

# DESERT VOICE

October 26, 2005

Serving the U.S. and Coalition Forces in Kuwait



**In honor  
of our  
American  
heroes**

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# DESERT VOICE

Volume 27, Issue 14  
 The *Desert Voice* is an authorized publication for members of the Department of Defense. Contents of the *Desert Voice* are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the Coalition Forces Land Component Command Public Affairs Office. This newspaper is published by Al-Qabandi United, a private firm, which is not affiliated with CFLCC. All copy will be edited. The *Desert Voice* is produced weekly by the Public Affairs Office.

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### NEOIC, 11th PAD

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### Desert Voice Editor

Sgt. Jonathan M. Stack

### Desert Voice Assistant Editor

Spc. Robert Adams

### Desert Voice Staff Writers

Spc. Janine Coogler

Spc. Debralee P. Crankshaw

Spc. Michael R. Noggle

### 11th PAD Broadcasters

Spc. Christina Beerman

Pfc. Jheridiah Anderson

### Editor

CFLCC PAO/

*Desert Voice*

Camp Arifjan

APO AE 09306

[jonathan.stack@arifjan.arcent.army.mil](mailto:jonathan.stack@arifjan.arcent.army.mil)

Find us online at [www.dvidshub.net](http://www.dvidshub.net)

### On the cover

*Photos by Sgt. Crystal Rothermel*

A compilation of photos from a memorial service held in honor of three Soldiers.

# Enemy is among us

# OPSEC helps protect us

**Lt. Gen. R. Steven Whitcomb**

CFLCC Commanding General

The world is changing and evolving. Everyone is not always looking out for your best interest or the interests of those around you and your organization – the U.S. military.

Operational security is one of the primary ways we protect ourselves, as individuals and an organization, from those who wish harm upon us. However, we have not done very well at keeping up with the growth and expansion of information and automation systems during the 21st Century. With the exponential growth of the internet, web logs – personal or family web pages - instant messaging, digital cameras and cell phones it has become increasingly difficult to manage OPSEC.

**“It is serious business and we must do a better job across (our military services) ... OPSEC violations needlessly place lives at risk and degrade the effectiveness of our operations.”**

—From “CSA Sends” message, 23 Aug 05

We have become complacent in our procedures, thus I am requiring everyone to go through OPSEC training and become thoroughly familiar with the Army OPSEC Action Plan. As a part of this program and the ongoing training, I want to focus in on three key areas: photos on the internet, electronic mail and personal OPSEC.

Photos on the internet in general are looked at as a way to keep those unforgettable memories, regardless if they bring hap-

piness or sadness. Many people today use blogs as a way to share these memories with others. Unfortunately a lot of official - use and personal information that violate OPSEC procedures is being put on these sites and many others. It is against regulatory guidance to post photos on websites or blogs that convey vulnerabilities of the U.S military tactics, systems or vehicles - for example, equipment like tanks and up-armored vehicles. Pictures and/or narratives of tanks and up-armored vehicles with battle damage or in the context of a firefight convey a wealth of intelligence to the enemy. This is just the beginning, though.

Many photos fall in this category. Photos of insurgents that show horrific wounds of individuals killed; pictures of dead bodies; people in the nude and pictures of the wounded at medical facilities are not publishable. Any pictures published to discredit, disgrace or show vulnerabilities of the American military can be punishable by Uniform Code of Military Justice - Article 134.

These types of pictures and many that were released during the Abu Ghraib scandal and proceedings brought unfair discredit to the U.S. military and people of the United States but also inflamed many in the world putting U.S. and Coalition lives at risk and aggravated our host-nation relationships. It goes against nation building and supports the enemy’s propaganda themes that the U.S. military does not respect a culture or life, which is not true.

Proper use of your NIPER-NET account and the internet is

very important. Every precaution should be taken to protect unclassified operational information that is for official use only. This information must be maintained on government systems. Troops or government employees should not use public e-mail services like Yahoo! and hotmail for official traffic. Official traffic is for official use only and should be transmitted on “.mil” sites or domains. When you transmit FOUO via public domain the information becomes vulnerable to hacking and can be easily compromised. A lot of third-country nationals use Yahoo! and hotmail accounts to communicate to government personnel. As an alternative, contractors can be sponsored and given access to .mil e-mail, specifically Army Knowledge Online. They can gain FOUO access via AKO and get authorized official sponsorship through an individual or their organization of employment.

Personal OPSEC means that you must guard your personal information – social security number, family information for spouse and dependents, home address, specific unit location while deployed, etc. This type of information should not be kept out in the open or displayed on public websites. More than 900 million people use the internet. This type of behavior makes you susceptible to identity theft, which can be costly financially, emotionally and can be an invasion of privacy which makes a person feel violated. So avoid putting yourself in situations that will put your livelihood at risk.

Leaders must ensure that everyone stays conscious of OPSEC procedures. All our



**Lt. Gen. Whitcomb**

team members: Soldiers, Marines, Airmen, Sailors, Coasties and our Soldiers in Slacks must do their part to enhance our operational security measures -PERSONAL AND PROFESSIONAL DISCIPLINE. All government computers and telephones are subject to monitoring. Thus, any member of the team could: mistakenly post war photos that result in the release of equipment vulnerabilities; be affected by identity theft; misuse their government e-mail accounts. Leaders and service-members must be keenly aware of the second-and-third order effects of mishandling something that seems as simple as pictures, e-mail and the internet. Better oversight of operational security measures is required.

