



Kukailimoku

War God Of King Kamehameha I • 154 COMPAG

Volume 27, No.11

Hickam Air Force Base, Hawaii

Nov. 15, 1981

Top HANG awards

The Hawaii Air National Guard recently held their 35th anniversary party and awards ceremony at the Officers Club. More than 500 present and former Guard members and their families attended.

After dinner and an interesting presentation by the host 199th Tactical Fighter Squadron, it was time for the awards ceremony.

The host 199th took top honors for the Outstanding Unit in HANG. It was evaluated on such factors as combat readiness, strength, retention, attendance, military bearing and several others.

Outstanding Officer was Lt. Col. Reginald Y. Doi, 150th Aircraft Control and Warning Squadron, in recognition of his leadership and personal effort on behalf of the Hawaii Air National Guard.

Named as Outstanding Senior Noncommissioned Officer (E-7 to E-9) was MSgt. Rex Y. Koga of the 154th Consolidated Aircraft Maintenance Squadron.

Outstanding NCO (E-4 to E-6) was TSgt. Bertram T. Narita.

Outstanding Airman was SrA. Lisa A. Rodriques of the 154th Civil Engineering Flight.

All were selected for showing the skills, attitudes and personal attributes necessary for a

154TH WING
HISTORY OFFICE

FILE # 2.98.228

successful career in the Hawaii Air National Guard.

Outstanding Fighter Pilot was Capt. Leroy T. Perry.

Outstanding Weapons System Officer was Capt. Leonard N. Sporik. Both men, from the 199th TFS, were chosen for their outstanding performance in all areas measured.

Lt. Col. Clarence Jim, 169th ACWS, was picked to receive the George T. Miki Memorial Trophy as outstanding air weapons controller.

Top Recruiter was MSgt. Richard Saunders, based here at the 154th.

All awards were presented by Maj. Gen. Valentine A. Siefertmann, state adjutant general, and Brig. Gen. Arthur U. Ishimoto, HANG commander.

Canoe season ends

The Hawaii Air National Guard Ohana Canoe Club paddled in last month's Molokai to Oahu Canoe Race and bettered their time from last year. The 41 mile race took place on October 11 with 41 clubs participating.

The HANG Ohana Club came in 40th place in just over seven grueling hours. One club member remarked afterwards, "It was so hot out there, we were battling the

sun, instead of the waves."

Prior to the race, the club coach, Sonny Vera Cruz, had the pleasure of meeting with Lt. Governor Jean King and accepted her best wishes on behalf of the club members.

The club held their annual meeting on October 24 with Brig. Gen. Arthur U. Ishimoto as the guest of honor in recognition of his constant support. Col. Ritchie Kunichika was named advisor to the club.

Next VTA

Dec.



5 + 6



As we gather for the traditional Thanksgiving celebration this year, let us mark it not only as a time to count our blessings but also as a time to give special thanks -- thanks for the survival of our Pilgrim forefathers and that essential, enduring idea called liberty that they nourished. Dedication to that idea has long kept us sovereign and free in a troubled world. You in the Air Force have borne the burden of vigilance and sacrifice that is the pride of such freedom. I join all Americans in giving thanks to you for your efforts in protecting our nation. May you and your families enjoy a happy and fruitful Thanksgiving celebration.

VERNE ORR
Secretary of the Air Force

The first Thanksgiving was the grateful celebration of the survival of an idea -- a new and enduring spirit of freedom.

Our annual celebration of Thanksgiving rightly calls us as a nation to give thanks for that uniquely American spirit of freedom, born in the minds and hearts of our forefathers and nourished and made secure by the resolve and selflessness of the many who have followed.

As Americans we should be grateful for our heritage and as Air Force members we can be proud of our contributions to the preservation of our freedom. Therefore, let us pause on this special day and reflect upon our many blessings and rededicate ourselves to the vibrant spirit that flourished on that first Thanksgiving Day so many years ago. I wish you and yours a joyous celebration.

LEW ALLEN JR. General. USAF

Together We Worked

I am Metacom, son of the great chief Massasoit. Well do I remember the coming of the strangers called Pilgrims.

Since time began, the peoples of the Wampanoag, the Pemaquid and the Pawtuxet have lived in the land where the sun begins.

We of the Wampanoag have lost many of our people in the time we have lived here along the great water. They have died in war and famine. But never have we lost more than when the great sickness came. Most of our people died then.

While the sickness was still with us, during the time of snow, word came of strangers. They were not from our lands, they did not know how to live among us. Some built bark shelters. Others lived on the great ship that had brought them. Many of the strangers died, too.

As the snows began to leave, Samoset of the Pemaquids visited my father, Massasoit. Samoset told of seeing the strangers. He had learned their language many snows ago, from men who came to catch fish. He said the strangers had much need of our help.

Samoset introduced Massasoit to the strangers. Squanto, he of the Pawtuxet, was there. He had been to the strangers' land and said they were called Pilgrims.

