**AHFH leads nation in smart growth**

Actus Lend Lease, partners break ground on nation’s first smart growth community for military families

**Freedom festival**

Schofield’s Fourth of July Program is doing its part for retaining Soldiers. Find out how they do it.

**Retention wizards**

The 500th Military Intelligence Brigade and Tripler have set records for retaining Soldiers. Find out how they do it.

**A snail’s tale**

Long before humans arrived, snails sifted rocks and flourished in Hawaii. Now, the Oahu Army Natural Resource Program is doing its part to protect these creatures.

**Ferrara, Solorzano come out on top**

Sgt. 1st Class Jason Shepard / US Army, Pacific, Public Affairs

Staff Sergeant Jacob Ferrara, USARPAC’s NCO of the Year, qualifies at the Mi-Si-Ihe-rine during the Warrior Challenge competition.

Staff Sgt. Crista Yazze

Staff Sgt. Tammy Padilla, 3-16th Infantry Battalion, reports at the Command Sergeant Major Board.

**Additional stalls ease parking crunch at Tripler**

“Having options available to help the patient arrive on time without added hassle is the first step in the care we provide as a team,” he said.


“All the competitors are great players,” said Solorzano, an airborne infantryman, has attended the competition for the past two years to theObj.
In Part II of the interview, MG Mason discusses the Army’s role in Hawaii

TRANSCRIBED BY SGT. STEPHEN PROCTOR

LTC Donnelly: What's it about, in general, that community relations engagements are important to you, so what is the primary way you want to impress upon the community leaders you meet with?

MG Mason: The first message I'd get out to you is that this great state of Hawaii is critical to our National Defense. I am not only referring to traditional combat capabilities, but equally important is the key role they play in providing a base of operations. The fact that God forgives you more than once, so we are free to start over and do better next time. We par-}

None of us have loved and served our country more than those who have been away from home on a training or combat mission. Our Families and loved ones are equal-

MG Mason: Their training and their combat readiness are the Army's most important accomplishments. We ask all our Soldiers to be ready at all times, and this means having the capabilities, but equally important is the key role they play in providing a base of operations. The fact that God forgives you more than once, so we are free to start over and do better next time. We par-

Hello, my name is [Name]. I'm here to talk to you about [specific topic]. I have [specific credentials or experience] in this area. I'm here to share information and answer any questions you might have.

MG Mason: After I found a job, I knew I could always say, "I have a drug abuser, so we're better off that he

MG Mason: Absolutely, first and foremost, I want to thank our awesome Soldiers, Families and Civilian workforce who do the work in Hawaii, each and every day to make the Army in Hawaii the best in the Command. We, along with our outstanding staffs, are tru-

We invite people over and share meals and even better, play the game together. We par-

I want to thank our awesome Soldiers, Families and Civilian workforce who do the work in Hawaii, each and every day to make the Army in Hawaii the best in the Command. We, along with our outstanding staffs, are tru-

The Hawaii Army Weekly is an authorized publication and is published weekly in the interest of the U.S. Army compound in Hawaii.

We will show them how we can safely use the local civilian community.

MG Mason: The Army is the greatest employer of American citizens and are

None of us have loved and served our country more than those who have been away from home on a training or combat mission. Our Families and loved ones are equal-
Iraqi doctors, Gimlets welcome change

DEPLOYED FORCES

BAGHDAD — After months of continuous combat and reconstruction operations, helping a community was a welcome change of pace for the Soldiers of Stryker Task Force Gimlets. The Gimlets gave just a little more and were appreciated more in return.

Working alongside local Iraqi doctors and officials from the Iraqi Ministry of Health, Soldiers provided medical aid and distributed much-needed supplies and medication to the people of the rural community of Ibrahim Bin Ali, northwest of Baghdad.

The Gimlets worked with Dr. Thamir, a local Iraqi physician who provides care for the people of the area, despite a severe lack of resources and poor conditions.

Thamir and his two assistants do everything in their ability to care for those in need, but they can only do so much, said Sgt. 1st Class Kavika Duff, a medical platoon sergeant with 1st Battalion, 27th Infantry Regiment “Gimlets,” 2nd Stryker Brigade Combat Team.

The organizations set up a Combined Medical Effort (CME) at a local school, and word spread quickly. As Gimlet physician Maj. Jason Davis said he was very impressed with the efficiency and patience shown by local physicians and volunteers, especially in light of the overwhelming response to the CME.

“The appreciation the people showed the Soldiers was reward enough,” said Davis. “This is why we do what we do.”

Meds and Soldiers of Stryker Task Force Gimlets have already begun planning the next CME.

“In a time where you don’t always get to see the results of your actions, this is one of those times where the smiles on their faces mean everything,” Duff said. “You are doing the right thing, and it feels good.”

Community begins to heal through education

POC, JOHN AMH

1st Battalion, 27th Infantry Regiment, 2nd SBCT

CAMP TAJI, Iraq — It was a picturesque day in the Taji Qada, northwest of Baghdad, perfect for the opening of al Thoha School, June 5.

A jovial feeling filled the air and was evident on the faces of the young and old alike that afternoon.

The headmaster of al Thoha School, Ahmed Salmin Hussein, said, “Al Qaeda destroyed this school two years ago, but with the help of coalition forces this school was rebuilt. This area has been made safe by the Iraqi army and the presence of coalition forces.”

Soldiers from 1st Battalion, 27th Infantry Regiment “Wolfhounds,” 2nd Stryker Brigade Combat Team, worked to secure this area of the Taji Qada, and have had a presence in the area for more than six months.

Their presence, along with members of the Iraqi security forces (ISF), was instrumental in rebuilding and opening the school.

This community has begun to heal from the war that has consumed Iraq.

“We’re at the tipping point,” said Lt. Eric Wiesenhan, a member of the embedded Local Reconstruction Team for the Wolfhounds. “It’s really a unique time now. The locals can take pride that it’s being funded by the government of Iraq and ultimately by them.”

Iraq’s Ministry of Education has begun to prompt change for the children and the people of Iraq as a whole.

As Iraqis are beginning to take a more active role in dictating their future, the government and the ISF are there to shoulder the weight and establish a safe, stable foundation.

“It went well. The people who needed to be there were there,” said 1st Lt. John Rborio, education advisor for the 1st Bn., 27th Inf. Rgt.’s Local Reconstruction Team. “The government of Iraq, Iraqi army and local representatives were all involved. There’s really a sense of accomplishment.”

This community has begun to heal, and the Wolfhounds continue to secure and assist the government of Iraq in re-establishing essential services, such as education, for the residents in the area.
The U.S. Army Corps of Engineers, Honolulu District, recently awarded a contract for $780,632 to Niking Pearl City Corp. of Schofield Barracks, Hawaii, for a repair training building in Schofield Barracks. The work will include installation of low-emitting interior finishes, waterproofing, HVAC and electrical systems, and non-military personnel, and combat lifesaver training for medical advanced skills training using simulation devices to reduce battlefield fatalities.

