



Chief Explosive Ordnance Disposal Technician (EODC) Don Shaw, assigned to Explosive Ordnance Disposal Mobile Unit Three, Detachment Middle Pacific, assists a Pearl Harbor Kai elementary student shoulder an M-72 LAW (light anti-tank weapon) during a Family Fun Fair, on Nov. 9. The fun fair presented an opportunity for Sailors and families to achieve a sense of ohana by interacting with the Pearl Kai students and school community for an afternoon of fun and enjoyment.

STUDENTS ON TARGET WITH SAILORS AT FAMILY FUN FAIR

Story and photos by
MC1(AW/SW) James E. Foehl

Pearl Harbor Sailors assigned to Explosive Ordnance Disposal Mobile Unit Three, Detachment Middle Pacific (EODMU3 DET MIDPAC) and Naval Health Clinic Hawai'i, represented the U.S. Navy for Pearl Harbor Kai Elementary School students during a Family Fun Fair, held Nov. 9.

The Family Fun Fair presented an opportunity for Sailors and Navy families to achieve a sense of ohana by interacting with Pearl Kai students and the school community for an afternoon of fun and enjoyment.

"The Navy is our ohana and our community," said Elynne Chung, Pearl Harbor Kai Elementary School Principal. The Navy's "participation with the school is of great value."

For the past 23 years, various members of the military community, primarily the Navy, have been involved in supporting the Family Fun Fair. "In years past, the children have learned more about the Navy Bomb Squad [Explosive Ordnance Disposal] divers and the USS Arizona Memorial through the Family Fun Fair," said Chung.



EODC Chris Garcia operates the Navy Bomb Squad truck's mast camera system for a group of Pearl Kai students during the Family Fun Fair.



Two Pearl Harbor Kai students reach for a bag of treats from an Andros robot during the school's Family Fun Fair. The Andros robot, used to disarm explosive devices in the field, was just one of the many highlights that Explosive Ordnance Disposal Mobile Unit Three, Detachment Middle Pacific brought with them for the event.

For the second year in a row, Sailors from EODMU3 DET MIDPAC were on hand at the event with some 'tools of their trade' to share with the children and families.

"This gives the kids a chance to see stuff that they normally would never have a chance to even get close to," said Chief Explosive Ordnance Disposal Technician David Fredrick.

Among EODMU3's display was the Navy Bomb Squad truck which families could climb aboard and catch a 360-degree view of the event with the trucks equipped mast camera system.

The children and family members also enjoyed boarding the Mk-5 rigid hull inflatable boat (RHIB), chasing the Andros robot (used to disarm explosive devices in the field), shouldering the M-72 LAW (light anti-tank weapon) and learning about the different types of displayed explosive fuses, land mines and scatter able munitions.

"The children just love the fact that they can drive the robot, see all the way around [the event] with the mast camera, and climb all over the boat and pretend to be steering it," said Fredrick.

Sailors from the school's military partner, Naval Health Clinic Hawai'i, were also on hand to provide support for the event organization, set-up, food and game tables, and break-down and clean up of the event.

"The partnership is a support system between the military and the school designed to enhance the quality of life for the students at the school," noted Hospital Corpsman 1st Class Donna Cuellar, military partnership liaison and Chairman of Pearl Harbor Kai's school community counsel.

According to Chung, the school's military partner, Naval Health Clinic Hawai'i, has been actively involved with the school on a routine basis for many years, providing classroom readers, campus beautification and manpower when needed.

Located immediately outside Naval Station Pearl Harbor's Nimitz Gate, the school serves students in kindergarten through sixth grade and is within walking distance of enlisted Navy family housing sites, Hale Moku and Hokalani.

According to Kathy Wooldridge, Commander, Navy Region Hawai'i school liaison officer, approximately 95 percent of the students enrolled at the school have some sort of military affiliation and approximately 71 percent of the students are Navy children.

"Navy involvement [at Pearl Harbor Kai] is so important because the school is primarily Navy students," said Wooldridge. Many of the volunteers have a connection to the school and, "the Sailors are tremendously helpful, resourceful, and serve as wonderful role models for students who see them working around the campus."

