



# Kukailimoku

War God Of King Kamehameha I • 154 COMPAG

Vol. 38. No. 7

Hickam Air Force Base  
Hawaii

July 19, 1992

## North to Alaska

by MSgt. Lisa A. Rodrigues

Photo by Tsgt. Mark M. Ueunten



Sgt. Craig K. Katsuda hard at work in Alaska deployment.

Ahhh, Alaska! The Last Frontier, Land of the Midnight Sun. Have you ever wondered what it would be like to work in a place that averages 19 hours of sunlight per day, with temperatures that range from highs in the 70's, lows in the 40's, and still has snow in the mountains in June? If your answer is yes, just talk to anyone from the 154th Civil Engineering Squadron team that just returned from a 13-day deployment to Kulis Air National Guard base, Anchorage, Alaska.

Fiscal year 1992 has presented the Prime BEEFers with many challenges, the most recent being the June 1, 1992 Air-Force-wide reorganization of Civil Engineering squadrons. Now, more than ever, CE must be prepared to deploy world-wide in response to required CE and Prime BEEF operations. The 154 CES trains in

many ways to meet these requirements. Typically, these needs are met through home station training such as bivouacs or deployments for Base Recovery After Attack (BRAAT) training. A third option, deployments in support of minor construction projects, provides invaluable AFSC training while saving federal and state dollars for both the NGB and the hosting guard unit.

This year, to help provide training opportunities, the ANGSC/CEO tasked the 154 CES to work and train with the 176 CES (Kulis ANGB). The deployment, from June 14-26, 1992, included contingency and AFSC training, as well as several minor construction projects in support of the new air rescue mission of the 210 RQS, Kulis ANGB. The Kulis projects provided superintendents, supervisors, and personnel an opportunity to work within their new AFSCs and shop structures. Some projects gave many of our younger NCOs first time experience at running and coordinating jobs. They also provided the management level of the unit a chance to look at training needs to insure a smooth transition from the old to the new reorganized CE configuration.

Every job and situation was

approached with a "What can I learn from this?" attitude, and everyone was given a chance to try and learn something new. There was even a mobility training opportunity of sorts. Because of high activity at Elmendorf Air Force Base this time of year (Cope Thunder for example), logistics was... challenging. The team billeted at Camp Carroll Army National Guard Base, located at Fort Richardson, messed for breakfast and dinner at Elmendorf AFB, and worked at Kulis ANGB. Lunch at Kulis was prepared by our own 154th Services Flight personnel and a few members of the 169 ACWS services personnel, who went up in support of CE and for some greatly appreciated additional home-station-type training. The services personnel also provided breakfast and dinner meal support to the Elmendorf AFB mess hall.

All work and no play holds true for CE too, and the team was rewarded with a free weekend for its hard work and 9-11 hour workdays. There were the tourists, the sleepers, and of course, the die-hard fishers. Yes, I did catch the first salmon. Rumor has it that it might have been the biggest... But seriously, we went, we worked, we're back. I think the deployment focused us, and that the cool crisp weather of Alaska was just the breath of fresh air CE needed to prepare for the challenges of reorganizing, the upcoming ORI and a long strong future.

# COMMANDER'S CORNER



By: Col Michael H. Tice

So much has been going on in the 154th COMPG in recent months that I'm afraid I haven't been doing a very good job of keeping you all informed of where we are on various projects, and how we're doing. Let me try and fix that.

The F-15 conversion to improved MSIP (Multi-Stage Improvement Program) models is nearly over with—just four more airplanes to transfer. The new jets come with a tremendous increase in radar/missile capability, and will soon be modified to include chaff and flare defensive systems. We will have the best F-15s in the Air National Guard, and the potential to play a significant air-to-air role in a future contingency. The team that worked the conversion did a tremendous job of insuring the planes and parts moved as scheduled, that necessary training was completed, and most importantly, that we maintained our readiness posture throughout. Thanks to all who had a hand in it.

The activation of the 154th Air Control Squadron on Kauai is on track as they establish their initial combat capability. Plans for their new permanent facility at Barking Sands are being finalized and we'll hopefully see some money in the FY 93 budget for it. They're planning their first major exercise next month with a week long encampment at Barking Sands, a tremendous effort by all involved.

The 203rd Air Refueling Squadron's first airplane arrival is planned for December 1992. Interviewing for full-time positions continues, and we expect to begin bringing the people selected on board in October. Maintenance work areas are all pretty much identified in spaces we'll be joint-using with the 15th MS. The Ops facility was just recently firmed-up as being the former 9th ACCS building, which sits across the Hickam flightline from our alert pad. The potential we'll have for a quick response F-15 package, once the tankers are operational, will be hard to beat!

