

JUNE 22, 2005

DESERT VOICE



Tall tales

Page 6

CONTENTS

DESERT VOICE

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45



Page 3 Transformation talk

The Army's top enlisted Soldier outlines the future plans for the branch's transformation to a more deployable force.

Page 4 Happy 230th, Army

The Army has another great year. Find out how folks at various Army camps in Kuwait marked the occasion. The global war on terrorism never tasted so good.

Page 5 We're outta here

Instead of using a post-surge lull in its mission requirements as an excuse to hole up in the MWR tent, this group of Sailors decided to redeploy.

Pages 6&7 A tall tale

Some of the "biggest" stars in the world paid a visit to Kuwait last week, bringing with them a message of thanks and support.

Page 8 Does it hurt when I do this?

By integrating health screenings into the demobilization process, officials hope to stop health problems before they start.

Page 9 Hydrate, Soldiers

Staying fit while staying safe can be tough in Kuwait, which is among the hottest places on Earth. Drinking water is important, but dehydration isn't the only obstacle you'll have to overcome. Plus, Polish troops prepare for their next Iraq rotation.

Page 10 PX, Behooverly

The PX has plenty of great items. Still, some of their offerings can leave you scratching your head. The Behooverly brass have a plan to keep Soldiers hydrated.

Page 11 Community

Servicemembers and Soldiers in slacks ages 18 to 88: come join the fun.

Back page Soldier submissions

A poem by By Staff Sgt. Wanda Carrasquillo of the 81st Regional Support Command and a new "Nature Calls" comic.



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On the Cover

Original American Idol Kelly Clarkson, with a group of NBA legends in tow, visited Kuwait June 12 to meet with troops and sing the national anthem.

Photo illustration by Sgt. Matt Millham

A different kind of Army

The Army's top enlisted Soldier talks transformation

Story by Sgt. Sara Wood

American Forces Press Service

In addition to making the Army a more sleek, deployable force, transformation will add predictability and stability to the lives of Soldiers and their families, the Army's top noncommissioned officer said in an interview with the Pentagon Channel.

The Army has three primary initiatives in the transformation process, all of which aim to increase the number of deployable units and take pressure off Soldiers and family members who have had to deal with back-to-back deployments, Sgt. Maj. of the Army Kenneth O. Preston said in the June 9 interview.

"We can talk about being more expeditionary — being able to get to the fight quicker; we can talk about being more relevant and ready as a force; we can talk about being modular; but a lot of that doesn't mean a lot to the private first class, the specialist, the sergeant, the spouse of a staff sergeant," Preston said. "What transformation's going to do for them is give them predictability and stability."

The first initiative the Army is working on is restructuring divisions by adding brigade combat teams, Preston said. There were 33 BCTs at the start of 2004, and the goal is to have 43 by the end of 2006, he said. Last year, brigades were added to the 101st Airborne Division (Air Assault) at Fort Campbell, Ky.; the 10th Mountain Division at Fort Drum, N.Y.; and the 3rd Infantry Division at Fort Stewart, Ga. Three more BCTs will be added in 2005 and four in 2006, Preston said.

The second transformation initiative is increasing the number of low-density, high-demand career fields, such as military police and psychological operations, which traditionally have fewer Soldiers than other units and are needed more often for deployments, Preston said. In the next two to three years, 100,000 to 115,000 Soldiers in the active Army, National Guard and Army Reserve will be taken out of high-density, low-demand units and put into the high-demand units, he said. The intent of this initiative is to rebalance the force and reduce the number of deployments for Soldiers in high-demand units.

The third initiative is to increase the active-duty force by 30,000 Soldiers,

Preston said. Within the last year, the Army has gained the authority to increase its force, and that will be done through recruiting and retention efforts.

"Our goal is to get there as quick as we can," Preston said.

Soldiers in the BCTs and their families will have even more stability in their lives through the "life-cycle management system," Preston said. As new brigades are formed, they will be put into a system that will keep them together for three years. All the Soldiers will stay in that unit for the full three-year cycle and will be encouraged to stay for another cycle after that, Preston said.

"The goal is to have Soldiers spend five to seven years in one place," he said. "But the possibilities are there for even more time."

The new life-cycle system will allow military spouses to be more stabilized in their careers and will give military children the opportunity to be competitive for college scholarships, Preston said. Also, the goal is to keep units that have been deployed for one year at their home station for two years before deploying again, he said.

Improving quality of life while getting the mission done is what transformation is all about, Preston said, and the high retention rates the Army has been enjoying are proof of good morale and strong leadership. Going into its second deployment to Iraq, the 3rd Infantry Division had a 200 percent retention rate, and National Guard retention is higher than it's ever been, Preston said.

This success can be attributed to a few different things, such as command climate and Soldiers' belief in the mission in Iraq, he said.

