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HAWAII DEPARTMENT OF DEFENSE

PUPUKAHI

PUPUKAHI: "Harmoniously United"

VOL. 20, NO. 4

FORT RUGER, HAWAII

OCTOBER-DECEMBER 1985

154th Composite Group receives six awards

The National Guard Association awards were presented at the Presidents' Recognition Awards luncheon held in Louisville, Kentucky late September. The 154th Composite Group was awarded the Distinguished Flying Unit plaque, which recognizes five of the highest rate Air National Guard flying units after the Spatz trophy winner (142nd FIG, Oregon Air National Guard).

The 154th Composite Group was selected as one of the five winners based on overall combat readiness during the reporting year and on performance with respect to all other 91 Air Guard flying units. Specific factors considered in the evaluation included flying safety, aircraft operational readiness, weapons firing, units alert, unit manning, skill level qualification, drill attendance, operational readiness inspections, outstanding accomplishments and special missions and exercises.

In addition to the Distinguished Flying Unit plaque, Col. John S.W. Lee accepted the Mission Support plaque authorized for the five highest-rated Air

National Guard non-flying units. The 169th Aircraft Control and Warning Squadron, stationed at Wheeler AFB earned this award through their exceptional conversion progression from a manual to an automated radar facility as, readily demonstrated during the ORI/MEI.

The 169th Aircraft Control and Warning Squadron is commanded by Lt. Col. Donald M. O'Day and represents one of the two Aircraft Control and Warning Squadrons in the Composite Group.

Besides these two awards, the 154th Composite Group received four safety awards:

- Flying Safety Meritorious Achievement 1984
- National Safety Council Award of Honor
- National Safety Council Noteworthy Awards:

- .169th ACW Squadron
- .150th ACW Squadron

With the 201st units garnering five awards, the Hawaii Air National Guard dominated the awards recognition ceremony.



ANOTHER FEATHER IN THEIR CAP—Brig. Gen. Edward V. Richardson and Col. John S.W. Lee receive the Flying Safety Meritorious Achievement Award from Maj. Gen. John Conaway at the NGAUS convention in Louisville, Kentucky. (HANG photo)

State Civil Defense Emergency Checklist

Island residents are well aware that in Hawaii the weather isn't always paradise. Heavy rains, floods, high surf, high winds are all year-round visitors which can pose disaster in a moment's notice. Hurricanes, tsunamis, earthquakes and volcanic activity can also make their presence know from time to time, often with serious outcome.

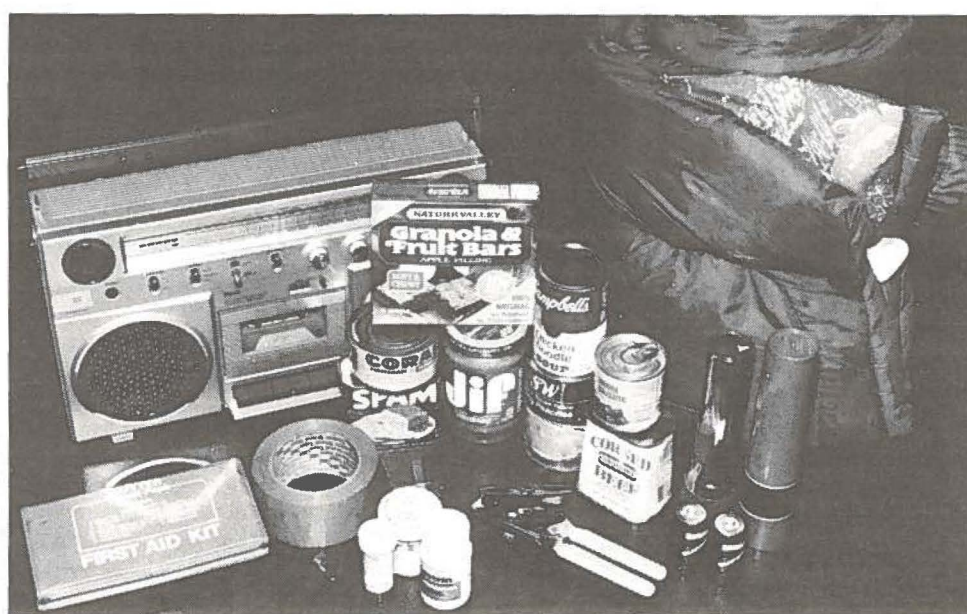
Coping with these events is never easy, but there are steps you can take beforehand to minimize risk and inconvenience. To help you and your family make needed preparations, the State Civil Defense has published "EMERGENCY CHECKLIST". This brochure gives useful information on what to do before, during and after disaster strikes.

The checklist format supplies home

preparations and is equally adaptable to office use. Here is a sample of what is inside. (Excerpt from the "home survival kit checklist")

- | | |
|--|---|
| <input type="checkbox"/> Portable radio | <input type="checkbox"/> Sleeping bags or blankets |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Personal toilet articles & sanitary needs |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Change of clothing for each household member |
| <input type="checkbox"/> Candles | <input type="checkbox"/> Fuel for stoves, hibachis or lanterns |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Masking tape for windows & glass doors |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Extra pet food |
| <input type="checkbox"/> Medications | |
| <input type="checkbox"/> 5-day nonperishable food supply | |
| <input type="checkbox"/> Ice chest | |
| <input type="checkbox"/> Containers of water (minimum 2 qts. per person per day) | |

"EMERGENCY CHECKLIST" is available at your local library on Oahu and the Neighbor Islands.



Command Notes



Maj. Gen. Alexis T. Lum
The Adjutant General

There are times when it is fun to be a dreamer, to get caught up in thinking—not about the way things are, but about the way things could be. Such a person is often referred to as an idealist, or one who sees the world through rose-colored glasses. There is no question that at times we need to be idealists and dreamers; we need to think about the way things could be for that is what hope is all about, and we are people of hope.

Crime and violence are all around us,

and terrorism is a frightening part of our existence. Poverty, hunger, starvation, political persecution, unrest and revolutions of all magnitudes are taking place around our world. Alcoholism and illegal drugs are creating serious social problems that are seemingly uncontrollable and devastating to the lives of those involved.

However, I am sure you realize that no matter how great our personal frustrations and problems, there are those in other parts of the world who are much worse off than we are. Therefore, we as Americans and residents of our great state, Hawaii, must take time each year to take stock of our accomplishments, successes and, if you will, blessings.

We have three significant holidays to do this—Thanksgiving, Christmas and New Year's. These should be family days, when we show our loved ones all that they mean to us. It's the time of year when we rejuvenate our hope—hope for better things in our personal life, hope for a better world and a lasting peace.

As part of the Hawaii National Guard family, I want to express my personal appreciation to each of you for your dedication and efforts toward improved military readiness. I know the sacrifices you and your families make because of our ever-increasing demands for your time to meet training objectives. I also understand the stress you go through as a member of the Hawaii National Guard because of the increasing burden of national security placed on our units. Attaining the highest levels of personal training, physical fitness and overall unit readiness is becoming more and more essential. I am sure you realize that mobilization and early deployment could become a reality, and we must be prepared.

As we look out into the world, it becomes obvious that you and I must make a difference. We, as individuals, must establish and live by high ethical and moral values. Living in the world means we can't look for simple answers to tough problems. On the contrary, we must be willing to work hard and even

struggle or sacrifice for their solution. Living also means making the most of where we are. Today is the only moment we have to make a difference. Yesterday is gone and we don't own tomorrow. If our life is to count, it must count today.

Keep in mind that you matter, your family matters, and this world matters, and all of us must continue to work, hope and pray not only for ourselves, but also for a future of world peace and resolution of world problems.

During the upcoming holiday season, it is my desire that each of you take time to reflect on the past year for yourself and family, and I hope you are satisfied and pleased with your accomplishments. This is also the time to look forward to 1986 and establish your personal goals and aspirations—and maybe even dream a little.

In keeping with the Hawaii National Guard family theme and in the spirit of the holidays, my wife, Momi, joins me in wishing each of you our best wishes for a merry holiday season and a happy and prosperous 1986.

Military News

Army uniform changes effective October 1, 1985

Oct. 1 began the new fiscal year and also means the beginning of many new programs and changes in the Army.

One of those changes is the traditional "out with the old, in with the new."

The following uniform items will no longer be authorized for wear:

ITEM	REPLACED BY
Tan uniforms	AG 415 shirt and green trouser
Tan Poplin shirt	AG 415 shirt
Green overcoat	Coat, black all-weather
Green raincoat	Coat, black all-weather
Women's white shirt*	AG 415 shirt
Women's tunic, AG 413	AG 415 shirt
OG 109 or white towel	Brown towel
White scarf	Black scarf
Green and white undershirt*	Brown undershirt
Black and green havlok	None

*The women's white shirt with black tab will remain authorized for wear with the white and blue uniforms and by enlisted women with the Army green uniform and with the classic coat and skirt when worn at formal social functions.

*The white undershirt will only be authorized for wear with the Army green uniform, the white and blue dress and mess uniforms and the hospital duty and food service uniforms.

Army uniform changes effective December 1, 1985

Changes to the Army's uniform regulation take effect Dec. 1 and will specify the classes of uniforms, the proper way of rolling the battle dress uniform sleeves, and authorize an optional clutch-type handbag for women.

The updated AR 670-1, "Wear and Appearance of Army Uniform and Insignia," contains these changes and 20 others, plus those which took effect Oct. 1. All the changes were contained in a letter sent in September to major commands, said Master Sgt. Kathleen Harvey of the Army's uniform and appearance team in the pentagon. The regulation is expected to be in the field in December.

Since the Army introduced the green shirts and the various ways of wearing them, there has been no easy way of telling the soldiers which particular uniform to wear. "When we used the A-B-C system has been resurrected by popular demand from the field, basically following the previous classing:

Class A Army green uniform with coat and tie or jacket and necktab:

Class B — Army green uniform without the coat or jacket; and

Class C — Utility and organizational uniforms.

The revised regulation will contain the specific method of rolling the BDU sleeves; rolled up with the camouflage pattern on the outside.

Women will be authorized to carry a commercially designed plain, black clutch handbag as an optional item with the Army green uniform variations and the utility uniform when worn in garrison. The handbag, with or without a wrist strap, may be made of leather, vinyl or polyurethane. It may be closed by a zipper, snap or an envelope flap. Decorations and designs on the purse are not authorized. Women may continue to carry the authorized Army-issued handbags with all uniforms, Harvey said.

Some of the other 20 changes include:
A. A long-standing rule regarding the proper fit of trousers and slacks will change allowing "a slight break in the front crease."

The following mandatory possession dates have been established for the hot weather BDU, BDU field jackets and the women's AG 344 Army green classic uniform for the Active Army (AA), Army National Guard (ANG) and Army Reserve

Item	Component	Number Required	Required By Oct. 1
Hot Weather BDU	AA	2	1986 (1st)
	ANG (As determined by state AG)		1987 (2nd)
BDU Field Jacket	AR	1	1980
	AA	2	1986 (2nd)
Women's Coat, AG 344	AR & ANG	1	1986
	AA	1	1986
Women's Slacks, AG 344	AR & ANG	1	1986 (1st)
	AA	2	1987 (2nd)
Skirt, AG 344	AR & ANG	1	1986
	AA	2	1986 (1st)
Shirt, AG 415, Long Sleeve	AR & ANG	1	1985
	AA	2	1985 (2nd)
Shirt, AG 415, Short Sleeve	AR & ANG	1	1985

B. Soldiers assigned to medical facilities will no longer be allowed to wear the black cardigan sweater as an outer garment outside medical facilities. Before this change, Harvey said, they were authorized to wear it on the military installations or when traveling in a private vehicle to or from work. "Medical personnel may wear the black windbreaker

or the all-weather coat," Harvey said.