Both the 154th Tactical Hospital and the 154th Civil Engineering Squadron recently returned from

very successful training deployments to Japan and Alaska, respectively. The feed back I've gotten is all positive. Thanks to all that made the trips happen, and to all who participated, for representing the HIANG and the 154th COMPG in the outstanding manner you did.

On the not so bright side, I'm sure many of you know we've been grappling with a money shortage for the past several months and have had to tighten our belts to make it through the fiscal year. The big impacts are flying—we're not flying as many sorties as we'd like, and full-time employees—we are holding 30 jobs vacant until we can see that the money available will last through September. The outlook for next fiscal year, while not great, is better.

On a brighter note, Sunday, September 20th, will be our Annual 154th COMPG Family Day. The format being planned is similar to last year's with displays, games, entertainment and so forth scheduled to begin after lunch, and the day concluding with unit level refreshments. More information on this event will be out in August, but I can tell you now that it's shaping up to be the best one, yet. Be there... I mean here... and bring the family!

# NEXT UTA

## August 15th and 16th

## KUKAILIMOKU

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

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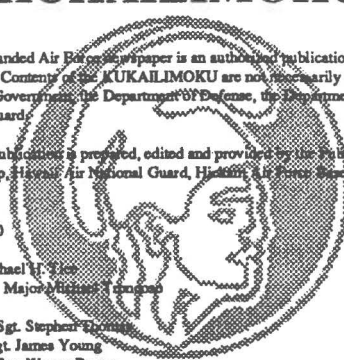
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## PERSPECTIVE

# A S T O R S'



By *Chaplain (Capt) Robert Nagamine*

During this time of the year, the idea of marriage can be appealing to some people who are single. There's a number of weddings around this time, and those who are getting married basically look happy. They have found that special someone. Life hopefully will be more enjoyable. There's a partner to share good times as well as bad times.

Selecting a marriage partner can be a very different and varied experience for many people. It can range from being a frustrating experience to a blessed experience to somewhere in the middle. For some, early in life they meet that special someone and get married quite early. For others, they look everywhere, and for years are not able to find anyone suited for them. In addition, there are those who were married before. The marriage did not last and they're open to marriage again. And finally, there are those who don't want to get married. The fact remains that marriage isn't meant for everyone.

Consider the following thoughts if you are open to the idea of selecting a marriage partner...

1. Never be pressured into marriage because you are getting old and should be married by now.

Getting married to just anyone, a person not suited for you, may turn out to be disastrous.

2. Make sure your potential marriage partner is headed in the same direction as you, as far as life goals are concerned. If the two of you are going in two different directions (incompatible to each other), it spells much conflict ahead. Things won't get better, but worse.

3. Finding someone with common values and religious beliefs will be extremely beneficial. You'll be on the same "sheet of music." Otherwise, it may be a constant uphill climb.

4. Ask yourself: "Can I accept this person as he/she is? If you can't, then don't marry the person. Many people think that they can/will change the person after the wedding. The things that bother you now will probably not change. If they do, consider yourself very fortunate.

5. Marry someone who is interested in serving you, and you are equally interested in serving. Are you genuinely interested in his/her dreams and helping fulfill them?

6. Make sure that the person is reasonably attractive both in personality and physical beauty. Remember that "beauty is in the eye of the beholder." What matters is how you feel.

7. See if you work together as well as you play together. **Married** life involves more working together than playing together.

8. Can you see God's work in bringing you together? If so, the marriage might have a better chance at lasting.

9. If you begin to have serious doubts about your fiancé on your wedding day, don't marry him/her. You will regret it for the rest of your life. People will understand. Divorce is much worse.

10. Finally, not only look for the ideal partner, but strive to be one also.

*May God help you to make the right choice.*

## For the Family

One of the key factors in effective communication is the practice of good listening. This can't be overemphasized. The old saying is true: "God gave us two ears to listen, but only one mouth to talk." So when involved in a conversation/discussion, let's listen twice as much as we talk.

Good listening requires concentration and lots of effort. It's not only listening to what is being said, but also what isn't said. It's "reading between the lines" and figuring out what a person(s) is trying to say.

There's a type of listening that is worth talking about, but doesn't require good listening skills. It's called "selective hearing." It's the type of listening that selects only what it wants to hear.

There's a story of an executive called "the boss", who decides to have lunch with his staff. He announces to the group, "Let's go out to lunch today. I'm open to any suggestions. The sky is the limit. However, let me suggest a place that we can consider (and he names his choice). Let's discuss our options".

As the discussion progresses, the group is sold on a place other than the boss' choice. It's just perfect. It has good prices, a wide variety of selection, excellent location, etc. Throughout the discussion, the boss is silent and seems disengaged.



