, heightened perception, a sense of euphoria and a distorted sense of time and space. Chronic users have low energy levels and occasionally experience panic attacks, delusions, or hallucinations.

Again, a manager's job is to recognize the signs of possible abuse and refer to an employee assistance program or to outside treatment. Should you have additional questions and/or concerns, please feel free to contact either Capt James Hikita, 449-2782, or TSgt Carswell Ross, 449-8000.

FLASH FLASH FLASH FLASH

DON'T WAIT UNTIL
YOUR ETS
SEE YOUR
UNIT CAREER ADVISOR
TODAY FOR YOUR
AUTO SUNSHADE
HELP US RECRUIT

SHOTLINE

by Capt. Adele Arcangeli

We would like to welcome back A1C Sean Chun (Aeromedical) and A1C Leah Tewksbury (Pharmacy Technician). A1C Tewksbury was an honor graduate and able to leave training two weeks early. They both are much needed additions to the hospital and we are all looking forward to working with these enthusiastic individuals.

Congratulations are in order for SMS Robert Chun and A1C Sabrina Carreiro on their recent promotions.

Healthful Hint: First Exercise Then Eat? Here are several reasons why you should exercise before eating:

1. It helps digestion. Exercise on an empty stomach and you won't have an upset stomach.

2. It helps your workout. Muscles get the full benefit of circulating blood. When you exercise on an empty stomach, none of the blood has to help with digestion.

3. It helps burn fat. Exercising when your blood sugar is lower (before eating) mobilizes free fatty acids, which help burn fat.

4. It helps you feel better. Moderate, brisk exercise increases alertness and decreases fatigue.

5. It allows you to maintain a healthful weight. Getting moderate brisk exercise before a meal will take the edge off your appetite.

6. It helps food taste better. When you exercise before eating, you'll feel fresh and relaxed when you eat. And because your exercise session will still be on your mind, it's not as likely that you'll overeat. A poll was taken of 688 people who regularly exercise 82% said they have more energy. 73% said they felt more in control of their life. 69% said they now approach life more optimistically. 58% said they sleep better. (by Hope Health Letter July 90)

CHOLESTEROL: WHAT IS IT?

by Sgt. D.J. Bactad

154 RMS Health & Fitness Committee

What is cholesterol? Where does it come from? These are two of the most popular questions people ask about cholesterol. Cholesterol is often described as a soft, waxy substance produced in the liver by food that is consumed. Cholesterol's main function is to help the "fat" you consume travel through your blood vessels and

throughout the body. But, when too much "fat" is consumed, the chances of accumulating more cholesterol is likely to occur. There are three types of cholesterol:

1. Very low density lipoproteins (VLDL) carry the fat from the liver to other parts of your body.

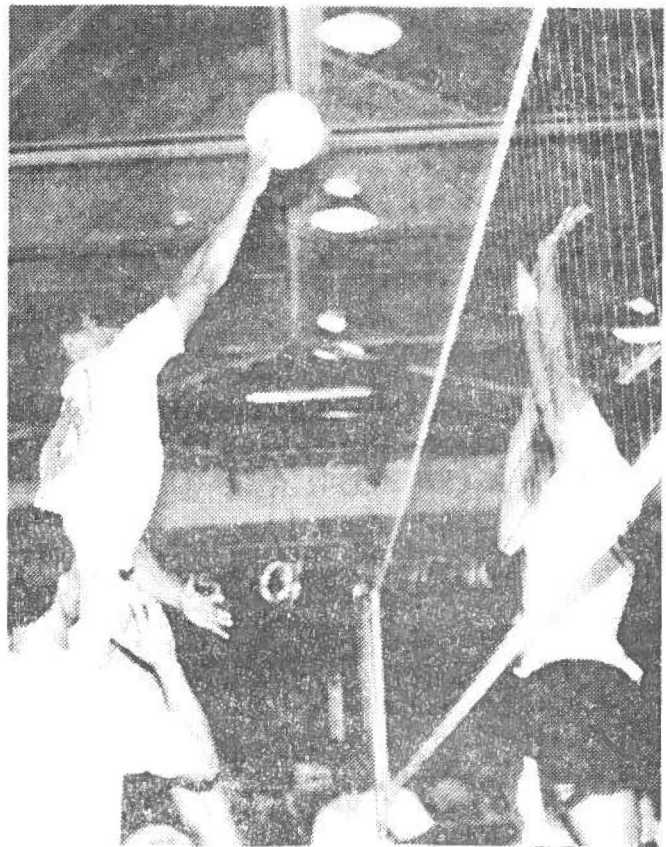
2. Low density lipoproteins (LDL) are bad cholesterol because they carry the fat to the blood vessel and get stuck to the walls. As a result arteriosclerosis or abnormal thickening and hardening of the arterial walls may occur, and lead to cardiovascular problems.

