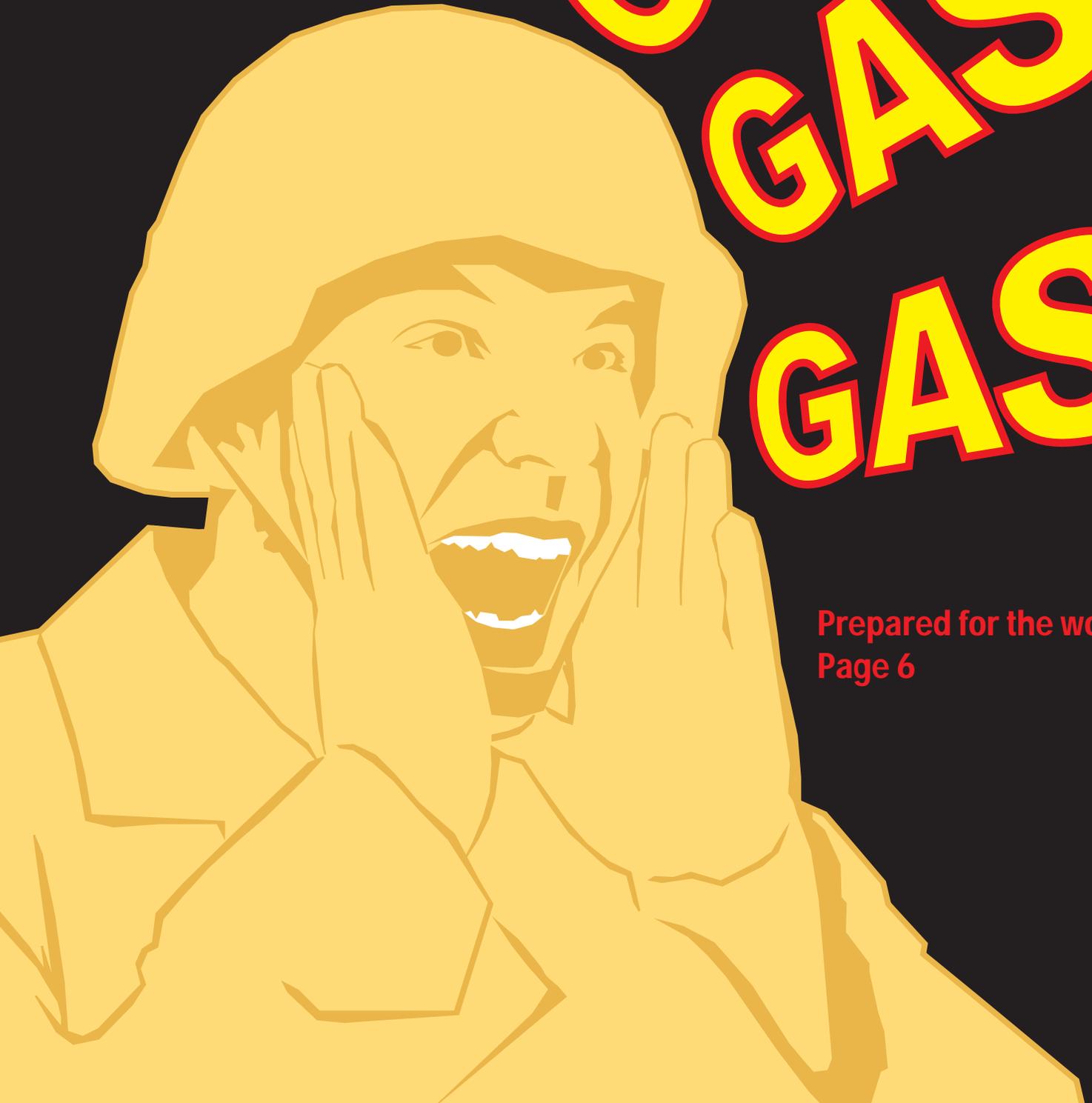


OCTOBER 6, 2004

DESERT VOICE

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Prepared for the worst
Page 6

DEADLINE

Vote now or never

by Sgt. Matt Millham

The presidential election is still almost a month away, but servicemembers who want to vote need to get their ballots in the mail immediately if they want their votes to count.

Absentee ballots began trickling into Kuwait a few weeks ago, just as a long and successful voter registration campaign began to wind down. As the absentee voting deadline nears, Army post offices are seeing more of the telltale envelopes flood into the country.

Obviously, election officials are doing the job of getting ballots out to the troops, and now it's up to the troops to make their choice and get their ballots back to the states in time to have them counted.

Time, unfortunately, is not on the side of those serving in Kuwait. For troops who registered using the SF 76 Federal Post Card Application but didn't yet receive their ballot, now is the time to look in to sending a write-in absentee ballot.

The write-in ballot "is an emergency backup ballot," said Maj. Perry Phillips, 377th Theater Support Command, who taught nearly 150 voting assistance officers how to use the SF 186 Federal Write-in Absentee Ballot Sept. 29 in preparation for a three-day voter assistance drive across Kuwait.

Overseas voters can only use the write-in absentee ballot if they haven't yet received an absentee ballot and only if they have already registered using the SF 76 Federal Postcard Application.

Some troops may send in a write-in absentee ballot and days later receive their absentee ballot from the United States. "Tell them to send that in as well," said Phillips. Election officials back home will not count both votes, but it can't hurt

anything to send the regular ballot as well.

However, if a troop has already received an absentee ballot from the states, they will not be allowed to use a write-in absentee ballot.

The main drawback to using the write-in absentee ballot is that it can only be used for federal elections. It can't be used to vote in local elections or in elections at the state level. In other words, it can be used to vote for president and congressmen, but not for state legislators or governors.

Whether using the standard absentee ballot or the write-in absentee ballot, the deadline for getting absentee ballots in the mail is Oct. 11. However, if troops miss the deadline, they are encouraged to send in their ballot anyway. Some states will accept ballots even if they arrive after the election if they are postmarked by a certain date. Information about state requirements for absentee ballots is available at www.fvap.gov.

