

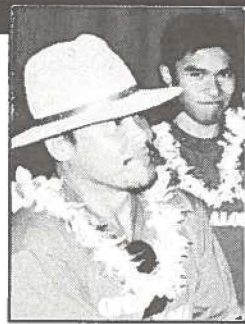
Spotlight

Hawaii Guard marks 100th anniversary
page 3



Iniki

Soldiers and airmen return to Kauai
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People

Guard honors distinguished graduates
page 7



Hawaii Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 28, No. 1

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

January - February 1993

Calendar

February 19, Friday
State DOD Recognition/Retirement Awards Luncheon, Hale Koa Hotel, Banyan Tree Room, 11:30 a.m.

March 12, Friday
2nd Battalion, 299th Infantry Dining Out, Naniiloa Hotel, Hilo, 6:00 p.m.

March 21, Sunday
2nd annual Hawaii National Guard 6K fun run/walk, Bellows AFS, 6:30 a.m.

March 26, Friday
Prince Kuhio Day, state holiday only.

April 9, Friday
Good Friday, state holiday only.

April 16, Friday
Military Retiree Golf Tournament, Kaneohe Marine Corps Golf Course, 11:30 a.m.

May 10 - 16
Hawaii Military Week, sponsored by the Military Affairs Council, Hawaii Chamber of Commerce.

May 15, Saturday
29th Infantry Brigade 25th anniversary of the 1968 call-up, Wailoa State Park, Hilo.

May 31, Monday
Memorial Day, federal and state holiday.

203rd Air Refueling Squadron

activated

By Gaye S. Sakamoto

The 203rd Air Refueling Squadron (ARS), Hawaii Air National Guard (HIANG), was federally recognized in an activation ceremony at Hickam Air Force Base (AFB), Feb. 12.

A large crowd of Guard members, friends and families came to celebrate the occasion. Also attending were U.S. Senator Daniel K. Akaka; Hawaii State Representative Emilio Alcon; Maj. Gen. Edward V. Richardson, state adjutant general; and Maj. Gen. Ronald W. Iverson, Deputy Chief of Staff, Operations, Pacific Air Forces (PACAF).

At a time when active duty forces are facing significant cutbacks, the 203rd ARS will allow the HIANG to provide essential services to maintain readiness across a broad spectrum of contingencies in the Pacific. The 203rd will support refueling operations for the 154th Group and PACAF.

The squadron will have five tankers by the end of May. Each will be named after a Hawaiian star. The first aircraft was named *Hoku-pa'a* -- the north star.

The HIANG is one of the first National Guard units to have KC-135s equipped with drogue pods, in addition to the refueling boom, enabling the tankers to refuel different types



Gaye S. Sakamoto

Col. Michael H. Tice (left), commander, 154th Group, passes the colors of the 203rd Air Refueling Squadron to the unit's commander, Lt. Col. Walter Kaneakua (right), as Chief Master Sgt. Jack W. Uhrig looks on, during activation ceremonies at Hickam AFB, Feb. 12.

of aircraft without landing between refuelings. The tankers are also equipped with refueling receptacles, allowing fuel to be transferred from other aircraft to the tanker.

The 203rd is commanded by Lt. Col. Walter K. Kaneakua. Kaneakua served in the active Air Force for nearly 20 years and is a senior pilot, with more than 2,900 flying hours.

New Division Rear Operations Unit unfurls colors



2nd Lt. Steve C. Lai

Brig. Gen. Eugene S. Imai (left), commander of the Hawaii Army National Guard, and Master Sgt. Timothy B. Galbiso (second from right) unfurl the colors of the 25th Infantry Division, 1st Detachment (Rear Command Post Operations Cell), at the unit's activation ceremony, Jan. 9. Col. Edward L. Correa Jr. (second from left), commander, Troop Command, looks on, and Lt. Col. Glen I. Sakagawa (right) stands by to take command of the detachment. The detachment is part of the active Army's 25th Infantry Division (Light) but is comprised of 19 Hawaii Army National Guard soldiers. Sakagawa previously commanded the Hawaii Military Academy.

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Command notes



Maj. Gen. Edward V. Richardson
The Adjutant General

formance in the aftermath of Hurricane Iniki last year is only one of a long list of accomplishments that underscore our commitment to assist our fellow citizens during emergencies.

Unfortunately, our forbears who organized the original National Guard of Hawaii in 1884 did not share the same vision or goals we have today. The National Guard of that

time was not officially recognized but employed a heavy hand in shaping the affairs of the Hawaiian Kingdom. It was actively involved in supporting those who plotted against Hawaii's rulers and played a prominent military role in the overthrow of the monarchy, Jan. 17, 1893. Just ten days later, the National Guard of Hawaii was officially recog-

nized by the Provisional Government and remained on active duty to maintain order. (See *pupukahi* story, page 3.)

When the Republic of Hawaii was proclaimed in 1894, Col. John H. Soper, who had commanded the Kingdom's militia since 1884, was named the first adjutant general. On June 15, 1898, following the annexation of the islands, members of the National Guard of Hawaii swore their allegiance to the United States and became federally recognized.

The National Guard of Hawaii's involvement in assisting those determined to usurp the power and authority of the Kingdom's rulers has shrouded the establishment of the Hawaii National Guard in controversy. However, I feel those who have served in the department since then have earned the right of being respected for

their uncompromising loyalty, integrity, patriotism and dedication. It is important for us to continue to examine and come to terms with our organization's origins, learn and apply the lessons of the past, and put into perspective our future goals as they relate to our peacetime mission.

The end of the Hawaiian Kingdom in 1893 changed forever the destiny of Hawaii's people (native and foreign-born) and led the islands on an irreversible path of social, economic and political change. Their annexation by the United States in 1898 canonized the strategic military and economic role of Hawaii throughout most of the 20th century.

Since its establishment, the Hawaii National Guard's leadership and general membership has slowly evolved to more closely represent the multi-cultural heritage of the

islands. In territorial times, members of the Hawaii National Guard served the United States in both World Wars. Following Statehood in 1959, more than 1,100 soldiers and airmen went on to serve in the Republic of Vietnam, and 20 of our young troops gave their lives for our country.

More recently, the Hawaii National Guard has served in a peacetime role by providing outstanding humanitarian and community assistance. From this perspective, the Guard has undergone a complete transformation from a militia serving the Provisional Government's special interests to one that has earned, through consistent performance and sacrifice, a reputation of dedicated service to Hawaii's people.

As we embark on another centennial of service to the United States and Hawaii,

let us rededicate ourselves to serving with pride and distinction. We cannot rewrite the history of our organization, but we can heed the cogent lessons from the past and work to serve the greater good of all humankind, maintain our integrity and gain the respect and confidence of the people we serve.

The Hawaii National Guard will continue to make a positive difference in the quality of life of the people of Hawaii. We will continue to focus our energies to provide and maintain properly trained and equipped units for prompt mobilization during national or domestic emergencies. Our foremost priority, however, will be to build on our reputation of community service. Our heritage of service and commitment in Hawaii will no doubt shine brighter than the dark days of our controversial beginnings.

Over the years we have worked extremely hard to make our department a valued organization that stands ready to serve our communities, state and nation. Some of our predecessors made the ultimate sacrifice, and many more dedicated their lives for the ideals of distinguished service, loyalty and patriotism. Our outstanding per-

Departmental news -- continued on page 8

Reorganizations, inactivations and conversions

Soldiers on the enlistment, extension or affiliation bonuses, student loan repayment program or health professional loan repayment program, and affected by the future reorganization, inactivation or conversion of Hawaii National Guard units, will continue to be entitled to incentive payments if they meet all eligibility criteria. A soldier must avoid being design-

nated an unsatisfactory participant and must occupy a position vacancy.

Professional military education (PME) changes

With enlisted promotions now tied to attendance at each level of PME, Guard members previously overlooked for school can now expect to attend.

