

Hawaii ANG 154th Wing  
HICKAM AFB, HAWAII

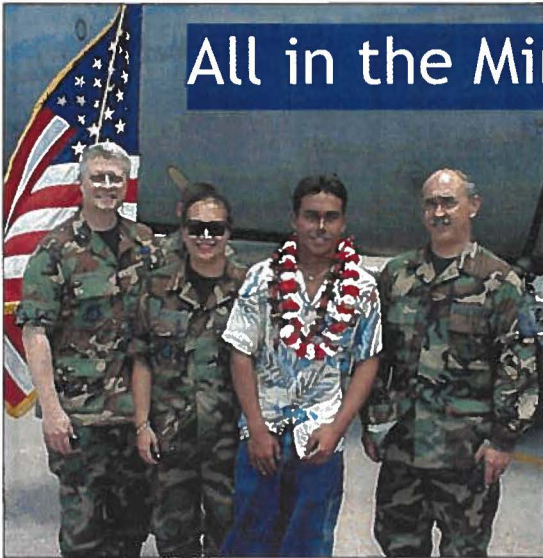
Vol.46 No.8  
August 5, 2000



# Kūkā'ilimoku

War God of KING KAMEHAMEHA I

## All in the Mirafior Family



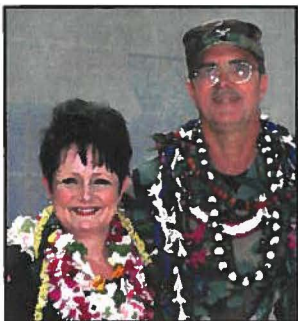
Col. Mick Melich with proud parents, TSgt Yvette Mirafior and SMSgt Ronnie Mirafior, and their son, Airman First Class Kristian Mirafior - our newest HIANG recruit.

It was a 154th Wing milestone achievement when Colonel Mick Melich, 154th Logistics Group commander, swore in Kristian Ronnie

Kaukaena Mirafior - a future KC-135R crew chief with the 154th Aircraft Generation Squadron on July 17, 2000. Kristian Mirafior is the son of TSgt Yvette Mirafior from the 154th Logistics Group and SMSgt Ronnie Mirafior from the 154th Maintenance Squadron.

Initially, Kristian had interests in joining the Army Guard. With the keen influence of Mom and Dad and HIANG recruiter, TSgt Randy Solomon, Kristian realized his interests and career opportunities were better aligned with the Air Guard. "We're very excited and proud of our Kristian," said TSgt Yvette Mirafior. "My husband, Ronnie joined the Air Guard in Jan 1975, I joined in Dec 1974. In 1976, we were married, and then 24 years later, our youngest son joins us among the ranks," she added.

Kristian, 18, is a "Y2K" Cum Laude graduate from Castle High School. He joined the Guard because he wants to travel to different countries like his parents and to enjoy the military and educational benefits. He anxiously awaits his basic training date and then continues on to tech school in Texas. In the meantime, enjoying activities such as body boarding, skateboarding and working will keep him very busy until that time arrives for his departure.



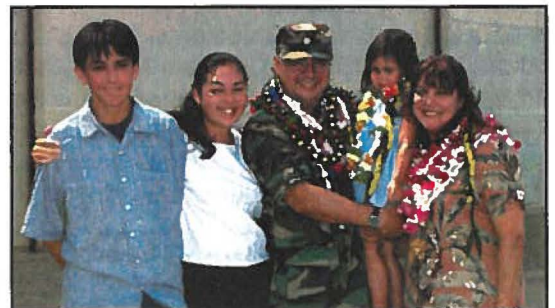
Col. Richard C. Hastings, Jr. poses with his wife, Peggy.



On Sunday, July 9th, Col. Richard C. Hastings, Jr., handed the 154th Support Group guidon to Brig. Gen. Michael H. Tice, 154th Wing Commander signifying his relinquish of command of the 154th Support Group to Lt. Col. Edward "Skip" Vincent.