Ahhh, July! July marks the mid-point of the calendar year. July is when we start looking at our various programs in an effort to complete all of the projects by the end of September. We still don't have as much money to do our jobs, however, if we all roll up our sleeves and put forth our best effort, we should be able to close out the fiscal year in good shape. Dollars will continue to be a scarce commodity next year, so if you have any ideas on how we can save money, let us know about it... Congrats are in order for our Commander, Lt. Col. Michael Melich, as he was selected as the 1992 Outstanding Field Grade Commander. Well deserved honor, sir!!! The award was presented at the 43rd Annual Hawaii National Guard Association banquet held in May. Others receiving awards included: Capt. Bruce Oliveira (HIARNG), Outstanding Officer of the Year; Capt. Dunstan Canne (HIARNG), Outstanding Company Grade Commander; Maj. Norbert Luke (HIANG), James Y. Sato Award; and SSgt. Fred Hirayama (HIANG), Special Recognition Award. Congratulations to all the award winners... The date, time and place has been set for the 10th Annual CAM Sq Recognition Banquet. Here's the particulars:

**Date:** October 9, 1992  
**Time:** 5:30 pm - 11:00 pm  
**Place:** Halekoa Hotel  
**Cost:** TBD/TBA pending final count of Zippy's Chili sales  
**Menu:** Aloha Buffet

The Munitions Maintenance Branch are planning the event, so it is sure to be a fun-filled get-together. Make plans to join us in honoring the best of the best, as well as enjoy a great evening of food and entertainment... Congrats to TSgt. Brian Oshima on his recent promotion... The welcome mat goes to AB Abraham Timas as he joins the Avionics B-Shop, and will soon be off to BMT and tech school. Just returned from tech school and performing 60-days of seasoning and proficiency training with the B-Shop folks is A1C Mitchell Kam... Amn Terence Kudo is presently in tech school at Lowry AFB learning all about missile maintenance. Terence has been accepted to attend the

Air Force Academy's Class of 1996 and is the son of proud dad, MSgt. Roy Kudo... Plans & Scheduling welcomes SSgt. Wendi Tyler as she recently returned from the Maintenance Control tech school at Chanute AFB... Congrats are in order to SSgt. Yolanda Mendigorin as she and James Kawano exchanged wedding vows on July 4. Yes, James is a member of the 154 RMS... Our Weapons Load section welcomes SSgt. Gordon Soares as he returns after a 10 year stint in the USAF. Back from Lowry AFB are AB Kurt Tanoue and SrA. Erik Lathrop after attending the Munitions Maintenance tech school. Both return as Honor Graduates and are sure to fit right in with the other outstanding weapons folks... While I was TDY to Holloman AFB, back in March, met local boy, SrA. Howard Duarte of Waimanalo, who was assigned to work on the F-15's at the base. Well, we've transferred the F-15's from Holloman to Hickam, and Howard came with the aircraft. He just got out of the Air Force after 4 years and has joined our guys in the Electric Shop. Welcome back home!... The HIANG Awards Banquet has been set for November 20 at the Hickam Officer's Club. There will be a buffet dinner, door prizes, and Ron Miyashiro will be providing music for your listening and dancing pleasure. See your Unit POC for ticket information... Congrats to Maj. Dave Snakenberg who did an outstanding job in spearheading the transfer of MSIP F-15's from Holloman AFB to the HIANG. All of our guys have returned from Holloman safely, which is great news... I'd like to extend my personal thanks to the KUKAILIMOKU staff in the Public Affairs Office for their outstanding support this year. They've been real supportive in providing me the newspaper space in the monthly KUKAILIMOKU so that some of the 'haps' and 'goings-on' in the squadron can be provided. Mahalo and Aloha! That's all the news for this month, so 'til next issue... "Common sense is the knack of seeing things as they are, and doing things as they ought to be done." (C.E. Stowe)... Nuff said..... fhiga

Interdenominational Worship Service  
How about getting your Sunday UTA off to a greet Start? There is an interdenominational worship service held every Sunday UTA at 8:00 am in the Group Dining Room. This is open to all interested persons. See You there!

## HIANG EDUCATION OFFICE

*A Key To Your Future*



### The Education Office: What, Where, and Who

The Education Office is something old and something new. All the education programs, Air Guard wide, have been pulled together into one office. The Career programs have also been pulled into this office. The total responsibilities of the Education office are career programs like the bonus and retention, as well as education programs like the Community College of the Air Force (CCAF). The best picture of this office is similar to a resource room that most high schools set up for their seniors, or colleges set up for post-graduate education. In our case, we cover any and all post-high school information available in the state of Hawaii for members of the HIANG. We hope to provide general information, such as what kind of jobs are out there, and specific information, such as what are the requirements for this degree at that school. We also hope to support individual's efforts in reaching the personal, educational/career, goals they set for themselves.

