The Hawaii GUARDSMAN

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Double issue
Winter 72 – Spring 73

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The view from the top

By Major General Benjamin J. Webster

This is my farewell article for readers of the HAWAII GUARDSMAN. It will be a short one because saying farewell to those for whom one has high regard and affection is not an easy thing to do. As I have told many of you, the decision to step down was a difficult one to make. It has been a wonderful six years and four months for me, both because of you and because of being home again after many years away. I am not sure that I can adequately explain the decision, even to myself. Let me just say that it was a combination of factors, both pro and con, which finally brought me to the conclusion that I should leave.

You have made me proud to have held the position. Your acceptance of me, your loyalty, your dedication and your fine reactions to events we have had to face which were not always too pleasant have been a source of great satisfaction to me. I am sure you know that my final mahalo and aloha is very sincere and heartfelt.

ON THE COVER: HARNG Huey helicopter used in "Operation Hui" on Molokai. See story on Molokai cattle hunt in this issue. All cattle hunt photos by Mr. William Thompson, deputy director, Department of Land and Natural Resources, State of Hawaii.

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The Hawaii GUARDSMAN

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29th Brigade marriage plans

The Governor of Hawaii recently announced a reorganization of the Hawaii Army National Guard (HARNG) that will become effective in April. The change, arrived at jointly by the State Adjutant General's office, the Department of the Army and Headquarters, United States Army Pacific (USARPAC), will streamline the Hawaii Guard's largest unit, the 29th Infantry Brigade, making it a divisional rather than a separate brigade. There will also be a slight reduction in the HARNG's other major unit, the 298th Field Depot, and a similar reduction in the Guard headquarters.

The move will trim about 12 per cent or about 500 currently vacant spaces from HARNG's authorization.

The change will also have an impact upon the 29th Brigade's possible use during a nationwide mobilization. The Brigade has been designated as a "round out" unit for the Army's locally-based 25th Infantry Division. In the event of general war, the 29th Brigade would function as the Division's third major infantry unit, complementing the organization's two currently assigned active duty brigades. The move does not increase the probability of the 29th's mobilization, it merely specifies the 25th Division as the gaining division should activation occur.

The marrying up of the National Guard brigade with the 25th Division illustrates the current national DoD policy of increased reliance upon Guard and Reserve units to augment a smaller active service structure. The 100th Infantry Battalion of the U.S. Army Reserve will also become involved as a "round out" unit for the Division, however, no change will take place in the unit's structure.

The changes have also been designed to improve the 29th's and 100th's training programs. The Division will directly support the training of both units with both instructors and logistical help. Additionally, the closer relationship will decrease the time required for familiarization between the units in the event of activation. To aid in this, the Brigade Commander, Brigadier General Edward M. Yoshimasu, will become an Assistant Division Commander. A further advantage will be in a higher priority for receipt of modern equipment.

No other significant changes have occurred. The Army Guard units will continue under the command of the Governor in peacetime and will still function as the State militia in time of local emergency.

No decrease is planned for the Guard's full-time work force, and no significant effect on rank or promotions is forecast.

Tanks and helicopters of the 25th Division were used to supplement 29th Brigade equipment during annual training.

Inauguration gets royal touch

Twenty-four men from HANG's Royal Guard unit marched in the President's inaugural parade on January 20. The unit, headed by SMSgt Ted Hussey, was invited to Washington, D.C. by the Inaugural Committee. While they were there, the men were housed by members of Hawaii State Society.

H'Gman reader survey results

The HAWAII GUARDSMAN staff finally waded through the more than 2,000 questionnaires submitted by our readers. The results were somewhat predictable, yet somewhat surprising.

We separated the forms into two basic groups, Army and Air. Then we separated the Army and Air groups into officer and enlisted groups, and finally, into old (E6 and above and majors and above) and young (captains and lieutenants and El's through E5's) groups.

The biggest gripe of all was the subscription cost. Nobody really likes to pay for the magazine. And we also got the standard, "There's too much Army news," from the airmen, and "There's too much Air Guard news," from the green beanies.

One surprising result was the number of people who claim that they don't receive the magazine. We would really like to solve that problem, but we can't do it unless we get their name and unit. So, if you know of anyone who has subscribed and who isn't getting the HAWAII GUARDSMAN, have him contact us directly.

The most popular types of articles were those on annual training, stories about young guardsmen and the "people" column.

We found out that the legislation and benefits articles were well received by the older members, but the younger people preferred the controversial stuff.

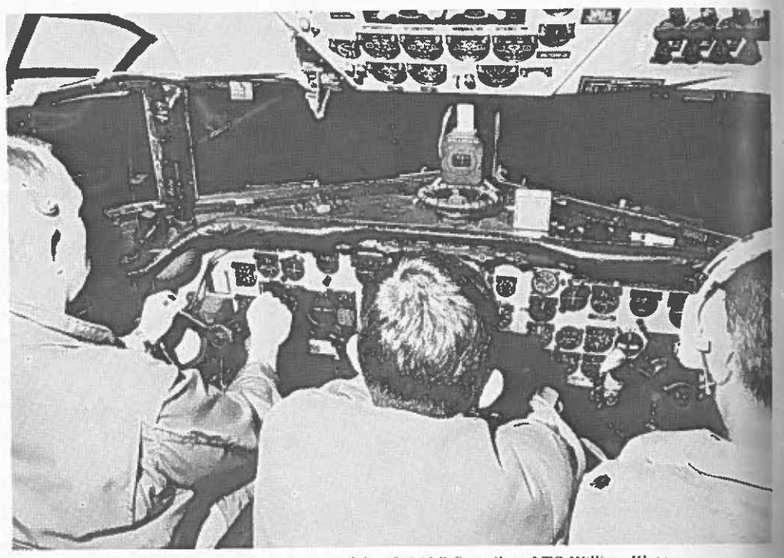
In summary, we really appreciate the comments. Some of the questionnaires showed a lot of honest thought. We're going to try to implement some of the suggestions in the next issue.

Aloha to the Spirit of Aloha

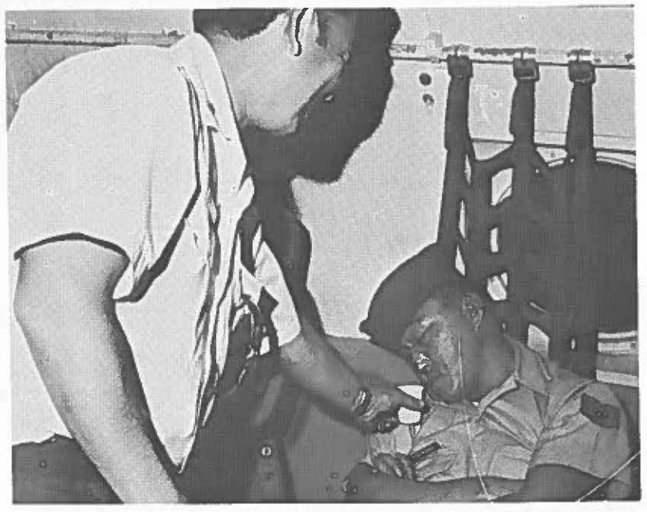
Story and Photos by PFC Ed DeYoung

I was the last to board the ol' "Spirit of Aloha" for its final flight. The sky was overcast, as though it reflected the ol' gal's feelings about this day. As I walked to my seat, I passed a dozen or so passengers on each side and a center aisle full of cargo, Christmas packages, luggage, boxes and four new tires. Within a few minutes, the engines were cranked up. One, two, three and four — without so much as a backfire. It seemed that she was trying to say "See, I've still got a lot of life."

Most of the passengers were unaware that they were on a C-54 that had come off the assembly line in 1944 and was making its final flight. As we taxied toward the runway, many planes passed by the windows, but not one could match the "Spirit of Aloha" in flight hours or age. A 747 landed in front of us, a C-130 taxied by, a couple of small Cessnas plopped onto the runway. Then her engines reved and down the runway we went.



The last leg was flown by one of the "Spirit's" first pilots, LTC William Klopp.



The old sarge – nothing, not even the aroma of champagne, could awaken him.

Several passengers were dozing, lulled to sleep by the soothing vibration. After she leveled out and the seat belt sign went off ahead, a major emerged from the cockpit area with a bottle of champagne. The cork was popped with ceremony and each passenger shared in a toast to the "Spirit of Aloha." All the passengers but one perked up wondering what the occasion was. The exception, a sergeant, snored while a cup of champagne was passed under his nose with no effect. Later, after the champagne had been finished and chatter had increased, the ol' sarge woke up, wondered what was going on, decided he had missed something, shrugged his shoulders and did an encore of the slumber bit.

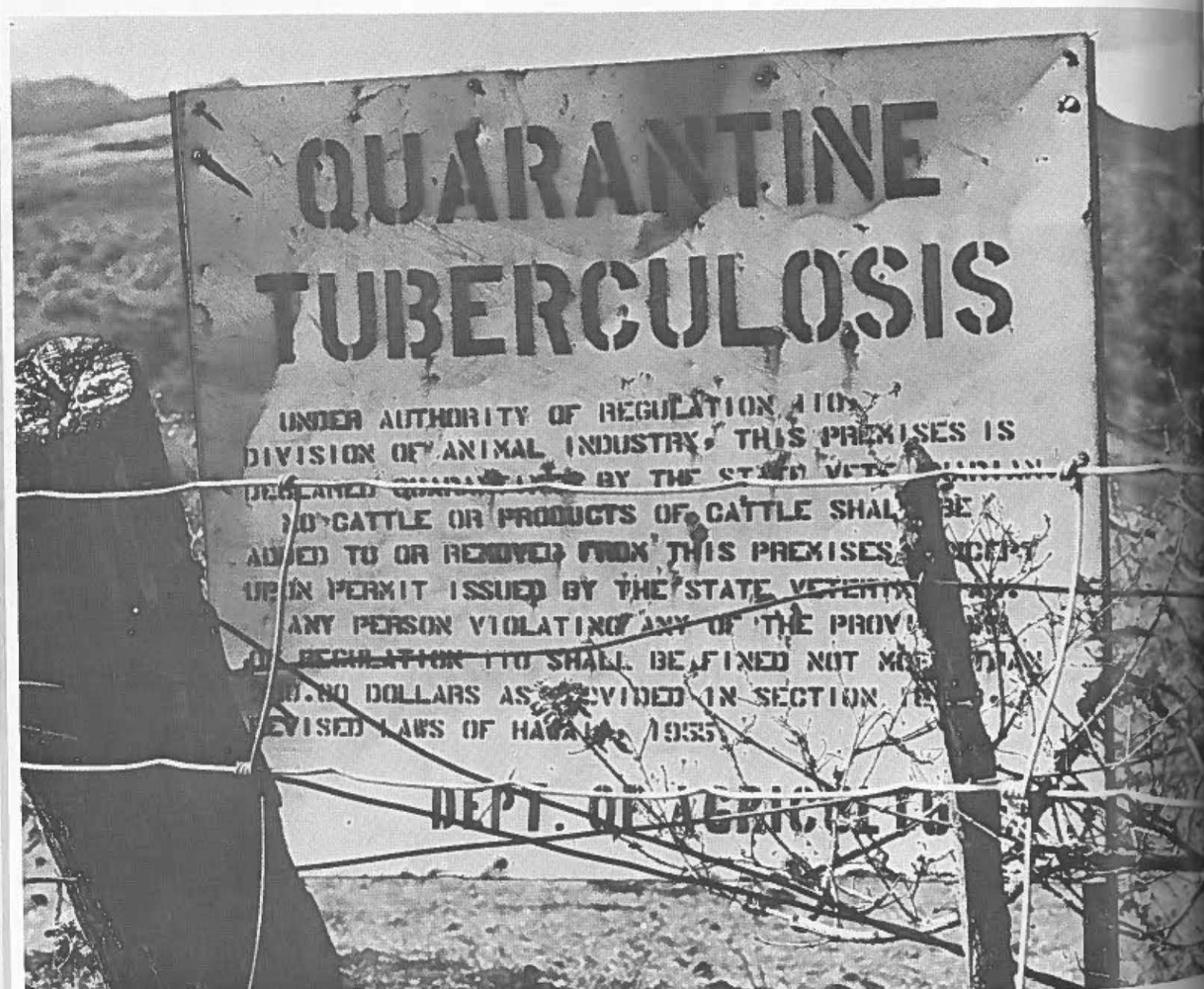
As we droned our way toward Kauai, I talked with a few members of the crew. Master Sergeant Saffery, who was the ol' gal's first crew chief/engineer, gave me a bit of her history. She rolled off the assembly line in 1944, took part in the Berlin airlift, saw action in Korea, went around the world, shuttled VIP's from Kelley Air Force Base in Texas, came to the Pacific, and finally to HANG in 1965. One of the first pilots to fly the "Spirit" was Lieutenant Colonel William Klopp, who was on board, and soon to fly her for the last time from Kauai back to Hickam. Each related part of the C-54's story, and talked about some of the unusual trips they had made on her — like flying the Governor of Hawaii to Tonga for the king's coronation, a mercy flight to Palmyra Island, logistic support for the IGY teams on Palmyra, Midway and Johnston Island. They remembered how dependable she had been — never a major breakdown, never missed a scheduled departure and always easy to handle.