3. High density lipoproteins (HDL) find and collect low density lipoproteins (LDL) and bring them back to the liver. HDLs are good because it protects against heart disease.

Too much cholesterol in the blood is one of three modifiable traits researchers have linked to developing a high risk of heart disease. The other two are high blood pressure and smoking. In next month's issue, I will discuss how cholesterol's life cycle works specifically in the human body.

SOURCE: YOU CAN CONTROL YOUR CHOLESTEROL: A guide to low cholesterol living.

VOLLEYBALL CHAMPS



Victor T. of CEF spikes the ball despite blocking attempts (Photo by Russell Compus).

HIANG SPORTS

ALL HIANG GOLF TOURNAMENT

The 12th All HIANG Golf Tournament will be held on September 17, 1990 at the Hickam Golf Course. Current or retired members of the HIANG and assigned Air Force advisors are eligible to play. Entry cost of \$30 includes green fee, cart, steak lunch and prizes. Interested personnel should contact their unit athletic coordinator for further information and entry blanks.

Volunteers and donors are appreciated and most welcome to contact the following personnel: Chairman - TSgt. Takeshita (732-2341), Finance - SMSgt. Kaneshiro (737-7271), Protocol - Lt. Tom (732-2341), Publicity - Maj. Chinen (737-7271), Handicap/Pairing - Lt. Col. Matsui (655-7011), Registration - MSgt Tsutsui (655-7011), Carts - MSgt Akagi (655-7040), Rules/Scoring - MSgt Fukumoto (449-1921), Prizes - Lt. Col. Miyahira (449-7742), Set Up/Decoration - SMSgt Takahashi (449-7920), Food & Beverage - SMSgt DeVeas (449-1518).

TONY TIGERS ARE CHAMPIONS...AGAIN

By CMSgt. Cornwal S. Matsusaka

After 28 softball games at the Earhart softball complex, Hickam AFB, the 1990 HIANG Central and State Softball Tournaments have finally come to a successful end. Congratulations to the 154 CAM-A team for capturing the 1990 HIANG State Softball Tournament. Manager Antone Gabriel and Coach Henry Machado are commended for leading the "Tony Tigers" to their third consecutive HIANG State Softball Championship.

In the championship game, the Tony Tigers outlasted the COMBOS 12-9. Pitcher Gerald Gono (4-0) went the distance for the victory. Leading hitters: Tigers - Bobby Furtado 4-4, HR; Dennis Fraticelli 3-4, 3B; Jody Goya 2-3, 2B; Chris Partika 3B. COMBOS Joe Kim 4-4; Larry Kauleinamoku 3-4, 3B; Scott Duffield 2-3; Mel Takai 2-3. Trophies were awarded by General Richardson to the top three teams.

154 CAM A Members: Antone Gabriel, Henry Machado, Byron Ariz, Doug Awana, Leona Chandler, Mike Fisher, Dennis Fraticelli, Bobby Furtado, Gerald Gono, Jody Goya, Gary Hema, Arthur Kaai, Al Kalani, Miles Kaneshiro, Paul Kim, Greg Makishi, Mike Parilla, Andy Partika. Chris Partika, Dale Zuttermeister.

All Tournament Team: The HIANG Tournament Committee met on 12 August to select an All Tournament Team. The following individuals were selected by majority vote to the 1990 All Tournament Team: 154 CAM-A: Dennis Fraticelli, Bobby Furtado, Gerald Gono, Jody Goya, Miles Kaneshiro; COMBOS: Karl Kaneshiro, Billy Ramos, Joe Kim; 169ACWS: Ron Deperalta; 297ATCF: Steve Abear; 291CCS: Joyleyn Doll, Jack Kamohai. Manager of the Year: Antone Gabriel.

