

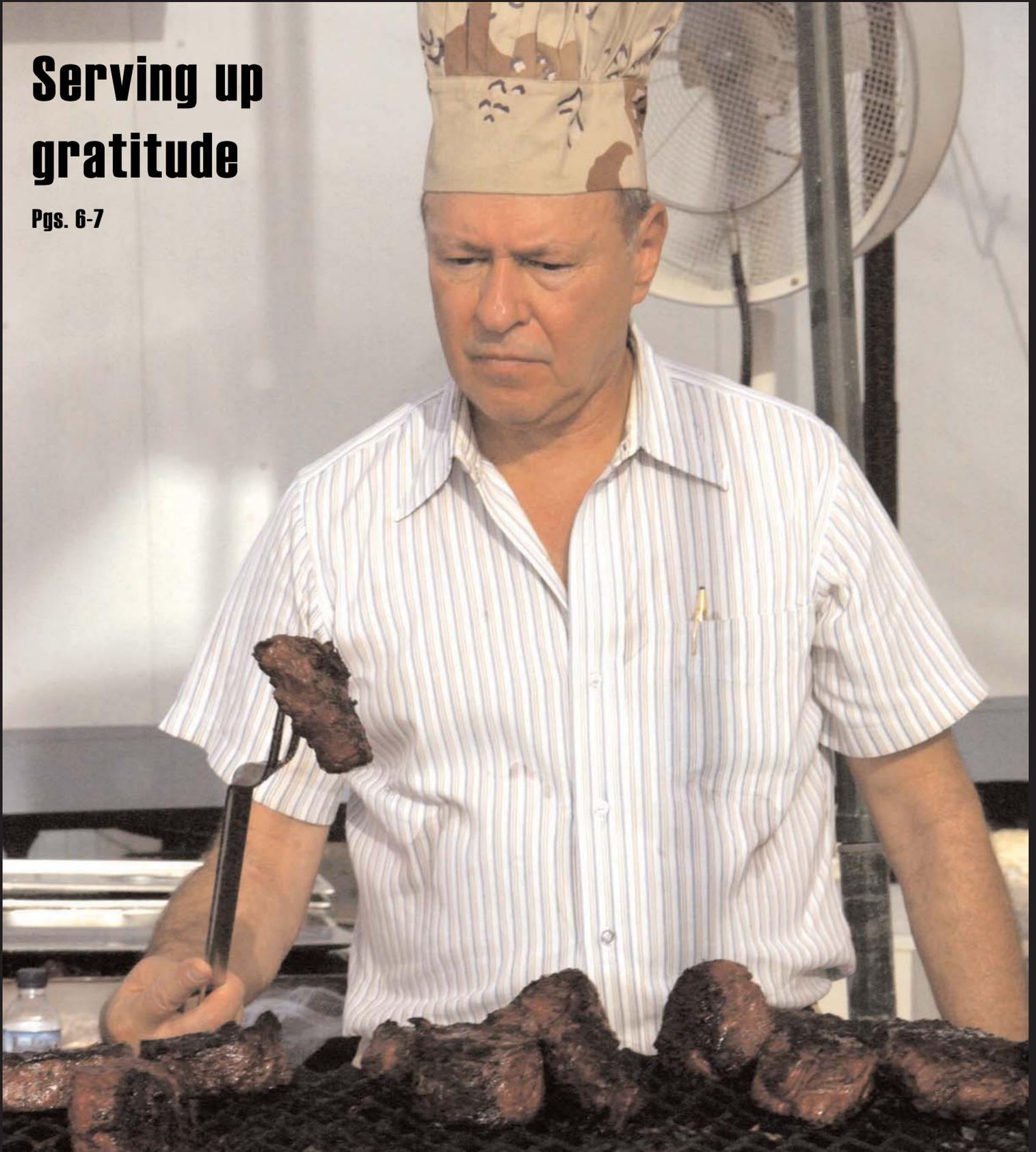
DESERT VOICE

August 3, 2005

Serving the U.S. and Coalition Forces in Kuwait

Serving up gratitude

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DESERT VOICE

Volume 27, Issue 02

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On the cover

Photo by Spc. Robert Adams

Harvey Gough, event host and head cook, checks on one of his 1,110 eight-ounce tenderloin steaks that he grilled for Camp Navistar Soldiers.



Kick your boots off ...

Camp Victory opens new USO tent

Spc. Robert Adams

Assistant Editor

As Soldiers redeploy from Iraq to Kuwait, they will be able to kick back and relax at the new United Service Organization's tent at Camp Victory.