The mission of MSTCs is to standardize medical advanced skills training and combat lifesaver training for non-military personnel, and help Soldiers train and review lessons learned from operations in Iraq and Afghanistan. When Soldiers are severely wounded in combat, the initial care received in the critical time before they can be medically evacuated can mean life or death.

The training rooms are designed for a training with medical personnel, and the existing storage area and enclosing approximately 1,790 square feet of covered area will create medical training rooms for training in Schofield Barracks.

A total of 18 MSTC sites are located around the world, including 16 at Army installations and two at locations in Iraq.
Tripler: Parking added

CONTINUED FROM A-1

The hospital for patients and staff, but there still may be times when parking is not an option.

“Tripler is committed to providing top-notch customer service to all beneficiaries, and that’s why we offer other alternatives to help alleviate the parking crunch, such as the Tripler Trolley and our new valet parking service,” Devaney said. “For instance, a resident parking permit will potentially park by the Tripler Lodge, where there is plenty of parking, then call the Tripler Trolley for a ride to the hospital’s entrance.”

Tripler’s valet service offers quick parking by the Mountainlair entrance for a $5 fee, Devaney said, patients can leave their vehicle at home and take the bus. A City and County of Honolulu bus runs to the Oceanside entrance, every half hour.

“It’s a win-win for everyone, and we are committed to providing the best patient care possible, inside and outside the facility, Devaney said.

AFAP: Delegates take unresolved issues to the next level

CONTINUED FROM A-1.1

Soldiers and family programs like Better Opportunities for Single Soldiers and Army Family Team Building were created and funded because an issue was raised at the local level,” she explained.

At the installation-level AFAP conference, work-group delegates discussed and prioritized issues and then recommended solutions to a local steering committee. The steering committee tasked the issues out to the appropriate agency or organization with a timeline and reporting procedure for resolution.

“Ninety percent of issues are solved at the local level, and include parking improvements, store hours extensions, and post safety enhancements,” Ward said.

However, if certain problems are beyond the authority of the installation command, or they are elevated to the mid-level AFAP conference, like USARPAC’s conference last week, issues beyond the scope of the mid-level command are sent to the HJQA AFAP conference in Washington, D.C., to be re-evaluated and prioritized.

Overall, the process has proven successful through the dedication of commanders, the determination of delegates, and the willingness of commanders to discover solutions.

Groundbreaking: Army, Actus set example for sustainability

CONTINUED FROM A-1.1

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhoods that enrich the lives of Army families and ensure the responsible use of natural resources, according to Riddick-Johnston.

Rigorous standards must be met to achieve LEED-ND certification. Neighborhoods must meet the highest levels of environmentally responsible and sustainable development, including density maintenance to reduce urban sprawl; energy efficient, pedestrian-oriented development; protection of threatened species and provisions for social well-being and healthy living.

Certification also includes Specifications for home design and construction; all Simpson-Wisser homes will meet, or exceed, LEED-certified standards.

“The Army has never been shy about answering the call to duty, and more and more that duty demands that we broaden our horizons beyond basic military business practices,” Manjotta said. “We’re proud to be a part of these efforts and look forward to sharing our enthusiasm and success with the community around us.”

Staff Sgt. Cedra Jenson U.S. Army, Pacific Media Relations

Representatives prepare to break ground during a Hawaiian blessing at the Simpson-Wisser community, Tuesday.

The future vision for Simpson-Wisser includes responsible replacement and recycling of all existing multifamily homes built in the late 1990s. In contrast to these existing homes, the LEED-ND homes will provide photovoltaic power generation, solar hot water and private open spaces, as well as larger dwellings, adequate off-street parking and significantly increased storage.

Neighborhood development at Simpson-Wisser will incorporate recreational amenities, community centers, walking and congregating areas designed specifically to strengthen the unique social fabric of military communities.

Following the event, guests enjoyed viewing exhibits showcasing Smart Growth urban plans and home design features, including building materials, household amenities, and new technologies being incorporated into the Simpson-Wisser LEED-ND pilot program.

The first new homes at Simpson-Wisser are expected to be completed in fall 2009.

For more information about the LEED for Neighborhood Development Pilot, log on to www.usgbc.org.

Warriors: Two will compete in Washington

CONTINUED FROM A-1

in 2005. He has worked as a sniper team radio transmission operator, sniper team leader, M1A2 gunner, driver, squad designated marksman and fire controller.

“The best part of the Warrior Challenge was getting to meet guys from other units and actually work with them, and see how good they were,” said Solorzano. “A big part of this competition is being trained in your job and ready for combat and being able to save lives, and that’s pretty much what it’s all about, knowing how to do your job in the real world.

The competition tested the mental agility of competitors with a Command Sergeant Major Board and written competitions with essays and tests on the first day. Throughout the rest of the week, Soldiers conducted pre-competition inspections, a media interview, an M-16 qualification, the Army physical fitness test, day and night urban orienteering courses, and warrior task testing.

The warrior task testing combined a number of Soldier skills, including first aid, combatives and familiarization with nuclear biological and chemical weapons procedures.

However, the trials of the NEO and Soldier of the Year are not over yet. The winners will represent USARPAC in the Department of the Army NEO and Soldier of the Year competitions in Virginia during the last week of September.

“I’m looking forward to the next competition,” said Solorzano. “Preparing for the next competition is an opportunity to do a bunch of new training I haven’t done before, and it will help me to be more efficient in my job.”


The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.

The LEED-ND pilot program supports what is already going on in AHFH communities, which is developing neighborhood Development Pilot, log on to www.usgbc.org.
**Steely eyed sheriff**

SCHOFIELD BARRACKS — Directorate of Emergency Services (DES) decal “Woody,” a mannequin donated by Macy’s at Pearlridge Mall, silently patrols the intersection behind Solomon Elementary School, Tuesday. DES began using decoy vehicles to deter the level of speeding in communities.

Also, a recent change gave law enforcement officers greater latitude in issuing citations that levy fines. These initiatives are part of the U.S. Army Garrison, Hawaii’s campaign to keep the streets safe. DES encourages drivers to do their part by slowing down and encouraging others to do the same.

**Commissary Hours** — The Schofield Barracks Commissary will be closed July 4 for Independence Day. Normal business hours will resume July 5. Call 655-5066.

**10/Thursday Retirement Ceremony** — The 25th Infantry Division retirement ceremony will be held at the Post Conference Room, Schofield Barracks, July 10, at 2 p.m.

**25 / Wednesday Retirement Ceremony** — A retirement ceremony for Fred L. McCollum will be held June 25, 4 p.m., at the Hale Ikena, Fort Shafter. McCollum retired from the 25th Infantry Division in Hawaii and has spent the last 22 years working at Fort Shafter as a civilian, bringing his total service to the Army to 42 years.

McCollum is the current Deputy Chief of Aviation in the G-3/5/7 office of U.S. Army, Pacific. His official retirement date is June 30.