From Oct. 7-9 there will be a big push by VAOs to help troops fill out and mail their absentee ballots. VAOs will be available all over Kuwait to help fill out and mail absentee ballots. The VAOs will do all they can do to help, but there will be no list of candidates for federal office available at the help locations for troops using the write-in ballot. Troops using the write-in absentee ballot will have to know beforehand who they want to vote for. The names of candidates for various elections can be found at www.fvap.gov or through official state websites.

To ensure that ballots get back to the United States as soon as possible, APOs are treating the ballots as priority mail, said Lt. Col. Michael Claus, Army postal operations officer for the Central Command theater. Ballots will be the first

pieces of mail to get on any plane back to the states and the first things handled after landing.

Once in the states, the U.S. Postal Service will continue to treat the ballots as priority mail up until the week before the election. Any ballots that haven't made it to their destination a week before the election will be handled as express mail by the USPS, said Claus.

If, for some reason, any troop decides not to get help with their absentee ballot at one of the voter assistance drives, Kuwait's APOs will have VAOs ready to help until all deadlines are passed, said Claus.

During the Kuwait voter assistance drives, VAOs will be available for assistance in the following DFACs during lunch and dinner from Oct. 7-9:

Camp Arifjan (Zone 1, Zone 2 and Arlington), Camp Doha, SPOD, KNB, Navistar, Camp Buehring, Camp Victory and Camp Virginia.

If one of these locations isn't close enough, help can also be found through any unit's VAO. Every unit is supposed to have a designated VAO who should have write-in absentee ballots available.

Dates you should know

• Presidential Debates

Friday, Oct. 8, 9 p.m. ET

Washington University
St. Louis, Mo.

Wednesday, Oct. 13, 9 p.m. ET

Arizona State University
Tempe, Ariz.

• Mailing Deadline for Absentee Ballots Oct. 11

• Presidential Election Nov. 2

topic Voting

DESERT VOICE

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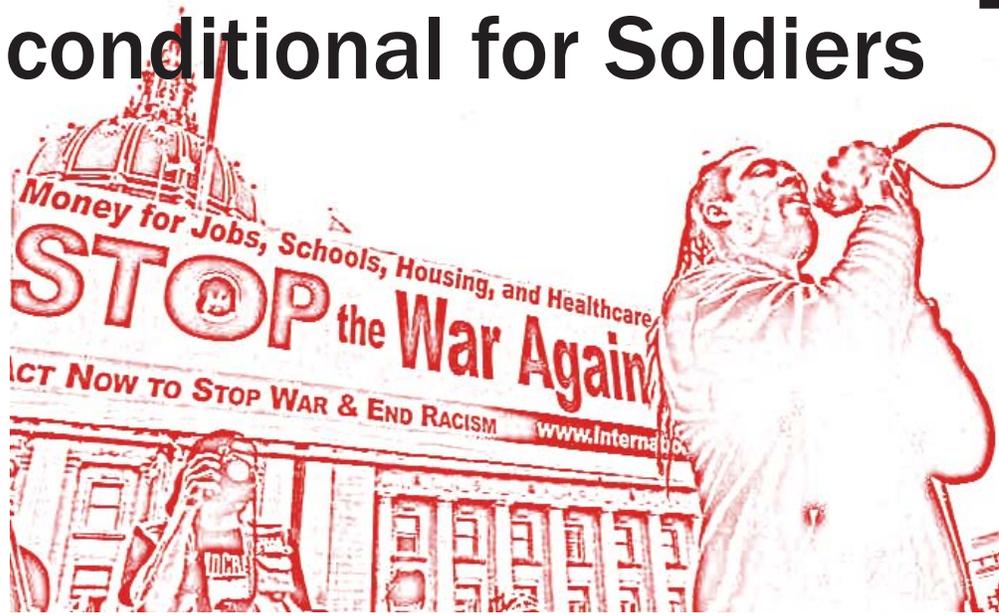
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On the Cover Gas! Gas! Gas! Threat or no threat, the military is prepared for nuclear biological or chemical attacks.

Graphic Illustration by Sgt. Matt Millham

Freedom of Speech: conditional for Soldiers



It's okay for civilians to protest a war, but servicemembers could find themselves in deep trouble if they chose to verbally attack government officials, elected or otherwise.

by Spc. Brian Trapp

If anybody knows the value of freedom, it's people serving their country; but while serving, their freedoms fall under certain limitations, including what they can and cannot say about government officials. Even though the First Amendment of the Constitution states "Congress shall make no law ... abridging the freedom of speech ...," the fact is that not all speech is considered free. U.S. Supreme Court Justice Oliver Wendell Holmes illustrated this when he said, "The most stringent protection of free speech would not protect a man in falsely shouting fire in a theatre and causing a panic."

In following with such limitations on free speech, the Uniform Code of Military Justice's Article 88, Contempt Toward Officials, is punishable by court martial. "This is a very contested election, and emotions are running high," said Capt. Michael Smith, operation law attorney, CFLCC Office of the Staff Judge Advocate. "Nobody wants to curtail free speech, but as Soldiers, we have a higher level of conduct."

Merriam-Webster's Dictionary defines contempt as the act of despising; lack of respect or reverence for something the state of being despised; willful disobedience to or open disrespect of a court, judge, or legislative body (contempt of court).

Article 88 states: "Any commissioned officer who uses contemptuous words against the president, the vice president, Congress, the secretary of defense, the secretary of a military department, the secretary of transportation, or the governor or legislature of any state, territory, commonwealth, or pos-

session in which he is on duty or present shall be punished as a court-martial may direct."

The article also qualifies this by explaining the accused used "certain words," which is usually interpreted as profanity against someone in the positions covered by the article. A statement can be construed as contemptuous, if either the words alone or the way they were used fit the definition of contempt.

Before everyone starts looking over their shoulder, the article does not ordinarily apply to things said during private political discussion. Servicemembers should keep personal opinions personal though.

The article also says circulation of contemptuous statements through a written publication and expressing contemptuous words in front of subordinates are both violations punishable by Article 88. Even if a statement is true, that's not a defense against an Article 88 violation.

