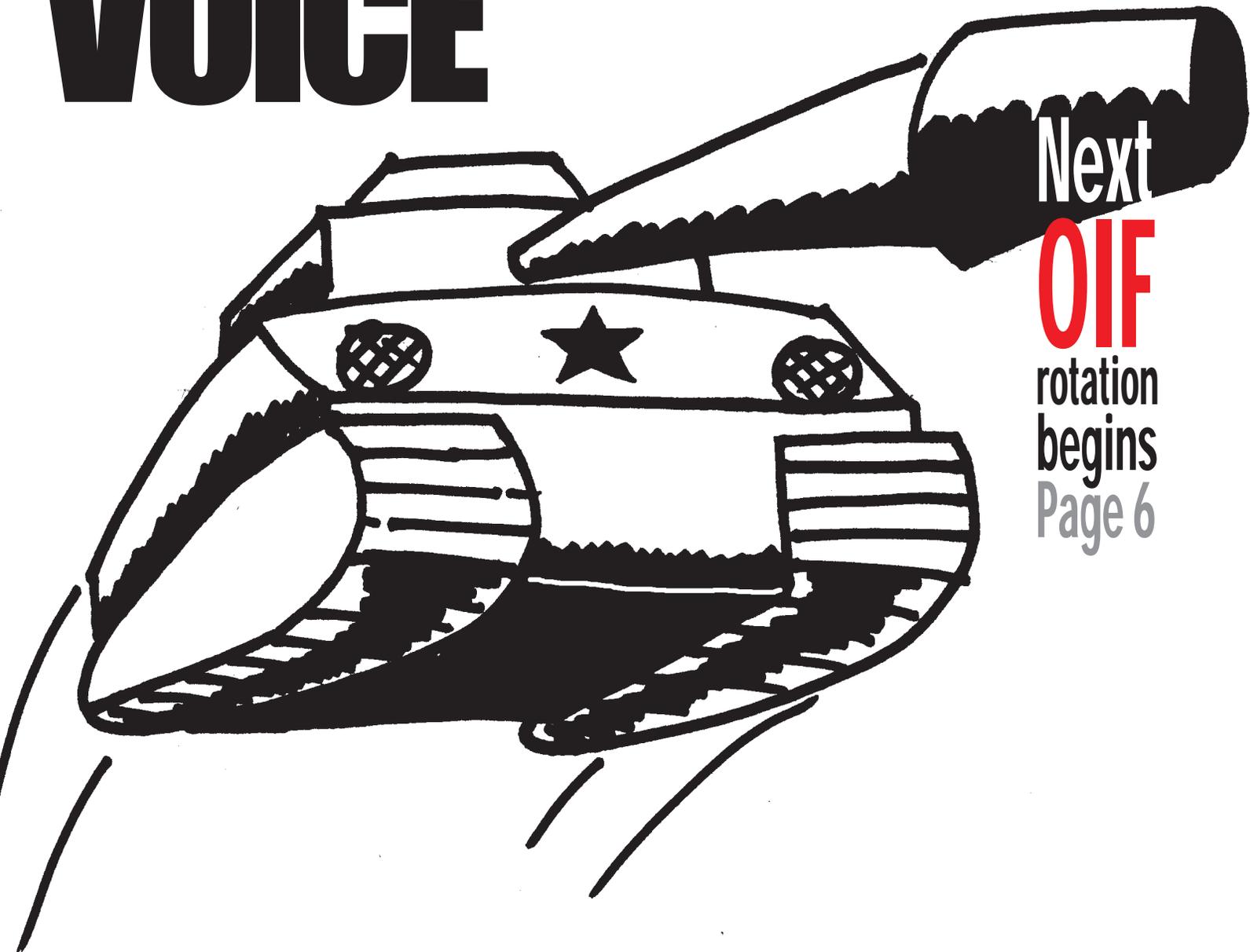


NOVEMBER 3, 2004

# DESERT VOICE



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**OIF**  
rotation  
begins  
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# First choice

by Sgt. Matt Millham

Though America never seems to give up an opportunity to pat itself on the back for more than two centuries of successful democracy, when it comes to voting, Americans tend to be negligent. In the 2000 presidential election, only 51 percent of eligible voters actually cast their ballot, and in 1996 the majority of eligible voters didn't even show up to the polls.

At least one group of Americans, though, votes at a higher rate than the rest of the population; immigrant Americans. In the 2000 election, roughly 54 percent of recently naturalized American citizens voted, according to a report released Oct. 20 by the American Immigration Law Foundation, a Washington D.C. think tank that analyzed census data to draw this conclusion. This is a rate about three percent greater than born Americans.

If we are paying any attention at all to world affairs, this shouldn't be too surprising a finding. According to the Public Broadcasting Service's program NOW, the United States ranks 139th out of the 172 democracies on Earth in voter turnout.

So why is it that new Americans seem to get the voting thing more than born Americans? Spc. Agnieszka Skoropad, an émigré from Poland, and Sgt. Daniela Serban, who moved to California from Romania in 1998, may have the answer.

"The United States has opened a door for me, and now I want to give something back," said Serban, an automated logistics specialist with the 565th Quartermaster Company, who voted for the first time as an American citizen by absentee ballot from Kuwait.

Skoropad, of the Arizona National Guard's Corps Support Battalion, moved to Chicago at the age of eight. She admitted she's not a very political person "but when it comes to picking the person who's going to run our country, I think that's important," she said. "When you're not born here, it's a privilege."

American apathy toward voting might lead one to conclude that Americans take voting for granted. "It's a shame," said

Serban of people who don't vote. Born Americans don't seem to get what immigrant Americans intuitively understand about our country; voting is a privilege. The U.S. Constitution does not, in fact, give Americans the right to vote, and nowhere is it mandated that individual states give their citizens the privilege to vote for president.

The question of why naturalized immigrants vote at a higher rate than other Americans could be answered by the simple fact that immigrants really have to work for their chance to vote. Skoropad said her paperwork to become an American citizen took two years to process, and after that it took her a year to get in the door just to get an appointment to take the test all immigrants have to take if they want American citizenship. Finally, in November 2003, Skoropad swore in as an American citizen.

Serban moved to the United States from Bucharest at the age of 30 and had voted at every opportunity in her home country. She came to the United States with a bachelors' degree in engineering and a mission to make a better life for herself after winning a green card lottery. But when she interviewed for jobs in the Los Angeles area, employers told her they were looking for people with experience in American engineering.

After a long, fruitless effort to find steady work, Serban found the man who would be her husband. Until then, she didn't know she was eligible to join the U.S. Army. She said her husband told her she could join and she jumped at the opportunity — it would be her chance at the better life of which she'd dreamed.

Had she known earlier that she could have joined the Army, she would have joined as soon as she got into the United States, she said. Though not yet an American citizen when she joined the U.S. Army, she was naturalized in February



Sgt. Daniela Serban (left) and Spc. Agnieszka "Agnes" Skoropad both became American citizens in 2003 and voted as Americans for the first time by absentee ballot from Kuwait.

2003.

Skoropad, similarly, joined the National Guard as soon as she could. She took advantage of her parents' lack of familiarity with English to talk with a recruiter from her parent's home. She said her parents had a clue that she was up to something, but by then it was too late for them to do anything more than give her a talking to. "I did it more for the adventure than for the money," she said, "but college was in the back of my head."