**26 / Thursday**

732nd Military Intelligence Battalion — Lt. Col. Ronald J. Dokter will relinquish command to Lt. Col. Parker C. Fitchard at Schofield Barracks’ Sills Field, June 26, at 10 a.m.

**10 / Monday**

Tropic Lightning Challenge Week — The 25th ID’s Tropic Lightning Challenge Week (TLCW) (2008) will kick off June 30 with a division run at 6:30 a.m. Kelikiki Avenue, between the exit of the Schofield Inn and the entrance into the housing area will be closed to vehicular traffic during the run. Drivers will experience significant traffic delays on all other roads affected by the run and are urged to use alternative routes between 5-8 a.m.

A copy of the run route can be found on the Garrison’s Web site, www.garrison.hawaii.army.mil, under the “Traffic/Post Updates” link on the left.

Other events during TLCW include the Tropic Lightning Challenge, ultimate football, soccer, basketball, volleyball, weapons assembly, tug-of-war, softball, a litter relay and golf scramble. There will be an awards ceremony July 1. Call 455-3431.

**July**

5 / Saturday Change in Hours — The Veterinary Treatment Facility (VTF), Schofield Barracks, will now see patients needing health certificates July 1. Pets that are sick or need vaccines are encouraged to see their local civilian veterinarian that day. Normal business hours will resume July 2. Call 433-8531 to schedule an appointment.

4 / Friday Fourth of July Spectator — The public is invited to the Army’s 27th Annual Fourth of July Spectacular, July 4, 10 a.m., at Sills Field. This event is free.

Highlights this year include a fire dance by country singer Ray Cyrus, followed by a community covenant signing and fireworks finale. Organizers expect approximately 50,000 people to attend the celebration.

Visit www.garrison.hawaii.army.mil and click on the “Traffic/Post Updates” link on the left for information on closures, rules, regulations and other alerts. Call 655-3153.
500th MI achieves retention milestone

SCHOFIELD BARRACKS — When people read about Army personnel numbers in the media, the news is often negative. News stories seemingly refresh the chance to state that the military can’t keep going and that “resources are dwindling” or “Soldiers are stretched to the limit and they cannot last.”

However, is all this true? Is the Army’s personnel strength in jeopardy?

If you have your statistical information off of the 500th Military Intelligence Brigade’s Retention Program, the answer is a resounding no.

Only eight months into fiscal year 2008, the 500th has met 100 percent of its annual retention mission, a very noteworthy accomplishment that challenges what is portrayed in the media today.

In those eight months, the brigade has re-enlisted more than 200 Soldiers, which breaks down to more than 25 Soldiers per month, just shy of re-enlisting one Soldier a day.

So what’s the 500th MI Bde.’s recipe for success? Three ingredients prevail: an active chain of command, a dedicated brigade retention team and “enticing” Army command, a dedicated brigade retention team and “enticing” Army leadership at every level,” said Master Sgt. Maj. Joel Jenkins.

Leadership involvement and the lead- ership at every level,” said Master Sgt. Maj. Joel Jenkins.

“Good leadership up and down the chain of command here keeps our retention rate high,” said Sgt. 1st Class Eric Grisham, Tripler’s retention noncommissioned officer in-charge (NCOIC). “When Soldiers’ needs are being taken care of, it makes sense they want to continue serving.”

Pacific Regional Medical Command (PRMC), responsible for all military health care and veterinary facilities in the Pacific, was charged by MEDCOM with a cumulative total retention mission of 158 Soldiers for the year ending September 30. The Tripler-based command exceeded each of its categories: first-time re-enlisters; those with more than one re-enlistment, but with less than 10 years of service; and those with more than 10 years of service. While Grisham’s retention team exceeded the goal set up for first-time re-enlistments and passed the cumulative total retention mission 500th MI Brigade Public Affairs

Sgt. 1st Class Eric Grisham counsels support staff member Staff Sgt. Claudia Maltese through her decision to re-enlist. Maltese participated in the mass re-enlistment ceremony at Tripler Army Medical Center, May 29.

SEEN FROM A DISTANCE, a group of Soldiers listen as Col. Stephen Jones, commanding general of the Hawaii Army National Guard, addresses the audience. The ceremony honored 30 Soldiers reaching the end of their service by offering them a presidential appointment to the University of Hawaii. The Soldiers were selected from a pool of 152 who attained or exceeded their re-enlistment goals. The ceremony was held on the main lawn of the Governor’s Island on May 29. (Photo by Daniel Kawasaki)

Twelve-four Pacific Regional Medical Command Soldiers raise their right hands for the Oath of Re-enlistment on the commanding general’s lawn, May 29. The command exceeded its retention mission quicker than any other unit throughout the Medical Command.

Pacific Regional Medical Command is first in retention

KEVIN DOWNEY
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — When 24 Soldiers based here re-enlisted in an elaborate ceremony on the commanding general’s balcony in late May, they closed out the organization’s retention mission for the fiscal year earlier than any other unit within the Medical Command (MEDCOM).

“Good leadership up and down the chain of command here keeps our retention rate high,” said Sgt. 1st Class Eric Grisham, Tripler’s retention noncommissioned officer in-charge (NCOIC). “When Soldiers’ needs are being taken care of, it makes sense they want to continue serving.”

Pacific Regional Medical Command (PRMC), responsible for all military health care and veterinary facilities in the Pacific, was charged by MEDCOM with a cumulative total retention mission of 158 Soldiers for the year ending September 30. The Tripler-based command exceeded each aspect of that goal by June, removing 176 contracts so far.

According to Grisham, the retention mission is broken down into three main categories: first-time re-enlisters; those with more than one re-enlistment, but with less than 10 years of service; and those with more than 10 years of service.

While Grisham’s retention team exceeded the goal set up for first-time re-enlistments and passed the cumulative total retention mission as of mid-May, the mission could not be closed until the two other categories had been satisfied.

“My main focus is to give each Soldier in the command the information he or she needs to be successful in life and in the Army,” Grisham said. “It’s up to them to take that information and apply it to their life...

For the achievement, Jones and Command Sgt. Maj. Joel Jenkins accepted MEDCOM’s Early Bird award at the annual Association of the United States Army’s Medical Symposium and Exposition in San Antonio, June 9-12.
O'Keefe stresses importance of sustenance, protection

BY CHICPAUL BECERRA


“The Army Environmental Command supports the environmental work at Army installations, such as PTA,” O’Keefe said, explaining the trip was his opportunity to get out and see all the great accomplishments and to find out how he can help the Army’s environment.

O’Keefe first visited PTA 27 years ago as a lieutenant. He said it’s interesting to come back and view the area through an “environmental lens.” He was seen as PTA as an important training area.

“I think, first and foremost, PTA is an irreplaceable training area for the Army in Hawaii and also for the other services. It’s an area where, very clearly, the Army has to do a number of things to take care of the environment,” he continued. “It’s a lot of natural and cultural resources, and it is clear to me that the Army is stepping up to do all the right things to take care of Hawai’i’s valuable resources.”

