

INSIDE

AHFH leads nation in smart growth

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

ANN WHARTON
Army Hawaii Family Housing

SCHOFIELD BARRACKS – Army Hawaii Family Housing (AHFH) is one of an elite group of residential communities chosen to participate in the U.S. Green Building Council's (USGBC) Leadership in Energy and Environmental Design for Neighborhood Development (LEED-ND) pilot program. With a groundbreaking that kicked off

construction of the Simpson-Wisser neighborhood, Tuesday, the U.S. Army and development partner Actus Lend Lease are taking the lead in establishing and testing the first national standard for development of neighborhoods integrating smart growth, new urbanism and green building principles. The groundbreaking was attended by dignitaries representing the U.S. Army, the state of Hawaii, Actus Lend Lease and AHFH. "As an Army family, we can't put enough

To find out more about construction at AHFH, log on to www.ArmyHawaiiFamilyHousing.com and click on "News & Events/Construction Update."

emphasis on how important quality of life is for our Soldiers and their loved ones," said Col. Matthew Margotta, commander, U.S. Army Garrison, Hawaii. "What we're doing

here, is breaking new ground, and, hopefully, setting a new precedent for Army housing will support the use of renewable resources and sustainable lifestyles for generations to come."

"We're very excited about this opportunity that could potentially change the world's view of residential community development," added Claire Ridding-Johnston, AHFH

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Medic care

Reservists from the 9th Mission Support Command train for the rigors of deployment at Bellows Air Force Station

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Freedom festival

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Sgt. 1st Class Jason Shepherd | U.S. Army, Pacific, Public Affairs

Staff Sergeant Jacob Ferrara, USARPAC's NCO of the Year, qualifies at the M-16 rifle range during the Warrior Challenge competition.

Ferrara, Solorzano come out on top

STAFF SGT. CRISTA YAZZIE
U.S. Army, Pacific, Public Affairs

WAIKIKI – After a grueling week of enduring trials, both mental and physical, U.S. Army-Pacific (USARPAC) Noncommissioned Officer of the Year Staff Sgt. Jacob Ferrara, 94th Army Air Missile Command, and Soldier of the Year Sgt. Luke Solorzano, 25th Infantry Division, were so named here, Saturday, at the annual USARPAC-sponsored Army Birthday Ball.

Eleven Soldiers from major subordinate commands competed in the "Warrior Challenge" competition. Competitors represented a variety of military occupational specialties, from food service to infantryman, and traveled from as far as Alaska, Guam and Okinawa for the week's events.

"The real purpose of this competition is to build camaraderie and pride in what our Soldiers and NCOs accomplish every day," said USARPAC Command Sgt. Maj. Joseph P. Zettlemoyer, who awarded the titles with Lt. Gen. Benjamin R. Mixon, commanding general, USARPAC.



Sgt. 1st Class Jason Shepherd | USARPAC Public Affairs

Staff Sgt. Tommy Padilla, 3-196th Infantry Battalion, reports at the Command Sergeants Major Board.

"Our area of responsibility covers thousands of miles ... and it's very important that we recognize the contributions and service of all

of our Soldiers and noncommissioned officers in the Army," said Zettlemoyer.

In addition to the title and many accolades, Ferrara and Solorzano each received a \$250 gift card to AAFES, courtesy of USAA, a \$1,000 U.S. savings bond from Geico Hawaii, leather gift bags from the Military Appreciation Organization, and the enlisted symbol of excellence, the NCO sword, from Pioneer Services.

Ferrara, who joined the Army in 2003, is an early warning systems operator, currently serving as assistant operations sergeant.

"The hardest challenge of the competition for me was the fact that this is finals week, so I have exams at the same time," said Ferrara, who is completing his associate degree in liberal arts.

"All the competitors are great guys," he said. "I did this for my Soldiers. I was taught to lead by example, so when I get back to my unit, I'll get my Soldiers to do the same thing."

Solorzano, an airborne infantryman, has deployed to Kuwait and Iraq since he enlisted

SEE WARRIOR, A-5

Additional stalls ease parking crunch at Tripler

Story and Photo by
KEVIN DOWNEY
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER – To ease congestion created by the hospital's expansion, Tripler officials have added more than 300 parking stalls during the past two years to the steep slope of Moanalua Ridge here.

June 6, Tripler staff added nearly 100 additional parking stalls on the parade ground below the flagpole. "Patient care begins in the parking lot," Tripler Provost Marshal Don Devaney explained. As the hospital's provost marshal, he is responsible for directing traffic and enforcing parking regulations.

"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.

The newest parking lot benefits patients as well as staff.

"It's great; it's made parking more efficient," said 2nd Lt. Darci Martinez, a nurse in Tripler's general surgery department. "It's saved me fifteen minutes each morning."

While parking stalls throughout the campus are available any time of day, stalls nearby the hospital are limited during peak work hours, Devaney said. The amount of available parking close to the hospital without having to climb many steps is regularly cited as a



Second Lt. Darci Martinez, a nurse in Tripler's general surgery department, leaves the new parking lot for a busy day in the ward, recently. "It's great ... It's made parking more efficient," Martinez said. "It's saved me fifteen minutes each morning."

customer complaint, Devaney added, so that's why the hospital is doing everything it can to improve parking services.

More parking stalls will mean shorter uphill walks to and from

SEE TRIPLER, A-5

AFAP provides tangible solutions

MICHELLE WARD
Contributing Writer

FORT SHAFTER – When there is a problem that affects the Army community, one program steps up to right the wrong – the Army Family Action Plan (AFAP).

From June 9-11, twelve Soldiers, family members, retirees and civilians from installations on Alaska, Japan and Hawaii attended the U.S. Army, Pacific (USARPAC), AFAP Conference to address concerns presented by delegates at local AFAP conferences.

According to Debbie Wheeler, acting regional AFAP program manager, the AFAP process allows the Army community to have its voice heard by the "big Army" of the three- and four-star generals.

"It provides the opportunity for the senior leadership to get, in the most direct way possible, what is important to all facets of the Army community, to hear all the perspectives of the delegate mix," Wheeler said.

The USARPAC AFAP conference prioritized topics that spanned a wide variety of programs and policies. Topics included postpartum deployment, military treatment facilities' psychological health services, the age limit for the weight rooms at physical fitness centers, multi-child discounts at Child Development Services, meal card deductions, and overseas Cost of Living Allowance. Each topic was discussed and presented to Lt. Gen. Benjamin Mixon, commanding general, USARPAC, at the outbrief on the last day of the conference.

In his closing remarks, Mixon stressed the importance of the AFAP process and its results. He specifically addressed mental health care for Soldiers and families, citing it as one of the most significant issues of the conference. He expressed an interest in getting these problems solved, if not at the mid-level, then at the Headquarters, Department of the Army (HQDA) level.

Currently, 75 issues are active at the HQDA level; they are reviewed by the General Officer Steering Committee, chaired by the vice chief of staff of the Army.

Suggested solutions from the AFAP process are real and powerful, and include 102 legislative changes, 152 Department of Defense or Army policy or regulatory changes, and 168 improved programs or services.

"AFAP is the voice of America's Army heard by leadership, from the installation level commanders to the chief of staff of the Army," said Mary Ward, AFAP conference staff volunteer. "Service Members' Group Life Insurance increased from \$50,000 to \$200,000 because of AFAP and is now \$400,000.

SEE AFAP, A-5

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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12 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 6/18/08.

Senior Commander addresses Soldiers, families

In Part II of the interview, MG Mason discusses the Army's role in Hawaii

TRANSCRIBED BY SGT. STEPHEN PROCTOR
8th Theater Sustainment Command Public Affairs

Recently, LTC Michael Donnelly, 8th Theater Sustainment Command public affairs officer, sat down with MG Raymond V. Mason, to discuss his role as the Senior Commander and the responsibilities he has to the Soldiers, Families and the Civilian workforce stationed in Hawaii.

Editor's Note: The current title "Senior Commander" was formerly known as the Senior Mission Commander and traditionally filled by the 25th ID Commanding General. As OPEMPO and deployments increased, the 8th TSC Commanding General assumed the role for stability purposes. The old term was "USARHAW," is now called "Army Units Hawaii.")

LTC Donnelly: Whether it's being the Commander's advocate, sticking up for Families or meeting with local community leaders, which is the most important, or, which takes up the most of your time as the Senior Commander?

MG Raymond V. Mason: No one of them is more important than the rest, they're more like a triangle; they are all interdependent upon each other... if any one of those is out of balance, we don't have a good situation.

That being said, any one of those areas might take 'center stage' at a particular time depending on what's going on in Hawaii. For example, right now we're getting ready to have a 'community leaders' day at Makua Valley, where I'll be focused on showing our great community leaders, at the local, state and federal level what we're doing to protect that national treasure.

We will show them how we can safely use Makua Valley for Army training, while at the



same time ensuring that the endangered species, both animal and plants, as well as the marvelous archeological and cultural sites there are fully protected.

LTC Donnelly: On that subject, sir, I know that community relations engagements are important to you, so what is the primary message you want to impress upon the community leaders you meet with?

MG Mason: The first message I'd get out to them is that this great state of Hawaii is critical to our Nation's defense. I am not only referring to traditional combat capabilities, but equally important is the key location that Hawaii provides so that we can fully engage with our allies and friends in the Pacific region. Being forward stationed here in Hawaii allows the Army to be 'living in the same neighborhood' as many of the worlds growing economies, which by the way are critical to the economic health of the United States. The Army, along with our superb joint partners in the Marines, Navy, Air Force and Coast Guard, help ensure that the nations of the Pacific Rim can continue to grow and prosper economically and democratically while remaining friends of the

"We are a nation at war, an Army at war. We have asked much of our volunteer Army, and we can never really fully repay these young Americans, who have stepped up to the test of their generation."