Final Tournament Standings:

Central	State
154 CAM A	(tie) 154 CAM A
201 CCGP/293/297	(tie) 154 COMBOS
169 ACWS	169 ACWS
154 CAM C	292 CCS (Maui)
154 COMBOS	298 ATCF (Kauai)

HIANG STATE SOFBALL TOURNAMENT:

The top five teams in the HIANG State Tournament will now represent the Air Guard in a 12-team, 23-game, HING Softball Tournament. Congratulations and best of luck to our five Air Guard teams as they compete against seven Hawaii Army Guard teams at the Earhart fields during 17-19 August 1990. The tournament starts with the following match-up:

1830 487th Fld Arty (Ruger)	vs	29th Inf Bdg (Ruger)
1830 169 ACWS (Wheeler)	vs	297 Spt & Svc Bn (Wahiawa)
1830 154 COMBOS (Hickam)	vs	STARC/298 Engrs Det (Ruger)
1830 154 CAM A (Hickam)	vs	193 Aviation/1st Bn (Wheeler)
2000 292 CCS (Maui)	vs	29 Support Bn (Ruger)
2000 298 ATCF (Kauai)	vs	299 Inf (Hilo)

HIANG members are encourage to come out and cheer Air Guard units to victory. A direct order from Commander HIANG: "Bring Home the Bacon".

MAHALO. Mahalo to the following committee members for their dedication and hard work. Tournament Chairman: MSgt Larry Kauleinamoku and his Committee Members: Cornwal Matsusaka, Antone Gabriel, Galen Nakahara, Bobby Furtado, Ron Muronaga, Gerald Gono, Mel Asai, Leilani Lim, and Louise Lum. A special Mahalo to Pamela Goya for chairing the Saturday night's pot luck and the Sunday's fantastic awards luncheon that was enjoyed by all. Food Committee Members: Sandra Nakano, Iris Kabazawa, Carole Furtado, James Kawano, Alfred Chow, Arlene Mitte, Yolianda Mendigorin, Mrs. Mitte, Mrs. Kauleinamoku, Mrs. Matsusaka, Mrs. Gono, Mrs. Kalani, Mr. Nakaahiki. Team Managers: Elwin Kaneshiro, Adrian Kinimaka, Antone Gabriel, Wayne Soma, James Akamine, Steve Abear, Clay Chang, Marino Quitazol, George Ah Chong, Al Naumu and Harvey Maeda. Mahalo to Brigadier General Edward V. Richardson, his staff members and the HIANG Athletic Board for their moral and financial support. And last but not least, to the some 200 players, scorekeepers, and supporters who make this an enjoyable annual event.

1991 HIANG State Softball Tournament: Pending HIANG Athletic Board approval, the site of next year's state tournament will be at Hilo, Hawaii.

FAMILY DAY 1990

The 154 Composite Group Family Day will be held on September 16, 1990 from 12:30 p.m. to 3:00 p.m. Bring your families for an afternoon filled with fun, music, and activities for everyone. There will be an F-15 with its associated ground equipment on static display. The C-130, if available, will also be on display. Each section will have exhibits to highlight their important role in the Group. To add to these highlights, there will be visits for the first time ever to the new F-15 simulator and visits to the "Hush House" to view an actual engine run-up demonstration. For the children, there will be special games with prizes and a surprise appearance by "Chris da Clown". Shaved-ice and juice will be provided. Hawaiian music will be provided by the HANG O'HANA and Na Mele o Makane. There will be a Grand Prize drawings for three round-trip interisland tickets for two, compliments of Aloha Airlines. These activities will be happening around the Hangar area (Bldg. 3400). Each section is encouraged to host their families to food and refreshments at the conclusion of Family Day. Plan on participating in this fun filled afternoon.

MISSION: INTERNATIONAL SPACE CAMP

Lt. Col. Arthur Kimura, accepted an official invitation to participate in the first International Space Camp in Huntsville, Alabama from August 8-17, 1990. The purpose of the International Space Camp is to promote the advancement of all mankind through international cooperation in space studies.

Only 40 students and 20 professional educators from around the world were invited by Vice President Quayle, and Lt. Col. Kimura will be representing the U.S.A. as a Space Ambassador.

As a Space Ambassador, Lt. Col. Kimura will do 2 group presentations. The first will deal with U.S.A.'s involvement, accomplishments, and goals in space travel. The second will be an ethnic presentation (drama, song, and dance) with native costumes.