Education, hard work and knowing that life in America offers them something their homelands can't seem to motivate the dreams of both women. It may seem clichéd, but Serban summed up her American dream with a mantra that is wholly American. "You work hard, and your dreams come true," she said.

In separate interviews, Serban and Skoropad offered similar logic for their reasoning behind voting: change. "It might not change anything in this decade or the next," said Skoropad, "but it will change something."

Serban echoed the sentiment when she said, "It's a big opportunity. You can change something."

The data indicate that, to the average young American, the prospect of voting doesn't rank high on their list of reasons to grow up. But for these two women, voting is something both looked forward to for a long time.

Serban said that after becoming an American citizen in early 2002, "I was like, 'two more years and I can vote, I can choose.'" But as much as she was looking forward to it, Serban added that voting is her civic duty. "I think a good citizen has to do it," she said.

# DESERT VOICE

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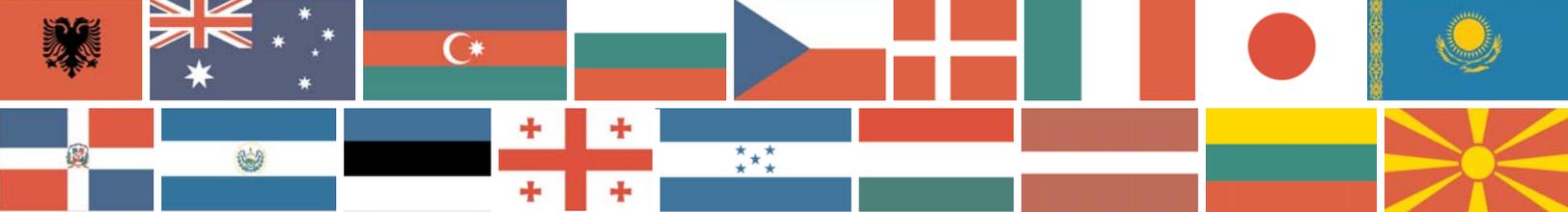
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Volume 26, Issue 12

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**On the Cover** The first troops of OIF '04-'06 are gassed up and ready to go.

Illustration by Sgt. Matt Millham



# Dozens of teams, one fight

Task Force Gator brings them all together, helping our coalition partners help us.

story by Spc. Aimee Felix

Walk into the dining hall in Camp Virginia, and you'll see a variety of camouflage uniforms, hear unfamiliar languages and notice an array of eating habits. For coalition forces waiting to go into or on their way out of Iraq, Camp Virginia is home, and the Army is making sure these international partners are as comfortable as can be and that their needs are being met.

America's coalition partners, a force that adds up to about 23,000 troops, are here to help execute Operation Iraqi Freedom. In return, Task Force Gator is ensuring the reception, staging and onward movement of these coalition partners run smoothly.

once had an Italian Soldier come back from emergency leave and the two of them were left alone with no common language. He was trying to explain his situation with drawings and sign language. "Finally I just got on Google and started using a translator," said Delphin. While the phrases translated literally and didn't exactly make sense, they figured it all out, and laughed about it in the end.

"It's funny afterward, but not so funny when it's actually happening," said Kraemer. He said working with America's coalition partners has taught him the value of communication skills and added that getting frustrated and flustered just makes everything more complicated. As a retired drug

space is roughly three inches, often stood too close for comfort for many U.S. troops, especially the females. "As soon as we explained it to them, though, that our personal space is like 12 to 18 inches, they complied," said Herredsberg, who pointed out that regardless of the cultural differences "they're all still Soldiers, and they make a conscious effort to obey our rules."

Whether ready to deploy or redeploy, the U.S. Army takes care of the coalition every step of the way and gives them whatever support they need, even if that means an extra plane to fit all the stuff they bought, said Kraemer.

Many of the less well-off countries leave with a lot more than they brought because they wouldn't have access to these things in their country.

The Albanians, who brought a force of 71 troops, filled up seven pallets on their last rotation home, said Kraemer. A single pallet can hold up to 10,000 pounds of equipment. They also had 40 generators, 20 of which they tried to bring home with full tanks of gas. After smelling the fuel "we held up a rotator flight for an hour while we accommodated everything and emptied out the fuel," said Kraemer.

Azerbaijani troops came with a mascot: a dog with no kennel. They could still take it, but the pilot made them build a kennel out in the airfield, said outgoing Task Force Gator execution cell officer in charge Maj. David H. Butler.

While contributing fewer troops than the United States, the coalition's sacrifice is just as great if not greater than that of U.S.



rehabilitation counselor, Kraemer already had

"We're like their attorneys," said Lt. Col Michael Kraemer, referring to his job as a country officer with the task force. Country officers make up one of the four branches of TFG (country officers, operations/transportation, support operations and the execution cell). Each officer is assigned a few countries. These officers, liaisons for any requests the coalition forces have, are the go-betweens for the nations and the supporting Coalition Forces Land Component Command elements.

Task Force Gator, a specialty staff of the 377th Theater Support Command and its attached units, is supported by liaisons at the Aerial Port of Debarkation, the Sea Port of Debarkation and at Camp Virginia, in its coalition forces' command cell.

With liaisons at all reception and staging areas, it would seem things would run smoothly for TFG, but with cultural differences and a language barrier that can provoke a feeling similar to a mute trying to scream, things can get frustrating. The fact that TFG has no assigned interpreters doesn't make things any easier.

"We've had to resort to drawing and sign language so many times," said Maj. Julie Delphin, TFG operations officer. Delphin explained that the frustration is mutual. She

developed the ability to listen, but this experience has reinforced that skill. "People from three different countries can be saying the same thing, but they all mean something different," he said.

TFG and all the liaisons involved in accommodating the coalition try to be as understanding and helpful as possible. At Camp Virginia the U.S. Army makes certain allowances and adjustments for the different customs among the coalition forces. When the Koreans are in Virginia, the dining hall managers order more cucumbers than usual, because it is a favorite food of the Koreans, said Capt. Stephen Herredsberg, Camp Virginia's assistant coalition forces liaison. The Polish are allowed to wear the flip flops issued to them as part of their uniform, as long as they don't wear them in the chow hall. And falling in line with Japanese custom, Virginia ensures that male and female Japanese troops are completely segregated.

On the flip side, liaisons have had to ask coalition troops to adjust to certain American customs. The Dominicans, whose personal



troops, said Kraemer.

Some of the coalition partners don't have much as far as military resources go, but they give what they have in order to support the United States, fulfilling roles that American troops would have to be doing otherwise. "They've stretched themselves thin, but they put their best foot forward for us," said Butler.

# 7th Signal Brigade mission complete

Casing their colors, the brigade marks an historic transfer of authority in theater communications.

story and photo by Staff Sgt. Peter Fitzgerald, 7th Signal Brigade Public Affairs Office

The 7th Signal Brigade marked the end of its historic deployment with a transfer of authority ceremony at Camp Doha Oct. 30. After 10 months in theater, the unit is handing over its mission to the 160th Signal Brigade. The event marks a major transition in theater communications as the 160th will now assume operational oversight of missions that both units shared for nearly a year.



Command Sgt. Maj. Kenneth Williams and Col. Jennifer Napper case the colors of the 7th Signal Brigade in a transfer of authority ceremony at Camp Doha. The 160th Signal Brigade takes over operations from the departing unit.

The changeover allows for a significant reduction in tactical signal equipment and Soldiers required in theater.

