



Kukailimoku

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War God Of King Kamehameha I · 154 COMPAG

Vol. 36, No.9

Hickam Air Force Base
Hawaii

September 16, 1990

Employers Honored **TODAY IS FAMILY** at Pro Patria Awards **DAY 1990 !** Luncheon

by Capt. Stan Osserman

A luncheon to honor supportive employers of HIANG members was held yesterday, September 15, at the Sea Breeze restaurant. The luncheon, dubbed the Pro Patria Awards Luncheon, was attended by over seventy Guardsmen and employers. It highlighted the important role that the full time employer of a traditional guardsman plays in state and national defense, and honored employers for their contributions to our mission.

After the luncheon, the group was given a mission briefing and observed, up-close, the launching of our F-15s from engine start to take-off. The employers were given the opportunity to visit the 199 TFS Life Support shop, a static display F-15 and their employees shop as well.

It's great to have a boss that understands the importance of the Hawaii Air National Guard and its missions, and helps support your commitment. If your boss is in need of some education about the Guard, make it a point to get him or her involved in future Employer

Support events, or maybe arrange to have them come down for a visit to your shop. If you're lucky enough to have a supportive boss, think about putting them in for next years Pro Patria Awards!

By Maj. Michael Troncoso

Welcome to Family Day 1990. This is an opportunity for the family to see an F-15 up close, enjoy the music of the HANG O'Hana and Na Mele O Makane, laugh with Chris da Portagee Clown, eat some "Hasuike's ono" shaved ice, visit the "Hush" House" and the F-15 simulator, see each unique exhibit, marvel at the civil engineering heavy equipment display, and enter to win roundtrip interisland tickets on Aloha Airlines. The time is from 12:30 pm to 3:30 pm.

This is a chance to let your families know how you spend your weekends. The keikis will certainly appreciate and enjoy all of the fun activities and exhibits. So let's all have a great time at FAMILY DAY 1990!



LAW PROTECTS PEOPLE'S INTERESTS

Washington (AFNS) - Guardsmen, reservists and recruits squeezed by contracts, leases and other deals they made before being mobilized may find help in the Soldiers' and Sailor's Civil Relief Act. The 1940 law recognizes that military duty sometimes prevents service members from meeting their lawful obligations. The Relief Act was last amended in 1972.

"The law applies whether members come on active duty voluntarily or involuntarily," said Capt. Jessica L. Kole of the Army Judge Advocate General's office in the pentagon. "Protection begins once the member receives the call to enter active duty, and it ends 30 to 90 days after discharge, depending on which part of the law is being invoked."

The law doesn't protect service members from most deals they make while on active duty and doesn't relieve them from paying their bills if they have the means. Captain Kole said Relief Act aspects of immediate interest to service members are those protecting them from landlords and other creditors. "A landlord whose rent doesn't exceed \$150 a month needs a court order to evict a member's family while the sponsor is on active duty or if the sponsor have received orders to report," she said. "While \$150 rent doesn't sound like much, we know of at least

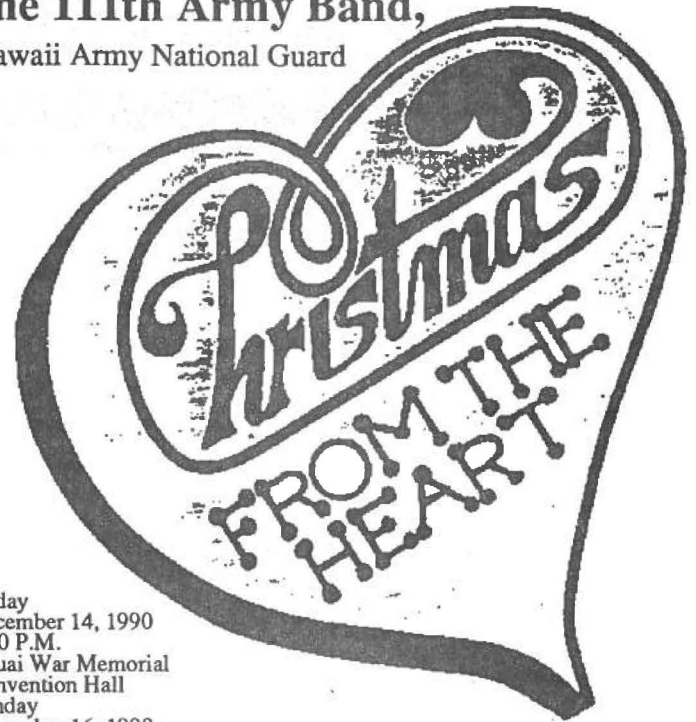
one case where the court adjusted it for inflation since 1966, when congress last raised the cap from \$80."