Together we worked, both peoples. The Pilgrims shared with us. We showed them our plants -- corn and beans -- and how to plant them. We taught them where to hunt and fish and how to cook.

The plants grew; the hunting was good. When the birds returned to our land, Massasoit made a treaty with their chief, John Carver. They promised peace between our peoples.

Soon it was time for the great cold again. The Pilgrims harvested the corn and the beans and saw there was plenty. They invited Massasoit and our braves to join with them in thanking their God for what they had received.

And they called this day Thanksgiving.

EARLY FEAST

Our special thanks to Major Asai and the mess hall folks for today's lunch, an early Thanksgiving treat for all. Mehele!



Padre's Patter

HICKAM CHAPEL SERVICES

- Protestant - 8:00 a.m. Hickam Harbor
8:45 a.m. Chapel One
11:15 a.m. Chapel Center
- Catholic - 7:45 a.m. Chapel Center
10:00 a.m. Chapel Center
11:30 a.m. Chapel One
- Jewish - Contact Jewish Chapel,
Pearl Harbor...471-0050
for information.

154TH COMPG - SUNDAY

3:00 p.m. - Interdenominational devotions followed by study/discussion group, CAMRON Training Room.

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- SRA. Douglas Chun.....Illustrator

by Chaplain (Maj.) David Kennedy

It has been written that an optimist is someone who can fall ten stories and call out to each floor in passing that everything is okay so far. It has also been said that an optimist is someone who refuses to see things as they really are.

It is far better, the pessimist believes, to look for the worst so as to be pleasantly surprised when things are better than expected. Then, if they are as bad as he thought they would be he won't be so disappointed.

But this is somewhat like backing into a room so to avoid seeing the beauty of it only to find it was an elevator shaft.

There can be no advancement where men expect the worst and believe that going outside the limits of ordinary thinking is only day dreaming. Thinkers, capable of forecasting and predicting answers before the questions happen, are in great demand.

Only the optimist can fill the bill. Only he can dare to believe there are things waiting for discovery and further development.

An optimist questions life the same as a pessimist, but the difference is that he knows there is an answer and also knows he will find it. He is aware that the chimes that life is supposed to be a bowl of, have pits, but he is prepared to remove them. His mind does not dwell on the pits, but on the sweetness of the chimes.

There will be situations that will make us afraid. Fear is a common sense emotion that keeps us from walking in front of a moving car or from jumping off the deep end of anything. And there are periods of natural anxiety when we want too much to perform well, and the butterflies begin to flutter.

(continued on page 12)

habilitat the place of change

Share your Christmas spirit with Habilitat
this year

On December 5th

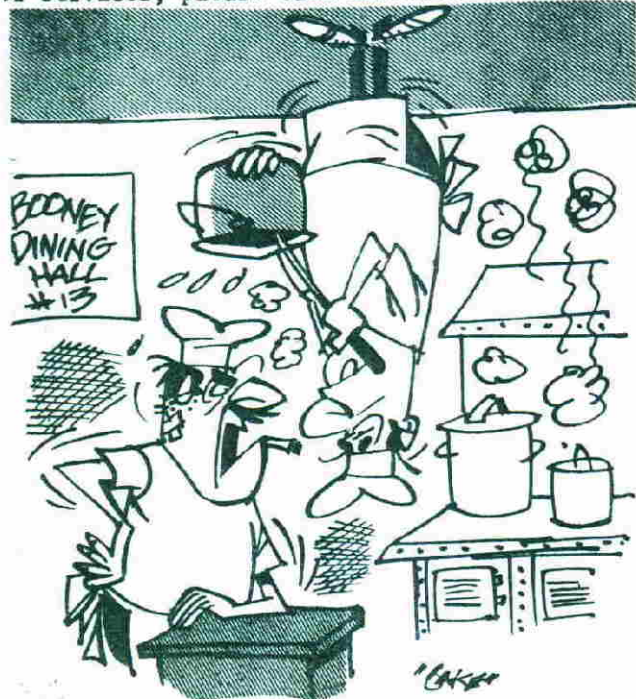
energetic volunteers are needed to help
distribute Christmas trees at one of our
fifteen locations.

There will be food, beverage, songs and good
cheer

We would like you to share these with us...