At the hill, better known as Pu’u Hakalau, PTA staff members Derek Lopez, Directorate of Plans, Training and Mobilization range operations supervisor, and Tom Curli, Directorate of Public Works supervisor general engineer, gave O’Keefe an overview of PTA’s census area and ranges, including Pearl Harbor Air Field.

After short stops inside of one of the 1950s-era, quarter-but-style barracks and a modern Soldiers barracks, PTA Natural and Cultural Resources staff, led by Bill Godfrey, PTA archaeologist, and Lena Schnoll, Natural Resources program manager, gave O’Keefe an update of the area’s natural and cultural resources.

 Lt. Col. Wateline Richardson, commander, USAG-Pohakuloa, discussed the installation’s mission, operations and various support activities.

Later, PTA’s environmental staff accompanied O’Keefe to their Interpretive Garden, which exhibits Hawai’i’s unique natural and cultural resources, such as several of Hawai’i’s 15 threatened and endangered plant species, a small fire pit, and even a replica of a religious shrine.

The highlight of the day was the environmental tour of PTA’s unique enclosure, in the vicinity of Deadman’s Curve and nearby cultural sites. At the sites, O’Keefe saw firsthand how early Hawaiians used the area, such as for lava tuned shelters to protect them from the harsh natural elements. They also visited PTA areas where modern-day goats and pigs roam.

O’Keefe, who holds a doctorate and masters degrees in chemistry, is a master of science in natural resource strategy, and a master of business administration, understands the importance of an environmental staff at Army installations such as PTA.

“They are essential as the Army has compliance requirements from across the spectrum of pollution prevention to natural and cultural resource preservation. More importantly, full efforts in environmental work have been shifting over the years to put a stronger emphasis on sustainability,” O’Keefe said.

He added, instead of just preventing a violation of the law, the Army is looking to set the conditions to care for resources and keep training areas viable for future generations.

A significant relationship exists between the environment and today’s Army, which has a dual responsibility of fulfilling its mission to train the force and its duty to protect the environment. “Soldiers on the ground are called ‘boots in the mud,’” O’Keefe explained. “They are ‘boots in the lava dust.”

“Soldiers need to have a place to train. It is the moral responsibility of our country to properly train those soldiers into battle,” he continued, “and to do that is having a training installation that prepares our young patriotic folks to be properly trained when they do have to deploy and fight.”

We also have the responsibility to be good neighbors with the communities around us because we are paid for with taxpayers’ money, and we are responsible to the American people, O’Keefe said. “We try to do the right things that are essential to the future, and try to be very responsible on how we spend taxpayers’ dollars, he added.

Retention: 500th MI Bde. keeps Soldiers content

CONTINUED FROM PAGE 1

Bde. career counselor. “Leaders are sincerely involved in taking care of Soldiers and being a part of the retention process.”

The Army has met its retention goals for the last nine years and re-entices around 60,000-70,000 Soldiers per year according to Burgess.

“Colonel [Steve] Evens and Command Sergeant Major [Martin] Glenn [the brigade’s commander and command sergeant major] are very involved with re-entices,” Burgess said. “First sergeants and company commanders have retention as one of their priorities. Soldiers notice and re-entices happen.

The leadership of the 500ths attributes its success to the diligent efforts of Staff Sgt. Jennifer Meleo, Sgt. Brett Korykowski, Staff Sgt. Charles Aulbach, and Sgt. Sgt 2 Class David Chait. They comprise the brigade’s retention team, Burgess said.

We have a dedicated, professional group re-entice NCOs [noncommissioned officers] that stay in touch with Soldiers and work hard to get them what they need,” said Lt. Col. Stephen Zarbo, deputy commander of the brigade.

The Army’s incentive programs are the final component to the brigade’s suc- esful retention program. Incentives like the Enhanced Selective Re-enlistment Bonus Program, the GI Bill Dependent Transfer Program, and the Station of Choice option have all played a big part in getting soldiers to stay Army.

The Enhanced Selective Re-enlistment Bonus program pays lump-sum bonuses to Soldiers who qualify for a critical MOS (military occupational specialty) bonus. Also, qualified Soldiers who are deployed to Iraq, Afghanistan or Kuwait may be eligible for a re-enlistment bonus regardless of their MOS.

The 500th MI Bde. alone has handed out just more than $3 million dollars in re-enlistment bonuses for fiscal year 2008, Burgess said.

“Soldiers need to have a place to train. It is the moral responsibility of our country to properly train those soldiers into battle,” he continued, “and to do that is having a training installation that prepares our young patriotic folks to be properly trained when they do have to deploy and fight.”

“We also have the responsibility to be good neighbors with the communities around us because we are paid for with taxpayers’ money, and we are responsible to the American people, O’Keefe said. “We try to do the right things that are essential to the future, and try to be very responsible on how we spend taxpayers’ dollars, he added.

Master Sgt. Brad Burgess, the 500th Military Intelligence Brigade Career Counselor, speaks to Staff Sgt. Dajan Bowdy about re-enlistment incentives the Army is currently offering. Burgess and his 500th MI Bde. re-entice team has already met its yearly re-enlistment goals — only eight months into the new fiscal year.
The Achatinella is found only in pockets of these little "jewels," some upwards of 100,000 snails. People amassed huge collections with bushels full of the thumbnail-sized shells into the mountains on horseback and returned them. While, and people could make money selling them. According to Costello, a rare snail conservation specialist with the Oahu Army Natural Resources Program (OANRP), the Achatinella faced some larger-than-life threats. Rats are one of the introduced species that prey on the Achatinella when hunger calls. "We're on the brink of a lot of species going under, so that's why our efforts are so important," Forman said. "Our small staff can do a lot of good." Almost on cue, the staff's efforts paid off finding a Euglandina rosse, commonly known as the Rosy wolf snail. Just as a wolf tracks its prey by scent, the Euglandina tracks its prey by taste, following the other snails' mucus trails. The cannibal Euglandina is known as the Rosy wolf snail. Just as a wolf tracks its prey by scent, the Euglandina tracks its prey by taste, following the other snails' mucus trails. The cannibal Euglandina is known as the Rosy wolf snail. Just as a wolf tracks its prey by scent, the Euglandina tracks its prey by taste, following the other snails' mucus trails. The cannibal Euglandina is known as the Rosy wolf snail.