MG Raymond V. Mason
Senior Commander

USA. From a big-picture strategic standpoint, that's the Pacific Command's (PACOM) primary mission.

Being positioned here in the Pacific allows us to stay focused on what's happening in this growing, but volatile, part of the world. Having the stability of the U.S. military in Hawaii, I think, provides an environment where these nations can grow and know that the U.S. will be here to help them continue to progress.

LTC Donnelly: Any other messages you want to get out to the community?

MG Mason: Absolutely, first and foremost I want to thank our awesome Soldiers, Families and Civilian workforce for all they do each and every day to make the Army in Hawaii the best community I have ever lived in. Additionally, I am inspired daily by the amazing people on our garrison and IMCOM team — Colonel Margotta, Debra Zedalis and their outstanding staffs are truly the unsung heroes of the Pacific.

Finally, the readers need to know that as their Senior Commander in Hawaii, I'm THEIR biggest advocate for training, health and welfare, as well as their representative to the local civilian community.

LTC Donnelly: What is the message you want to convey to the Soldiers as they read this interview?

MG Mason: Their training and their combat readiness are the Army's most important task at hand. We will place all the necessary resources of our Nation's capabilities to focus on those areas so when they get deployment orders, they're as ready as we can make them.

At the same time, we're ensuring that their Families and loved ones are equally well taken care of, especially when they are away from home on a training or combat mission. We have the infrastructure and the organizations in place to make sure Families are well cared for because we understand that we don't just reenlist Soldiers, we reenlist Army Families.

LTC Donnelly: Well sir, is there anything you'd like to add?

MG Mason: We're a nation at war, an Army at war! We have asked much of our volunteer Army, and we can never really fully repay these young Americans, who have stepped up to the test of their generation. Today's Soldiers are of the same mettle, the same moral fiber as the young men and women who fought at Bunker Hill, Gettysburg, Normandy, Ia Drang Valley in Vietnam, and on a hundred other battlefields. Yes, we've asked a lot of them, and thank God they have stepped up to the plate.

A lot of these troops are on their second, third, fourth deployments. I just said farewell to 133 Soldiers the other day heading to Iraq. As I shook their hands and looked into their faces as they boarded the plane they were steely eyed, determined and had a great smile on their faces, in spite of heading off into harm's way. They were well trained, they were prepared, they were focused, and they understood what their mission was. And I kept thinking you just can't ask for more than that.

I couldn't be prouder of the Soldiers I serve with, and especially of their Families who are right behind them supporting them — thank God our Army and our Nation have them.



A family tradition

FORT SHAFTER — Col. Michael A. Eyre (left) retiring chief of staff of the 9th Mission Support Command, Pacific Army Reserve, receives a Legion of Merit from Maj. Gen. Michael R. Eyre, commander, 416th Theater Engineer Command, as Col. Eyre's daughter Jane looks on during a retirement ceremony at historic Palm Circle, June 8.

Staff Sgt. Dave Conklin | 9th Mission Support Command Public Affairs

Lingle aids military

OFFICE OF THE GOVERNOR
News Release

HONOLULU — Governor Linda Lingle signed a law, June 5, which provides vehicle weight tax exemptions for noncommercial vehicles registered to Hawaii residents who are members of the military, including those in the National Guard, Coast Guard and reserves.

Under the new law, residents who are service members assigned to a Hawaii-based military unit, and are in good standing, can exempt one noncommercial vehicle from state and county vehicle weight taxes. These service members can apply for the vehicle weight tax exemption

starting Oct. 1, 2008, through their county motor vehicle offices as part of the vehicle registration or renewal process. Required forms will be available at their assigned units.

Currently, nonresident service members assigned to a unit based in Hawaii are exempt from vehicle taxes and fees as a result of the federal Service Members Civil Relief Act of 2004. However, service members who are assigned to a unit based in the state of their residence, such as those in the Hawaii National Guard or Coast Guard, are not covered by the Service Members Civil Relief Act for the purposes of vehicle tax exemptions.

LIGHTNING SPIRIT

Relationships built on love keep the family together

CHAPLAIN (MAJ.) ROBIN PIZANTI
Resource Manager, Installation Chaplain Office

Everywhere that Ryle went his son was sure to go.

Ryle was a high school principal, and you could always saw him and his son together — fixing up the house, at the store, at football or basketball games, in church or at the school after working hours.

They were always walking, riding, talking or just together. If his son could not or should not go where Ryle went, Ryle did not go.

"Children, do what your parents tell you. This is only right. 'Honor your father and mother' is the First Commandment with a promise so you will live well and have a long life. Fathers, don't exasperate your children by coming down hard on them. Take them by the hand and lead them in the way of the Lord," says Ephesians 6: 1-4 about the Fourth Commandment.

"My dad is in the Army," Megan said. "He doesn't shoot the guns, but he helps others shoot them. Hey Carl, what does your

dad do? How come we never see him?" "Oh, ah, well, my dad is an alcoholic and a drug abuser, so we're better off that he doesn't come around," Carl replied.

"Why did you tell your friend that?" Carl's mother asked, surprised. "You know it isn't true."

"Well, I couldn't tell her the truth," Carl replied. "We haven't seen him in years, and he doesn't support us. What was I supposed to tell her?"

What are we to say to the fatherless or those whose fathers do not walk in the way of the Lord?

Deuteronomy writes: "God defends the cause of the fatherless and the widow ... and bring all the tithes of the third year's produce and store it in your towns, so that ... the fatherless and the widows who live in your towns may come and eat and be satisfied ... cursed is the man who withholds

justice from the alien, the fatherless or the widow" (Chapters 10-14).

God calls you to care for your children and to care for the fatherless and single parents. We are called to provide material and spiritual help.

We invite people over and share meals and time together. Perhaps we watch the game or, even better, play the game together. We participate in worship, teach the Word of God, go fishing, enjoy scouting or just make ourselves available for each other.

One way of describing sin is separation or isolation from God. When we separate ourselves from each other, we isolate ourselves from God, too. God forgives us for Christ's sake.

The fact that God forgives you more than you can sin is the good news, the Gospel of the Lord. This grace, undeserved kindness, frees us from the bondage of sin.

Forgiveness is the key that unlocks the chains of our sin and of those who sin against us. We are free to respond to God's love and action for us by loving and serving God and our neighbor.

None of us loved and served our sons and daughters as we should. We are free from the weight of guilt and shame on our shoulders, free to respond differently than before, honestly and truthfully.

Although we cannot change the past, we can provide for our children by being there and doing things together. Those of us who have divorced will provide our presence appropriately and money to the mothers of our children, even if they do not respond the way we want.

After all, I believe our Lord God in Jesus Christ provides for us even when we respond inappropriately. We take time with our children, call them on the phone, write, send flowers or use our imagination to develop creative ways to interact with them.

"I wish I had a dad," Carl said, as Ryle lifted his son on his shoulder.

"We're headed for the lake, would you like to come with us?" Ryle asked.

The group rode together talking about the big fish they would catch.

"Come, follow me," Jesus said, then added, "and I will make you fishers of men."



Pizanti

Voices of Lightning: How have rising gas costs affected your routine?



"I'm ready to start taking the bus."

Michael Andres
Army Housing Office
General Engineer



"I found a job closer to home about a month ago."

Helen Keahi
DOL
Food Service Clerk



"It hasn't changed; I live and work on Schofield."

Cheryl Pierce
DHR
Admin. Support Tech.



"It hasn't because gas prices don't dictate my lifestyle."

Robin Sherrod
ACS
Employment Readiness Program Manager



"When my husband and I go shopping, we do it together."

Jennifer Young
DPW
Admin. Tech.

Iraqi doctors, Gimlets welcome change



Story and Photo by
1ST BATTALION, 21ST INFANTRY REGIMENT, 2ND SBCT
 News Release

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 Gimlet. 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, 21st Infantry Regiment "Gimlets," 2nd Stryker Brigade Combat Team.

The organizers set up a Combined Medical Effort (CME) at a local school, and word spread quickly. As

local residents arrived, volunteers greeted them, explained the care available, and helped them with any problems they had, Duff said.

Patients were first screened to assess their needs, and then moved to the appropriate area for treatment. In addition to providing personalized medical care, officials also distributed supplies such as hygiene items, first aid supplies, medical information pamphlets and other related items.

Residents in need also received larger items such as crutches, wheelchairs and walkers.

Gimlet surgeon 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."

Medics and Soldiers of Stryker Task Force Gimlet 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."



Medics from 1st Battalion, 21st Infantry Regiment, "Gimlets," 2nd Stryker Brigade Combat Team, help an Iraqi man confined to a wheelchair cross the sand to the pavement during a Combined Medical Effort in Ibrahim Bin Ali, northwest of Baghdad, May 31.



Staff Sgt. J.B. Jaso III | 1st Battalion, 27th Infantry Regiment, 2nd SBCT

(From left) Capt. Mark Weber, Sgt. Brad Willeford and Spc. Gregory Kastner chat with children on their way to the re-opening of the al Thoha School in the Taji Qada, northwest of Baghdad, June 5.

Community begins to heal through education

PFC. JOHN AHN

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, Akmed 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 1st Lt. Eric Wiesenhann, 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 2nd Lt. John Busego, education advisor for the 1st Bn., 27th Inf. Regt.'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.



Capt. Benjamin Roark | 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team

Lock and load lesson

BAGHDAD — Command Sgt. Maj. Peter Roethke, senior enlisted leader of 1st Battalion, 21st Infantry Regiment "Gimlets," 2nd Stryker Brigade Combat Team, teaches a member of the Abu Ghuraib Sons of Iraq how to properly care for and clean his AK-47, recently.