The judge hearing the case can hold off eviction proceedings for up to three months if the family can show that military service had a "material effect" on the sponsor's ability to pay, Captain Kole said.

Material effect, such as a sudden plunge in income, also figures in mortgage and consumer debt disputes. For instance, 6 percent is the most interest a creditor can charge on debts a service member incurred before coming on active duty, unless the creditor can convince a court that such relief is unwarranted. If the member prevails, the interest cap lasts as long as the period of active duty and applies to all financial obligations, including home mortgages, auto loans and credit card debts.



The Adjutant General, State of Hawaii, Department of Defense
Presents
The 111th Army Band,
Hawaii Army National Guard



Friday
December 14, 1990
7:00 P.M.
Kauai War Memorial
Convention Hall
Sunday
December 16, 1990
7:30 P.M.
Neal S. Blaisdell Center Concert Hall

All Hawaii National Guard members (current and retired), departmental employees, and their families and friends are invited.

Free tickets will be available through the various offices and units throughout the DoD.

Make your reservations early. Seating is limited.

Questions? Call Col. Michael Rawlins or 735-0305 (Oahu)
or Staff Sgt. Aaron Kito-Hong at 737-8097 (Oahu)
Or Maj. Theodore Daligdig at 822-5422 (Kauai)

KUKAILIMOKU

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Phone: (808) 449-7750

Commander: Lt. Col. Michael H. Tice
Public Affairs Officer: Major Michael Troncoso

STAFF
Editor: SSgt Gaye Sakamoto
Assistant Editor: SSgt James Young
Illustrator: TSgt George Gaulasinao
SSgt Rodney Pascua

DEELINE

By TSgt. Laura Masuda, Bio-Environmental Section NCOIC

The industrial workplace has become an area with an ever-increasing number and complexity of substances. Therefore, workers, supervisors, industrial hygienists and other health professionals must be aware of the occupational health hazards related to their job.

There are at least three routes by which industrial substances can gain entry into the worker's body. In order of importance, they are inhalation, skin contact and ingestion.

The adult human lung has an enormous gas-tissue interface of about 90 square meters. This large surface, together with the blood capillary network surface of 140 square meters and continuous blood flow, make possible an extremely rapid rate of absorption of many substances from the air in the alveolar portion of the lungs into the bloodstream.

Water-soluble substances such as soluble halogen salts and chromates (but not their acids), may pass through the lung so fast that none can be detected in this organ after inhalation. Insoluble substances rapidly react with lung constituents and remain there for extended periods of time in the lung. They resist complete clearance of the lung by phagocytosis (envelopment of foreign matter), and by other clearance actions. These problems can result in irritation, inflammation, edema, emphysema, granulomatosis, fibrosis, malignancy, or allergic sensitization.

Some highly reactive industrial gases and vapors of low solubility can produce an immediate irritation and inflammation of the respiratory tract and pulmonary edema. Prolonged or continued exposure to these gases and vapors may lead to chronic inflammation or fibrosis of the lung. Fibrosis also may be caused by certain insoluble, inert fibrous and non-fibrous particulates in industrial air. Particulate-induced bronchogenic carcinoma is another disease which may be caused by the insolubility of the particulate in the fluids and tissues of the respiratory tract.

Remember, as Paracels said, "All substances are poisons; there is none which is not a poison. The right dose differentiates a poison and a remedy."

NEXT UTA

OCT 20 and 21 1990

Store Flammable Properly!



SHOTLINE

By Capt. Adele Arcangeli

The folks at the Tac Hospital are certainly glad to be back from their deployment to Korea. The valuable information obtained there will be quite useful.

Congratulations to SSgt. Nancy (Vendiola) Quemuel on her marriage in August. We all wish her the best of luck.

Helpful Hint: Influenza Vaccination

Yes, its time again to get your flu shot. Research has shown that to get the best protection from the influenza, the vaccination should be received 1-2 months prior to the start of the flu season. The time period allows your body to build up more antibodies to keep you well. The flu vaccine is required for all members of the HIANG. Please get yours as soon as possible.

Dental Note: Avoid Dragon Breath

- 1) Brush your teeth at least twice a day with a soft toothbrush.
- 2) Brush your tongue (the bacteria on your tongue can cause bad breath).
- 3) Floss your teeth at least once a day.
- 4) Don't smoke or chew tobacco.
- 5) Have your teeth cleaned twice a year.
- 6) If you have mouth odor, have your teeth checked. Some causes could be diseased teeth, sinus infection, diseased gums and some medication that dry the mouth.