## 154th Support Group

## Change of Command



Lt. Col. "Skip" Vincent and his wife, Missy with their children, son Christopher 15 and daughters Carolyn 20 and Healani 4.

Photos by SrA Kristen Higgins



# Command News

By Brigadier General Myron N. Dobashi, HIANG Commander

"CONGRATULATIONS" to Colonel Albert P. "Putt" Richards on his selection as the new 154th Wing Commander. He will succeed Brigadier Michael H. "Boss" Tice who will be moving to his new military position as the Air Reserve Component Mobility Assistant to USCINCPAC at Camp Smith. HIANG was extremely fortunate to have had a List of Eligibles so highly qualified and very competitive to choose from for its Wing Commander's position. Personnel transfer actions and change of command are being coordinated so execution dates can be scheduled and announced as soon as possible.

Currently, Colonel Richards is the Commander/Air Commander of the 163rd Air Refueling Wing, California ANG, March Air Reserve Base, CA. The 163 ARW is a 9 PAA KC-135R, 850 person, Air Mobility Command (AMC) gained ANG wing. He is active in public affairs, community outreach and employer support. Col Richards also has primary support responsibilities for three GSU combat communications squadrons.

Some of his significant involvement on the national level: Member of the Air Director's Field Advisory Council (ADFAC); Vice Chair of the ANG Mobility Commanders Council; Member of the AMC Reserve Policy Council; Command assignments in the Kosovo Air Campaign and the Bosnia Air Operations; and Annual seminar leader for Deployed Air Reserve Component Operations Law Course (Maxwell AFB).

Col Richards is a Command Pilot with experience flying F-4Cs, F-4Ds, F-4Es and RF-4Cs; plus T-41, T-37, T-38, OV-10, O2A and T-39; and the KC-135. He has more than 5000 Flight Hours including more than 1200 combat hours in 360 combat missions in Southeast Asia and the Balkans. He is currently a Mission Ready Aircraft Commander (KC-135R).

While on active duty with the USAF from 1967-1978, he had multiple assignments in tactical fighters to include two tours in Southeast Asia. He also had staff assignments at Numbered Air Force and MAJCOM levels.

From 1978-1993, he was a Traditional Guardsman serving in squadron and group positions of increasing responsibilities -- Instructor Pilot, Stan/Eval Check Pilot, Group Weapons Officer, Flight Commander, Operations Officer, and Squadron Commander; and in the early 1990s, served as Deputy Commander for Operations/Operations Group Commander. During these 15 years, he was in Aerospace Program Development and Marketing and rose to Director, International Programs for a major U.S. corporation. This work involved frequent interface at senior program manager level with DOD, US Navy, US Army and USAF acquisition and development entities, as well as international interface at senior military and minister of defense levels.

Col Richards has completed SOS, ACSC and Senior Service School (PMEs). Some of his major military awards and decorations include the Legion of Merit, Distinguished Flying Cross with Oak Leaf Cluster, Bronze Star, Purple Heart, and Meritorious Service Medal. He received his BA in International Relations from University of Massachusetts and his MA in Personnel Management from Pepperdine University. For other achievements, he is an Eagle Scout, a Distinguished AFROTC Graduate, and I.G. Brown Command Excellence Award winner for 1999.

From 1990-1996, Col Richards had a major role in the conversion of his wing from F/RF-4 to the KC-135. He became the Vice Commander of the 163rd ARW in January 1996 and appointed as Commander in October 1996.

Welcome aboard and we look forward to working with you!



### HIANG Mission

Provide America and Hawaii the Right Aerospace Teams for Service in Peace and War

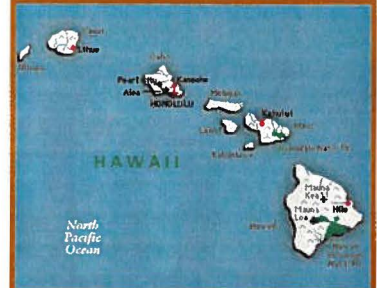
### HIANG Vision

Launa'ole -- Beyond Comparison or Without Peer

### HIANG Values

Integrity, Service, Excellence, Teamwork, Aloha

## ADMISSION'S DAY



## AUGUST 18, 2000

### Next UTA's



Sept.  
9th and 10th

Oct.  
14th and 15th

### KUKA'ILIMOKU

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

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The KUKA'ILIMOKU can be seen on the 154th Wing intranet web page at <http://154web/>

The punctuation of the name of this publication was researched by the Indo-Pacific Language Dept. at the University of Hawaii.