Combat scenarios prepare Reserve medics

BRIAN MELANEPHY

9th Mission Support Command Public Affairs

BELLOWS AIR FORCE STATION — Forty-two Army Reserve Soldiers from the 9th Mission Support Command finished a 21-day Combat Medic Certification Course here, June 9, with a bang — literally.

June 9 was the third and final day of combat scenario-driven field exercises and culminated the first Hawaii Regional Training Institute-based Combat Medic Certification Course.

The field exercise stressed being “battle-mind focused” to include evaluating and caring for mass casualties. The combat scenario included a simulated roadside bomb attack, as well as a foot patrol and ambush.

“Victims,” played by other students, were moulaged to simulate injuries such as burns, shrapnel lacerations, amputations, abdominal wounds and other trauma, to make the scenarios more realistic. Students worked in four-person teams and rotated through combat-casualty scenarios throughout the day.

The training was especially pertinent for combat medics (military occupational specialty, or MOS, 68W) from the 100th Battalion, 442nd Infantry, and the 1984th U.S. Army Hospital, as they prepare to deploy to in support of Operation Iraqi Freedom (OIF) later this year.

“The instructors are in our face, but they are making sure we don’t make mistakes,” said Sgt. Andy Ching, a medic from Kahuku, Oahu. This will be Ching’s second OIF deployment with the 100th Battalion.

The instructors and staff are from one of five combat medic training teams based at Fort Sam Houston, Texas.

“I have been doing this for eighteen months now, and these Hawaii troops are the most motivated Soldiers I have seen anywhere,” said Capt. Kathleen Gray, the officer in charge of the exercise.

The medical team normally holds the training at Camp Bullis near San Antonio, Texas, but with nearly 100 medics to certify in both the Army Reserve and National Guard, it was more cost effective to ship the instructors rather than the students. Training in Hawaii also gave Soldiers more time to be near their families before they deploy.

However, before taking this 21-day certification course, all students first graduated from the Combat Medic (68W) MOS course, which lasts between 16 to 68 weeks, depending upon chosen specialties.

The “68-Whiskey” is one of the most highly respected specialties in the Army as



Staff Sgt. Dave Conklin | 9th Mission Support Command Public Affairs

Two Pacific Army Reserve Medics rapidly evacuate a simulated casualty while under fire during a patrol ambush on the final day of the 21-day Combat Medic Training Course.

every squad is required to have a “Whiskey” when going on any hazardous mission. Combat medics are found at every level of medical treatment in a combat zone.

The certification course provides Soldiers with additional classroom instruction, followed by the most up-to-date, practical field exercises in several areas: First, students receive training to obtain or renew their national Emergency Medical Technician (EMT) certification. Next, they proceed to advanced combat medic skills, which is followed by convoy and patrol operations, where all skill areas are combined and tested under scenario-driven field exercises based on the latest actual combat conditions.

“I want them to know they can trust their skills and be able to operate in any environment,” said Sgt. 1st Class Thomas

Uptgraft, a senior trainer at the exercise.

After caring for and carrying victims on the mock battlefield, Soldiers praised the course, instructors and fellow students.

“Our team is the best. We make no mistakes!” shouted Spc. Jacque Runyan, a combat medic with the 1984th Army Hospital Detachment at Fort Richardson, Alaska.

His uniform drenched in sweat and trousers torn, Spc. Lance Skewis, a combat medic with the 100th Battalion, agreed.

“We are motivated because we got to take care of our guys. We want them all to come home,” he said. “The course is difficult, it’s hard, but it’s the best thing I’ve ever done.”

Later in the



Staff Sgt. Dave Conklin | 9th MSC Public Affairs

Sgt. Andrew Ching (right) of the 100th Battalion, 442nd Infantry, Pacific Army Reserve, rushes to assist one of his medics during a simulated IED attack during the final field exercise of the Combat Medic Training Course at Bellows Air Force Station, June 9.

week, 54 Hawaii Army National Guard Soldiers faced similar scenarios as they finished the same course. After they complete the course in July, the combat medics will join other Army Reserve and National Guard Soldiers from the 100th Battalion, 442nd Inf., and the 29th Inf. Brigade, at mainland Army bases for unit training maneuvers and additional Soldier tasks before they deploy in support of OIF.

Capt. Daniel Copp, senior medical advisor for the 196th Infantry Brigade and course coordinator, summed up the course objective: “Their mission will be to serve their units, their Soldiers, and the civilians in their area of operations with the skills they learn here today.”

“These medics will support nearly 2,000 Soldiers when they are deployed, and they may have only what we call that fifteen golden minutes to save someone’s life,” he emphasized.

Engineers award a Schofield contract

Pearl City Corp. will repair training building

U.S. ARMY CORPS OF ENGINEERS, HONOLULU DISTRICT, PUBLIC AFFAIRS

News Release

FORT SHAFTER — The U.S. Army Corps of Engineers, Honolulu District, recently awarded a contract for \$780,632 to Niking Corporation of Pearl City to repair Schofield Barracks’ Building 1178.

The building will be used as a Medical Simulation Training Center, or MSTC.

The mission of MSTCs is to standardize military medical training using simulation devices to reduce battlefield fatalities.

MSTC sites standardize combat medical advanced skills training and combat lifesaver training for nonmedical 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 Corps’ work will include removing anchored metal benches in an existing patio area and enclosing approximately 1,790 square feet of covered patio area to create medical training rooms.

The training rooms are designed for training with medical mannequins. The existing storage areas will be equipped with air conditioning and receive minor maintenance repairs.

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 allay the parking crunch, such as the Tripler Trolley and our new valet parking service," Devaney said. "For instance, a routine patient could 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," he said.

Tripler's valet service offers quick parking by the Mountainside entrance for a \$5 fee. Or, 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.

Warriors: Two will compete in Washington

CONTINUED FROM A-1

in 2005. He has worked as a sniper team radio transmission operator, sniper team shooter, M24B 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-combat

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 NCO and Soldier of the Year are not over yet. The winners will represent USARPAC in the Department of the Army NCO 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."



Staff Sgt. Crista Yazzie | U.S. Army, Pacific, Public Affairs

USARPAC Soldier of the Year Sgt. Luke Solorzano pins his opponent and demonstrates his knowledge of Army combatives during the final warrior task test of the weeklong Warrior Challenge.

AFAP: Delegates take unresolved issues to the next level

CONTINUED FROM A-1

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

At the installation-level AFAP confer-

ence, 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

installation level, and include parking improvements, store hour extensions, and post safety enhancements," Ward said

However, if certain problems are beyond the authority of the installation commander, 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 HQDA AFAP conference in Washington, D.C., to be re-evaluated and prioritized.

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

Groundbreaking: Army, Actus set example for sustainability

CONTINUED FROM A-1

project director. "We are literally building the future at Army Hawaii."

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 respectful use of natural resources, according to Ridging-Johnston.

Rigorous standards must be met to achieve LEED-ND certification. Neighborhood design strategies 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 outlook and really embrace sustainable business practices," Margotta said. "We're proud to be a part of these efforts and look forward to sharing our enthusiasm and successes with the community around us."



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

The future vision for Simpson-Wisser includes responsible replacement and recycling of all existing multifamily homes built in the late 1950s. 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.

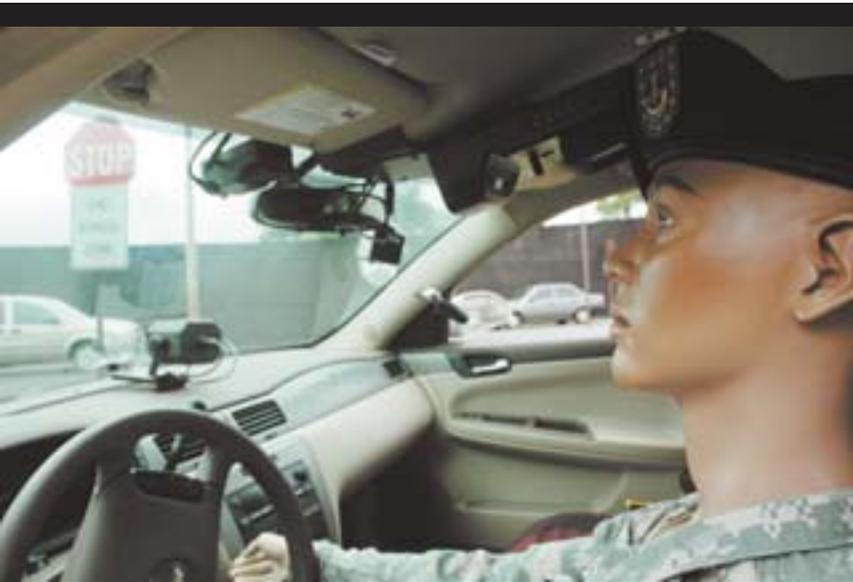
Neighborhood development at Simpson-Wisser will incorporate recreational amenities, community centers, walking and congregating areas designed specifically to strengthen the unique social fabric of military communities.

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.



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



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Steely eyed sheriff

SCHOFIELD BARRACKS — Directorate of Emergency Services (DES) decoy "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.

News Briefs

Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

20 / Today

Garrison Web Site Survey — Have an idea on how to make the garrison's Web site better?

Let the garrison know your thoughts on the site. A survey is now available at www.garrison.hawaii.army.mil.

Click on "Survey" on the left. The results from the survey will be used to update content, reorganize the site and make it more useful for end users. Call 656-3153.

25 / Wednesday

Retirement Ceremony — A retirement ceremony for Fred L. "Mac" McCollum will be held June 25, 4 p.m., at the Hale Ikema, 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. Ronal J. Ocker will relinquish command to Lt. Col. Parker C. Pritchard at Schofield Barrack's Sills Field, June 26, at 10 a.m.