Effective Jan. 1, PME became a mandatory part of enlisted careers. Senior airmen are eligible to attend

when they have 48 months in service or are selected for promotion to staff sergeant.

Sergeants and technical sergeant selectees will be eligible to attend NCO academies. Senior master sergeants and senior selectees may attend the Air Force Senior NCO Academy at Maxwell Air Force Base, Alabama.

U.S. Military Academy Preparatory School (USMAPS)

In addition to the Congressional nomination process,

members of the Army National Guard may enter the United States Military Academy via USMAPS.

Application requirements include a letter of application, a photo, a transcript of any college courses, an evaluation from your commanding officer and an essay.

For more information, contact Maj. Jim Beatty, (703) 695-0072. Applications must be received by May 1.

New Army green dress uniform

New Army green dress

uniforms became available Feb. 1. The new uniform is a slightly different style and a darker shade of green. The wear out date for the old uniform has not yet been published.

New Air Force service dress uniform

Gen. Merrill A. McPeak, Air Force Chief of Staff, announced a new, streamlined, wool-blend, service dress uniform, Jan. 12. The uniform will be offered as an optional garment in 1994. The new

mandatory wear date will be late-1999.

Accelerated promotion for Scouts

As of Oct. 1, 1992, anyone who enlists in the Army Guard having earned the Boy Scout Eagle award or the Girl Scout Gold award will be promoted to private 2. A private 2 earns more than a private 1 and begins accumulating time in grade toward his or her next promotion. For more information, call 737-1522 (Oahu).

Reserve pay for four drills (effective Jan. 1)

YEARS OF SERVICE

	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26	
COMMISSIONED OFFICERS																
O-10	887.36	918.56	918.56	918.56	918.56	953.80	953.80	1006.64	1006.64	1078.64	1078.64	1150.88	1150.88	1150.88	1222.80	
O-9	786.40	807.00	824.20	824.20	824.20	845.16	845.16	880.32	880.32	953.80	953.80	1006.64	1006.64	1078.64	1078.64	
O-8	712.28	733.64	751.04	751.04	751.04	807.00	807.00	845.16	845.16	880.32	918.56	953.80	977.32	977.32	977.32	
O-7	591.84	632.08	632.08	632.08	660.44	660.44	698.72	698.72	733.64	807.00	862.52	862.52	862.52	862.52	862.52	
O-6	438.68	481.96	513.56	513.56	513.56	513.56	513.56	513.56	531.00	614.96	646.36	660.44	698.72	722.36	757.80	
O-5	350.84	411.92	440.44	440.44	440.44	440.44	453.76	478.20	510.24	548.44	579.84	597.44	618.32	618.32	618.32	
O-4	295.72	360.12	384.16	384.16	391.28	408.52	436.40	460.92	481.96	503.12	517.00	517.00	517.00	517.00	517.00	
O-3	274.80	307.28	328.48	363.44	380.84	394.48	415.84	436.40	447.12	447.12	447.12	447.12	447.12	447.12	447.12	
O-2	239.64	261.68	314.44	325.00	331.76	331.76	331.76	331.76	331.76	331.76	331.76	331.76	331.76	331.76	331.76	
O-1	208.08	216.56	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	261.68	
COMMISSIONED OFFICERS WITH OVER 4 YEARS ACTIVE DUTY SERVICE AS AN ENLISTED MEMBER OR WARRANT OFFICER																
O-3E	0.00	0.00	0.00	363.44	380.84	394.48	415.84	436.40	453.76	453.76	453.76	453.76	453.76	453.76	453.76	
O-2E	0.00	0.00	0.00	325.00	331.76	342.28	360.12	373.92	384.16	384.16	384.16	384.16	384.16	384.16	384.16	
O-1E	0.00	0.00	0.00	261.68	279.60	289.92	300.40	310.84	325.00	325.00	325.00	325.00	325.00	325.00	325.00	
WARRANT OFFICERS																
W-5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	477.84	495.96	510.31	531.80	
W-4	280.00	300.40	300.40	307.28	321.24	335.40	349.48	373.92	391.28	405.00	415.84	429.28	443.64	457.45	478.20	
W-3	254.48	276.04	276.04	279.60	282.84	303.56	321.24	331.76	342.28	352.48	363.44	377.60	391.28	391.28	405.00	
W-2	222.88	241.12	241.12	248.16	261.68	276.04	286.52	297.04	307.28	318.08	328.48	338.84	352.48	352.48	352.48	
W-1	185.68	212.92	212.92	230.68	241.12	251.48	261.68	272.52	282.84	293.40	303.56	314.44	314.44	314.44	314.44	
ENLISTED MEMBERS																
E-9	0.00	0.00	0.00	0.00	0.00	0.00	325.76	333.04	340.60	348.40	356.20	363.12	382.16	397.03	419.32	
E-8	0.00	0.00	0.00	0.00	0.00	273.16	280.96	288.36	295.84	303.68	310.64	318.28	336.96	351.96	374.48	
E-7	190.68	205.88	213.48	220.96	228.48	235.76	243.32	250.92	262.28	269.72	277.20	280.80	299.64	314.57	336.96	
E-6	164.08	178.84	186.28	194.20	201.48	208.72	216.40	227.56	234.68	242.28	245.96	245.96	245.96	245.96	245.96	
E-5	143.96	156.72	164.36	171.48	182.76	190.20	197.72	205.00	208.72	208.72	208.72	208.72	208.72	208.72	208.72	
E-4	134.28	141.84	150.16	161.76	168.16	168.16	168.16	168.16	168.16	168.16	168.16	168.16	168.16	168.16	168.16	
E-3	126.52	133.48	138.80	144.28	144.28	144.28	144.28	144.28	144.28	144.28	144.28	144.28	144.28	144.28	144.28	
E-2	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	121.76	
E-1>4	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	108.64	
E-1<4	100.48	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	



pupukahi

State of Hawaii Department of Defense

pupukahi: harmoniously united

The *pupukahi* is an unofficial publication authorized under the provisions of AR 360-81. It is funded and published twice quarterly by the State of Hawaii, Department of Defense, 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495. It is an offset publication printed by the Hawaii Hoshi. Views and opinions expressed herein do not necessarily represent those of the Departments of the Army and Air Force. All photos are Hawaii National Guard photos unless otherwise credited. Circulation: 7,200.

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Spotlight

Hawaii National Guard turns 100

By Gaye S. Sakamoto

The Hawaii National Guard marked its 100th anniversary, Jan. 27.

Officially recognized by the Provisional Government of Hawaii in 1893, the Hawaii National Guard's roots date back to the mid-1800s, when Honolulu was a growing port of call for whalers and trading ships worldwide.

Because local law authorities had trouble controlling fights between sailors, a volunteer company of business and community leaders formed the First Hawaiian Guard to control riots that were damaging businesses.

In 1857, former members of the First Hawaiian Guard, with the King's concurrence, founded a volunteer company called the Honolulu Rifles. In contrast to the King's Royal Guard, whose mission was to guard the King and palace and perform ceremonial duties, the Honolulu Rifles protected the property of the town and citizens until disbandment in 1873.

Revived in 1884, the Honolulu Rifles grew from 52 to 272 increasingly reform-minded members by 1887.

In November 1887, a group of prominent Caucasian businessmen, known as the Hawaiian League, many



Sanford B. Dole (center, white beard), leader of the the Provisional Government, poses with members of the volunteer militia that guarded buildings and streets during the overthrow of the Hawaiian Monarchy, Jan. 17, 1893.

of them Honolulu Rifles members, forced King Kalakaua to accept the "Bayonet Constitution," reducing the king to a ceremonial leader with very little power. Meanwhile, the Honolulu Rifles, now the largest military force in Hawaii, patrolled the streets to prevent opposition from citizens.