PASTOR'S PERSPECTIVE

By Chaplain (Capt)
Robert Nagamine



The Persian Gulf Crisis has reminded us once again of the importance of our families. As our country has stepped up our involvement in Saudi Arabia and Operation Desert Shield, much attention has been given to the key role families play in keeping up the morale of our military men and women serving in the region. Letters and information concerning the well being of those at home, as well as those in the Gulf, help create an anchor of emotional support until families are reunited again. Let's continue to pray for the families involved, and that peace and stability will soon be restored to the Middle East.

The Family Day we are having today is a reflection of our interest in families. We hope you, our families, will understand that you are very important to us. We also hope that you will continue to support our interest and commitment to the things we are doing over here. Please enjoy the things set up for you.

Thank you for all of the support you've already given to us. The support our families give is foundational. Your support is like fuel added to the fire of our inner strength. Without it our lives would be too challenging and sometimes overwhelming. Someone once said, "Tough times don't last, but tough people do!" Because of your support, we become tough people when faced with tough times. Just remember, you are very valuable to us!

May God richly bless and watch over our families.

FOR THE FAMILY



With the instability of the Persian Gulf region, I hope all of us have made plans in the event we are called into Operation Desert Shield. Though we hope that things will settle down and we won't be needed, we must be both physically and mentally prepared. It would be wise to draw up workable plans, so that your family will be able to carry on without you. We must try to smooth out the rough edges to whatever plans we put together. One of the main concerns we may have to deal with is our financial picture. For some of us, if deployed our salaries would literally be cut in half. But don't panic. This is a solvable problem.

If you are sent away for a brief period, you will need to at least make initial plans to keep your family cared for. But if you are away for a long time, the Soldiers' and Sailors' Civil Relief Act will help you. It can help you if your family was being threatened of eviction for nonpayment of rent, or if you had court proceedings arising from mortgage, leases and other contract obligations, etc. The Relief Act was created so those at home or you as a single person will be taken care of. Remember to see your JAG in the event that this becomes an issue in your life.

Hope the information above is helpful. Family readiness, as well as individual readiness, is so important and must be emphasized. That's why we are organizing family support groups. Your spouse or family members can sign up to be in a family support group by calling me, Chaplain Robert Nagamine, at ph 449-9153, 955-3431 or 947-5008.

Roast beef
Corn
Rice
Salad bar
Peach bavarian cake

M E N U

CAMS

NEWS & VIEWS

By
MSgt. Fred M. Higa, Jr.



coming up ...

8th Annual CAMS RECOGNITION NIGHT

Here at last, the month of September, the end of the current fiscal year. We've come a long way the past 11 months, made improvements in many areas, and must now prepare for our upcoming UEI early next year. Our recently completed Staff Assistance Visit (SAV) by HQ PACAF indicates we have many areas to improve on as far as record keeping is concerned, so let's tighten our belts, roll up our sleeves, and take on the task at hand..... Tickets are now available for the 8th Annual CAMS Recognition Night. The event is scheduled for:

Date: 5 Oct 90

Time: 1730 No-Host Cocktails

1830 Dinner

Menu: Aloha Buffet

Entertainment: The Mana'o Company and The East India Light Show

Cost: \$12.00

See your supervisor or branch chief for ticket information. It should be another outstanding banquet and will be a good time for all of us to share an evening with our comrades. Retiree's should contact TSG Yvette Miraflor (449-2709) for tickets. See you all at the dinner!!!! Speaking of Yvette, congrats are in order as she was recently promoted to Technical Sergeant. Also promoted was SrA Guy Kawaguchi (Avionics C-Shop). When's the party?? Congrats go to TSG Alvin Dang and wife Donna on the birth of their son, TSG Wescott Lee and wife Rochelle on the birth of their daughter, and to TSG Dexter Chin and wife Lorraine on the birth of their daughter. Alvin, Wescott and Dexter all work in the Avionics Branch, wonder if they planned all this together...Congrats to SSG William Abilla as he exchanged wedding vows with the former Wendy Namahoi the past August. Good luck to you...Good luck goes to SSG Gordon Lau (QA), SSG Miles Moriyama, SSG Carol Yamaguchi, and SSG William Abilla (Weapons Branch) as they embark on a cross-training/cross-tell trip with the Portland ANG folks from 28 Sep - 4 Oct. Should be getting cool about