But with almost 31,000 flight hours and a major overhaul due, it was decided it would be better to replace her than repair her. Sort of a forced retirement.

Kauai loomed ahead and the clouds lifted. It was smooth sailing as we made our approach and landed. After an hour on the ground on Kauai, we boarded her for the last time. The engines started with ease, and we were once again airborne for the last time.

As we leveled off, the conversation became nostalgic. Minutes later, the "Spirit" taxied over to her familiar spot, and the engines were shut down. There was silence for a minute, then another bottle of champagne was brought out and popped open. Toasts were made, farewells said, and she was finished — retired to her well-deserved spot in the Hawaii Aerospace Museum.

MOLOKAI CATTLE HUNT

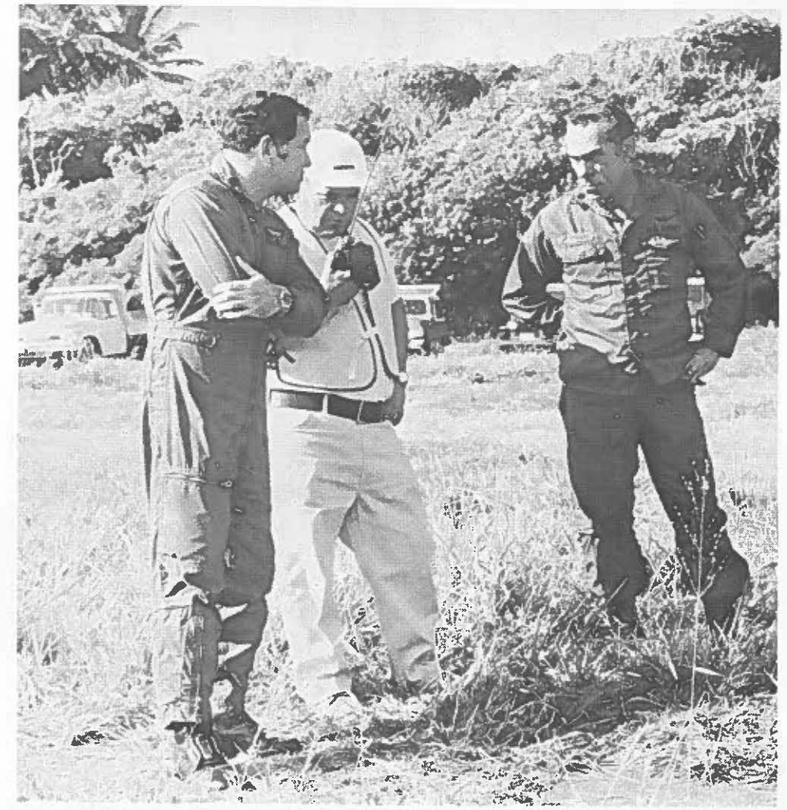


The island of Molokai rests in the middle of the Hawaiian chain, 259 square miles of forest and mountain, rolling pineapple and ranch land all bundled together by a ring of normally deserted white-sand beach.

This isolated part of Maui County is primarily known for its 112 year old leper colony at Kalaupapa where Catholic missionary, Damien de Veuster, worked with Hawaii's sick.

Recently, however, another kind of infection, tuberculosis, spread through the herd of wild cattle that roams the island's ruggest eastern end. Traces of the disease were also found in the herds of wild deer that share the rugged terrain from Kawela to the sea. It became apparent that the disease, if left unchecked, would eventually infect the domestic cattle of the island's ranches.

The solution was "Operation Hui" (coalition), an airmobile cattle hunt organized by the State Department of Agriculture and supported by the Army National Guard, Air Guard, the



LTC's Irwin Cockett and Paul Phillips, coordinated airlift support with William Fernandez, deputy to the chairman.

Teams of hunters and veterinarians from the Department of Agriculture were flown into the remote Molokai hills.

Operation Hui

Army and U.S. Marine Corps.

The focal point of "Hui" was one of HARNG's UH-1H (Huey) helicopters, capable of lifting in teams of veterinarians and hunters and of lifting out the carcasses of slain cattle.

"We knew that this was going to have to be the most professional operation we could make it," one of the pilots, LTC Irwin Cockett, said during a post-operation briefing. "The terrain is steep on Molokai. It reminded me of areas in Vietnam's Central Highlands where I served during several tours."

Fuel for the chopper, not available on the island, was shipped over by barge in 5,000 gallon Air Guard and Army fuel tanks. Hangar facilities were contributed by the First Marine Brigade.

The operation was conducted in two week-long phases. During the first phase, the HARNG crew, including pilots LTCs Paul Phillips, Irwin Cockett and Captain Gerald Katahara, Crew Chiefs; SP6's Richard Gima and Mitsuo Oyama and Ground Controller SFC Juan Ramones, flew recon missions to locate the diseased cattle. Then they flew the hunter-veterinarian teams in to destroy the wild herds, and finally extracted the teams and the carcasses.

Cockett continued, "The point here is that you're committed all the time. In most operations there's a spot that you can go to — something level. Oh, you may rack the aircraft up a little, but you've usually got that out. In the Highlands and on Molokai you're committed every moment.

"This kind of mission demands the highest level of professional teamwork. The maintenance has to be top flight because that blade has to continue to turn. Because of the close quarters and the pilots' limited vision, the crew chiefs' role was absolutely essential. They were responsible for keeping that tail rotor clear. And when we talk about clearance, we're talking about inches — a difficult but perfectly normal situation in combat."

Cargo nets, supplied by the Air Force, were used to lift the slain cattle out.

During the first phase, 106 head were slaughtered. Those that were found to be disease free were sold to the Molokai packing plant for processing. The mission lasted for a week as the HARNG crews repeated the sequence — search, insert, haul and extract.

Two weeks later, Phase II, the mop-up operation, began. The Huey, with LTC Cockett and CPT Katahara at the controls, dropped into East Molokai again with Crew Chiefs Oyama and SP5 Daniel Suehara. The ground controller this time was SP5 Jimmy Low.

Fifty-two sorties were flown, 78 cattle slain and 67 of them were airlifted out.

The veterinarians believe that the disease has been controlled. The dramatic reduction in the number of wild cattle now makes it feasible for the remaining head to be hunted by conventional methods and makes complete eradication a matter of time.

How do Department of Agriculture officials feel about the Guard's role? "We couldn't have done it without military help — the Army, Marines, Air Guard, and especially that Army Guard helicopter," said Deputy Department Director, William Fernandez.

What one aspect sticks in your mind we asked Mr. Fernandez. "The safety precautions," he answered in retrospect. "We went in safely, and everyone came out the same way."

Training sessions paid off as the hunters loaded the cargo nets and directed the pilots.

Ho'Opono

By Duncan Chang

TSgt Guy Matsuguma of the 154th Fighter Group, is one of the key people in the swimming program for the blind.

Next time you're near the Nuuanu YMCA on a Monday morning, drop by the swimming pool. You'll find some of your fellow guardsmen there teaching a group of blind adults how to swim.

The guardsmen are all from the Hawaii Air National Guard and their students are from the Blind Rehabilitation Services Center — Ho'Opono.

Ho'Opono is an agency that is funded jointly by the State and the Federal Government. This rehabilitation center is aptly named since Ho'Opono means "to make things right", and this is the goal of the center — to teach blind individuals to become independent and self-sufficient.

Founded in 1962, the Center helps the blind to find their place in society. "You see", stated Mrs. Leatrice Chee, one of Ho'Opono's orientation/mobility therapists, "the clients (as they are called here), are quite capable and not helpless as so many seem to think. All they need is the proper motivation, encouragement, training, and they're on their way."

"Here at the Center", Mrs. Chee continued, "the clients undergo various types of training; communications, the use of braille to allow them the pleasures that we take for granted. We even train them to use the Chinese abacus. There are also classes on homemaking skills, sessions on playing various musical instruments, handling of different power machines, learning to travel independently, and even a few fundamentals of automotive repairs. We have an area similar to a factory where clients are taught skills to prepare them for entry into the labor forces. While in work training, they keep the money they earn. This gives them a feeling of satisfaction.

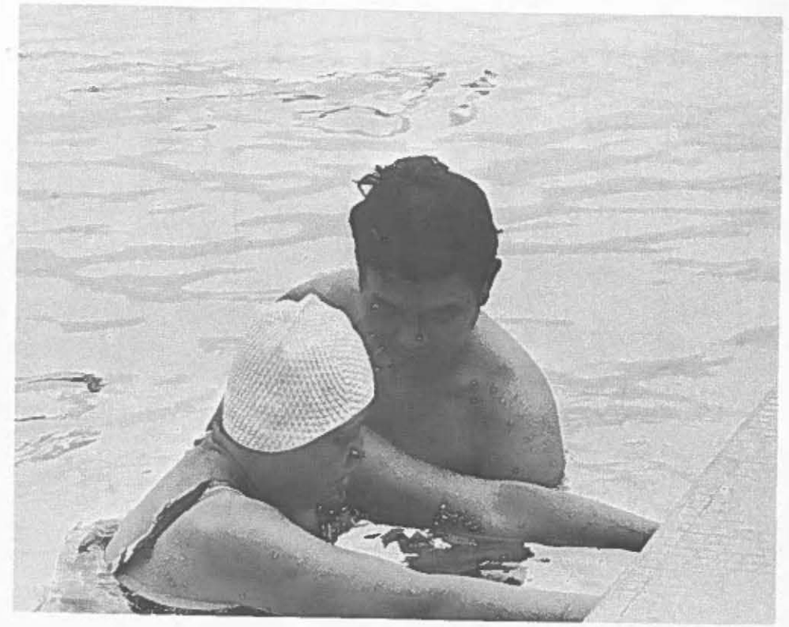
"Presently, we can only train a maximum of 25 clients", sighed Mrs. Chee, "even though there are about 1,000 people with impaired vision in Hawaii. When they are unable to come to the Center, we try to make field visits and help as many as we can. This is why we need the help of volunteers. We need help with drivers — people who can help transport clients and people with special skills to help train our clients. These volunteers need not be professional but we do look for patient people who can communicate.

"This is why we are so thankful for the help your guardsmen are giving us in our swimming program. Guy Matsuguma, Stanley Heu and Gary Fujii are some of the few volunteers teaching our clients, rain or shine. They're simply wonderful.

"Swimming is only one of the activities the clients receive. They also have sessions in bowling and we're even thinking of some golf lessons in the future." Mrs. Chee went on to outline a list of activities that are still in the planning stages but she again stressed the need for volunteer help from the community.

"All we ask for are a few hours a day to help us train these citizens to be self-reliant and in effect, be better citizens."

Any guardsman interested in volunteering his services should contact Ho'Opono's coordinator of volunteers, Mrs. Betty Nakaguchi, telephone 548-6364.



Stanley Heu and Gary Fujii are two of the HANG volunteers involved in Ho'Opono's swimming program.

487th and 298th

HARNG hosts handicapped

By CPT Pat Tobara
Photos by SP4 Greg Gustine and PFC Paul Imada

Two HARNG units, the 487th Field Artillery Battalion and Headquarters Company of the 298th Field Depot, hosted over 200 students from the Hawaii Association to Help Retarded Children. The units held the holiday parties at their respective armories at Fort Ruger and Wahiawa.

The response to the projects was positive. "I'm a recruit and this is the first time I've ever been to one of these. It's a good experience for me," said Cryus Irvine of Service Battery. PFC Christopher Dugue of Battery B responded with, "It's worthwhile. The National Guard should be more interested in the community."

Guardsmen weren't the only ones who thought the projects were worthwhile. Parents of the guests concurred. "Nice, very nice," said a Kailua mother. "I think that what the Guard is doing for the kids is wonderful. This is my daughter's first party."

Both parties followed the same format — food, favors and dancing. The party was the third annual for the 487th and the first for the 298th.

CONUS ANG wins shootout

Air National Guard fighter interceptor teams in the F-101 and F-102 categories won over other competitors in the recently concluded William Tell 72 weapons meet held at Tyndall AFB, Florida.

The meet pits interceptors and crews from the active Air Force, Air National Guard and Royal Canadian Air Force against simulated hostile aircraft.

Winner of the F-101 competition was the 119th Fighter Interceptor Group of Fargo, North Dakota — the "Happy Hooligans." This ANG team, in its second consecutive win, attained the highest overall meet score of 15,484 points, outscoring another Air Guard unit, the 101st Fighter Interceptor Group of Bangor, Maine and the Canadian 425th All Weather Squadron team which placed second. The North Dakota team also won the Category I weapons loading competition with another highest score of the meet.

In F-102 competition, the ANG also came out on top with the winning team being the 115th Fighter Interceptor Group from Madison, Wisconsin. Second place went to the 57th Fighter Interceptor Squadron. "The Black Knights," of the active Air Force stationed in Keflavik, Iceland. Finishing third was another ANG unit, the 158th Fighter Interceptor Group from Burlington, Vermont.

In the largest class of competition, with six active Air Force ADC fighter units participating, the 460th Fighter Interceptor Squadron from Grand Forks AFB, North Dakota, won the F-106 competition.