30 / 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.

Kolekole 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 alternate 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 2. Call 655-6341.

July

1 / Tuesday

Change in Hours — The Veterinary Treatment Facility (VTF), Schofield Barracks, will only 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 duty hours will resume July 2. Call 433-8531 to schedule an appointment.

4 / Friday

Fourth of July Spectacular — The public is invited to the Army's 37th Annual Fourth of July Spectacular, July 4, 10 a.m., at Sills Field. This event is free.

Highlights this year include a free concert by country singer Billy 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 656-3157.

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 next 25th Infantry Division retirement ceremony will be held at the Post Conference Room, Schofield Barracks, July 10, at 2 p.m.

Watchdogs find new home

Story and Photo by

SPC. KYNDAL HERNANDEZ

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The Watchdogs of the 8th Military Police Brigade celebrated the grand opening of their new "doghouse" during a traditional ribbon-cutting ceremony here, June 12.

With the help of engineers and the Directorate of Public Works, the 8th MP Bde. finally completed its new brigade headquarters building after eight months of construction and 22 months of moving from building to building.

"Just to let you know, this is just as important as opening a new Wal-Mart," Col. Allen Jones, commander of the 8th MP Bde., said jokingly. "It's been a long time coming for us. We came back from deployment and were literally jammed into a little matchbox, nicknamed "the dungeon," over by the Schofield medical clinic, which is the basement of the Warrior Transition Unit building."

The new 8th MP building cost more than \$30,000 and serves as the Watchdog brigade's new home. It was completed May 28.

The Watchdog Soldiers had been working out of substandard buildings, explained Master Sgt. Michael Barnes, operations non-commissioned officer in charge.

"The quality of work these Soldiers put out, they deserve a quality doghouse," he emphasized.

Barnes said the brigade had been separated into four different buildings; the new doghouse will help Soldiers become a more cohesive team.

"Now we have a home where our Soldiers can proudly work



Col. Allen Jones, commander, 8th Military Police Brigade, and Master Sgt. Michael Barnes, operations noncommissioned officer in charge, officially open the brigade's new building, June 12.

and bring their friends and families to visit," Jones said. "An outstanding upgrade to our Soldiers' quality of life, an upgrade that they deserve, for our watchdogs only deserve the very best."

500th MI achieves retention milestone

Story and Photo by
SGT. FIRST CLASS SHERYL L. LAWRY
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — When people read about Army personnel numbers in the media, the news is often negative. News anchors seemingly relish the chance to state that the military “cannot 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 base 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 incentive programs.

“The 500th MI Brigade, and the Army are successful in meeting their retention goals due to command involvement and the leadership at every level,” said Master Sgt. Brad Burgess, the 500th MI



Photo by Daniel Kawasaki

Twenty-four Pacific Regional Medical Command Soldiers raise their right hands for the Oath of Re-enlistment on the commanding general’s lanai, 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, renewing 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 exceed-



Kevin Downey | Tripler Army Medical Center Public Affairs

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

ed the goal set up for first time re-enlistments and passed the cumulative total weeks ago, 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. ... I believe they’ll see for themselves the

great opportunities there are as a career Soldier.”

Grisham and his team, including PRMC’s retention NCOIC Master Sgt. Karen Bishop, were on pace to finish third behind Europe Regional Medical Command and Great Plains Regional Medical Command throughout MEDCOM, as of mid-May. Once the team realized first place was possible, Grisham said, they devised a mass re-enlistment plan dubbed “Operation

Mission Possible.”

“What a unique opportunity to be part of something so prestigious!” wrote Brig. Gen. Stephen Jones, commanding general of PRMC and Tripler, in a personalized letter to eligible Soldiers, May 15, to stress the importance of their re-enlistment decisions. “Operation Mission Possible takes the support of each and every one of you to make a decision to continue to serve our unit, this region and our nation.”

Jones added it would be his honor to administer the Oath of Re-enlistment to his Soldiers.

“The Army has given me a lot of strength and options in life,” said Staff Sgt. Luznery Arias, A Company’s training NCO and one of the ceremony’s participants. “My time in has been rewarding. I weighed my options and decided re-enlisting was the best way to go.”

The successful mass re-enlistment campaign put the command over the top in the two final categories, fulfilling its yearly mission 12 hours ahead of Europe Regional Medical Command.

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.

SEE RETENTION, A-8

Army environmental commander visits Big Isle's PTA

O'Keefe stresses importance of sustainment, protection

Story and Photo by
CHICPAUL BECERRA

U.S. Army Garrison, Pohakuloa, Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Col. Michael O'Keefe, commander, U.S. Army Environmental Command, visited the training area, June 6. O'Keefe's visit was an essential part of his U.S. Army Garrison (USAG)-Hawaii, itinerary.

"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 said he sees PTA as an important training area.

"I think, first and foremost, PTA is an invaluable 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 got 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 Hawaii's valuable resources."

At the hill, better known as Puu Pohakuloa, PTA staff members Deckey Lopez, Directorate of Plans, Training and Mobilization range operations supervisor, and Tom Carl, Directorate of Public Works supervisory general engineer, gave O'Keefe an overview of PTA's cantonment area and ranges, including Bradshaw Army Air Field.



O'Keefe

After short stops inside of one of the 1950s-era, Quonset hut-style barracks and a modern Soldiers barracks, PTA Natural and Cultural Resources staff, led by Bill Godby, PTA archaeologist, and Lena Schnell, Natural Resources program manager, gave O'Keefe an update on the area's natural and cultural resources.

Lt. Col. Warline 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 Hawaii's unique natural and cultural resources, such as several of Hawaii'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 Silene 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 tunnel 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, a master of science in national 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.

"Here, 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 Soldiers into battle," he continued, "and to do that is by 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 A-7

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-enlists around 60,000-70,000 Soldiers per year, according to Burgess.

"Colonel (Steve) Grove and Command Sergeant Major (Martin) Glenn [the brigade's commander and command sergeant major] are very involved with retention, and it trickles down through the battalions and all the way to the platoon sergeants and squad leaders," Burgess said. "When first sergeants and company commanders have retention as one of their priorities, Soldiers notice and re-enlistments happen."

The leadership of the 500th attributes its success to the diligent efforts of Staff Sgt. Jennifer Melei, Sgt. Brett Korytkowski, Staff Sgt. Charles Aulbach, and Sgt. 1st Class David Clubb. They comprise the brigade's retention team; Burgess heads the team.

"We have a dedicated, professional group of re-enlistment NCOs [noncom-

missioned 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 successful 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 Reenlistment 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 '08, Burgess said.

"That averages out to about \$20,000 per Soldier," he explained.

The GI Bill Dependent Transfer Program, another popular incentive program, allows Soldiers to transfer up to 18

months of their GI Bill benefits to their spouse, future spouse or family members. To participate, Soldiers must be eligible for an "MOS Specific" bonus, have six or more years of active service, re-enlist for four or more years, and have up to 18 months of GI Bill benefits remaining.

"It's truly amazing when you look at the benefits and incentives an Army career has to offer," Burgess said.

"In the end, the numbers tell the story, and Soldiers can see which path is more financially viable for what they want to do," said Zarbo. "This is where Master Sergeant Burgess excels. He actually sits down with Soldiers and does the math to demonstrate that the Army is actually the best vehicle for them to obtain their goals."

With leaders, retention teams and incentive programs like those outlined, the only thing the Army may be in jeopardy of running out of are the ink pens Soldiers use to sign on the dotted re-enlistment line.

Soldiers interested in learning more about the Army's re-enlistment benefits should contact their unit career counselors.



Master Sgt. Brad Burgess, the 500th Military Intelligence Brigade Career Counselor, speaks to Sgt. Dejuan Bowdry about re-enlistment incentives the Army is currently offering. Burgess and his 500th MI Bde. retention team have already met their yearly re-enlistment goals — only eight months into the new fiscal year.



Stefanie Gardin | U.S. Army Garrison, Hawaii, Public Affairs

Rena Sattler, a field technician with the Oahu Army Natural Resources Program, inspects an old Achatinella shell for evidence of rat bite marks.

Photo Courtesy of the Oahu Army Natural Resources Program

Oahu's jewels of the forest fight for survival

STEFANIE GARDIN

U.S. Army Garrison, Hawaii, Public Affairs

WAIANA E – The day started off with the loud "whoosh, whoosh, whoosh" of the rotors as the helicopter flew down to the landing zone, the powerful blades mesmerizing and menacing as they whipped weeds and debris into a frenzy – a testament to human invention.

Air transportation has come a long way, and for many of us, it's hard to imagine life without airplanes, regardless of baggage restrictions and ticket increases. However, humans weren't the first creatures to take advantage of air travel.

Scientists believe snails were early air passengers millions of years ago. By hitching rides on migrating birds, snails like the Achatinella, commonly called the Oahu tree snail, found their way to new destinations, according to Vince Costello, a rare snail conservation specialist with the Oahu Army Natural Resources Program (OANRP).

The Achatinella, like many Hawaii visitors, took a liking to island living, singling out predator-free Oahu in particular. The snails thrived here, evolving into a multitude of variations found nowhere else in the world.

They grew in size, moved from the ground into the trees, and seemingly took on the colors of the rainbow – their stripes varying in color from caramel and dark chocolate brown to midnight blue and vivid oranges and greens. The snails were so pretty that they were often referred to as "jewels of the forest," according to Costello.

Unfortunately, as human transportation expanded, the Achatinella suffered the consequences. Land clearing, the introduction of invasive (non-native) species and overcollecting have taken a toll on the snail.