Aspects we offer are:

- Advisors on Careers and Education
- Retention and Bonus information
- PME information
- ECI information
- Trade School information
- College information
- University information
- Registration materials
- Self-Awareness materials
- Personality tests (Myers-Briggs)
- Vocational tests (COPS System)
- Skill building materials
- Financial aide materials
- Career information
- Job and Occupational information
- Topic Workshops
- Programed Comprehensive Guidance (Career Kokua)
- Referrals to other resources

The members of the office are:

- Capt. Melissa Zen - Drill status
- MSgt. Rose Vendiola - Full time
- MSgt. Steven Kamaura - Drill status
- SSgt. Vickie Cabilan - Drill status
- Sgt. George Katsumoto - Drill status

Hope this introduction helps you to know who we are and what we are about. Our office is fairly new, so many of the new programs and resources are still being developed. Come visit us in CBPO. You are welcome to check out what we have available.

**OFFICER P.M.E.** - Officers eligible for Air Command & Staff College (ACSC)... It's not too late to sign up for ACSC. A majority of Guard officers have enrolled in the three seminars scheduled for Hickam AFB. Please contact Maj Higgins at 449-5701 for more information.

**ATTENTION UNIT CAREER ADVISORS** - The annual UCA seminar is scheduled for August 7, 1992 at the Plaza Hotel. Please annotate any changes to your schedule. An information letter regarding details will be forwarded to your unit commander.

*Customer Service Hours: Monday thru Friday 7:30 am to 4:00 pm*  
*UTA 9:00 am to 3:00 pm*  
*Career Kokua Hours: Monday thru Friday 2:00 pm to 3:00 pm*  
*UTA 11:30 am to 12:30 pm*  
*or by appointment*  
*Location: Bldg 3415, 2nd Floor, CBPO • Telephone: 449-7794*

**FOR THE FAMILY** Continued from page 3

Finally, one among the group enthusiastically concludes, "Well, there it is, boss. We have found the place with just the right price range, variety of selection, location, etc." But noticing a disapproving look on the boss' face, he halts his enthusiasm and questions, "Boss, but what do you think?" The boss replies, "Is there another good option?" He understands what the boss is referring to and perceptively answers, "I think that the place you mentioned is just as good of an option. How about there?" The boss smiles and says, "Good choice! Let's go."

How does this relate to our families? Selective hearing may often be used by some of our family members. They pick and choose just what they want to hear.

Occasionally, we must examine ourselves to see if we are also guilty of using it. Let's not tune out our family members who have good suggestions to contribute. Our ideas aren't the only good ones worth hearing.

I hope you found this article familiar and interesting. If you want more information that will help your family or other families, have your spouse or family member consider joining a family support group. To do this, contact your unit.

# Operation Internal Harvest

This is a new program endorsed by Maj. Gen. Killey, Director of the ANG. Drill status members in a non-critical AFSC would be able to retrain into a critical skill and may be eligible to receive a \$2,500.00 reenlistment bonus or the Student Loan Repayment Program (SLRP). In certain hard-to-fill critical AFSCs, members may be eligible for both the cash bonus and the SLRP.

The following criteria applies:

- a. less than 10 years total service;
- b. has not received a prior reenlistment bonus in any selected reserve component;
- c. reenlistment contract must be for 6 years.

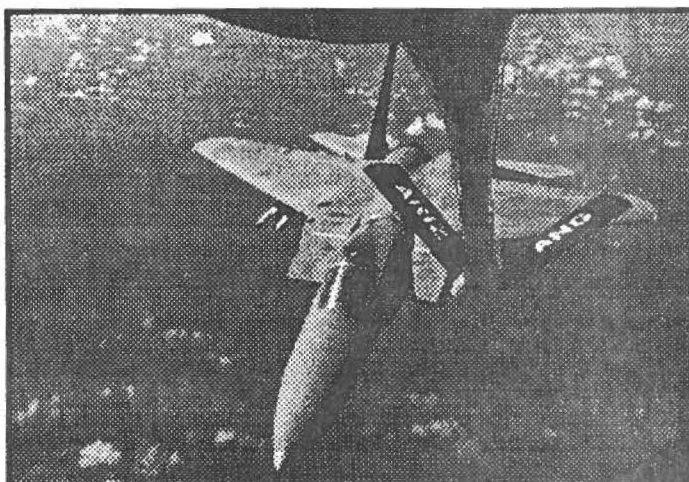
The following unit critical AFSCs are:

AFSC	Title	Unit
251X0	Weather Specl .....	199 Wea Flt
272X0	Air Traffic Controller .....	201 CCGP/297 ATCF/298 ATCF
276X0	Aerospace Control & Warning Systems Specl .....	154 ACS
303X2	Aircraft Control & Warning Radar Specialist .....	169 ACWS/154 ACS/150 ACWS
304X0	Wideband Communications Equipment Specl .....	169 ACWS/154 ACS/291 CCSQ/292 CCSQ
304X4	Ground Radio Communications .....	169 ACWS/154 ACS/292 CCSQ/293 CCSQ/298 ATCF
304X6	Satellite Communications Systems Equipment .....	154 ACS/293 CCSQ
305X4	Electronic Computer & Switching Systems Specl .....	169 ACWS/291 CCSQ/292 CCSQ/293 CCSQ
306X6	Secure Communications Systems Maintenance Specl .....	154 ACS/ 291 CCSQ/292 CCSQ
454X3	Aircraft Fuel Systems .....	154 CAMS
458X0	Aircraft Metals Technology Specl .....	154 CAMS
461X0	Munitions Systems Specl .....	154 CAMS
491X1	Communications Computer Systems Operator .....	291 CCSQ/292 CCSQ/293 CCSQ
492X1	Communications Systems Radio Operator .....	292 CCSQ/293 CCSQ
493X0	Communications Computer Systems Control Specl .....	291 CCSQ/292 CCSQ
551X0	Pavements Maintenance Specl .....	154 CES
552X0	Structural Specl .....	154 CES
553X0	Engineering Assistant Specl .....	154 CES
623X0	Services Specl .....	154 SVF/169 ACWS
645X0	Inventory Management .....	154 RMS
811X0	Security Specl .....	169 ACWS

Funds are limited and the program will end on September 30, 1992. Visit the Career and Education Office to review the position description and complete an application. If you have any questions, please call 449-7794.



Maj. Skip Vincent, Navigator, 203rd ARS in action!



Photos by TSgt. Solomon Ford

# CBPO Connection

by MSgt. Iris Kabazawa

**35-10 Tip:** Remember, your uniforms must be clean, neat, correct in design and specs, fit properly and in good condition. If they are frayed, worn out, torn, faded, patched, etc., turn them in (enlisted members) for fair wear and tear replacements. When in uniform, make sure your uniform items are kept zipped, snapped, or buttoned, and use good judgment in choosing appropriate garments for wear based on weather conditions.

**Emergency Data:** Does the HIANG know who you want notified if you become a casualty? Suppose you become injured and cannot communicate? Only you can provide current data. Outdated beneficiary information could cause hardships for your survivors. When was the last time you reviewed and updated your DD Form 93, Record of Emergency Data? You, and you alone, are responsible!!!

**AGR Personnel:** The Delta Dental Plan premium will increase effective August 1, 1992. There's also a new entitlement for CHAMPUS beneficiaries under age 65 who would otherwise have lost eligibility due to eligibility for Medicare as a result of disability. Contact Customer Service at 449-7788 if you need more information on these two programs.

**Foreign Language Testing:** We would like to encourage language testing of individuals who speak, read, and write a foreign language. Contact TSgt. Aurora Oato at 449-7793 for more information.

**CBPO Administrative Down Day:** CBPO will be closed on Monday, July 20, 1992 to process administrative backlogs. Routine services will not be provided. Your cooperation and understanding is appreciated.

**A PERSONAL NOTE:** Last month Lt. Lance Mizumoto and I were invited to participate with the 154CES and 154SVF on their deployment to Alaska. Our purpose was to practice personnel mobility requirements or PERSCO (Personnel Support for Contingency Operations). Yes, for those of you who didn't know, we in personnel do have a mobility tasking. We worked with the CBPO at Kulis ANGB as well as the folks at Elmendorf AFB. The training received was rewarding and invaluable. It was impressive to observe our CES gang "in action". The amount of work they accomplished within a short period was noteworthy. Our Services folks were also hard at work creating excellent meals. Thanks for inviting us, CE! To watch the teamwork and camara-