Col. Brick Miller, Area Support Group – Kuwait commander, Lt. Col. Larry Smith, Victory commander, Command Sgt. Maj. Gary Sirois, Victory command sergeant major, and Phillip Harris, USO Kuwait director, cut the ribbon to open the doors to visitors at July 25.

“The USO is a safe, secure area and is part of the reintegration for Soldiers returning home,” Harris said. “An essential part of reintegration is to help build morale for military servicemembers.”

One distinctive facet of the new tent is the outside deck area. It is surrounded by grass, plants and palm trees, making it stand out from any other tent on camp.

“For a lot of these guys, this is the first green they are going to see and be able to touch,” Harris said.

The new tent has one open room with carpeted floor, a Middle-Eastern décor and lining the entire back wall is a 110 square-foot flat mural that reads, “Paradise Sands, USO Kuwait.”

The room is filled with three couch areas, three big-screen televisions with more than 500 movies, an Internet area, DSN phone lines, an XBOX gaming zone with eight televisions, recliner chairs, tables, a board-game area, an Arabic sitting area and a dining area.

“The USO allows Soldiers the opportunity to get away from the regular rigors of the military,” Smith said. “When you walk in, you find yourself at such a comfort level that you don't want to leave.”

There is also a shoe room where every person who enters must take off their shoes.

This is to sustain cleanliness, but Harris said it is also so Soldiers can put their feet up on the furniture and relax.

The USO also has an outside stage and big screen for large shows, concerts, events and sponsorships.

Last year, Soldiers got the chance to watch the Superbowl and the Daytona 500 on the big screen, Harris said. The way it's set up now, about 15,000 Soldiers can view these events.

Thanks to the help of volunteers and con-



Photos by Spc. Robert Adams

Two Soldiers lay back in recliners and watch cartoons at the new USO tent which opened July 25 after a ribbon-cutting ceremony at Camp Victory.

tracting companies, the space inside the tent grew from a 1,500 square-foot tent into a 5,100 square-foot tent and was finished within three weeks.

Of the many volunteers who helped get the USO on its feet, Harris said, Army Sgt. Lezlie Ornelas and three Marines – Lance Cpl. Wendell Carlisle, Cpl. Tippet Holcombe and Cpl. Jason Goodsell – deserve recognition for their efforts.

They helped build the outdoor deck area, the indoor partitions, some seating and the back wall.

“It's nice to put something together that everyone can enjoy,” Goodsell said.

“Not only did they put in a lot of hours of labor, but it saved the USO an estimated \$17,500, which was put back into the program,” Harris said. “I couldn't have done this without them.”

The USO is a non-profit organization. Its mission is “to provide morale, welfare and recreation-type services to uniformed military personnel,” according to www.uso.org.

The Web site further stated that the original intent of Congress, and the enduring style of USO delivery, was to represent the American people by extending a touch of home to the military.

“The reason that the USO came to Camp Victory is to support redeployment operations,” Harris said. “Gail Camillo, USO Europe regional director, got us started and is responsible for what we have here today.”

The USO in Kuwait has been operational for 19 months. It has served more than



The entrance of the USO tent has a gazebo, fountain, plants, palm trees and grass.

176,000 servicemembers and has had 237 military personnel volunteers, accumulating 6,804 work hours at the previous tent. The USO also handed out approximately 7,500 phone cards to servicemembers during this timeframe.

For 19 months, the USO tent has been busting at the seams and has been so crowded at times that long lines of people were waiting outside to get in, Harris said. “Military personnel would come in and sleep, play games and stay until the end of the night, and most would leave saying, ‘Thank you. For a few hours I forgot I was in the desert.’”

A tale of

2ID ends first deployment since Korean War

Spc. Michael R. Noggle
11th PAD

Soldiers of the 2nd Brigade Combat Team, 2nd Infantry Division are on their way home this week after completing the brigade's first deployment since the Korean War.

The unit, which called the Republic of Korea its home for the last 50 years, will be relocated to Fort Carson, Colo., after a deployment in Iraq.

"The day I showed up to Korea ... we found out we were going to Iraq," said Pfc. Daniel Houedek, Company C, 44th Engineer Battalion.

Some of the Soldiers like Houedek had just arrived in Korea, while others, such as Spc. Elliot Bottom, track vehicle mechanic, thought they had finished their tour in Korea.

"I spent 13 months in Korea, and then had to spend a year (in Iraq). I never dreamed of deploying from Korea," Bottom said.

On the other hand, Spc. Tyler Bahrs, 1st Battalion, 506th Infantry Regiment, said he always felt it was possible to deploy from Korea.

"It's our duty as American Soldiers to serve our nation and go help out our buddies already deployed," Bahrs said. "We went over there and did our jobs."

The combat brigade made up of infantrymen, M2 Bradley Fighting Vehicles, mechanics and engineers worked together to complete the mission, Bahrs said. Each had a vital role in the mission's objectives.