C. The complete Army green maternity uniform will be an authorized dress uniform for social functions for officers as well as enlisted women. Appropriate civilian maternity attire, however, is authorized for evening social functions.

(Continued on page 8)



PUPUKAHI
Department of Defense State of Hawaii
Pupukahi: Harmoniously United

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ADJUTANT GENERAL: MAJ. GEN. ALEXIS T. LUM
PUBLIC AFFAIRS EDUCATION OFFICER: MAJ. RICHARD SHIMOMURA
COMMANDER 1171H PAD: MAJ. GREGG K. KAKESAKO
EDITOR: PHYLLIS S. KANEKUNI
PRESS OFFICER: 1ST LT. CURTIS MATSUSHIGE
SENIOR PHOTOGRAPHER: SGT. 1ST CLASS WAYNE IHA
ART DIRECTORS: STAFF SGT. STEPHEN LUM

3949 Diamond Head Road Honolulu, Hawaii 96816-4495

Air National Guard (man) build-up taking shape

by Maj. Myron Dobashi

At 5'5, and 160 pounds, Senior Airman Dennis Cortez, 150th Aircraft Control and Warning Squadron, Hawaii Air National Guard, has built and finely-tuned his body and muscles into championship form.

Cortez recently won two body-building championship titles — the "Mr. Garden Island" (Kauai) title, September 21, 1985, and the "Mr. Hawaii" (state) title in Honolulu September 29, 1985.

Cortez, who hails from Hanamaulu, Kauai, joined the Hawaii Air National Guard in May 1981. He attended Basic Military Training at Lackland AFB, Texas, then attended the Cable and Antenna Systems Installation/Maintenance Specialist School at Sheppard AFB, Texas. He achieved Honor Graduate recognition upon graduation from technical school.

Cortez's interest in body-building developed while he was at Sheppard AFB. (He also took second place honors from among 25 competitors in the base's annual karate tournament.) Although martial arts remains a favorite past-time, golf and archery are more recent hobbies that have gained Cortez's interest.

Beneath his polite and humble demeanor, a confident and talented per-

sonality emerges to seek challenges most of us just dream about. As an integral part of his unit, this drill-status guardsman performs repair, replace, and maintenance on radio antennas mounted on 90-foot poles, and at the top of microwave towers measuring upwards of 180 feet from the ground.



A "CHAMPION" HANG(S) FROM ABOVE—Senior Airman Dennis Cortez, 150th Aircraft Control and Warning Squadron, performs repair and replacement maintenance on radio antennas mounted on 90 foot poles when he is not training for body building competitions. (HANG photo)

Cortez finds the Hawaii Air National Guard "an interesting place where I learn new skills, make new friends, and participate in an important military service."

We would like to congratulate Dennis on his accomplishments and wish him well in future competitions!



MISTER HAWAII—Senior Airman Dennis Cortez, 150th Aircraft Control and Warning Squadron, poses in his award winning form, after receiving the "Mr. Hawaii" (state) title on September 29, 1985. (Photo courtesy of the Kauai Times)

Sports

Hawaii Guard runners keep cool

Cool temperatures, rain, and wind offered the greatest challenge to three Hawaii National Guard runners in the Marine Corps Marathon. The race was held November 3, 1985 in Washington, D.C. Some 12,000 runners started the race; over 1,000 dropped out of various points on the course due to severe weather conditions.

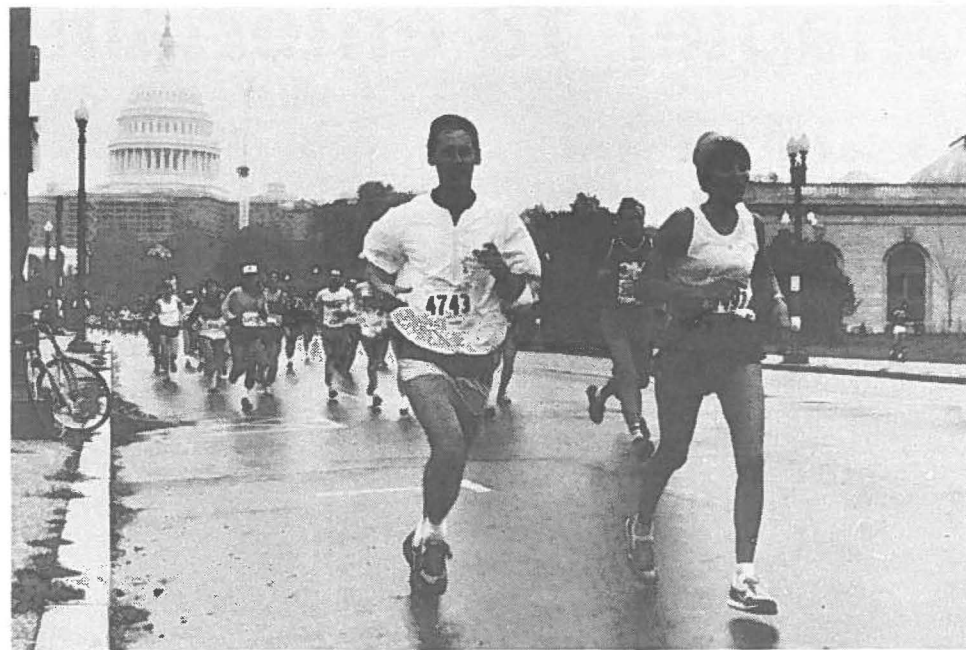
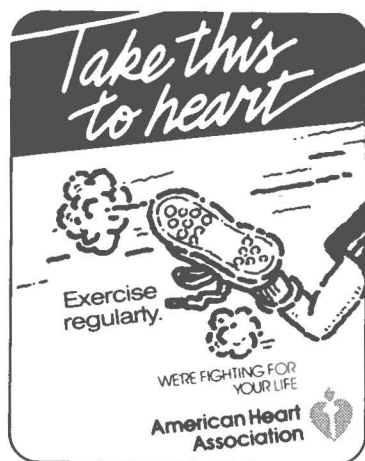
The Hawaii National Guard was represented by Lt. Col. James Gallup (HANG), 1st Lt. Shirley Schmitt (HARNG), and Staff Sgt. Tracy Mauiola (HARNG).

Gallup was the second male in the 50-year age division with a time of 2:37:35.

Schmitt finished 25th overall in the Women's division with a time of 3:11:19. Schmitt was also the first of eight National Guard women to complete the course.

Mauiola succumbed to the cold, windy, rainy conditions and was forced to withdraw from the race at 22 miles.

A total of 39 National Guard Marathon Team members participated in this annual event.



Through rain 'N cold weather — 1st Lt. Shirley Schmitt, Hawaii Army National Guard, runs through the streets of Washington, D.C. in the 1985 Marine Corps Marathon. (Photo courtesy of Honolulu Star Bulletin)

'85 Hawaii Air National Guard State Tennis Tournament winners

The 1985 Hawaii Air National Guard State Tennis Tournament was held in Hilo, Hawaii at the Aunty Edith Kana-kaole tennis courts, September 28, 1985.

The tournament featured six teams: 154th Composite Group, Hickam; 169th Aircraft Control and Warning Squadron, Wheeler AFB; 201st Combat Information Systems Group, Hickam and Barbers Point; 201st Combat Information Systems Flight, Maui; and the 201st Combat Information Systems Squadron, Hilo. Each team consisted of eight players.

The championship trophy went to the 169th Aircraft Control and Warning Squadron team, based at Wheeler AFS.

Team members were: Master Sgt. Randall Tom, team captain; Sgt. Blaine Kato, Capt. Jerry Bona, Senior Master Sgt. Stan Shinsato, Senior Airman Joe Calastro, Senior Master Sgt. Deog Agbayani, Jr., and Staff Sgt. Carl Tonaki.

Runner's up trophy went to the 154th Composite Group team. Team members included: Tech. Sgt. Clayton Pang, team captain; Tech. Sgt. Bill Pimental, Jr., Capt. Keith Kunichika, Tech. Sgt. Ron Cionson, Tech. Sgt. Timmy Young, Sgt. Steven Fujioshi, Sgt. Carol Yamaguchi and Airman Basic Henry Burke.

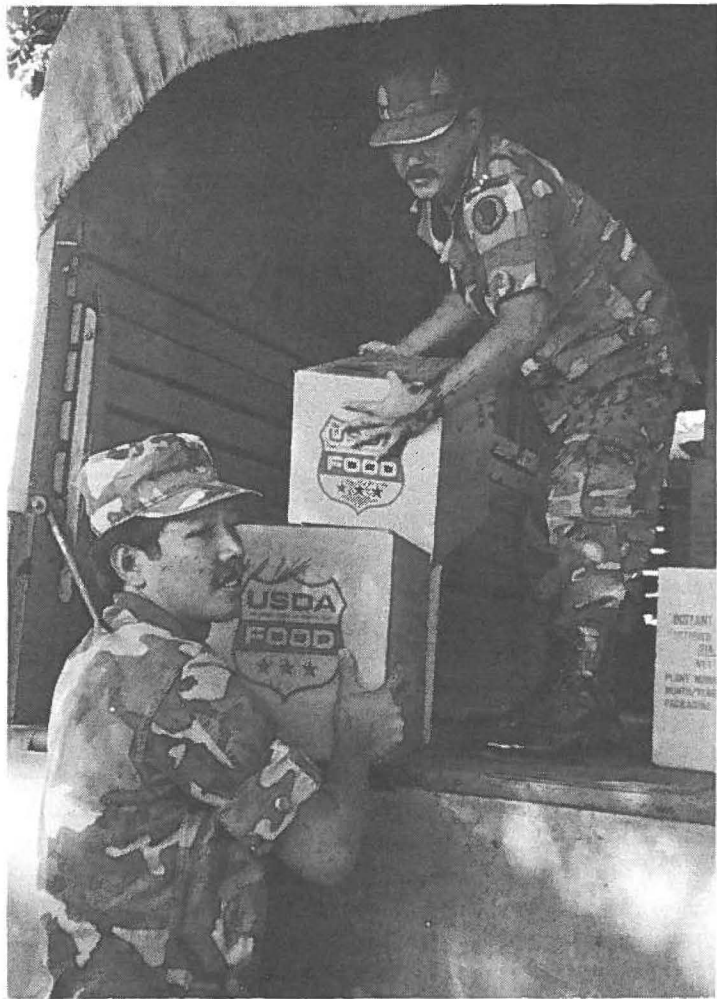
(more sports on page 9)



TENNIS CHAMPIONS—Maj. Willian Wright, commander, 201st Combat Information Systems Squadron, Hilo, presents the 1st place trophy to Master Sgt. Randall Tom, 169th Aircraft Control and Warning Squadron team captain. (HANG photo)

Community Service

1154th Transportation Company delivers the goods



BOX "LUNCH" TO GO—Spec. 4 Caesar Tabula (bottom) and Spec. 4 Rodney Ezuka, 1154th Transportation Company, Hawaii Army National Guard, unload federal surplus food for distribution at the Makiki District Park, Honolulu, Hawaii. (Photo by 1st Lt. Angela Murray, 117th PAD, HARNG)

Soldiers from the 1154th Transportation Company, Hawaii Army National Guard, assisted the Honolulu Community Action Program, Inc., in distributing 238,152 pounds of federal surplus rice and milk on October 19, 1985.