"When the first European explorers came, they took shell lei back to Europe," Costello said. "These shell lei were really popular for a while, and people could make money selling them."

Historical accounts tell of people heading into the mountains on horseback and returning with bushels full of the thumbnail-sized snails. People amassed huge collections of these little "jewels," some upwards of 100,000 shells, Costello added.

Once widespread across Oahu, the Achatinella is now found only in pockets of



Stefanie Gardin | U.S. Army Garrison, Hawaii, Public Affairs

Lauren Goodmiller, a field technician with the Oahu Army Natural Resources Program, restocks a rat trap with peanut butter. OANRP staff uses traps and poison bait boxes to control the rat population around areas with endangered snail populations.



Matt Kier | Oahu Army Natural Resources Program

The Achatinella lila is known for its glossy, colorful yellow and green shells.

the Waianae and Koolau mountain ranges. The snail was listed as an endangered species in 1981, but then scientists believed more than half of the 41 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

is getting some aid from a number of agencies, and the Army is helping lead the charge.

The Army, as a federal agency, is required to protect threatened and endangered species found on its installations. The "serving and defending" may seem a little unusual, but the concept remains the same – protecting those who need protection.

Along those lines, the OANRP staff has been taking a holistic approach to protecting the Achatinella, addressing predators, ecosystem changes, invasive species and snail reproduction at the same time. For such a little guy, the Achatinella faces some larger-than-life threats.

"Land of ten thousand snails"

Recently one Tuesday morning, members of OANRP's "orange" 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 Daniel Forman, OANRP field technician. Forman estimates the numbers are now closer to 500 or 600, there.

Armed with the tools of the trade – maps, peanut butter, bait blocks and spiked hiking shoes – the group set off to monitor, check,

Did you know...

- Before humans came to Hawaii, one snail species became extinct every million years. After Westerners arrived, an average of three snail species have become extinct each year.

- Snails go into hibernation. Actually it's called estivation. During the summer months or periods of drought, snails can secrete a substance that serves as a glue between them and the leaf they're on. This seal locks moisture in so the snails can survive.

- Snails are right-handed and left-handed, just like humans. You can tell by looking at which way their shell spirals.

- The Achatinella gives birth to live young – shell and all! The shell continues to grow with the snail as it matures.

restock and record the condition of rat traps and poison bait stations in the known snail territory. 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 rosea, 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 roughly five times the size of the Achatinella and has a preference for small snails, which the Euglandina can eat whole.

"One Rosy wolf snail could kill a tree's entire population," Forman said.

A native of Florida, the Euglandina was brought to Hawaii to eat the non-native African snail, which is commonly seen in



20 / Today

Drawing Duo Night – Today is the deadline to register for the Blue Star Card's fun evening of Pictionary and complimentary pupus, scheduled for June 25, 6-8 p.m., at the Nelehani, Schofield Barracks. Free child care will be available, but spaces are limited. Call 438-0376 or e-mail Darlene.j.marshall@us.army.mil for reservations.

Fourth of July Essay Contest – Submit an entry in the Fourth of July Spectacular Patriotic Essay Contest by today. Prizes include meet and greet passes to meet Billy Ray Cyrus, July 4.

For first-sixth graders, the essay question is "What does the fourth of July mean to me?" and for seventh-twelfth graders and adults, the essay question is "What does Army Strong mean to me as a Soldier or family member?"

Soldiers and their family members are eligible to participate and essays should be dropped off at Army libraries by close of business, today.

Visit your local Army library or www.mwrarmyhawaii.com to obtain an entry form.

23 / Monday

Baby Massage – Babies are intuitive, and their sense of touch is highly developed. In addition to many health benefits, the time spent massaging your baby greatly increases your communication and helps to understand your baby's moods, needs, desires and expressions.

Army Community Service's New Parent Support Program will hold a massage class, June 23, 9-11 a.m., at the Sgt. Yano Library, Schofield Barracks. The class is limited to 10 parents with their babies. Babies should be 4-8 months old. Call 655-4227 to register.

24 / Tuesday

Keiki Kraft Kamp – The Arts & Crafts Center, Schofield Barracks, will host a Keiki Kraft Kamp, June 24-27, 10-11 a.m. each day.

This program is designed for children 5-8 years old. The theme will be "Island Fever." Cost is \$30 for the first child and \$20 per sibling. Call 655-4202.

25 / Wednesday

Scrapbooking Open Studio – Have a ton of photos you'd like to scrapbook and just can't seem to find the time? Carve out a couple of hours, so you and your friends can enjoy a special program designed just for you, June 25, 10 a.m.-noon, Schofield



Pfc. Ashley M. Armstrong | 94th Army Air and Missile Defense Command Public Affairs

A job well done

KALIHI — Brig. Gen. Roger F. Matthews, commanding general, 94th Army Air and Missile Defense Command, Fort Shafter, presents awards for best all-around students of the year during the end of the year award assembly at Linapuni Elementary School, here, June 3.

Soldiers with the 94th AAMDC actively volunteer in adopt-a-school Military Partners in Education programs at Linapuni, and the school thanked them for their contributions.

Barracks' Arts & Crafts Center.

A nominal \$3 table fee will be charged, but die cutters and tools are included. Call 655-4202.

Chat 'n Charm Evening – June 25 is the deadline to register for the Blue Star Card's fun night of jewelry making and socializing at the Schofield Barracks' Arts & Crafts Center, scheduled for June 28, 6-8 p.m.

Admission is \$14 and includes patriotic-themed materials to craft a charm bracelet. Call 655-4202 for reservations.

27 / Friday

Blue Star Card Holder's Fourth of July Spectacular Special – The deadline for preregistration is June 27, 1 p.m., for Blue Star Card holders for VIP access to the Fourth of July Spectacular.

Register online through www.bluestarcardhawaii.com to receive a special Blue Star Card VIP bag. VIP bags include one free Blue Star Card Fourth of July Spectacular T-shirt, VIP seating passes for the concert, Blue Star Card Baggage Check ticket, pre-registered number of discounted tickets and free giveaways.

No VIP seating passes or T-shirts will be available after the deadline. Discounted tickets will still be available for purchase the

day of the event. Call 438-0376/2911.

Halo 3 Game Night – A Halo 3 tournament will be held at the Sgt. Yano Library, Schofield Barracks, June 27, at 5:30 p.m. The tournament is open to active duty Soldiers only. Prizes will be awarded.

Pre-register by calling 655-8002 or on-site at the library before the tournament begins.

28 / Saturday

Aquaculture – Here's your chance to learn how the ancient Hawaiians fished and lived, June 28, 11:30 a.m.-5 p.m. You'll have a unique chance to participate in an authentic Hawaiian throw net experience.

Transportation and snacks will be provided. Cost is \$20 per person and space is limited. Call Outdoor Recreation, 655-0143.

July

1 / Tuesday

Recreation Storage – Beginning July 1, a new recreation vehicle (RV) and boat storage area will be available for use at Fort Shafter's Auto Skills. Boats, jet skis and other RVs can be stored for \$30 a month. Call 438-9402.

Waters – Beginning June 27-Sept. 26, Hawaiian Waters Adventure Park will offer extended hours on select rides, open until 11 p.m. Admission is \$35.99 for adults and \$25.99 for children. Kamaaina and military discounts are available. Call 674-9283.

28 / Saturday

Military Day at the Honolulu Zoo – USO, Hawaii, in partnership with Mayor Mufi Hannemann, the City and County of Honolulu, and the Honolulu Zoo will host a Military Day at the Honolulu Zoo, June 28, 9:30 a.m.-3 p.m.

Service members and their families can enjoy free admission with food, beverages and entertainment.

Free bus service will be provided from Schofield Barracks, Pearl Harbor, Hickam Air Force Base, and Marine Corps Base Hawaii.

Parking and bus service will also be provided from the parking lot at Kapiolani Community College.

Hawaii Wartime Historical Tour – Historian Steven Frederick will host a four-hour walking tour to sights of Hawaii's wartime history, June 28, 1 p.m. The tour will include locations in downtown Honolulu and Chinatown. Comfortable shoes are recommended.

For reservations, contact Steven Frederick, 395-0674 or filmguy54@hotmail.com. Tickets are \$20.

29 / Sunday

An Evening with Sinbad – Comedian Sinbad will perform June 29, 7 p.m., at the Sgt. Smith Theater, Schofield Barracks. Doors open at 6 p.m.

Tickets are \$35 for upper seating and \$40 for lower seating. Tickets are available at Postell's Unlimited at the Schofield Barracks Post Exchange or at Bloch Arena, Naval Station Pearl Harbor.

Sinbad will be available for a "meet and greet" at 2:30 p.m. in front of Postell's Unlimited.

Call 631-9438 (Postell's) or 473-0792 (Bloch Arena).

11 / Friday

Halo 3 Tournament – Unleash your "Master Chief" at the 2008 Better Opportunities for Single Soldiers (BOSS) Halo 3 tournament, July 11, 10 a.m., at the Tropics, Schofield Barracks. 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.

Registration is required and forms are available through the BOSS office at the Tropics. Call 655-1130.

Ongoing

Reservation Policy – Piilaa Army Recreation Center has announced the reserving of 50 percent of its beachfront cabins for the exclusive use by active duty and reservist personnel during peak periods.

Peak periods include Memorial Day weekend until Labor Day weekend, Thanksgiving weekend, and the weeks prior to Christmas until New Year's weekend.

The previous policy held 10 percent of the rooms for active duty and reservists during peak periods.

The recreation center will release non-committed beachfront cabins 15 days before date of occupancy to all other authorized patrons. Prior to this change, beachfront cabins were released 30 days before desired date of occupancy.

Reservation requests may be made by phone for a maximum stay of 21 nights and are accepted on a first-come, first-served basis.

