

NOVEMBER 10, 2004

# DESERT VOICE



Ship  
in  
distress

# How they lightened up the election

story and photo by Sgt. Matt Millham

On the evening of Nov. 2, many people stayed up late to watch the results of the 2004 election. Some people, forgoing the need for sleep, made a nail-biting night of it. The Soldiers of the Army Reserve's 385th Transportation Battalion's Headquarters and Headquarters Company from Tacoma, Wash., turned the occasion into an all-night caffeine, sugar and games fest.

Dubbed "Tournament of Champions," the affair focused more on board games than on partisan politics. The television at the back of the unit's Morale Welfare and Recreation tent stayed on but mostly unwatched through the early part of the night. Participants seemed more focused on who was going to win and take home one of three AAFES gift certificates than on who was going to win the election.

Near the end of their deployment to Kuwait, the Soldiers of the 385th HHC were good-humored and relaxed as they headed into the late night, well past everyone's bedtime. "We haven't done anything like this in 10 months," said Sgt. Donald Quinn.

With boxes of Halloween candy sent in from the United States and coffee donated by Starbucks in Washington, the unit began jittering itself up at 9 p.m. It took just three hours for one group to push through the first two games of Risk. Others took on Scrabble or dominoes. There were a few, but not many, who were content to watch movies or read.

After midnight, election returns in the United States began rolling in, and the attention of some of the more politically inclined turned intermittently to the small television screen as vote tallies slowly swelled.

By 4 a.m., all but the most hardcore political gamers had gone to bed. Those who remained broke out the Dilbert card game "Corporate Shuffle" where players vied for the presidency of an imaginary corporation. On television, the American would-be presidents were nowhere to be seen as states continued to report their votes.

By 5 a.m., all but nine of the more than



Members of the 385th Transportation Battalion's Headquarters and Headquarters Company from Tacoma, Wash., play their third game of Risk while awaiting election results Nov. 2.

two dozen original participants had gone to bed. The political furor over the election, meanwhile, was heating up. Spc. Vincent Alcalá, the undisputed champion of Risk, took a poll to find out on which side of the political fence each of the holdouts hung their hat. To Alcalá's surprise, the room split unevenly in favor of the left with five Democrats, three Republicans and one independent.

Ironically, the principal organizer of the event was not even an American citizen. Sgt. Polia Ivanova, a Bulgarian émigré who is in charge of MWR for the 385th, was supposed to be naturalized Feb. 17, "But my unit got deployed in January," she said. She organized the all-nighter and even designed the mug that the unit's election night "Tournament of Champions" participants drank from.

"I've never voted," said Ivanova. "I left Bulgaria right before elections [there]. I haven't been a U.S. citizen yet."

That the all-nighter fell on election night took no small amount of serendipity. The

HHC postponed the event three times to avoid conflicts with other events. Originally scheduled as a relatively generic night of fun and games, it was supposed to coincide with United Nations Day. The event was postponed because it conflicted with a physical fitness test, and then rescheduled two more times to accommodate other mission requirements, said Chief Warrant Officer Clark Patton, battalion maintenance officer.

In the end, though, only six participants had what it took to stick it out through 10 hours of election coverage. Even those few, though, spent little time focused on the election, and trained their energy instead on games, the real reason for the all-nighter.

By about 6:30 a.m., some of the participants who had gone to bed earlier showed back up to get an update on the election. By the time the event was over at 7 a.m., no one yet knew who would be president for the next four years. Those details likely came after the 385th's Soldiers had struck out in search of long-delayed sleep.

## DESERT VOICE

Volume 26, Issue 13

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

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**On the Cover** The Kuwaiti tugboat Muwafi sits half-sunken at Kuwaiti Naval Base.

Photo by Spc. Aimee Felix



# Surge continues with rainbow division

story by Spc. Brian Trapp

Soldiers will see a rainbow patch more often around Kuwait, but the Soldiers wearing them aren't Hawaiian – they're actually headquartered in New York.

The 42nd Infantry (Rainbow) Division's history began with America's entry into World War I. To minimize the effect the mobilization for that war could have on any one state, the government created a division made of National Guard units from 26 states and the District of Columbia. The unified effort brought about the 42nd Infantry Division in 1917. "The 42nd Division stretches like a rainbow from one end of America to the other," said Col. Douglas MacArthur, who had helped in forming the division.