Three years later, the Honolulu Rifles were again disbanded, leaving the Royal Guard as the sole military force in Hawaii. The Rifles

maintained an informal organization, however, which was rapidly pulled together for the overthrow of the monarchy in 1893.

On Jan. 17, 1893, Sanford B. Dole and the Committee of Public Safety, including many former Honolulu Rifles members opposed to Queen Lili'uokalani's attempt to establish a new constitution (restoring the monarch's power), signed a proclamation abolishing the Hawaiian Monarchy and establishing a provi-

sional government.

A volunteer military force, including former Honolulu Rifles officers commanded by Col. John H. Soper, guarded government buildings and patrolled streets to enforce the proclamation.

Although the Royal Guard, which remained loyal to the Queen, was armed, and the palace fortified, the monarchy was overthrown with only one shot fired. Concerned for the safety of her people and alarmed by the

presence of U.S. troops in Honolulu (sent to protect American lives and property), the Queen, under protest, yielded power to the U.S. government and appealed for an investigation. The issue resulted in a stalemate in the United States, however, and no action was taken to restore the Monarchy.

On Jan. 18 the Royal Guard was disbanded, and ten days after the overthrow, the National Guard of Hawaii was officially recognized by the Provisional Government. Col. Soper was made commander of the First Battalion of the First Regiment, which consisted of one company of regular troops and three companies of volunteer troops, with up to 101 men each.

The drill shed on the Iolani Palace grounds was reconditioned for use by the volunteers, who drilled once a week. The regulars, who occupied the Iolani Barracks, drilled daily.

During the Provisional Government's first days, all companies were on active duty to help keep order in the town. When the United States assumed protection of the islands, Feb. 1, the three volunteer companies were relieved from active duty, subject to recall at anytime.

On April 1, U.S. troops withdrew their protection from the Hawaiian islands, and the National Guard of Hawaii took over that responsibility.

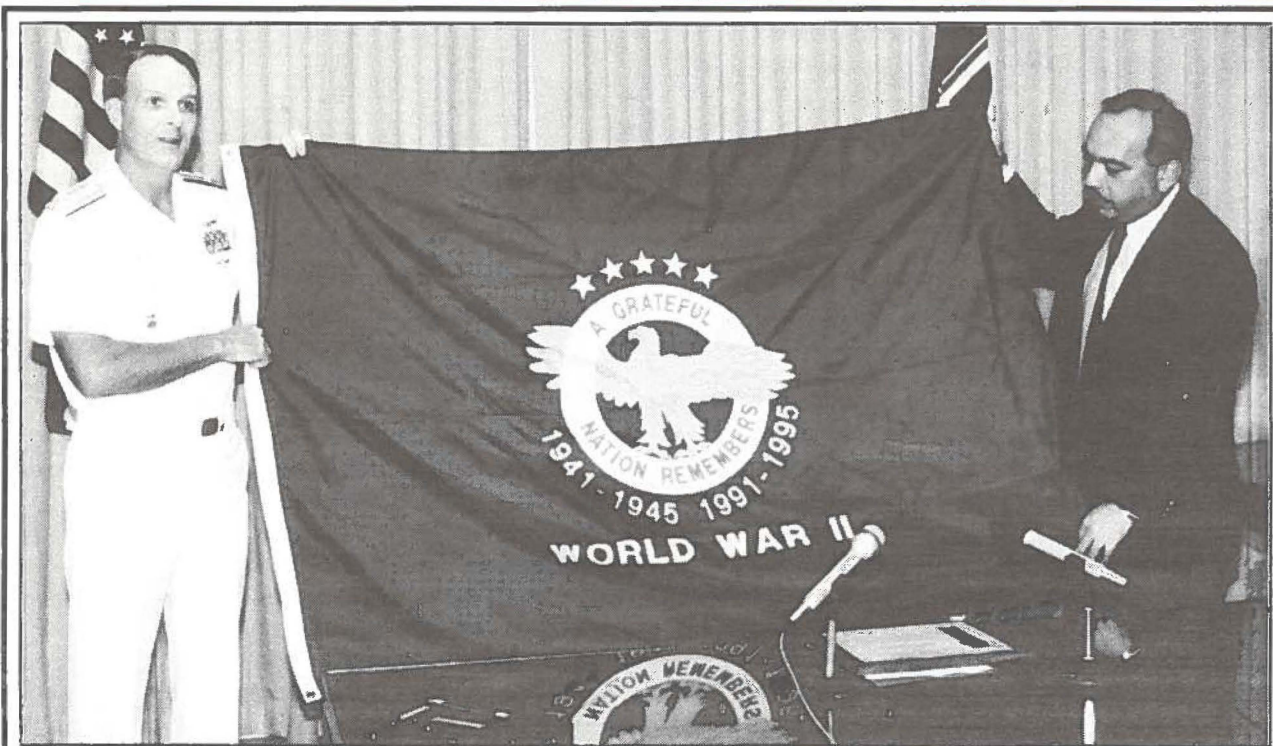
Two days after the Republic of Hawaii was proclaimed, July 4, 1894, Col. Soper became the first adjutant general.

When the U.S. House of Representatives passed the resolution to annex the Republic of Hawaii, June 15, 1898, the Hawaii Guardsmen were required to swear allegiance to the United States. The Guard's two regular companies and six volunteer companies were a valuable military asset.

In its 100 years of existence, the Hawaii National Guard has been called on countless times to provide relief in times of civil disturbance, as in the early days of riot control, or during natural disasters, such as floods and hurricanes, and has faithfully answered the call of the United States during times of war.

Although its part in the overthrow of the Hawaiian Monarchy casts a shadow over its early years, the Hawaii National Guard can be proud of its history since then and what it has contributed to our state and country today.

Office of Veterans Services



Russell Ho

Hawaii designated World War II commemorative site

Adm. Charles Larson, commander in chief, U.S. Pacific Command, presents Gov. John Waihee with a commemorative flag at a Dec. 28 ceremony designating the State of Hawaii a World War II (WWII) Commemorative Community. The Commemorative Community program, sponsored by the Department of Defense, encourages communities to mark the 50th anniversary of WWII and learn from the war's history. During the five-year anniversary period, ending on Veterans Day 1995, the state will be expected to host a number of activities honoring those who served in WWII. Hawaii was also chosen to host the final celebration, in 1995, commemorating the war's end.

Funeral benefits extended to reservists

Recent federal legislation extends eligibility for government headstones, grave markers and burial flags to certain military reservists.

In general, veterans discharged from active duty under conditions other than dishonorable are eligible for a government-provided headstone or gravemarker and burial flag. Many reservists already meet this eligibility requirement because of active duty during periods such as the Vietnam conflict and the Persian Gulf War.

Before enactment of the new law, reservists who had served on active duty only for training were not eligible for these benefits. Now all who have completed at least 20 years of qualifying reserve duty are eligible.

The Department of Veterans Affairs (DVA) provides the traditional upright, marble

headstones or flat, bronze, marble or granite gravemarkers. Bronze niche markers are also available.

Headstones and markers are provided automatically for graves in national cemeteries and state veterans cemeteries. Upon application, they are also available for veterans' graves in other cemeteries.

DVA pays the cost of transporting the headstone or marker. If interment occurs in a private cemetery, however, DVA does not pay for the cost of placing the gravemarker.

For more information on DVA's headstone and gravemarker program, including application information, contact the nearest DVA Regional Office or write to Director, Office of Memorial Programs (403), National Cemetery System, Department of Veterans Affairs, Washington, DC 20420.

Hawaii National Guard cruises

By Nancy S. Williams

More than 470 Hawaii National Guard members who assisted Kauai residents after Hurricane Iniki struck last year returned to the island, Jan. 4. This time, however, the troops went as tourists to mark the reopening of the island to daytime visitors.