Enlisted Soldiers aren't immune to conviction under the conditions of Article 88. DoD Directive 1344.10 expands the restrictions of Article 88 to all servicemembers and expands protections from contemptuous speech to unelected officials, like appointed cabinet members. Violation of article 88 can lead to a conviction under Article 92, Failure to Obey an Order of Regulation.

"Article 88, as you would expect, is a pretty controversial article," Smith said. In 2001, the article was reviewed and nominated for elimination by the National Institute of Military Justice after hearings at George Washington University Law School, "but suggestions from them are not binding," he said.

Although Article 88 may seem like an infringement on Soldiers' First Amendment rights, it serves a purpose. With the first Articles of War in 1775, Congress and other civilian leaders made these limitations to prevent a military coup.

"The way it has been used so far, it's constitutional," Smith said.

The traditional reasoning for why Article 88 only applies to officers is that you don't want high ranking officers meddling in politics, overstepping the boundary between the military and the executive branch. Notice that many of the dictators from South American countries were also generals, Smith said. Article 88 is in place to prevent that.

"The key is everyone understands, as a member of the military, we're held to a higher standard than civilians," he said. "We can't blow off work for a day, quit our job, tell our boss to [explicative deleted] off. While some people might consider it infringement, we're in a completely different society."

There haven't been many courts martial under Article 88. The last conviction was *United States vs. Howe* in 1967. Howe, a second lieutenant stationed at Fort Bliss, Texas, was convicted of violating Articles 88 and 133, using contemptuous words against the president and conduct unbecoming of an officer. He participated in a demonstration in El Paso carrying a sign reading "Let's have more than a choice between petty ignorant fascists in 1968" and on the other side "End Johnson's fascist aggression in Vietnam."

In May 2002, Air Force Lt. Col. Steve Butler, then serving as vice chancellor for student affairs at the Defense Language Institute, sent a letter to the editor of the *Monterey Herald*. In the letter, he suggested President Bush had created a war on terror to further his own political interests. It also accused Bush of being "sleazy and contemptible." After an investigation under Article 88, he was suspended from his position.

Violations of Article 88 really run on a case by case basis, and the consequences depend on how strong the violation is, Smith said. "It's not the substance or the content, but the way it's conveyed." For example, it differs from someone going home on R&R and holding a press conference against the president and the war; compared to someone who says something against the president during a small poetry reading.

Ultimately, the article is seen both as a reasonable law with a good purpose, and an infringement on rights, but Smith summed it up when he said, "UCMJ enforces good order and discipline, and I don't think anyone is going to argue that."

ROLL-N-THUNDER

Rock's lesser gods thrash Arifjan

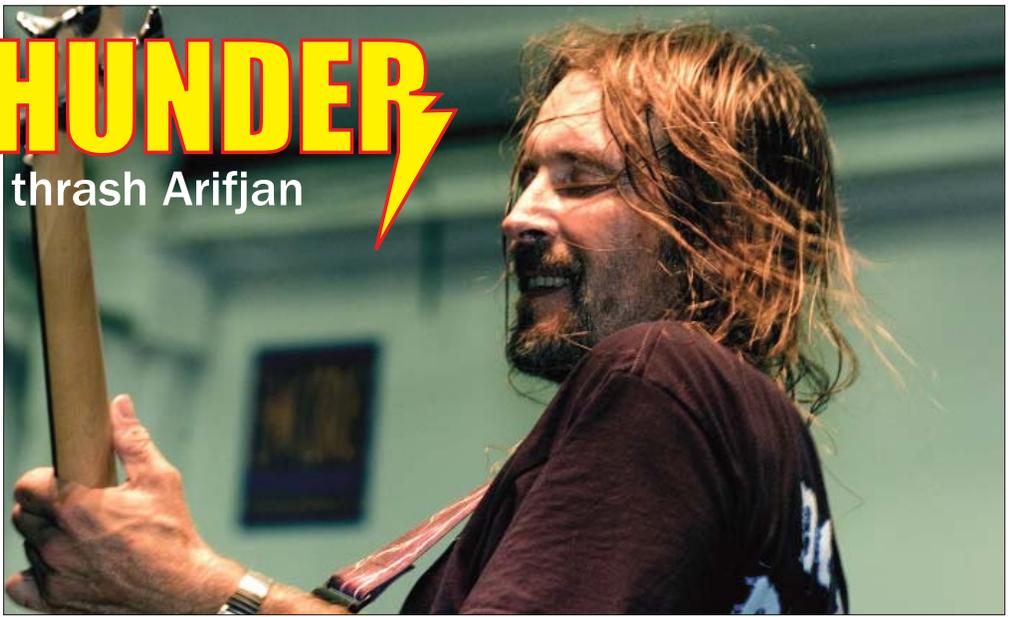
by Spc. Curt Cashour

Minutes before show time, an aging rocker stood on stage making last minute adjustments to his equipment. With a cigarette dangling from his lips, he bent his wiry frame over the mixer and fiddled with its arsenal of knobs in search of the perfect sound. "Oh, the vocals are up," he yelled to his band mate. "So let me just pull everything else up there with it."

Similar scenes take place every night in countless rock clubs across the United States, but to those attending this gig, the situation and the raucous tunes that ensued were a gift straight from the gods of rock.

St. Louis's Roll-n-Thunder opened its 2004 Southwest Asia tour Sept. 30, bringing their brand of rock 'n' roll with a self-described hard driving edge to Camp Arifjan, Kuwait. Throughout their hour-and-a-half set, the band managed to turn the camp's Post Exchange parking lot into a desert oasis with the atmosphere of a beloved dive bar full of friendly faces, stale smoke and cheap liquor.

The power trio kicked things off with their version of Lynyrd Skynyrd's "Sweet Home Alabama." From there, vocalist/bassist Mike Lindemann, guitarist Darrell Embrey and drummer Tim Winheim took the audience on



Guitar: Thunder guitarist Darrell Embrey hits a note during one of his many guitar solos. Embrey said the group's current overseas tour will probably be his last. When not on tour, Embrey runs his own landscaping and lawncare business.

a trip through the annals of classic rock.