The 42nd is making history again, deploying the entire division into combat for the first time in more than a half century.

The first units of the 42nd, a National Guard division, arrived Oct. 25 and will continue pushing troops and equipment forward until early February. As a hefty part of the surge for Operation Iraqi Freedom '04- '06, the 42nd is slated to take over for the 1st Infantry Division in north-central Iraq.

The 42nd will command the 1st and 3rd Brigades of the 3rd Infantry Division as well as the 116th Cavalry Brigade, a National Guard unit from Boise, Idaho, and the 278th Regimental Combat Team from the Tennessee National Guard.

After an alert notification in March, the 42nd began planning and preparing for combat and for the arduous task of moving about 20,000 troops and their equipment from the United States to a country 6,000 miles away. The Soldiers coming in tackled anywhere from three to five months of pre-deployment training before arriving in theater, and their training continues in Kuwait as they wait to move to the front lines in Iraq, said Col. Jim Gaudio, assistant chief of staff (logistics) with the 42nd.

The headquarters company is already in Kuwait coordinating the movement of the unit, setting the conditions to get the commanders and their troops in theater to build their combat power to "get the Soldiers ready to cross the berm and take the fight north," Gaudio said.

"It's interesting and challenging, especially bringing in four brigades we never worked with before," Gaudio said. "Now the mission is to take over their staging and onward integration to make it as seamless as possible. We have a team meeting every inbound Soldier for the 42nd. Whether a 300-man flight at the APOD or a solitary Soldier at the civilian airport, there will be a rainbow

patch there to meet them to get them to their staging camp," Gaudio said.

Members of the unit already in Kuwait are here to make sure incoming troops "have everything they need to be successful when they head north," said Gaudio.

Last week, a ship containing thousands of tons of the 42nd's equipment got stuck in port and couldn't off-load its cargo because of a hiccup in some docking protocols that needed to be worked out.

"We're flexible. It's expected; one or two days is okay. We have other priorities we can shift to. You have to anticipate and have a plan you backup with," said Maj. Martin

Reserve troop component of the operation makes up 42 percent of the total American troop strength, Air Force Lt. Gen. Norton A. Schwartz, the Joint Staff's director of operations told lawmakers during a House Armed Services Committee hearing in July. For OIF 2, Reserve and Guard forces made up 39 percent of troop strength; during OIF 1 the Reserves and Guard accounted for 25 percent of troop strength, he said.

This brings an opportunity for the whole theater to benefit from the wide variety of skills National Guard Soldiers bring from their civilian jobs.

The Soldiers come from a lot of different



Photo by Maj. Bernie Spoerri

**The 42nd Infantry Division's fleet of helicopters waits to be loaded onto a ship at a port in Philadelphia early last month.**

Dinan, division transportation officer. "The mission has gone very well so far."

One thing that's a constant is the flights of personnel coming in from the airports, and the interruption in the scheduled off-load time gave the division a chance to clear out the SPOD staging area. Moving out the waiting equipment in convoys 45 vehicles long, the division ran a few convoys a day, coordinating with the Kuwaiti government to avoid congested highways or interfering with the Ramadan holiday.

Even with contingency plans, moving a whole division into country and pushing it forward is no easy task. "It's equal to something like part distribution manager for a Wal-Mart, because you're trying to synchronize movements and keep track of inbound personnel and equipment to know where everything is going, where it is and when it will get there; and part city manager to make sure all brigades have everything they need while in Kuwait," Gaudio said.

With the 42nd included into the equation for OIF '04 – '06, the National Guard and

backgrounds and are ready to go into the fight, but "they are also prepared to rebuild the infrastructure, economy and Iraqi institution and bring a massive amount of backgrounds to that," said Gaudio. "We have plumbers, teachers and city managers – skills to put into play as much during the reconstruction end of things as the combat end of things."

As a civilian, Dinan is a police officer with the North Greenbush, N.Y., police department. This background gives him the opportunity to bring his own useful talents to the unit. "I know the coordination piece and investigation if a car goes missing, I can track it down. If you need me to train Iraqi police, I can do that too."

At the thought of being involved with an operation that will surely go down in the annals of military history, Dinan, a self-admitted history buff, considered the weight of the deployment for a moment then said, "I wouldn't miss it for the world; I've been in the division for 6 years. It's impressive, I guess the word is – it's an honor."