About 85 guardsmen helped transport food to 33 sites around Oahu. According to Sgt. 1st Class Roland Leong, project coordinator, the food was transported in 35 trucks, including 2½ ton trucks, truck vans and state trucks.

Mr. Warren Higa, Director of Program Operations for the Honolulu Community Action Program Inc., said 29,769 people received one 4-lb box of powdered milk and two 2-lb bags of rice. Higa said "The National Guard has helped distribute food twice a year for two-and-a-half years. Without the National Guard, it would have taken us four days to distribute the food by district. Thanks to the Guard's help, we distributed to everyone in one day."

Maj. Gen. Alexis T. Lum, state adjutant general, said, "Our people are part of this community. Projects like this, which help our neighbors, give our members a great sense of pride. The Guard is proud to serve its community."

The Honolulu Community Action Program, Inc., is a private, non-profit corporation. The program's mission is to assist low-income families in becoming self-sufficient.



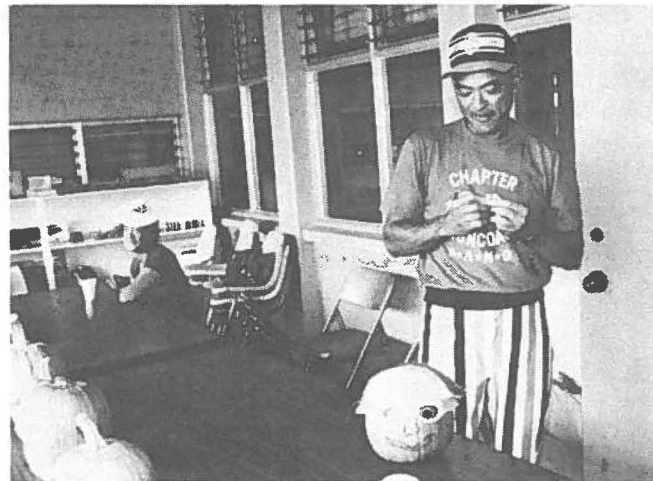
THE MILKMAN DELIVERS—Sgt. Walter Figueira (at table) and Spec. 4 Kurt Kapiko, 1154th Transportation Company, Hawaii Army National Guard, assist in the federal surplus food distribution at Ala Wai Park, Honolulu, Hawaii. (Photo by 1st Lt. Angela Murray, 117th PAD, HARNG)

Chapter 18 entertains at Waimano

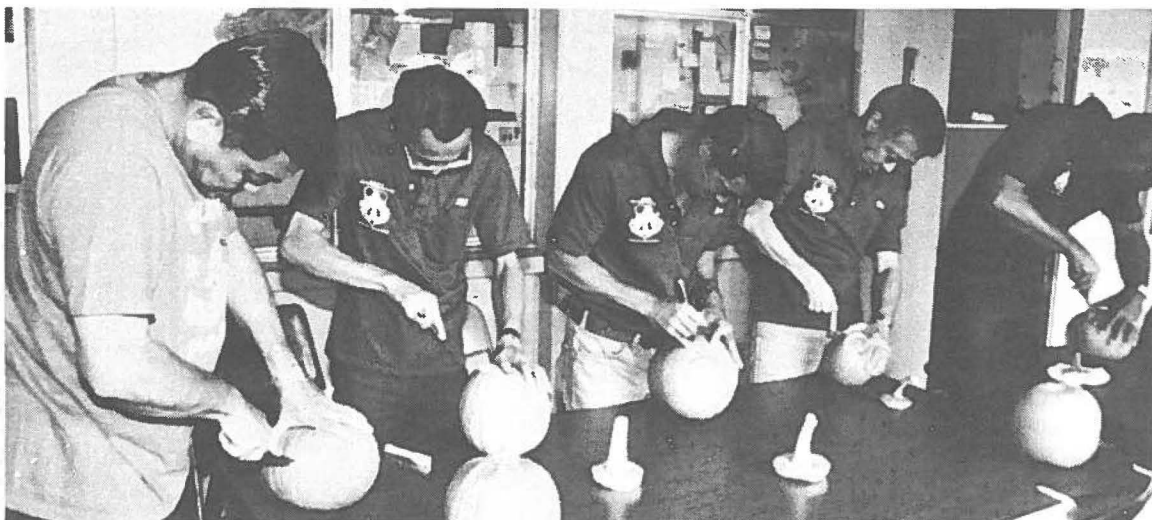
Sixteen volunteers and members of the Hawaii Air National Guard NCO Academy Graduate Association Chapter 18 provided entertainment and refreshments for the patients at the Waimano Training School and Hospital October 27, 1985.

A pumpkin-carving contest was the highlight of the event. Master Sgt. Wayne Soma, 154th Composite Group, took top honors in the event, "out-carving" 14 other entries.

Pumpkins, candies, refreshments and prizes were donated by McDonald's Restaurants, Sack 'n Save Food Stores, and members of the 154th Composite Group.



WINNING PUMPKIN—Master Sgt. Wayne Soma, 154th Composite Group, displays his pumpkin carving, which took top honors during a pumpkin carving contest at the Waimano Training School and Hospital. (HANG photo)



THE GREAT PUMPKIN—154th Composite Group members (left to right) Chief Master Sgt. Thomas Sato, Master Sgt. Melvin Wong, Master Sgt. Mel Ige, Tech. Sgt. Ron Lee, and Senior Master Sgt. Rodney Correa, demonstrate their pumpkin carving skills during a pumpkin carving contest held at the Waimano Training School and Hospital. (HANG photo)

THE DEPARTMENT OF DEFENSE CHRISTMAS CONCERT

Maui: Thursday, December 12, 1985
7:00-9:00 p.m.

Baldwin High School Auditorium

Kauai: Friday, December 13, 1985
7:00-9:00 p.m.

Kauai War Memorial Convention Hall

Oahu: Sunday, December 22, 1985
4:00-6:00 p.m.

Neal S. Blaisdell Concert Hall

Come 'n join in an exciting evening of family fun. Featuring traditional musical favorites, audience participation and those always special surprises!

All Hawaii National Guard members (current and retired), State Department of Defense employees, and their families and friends are invited.

Free tickets for the event are available through the various offices and units throughout the State Department of Defense.

Questions? Call 1st Lt. Virginia Brooks at 737-7927



Civilian Education

Question & Answers

By Capt Michael C. K. Wong
HARNG Civilian Education Officer

"Is attending courses the only way I can get a college education? Are there alternative means to earn college credits?"

There are a variety of ways to gain college credits WITHOUT having to attend classes. Although they vary college to college, the different ways to earn academic credit will briefly be explored in this column.

The fastest means of earning academic credit is through credit-by-examination. Many colleges have developed **institutional exams** to test your knowledge and skills against the content and competencies of certain courses. By successfully "challenging" a course by written, oral, and/or performance exam, you can earn academic credits in 45-75 minutes instead of the normal 10-18 weeks of classwork.

However, most colleges require you to be a student pursuing a degree and have obtained instructor's approval BEFORE an institutional exam will be given to you. Your college may charge anywhere from \$10.00 to \$71.00 PER CREDIT just to take the exam. Check with your college as to the cost of such exams.

"What are other exams?"

There are **standardized equivalency examinations** offered through nationwide programs. Although your college offers such programs for a fee, most of the following examination programs are available through the Fort Shafter Army Education Center (AEC) (438-9215) or the Schofield Barracks AEC (655-4985) FREE OF COST. All a HARNG member has to do is call an AEC, identify yourself as a HARNG member by showing your pink ID card, and undergo pre-testing counseling. Take full advantage of these opportunities!

However, whether your college will accept the results of such tests will be based on its policies. Your college may also grant you a course equivalent (waiver or substitution) INSTEAD of academic credit. Before you take a standardized equivalency exam, check your college's policy on these exams.

"What are the different standardized equivalency exam programs?"

Here are but some of the more common ones:

- College-Level Examination Program (CLEP).
- DANTES Subject Standardized Tests (DSSTs).
- College Board-Advance Placement Program (APP).
- American College Testing Proficiency Examination Program (ACT/PEP).

The exams offered by the above programs vary in nature. The CLEP, APP, and ACT/PEP exams are like final or end-of-course exams designed to measure your mastery of the competencies of specific college courses. The CLEP also has general exams that test you on the core areas taught to most freshmen and sophomores: English composition, mathematics, humanities, social sciences, history, and natural

sciences. The Defense Activity for Non-Traditional Education Support (DANTES) program also offer exams that assess vocational-technical areas not addressed the other programs such as law enforcement, auto mechanics, and electronics, for recommended credits or equivalents.

"What about all of my military schooling and experiences? Don't they count for something?"

Experiential assessment is a process of evaluating your experiences for academic credit or equivalencies. The American Council on Education (ACE) is a national organization that evaluates and recommends academic credit for schooling and training of all military branches. ACE publishes its recommendations in its *Guide to the Evaluation of Educational Experiences in the Armed Forces*.

HARNG members interested in having their military experiences assessed for possible academic credit must initiate an *Application for the Evaluation of Learning Experiences during Military Service* (DD Form 295). The DD Form 295 documents your history of services schools, test scores, MOS's, and ratings. DD Form 295 must be reviewed and certified for accuracy by an authorized certifying officer or record custodian, then forwarded to the Civilian Education Officer for insertion of ACE Guide data and signature. The Civilian Education Officer will then send the completed DD Form 295 to the member's college of choice that evaluates and awards academic credits according to college policy. HARNG members may obtain DD Form 295 through command publication channels or through the HARNG Civilian Education Office (737-2295).

"What about my civilian experiences?"

Some colleges in Hawaii have programs that assess your learning acquired through civilian training programs or other life experiences. Two reference guides are normally used: *ACE National Guide to Education Credit for Training Program* and the *Hawaii Guide to Crediting Noncollegiate-Sponsored Learning*.

Your college may elect to award credit or equivalent for experiential learning based on an examination (oral, written, interview, or performance) taken by you. As an alternative to testing, your college may decide to use an informational format similar to DD Form 295 to record such civilian training or life experiences. You may also be required to submit a portfolio consisting of documents, tapes, projects, or other evidence relevant to the competencies associated with a course or program of study being pursued by you.

"Are there any other ways to gain alternative credits?"

There are two other ways that I can think of: Correspondence courses and independent study (individual or group) courses. However, these vary from college to college and the best source of information is your college.

"Are any of the alternative means of obtaining academic credit or equivalency covered by the New GI Bill (NGIB) or the HNG Tuition Waiver (TWP)?"

Independent study may be covered by the NGIB if taken in conjunction with a resident course that involves classwork. If you are thinking of pursuing independent study, call the VA Regional Office first.

Unfortunately, the other methods mentioned above are *not* covered by either the NGIB or TWP. However, as previously pointed out, the **standardized equivalency exams** are free through the AECs. It must also be noted that if you are on the NGIB and attending the University of Hawaii system, you will have money left over after tuition fees are paid. You can use a portion of such money to defray any cost incurred through alternative means of obtaining college credit or equivalency.

SUMMARY: If you believe that you possess the knowledge, skills, or abilities required by certain college courses but are hard-pressed for time to go to college, you should consider the viable options discussed in this article. Remember, you must be an enrolled student and actively seek out special adult learner programs available at the college of your college. **CONSIDER THESE ALTERNATIVES . . . USE THEM!**

IMPORTANT REMINDERS

- * **Spring '86 Registration.** Most of the colleges and universities in Hawaii will be holding their spring registration NEXT MONTH. If you were planning to go to school but have not enrolled, it isn't too late . . . BUT DO IT NOW! HARNG members should see their unit POC for more information on specific dates.
- * **Accelerated and Mini-Sessions.** The UH-College of Continuing Education & Community Service, Chaminate University of Honolulu, Hawaii Pacific College, and Wayland Baptist University will be offering accelerated 10-week terms next month. HPC and Wayland Baptist also offer a mini (three-week) term during December 1985. Call the college of your choice for more information.