"It's a real-world mission," he said. Preston also discussed the new Army combat uniform, which he was sporting for the interview. Stryker Brigade Soldiers wore the new uniform throughout the fielding and testing of the Stryker vehicle at Fort Lewis, Wash., and during the brigade's yearlong deployment to Iraq. The feedback received from these Soldiers helped drive the evolution of the uniform and has reinforced the value of it, Preston said.

"Everybody likes it," he said. "It adds to the effectiveness of the Soldier and what



Sgt. Maj. of the Army Kenneth O. Preston

they're able to do out there on the ground."

The new uniform was designed by Soldiers for Soldiers, Preston said, and is geared toward combat operations. The uniform was designed to be worn under body armor, and the camouflage pattern works on all types of terrain, especially in urban environments, he said. The Velcro patches and name tags were inspired by Special Forces and reconnaissance teams, whose mission requires Soldiers to remove identifying features from their uniforms, but the design has a much more practical benefit for all Soldiers, Preston said.

"When a Soldier goes home at night, he can take the patches and name tags off his uniform and put them on a clean uniform," he said. "And now all the money that they would've spent sewing all that stuff on their uniform goes back into their wallet."

Another money-saving feature of the ACU is the wrinkle-free treatment on the material, Preston said. This eliminates the need for Soldiers to send their uniforms to the dry cleaners, which ultimately saves them money.

The Army's new uniform is just another piece of the overall transformation the Army is making to better accomplish its mission in the changing landscape. Preston said he is more proud than ever to be wearing the uniform of the armed forces and he wants Soldiers to be proud of the job they do.

"All the Soldiers, I always talk to them about being our nation's next greatest generation, and they really are," he said. "They're doing a magnificent job out there in the global war on terror and they represent Americans very well every day. They make us proud every day."

"The goal is to have Soldiers spend five to seven years in one place."

— Sgt. Maj. of the Army Kenneth O. Preston

Happy birthday Army:

A sampling of the Army birthday spirit from across Kuwait



Photo by Master Sgt. Hak Haskins



Photo by Spc. Aimee Felix



Photo by Spc. Aimee Felix



Photo courtesy of 1st Lt. Matt Baldwin

1. 1-263rd Air Defense Artillery members Master Sgt. Harry Humphrey, 58, and Spc. Seth Hungville, 21, shared the cake-cutting honors during the Army's 230th birthday celebration June 14 at the Camp Arifjan Zone 6 Dining Facility. **2. Right:** Pfc. Rebecca Van Fossan of the 7th Transportation Group cuts into a cake she decorated for an Army birthday cake decorating contest June 14 at Camp Arifjan. Participants decorated cakes bought from a local baker using frosting made from scratch. **3.** From left: Pvt. Domonique Hall, Col. Brick T. Miller and Patrick Smith slice into cake at the Camp Arifjan Zone 1 DFAC. Miller, the Area Support Group-Kuwait commander, insisted Smith, a contractor, join in the cake cutting to recognize the work civilians do in support of the war on terror. **4.** From left: 595th Transportation Group 1st Sgt. Richard Hardware, 143rd Transportation Command Commander Brig. Gen. William Johnson and 63rd Signal Battalion's Pfc. Anish George cut a cake June 15 at the Kuwait Naval Base DFAC. **5.** Command Sgt. Maj. Mark Massaglia introduces Chief Warrant Officer Gene Walker and Spc. Amber Dawn Storey as the oldest and youngest Soldiers at the Camp Buehring dining facility June 15. The pair are the oldest and youngest troops in the 317th Quartermaster Battalion, which runs the Buehring command cell.



Photo by Chief Petty Officer James vanderDonck

Sailor search crew sets sail

With OIF 3 troop rotations complete, customs inspectors can head home

Story and photo by Spc. Brian Trapp

For troops in Kuwait, the mission swells with the periodic surges of tens of thousands of troops moving in and out of theater. When the surge is over, the work pace dwindles. Consequently, some units directly related to the influx are left without much to do.

This is the case for Sailors with Naval Expeditionary Logistics Support Force — Forward Oscar, known to most as the customs inspectors.

When the inspectors' mission went from a seemingly endless amount of work to a lull, they did what any major corporation would do: sent people packing.

The lay-offs don't carry the same negative stigma they do in the civilian world, though. This cutback in the force was a ticket home for 149 Sailors last week.

The Sailors departed Camp Arifjan for Norfolk, Va., June 14, nearly two-and-a-half months ahead of schedule. Before leaving, the Sailors collected e-mail addresses and took photos with their comrades and coworkers who will be staying in theater to finish off the remainder of the mission.

"We knew after the surge the work would drop off, and we looked at the forecast for the work in the summer and realized very quickly we were going to be over-manned," said Lt. Cmdr. Dan O'Dea, executive officer for NAVELSF- Forward Oscar.

Because of their customs-specific mission the Sailors don't really have the opportunity to be cross-leveled into other missions, O'Dea said.