Any support

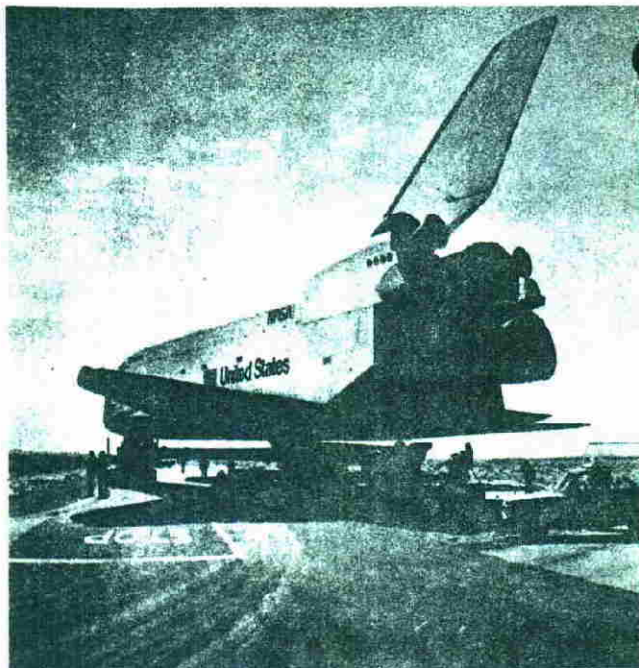
on an individual or group basis will
be greatly appreciated. To volunteer your help
or services, please call Habilitat at 235-3691.



NO 54

AFNS

"NOW ADMIT IT, AMBERGRIS; YOU'VE NEVER MADE
AN UPSIDE-DOWN CAKE BEFORE, HAVE YOU?"



U.S. Air Force photo

Yesterday morning, shortly after 11 a.m.,
the Space Shuttle "Columbia" touched down
for a landing at Edwards Air Force Base,
California, after a two day stay in space.

Most viewers of the locally televised
University of Hawaii and Brigham Young
University football game were well aware
of that as ABC Network interrupted its
game coverage to air special reports on the
landing and subsequent events.

The "Columbia" experienced a problem
with one of its fuel cells and had to
cut short a planned five day stay in orbit.

Its sister ship, the "Enterprise", is
also at Edwards now undergoing engineering
studies for its future voyages beyond the
atmosphere.

HICKAM AFB WINS LEMAY AWARD

RANDOLF AFB, Texas (AFNS) -- Hickam Air
Force Base has been named winner of the
Gen. Curtis E. LeMay Morale, Welfare and
Recreation Award for the best Air Force MWR
program from July 1, 1980 through June 30,
1981.

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CAM sq. news & views

by SMSgt. Art Lee

Congratulations to MSgt. Rex Koga who was recently awarded the HANG Outstanding NCO award for 1981. We certainly agree that Rex deserved the recognition. Rex is a great asset to the Squadron and to the Hawaii Air National Guard. We got word that both TSgt. Allen Umeda and ALC Baldwin Ojerio, who did not win in their categories, came in close second to the winners. Incidentally, CAM Squadron had the most people with 103 at the HANG 35 gathering.

We want to welcome back our commander, Col. Ault, who attended a maintenance conference at Hill Air Force Base. Col. Ault could have spent a few days off after the conference at Vegas or Tahoe, but he wanted to be at the HANG 35 so he flew back home Friday night. Incidentally, Col. Ault will be serving his 35th year in the Guard starting in July 1982. Our special thanks to the personnel of the Squadron for their contribution of \$7,693.50 to the Combined Federal Campaign—that's 100 percent. MSgt. Jimmy Yamamoto chaired the CFC project with the assistance of the Administration section.

MSgts. Dick DeVeas, Tom Kato and Randy Lum along with TSgt. Jack Uhrig, all received the Air Force Commendation Medal last month for their outstanding services rendered. They extend their aloha and mahalos to everyone who made their awards possible.

The following people were recently promoted: to SSgt.; Johnson Sensano, Kenkichi Matsuoka; to Sgt.; Robert Cabilan, Ricardo Ebia and Ed Sugai; to SrA.; Keith Nakano, Andrew Keaunui, Baldwin Ojerio, Duane Wise, Roy Nagasawa and Mike Shima. Congratulations!

TSgt. Richard Kudo is scheduled to attend the first phase of ANG NCO Academy. Dick Ault supposed to attend the Academy last month but had to cancel because of a training trip to Alaska. That was cancelled so now he is set to leave for the Academy in a few days.

Leaving shortly for Basic Military Training and technical schools are: ALC Arlene Seto weapons control course at Lowry AFB),

continued

ALC Robert Fabrigas (aircraft fuel system mechanic school at Chanute AFB), and ALC Brian Nakaguchi (egress system course at Chanute AFB). First, it's good ole' BMT at Lackland Air Force Base for all three.

Your worries are over if and when you need tickets to any events around the island. SSgt. David Costa says that he can get good seats to most events at discount prices for guardspeople.

TSgt. Daniel Blancaflor is at the NCO Academy and calls home often. You can imagine how high is telephone bill is. MSgts. Ben Goo, Rudy Luat, Mel Taira, Mel Ige and Howard McKee all went to the NCO Academy last week to attend the retirement ceremony for CMSgt. Paul Lankford Lankford served for many years as the assistant commandant of the Academy.