The Guard soldiers and airmen sailed to Kauai on a three-day cruise aboard the SS Constitution. The cruise, with all amenities, was donated by American Hawaii Cruises.

The Constitution departed Honolulu, Jan. 2, with Oahu Guard members on board, and stopped in Maui, Jan. 3, to pick up Guard members from Maui and the Big Island.

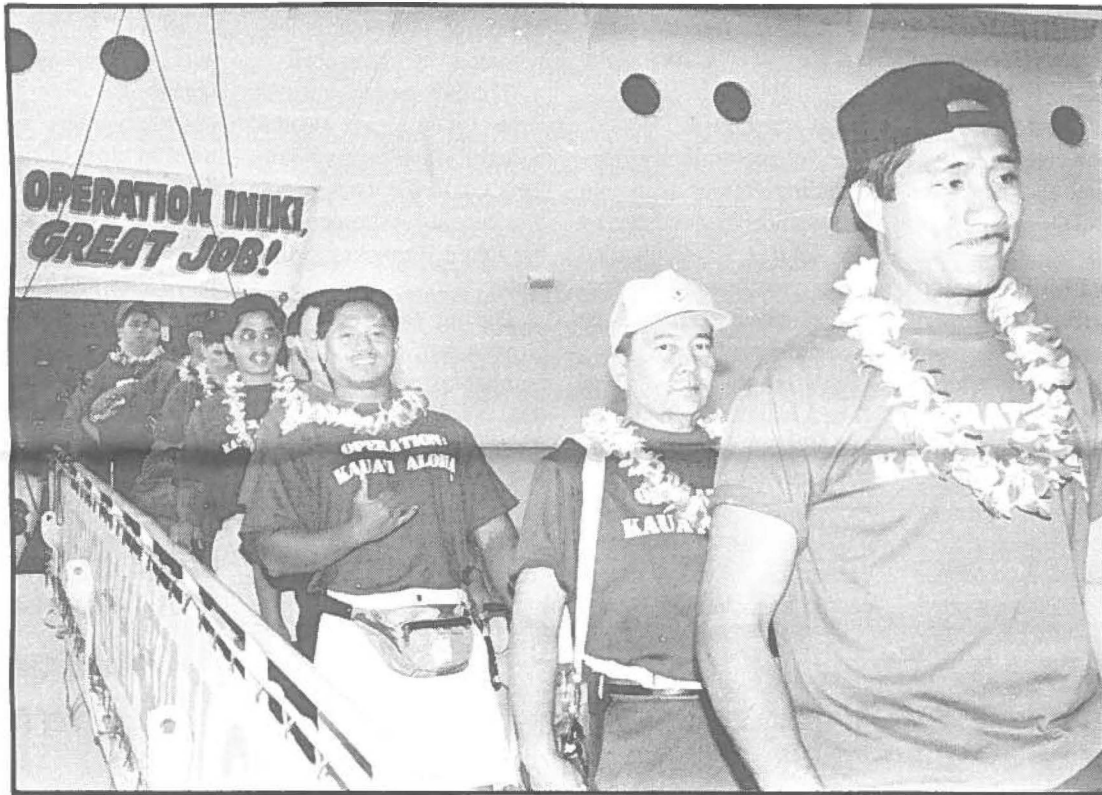
On the ship, soldiers and airmen enjoyed two fresh-water pools, a fitness center, a theater, nightly entertainment, games and contests, breakfast and lunch buffets, an afternoon cookout and full dining room service.

After a day and two nights at sea, the Constitution docked at Nawiliwili harbor, where Gov. John Waihee and Maj. Gen. Edward V. Richardson, state adjutant general, were on hand



Sgt. 1st Class Wayne T. Iha

After transporting more than 470 Hawaii National Guard members to Kauai, courtesy of American Hawaii Cruises, the SS Constitution waits at Nawiliwili Harbor while soldiers and airmen tour the island, Jan. 4.



Sgt. 1st Class Wayne T. Iha

Hawaii National Guard members, sporting purple T-shirts with "Operation: Kaua'i Aloha" emblazoned in white letters on the front, are greeted by Gov. John Waihee and Maj. Gen. Edward V. Richardson as they disembark at Nawiliwili Harbor, Kauai, Jan. 4.



HAPPY TO BE BACK -- Guard members, with students from Wil ceremonies on Kauai thanking them for their work during the Hurr



Sgt. 1st Class Wayne T. Iha

Kauai Mayor JoAnn Yukimura displays a \$2,700 check for Kauai's disaster relief fund presented to her by Gen. Richardson (left) and Gov. Waihee (right). The money was donated by Guard members who sailed to Kauai aboard the SS Constitution, Jan. 2-5.



Guard members arrive several day tours organ

back to Kauai

to greet arriving soldiers and airmen.

Sporting purple T-shirts with "Operation: Kauai Aloha" in white letters, soldiers and airmen poured from the ship and boarded buses to Kukui Grove Park, where a ceremony was held to thank the Hawaii National Guard for its work during the hurricane recovery effort.

The ceremony included performances by the Kauai High School Band and Kuulei Punua Hula Halau, a helicopter flower drop, and remarks by Gov. Waihee, Kauai Mayor JoAnn Yukimura, Gen. Richardson and Mr. Mufi Hannemann, director, Department of Business, Economic Development and Tourism. Students of Kauai High School and Wilcox Elementary presented the adjutant general with a symbolic gift and key to Kauai.

Mayor Yukimura's emotional praise and "thank you" to the Guard brought tears to the eyes of many in the audience.

"The spirit that is lifting up this tent today is what carried us through the hurricane," Yukimura said. "You were the wind beneath our wings."

At the park, a number of Kauai merchants gathered to display their products. One Kauai woman expressed her appreciation by purchasing dozens of boxes of Kauai Cookies and giving them to Guard members. Also, Kukui Grove Shopping Center stores offered discounts to military personnel.

From the park, Guard members departed for a variety of scheduled day tours, including golf, helicopter rides and whale watching, before reboarding the ship to Oahu.

"Kauai is still beautiful," said Staff Sgt. Myra Hethcote, "No matter what they go through, they always get out of it. You could see the green returning to the island."

The SS Constitution was the last ship to leave Nawiliwili Harbor before Hurricane Iniki hit. Regular cruise service to Kauai resumed Jan. 11, as the second stage of Kauai's visitor industry roll-out. In the first phase, ground transportation and helicopter tours began operating again Dec. 1. Hotels are reopening gradually, and a grand opening of the island is planned for May 1.



Capt. Curtis H. Matsushige

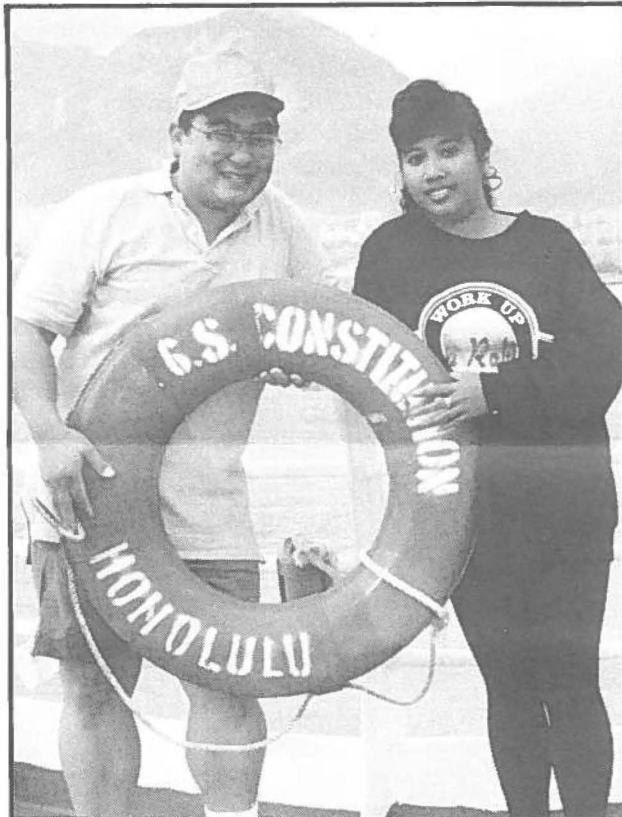
(Above) Members of the Hawaii National Guard unfurl streamers from the decks of the SS Constitution as they set sail from Aloha Tower on a three-day cruise to Kauai, Jan. 2.