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor
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Thanksgiving...with a Hawai'i twist

Through the centuries, from 1621 when the Pilgrims observed the first Thanksgiving feast to the present day, the holiday has been celebrated in many different places, many different ways and with a variety of menu selections.

But one thing has remained constant through the years – it is a time when we give thanks for not just what is on the table, but for all of the blessings that we have. It is also traditionally a time when families and friends and communities get together to share the holiday and especially a time when we reach out to those in the community who are less fortunate. Frequently, it is a time to share our dinner and our blessings with our service members who are far away from home or are separated from their families.

Ever since that first Thanksgiving observance, turkeys have been a mainstay of the holiday feast. Traditionally on the mainland, turkeys are stuffed with bread, cornbread or wild rice stuffing. But in Hawai'i, the Thanksgiving bird may itself show a blending of cultures - seasoned with soy sauce and stuffed with such ingredients as Japanese mochi rice, Chinese lup cheong sausage and black-eyed peas. Other families may season their turkeys with such ingredients as salt, ti leaves, lemon-grass or garlic.

Island turkeys represent a broad spectrum of ethnic households and become an expression of America's melting pot in Hawai'i.

Here in the islands, turkeys are often the centerpiece of a luau and are cooked in an imu, an underground

oven that uses kiawe wood and lava rock to fuel the heat and dates back to ancient Hawaiian times. Frequently, community groups in Hawai'i create communal imus that may cook as many as 1,000 turkeys.

Other popular foods served at the Thanksgiving feast in the islands may be kalua pig, various types of fresh fish, poi and sweet potatoes, complemented with puu puus and desserts that feature island fruits, such as guava, lychee, pineapple and coconut.

The traditional Thanksgiving menu – roast turkey, dressing, cranberry sauce and pumpkin pie - will also be served at homes throughout the islands. For those who opt to dine at Thanksgiving Day feasts offered at island restaurants, the selection will usually offer traditional mainland foods as well as island favorites.

Although most people are well informed about the beginnings of this bountiful and blessed tradition, perhaps the evolution of the holiday is not as well known.

America's first Thanksgiving was celebrated in 1621 by the Pilgrims and Indians from neighboring tribes. The Pilgrims, who were fleeing religious persecution in their native England, set sail for the New World in 1620 on a ship called the Mayflower. The original Thanksgiving feast occurred sometime between Sept. 21 and Nov. 11 and lasted for three days.

The true beginning of the present day Thanksgiving Day is believed to be Nov. 29 in the third year after the Pilgrims arrived at Plymouth, Mass. That year,

TriWest presents check for FFSC



U.S. Navy photo by MCI(AW/SW) James E. Foehl
Rear Adm. T.G. Alexander, Commander, Navy Region Hawai'i and Commander Naval Surface Group Middle Pacific, is presented a check for \$2,500 from TriWest Healthcare Alliance-Hawai'i Market vice president, Karl Kiyokawa (right), during a presentation Nov. 9 on board Naval Station Pearl Harbor. The funds were provided to the Friends of Fleet and Family Support Center for the ombudsman appreciation dinner.

Foods not at the first Thanksgiving feast...

- ✓ Ham, sweet potatoes/potatoes, corn on the cob, cranberry sauce, pumpkin pie, chicken/eggs, milk.

Foods that may have been on the Pilgrims' menu:

- ✓ Cod, eel, clams, lobster, wild turkey, goose, duck, crane, swan, partridge, eagles, venison, seal, whole grains, pumpkin, peas, beans, onions, lettuce, radishes, carrots, plums, grapes, walnuts, chestnuts, acorns, herbs, olive oil, liverwort, leeks, dried currants, parsnips.

the spring and summer was hot and dry and crops died in the field. Pilgrim Governor William Bradford ordered a day of fasting and prayer and soon after, the rain came. Nov. 29 of that year was pro-

claimed a day of Thanksgiving.