A new category in the William Tell competition was added this year. A "Top Gun" (most valuable player) award for the individual aircrew having the highest point total. Perhaps the most hotly contested event of the meet was the competition to determine the "Top Gun." After all F-101, F-102 and F-106 teams had competed, three F-101 crews emerged with perfect scores. In the "Shoot off," the Canadian 425th All Weather Squadron crew attained the best score and was given the "Top Gun" Award.

Cancer Crusade coming up

Mrs. Luanna Venard explains computerized chemotherapy to SSgt Harrison Iga of the 154th Supply Squadron. Mrs. Venard, a nurse in the Chemotherapy Unit of the Queen's Medical Center, earned the title of Hawaii's "Mana'olana" (Hope) for her professionalism and experience in working with cancer patients. As "Mana'olana," she is an official representative of the American Cancer Society, spreading the words of hope in the cancer control program to people throughout Hawaii. SSgt Iga and other Hawaii Army and Air Guardsmen will coordinate the local American Cancer Society's residential campaign for the 14th consecutive year.

Mansfield, Man of the Year

By SP4 Ben Kalb

Trying to interview Obed Mansfield is about as easy as catching a polar bear in Death Valley.

"I don't like publicity," Mansfield said.

But after reassuring him that writers from all corners of the Hawaii Guard would not hound him any further, the sergeant consented to speak out.

The reason Sergeant Mansfield is in such demand these days for interviews stems from the fact that recently, he won top honors for his work in the Hawaii Air National Guard.

First, he was awarded the NCO Association award for "Airman of the Year." Then he was given the HANG "Airman of the Year" honor and finally, he was notified that he ranked in the top 10 of about 36,000 original candidates for the most qualified person in the Air Guard, nationwide.

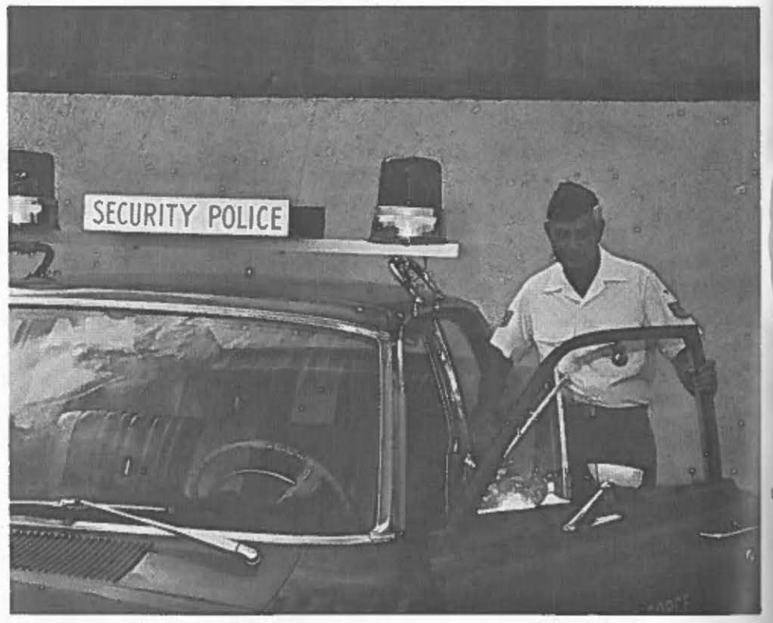
"I was flabbergasted," said Mansfield. "I didn't think they wold pick me with all the talent in the Guard. Why should I get the publicity when there are a lot of other more qualified people in the Guard."

Mansfield, 53, has been in the Air Guard for 12 years and is now the chief of security for the 154th Security Police. He is supposed to go to drill two days a month like most everybody else, but according to some people, he is becoming a fixture at Hickam. He's always around trying to improve something.

"You can't accomplish anything in two days," said Mansfield. "I guess I'm becoming a permanent item there."

The sergeant was born in Honolulu and went to high school both at Maui High and Kamehameha. As a civilian, he has worked with the fire department for 28 years. He was a fireman for 16 years and "then I couldn't cut the mustard," he said half jokingly, "so they put me at a desk." The past 12 years he has been the fire communications operator at Pearl Harbor.

Mansfield, who is half Hawaiian, half German, makes the most of his spare time. If he's not playing golf (a respectable 10 handicap), he's fulfilling his position as vice president of the Pearl Harbor Hawaiian Civic Club.



As vice president of the club, Mansfield helped set up community classes in Hawaii culture, venereal disease and drugs. The classes have received favorable reaction from civil leaders in Hawaii.

"The programs have gone over beautifully," said Mansfield. "We hope to set up other ones in the future."

And now another year begins for Mansfield. More honors, more recognition and more thank yous for a good job in the Air Guard. But, as promised, no more publicity.

"Let's just leave well enough alone," he laughed. "Just let me lay down. Give the publicity to the ones who deserve it."

We did.

On the Bright side

By Ben Kalb

SSG Ronnie Bright, HARNG's NCO of the Year, is to music what snow is to Alaska. Inseparable. He said it himself, "Music is a major part of my life."

Bright, a veteran member of the 111th Army National Guard Band, was named Army Guard NCO of the Year by the local NCO Association. It's an honor he is worthy of and his students at Castle High can attest to that. In 1966 he was named Outstanding Young Educator of Hawaii.

Bright feels his work with the band is an enjoyable part of his life.

"It's a diversion in my life. It's a lot different than playing at a piano bar," said Bright. "I've always kind of dug the Army scene and this gives me a chance to combine that with music."

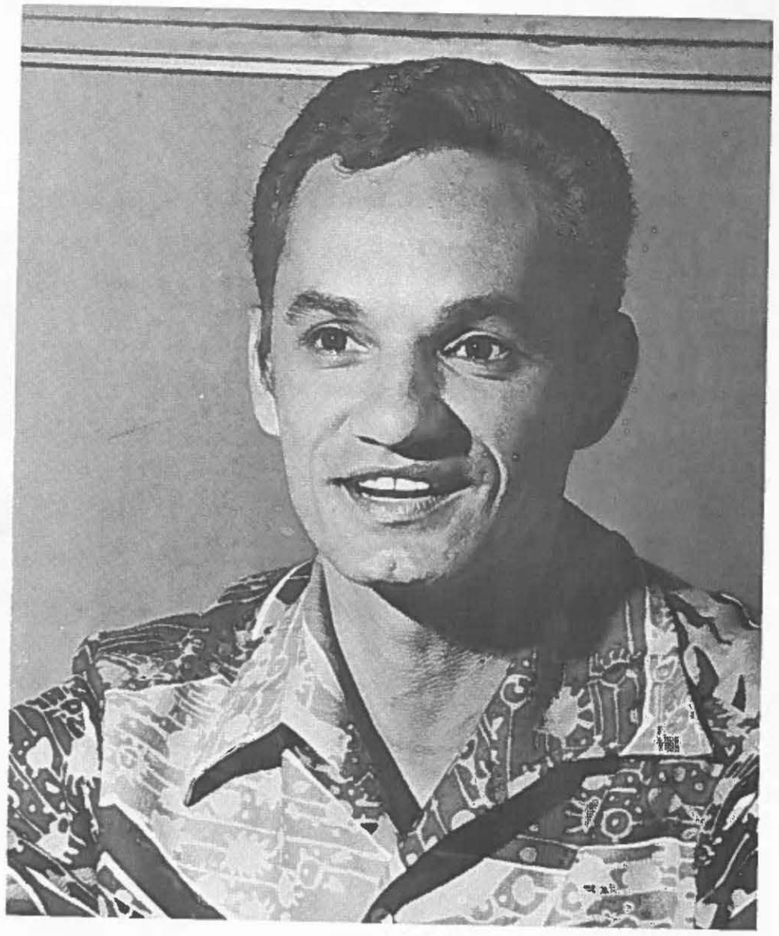
Ron was born and raised in Hilo and he was graduated from the University of Hawaii in 1953. He began teaching at Castle in 1957, went into the Army in 1958 and returned to teaching in 1960. He's been at Castle High ever since. This year, however, he decided to take a year of sabbatical leave to get his master's degree in Secondary Education at the University of Hawaii.

As a drama teacher, he has had the chance to bring out the real personalities in his students. It's this chance to help people find themselves that keeps him going at Castle.

"My philosophy of teaching is to keep the kids excited and happy and wanting to do," said Bright. "There are many, many kids — local types — that should be given a chance to feel this sensation we call drama. It's a wonderful feeling.'

"The stage is really kind of a friendly place. But at the start, the kids get scared. You have to let them know what their successes are. Kids thrive on success."

In addition to his drama teaching and work with the 111th Band, Ron spends one night a week playing at the piano bar of the Kaneohe Yacht Club.



"I've always been fascinated by rhythm and music," said Bright. "I don't drink, but I love to have a bunch of people clustered around by the piano singing."

Ronnie is also into modern music and says the 111th is moving in that direction.

"There is a whole new world around my home. I enjoy some of the modern music — music with a beat, like soul or some rock. It's difficult to sit and listen to music with a heavy beat and not pulsate to it.

"The band is composed of quite a few young people and you might not believe this, but "Jesus Christ Superstar" is the piece we enjoy doing the most. It generates the most energy from our people."

At 39, Ron has been very satisfied with his career so far. And his NCO of the Year award has made a BRIGHT addition to it.

Max Miyashiro Outstanding Young Man of the Year

Max Miyashiro, Hawaii's Outstanding Young Guardsman is also a content familyman.

By SP4 Bob Fishman

A 25-year-old communications repairman in the 150th Aircraft Control and Warning Squadron was named Hawaii's Outstanding Guardsman of the Year by the Hawaii State Junior Chamber of Commerce.

Hawaii Air National Guard Sergeant Max Miyashiro, a resident of Hanapepe, Kauai, drives daily to the mountaintop radar station at Kokee where he performs his duties. He has been a National Guardsman for seven years, beginning with basic training at Langley Air Force Base, Texas, and a 32-week communications school at Keesler Air Force Base, Mississippi.

Sgt Miyashiro was presented with his award at a November, 1972 ceremony held by the Jaycees at the Hawaiian Regent Hotel in Waikiki. Max's wife, Kathleen, attended the award ceremonies with her husband, while their children remained with their tutu on Kauai.

Sgt Miyashiro was the winner of another major Guard award in 1972 as the HANG Airman of the Year. The Airman Award selection is determined by evaluations of enlisted Air Guard personnel by their NCO's in charge.

The selection for the Jaycee Outstanding Guardsman of the Year was made by four enlisted guardsmen, two Army Guard and two Air Guard.

Max and Kathleen have two children — Kal, age 2½ and Malyn, age 1½. His hobbies include fishing off Port Allen and raising bonsai plants in his back yard.

Max, Waimea, Kauai born, and his wife Kathleen attended Waimea High School. He graduated in 1966 and worked for Kentron at their Barking Sands installation as a telemetry technician for two years following graduation, then left for a full-time position with the 150th "for better pay and more security."

One exciting aspect of Max's job at Kokee is the prospect of traveling to the mainland for additional technical schooling. He has already attended the Solid State Electronics Course for two weeks, with expenses paid. The knowledge and experience he gained there will be well used when new equipment arrives soon at the 150th.

Max participates regularly in community service projects and helped install and maintain Waimea High School's intercommunication system.

"With all his experience, can he at least fix his own TV?

"Sure!"

A question that always comes up concerns the relatively cold climate on the Kokee mountain outpost where the 150th is stationed. Temperatures fall to 40 and 35 degrees and below, and field jackets with fur collars are regularly part of the uniform of the day.

"You get used to it," Max offers, as his interviewer sneezes.

Paul Tobita, Runner-up

By Duncan Chang

SP5 Paul T. Tobita was the runner-up in the National Guard category of the Hawaii Junior Chamber of Commerce's Outstanding Young Military Man recognition program. SP5 Tobita was selected as HARNG's Outstanding Enlisted Man in grade E-5 or lower.

Paul is a member of Headquarters and Headquarters Company of the 298th Field Depot, where he is assigned as a machine operations specialist. Paul supervises the operation of a machine accounting unit. He also performs complex control panel wiring and tests the equipment.

SP5 Tobita's supervisors rate him as an exceptional soldier. He is also a very capable instructor.

Paul has served as chairman for several unit community service projects, and has also volunteered his time for other community projects. One of his favorite projects has been the Wahiawa Little League Baseball Team. He has been the team's manager for the past three years.

In civilian life, SP5 Tobita is a watch repairman. He works with his father in one of two shops operated by his family.

Adventure into Kalalau Valley

SFC Lawrence Carvalho of Company B keeps track of the hike by radio.

By Duncan Chang

Captain Mel Cummings, resident guru of Company B, First Battalion on Kauai, had a dream. He envisioned a multitude of people making a pilgrimage into a valley and in the process, living off the land and using their native intelligence to survive.

"I dream of a virgin land, trees full of wild edible fruits and flowers of every color and shape," Guru Cummings said. "I want to make our guard training more meaningful and colorful." Looking into his crystal calabash, Cummings continued, "I want to mix adventure and fun into our training."

The vision became a reality one beautiful drill Saturday when about 90 men of the Company suited up for the two-day-22-mile round trip journey into Kalalau Valley.

Their mission was to implement project 'Adventure' and explore the remote valley — accessible only by foot, by boat, or by helicopter.

Many of the men, although natives of Kauai, had never set foot in the valley. They had no idea what lay ahead.