Third country nationals watched with wondrous blank looks on their faces, possibly stunned by the aural pleasure of the band's shred-heavy version of The Beatles' "Day Tripper." Marines bobbed their heads and pounded their fists in the air to the metal assault of Black Sabbath's "Paranoid." A Navy corpsman sat nearby, opening non-alcoholic beers with his teeth. Being in Kuwait, the atmosphere was about as rock 'n' roll as you could get.

About a third of the way through the set, guitarist Embrey launched into an unaccompanied, distortion drenched version of "The Star Spangled Banner" complete with whammy bar heroics replicating the song's famous rockets and bombs. Legions of guitarists have played the anthem since Jimi Hendrix immortalized it at Woodstock in 1969, but Embrey's take couldn't have sounded fresher given the surroundings.

The show took a spontaneous turn when the band invited a Marine on stage to strum a few songs. The audience roared with laughter as Lance Cpl. Will Lewellyn, of the Marines' 1st Light Armored Reconnaissance Battalion, used Embrey's guitar to perform a pair of comedic tributes, one to a mentally challenged former classmate and another to a fellow Marine.

Though the crowd of approximately 250 servicemembers, civilians and TCNs didn't fill half of the venue's seats, they hooted and hollered with an enthusiasm that often rivaled the massive decibel levels of the band's thunderous drums, thumping bass and screaming guitars.

But for Thunder, it wasn't about how many people attended the show. In fact, the band wasn't hawking its latest CD, plugging a website or engaging in any of the crass self-promotion typical of bands searching for their big break. The veteran bar band was simply

trying to bring a little piece of home to those serving abroad, Embrey said.

"If I make one person smile, it's worth it," he said.

The group got involved with playing for Americans abroad in 1996 through a St. Louis talent agent. Since then, they have entertained American audiences in places like Jordan, Saudi Arabia, and Bahrain. Thunder's overseas escapades even include an alcohol soaked 1996 trip to Panama, where band members crammed about 10 people into a Hyundai, drove to Panama City and partied into the night with special forces Soldiers, Embrey said.

In existence since 1994, Thunder features a rotating cast of players, with Lindemann, 47, and Embrey, 40, serving as its core members. The band has shared the stage with classic rockers such as Nazareth, Steppenwolf and Foghat, but Lindemann said some of his most gratifying moments occur when the group performs for Americans serving overseas.

"It's just a special feeling. I love meeting [the troops]. I'm usually a very quiet person, but not here," he said.

Despite the band members' seasoned stage antics, rocking is not their primary profession. The three men all put their day jobs on hold to participate in the tour, which runs through Oct. 19 and also includes stops in Iraq, the United Arab Emirates and Djibouti.

Before the band assumed its current incarnation, Lindemann and Embrey had seven musicians turn down their requests to participate in the tour. Lindemann attributes their reluctance to a fear of the ongoing conflict in Iraq. That view isn't shared by the band's present members, Embrey said.

"As soon as Iraqi Freedom hit, we knew we had to be here. Our main goal is to get where those guys are toughing it out in Iraq," he said.



Although he's usually a rhythm guitarist, Thunder founder Mike Lindemann switched over to bass for the tour.

The sherrif's goin' home

After eight months of policing a hostile swath of Iraq six times the size of Kuwait with fewer than 1,000 men, 1st MEF is ready to get cleaned up and go home

by Spc. Aimee Felix

They rinsed off sand and dirt, spraying water over its jagged curves. As the water trickled down it revealed the dented and bruised body of a disembodied light armored vehicle. "It drove over a land mine," explained one of the Marines as he stepped over the engine of his light armored vehicle. He took it into battle an intact piece of combat machinery, and now they're both ready to get cleaned up and go home.

After almost eight months in Iraq, the 1st Marine Expeditionary Force's 1st Light Armored Reconnaissance Battalion is redeploying.

In Iraq, these Marines protected a chunk of desert the size of North Carolina, a chunk that shared borders with both Syria and Jordan. In this barren, 41,000 square kilometer piece of desert, the Marines spent much of their time guarding a main supply route and warding off Syrian and Jordanian smugglers. And though North Carolina, a largely rural state, has a population of roughly 8 million, it took just 900 1st MEF Marines to keep this sizeable swath of Iraq secure.

The Marines became frustrated with the number of improvised explosive devices and land mines they encountered, but 1st MEF Capt. Robb Sucher said their pre-deployment training prepared them well enough for their frustrations to not get in the way of their job.

The deployment taught the Marines to "appreciate the small things in life people take for granted," said Cpl. Justin Petty, a 1st MEF Marine. Petty learned how to raise his learning curve on the spot when an IED severely injured his vehicle commander and his gunner, leaving him to command the vehicle for the remaining 20 days of their mission. When the explosion occurred, a



Lance Cpl. Trey Stephens of the 1st Marine Expeditionary Force's 1st Light Armored Reconnaissance Battalion sprays a light armored vehicle in the Arifjan Washrack. After an eight-month deployment, this is one of their last stops before going home.

radio flew onto the commander's leg badly lacerating it, and Petty's gunner suffered a severe concussion. The mission was Petty's last before redeploying, and he walked out of it uninjured.

Petty's buddy, Cpl. Robert Brooks, a Marine with the Casualty Replacement Battalion, was also put on the spot. He had four days to put his game face on when he was called up to join the 1st Light Armored Reconnaissance in June.

Kunkel saw him lying there dying and turned around to continue attacking, when his machine gun jammed.

After rushing to prepare his gear and get his affairs in order, he showed up in Iraq to yet another surprise. Although he was an infantry rifleman by specialty, he was placed in a mortar platoon as an assistant gunner. There he manned an 81 mm mortar for the first time in his life. "You learn how to adapt quick," said Brooks.

Brooks was deployed for three months, and that was enough for him to understand more than ever how valuable it is to be able to communicate with loved ones on a whim. "You know, just pick up a cell phone and listen to my nieces and nephews on the other end."