Brig. Gen. Donna Dacier, 335th Theater Signal Command (Forward) deputy commander, was the guest speaker at the event and said the transfer “indicates that we’ve passed from major combat operations into the security and stability phase of Operations Enduring and Iraqi Freedom.”

“You’ve made a seamless transition

between the tactical side of the signal community to the strategic side of the signal community,” she added.

During its deployment, the 7th Signal Brigade, from Mannheim, Germany, played a critical role in the transition of the tactical communications network to an operational base network. The brigade brought together units from the National Guard, Reserve and active Army into a single signal communications force that supported a variety of organizations and missions, from Marines in Iraq to multinational forces in Afghanistan. “You have made history,” said Col. Jennifer Napper, commander, 7th Signal Brigade. “You have fulfilled my vision of making this one team, one network.”

The unit will now begin redeployment operations as the Camp Arifjan-based 160th takes over operational oversight of the network. The 160th Signal Brigade was re-activated just over one year ago, and organized with a largely civilian workforce specifically for this unique mission.

The takeover marks a positive change in Operation Iraqi Freedom as fewer Soldiers will be needed to continue the communications transformation process in theater.

After the colors of the 7th Signal Brigade were cased, Col. John Wilcox, 160th Signal Brigade commander, closed the ceremony by thanking the departing Soldiers for their “hospitality, professionalism and friendship.”

“The 7th Signal Brigade, and the 11th Signal Brigade before them, in their roles as expeditionary signal brigades have done a great job in laying the groundwork as well as miles and miles of cable for this historic day, and 160th Signal Brigade ... stands ready to accept the challenge of continuing their tremendous service,” he said.



Above  
Col. Scott A. Lang, 43rd Area Support Group commander, and Command Sgt. Maj. Mark A. Villanueva unfurl the group colors at a ceremony at Camp Arifjan Oct. 30.

Right  
A color guard, made up of incoming 43rd Area Support Group Soldiers from Fort Carson, Colo., and outgoing 50th Area Support Group Soldiers from the Florida National Guard, based in Homestead, Fla., stands in formation during a transfer of authority ceremony Oct. 30.



Photos by Spc. Aimee Felix

# More than a bed and breakfast

Camp Victory, the first stop for most troops coming out of Iraq, has a new boss

story and photo by Spc. Brian Trapp

Camp Victory, Kuwait, has a constantly changing population density that can fluctuate from something like Oklahoma City's suburban neighborhoods to Chicago's urban projects. An expected surge will boost the camp's downtime population of around 600 troops to nearly 14,000 troops accompanied by vehicles and equipment – all within the one square mile of desert that makes up the camp. Hundreds of tents, portable latrines, a chow hall and a number of other amenities intended to make life livable, though no less crammed, already crowd the small tent city. A staff of about 50 Soldiers is all it takes, though, to make it all work.

The 395th Quartermaster Battalion, based out of Connecticut is taking the reins of this operation from the 342nd Quartermaster Battalion, which is heading back home to Jackson, Tenn. The 395th arrived Oct. 13 and started its train up to assume command and control. "November 1 they're going to pin the rose on me," said Lt. Col. Lawrence J. Smith, incoming camp commander and 395th commander.

The new Soldiers are a welcome sight for the troops handing over responsibility and getting ready to head back to the southern United States.

"I'm glad they're here," said Lt. Col. Michael Bishop, outgoing camp commander. "They'll do a good job. My guys have trained them well, and we're ready to go home."

It's been a smooth transition. The 342nd, with their Southern hospitality, ensured all personnel were prepared to take over, Smith said. "They gave me a stack of SOPs so thick it felt like I was in law school," he said in his hard New England accent.

This spot in the Kuwaiti desert isn't necessarily considered picturesque, but it is a sight that troops love to see because it's one of the first stops for redeploying troops coming out of Iraq on their way home.

"A lot of people say we're a bed and breakfast, but we're more multi-functional than that," said Master Sgt. Earl Strickland, 395th and Camp Victory Sergeant Major. "We're here to take care of the Soldier. Like when a Stryker unit comes down here, I jump through [hoops] to take care of anything they need."

The 395th is responsible for providing life support, redeployment staging and onward integration for U.S. forces moving in and out of Iraq, as well as force protection, billeting, supply, food service, personal hygiene, haz-



Lt. Col. Lawrence J. Smith, incoming camp commander and 395th commander, right, and Master Sgt. Earl Strickland, 395th and Camp Victory Sergeant Major, stand in front of the mayor cell of Camp Victory where they will spend the next year running the day-to-day operations of the primary redeployment camp in Kuwait.

ardous material disposal and a number of other things, Smith said. The list he rattled off is only a portion of the responsibilities that they are assuming.

The camp is in a lull right now, taking care of about 600 permanent troops there – a far cry from what the 342nd had to deal with when they assumed responsibility for the camp during the surge last year, a sort of baptism by fire that planners are trying to avoid this time around. There is an expected buildup of Soldiers right before Christmas and then again after Christmas, and now is as good a time as any for the changeover.

Victory's part of redeployment takes anywhere from 15 to 20 days from the time troops arrive at the camp to when they go to Camp Arifjan to sterilize their equipment. During that time, the new camp commander will be taking care of those thousands of Soldiers.

"Soldiers come out of a combat zone and a lot of them have lost comrades and you can see it in their eyes that they've experienced something I can't imagine going through at 18- and 19 years-old, and I'm 47," Smith said. "They're looking for a relaxing place before they return to normal civilization, and we're here to provide that."

They also deploy and redeploy Marines into Iraq and even take on the occasional

role of truck stop for convoys rolling through, giving them a place to eat and maybe sleep for a few hours. "We're open 24-7 to provide any type of support for people rolling through our [area of operation]," Smith said.

The unit is only about 50 Soldiers strong, so most of the support jobs are executed by civilian contractors that the Soldiers have oversight for.

Running an operation like this isn't a new animal for a quartermaster, but "what makes it different is you deal with contractors a lot, where it would normally be Soldiers," Strickland said. "You get a different skill set, but the Soldiers are there supervising to make sure the job is done correctly."

"A Soldier goes into a shower; all he wants is a nice hot shower and [if he] gets cold water, he's going to be pissed off," he said. "That's why we have the quality control to make sure everything is working correctly."

It's a lot different dealing with contractors rather than Soldiers, Strickland said. "If that were a unit running the laundry facility, and they were doing something I didn't like, I could just go over there and tell them to fix it. It would get fixed. You can't just go over and do that with contractors. There are more steps involved, but contractors seem to be working out."



Soldiers with 2nd Battalion, 156th Mechanized Infantry Regiment of the Louisiana National Guard play cards as they await the arrival of trucks to load the remaining equipment of their parent unit, the 256th Brigade Combat Team. Composed of various Louisiana National Guard units and augmented by Guard units from other states, the 256th is the first unit to deploy for Operation Iraqi Freedom 3.

# A smoother transition

The transition from OIF-1 to OIF-2 didn't go as smoothly as it could have, but CFLCC planners have altered their strategy for changing out forces during the next OIF rotation. Will it work?

story and photos by Spc. Curt Cashour

Heavy equipment transporters loaded with M1A1 Abrams tanks and Bradley Fighting Vehicles sat in about a dozen single-file lines on a sandy staging area at Camp Buehring, Kuwait. An array of 30 or more vehicles dotted the horizon, awaiting the rest of the trucks slated to carry them into battle.