The unit's mission was to search and secure the enemies fire power, said Capt. Stephen Kreh, Co. C, 44th Eng. Bn. commander.

"That would allow the infantry units to conduct their missions," he said.

Houedek said the unit did a lot of cache sweeps, mostly through the countryside and in houses, trying to push out the insurgents. They usually found some buried caches, mortar rounds or booby traps. Once the location of a potential improvised explosive device was identified, whoever was on the search

team would call for explosive ordnance disposal.

"We had a very high success rate throughout the year," Houedek said. "In the warmer months we were able to find more, for some reason."

While they were very successful at their job, the engineers had to adjust their actions numerous times due to the changing threats.

"We were trained to do the combat-engineer mission, but we weren't trained on what we had to do here," Kreh said. "However, we picked up on it very quickly and were able to carry out the mission."

Kreh said the battlefield isn't like it was six months ago. At first the unit had to conduct cache sweeps, and they

were very successful. But the enemy became smarter and IEDs and mines became prevalent.

Once the field had been cleared, the Soldiers and Bradleys would conduct their sweeps in factories, buildings and homes.

"We would secure the main support route that ran from Fallujah to Ramadi," said Pfc. David Odom, 1st Bn., 506th Inf. "After the all-clear was given, we would conduct our raids in the area."

"Our objective was to stabilize the area we were assigned and try to make the country better for the Iraqi people," Bahrs said. "At first they were scared that we were there, but once we kept going to the same area, they started to realize that we are there to help them, and they really liked us there."

While the unit built a positive image with the Iraqi people, the Soldiers were eager to get home to their families.

"This will be the first time I get to see my newborn daughter," Bottom said. "It's just good to see everyone get home and start over."

"I've always believed in the American Soldier; the reason why we are so good is we can adapt to the environment," Kreh said. "We were able to change our tactics, keep up with what (insurgents) were doing, ... keep them off-balance, then get everyone home safe."



Spc. Timothy Williams

A Marine from the 1st Marine Expeditionary Force, begins to count caches and mortar rounds that Co. C, 44th Eng. Bn. recovered in Iraq.

two Soldiers



Spc. Michael R. Noggle

Spc. Ke Vaughn W. Walston, HHD, 142nd CSB, convoy live-fire lead gunner at Udari Range, is a member of the unit which is the most-deployed corps support battalion in the Army, went through classes on rules of engagement and reacting to IEDs.

Most-deployed corps support battalion ready to deliver again

Spc. Michael R. Noggle
11th PAD

History shows that when combat units need supplies, the Army calls for the 142nd Corps Support Battalion.

The battalion is sending a support unit for the third time since Operation Iraqi Freedom kicked off.

They have supported the Global War on Terrorism over and over again, said Lt. Col. Ronald L. Green, 142nd CSB commander. "I am sure we will be here again when required."

The 142nd CSB has encountered many deployments since its activation.

The battalion was activated in January 1944 as a quartermaster battalion at Camp Butner, N.C.

Since then, it has been stationed, deployed or assigned to units in South Korea, Germany, Afghanistan, Kuwait and Iraq.

The battalion is currently based at Fort Polk, La.

"Out of the 10 units we are assigned, we have four units that are deployed," said Command Sgt. Maj. Edward L. Johnson, 142nd CSB command sergeant major. "Two will be deployed next month and three will

be assisting in the rear detachment (Fort Polk)."

With so many detachments in the battalion, each one has its own mission, Johnson said. Together, they have deployed more times in the last four years than any other corps support battalion in the Army.

The battalion consists of a headquarters and headquarters detachment, public affairs detachment, finance detachment and personnel services detachment. It also has transportation, maintenance and two quartermaster companies; all of which have never deployed together as one-whole battalion.

The HHD's, new mission will be supplying units within its area of operation.

"We will be on an area support mission for over 2,700 miles of Iraq," Green said. "We will be running supplies and (will) provide force protection."

According to Maj. Don Maccuish, 142nd CSB executive officer, the unit will be supporting a medical unit.

"We have a large mission to move trucks ... into theater which will be a security mission for us," Maccuish said. "It's routine ... but it will be our largest mission while we are out there. They require security, and that's what we will do."

Soldiers within the battalion also have a history of deploying.

"Everyone has gone through this," Green said. "Many of the elements are second-tour individuals with experience from the past. They've also been able to collect up all the tactics, techniques and procedures with this insurgency that seems to change almost on a daily basis."

"The first time I deployed, I was with the 18th Personnel Services Battalion detachment and attached to the 2nd Armored Cavalry Regiment previously assigned to Fort Polk," said Spc. Mark Powell, HHD, 142nd CSB administrator. "Some of the other Soldiers in this battalion were on that deployment as well, so we have the experience."