About a month ago, the battalion polled



Customs Inspectors with Naval Expeditionary Logistics Support Force — Forward Oscar load a shipping container June 14, in preparation for their redeployment. Because of their surge-related mission, some Sailors got to return home nearly two-and-a-half months early.

people to see who would volunteer to return home. Not surprisingly, many Sailors offered to go home early, but some also volunteered to stay on with the next rotation.

"It's bittersweet right now," said Petty Officer 2nd Class Gregory D. Smith, a personnel customs inspector with Forward Oscar, who is staying for the entire deployment. "I'm happy for [the redeploying Sailors], but sad to see them leave because we had great times together. Since the work load is down, it's the right thing to do by downsizing the force."

When the battalion arrived in Kuwait with about 450 Sailors five months ago, they didn't expect to be redeploying anyone home early, O'Dea said. The possibility of other units following the battalion's downsizing strategy doesn't seem that unreasonable, he said. "As the tempo changes, I think more people will push in that direction. There's a lot of difference between war and sustainment."

Once battalion leaders made the decision to redeploy the troops, it took about two weeks to get approval from the chain of command.

"When we finally did get the news, there were a lot of smiles," O'Dea said.

One of those smiling Sailors was Petty Officer 2nd Class Alex Ponce, a Forward Oscar customs inspector from Los Angeles. Ponce was called up from the Individual

Ready Reserve two months after leaving active duty. The call forced him to put his educational plans on hold. When he heard of the chance to redeploy, "I was one of the first ones on the list," he said. "The first thing that went through my head is 'I'm going back to school,'" Ponce said.

"I wanted to come and complete the mission, but I got a family to go home to," said Petty Officer 2nd Class Horace Rodney, a vehicle inspector with customs who is headed back to New York City to plan his wedding.

The Sailors heading home "should rightfully be proud. They're doing the nation's business and ready to wrap up," O'Dea said. "They've served honorably."

The Sailors still in theater working the mission weren't left scrambling by the scaled-down version of the unit. The battalion kept "enough of a buffer so we wouldn't be stressing out the folks left behind," O'Dea said.

"I think the rest of the time will go by pretty quickly," O'Dea said. "The first six months flew by, and the [remainder of time] will go pretty fast. We'll also work out all the redeployment kinks and people here will be able to look forward to going home."

Forward Oscar Sailors arrived in Kuwait in late January. The rest of the unit is scheduled to leave country sometime in September.

Patton's Own Peachtree Road Race

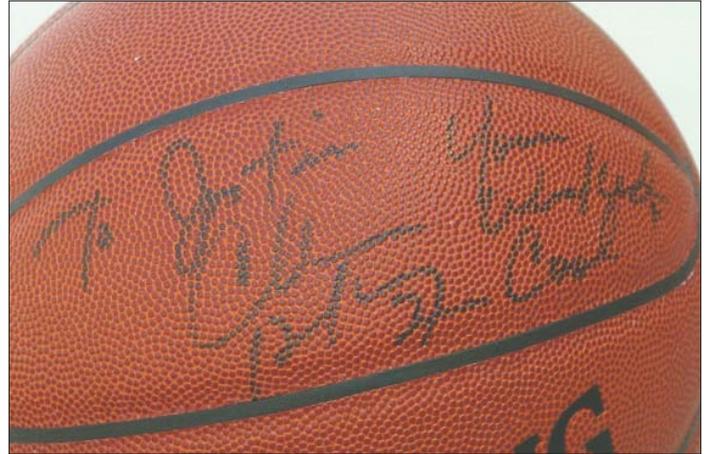
Participate in the largest 10K road race in the world. The contest starts at 5 a.m. July 4 at Camp Arifjan and will be held in conjunction with the Peachtree Road Race in Atlanta. In order to compete, fill out a registration form at the Zone 1 Fitness Center by 5 p.m. June 30.



Salute from the stars

Usually it's the fans who shower celebrities with admiration. During a recent visit to Kuwait by a troupe of VIPs, the feeling was mutual.

Photos by Spc. Aimee Felix



Left: Standing at 7 feet 2 inches, five-time NBA All-Star Artis Gilmore towers over 5 feet 1 inch Staff Sgt. Kelliann Davitt June 12 outside Camp Arifjan's Zone 6 community center. The visit was one of several Gilmore and four other NBA legends paid to troops in Kuwait. Top right: "To Justin, you're wicked cool," Barkley wrote on a basketball when he learned it was for a Soldier's friend in New Hampshire. Above: Barkley signs a basketball June 11 at the Coalition Operations and Intelligence Center during a visit to Camp Arifjan with former NFL star Roy Green. Barkley and Green visited other camps in Kuwait throughout the rest of the week.



Left: Kelly Clarkson and a group of NBA legends cheer after the end of her performance of the National Anthem. The song was recorded and played before Game 2 of the NBA finals. Center left: Clarkson, Spencer Haywood, Gall Goodrich, Danny Roundfield and Gilmore laugh it up in the Zone 6 gym. Gilmore is holding the Larry O'Brien Trophy, awarded each year to the NBA champs. Below: Clarkson sings the National Anthem against a backdrop of saluting Soldiers. Bottom left: Troops cheer for Clarkson as she walks onto the Zone 6 stage. Bottom right: Barkley signs Spc. Irina Podprugin's basketball June 11 at Camp Arifjan's Zone 1 gym.