Once widespread across Oahu, the Achatinella was listed as an endangered species in 1981, but by then scientists believed more than half of the 46 species of Achatinella were already extinct, others haven't been seen in more than 25 years, Costello said. A vibrant thread in the landscape and local culture, many generations have passed on the lore of the "singing" tree snail, the Achatinella. "Land of ten thousand snails" Recently one Tuesday morning, members of OANRP's "singing" tree snail team boarded a four-man helicopter headed for Puu Hapapa, a snail site in the Waianae Mountain Range. "This area was once known as the land of ten thousand snails," said David Forman, OANRP field technician. Forman estimates the populations are now closer to 500 to 600, there. Armed with the tools of the trade — maps, pruners, butter,始终保持螺旋结构，确保自己的生存。
1 / Friday

Hula 3 Tournament – Unleash your "Hula Power" at Spalding Field with three divisions for Single Soldiers (BSS) Hula 3 tournament, July 11, 10 a.m., at the Troops, Schofield Barracks. The tournament begins at 10 a.m. and will continue until a winner is determined. An $800 first, $300, and $150 prizes will be awarded.

The competition will be held inside on one designated area available through the BSS office at the Troops. Call 655-1120.

Ongoing

Survey

— The Arts & Crafts Center's Fourth of July Spectacular Special – the deadline for post registration is June 27, 10 a.m., for Blue Star Card Holders. For more information call 635-4302 or visit www.scb.army.mil.

Recreation

Bucky Blue Short Story Contest

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Baby Massage

Army Community Service’s New Parent Education program at Tripler, and thanked them for their contributions.

Referral materials, job listings, com-

MSSS – The collection of MSSS’s reference databases and information is vast and continues to grow. The MSSS staff are available to assist with your research needs.

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Pick up a summer reading program packet.

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Boats, jet skis and unlimited water activi-

ties for Single Soldiers (BOSS) Halo 3 Tournament – Unleash your "Hula Power" at Spalding Field with three divisions for Single Soldiers (BSS) Hula 3 tournament, July 11, 10 a.m., at the Troops, Schofield Barracks. The tournament begins at 10 a.m. and will continue until a winner is determined. An $800 first, $300, and $150 prizes will be awarded.

The competition will be held inside on one designated area available through the BSS office at the Troops. Call 655-1120.

Ongoing

Survey

— The Arts & Crafts Center's Fourth of July Spectacular Special – the deadline for post registration is June 27, 10 a.m., for Blue Star Card Holders. For more information call 635-4302 or visit www.scb.army.mil.

Recreation

Bucky Blue Short Story Contest

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Baby Massage

Army Community Service’s New Parent Education program at Tripler, and thanked them for their contributions.

Referral materials, job listings, com-

MSSS – The collection of MSSS’s reference databases and information is vast and continues to grow. The MSSS staff are available to assist with your research needs.

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Boats, jet skis and unlimited water activi-

ties for Single Soldiers (BOSS) Halo 3 Tournament – Unleash your "Hula Power" at Spalding Field with three divisions for Single Soldiers (BSS) Hula 3 tournament, July 11, 10 a.m., at the Troops, Schofield Barracks. The tournament begins at 10 a.m. and will continue until a winner is determined. An $800 first, $300, and $150 prizes will be awarded.

The competition will be held inside on one designated area available through the BSS office at the Troops. Call 655-1120.

Ongoing

Survey

— The Arts & Crafts Center's Fourth of July Spectacular Special – the deadline for post registration is June 27, 10 a.m., for Blue Star Card Holders. For more information call 635-4302 or visit www.scb.army.mil.

Recreation

Bucky Blue Short Story Contest

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Baby Massage

Army Community Service’s New Parent Education program at Tripler, and thanked them for their contributions.

Referral materials, job listings, com-

MSSS – The collection of MSSS’s reference databases and information is vast and continues to grow. The MSSS staff are available to assist with your research needs.

Waters – Beginning June 27–Sept. 26, Hawaii Waters Adventure Park will offer extended hours on select nights, noon to 11 p.m. Admission is $35.99 for adults, $34.99 for seniors and military discounts are available. Call 673-9402.

Boats, jet skis and unlimited water activi-

ties for Single Soldiers (BOSS) Halo 3 Tournament – Unleash your "Hula Power" at Spalding Field with three divisions for Single Soldiers (BSS) Hula 3 tournament, July 11, 10 a.m., at the Troops, Schofield Barracks. The tournament begins at 10 a.m. and will continue until a winner is determined. An $800 first, $300, and $150 prizes will be awarded.

The competition will be held inside on one designated area available through the BSS office at the Troops. Call 655-1120.
Fourth of July Spectacular returns
LORAN DOANE & STEPHANIE RUSH
U.S. Army Garrison, Hawaii, Public Affairs
SCHOFIELD BARRACKS — The public is invited to the Army’s 37th Annual Fourth of July Spectacular on Sills Field, here, July 4.

Highlights for this year the fire event include a concert by country singer Billy Ray Cyrus, followed by a community covenant signing and fireworks finale. Other events throughout the day include pony rides, games, food, sports-oriented activities and cultural demonstrations — including a Native American Powwow, which will include a coloring booth of native culture. Other activities will include pony rides, games, food, sports-oriented activities and cultural demonstrations — including a Native American Powwow, which will include a coloring booth of native culture.

Organizers expect approximately 50,000 people to attend the celebration. Due to the blanket dance and more.

Call 655-0111/0112 or visit www.merarryhawaii.com for more information.

Road, parking lot and store closures
Temple Road, between Cadet Sheridan Road and the commissary, will be closed July 4.

The commissary, Nehelani, and Post Exchange (Post Exchange) parking lots will close July 3, 8 p.m., and will reopen the morning of July 5.

The Richardson Pool parking lot, as well as the parking lots in back and in front of Fernandez Hall, Building 580, will close July 3, 8 p.m. The commissary and Class 1 store will be closed July 3 and 4. They will re-open normal business hours July 5.

Residents are advised to remove cars in the above-mentioned parking lots before July 3, 8 p.m., or vehicles will be toed.

Noise alert
If you live near Cadet Sheridan Road, be aware that cannons will be used for a re-hearsal July 3, 6-10 p.m., and for the event July 4, 7-15-8 p.m.

Staying safe
According to the Installation Safety Office, staying safe is as easy as practicing old-fashioned common sense.

“The best thing you can do to keep yourself and others safe [over the] holiday weekend is to stop and take a few minutes to answer three simple questions,” said Clint German, safety manager, Installation Safety Office. He said, ask yourself, “One, what are the events or activities I plan to do this weekend? Two, what are the hazards associated with those events or activities? And three, what can I do to mitigate those hazards and keep myself and others safe?”

German continued, “Taking the time to properly plan your outing is the key; it could save your life or the lives of those around you.”

Learn more about staying safe over the holiday weekend and throughout the summer at the Combat Readiness Center’s Web site: https://crc.army.mil/home/.

Other alerts
All backpacks, coolers and vehicles subject to inspection. Fireworks, sparklers, glass containers and firearms are not permitted. Anyone found in possession of these items will be escorted off the installation. Grills and campers are only allowed in reserved picnic areas. For those planning parties at home, remember that tents, tarps, screens and covers are not permitted on your home exterior without written permission from your community center.