Congratulations Lt. Col. Kimura from the HIANG, the State of Hawaii, and your country, U.S.A.

LIGHT AND FLIGHT

The Hawaii Aviation Photographers Association (HAPA) is an extremely loose organization of individual whose common interest is in taking pictures of airplanes.

Burl Burlingham, Dean Sensui, and Wes Young are three photographers who will have their works displayed at the Lane Gallery, Honolulu Hale, August 2 through August 30. Burl Burlingame is a reporter for the Honolulu Star Bulletin and is working on a book called "Aloha Alert" which is about the HIANG. Burlingame's photos have appeared in the Star Bulletin as well as other newspapers and magazines. Dean Sensui is a photographer with the Star Bulletin and because of his love of aviation, takes nearly every aviation related assignment at the newspaper. Wes Young is a flight surgeon with the HIANG, and doctor at Kaiser Permanente. He also writes a medical column for the Honolulu Star Bulletin and appears weekly on KGMB.

BEELINE

by TSgt. L. Masuda

The "Beeline", the Bioenvironmental Engineering Services (BES) and Environmental Health Services (EHS), is supervised by Maj. John Ramos. This article will deal with the Environmental Health Services.

The EHS's mission is to assess, reduce, evaluate, and protect Air Force and civilian personnel from food-borne illnesses and communicable diseases. They support preventive medicine and occupational health programs of the Air Force Medical Service. They are advisors to commanders on disease vector populations. Sanitation surveys are conducted at food operation activities and public facilities such as gymnasiums, barber and beauty shops, and day care centers.

During a disaster, food-borne and communicable illnesses are controlled by inspections and monitoring activities. A disaster involving Nuclear, Biological, and Chemical (NBC) agents may contaminate food supplies and are checked by EHS personnel. They are also involved in the decontaminating procedures of NBC agents.

Environmental Health Services is with the 154 Tactical Hospital located in the Hospital Annex in Bldg. 3400 and can be reached at 449-7766.

(Pastors Perspective continued from page 4)

for himself." It is bad news and unwise because it will come back to haunt those who practice it.

Fourth, another important thing is helping people succeed and move ahead. Almost everyone is interested if they are going to progress with their careers or if they are in a "dead end street." If you can help them move ahead, then they will remain highly motivated.

Fifth, sections that know their people's strengths and weaknesses excel. There are places that applaud and praise their people for their strengths and at the same time help those people in their areas of weaknesses and difficulties. Let's avoid concentrating and dwelling only on the bad and weaknesses in people. Everyone has something good to contribute.

Sixth, clear expectations. When people know exactly what is expected of them, they know exactly what to concentrate their efforts on. Then they will succeed. If they are unclear of what is expected of them, they tend to be misdirected and frustrated. Also, expectations should and must not be unrealistic and unreasonable. If so, no one will win.

Seventh, positive attitude is the song of the day. When people are appreciated, encouraged, shown trust and confidence, they become more motivated to put more effort into their work. Harsh words or attitude makes people withdraw and make them unproductive. A word of advice that I will always remember from a wise elderly man is: "Always praise people in public and criticize them in private."

I hope you will consider the above because even though we are good, we want to be better. May God help you to be all that He has created you to be.

KANIKAPILA

Musicians, Hula Dancers, Singers!

Come Share Your Talents.

After UTA Sunday, August 5

1500-1800, CRC

BYOB

Bring your instruments your talents!

Questions? Contact: Jere Choo - Avionics

Bernice Pharr - PDO

Al Batis - OM/FLTLINE

(CE & Services continued from front page)

Mobile Aircraft Arresting System, processed morts through a field morgue, fought a warehouse fire, set up a field commissary and MUCH MORE!

Day four dawned on the dreaded Commando PRIME exercise, a simulated wartime conditions to test the unit from its command and control down to individual execution of assigned tasks. Everyone stood up to the challenge and walked with lessons learned. For example: "calling a tent 'home' doesn't make it one"; "MREs should contain Ex-lax, not chewing gum"; "If the chemicals don't kill you, the chem gear will"; "Everyone looks the same in a gas mask"; "Women can hold it for 10 hours if they're on the HIANG C-130"; "Let's go somewhere cold for a change, and I don't mean a C-130"; and "Hawaii really is paradise!"