HIGHLIGHTS:

Kapiolani Community College Kapiolani Community College (KCC) is a community college of the University of Hawaii. The college is located on two (2) campuses: the Pensacola Campus (corner of Pensacola and Kapiolani) and the Diamond Head Campus (the old Fort Ruger site). The college offers liberal arts, allied health services, business, and computer science instructional programs to name a few. KCC has designated the following individuals as POCs for HARNG members:

1. New GI Bill (Chapter 106): Dr. Jerry Lamb, Coordinator for the Office of Assessment and Information Services (phone: 531-4654, ext. 250).

2. Tuition Waiver Program: Mr. Mike Wong (not me, another guy), Fiscal Officer (phone: 531-4654, ext. 274).

3. Conversion of Military Experience: Ms. Lydia Leong, Coordinator of Admissions and Records (phone: 531-4654, ext. 216).

4. Life/Learning Experience Program (LEAP): Dr. Lanzilotti, LEAP Coordinator (phone: 737-8354). Note: The LEAP is a special program that assesses prior learning experiences using the portfolio method (see Q's & A's).

Honolulu Community College HCC is another community college that offers a liberal arts program but specializes in a wide variety of vocational-technical programs such as fire sciences, police sciences, carpentry, automotive mechanics, electronics, heavy equipment maintenance and repair, machine shop, and welding. If you are interested in learning a useful trade or going into business for yourself, this is the community college for you. The VA Counselor of HCC is Mr. Ronald Kaneshiro (phone: 845-9218). More information on HCC as provided to the Civilian Education Office by the college.

Leeward Community College LCC is located between Pearl City and Wai-pahu. Although this college does offer a variety of vocational programs, it is best known as a liberal arts community college. Since LCC is situated close to major military installations, it is quite experienced in working with military personnel who are pursuing a college degree. More information on LCC in the next *Pupukahi*. Point of contact to be announced later.

Hawaii Air National Guard educational opportunity

University of Southern California — ISSM:

Don't be left out in the cold this winter Registration for Term IV/86 (January 6 — February 27) is open now at Hickam and Wheeler AFB. Course being offered are SSM 513 Systems Management & Organization Theory; SSM 525 Probabilistic Models in Deci-

sion Making; SSM 665 Systems Analysis; and SSM 531 Man-Machine Factors in Systems Management. Books are available for purchase at registration. Military tuition assistance forms must be completed prior to sign up. For additional information, contact Dot Ferjo at 624-2440 or Beverly Marubbio at 449-9702.

A day of spirited comraderie Hawaii Army Nati



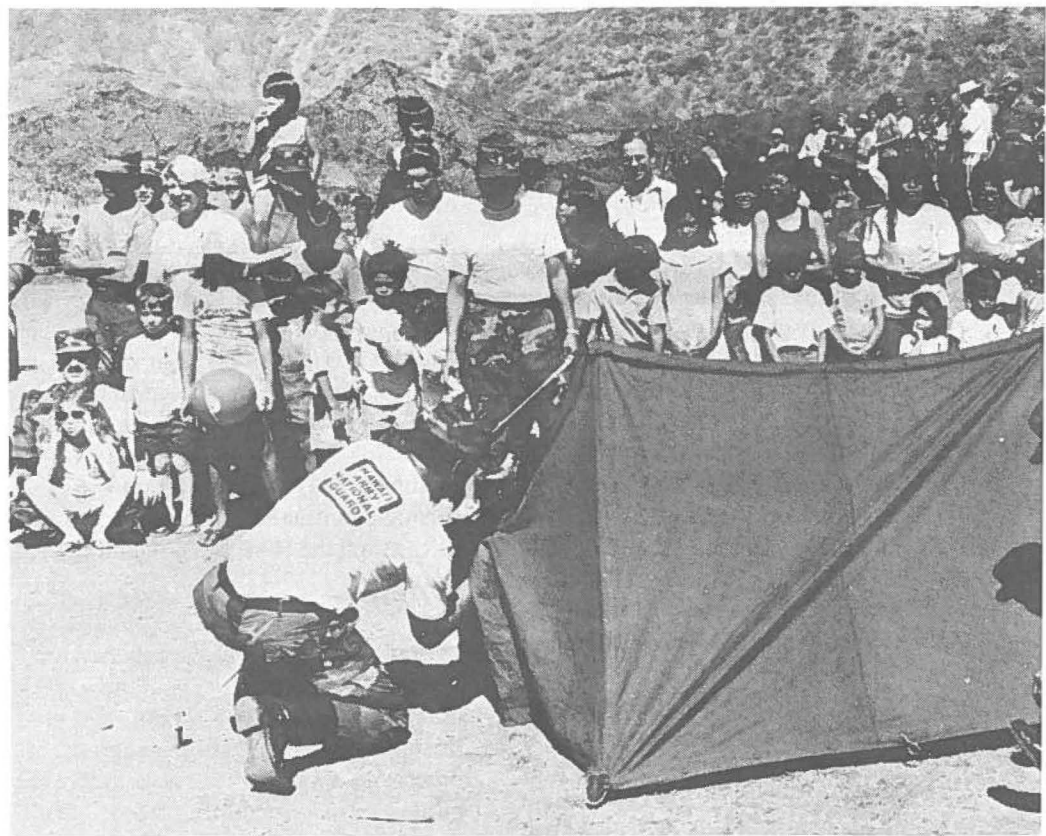
POSTING THE COLORS—Guidon bearer Spec. 4 Howard Kaai, 829th Maintenance Company, runs forward to place his unit colors in front of the reviewing stand during the opening ceremonies. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)



"MOVE-MOVE-MOVE!"—Members of the 1st Battalion, 487th Field Artillery, demonstrate their riot control skills. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)



A NEW LOOK—Staff Sgt. Al Witzell, Headquarters Company, 29th Infantry Brigade, applies camouflage make-up on a young visitor. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)



CLOCKWORK—The Combat Support Company, 1st Battalion team races against time in erecting a shelter half tent. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)

ONE GIANT STEP—The 297th Supply and Service Battalion tug-of-war team is overwhelmed by the opposition. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)



ional Guard Organization Day '85

by Capt. Bud Bowles

More than 4,000 Hawaii Army National Guard members and their families filled Diamond Head Crater September 29, 1985 for the Hawaii Army National Guard's Organization Day.

This was the first Organization Day for Oahu-based Hawaii Army National Guard units.

The day began with a colorful opening ceremony complete with a cannon salute by members of the Hawaii Army Guard's 487th Field Artillery.

Hawaii Army National Guard units competed in putting up a radio antenna, small tents, and in performing riot control platoon drills.

Luncheon entertainment was provided by the Guard's 111th Army Band. Danny Kaleikini, the Makaha Sons of Niihau, Palani Vaughn, and Sam Kapu also donated their talent.

After lunch, the Hawaii Army National Guard's prestigious "Blues," a special reconnaissance scout platoon from Troop E, demonstrated rappelling from helicopters. A 105 howitzer gun crew from the 487th Field Artillery, then performed a "hip shoot."

Afternoon games included a tug-of-war competition and a relay race between Guard commanders and staff.

Hawaii Army National Guard families competed too, with relay races, water balloon toss, junior obstacle course, and in other events.

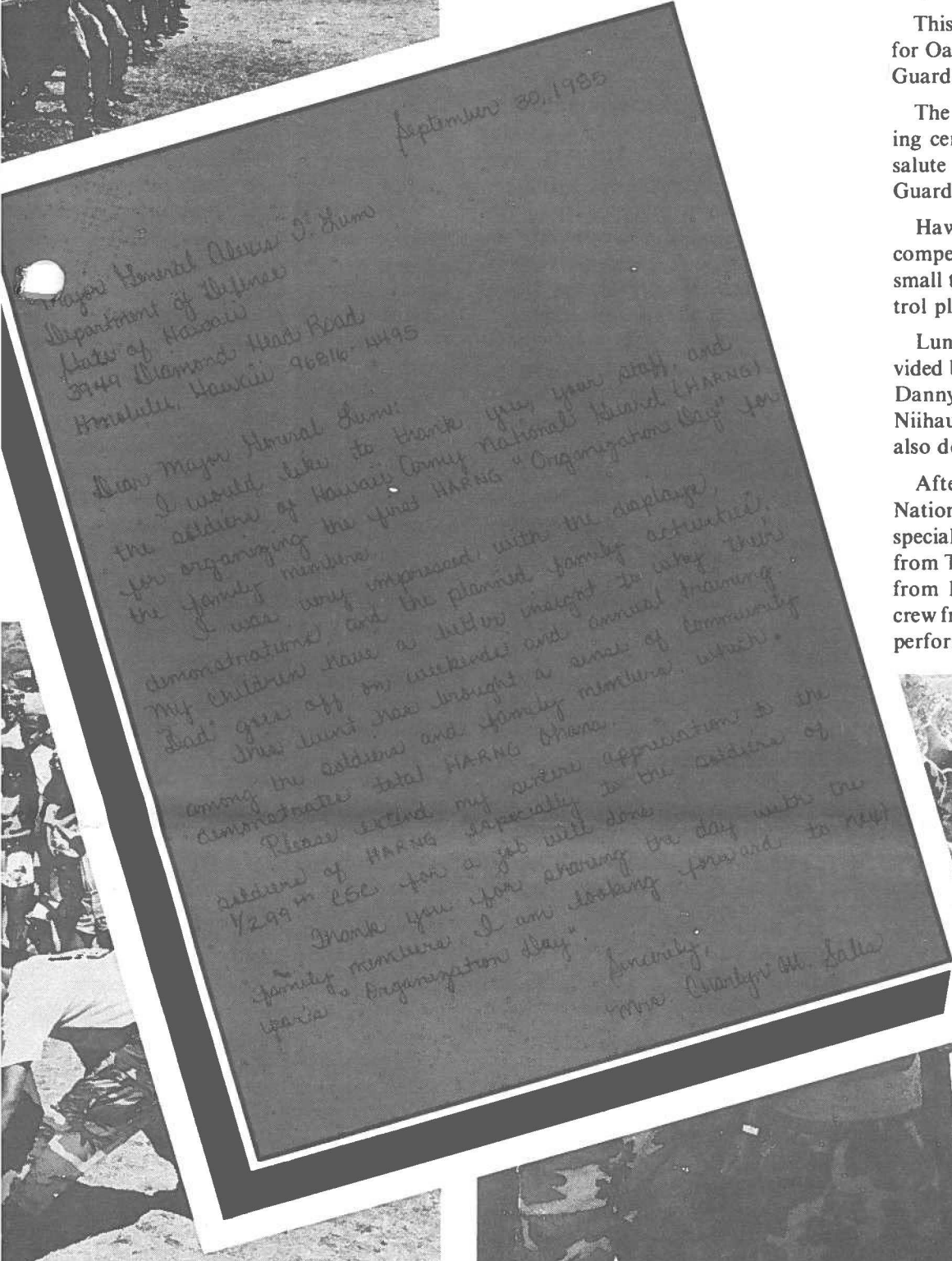
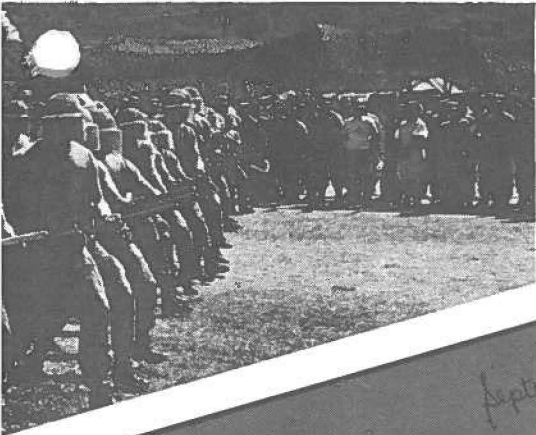
The children were entertained with carnival games, clowns, a magic show, face painting, and free pony rides.