BOSs to host Halo 3 Xbox tournament
TOM HIPPS
ALEXANDRIA, Va. — Video gamers can compete for an Xbox 360 Elite in the 2008 Xbox Games Halo 3 Tournaments at 21 Army installations, June 1-July 23.

Halo 3 represents the third chapter in the Halo trilogy. It’s an international award-winning action series that grew into a global entertainment phenomenon. It’s sold more than 14.5 million units worldwide and logged more than 650 million hours of multiplayer action on Xbox Live. It’s also spawned action figures, books, a graphic novel, apparel and an upcoming film adaptation.

The Army Halo 3 contest’s grand prize, the Xbox 360 Elite, is the newest member of the Xbox family. It features a 120-gigabyte detachable hard drive, the largest of any gaming console, which allows users to save games and store television shows, movies, music, photographs, trailers, extra game levels, demos and other content available from the Xbox Live marketplace. Runner-up contestants will receive a $100 gift card. The Army Family and Morale, Welfare and Recreation-sponsored event will be monitored by members of the Better Opportunities for Single Soldiers program at the installation level.

Unleash your “master chief” at the 2008 Better Opportunities for Single Soldiers (BOSS) Halo 3 tournament, July 11, 10 a.m., at the Tropics Recreation Center, Schofield Bar- racks.

• The tournament begins at 10 a.m. and will continue until a winner is determined. An Xbox 360 Elite, gift cards and other prizes will be awarded.

• Players will not need to bring anything to participate, and there is no fee.

• The event is exclusive to single Soldiers and geographical bachelors. Registration is required and forms are available through the BOSS office at the Tropics. Call 655-1130.

• Attend the tournament warm-up June 27 at 5:30 p.m. at Sgt. Reno Library. This tournament is open to active-duty Sol- diers only and prizes will be awarded.

• Pre-register on-site at the library or call 655-8002 before the tournament begins.

The Schofield Barracks Halo 3 competition runs July 11, from 10 a.m. until a winner is de-
USDA deputy recognizes Hawaii's 4-H military clubs

LT. COL. DANNY JAGHAB AND BETHANN CAMERON
U.S. Army Center for Health Promotion and Preventive Medicine

JUNE 20, 2008
HAWAII ARMY WEEKLY

COMMUNITY

Meals eaten before, during, after road marches make impacts

Bennett Youth Center staff member Lupe Scanlan and her 4-H Cloverbud members share a 4-H experience with Dr. Dan Kugler, deputy administrator, USDA.

B-4 | 2 | 636

Use nutrition to take your road marching to the pact on your performance? Do you know that what you eat and drink in protein and low in fat. Try out new foods during the initial buildup phase to make sure that you tolerate them well.

During the road march, Soldiers must stay hydrated or glycogen (energy) stores. Rehydration is to replenish your carbohydrate stores. Soldiers must stay hydrated or glycogen (energy) stores. Several ways exist to take in 30 to 60 grams of carbohydrates. Sports drinks are a good way to rehydrate and prevent dehydration. By consuming carbohydrate-containing beverages, such as fruit juice, sports drinks, milk, or a meal replacement drink, you take extra measures to get enough fluid. Set your watch to beep every 15 minutes to remind you to drink. Consuming a sports beverage in addition to the candy can replace electrolytes, too.

Eating after the road march is very important because consuming adequate fluid and food immediately after a road march can help you recover more quickly. The post-road meal. Eating after the road march is very important because consuming adequate fluid and food immediately after a road march can help you recover more quickly. The first goal for a Soldier is to rehydrate. A good rule of thumb is to consume a pint (2 cups) for every pound lost during exercise. The second goal for recovery nutrition is to replenish your carbohydrate stores. Failure to adequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine exercise training can improve your carbohydrate stores.

Are you a Soldier who is getting ready for a road march? Do you know what you eat and drink before, during and after road marching has a big impact on your performance? By following some simple guidelines, you can use nutrition to take your road marching to the pact on your performance.

A pre-road-march meal should be eaten three to four hours before a road march. It is more practical to eat a light meal one hour before a road march to make sure that you tolerate them well.

During exercise, a person has greater sweat loss, and food immediately after a road march can help prevent dehydration. During exercise, a person has greater sweat loss, and food immediately after a road march can help prevent dehydration. Maintain your endurance during long road marches by consuming 30 to 60 grams of carbohydrates per hour. This amount is a must if road-marching for longer than 90 minutes. During exercise, a person has greater sweat loss, so drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate. During exercise, a person has greater sweat loss, so drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate.

A good goal for a pre-road-march meal is to be high in carbohydrates, moderate in protein and low in fat. A good goal for a pre-road-march meal is to be high in carbohydrates, moderate in protein and low in fat. Try out new foods during the initial buildup phase to make sure that you tolerate them well.

During the road march. Soldiers must stay hydrated or glycogen (energy) stores. The second goal for recovery nutrition is to replenish your carbohydrate stores. Failure to adequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine exercise training can improve your carbohydrate stores. A pre-road-march meal should be eaten three to four hours before a road march. It is more practical to eat a light meal one hour before a road march to make sure that you tolerate them well.

Hydration spares your body's glycogen stores, or stored energy, allowing you to go further before becoming fatigued. During exercise, a person has greater sweat loss, and food immediately after a road march can help prevent dehydration. During exercise, a person has greater sweat loss, so drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate. During exercise, a person has greater sweat loss, so drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate.

A pre-road-march meal should be eaten three to four hours before a road march. It is more practical to eat a light meal one hour before a road march to make sure that you tolerate them well. During exercise, a person has greater sweat loss, so drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate. If your are eating candy, take extra measures to get enough fluid. By consuming carbohydrate-containing beverages, such as fruit juice, sports drinks, milk, or a meal replacement drink, you take extra measures to get enough fluid. Set your watch to beep every 15 minutes to remind you to drink. Consuming a sports beverage in addition to the candy can replace electrolytes, too. Eating after the road march is very important because consuming adequate fluid and food immediately after a road march can help you recover more quickly. The first goal for a Soldier is to rehydrate. A good rule of thumb is to consume a pint (2 cups) for every pound lost during exercise. The second goal for recovery nutrition is to replenish your carbohydrate stores.
Army spouse qualifies for U.S. Olympic track & field

Cheer on Adriane Stone during the high jump trials, June 30 at 4:15 p.m., Hawaii time, on the USA network.

Adriane Stone leaps over the high jump crossbar during a practice session at Mililani High School. After a seven-year hiatus, Stone is back in form, recently qualifying for the U.S. Olympic track and field trials.

Stone lost 30 pounds and continues to train everyday. She has since dropped 80 pounds and becomes more and more. She has since dropped 80 pounds and begins training more and more. She has since dropped 80 pounds and begins training more and more. She has since dropped 80 pounds and trains everyday.