I am not talking censorship - I am talking responsibility. Junior leaders, talk to your folks about OPSEC. Stay alert of what is going on with your troops in order to avoid any breach in operational security measures. This is an important and vital part in our nation’s security efforts — PATTON’S OWN.

## PATTON’S OWN



Sgt. Crystal Rothermel

(Right to left) Sgt. Nikia Carter, Spc. Justin Brown, Spc. Jarome Lawson, Sgt. Arthur Ball pay final respects during a memorial ceremony for three Maryland National Guard Soldiers of the 243rd Engineer Company.

# Fallen Maryland Guardsmen honored

**Sgt. Crystal Rothermel**  
143rd TRANSCOM PAO

More than 650 servicemembers filled Camp Arifjan's Zone 1 chapel auditorium Thursday to honor and say goodbye to three fallen Maryland National Guard Soldiers.

Sgt. Brian Conner, Cpl. Bernard Ceo and Cpl. Samuel Boswell died Oct. 14 in a convoy accident south of Baghdad that caused their humvee to catch fire. They were members of the 243rd Engineer Company, headquartered in Baltimore and recently deployed in support of Operation Iraqi Freedom.

"We gather here this morning to pay tribute, honor, and to say farewell..." said Chaplain (Capt.) Rodney Thomas.

He said their comrades described them as "fun-loving, inquisitive, a good friend, responsible, a dedicated father, a devoted son, full of life, dreamers, and then someone this week said to me, 'These men were patriots.'"

The three Soldiers traveled from Baltimore to Kuwait as comrades. Although the three were each unique individuals, they were united by their determination to wear the Army uniform and serve their country up

until their last mission together.

"We all have our dreams of going home, singing, hugging and kissing the wife," began friend Spc. Jarome Lawson in his poetic tribute. "But for three Soldiers, this satisfaction was taken away one night."

Gone, but not forgotten evident by the words of their fellow Soldiers.

"He lived as a Soldier, but he died like a man," said Lawson about his friend, Conner, known to his friends as "Big Baby Biscuit."

Conner served his country through the military and as a civilian firefighter in Baltimore.

"He was one of the best friends anyone could be blessed to be around," said Sgt. Arthur Ball.

"He always had a smile on his face. He was a man of principle, goals, love, morals and an all-around responsible and ideal man," he said.

Comrades described Ceo as kind and helpful.

"Whenever you needed something, he would do it for you. And if he couldn't, he would find someone who could help you," said Sgt. Nikia Carter.

"He would always talk about how much

he loved his family," he said.

Ceo volunteered for the deployment because he wanted to do his part in serving his country and to do his part as a Soldier, said Spc. Justin Brown, who described Ceo as more than a friend and comrade, he was like a brother. Ceo used to talk about his life with his fiancé and pursuing a career in teaching.

"He displayed a dedicated persistence in everything he did," said 1st Lt. Roderick Little of Boswell.

After working together for several years, Roderick said the positive attitude Boswell demonstrated in everything he did made him stand out as one of the Army's best.

"We don't say farewell to Cpl. Boswell... we say Boswell we will see you soon. Cpl. Samuel M. Boswell, rest in peace," he said.

"May their courage, may their bravery, may their sacrifice never be forgotten," concluded Thomas.

Silence followed as Sgt. 1st Class David Davis called the roll. Rifle salutes were fired and "Taps" hung in the desert air as leaders and friends presented their farewell salutes to the fallen heroes of the 243rd Engineer Company.

# Boxer trades punches with Troops

**Staff Sgt. Latorry D. Sidney**  
CFLCC PAO

During a deployment, it's not uncommon for Soldiers to look for ways to improve themselves. A former boxer-turned-coach provides the opportunity for troops to do just that by using his expertise in Olympic-style boxing to teach Soldiers boxing.

Sgt. 1st Class Kenneth Williams, Logistics Task Force 180 truck driver, devotes his time on Wednesdays, Fridays and Saturdays to helping Soldiers condition for and learn the basics of Olympic-style boxing.

This isn't the first time Williams has sought to share his talent. During tours of duty in various locations around the world, Williams has shared his love of boxing with his fellow Soldiers. Training both male and female contenders, he's coached Soldiers to titles on several occasions.

"I try to coach everywhere I go," Williams said, who is on his second tour in Kuwait. "It's just something I like to do."

Williams has about 25 years of boxing experience under his belt.

"My father was a boxer in the Marine Corps," he said. "One day he came home from work and said 'Here are some gloves.' I've been boxing since."

This set of boxing gloves would open the door to a new opportunity for the youth, who would begin to take lessons in the sport of boxing.

"Mr. Lee ... the man who trained me, was about 68 years old," said Williams. "He tucked me under his wing; I stayed with him almost every other day."

"He had a homemade gym in the back of his house," Williams recalled. "The punching bag I trained on was really just a bag filled with sawdust."

The conditioning and technique he gained from his trainer allowed Williams to build up the



Photos by Staff Sgt. LaTorry D. Sidney

**Sgt. 1st Class Kenneth Williams, Logistics Task Force 180, holds boxing mitts for a Soldier during a session of Olympic-style boxing training.**

courage to step into the ring for the first of what would be numerous times.

Williams would soon suffer from a huge loss outside the ring. Lee, his mentor and trainer, passed away after his second fight.

Undaunted, Williams continued to train and eventually fought his way to numerous Golden Glove victories. He even made it to the trials for the Olympics.

After attending Florida State University, Williams decided to shift his career focus from boxing to the military. He initially enlisted in the Army as an infantryman.