derie made me realize that this is what it's all about. The Guard is here to train and be ready should that call arise. Deployments and exercises are a vital means to practice our mission. I've been fortunate to have deployed on several occasions and observing first hand the many accomplishments of our HIANG units: to Guam and Barking Sands with the Composite Group, to Korea with the Hospital and the 201st and now to Alaska with CE and Services. It has been a rewarding and exhilarating experience. I've seen it happening where it counts - out there in the field during exercises and deployments. Doing the job as best we can is the most that can be expected. Seeing it happen makes me realize - this is why we exist. A few days ago (July 15 to be exact), I completed 20 fast years with the HIANG. I can't believe how time has flown. As I look back at my career, I feel blessed and proud to have grown up with such a great family - the HIANG. I owe a lot to the Guard - my travels, my home, the training received, but most of all the friends that I've made throughout these years. I've seen the HIANG go through many changes. Some say we're losing the "Ohana feeling" because we're expanding so quickly. Well, I sincerely hope not, because the ohana spirit is what makes the Guard a breed apart. What saddens me sometimes is to hear our old-timers counting down, looking to get out. I remember when everyone looked at staying till 60. Then again, I've seen guys walk out that door and several years later return only to realize what they've missed. That's why I say, never burn your bridges for you'll never know when you might cross that bridge again. I remember when I was one of only two women in the HIANG. Look at all of us now. Things changed drastically when women entered. In the beginning, co-ed restrooms were sufficient. Adjustments were made not only physically, but mentally, by all. I'll never forget that first time I went to chow. Talk about feeling out of place. Next thing I knew, I was accepted as "one of the boys". Funny, how it's been this way, since. I'm glad I took the challenge and hung in there. Thanks to all of you who made it worth my while. Thanks also to my special friends who have lectured, counseled, scolded, argued and lent an ear or a shoulder when I needed one. I look forward to many more years with all of you.

# Social Actions

By TSgt. Carwall Ross

**Drug Testing** - The Social Actions office received official notification from HQ USAF/DPPH regarding the new reporting levels for drug testing. The new levels are approximately half of the current levels. What this change means to HIANG personnel is that individuals who were not identified as drug users because the sample supplied during drug testing was not sufficient to cross the threshold level may now be identified. In street language, that means that those individuals who were doing just a little bit of drugs may be identified. Local drug testing experts at Tripler Army Medical Center are predicting that the number of samples rated positive will double. A word to the wise,

**DON'T DO DRUGS!**  
 "Just say NO."

**Incident at Hickam Harbor** - A "Serious" human relations incident occurred at Hickam Harbor in June. The incident involved 15-19 "participants," comprised of US Army personnel and civilians. No Air Force personnel were involved in the incident. The incident started after one member from each group fought, then "others" joined in the struggle. Alcohol played a significant role in this incident since its use set the climate for social rules to be disregarded. The lesson to be learned: drink in moderation, if you drink, and remember to respect the feelings of others in the area.

Want to know more about drug and alcohol abuse and human relations where you can channel your feelings into productive activities? Talk to Social Actions at 449-8000.

# Promotions

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

<b>154 CAMS</b>	
SRA BRIAN H. BRANCO	6 JUL 92
SRA SCOTT R. COPELAN	6 JUL 92
SRA KARL K. KAWELO	6 JUL 92
SRA DEAN ANTHONY K. OLIVEROS	6 JUL 92
A1C CHRISTINA J. BRODY	10 JUL 92
<b>154ACS</b>	
SRA NICHOLAS T. KNEIDL	24 JUN92
SRA KYLE A. WATANABE	24 JUN92
<b>169ACWS (FXD)</b>	
SRA MYLES M. HIRAHARA	13 JUL 92

# Beeline

by TSgt. Laura Masuda

**Secondhand Smoke** - Secondhand smoke can be sidestream smoke (smoke that drifts off the end of a burning cigarette) and passive smoke (smoke exhaled by the smoker).

**Consider some facts** - research has shown that children with non-smoking parents demonstrated normal lung functions, while children with smoking parents had impaired function. Worst lung function results were children from households with both parents smoking. Likewise, non-smoking spouses of smokers demonstrated measurable lung function abnormalities. Pregnant women who smoke are at greater risk for low-birthweight infants, fetal problems, infant deformities, and miscarriage.

Cigarette smoke contains carbon monoxide, which steals oxygen from your blood, starving the body for oxygen and making the heart work harder. It also contains nicotine, which raises the blood pressure and heart rate; and tar, which builds up in your lungs, and contains cancer-causing substances.

**Here are some tips for a smoke-free environment:** patronize restaurants with designated non-smoking areas; if a family member smokes, designate an area; join non-smokers clubs and organizations; ask a smoker not to light up, and most will comply; use stickers or signs in your work area; encourage smoking friends and relatives to quit by supporting them; become active in working for and supporting legislation that restricts smoking.

# MENU

**Pot Roast Beef  
 Mashed Potatoes  
 Mixed Vegetables  
 Applesauce Cake**

**Snack Bar  
 Chili Burgers  
 French Fries**



## Fulltime Employment with the Hawaii Air National Guard

These are the current vacant federal civil service positions open for recruitment. You can read more about the position by checking with your orderly room for complete details or see TSgt. Phillips, Bldg 3415, CBPO Monday-Friday.