One last thing before you go

By integrating health screenings into the demobilization process, military officials hope to stop deployment-related health problems before they start

Story by Sgt. Matt Millham

In order to avoid a return of the mysterious Gulf War Syndrome, the Pentagon began mandatory demobilization screening and blood sampling in 2002 for all servicemembers returning from overseas operations.

As in Iraq and Afghanistan, every servicemember redeploying from Kuwait has to fill out a Post-deployment Health Assessment, also known as DD Form 2796, and go through a face-to-face health assessment by a trained healthcare provider.

The purpose of the process, according to the Pentagon, is to gather information that could be critical to diagnosing any health problems related to Operations Iraqi and Enduring Freedom.

Dr. William Winkenwerder, Assistant Secretary of Defense for Health Affairs, said the military doesn't want the poor tracking that hindered the investigation into Gulf War Syndrome to be repeated.

According to a Jan. 26 article in the trade publication *Military Medical Technology*, "The types of data collected during the PDHA process could have proved invaluable in researching Gulf War Syndrome ... Being able to mine the health data of the Soldiers from [the 1991 war], the Army may have been able to not only explain the syndrome, but also adjust the Soldiers' exposure to the leading causes."

To aid in gathering information about servicemembers' health in the current conflict, the Pentagon fielded Pocket PCs with an electronic version of the PDHA. The system expedites the process of collecting medical data about troops and improves the quality of the data gathered, said Capt. Melinda Lampert, a physician assistant who works in the Coalition Forces Land Component Command Surgeons Office.

In Kuwait, three mobile teams perform the screenings using the Pocket PC technology. Since the beginning of the year, the teams have screened more than 15,000 redeploying troops.

The information gathered here is digitally transferred to the Army Medical Surveillance Activity database for analysis. Before the Pocket PC technology came along, boxes of paper forms had to be mailed back to AMSA, where workers would have to manually enter data from the forms into a database.

Since fielding the Pocket PCs in Kuwait in 2003, AMSA hasn't reported back with

any indication of trends in illness associated with deployment to Kuwait.

In addition to the electronic form that servicemembers fill out on the Pocket PC, the PDHA teams conduct six-question interviews with all personnel to further document redeploying troops' health and health concerns.

Capt. Darren Guillaume, a physician assistant who works on the PDHA team at Camp Arifjan with the 62nd Medical Brigade, said that troops redeploying from Camp Doha and the Seaport of Debarkation have brought up concerns over possible exposure to harmful pollutants coming from Doha's smokestacks and Shuaiba Port's industrial plants.

"About 80 percent of people complaining about the smokestacks at Doha are smokers," Guillaume said.

"The biggest trend is at the SPOD. I'd say about 90 percent of people there are concerned about toxins," he said.

During the PDHA, every servicemember who has been stationed at the SPOD receives a four-page document that outlines, in general terms, their exposure to potential toxins. The document, two pages of which become part of a servicemember's medical record, states that occasional sulfur dioxide emissions "have caused some U.S. personnel to seek medical attention."

These effects, according to the docu-

ment, are short term, and further states that "long-term health effects from breathing the air at SPOD are unlikely."

After completing the PDHA on the Pocket PC, every servicemember gets a printout of their health assessment. That document becomes a part of the servicemember's medical record, said Lampert.

The assessment is conducted as part of the Deployment Cycle Support Contingency Plan, which also includes briefings by the finance, legal, chaplain and mental health sections.

While the briefings given by the finance, legal and chaplain sections are good for up to 90 days before redeploying, the PDHA, which includes a mental health evaluation, has to be done within 30 days of redeployment.

Blood sampling, the last part of the PDHA process, isn't done in Kuwait. All sampling should be done at troops' redeployment station within five days of redeployment, said Lampert.

Not all troops have to go through the DCS Contingency Plan before redeployment – it just has to be done within 30 days of redeployment, said Lampert. "It's the commander's responsibility to have it done. If they do it here or at home is up to them."

To set up a Deployment Cycle Support Contingency Plan appointment, call the 18th Personnel Services Battalion at 430-3075.

A 'Road Warrior' forever

Sgt. 1st Class Kenneth Quaites, a member of the 70th Transportation Company, grieves during a memorial ceremony for Spc. Douglas E. Kashmer at Camp Arifjan's Zone 1 Chapel June 15. Kashmer, a 70th mechanic, was killed in a vehicle accident in Iraq June 8.



Photo by Sgt. Missy Turla

Don't just stand there, drink something

Story by Spc. Almee Felix

"Beat the heat," "drink water," "hydrate, Soldiers." We've heard them all before. But if you're training in Kuwait's extreme weather conditions, listening to the words of your former drill sergeant could save your life.