His humble boxing beginnings and coaching, combined with the skills and values he gained from the Army, would instill qualities in Williams that would allow him to excel then, as well as later in life. It was at this stage in his life emphasis was placed on the importance of discipline.

"Discipline is the key in the military and in boxing," Williams said. "Everything else falls around that one word. Discipline is a way of life and with it you can overcome any challenge."

Although his career focus changed, Williams couldn't dismiss his passion for the sport of boxing. He decided to remain intimate with the sport by coaching others.

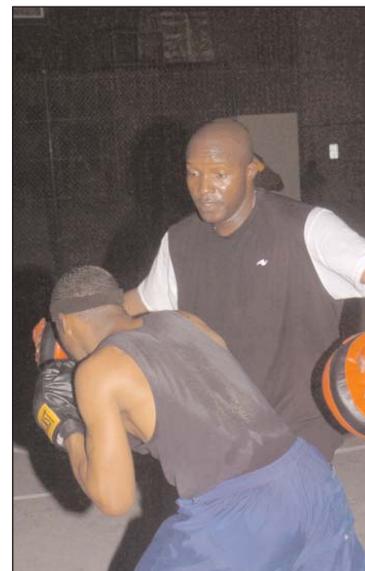
Williams was picked up by the All-Army Boxing Team as a coach. During the time he spent there, he coached some of his Soldiers to championships. He was even a coach during the time the first female Soldiers took part in an All-Army female boxing competition.

"I stayed there for a year and a half," he recalled. "I gave a lot of time to these fighters and we made Army history."

Williams continues to give to potential fighters as well as people who just want to get a good workout while they are deployed.

"You gain general physical fitness, knowledge about boxing and the skills of the sport from the class," said Sgt. John Dodd, 820th Signal Company. "I don't expect to be a professional boxer, but this will help me stay in shape and pass time."

According to Williams, a disciplined person with the desire to push themselves and the patience to learn has the makings of a



**Williams has about 25 years of experience. His father, a boxer in the Marine Corps, started him boxing.**

good boxer.

"I've trained people that have never been in the ring before," Williams said. "I get with them and seven months later they're winning championships. I work with everyone though, I never turn anyone away."

"I give so much to my fighters because the old man who trained me gave so much to me," Williams said. "I'm giving it back in his honor."



Illustration by Sgt. Robert Scott

An illustration representing the detention center located at Camp Arifjan. The mission of the facility is to rehabilitate servicemembers.

## Quiet professionals

# Detention facility cadre instill values

**Spc. Debralee P. Crankshaw**  
CFLCC PAO/11th PAD

Many servicemembers may think Iraq is a terrible place to go. They might think they couldn't be sent anywhere worse, but they are mistaken if they violate the Uniform Code of Military Justice.

The Theater Field Detention Facility at Camp Arifjan provides a location for commanders to send servicemembers who have violated the UCMJ and have been sentenced to confinement.

"The primary directive of the facility is to support commanders in the field," said Maj. Angel Martinez, facility and 535th Military Police Battalion commander. "It's a commander's tool to enforce discipline and good order in the unit."

More than half of the inmates are held for 30 days or less and are on return-to-duty status. Any prisoner serving more than 90 days must be moved to the United States. The facility also houses pretrial servicemembers if their crime is murder, rape or other serious violations of the UCMJ. Although they do have serious offenders in the facility, most

are there because they have violated General Order #1.

The mission of the facility is to rehabilitate servicemembers, according to Staff Sgt. Brandon Lake, 535th MP Bn., corrections supervisor.

Cadre work to reestablish the Army values in the inmates by example and discipline.

"Once they are here, if they can grasp the Army values again and are return-to-duty, they can become good Soldiers, if they're not return-to-duty they can become good citizens," Lake said, adding that these servicemembers are brave men and women despite their crimes.

"These are hard times for Soldiers. They struggle with some things that are going on," he explained. "I think it's important that everyone knows that just because they are incarcerated here doesn't change that they are heroes. They've fought and protected our freedoms – they served their country."

According to Lake, the cadre do their job so well civilian wardens would be jealous. Martinez said he agrees.

"Our motto is 'quiet professional' meaning the cadre do their job in such a professional

manner that they don't need to raise their voices," Martinez said.

The inmates' attitudes differ, according to Lake. There is not one particular type of servicemember that is sent to confinement, but the cadre work to improve every prisoner.

"The inmates vary as much as any battalion. We have hard workers and ones that slack off," he said. "But it's our job to make sure before they leave here that they have a positive attitude."

Martinez said he sees that change in most of the servicemembers' manner after their stay.

"It's a 100 percent better attitude," he said. "They see the importance of the mission and become an asset to the commander."

Some prisoners will even thank the cadre when they leave the facility and want to shake hands and wish the cadre well, Lake said.

"It's a sense of accomplishment," he said. "I'm not just here to work them. I'm here to rehabilitate. If anyone can say, 'Thank you for incarcerating me for the last 60 days,' then we must have done something right."

The facility is also capable of providing

prisoner escort and federal extradition to the United States. It is the first to do so since the Vietnam War, according to 1st Lt. Frederick Moss, Detachment 2, 535th MP Bn. executive officer.

The facility provides separate housing for males and females and also segregates inmates based on their return-to-duty status. Pretrial prisoners are housed separately as well.

Upon entering the facility, the entry control point is the first building. Here, the cadre track all the inmates' movements, keep a log of everything within the gates, keep prisoners' personal items in lock boxes, hold prisoners' medication and keep recreation items to be signed out.