JVA#	POSITION	GRADE	CLOSING DATE	LOCATION
FY92-180	Airplane Flight Instr (Off)	GS-13/AGR	31 Jul 92	Hickam (203)
FY92-181	Spvry Airplane Flt Inst (Off)	GM-13/AGR	31 Jul 92	Hickam (203)
FY92-182	Production Controller	GS-09/AGR	31 Jul 92	Hickam (203)
FY92-183	Acft Pneu Sys Mech	WG-11/AGR	31 Jul 92	Hickam (203)
FY92-184	Acft Pneu Sys Mech	WG-10	29 Jul 92	Hickam (CAMS)
FY92-185	Management Assistant	GS-07/AGR	12 Aug 92	Hickam (203)
FY92-186	Acft Pneu Sys Mech Foreman	WS-07	29 Jul 92	Hickam (CAMS)
FY92-188	Office Assistant (Typing)	GS-05	21 Jul 92	Honolulu (USPFO)
FY92-190	Production Controller (Acft)	GS-09/AGR	07 Aug 92	Hickam (CAMS)
FY92-191	Elect Integ Sys Mech	WG-12	07 Aug 92	Hickam (CAMS)
FY92-192	Clerk-Typist	GS-04/AGR	07 Aug 92	Hickam (COMPG)
FY92-193	Motor Vehicle Operator	WG-08	11 Aug 92	Hickam (203)
FY92-196	Logistics Management Specl	GS-09	12 Aug 92	Hickam (CAMS)
FY92-197	Electronics Mechanic	WG-12	13 Aug 92	Hilo (291)
FY92-198	Management Assistant	GS-07	13 Aug 92	Hickam (MSF)
FY92-199	Telecomm Support Techn	GS-07	13 Aug 92	Hickam (MSF)
FY92-200	Secretary (Typing)	GS-05	14 Aug 92	Honolulu (HIANG)
FY92-201	Computer Sys Programmer	GS-11	18 Aug 92	Honolulu (USPFO)

## Legal Line

*by Maj. James T. K. Itamura, Asst. Judge Advocate*

### The Law and Sexual Harassment

Sex and the military has been at the forefront of national news of late. Let's recap.

The Navy Tailhook convention scandal has placed the spotlight on the military's attitude toward sexual harassment. Several women, some of whom are officers, were sexually assaulted (groped) by way of a "gauntlet" formed by several drunken Navy pilots attending a naval pilot convention. The incident was first reported by a Lieutenant who was victimized. She first reported the incident to the admiral for whom she worked. His response was that she should not have been on that particular floor in the first place. He took no further action on the matter.

When the incident finally exploded on to the national scene, it resulted in the resignation of the Secretary of the Navy. The investigation is moving forward and it is sure to result in some well deserved courts-martial and firings.

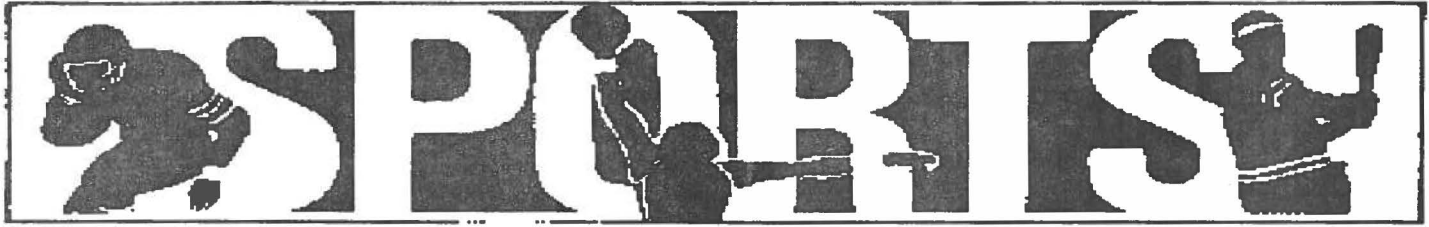
Sexual harassment in the military is an absolute no-no. It can be a career-ender. Unwanted touching is the most obvious type of sexual harassment; however, members need to be aware of participating in or creating any situation in which any member may feel intimidated or offended because of difference in gender. Other examples are, sexually offensive remarks, bugging a co-worker for dates or sexual favors, showing favoritism or withholding benefits like promotion. Be careful.

If all that weren't enough to make you go "hmmmmmm", we now learn that the Army is planning to prosecute 33 cases of sex related crimes which occurred during the gulf war. The charges range from adultery (which is still illegal in the military) to indecent exposure and rape.