Static displays were set-up throughout the crater; among them was a "History of the Guard" slide show and a dental care exhibit that provided free teeth cleaning by members of the 229th Medical Company.

There was even a dunking booth where participants had a chance to soak their favorite commander.

Awards and prizes were given for participation in the athletic and military events during the awards and closing ceremonies.

During the awards ceremony, Maj. Gen. Alexis T. Lum, State Adjutant General presented a trophy to Platoon Sgt. Henry J. Parrilla, 229th Medical Company, who was named NCO of the Year. Also recognized was Spec. 4 Carmen Kanei who was named Soldier of the Year.



"GO TEAM GO!"—The 159th Maintenance Battalion cheers on the "home team" to victory. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)



"HEAVE-HO!"—Members of the Combat Support Company (-Det. 1) and the 487th Field Artillery give it their all during the tug-of-war competition. (Photo by Staff Sgt. Lloyd Kurashima, 117th PAD, HARNG)

People



SurJohn Carbonell



Randy Choy Foo



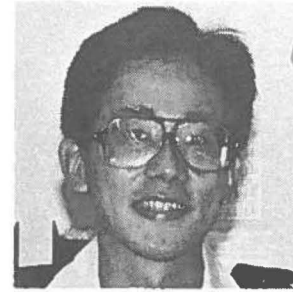
Estelle Higa



Maj. Walter Y. Kinoshita



Col. Paul K. Nakamura



Sgt. Reynold K. Tamayei

The Royal Guard has a new Kapena Moku. **Master Sgt. Ronald Cozo**, 154th Consolidated Aircraft Maintenance Squadron, Hawaii Air National Guard, was selected for the post at a meeting of the Na Koa Hoomalu Kino O Ka Moi Directors. The Kapena Moku serves as chief executive officer of the Royal Guard and is selected from active members of the Royal Guard.

The constitution and by-laws of the Royal Guard require that the Kapena Moku chosen participate faithfully and regularly in ceremonial activities of the Royal Guard; is of outstanding military bearing and character; has demonstrated effective leadership ability; is proficient in the Hawaiian language used in drills and ceremonies; and is a current member of the Hawaii Air National Guard.

Cozo was selected from among six candidates. He succeeds **Chief Master Sgt. Harry M.Y. Awana, Jr.**, as the Kapena Moku.

WELCOME ABOARD! The State Department of Defense welcomes the following new employees:

SurJohn Carbonell is with State Maintenance. He was previously a security guard with the Pohai Nani Retirement Home. In his spare time, Carbonell enjoys fishing and "a little bit of everything else!" Carbonell has three children.

Randy Choy Foo, formerly of United Parcel Service has also joined the State Maintenance crew. In his spare time he strikes out to go bowling and play softball.

Estelle Higa comes to the department from UH personnel. Higa is a personnel clerk in the state personnel office, and enjoys sewing and reading in her spare time. She and husband **Clayton** have eight-year old twins.

Maj. Walter Y. Kinoshita is the new Recruiting and Induction Officer responsible for recruiting and retention within the Hawaii Army National Guard. He was previously with the WESTCOM OE/Leadership Office.

Besides spending time with his family, Kinoshita enjoys biking and working with computers.

Col. Paul K. Nakamura is the new Deputy Adjutant General. He returns from two years, nine months of total retirement (prior to retirement, Nakamura was HARNG Chief of Staff for 13 years). Nakamura enjoys golf and athletics, in general. He and his wife, **Rose**, have three children.

Yoshie Okazaki is a clerk-typist with the G-1 office. She comes to the department from the Plans and International Logistics Division DCSLOG, WESTCOM, Fort Shafter. Okazaki has two children, and enjoys music, travel, reading, and crossword puzzles in her free time.

Maj. Richard K. Shimomura is the new Public Affairs Officer. He and his wife **Regina** are the parents of three children. During drill status he is the Public Affairs Officer for the 154th Composite Group, Hawaii Air National Guard.

Sgt. Reynold K. Tamayei is an ad-

ministrative specialist in the Recruiting and Retention Office. He was previously a unit clerk with Battery A, 1st Battalion, 487th Field Artillery, Hawaii Army National Guard. Tamayei says he enjoys participating in tennis, golf, music and church activities in his free time. Tamayei is single, but "will be married in the near future!"

WARM WELCOMES also go out to **1st. Sgt. Wataru Hamamoto**, Unit Administrator, Battery B, 1st Battalion, 487th Field Artillery; **1st Sgt. Richard Y. Tabe**, Flight Operations Specialist, AASF #1; **Spec. 4 Bryan K. Dixon**, Motor Vehicle Operator, AASF #1; **Staff Sgt. Valentino P. Ubaldo**, Supervisory Military Personnel Technician, 154th Composition Group, and **Staff Sgt. Norman Arizo**, Automotive Mechanic, 150th Aircraft Control & Warning Squadron.

Maj. Robert A. Broderick assumed command of the 159th Maintenance Battalion in a ceremony October 19, 1985. **Lt. Col. James B. Respicio** was the Battalion's previous commander.

Military News — continued from page 2

D. Subdued sew-on rank insignia may be worn on camouflage helmet covers. According to the revised regulation, "Enlisted personnel cannot be required to wear the sew-on insignia unless it is provided and attached without cost."

E. All personnel assigned to units authorized to wear organizational berets may wear them.

F. The U.S. and branch insignias for women officers will be placed on the Army green classic uniform coat the same way they are placed on the men's coats.

G. And, effective Sept. 30, 1989, white-gold buttons will no longer be authorized for wear on service and dress uniforms. Anodized buttons will still be authorized, but they must be gold in color.

Wear of the Army Uniform while traveling

Proper wear of Army uniforms is fundamental to building the pride, esprit, and self-discipline essential to an effective fighting force. The pride, esprit, and self-discipline are portrayed to the public sector in a positive manner only if soldiers wear the appropriate uniform for the occasion and present a neat and soldierly appearance.

The appearance of soldiers in uniform has improved significantly. However, one area that needs to be emphasized is the appearance of soldiers while in a travel status, i.e., PCS, TDY or leave.

Army policy allows soldiers to wear the following combinations of the service uniform while traveling. This liberal policy enables soldiers to be

flexible, as well as comfortable, and still maintain a neat military bearing.

A-The short sleeve Army green shirt with or without tie/necktab.

B-The long-sleeve Army green shirt with tie/necktab.

C-A or B above with the black pull-over sweater, black windbreaker, or black all-weather coat.

D-The complete green uniform

E-D above with the black all-weather coat

Commonly seen deficiencies are:

A-Wearing a long-sleeve shirt without a tie/necktab or wearing a tie loose.

B-Wearing a coat/jacket opened. When wearing a coat/jacket, it must be buttoned/zipped. If not, take it off.

C-Wearing wrinkled or soiled uniforms.

D-Wearing unserviceable uniform items, i.e. frayed shirt collars and cuffs, tight or improperly fitted uniforms.

While it is the duty of each soldier to take pride in his or her appearance at all times, commanders and noncommissioned officers have the responsibility to ensure soldiers in their command wear the uniform properly and present a neat and soldierly appearance. All officers and noncommissioned officers are responsible for making on-the-spot corrections to soldiers who are in violation of Army uniform policy, to include soldiers who are in a travel status.

ARMY TO REDUCE SECURITY CLEARANCES

WASHINGTON (ARNEWS) - The number of people holding security clearances in the Army will drop by more than 88,000 by October 1, according to Army officials at the Pentagon.

The 10 percent reduction in security clearances was called for by Defense Secretary Caspar W. Weinberger to improve security of classified information, according to a Department of Defense official.

The reduction in security clearances came about as part of the Defense Department's efforts to review and re-evaluate security policies and procedures.

Army reductions will be felt in the active force, the reserves and the National Guard. A 10-percent reduction in the number of requests for background and special background investigations is also scheduled for FY 1986.

The active army, with security clearances for about 55 percent of the force, is being directed to reduce top secret clearances by 10,680 and to also reduce

secret clearances by 54,046. An additional 724 confidential clearances will also be dropped from the active army.

The U.S. Army Reserve will drop 605 top secret clearance classifications and reduce by 5,592 the number of secret clearances. The reserve will also cutback 219 confidential clearances, according to a recently released army message.

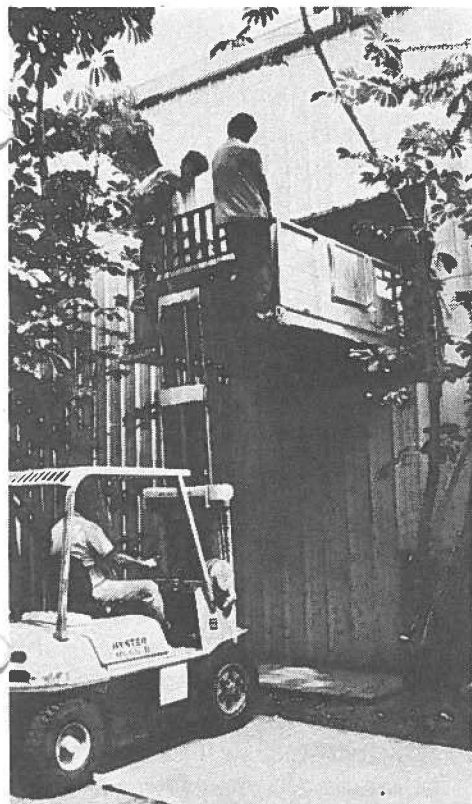
The Army National Guard will also cutback in security clearances. Top secret clearances will be reduced by 499 and 15,382 secret clearances will be dropped. The number of confidential clearances will also be reduced by 1,031.

Besides the initial 10 percent reduction in security clearances, DOD is looking into ways to improve classified document control and ways to better control individual access to classified information.



SPECIAL SERGEANTS—Command Sgt. Maj. William Mahaulu, Jr. pins Staff Sgt. Catherine Ballie, as Sgt. Bruce Eking waits his turn. Hawaii State Area Command (HISTARC), Hawaii Army National Guard, conducted its specialist to sergeant conversion ceremonies during the October, 1985 drill weekend. (Photo by Staff Sgt. Stephen Lum, 117th PAD, HARNG)

Department of Defense makes home improvements



FREEZE FRAME—Subcontractors to the primary contractor Tower Construction prepare to insert the air conditioning fan system into the second floor of State Department of Defense Headquarters building 306A. (HIPAO photo)

By Maj. Jerry Matsuda

What's all that noise coming from the armory?

The State Department of Defense Headquarters buildings #306 & 306A have been under renovation since May 1985.

Phase I involves the construction of the second floor in the 100-Man Armory, Bldg. 306A. According to Maj. Jerry Matsuda, this phase is very close to completion. The floors, walls and ceilings are receiving their final touches. The initial completion date was scheduled for November 1985, however due to the delay in arrival of air conditioning equipment, the contractor, Tower Construction, estimates the new completion date to be mid-December 1985. The facility must be inspected and discrepancies remedied. Anticipated move-in date is mid-January 1986.

Phase II improvements in Bldg. 306 will start late January 1986. Completion is anticipated for March 1986.