Each was given one canteen of water, with the resupply to come from the many streams in the valley. Then the C-rations (C for cosmic) were distributed and everybody was issued a quarter pound of raw meat, and for every two men, an uncooked chicken.

Once in the valley, the men of Company B began to communicate with nature as only naturalists could. They were awed by the lush forestry, and held spellbound by the serenity. Wild Hawaiian orange trees, abundant with fruit, dwarfed the guardsmen as they wound their way through Kalalau, stopping now and then to admire the scenery or, in the case of a couple of guava freaks, to sample the fruit.

Twenty hours, countless blisters and dozens of sore feet later, the last man emerged from the valley. They had integrated fun and adventure with guard training, explored the 11-mile trail and had come back amazed and a bit prouder of their island's beauty.

"The men enjoyed it," said Cummings. "Most of them plan to go into the valley again. They want to share the experience with their families. As for me, well, I'm still thinking about it," the captain mused as he gingerly massaged his sore feet again.

Hats off to a good idea

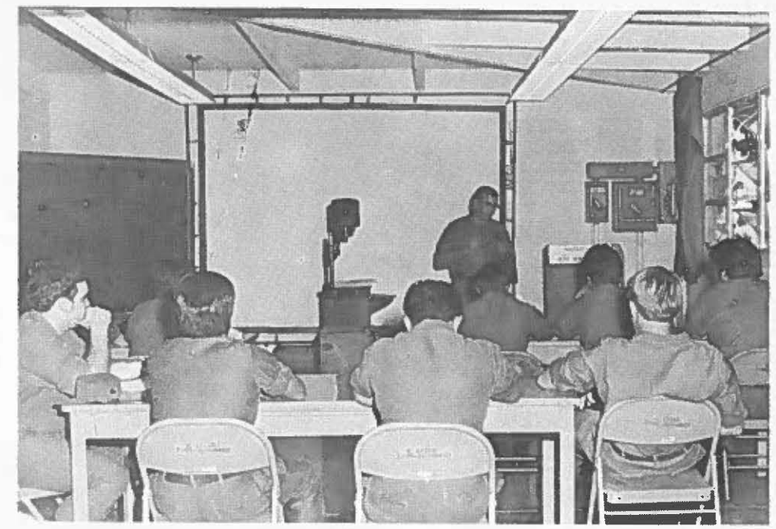
Master instructors MSG Stanley Medeiros, SSG's Stanley Emmsley, John Kukaua and James Yap.

Psst — Maui's got a good thing going, but keep it under your hat. Well, not really, because it's the worst-kept secret on the Valley Isle.

The "good thing" is the First Battalion's school for instructors, and successful graduates get to wear colored baseball caps in their branch color.

The project was the idea of Major Lawrence "Bear" Tavares, training officer of the organization. The course is taught by graduates of the HARNG NCO Academy and many of the students are the First Bat's young, bright and eager enlisted people.

The program holds quite a bit of promise, and we'll keep you posted on its progress. In the meantime, hats off to the Mauians.



Master Sergeant Stanley Mederios displays some masterful instruction during the MOI class.

29th support for scouts explores and mechanics

The 29th Support Battalion has undertaken the sponsorship of Boy Scout Troop 245 in the Kahala District. Company D (Maintenance), commanded by CPT Kenneth K. Murashige, hosts the troop in the Diamond Head crater armory.

The company will also support the seventh annual Hawaii State Plymouth Trouble Shooting Contest scheduled on April 14 in Diamond Head crater. Winners will have a chance to compete in June at Boston, the site of the 1973 Plymouth Trouble Shooting Finals. Entries are open to students in the automotive mechanics courses in high school and community colleges.

The Battalion also sponsors Explorer Scout Military Post 29 consisting of students from Roosevelt, Kaimuki and Kalani High Schools. Company A (Administration), commanded by CPT David D. Kawamura, sponsors and supports this post. Headquarters, Headquarters Detachment, Company B (Medical) and Company C (Supply and Transportation) assist by providing instructors and equipment to develop the scouting program.

Neither rain nor hail nor sleet nor a sticky tongue stops the Hawaii Guardsman

If you didn't get this issue of the magazine, you're one of very few subscribers who missed this literary gem. Furthermore, you probably didn't get it because you moved and didn't tell your fatherly first sergeant so that he could notify our circulation manager. Shame on you.

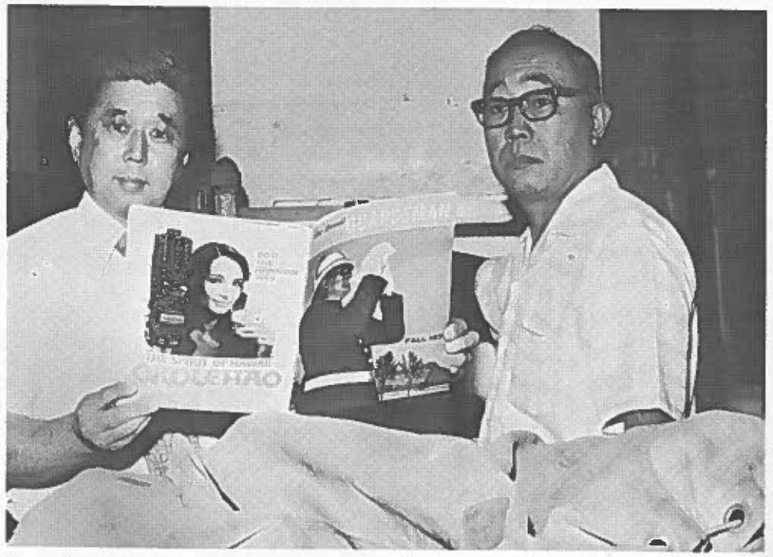
However, if you've read all the way down to this second 'graf, you received this mag because of the efforts of two groups, our miniscule circulation staff of four gnomes and the mammoth U.S. Postal Service, each the best of its breed.

Two years ago, we had a beaut of a problem. Magazines by the gross turned up in the strangest places, under desks, in supply rooms, barber shops and other places not often frequented by troops. The problem was getting and updating all of your addresses.

That was solved by LTC Chuckie Wills, Major Ron Silva, Captain Curley Howard and Chief Warrant Officers Stanley Komata and Maurice Souza. Among the batch of them, they devised a method of putting all of your names, units and addresses on IBM cards. Then, Stan Komata crocheted up a bunch of circuit boards for us and presto, the IBM printer was whomping out circulation labels and lists by the armful.

After that, our circulation staff, known in pool halls as the sticky-tongued mob, labeled, bundled and trundled the magazines off to the post office.

Now, as our story resumes, we find your magazines in the bulk mail section of the Honolulu Post Office. The people responsible for guiding them through the mail maze are Mr. Kazuto Seto and his crew. But a lot of the credit also goes to Mr. Wallace Miyazono and Mr. Roy Kochi, the two men most responsible for helping us set up the present second class mailing system and also the system that sends your magazine back to us when you move. That allows us to get hold of your first sergeant, who gets hold of you (shudder) so that you get hold of the magazine.



Mr. Wallace Miyazono and Mr. Kazuto Seto of the United States Postal Service keep the Guardsman moving through the mail maze.

That, in a nutshell is the story of how your magazine gets to you. Oh yes — a post script (no pun intended) if we may. There's an old Chinese saying invented by our old Chinese Associate Editor that goes, "Man who keep first sergeant posted on current address not only get his magazine on time, but will also be more promptly blessed with quarterly drill check."

They both come out of the same mailbag, Charlie.

The sticky tongued gang at work labeling magazines.

rub-a dub-dub five medics in a tub

Hilo's medics launch their custom-built med-evac raft.

The favorite song of the Second Battalion's medical platoon is "Row, Row, Row Your Boat — With a Shovel." You may not believe that, but then you weren't at the Wailoa State Park as the aquameds learned how to put together make-shift rafts to transport the injured across rivers.

The training session was just one of the interesting vehicles used to keep the medics proficient. During the monthly drills, you'll also find platoon members in the emergency ward of Hilo Memorial Hospital, observing and helping treat some of the hospital's cases.

The program not only helps the guardsmen, but gives a little relief to the understaffed hospital. The training was coordinated by Mr. Frank Keiffer of the hospital and Major (Doctor) Allen Takase of the Guard.

*"No, patients don't paddle. And furthermore, if you're going to get me to the M*A*S*H on time, you'd better untie this barge, Hawkeye."*

Hilo unit organizes explorer post

Hilo's Second Infantry Battalion recently became the sponsor of a unique scout organization. The group is Explorer Post No. 299 composed of 25 young men and women of high school age who are studying military career fields. Eventually, the post should include about 75 explorers.

Explorer posts provide their members with exposure to specific career fields. For example, there are medical posts and aviation posts for young people interested in those specialties. Post No. 299 provides its members with opportunities for service, leadership, self improvement and an overview of all branches of the armed services.

The post is currently studying marksmanship. Later, they will study communications, emergency medical care and other military subjects.

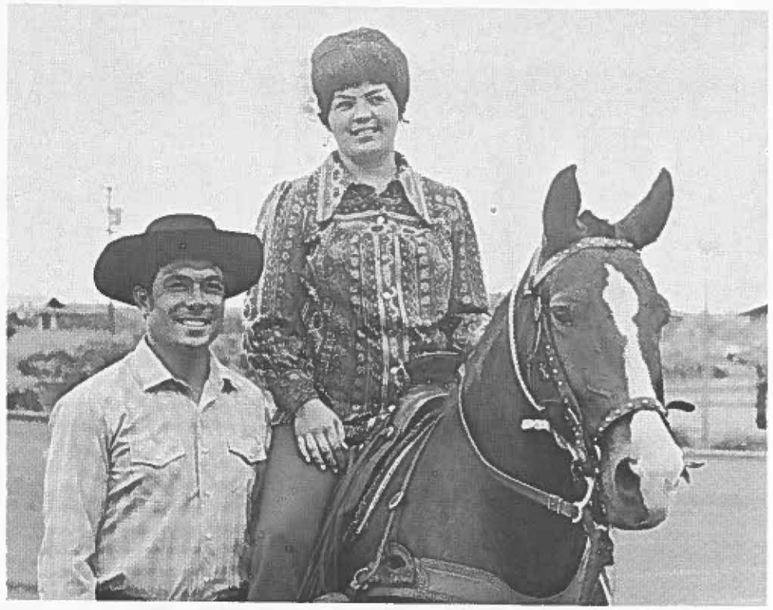
Post No. 299 was organized in late 1972 through the efforts of Major Henry Hara and Pat McKean of the Aloha Council.

Garden Island Goodies

Sergeant Dennis Furushima became the first member in the history of the 150th Aircraft Control and Warning Squadron to win both the Hoku Hou and Hoku awards as the outstanding airman of the Squadron for the first half of calendar year 1972.

The Hoku Hou is an award for men in the grade of sergeant and below, and the Hoku is an award for airmen in all enlisted grades. Beside the trophies he received for these awards, Sgt Furushima also enjoyed two complimentary dinners with his date from Mr. J. Q. Smith of Reuben's Restaurant in Waipouli.

The selection was based on Sgt Furushima's military attributes, job knowledge and proficiency, training progression, self-improvement efforts and attendance.



TSgt John Bandman and his wife, Edie, first place Pa'u riders.

Aloha Week's Top Pa'u Riders

Mr. John Bandmann and his wife, Edie, represented the Garden Island of Kauai at the annual Aloha Week Parade on Oahu in 1972. John is a Technical Sergeant with the 150th ACW Squadron.

The Bandmanns were the only neighbor islanders invited, and they won the first prize in the Island Unit category of Pa'u Riders.

Mrs. Bandmann, Kauai's princess, wore royal purple colors as she rode with her attendants. John rode as the page.

The Bandmanns praised the many Garden Islanders who contributed their time, money, and other types of donations to help them achieve top honors. They received their training from Mr. Joe Manini of Waimea.

Controllers of the 150th ACW Squadron took several Air Force controllers under their wing recently. Major Reggie Doi (center) shows AF lieutenants Kurt Feazel (left) and John Wilke the intricacies of conducting intercepts.

Goya gets A.F. medal

Lieutenant Colonel Kiyoshi Paul Goya, commander of the 169th Aircraft Control and Warning Squadron, recently received the Air Force Commendation Medal for his work in establishing and administering the Pacific Air Force's (PACAF) Weapons Controller Requalification School.

The school, operated by guardsmen of the 169th, had been periodically training weapons controllers from the active Air Force and occasionally, keeping Navy controllers proficient since 1968.

The citation accompanying the medal also commended LTC Goya for training and management programs within the squadron. The programs were credited with helping the 169th achieve the highest retention rate (89.4%) in the Hawaii Air National Guard.

The 169th recently celebrated its 16th anniversary. The colonel has been the 169th's commander throughout its history.

Dispensary supports Waimano

154th Dispensary. Twenty men from the 154th Dispensary spent six hours immunizing over 800 patients at the State's Waimano Training School and Hospital. The hospital cares for and trains moderately and severely mentally handicapped people. The airmen administered tuberculin tests and flu vaccine.

The men's efforts resulted in a letter of appreciation from Dr. Ben Lambiotte, director of medical services.