CONTINUED FROM B-1

HAWAII ARMY WEEKLY JUNE 20, 2008 | B-5

OAHU’S CREATURES FLOURISH DESPITE NATURAL PREDATORS

Snails: ONARP ensures Oahu’s creatures flourish despite natural predators

Snails: ONARP ensures Oahu’s creatures flourish despite natural predators

ONE OF THE SNAILS ENDANGERED ON OAHU

Snails: ONARP ensures Oahu’s creatures flourish despite natural predators
July

3-Point Shoot Out Contest – The deadline to register for the 3-Point Shoot Out Contest, held July 29, 9 a.m.-4 p.m., at the Koko Head Shooting Complex, is July 5. Participants can enjoy the various firearms, metallic silhouette, military holes and lots of mosquitoes. Eye and ear protection are mandatory and will be available for purchase at the fair. No alcohol is allowed at any time and a lunch wagon will be on-site both days. The Hawaii Rifle Association is a non-profit group dedicated to promoting shooting sports in Hawaii. Call 271-8117.

Deep Sea Fishing – Don’t miss your chance to catch the big one, June 29. Outdoors Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to 40. Cost is $50 for a half-day. Call 655-0143.

Deep Sea Fishing – The 10-Mile Race Around Wheeler, Saturday, June 28 at 6:45 a.m., is this week’s focus. The race was the only qualifying event for Soldiers wanting a fully funded spot on Team Army Hawaii for the Army 10-Miler to be held in Washington, D.C., Oct. 5. The Army Leilinau Golf Course will host the Military, Welfare and Recreation (MWR) Long Drive Championship, Aug. 13, 8 a.m. This event is an official Long Drivers of America (LDA) qualifier. Visit www.mwrarmyhawaii.com for official rules and registration forms or call 655-9654 or visit www.pacificsportevents.com.

August

10 / Saturday

Military Long Drive Championship – Pacific Sport Event & Timing will hold its annual Fire Eye and ear protection are mandatory and will be available for purchase at the fair. No alcohol is allowed at any time and a lunch wagon will be on-site both days. The Hawaii Rifle Association is a non-profit group dedicated to promoting shooting sports in Hawaii. Call 271-8117.

Deep Sea Fishing – Don’t miss your chance to catch the big one, June 29. Outdoors Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to 40. Cost is $50 for a half-day. Call 655-0143.

Deep Sea Fishing – The 10-Mile Race Around Wheeler, Saturday, June 28 at 6:45 a.m., is this week’s focus. The race was the only qualifying event for Soldiers wanting a fully funded spot on Team Army Hawaii for the Army 10-Miler to be held in Washington, D.C., Oct. 5. The Army Leilinau Golf Course will host the Military, Welfare and Recreation (MWR) Long Drive Championship, Aug. 13, 8 a.m. This event is an official Long Drivers of America (LDA) qualifier. Visit www.mwrarmyhawaii.com for official rules and registration forms or call 655-9654 or visit www.pacificsportevents.com.

25 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unsatisfied? Outdoor Recreation will offer a brand new program, giving you the chance to try a different workout in a new location every week. The next class is June 25, 9-11 a.m., classes will be held every Wednesday. Each session costs $10. Call 655-0143.

29 / Sunday

Deep Sea Fishing – Don’t miss your chance to catch the big one, June 29. Outdoors Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to 40. Cost is $50 for a half-day. Call 655-0143.

And they’re off!

WHEELER ARMY AIR FIELD — More than 80 competitors showed up for the 10-Mile Race Around Wheeler of 6.45 a.m., Saturday. The race was the only qualifying event for Soldiers wanting a fully funded spot on Team Army Hawaii for the Army 10-Miler to be held in Washington, D.C., Oct. 5. Stephanie Rush / U.S. Army Garrison, Honolulu, Public Affairs

The Hawaii Rifle Association is a non-profit group dedicated to promoting shooting sports in Hawaii. Call 271-8117.
Men can knock out the top 5 preventable diseases

SAMANTHA T. MOORESE
Senior Innovation Editor

On installations throughout the U.S., Memorial Day begins the summer season with a welcome change in weather, increased travel plans and numerous activities that increase the exposure to potential hazards.

During this time, accidental fatalities increase, with the majority occurring off-duty, most often during outdoor activities, according to the U.S. Army Combat Readiness/Safety Center (US- ACRC).

As this year’s “101 Critical Days of Summer” campaign kicks off, we challenge you to use composite risk management and safety tools to maintain safety awareness and implement accident prevention initiatives. In Hawaii, we are privileged to live in a place that has a temperate climate throughout the year, which provides the opportunity to participate in various outdoor and recreational activities. However, some of these activities involve increased risks that can lead to injuries, death, or death, if proper precautions are not applied. Within our community we can “Never Give Safety a Day Off” because we want our families and ourselves to be around another beautiful year-round. The Army reinforces this commitment with the launch of the 101 Critical Days of Summer safety campaign.

Contact Jeff Bradshaw at 655-5297 for more information about the safety campaign.

Heart disease. Topping the list is heart disease, responsible for more than one-quarter of deaths. Reduce the risk of heart disease and its deadly partner, coronary artery disease, by treating the conditions that contribute to them: high cholesterol, diabetes and high blood pressure. Tricare coverage includes blood pressure and cholesterol screenings. To lower the risk of heart disease, the CDC recommends not smoking, eating a healthy diet, exercising and following the doctor’s directions for any prescribed medications.

Cancer. While lung cancer is the most common form, all types of cancer cause almost 25 percent of deaths in American men. Smokers are at most risk for lung cancer and family history can play a role for all cancers. Build a defense against cancer with a healthy diet, exercise and by avoiding known causes of cancer, like exposure to the sun’s UV rays.

Those with cancer in their family should discuss regular health screenings with their PCM. Tricare coverage for colonoscopies, prostate exams and certain blood tests may have certain medical or risk factor criteria.

Stroke. Not always deadly, a stroke can paralyze. Although family history can be a factor for risk factors, the American Stroke Association suggests making healthy lifestyle choices to help control risk factors like high blood pressure and diabetes.

These choices can include lowering cholesterol levels, controlling high blood pressure, exercising and eating healthy. The appropriate tests and screenings should be coordinated with a PCM.

Lung Disease. Associated with lung cancer, chronic obstructive pulmonary disease (COPD) can also include infections, emphysema, some forms of asthma and chronic bronchitis. Respiratory-related conditions can be made worse by smoking and by poor air quality. Reduce risks by not smoking and working with a PCM to manage any other breathing-related issues.

Diabetes. Excess body fat (and family medical history) can affect how the body uses blood sugars (glucose). The CDC estimates that 80 percent of diabetics are overweight. Maintaining a healthy weight through diet and exercise as well as following a PCM’s recommendations can help reduce treatable risk factors.

For those who suffer from congestive heart failure, asthma or diabetes, TriWest offers a voluntary Condition (Disease) Management program, offering education to eligible Tricare beneficiaries to help them manage their condition.

Visit the Healthy Living Portal on www.tricare.mil for more information on the program and for more healthy resources.