The Marines had access to phones and

showers about once every two weeks when they went back to their main headquarters. That was always a welcome break, said Cpl. Daniel Kunkel. In the weeks between trips back to headquarters, the Marines bathed either with baby wipes or not at all. To be stuck for weeks at a time without a shower in the Iraqi desert, where temperatures often peak around 130 degrees Fahrenheit, was a sort of olfactory "keep away," but it didn't always work.

Kunkel lost a battle buddy during an IED attack when his unit got ambushed and his buddy was shot dead. Kunkel saw him lying there dying and turned around to continue attacking, when his machine gun jammed. "It was so frustrating," he said.

With a rush of adrenaline, Kunkel grabbed the 25 mm on the vehicle and started shooting until he was out of ammunition. He and his brothers in arms turned the battle around and won gloriously with one of the Marines involved earning the Bronze Star.

The intensity of the situation never hurt their job performance, said Kunkel. In the eight months they were in Iraq, Kunkel's company lost three Marines.

"They're all happy to get home to their wives or future wives," said Sucher. Kunkel looks forward to meeting his son who was born a month after he deployed in March. Brooks can't wait to see his nieces and nephews, and Petty, he's looking forward to the small things.

КАВООМ!



Spc. Ronald Brazillian and Spc. Gary Reed of the 379th Chemical Company hose down a Fox vehicle after it reconnoitered an area that became contaminated after an improvised explosive device explosion. This mock scenario took place during an NBC training exercise Sept. 27.

When terror strikes, do you know who's going to clean up the mess?

story and photos by Spc. Aimee Felix

The Internet is flooded with nuclear attack conspiracy theorists whose advice ranges from building bomb shelters and stocking up on canned goods to taking Vitamin C in order to build resistance to nuclear, biological and chemical agents. These suggestions may be extreme, but being prepared for the worst case scenario is never too extreme an idea for the military.



From the Army's newest piece of decontamination equipment, a 379th Soldier decontaminates a helicopter at Patton Airfield after having decontaminated the airfield itself.



Two 379th Chemical Company Soldeirs carry a casualty to a decontamination tent to be cleaned. The casualty was one of 20 who pretended to be victims of an IED attack.

While the NBC threat level in Kuwait is extremely low, according to Capt. Jeffrey Tellmidge, 379th Chemical Company's 1st platoon leader, if the enemy were to carry out an NBC attack in Kuwait, troops will be prepared.

In a joint service mass casualty exercise Sept. 27 at Camp Arifjan, troops showed just how prepared they are when they reacted to a mock NBC attack.

The Air Force provided security, the Marines reconnaissance, the Army's 379th provided decontamination and Navy corpsmen gave medical care. They all came together for a mock scenario that started when enemy fighters made it onto Camp Arifjan with two improvised explosive devices. The first IED explosion went off near barracks Bldg. 150, leaving about 15 casualties severely injured and contaminated. While troops in full MOPP gear took the injured, one by one, to a decontamination tent, another IED went off at Patton Airfield.

The significance of this training was in most part due to the many firsts involved in it. It was the first time the airfield was brought into play, the first time the 379th trained with the Mass Casualty Decontamination System tent, the first time all the units involved had worked together and the first time anyone had trained with the Fixed Site Decontamination System, a brand new decontamination system with capabilities never before had by the Army, said Maj. Joe Herrmann, CFLCC NBC chief. The system gets around on a trailer attached to a pick-up truck. The trailer holds a 1,000 gallon water tank with hoses on either side, an air compressor with a 100-foot hose reel and a deck gun that can clean the side of a building up to three stories high. There is also a water spreader attached to the back of the trail-



A robot camera scans the mock training site outside barracks Bldg. 150. The Navy Explosive Ordnance Unit in Camp Arifjan employed two of the robots to check for IEDs or land mines as part of the reconnaissance phase of the exercise.

er used to decontaminate large areas like an airfield. "When you receive a new system, especially one that so greatly enhances your capability, your first time out with it is always going to be very important," said Herrmann. The system arrived to Camp Arifjan Sept. 5. It is one of five in Kuwait. The Army fielded 27 of these systems, 22 are in Iraq.

The mass casualty decontamination system that the 379th used in the training is basically an open tent with hoses. The tent is divided in three sections. The center section has what looks like a metal conveyor where non-ambulatory casualties on litters are laid down. NBC Soldiers roll the casualties through while hosing them down with decontaminating fluid. The outside sections are for ambulatory casualties to walk through while getting hosed down.

Another unique aspect to the training was the fact that everyone who would have been involved in a real attack was involved in the exercise. No one would have been able to tell there were so many firsts though, because of how efficiently and precisely the troops trained, said Maj. Edward Dawson, the 379th company commander. But precision came at the cost of speed; the training moved slowly. With the number of people who were involved, delays were expected, said Dawson. Of the number of people involved, the Marines played one of the most vital roles.

The Marine Fox Reconnaissance Platoon of the 1st Light Armored Reconnaissance offered NBC reconnaissance during the training with their amphibious, light-armored Fox vehicles. Inside, these vehicles have a completely clean, air-conditioned environment, said Marine Staff Sgt. Sixto Martinez. A filtration system keeps the air inside the vehicles clean in an NBC environment. There is a chemical detection system in the back of the vehicles called a mobile mass spectrometer. A sampling rod comes out of an opening and "sniffs" the area for contaminants. The system can detect up to 60 known chemical agents. Another opening in the back of the vehicle drops down gas markers to mark the contaminated areas.

Once the Marines reconnoitered the area near the barracks building and the airfield, the chemical company employed their new decontamination system, decontaminating the Fox vehicles, the aircraft at the airfield and the airfield itself.

A few people at the airfield were not told in advance about the training. This was one of the things that showed Herrmann and Dawson that everyone still needs to continue working on communication.

In a real attack, poor communication would slow things down, said Herrman. "A lack of communication causes confusion and confusion causes delay."

Based on what they learned from the training, CFLCC NBC will develop field manuals for the new equipment and standard operating procedures for everyone who would be involved in this type of situation, from firefighters to medics and NBC troops.