The second week was spent in AFSC training in corresponding base CE shops and as a manpower pool for minor construction projects. Part of the squadron returned to camp to shingle two roofs, lay an underground power cable, form and pour two concrete slabs and stabilize camp drainage. Another group put down an intricate tile floor in the Shogun Inn and built up mobility bag pallets. The services folks received more training in SORTS required areas. All personnel met at Kadena Marina for an end-of-camp awards ceremony with plaques presented and "trophies" awarded to unit personnel and some instructors for outstanding achievements.

Even the C-130 ride home via Midway was taken in stride. We had a great deployment—all training and jobs accomplished, no injuries or arrests—just hard work and good fun. Many thanks to all who accomplished, no injuries or arrests—just hard work and good fun. Many thanks to all who contributed, especially Lt. Col. Mel Asai who got us off the ground, 154 SVF under the command of Major "Mom" Sgagias, MSgt Eggers of HQ PACAF/ ABO who coordinated the training and the HIANG C-130 aircrew.



1990 HIANG Volleyball Champs-154th Compos
photo by Ssgt. Charlie Cheng

The ProFlex® back support. Like having an on-the-job lifting coach.

Since first standing up straight, man has been plagued with back injuries. This year alone, more than 22 million employees will suffer lower back injuries – at a staggering cost to employers of over \$56 billion, and an estimated cost per injury in excess of \$5,000.

When it comes to preventing back injuries, there are no easy answers. You know it. We know it. And, it's not enough to address the symptoms. You need practical tools to address the causes.

ProFlex® back supports do just that. They encourage proper lifting techniques by providing a broad base of lower back and abdominal support.

The ProFlex® design is the result of over ten years of listening to people in the real world.

"Make them flexible," they said.
"And lightweight."

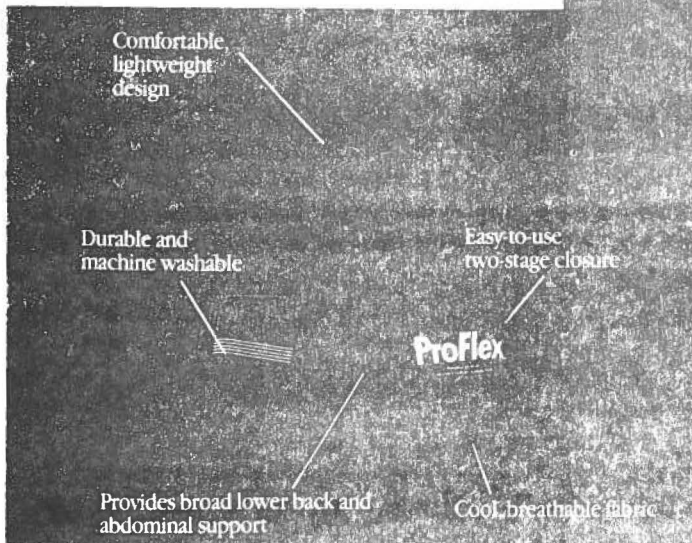
"I want a product for my lower back, where I need the support!"

"How about a back support that's cool and breathable?"

"I sweat all day. Can you make them machine washable?"

The message came through loud and clear. Make a back support that's cool, comfortable, durable and easy to care for. And we did. The ProFlex® back support is the first product of its kind developed for the demands of the real world. Nothing else even comes close.

Maybe that's why over a million occupational athletes already accept ProFlex® products. And why concerned employers around the world use them every day as an essential part of an overall approach – including education and warm-up exercises – to reducing repetitive strain injuries.



ProFlex® back support model PBS-BK

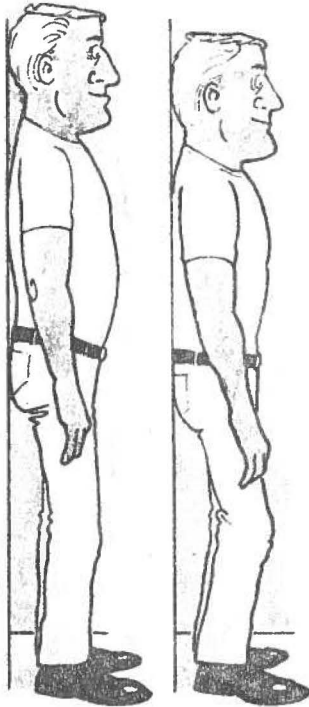
BACK-CONDITIONING EXERCISES

These simple exercises, done every day, will help keep your back strong, straight, and flexible. Warm up for 2–3 minutes by doing jumping jacks or jogging in place. Some of these exercises, such as the pelvic tilt and wall slide, can be done at work. Before starting any exercise program, remember to consult with your physician.