The final cost for construction of Phase I and Phase II will be close to \$600,000, of which 100 percent is State funds.

The Engineering Office thanks everyone involved for their outstanding patience and cooperation during this period of inconvenience.

Other ongoing projects within the department include:

Hawaii Army National Guard (HARNG)

1. *New Army Aviation Flight Activity at General Lyman Field, Hilo, Hawaii* was completed on March 29, 1985 at a cost of \$1,077,000. (\$1,030,000 federal/\$47,000 state).

2. *Expansion of the Army Aviation Support Facility at Wheeler AFB* is over 75 percent complete and scheduled for completion in August 1986 at a cost of over \$2,300,000 (\$2,221,000 federal/\$9,000 state).

3. *New Hanapepe Armory* is being designed and the facility is scheduled for completion in October 1989.

4. *Wahiawa Armory Addition* shall be under design shortly and the facility is scheduled for completion in October 1989.

5. *Real Property and Programming Documents for Kohala, Pahala and Molokai Armories* are being finalized and their design will be scheduled later this fiscal year.

6. *Modifications to Hawaii Command Emergency Operating Center (HAWCOM EOC), Battery 407* is being designed and the improvements are scheduled for completion in fiscal year 1987.

Hawaii Air National Guard (HANG)

1. *HANG Statewide Master Plan/Space Utilization* project is nearing completion. HANG has a major aircraft conversion program coming up and this involves over \$30 million worth of projects in the next five to seven years at Hickam AFB.

2. *Notice to Proceed for Additional Parking Apron along Taxiway M* was given to Tower Construction on October 3, 1985. Construction cost is about \$885,000 and scheduled for completion in March 1986.

3. *New 201st Air Traffic Control Communication Center Facilities at Barbers Point Naval Air Station* will be advertised shortly and scheduled for completion in September 1986. The estimated cost of construction is \$2,050,000.

4. *New 202nd Air Traffic Control Communication Center Facilities at Barking Sands, PMRF* is scheduled for construction in early 1987. Designs are completed and the estimated cost of construction is \$1,050,000.

State Civil Defense (CD)

1. *Ongoing DOD Statewide Replacement (Upgrade) of Disaster Warning Sirens - 1984* project by Hygrade construction. Construction cost is \$204,000. Project is scheduled for completion in February 1986.

2. *Addition of Disaster Warning Sirens - 1984* the project involves adding new sirens and simulators at various locations statewide. Construction project to be awarded at \$545,000. Project is scheduled for completion in September 1986.

3. *Design for Improvements to Birkhimer Emergency Operating Center* is underway and construction is scheduled for completed in May 1986 at a cost of about \$330,000.

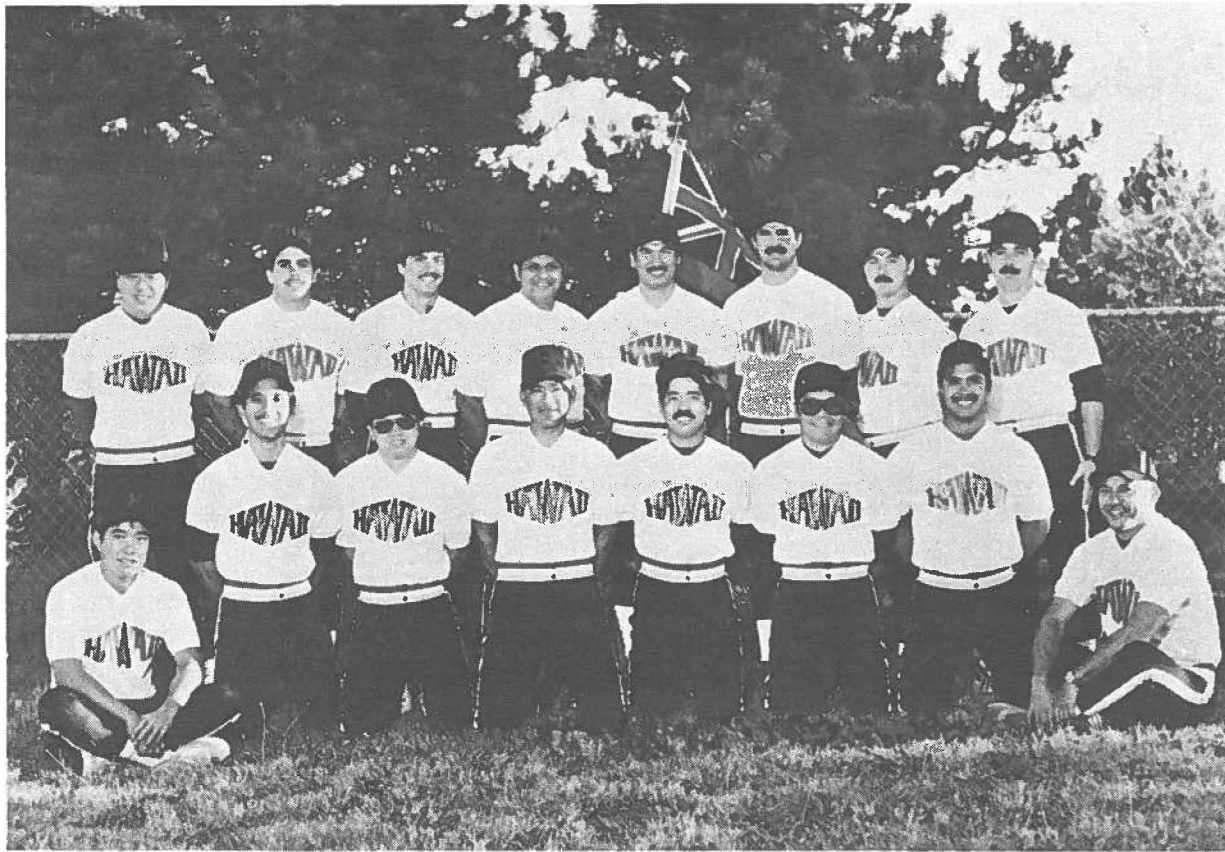
4. *Design to Improve the Kitchen/Cafeteria for a Civil Defense Facility at Kilohana School, Molokai* is underway with construction scheduled for completion in August 1986 at a cost of \$40,000.

5. *Oahu - Kauai Microwave System Tower at Kilohana, Kauai* is being advertised for construction. The departmental state share of the construction cost is \$182,000 and the completion of the facility is scheduled for late 1988.

More sports — continued from page 3

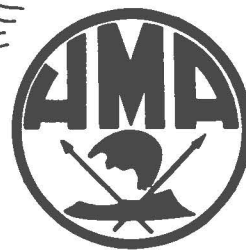
HAWAII AIR NATIONAL GUARD SOFTBALL TEAM—

The Hawaii Air National Guard's softball team traveled to Cheyenne, Wyoming to participate in the 20th Annual Air National Guard Softball Tournament. The double-elimination, slow-pitch tournament was held August 23-24, 1985. Hawaii placed 17th out of 128 teams. Team members include 1st row (l to r): Senior Master Sgt. Cornwall S. Matsusaka, HQ, 154th Composite Group; Staff Sgt. William Ramos, 154th Security Police Flight; Senior Airman Edwardo V. Gorospe, 201st Combat Information Systems Flight; Master Sgt. Francis DeCosta, 202nd Air Traffic Control Flight; Staff Sgt. Norman Kaleo, 154th Consolidated Aircraft Maintenance Squadron; Senior Airman Gregory Naito, 154th Civil Engineering Squadron; Tech. Sgt. Perry T. Murata, 201st Combat Information Systems Squadron; and Staff Sgt. Terry M. Murata, 201st Combat Information Systems Squadron. 2nd row (l to r): Staff Sgt. Alvin K.H. Dang, 154th Consolidated Aircraft Maintenance Squadron; Staff Sgt. Dean Augustine, 202nd Air Traffic Control Flight; Tech. Sgt. Ron Muronaga (Assistant Manager), 154th Consolidated Aircraft Maintenance Squadron; Master Sgt. Wayne Y. Soma (Manager), 154th Combat Support Squadron; Senior Airman Gene Yamashiro, 154th Consolidated Aircraft Maintenance Squadron; Staff Sgt. Don Miyamoto, 201st Combat Information Systems Squadron; Staff Sgt. Theron Buyan, 201st Combat Information Systems Squadron; and Master Sgt. Delbert Dandurant, 154th Combat Support Squadron. (HANG photo)



WHAT COMES AFTER

12 DRUMMERS DRUMMING
11 PIPERS PIPING
10 LORDS A-LEAPING
9 LADIES DANCING
8 MAIDS A-MILKING
7 SWANS A-SWIMMING
6 GEESE A-LAYING
5 GOLDEN RINGS
4 CALLING BIRDS
3 FRENCH HENS
2 TURTLE DOVES
AND A PARTRIDGE
IN A PEAR TREE



Your application for:

Officer Candidate School

for information contact:

Hawaii Military Academy
Hawaii Army National Guard
3949 Diamond Head Road
Honolulu, Hawaii 96816-4495

Telephone: (Oahu) 737-2218

Hawaii's seat belt use law



After a six-week period of education and warning, Hawaii's seat belt law will become effective December 16, 1985. It's a good law that gives everyone an extra chance at a long and healthy life. The new law will require each driver and front seat passenger to wear a seat belt or face a \$15 fine per person for each offense.

Drivers should also be aware of a provision in the law that calls for a 10 percent reduction in No-Fault insurance premium charges for vehicles equipped with the required seat belt assemblies.

HEALTH & SAFETY

In 1984 in Hawaii, 12,390 people were injured in traffic crashes, an increase of 4.5 percent over 1983. Oahu recorded 25,357 collisions, and probably quite a few went unrecorded because of fear of increased insurance premiums.

Statewide major traffic accidents increased 7.8 percent, up from 16,372 in 1983 to 17,657 in 1984. A "major traffic accident" is one in which there was at least \$300 damage to a motor vehicle on a public highway, or a person sustained injury as a result of the crash. A total of 136 persons were killed in traffic accidents in Hawaii in 1984; three fewer than 1983. (Note: crashes on private property are not included in this tally.)

But don't wait until December to buckle up. Safety belt use is not the solution that will eliminate all highway death and injury, but, when used, seat belts are effective in reducing deaths and they do make a difference in the types and severity of injuries suffered. Countries with mandatory seat belt use laws, such as Canada and Sweden, report annual savings in the millions, due to reduced injuries and fatalities.

Of course, children three and under must still be secured in federally-ap-

proved, crash-tested car seats. Older children may use the protective car seats or seat belts. The fine for violation of the child passenger safety law is more severe; up to \$100 fine for a first offense.

By making the seat belt law work we will save lives, prevent crippling injury, brain damage and disfigurement. Another plus is a savings of 10 percent on the automobile insurance premium for no-fault and medical payment coverage for any vehicle equipped with federally-approved seat belt assemblies.

The 1968 model cars were required to have lap belts, and by 1974 the requirement was a lap and shoulder belt combination with a single release buckle. Hawaii's law follows those requirements. An owner of a car manufactured before 1968 is not required to install seat belts, though it would be the sensible thing to do.

Seat belts can be purchased from auto parts dealers (such as NAPA or Sears) and can be installed at automotive repair shops. Longer seat belts are available for larger-than-average sized people. Pregnant women are advised by the American College of Obstetricians and Gynecologists to use a seat belt, both the lap and shoulder best, during pregnancy. The lap belt should be worn under the abdomen, as low to the hips as possible; never above the abdomen. Persons who have a physically disabling condition which prevents seat belt use are exempt, providing a physician will certify that a condition exists that precludes seat belt use.