# CES hard at work in Alaska



*Photos By TSgt. Mark Ueunten*



## 1992 HING State Softball Tournament

by CMSgt. Cornwall S. Matsusaka

The 1992 HIANG Central Softball Tournament came to a successful end at 12 noon on June 14 at the Earhart complex. The 154 COMBOs, 154 CAMS "A", 169 ACWS, and the 201 CCGP (Oahu) teams survived a very competitive field. The four top Central teams will now go on to represent the Air Guard in the 1992 HING State Softball Tournament scheduled for August 29-30. They have earned the right to compete against five Army Guard teams and three neighbor island teams from Hilo, Maui, and Kauai. Mahalo to MSgt. Larry Kauleinamoku, Central Tournament



Chairman, and his staff members, for a well organized and an enjoyable HIANG Central tournament.

The 1992 HING State Softball Tournament will feature two divisions. The "Open" division is a 12 team/23 game tournament, while the "Masters" division is a four team/round-robin tournament. The "Open" will be played on three fields, while the "Masters" will be on one field. Senior players (40+) interested in participating in the "Masters" division must register with SMSgt. Nakahara (201CCGP) or CMSgt. Matsusaka (154 COMPG) no later than July 20. Our HIANG Masters team rosters are due to SFC. Ross Hoopai, HING State Tournament Chairman, no

later than July 21. MSgt. Val Wong will manage one of the two Air Guard Masters teams.

Come on out and cheer your team to victory. Good luck to all HIANG State Tournament participants and let's bring home the bacon. IMUA, AIR GUARD!

## 14 Annual All HIANG 4th Golf Tournament

Date: August 17, 1992

Place: Mamala Bay Golf Course, Hickam AFB,

Registration: 6:45 - 7:45 am,

Lower Parking Area

Time: 8:00 am Shotgun Start

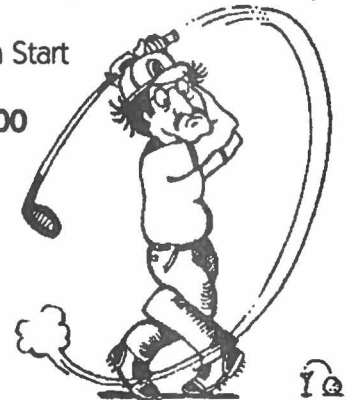
Entry Fees:

Military/Retired - \$35.00

Civilian - \$55.00

(Includes Green Fees, Cart, Awards Luncheon and Prizes)

Format: Handicap Stroke Play (USGA, GHIN or equivalent)



Deadline for receipt of entry forms and monies is August 1, 1992. Make checks payable to Melvin Wong. Please send entry form and payment to MSgt. Melvin Wong, 154 COMPG/LGX.

## HIANG State Tennis Tournament

The Hawaii Air National Guard State Tennis Tournament will be held on September 26, 1992 from 8:00 a.m. to 5:00 p.m. at the Subbase 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 by August 16, 1992.



# HURRICANE & TSUNAMI

## EMERGENCY SUPPLIES CHECK LIST

### •PAPER PRODUCTS

- PLATES
- CUPS
- PLASTIC UTENSILS
- NAPKINS
- PAPER TOWELS
- TOILET TISSUE
- DIAPERS
- ALUMINUM FOIL
- WASH 'N DRY
- FACIAL TISSUE

### •FIRST AID

- BANDAGES
- GAUZE
- COTTON BALLS
- SANITARY NAPKINS
- RUBBING ALCOHOL
- HYDROGEN PEROXIDE
- MERCUROCHROME
- ASPIRIN, ADULTS/CHILDREN
- COTTON SWABS

### •RADIO

- PORTABLE RADIOS

### •CLEANING AIDS

- MOPS
- MOP REFILLS
- DISINFECTANTS
- SPONGES

### •DETERGENTS

- LAUNDRY SOAP
- DISHWASHING LIQUID

### •WATER CONTAINERS

- ICE CHESTS
- WATER JUGS
- PLASTIC GARBAGE CAN
- WATER BUCKETS

### •QUICK FOODS

- CANNED MEAT/FISH
- BABY FOODS
- PEANUT BUTTER
- CANNED FRUITS
- CHICKEN SALAD SPREAD
- BOXED CEREALS

### •BBQ HIBACHI/FUEL

- BBQ GRILL
- HIBACHI, CAST IRON
- CHARCOAL 10lb. & 20lb. BAGS
- MATCHES
- DISPOSABLE LIGHTERS
- CANDLES

### •LANTERN/STOVE/FUEL

- LANTERN
- STOVE
- PROPANE
- GAS

### •BATTERIES

- TRANSISTOR
- FLASHLIGHT
- LANTERN



SAFETY IS NO ACCIDENT