### COMMANDER

Brig. Gen. Michael H Tice

### STAFF

PAO: Maj. Tracey J Saiki

Editor: SrA Debbie Weidner



# Chaplain's Corner

by Maj. Robert K Nagamine, Chaplain, 154th Wing

As our complex world moves at a challenging pace, the question is: How can we live up to the challenges and be successful? These following seven keys to success may help guide us.

**Key number 1:** Believe in your God. Faith brings strength. Prayer brings hope. Hope brings a positive outlook when faced with difficult times.

**Key number 2:** Believe in yourself. Don't be dissatisfied that you are not like someone else. You were made with unique talents and abilities. You don't have to be someone you are not. However, be the best you can be.

**Key number 3:** Appreciate what you have. There almost always will be someone better off than you. However, likewise, there will be people worse off than you. Learn to appreciate what you have and you'll be happier. Just remember that you could have all the reasons to be grateful and content but not feel it. Appreciate what you have!

**Key number 4:** There must be purpose in whatever you do. Purpose brings meaning. Meaning brings satisfaction. Satisfaction is important because it influences your quality of life.

**Key number 5:** Reach out and help others. We are all ohana, family. No one lives in isolation. We need one another and become stronger by both helping and accepting help.

**Key number 6:** Take care of your physical body. You have only one physical body to last, hopefully, a long time. Deteriorating health can be a potential "show stopper" to meaningful activity.

**Key number 7:** Finally, enjoy your life! Yes, be responsible and prepare for the future. But also, enjoy your life! The past is gone, the future is not always certain, but the present is an opportunity to make great and worthy things happen!

Call me if you need me or need to talk. My phone numbers are 448-7275 (office) or 947-3582 (home).

Worship Services  
All are Welcomed To Attend

### Protestant Service

Sunday UTAs  
0815-0845

154<sup>th</sup> Logistics Group  
Conference Room  
(Building #3416)

### Catholic Services

(across base)

Daily 1130

Saturdays  
1700 Nelles Chapel

Sundays  
0715 Nelles Chapel  
1015 Chapel Center

### Jewish Service

(Pearl Harbor)

Fridays  
1930 Pearl Harbor Aloha Chapel  
(Makalapa Road)



Please Kokua  
by Recycling



A most generous collection of donated school supplies from 154th Wing units and personnel during Sunday UTA, July 9, 2000.

### Words of Appreciation from Brig. Gen. Dobashi for "R2L 2000"

I want to take this opportunity to acknowledge the generous donations made by units of the Hawaii Air National Guard to the "Ready to Learn Drive 2000". For such a short response time, the overall results were remarkable. It truly showed a positive reflection of the strong commitment we have to our communities, as well as showcasing our personnel's outstanding initiative, and great teamwork.

Leading the way with donated school supplies was the 154 AGS Tanker AMU, and leading in monetary donations was the 154 MXS. Two individuals stood-out as top donators; MSgt Donna Von (154 CF) for school supplies, and Maj. Randall Tom (169 ACWS) for monetary donation. Other HIANG units such as the HQ 154 Wing, 169 ACWS, 154 MSF, 154 SVF, HQ 201 CCG, 291 CBCS, 292 CBCS, and 293 CBCS also made generous donations.

Overall, the HIANG contributed a total of approximately \$1,000.00 and a vanload of much needed school supplies. I'm sure the children who need these school items will make good use of them.

HIANG members, again, demonstrated their generosity toward our youth. My heartfelt appreciation to our units for their exemplary efforts. Also thanks to Maj. Tracey Saiki (HQ 154 Wing) and MSgt Robert Finley (HQ 201 CCG) who were key points of contact for their respective units. Well done!