(Left) Sgt. Wayne T. Miyata, of the 117th Public Affairs Detachment, and Sgt. Bernadette La Rosa, of the 297th Supply and Service Battalion, were crowned King and Queen of the ship on the first night of a cruise busy with games and activities.



Sgt. 1st Class Wayne T. Iha

Elementary, flash smiles and exuberant "shakas" during Jan. 4 e Iniki recovery effort.



Capt. Curtis H. Matsushige



Capt. Curtis H. Matsushige

Students of Wilcox Elementary display a giant thank you note during Jan. 4 ceremonies honoring the Hawaii National Guard for its help after Hurricane Iniki struck Kauai, Sept. 11.



Capt. Curtis H. Matsushige

a picnic at Kipu Kai beach after looking for whales on one of to welcome the Hawaii National Guard back to Kauai.

Hawaii Army National Guard



Brig. Gen. Eugene S. Imai
Commander, HIARNG

As we start a new calendar year, it may be helpful to revisit the Vision I have set for the Hawaii Army National Guard (HIARNG). This Vision is the result of a lot of input from units and my staff, and describes the desired future state for the HIARNG.

"The HIARNG is an organization whose roots reach far back through time and the vastness of the Pacific, yet whose constant focus on distant beacons continues to set a course for future destinations that others cannot envision."

"The HIARNG is an organization that perpetuates the skills, the aspirations and the unrivaled courage of ancient Polynesian voyagers

and constantly challenges and calls forth the best from people of a composite culture unlike any other on earth."

"The HIARNG is an organization where membership is an honor and a privilege that must be constantly renewed to preserve the trust placed in us by the people; where achievement knows no bounds; and where pride in their commitment to nation, state, community, family and each other is mutual and unshakable."

"The HIARNG is an organization committed to meeting and exceeding all standards of physical, technical, tactical and leadership skills through teamwork and quality leadership."

"The HIARNG is an organization recognized as the Nation's most effective and best managed Reserve Force, and a full partner in the Total Force."

We have made, in the past two years, good progress in our efforts to reach this Vision. This was clearly demonstrated by our successes during Annual Training '92, during Optimal Focus '91 and '92, during our response to the need of the people of Kauai following Hurricane Iniki, and in our support role during the commemoration of the 100th anniversary of the overthrow of the Hawaiian Monarchy. But we face considerable challenges which will re-



Col. Edward L. Correa Jr. (center), commander, Troop Command, passes the colors of the 297th Supply and Service Battalion from outgoing commander of the 297th, Lt. Col. Joseph J. Chaves (right), to the unit's new commander, Lt. Col. Kenneth M. Tenno (left), during change of command ceremonies, Feb. 7.

2nd Lt. Dan Okamura

quire our utmost efforts.

We face, in the coming months, an acceleration of the changes in our military which started with the ending of the Cold War. With the focus of the President and the Congress on restoring the vitality of the economy, the need to identify "bill payers" will intensify. A favorite target has been and will continue to be the military budget. Cuts in budgets are realized

by eliminating force structure and its related personnel, weapons systems, and logistics. Which structure survives will depend in large measure on the quality of that organization.

We must ensure that we have the best organization possible, with outstanding strength, training, administration and logistics. We have been successful in the past in diverting some of the adverse actions into

more favorable alternatives, but we cannot continue to do so without improving the quality of our units. It is therefore in your personal best interest to do everything possible to make your unit the best it can possibly be.

With all of your help, I'm sure that we will move even closer to the Vision of the Hawaii Army National Guard.

Hawaii Air National Guard



Brig. Gen. Allen M. Mizumoto
Commander, HIANG

Maj. Gen. Philip G. Killey, director, Air National Guard, has established the Air National Guard Focus '93 Program, which focuses on four major areas: Image, People, Capabilities, and Environment.

This program is in keeping with the tenets of quality established by Maj. Gen. Richardson, the adjutant general of Hawaii, and is fully supported by us both in our quest to continue to improve the Hawaii Air National Guard (HIANG).

Image is important to every organization. The HIANG is a highly visible organization, and an impeccable image is a must. In 1993, we will focus on the following areas

that reflect the image of the HIANG:

Facilities. Quality, well-maintained facilities that establish the HIANG as a quality organization and a good place to work are a must.

Equipment. Airplanes and vehicles must comply with established standards of quality, appearance, and paint schemes and be cleaned and maintained to reflect the high standards of a quality organization.

Personal Appearance and Conduct. These must reflect the highest standards of professionalism and conduct and enhance the personal image of the HIANG.

People are the HIANG's most important asset. We want to ensure that every individual in the HIANG is treated with equality and respect. Additionally, we must visibly recognize the importance of our families and our communities to the accomplishment of our mission. We will focus on the following people areas in 1993:

Equal Employment Opportunity. We must ensure that we have a work environment that provides equal opportunity for everyone regardless of race, religion, sex, or national origin.

Sexual Harassment. We must ensure that we have an organization that respects the individual, regardless of sex, and does not tol-

erate personal or professional discrimination or harassment.

Family/Community. We must develop family programs that meet the needs of HIANG members in peace and war. We should be involved in community support activities that "add value to America."

Capabilities of the HIANG continue to be at a very high level. We are known and respected as a capable, professional organization and a vital partner in the PACAF family. We earned this reputation through dedication and hard work. That same dedication and hard work are vital to our continued success. We will focus on the following capability areas:

Inspections. We must continue to pass all inspections and strive for "Excellent" and "Outstanding" ratings.

Sorts. We must ensure that at least 95 percent of all units are C-1. No unit, except units in conversion or activation, should be less than C-2.

Standards. We must meet or exceed Air Force standards for air and ground safety, in-commission rates on major equipment items and effective manning.

Environmental issues are extremely important. We look forward to a day when environmental damages of the past have been repaired, when meeting public expectations for environmental stew-



Gaye Sakamoto

Gen. Jimmie V. Adams prepares for his last F-15 Eagle flight with the Hawaii Air National Guard, Jan. 15. Gen. Adams relinquished command of the Pacific Air Forces (PACAF) and retired after 35 years in the Air Force. Gen. Robert L. Rutherford, formerly PACAF vice commander, took over as commander, Jan. 22.

ardship is an integral part of our mission, and when we have ensured and enhanced the environment for future generations. We will focus on the following environmental issues:

Remediation. Our objective is the identification and remediation of all environmental problems.

Compliance. We intend to have total compliance with applicable national and state environmental standards.

Prevention. Our objective is the

identification and prevention of potential environmental incidents.

The application and implementation of the Focus '93 Program is currently being worked. Objectives, strategies and measurement procedures are being developed as they apply to each HIANG unit. The key to reaching the objectives is the strong leadership that we all must exercise to make these goals a reality. I ask you to use your very best leadership skills to ensure our continued improvement.

People

The State of Hawaii Department of Defense announces the following personnel changes:

Staff Sgt. Benjamin Agosto, powersupport systems mechanic, 203rd Air Refueling Squadron (ARS). Agosto is from Waimea, Kauai, and lives in Waipahu with his wife, Anna Marie, and one-month-old baby, Christian. His hobbies include golf, softball, volleyball and surfing.

Senior Airman Charles A. Barney, aircraft mechanic, 154th Consolidated Aircraft Maintenance Squadron (CAMS). Barney was born in Honolulu and lives in Kailua.