The 142nd CSB and its Soldiers have a proud history, Green said.

There hasn't been a mission yet that the unit was incapable of completing and this one is no different, he said.

"We have absolute confidence in ourselves and the battalion we are assigned to and supporting," Green said.

He added, "If we show that we can supply the units and take care of our Soldiers, then we have met the requirements in our mission."



Well

Steak dinner beefs up

Spc. Robert Adams
Assistant Editor

The sounds of juices hitting the fire attracted a large crowd of meat eaters during Camp Navistar's Field Day "Steak Mission" festivities Friday.

Head cook and event host, Harvey Gough, and his seven-man crew donated and grilled 1,110 8-ounce steak tenderloins for the Soldiers of the camp.

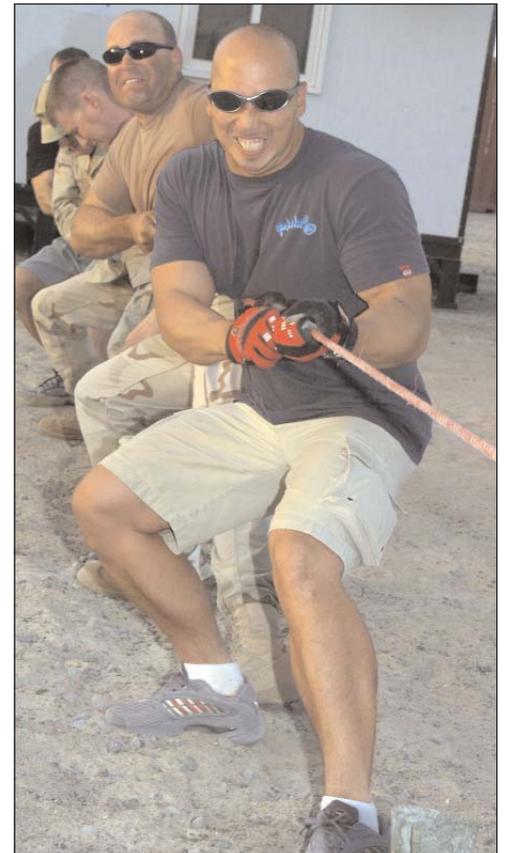
Coming from Dallas, Texas, Gough and his friends like the adventure of traveling to different countries to meet Soldiers.

"I enjoy taking care of Soldiers in ugly, remote places that the civilian population doesn't know about," Gough said.

Soldiers were shaking hands right and left with the crew thanking them for being there.

"It's a real honor to have this," said Sgt. Leo Paradis, Company A, 172nd Military Police Battalion, Task Force Green Mountain. "It's a reward for our hard work and I appreciate it."

The "Steak Mission" crew agreed that they



Photos by Spc. Robert Adams

(Above) Martin Foust, "Steak Mission" cook, flips an 8-ounce steak tenderloin outside the Camp Navistar dining facility Friday. Harvey Gough and his seven-man team donated and cooked 1,110 steaks for Soldiers at the camp thanking them for their service.

(Right) Soldiers of Battery B, 1st Battalion, 178th Field Artillery, pull the opposing team across the line in the tug of war event during post-dinner activities.

done

Soldiers at Navistar

got what they came for as well.

"I came here to bring a little home to them and let everyone know that there are people back home that care," said Tony Booth, crew member.

"I feel 10 feet tall," added Jon Henderson, who handed out National Football League Dallas Cowboy T-shirts, jerseys and hats to Soldiers. "It makes me proud to be an American."

This isn't the first time this crew has set up a steak dinner for Soldiers overseas, nor will it be their last.