It was that custom of an annually observed day of thanksgiving, held after the harvest, that continued through the years. A day of

national thanksgiving was suggested by the Continental Congress during the American Revolution.

The state of New York adopted the Thanksgiving observance as an annual custom in 1817. By the middle of the 19th century, many other states also celebrated a Thanksgiving Day.

In 1863, President Abraham Lincoln appointed a national day of Thanksgiving and designated the last Thursday in November for the Thanksgiving observance. It is believed that this correlat-

ed with the anchoring of the Mayflower in Cape Cod, Mass. on Nov. 21, 1621.

It wasn't until 1939 that President Franklin D. Roosevelt set the date for Thanksgiving to be the fourth Thursday of November. It was approved by Congress in 1941 and has been observed on that day ever since.

But regardless of how and where Thanksgiving is observed, it's as American as – well, pumpkin pie – and it celebrates the many blessings that we have and opportunities to offer thanks.

Tripler implements new safety devices to assist patients in self-management of pain

Story and photo by
Mark Jackson

Tripler Army Medical
Center Public Affairs Office

Tripler Army Medical Center (TAMC) recently purchased 44 patient-controlled, analgesia (PCA) pumps that were placed into use beginning Oct. 13. "This enhances pain management as it places the patients in control of their own pain management," explained Doris Thorpe, Tripler Inpatient Nursing Services. "Instead of having to notify the nurse that they need to receive pain medication, they can press their PCA button and deliver their own medication."

According to Hospira field sales representative Stephen Agee, "Tripler is the first institution on Oahu and only the second military hospital in the U.S. to implement them."

"I believe it's important to use these pumps at Tripler mainly because of the added safety features they provide. They help decrease errors with the use of available technology," said Thorpe.

"The clinician must con-

firm that the correct medication and strength of the medication has been placed in the pump once the bar code reader identifies the medication cartridge. The medication library also provides dosing parameters with its limits on dosing," she continued.

"The Hospira PCA pumps provide the latest technology and safeguards with the administration of patient-controlled pain management," said Col. Arthur P. Wallace, deputy commander for nursing, TAMC. "In support of our patient safety and back to basics initiatives, our inpatient pain management team led by Doris Thorpe, a team of trainers and Tripler pharmacist Capt. Lisa Tang, is ensuring that all nursing personnel are prepared to manage and monitor the narcotic medication delivered by this new bedside automated infusion system."

"The new pumps will allow us to track how they are used throughout the institution using barcode technology. The information obtained from the new pumps will ultimately



U.S. Army Sgt. Johnny Foster, LPN, surgical ward, monitors a Tripler patient as he administers a dose of pain medicine.

improve pain management and overall patient safety," said Tang.

Skylark Central

Thanksgiving Day "Double Puzzle"

How To:

Unscramble each of the clue words.

Take the letters that appear in the circled boxes and unscramble them for the final message.

YRTEKU	□□□□□□
SEVHRTA	□□□□□□
PEADAR	□□□□□□
OOFBLAL	□□□□□□
RONCEATIELB	□□□□□□□□
EECIRRARSNB	□□□□□□□□
RGMLPIS	□□□□□□
YTLHPUMO	□□□□□□
SOTTOEPA	□□□□□□

□□□□	□□□□□□□□	□□□□	□□□□
N V	N W		



(Answers from last week's puzzle)

Know your Navy

Q. When wearing miniature medals with dinner dress uniforms, where is the miniature Medal of Honor worn?

Last week's question...
 What three U.S. destroyers were sunk in a typhoon in the Pacific on Dec. 18, 1944?

Answer...
 USS Spence (DD 512), USS Monaghan (DD 354), USS Hull (DD 350).





Here's what's going on at Navy Region Hawai'i!

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held. For more information (FMI): visit www.greatlifehawaii.com



Outdoor Adventure Events

November

- 22:** Family fun, Likeke Waterfall, 1 p.m., \$5. Register by Nov. 18.
- 25:** Kuaokala Trail, 8:30 a.m., \$7. Register by Nov. 22.
- 26:** Surf kayaking, 9 a.m., \$15. Register by Nov. 22.
- 29:** Family fun, kayak at Rainbow Bay, 1 p.m., \$5. Register by Nov. 25.