A rigorous daily schedule is kept for the inmates, according to Martinez.

A typical day includes physical training, inspections, work details and recreation time.

The details include police calls, painting, filling sandbags, moving equipment and cleaning vehicles.

According to Lake, the details are done by the inmates for four reasons: to keep their time occupied, to help instill discipline, to give them a sense of accomplishment and to help save the government money.

"If they had idle time they might get themselves into trouble," Lake said. "This helps eliminate the potential for that."

If they have earned their recreation time, inmates have access to a phone center, a Morale, Welfare and Recreation tent with a television connected to a DVD/VHS player, books and weight equipment. Prisoners may also check out a CD player and movies from the cadre.

Females and pretrial inmates are on a reverse schedule. Females never come in contact with the general population, which is made up of males and the pre-trials never come in contact with the females or the general population.

The inmates day starts at 4:45 a.m. when they wake up for their first formation, followed by physical training and personal hygiene time. First inspection and breakfast are followed by work details. After work details, inmates have recall formation and dinner. They are then required to police the center. If the facility is to standard, the inmates are released for recreation time, until their last formation. Lights out and lock-down begin at 9:45 p.m.

Prisoners aren't the only ones with long days. Cadre work 12-hour shifts, followed by physical training, without complaints, according to Lake.

Prisoners are housed in tents with a wooden frame and wood door. Unused tents are locked so inmates cannot use them to hide themselves or contraband.

Tents housing prisoners are not locked because that causes a fire hazard. Instead concertina wire is doubled up around the tents and a wooden gate-type door has been installed.

When a servicemember is brought to the facility to be confined they are observed for 24 to 72 hours to ensure they are mentally stable enough to be put into the general population. They are also evaluated by a social worker. After the assessment, the servicemember can be released to the general population and referred to a psychiatrist or counseling.

The social worker also offers classes to help inmates adjust to confinement and for self-improvement. Classes include anger management, conflict resolution, anxiety management, depression management, stress management, and suicide awareness and prevention.

Servicemembers who are convicted of a crime involving substance abuse are required to take classes to help them recover. These include Drug 101, the drug we drink, marijuana: facts, myths and decisions, the heroine

connection, and relapse prevention.

Inmates are also evaluated for post-traumatic stress disorders so they can be treated.

The social worker is also available for the cadre if needed.

When an inmate is in the facility they have to follow rules set by the commander. These rules are the same policies as the UCMJ, including disrespect and drug trafficking. If a prisoner violates one of these rules they can be placed in disciplinary segregation or lose their MWR privileges.

Lake, who has earned the drill sergeant patch, said he sees a lot of similarities between basic training and confinement because of the structure, discipline and shaping servicemembers.

"Being able to reach a Soldier and instill certain values in them – that's where the patch helps," Lake said. "In a basic combat training environment you have 45 different minds and you have to figure out how to mold each one – it's similar here."

Inmates are required to call at ease or attention for cadre and visitors. They are also required to stand at parade rest or attention for cadre and visitors, including privates and specialists.

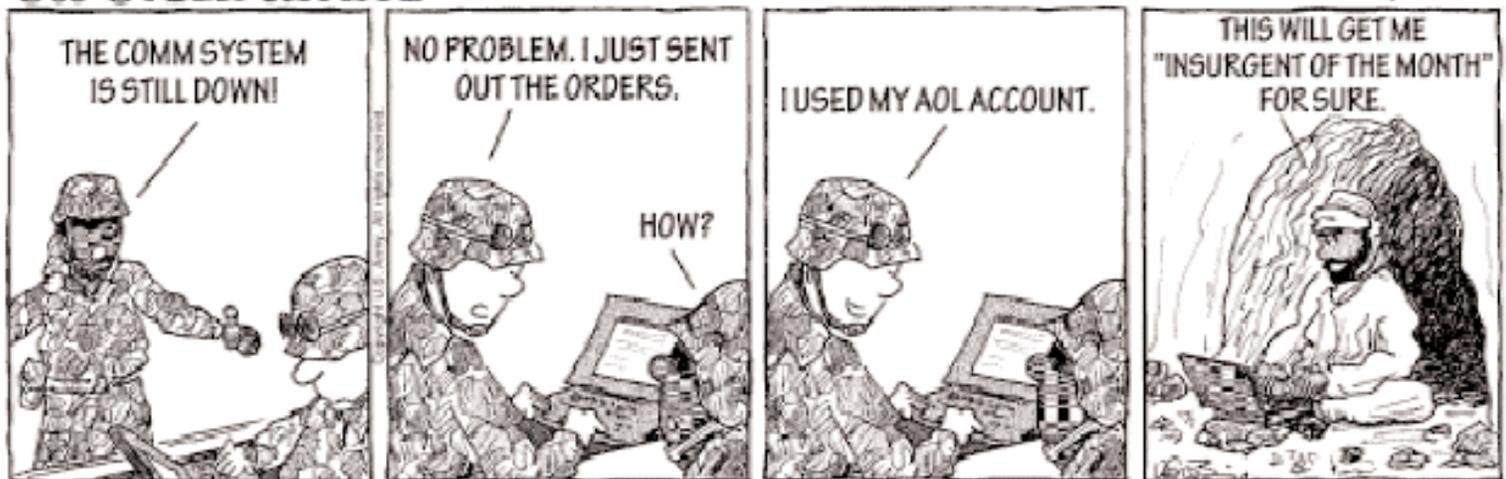
The new facility was operational April 1. More than half of the construction was done by the prisoners, but there has been a facility in Kuwait since the beginning of Operation Iraqi Freedom.