## A Word from the Chief



by CMSgt Stanley J. Gomes, Jr.  
State Command Chief Master Sergeant, HI

My second month as State Command Chief has been a busy and informative one. One of the things I had the pleasure of doing was to attend the HIANG Commanders Conference on Kauai. Your commanders will most likely be briefing you on our goals and strategic plans.

One of the highlights from this conference was listening to General Correa explain his philosophy to us. From his statements it was clear to us that the General is a man of integrity who believes in treating everyone with the respect and dignity they deserve regardless of their rank or position. I enjoyed the General's personable personality and found it easy to approach him on issues. I learned that his management style is macro, not micro, and that he believes strongly in the

chain of command at all levels. The attention to high standards and values expressed by the General let us know that he believes in accountability and responsibility, and he will be firm with those who break the rules.

I would also like to express my appreciation to Senior Master Sgt. Doug Awana and his staff for the outstanding job they did at the NCOA Conference. It was nice to see Chief Broadbent, NGB Command Chief Master Sergeant, as the special guest.

In closing, I express all of our condolences to the family of Major Barry Castellano, commander of the 293rd Communications Squadron. We truly lost one of our best and we will miss his presence in our Guard family.

### The Origin of Taps by SSgt. Lorrie Wiley, HIANG Honor Guard



*TAPS - The Bugle Call  
"TAPS" is the most beautiful bugle call.  
Played slowly and softly, it has a smooth,  
tender, and touching character. It rolls  
down the curtains on the day or upon life  
whenever it is played or sung.*

The origin of the bugle call TAPS in its present form is generally attributed to Major General Daniel Butterfield who commanded a brigade in the Army of the Potomac during the Peninsular Campaign of 1862. After a particularly hard fighting day as the weary troops settled down for the night along the James River near Richmond Virginia, the bugler sounded "Extinguish Lights" or what is more commonly called "Lights Out". On this night Butterfield felt that this bugle call was not as smooth, melodious, and musical as it should be. He felt that the day's final call should bring comfort and peace to tired troubled men. With the help of his bugler, Oliver W. Norton, Butterfield composed the music to what we know today as TAPS.

Later in the Peninsular Campaign a funeral was being held during a lull in the fighting. The bugler was ordered to play TAPS in place of the three volleys usually used to render the final honors to a deceased comrade. This was done because it was feared that rifle fire might cause the enemy to renew their attack. The playing of TAPS was eventually written into Army regulations as a part of the honors to be paid at a military funeral.

While there are no official words to the bugle call itself, the commonly used lyrics are derived from the following verses:

Fading light dims the sight,  
And a star gems the sky, gleaming bright.  
From afar drawing nigh - Falls the night.  
Day is done, gone the sun,  
From the lake, from the hills, from the sky;  
All is well, safely rest, God is nigh.  
Then good night, peaceful night,  
Till the light of the dawn shineth bright;  
God is near, do not fear -- Friend, good night.

The HIANG Honor Guard represents the United States Air Force, Hickam Air Force Base, and The Hawaii Air National Guard at many events in our community. One of our main duties as a HIANG Honor Guardsman is to take part at the gravesite of a deceased Air Force Retiree, active duty members or veterans. It is here where the HIANG Honor Guard team pays final tribute to those who have served their country.

To be a part of the HIANG Honor Guard, you must be highly motivated, maintain an exceptionally high standard of appearance, conduct, pride and aptitude. If you're ready to take on the challenge and be part of the HIANG Honor Guard, come out and join us at our practices every Saturdays from 0600-0900 (except UTA's). The HIANG Honor Guard welcomes members of all ranks. Please contact TSgt. Thomas Chock at 448-7356 or email him at thomas.chock@hihick.af.mil he would be very happy to answer



**U.S. AIR FORCE**

### The U.S. Air Force in the New Millennium

WASHINGTON - As the Air Force continues its transition to the expeditionary aerospace force, this new logo and identity is intended to capture the essence of what it means to be in the Air Force. "The Air Force is a wonderful organization. It offers extraordinary opportunities beyond the monetary and the educational benefits that we have been using in recruiting," said Air Force Secretary Peters.