Slam! Poetry night smash

Brought to you from the burning sands of Camp Arifjan, please welcome ...

by Spc. Jonathan Montgomery

What do firebirds, hurricanes and butter pecan ice cream all have in common?

They were things used to compare and describe a range of issues from God to sex to life in the desert during Poetry Night II, an open forum held at Club Mirage inside the Zone 1 Community Center on Camp Arifjan Sept. 26.

Twenty poets and more than 200 attendees flooded there to immerse themselves in the night's liberal art of poetic license. "A lot of people were very supportive and appreciated us bringing something new to Arifjan," said Allison Fobbs, Poetry Night II committee member.

The night began with the event's sponsors, Phi Beta Sigma, Inc., Zeta Phi Beta, Inc., performing a jazz and hip-hop dance number in front of a "finger-snapping, no hand-clapping" audience.

Poet Jason King soon hit the microphone



A packed Club Mirage inside the Zone 1 Community Center awaits the arrival of the servicemember poets Sept. 26 at Camp Arifjan, Kuwait.

to lighten the mood some more by talking about being in love. "I would buy a CD player that skipped just so that I could hear her voice over and over and over and over again," he said.

Attendee Andrew Glapion said the poets possessed a lot of heart.

"[The show] was very relaxing," he said. "You don't realize how much talent a lot of these Soldiers have. Their topics range from one extreme to the other, and they not only speak [their topics] but have lived them from start to finish."

I would buy a CD player that skipped just so that I could hear her voice over and over and over and over again.

Poets also expounded on the other "extreme," or serious and controversial topics such as racial discrimination, sexual betrayal and social conformity.

According to Fobbs, the night provided a cathartic release for deployed Soldiers.

"There are a lot of creative and gifted Soldiers that you meet from day to day that have been through a lot during this deployment. [The event] gave them a chance to express themselves, openly as they chose, about relationships, deployment, love and any other thoughts that they had. I've found out that most of the poets wrote about how

they were feeling at the time, or something that they had been through," she said.

"[Poetry Nights] help the poets to express their feelings in the open and also help the people in the audience realize that they may not be the only ones going through day to day problems here. Also, it boosts morale being that since we can't go off post at this point in time, the Soldiers have something to dedicate their time to. It's a way for all of the branches to come as one and enjoy the gifts of these poets," Fobbs added.

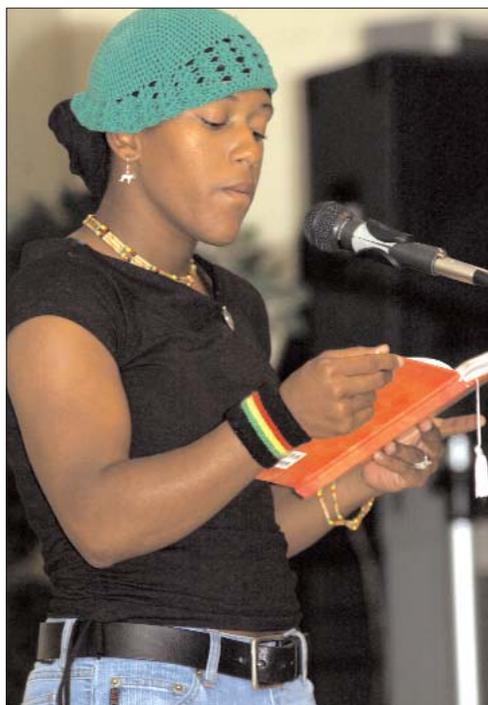
Poet Chalaire Vicks of the 209th Personnel Services Detachment said being at Camp Arifjan has helped to make her writing a priority.

"This deployment [to Kuwait] has gotten me to write a lot about what I've seen on base during my free time," she said. "Poetry allows me to learn to express more about myself, especially anger, in a positive way."

And, for those who think they can't write poetry, remember that it comes from the heart, which everybody has, said Vicks, who spoke about conformity and how people never take time out for themselves.

According to Fobbs, the high participation level for Poetry Night II made the event worthwhile.

"Most of all, I thank God for this gift that he's given the poets, and I hope that all of them will take this gift to another level. And, I also thank him for giving us the resources, time, and energy to make this show all that it can be. And, I thank the poets and audience because, without them there wouldn't be a show," she said.



Malene Bailey of Columbia, Md., speaks her mind during Poetry Night II.

Ribbon cut on new barracks

story and photo by Spc. Brian Trapp

The ribbon was cut on a new barracks building Sept. 30 at Camp Arifjan. The building, which is still waiting on some last-minute fixtures, furniture and appliances, was converted from a warehouse to barracks with more than 370 one- and two-man rooms that will house about 750 Soldiers.

Soldiers can expect to start moving in after the furniture is moved in and some minor hardware installations, like door locks, are completed. The building is also going to be outfitted with washers and dryers. This phase of the opening is expected to take about 30 days.

"This is a big step for CFLCC and Camp Arifjan," said Col. Louis G. Yuengert, deputy chief of staff. "Housing has been quite a crunch, and this will have a positive effect on the Soldiers' quality of life. It will make a huge difference in the way Soldiers live – not just the ones in this building, but the relief on Soldiers in the other buildings as well."

It is anticipated the majority of outfitting will be done by mid October and Soldiers will begin to move in after furniture has been moved into the bedrooms, said Maj. Douglas Carbone, Special Troops Battalion.



Col. Louis G. Yuengert, deputy chief of staff, left, and Maj. Teri Straus, project officer with CFLCC C-7, cut the ribbon to the new CFLCC barracks, Bldg. 507, Sept. 30

At the latest, the building should be fully occupied by Dec. 1, said Carbone.

The \$7 million project was completed on time and under budget. The construction started in March and involved constructing another structure inside the warehouse, said Maj. Teri Straus, project officer with CFLCC C-7. Then the structure's facilities had to be

integrated with the existing warehouse.

"To build a new building from the ground up would have taken one to two years," said Col. Albert M. Bleakley, Gulf region engineer with the U.S. Army Corps of Engineers Transatlantic Programs Center-Kuwait. "Actual construction was done for this project in four to five months."