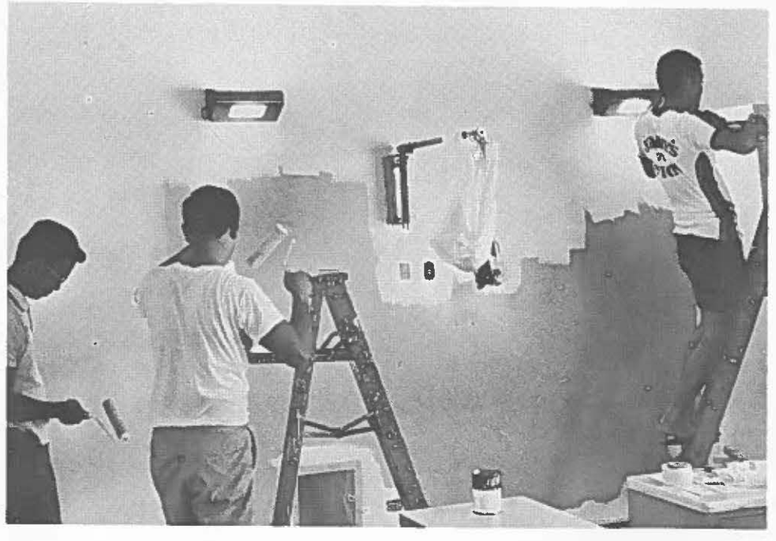
The project was coordinated by Captain James Hardin and Staff Sergeant Richard K. Y. Lau of the 154th. Master Sergeant James Horia of the 150th Aircraft Control and Warning Squadron and Sergeant Ernie Nagai of the 169th Aircraft Control and Warning Squadron, also participated in the program.

169th AC&W refurbishes Wahiawa Hospital

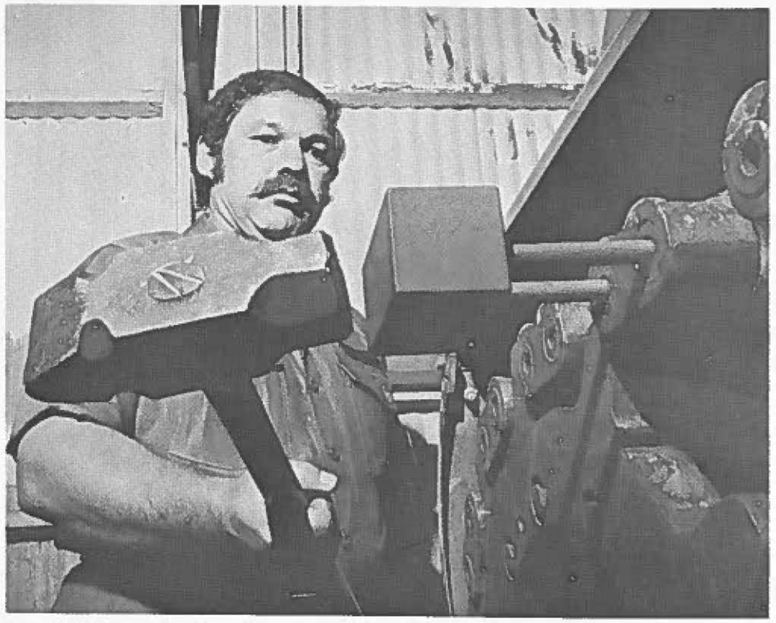
169th NCO Club

Members of the 169th AC&W Squadron's NCO Club have volunteered their off-duty time to repaint all of the wards in the Wahiawa General Hospital.

The project is being coordinated by Technical Sergeant Roy S. L. Chang.



The wham of Willie



What do you think of when we mention "track shoe connectors?" For some people, it brings back memories of tying the laces of Sneaky Sammy's tennis shoes so that he fell flat on his dignity when he tried to walk.

Well friend, track shoe connectors are those widgets that hold the treads on a tank together and you don't lace them up, you smack them together with a 15-pound sledge hammer. This used to cause unnecessary damage to a lot of tracks until SFC Francis D. (Willy the Whammer) Willingham designed a simple tool to protect the connectors from the hammer blows. So far the idea has netted him $100 — not a bad net for a gross idea.

Now Willy spends his time happily hammering connectors together by the hundred, secure in the knowledge that he'll never hurt another of those carbon-steel dumplings. And he's richer for the idea too — another case of clean living and a pure heart winning out over the forces of darkness.

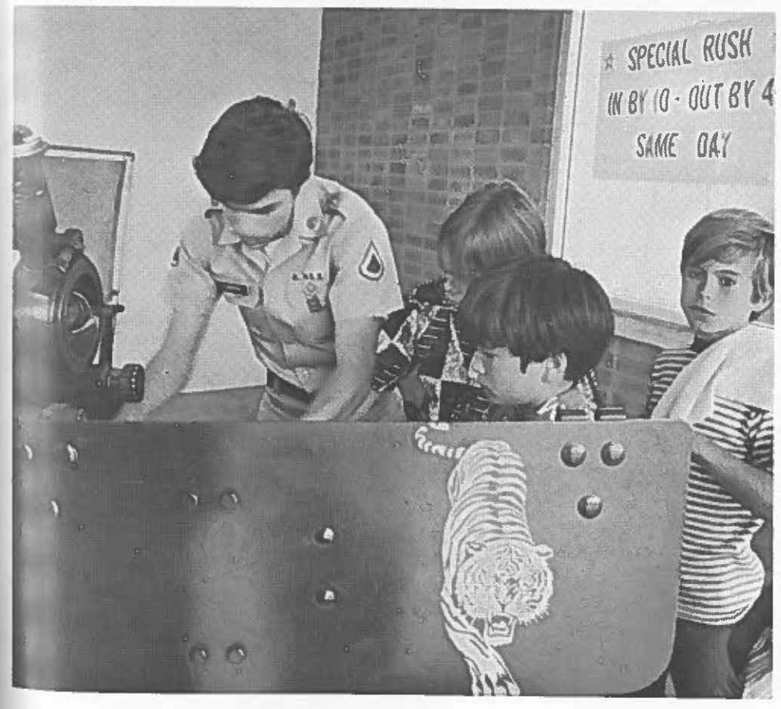
Soma swings in Sioux Falls, S.D.

During the first conference of the Enlisted Association of the National Guard of the United States, MSgt Wayne Soma, last of the big time philanthropists, made his mark on metropolitan Sioux Falls. The dashing HANGman personally hosted a pineapple juice cocktail party at a local elementary school. The soiree received both radio and television coverage in the city.

Students observe Department operation

Seventy-eight high school students from schools all over the State visited the Department as part of a five-day tour of the State government. The Departmental tour included stops at Civil Defense's Birkhimer Tunnel, HANG's 154th Fighter Group and HARNG's Diamond Head maintenance shops.

487th Artillery mans shopping center display



Army Guardsmen of the 487th Field Artillery Battalion set up and manned a 105mm howitzer display at the Kailua Holiday Mart shopping center. The display attracted quite a bit interest, particularly from the young.

298th edges 487th for HNG basketball crown

Can a little known basketball team from the small military town of Wahiawa tangle with the Boston Celtics and come out on top? Only if they meet in a mumblety-peg tournament, and then the chances are even.

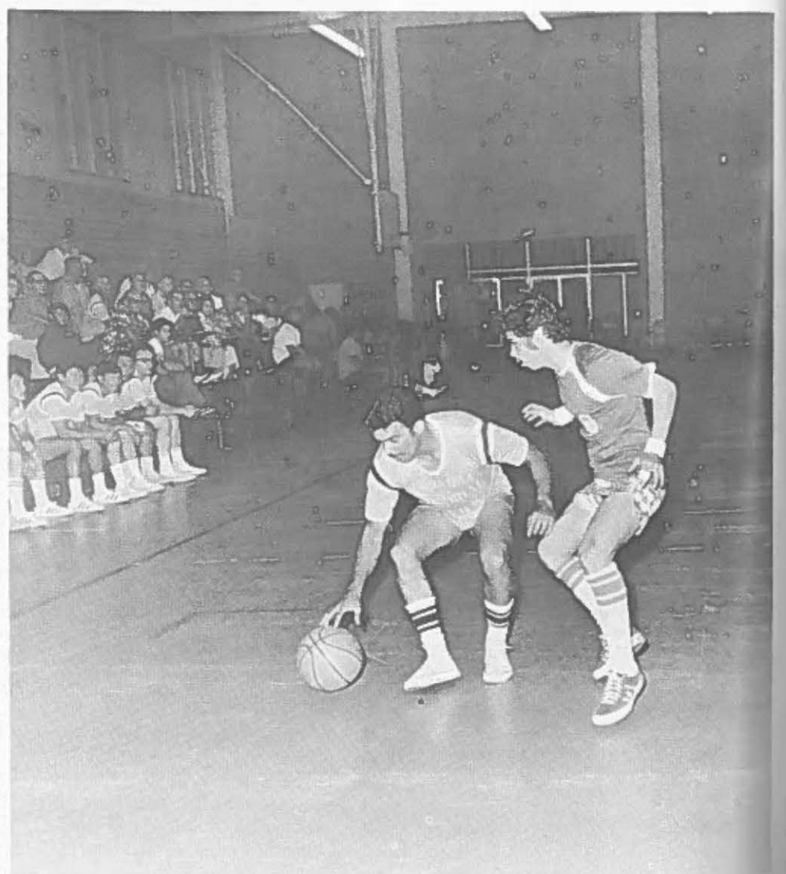
However, a little known basketball team from Wahiawa can dazzle all of the other teams in the Hawaii National Guard and emerge as the top team in the HNG league. And they did.

The 1972 basketball season came to a sensational close in Madison Square Garden, West — the Kaneohe Armory — as the 298th Field Depot team swept in from Wahiawa and upset the 487th Field Artillery Battalion from metropolitan Fort Ruger.

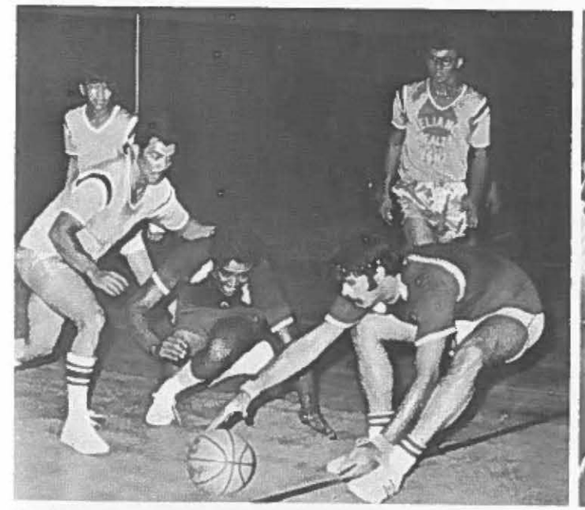
The game, held before a near capacity house, had the crowd including two kids in bunny-rabbit pajamas, on its feet, several times especially when the 298th came from behind and sent the game into overtime.

At the close of the game, Coach Red Faufata received the victor's trophy for the 298th.

Team members included Manuel Barros, Anthony Martin, Mike Young, Fred Cabal, August Rodrigues, Ralph Faufata, Aaron Nakashima, Donald Koike, Ben Nihipali, OCS Candidate Charles Victorino — all from HHC, 298th; and John DeFries, Theodore Dudoit and John Teraoka from the 291st Light Maintenance Company.



"Careful now. It may look like a basketball, but I don't like that ticking sound."



"Unbelievable. I've never seen anyone shoot craps with a basketball."

"Everybody needs milk – especially that center."

It took both the State Adjutant General and 29th Brigade Commander to keep the scorekeeper, Blackjack D'Araujo, honest.

Abdul Kareem D'Araujo warms up.

Run for your life

Editor's Note: There have been a number of heart attacks among Hawaii's guardsmen during the past year. So it seemed like an opportune time to run this series on the benefits of jogging, written by Fred Gass of Armed Forces Press Service.

By Fred Gass

One critical result of modern living is that stress has become, directly or indirectly, the leading killer of man.

Physiologically, stress refers to those pressures and strains of the mind created by mental tensions, conflicts, frustrations and feelings of inferiority and insecurity.

Too many people today knowing no other way, seek relief from stress, some alleviation from life's struggles and pressures, through the conveniently quick magic of chemicals.

In quiet desperation they take pills, powders, potables and inhalants for exhilaration or to sleep, for pain or to forget, for tranquility or to escape.

But there's a finer magic than drugs, a beneficial magic to help one face and counter the inherent stresses of survival. It consists of simply running slowly, of jogging into dynamic physical fitness.

When you become physically fit you function more efficientiy, feel great and think more clearly. Healthy people handle stress with ease.

Just how the magic works, even the world's leading physiologists aren't sure. But they know that exercise can neutralize stress.

HOW you run, in seeking to improve your health, is vitally important. Tragedy may strike the enthusiastic but poorly informed person who begins a running program without first having a doctor's examination.

Strenuous exercise will not damage a healthy heart or circulatory system, but sudden and/or severe demands made through exercise on a defective heart or circulatory system could be fatal.

Many persons, unaware of their afflictions or conditions, live their entire lives with heart and/or circulatory defects. Some problems develop during and as a result of various childhood diseases, unknown to parents and to the child who may lead a long and normal life without suffering any serious physical complications of a cardio-vascular nature.