PRESALE PRO BOWL TICKETS AT ITT

Presale Pro Bowl tickets at all Navy Information, Ticket and Travel (ITT) offices are **now** on sale. No refunds or exchanges will be allowed. Ticket purchase is open to active duty, Reserve, retired, Department of Defense (DoD) employees, and family members. There is a limit of eight tickets for purchase on initial date of presale. Date of the Pro Bowl game is set for **Feb. 10, 2007**. Kick-off will be at 1 p.m. FMI: Navy ITT offices at Bloch Arena, 473-0792; Navy Exchange, 422-2757; Barbers Point, 682-2019; and Kunia, 655-3128. Times and dates are subject to change without notice.

MILITARY FAMILY APPRECIATION MONTH

MWR will host a free Military Family Appreciation Month celebration beginning at 4 p.m. **tonight** on Ford Island (across from the Navy Lodge). The event is open to all military-affiliated and DoD personnel, family members and sponsored guests. FMI: 473-2431.

FAMILY FUN AND MOVIE NIGHT

Morale, Welfare and Recreation (MWR) Community Central will host a free Family Fun and Movie Night on Saturday at the field adjacent to the bowling alley at Naval Computer and Telecommunications Area Master Station, Pacific. There will be games, bounce houses, free cotton candy and popcorn starting at 4:30 p.m. The movie, "Over the Hedge" (rated PG), will begin at 6:15 p.m. Children under 10 years of age must be supervised by

an adult 16 years of age or older. FMI: 471-8658.

BASKETBALL AND CHEERLEADING REGISTRATION

Registration for youth basketball and cheerleading continues through **Nov. 22** at the youth sports office located on 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring the child's birth certificate and a current physical examination card. Basketball and cheerleading practice will begin in December. The season runs from January to March 2007. The league is open to military-affiliated youth, ages five to 16 years old (must be born within 1990 to 2001). The fee is \$60 for basketball and \$70 for cheerleading. FMI: 474-3501.

THANKSGIVING TURKEY BUFFET AT SAM SNEAD'S

Patrons can enjoy a Thanksgiving feast from 11 a.m.-7 p.m. **Nov. 23** at Sam Snead's Tavern at Navy-Marine Golf Course Clubhouse. The menu will include a wide variety of salads, entrees, a dessert station and a carving station for the price of \$15.95 per person. Reservations are recommended. FMI: 421-7267.

FREE TRIP TO AUSTRALIA

MWR will give away two trips to Australia and a host of other prizes as part of a joint services partnership between MWR's Information, Tickets and Travel (ITT) office, Quantas Airlines and Military Tours. Open to all eligible MWR patrons. To enter contest, visit www.ittaustralia.com and complete the online entry form. Each local Navy ITT office will hold its own drawing from **Dec. 1-8**. The first place winner of each office will then be entered in the grand prize drawing during the week of **Jan. 15**. FMI: 473-0792 or www.ittaustralia.com.

YOUTH SOCCER CLINIC

Free youth soccer clinic with players from DC United Soccer Team will begin at 4 p.m. **Dec. 4** at Ward Field. Children can learn how to dribble, pass and shoot from some of the most elite soccer players known in the game. Clinic is open to all military-affiliated youth, ages six to 18 years old. Participants must wear sneakers and loose clothing. Pre-registration is not required. FMI: Boys & Girls Clubs of Navy Hawai'i youth sports office at 474-3501.

WINTER CAMP ADVENTURE

Winter Camp Adventure will be offered to children ages five - 12-years-old from **Dec. 21 to Jan. 12** at Catlin Clubhouse and Pearl City Community Center. Camps will be from 6 a.m. to 6 p.m. Monday through Friday. The activities are open to all military and DoD family members. Fees are based on household income and include breakfast, snacks and lunch. Registration is now open to single and dual active duty parents. All others register beginning Nov. 20. FMI: 421-1556 or 421-1557.