It is important to recognize unhealthy habits and decide to make a change for healthy living. TriWest’s clinical preventive care and regular screenings, from a PCM, can help member disease risk factors.

Safety reps tackle ‘101 Critical Days of Summer’ plan

Safeguards tackle '101 Critical Days of Summer' plan

SANYOUTH MOORESE
Senior Innovation Editor

On installations throughout the U.S., Memorial Day begins the summer season with a welcome change in weather, increased travel plans and numerous activities that increase the exposure to potential hazards.

During this time, accidental fatalities increase, with the majority occurring off-duty, most often during outdoor activities, according to the U.S. Army Combat Readiness/Safety Center (US-ACRC).

As this year’s “101 Critical Days of Summer” campaign kicks off, we challenge you to use composite risk management and safety tools to maintain safety awareness and implement accident prevention initiatives. In Hawaii, we are privileged to live in a place that has a temperate climate throughout the year, which provides the opportunity to participate in various outdoor and recreational activities. However, some of these activities involve increased risks that can lead to injuries, death, or death, if proper precautions are not applied. Within our community we can “Never Give Safety a Day Off” because we want our families and ourselves to be around another beautiful year-round. The Army reinforces this commitment with the launch of the 101 Critical Days of Summer safety campaign.

Contact Jeff Bradshaw at 655-5297 for more information about the safety campaign.

Heart disease. Topping the list is heart disease, responsible for more than one-quarter of deaths. Reduce the risk of heart disease and its deadly partner, coronary artery disease, by treating the conditions that contribute to them: high cholesterol, diabetes and high blood pressure. Tricare coverage includes blood pressure and cholesterol screenings. To lower the risk of heart disease, the CDC recommends not smoking, eating a healthy diet, exercising and following the doctor’s directions for any prescribed medications.

Cancer. While lung cancer is the most common form, all types of cancer cause almost 25 percent of deaths in American men. Smokers are at most risk for lung cancer and family history can play a role for all cancers. Build a defense against cancer with a healthy diet, exercise and by avoiding known causes of cancer, like exposure to the sun’s UV rays.

Those with cancer in their family should discuss regular health screenings with their PCM. Tricare coverage for colonoscopies, prostate exams and certain blood tests may have certain medical or risk factor criteria.

Stroke. Not always deadly, a stroke can paralyze. Although family history can be a factor for risk factors, the American Stroke Association suggests making healthy lifestyle choices to help control risk factors like high blood pressure and diabetes.

These choices can include lowering cholesterol levels, controlling high blood pressure, exercising and eating healthy. The appropriate tests and screenings should be coordinated with a PCM.

Lung Disease. Associated with lung cancer, chronic obstructive pulmonary disease (COPD) can also include infections, emphysema, some forms of asthma and chronic bronchitis. Respiratory-related conditions can be made worse by smoking and by poor air quality. Reduce risks by not smoking and working with a PCM to manage any other breathing-related issues.

Diabetes. Excess body fat (and family medical history) can affect how the body uses blood sugars (glucose). The CDC estimates that 80 percent of diabetics are overweight. Maintaining a healthy weight through diet and exercise as well as following a PCM’s recommendations can help reduce treatable risk factors.

For those who suffer from congestive heart failure, asthma or diabetes, TriWest offers a voluntary Condition (Disease) Management program, offering education to eligible Tricare beneficiaries to help them manage their condition.

Visit the Healthy Living Portal on www.tricare.mil for more information on the program and for more healthy resources.

It is important to recognize unhealthy habits and decide to make a change for healthy living. TriWest’s clinical preventive care and regular screenings, from a PCM, can help member disease risk factors.

Safety reps tackle ‘101 Critical Days of Summer’ plan

SANYOUTH MOORESE
Senior Innovation Editor

On installations throughout the U.S., Memorial Day begins the summer season with a welcome change in weather, increased travel plans and numerous activities that increase the exposure to potential hazards.

During this time, accidental fatalities increase, with the majority occurring off-duty, most often during outdoor activities, according to the U.S. Army Combat Readiness/Safety Center (US- ACRC).

As this year’s “101 Critical Days of Summer” campaign kicks off, we challenge you to use composite risk management and safety tools to maintain safety awareness and implement accident prevention initiatives. In Hawaii, we are privileged to live in a place that has a temperate climate throughout the year, which provides the opportunity to participate in various outdoor and recreational activities. However, some of these activities involve increased risks that can lead to injuries, death, or death, if proper precautions are not applied. Within our community we can “Never Give Safety a Day Off” because we want our families and ourselves to be around another beautiful year-round. The Army reinforces this commitment with the launch of the 101 Critical Days of Summer safety campaign.

Contact Jeff Bradshaw at 655-5297 for more information about the safety campaign.

Heart disease. Topping the list is heart disease, responsible for more than one-quarter of deaths. Reduce the risk of heart disease and its deadly partner, coronary artery disease, by treating the conditions that contribute to them: high cholesterol, diabetes and high blood pressure. Tricare coverage includes blood pressure and cholesterol screenings. To lower the risk of heart disease, the CDC recommends not smoking, eating a healthy diet, exercising and following the doctor’s directions for any prescribed medications.

Cancer. While lung cancer is the most common form, all types of cancer cause almost 25 percent of deaths in American men. Smokers are at most risk for lung cancer and family history can play a role for all cancers. Build a defense against cancer with a healthy diet, exercise and by avoiding known causes of cancer, like exposure to the sun’s UV rays.

Those with cancer in their family should discuss regular health screenings with their PCM. Tricare coverage for colonoscopies, prostate exams and certain blood tests may have certain medical or risk factor criteria.

Stroke. Not always deadly, a stroke can paralyze. Although family history can be a factor for risk factors, the American Stroke Association suggests making healthy lifestyle choices to help control risk factors like high blood pressure and diabetes.

These choices can include lowering cholesterol levels, controlling high blood pressure, exercising and eating healthy. The appropriate tests and screenings should be coordinated with a PCM.

Lung Disease. Associated with lung cancer, chronic obstructive pulmonary disease (COPD) can also include infections, emphysema, some forms of asthma and chronic bronchitis. Respiratory-related conditions can be made worse by smoking and by poor air quality. Reduce risks by not smoking and working with a PCM to manage any other breathing-related issues.

Diabetes. Excess body fat (and family medical history) can affect how the body uses blood sugars (glucose). The CDC estimates that 80 percent of diabetics are overweight. Maintaining a healthy weight through diet and exercise as well as following a PCM’s recommendations can help reduce treatable risk factors.

For those who suffer from congestive heart failure, asthma or diabetes, TriWest offers a voluntary Condition (Disease) Management program, offering education to eligible Tricare beneficiaries to help them manage their condition.

Visit the Healthy Living Portal on www.tricare.mil for more information on the program and for more healthy resources.

It is important to recognize unhealthy habits and decide to make a change for healthy living. TriWest’s clinical preventive care and regular screenings, from a PCM, can help member disease risk factors.