Originally the facility was going to be built in Iraq, but the center needed to be safe, without the prisoners having to defend themselves.

"No matter where you place the detention facility, the officers, noncommissioned officers and Soldiers of the 535th perform this mission to the Department of the Army standards," Moss said.

The location in Kuwait was deemed to be the best option because it still allowed access to units in theater, according to Moss.

## ON CYBER PATROL



As covered or mandated by AR 25-2



*Spc. Michael R. Noggle*

At the Camp Buehring Airfield, pilots 1st Lt. Jacob Ring and Capt. Cameron Cashman check their aircraft after one of many flights of the year.

## *Avn. unit flies high over Kuwait*

**Spc. Michael R. Noggle**

CFLCC PAO/11th PAD

Long hours in a cockpit that reaches 150 degrees, flying so low through a combat zone that bullets can pierce the aircraft and a maintenance team that works all night in a hangar just so the birds are ready in the morning. Just a typical day in the life of the 4th Battalion, 123rd Aviation Regiment in Kuwait.

The unit from Fort Wainwright, Alaska, escorted VIPs in theater, assumed responsibilities of a movement control team and maintained their own aircrafts.

“We threw a lot at these guys, and they handled it very well,” said Capt. Edward Meyers, Company A, 4th Bn., 123rd Avn. commander.

Meyers’ company was constantly at work over the duration of the year. Each crew under his command logged between 350 to 400 flight hours on top of whatever maintenance checks needed to be done to the UH-60 Blackhawk after the flight.

Over the course of this deployment the crew chiefs worked an average of 14 hours every day, said Sgt. 1st Class Gerome Linen, Co. A., 4th Bn., 123rd Avn. first sergeant.

“Basically we have a day and night crew and the wheel never stops running,” he added. “We did a lot of VIP transports, general aviation support and were the quick-reactionary force.”

Meyers said the Soldiers in his command were able to gain a lot of experience, especially the crew chiefs and aviation mechanics.

“The key is the maintenance. The crew chiefs are the hardest working of anyone in the unit,” Meyers said. “When the flight is over and the pilots go home, the crew chiefs stay around and conduct their checks on the aircraft.”

Once the crew chiefs conduct their routine checks, it is then determined if the Blackhawk is serviceable for next-day operations or if needed, sent to the maintenance company for servicing.

“We fix everything at night before the crews show up in the morning to fly,” said Sgt. 1st Class Juan Ruiz, Co. D., 4th Bn., 123rd Avn. production control.

“Every aircraft stays mission-ready so that the crews are able to complete whatever needs to be taken care of the next day,” he said.

Ruiz said all the information from an aircraft’s flight goes into an onboard computer mainframe. This gives the unit’s logistics a status report and dictates what repairs or scheduled checks a Blackhawk may need.

Many of the Soldiers in the battalion were straight out of the advanced individual training when they received orders for this deployment, Linen said. Within the last 10 months they have grown tremendously.

“Most of them had no idea what it took to be a crew chief on an aircraft,” he said. “Since that time, they have learned the systems that were rarely touched on at the school ... radio call and how to navigate.”

While most of the Soldiers in the unit had some knowledge in their job fields before deploying, some of the Soldiers from Co. D. weren’t aware of their new responsibilities in theater.

“When we got here in December, originally we were supposed to load pallets onto an aircraft so it could move north,” said Staff Sgt. Sharon D. Pickett-Williams, 4th Bn., 123rd Avn. Movement Control Team non-commissioned officer in charge. “Instead it turned into a full-blown MCT that needed to run 24 hours a day.”

With her team of seven Soldiers, Williams



**The pilot looks on as his crew conducts a test flight over the Kuwait desert Oct. 3.**

was not only pushing cargo onto the aircrafts but Soldiers coming off rest and recuperation returning to Iraq.

They took on the mission to help out the R&R Soldiers, Williams said. Some of them were stuck in Kuwait for a few days and if there was room on the aircraft we loaded them up to get them back up north and into the fight.”

Even though the passenger movement into Iraq has seized operations due to dangerous conditions, Williams and her crew were able to push more than 10,000 passengers during a seven-month span as well as more than two million pounds of aviation parts.

“We were moving ammo, aviation parts, money for the finance units, etc.,” she said.

“Anything that supported the warfighter and kept the fight going that’s what we did,” she added.

Williams stated the process of moving pallets on and off the plane was vital.

“Before we got in country, the previous unit had a turn around time of 35 minutes,” she said.

She added, “Within the first couple of months, we were able to download, upload and refuel the plane all in 10 minutes.”

The operations of the battalion were successful throughout the year, Linen said. Each unit did what needed to be done.

“It’s been a good year for the unit to grow as a unit,” he said. “It’s been a rewarding year for all Soldiers to gain experience in their jobs.”



# Now open

*Spc. Robert Adams*

The newly-built Camp Arifjan Dental Facility officially opened after a ribbon-cutting ceremony Oct. 16. The full-service clinic, located behind the Zone 1 Troop Medical Clinic, is open seven days with sick call hours from 7:30 to 10 a.m. A new facet of the clinic is the capability to view any servicemember's dental work from the United States and through digital radiography as well as send dental work back.

## Tai Chi offers relaxation, rehabilitation, flexibility

**Spc. Debralee P. Crankshaw**  
CFLCC PAO/11th PAD

A group performs fluid, gliding movements, deliberately and in unison – outstretching arms and legs for blocks, balance and strength.