"The Air Force is a fast-paced, fun, tough, and rewarding environment. It's about teamwork, patriotic service, and belonging to a world-class organization ready to respond anywhere in the world in a matter of hours," he added.

**Recruiter's Round-up**

by TSgt. Vickie Padello, Recruiter

Aloha from your Recruiting Team! We need your help to give a great big Hawaii Air National Guard "WELCOME" to our newest members as of the end of June 2000! They are:

- A1C DARILYN L BLANCAFLOR
- A1C DAWSON M K KALAIKAI
- SRA RONELLE N C SIMMONS
- A1C GAVIN T ARITA
- A1C SHON K M KELE
- A1C JAZLYN P MIRAN
- SSGT JAMIE N ABBOTT
- SSGT WINSTON RICHARD D R JUAN
- A1C JUSTEN K SHELTON
- A1C CLINT M NISHIMIYA
- A1C JORDAN A CARINIO
- A1C KEOKI JOHN K C GALTON
- SSGT STEPHEN M LOWERY
- A1C KELLEN K BREDE
- A1C TRACEN T T ENDO
- A1C MATTHEW S MOLANR
- A1C BENJAMIN K NITTA
- A1C JEFFREY Y IBARA
- A1C ERIC J MARTIN
- A1C CHRISTOPHER M MACADANGDANG
- A1C LEVINA C MCMILLIAN
- AB LEA RIVERA
- A1C MARCALFONSO P GANIR
- A1C KERRIE L CONTRERAS
- A1C LEONILYN M BUGARIN
- A1C KAULANA T L K KINO
- SRA RAYMUNDO C MENDOZA

**Speaker's Bureau** ~ We are still looking for people who are interested in taking on this worthwhile cause. To become a member, and be listed on our ever increasing list of speakers, complete a biography form and send it to: HQ HIANG, attn: SMSgt Simmons. The biography forms are located in the Recruiting Office. Stop by and pick one up! If there is an organization that you belong to and are interested in having a speaker come out and share "Our Story", contact SMSgt Simmons at 733-4228.

**Referral Program** ~ **ATTENTION ALL!!** The Recruiting Office will kick off the FY '01 Referral Program starting this (August) UTA weekend!!! Just check out the prizes!! There will be a **GRAND PRIZE DRAWING for three lucky winners held on 31 September 2001!** The GRAND PRIZE WINNERS will receive round trip tickets for two people directly to the Hawaiian island of choice! The overnigher package will include: air, car and

room. In addition, the first 300 people to respond with referrals that result in actual enlistments will receive a high quality recruiting sports bag or sweatshirt (choose one) **plus** the highly coveted recruiting t-shirt. What a sweet deal, huh?! This is our way of making sure that each unit is filled with nothing but high caliber individuals, the way it should be!! Look for the bright pink referral sheets (you've seen 'em before!) and place them in the clear referral boxes at the 154 Services Squadron (dining facility) or the 154 Mission Support Flight (personnel). Call-ins are also acceptable and a recruiter will complete the sheet for you. Call your recruiting office today at 448-7447!!

**WHAT'S UP IN EDUCATION & TRAINING?**

by SMSgt. Carol Keanini  
154 MSF/Base Education and Training Office

**CORRESPONDENCE PME COURSE ENROLLMENT REQUIREMENTS**

**Correspondence PME Reminders:**

1. The TIS and rank requirements for Correspondence PME courses are exactly the same as the requirements for In-Residence PME. For example, in order to enroll in Crs 1, a member must be a SRA and have 48 months TIS. The rank and TIS requirement apply to both Enlisted and Officer Correspondence PME. Unit Training Managers - please do not submit PME requests for members who do not meet the rank and TIS requirements.