then so don't forget your jackets...MSG Tom Araki will be attending a familiarization course 18 - 26 Sep at Kulis, Alaska. He'll be attending the SCNS training conducted by the Guard folks at Kulis. (SCNS stands for 'Self Contained Navigational System') which our C-130 folks will be getting involved in...Welcome back goes to MSG Wally Takasane (Flight Line/QA). Wally is doing fine after suffering a heart attack this past July...Good luck goes to MSG Melvin Chang (Weapons Loading) as he retires from the HIANG after more than 30 years of service. Also hanging up his stripes is MSG Wally Whang, former chief of Material Control. Wally will be moving to California in a few weeks and wishes to thank all his friends for all the support given him the past 39 years...Welcome back to TSG's John Cabacungan and Irvin Yoshino as they successfully completed the NCO Academy course at Knoxville, Tennessee...Capt Terry Hudson (Maint Control Chief) wants to express his mahalo and aloha to TSG Jim "Kimo" Puu for helping out in the Plans & Scheduling office and to SSG Yvette Escudero for taking over for Kimo in the Job Control office back in August when they were short of manpower...The Pro Patria awards program honors those employers who have supported the Guard/Reserve program by allowing their employees the opportunity to participate in Unit Training Assemblies and Annual Training periods. Many traditional "Guardsperson" have nominated their 'bosses' for the award. On 15 Sep, the individual's who nominated their boss and the boss they nominated were honored with a luncheon at the Sea Breeze Restaurant. CAM Squadron folks who submitted their bosses include:

SSG Henry Doane
Capt William Petti
SrA Greg Hrivnak
Sgt Gary Takata
Sgt Cesar Pudiquet
SSG Chris Kiyuna
SrA Channing Ching

Sgt Pedro Bega
TSG Ronald Ayonon

Ronald Brown (Continental)
Ken Hashi, Dept of Corrections
Alan Novak, Castle Med Ctr
Fred Wheeler, Queen's MedCtr
Walter Helm, NAS Barber's Pt
John Coughlin, 15ABW/DEF
May Nagata,
Haru Hayashikawa and
Masa Oshiro
(Kengo's Royal Buffet)
Stan Muranaka, Prism
Stanley Neal,
Pearl Harbor NSY

The honoree's will be given a tour of our facilities after lunch as well as visit the workcenter of their sponsor. If you would like to nominate your boss for his support, see your supervisor or see the Unit Career Advisor for details...Reminder...Get your tickets early for the CAM Sq Recognition Night. That's a 3-day holiday, so maybe you might want to spend the night in Waikiki so you

SOCIAL ACTIONS

CAPT. JAMES HIKITA - TSGT. CARSWELL ROSS

Scholarship Luau Honors Children of Guardsmen

by Capt Stan Osserman

It's not too late to pick up tickets or make donations to the Na Kuhina Nui O Na Koa Hawaii Scholarship Luau at Heeia State Park next Sunday. This is the seventh year for the fund raiser that is designed to directly benefit Hawaii Guardsmen with scholarships for their children. Besides the benefits for our own children, the luau promises some great Hawaiian food and the popular sounds of the HIANG O Hana.

Guests are invited to wear leis and aloha attire to add to the festive mood of this special event which gets under way at 5:00 p.m. on Sunday the 23rd. Food will be served continuously until 8:00 p.m. and overflow parking will be available with shuttle service. If there isn't enough parking, the Security Police will direct you to the overflow lot.

Spend some time away from the hustle and bustle of town, travel to the windward side for a cool and beautiful evening under the stars.

IT CAUSES IRRATIONAL BEHAVIOR

With these words Lt. Gary Dias, homicide detective with the Honolulu Police Department (HPD) confirmed one of the most frightening symptoms of "ice." Crystal methamphetamine, also known as crystal, ice, speed, glass, batu, and other names, can cause amphetamine "run" psychosis. This type of psychosis is characterized by uncontrollable violent behavior similar to that of paranoid schizophrenia.

Ice has been directly or indirectly linked to almost a third of the 29 murders on Oahu so far this year. Included in this count is a triple slaying and suicide in Ahuimanu in May of 1990. An article which appeared in the August 4, 1990 edition of the Honolulu Advertiser states that the above fact is a cause for concern not only to the police but also for individual members of the community. The relationship between violence and ice verifies just how dangerous ice can be for all who come into contact with its users.