At the HANG 35 anniversary, we renewed acquaintance with former CAM Squadron people. CMSgt. Tony Kim (ret.) and MSgt. Harry Yamashita (ret.). Also met some old-time pilots: Letwell Duvauchelle, Willy Dau, Wade McVay and Bob O'Hara. Marion Meyer and G.K. Junior send their fondest alohas.

Seen dancing cheek to cheek at the HANG 35 party were the Yamadas, Kogas, Lees and Lums. That guy Koga can do anything! Besides winning an award, he can disco dance too. ALC Lane Hirano almost did not make the party. His car had a flat by the commissary. His girl friend was with him so he was able to have the tire changed.

Don't forget the HANG Goodwill Golf Tournament November 23 at the Hickam Golf Course. The 326th Air Division will host this tourney. Anyone still interested should contact Maj. Clyde Wong at 655-1310 for information. Col. Allen Mizumoto aced the number seven hole at the Hickam Par 3 Golf Course using a seven iron on the 142 yard hole. He'll receive a trophy for his hole-in-one.

Things are really looking up for the military. There's the recent pay raise, SGLI increasing to \$35,000, family members able to shop in the exchanges without the member, recreations facilities use, space available travel to the neighbor islands and the mainland. With all these benefits and more, there are plenty of reasons to enlist or reenlist.

David Snakenberg, who used to work in the Materiel Control Branch and Safety Office will soon graduate from the officer training program at the Academy of Military Science at Knoxville, Tennessee and will become officer in charge of the avionics branch.

Happy Thanksgiving to all.

SMOKERS BEWARE DURING

GREAT AMERICAN SMOKEOUT (FAM)

WASHINGTON (AFNS) -- Smoking causes more Americans to die each year than did World War II. Thirty-seven deaths an hour are attributed to cigarette smoking.

On Nov. 19, the American Cancer Society will sponsor its fifth annual Great American Smokeout in an effort to reduce those deaths.

The smokeout is held the Thursday before Thanksgiving to focus public attention on cigarette smokers. It's a good-natured effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves they can.

The first mass movement to quit smoking was led by Lynn R. Smith, editor of the Monticello, (Minn.) Times in 1974. His idea spread

through the state and in 1976, skipped to California, where it received its present name. The smokeout was first observed nationally in 1977.

What's so bad about cigarette smoking? It's estimated to be related to about one-fourth of all cancer deaths. It causes more than 70 percent of lung cancer.

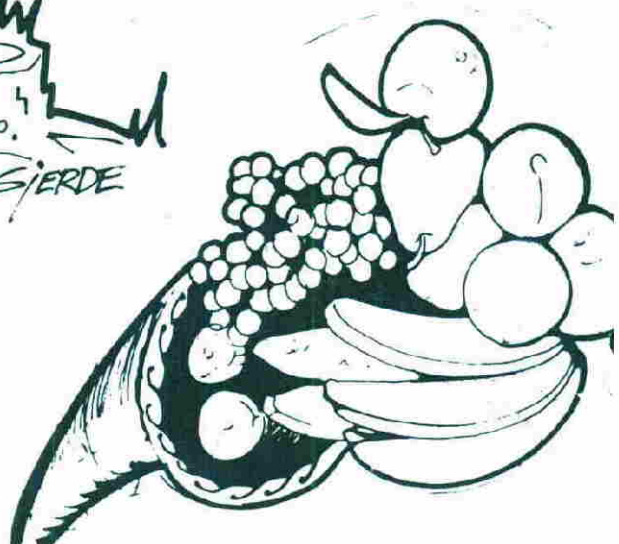
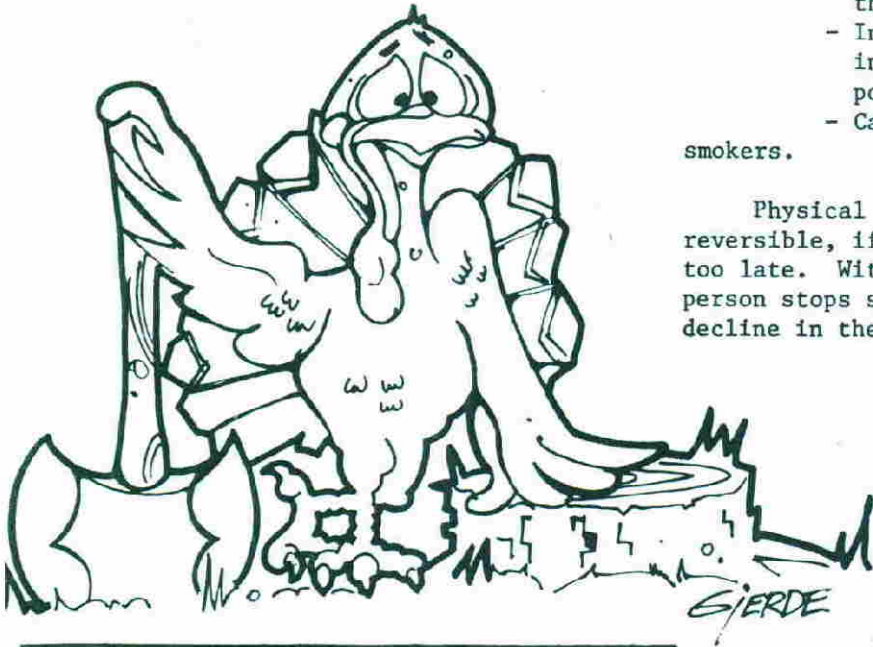
Once a person has lung cancer, chances are only one in 10 of being saved. But if a person quits smoking, the risk of getting lung cancer lessens.