Two lunch-hour joggers, CW3 Duncan Chang and SSG Alvin Wong jog in the 487th Artillery Armory.

Other heart circulatory problems may gradually develop throughout adolescence and maturity because of faulty eating habits, minimum exercise and the abusive use of varied poisons including many drugs, tobacco and alcohol.

Before engaging in a regular and strenuous exercise program, therefore, or in any occasional violent exercise (certain games, severe physical work, etc.) let a physician examine you. Why gamble with your life?

The concern many persons have for their hearts has led them into patterns of living which paradoxically cause harm rather than create benefits.

"Easy does it," is usually interpreted to mean: Don't work your heart. Remain calm. Don't breathe hard. No need to perspire. Don't tire out, and wear out your body's machinery . . .

Before beginning any exercise program a person should have a physician's o.k., especially those persons who haven't engaged in regular and fairly strenuous physical activities for some time. Although there are several important bodily functions to be tested, the adequacy of the heart and circulatory system are the key factors involved in establishing the start of a physical conditioning program.

Wisely applied physical conditioning can correct or improve many types of heart and circulatory conditions.

There is paradox in the statement that "If exercise is good for you, then all kinds of exercise is good for you."

Although there are benefits involved, many of the ball game type exercises often are risky. The sudden starts and stops, quick spurts of effort and frequent awkward or off balance body and joint positions have contributed to many injuries of the feet, ankles, knees, back, neck, elbows, wrists and fingers.

Playing football, tennis, softball, baseball, basketball and football involves the intricate use of many of the body's muscles and joints.

There is no doubt that participating in these activities is beneficial to one's health and general good spirits. They are, after all, games of fun.

As a means of achieving maximum internal physical fitness, however, the game-type exercises do not provide enough low-level, sustained heart activity and prolonged steady deep breathing that is found in slow running, or jogging.

Tragically, too many persons are unaware of the fact that the heart is a muscle (pump) that improves (like all muscles do) with work.

The heart's only job is to keep pumping blood through your arteries and veins. In an adult this means that about five quarts of blood circulates through about 100,000 miles of large and small blood vessels.

The circulating blood helps cool you or warm you, depending on the temperature which surrounds your body; it nourishes your uncountable billions of body cells with fresh oxygen and gathers up waste carbon dioxide; it supplies nutrients, vitamins, minerals and other substances to the system.

Blood keeps you alive. But if the pump (heart) that circulates blood throughout your system is weaker than it should be, then your entire network of blood vessels doesn't function as effectively as it should.

Your Life Pump

The exercise that the average person gets daily is not enough to maintain good health. Dr. Morris Fishbein, in "Medical World News," represented the consensus of the American Medical Association when he recently said: "Real physical fitness results only from progressively increasing one's capacity for physical activity."

And Dr. Bruce E. Douglass, chairman of the division of environmental medicine, the Mayo Clinic, said: "Once considered an indulgence for a few, exercise is now a must for all."

The amount of exercise? Mayo Clinic's Dr. Donald Erickson, of the physical medicine and rehabilitation department, says: "Exercise until you're somewhat short of breath. Like any other muscle, the heart needs deep swings of demand—maximum work, maximum rest."

For the normal person, Dr. Erickson recommends jogging, brisk walking or swimming.

The magic of exercise is fantastic. For if you take Dr. Erickson's advice and "exercise until you're somewhat short of breath" you'll happily discover that through regular exercise it's taking you longer, during each exercise period, to reach that state of being short of breath.

As each day goes by you'll be increasing your endurance through exercise, strengthening your heart, flushing out and extending your blood vessel network, toning up your muscles, and transforming flab and fat into lean, firm, dynamically strong muscles. As a bonus, you'll become progressively impervious to the damaging effects of stress.

"It is never too late to begin," (an exercise program) "providing the transition from inactivity to activity is made intelligently," advises Dr. T. K. Cruetton, director of the University

BG Valentine Siefermann, HANG Commander, jogs in the early morning as part of a cardiac reconditioning program.

Your Jogging Program

of Illinois Physical Fitness Research Center.

Dr. Cureton, whose 40 years of research into physical fitness included testing and training of thousands of persons of all ages, explains that individuals in their forties, fifties and sixties often mistakenly believe that they're too old to start an exercise program.

Nothing could be farther from the truth. This popular misconception often shortens lives and fills the passing years with the miseries of high blood pressure, other heart and circulatory conditions and a wide variety of physical complaints.

Regardless of age, persons in poor shape should first get a doctor's checkup then start exercising very gradually. Time and patience are essential. There are no shortcuts. Even the most perfect conditioning program requires the passing of time to bring results. The unhealthier you are, the longer it takes to transform yourself into physical fitness.

Start your jogging program after first having a medical checkup. You can jog early in the morning on the sidewalks or deserted streets in your neighborhood; on the grass, pathways or roads of a nearby park; on the running track or the football field of the nearest high school or college.

Or you can run at midday, instead of eating lunch. If both early morning (before work) or noontime are not practicable then jog before supper, or two hours after eating.

In Poor Condition?

Assuming you're in poor condition, the best way to begin your program is by selecting three days a week on which to run, with a day of rest between each day of jogging.

It's important that you wear a properly fitting, fairly sturdy pair of flexible shoes to jog in. Good tennis shoes will do but there are many shoes especially designed for jogging and distance running available at sports stores and in the sports departments of large department stores.

To help cushion your feet and prevent blisters, wear at least one thick pair of woolen socks. Many runners wear an extra pair of thin socks next to their feet.

Begin your back-to-dynamic-health program with three ten-minute walking and jogging sessions each week during the first month.

Don't Overdo

To be sure you're not overdoing it, and are systematically progressing slowly enough for your body to make the necessary physiological adjustments, you should carefully measure the amount of exercise you're getting by counting each step, during the beginning walking-running sessions.

Not only is the counting of steps during the first nine weeks good discipline, although it will seem very boring, it assures that you're getting an accurate measurement of personal physiological progress.

Start your eleventh week by increasing your jogging time from 10 to 15 minutes. Although this is a 50% increase in exercise, it will be easier than you think.

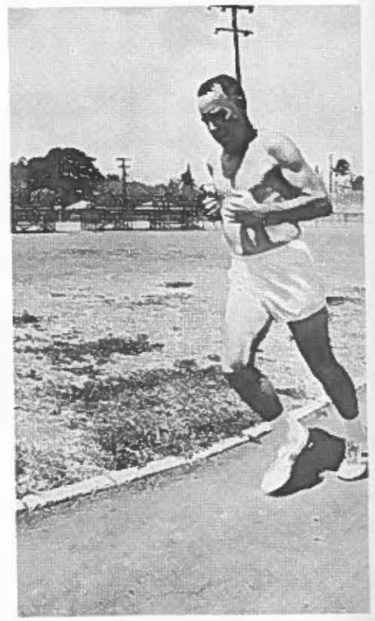
11th Week

Jog easily during the 11th week and for the following five weeks. At the end of this time you will have completed four months of gradual conditioning.

Stick with the 15-minute jogging routine for the next four months but increase the number of running days each week from three to four (for two or three weeks) and then to five days each week.

During your jogging program you'll notice many changes for the better in your system. Gradually, you'll feel better, stronger and more alive. Nature will reward you for your exertion.

During your first 3-day week, run ten steps very slowly then walk for 90 steps. Repeat this routine until your ten minutes are up. If you're in poor condition, this is plenty of exercise. Remember that walking is exercise too.



Colonel James Ashford, 154th Fighter Group Commander, jogs to get points in his aerobics program.

Run Flat-footed

When you run, try to run flat-footed, taking the weight of each step as evenly distributed as possible on each foot. Letting your foot hit the ground heel first jars your bones and strains the ligaments more than landing flat-footed.

If you run by letting your toes strike the surface first (as one does in sprinting) you'll severely tax your calf muscles, with resultant tenderness and possibly chronic soreness.

During your second week jog for 20 steps, walk for 80, for ten minutes each day of your program.

With each passing week increase your running steps by ten, decreasing your walking steps by the same number, in reaching every 100 steps. You'll therefore begin your tenth week by jogging for the full 100 steps. Of course, this means you're running slowly for ten full minutes, therefore you no longer have to count your steps.

Next: Rewarding The You-Machine

Two HNGmen honored by Freedoms Foundation

Editor's Note: Freedoms Foundations is an independent non-profit organization that seeks to honor and maintain the American way of life. Each year, it makes awards to outstanding letter writers. This year, two Hawaii Guardsmen, Colonel Walter F. Judd of HQ HANG and SP4 Roy Miyamoto of Company B, 29th Support Battalion, won Honor Certificates. We were unable to obtain a copy of SP4 Miyamoto's letter, however, we are printing the complete text of Colonel Judd's letter.

FREEDOM HAS A PRICE

By Colonel Walter F. Judd

Do you know what the numbers 1776 and 290,000 have in common? They connote the start of American freedom — the Declaration of Independence was dated July 4, 1776, 290,000 Americans fought in the American Revolution to gain freedom and liberty from previous restraint for themselves . . . and us.

The start of American freedom had its high human price. Neighbors took opposing sides and there was deep bitterness, there were countless mieries which are always found in any revolution, and 4,000 Americans paid the ultimate price of our freedom with their lives.

The initial ideas of the fledgling government of the United States revolved around freedom, freedom based on the consent of the people, the governed. Freedom from being arbitrarily coerced or constrained, freedom of peaceful assembly and speech, freedom to seek ones own livelihood and happiness in harmony with others. The foundation of our freedom was (and still is) a great concern for the individual as an individual. Debate among strong men of conviction was often fierce in their strivings for the best possible safeguards of our freedom. They provided remarkable concepts which are still valid today, 196 years later.

Slavery became the paramount issue almost a century after the American Revolution. American was pitted against American in the Civil War. The agonies of warfare ravaged the souls of our forebears, and many paid the ultimate price for freedom of man and woman and child from slavery in our Country.

Since that time Americans have unselfishly assisted the freedom of others — the Europeans in World Wars I and II, the South Koreans and South Vietnamese in recent years. Freedom from having someone else's will imposed upon them by force. Some say that we have faulted in being too generous in this assistance to others. The whole world seems so much smaller these days due to the marvels of communications and transportation. How can it be morally wrong to assist one's neighbor unselfishly, regardless of where he lives, when he is attacked and his freedom is at stake?

Over a million Americans have given their lives throughout the years in the cause of freedom. The price has been high. Has it been worth it all these struggles for freedom? Yes, as we believe that the individual's right of choice is the most precious of human values. The alternative to freedom is oppression. Our perspectives change from time-to-time, but our basic position of freedom of the individual being of ultimate importance does not change.

We know, from experience, that freedom has a high price. We know, from the history of our Nation and other nations, that it is well worth it to you, to me, and to those who will come after us.

We hold these truths to be self-evident. . . .

NEW DAILY DRILL PAY RATES

Grade	Under 2	Over 2	Over 3	Over 4	Over 6	Over 8	Over 10	Over 12	Over 14	Over 16	Over 18	Over 20	Over 22	Over 26
O-8	$64.62	$66.56	$68.15	$ —	$ —	$73.23	$ —	$76.68	$ —	$79.86	$83.34	$86.53	$90.01	$ —
O-7	53.69	57.36	—	—	59.91	—	63.04	—	66.56	73.23	78.26	—	—	—
O-6	39.80	43.74	46.59	—	—	—	—	—	48.17	55.79	58.64	59.91	63.40	68.75
O-5	31.83	37.39	39.96	—	—	—	41.19	43.38	46.28	49.75	52.61	54.19	56.10	—
O-4	26.84	32.66	34.87	—	35.49	37.07	39.59	41.83	43.74	45.64	46.91	—	—	—
O-3	24.94	27.88	29.79	32.98	34.55	35.79	37.71	39.59	40.56	—	—	—	—	—
O-2	21.74	23.75	28.53	29.48	30.10	—	—	—	—	—	—	—	—	—
O-1	18.87	19.65	23.75	—	—	—	—	—	—	—	—	—	—	—
O-3*	24.94	27.88	29.79	32.98	34.55	35.79	37.71	39.59	41.19	—	—	—	—	—
O-2*	21.74	23.75	28.53	29.48	30.10	31.05	32.66	33.93	34.87	—	—	—	—	—
O-1*	18.87	19.65	23.75	—	25.36	26.31	27.25	28.21	29.48	—	—	—	—	—
W-4	25.40	27.25	—	27.88	29.15	30.43	31.69	33.93	35.49	36.75	37.71	38.97	40.26	43.38
W-3	23.10	25.05	—	25.36	25.67	27.55	29.15	30.10	31.05	31.99	32.98	34.24	35.49	36.75
W-2	20.22	21.87	—	22.51	23.75	25.05	26.00	26.94	27.88	28.85	29.79	30.74	31.99	—
W-1	16.85	19.33	—	20.93	21.87	22.82	23.75	24.72	25.67	26.62	27.55	28.53	—	—
E-9	—	—	—	—	—	—	28.86	29.52	30.19	30.88	31.56	32.18	33.88	37.17
E-8	—	—	—	—	—	24.22	24.89	25.55	26.22	26.90	27.54	28.22	29.87	33.20
E-7	16.91	18.24	18.92	19.58	20.26	20.90	21.56	22.24	23.25	23.90	24.56	24.89	26.56	29.87
E-6	14.60	15.93	16.59	17.27	17.93	18.59	19.26	20.26	20.90	21.56	21.90	—	—	—
E-5	12.82	13.96	14.63	15.27	16.27	16.93	17.60	18.24	18.59	—	—	—	—	—
E-4	12.33	13.02	13.77	14.85	15.44	—	—	—	—	—	—	—	—	—
E-3	11.86	12.51	13.01	13.52	—	—	—	—	—	—	—	—	—	—
E-2	11.41	—	—	—	—	—	—	—	—	—	—	—	—	—
E-1	10.24	—	—	—	—	—	—	—	—	—	—	—	—	—

*—Four or more years' enlisted service.