The power of positive self talk

by Lt. Col. Gina Rossi

Ever wonder how some people seem to handle life tragedies with ease, yet others struggle with everyday disappointments as if they were life tragedies? Everyone has had disappointments and even tragedies in their lives, but some people have more adaptive coping skills.

I am frequently amazed and inspired by people whose strength allows them to reframe even the most difficult situations. In working with people who have had the most tragic life events, I've learned that the power of their attitude is one of the greatest strength mechanisms. It truly makes you or breaks you.

Early on, we develop beliefs and perceptions that shape our thoughts and responses. Many people go through life reacting to life events using habitual negative beliefs.

Some common automatic thoughts that are employed in negative self talk are:

Labeling – "I'm not smart enough for this."

Mind Reading – "The Colonel doesn't like me." or "I know the rest of the squad is talking about me."

Catastrophic Thinking – "My OER (officer evaluation report) will be ruined without a top block."

All or nothing thinking – "This is my last chance to get promoted."

Using positive self talk, you may be able to help guide your way through a difficult period that comes your way.

The next time a disappointment comes to you, search within yourself to review how you can reframe the situation. Review your perception of the problem. Ask yourself if this is a worst case scenario that you are building in your mind? If it is truly a worst case scenario, how have you handled similar crisis in the past? Can you turn this disappointment into a challenge?

Learning how to reframe situations can be a born skill, but some people may require training and some of us require practice.

According to Capt. Jackson-Weaver of the Combat Operational Stress Team, learning how to identify negative self talk and changing your inner tape is one of the first steps to making a change. Self talk skills are taught by the Combat Operational Stress Team, which can be contacted at 786-3874.

Changing your perceptions is no easy task. But this is one area where you own the process, you retain the power, and you make the choice of your reactions.

The lesson is to be aware that how we view life and its challenges is our call.



Photo by Spc. Aimee Felix

Staff Sgt. Sharome Dixon leads a step aerobics class at the Zone 1 gym tent Sept. 27. This new class will continue with step aerobics Mondays and Fridays at 7 p.m. and high/low aerobics Wednesdays at 7 p.m.

Kicking up the sands of Arifjan

by Spc. Jonathan Montgomery

Heading his way south from a 12-day visit to Iraq, Billy Blanks, the Tae Bo master himself, stormed into the Camp Arifjan Fitness Center Oct. 2, bringing a new brand of physical fitness to servicemembers deployed to Kuwait.

The visit was part of Blanks' Spirit and Body Tae Bo Tour, through which he thanked troops for the sacrifices and contributions they are making for their country. "It's a privilege and an honor from the bottom of my heart to the top to come here and serve those who serve," said Blanks.

The 49-year-old Blanks, a seven-time world karate champion and a seventh-degree black belt, revved up the night in front of more than 100 servicemember participants and onlookers in the bleachers and along the gymnasium walls.

Once the trance music hit the airways, Blanks warmed up his muscles and joints by bunny hopping around, hitting the punching bag, and catching the music's vibes by pretending to play an invisible keyboard.

His wrists and palms taped and with a microphone headset, Blanks was ready to begin...with a question. "Which do you want first – the [Tae Bo] class or the basics?"

Of course, the servicemember participants who were all too eager to take the test before reading the book, answered, "the class!"

And, Blanks responded likewise. "[The Soldiers in Iraq] said that, and they had a hard time keeping up."

Oh well. At least Blanks warned them, and they soon agreed to learn the fundamentals of Tae Bo.

Nevertheless, the fundamentals and the class itself ended up leaving no shirt dry and no water bottle full – not even half full.

As the music and bodies swung into full gear, Blanks jumped, jabbed and jived around the rows and columns of troops executing sidekicks, uppercuts, leg crosses, knee benders, fist jabs and sole sliding.

Blanks would often come to troops and, holding out his palms, give them something to punch at instead of just the air.

"It's a great workout," said one-year Tae Bo enthusiast Shirley Hanson of the 348th



Billy Blanks leads a Tae Bo class of U.S. troops who had a hard time keeping up with the fast-paced 49-year-old ex karate star.

Personnel Detachment. "[Tae Bo] is different in person from the DVD. The one-on-one interaction allows you to see exactly what [Billy Blanks] is doing. I liked the challenge and wanted to see if I could do it."

For many, the challenge was simply keeping up with the pace counts as Blanks called out as if in a mad rush, "up-out-back-down-1-punch-2-punch-3-punch-4-push it!-1-kick-2-pull-3-kick-4-pull-work it!-1-punch-2-kick-3-punch-4-kick," repeating the cadence for what seemed like minutes.

With the last torso twist, Blanks summoned everyone to gather around for any questions pertaining to physical fitness or Tae Bo.

Where I am today is where my mind put me; where I am tomorrow is where my mind put me.

"When the will and mind are not challenged all the time, the exercise gets boring," said Blanks. "Tae Bo is always a creative exercise that combines karate, boxing, calisthenics and music as a better way to stay in cardiovascular shape and build hand and eye coordination."

Blanks said also that he created Tae Bo 25 years ago as a good way for women to learn the art of self-defense.

With the stench of sweat still in the air, Blanks offered up advice on choosing to stick with a physical fitness program.

"Success' and faith's two greatest enemies are what you see and what you hear," said Blanks about the notions of fear and impa-

tience. "If [success] doesn't come fast enough, then people quit."

Blanks ended the night with a spiritual saying he reiterates to himself every day.

"Where I am today is where my mind put me; where I am tomorrow is where my mind put me," said Blanks. "[In other words], how are you going to get what you cannot see?"

Kuwait and Iraq were the last legs of Blanks' Tae Bo tour before heading back to the states, said Blanks.



Shirley Hanson, 378th Personnel Detachment, stays in step with Billy Blanks during his visit.