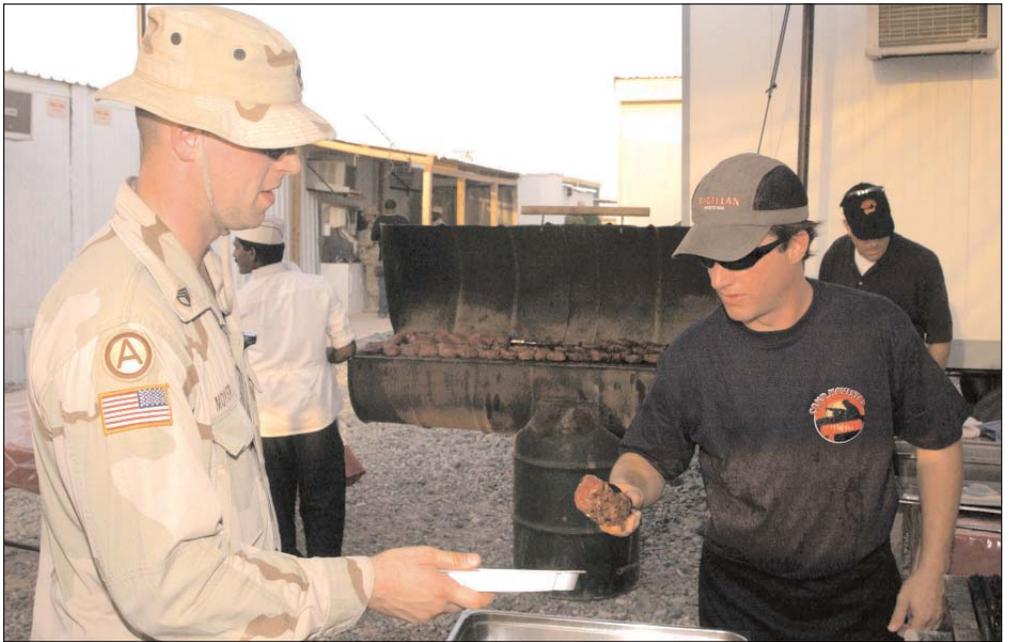
"Sometime around November, we are planning to have a bigger dinner in Jabuti, Africa," Gouge said.

Their first trip took them to a remote military camp in Uzbekistan in December 2002, where they cooked about 2,000 steaks for Soldiers.

"It's an overwhelming thought of pride from a great American patriot," said Maj. Thomas Palermo, Navistar commander. "He takes time out of his life to do something special for Soldiers who are deployed."

After eating, Soldiers participated in different field-day events that the Navistar Morale, Welfare and Recreation had set up.

The tug of war event was the highlight of the evening which had five-man teams pulling against each other. There was also



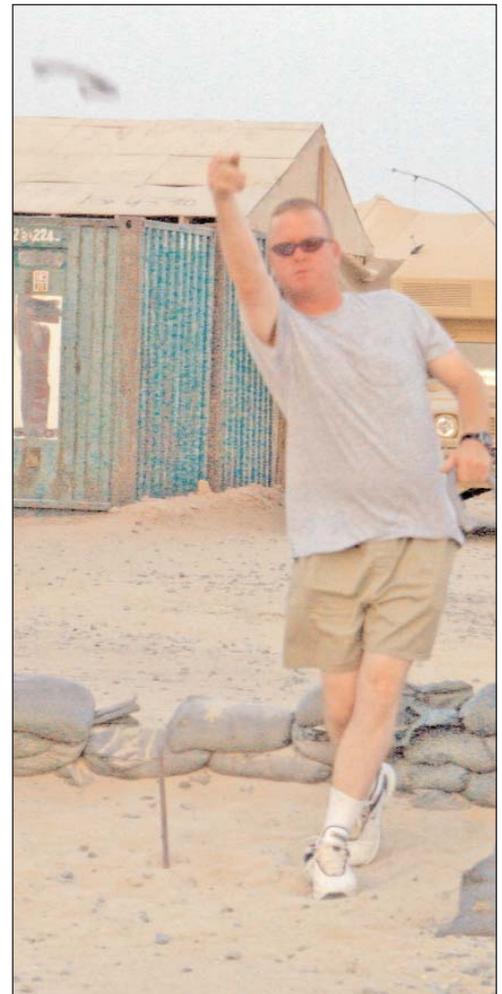
Staff Sgt. Charles Moyer, Co. A, 172nd MP Bn., receives his request for a rare steak right off the grill from "Steak Mission" crew member Chris Bartholow.

horseshoes and volleyball matches set up and earlier in the morning there was a three-kilometer run on Navistar.

One of the horseshoe participants, Sgt. Kenneth Breuton, Battery B, 1st Battalion, 178th Field Artillery, said that he and his friends used to get together and play horseshoes all the time back home.

Every Soldier who participated in an event received an event T-shirt as a memento, said Sgt. 1st Class George Patenaude, Navistar MWR director.

He added, "These events bring Soldiers together and create camaraderie."



Sgt. Wayne Morgan, Company C, 172nd MP Bn., TF Green Mountain, throws a horseshoe in hopes of a ringer around the stake.



Jon Henderson, Dallas Cowboy tour guide and "Steak Mission" crew member hands a Cowboy's jersey to Pfc. Brandon Brown, Battery A, 1st Bn., 178th FA.

Polish begin exchange of troops

Spc. Janine Coogler

11th PAD

With smiles on their faces, Polish soldiers dressed in desert battle gear climbed down the stairs of the aircraft. The six-hour flight was not a deterrent for these troops; they were ready to fight for the stabilization mission in Iraq.