# Comedy takes a road trip

story by Spc. Aimee Felix

With political and religious satire off limits, sex and alcohol became the key ingredients for a great show. For an hour of improvisational comedy that ran mostly on the suggestions of an audience of about 600 troops, every skit was headed in the same direction – to the gutter.

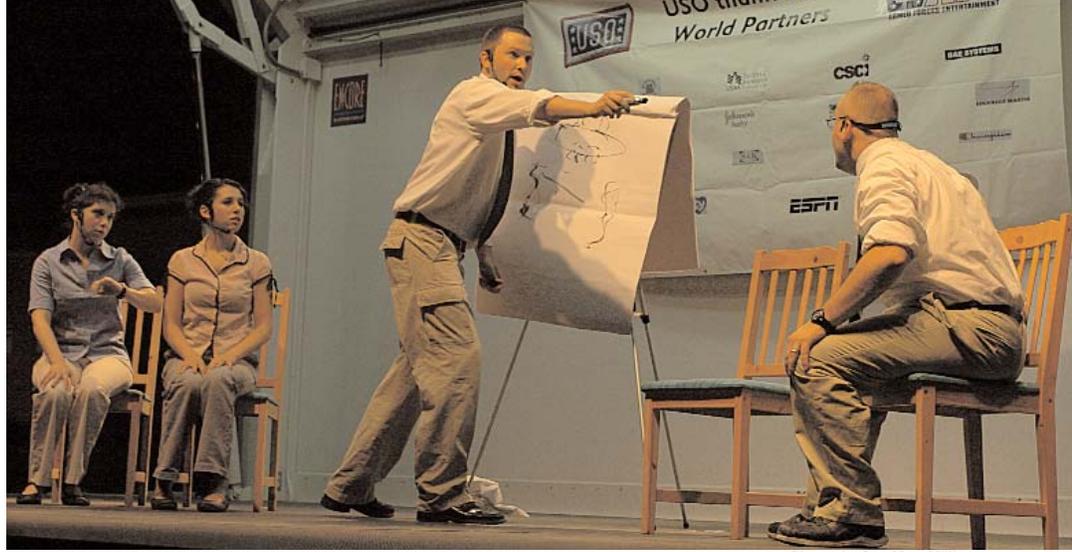
“We wanted to keep it clean,” said The Second City’s Craig Uhlir, the hyperactive element of the six-man comedy team, a group that visited Camps Buehring and Arifjan Nov. 4 and 5. By clean, Uhlir meant they wanted to keep away from The Second City’s often politically-opinionated humor. “There’s just no need for that in this environment.” And as was evident by the laughs the comics got from the troops on sexual innuendo alone, there really was no need for inserting politics.



The Second City’s Andy St. Clair and Nicky Margolis do a skit in which she pretends to be a set of bagpipes. The short skit got roaring laughs.

The show, an hour of interactive improvisation, started with the comics requesting the audience to name an occupation, an object and a place. So a stripper, a rifle and a bedroom became the premise for the first performance of their night at Arifjan.

Evidence of the repression of alcohol and sex came to the forefront as the themes of the suggestions from the audience trended toward the blue. In a singing lineup, each comic asked for a different thing to make up a song about. When it was Uhlir’s turn to sing, he asked the audience for a favorite activity troops enjoy doing on their downtime. Without hesitation, several troops shouted “masturbating.” When Nicky



Photos by Sgt. Matt Millham

In a skit about a couple’s Pictionary game where the men are losing miserably, Andy St. Clair tries to get Chris Uhlir to guess what he’s drawing in a winner-take-all round.

Margolis asked for a favorite food, the loudest response was “beer.” And when Andy St. Clair asked the audience to mention an item they’d collect, one troop shouted “women.”

“At first we were worried about swearing and using sexual innuendo, but that’s what they responded to most,” said Lori McClain, a Toledo, Ohio, native. She said performing for the troops wasn’t much different from performing for their usual college crowd “except for the sand and the Port-a-Potties, of course.”

Rebecca Sage Allen, originally from Philadelphia, added that another reason the performance was different was because performing for deployed troops was more significant in the sense that “these guys really need a laugh.”

“That’s why I stuck around,” said Spc. Lydia Hanson, a Soldier with the 308th Transportation Company, who saw the laughing audience on her way to the PX and convinced her friend to stay with her and watch the show.