A one-night deposit is required on the same day after reservations are made. Reservations can be made one year in advance of desired date of occupancy. Call 696-4158.

Summer Reading Programs – Reading is "dino-mite" with the summer reading program, which started June 17 and runs through July 17. Read at least one book per week, record it in your log and get a prize.

This program is open to children ages 3-12. Weekly story times are available at all libraries and other events.

The reading program for teenagers, Stuck on Reading, is for middle and high school students, ages 12 and up. It runs the same time as the youth program, and the grand prize for the teenager program is an iPod Shuffle.

Pick up a summer reading program packet at your local Army library. Registration is required. Visit your local Army library for scheduled events or to pick up a reading program packet.

Salvage Yard Auto Sales – Fort Shafter and Schofield Barracks salvage yards will be sponsoring sealed bid auto sales twice a month. Bidding will end on the first and third Saturdays of each month, and the highest bidder will be notified the following day.

A minimum bid will be marked on each auto for sale. Call 655-9368 (Schofield Barracks) or 438-9402 (Fort Shafter).

July

1 / Tuesday

Change in Hours – The Veterinary Treatment Facility (VTF), Schofield Barracks, will only 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 duty hours will resume July 2. Call 433-8531 to schedule an appointment.

4 / Friday

Fourth of July Spectacular – Schofield Barracks invites the public to the Army's 37th Annual Fourth of July Spectacular, July 4, 10 a.m., at Sills Field. This free event is open to the public.

Highlights this year include a free concert by country singer Billy 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 656-3157.

11 / Friday

JROTC Summer Camp – July 11 is the deadline to apply for the weeklong Junior Reserve Officer Training Corps (JROTC) Summer Camp, July 28-Aug. 1, offered by Punahou School.

The camp is offered to high school students who attend any school that does not offer JROTC. Home school and charter school students are also eligible.

The camp is conducted at the East Range, Schofield Barracks. The cost is \$50 and includes uniforms, equipment, housing and food during the camp.

Activities include rope bridging, rappelling, confidence course, leadership reaction course, map reading, land navigation, swimming and other activities.

Contact Lt. Col. (Ret.) Bob Takao at rtakao@punahou.edu or 944-5723 to register.



Aliamanu (AMR) Chapel 836-4599

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Edu.
- Gospel Sunday, 11 a.m. – Sunday School (Sept.-June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

Fort DeRussy Chapel 836-4599

- Catholic Saturday, 5 p.m. – Mass in Chapel (May-Aug.) Saturday, 6 p.m. – Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

Fort Shafter Chapel 836-4599

- Contemporary Protestant Sunday, 9 a.m. – "The Wave" Worship

Helemano (HMR) Chapel 653-0703

- Contemporary Protestant Sunday, 9 a.m. – Bible Study Sunday, 10 a.m. – Worship Service & Children's Church

Main Post Chapel 655-9307

- Catholic Sunday, 9 a.m. – CCD & RCIA Sunday, 10:30 a.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School Sunday, noon – Worship Service

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday-Saturday, noon – Adoration
- Liturgical Sunday, 10:30 a.m. – Worship

Tripler AMC Chapel 433-5727

- Catholic Sunday, 11 a.m. – Mass Monday-Friday, 12 p.m. – Mass Saturday, 5 p.m. – Mass
- Protestant Sunday, 9 a.m. – Worship Service

Wheeler Chapel 656-4481

- Catholic Saturday, 5 p.m. – Mass
- Collective Protestant Sunday, 9 a.m. – Worship Sunday, 9 a.m. – Sunday School



Made of Honor

(PG-13)
Friday, 7 p.m.
Wednesday, 7 p.m.

Speed Racer

(PG)
Saturday, 4 p.m.
Sunday, 2 p.m.
Wednesday, 4 p.m.



Forbidden Kingdom

(PG-13)
Saturday, 7 p.m.

Nim's Island

(PG)
Thursday, 7 p.m.

No shows on Mondays or Tuesdays.

Community Calendar

Send announcements to community@hawaiiarmyweekly.com.

20 / Today

Child Care "Amnesty" Month – The Schofield Barracks and Aliamanu Military Reservation (AMR) Child Care Offices will hold an "amnesty" month during the entire of month of June.

Families who are currently providing unauthorized care in military leased housing can register and take the training to become certified to legally provide care for military families.

Call the Child Care Office at 655-8373 (Schofield Barracks) or 837-0236 (AMR).

Employment Orientation – Prepare for the job you want. Attend an Army Community Service (ACS) Employment Orientation and get employment information on federal, state, private sector and staffing agencies.

Reference materials, job listings, computers, Web tour and more will be available. Orientations will be held at Schofield Barracks, ACS, June 20 and 27, 9-10:30 a.m.

Child care vouchers are available if children are registered and space is reserved. Call ACS at 655-4227 or register online at www.acsclasses.com.

Garrison Web Site Survey – Have an idea on how to make the garrison's Web site better?

Let the garrison know your thoughts on the site. A survey is now available at www.garrison.hawaii.army.mil. Click on "Survey" on the left.

The results from the survey will be used to update content, reorganize the site and make it more useful for end users. Call 656-3153.

21 / Saturday

Battleship Missouri – The U.S. Battleship

Missouri Memorial will celebrate its 10th anniversary, "A Mighty Mahalo," June 21, by offering free admission to military and kamaaina, or local residents.

Throughout June, two special tours will be offered: the Weapons Tour (\$14) and the Generations Tour (\$10).

Call 1-877-644-4896 or visit www.uss-missouri.org

26 / Thursday

Career Advancement Account Orientation – Find out if you're eligible for a Career Advancement Account (CAA) at the orientation, June 26, 1-2 p.m. at the Sgt. Smith Theater, Schofield Barracks.

A CAA can cover the cost of training and education, enabling participants to earn a degree or credentials in portable, in-demand job fields in almost any community across the country.

Visit www.milspouse.org or contact Army Community Service at 655-4227/438-9285 or the Education Center at 655-0800 for more information.

Ke Kani O Ke Kai Summer Concert Series – The Waikiki Aquarium will continue its annual oceanside concert featuring some of the island's top performers.

The series will highlight singer-songwriters and feature live entertainment on the lawn, food by various restaurant partners and fun for the entire family.

Concert dates (and artists) are June 26, HAPA; July 10, Jerry Santos and Jay Larrin; July 24, Eddie Kamae; and Aug. 7, Willie K.

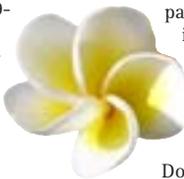
Doors open at 5:30 p.m.; concerts begin at 7. Aquarium galleries and exhibits will remain open throughout the evening.

Each concert is \$25 for adults, \$10 for juniors (ages 6 and 7-12) and free for children ages 6 and younger. Admission for Friends of Waikiki Aquarium (FOWA) members is \$18 for adults and \$7 for children.

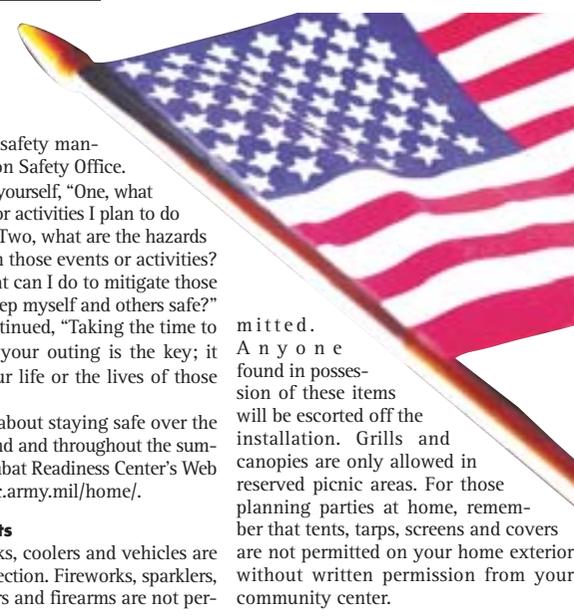
Due to space limitations, only the first 500 reservations will be accepted. Call 440-9015 or visit www.waquarium.org.

27 / Friday

Pau Hana Fridays at Hawaiian



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 this year for the free 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-related activities and cultural demonstrations — including a Native American Powwow, which will include a coloring booth of tribal symbols, a dance competition, spirit bow and arrow games, a traditional blanket dance and more.

Organizers expect approximately 50,000 people to attend the celebration. Due to the number of people expected to attend,

carpooling or walking to the event is encouraged. Foote, Lyman, McNair, and Macomb gates will be open for public access from 8 a.m. to midnight.

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

Road, parking lot and store closures

Trimble Road, between Cadet Sheridan Road and the commissary, will be closed July 4.

The commissary, Nehelani, and Flagview Mall (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 Six will both be closed July 4. They will resume 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 towed.

Noise alert

If you live near Cadet Sheridan Road, be aware that cannons will be used for a rehearsal 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 are subject to inspection. Fireworks, sparklers, glass containers and firearms are not per-

mitted. Anyone found in possession of these items will be escorted off the installation. Grills and canopies 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.

Garrison Shuttle
Monday - Friday
11:15am - 1:15pm
See route at Traffic Advisories
www.garrison.hawaii.army.mil/sites/local

WAAF - SB LUNCHTIME SHUTTLE
1115-1315

BOSS to host Halo 3 Xbox tournament

TIM HIPPS
Family and Morale, Welfare and Recreation Public Affairs

ALEXANDRIA, Va. — Video gamers can compete for an Xbox 360 Elite in the 2008 Xbox Games Halo 3 Tournaments on 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 \$250 gift card and third-place finishers will win a \$100 gift card. The Army Family and Morale, Welfare and Recreation-sponsored contest 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 Barracks.