These are all elements of Tai Chi.

Tai Chi is a martial art form used to increase strength, flexibility, relaxation, rehabilitation of injured joints and extremities and self-defense.

“What I’m teaching here is more exercise – more health benefit,” said Camp Arifjan instructor, Navy Cmdr. Randy Platt, Expeditionary Medical Facility – Dallas nurse.

Platt said he doesn’t focus on the martial arts aspects of Tai Chi because he is a beginner and is not proficient enough in it to teach for martial arts purposes.

“In the world of Tai Chi you’re a beginner for the first five years because it’s one of the most difficult martial arts around... Ten years from now I hope to have a basic knowledge of the art,” Platt said.

Platt said he is taught Tai Chi Chuan at home which is more of the self-defense and martial-arts oriented.

Tai Chi means “grand ultimate,” with the

addition of Chuan it means “grand ultimate fist.” The appeal of Tai Chi is that it uses another person’s aggression to immobilize them, Platt said.

“I’m not a person who seeks to hurt others,” he said.

“Hopefully, if someone deals it out, I can be ready to return the favor,” he added. While self-defense is the goal of Tai Chi, most defensive moves are coupled with two to four offensive moves to neutralize the aggressor, according to Platt.

With this idea comes an additional part of the advanced class – teaching Chin Na. Chin Na is joint manipulation techniques for self-defense.

It usually involves using pressure points to enhance efficiency. Chin Na means catching and locking.

This portion of the class is taught by Sgt. Kyle Bunch, Coalition Forces Land Component Command chaplain section non-commissioned officer in charge.

Bunch began the Tai Chi class in February. He was a star pupil and was very energetic and excited about the class, according to Platt.

Bunch said he has been interested in martial arts for a long time. He and his wife were planning on getting involved in some-

thing after he finished college, but the Army intervened and he was activated two weeks after graduation.

“This was my way to get a taste – a way to use my down time for benefits,” Bunch said. “Then I found out I was hooked. I couldn’t stop talking and thinking about it.”

While Bunch was home on rest and recuperation he demonstrated some of what he has learned to his wife and 5-year-old son, and said both are interested.

Bunch was interested in Chin Na from Steven Seagal movies so he researched it and uses books and videos to learn. He is planning on teaching his wife because it uses little force to give big results. He said he thinks this will be beneficial to her because she is a bartender.

“It’s amazing how you can expend so little energy and achieve such great results,” Bunch said. “A lot of it is body mechanics.”

Tai Chi is a good workout and is not as risky as other workouts, according to Bunch.

“The risk of injury is slim to none,” he said. “Volleyball, flag football and similar sports can give you the same benefits, but the risk of injury is higher.”

A Tai Chi class is given at Camp Arifjan Tuesdays and Thursdays from 4 to 5 p.m. and another from 8 to 9 p.m. for beginners and Saturdays at the same times for the advanced class, which uses swords.

**“It’s amazing how you can expend so little energy and achieve such great results.”**

*Sgt. Kyle Bunch*

# Korean attaché helps troops

**Spc. Janine Coogler**  
CFLCC PAO/11th PAD

Currently on its fifth rotation, the Korean contingent continues to make its mark by supporting the peacekeeping and stabilization mission in Iraq.

Before the contingent mobilized to Iraq, many tasks were completed to insure safety of Korean troops, said Korean Col. Kim Ung-Geon, Republic of Korea's embassy defense attaché.

By the end of October, Kim will transfer his duty to Col. Lee Tae-Ho.

Preparing for movement of

troops, finding their area of responsibility, making sure they are equipped and sustaining the troops are a few mission objectives Kim achieved during his duty in Kuwait.

With a 30-year career in the Korean military, Kim said he dealt mostly in cooperation with the U.S. government.

"As counselor for the defense affairs ... for the United Nations in New York ... I dealt mostly with peacekeeping operations," Kim said.

He said his experience in dealing with the United States helped him get his position as defense

attaché.

Holding a plate full of objectives, Kim came to Kuwait to prepare, move and establish the Korean contingent in the Global War on Terrorism, Kim said.

"My goal was to see that the Korean troops deployed in a proper, prompt and safe manner, and sustainment of the troops," Kim said.

In order to accomplish his task, Kim said one of the first steps was to assist in the decision

**"Working with the other coalition partners has given the opportunity for me to reconfirm that regardless of the nationality, color of skin of the languages that we speak ... we share the core values together."**

*Korean Col. Kim Ung-Geon*

of the Korean contingent's area of responsibility.

Helping with communication

between U.S. and Korean government leaders, Kim said the Korean area of responsibility that would best suit the Koreans peacekeeping mission was decided.

Once the area was established, Kim said his mission was to mobilize Korean troops, acclimatize them, send them to Iraq and stabilize them.

To maintain the Korean troops in Iraq, a small support detachment was established in Kuwait.

The detachment was constructed to sustain troops during their rotations and be the base of operations for the main contin-



gent in Iraq.

In addition to Korean troops in Kuwait and in Iraq, Korean personnel from the 58th Airlift Wing support coalition troops in transportation to and from Iraq.

With a history of war, Korean could be considered a success story, Kim said.

With the help of coalition partners, the Republic of Korea emerged from devastation to one of the top 15 world economies, he said.

"Now it is time to pay back ... to do whatever we can for the rest of the world," Kim said.

The peacekeeping mission in Iraq is the largest overseas operation for Korean since the Vietnam, said Kim.

"We want the world to know we support the Global War on

Terrorism and are proud to contribute, he said.