Soldiers waited patiently in and around their already-loaded vehicles, napping, playing cards and conducting pre-combat checks. It was the proverbial calm before the storm.

The 256th Brigade Combat Team, sometimes called the "Tiger Brigade," is the first unit in the third rotation of Operation Iraqi Freedom. Dubbed OIF '04-'06 by the

Pentagon to mark the years the first and last units of the rotation respectively deploy and redeploy, this installment is a leap forward in the complex reception, staging and onward integration process of units passing through Kuwait on their trip up north.

Most Soldiers with the 256th, an enhanced separate brigade made up of various Louisiana National Guard units and select Guard units from New York, Wisconsin, Minnesota and other places, are probably unaware of the problems with past OIF rotations. They weren't around for the long lines, broken cots and other inconveniences that plagued the troops who came before them.

They are, however, the first beneficiaries of a number of important improvements

affecting troops making the transition from Kuwait to Iraq.

The Soldiers lauded the camp's air conditioned billets and generous portions of food served up at the dining facility. Staff Sgt. Stanley Shavers Jr., a 256th tank commander, even joked that the unit's time in Kuwait has been a little too easy.

It wasn't always that way.

Some of the problems with OIF 1 stemmed from the fact that Coalition Forces Land Component Command didn't have all the moving parts — the area support groups, wash racks, transportation systems and the wide range of other assets needed for a successful rotation — under its control. For the rotation from OIF 1 to OIF 2, the command tried to bring all of those parts together in one place. Doing so improved

the flow of information, thus making it easier to anticipate and react to RSOI problems, said Lt. Col. Jeff Carra, chief of plans for CFLCC's deployment/redeployment operations.

Even with the consolidation of assets under CFLCC, problems still remained, Carra said. With the planning for OIF 2 focused on large logistical details like how many people were coming, what camps were going to be used and camp capacities, smaller details like Army and Air Force Exchange related services were last-minute additions to some of the camps.

CFLCC officials have incorporated the lessons learned from the past two rotations into their planning for the current OIF installment, and, as a result, units traveling through Kuwait this time around should experience the smoothest rotation so far, Carra said.

"We've gotten a lot better at being able project what the requirements are going to be at all the camps during rotations," he said.

A key change for this rotation will be the integration of contracted drivers into U.S. military convoys, a practice started in February of 2004. Teaming the contracted drivers with military escorts, rather than letting the contractors make the dangerous journey on their own, gives planners a clear picture of where contractors are on their routes and when trucks will arrive at their destinations, Carra said.

The Soldiers of the 256th, experienced this first hand on their convoy from Buehring into Iraq last week. Of the 72 vehicles on their convoy, 42 were to be driven by con-

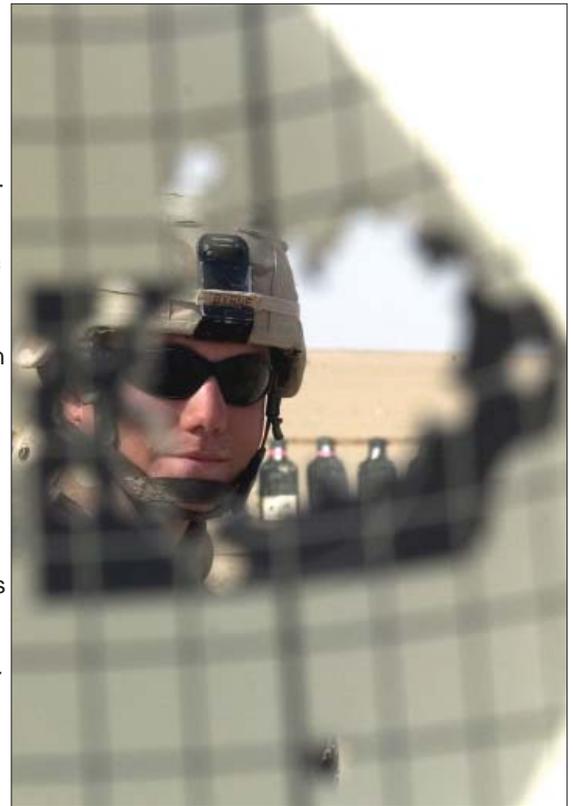
tracted third country nationals, said Staff Sgt. William Hedges of the 2123rd Truck Company, a Kentucky National Guard Unit that assisted with the convoy.

Perhaps the most important difference between OIF '04-'06 and the previous rotation will be the timeframe. For OIF 2, the rotation of forces took place over a period of three-and-a-half months. While the numbers of deploying and redeploying troops will be about the same this time, the transition time will be spread over six or seven months, Carra said.

"One of the things we really tried to do was spread out the flow, and we've had some success," Carra said, adding that transient troop levels in Kuwait peaked at 54,000 last year. This year, plans project transient levels to top out at 46,000.

Because of this expansion in the rotation timeframe, "Tiger Brigade" soldiers were virtually the only unit rotating through Buehring. This meant little or no waiting for stops at the dining facility, Post Exchange and other services.

Another big change this year will be the rotation schedule for units based in Kuwait and Iraq that support RSOI operations. Last year those units were deploying and redeploying at the same time as combat units. This created a no-win situation for recently-deployed support units, which had to complete their mission during a population surge with relatively little experience in



Spc. Houston Byrne, of Monterey, La., peers through a target into which he had just expended 120 rounds from his M-16. Byrne and his unit, the 1088th Engineer Battalion of the Louisiana National Guard, were at the range confirming weapon zeros and expending excess ammo in preparation for their deployment to Iraq with the 256th BCT.

their deployment and theater responsibilities, said Capt. Joseph James, a CFLCC force flow analyst. "[It was] like changing out the whole team in the ninth inning," he said.

This time, RSOI units are being switched out 30 to 60 days before the major force rotations, James said.

So why has it taken the Army so long to work out the kinks in OIF's deployment/redeployment operations? James attributes the learning curve to the massive size of the rotations, which are the largest consolidated troop movements since the end of World War II.

"People say, 'well, you do RSOI at [the National Training Center].' Well it's nothing like this. It's like reading a comic book versus reading a college textbook. There's no comparison whatsoever," he said.

But no matter how much people like James and Carra work to make transitions from Kuwait to Iraq less painful and more efficient, their efforts would mean nothing without motivated troops ready to accomplish the mission. That's where the Soldiers of the 256th, a mechanized infantry unit based in Lafayette, La., come in.

"These guys who have been here for however many months, its time for them to go home and let us do our time," Shavers said.



A Soldier attached to the 256th Brigade Combat Team gets in a nap during down time at a staging area at Camp Buehring.

# For those who like to run, we salute you

story and photos by Spc. Curt Cashour

It's a question almost as old as the military itself: What is there to do to pass precious free time in the midst of a long deployment?

Some troops swap war stories; others immerse themselves in DVDs or books. Some servicemembers and civilians from U.S. military installations across Kuwait brought a twenty-year-old Army tradition to the confines of Camp Buehring, Kuwait.

Approximately 700 people ran in Buehring's version of the Army 10-Miler Oct. 24. Described as a "shadow run" by organizers, the inaugural event was held in conjunction with the original Army 10-Miler in Washington D.C.

The event consisted of individual 10-mile races categorized by age and sex as well as the 10-mile Clydesdale contest, in which contestants wore rucksacks weighing 30 pounds. A team category allowed members to complete the course relay style, passing their unit guidon along the way.