WINTER OPERATION PURPLE PLUS

For a free camping experience, register your child for Winter Operation Purple Plus Camp. Camp will be held from **Jan. 2-5** and **Jan. 8-12, 2007** at White Plains Beach at Barbers Point. It is open to ages eight to 12, of deployed parents from all military branches. It includes those deployed since May 2005 and/or who will be serving in deployments through September 2007. Registration is now open to single and dual active duty parents. All others can register from Nov. 20. FMI: 421-1556 or 421-1557.

FIT KIDS

Bloch Arena Fitness Center has opened the first ever Fit Kids, a place where children ages six - 14-years-old, can workout for health and fun. Youngsters ages six to nine must be supervised by an adult at all times. Children who are ages 10-14 can work out on their own after completing the Navy Youth Fitness Orientation class. If they have not completed this class, they must also be supervised by an adult. The hours of operation for Bloch Arena Fitness Center are: 4-10 p.m. Monday through Friday; 7 a.m.-8 p.m. Saturday; and 7 a.m.-6 p.m. Sunday. FMI: 473-0793.



- 17 -** Snorkeling at Hanauma Bay, 11 a.m.
- 18 -** Alpine Tower, 10 a.m.
- 24 -** Kayaking at Moku Island, 10 a.m.
- 25 -** Mountain biking, 10 a.m.

Weekly events:

- Sundays -** Surfing lessons and barbecue, 10 a.m., \$7.
- Mondays -** Monday Night sports and feast, free food, all centers, 5 p.m., free.
- Thursdays -** Root beer and ice cream float night, 6 p.m.
- Every third Wednesday -** Poor Boy barbecue, 5 p.m.

AT THE MOVIES

MOVIE CALL

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Little Miss Sunshine (R)

SATURDAY

2:30 p.m. Open Season (PG)

4:45 p.m. Everyone's Hero (G)

7:00 p.m. The Guardian (PG-13)

SUNDAY

2:30 p.m. Open Season (PG)

4:45 p.m. School For Scoundrels (PG-13)

7:00 p.m. The Covenant (PG-13)

THURSDAY

Closed: Happy Thanksgiving!

Memorial Theater

Hickam Air Force Base
(449-2239)

TODAY

7:00 p.m. Everyone's Hero (G)

SATURDAY

2:00 p.m. Everyone's Hero (G)

7:00 p.m. The Marine (PG-13)

SUNDAY

7:00 p.m. Employee Of The Month (PG-13)

WEDNESDAY

7:00 p.m. The Marine (PG-13)

THURSDAY

Sgt. Smith Theater

Schofield Barracks
(624-2585)

Closed: Happy Thanksgiving!

TODAY

7:00 p.m. Open Season (PG)

SATURDAY

2:00 p.m. Open Season (PG)

7:00 p.m. School For Scoundrels (PG-13)

SUNDAY

7:00 p.m. The Guardian (PG-13)

WEDNESDAY

7:00 p.m. School For Scoundrels (PG-13)



The Covenant

This thriller tells the story of the Sons of Ipswich, four young students at the elite Spencer Academy who are bound by their sacred ancestry. As descendants of the original families who settled in Ipswich Colony in the 1600s, the boys have all been born with special powers.

Employee Of The Month

For workers at Super Club, the most coveted honor is the "Employee of the Month" award. Enter Zack Bradley and Vince Downey, two ultra competitive Super Club workers whose 10 years of employment have resulted in drastically different career paths. The duo's longtime rivalry comes to a bitter head when Amy, a beautiful new cashier with a reputation of only dating "Employee of the Month" winners, transfers to the store.



Everyone's Hero

A heartwarming comedy-adventure, telling the story of a young boy's thousand-mile journey to

help Babe Ruth and the New York Yankees win the World Series.



The Guardian

After losing his crew in a fatal crash, rescue swimmer, Ben, is sent to teach at "A" School, an elite training program for Coast Guard rescue swimmers. Wrestling with the loss of his crew members, he throws himself into teaching, turning the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who is driven to be the best.