July and August are the highest risk months for heat injury, according to Navy Lt. Gary Brunette, the Forward Deployed Preventive Medicine Unit-East preventive medicine officer.

To stay safe and train effectively during these times, leaders and troops in Kuwait should take extra care to stay hydrated, well-nourished and cool.

"Most people are in a constant state of dehydration in this heat," said Navy Lt. Cdr. Kathleen McAllister-Morgan, FDPMU-East head of environmental health.

An avid runner since the 1980s, McAllister-Morgan recommends troops drink before, during and after training.

McAllister-Morgan also recommends avoiding tea, coffee and soda altogether. If you can't completely fend off your caffeine cravings, however, drink an equal amount of water. Also, you should be drinking water at least every fifteen minutes.

She offers a tip to judge how much water you should drink after a run: Weigh yourself before and after a run. You should drink 16 ounces of water for every pound lost.

While hydration is important, too much of it can lead to hyponatremia, or over-hydrat-

tion. To balance out your level of hydration with your level of electrolytes — essentially the medical term for the salts in your body — you should drink sports drinks like Gatorade and eat salty snacks such as pretzels, said McAllister-Morgan.

If you're out on the range and don't have access to either of those things, Brunette recommends the powdered drinks that come in meals, ready to eat along with anything else that's in the MRE.

Because the body burns more calories during extremely hot weather, McAllister-Morgan said a summertime deployment to a desert region is not the time to diet. To ensure proper nourishment, she recommended troops eat four meals a day.

Aside from nutrition, you should seek ways to keep your body cool. When you're resting during a range training event, Lt. Cdr. Albert Wong, FDPMU-East executive officer, suggested loosening tight-fitting gear and finding shade.

When conducting physical training, McAllister-Morgan said it's a good idea to wear as little clothing as possible within regulation. When she runs, she carries a frozen bottle strapped onto the small of her back with a physical training belt to keep cool. Another cooling trick she offered is wearing a wet hat.

Those who are not acclimated to the desert climate should not be running at all in this heat. Instead, McAllister-Morgan recommended gradually getting used to the

heat by walking regularly in the morning for at least two weeks. And even after acclimation, McAllister-Morgan recommended running only in the early morning before sunrise, or in the evening. Also, when training for a desert run, try to train in the same conditions in which the run will take place.

"Training in an air-conditioned gym on a treadmill is not preparation for a 10K in this heat," she added. In fact, McAllister-Morgan said anyone preparing for a long run should keep away from air conditioning the day before the run.

To better safeguard themselves against heat casualties, troops should recognize the early signs of dehydration, which include thirst and headaches. Preventing, recognizing and reacting to the early signs of dehydration could save troops grief in the short and long term.

"To put it in layman's terms, your thermostat gets broken every time you get a heat injury," said McAllister-Morgan.

Every time a person suffers a heat injury, his thermoregulatory system deteriorates. This is why former heat injury victims are more susceptible to future heat injuries.

Sometimes young Soldiers think they're immune to heat injuries, and they ignore the symptoms, thinking they can overcome them, said McAllister-Morgan.

"This is not the time to be over motivational. A heat injury isn't a mind over matter thing. It's a serious injury that can lead to death," said Brunette.

Polish, pals perform post-deployment petrol probe



From left, Polish Sgt. Boguslaw Getter, Army Spc. Natalie West and Army Master Sgt. William Milam check the fuel levels on a Polish fuel tanker at the Seaport of Debarakation June 16. Milam, the non-commissioned officer in charge of 377th Theater Support Command's petroleum, oil and lubricants section, and West checked to determine whether the fuel level was low enough for the tanker to be shipped back to Poland along with 128 vehicles of retrograde equipment. Getter and more than a dozen other members of the Polish-commanded Multinational Division Central-South traveled with the vehicles from Iraq to ensure the process of returning their excess vehicles ran smoothly. The vehicles won't be needed because the next rotation of Polish troops will be smaller, said Polish movement control officer 1st Lt. Hubert Kowalek, one of the Polish troops in Kuwait for two weeks of duty delivering vehicles from Camp Virginia to the SPOD.

I got it at the PX

Deals so hot, you'll forget about the weather

By Sgt. Matt Millham



.75

Queen Helene Cholesterol

Cholesterol isn't just great for causing heart attacks, it's also a fabulous hair treatment! Scraped from the hardened arteries of obese cadavers, Helene's patented formula has the ability to reverse the damage caused by bleaching, perming or tinting. It could give Hair Mayonnaise a run for its money as the grossest thing to happen to hair since the Greeks stopped using pigeon feces to cure baldness.

\$75.00

OIF Stein with Desert Sand and U.S. Helmet

For slightly more than the cost of half-a-keg of premium beer, you can own this ornate stein, which you can use to smack yourself over the head to create a feeling sort of like drunkenness. Heck, you might even pass out. You won't want to wake up, though, after realizing you spent \$75 on a beer mug in a country that has no beer.