About an hour before the run's 6:30 a.m. start time, hundreds of participants mingled beside the start point chatting and posing for photographs. A few late arrivals used flashlights to illuminate entrance paperwork they were completing.

"I love the exciting atmosphere of all these people here with their guidons and rucksacks. It's thrilling," said Rachel Jaeger, an individual 10-Miler participant who has been deployed to Camp Buehring for 10 months.

Even though Jaeger, a chaplain's assistant, had to work later in the day, she didn't let it interfere with her desire to compete.

"I gotta go straight to work after I finish. I'll be covered with sweat," she said.

Some ran for the competition, some

ran to push themselves and some just ran for something to do.

"It's a break from the boredom of being in the middle of nowhere," said Wilford Davis, who competed in the team event with members of Buehring's troop medical clinic.

With the pop of a starter's pistol the participants were off. Runners burst ahead as Clydesdale contestants stomped along and people lined the sides of the course to cheer on their favorites. As the race wore on, Robert Schnell burst ahead of the entire pack, with Jeffrey Bott trailing minutes behind in second place.

Schnell finished with a time of 58 minutes 10 seconds, nearly 3 minutes ahead of Bott. Considering what Schnell had endured in the month-and-a-half leading up to the race made his performance even more impressive.

Having traveled 40 days by ship from the United States to Kuwait with equipment belonging to his unit, the 158th Corps Support battalion of the Arizona National Guard, Schnell arrived in Kuwait less than week before the run.

"I'm still a little tired from the trip," Schnell, a member of the National Guard Marathon Team, said in a barely-winded voice just after his finish.

Preparations for the event started in late June, with Buehring's morale welfare and recreation officer in charge, Capt. Adina Sanchez, and noncommissioned officer in charge, Sgt. 1st Class Deborah George soliciting entries from all of Kuwait's U.S. military installations and planning for everything from participant's breakfast and billeting to medical support.

Sadly, the medical support team had to react when a Clydesdale participant collapsed about 100 meters from the finish at about 9:30 a.m.

Paramedics, members of Buehring's fire department and a few medical staff that had participated in the run hovered around Clydesdale participant Dennis Boles, trying to revive him. But their efforts couldn't bring back the National Guardsman from Homosassa, Fla. Boles was 46.

The death put an obvious damper on the rest of the event, which was nearly complete at the time of Boles' collapse. A chaplain took to the event's public address system to lead everyone in prayer. ASG-Kuwait Commander Col. Brick T. Miller handed out awards to the winners, who were greeted with limited enthusiasm.



Contestants await the start of the first Army Ten-Miler event in Kuwait. The contest was held in conjunction with the original Army Ten-Miler in Washington.

## Results

### Male 18-22

Charles Guadrum 1:07:23  
Victor Vordelcel 1:07:31  
Nathan Mihm 1:15:04

### Female 18-22

Anhalyn Manbulu 1:26:42  
Zlata Pandur 1:35:14  
Monica Arquano 1:39:03

### Male 23-27

Mark Turner 1:02:47  
Michael Upton 1:09:12  
Christopher Wright 1:11:54

### Female 23-27

Rachel Mandell 1:16:18  
Joni King 1:31:49  
Sarah Portlow 1:33:14

### Male 28-32

Jeffrey Bott 1:01:39  
Michael Jaeger 1:05:58  
Ramon Gomez 1:10:16

### Female 28-32

Carolyn Skelton 1:21:27  
Amanda Sell 1:28:47  
Julia Bell 1:29:53

### Male 33-37

Robert Schnell 58:10  
Craig Guffey 1:09:24  
Michael Terrell 1:09:48

### Female 33-37

Tobija Griffen 1:21:12  
Lisa Kelly 1:29:33  
Stephanie Gradford 1:31:03

### Male 38-42

John Ruibal 1:06:52  
Israel Figueroa 1:12:54  
Mar Morrell 1:14:12

### Female 38-42

Iris Mazariegos 1:41:13  
Hope Wheeler 1:48:25  
Fay Stephens 1:59:25

### Male 43-47

Orlando Lebron 1:08:24  
Johnny Mcbride 1:09:24  
John Anderson 1:09:33

### Female 43-47

Linda Mounce 2:18:05  
Kathryne Windham 2:19:49  
Sharon Staples 2:23:40

### Male 48-52

Ernesto Reyes 1:02:35  
Rick Rogers 1:15:55  
Bruce McCollum 1:18:45

### 53 and older

Roger Filmer 1:13:01  
Martin Santana 1:18:30  
Paul McGehee 1:24:15

### Teams

565th Quartermaster Co. 1:13:52  
Camp Buehring Fire Dept. 1:15:27  
A Company, 1-169th 1:15:52

### Clydesdale

Guy Titsworth 1:30:23  
Justin Thayer 1:44:32  
Anthony Delguidice 1:44:52

# Shoulders, back and arms

story and photos by Spc. Aimee Felix

In a world of extra duties and details, many troops don't always have the time to maintain a regular workout routine. In that same world, though, lack of time is not an excuse to be out of shape.

For those wanting to get more workout for their time, Mayette Losa Sarte, sports specialist at the Camp Arifjan Fitness Center, recommends the exercises below. They work out the arms, shoulders and back at the same time. While some concentrate on one area more than another, the workout still rounds out to a fairly complete upper body workout, said Sarte.

Sarte stresses that tightening your stomach and maintaining a straight back will make the workouts more effective.

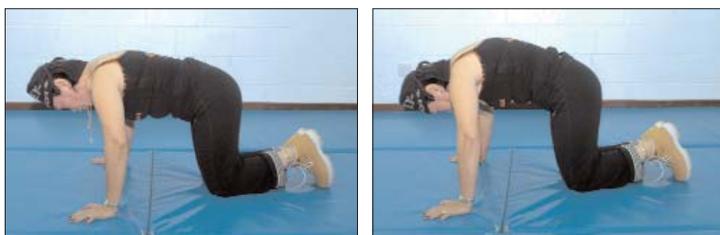
## Shoulder pushup • works shoulders



**Step 1**  
Begin in a modified pushup position, ankles crossed and resting on your forearms.

**Step 2**  
Push up and go down 16 times fast and 16 times slowly. Do this for up to 3 sets.

## Back Arch • works biceps and back



**Step 1**  
Kneel on all fours with arms shoulder width apart and hands facing forward.

**Step 2**  
Arch the top of the back up and down. Go up and down 16 times and repeat this for up to 3 sets.

## Mayette Losa Sarte's new aerobics schedule. Classes are held at the Zone 1 gym tent

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
5:30 – 6:30a.m.	Combat Kick Boxing	Bench/Step Workout	Combat Kick Boxing	Bench/Step Workout	Combat Kick Boxing
8 – 9 a.m.	Power Stretching	Super Abs	Power Stretching	Super Abs	Power Stretching
10 – 11a.m.	Bench/Step Workout	Power Stretching	Bench/Step Workout	Power Stretching	Bench/Step Workout
1 – 2 p.m.	Body Pump Workout				
3 – 4 p.m.	Combat Kick Boxing	Bench/Step Workout	Combat Kick Boxing	Bench/Step Workout	

## Roll pushup • works back



**Step 1**  
Kneel on all fours with head and back bent down at a 45-degree angle, arms shoulder-width apart and elbows bent.