Cigarette smoking:

- Raises the blood pressure 10 to 20 points.
- Blocks the filtering activity of lung's air sacs, permitting cancer-causing materials to collect.
- Restricts the blood vessels and blocking movements of unborn babies in women who smoke, while also reducing the oxygen level of their blood.
- Increases the level of fatty acid in the blood which may cause the deposit of artery-clogging plaques.
- Causes allergic reaction in many

smokers.

Physical damage done by cigarette smoking is reversible, if habits are changed before it's too late. Within the first 12 hours after a person stops smoking, in fact, there is a rapid decline in the carbon-monoxide level of the blood.



Thanksgiving
November 26th

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Brooke and Bob



These two star performers represent Christmas Seals this holiday season. The famous profile at right is Bob Hope, National Christmas Seal Chairman for the American Lung Association. Beside him is Brooke Shields, ALA's National Chairman for Youth.

Christmas Seals For Good Health

Christmas Seals offer a promise! The promise comes from the American Lung Association.

If you answer your Christmas Seal appeal with a generous gift, the ALA can work even harder to prevent lung disease; to reduce air pollution and to help people "Kick the Smoking Habit." Over 200 lung associations across the country act for the public in matters of lung health.

Consider, everyone has a stake in good lung health. And air pollution affects us all. It is particularly hurtful to the very young and the very old, and to persons with lung or heart problems. To breathe clean air is a right that belongs to everyone.

Forty-seven million men, women and children in the U.S. have one or more chronic respiratory diseases—including emphysema, asthma, chronic bronchitis. Sometime during the year, almost everyone has an acute respiratory disease—pneumonia, acute bronchitis, a common cold.

Every year, 350,000 Americans die prematurely from diseases caused by cigarette smoking. Persons who do not smoke are adversely affected by second-hand smoke that comes from other people's burning cigarettes. Youngsters should be taught—early on—the

adverse effects and the poor image that smoking produces.

Respiratory disease is costly—in dollars as well as health. The total economic cost of diseases of the respiratory system is estimated at more than 48.8 BILLION dollars each year.

Christmas Seals this year reproduce a happy painting by Norman Rockwell, America's Favorite Artist, from a magazine cover in the 1930s.

Few seasonal mementos celebrate happiness so explicitly even as they serve to protect the public health and welfare.

The Christmas Seal Chairman this year is Bob Hope, who says, "Breathing should be like laughing, spontaneous and effortless." On behalf of the American Lung Association, he is trying to make that goal come true—for everyone. Brooke Shields, actress and fashion model, is National Youth Chairman for the Christmas Seal Campaign. Brooke appeals to her fellow teenagers not to smoke—and she speaks out for Christmas Seals.

Join Bob and Brooke. Answer your Christmas Seal appeal letter today. Your gift will be the best Christmas present you can offer your fellowmen and women.

Bringing It Home

Expanding their highly successful family asthma program, Kokua Na Keiki, the American Lung Association of Hawaii is planning a pilot two-day teen asthma education program november 16 and 18.

Classes will be held from 4-6 p.m. on Nov. 18. Both classes meet in the American Lung Association of Hawaii offices, 245 N. Kukui St., in Honolulu.

Purpose of the program is to help asthmatic teens better understand their disease and how it affects their bodies. Self-help routines and techniques aimed at preventing and controlling wheezing episodes will be taught.

"Our kokua Na Keiki program, which is geared for kids five to 14 years old has been very successful, and we've had several requests from teenagers for a similar program. Since this is a pilot program, we will be developing it here on Oahu for possible implementation statewide," said Julie Suguitan, Asthma Program Coordinator.

Hawaii has one of the highest rates of asthma in the nation, and more island school absences are caused by asthma than any other illness. Because of this, the lung association offers programs such as the teen asthma program to help kids learn to cope with and control their disease.

Fee for this program, basically supported through donations to Christmas seals, is five dollars, which covers registration, materials, and a Breathe Easy T-shirt.

For more information, and to register, call Julie Suguitan at the American Lung Association of Hawaii, 537-5966.



1981 Tax Law & YOU

by SSgt. Geri Heatherly

The following are some of the new 1981 tax laws that take effect on or about January 1, 1982.