Staff Sgt. Roxanne Bruhn, aerospace ground equipment mechanic, 203rd ARS. Bruhn graduated from Sacred Hearts Academy, attended the University of Hawaii and joined the Hawaii Air National Guard (HIANG) in 1984. She and her husband, Albert, have a daughter and four sons. Her interests include reading, hula, composing songs, shiatsu and watching her kids play sports.

Staff Sgt. Manuel R. Carlos, military personnel technician, Headquarters, HIANG. Carlos was born in the Philippines and received his B.S. in computer science at the University of Southern Mississippi. He served in the active Air Force for eight years before joining the HIANG. He and his wife, Rhia, live in Waipahu with their two children, Marc and Mylah.

Sgt. Sherilyn W.I. Chong, sheetmetal structural mechanic, 154th CAMS. Chong and her husband, Patrick, live in Kailua with their son, Cody. She enjoys fishing and biking.

Mr. Kerry D. Combs, plumber, Engineering Office. Texas-born Combs graduated from St. Louis High School and served in the Navy for three and a half years. Later, he attended Texas A & M Firefighting School. Combs enjoys camping and fishing. He and his wife, Renee, have a daughter, Macona Feirro.

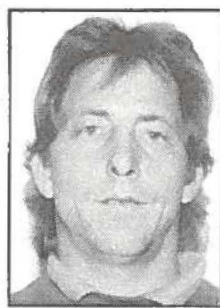
Staff Sgt. Michael M. Copeland, aircraft electrician, 203rd ARS. Copeland grew up in Washington D.C., and served in the active Air Force for 12 years. He attends Embry-Riddle Aeronautical University at Hickam Air Force Base, and is studying electronics/professional aeronautics. Copeland is a member of the First Assembly of God Church and is interested in photography, bicycling and volleyball. He and his wife, Carla, have two daughters.

Senior Airman Jerry R. Dagulo, sheetmetal technician, 203rd ARS. Dagulo was born in the Philippines. He belongs to the Honolulu Bike Club and also enjoys swimming, weight-lifting, jogging and reading.

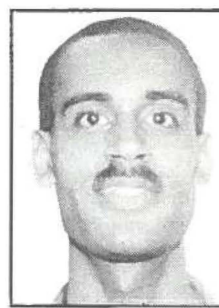
Sgt. Edward E. Essman, aircraft pneumatics, 154th Group. Essman was born in Healdsburg, Sonoma. He graduated from Castle High School and received his associate's degree at Hawaii



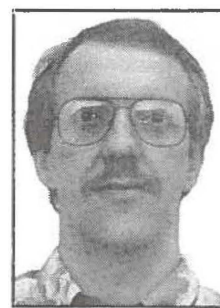
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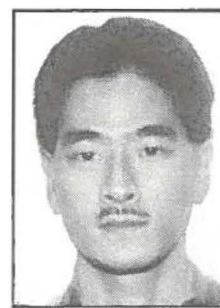
Combs



Copeland



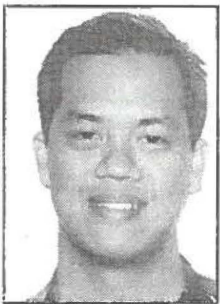
Hardisty



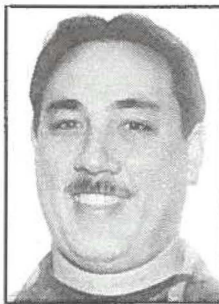
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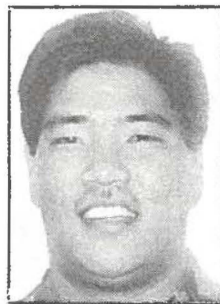
Mendigorin



Moreland



Valenzuela



Viloría

Community College in aviation maintenance. Since joining the HIANG in 1985, he has completed the aircraft pneumatic system and electrical environmental system specialist courses at Chanute Air Force Base (AFB).

Senior Airman Lane Y. Higa, aircraft pneumatic systems mechanic, 203rd ARS. Higa graduated from Pearl City High School and joined the HIANG in 1989. His interests include sport shooting, music and running.

Mr. Robert M. Hardisty, civil defense accountant, State Fiscal Office. Oklahoma-born Hardisty received his bachelor's degree in business administration (B.B.A.) from the University of Oklahoma, and his masters degree from Cen-

tral State University in Edmond, Okla. He is on the board of directors for Logos Book Store, Inc. and a deacon at the East Oahu Christian Church. His hobbies include basketball, running, tennis and reading. He and his wife, Jade, have two sons, Joshua and John.

Senior Airman Tiffany A. Johnson, secretary/typist, Headquarters, HIANG. Johnson was born in Indianapolis, Ind. and enlisted in the Indiana Army National Guard in 1989, before joining the Hawaii National Guard in 1992. She and her husband, Richard, live in Ft. Shafter.

Sgt. Owen B. Kitahara, aerospace ground equipment mechanic, 154th CAMS. California-born Kitahara graduated from Moanalua High School, and has attended Kapiolani Community College and Honolulu Community College. His hobbies include photography, model building, painting, drawing, special effects and inventions. He and his wife, Gina, live in Waipahu.

Ms. Teresa A. Lee, account clerk, State Fiscal Office. Lee was born in Fiji and received her B.B.A. from the University of Hawaii. She enjoys spending time with her family, reading and shopping. She and her husband, Wayne, have two daughters and a son.

Ms. Katherine M. G. Loo, computer assistant, Information Management Office. Loo was born in Ft. Ord, Calif. and received her associate's degree from Honolulu Community College. Her hobbies include jogging, biking, playing darts, Hawaiiana and hula. She and her husband, Grant, live in Hawaii Kai.

Mr. Paul J. Lyden, en-

vironmental health specialist, Environmental Engineering Office. New York-born Lyden received his B.A. in environmental earth science at Eastern Connecticut State University. He enjoys swimming and jogging.

Sgt. Thomas T. Mahi, avionics flightline technician, 154th CAMS. Mahi was born in Honolulu and lives in Kailua. His hobbies include civilian marksmanship, computers and electronics.

Sgt. Salvi A. Mendigorin, jet engine mechanic, 203rd ARS. California-born Mendigorin received his FAA aviation license from Spokane Community College. He served in the active Air Force for seven years before joining the HIANG in March, 1992. He and his wife, Malia, have a five-year-old daughter. His hobbies include physical fitness, automotive mechanics and art.

Staff Sgt. Patrick J. Moreland, life support technician, 203rd ARS. Moreland graduated from Kalaheo High School and served in the active Air Force for four years, before joining the HIANG in 1982. He has an eight-year-old son, Shawn. His hobbies include softball, body-surfing, diving and fishing.

Mr. Bradley M. Valenzuela, security officer, State Security. Valenzuela graduated from Leilehua High School and enlisted in the Hawaii Army National Guard in 1987. He is a member of the Macauley Gun Club, and his hobbies include surfing, fixing cars, football and shooting guns.