Other facts reported in the article were:

- *The street price of ice has jumped from about \$7,200 an ounce to \$10,600 an ounce in the past five months;
- *Police confiscated about 5 1/2 pounds of ice while investigating 260 cases during the first half of 1989. Corresponding figures for the same time period in 1990 are 6 pounds confiscated and 227 cases investigated.
- *Cooperative operations involving state and federal agencies have led to the seizure of more than 5 pounds of ice in a series of raids in June and July, and the seizure of 13 pounds of ice in January 1990. The January seizure was the second largest crystal methamphetamine seizure in U.S. history.

In summation, ice can cause an individual to do things that they ordinarily would not do. The law enforcement authorities recognize how dangerous this drug can be. Drug counselors and others in the helping professions know that ice is a mind and behavior altering drug. It's time for the general public to know about the dangers of ice and to encourage users they may know to seek help before that person becomes a drug victim statistic. If you have questions about the effects of ice or any other drug, including alcohol, please contact the Social Actions office. We have materials that will help you understand the effects of drugs and they're free.

VOLUNTEERS NEEDED

Volunteers are needed to work at the Senior HMSA Fair on September 29-30, at the Neil Blaisdell Center. Volunteers will pass out literature for the Pacific Cancer Research Foundation. The hours are from 9 a.m. to 5 p.m, and shift work is available. For more information contact MSgt. Wayne Soma at 449-6986.

GUAVA BREAD SALE

The Hawaii National Guard Enlisted Association (HNGEA) is holding a guava bread sale to raise money for its scholarship fund. The guava bread is made in Hilo, and costs \$4.00 per loaf. Tickets are being sold all over the Group area by members of the HNGEA, so get your tickets now!

Changing Your Diet

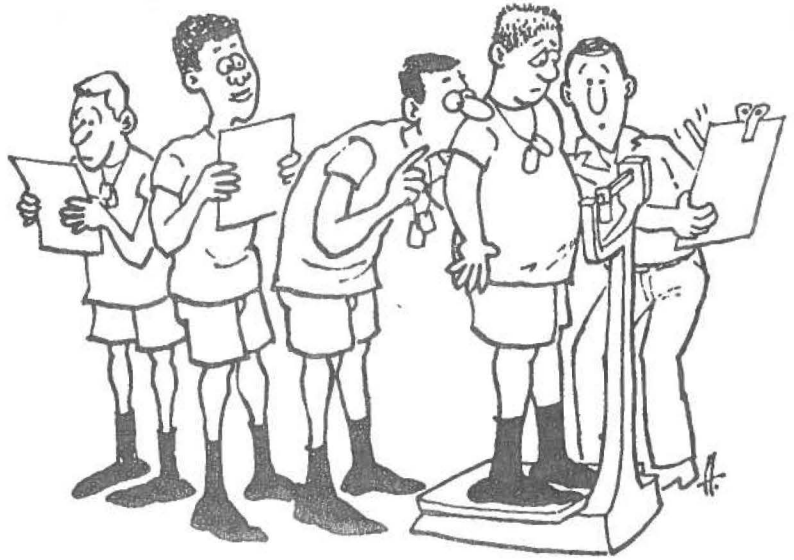
by Sgt. Darrell Bactad

Changing your diet habits is probably the most effective way of lowering or maintaining your cholesterol at a desirable level. If your blood cholesterol level is "HIGH" or you just want to maintain your blood cholesterol at a desirable level, try some of these effective tips:

1. Eat less fat. Choose lean cuts of meat and trim all fat around the edges. Also, it is a good idea to remove skin and fat from poultry.
2. Grill or broil meats over a drip pan, enabling unnecessary oil to drip.
3. Avoid fried foods as much as possible. Use alternatives as baking, broil, steam or boiling your foods. If you fry foods, try to use polyunsaturated oil or margarine.
4. Avoid full-fat whole dairy products such as whole milk. Drink skim milk and low-fat milk instead. Also, using margarine instead of butter is good idea when applying to other foods.
5. Eat more fiber foods. Foods such as beans, oats, soy beans, and fruits are high in fiber.
6. Eat less cholesterol. Stay away from eggs (egg yolks especially) and meats.
7. Eat more starches. Starches tend to help dilute all the fat in your body. Grains, beans, and root vegetables are good examples of starches.
8. Try to drink less caffeine and alcohol. Caffeine and alcohol tend to raise the fat levels in your blood.

These are some effective ways of maintaining or lowering your blood cholesterol level. It is not going to happen overnight, but you will be able to see positive results in months. A good example is a friend of mine "Lory". One year ago, he had a blood cholesterol level of 285. He started to try some of these alternatives, which at first he did not like. But as time moved on, he started to see some positive results.