Pelvic tilt

To strengthen abdominal muscles, stretch back muscles, and improve posture:

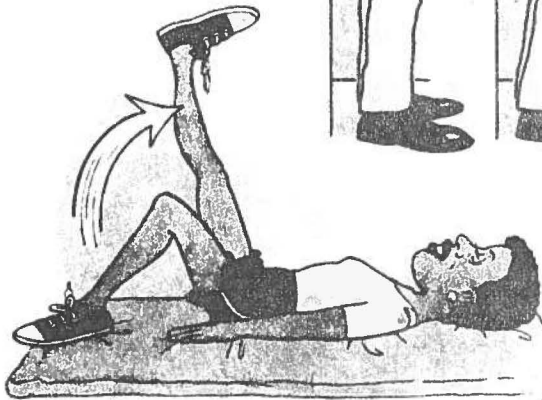
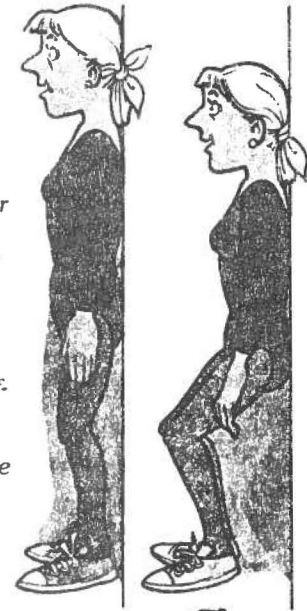
1. Assume starting position.
2. Firmly tighten stomach and buttock muscles, tilting the pelvis as shown.
3. Hold for 5 counts.
4. Relax.
5. Repeat 5 times.



Wall slide

To strengthen upper leg muscles:

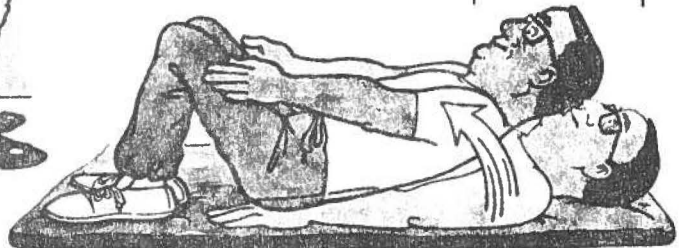
1. Do a pelvic tilt to press lower back against wall.
2. Move feet out from wall.
3. Bend legs and slide to a "half-sit."
4. Gradually straighten legs, keeping lower spine against wall.
5. Repeat 5 times.



Hamstring stretch

To limber the hamstring muscles and lower back muscles:

1. Lie on floor as shown with both knees bent.
2. Slowly extend one leg until you feel a slight stretch and hold it for a count of ten.
3. Repeat 5 times, then switch legs.



Half sit-ups

To strengthen abdomen and reduce swayback:

1. Start as shown.
2. **Slowly** raise head, neck, and shoulders.
3. Touch knees.
4. Hold for 5 counts.
5. **Slowly** return to starting position.
6. Repeat 5 times.

Overall conditioning

Aerobic exercise, such as running, walking briskly, or swimming, can also help to keep your back in shape.



You've started on the right foot by bringing your back and body to work in the best possible condition. Improper lifting can undo the good work you've done. Let's apply the principles of good back mechanics to lifting and material handling situations.

SPEED/AMPHETAMINES

WHAT IT IS

Names: Amphetamine, speed, methamphetamine, bennies, black beauties, copilots, crystal, dexies, eye openers, lid poppers, meth, pep pills, uppers, wake-ups, Dexedrine, Desoxyn.

Type: Central nervous system stimulant.

Forms: White crystalline powder, soluble in water, slightly soluble in alcohol. (Methamphetamine is freely soluble in water and alcohol.) Off-white to yellow coarse powder, crystals, and chunks. Capsules or tablets of various colors.

Combinations: With barbiturates, "goofballs" with methamphetamine or cocaine and heroin, "speedballs" with LSD and PCP.

Usage: Swallowed (capsules, tablets).
Injected into bloodstream (solution).
Sniffed (powder), "snorted."