Fighting side-by-side with American Soldiers, the Polish contingent makes its mark as the fourth-largest coalition partner. Currently on their fourth rotation, the Polish troops began an exchange of more than 500 troops July 26 at the Aerial Port of Debarkation.

“We will have soldiers headed into Iraq and going home until the beginning of August,” said Polish Lt. Col. Wilktar Barqykowski, support group officer.

The Polish Support Group, in charge of deploying and redeploying soldiers, is divided into two groups. One group supports deploying troops and the other supports redeploying troops.

The support group spent a lot of time planning the operations for the rotation, Barqykowski said. Not only did the troops have to be transported to Camp Virginia, they had to plan for a convoy to and from Iraq.

The deployment operations side of the house coordinated with the command cell at Virginia to ensure the fourth rotation had tents for an overnight stay in Kuwait, said Polish Lt. Col. Maciej Siudak, logistics officer in charge of deployment operations for troops transiting through Kuwait.

The group also coordinated with Multinational Division Central-South in Iraq – where the troops will be stationed – to ensure the troops would have housing and anything else they needed.

Shortly after arriving at the APOD, the Polish soldiers quickly unloaded the plane and headed to the rest area. There, they were able to relax before heading to Virginia where they would be staying overnight before convoying to Iraq, said Maj. David Hodge, Task Force Gator country officer.

The Polish soldiers will assist the post-war reconstruction of Iraq with missions that consist of training Iraq forces and humanitarian efforts, Hodge said.

According to www.dod.gov, the Polish division has helped provide security and stabilization for a southern portion of Iraq. They have played an important role in training and equipping Iraq’s security forces.



Photos by Spc. Janine Coogler

A Polish soldier unloads the airplane in preparation of their convoy to Camp Virginia by way of Iraq. There will be more than 500 troops rotating in and out of Iraq.



Polish soldiers begin departing an aircraft at the APOD. They will help provide security and stabilization for southern Iraq.

Loading on four tour buses, the Polish troops began their journey. One that would take them into sectors of danger and fighting side-by-side with many Coalition partners. These Polish soldiers are a part of an international force that will help build a free and democratic Iraq.

Poland at a glance

- The population of Poland is 39 million
- The highest point in Poland is Rysy in the Tatra Mountains (2,499m)
- The coldest part of Poland is in the north-east and the warmest is in the south-west
- The most popular name for a dog in Poland is Burek (meaning a brownish-grey color)
- Poland’s capitals have been Gniezno, Poznan, Krakow and Warsaw. Lublin has twice served as Poland’s temporary capital, after both the First and Second World Wars.
- Geographically, Poland is not in the Eastern Europe. It is in the very center of Europe
- The national symbol of Poland is the white-tailed eagle
- Ninety-five percent of Polish people are Roman Catholic
- Poland joined NATO in 1999 and the European Union in 2004
- Tea and vodka are the preferred beverages in Poland

These facts are off of www.lcweb2.loc.gov.

Strategic vs. Tactical

160th Sig. Bde. provides communications throughout Southwest Asia

Spc. Janine Coogler
11th PAD

For the average person, it's hard to comprehend all the technology involved in communication systems. So the responsibility of understanding and building communication systems for the military in Southwest Asia has been left up to the 160th Signal Brigade.

It handles everything from controlling satellites to connecting phone lines and powering buildings.

As the strategic signal provider for Southwest Asia, the 160th Sig. Bde. works hard to operate and maintain communications infrastructure throughout the theater, said Capt. Jackie A. Williams, brigade plans officer.

With the use of strategic communications, the brigade will eliminate the need for many tactical systems, said Command Sgt. Maj. Ray D. Lane, brigade sergeant major.

Strategic systems are bigger than the tactical systems and provide faster services for long periods of time, whereas tactical systems are smaller and short-term.

A generator, one example of a tactical system, will power a building for a limited amount of time.

But a power grid, a strategic system, is connected to a power plant and will last for an extended amount of time, he said.

After it was decided that U.S. forces would stay in theater for awhile, Lane said a need arose for more strategic commercialized equipment.

"The brigade was assigned the task to work the tactical systems out of a job," Lane said.

He added, "With that, you need a lot less Soldiers to run the commercial type of equipment and can re-outfit and reconstitute the tactical forces (who maintain the tactical systems)."

"So, (since) the brigade is made up of strategic and tactical forces, we like to call it 'stratical' forces," Lane said.

"Our mission incorporates over 20 different (military occupational specialties)," Williams said.

He, added, "Soldiers can be found pulling 1,000 feet of cable, wiring telephone jacks and controlling satellites, which allows people to communicate (with people) stateside."

In addition, contractors have the job of running main communication nodes, which gives phone services.