NEW SURVIVOR BENEFIT PLAN

Military members will be able to provide their widows, widowers and dependent children with an automatic survivor income of 55 per cent of their retired pay.

The Survivor Benefit Plan (SBP), as it is called, also allows persons already retired to provide, on a voluntary basis, the same protection for their family members. Cost is the same as for future retirees.

SBP embraces also members of the Reserve components, including members of the Army National Guard and Air National Guard. Participation begins at age 60 or later, when retired pay starts.

The new program fills a serious gap in the area of service benefits. Until SBP went into effect, the retired pay of a member ended with his or her death unless the member had elected voluntarily to participate in the Retired Serviceman's Family Protection Plan (RSFPP) — known originally as the Contingency Option Act. Consequently, following the deaths of retirees, surviving members of retirees' families often found themselves with little or no income, particularly widows without dependent children but younger than age 60, when they could get social security widow's payments.

Under the new law, members who retire on or after the September 21, 1972, will be automatically enrolled in the plan if they have spouses or dependent children at retirement time. A member who does not have a spouse or dependent child at retirement can elect either to join the plan at that time by naming another person as his or her SBP beneficiary or to begin participation later if he or she acquires a spouse or a child after retirement.

Persons who retire within 180 days after the effective date of SBP have a special grace period of 180 days after their retirement dates in which to finalize either automatic or voluntary participation in the plan.

Any person who expects to retire in the near future may contact his personnel officer for more information about this new service benefit.

Participation at maximum level is not mandatory but except in rare cases, is encouraged.

Monthly Quarters Allowances

Pay Grade	With Dependents	Without Dependents
O-7,-8,-9,-10	$288.00	$230.40
O-6	258.30	211.80
O-5	238.80	198.30
O-4	215.40	178.80
O-3	195.60	158.40
O-2	175.80	138.60
O-1	141.60	108.90
W-4	$207.90	$172.50
W-3	191.70	155.40
W-2	173.70	137.10
W-1	160.80	123.90
E-9	$184.20	$130.80
E-8	172.20	122.10
E-7	161.40	104.70
E-6	150.00	95.70
E-5	138.60	92.70
E-4	121.50	81.60
E-3	105.00	72.30
E-2	105.00	63.90
E-1	105.00	60.00

Discounts and benefits

What's it worth to be in the Guard? Well — at least a trip to basic training, a quarterly check that most people find some use for, and a couple of weeks of annual training with or without your boss's wholehearted endorsement. And, if you're with the right unit, it could mean a trip or two to the mainland, the Orient, or in one case, to Australia.

You've probably heard about the benefits that the NGAUS, the Adjutants General Association and even the States' Governors have been pushing, but let's be a little more realistic about this. Those benefits are still somewhere in the future. What's in it for you right now? What can you get today, or this month, or this year, just for walking in with your uniform on or by flashing your ID card? Read on . . .

Buy For Less

Looking for some appliances, perhaps a refrigerator, vacuum cleaner, TV set, or even a hot-comb for that long hair that your first sergeant keeps yelling about? Go into the Benclar Corporation at 728 Ala Moana, across from Honolulu Ford. Talk to Wayne O'Reilley, produce your ID card and a 10 per cent discount is yours.

Maybe you're interested in a chair, or perhaps a table to put that TV set on, or carpeting, or bedding, or draperies. If that's what you're after, scoot down to Kailua Furniture (a division of 20th Century Furniture) and haggle with Henry Tom. Pull out your ID card again — impress him with your best IG smile (the one that oozes with sincerity) and once more, you'll score a discount.

Remember dead-eyed Henry Yamada? Henry traded in his accurized M-1 for another type of gun — a Ziebart rust-proofing spray gun. He owns the Ziebart rust-proofing shop at 689 Puuloa. Henry rust proofs, cars, trucks, board and horse trailers, the bottom of houses and entire gantry cranes. So tow your horse trailer over to the Shafter Industrial area with your gantry crane, pull out your overworked ID card and you'll receive another discount.

Although your rust-proofed car may last forever, or for five years (which ever come first), your tires probably won't. In that case, drive down to Ken's Retread at 2319 South Beretania, dazzle him with your ID card and WHAM, a 40 per cent discount off the list price of recaps.

Fly For Free

When did you last see Oahu from a helicopter or travel to a neighbor island free of charge? If you're interested in the round-Oahu helicopter tour, and you're free on a Tuesday or Thursday evening for about three hours, call Frank Murakami at 422-9669. Army Guard pilots normally put in flight time on those days and guardsmen (Air or Army in uniform) are welcome to fly in the passenger's seats. Bring along a camera for some spectacular offshore twilight shots.

Now let's talk about that free inter-island travel. First it's on a space-available basis — again for guardsmen in uniform. There are two ways to go, Air or Army. If you're interested in flying by way of the Air Guard's C-54, call Base Operations at 449-2954. The best time to call is prior to a State OCS drill.

The aircraft normally leaves Hickam empty on Friday afternoon prior to drill. It makes stops on Maui and Hawaii, and then heads back to Oahu loaded with officer candidates. The following Sunday, it flys the candidates back to the neighbor islands then returns to Hickam empty.

The Army Guard's U-8 makes similar trips to neighbor islands. It seats fewer people, but makes more frequent flights. If you're interested in an U-8 flight, call the same Frank Murakami who sets up the helicopter flights.

Once again, remember that these are standby arrangements, and you can be "bumped." So, if you do arrange to fly the friendly skies of HANG and HARNG, keep a little money handy just in case of seating changes.

Sleep Cheap

After you've taken a free flight to the Island of Hawaii, you can spend a night at the National Guard's own volcano cottage for a nominal fee — $1.50 per person per night. The cottage is located at "29 miles," just off the volcano road at Lau Kapu and Kilauea. It's furnished and heated, and the cost includes bedding, however, you're got to supply your own towels. To make reservations, write to Captain Aley K. Auna, P. O. Box 1006, Hilo, Hawaii 96720.

If you can't make it to the Big Island, you can get a good deal on Oahu at the Kuilima Hotel. It's the only hotel that officially offers military room rates to guardsmen and reservists. You might check that out if you're Oahu bound.

Those Oldies But Goodies, Or — If You Didn't Know, You Ought To Know

The PX and commissary. You're authorized to shop at these two emporiums whenever you're on four or more consecutive days of federal active duty, such as summer camp. You save an average of 30 per cent on the items that you buy there.

Retirement. If you're an enlisted man and you stick with the program, you could retire as an E-8 — that's reasonable. That could mean nearly $200 a month for you when you're older and greyer. And, of course, you'll receive all the benefits that retirees of the active services get, full medical coverage, free standby travel privileges, and full commissary and PX rights. Of course, if you want to think big, a decrepit retired lieutenant colonel knocks down about $300 a month. And a retired sergeant major like Methuselah Duncan can bring home a retirement check that's absolutely obscene.

There they are — benefits, tangible benefits — and they're yours. You deserve them. And, if you know of any others that we forgot to list, just call our office at 732-1711 and we'll run another article like this in a later issue.

Tax Information

Note To Editor:

This material which follows is copyrighted materials and may be used only in the Internal Information program of the Department of Defense. The following copyright must appear with the chart: "Copyright Meredith Publications, **Better Homes and Gardens,** February 1973"

Clip this TAX-SAVING GUIDE to itemized deductions

Here's an easy-to-follow chart showing most of the principal itemized deductions which may save you tax dollars on your 1972 return. The chart is designed for the average householder, and you're likely to find a number of deductions that fit your situation. Just a glance will show what you can claim, what you'll need to support your deduction, where you can claim it on the income tax return, and what the probable IRS position will be.

- Tax tip: After you've figured your maximum itemized deductions, compare your total with the allowable standard deduction (15 percent of your income, up to $2,000), or low income allowance ($1,300). That way, you'll get a clear picture of which method gives you the best tax break.
- Tax tip: If you decide *not* to itemize, don't overlook tax savers such as sick pay, moving expenses, and certain employee business expenses you can claim whether you itemize deductions or not.
- Tax tip: If you have your own business or your deductions are unusually large or complex, seek competent tax advice from your lawyer or accountant, or a reputable tax service.

	HOW MUCH YOU CAN CLAIM	HOW TO PROVE THE DEDUCTION	WHERE TO CLAIM IT	WHAT IRS WILL DO
MEDICAL EXPENSES	All medical expense exceeding the 3% limit—3% of your income (Line 17, Form 1040). See below for exceptions	Your canceled checks or "paid" receipts. See below on specific items	Schedule A, Form 1040 (The Itemized Deduction Schedule)	See below
Hospital insurance premiums (includes your Medicare insurance payments)	One-half of premium (up to maximum $150 deduction) even if you can't meet the 3% limit. The remaining one-half is deductible as other medical expense above 3% limit	Canceled checks or "paid" receipts	Lines 1 and 5, Schedule A	No IRS objection unless insurance covers loss of earnings, time, limbs, etc.
Medical expenses of dependents	Limited only by 3% rule	Proof that you furnished over half the support of dependent. Deduction OK even if dependent earns over $750 and files joint return	Line 6, Schedule A	No IRS objection if expenses are verified
Drugs	All drug expenses exceeding 1% of your income (Line 17, Form 1040). Must also meet 3% rule (see above)	"Paid" receipts from your druggist or other supplier	Line 2, Schedule A	IRS will allow, but will not accept mere estimate or only canceled checks to support your deduction
Vitamins	See above on drugs	Doctor's statement that vitamins are prescribed	Line 2, Schedule A	IRS will disallow if vitamins taken only for general health
Toothpaste, toiletries, cosmetics, etc.	None	——	——	IRS will disapprove
Dietetic and special foods	See 3% rule plus 1% rule on drugs	Special foods must be in addition to regular diet, not a substitute for regular food. Also, have "paid" receipts showing costs	Line 2, Schedule A	IRS and courts don't fully agree on this item. Better consult your tax adviser if it's substantial
Medical transportation costs (travel to and from doctor or hospital—you and family)	6¢ per mile or actual costs for gas, oil, etc.	A record of miles driven	Line 6, Schedule A	IRS will allow this deduction if you can prove your mileage (or actual costs). IRS won't allow any deduction for depreciation on your car
Medical travel costs (trip to different climate)	Costs of meals, lodging, and transportation while en route. See 3% rule	Doctor's statement showing that trip is necessary for specific health problems	Line 6, Schedule A	IRS will allow deduction, but won't allow meals and lodging while at different location. Also, IRS will deny deduction if trip is only to improve general health
Schooling costs for handicapped children	Costs of tuition, meals, lodging, and travel (limited by 3% rule)	School must be a "special school" as defined by IRS	Line 6, Schedule A	If not a "special school," IRS will disallow or permit deduction only for that part of cost specifically shown to be for medical purposes