Little Miss Sunshine

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their Volkswagon bus.



The Marine

John Triton is a heroic Marine who returns home after being discharged-

against his will - from the Iraq War. Stateside, he finds himself back in action, when his wife is kidnapped by a murderous gang led by a merciless criminal named Rome. With everything on the line, the Marine will stop at nothing to carry out his toughest and most important mission.



Open Season

A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters.



School For Scoundrels

Roger enrolls in a top-secret confidence-building class taught by the suave underhanded Dr. P. Aided by his assistant, Leshler, Dr. P uses unorthodox, often dangerous methods, but he guarantees results.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

November

Throughout the month - Extended holiday hours during the month of November for Boutiki, located at Naval Station Pearl Harbor, have been announced. The store will be open from 9 a.m.-1 p.m. Monday, Tuesday, Thursday, Friday and Saturday and 3-7 p.m. on Wednesday. There are many new arrivals for the holiday season including a large assortment of ornaments, table decorations and wreaths. Boutiki carries a unique array of antique furniture, local Hawaiian merchandise, hostess gifts, and home accessories. In operation since 1973, Boutiki is a non-profit resale corporation. Profits are donated annually to military charities and community organizations that support the Oahu military family. FMI: 422-6662

18, 24-25 (also Dec. 1-2) - Army Community Theatre (ACT) will present the musical "Annie" at 7:30 p.m. at Richardson Theatre, Fort Shafter. ACT has been serving the military and civilian community since 1942. Ticket prices are \$12-\$20 and may be ordered by calling the box office from 10 a.m.-2 p.m. at 438-4480 or online at www.squareone.org/ACT.

18 - Mobile Diving and Salvage Unit One (MDSU 1) Strong Man/Woman Competition and Interactive Health and Fitness Fair - Hosted by MDSU 1 at Naval Station Pearl Harbor from 10 a.m.-2 p.m. in front of the Navy Exchange. The competition will include strong man events, such as a truck pull, crown buoy lift, conan wheel, diver's carry and overhead press. Ship and shore commands are invited to compete. Participation is limited to the first 10 five-person teams to enter. Entry fee is \$25 per team. Team trophies will be awarded for first, second and third place. All team members will receive a strong man T-shirt. The health and fitness fair will include Pilates and yoga classes, rock climbing wall, health assessments, and information on alcohol and suicide awareness, and children's fitness programs. FMI: 471-9292, ext. 228 or 310.

18 - Hawai'i CPO Ball Committee will host a car wash from 8 a.m.-2 p.m. at Pearl City Mini-Mart parking lot. Proceeds will benefit the 2007 CPO Ball. FMI: 222-9733.

27 - FBI career seminar - Learn about the requirements for applying to the Federal Bureau of Investigation (FBI) by attending an FBI career seminar from 9-10 a.m. at Pearl Harbor Fleet and Family Support Center, 4827 Bougainville Drive. FMI: 474-1999 or 566-4488.

28 - Naval Station Pearl Harbor will celebrate American Indian and Alaskan Native Heritage Month 2006, "Our People, a Diversity of Culture," from 12:30-2 p.m. at Lockwood Lanai, Lockwood Hall. The event will feature David Beviette and Colita Acts who will perform an educational "pow wow." Native American items will be available for viewing. FMI: 473-5752.

December

4, 6 - Meet Pearl Harbor survivors and hear their true stories at Pearl Harbor Remembrances on Dec. 4 from 8-9:30 a.m. at Sharkey Theater at Naval Station Pearl Harbor and from 2-3 p.m. during a harbor tour which leaves from Merry Point. Another event featuring Pearl Harbor survivors will be a continental breakfast from 7:30-9:30 a.m. on Dec. 6 at Lockwood Hall lanai and Sharkey Theater. The uniform for all events is summer whites. The Pearl Harbor Remembrances are sponsored by the Naval Station Pearl Harbor Chief Petty Officers' Mess.