\$27.99

Army Monopoly

In the latest evolution of Monopoly, you play the role of KBR as you buy and sell military installations for pennies on the dollar, all the while overcharging anyone who steps foot in one of your chicken-only dining facilities. As an added bonus, you get to make the rules at every installation you own, so go ahead - everywhere is a no-salute zone!



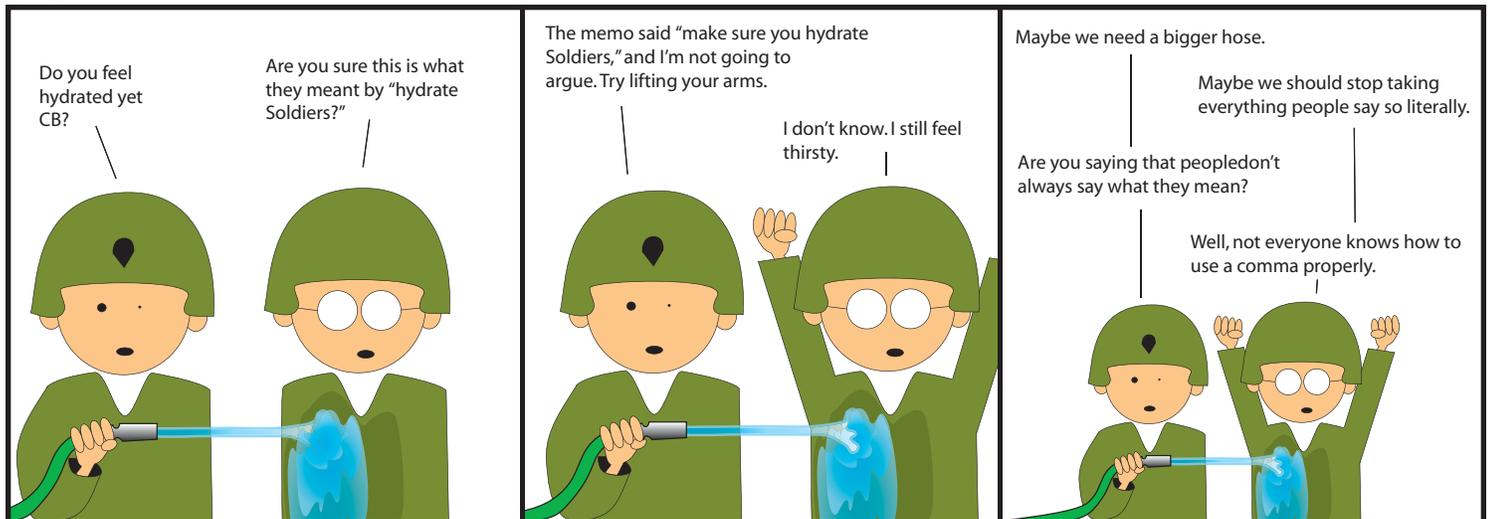
\$1.59

Warp Hyper Charged Energy Mints \$1.59

For years it was thought that mints had just one purpose: freshening breath. Thank goodness those days are over. Warp mints cure bad breath and give you all the energy you need to carry on with your day, ending both the need to eat and to brush your teeth in one fell swoop. With all the time you'll save on eating and dental hygiene, you'll have plenty of daylight left over to tackle man's next great ambition: a beer that eliminates the need to shower.

behooverery

By Sgt. Matt Millham



Community

happenings for June 22 through June 29

Arifjan

Wednesday

Spades tournament, 7 p.m., Zone 1 Community Center
Country Night, 7 p.m., Zone 6 stage
Legs, butts and guts, 5:30 a.m., Stretch and flex 8 a.m., Step Aerobics, 1 p.m., Circuit weight training, 3 p.m., Zone 1 gym
Lap swimming, 5 to 7 a.m., pool

Thursday

Country Western Night, 7 p.m., Zone 1 Community Center
Cardio kickboxing, 5:30 a.m., Stretch and flex, 8 a.m. Circuit weight training 3 p.m., Zone 2 gym
Lap swimming, 5 to 7 a.m., pool

Friday

Arifjan Boxing Team, 7:30 p.m., Zone 6 gym
Salsa Night, 7 p.m., Zone 1 Community Center
Lap swimming, 5 to 7 a.m., pool
Interval training, 5:30 a.m., 1 p.m. and 3 p.m. Zone 1 gym

Saturday

Halo 2 tournament, 6 p.m., Zone 1 Community Center
Audie Murphy Club study sessions, 3 p.m., Building 508 Room 25B
Country Western Night, 7:30 p.m., Zone 6 MWR stage
Circuit weight training, 5:30 a.m., 8 a.m., 1 p.m. and 3 p.m., Zone 1 gym