Within 6 months, his cholesterol level was at 235 and today it is around 200-210, which is borderline high. He feels better about himself and likes the new diet he's on now. So it can be done! It is up to the individual to have the will to do it. After all, you control your own destiny! So, GO FOR IT! SOURCE: THE QUEEN'S MEDICAL CENTER (Food and Nutritional Services)



MOBILITY RECALL

The usual way of notifying members of the guard for emergency mobility is by telephone. What happens when there is a national crisis and the phone lines are out? Guardsmen and women will be notified by radio, television and news media. These forms of communication will state, "Members of the 154 Composite Group Hawaii Air National Guard are to report to their duty station. This includes members of the following units: 199 Tactical Fighter Squadron, 154 Tactical Hospital, etc."

So if or when the time comes, be aware, prepared and ready!

HIANG SPORTS

2nd Annual HNGEA/HOVA

GRASS VOLLEYBALL TOURNAMENT

Division: Mens/Womens open/b/novice(triples)
Men/Women/Co-ed(Sixes)

When: OCTOBER 27, 1990; 9:00a.m.

Where: DIAMOND HEAD CRATER

Entry Fee: \$10 HOVA/HNGEA MEMBERS
\$15 NON-MEMBERS

Deadline: October 26, 1990

Contact: HIANG. MSgt W. Soma,
154 MSF, 449-6986
HIARNG. SFC D. Aponte,
29th INF HQ.; 737-7216
HOVA. 847-1080

HIANG STATE TENNIS TOURNAMENT

The Hawaii Air National Guard State Tennis Tournament will be held on October 13, 1990 from 8:00 a.m. to 5:00 p.m. at the Subase Racket Club in Pearl Harbor. The format will be Team Doubles (8 person team) and Team Round Robin. Current and former HIANG members and personnel in the Air Force Senior Advisors Office are eligible to play. Anyone interested should sign up with their unit coordinators listed below.

Dennis K. Takeshita (HQ HIANG) - 732-2341,
CMSgt. Cornwall K. S. Matsusaka (HQ 154 COMPG) -
449-0301, Capt. Adrian Kinimaka (199 TFS) - 449-2862,
MSgt. Fred M. Higa Jr. (154 CAMS) - 449-9819, SMSgt.
Ronald Izutsu (154 RMS) - 449-6472, MSgt. Wayne Y.
Soma (154 MSS/MSF/SVF) - 449-6986/7772, TSgt.
Russell Campos (154 CES) - 449-8019, SSgt. David J.
Franks (154 Tac Hosp) - (H) 621-5125 (B) 433-6668,
SSgt. Scott Duffield (154 SPF) - 449-2080, MSgt,
Ronaldo Javier (150 ACWS) - 655-7756, TSgt. Michael
Nishimura (169 ACWS) - 655-7042, MSgt. Peter D.
Spurlin (199 WF) 655-1232, SMSgt. Galen Nakahara (HQ
201 CCGP/293 CCSQ) - 449-9739, MSgt. Don Miyamoto
(291 CCSQ) - 524-3640/521-9489, MSgt. Francis M. F.
Quitazol (292 CCSQ) - 523-3686/531-4029, SSgt. Steve
W.H. Abear (297 ATCF) - 684-0822, MSgt. Harvey K.
Maeda (298 ATCF) - 471-6436, CMSgt. Darryl Ho
(HIANG Athletic Board) - 449-5684/7790.

THE 298 ATCF CAPTURES THE 1990 HING STATE SOFTBALL CHAMPIONSHIP

By: CMSgt Cornwall S. Matsusaka



1990 HING State Softball Champs - 298 ATCF - Photo by Ssgt. Charlie

Approximately 275 Hawaii National Guard members converged on Earhart Village Park, Hickam AFB, to participate in the HING twelve team, double elimination softball tournament during August 17-19, 1990. Seven army and five air guard teams fought it out on four fields. After 22 games and 3 days of baseball, the dust finally settled, and the 298 ATCF team, Barking Sands, Kauai, emerged with a perfect 4-0 record to capture the 1990 HING State Softball Championship.

With the score tied at 8-8 in the fifth inning of the championship game, back to back singles by Jack Kamohai and Steven Carvalho; Richardo Torrijos Jr., drove in Kamohai for what proved to be the winning run for a 9 - 8 victory over runner-up 154 COMBOS. Leading hitters: 298 ATCF: Ivan Uwaine 3-4; Teron Buijuan 2-2; Jack Kamohai 2-3; Steven Carvalho 2-3; Ricardo Torrijos 2-3; Christopher Olores 2B; 154 COMBOS: Billy Ramos 3-4; Cornwall Matsusaka 2-3.