All deployed Korean soldiers are volunteers who were selected through a rigorous three-month screening process, Kim said. This shows the Korean soldiers' dedication to the stabilization efforts in Iraq.

Maintaining Korean soldiers through their missions, Kim said his tour as Korean attaché has been rewarding.

"Working with the other coalition partners has given the opportunity for me to reconfirm that regardless of the nationality, color of skin of the languages that we speak ... we share the core values together," Kim said.

He added, "We are contributing in the stability and working toward peace in the region."

## Holiday Greetings

It's "Holiday Greetings" time and your chance to say hi to friends and family back home.

The 11th Public Affairs Detachment broadcasters will be visiting the following bases from 1 to 8 p.m. on the following dates:

- ♦ Monday and Tuesday, Navistar, outside MWR tent, for more information contact Staff Sgt. Robert Emmert at DSN: 844-1197
- ♦ Nov. 7 and 8, Camp Buehring, outside MWR tent, for more information contact Master Sgt. Michael Pokorny at DSN: 828-1234
- ♦ Nov. 14 and 15, Camp Virginia, outside MWR tent, for more information call DSN: 832-2038
- ♦ Nov. 21 and 22, Ali Al Saleem, "the Rock," near the DFAC, for more information call DSN: 442-2312

### Arifjan

#### Wednesday

Pumpkin-carving contest, 5 p.m., Zone 1 Community Center  
Soccer league, through Nov. 5, Zone 1 soccer field  
Veteran's Day Track and Field meet sign-up, through Nov. 8, Zone 1 and 6 Fitness Centers  
Flag football league sign-up, through Nov. 9, Zone 1 Fitness Center  
Cardio kickboxing, 5 a.m., 1 p.m., Zone 6 Fitness Center  
Step and abs, 8 a.m., Zone 6 Fitness Center  
Boxing class, 7 p.m., Zone 6 Fitness Center  
Country Music Night, 7 p.m., Zone 6 stage

#### Thursday

Ballroom dancing, 8 p.m., Zone 1 Community Center  
Tai Chi, 4 p.m., 8 p.m., Zone 1 Fitness Center  
The Ride, 6 p.m., Zone 1 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field  
Country Music Night, 7 p.m., Zone 1 Community Center

#### Friday

Friday Fright Night at the Movies, 7 p.m., Zone 1 Community Center  
Soccer league, through Nov. 5, Zone 1 soccer field  
Boxing class, 8 p.m., Zone 6 Fitness Center  
Salsa Night, 7 p.m., Zone 1 Community Center

#### Saturday

College Football, 7 p.m., Zone 1 Community Center  
Bench press and dead-lift competition sign-up, through Nov. 5, Zone 1 and 6 Fitness Centers  
Cardio kickboxing, 5 a.m., Zone 6 Fitness Center  
Abs, 8 a.m., Zone 6 Fitness Center  
Hip-Hop step, 1 p.m., Zone 6 Fitness Center  
Tai Chi advanced, 4 p.m., 8 p.m., Zone 1 Fitness Center  
The Ride, 6 p.m., Zone 1 Fitness Center  
Boxing class, 7 p.m., Zone 6 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field  
Salsa Night, 7 p.m., Zone 1 food court  
Country Music Night, 7 p.m., Zone 6 stage

#### Sunday

Trick-or-Treat 5K run, 6 a.m., Zone 1 Fitness Center  
Halloween Movie at the pool, Saw, 7 p.m., pool  
Kingdom Fest, 6:30 p.m., Zone 6 stage  
NFL games, 8 p.m., Zone 1 Community

Center  
Salsa Night, 7 p.m., Zone 6 stage  
Step and abs, 5 a.m., 1 p.m., Zone 1 Fitness Center  
Abs, 8 a.m., Zone 1 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

#### Monday

Trick or Treat Wheel of Fortune, 7 p.m., Zone 1 Community Center  
Step and abs, 5 a.m., Zone 1 Fitness Center  
AbSolution, 8 a.m., Zone 6 Fitness Center  
Cardio kickboxing, 1 p.m., Zone 1 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

#### Tuesday

Ballroom dancing, 8 p.m., Zone 1 Community Center  
Cardio kickboxing, 5 a.m., Zone 1 Fitness Center  
Step and abs, 8 a.m., Zone 1 Fitness Center  
AbSolution, 1 p.m., Zone 1 Fitness Center  
Tai Chi, 4 p.m., 8 p.m., Zone 1 Fitness Center

The Ride, 6 p.m., Zone 1 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

#### Wednesday

Cardio kickboxing, 5 a.m., 1 p.m., Zone 6 Fitness Center  
Step and abs, 8 a.m., Zone 6 Fitness Center  
Boxing class, 7 p.m., Zone 6 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

**For more information call  
430-1205/1302**

### Buehring

#### Wednesday

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

#### Thursday

Walking Club (5 miles), 5 a.m., command cell flagpole  
Tac-Kwon-Do Class, 7 p.m., MWR Tent 1

#### Friday

101st Army Band, 7:30 p.m., MWR stage  
Walking Club (5 miles), 5 a.m., command cell flagpole