Individual income tax rates are cut

There is a multi-stage, across-the-board reduction in the current individual income tax rate schedules. The cumulative reduction in tax rates amounts to 1.25% in 1981, 10% in 1982, 19% in 1983 and 23% in 1984 and later years. The effect of these reductions is to lower the maximum tax rate on all income to 50% for 1982 and later years. The initial rate reduction, effective October 1, 1981, will be given effect by the allowance of a tax credit of 1.25% of regular tax liability for calendar year 1981.

Withholding tax rates are reduced

The reductions in individual income tax rates are accompanied by a series of reductions in taxes withheld from paychecks. Effective October 1, 1981, there was a five percent reduction in the withholding rates. On July 1, 1982, there will be a further reduction of 10 percent. And beginning July 1, 1983, there will be a final reduction of 10% in the withholding rates. This will be a total cumulative reduction of 23% below the current rates.

Individual tax rates will be indexed

Individual taxes will be indexed to prevent people from being pushed into higher tax brackets as their incomes rise with inflation beginning in 1985. Individual tax rate brackets, the person exemption and the zero bracket will be adjusted to reflect increases in the cost of living as of the previous year as reflected in the consumer price index.

Marriage penalty is reduced

In order to reduce the marriage tax penalty and to provide an additional work incentive, a new deduction is provided for two-earner married couples. The deduction, available to both itemizers and non-itemizers, is equal to a percent age of the first \$30,000 of the earnings of the spouse with the lesser earnings. For 1982, the deduction will be five percent or \$1,500(maximum), whichever is less. For 1983 and later years, the deduction will be 10% or \$3,000(maximum) whichever is less.

Child care credit

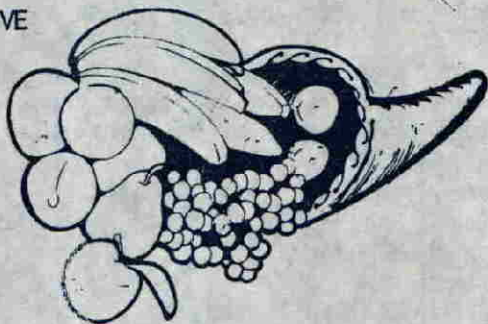
A credit for child care is allowed in the amount equal to 30% for families with income not over \$10,000. The applicable percentage is reduced by one point for each \$2,000 of income between \$10,000 and \$30,000. The dollar limit for expenses, against which the credit may be applied is increased to \$2,400 for one child and \$4,800 for two or more children. The maximum child care tax credit available to a family with income up to \$10,000 is \$1,440. For a family with income exceeding \$30,000, the maximum child care tax credit is \$960.

Sale of personal residence

Effective July 20, 1981, the specified time period for purchasing a new
(continued on page 12)



FOOD DRIVE



Volunteer, Information and Referral Services' Emergency Food Bank Program provides donated food to over 2,000 people in emergency situations each year. Non-perishable food items are collected during the Thanksgiving season and are stored in various churches in the community until needed.

We would like to ask for your support in the 6th Annual Thanksgiving Food Drive during the month of November. Participating individuals may take their cans to the nearest City and County Fire Station or American Security Bank. For organizations interested in the collection of canned goods, please call June at 536-7234 at least one week in advance for transportation details. Items needed include: canned meats, soups, vegetables, fruits, peanut butter, dried and formula milk and baby food for infants. Volunteers are also needed in transporting the cans to the churches.

Your Thanksgiving spirit of giving will be greatly appreciated by those in need.



"The Red Forces are dug in about half a mile away. Now here's my plan. We fire up all our tanks, trucks, helicopters, etc and very slowly sneak up on them."

KITTENS FOR SALE

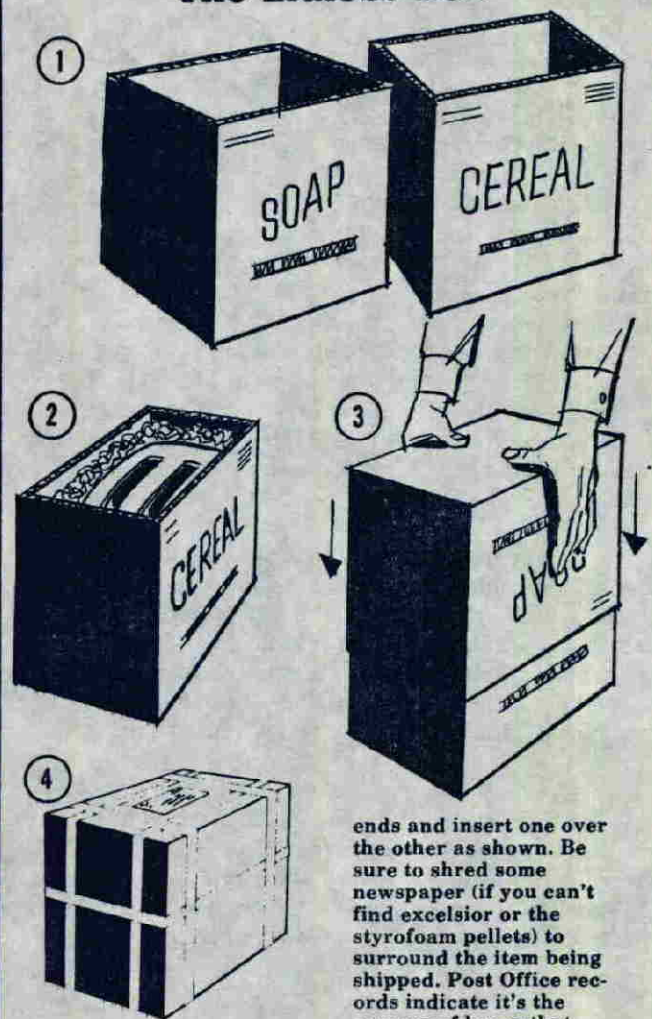
- One-half siamese kittens, 5 males and 6 females. Ready by Dec. 1. Great for Christmas. Call Barbara Murphy @ 440-5672 or 225-0615