Allen made plenty of audience members all but cry of laughter in a skit about a substitute teacher talking to her students, one of whom was her son, about the female reproductive system.

The comics tried to make the humor as relatable as possible, so much so that in a sketch with McClain, Allen and Alex Fendrich they requested a setting from the audience and, of all the suggestions, Fendrich chose port-a-potty.

While at Buehring, McClain said she couldn’t always tell if the audience liked them, but director Jim Carlson, who wandered around the audience to see how his performers were doing, said he was pleasantly surprised at how receptive the troops were and by how much fun they were having.

Uhlir was entertained by the fact that during the middle of the Buehring performance, the Beuhring fire department, who showed up with one of their trucks, got a call in the

middle of the show and had to drive away, sirens wailing. “I never had a fire truck drive away from my show,” he said.

Uhlir and the rest of the Second City guys got military haircuts before their Arifjan performance. Fendrich’s and St. Clair’s haircuts took forever because they had the longest hair, and because the barbers they went to cut with scissors instead of clippers. “It was so cool watching them cut,” said Fendrich.

Experiencing the Soldiers and their lives out here was the coolest part for the comics. This comedy group was chosen out of five Second City tour companies to perform in the tour, which was sponsored by the United Service Organizations and Armed Forces Entertainment.

The tour was a first for all the comics, and a big deal, especially for Two Rivers, Wis., native Chad Krueger, the company’s musical director, who said his hometown of 4,000 people isn’t even on the map.

When asked what made them decide to come out here, Uhlir jokingly said “Uh, Second City, our employers.” But in a moment of seriousness, Uhlir and the rest of the gang agreed this was their way of doing their part for the Soldiers.

Stage Manager Josh Miller said deciding to come out here was a no-brainer for him because he comes from a military family. “I feel like this is my chance to give back, because I didn’t join the military like most of my family did.”

At the beginning of the show Col. Brick T. Miller, ASG Kuwait commander, said he remembered comic greats like Jim Belushi and Gilda Ratner who came out of The Second City. “Back then, no one knew their names either,” he said. While the fame of the comics in this company hasn’t reached the height Belushi’s and Ratner’s did, there is no doubt it can based on how well they entertained. Even if it doesn’t, to the troops they’ve made laugh, the work of these comics is invaluable and not measured by their fame.



One of two Kuwaiti patrol boats tows a Kuwaiti tug boat named Muwafi. Inevitably after years of rusting, the boat sank Oct. 28 at a pier at Kuwaiti Naval Base. A crew of Army and Kuwaiti divers pulled it out after four days of work.

# Raising the dead

story and photos by  
Spc. Aimee Felix

After years of neglect, chipped paint and rust covered the blue and moonlight-gray ship. Dry rot ate away at everything above water, and the bottom slowly rusted away throughout the years. The rust turned into holes that sank the tired, shriveled vessel.

A Kuwaiti tugboat, half-sunken in shallow water at Kuwaiti Naval Base, leaned hard into a stressed pier. A metal sheet on the

**It took the combined efforts of the American and Kuwaiti crews four days to pull the tugboat out and tow it away from the pier, but they finally saved the leaky vessel.**

side of the tug was the only thing that held the boat from completely turning over in the water. Any sudden movement could cause the boat to shift and give way, and that could crush the two Army divers who swam beneath and around the wreck.

The divers worked for four hours placing inflatable bags that would lift and level the boat to take pressure off the pier.

Kuwaiti divers, KNB workers, and other Army and Navy divers stood on the pier, waiting. They were all anxious for the

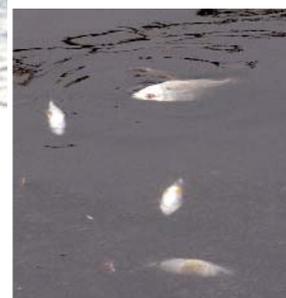
divers, both from the 86th Engineers Detachment, to finish their work and come back to the surface before low tide.

The time dragged on and the tide went down in a matter of minutes. There was a slight creaking sound and then, suddenly, the pier shook as the boat shifted, leaving it to hang on by an even smaller edge of metal. With the divers still underneath, a frantic feeling took over everyone on the pier as the radio operator called for the divers. A few tense seconds passed, and everyone fell quiet, waiting. "We're OK," finally came over the radio, and the group expelled a sigh of relief.