**Step 2**  
Slide head and back forward, keeping your arms in the same spot.

**Step 3**  
Roll up ending up on all fours with arms extended. Repeat 16 times for up to three sets.

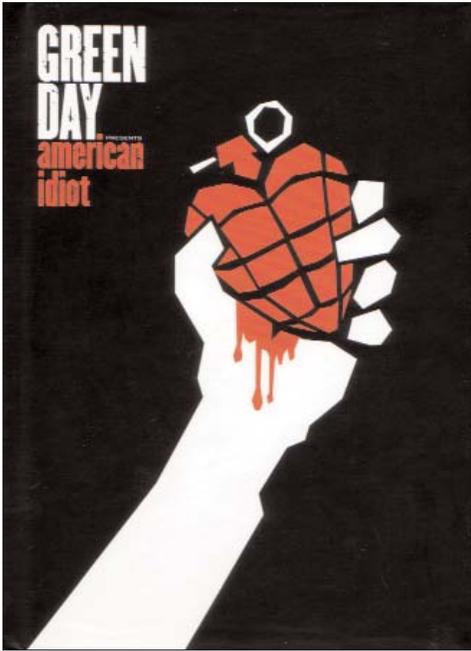
## Tricep/Bicep-Concentrated Pushup • works triceps, biceps, shoulder and shoulder blade



**Step 1**  
Kneel on all fours with legs crossed at the ankles, arms shoulder-width apart and hands facing in to isolate triceps (For biceps do the same exercise with hands facing out).

**Step 2**  
Bend elbows and go down and up. Repeat 16 times fast and 16 times slowly. Do this for up to three sets.

# Music Review



by Sgt. Matt Millham

After years of suffering the benign lyrics and tired riffs of pop-posing-as-punk bands like Good Charlotte and Simple Plan, it was about time that the guys who first paddled pseudo-punk into the mainstream reset the bar to keep fans of the genre from stagnating in their own well-worn sense of counter-culture. Let's put it this way: there's no reason a bunch of kids wearing novelty trucker hats bought at upscale boutiques should be allowed to carry the mantle for a genre of music predicated on making comfortable people uncomfortable and placid people

angry. Green Day's American Idiot easily does both by gnawing at the nerve endings at the center of America's growing political divisions.

American Idiot is, if nothing else, a strong argument for Darwin's theory of evolution. Or maybe it's just that Green Day are growing older and almost antithetically angrier as they grow up and away from their impoverished youth. Though still harmonic and ultra-catchy, their lyrics have broadened from sophomoric hymns about drugs and masturbation to capture a snapshot of America's current social strife. In this way, they have evolved to fit with the times and their place in life by addressing, as they always have, the concerns of people roughly their age. This time, though, there's a sense of urgency that was never there before packaged in a format few punk bands have ventured to try – the rock opera.

American Idiot is easily the band's longest album to date at 57 minutes. Among its 13 tracks are two five-part, nine-minute-plus anthems that could almost as easily have been listed as separate songs had the music stopped for a moment. Overall, the album is a bit of a mess, sort of what you might expect to happen if a once drug-and alcohol-driven punk band were to try to take on the task of concentrating on one thing for more than two minutes. But, ultimately, like Donald Rumsfeld, they do a good job of staying on message.

The band has never shied away from candor, and they don't here to the point that their poignancy and anger is lost when the word "American" in the title track, American Idiot, is edited out along with some other unfriendly phrases on Kuwaiti radio. So despite the fact the melodies are a real aural pleasure, chances are that most of the album will not see the kind of radio play that Dookie or Nimrod achieved.

# Check yourself

by Spc. Jonathan Montgomery

The Check Clearing for the 21st Century Act, or Check 21, went into effect Oct. 28 after being signed into law last year.

Check 21 is a federal law that is designed to enable banks to handle more checks electronically, which should make check processing faster and more efficient.

Today, banks must often physically move original paper checks from the bank where the checks are deposited to the bank that pays them. This transportation can be inefficient and costly, according to the Federal Reserve Board web site at [www.federalreserve.gov](http://www.federalreserve.gov).

Instead of physically moving paper checks from one bank to another, Check 21 allows banks to capture a picture of the front and back of the check along with the associated payment information and transmit this information electronically.

If a receiving bank or its customer requires a paper check, the bank can use the electronic picture and payment information to create a paper "substitute check." This process enables banks to reduce the cost of physically handling and transporting original paper checks.

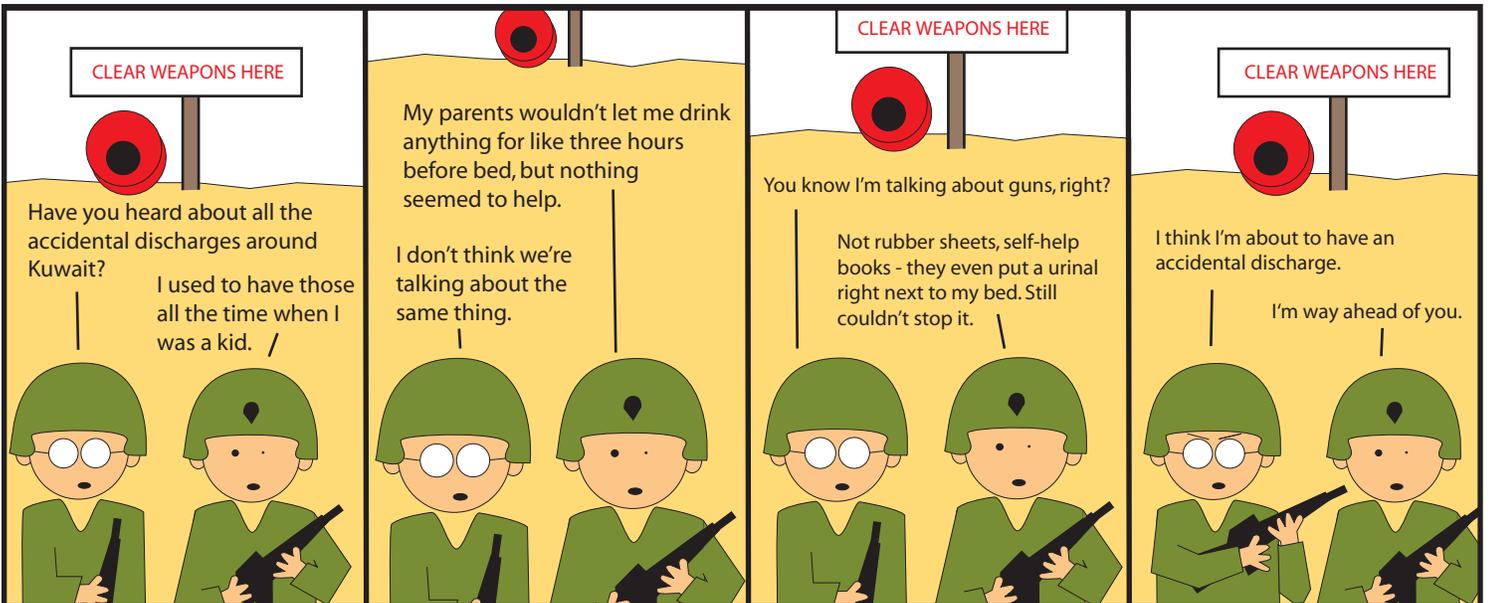
The speed of processing checks already has increased in response to check-system improvements other than Check 21.

Once a check is deposited with a bank, it is almost always delivered overnight to the paying bank and debited from the check writer's account the next business day.