#### Saturday

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

#### Sunday

Halloween 5K run  
Walking Club (10 miles), 4:30 a.m., command cell flagpole

#### Monday

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

cell flagpole

**For more information call  
828-1340**

### Kuwait Naval Base

**For information call 839-1063**

### Navistar

#### Friday

MWR representative meeting, 1 p.m., MWR tent

#### Saturday

Pool tournament, 6 p.m., MWR tent

#### Sunday

Pool tournament, 6 p.m., MWR tent

#### Monday

Pingpong tournament, 8 a.m., MWR tent

Spades tournament, 8 a.m., MWR tent

#### Tuesday

Pingpong tournament, 8 a.m., MWR tent

Spades tournament, 8 a.m., MWR tent

#### Wednesday

Pingpong tournament, 8 a.m., MWR tent

Spades tournament, 8 a.m., MWR tent

**For more information call  
844-1137**

### Spearhead/SPOD

**For information call 825-1302**

### Victory

#### Wednesday

Camp Victory OIF Art Contest judging

#### Thursday

Aerobics, 5 a.m., MWR

#### Sunday

Thoroughbred throw-off horseshoe tournament

**For more information call  
823-1033**

### Virginia

#### Wednesday

Country Night, 8 p.m., Dusty Room

#### Thursday

Chess tournament, 7 p.m., MWR Tent

#### Friday

Basketball tournament, 3 vs. 3, 6 p.m., basketball court

#### Saturday

R&B Night, 8 p.m., Dusty Room

#### Monday

Halloween run, 7 p.m., Dusty Room

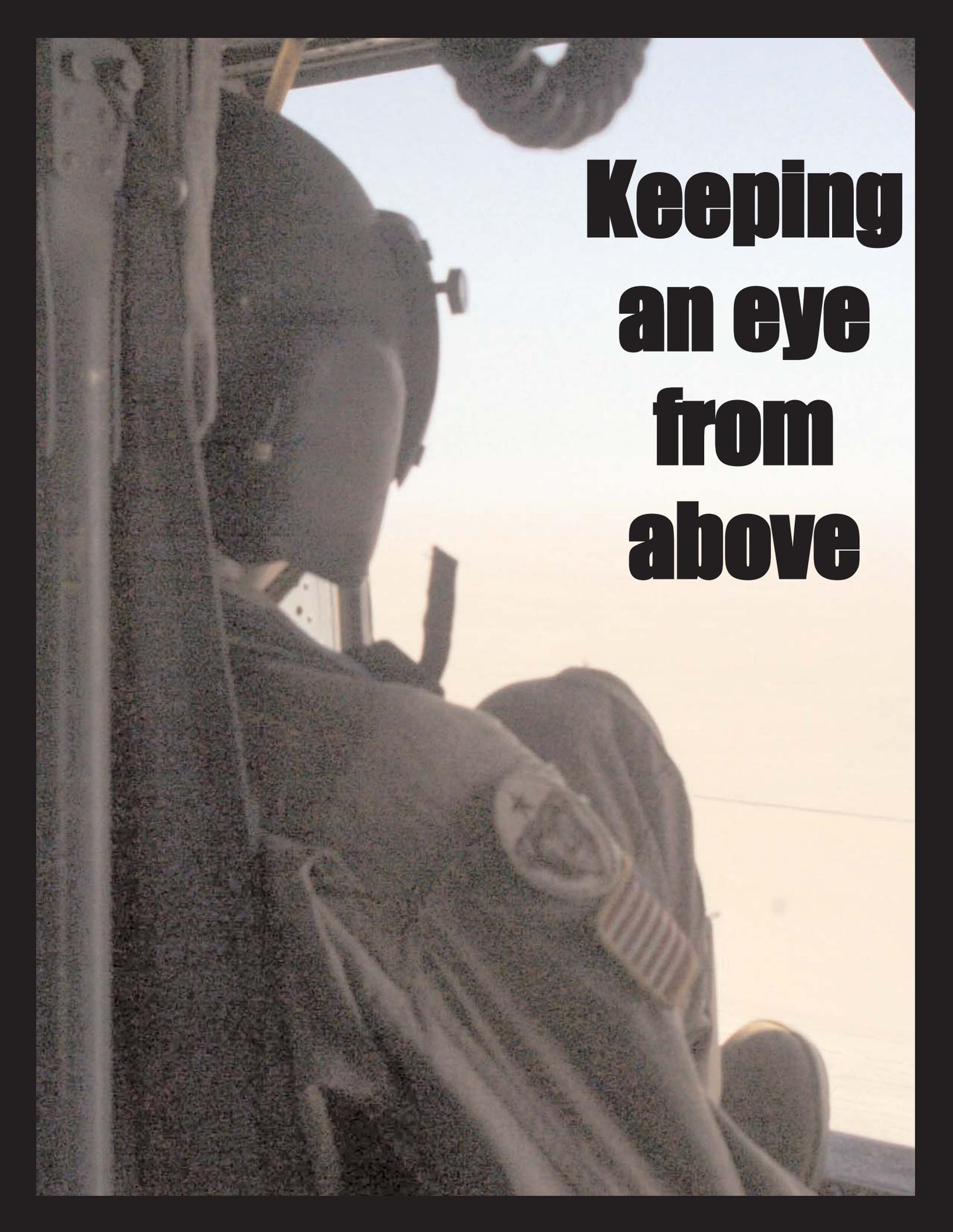
#### Tuesday

Rock and Techno Night, 8 p.m., Dusty Room

#### Wednesday

Country Night, 8 p.m., Dusty Room

**For more information call  
832-1045**

A person wearing a flight suit is seen from the side, looking out of an aircraft window. The person is wearing a dark flight suit with a patch on the sleeve. The background is a bright, hazy sky. The text "Keeping an eye from above" is overlaid on the right side of the image.

**Keeping  
an eye  
from  
above**