In & Around Our Community

Special and weekly events around Kuwait's U.S. military community for Oct. 6 – Oct. 13, 2004

Special Events: Arifjan

Wednesday

Jam Session, 7:30 p.m. at the MWR stage

Thursday

Texas Hold 'em Poker, 7 p.m. at Zone 2 rec. tent

Saturday

Hispanic Heritage Month Music Night, 7 p.m. at the Community Center

Sunshine 5 & 10K 4 p.m. at Patton Airfield

Sunday

PS2 Tournament, 7 p.m. at the Community Center

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

Persian Carpet Seminar, 7 p.m. at Zone 2 rec. tent

Wednesday

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

Persian Carpet Seminar, 7:30 p.m. Zone 2 rec. tent

College Football, MWR stage

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

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

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

Army 10-Miler at Camp Buehring

Registration ends Oct. 10

Race is held Oct. 24 – yes, that's the same day as the 10-Miler in Washington, D.C.! Check in for the race will begin at 5 a.m. and the race will begin at 6:30 a.m. There will be individual, relay and ruck-marching "Clydsedale" categories. Arrangements can be made to sleep over at Camp Buehring the night before the event.

Contact Sgt. 1st Class Deborah George for more information at deborah.george@tb12.arfor.army.mil or at DSN 828-1340

Movie schedule

Arifjan

Date	6 p.m.	8 p.m.
Wednesday Oct. 6	The Magnificent Seven	A Night at The Roxbury
Thursday Oct. 7	The Passion of the Christ	American Gun
Friday Oct. 8	Torque	The Passion of the Christ
Saturday Oct. 9	Les Miserables	The Passion of the Christ
Sunday Oct. 10	Bruce Lee Game of Death	Bruce Lee The Legend
Monday Oct. 11	The Miracle	No Turning Back
Tuesday Oct. 12	Indecent Proposal	Chasing Liberty
Wednesday Oct. 13	Monk	The Transporter

Doha

2 p.m.	5:30 p.m.	8 p.m.
White Chicks	Dodge Ball	Thunder Birds
Stepford Wives	Anaconda	Bourne Supremacy
Around the World in 80 Days	I, Robot	Harold and Kumar Go To White Castle
No Movies Due to Briefing	Paparazzi	I, Robot
Paparazzi	Thunder Birds	Harold and Kumar Go To White Castle

More Movies
For more movie selections check out Doha's CCTV movies, playing every two hours between 10 a.m. and 10 p.m. at Frosty's everyday.

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

Monday

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

stage

Aero Step 6 a.m., Ab Floor Exercise 8 a.m., 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

Martial Arts, 7 p.m. Spinning Class, 5:30 p.m. at

Zone 2 gym tent

Lap swimming, 5 to 7 a.m.

Special Events: Doha

Wednesday

Oktoberfest, 7 p.m. at Frosty's

Friday

Country Dance Lessons, 7 p.m. at Frosty's

Saturday

"Voices of Freedom" 7Krun, 7 a.m. at Post Flagpole

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

Bench Press Competition, 7 p.m. at Fitness Center

Tuesday

Blacklight 14.1 Pool Tournament, 7 p.m. at Frosty's

Wednesday

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

Weekly Events: Doha

Sunday

Spa Day, 11 a.m. at Marble Palace

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 Conf. 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 Randall Palmar, 920-7328

Islam Jumu'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, Rm. 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: matthew.millham@arifjan.arcent.army.mil

Guard and Reserve Troops!

Do you have an employer issue?

For help e-mail: ESGR@arifjan.arcent.army.mil

Do you have a supportive employer?

Recommend your employer for the Patriot Award at

www.ESGR.com or ESGR@arifjan.arcent.army.mil

Shuttle bus schedule

Departs Doha Stop 1 (Bldg. 6 PAX tent)	Arrives Doha Stop 2 (Bwn. 23&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		

“MY INFANTRY SOLDIER”

by Staff Sgt. Wanda I. Walker-Carrasquillo

Because of you I can rest, you are always ready to protect and engage in defense

You get up early before the sun comes up in the mornings while the rest of the world still sleeps

As you get ready to accomplish your daily mission in securing our home and maintaining the peace in strange lands, I honor you for your dedication, hard work, pride, duty and loyalty to your country and fellow soldiers for your endurance and strong spirit to keep us all safe by spilling your blood to win the battle

My Infantry Soldier, if it wasn't for your strong will to fight and win in keeping our freedom for our next generation to enjoy, as our past ancestors did for us today, we wouldn't have the freedom to enjoy what you have fought with the spilling of your blood

The Infantry soldier is the one that get's the job done and don't come home until the battle is won with their fellow scout's soldier's tankers, artillery, aviation and engineers

I roll the red carpet to welcome you home with royalty greetings because nothing less you deserve

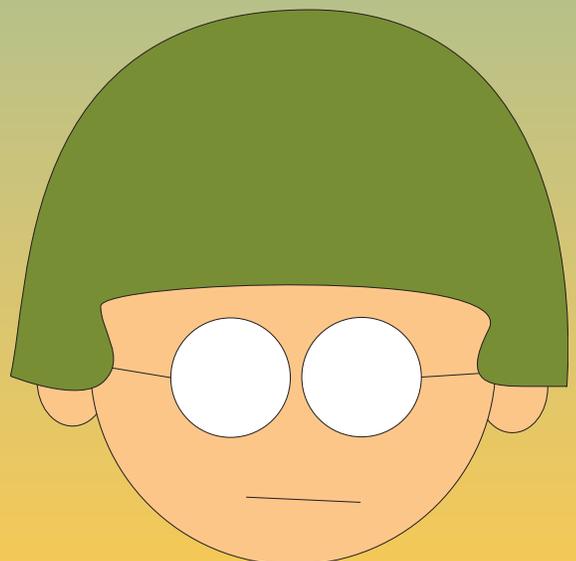
My Infantry soldier, No Medals, No Awards, No Coins can give you the recognition that you have earned

Your spilled blood, your missions accomplished is the recognition that represents you and your accomplishments distinguishes you

Your country to recognize you is to honor you, My Infantry Soldier

Call for Entries!

We've been getting a lot of submissions for this back page, mostly poetry, and we know there are people out there with other talents like photography, painting, drawing and noodle sculpting. Please send your submissions to the address or e-mail listed below.



**DESERT
VOICE**

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