At a Glance

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process. The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

USO needs volunteers - The USO at Hickam Air Force Base AMC terminal is seeking volunteers. FMI: email adeline.lopes@navy.mil.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

Study shows how to reduce adverse drug events



Richard Gray

TriWest Healthcare Alliance

Doctors and pharmacists must change the way they provide medicines to outpatients to reduce adverse reactions to medications, concluded a three-phase research study conducted by a team of military, university and TriWest Healthcare Alliance physicians, pharmacists and nurses.

The team initiated the study prompted by data that confirmed the Institute of Medicine's announcement in 1997 that error rates were much too high for the well-being of the public. The literature suggested that pharmacy-related errors could be successfully addressed on an outpatient basis.

Taking prescription medicines may cause nearly two million adverse drug events (ADEs) annually and up to 10 percent are life-threatening or fatal, but a significant number can be prevented, said TriWest Medical Director Brian Casull, M.D., who led the Patient Safety-Adverse Drug Event Project, which began in 2001.

"Up to one patient out of every three who are on medication may be at risk for an ADE at any given time," Casull said.

The study concludes that ADEs can be reduced among outpatients with better education and improved commu-

nication and record-keeping between physicians, pharmacists and patients.

"The model predicted cost savings can be achieved by reducing ADEs, which results in less money spent treating ADEs," Dr. Casull said. "For every dollar spent on prescription medicines, \$1.30 is spent to address the impact of ADEs through emergency room and hospital care."

The study recommends that doctors improve their knowledge of drugs and clarify illegible and incomplete prescriptions before administering a drug, and that patient prescription information should be more readily available to doctors.

Those at higher risk to suffer an ADE are:

- Patients who take five or more medications.
- Patients who take 12 or more doses per day.
- Patients whose medication regimen has changed four or more times in a year.
- Patients who have more than three chronic diseases.
- Patients who have a history of not complying with prescription instructions.
- Patients who take drugs that require therapeutic monitoring.

ADE factors

- Age and sex (older and female).
- The number of pharmacies used in filling prescriptions.
- The number of health care providers prescribing medications.
- Beers List Drugs (medications that have high risk of causing adverse drug events in women and the elderly).

Dr. Casull said the study recommends "safe practices" for using medications, including:

- Keep a current list of prescriptions including dosage, frequency, and pharmacy name.
- Ask doctors to clearly

write the medication's purpose on any prescription.

- Keep medicines in their original containers complete with directions.
- Don't chew or break pills unless instructed.
- Don't store medications in the bathroom or in direct sunlight.
- Never take someone else's medication.
- Take a list of over-the-counter products in use and a list of allergies to medicines or food on visits to the doctor.

Casull recommended ask-

ing these questions while at the doctor's office: Is a generic version available? Will the medicine work safely with other drugs and over-the-counter medications? Are there any potential side effects or tests required when taking the medication?

He also advised patients to report any unusual reactions or side effects if switching from brand name to generic drugs. "An ADE can manifest itself in many ways, from a simple rash that clears by itself or an acute life-threatening allergic reaction that

can impact breathing and heart rate," Casull said. "The most common symptoms that require hospitalization are allergic, such as itchy eyes or skin and difficulty breathing, and neurological signs such as passing out or unusual mental status changes. They also can present themselves as a worsening of medical symptoms that a patient already has."

Among those participating in the study were the Offutt and Peterson Air Force Bases, the United States Air Force Academy, and Fort

Carson, an Army post serving as the control group. Others involved with the project were the University of Arizona School of Pharmacy, Express Scripts, and TriWest Healthcare Alliance's Healthcare Services and Quality Improvement departments.

The military's health care program, TRICARE, embraced the study and is interested in conducting a study on a larger scale aimed at reducing ADEs among TRICARE's beneficiaries younger than 65.

Hard work blossoms into award winner



Photo courtesy of Forest City Residential Management

Information Technician 1st Class Christopher Andresen and his family won Yard of the Month honors for September for the Moanalua Terrace community. A Yard of the Month winner is selected each month in each family housing neighborhood.