The 807th Signal Company, which falls under the 160th Sig. Bde., keeps busy with many missions of pulling cable and running it through the underground tunnels.

In addition, they constructed the floors and wire the systems in the building.



Spc. Janine Coogler

(Left to right) Staff Sgt. Angel Vazquez and Sgt. Ramon Montanez prepare to go down man hole to extend communication cable.

"Sometimes we have to work at night because of the extreme heat," said Staff Sgt. Angel Vazquez, 807th Sig. Co.

If the temperature is 120 degrees outside, then the underground man holes, where the communication cables are spread, can reach about 150 degrees, Vazquez said.

"The job must be done, so we stay down there (in the man holes) until it is finished," he said.

From cable and wire compa-

nies to rotational battalions, several units have helped the 160th Sig. Bde. accomplish its mission, Lane said.

All Soldiers are making significant contributions in support of the Global War on Terrorism, he said.

So the next time you pick up a phone to call home, get on the computer, turn on the lights and plug in your stereo, think of the Soldiers that are making it possible — the 160th Sig. Bde.



Show me the money...

Spc. Debralee P. Crankshaw

Col. Roderick M. Cox, Combined Forces Land Component chief of staff, forward, accepts a check from Renee Acosta (right), president and chief executive officer of Global Impact, the Combined Federal Campaign - Overseas campaign management organization during a ceremony July 24. The money was donated by servicemembers during the CFC in 2004 to improve conditions at Camp Arifjan.



Chuck Sprague

A contractor uses a grinder to prepare the Stryker's structure to receive parts.

Back in business

Battle-damaged Strykers return to combat

Chuck Sprague

AFSB-SWA Public Affairs

CAMP AS SAYLIYAH, Qatar – The Army's Stryker combat vehicles essentially written off as battle losses are now back in Iraq fighting the battle because of the Army's first-ever Stryker repair facility now operating here.

The Stryker forward repair activity, run by General Dynamics Land Systems under direction of the Army Materiel Command's Army Field Support Battalion-Qatar, presented the first two completely refurbished Strykers to Army inspectors in late June and early July.

"Based on the vehicles coming across the assembly line today, they are all pretty much designated to go to future battalions ... the vehicles have to be produced from somewhere," said Mike Manzara, General Dynamics acting site supervisor.

"So these battle-damaged vehicles provide an essential service by maintaining the vehicle requirements in theater," he said.

This isn't a body and repair shop.

Off the assembly line, the vehicles cost more than \$1 million each. Manzara said that repairing the Stryker is a challenge because each vehicle has unique battle damage.

Engineers must first assess structural damage to determine if the vehicle is repairable at all,

or to be used for parts. Then specific parts must be ordered from North America.

During the transit time, damaged parts are removed and the vehicle is prepared to receive whatever is necessary for full mission capability.

"The positive aspect about this program is that you've got 25 vehicles that have been basically written off. The Reports of Survey have been done. It's almost like they don't exist. If we can repair these and get them back in the fight, we're saving the Army lots of money and it helps sustain the Army's operational readiness of the Stryker force," said Lt. Col. Jon Buonerba, AFSB-Qatar commander.

Qatar was chosen for the site because of its close proximity to air and sea ports, a large industrial base near Camp As Sayliyah and state-of-the-art equipment in place with the field support battalion.

Buonerba said he's made the trip north to Mosul and Balad, and seen the damaged vehicles there.

"At night I often reflect on what I did that day and how I contributed to the war effort. I know that we have the facilities and a great work force to make it new again. It's a good feeling to be able to say that we fixed it, got it to 10/20 standard and shipped it north. As long as it saves one Soldier's life, it's worth it," Buonerba said.

Beat the Heat

Remember ...

WATER

Work/Rest cycles

- Know heat category
- Follow guidelines for work/rest cycles

Acclimatization

- Full acclimatization takes two weeks
- Moderation is the key to success

Take in fluids/hydration

- Water is the best method for hydration
- Follow fluid replacement guidelines
- Avoid carbonated beverages and caffeine

Exercise/physical fitness

- Physical fitness greatly improves acclimatization and ability of the body to handle heat stress
- Moderate exercise in the heat will allow the body to adjust

Rest and Recovery

- Adequate rest/sleep to allow the body to recover
- Proper diet to replenish electrolytes and calories
- Allowing the body to cool down (heat stress is cumulative)

Community

happenings for Aug. 3 through Aug. 10

Arifjan

Wednesday

Mad Dogs and Englishmen Soccer Tournament, 7 p.m., Zone 1 Soccer Field
Indoor Volleyball League preseason, Zone 1 Fitness Center
Hip Hop Night, 7 p.m., Zone 1 Community Center