Senior Airman Blane H. Viloría, air traffic control assistant, 169th Aircraft Control and Warning

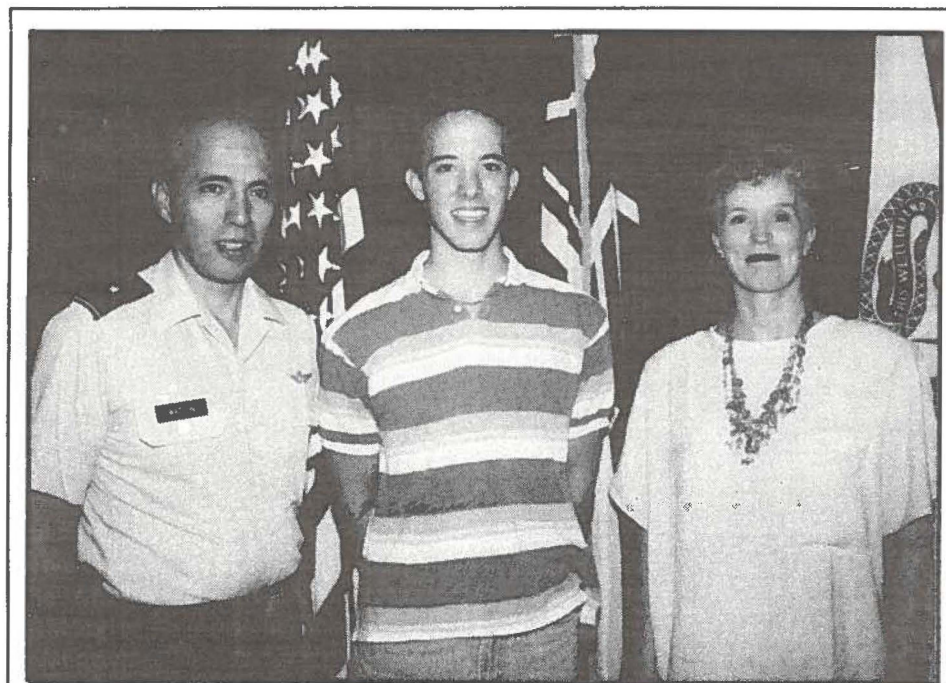
Squadron (ACWS). Viloría graduated from Roosevelt High School and received his B.B.A. from the University of Hawaii, Manoa. He enlisted in the HIANG in 1987. Viloría is an avid tennis, basketball and dart player.

Lt. Col. Kenneth M. Tenno assumed command of the 297th Supply and Service Battalion, Feb. 7, replacing Lt. Col. Joseph J. Chaves. Chaves, recently awarded the meritorious service medal, will take an IDT position at the U.S. Property and Fiscal Office, where he already works full-time.

Tenno, a University of Hawaii graduate, enlisted in HIARNG in 1971 as a medical laboratory specialist and received a direct commission to Captain in 1980. Prior to joining the 297th, he was assigned to the 29th Infantry Brigade (Separate). Tenno works as the laboratory director of the Honolulu Department of Public Works, Division of Wastewater Management, Water Quality Laboratory.

Col. Norberto Baysa reassumed command of the 154th Tactical Hospital, Feb. 6, replacing Lt. Col. Gildo S. Soriano. Baysa served as commander from 1986 to 1989 when Soriano took over. Soriano will remain with the Tactical Hospital as a flight surgeon.

Baysa joined the Air Force Reserves during medical school at Creighton University, Nebraska. After his internship at Tripler Hospital, he served on active duty for five years. He joined the HIANG in 1984 as a Major. Before returning to the 154th, he was state surgeon general at Headquarters, HIANG.



General's son follows in dad's footsteps

Pvt. 2 Kimo R. Watson is sworn in to the Hawaii Army National Guard by his father, Brig. Gen. Bernard M. Watson, commander of the 29th Infantry Brigade (Separate), Dec. 8, 1992. The younger Watson is assigned to Battery A, 1st Battalion, 487th Field Artillery. He is currently attending field artillery school at Fort Sill, Oklahoma. Watson plans to attend the Hawaii Military Academy in May and hopes to become an aviator like his father.

Awards and recognition

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

Meritorious Service Medal

Lt. Col. Joseph J. Chaves, Headquarters, 297th Supply and Service Battalion
 Master Sgt. James T. Takahashi, Headquarters, State Area Command
 Tech. Sgt. John Isabelo, 154th Security Police Flight
 Sgt. Earl Iwata, Headquarters & Headquarters Company, 2nd Battalion, 299th Infantry

Army Commendation Medal

Spec. Janis T. Tanimoto, 117th Public Affairs Detachment

Air Force Commendation Medal

Lt. Col. Roger E. Henshaw, 154th Consolidated Aircraft Maintenance Squadron (1st Oak Leaf Cluster)
 Capt. Morris S. Miyose, 169th Aircraft Control & Warning Squadron
 1st Lt. Tamah-Lani S.K. Nakamoto, 154th Consolidated Aircraft Maintenance Squadron
 Master Sgt. Gary Cera, 154th Consolidated Aircraft Maintenance Squadron
 Master Sgt. Lionel Y. Iseri, 169th Aircraft Control & Warning Squadron
 Master Sgt. James H.T. Young, 169th Aircraft Control & Warning Squadron
 Tech. Sgt. Paul M. Gallagher, 154th Security Police Flight
 Tech. Sgt. George J.K.T. Stibbard, Headquarters, Hawaii Air National Guard
 Tech. Sgt. Dennis K. Takeshita, Headquarters, Hawaii Air National Guard
 Staff Sgt. Robert A. Garcia, 154th Consolidated Aircraft Maintenance Squadron
 Staff Sgt. Jocelyn B. Shimura, 169th Aircraft Control & Warning Squadron
 Staff Sgt. Dale P.K. Zuttermeister,

154th Consolidated Aircraft Maintenance Squadron
 Sgt. Richard K. Williams Jr., Headquarters, 154th Group

Army Achievement Medal

Capt. Richard S. Rhode, Hawaii Military Academy
 Spec. Tee F. Ah Sam, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery (1st Oak Leaf Cluster)
 Spec. Cenon M. Alviedo, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry
 Spec. Joshua T. Amano, Headquarters & Headquarters Company (Det. 1), 1st Battalion, 299th Infantry
 Spec. Victor L. Amian Jr., Battery A, 1st Battalion, 487th Field Artillery
 Spec. Derrick G. Anduha, Company D, 1st Battalion, 299th Infantry
 Spec. Shon K. Antolin, Company D, 1st Battalion, 299th Infantry
 Spec. Peter E. Arioli, Headquarters & Headquarters Company, 29th Support Battalion
 Spec. Edwin P. Bagay, Company D, 1st Battalion, 299th Infantry
 Spec. Eddie Balacua, Battery C, 1st Battalion, 487th Field Artillery
 Spec. Ronald A. Brack Jr., Battery B, 1st Battalion, 487th Field Artillery
 Spec. Curtis D. Briones, Headquarters & Headquarters Company, 1st Battalion 299th Infantry
 Spec. Nestor G. Butac, Company D, 1st Battalion, 299th Infantry
 Spec. Adolphus C. Cabras, Company D, 1st Battalion, 299th Infantry
 Spec. James A. Carvalho, Headquarters & Headquarters Company, 29th Support Battalion
 Spec. Salvatore Cavallo, Headquarters & Headquarters Company, 29th Infantry Brigade (Separate) (1st Oak Leaf Cluster)
 Spec. Janelito Corpuz, Headquarters & Headquarters Company (Det. 1), 1st Battalion, 299th Infantry
 Spec. Thomas Darley, Headquarters & Headquarters Company, 1st

Battalion, 299th Infantry
 Spec. Andrew M. Davis, Battery A, 1st Battalion, 487th Field Artillery (1st Oak Leaf Cluster)
 Spec. Lester K. Delosreyes, Headquarters & Headquarters Company (Det. 1), 1st Battalion, 299th Infantry
 Spec. Marion A. Domingo, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry
 Spec. Keoki W. Epps, Battery C, 1st Battalion, 487th Field Artillery
 Spec. Andrew J.S. Esteban, Company D, 1st Battalion, 299th Infantry
 Spec. Michael R. Franklin, Battery B, 1st Battalion, 487th Field Artillery
 Spec. Fernando A. Fronda, Headquarters & Headquarters Company (Det. 1), 1st Battalion, 299th Infantry
 Spec. Lawrence J. Garcia, Company D, 1st Battalion, 299th Infantry
 Spec. Matthew E. Gehringer, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Michael G. Geisler, Battery B, 1st Battalion, 487th Field Artillery
 Spec. Moses L. Imperial, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery (1st Oak Leaf Cluster)
 Spec. Brian S. Ishikawa, Headquarters & Headquarters Company, 29th Support Battalion