Lap swimming, 5 to 7 a.m., pool

Sunday

Wheel of Fortune Tournament, 7 p.m., Zone 1 Community Center
Summer Basketball begins, Zone 1 gym
Salsa Night, 7 p.m., Zone 6 stage
Lap swimming, 5 to 7 a.m., pool
Cardio kickboxing, 5:30 a.m., Stretch and Flex, 8 a.m., Circuit weight training, 1 p.m., Step Aerobics, 3 p.m., Zone 1 gym

Monday

Arifjan Boxing Team, 7:30 p.m., Zone 6 gym
Lap swimming, 5 to 7 a.m., pool
Legs, butts and guts, 5:30 a.m., Stretch and flex 8 a.m., Step aerobics, 1 p.m., Circuit weight training, 3 p.m., Zone 1 gym

Tuesday

Lap swimming, 5 to 7 a.m., pool
Cardio kickboxing, 5:30 a.m., Stretch and flex, 8 a.m., Circuit weight training, 1 p.m., Step aerobics, 3 p.m., Zone 1 gym

Wednesday

Bingo night, 7 p.m., Zone 1 Community Center
Country Western Night, 7 p.m., Zone 6 stage
Legs, butts and guts, 5:30 a.m., Stretch and flex 8 a.m., Step Aerobics, 1 p.m., Circuit weight training, 3 p.m., Zone 1 gym
Lap swimming, 5 to 7 a.m., pool

For more information call 430-1202

Buehring

Wednesday

Walking Club (5 miles), 5:30 a.m., command cell flagpole
Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

Thursday

Country Night, 9 p.m., Tent 1
Walking Club (5 miles), 5:30 a.m., command cell

flagpole

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

Friday

Walking Club (5 miles), 5:30 a.m., command cell flagpole

Saturday

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

Sunday

Walking Club (10 miles), 5:30 a.m., command cell flagpole

Monday

Massage Therapy, 9:30 a.m., MWR Tent
Walking Club (5 miles), 5:30 a.m., command cell flagpole

Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

Tuesday

Walking Club (5 miles), 5:30 a.m., command cell flagpole

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

Wednesday

Walking Club (5 miles), 5:30 a.m., command cell flagpole

Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

For more information call 828-1340

Kuwaiti Naval Base

Friday

Talent show (Call for info)

For more information call 839-1063

Navistar

Wednesday

Self Defense class, 9 a.m. and 7 p.m., basketball court

Aerobics class, 6 p.m., Game tent

Pool Tournament practice, 8 a.m. - 10 p.m., computer tent

Thursday

Karate class, 9 a.m. and 7 p.m., basketball court

Pool Tournament practice, 8 a.m. - 10 p.m., computer tent

Friday

MWR rep. meeting, 1 - 2 p.m., MWR office

Aerobics class, 6 p.m., MWR game tent

Pool Tournament practice, 8 a.m. - 10 p.m., computer tent

Saturday

Pool Tournament, 6 - 10 p.m., computer tent

Sunday

Pool Tournament, 6 - 10 p.m., computer tent

Monday

Aerobics class, 6 p.m., MWR game tent

Self Defense class, 9 a.m. and 7 p.m., basketball court

Tuesday

USA EXPRESS Show, 7 - 9 p.m., basketball court

Karate Class, 9 a.m. and 7 p.m., basketball court

Smoking cessation classes, 10 a.m., Rec. tent

Education/Awareness/Prevention, 1 p.m., Rec. tent

Wednesday

Self Defense class, 9 a.m. and 7 p.m., basketball court

Aerobics class, 6 p.m., MWR game tent

For more information call 844-1137

Spearhead/SPOD

For more information call 825-1302

Victory

Thursday

NBA tour, 3:45 - 5:45 p.m. (Call for info)

Friday

Survivor M&G, 8 to 10 a.m.

Saturday

Kempo, 4 p.m. (Call for info)

Movie Night, 8 p.m. (Call for info)

Sunday

Kickball tournament, 5 p.m. (Call for info)

Tuesday

Spa Day (Call for info)

Wednesday

Club night, 8 p.m., (Call for info)

For more information call 823-1033

Virginia

Wednesday

Horseshoe Tournament, 4 p.m. (Call for info)

Country Western Night, 8 p.m., Dusty Room

Thursday

Summer MWR 5K fun run, 6 p.m., Dusty room

Karaoke Night, 7 p.m., Dusty Room

Friday

Spades, 6 p.m., Dusty Room

Salsa Night, 7 p.m., Dusty Room

Saturday

Hip Hop/R&B Night, 8 p.m., Dusty Room

Dominos Tournament, 6 p.m., Dusty Room

Sunday

Foosball Tournament, 6 p.m., MWR tent

Old School Jams Night, 7 p.m., Dusty Room

Monday

Movie Night, 7 p.m., Dusty Room

Ping Pong Tournament, 6 p.m., MWR tent

Tuesday

Unit feud, 7 p.m., Dusty Room

Wednesday

Spades Tournament, 6 p.m. (Call for info)

Country Western Night, 8 p.m., Dusty Room

For more information call 832-1045

Doha/Arifjan Shuttle Schedule

Departs Doha Stop 1*	Arrives Doha Stop 2*	Departs Doha Stop 2*	Arrives Arifjan	Departs Arifjan	Arrives Doha
			0545		
	0700	0715	0830	0845	1000
1015	1025	1040	1200	1300	1430
1445	1450	1505	1615	1630	1745
1900	1910	1925	2045		

* Stop 1 is behind the Building 6 PAX Tent

Stop 2 is between Buildings 28 and 31

Are you holding an event you'd like to see listed in the DV?