CHAMPIONS 298 ATCF TEAM MEMBERS:

Harvey Maeda (Mgr), Frankedado Paiste, (Coach) Galen Nakahara, Lance Watanabe, Stanley Dela Cruz, Ivan Uwaine, Mike Akama, Steve Abear, Steven Carvalho, Christopher Olores, Richard Rosa, Jack Kamohai, Gabriel Palea, Teron Buijuan, Joylyne Doll, Richard Torrijos Jr, and Eric Eichholz.

TOURNAMENT RESULT (Top 6 teams)

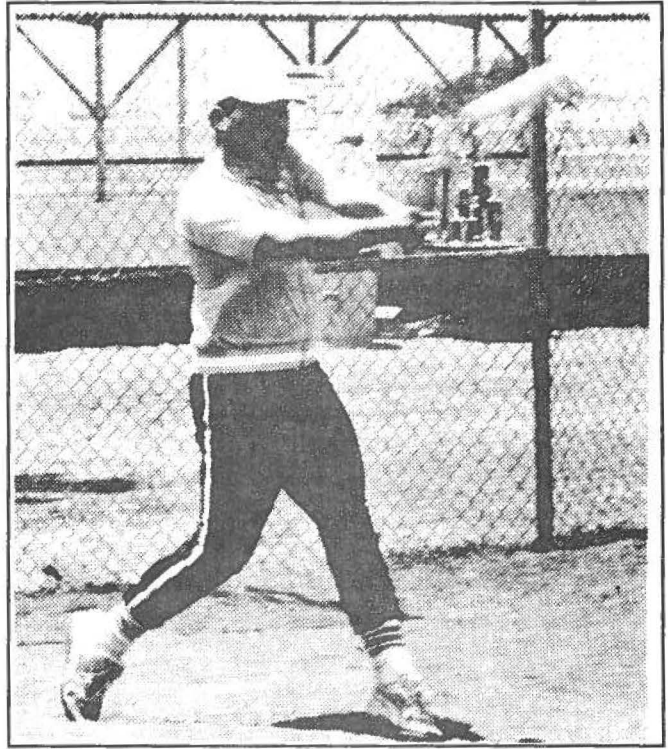
- 298 ATCF (Barking Sands, Kauai) *
- 154 COMBOS (Hickam AFB HI) *
- 154 CAMS-A (Hickam AFB HI) *
- 29 SPT Bn (Fort Ruger HI)
- 487 Fld Atry (Fort Ruger HI)
- 2-299 Inf Bn (Hilo, Hawaii)

*Trophies were awarded to the top three teams by Gen Edward V. Richardson.

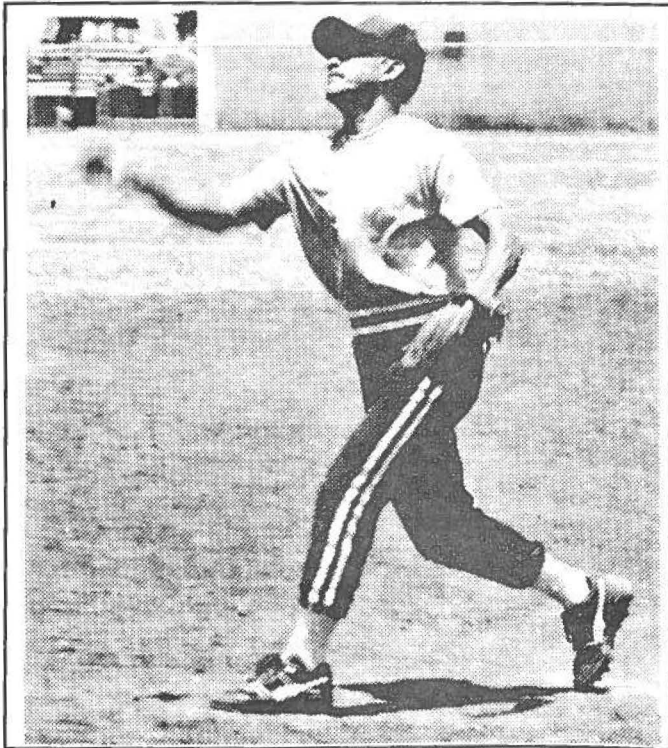
MAHALO: A big MAHALO goes out to tournament committee members Lt Col Melvin Asai, SMSgt Galen Nakahara, MSgt Ron Muronaga, MSgt Larry Kauleinamoku, MSG Richard Tabe (army), TSgt Antone Gabriel, TSgt Steven Abear, TSgt Pam Goya, TSgt Louise Lum and SSgt Robert Furtado for their dedicated support of the 1990 HING Softball Tournament.