FOR MORE INFORMATION CONTACT:

State Dept. of Transportation
Motor Vehicle Safety Office
548-5485 or 5756

MANDATORY USE OF SEAT BELTS

HRS Chapter 291 -

Drivers & Front Seat Passengers

● Drivers must use seat belts when operating motor vehicles.

● Drivers must see to it that front seat passengers under 15 are properly restrained by seat belts.

● Passengers 15 years of age and older in the front seat of a motor vehicle are required and responsible for being restrained in their seat belts.

Exemptions:

Passengers in emergency, commercial, for hire, mass transit vehicles and Type 1 school buses.

Persons shall not be guilty if:

● They are in a motor vehicle that is not required to have seat belts.

● They are not in a seat belt because there are more persons than there are seat belts and all the belts are being used.

● They have medically certified physical disabilities which prevents them from being restrained.

Penalty:

\$15 fine for each violation.

EFFECTIVE 12/16/85

NOTE: From 12/16/85 to 12/31/88, there will be a 10% reduction in No-Fault Insurance premium charges for motor vehicles equipped with the required seat belt assemblies.

For further information contact your County Police Department or the State Department

of Transportation's Motor Vehicle Safety Office in Honolulu (548-5756).

CHILD PASSENGERS RESTRAINT LAW

HRS Chapter 291-11.5

Children up to 4 years old

Drivers must see to it that:

● Children under three years old, riding in a motor vehicle, are in federally approved child safety seats.

● Children three or four years old, riding in a motor vehicle, are either in federally approved child safety seats or secured by the vehicle's seat belts.

● If there are more people riding in the motor vehicle than there are seat belts and all belts are being used, the children without safety seats or seat belts must ride in the back seat.

Exemptions:

Operators of emergency vehicles, commercial vehicles, vehicles for hire, mass transit vehicles and Type 1 school buses.

Penalties:

1st offense —up to \$100

2nd offense —up to \$200 within one year of 1st offense

3 or more —up to \$500 within one year of 1st offense

THEIR LIFE IS IN YOUR HANDS.

Special tips on terminal blues



by Helen Garamone

WASHINGTON (ARNEWS) — Strong evidence exists that word processor and computer screens, or video display terminals (VDT) can increase physical and emotional stress in workers. Common complaints include eyestrain and stiffness in the neck, upper back and shoulders. Some workers can also suffer frustration.

"The VDT itself is not some sort of evil monster," said Bob Stout, industrial hygienist for the U.S. Army Corps of

Engineer's Safety and Occupational Health Division. "Studies show any highly repetitive job will have the same results."

Stout recommends various measures by which these problems can be avoided.

He suggests workers take 10 to 15 minute "change" breaks after two hours of continuous VDT work. Unlike the traditional coffee break, people taking a change break work at other tasks like returning call or opening mail. This

allows the eyes to rest and prepare for further VDT work. Eye fatigue is generally related to improper light levels, Stout explained.

If workers look at the VDT screen most of the time, room lighting should be relatively low. But if they often read from a document, lighting should be brighter. Stout recommends low room lighting with a brighter light above the paper if the eyes travel regularly back and forth.

Glare on the screen can be a serious problem. Glare can be controlled by placing the terminal parallel to the window as well as parallel to and between lights, Stout explained.

Screen hoods reduce glare effectively, but might make it more difficult to look from the screen to the document. Anti-reflective screen coatings, micromesh filters and tinted VDT operator's glasses are not recommended.

With increasing age, the eye's ability to focus on close work gradually declines. Although this problem can usually be corrected through the use of reading or multifocal glasses, the use of glasses with an incorrect focal length could result in blurred vision or symptoms of eye strain, according to a recent policy letter put out by the Army Surgeon General's Office.

Shoulder, back and neck complaints are usually due to poor positioning of the VDT work station, according to Stout.

He emphasized the importance of detachable keyboards, as well as adjustable tables and chairs. Each person should adjust chair height and terminal equipment for individual comfort, he said.

The keyboard needs to be relatively low, usually 26 to 29 inches above the floor. The arms can be held at a comfortable angle, generally horizontal to the floor.

A common mistake is to place the terminal and keyboard at the standard desk height. This puts wrists at an improper angle, straining the upper back and shoulders.

The upper and lower legs should be at right angles. Stout advises VDT operators to keep feet flat on the floor or on a foot rest. The VDT worker should adjust the chair's backrest to support the mid-back area.

VDT workers need to sit directly in front of the terminal screen so the neck does not have to be twisted or bent. The screen's top should be no higher than eye level, and 18 to 20 inches from the eyes.

"There are no health hazards associated with the operation of VDTs from the emission of ionizing or non-ionizing radiation," according to the Surgeon General policy letter. That statement was based on a study by the National Institute of Occupational Safety and Health.

Promotions

Congratulations are in order for the following Hawaii Army and Air National Guard members who have either received promotions, appointments or federal recognition.

Officers do not wear their new rank until they receive federal recognition.

HAWAII ARMY NATIONAL GUARD

Colonel:
Paul N. Nakamura, Deputy Adjutant General (State Appointment Only)

Major:
William D. Vogt, HQ STARC, HARNG (-Det. 1)

Captain:
Roy Hinokawa, HHC, 2nd Battalion, 299th Infantry
Glenn M. Kaneda, 229th Medical Company
Benedict H. Frank-Ongoy, HHD, 159th Maintenance Battalion
Jeffrey T. Weller, 1293rd Aviation Company (Cbt. Spt.) (-Det. 1)
Kalani H. Wilmington, Troop E (Air) 19th Cavalry 299th Infantry

Second Lieutenant:
Calvin T. Okazaki, HQ STARC, HARNG (-Det. 1)

Chief Warrant Officer 4:
Alan D. Greenwell, HHC, 29th Infantry Brigade
Roy T. Hinokawa, HHC, 2nd Battalion, 299th Infantry

Chief Warrant Officer 3:
Edgar Clark, 291st Maintenance Company
Edmund Y. Okada, 829th Maintenance Company

Chief Warrant Officer 2:
Dennis H. Alvaro, 229th Medical Company
Edgar P. Clark, 291st Maintenance Company
Gerald T. Suenishi, HHC, 29th Infantry Brigade
Thomas Weeks, HHC, 1st Battalion, 299th Infantry
George Yonamine, 1293rd Aviation Company (Cbt. Spt.) (-Det. 1)

Sergeant First Class, E-7:
Julienne R. Thomas, HQ STARC, HARNG (-Det. 1)

Staff Sergeant, E-6:
Edna G. Nazareno, HQ STARC, HARNG (-Det. 1)
Pamela K. Rivera, HQ STARC, HARNG (-Det. 1)

Sergeant, E-5:
David Pfeifer, HCC, 1st Battalion, 299th Infantry
Leland A. Tobias, HQ STARC, HARNG (-Det. 1)
Thomas Holton, Troop E (Air) 19th Cavalry

HAWAII AIR NATIONAL GUARD

Lieutenant Colonel:
Warren W. K. Chung, 154th Resource Management Squadron
Jeffrey H. Okazaki, 202nd Combat Information Systems Flight

Major:
Robert F. Darrow, 199th Tactical Fighter Squadron
Federick F. Fogel, 199th Tactical Fighter Squadron
Sydney W. C. K. Keliipuleole, 154th Civil Engineering Squadron
Norman S. Nitta, 150th Aircraft Control & Warning Squadron
Peter S. Pawling, 199th Tactical Fighter Squadron
Roy K. Sakata, 154th Consolidated Aircraft Maintenance Squadron

Captain:
Walton T. M. Auyong, 154th Tactical Hospital

First Lieutenant:
Glenn C. Kagawa, 150th Aircraft Control & Warning Squadron
Thomas K. L. Mau, 199th Weather Flight

Senior Master Sergeant, E-8:
Randall K. H. M. Lum, 154th Consolidated Aircraft Maintenance Squadron
Alan Y. Matsuoka, 154th Resource Management Squadron

Master Sergeant, E-7:
Joseph J. Kaaikaula, 154th Civil Engineering Squadron
John K. L. Wahinekapu, 154th Consolidated Aircraft Maintenance Squadron

Technical Sergeant, E-6:
Lance J. Ginoza, 201st Air Traffic Control Flight
Lawrence K. Iwanaga, 201st Air Traffic Control Flight
Derek K. Kawamoto, 201st Combat Information Systems Squadron
Kazuo R. Kaya, 154th Civil Engineering Squadron
Dennis K. Matsuura, 154th Resource Management Squadron
Bradley G. Mayural, 154th Civil Engineering Squadron

Owen K. Nishimura, 201st Air Traffic Control Flight
Zachary J. Octavio, 154th Tactical Hospital

Staff Sergeant, E-5:
James A. Causey, 202nd Combat Information Systems Flight
Curtis G. Cubi, 154th Consolidated Aircraft Maintenance Squadron
Steven K. Fujiyoshi, 154th Civil Engineering Squadron
Stanley J. Gomes, Jr., 154th Civil Engineering Squadron
Sherry L. Green, 199th Tactical Fighter Squadron
Bruce T. Hara, Jr., HQ, 154th Composite Group
Guy T. Ishii, 201st Combat Information Systems Squadron
Lazaro S. Joaquin, 201st Combat Information Systems Flight
Gerard C. Lum, 154th Consolidated Aircraft Maintenance Squadron
Patrick J. Moreland, 199th Tactical Fighter Squadron
Joanne E. Moudy, Aircraft Control & Warning Squadron
Keith T. Nakano, 154th Civil Engineering Squadron
Frank A. Paiste, 202nd Air Traffic Control Flight
Robert F. Pascua, Jr., 154th Consolidated Aircraft Maintenance Squadron
Wayne A. Rodrigues, 154th Civil Engineering Squadron
Lawrence S. Samante, 202nd Combat Information Systems Flight
Janet K. Shimizu, 169th Aircraft Control & Warning Squadron
Myles T. Shiroma, 201st Combat Information Systems Squadron
Steven W. Silva, 154th Consolidated Aircraft Maintenance Squadron

Sergeant, E-4:
John M. Botelho, 154th Resource Management Squadron
Carl D. Evans, 154th Combat Support Squadron
Robert R. Godsey, 154th Consolidated Aircraft Maintenance Squadron
Chris K. Hanapi, 169th Aircraft Control & Warning Squadron
Nathan H. B. Hee, 154th Consolidated Aircraft Maintenance Squadron
Ian D. K. Kaikaina, 154th Consolidated Aircraft Maintenance Squadron
Elwin Y. Kaneshiro, 154th Consolidated Aircraft Maintenance Squadron
Anthony L. Kepaa, 154th Civil Engineering Squadron
Norman K. Kurata, 154th Resource Management Squadron

Gregory T. Naito, 154th Civil Engineering Squadron
Val K. Nakahara, 154th Consolidated Aircraft Maintenance Squadron
Jay R. Nishimura, 154th Consolidated Aircraft Management Squadron
Marc W. P. Ochoco, 199th Tactical Fighter Squadron

Senior Airman, E-4:
James M. Chun, 154th Consolidated Aircraft Maintenance Squadron
Hector R. Incion, 154th Consolidated Aircraft Maintenance Squadron
Francis K. Lee, 154th Consolidated Aircraft Maintenance Squadron
Tame J. Yoshimura, HQ, 154th Composite Group

Airman First Class, E-3:
Sheri K. Bermudez, 154th Combat Support Squadron
Marconi S. Cabatbat, 154th Resource Management Squadron
Norio M. Colipano, 154th Consolidated Aircraft Maintenance Squadron
Raymond A. Dongon, Tactical Hospital
Darren H. Eko, 154th Security Police Flight
Michael L. Fisher, 154th Consolidated Aircraft Maintenance Squadron
Jay S. Fukumoto, 154th Combat Support Squadron
Randall A. Fukunaga, 154th Consolidated Aircraft Maintenance Squadron
Lilinoe T. Grube, 154th Consolidated Aircraft Maintenance Squadron
Michael N. Hajiro, 154th Consolidated Aircraft Maintenance Squadron
Derek K. Leong, 154th Consolidated Aircraft Maintenance Squadron
Ramon M. Quizon, 154th Combat Support Squadron
Christine M. Sangricco, 154th Civil Engineering Squadron

Airman, E-2:
Henry W. K. Burke, 154th Consolidated Aircraft Maintenance Squadron
Franklin W. L. Ho, Jr., 154th Consolidated Aircraft Maintenance Squadron
Scott A. Honda, 154th Resource Management Squadron
Karen A. Imada, 154th Resource Management Squadron
Shannon J. Nishikawa, 154th Civil Engineering Squadron
Ann N. Parrilla, 154th Consolidated Aircraft Maintenance Squadron
Ronald Rittenberger, 154th Consolidated Aircraft Maintenance Squadron
Edwin H. Sproat, 154th Consolidated Aircraft Maintenance Squadron
Mark S. Takahashi, 154th Consolidated Aircraft Maintenance Squadron

Awards

AWARDS

Members of the Hawaii Army and Air National Guard were recently presented with awards in recognition of their outstanding performance.