	HOW MUCH YOU CAN CLAIM	HOW TO PROVE THE DEDUCTION	WHERE TO CLAIM IT	WHAT IRS WILL DO
CHARITABLE CONTRIBUTIONS	Generally, up to 50% of your income (Line 17, Form 1040) for contributions to qualifying charitable organizations	Canceled check or "paid" receipt (see below on specific items)	Lines 18-21, of Schedule A, Form 1040	See below
"Door to door" cash contributions	Limited to reasonable estimate (say $1 to $2 per week) or amount you can prove	"Paid" receipts plus your reasonable estimates	Line 18, Schedule A	IRS will allow a reasonable amount for cash contributions
Church, United Fund campaign, hospital, etc., donations by cash or check	Ordinarily limited only by 50% rule (see above)	Canceled checks, "paid" receipts, statement from charity, and reasonable estimates of church collection plate contributions	Line 18, Schedule A	IRS won't contest unless your cash donation estimates appear high. IRS may require statement from church as well as your canceled check
Charity travel (Sunday school teacher, scoutmaster, etc.)	6c per mile (plus parking and tolls) or cost of gas, oil, etc.	Proof of miles driven (or proof of actual costs if mileage method not used)	Line 18, Schedule A	Proof of miles driven (by means of diary or number of trips made) will satisfy IRS. Warning: IRS won't allow any car depreciation
Uniforms (Red Cross worker, scoutmaster, etc.)	Cost of uniforms	Canceled check or "paid" receipt	Line 18, Schedule A	IRS will allow if substantiated
Tickets, charity benefits	Excess of cost over value of entertainment. (If you don't attend, entire cost is deductible)	Canceled check or "paid" receipt and charity statement showing "value of entertainment"	Line 18, Schedule A	IRS won't contest if you can establish the entertainment value portion
Personal property (used clothing, furniture, etc.)	Limited to value of property	Appraisal (from charity or dealer in such items) must be furnished if deduction exceeds $200	Line 19, Schedule A	IRS may audit if value appears high. See IRS instructions for further requirements
INTEREST EXPENSE	No limit, if actually interest	Canceled check, statement from lender, "paid" receipts. See below for specific items	Lines 22-25, Schedule A, Form 1040	See below
Home mortgage (includes cooperative or condominium owner's share of interest)	No limit (be sure to exclude principal payments, taxes and insurance if included in your monthly payments)	Statement from lender or passbook	Line 22, Schedule A	No IRS objection as long as payment is verified
Mortgage prepayment penalty Prepaid interest	Amount of payment Ordinarily up to 12 months in advance of due date	Statement from lender	Line 22, Schedule A Line 22, Schedule A	IRS will OK if verified No IRS objection
Mortgage "points" (paid to obtain loan)	Entire payment except any service charges included	Lender's statement (identifying any service charges), plus canceled check or "paid" receipt	Line 22, Schedule A	IRS will allow if "points" actually paid during year and any service charges are eliminated
Installment purchases (includes credit cards)	Entire amount of finance charge	Passbook, lender's statement, credit card billings, canceled checks	Line 23, Schedule A	Before 1972, IRS limited deduction to 6% of unpaid balance. Now, all finance charges can be claimed
Interest on additional federal or local income taxes for earlier years	Entire payment if made during year	Tax statement identifying interest, plus evidence of payment	Line 24, Schedule A	IRS won't contest if verified
Interest on special assessments (paving, sewer, etc.)	No limit	Tax statement identifying interest, plus evidence of payment	Line 24, Schedule A	IRS will allow if verified
CASUALTY LOSSES (storm, flood, drought, theft, etc.)	Loss in value of property (except first $100 of loss isn't deductible). Any insurance recovery decreases loss. Deduction can't exceed cost basis	Appraisals of value decrease; proof of cost basis and your ownership of property; proof that loss was caused by casualty	Attach Form 4684 and claim deduction at Lines 26-30, Schedule A	IRS may challenge your value estimates or that loss was "casualty caused." IRS may allow repair costs (even though less than value decrease). If your loss is sizable, get competent tax help
1973 disaster area losses (President must proclaim as disaster area)	Same as any casualty loss. Chief advantage—can claim 1973 loss on 1972 tax return and get refund or reduce 1972 tax	Same as any casualty loss, plus proof that loss occurred in "disaster area" between January 1, 1973 and December 31, 1973	If 1972 return not yet filed, claim as any casualty loss. If 1972 return already filed file amended 1972 return on Form 1040X	IRS will allow if verified. If your loss occurred in 1973, you can avoid refund delay (until you file 1973 return) by getting immediate tax relief on 1972 return
Car accidents	Same as any casualty loss	Same as any casualty loss	Same as any casualty loss	IRS will not object even if you were at fault
MISCELLANEOUS DEDUCTIONS	See below	Canceled checks and "paid" receipts. See below for specific items	Lines 31-32, Schedule A, Form 1040	See below
Child care expenses (paid so that you can work)	Up to $4,800 on incomes up to $18,000 per year. (Your deduction will then be decreased 50c for each $1 your income exceeds $18,000)	Proof that costs cover "baby-sitter" in home (or day care center costs) for dependents under 15, or any disabled dependent or spouse (regardless of age)	Attach Form 2441 and claim deduction at Line 31, Schedule A	IRS will allow if you meet all necessary tests. See IRS instructions for further specific requirements
Employment expenses (union and professional dues; safety equipment and tools)	Your cost	Canceled checks, "paid" receipts, payroll check stubs	Line 32, Schedule A	IRS will allow if verified
Uniforms and special work clothes	Your cost	Proof that clothes are not suitable for general wear	Line 32, Schedule A	IRS will allow if verified
Employment agency fees	Your cost	Canceled checks or "paid" receipts from agency	Line 32, Schedule A	IRS will now approve even though no better job obtained

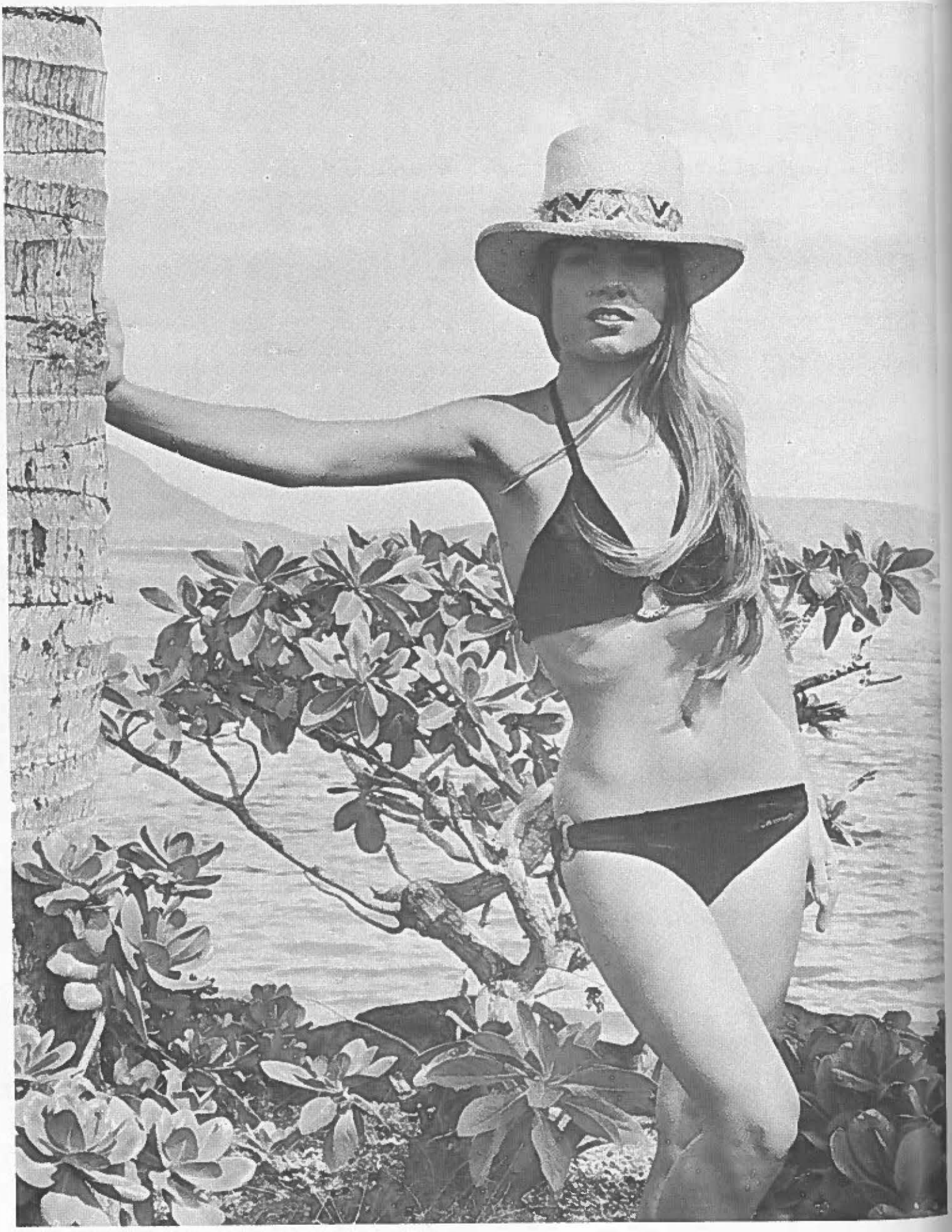
	HOW MUCH YOU CAN CLAIM	HOW TO PROVE THE DEDUCTION	WHERE TO CLAIM IT	WHAT IRS WILL DO
Special assessments	Generally limited to assessments for repairs	Evidence of payment, plus proof of purpose of assessment and that value of property not increased	Line 11, Schedule A	Deduction shouldn't cause audit (unless an excessive amount) since included in real estate tax deduction. However, IRS will sharply scrutinize this deduction in event of audit
Gasoline tax	No limit (deduction applies only to state and local gas taxes)	IRS gas tax tables, plus proof of miles driven (proof of actual gas tax expense is also acceptable)	Line 12, Schedule A	IRS will allow the deduction figured using the IRS gas tax table, if your claimed mileage appears to be reasonable
Sales tax	Generally limited to deduction per IRS Sales Tax Guidelines, plus sales tax paid on new car, boat, camper, airplane, and building material you bought in constructing house	IRS Sales Tax Guidelines deduction, plus evidence of sales tax payment on "extras." Include social security and other non-taxable income in formula for figuring your guideline deduction. If IRS Guidelines not used, include evidence of all sales tax payments claimed	Line 13, Schedule A	IRS will allow deduction per Guidelines. If deduction exceeds the Guidelines, be sure to explain your calculation in an attached statement
Income taxes (state, local, and foreign)	No limit (report any 1972 refunds for taxes deducted in prior year as income at Line 42, Form 1040)	Canceled check, "paid" receipt, or W-2 form showing amount of tax withheld	Line 14, Schedule A	No IRS objection if amount claimed can be proved. Foreign income tax can be claimed as a tax credit in lieu of a deduction
Personal property taxes	No limit—Exception: License plate fees deducted only if your state treats fees as personal property tax	Canceled check or "paid" tax receipt	Line 15, Schedule A	IRS will allow deduction if it's substantiated
Nursing home costs	All costs of room, board, and specific medical costs	Statement from doctor or nursing home that costs relate to medical purposes, not primarily for personal living expenses	Line 6, Schedule A	IRS may well challenge. You should seek professional tax help on this deduction
Nursing costs	All payments made (limited by the 3% rule)	Doctor's statement that nursing care is specifically required	Line 6, Schedule A	IRS will not allow any part of expense representing housekeeping, even if doctor has prescribed no domestic work by patient
Eyeglasses, hearing aids, braces, special shoes, etc.	Subject to the 3% rule	Canceled check or "paid" receipt	Line 6, Schedule A	No objection by IRS
Air conditioning, elevators, other home improvements	Excess of cost over the added value to your home (see 3% rule)	Doctor's statement that improvement is required to alleviate a specific health problem	Line 6, Schedule A	IRS will allow, though you and IRS may disagree on the amount of value added by improvement
STATE AND LOCAL TAXES	No limit if the taxes qualify for deduction (see below)	Your canceled check or "paid" tax statements (see below on the specifics)	Lines 11-17 of Schedule A, Form 1040	See below
Real estate taxes on all real estate owned (including condominium owner's share of taxes)	No limit	Your canceled check or "paid" tax receipt	Line 11, Schedule A	IRS will allow deduction if you own the property. If you bought or sold property during the year, IRS will require an allocation of the deduction

OTHER DEDUCTIONS, ADJUSTMENTS AND EXCLUSIONS FOR MEMBERS OF THE ARMED FORCES

TYPE	HOW MUCH YOU CAN CLAIM	HOW TO PROVE THE DEDUCTIONS, ADJUSTMENT OR EXCLUSION	WHERE TO CLAIM	WHAT IRS WILL DO
Combat Pay & Combat Support Pay	EM and WO—all pay Os—$500 a month	Appropriate reductions will be made on W-2 check amount for accuracy	Will not appear on return	IRS will allow
Family Separation Allowance	Amount received	Will not appear on W-2	Will not appear on return	IRS will allow
Moving Expenses	Deductible within certain dollar limits, check with IRS or Legal Office. REMEMBER cash amounts received as reimbursement must be included as gross income	Keep records during move	Attach Form 3903 and claim deduction on line 47, Form 1040	IRS will allow if you meet all necessary tests. See IRS instructions for further specific requirements
State Bonus	Amount received does not have to be reported as gross income	Retain state certificate or letter awarding the bonus	Will not appear on return	IRS will allow
BAQ and Subsistence Allowance	Amount received does not have to be reported as gross income	Will not appear on W-2	Will not appear on return	IRS will allow
Clothing Allowance	Amount received does not have to be reported as gross income	Will not appear on W-2	Will not appear on return	IRS will allow
PW or MIA Pay	Entire amount received	Will not appear on W-2	Will not appear on return	IRS will allow
Sick Pay	Excludable within certain limits if you were sick or injured during the year	Keep records of your pay during the period, nature of illness or injury, dates absent from work	Attach Form 2440 and claim the exclusion on line 46, Form 1040	IRS will allow if you meet all necessary tests. See IRS instructions for further specific requirements
Political Contributions	$50 ($100 on a joint return) as an itemized deduction, or you may elect to take up to one-half your contribution exceeding $12.50 ($25.00 on a joint return) as a direct credit against your tax	Canceled check or "paid" receipt	Line 32, Schedule A, if you choose an itemized deduction; line 59, Form 1040, if you choose the credit	IRS will allow if payment is verified

We told you last year, but we'll tell you again. The first $500 of your Guard pay is exempt from the State of Hawaii income tax.

The exemption is the result of a lot of hard work by the HNGA legislative committee including LTCs Danny Au, Herbert Isonaga, and Major Kenneth Chong.



Our model-of-the-quarter is Janet LaBarre of Patricia Stevens Studio. Photo by SP4 Kerry J. Kiyabu.