2. We cannot enroll members in PME Courses based on Technician Grades. We recently received a message letting the Base Education and Training Offices know that we are being tracked/monitored and members who were incorrectly enrolled are being disenrolled. Many of our technician members have been getting enrolled through the Active Duty Education Office. We ask that you not do this, because you are coming up on our 'bad boy list' and we are being held accountable.

**SABC and CWDT Provided in BMT**

Our pipeline students are now being provided Initial Self Aid and Buddy Care and Chemical Warfare Defense Training. This is now a part of the BMT curriculum. The information and date of completion are both written in on the Basic Training Completion Certificate. Make sure you check the Certificate for the information and document it. For CWDT credit, forward a copy of the certificate to the CE Readiness folks.

**CHANGE TO 7-LEVEL UGT TIME AND SCHOOL ATTENDANCE REQUIREMENTS.**

The minimum 7-level upgrade time-in-training requirement for initial 7-level trainees has been changed from 18 months to 12 months, making it the same as the 7-level retraining time-in-training requirement. In addition, there is not longer a minimum time in training requirement to attend the 7-Level school. Trainees can now attend 7-level school anytime provided the required

CDC has been completed (if a CDC is available) and they have been signed off on the required duty tasks on the CFETP.

**TRAINING/WORKSHOP FOR ADDITIONAL DUTY UNIT EDUCATION AND TRAINING MANAGERS** will be provided on 17-18 Aug 00. This 2-day workshop is designed for the newly assigned Additional Duty UETMs, but any Unit Education and Training Manager is welcome to attend. If you are interested in attending, e-mail or call me at 448-7428.

## Attention

by SSgt Dulcie Hale, 154 SFS/SFO

Starting August 5<sup>th</sup>, CES will be working on the sprinkler system along the parking lot side of Harbor Drive. Please refrain from walking through the Hibiscus hedge or on the grass in that area.

Also be advised that **personnel are authorized to park in designated parking areas only**. That is, parking areas with **WHITE** lines marked off as parking stalls. Parking anywhere else is not authorized and personnel are subject to be ticketed.

**Parking on the grass/dirt areas is not authorized and causes damage to our sprinkler system. Breaking the sprinklers constitutes damage to government property and personnel are subject to apprehension and any cost for the replacement of any items damaged.**

Any questions can be directed to 154 SFS at 448-7258.

Send your submissions, suggestions or questions to us via e-mail!

Our address is [KUKA'ILIMOKU](#)

Next *Deadline* is **AUG. 28**

**Kuka'ilimoku  
on the 154th Web**

Be sure to check-out the [Kuka'ilimoku](#) in color on the intranet!

Have any questions or comments about the newsletter? E-mail them directly to [KUKA'ILIMOKU](#).



## Congratulations!

The following HIANG personnel were promoted to the grade indicated effective July '00