Hawaii National Guard Medal for Merit (FIRST SILVER KAHILI):
Col. Daniel K. C. Au, Headquarters, Hawaii Air National Guard

Hawaii National Guard Commendation Medal:
Maj. Glenn S. Hara, HQ STARC, HARNG (-Det. 1) attached to HHC, 2nd Battalion, 299th Infantry
Staff Sgt. Reynante G. Andres, HQ U.S. Army Readiness Group, U.S. Army Western Command, Fort Shafter, Hawaii

Army Commendation Medal:
Capt. Ken H. Takayama, HQ STARC, HARNG (-Det. 1)
Sgt. Maj. Wallace K. Inouye

Army Achievement Medal:
Staff Sgt. Robert K. Tanaka, HQ STARC, HARNG (-Det. 1)

Air Force Commendation Medal (First Oak Leaf Cluster):
Master Sgt. James H. Suzuki, 154th Consolidated Aircraft Maintenance Squadron

Air Force Commendation Medal:
Capt. Donald L. Strom, Jr., 199th Tactical Fighter Squadron
Capt. Wayne P. Wakeman, 199th Tactical Fighter Squadron

Senior Master Sgt. Donald T. Hashimoto, 169th Aircraft Control & Warning Squadron
Senior Master Sgt. Harrison W. H. Ho, 154th Security Police Flight
Senior Master Sgt. Clifford Wong, 154th Composite Group
Master Sgt. Jere F. Choo, 154th Consolidated Aircraft Maintenance Squadron
Master Sgt. Richard K. Kudo, 154th Consolidated Aircraft Maintenance Squadron
Master Sgt. Robert Ramos, Sr., 154th Composite Group
Master Sgt. Douglass J. Souza, HQ, Hawaii Air National Guard
Tech. Sgt. Lowell J. Agena, 202nd Air Traffic Control Flight
Tech. Sgt. William E. Anana, 154th Security Police Flight
Tech. Sgt. Edward M. Ane, 154th Security Police Flight
Tech. Sgt. August A. Bernardino, 154th Consolidated Aircraft Maintenance Squadron
Tech. Sgt. Monte M. Mitchell, 154th Security Police Flight
Tech. Sgt. Harold T. Uyeda, 202nd Air Traffic Control Flight
Tech. Sgt. Alwyn Y. Yoshimura, 199th Tactical Fighter Squadron
Staff Sgt. Ray G. Duropan, 154th Security Police Flight
Staff Sgt. Brian B. W. Gan, 154th Security Police Flight
Staff Sgt. John Isabelo, 154th Security Police Flight

Air Force Achievement Medal (First Oak Leaf Cluster):
Lt. Col. Michael H. Tice, 199th Tactical Fighter Squadron
Maj. John M. Dudley, 199th Tactical Fighter Squadron

Maj. Michael J. Melich, 199th Tactical Fighter Squadron

Air Force Achievement Medal:
Maj. Judith L. Fadrowsky, 154th Tactical Hospital
Master Sgt. Alfred M. Young, 154th Resource Management Squadron
Tech. Sgt. Jun J. Arconado, 201st Combat Information Systems Flight

Tech. Sgt. Russell L. Woodward, 154th Security Police Flight
Staff Sgt. Woody S. Batula, 154th Resource Management Squadron
Staff Sgt. Alvin K. H. Dang, 154th Consolidated Aircraft Maintenance Squadron
Staff Sgt. Bernice K. Pharr, 154th Consolidated Aircraft Maintenance Squadron
Staff Sgt. Randolph C. Tandal, Jr., 154th Security Police Flight



A JOB WELL DONE—Capt. Ken H. Takayama, HQ STARC, HARNG (-Det. 1) receives praise and the Army Commendation Medal from Brig. Gen. Irwin K. Cockett, Jr. for exceptionally dedicated and meritorious service to the Hawaii Army National Guard. (Photo by Staff Sgt. Stephen Lum, 117th PAD, HARNG)

Training Schedule

ARMY & AIR NATIONAL GUARD TRAINING SCHEDULES

Listed below are the inactive duty training dates for all Hawaii Army and Air National Guard units. All dates are subject to change.

	January	February	March
HQ, STARC, HARNG (-Det. 1)	11-12	8-9	8-9
Selective Service	11-12	8-9	8-9
Hawaii Military Academy	4-5	1-2	8-9
117th Public Affairs Det.	11-12	8-9	8-9
HQ Installation Command	11-12	8-9	8-9
298th Engineer Det.	11-12	8-9	8-9
HHD, 159th Maintenance Bn.	11-12	8-9	15-16
12th Pers. Svc. Co.	11-12	8-9	15-16
291st Maint. Co.	11-12	8-9	15-16
829th Maint. Co.	11-12	8-9	15-16
628th Ord. Det.	11-12	8-9	15-16
HHD, 297th S & S Bn.	11-12	8-9	15-16
229th Medical Co.	11-12	8-9	15-16
292nd S & S Bn.	11-12	8-9	15-16
329th Field Svc. Bn.	11-12	8-9	15-16
1154th Trans. Co.	11-12	8-9	15-16
Det. 1, HQ, STARC	11-12	8-9	15-16
227th Engr. Co.	18-19	8-9	15-16
1293rd Avn. Co. (-Det. 1)	11-12	8-9	15-16
Det. 1, 1293rd Avn. Co.	10-12	8-9	1-2
Trp. E (Air), 19th Cav.	11-12	22-23	8-9
HHC 29th Inf. Bde.	11-12	8-9	8-9
HHC, 1st Bn., 299th Inf.	11-12	7-8	1-2
Co. A, 1st Bn., 299th Inf.	11-12	8-9	1-2
Co. B, 1st Bn., 299th Inf.	11-12	8-9	1-2
Co. C, 1st Bn., 299th Inf.	11-12	8-9	1-2
CSC, 1st Bn., 299th Inf.	10-12	8-9	1-2
Det. 1, CSC, 1st Bn., 299th Inf.	11-12	8-9	1-2
HHC 2nd Bn., 299th Inf.	10-12	8-9	1-2
Co. A, 2nd Bn., 299th Inf.	10-12	8-9	1-2
Co. B, 2nd Bn., 299th Inf.	10-12	8-9	1-2
Co. C, 2nd Bn., 299th Inf.	10-12	7-9	1-2
CSC, 2nd Bn., 299th Inf.	10-12	7-9	1-2
HHB 1st Bn., 487th FA	11-22	8-9	8-9
Btry. A, 1st Bn., 487th FA	11-12	8-9	8-9
Btry. B, 1st Bn., 487th FA	11-12	8-9	8-9
Btry. C, 1st Bn., 487th FA	11-12	8-9	8-9
Svc. Btry., 1st Bn., 487th FA	11-12	8-9	8-9
Headquarters, HANG	11-12	1-2	8-9
154th Composite Group	11-12	1-2	8-9
201st Combat Info. Systems	11-12	1-2	8-9
201st Combat Info. Systems Flight	11-12	1-2	8-9
202nd Combat Info. Systems Flight	11-12	1-2	8-9
201st Air Traffic Control Flight	11-12	1-2	8-9
202nd Air Traffic Control Flight	11-12	1-2	8-9
199th Weather Flight	4-5	1-2	8-9

Calendar

December 6, Friday

Hawaii National Guard Women's Auxiliary, Na Kuhina Nui O Na Koa Hawaii Christmas luncheon. 11 a.m. Oahu Country Club, 150 Country Club Road, Pali Highway. The guest speaker will be Sen. Daniel Inouye.

December 12, Thursday

Department of Defense Christmas Concert, featuring the 111th Army Band. Baldwin High School Auditorium, Maui 7-9 p.m.

December 13, Friday


Department of Defense Christmas Concert, featuring the 111th Army Band. Kauai War Memorial Convention Hall Auditorium, Kauai, 7-9 p.m.

December 22, Sunday

Department of Defense Christmas Concert, featuring the 111th Army Band. Neal Blaisdell Center Concert Hall, Oahu, 4-6 p.m.

3 SHOPPING WEEKS LEFT

AMERICAN LUNG ASSOCIATION



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Military News — continued from page 8.

Promotion to sergeant will require a diploma

By Larry Carney
Times Staff Writer

WASHINGTON - Beginning March 1, 1987, a high school diploma will be required for promotion to sergeant and for a second and subsequent reenlistment.

Sgt. Maj. Robert C. Waugh, senior retention NCO for the Office of the Deputy Chief of Staff for Personnel, said that while the new promotion requirement will apply to all enlisted soldiers, the reenlistment standard will apply only to soldiers seeking reenlistment beyond the second term.

First-term soldiers will not be covered by the new reenlistment rules because

the Army feels policies governing them are already tough enough, Waugh said.

He said the Army decided to delay implementation of the new promotion and reenlistment policy for 20 months to give soldiers time to bring their education standards up to the new levels.

The new promotion and reenlistment criteria, he said, are much tougher than under current policy, which does not require a high school diploma until a soldier enters the zone of consideration for advancement to E-6. No high school diploma currently is required for reenlistment.

Waugh said soldiers who receive their diplomas through the General Education Development program will be considered high school graduates, just as if

they had completed high school in the usual way.

Because of the Army's success in recent years in attracting high school graduates, the service estimates that fewer than 10 percent of its corporals and specialist fours lack high school diplomas.

"Those who don't will have plenty of time to get them before the new promotion and reenlistment criteria go into effect," a personnel official said.

In addition to toughening civilian education requirements, Training and Doctrine Command has recommended that the Army limit E-6 promotion to soldiers who have completed the Primary Leadership Development Course. This proposal is being con-

sidered by the Department of Army NCO Development Study.

News for army families newsletter available

The winter issue of "News for Army Families" is currently available at commissaries, post exchanges, hospitals, dental clinics, libraries, and other post locations. This issue features an update on federal job information and health care, and includes family fitness information and money-saving ideas.

Copies of the newsletter are also available from HQDA, CDAPE-ZAF, Washington, D.C. 20310-0030.

Office of the State Adjutant General
Departments of the Army and Air Force
National Guard of Hawaii
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