Salsa Night, 7 p.m., Zone 1 Food Court
Country Night, 7 p.m., Zone 6 Stage

Thursday

Mad Dogs and Englishmen Soccer Tournament, 7 p.m., Zone 1 Soccer Field
Indoor Volleyball League preseason, Zone 1 Fitness Center

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

Country Music Night, 7 p.m., Zone 1 Community Center

Mexican Music Night, 7 p.m., Zone 1 Food Court

R&B/Old School Night, 7 p.m., Zone 6 stage

Friday

Mad Dogs and Englishmen Soccer Tournament, 7 p.m., Zone 1 Soccer Field
Indoor Volleyball League preseason, Zone 1 Fitness Center

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

Arifjan Boxing Team, 7:30 p.m., Zone 6 gym
Salsa Music Night, 7 p.m., Zone 1 Community Center

R&B/Old School Night, 7 p.m., Zone 1 Food Court

Hip Hop Night, 7 p.m., Zone 6 stage

Saturday

Mad Dogs and Englishmen Soccer Tournament, 7 p.m., Zone 1 Soccer Field
Indoor Volleyball League preseason, Zone 1 Fitness Center

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

R&B/Old School Night, 7 p.m., Zone 1 Community Center

Mexican Music Night, 7 p.m., Zone 1 Food Court

Country Music Night, 7 p.m., Zone 6 stage

Sunday

Poolside Cinema, 7 p.m., Zone 1 Pool
Mad Dogs and Englishmen Soccer Tournament, coaches meeting, team roster due, 7 p.m., Zone 1 Fitness Center
Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

Mexican Music Night, 7 p.m., Zone 1 Community Center

Monday

USA Express, 7 p.m., Zone 6 stage
Karaoke Night, 7 p.m., Zone 1 Community Center

Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

Arifjan Boxing Team, 7:30 p.m., Zone 6 gym

Tuesday

Bingo Night, 7 p.m., Zone 1 Community Center

Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

Wednesday

Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17

Dead Lift Competition sign-up, Zone 1 Fitness Center, through Aug. 19

For more information call 430-1205/1302

Buehring

Wednesday

Walking Club (5 miles), 5 a.m., command cell flagpole

Aerobics, 5:30 p.m., MWR Tent 1

Thursday

Billiards, 8 ball, 6 p.m., MWR building
Walking Club (5 miles), 5 a.m., command cell flagpole

Tae-Kwon-Do class, 7 p.m., MWR Tent 1

Friday

Walking Club (5 miles), 5 a.m., command cell flagpole

Aerobics, 6 p.m., MWR Tent 1

Saturday

Bazaar, 10 a.m. - 5 p.m., MWR Tent 1

Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

Sunday

Bazaar, 10 a.m. - 5 p.m., MWR Tent 1

Walking Club (10 miles), 4:30 a.m., command cell flagpole

Monday

Walking Club (5 miles), 5 a.m., command cell flagpole

Massage Therapy, 9:30 a.m., PSS Tent 3

Aerobics, 6 p.m., MWR Tent 4

Tuesday

USA Express, 7 p.m., Stage

Walking Club (5 miles), 5 a.m., command cell flagpole

Tae-Kwon-Do class, 7 p.m., MWR Tent 1

Wednesday

Walking Club (5 miles), 5 a.m., command cell flagpole

Aerobics, 5:30 p.m., MWR Tent 1

For more information call 828-1340

Kuwaiti Naval Base

Wednesday

Halo tournament

Thursday

Indoor soccer tournament

Friday

Dancing Night, 9 p.m., Kuwaiti Gym

Wednesday

Summer Fest 5K

For more information call 839-1063

Navistar

Wednesday

Spades tournament practice, 8 a.m. - 10 p.m.

Thursday

Spades tournament practice, 8 a.m. - 10 p.m.

Friday

Spades tournament practice, 8 a.m. - 10 p.m.

Saturday

Spades tournament, 6 - 10 p.m.

Sunday

Spades tournament, 6 - 10 p.m.

For more information call 844-1137

Spearhead/SPOD

For information call 825-1302

Victory

For information call 823-1033

Virginia

Wednesday

Spades tournament, 7 p.m., MWR tent

Thursday

Karaoke Night, 8 p.m., Dusty Room

Friday

Spa Day, 10 a.m. - 8 p.m., Dusty Room

Saturday

Horseshoes, 4 p.m., Horseshoe pits

Sunday

Billiards doubles, 7 p.m., Sports Lounge

Monday

Dominoes tournament, 7 p.m., MWR tent

Tuesday

Bingo, 7 p.m., Dusty Room

Wednesday

Bench and pull up, 4 p.m., Gym

For more information call 832-1045

**Weight
it out**