CMSgt Preston C. Nishie 169 ACWS

SMSgt Karen S. Cary 154 OG

MSgt Eric Becera 154 LG

MSgt Samuel J. Bukoski 154 MXS

MSgt Bonifacio Garalde Jr. 154 AGS

MSgt Roy N. Matsuoka 154 MXS

MSgt Vickie L. Padello 154 MSF

MSgt Kenneth W. Taipin Jr. 154 SFS

MSgt Melvin S. Takai 291 CBCS

MSgt Adrian Y. Tanaka 154 AGS

MSgt Alan A. Umeda 154 MXS

MSgt Raymond J. M. Vegas 293 CBCS

TSgt Scott M. Cummings 154 AGS

TSgt Thor L. Gran 154 AGS

TSgt Ian D.K. Kaikaina 154 AGS

TSgt Daniel K.K.H. Ling 154 AGS

TSgt Michael D. Gabster 154 MXS

TSgt Stanley S. Good 154 MXS

TSgt Jay R. Nishimura 154 MXS

TSgt Paul K. Tadaki 154 MXS

TSgt Jimmy K. Kuwahara 291 CBCS

TSgt Harold M. F. Pang 291 CBCS

TSgt Darren H. Tanaka 291 CBCS

TSgt Mark N. Crabbe HQ 201 CCG

SSgt Jerry R. Raquel 154 ACS

SSgt Myles K. Kimura 154 AGS

SSgt Dustin L. Sharp 154 AGS

SSgt Kathy K.H. Wai 154 AGS

SSgt Bernice M.B. Pabinguit 154 CES

SSgt Justin G. Yuen 154 CES

SSgt Alan C. Alejandro 154 MDS

SSgt Sean M. Arakaki 154 MDS

SSgt Angela M. Armistead 154 MDS

SSgt Alan R. Libby 154 MDS

SSgt Jeffery D. Romualdo 154 MDS

SSgt Kennyson K. Hinau 154 MXS

SSgt Henry H. Tscha 154 MXS

SSgt Shane T. Watarai 154 MXS

SSgt Michael V. Armistead 154 SFS

SSgt Lowrey A. Kim 291 CBCS



### Hepatitis is on the Rise

by 1st Lt. Nelson Pagurayan  
154th MDS, Infection Control

The incidence of hepatitis is on the rise, and because it is easily transmitted there is a growing concern for the public's health.

Hepatitis is a viral disease that affects the liver. About 15% Americans and 66% of IV drug users are infected with Hepatitis B. This virus is mainly transmitted thru blood but it has been found in semen, saliva, and vaginal secretions as well. Fortunately, this disease can be prevented thru vaccination, using protection during intercourse, and good hygiene.

If one contracts the virus, the best treatment is bed rest and proper nutrition until the inflamed liver has return to normal. Unfortunately, the mortality rate for infected individuals is at 10%.

### Periodontal Disease: Link to Cardiovascular Disease

by Major Robert Baysa  
154 MDS/SGD

Readiness doesn't only involve annual CWDT or the mile run. It also involves bi-annual trips to the dentist. Usually a treatment plan is given to treat any unstable teeth and gums. New evidence further reinforces the Dental Clinic position for updated dental records and examination. Poor oral hygiene that leads to dental infections could contribute to adverse medical outcomes such as cardiovascular disease. Because dental diseases (especially periodontal disease, gum disease, or pyorrhea) are treatable, the dental component is a modifiable risk factor. Evidence that periodontal disease and tooth loss increase the risk for Chronic Heart Disease was also found among 44,119 men participating in the Health Professional follow-up study who were 40 to 75 years of age in 1986. Individuals who reported pre-existing periodontal disease and had less than 10 teeth were at increased risk of Chronic Heart Disease compared to men with more than 25 teeth.



## Dear Auntie Social,

Dear Auntie Social,

It seems like a lot of people are having trouble with drug addiction these days. How does someone become an addict?

Signed,  
Curious ANG Member

Dear Curious,

It used to be believed that chemical dependence was a sign of low self-control, lax morals, irresponsibility, or some other character flaw or shortcoming. Chemical dependent people were ordered to shape up and get it together or they were dismissed as "weak-willed" or "just that way."

We know better today. We have substantial evidence that chemical dependence is a disease.

1. **Chemical dependence is a compulsive, obsessive disease.** It is possible to distinguish three different levels of involvement USE, MISUSE, and ABUSE. USE can be defined as using a chemical to enhance an already pleasurable event – drinking wine at a meal, having a beer after drill or a cocktail before dinner. MISUSE means that the chemical has occasionally begun to interfere with one or more areas of a person's life. For example, you get drunk on your wedding anniversary when you had no intention of doing so and miss drill. ABUSE indicates that the chemical has consistently begun to interfere with one or more areas of a person's life. For example, you get drunk with some regularity on weekends, or you are stopped by the police for driving while intoxicated.

For the addict, using alcohol/drugs is a compulsion. Compulsion is a primary symptom of the disease of chemical dependence. Along with compulsion, there is also an obsession with chemicals.

In the Hawaii Air National Guard we have a zero tolerance for chemical use/abuse. Be sure to pick up next month's issue to see what to do if you know someone who maybe addicted to drugs/alcohol.

Aloha,  
*Auntie Social*

Information from: *Choices and Consequences*, Dick Schaefer



"Congratulations" to the following 5 members of the Hawaii Air National Guard who were officially promoted to Lieutenant Colonel (O-5) as of 28 June 2000.