Send your event listings to the Desert Voice editor at the e-mail address listed on the back page of this issue.

The Fallen Heroes

By Capt. Paul Nichols
377th Theater Support Command

By Staff Sgt. Wanda Carrasquillo, 81st RSC

Young and strong from the West, the wind bring them to the East as giants with their warrior plates and valor to fight a war no one else cares ...

They left their heavens to lie in Hell as they reached land giving all they have with their partners in war ...

The spilled of their young blood in a land and culture not understood and confused different from their own, hoping their sacrifices would make a difference world-wide ...

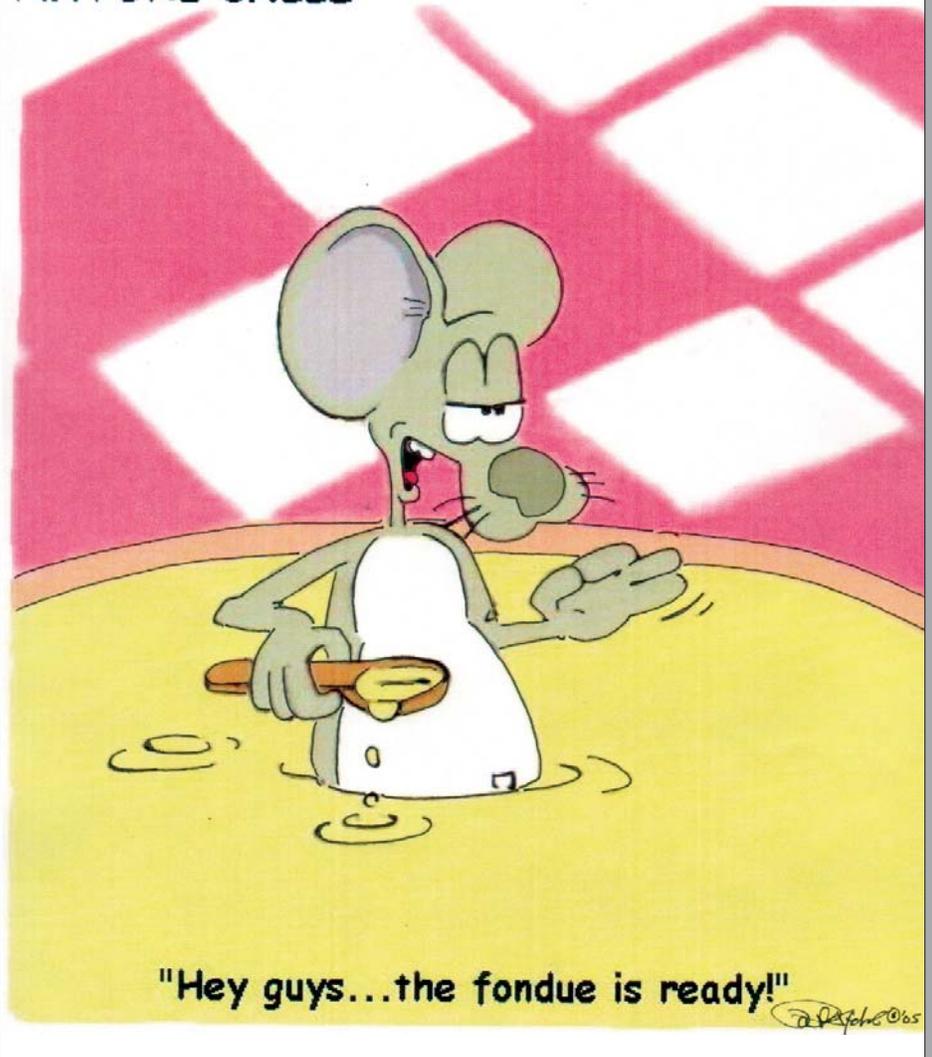
But not only did they come for maintaining stability and peace, but they fought to bring down the threat from the East of the leaders who dare to threaten the homeland security of the West ...

These are the true eagle warriors that the country will not forget ...

So young, they gave up their lives in combat and their sacrifices are recognized and honored among those true brotherly Soldiers that fought next to them, understanding the pain of their fallen heroes. Only a true hero can share such a loss ...

The wind carry their ashes back to the West to rest and wait until they will join their spirit once again ...

NATURE CALLS



Send your
submissions to:

**DESERT
VOICE**

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