Legal Status: Illegal except for licensed medical treatment of narcolepsy, childhood behavior disorders, parkinsonism, epilepsy, hypotensive states.

WHAT IT FEELS LIKE

Rush of pleasure similar to orgasm or electric shock (after injection). Reduced appetite. Increased alertness, euphoria, excitement, creativity, power. Altered sex drive. Restlessness, dizziness, confusion, depression, irritability. Paranoia, distorted perceptions, visions.

WHAT IT DOES

To Your Mind: Overstimulates central nervous system.

To Your Body: Increases heart rate, breathing rate. Effects irregular heartbeat and breathing. Dry mouth, foul taste, diarrhea. Appetite suppression. Retraction of gum tissue. Impotence. Increased urine output,

fainting, sweating, fever, convulsions, coma, hemorrhage.

Special Characteristics: Methamphetamine "run" of three to five days produces euphoria replaced by agitation on second day, along with frightening visual images and exhaustion. Amphetamine "run" psychosis may bring on uncontrollable violent behavior similar to paranoid schizophrenia.

HOW IT CAN HURT YOU

Chronic sleep problems, nervousness. Nutritional deficiency, skin rash, high blood pressure. Paranoia, chronic amphetamine psychosis, decreased emotional control, severe depression. Needle related hepatitis, infection, Acquired Immune Deficiency Syndrome (AIDS), collapsed and blocked blood vessels, overwork of body systems.

Death from suicide induced by psychic depression, collapse of blood vessels in brain, heart failure, extreme fever, violent accidents and murders.

Dependence arises from tolerance and cross-tolerance, and taking additional drug to stop withdrawal effects, risking return of psychosis.

WHEN TO GET HELP

- Do you use speed regularly?
- Do you think about how and when you're going to use speed again?
- Is your work or school performance affected by your drug use?
- Are you having problems with family and friends?
- Do you spend more on speed than you can afford?
- Do you use drugs in addition to amphetamines?

One "yes" and your common sense tells you it's time to get smart about drugs and the rest of your life.

Fact: Speed users reach a plateau where no pleasure is possible.

CRYSTAL METHAMPHETAMINE FACTS

NAMES: meth, crank, crystal, go-fast, ice, glass, speed

APPEARANCE: white, pale-yellow powder
Can have a "chemical" smell.
Usually sold in small baggies, folded slips of cellophane and small vials.

HOW USED: most commonly snorted, but also injected, smoked and mixed in coffee, colas etc.

CLASSIFICATION: stimulant

ACTION: crystal over-stimulates the brain to produce & release neurochemicals which regulate the emotions, feelings and body functions. Causes damage to chemical sites in brain.

DURATION OF EFFECT: 2-6 hours depending on amount taken and how long previously used.

COMMON SYMPTOMS OF CRYSTAL USE

COMMON PHYSICAL EFFECTS OF USE

COMMON PSYCHOLOGICAL EFFECTS OF USE

COMMON EFFECTS OF WITHDRAWAL

PHYSICAL CHANGES

severe weight loss
acne on face/body
dilated pupils
hyperactivity
obsessive picking at body
nervous habits

PERSONALITY CHANGES

mood swings
depression
negativity
paranoia
violent behavior
rebelliousness

SOCIAL CHANGES

change in friends
truancy /absences
drop in grades
poor job performance
inexplicable losses/accidents
compulsive cleaning

high blood pressure
high pulse rate
raised body temp.
lack of hunger
loss of weight
poor eating habits
sleep disorders
exhaustion
dilated pupils
blurred vision
damage to nasal mucous membranes
nausea/vomiting
acne
addiction
problems with the immune system
damage to neuro-chemicals

false sense of invulnerability
euphoria
psychosis
hallucinations
delusional thought
paranoia
nervousness
anxiety
memory loss
mental confusion
poor coordination
aggressiveness
irritability
apathy

FIRST EFFECTS

fatigue
hunger
apathy

INCREASED EFFECTS

depression
mood swings
disturbed sleep
digestive problems

WORST EFFECTS

severe depression
anxiety
extreme sleep problems
extreme fatigue

"Crystal" methamphetamine is a drug that is classified as a stimulant. It over-stimulates the brain and central nervous system. While it is most commonly recognizable as a white, pale-yellow powder that often has a chemical smell, it can also be in the form of an oil the color of apple juice or in a clear, rock crystal-like form.