QUICK NOTES:

- The SB Game Warden would like to remind all interested hunters that Bird Season opened on Nov. 7 and will continue through Jan. 23, 1982. For more info on required permits, call 655-9516.

- Space available travelers are no longer required to be present for all scheduled departures. You must now only revalidate your intention every three days. This can be done by merely signing the Space Available Register. If you do not revalidate, your name will be removed from the roster.

Christmas Mailing Tip
The Lidless Box



ends and insert one over the other as shown. Be sure to shred some newspaper (if you can't find excelsior or the styrofoam pellets) to surround the item being shipped. Post Office records indicate it's the corners of boxes that are most often crushed. Tape as shown in step four and put your address label on one side only.

Can't find a box with a lid for that Christmas mailing? Then take two boxes (see your commissary trash bin) with cut



RMS roundup

by TSgt. Sam Wong

The 154TH RMS recently welcomed Maj. Warren Chung back to the squadron as our new Chief of Supply. Maj. Chung was formerly our drill-time Customer Support Officer until assuming the position of Security Police Flight Commander, a position he still holds during UTA's. On a full time basis, Maj. Chung used to be the disbursing and payroll officer for the University of Hawaii just prior to becoming our full time Chief of Supply. Welcome on board Maj. Chung.

Another welcome goes out to Sgt. Brian Imada, formerly of the Motor Pool and the Combat Support Squadron, who has transferred to the RMS Comptroller's Office.

Also making a move is SSgt. Gilbert Kaneshiro from our Transportation Management Office. Gil now pulls duty in the warehouse area.

Speaking of the warehouse, Sgt. Russell Campos will be leaving on Monday to attend the two week Supply Inspector Course being held at Lowry Air Force Base, Colorado. A short delay enroute back home is also in his plans.

New stripes were sewn on recently by some of our people. Sporting new TSgt. stripes is Ted Tamai of the Customer Support Branch, showing off their new SSgt. stripes are Jan Derego, Melvin Akamine from the Comptroller's Office and Annette Gagarin from our Admin. Office. Congratulations to all.

"Off we go, into the wild blue yonder." was the song of the day for SSgt. David Naito of our Fuels Branch who, on Oct. 20, 1981, was fortunate enough to take a back seat ride in one of our F-4s with Maj. Ed Miyahira at the helm.

David sat back in his seat and began making a deal with his stomach. The deal was, if his stomach would stay where it was suppose to during the flight, David promised to fill it with beer after touchdown. And so it was as David was taken on a trip of rolls and banks and disappearing horizons, completing his mission without getting the aircraft dirty and without filling his oxygen mask with "Goodies." It was an experience thoroughly enjoyed", said David, "But once is quite enough."

We would like to congratulate all the winners of the recent 199 Tactical Fighter Squadron 35th Birthday celebration and HANG Awards Banquet held on November 7, at the Hickam Officer Open Mess. And while we're on the subject, we have to point out just how smooth MSgt. Alfredo Canopin can glide around a dance floor. After the formal program was over that night and the dancing began, Al and his wife slid on the dance floor, fantastic. Most everyone was waiting for MSgt. Elvin Nishioka to get to the dance floor to do his famous "Chili Pepper Shuffle." Now if only MSgt. Roland Tang was there to do his "Hungry Man Boogie," the night would have been complete.

That's it for now. The men and women of the 154th RMS wish all of you a safe and happy Thanksgiving.



"I JUST FIGURED IF THE AIR FORCE CAN DO IT, WHY CAN'T WE."

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1/2 marathon

Gallup wins

All the volunteers had done their work in the early morning darkness, now the sun was fully above the Koolau Mountains shining on some 90 runners anxious to begin the Hawaii Air National Guard Half-Marathon.