Spec. Dayton T. Kellii, Company D, 1st Battalion, 299th Infantry
 Spec. Mark T. Kaku, Company D, 1st Battalion, 299th Infantry
 Spec. Aaron J. Laroya, Battery B, 1st Battalion, 487th Field Artillery (1st and 2nd Oak Leaf Cluster)
 Spec. Gerard P.A. Laygui, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Clifford A. Lopez, Headquarters & Headquarters Company, 29th Support Battalion
 Spec. Alejandro L. Lorenzana Jr., Company A, 1st Battalion, 299th Infantry (4th Oak Leaf Cluster)
 Spec. Joseph P. Luna, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Roy J. MacAraeg, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Claro F. Manuel, Company C, 1st Battalion, 299th Infantry (1st Oak Leaf Cluster)
 Spec. Henry A. Mariano, Company D, 1st Battalion, 299th Infantry
 Spec. Daniel W.K. McGowan, Battery C, 1st Battalion, 487th Field Artillery
 Spec. Renato M. Mendoza, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry (3rd Oak

Leaf Cluster)
 Spec. Tyson T. Miyamoto, Battery A, 1st Battalion, 487th Field Artillery
 Spec. Bert K. Motooka, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry (2nd Oak Leaf Cluster)
 Spec. Herbert I. Nakahashi, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry
 Spec. Jonathan M. Nebre, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Joel E. Ory, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Bill D. Pacheco Sr., Headquarters & Headquarters Company (Det. 1), 1st Battalion, 299th Infantry
 Spec. Gayne A. Palmero, Headquarters & Headquarters Company, 29th Support Battalion
 Spec. Edmund Pascual, Company B, 1st Battalion, 299th Infantry
 Spec. Edward L. Payne, Company D, 1st Battalion, 299th Infantry
 Spec. Jason K. Rabago, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry
 Spec. Damien R. Ragasa, Company D, 1st Battalion, 299th Infantry
 Spec. Christopher S. Ribucan, Headquarters & Headquarters

Company, 1st Battalion, 299th Infantry
 Spec. Raul A. Ruiz, Company C, 1st Battalion, 299th Infantry
 Spec. Richard B. Sadiarin, Battery A, 1st Battalion, 487th Field Artillery
 Spec. Rodney L. Sasil, Company B, 1st Battalion, 299th Infantry (2nd Oak Leaf Cluster)
 Spec. Percy N. Sato, Headquarters & Headquarters Company, 29th Support Battalion (1st Oak Leaf Cluster)
 Spec. George F. Sheridan III, Company D, 1st Battalion, 299th Infantry
 Spec. John J. Simpson, Company D, 1st Battalion, 299th Infantry
 Spec. Eric L. Smith, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery (1st Oak Leaf Cluster)
 Spec. Noel C. Sosa, Battery B, 1st Battalion, 487th Field Artillery (3rd Oak Leaf Cluster)
 Spec. Lance P. Taufasau, Company D, 1st Battalion, 299th Infantry
 Spec. Gerard T. Vierra, Company D, 1st Battalion, 299th Infantry
 Spec. Harold Williams, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery
 Spec. Stan P. Zitnik, Headquarters & Headquarters Company, 1st Battalion, 299th Infantry

Army Guard salutes distinguished grads

Pvt. 1 Alika Mayer and Pvt. 2 Christopher L. Elmore returned to their units recently as distinguished graduates.

Pvt. 1 Alika Mayer was an honor graduate in the single channel radio operator course at Fort Gordon, Georgia, Sept. 14 to Dec. 9. Mayer is a member of the Headquarters & Headquarters Company, 1st Battalion, 299th Infantry, but is attached to Company B on Kauai. He graduated from Kapaa High School in 1992, and joined the Army Guard to earn money for college. He enjoys surfing and box-

ing. His parents are David and Teresa Kahaunaele.

Elmore, of Company A, 1st Battalion, 193rd Aviation, scored a 94 percent academic average on the AH-1 attack helicopter repairer course, Oct. 15 to Nov. 11 at Fort Eustis, Virginia, and a 252 on the three-part Army physical fitness test. These accomplishments placed him in the top two percent of his battalion honor roll.

Elmore is a 1992 graduate of Pearl City High School, and a full-time student at the University of Hawaii. He followed his father's



Pvt. 2 Christopher L. Elmore performs a preventive maintenance daily on an AH-1S Cobra during his unit's drill, Jan. 10.

footsteps into the Army Guard and hopes to become an officer. His parents are Col. Clarence M. Agena and

Chong Yee Agena. In his spare time, Elmore enjoys martial arts and studying Japanese culture.

PRT Outstanding Achievers

The following soldiers of the 2nd Battalion, 299th Infantry received outstanding scores on their physical readiness tests, Dec. 18.

Name	Score
Staff Sgt. Gary D. Montgomery	327
Sgt. George M. Gomes	281
Staff Sgt. Tommy Hirai	276
Spec. Jerome A. Tabar	271

Departmental news -- continued from page 2

Don't forget your "healthy" New Year's resolutions

By the Well-being Challenge Group, State Department of Health

It's now the New Year and many of you may have slipped a bit on your resolutions. Not to worry, that's why we have an entire 12 months.

As part of your New Year's goals, schedule an appointment to take advantage of your health plan's annual health appraisal. Prevention works, but less than 10 percent of state workers take advantage of these benefits.

HMSA's Health Pass allows you and your spouse to have a free yearly health risk assessment, which gives you information on how to build a healthier life.

Your annual screening in-

cludes height and weight measurements, body fat analysis, blood pressure measurement, and blood cholesterol and glucose screening tests.

If certain risk factors become apparent, you will be eligible for additional screening coverage, such as a health maintenance physical exam, mammogram, pelvic exam, pap smear and sigmoidoscopy at special rates.

Kaiser's Personal Health Appraisal goals are to inform you about your health risks and how to prevent and detect disease, enhance your feelings of health and vitality, encourage a healthy lifestyle with a personal health action plan and support your

active participation in your health care.

The appraisal includes: immunizations; high cholesterol and diabetes blood tests; dietary assessment; high blood pressure, glaucoma and colo-rectal cancer tests; and a life-style/health risk assessment.

Kaiser also recommends these periodic screening tests: annual pelvic and breast exams for women and testicular exams for men under the age of 35; base mammograms for women between the ages of 35-40, with followups every 1 to 2 years until the age of 50; annual rectal exams for those over 40, and annual tests for hidden blood in the stool for those over 50.

Training Schedule

Listed below are the inactive duty training dates for all Hawaii Army and Air National Guard units. Dates for subordinate units are the same as their parent headquarters, unless otherwise indicated. All dates are subject to change.

	Mar	Apr	May
Hawaii Army National Guard			
HQ, STARC, HIARNG	6-7	3-4	1-2
29th Infantry Brigade (Separate)	6-7	3-4	1-2
2nd Battalion, 299th Infantry			
Company B	5-7	2-4, 30	1-2
Company C (-Det. 1)	6-7	3-4, 30	1-2
Company C (Det. 1) and D	6-7	2-4, 30	1-2
1st Battalion, 487th Field Artillery	5-7	2-4	1-2
Troop Command			
298th Engineer Detachment	13-14	17-18	15-16
451st Aviation Detachment	6-7	3-4	1-2
452nd Aviation Detachment	13-14	3-4	15-16
1st Battalion, 193rd Aviation	13-14	3-4	7-9
Company A	13-14	2-4	8-9
Headquarters & Headquarters Detachment, 297th Supply & Service Battalion	6-7	3-4	1-2, 22-23
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	9-10	6-7	6-7
154th Group	9-10	6-7	6-7
201st Combat Communications Group	9-10	6-7	6-7