Over time, as banks make further operational changes in response to Check 21, money may be deducted from your checking account faster.

Before writing a check, make sure you have enough cash to cover it.

# behoovery



# In & Around Our Community

Special and weekly events around Kuwait's U.S. military community for Nov. 3 – Nov. 10, 2004

## Special Events: Arifjan

### Wednesday

Ping Pong Tournament, 7 p.m. at the Community Center

### Saturday

Country Night, 7 p.m. at the Community Center

### Sunday

301 Darts Tournament, 7 p.m. at the Community Center

### Tuesday

Start Toy Drive for local orphanages, all day at the Community Center

### Wednesday

Bingo Night, 7 p.m. at the Community Center

## Weekly Events: Arifjan

### Wednesday

Aero Step 6 a.m., Ab Floor Workout 8 a.m., Aero Step 10 a.m., Upper and Lower Body Workout 1 p.m. High/Low Aerobics, 7 p.m. at Zone 1 gym tent

High Impact Aerobics, 7 p.m. at Zone 2 gym tent

### Thursday

Caribbean Music, 7:30 p.m. at MWR stage

Country Music Night, 7:30 p.m. at the Community Center

Martial Arts, 7 p.m. Spinning Class, 5:30 p.m. at Zone 2 gym tent

### Friday

Open Mic Night, 5:30 p.m. MWR stage

Step Aerobics, 7 p.m. Zone 1 gym tent

High Impact Aerobics, 7 p.m. at Zone 2 gym tent

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

Salsa Night, 7 p.m. at the Community Center

### Saturday

Salsa Night, 7:30 p.m. at MWR stage

Aero Step 6 a.m., Ab Floor Workout 8 a.m., Aero Step 10 a.m., Upper and Lower Body Workout 1 p.m., Aero Step 3 p.m. at Zone 1 gym tent

Martial Arts, 7 p.m. at Zone 2 gym tent

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

### Sunday

Cardio Pump Kick Boxing 6 a.m., Upper and Lower Body Workout 8 a.m., Ab Floor Workout 10 a.m., Upper and Lower Body Workout 1 p.m., Cardio Pump Kick Boxing 3 p.m. at MWR stage

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

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

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

### Monday

Country Western Night, 7:30 p.m. at the MWR stage

stage

Aero Step 6 a.m., Ab Floor Exercise 8 a.m., Aero Step 10 a.m., Upper and Lower Body Workout 1

Aero Step 10 a.m., Upper and Lower Body Workout 1

p.m., Aero Step 3 p.m. Step Aerobics, 7 p.m. at Zone 1 gym tent

High Impact Aerobics, 7 p.m. at Zone 2 gym tent

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

### Tuesday

Spa Day, 9 a.m. to 4 p.m. at Zone 2 gym tent

Cardio Pump Kick Boxing 6 a.m., Upper and Lower Body Workout 8 a.m., Ab Floor Exercise

10 a.m., Upper and Lower Body Workout 1 p.m., Cardio Pump Kick Boxing 3 p.m. at Zone 1 gym tent

Cardio Pump Kick Boxing 3 p.m. at Zone 1 gym tent

Martial Arts, 7 p.m. Spinning Class, 5:30 p.m. at Zone 2 gym tent

Martial Arts, 7 p.m. Spinning Class, 5:30 p.m. at Zone 2 gym tent

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Martial Arts, 7 p.m. Spinning Class, 5:30 p.m. at Zone 2 gym tent

## Special Events: Doha

### Wednesday

Karaoke Night, 7 p.m. at Frosty's

### Thursday

Racquetball signups begin

### Friday

Tennis-signup cutoff

### Saturday

Foosball Tournament, 7 p.m. at Frosty's

### Sunday

Softball League season 2 signup begins

### Tuesday

AFE Show Blake Stamper, 7 p.m. at Frosty's

### Wednesday

Arabic Cultural Night, 7 p.m. at Frosty's

Turkey Bowl Flag Football signups begin

## Weekly Events: Doha

### Sunday

Spa Day, 11 a.m. at Marble Palace

Sports Night, 10 p.m. at Frosty's

## Religious Services: Arifjan

### Catholic Mass

Sunday, noon, Zone 1 Chapel

Saturday, 5:30 p.m., Zone 1 Chapel

Contemporary Christian Services

Sunday, 10 a.m. and 9 p.m., Zone 1 Chapel

Traditional Christian Services

Sunday, 9 a.m., Zone 2 Chapel and 7 p.m., Zone 1 Chapel

General Protestant Services

Sunday, 8 a.m., Arlington Chapel and 10:30 a.m., Bldg. 6 Conference Room

Bldg. 6 Conference Room

### Gospel Worship

Sunday, 2:15 p.m., Post Theater

Saturday, 7 p.m., Zone 1 Chapel

Friday, 7 p.m., Camden DFAC

### Episcopal/Lutheran

Saturday, 3 p.m., Zone 1 Chapel

### Seventh Day Adventist

Saturday, 10 a.m., Zone 1 Chapel

Spanish Protestant Worship and Studies

Sunday, 11 a.m., Zone 2 Chapel and 2 p.m., Arlington Chapel

### Latter Day Saints

Sunday, 5:30 p.m., Zone 2 Chapel

POC Master Sgt. Randall Palmer, 430-6127

### Islam Jum'ah

Friday, noon, Zone 1 Chapel

### Bible Studies

Sunday, 9 p.m., Zone 2 DFAC

Monday, 7 p.m., Arlington Chapel

Wednesday, 7 p.m., Zone 1 Chapel, Room 13

Wednesday, 7 p.m., Zone 2 Chapel

Wednesday, 7 p.m., Arlington Chapel

Wednesday, 8 p.m., Camden DFAC

Thursday, 7 p.m., Zone 1 Chapel, Rooms 9 and 13

Saturday, 6 p.m., Zone 1 Chapel, Room. 13

For more information call Zone 1 Chapel at DSN 430-1387

If in urgent need of a chaplain call cell# 754-3803.

If you have an event you want listed in this section of the Desert Voice or that you think might make a good story, please contact the Desert Voice editor at the e-mail on the back cover.

# Reserve and Guard Troops!

Do you have an employer issue?

For help e-mail:

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

Do you have a supportive employer?