It was Sunday, October 11, a week after that months drill. Lt. Col. Charles Prentiss, race director, gave the final instructions to the assembled bodies and with a bleep from the bull horn, the race began.

From the opening steps the outcome of the race could be seen. Dr. (Lt. Col.) James Gallup of the 154th U.S. Air Force Clinic was out in front to stay. One hour and twelve minutes later, Gallup crossed the start/finish line near the 154th Composite Group buildings to take the top honors. Two Air Force runners, Gordy Sims and Bruce Elwell, finished second and third respectively more than a mile behind Gallup.

The 13.1 mile race was open to all Air Guards people and active Air Force personnel based in Hawaii. The women's division was opened to all comers due to the small number registered. A Army runner, Sgt. 1st Class Lena Williams, finished first in the wahine division. Her time was a highly respectable 1:33:37 and a 16th place finish overall.

Close to fifty Hawaii Air National Guard members ran the race, scheduled to become an annual event. Everybody finished and had a chance to enjoy a keg of somewhat foamy beer at Foster Point. All finishers also took home a T-shirt to remember the day.

Gallup won a perpetual trophy plus a neighbor island trip for his victory. The trophy will go to the Clinic for display until next year when it again goes up for grabs. Organizers said the race went very well and were pleased with the turnout.

Especially deserving of recognition are all the people who volunteers to assist in manning aid stations and providing security and medical help. Each HANG unit manned at least one station somewhere out of the course around Hickam Air Force Base. Organizers wish to express their deep appreciation to all those who ran or helped or both.



WHY IS THIS MAN SMILING?

Dr. (Lt. Col.) James Gallup crosses the finish line in last months HANG Half-Marathon. The nearest competitor was more than a mile behind.

Turkey shoot

All turkey shooters are invited to take part in the Joint Military Sportsmans Club Turkey shoot next Saturday in the Fort Kamehameha area of Hickam Air Force Base.

It begins at 9 a.m. and is open to all. There will be six games with an entry fee of \$3 for all six. The weapons will be bows and arrows, and BB guns.

Winners of each game will have their choice of either a 10-12 pound turkey or a 5 pound ham. Last year, four of the six prizes were won by contestants under the age of eight. Call Capt. Mike Weathersby (Turkey Eye Weathersby) at 422-4862 for further information. He promises fun for the whole family.

Athletics

The HANG Athletic Board recently held another meeting and announced that the 169th ACW Squadron was the winner of the HANG Tennis Tournament. More action on the marksmanship program promised. The state basketball tournament will be held at the Ft. Ruger Armory on Feb. 13-14, 1981.



SANTA'S MAIL BAG

Yes, Virginia, there is a Santa Claus. He is alive and well and living in North Pole, Alaska. And once again, children from all over the world will receive "Letters from Santa"...thanks to Santa's Mailbag Program.

The practice, sponsored by members of Detachment 2, 11th Weather Squadron, Eielson AFB, Alaska, began in 1954 as a program for children of U.S. servicemembers stationed overseas. It has since blossomed into an annual effort involving thousands of people worldwide.

Last year more than 240,000 letters from Santa were sent from the unit, post-marked "North Pole, Alaska," to eagerly waiting children in the United States, Japan, Scotland, the Philippines, Mexico and other corners of the world.

The program works this way:

Children write their letters to Santa. Relatives or friends then answer them as if the reply were from Santa. The answers and the children's letters are then sent to Detachment 2, 11th Weather Squadron, Eielson AFB, Alaska 99702, along with a self-addressed, stamped return envelope addressed to the child. The answers are then returned to the children with Santa "stamped" artwork on the return envelope and post-marked "North Pole." Be sure to include the self-addressed, stamped envelope and the letter from Santa.

To make sure Santa's reply will reach children by Christmas, letters must be mailed to Detachment 2 by Dec. 1.

PADRE'S PATTERN (CONT. FROM)

Then, there is another of fear that is unnatural. It has the ability to possess and rule over our very lives. It is that "what if" fear that builds nests in our minds and hatches dire images that scorch the daylights out of us. It keeps the lights off, the doors bolted and the windows of our souls locked against the most beautiful things in life.

It is no disgrace in this day to ask for professional help in understanding our fears. The very foolish would consider this help a crutch. It is a brave person who admits the need for help and has the courage to go and find it.

They are the pioneers in recognizing our existence as three-fold: mental, physical, and spiritual.

1981 TAX LAW (CONT. FROM 8)

residence has been extended 24 months before or after the sale of the old residence. The one-time tax exemption allowed with respect to the profit on the sale of a home by a taxpayer, age 55 or over, was increased to \$125,000.



"THAT'S NOT WHAT I HAD IN MIND WHEN I ASKED YOU TO COME UP WITH A GAMBIT TO HELP IDENTIFY MEMBERS OF THE GUARD, CAPT BRONSON."