- 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. Yano Library. This tournament is open to active duty Soldiers 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 determined.

USDA deputy recognizes Hawaii's 4-H military clubs



Courtesy Photo

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.

Story and Photo by
CLAIRE NAKATSUKA

UH College of Tropical Agriculture and Human Resource

HONOLULU – Hawaii's 4-H military programs were honored by a very special visit from the U.S. Department of Agriculture (USDA), recently.

Dr. Dan Kugler, deputy administrator for the Family, 4-H and Nutrition, Cooperative State Research, Education and Extension Service, dropped in during end of the year training and recognition held aboard the USS Missouri.

Forty Army and Air Force staff and Oahu 4-H volunteers participated in the GPS or service-learning training sessions held on the battleship. The workshops were led by Sharon Delaney, functional tech specialist, Army Child and Youth Services (CYS) and DeAnn Acosta, USDA/Army youth development specialist.

Following training, Kugler, along with Dr. Wayne Nishijima, associate director of the Hawaii Cooperative Extension Service; Kathy Rocho, In-

stallation Management Command-Pacific Region, Army CYS program manager; and Gordon Takeshita, director of Army Family, Morale, Welfare and Recreation, helped recognize the military 4-H club leaders from Hawaii, Kwajalein and Camp Zama, Japan, as well as individuals who have greatly contributed to the 4-H/military partnership.

For more details about military 4-H opportunities, call 956-7196.

Rocho acknowledged the USDA/military partnership and presented Kugler with a token partnership canoe. Many others received recognition for their support and leadership to the 4-H/military partnership.

On day two of his visit, Kugler toured the Bennett Youth Center, Schofield Barracks, where drama took center stage. Under the leadership of Max Siaumanu, youth performed a song and dance from "The Lion King."

Maria Tobin of the Aliamanu Teen

Center discussed local 4-H projects that Aliamanu Military Reservation teens have conducted, and Kugler also received "hands-on" experience creating silly putty with Lupe Scanlan and her kindergarten 4-H Cloverbud Club.

Kugler's visit ended with a brief presentation about Operation Military Kids, a youth development program that supports children of deployed service members.

Since its inception in 1995, the 4-H/Army Youth Development Project has evolved into a model program of cooperation between federal agencies. Together with national 4-H and Army CYS, the partners provide quality youth programs on Army installations worldwide. Partnerships also exist with the Air Force and Navy.

By establishing 4-H Clubs, the USDA and military partners are helping youth experience the power of working with adults and others to create positive change. Military 4-H Clubs provide a "slice of home" for military youth wherever they live.

Meals eaten before, during, after road marches make impacts

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

Are you a Soldier who is getting ready for a road march? Do you know that 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 next level.

The premeal. 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 that is high in carbohydrates, moderate in protein and low in fat.

A good goal for a pre-road-march meal is to consume 100 grams of carbohydrates and 16 to 32 ounces of fluid. One large bagel with one tablespoon of light cream cheese along with 16 ounces of orange juice is an example of a pre-road-march meal that is high in carbohydrates, moderate in protein and low in fat.

Try out new foods during the initial buildup phase of a road march to make sure that you tolerate them well.

During the road march. Soldiers must stay hy-

drated. Drinking 4 to 8 ounces of fluid every 15 to 20 minutes from the start of your road march will help prevent dehydration.

Start drinking before you feel thirsty. If you are dehydrated, it can take longer and be more difficult to rehydrate.

When road marching in hot weather or while wearing full combat gear, you may need more than eight ounces of fluid every 15 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.

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.

Consuming carbohydrates during prolonged exercise spares your body's glycogen stores, or stored energy, allowing you to go further before becoming fatigued.

Consuming carbs during exercise also helps keep you in the game mentally and prevent low blood-sugar levels. Low blood-sugar may cause you to be irritable, light headed or have difficulty concen-

trating.

Several ways exist to take in 30 to 60 grams of carbohydrate. Sports drinks are a good way to intake both carbs and fluid, but depending on how long your road march is, it may be difficult to carry enough sports drinks to meet all of your energy needs.

Some road marchers eat hard candy, which supplies carbs but not electrolytes like sodium and potassium that Soldiers need when sw eating heavily. Eating candy also may alter thirst, causing less intake of fluid.

If you are eating candy, 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.

The post-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 or glycogen (energy) stores.

Failure to adequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine failure to replenish your glycogen stores can result in chronic feeling of fatigue.

By consuming carbohydrate-containing beverages, such as fruit juice, sports drinks, milk or a meal replacement drink, you take care of both goals at once.

The timing of your post-road-march meal is very important, especially if you are working out more than once a day. The first 60 to 90 minutes immediately following exercise are key.

It takes approximately 20 hours for you to replenish your glycogen stores. Just a two-hour delay in consuming carbohydrate can reduce the amount of glycogen your body stores by almost 50 percent.



Army spouse qualifies for U.S. Olympic track & field

Story and Photos by
MOLLY HAYDEN
Staff Writer

MILILANI — In the sultry, harmonious melody of the blues, Eric Clapton once sang, "Nobody knows you when you're down and out."

Adriane Stone knows this feeling firsthand.

Less than two years ago, Stone was at the lowest point in her life. She was alone.

Once a budding high school track and field star ranked tenth in the nation in the high jump in 1996, as well as a 2000 U.S. Olympic track and field trials finalist, Stone turned her back on her dream when her father passed away.

"He was my inspiration," said Stone. "When he was gone, I stopped believing in God and myself."

For the next seven years, Stone drifted through an uncertain life raising a family and living her mere existence paraded with alcohol, smoking, drugs and constant partying.

"I drank to wash away the fears of the life I was living," said Stone. "I was obese, unhealthy and depressed."

In August of 2006, her husband, Sgt. Kenneth Stone, 2nd Battalion, 27th Infantry Regiment, left for Iraq and Stone was left to raise her three children, then ages 9 months 1, and 4, during the duration of the 15-month deployment.

Her daily routine followed an all-too-predictable course of juggling her children's needs around her own addictions.

"I woke up a few months later and re-



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.

alized my life was spinning out of control," said Stone. "I put all my strength in the Lord to break the cycle I was on, and he spoke to me."

Stone explained she was called out of "retirement" through spirituality and knew she had to regain her previous accomplishments in track and field.

Within the first month of sobriety, Stone lost 30 pounds and began training

more and more. She has since dropped 80 pounds and continues to train everyday.

January 12, 2008, Stone took her first leap over the high jump crossbar in seven years.

"I was once defeated by my own life," said Stone. "But there is hope in hopeless situations."

A few months later, Stone cleared six feet, meeting the "B" standard during

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

the Sunset Meet at Cooke Field and qualified for the U.S. Olympic track and field trials for the second time around.

Hopes of bringing home the gold rests

on her performance at the U.S. Olympic track and field trials in Eugene, Oregon.

Stone is set to jump June 30 at 7:15 p.m. (4:15 p.m. Hawaii time.)

The USA network will broadcast the trials.

Although slight possibility remains that Stone could be displaced by higher jumps until the NCAA Championships, June 11-14, she believes faith will bring her there.

The top three finishers in each event, along with three alternates, will qualify for Olympic competition in Beijing, China.

Stone trains everyday, physically and spiritually, and jumps three times a week.

The 28-year-old also passes on her skills to the Trojan high jumpers at Mililani High School as a high jump coach in exchange for use of the facilities.

"I'm jumping a lot higher since coach (Stone) started here," said sophomore Andrew Longboy. "It's nice to have someone who can explain and show you what you need to do."

With the support of her family, community and faith in God, Stone has overcome many adversities and continues to strive.

My body is getting stronger and so is my walk with the Lord," said Stone. "I guess they go hand-in-hand."



Stone

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

CONTINUED FROM B-1

backyards and gardens across the island. Officials thought the pair-up would be a good solution because both snails were exclusively ground snails. As it turned out, the Euglandina didn't mind having to climb for dinner, sometimes being spotted 30 feet up in the trees.

"If Achatinella were seeing decline (in numbers) in the late 1800s (from land clearing), they hadn't even run into this guy yet," Costello said. "When Euglandina came in ... in a lot of places, they

probably finished the Achatinella off."

After securing the troublesome Euglandina, the crew moved on to attack another snail threat: invasive plants. The crew "spread the snail love" applying weed killer to the invasive plants. During previous trips, the crew planted native plants in place of the invasive plants.

The Achatinella and native plants have evolved together over time, and it's not very common to see the snails taking a fancy to the invasive plants. What's more, invasive plants can change moisture levels in surrounding areas,

and the snails need a wet climate to survive.

External threats aside, sometimes the Achatinella's own reproductive system seems like a traitor.

"They don't have many babies to start with, between one and four live young a year," Costello said.

Of course, that's after the four to five years it takes the snails to reach reproductive maturity. In contrast, some snails, like the African snail, mature within a matter of months and can lay several hundred eggs at a time.

Blow after blow, the prospects for this vivid snail seem dim, but a small light is at the end of the tunnel, or to be more precise, in the fridge. Aside from field efforts, ONARP staff have partnered with researchers at the University of Hawaii, providing the university with snails to breed and raise in captivity.

"One of the long-range plans for our project is to develop enclosures ... places



Left — Achatinella makes its way down a leaf. Achatinella is one of 41 species endangered on Oahu.

free of rats and Euglandina ... and bring the snails from the lab back out," Costello said. "We want to ensure that they don't go extinct."

Until then, roughly 1,400 snails, and counting, will bide their time in refrigerated containers, waiting for the chance to stretch their "feet" and slide.



25 / Wednesday

Workout Without Walls – Trying to get in shape but the same old routine has you unmotivated? 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. Outdoor Recreation will provide transportation, a cooler with ice, snacks and drinks. Space is available for groups up to six. Cost is \$130 for a half-day. Call 655-0143.