Special Mahalo Maj Gen Alexis Lum and the HING Special Service Board for their moral and financial support. And last but not least, to TSgt Pam Goya for operating the food concession booth.

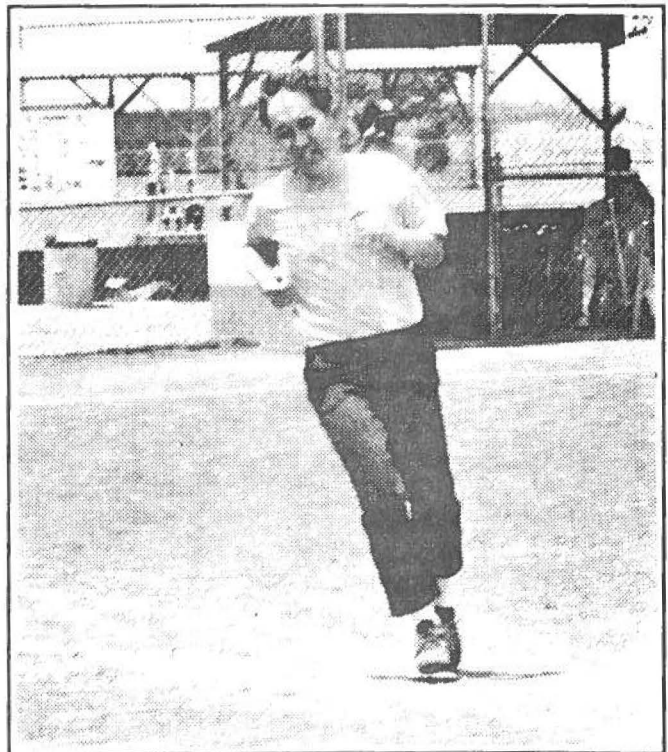
More Photos of the HING State Softball Championship By Ssgt. Charlie Chang



TSgt Joe Kruse of COMBOs blasts a Home run!



Msgt. Wayne Soma of the COMBOs, determined to strike out the opponent.



Lt. Col. Melvin Asai of COMBOs moving with speed.

PROMOTIONS

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

154CAMS

TSGT YVETTE K. MIRAFLOR	16 AUG 90
SGT DAVID, AMINA JR	13 SEP 90
SGT SHANNA K. KOMATSU	13 SEP 90
SGT KEITH K.K.H. LEE	17 AUG 90
SGT SCOTT S. OKA	6 AUG 90
SRA GUY T. KAWAGUCHI	13 SEP 90
SRA RANDY K. SOLOMON	13 SEP 90
SRA MICHAEL A. SOUZA	13 SEP 90
A1C JEFFREY J.U. SAGUCIO	13 SEP 90
SRA SIMON S. W. WONG	13 SEP 90

154CES

SRA BRIAN A. IWANAGA	20 AUG 90
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154RMS

A1C BRANDON A. SARCEDA	14 AUG 90
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154SPS

SGT CRAIG S. SATO	16 AUG 90
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169ACWS (FXD)

SGT DIANE C. CHAVEZ	14 SEP 90
SRA GAVIN T. TSUDA	14 SEP 90

154MSF

SRA RANDY L. STOWELL	8 AUG 90
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CPR SUNDAY

By Lt. Col. Judith Fadrowsky

Did you know?

1. Each year more than half a million Americans die of a heart attack.
2. 70% of all heart attacks happen at home.
3. Fewer than 5% of Hawaii's residents have been trained in CPR.

On November 18, 1990 there will be a state wide mass CPR training program. Students will learn mouth-to-mouth breathing, one-person adult CPR and choking rescue techniques. This project will be conducted jointly by the American Heart Association, Hawaii Affiliate, and the American Red Cross, Hawaii State Chapter. These agencies will work in partnership with the Statewide Association of United Ways, the Hawaii National Guard and other volunteer groups.

The National Guard is providing armoires (training sites), instruction and instructor aids. The Hawaii Air National Guard has been asked to provide at least 100 instructors/instructor aids. If you and/or your spouse already have or would like to have CPR training, please consider calling for a class and then volunteering your services for a 3-4 hour shift on "CPR Sunday". This is an outstanding opportunity to learn a life-saving skill and provide a community service.

To sign up, call Lt. Col. Judith Fadrowsky (R) 599-5105 (H) 377-5382 (recorder), or sign-up today at the HEALTH QUESTIONNAIRE booth during Family Day.