Recommend your employer for the

Patriot Award at [www.ESGR.com](http://www.ESGR.com) or

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

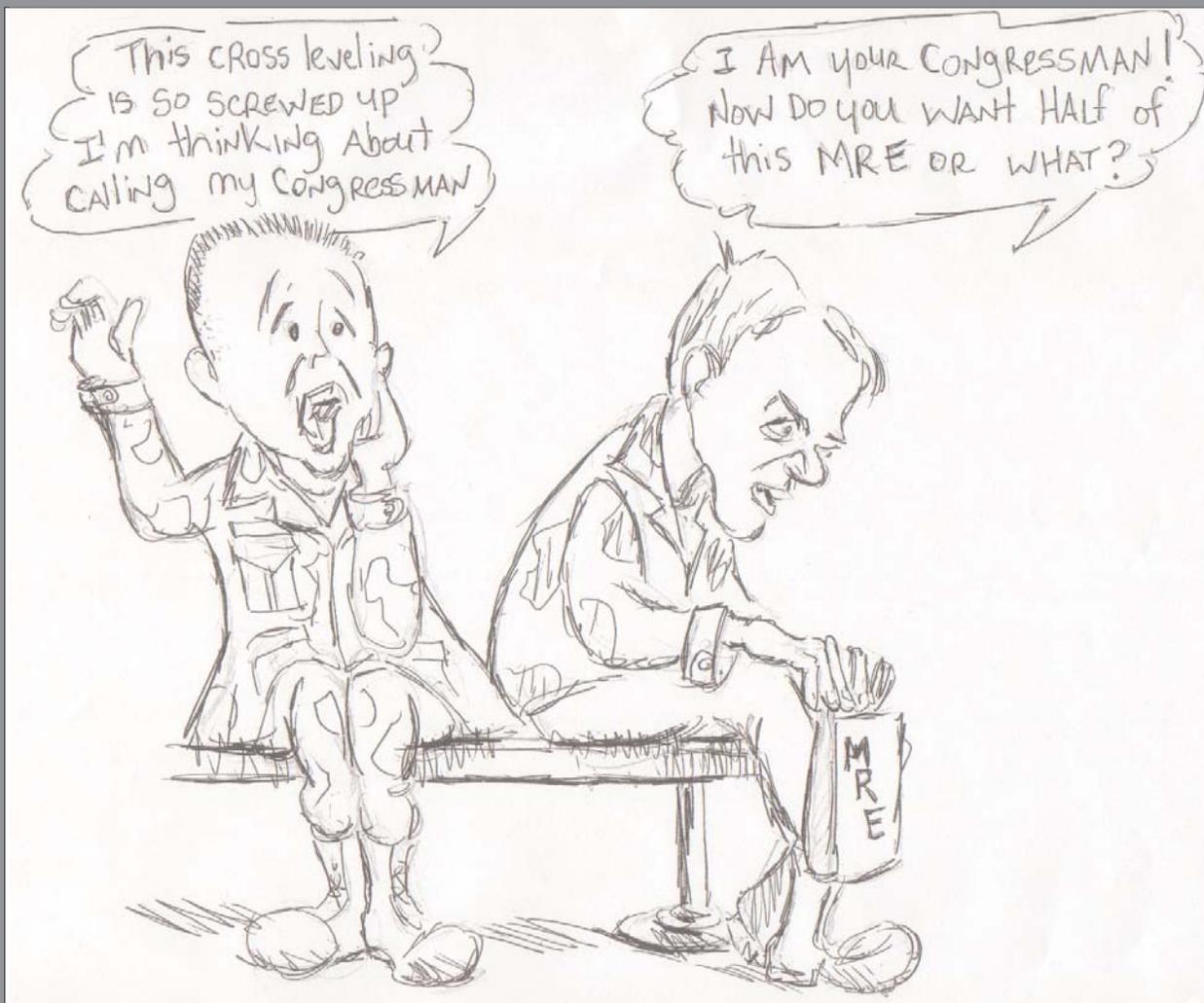
## Shuttle bus schedule

Departs Doha Stop 1 (Bldg. 6 PAX tent)	Arrives Doha Stop 2 (Bldg. 288&31)	Departs Doha Stop 2	Arrives Arifjan	Departs Arifjan	Arrives Doha Stop 1
		0545	0700	0715	0830
	0700	0715	0830	0845	1000
0845	0900	0915	1030	1045	1200
1015	1025	1040	1200	1300	1430
1300	1310	1325	1430	1445	1600
1445	1450	1505	1615	1630	1745
1615	1625	1640	1800	1900	2015
1900	1910	1925	2045	2100	2215
2030	2040	2055	2215	2230	2345
2230	2240	2300	0030		

## Doha movie schedule

WED, Nov. 3	1730	FIRST DAUGHTER
	2000 <td>OPEN WATER</td>	OPEN WATER
THU, Nov. 4	1730	SKY CAPTAIN AND THE WORLD OF TOMORROW
	2000	FIRST DAUGHTER
FRI, Nov. 5	1730	EXORCIST : THE BEGINNING
	2000	SKY CAPTAIN AND THE WORLD OF TOMORROW
SAT, Nov. 6	1400	SUSPECT ZERO
	1730	EXORCIST : THE BEGINNING
	2000	SKY CAPTAIN AND THE WORLD OF TOMORROW
SUN, Nov. 7	1400	THE MANCHURIAN CANDIDATE
	1730	SUSPECT ZERO
	2000	SUPER BABIES : BABY GENIUSES
MON, Nov. 8	1730	EXORCIST : THE BEGINNING
	2000	SUPER BABIES : BABY GENIUSES
TUE, Nov. 9	1730	SKY CAPTAIN AND THE WORLD OF TOMORROW
	2000	OPEN WATER
WED, Nov. 10	1730	SUSPECT ZERO
	2000	BOURNE SUPREMACY PG-13

For more information, call 965-974,674



by Lt. Col. Michael Verrett, theater container manager, CFLCC C4

## StrongSoldier Competition

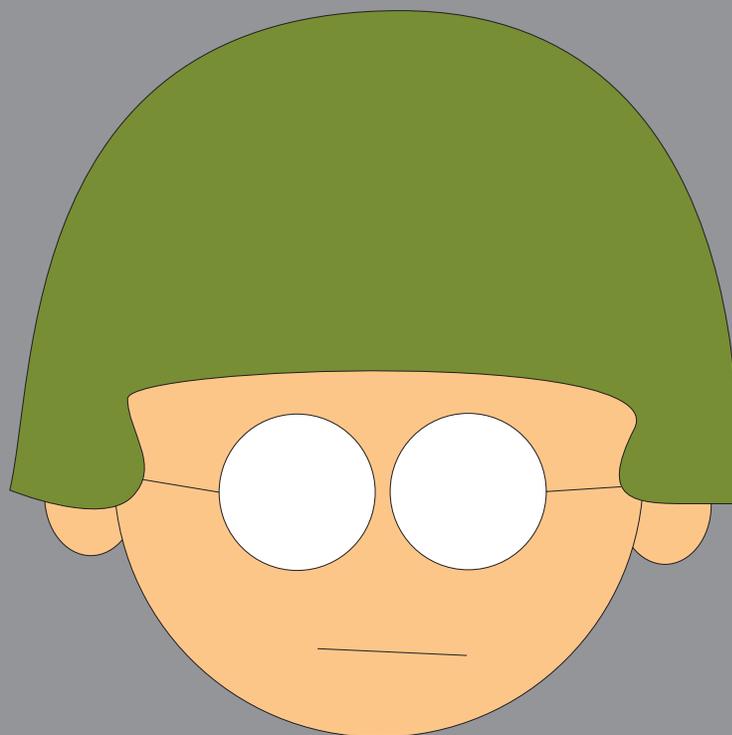
Nov. 27 at Camp Arifjan

It's an eight-event competition among five-man teams of servicemembers from any branch of service and any country. Each team must have one female.

The preliminaries will be on Nov. 20 at 9 a.m. at the Camp Arifjan Zone 1 Sports Field. This will be a process of elimination competition to find the top teams to compete Nov. 27 at 10 a.m. at the Camp Arifjan Zone 1 Sports Field. Entries are due Nov. 18.

The competition is open to all camps. You can pick up entry forms at fitness centers at the following places: Camp Arifjan, Camp Buehring, Camp Doha, Camp Victory and Ali Al Saleem Air Base.

E-Mail questions to Chief Warrant Officer John Robinson at [john.robinson@kuwait.army.mil](mailto:john.robinson@kuwait.army.mil).



# DESERT VOICE

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