Lt Col Dewey Arakawa (169 ACWS)  
Lt Col Gene Feller (154 Wing)  
Lt Col Ann Greenlee (HQ HIANG)  
Lt Col Joseph Kim (203 ARS)  
Lt Col Gayle Seifullin (154 MDS)

# Eight HIANG Members Take-On the Tinman

By SMSgt Samuel Wong



Photo provided by Maj Kevin Garcia

Eight members of the 204AS, 1 former member of the 204AS and 1 PACAF member attached to fly with us, toughed it out on Sunday, July 16 to complete the 2000 Tinman Triathlon. Participants included Majors Kevin Garcia, Tim Fujino, Scott Kimsey, Mike Compton (199th), Gregory Woodrow (PACAF), SMSgt Karen Cary, MSgt Tony Wong, TSgt Scott Brede, SSgt Tony Ilagan and SRA Andrea Anderson, swam the course at Ala Moana Beach, biked through the Hawaii Kai neighborhood and ran around the base of Diamond Head to earn the title of "Finishers" for this event. The first person to cross the finish line was Major Scott Kimsey, finishing in a time of 2 hours 41 minutes. The real trooper for this bunch was SRA Andrea Anderson, who accidentally forgot her biking shoes and biked the 26 miles barefoot. For all, a fantastic finish to a grueling event.



## Attention All HIANG Basketball Players!!!

On Saturday 16<sup>th</sup> of September 2000, the 154<sup>th</sup> AGS is sponsoring the first-ever HIANG 3 on 3 Basketball Tournament. The event will be held in the parking lot of Building 3386 (Weapons Shop). Check-in time is 1100. All participants must sign a waiver of liability which can be found with other information on the AGS web page, <http://154web/154ags/index.htm>.

Teams can have a maximum of 4 members, 3 players and 1 substitute. There will be 3 Divisions: Open, anyone under 40 years of age; Masters, over 40 years old; and Women's. Trophies/plaques will be awarded to each Division winner. There will be a \$5.00 entrance fee which will go directly to the American Cancer Society. Space will be limited so submit your rosters ASAP to beat the August 31<sup>st</sup> deadline. Interested participants can call Tsgt Richard Costa at 448-7662, e-mail richard.costa@hihick.ang.af.mil or send a "Puka" envelope to 154 AGS. Come on out and "Sharpen the Saw". For those people who don't play basketball, that's ok, come out anyway to see all the "athletic talent" the HIANG has to offer.

*To finish first you must first finish.*

Rick Mears  
Retired race car driver

## Exercising Your Voting Right

by CMSgt Iris T. Kabazawa, 154 MSF

Reminder for those of you deploying during the Voting season - You can still exercise your right to vote through an absentee ballot. For more information, Check out the 154MSF Web Page located at the 154 Wing page, 154 Support Group, 154 Mission Support Flight, General Information, or call 453-VOTE.



All HIANG personnel are strongly encouraged to eat at the 154th Wing Dining Facility.

### MENU

#### Saturday Lunch/Dinner

Pork Adobo  
Oyster Chicken  
Steamed Rice  
Carrots & Broccoli  
Egg Drop Soup  
Assorted Pies

#### Sunday Lunch

Shoyu Chicken  
Veal Parmesan  
Steamed Rice  
Mashed Potatoes  
Vegetable Soup  
Yogurt · Fresh Fruits

#### Snack line:

BLT · French Fries  
Egg Salad Sandwich

#### Snack line:

Eggs to Order · Spam  
Fried Rice

Patrons must have a Military I.D and will pay the meal rate if they are an officer, AGR, or a member on active duty orders.

The meal costs are:

Lunch/Dinner \$3.00 and Brunch \$3.40  
(Traditional guard members will just sign for their free meal.)

**Saturday Lunch** 1030-1250 hrs

**Saturday Dinner** 1630-1750 hrs

**Sunday Lunch** 1000-1220 hrs