July

5 / Saturday

3-Point Shoot Out Contest – The deadline to register for the 3-Point Shoot Out Contest, held July 19, 11 a.m., at Aliamanu Military Reservation's (AMR) Physical Fitness Center (PFC), is July 5. All active duty, adult family members,



Stephanie Rush | U.S. Army Garrison, Hawaii, Public Affairs

And they're off!

WHEELER ARMY AIR FIELD — More than 80 competitors showed up for the 10-Mile Race Around Wheeler at 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.

Department of Defense civilians, National Guardsmen, Army Reservists and retirees are welcome.

Cost is \$5 per person. Awards will be given for top three. An organizational meeting will be held July 12, 1 p.m. at the AMR PFC. Call 836-0338 or visit

www.mwrarmyhawaii.com to register.

August

10 / Sunday

Military Long Drive Championship –

The Army Leilehua Golf Course will host the Morale, Welfare and Recreation (MWR) Long Drive Championship, Aug. 10, 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-



Send sports announcements to community@hawaiiarmyweekly.com.

21 / Saturday

Hawaii Rifle Association – The Hawaii Rifle Association's 15th Annual Shooting Sports Fair will be held June 21, 9:30 a.m.-4 p.m., and June 22, 9 a.m.-4 p.m., at the Koko Head Shooting Complex, Honolulu.

Participants can enjoy the various shooting venues and firearms available for use.

Displays of modern and historic firearms will include the action pistol, air guns, air soft, archery, black powder muzzleloaders, high power rifle, hunting firearms, metallic silhouette, mili-

tary small arms and cowboy firearms.

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.

22 / Sunday

Hike Oahu – Join the Hawaiian Trail & Mountain Club on a hike through the Wahiawa Valley Ridge.

The intricate route of this cross-country loop is often confusing and seems to change a little each year. Come prepared for multiple stream crossings, deep swimming holes and lots of mosquitoes.

This intermediate hike is 6 miles. Call coordinator Darrell Teruya at 227-4572.

Save the date for these upcoming hikes, too:

- June 28, a 6-mile intermediate hike at Paumalu Ridge

- July 6, a 5-mile intermediate hike at Pacific Palisades Valley Ridge

All hikes begin at 8 a.m., and a \$2 donation is requested of nonmembers. An adult must accompany children under 18. Hikers meet at Iolani Palace, mountainside.

Bring lunch and water on all hikes; wear sturdy shoes, as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, as well as treat trees and plants with care and respect. Visit www.htmclub.org.

28 / Saturday

North Shore Swim Series –The 20th Annual Surf 'n Sea North Shore Swim Series kicks off with the Raging Isle Spring, a 1-mile swim from Sunset Beach to Ehukai Beach Park, June 28, 9 a.m.

The swim is truly a "sprint" as times range from just under 20 minutes for elite swimmers to 45 minutes for the last swimmers to finish.

Save the dates for these upcoming swims, too:

- July 12: Cholo's Waimea Bay Swim
- July 26: Chun's to Waimea Bay Swim
- Aug. 9: Challenge Swim

Each event will be patrolled by lifeguards. Swims are electronically timed. Individual event times are combined and series awards are presented to top swimmers in each age category.

Visit www.hawaiiswim.com to download an application.

29 / Sunday

Sprint Triathlon – Pacific Sport Event and Timing will hold its annual Fire Cracker Sprint Triathlon, June 29, 6 a.m., at Nimitz Beach, Kalaeloa in Barbers Point.

The triathlon will include a 500-meter swim, 13-mile bike and 5-kilometer run.

Entry fee is \$70 for individuals, \$105 for teams.

Entry forms are available on www.pacificsportevents.com.

4653. Active duty service members from any branch of service, Reserve and National Guard, retirees and family members age 18 years and above with valid military ID cards are eligible to compete.

Locally, prizes will include gift certificates to the pro shop.

The top long drive competitor at each of the five geographical zones will win an all expense paid trip to compete in the military division at the Long Drive Championship in Mesquite, Nev. The participant who hits the longest qualified drive during the World Long Drive Championship will win \$10,000.

Ongoing

"Golf 4 Food and Fun" – Get a team together and come out to Nagorski Golf Course, Fort Shafter, every Tuesday, 2:30-4:30 p.m.

Golf 4 Food and Fun offers a 9-hole green fee, a foursome platter of pupus from Mulligan's, a pitcher of beverages and a luck door prize entry. Call 438-9587.

Summer Hours at Army Pools – The Aliamanu Military Reservation (AMR) and Helemano Military Reservation (HMR) pools are now maintaining their summer hours of operation. The pools will remain open through Oct. 14, Discoverer's Day. Call 655-9654 or visit www.mwrarmyhawaii.com for more.

Ongoing

Jazzercise – Combine elements of dance, resistance training, Pilates, yoga, kickboxing and more in exciting programs for all fitness levels at Jazzercise Waikale.

Classes are held Mondays and Wednesdays, 6:30-7:30 p.m., at the Waikale Elementary School cafeteria. Call 674-1083.

Waikale Wrestlers – The Waikale Athletic Club holds wrestling classes for children and adults. Cost is \$45 per student. Call 671-7169.

TOPS – The Take Off Pounds Sensibly (TOPS) support group meets every Thursday evening at the Armed Services YMCA. Join others to share weight loss tips, discuss concerns and provide encouragement to each other.

Call Cheryl at 696-4423.

Men can knock out the top 5 preventable diseases

BRIAN P. SMITH
TriWest Healthcare Alliance

Five health conditions are responsible for two out of every three adult male deaths in America. With the odds against him, what can a man do to effectively fight back?

The Centers for Disease Control and Prevention (CDC) reports that five diseases account for more than 65 percent of the deaths of American men. Faced with those frightening statistics, it is more important than ever to make sure men are doing what they can to guard against those deadly diseases: heart disease, cancer, stroke, lung disease and diabetes.

While it is unclear why men may be more at risk for these diseases than women, Tricare (the Department of Defense health care program serving active duty service members, National Guard and Reserve members, retirees and their families) will cover preventive screenings and tests to help beneficiaries avoid preventable conditions.

"A lot of people don't really understand how powerful preventative measures can be," said Frank "Mac" Maguire, M.D., senior vice president of Health Care Services at TriWest Healthcare Alliance, Tricare's West Region contractor.

Recognizing the leading health threats, a man can better understand the steps to take that may reduce the risks and help avoid the leading causes of death.

Lifestyle changes can lessen some of the risks. For those with a higher risk for any of the diseases, it is very important to discuss screenings with a primary care manager (PCM).

Clinical preventive care services for family members and retirees are generally covered by Tricare without a referral; active duty service members should coordinate all preventive services through their PCM or military treatment facility.

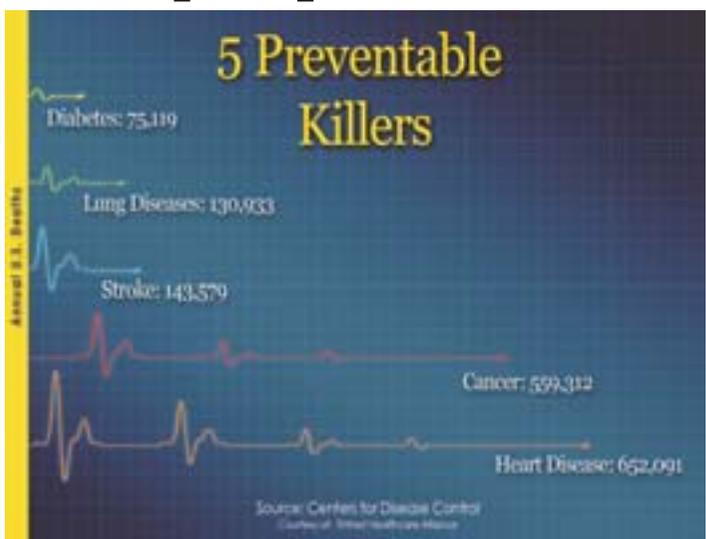
On The WEB

View a list of Tricare-covered services online under the "Medical" tab at www.tricare.mil/mybenefit.

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 most at 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 responsible 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 pres-

sure, 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 sugar (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.triwest.com 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. Tricare's clinical preventive care and regular screenings, from a PCM, can help monitor disease risk factors.

Safety reps tackle '101 Critical Days of Summer' plan

SAMMY C. HOUSEBERG
Director, Installation Safety

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 accidents.

During this time, accidental fatalities also 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 acci-

dent prevention initiatives.

In Hawaii, we are privileged to live in a place that has 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,

or death, if proper precautions are not applied.

Within our community we can "Never Give Safety a Day Off" because we confront impending hazards year-round. The Army reinforces this commitment

with the launch of the 101 Critical Days of Summer safety campaign.

To achieve this mission, the USACRC will focus on different aspects of summer safety each week to help educate and inform Soldiers, their family members and Army civilians. Additionally, the National Safety Council has designated June 2008 as National Safety Month with its campaign to "Make a Difference."

During National Safety Month, the council will address the most significant reasons for unintentional injuries and deaths in the American workplace, on the road, and in the home and community. It will offer tools and materials that can help any organization "Make a Difference" in both on- and off-duty

safety.

Locally, collateral duty safety representatives are using the tools and initiatives provided by the USACRC and National Safety Council to promote safety and ensure leaders are engaged at every level to influence safe behavior.

The Directorate of Installation Safety can provide assistance and resources for the development and implementation of safety campaigns as well.

We charge each of you with the mission of enforcing standards, sharing and applying your safety knowledge, and working as a team to ensure everyone's safety.