The divers of the 86th Engineers Detachment worked together with the Navy Special Unit of Kuwait to right the Kuwaiti vessel, which sank Oct. 28. This is one of several joint efforts between the 86th and the NSU of Kuwait, said, Maj. Adnan Ali of the NSU.

The tugboat, named Muwafi, sank because she's old, said Sgt. 1st Class Lou Rivera, one of the five 86th divers involved in this mission. The bottom of the rusting ship sprang a number of leaks.

The Kuwaitis wanted to use Muwafi for target practice. They used the boat docked behind her as a target, and that vessel sat



rusting since a missile gutted it, said Staff Sgt. Terry Bauer, another diver with the 86th. With the tug's usefulness long behind her, the real problem facing the Kuwaitis stemmed from the fact that Muwafi blocked other boats from using the pier.

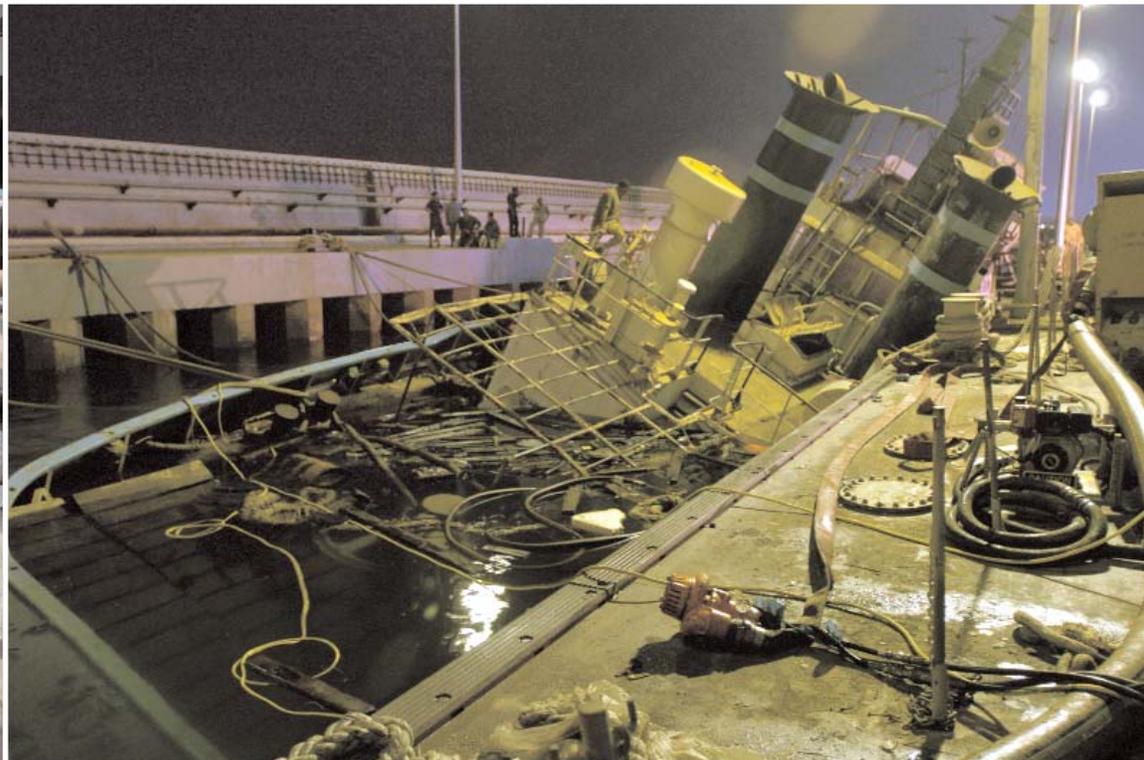
It took the combined efforts of the American and Kuwaiti crews four days to pull the tugboat out and tow it away from the pier, but they finally saved the leaky vessel. After placing the inflatable bags – enough to hold 24,000 pounds on the side facing the pier and 10,000 pounds on the other – they tried to pull the boat out. Two trucks, parked on an area on the opposite side of the pier, started driving, trying to pull. Everyone watched as the smell of burning rubber filled the air. The clutches in the vehicles almost burned out before the crew realized their plan wasn't going to work without putting some more inflatable bags underneath the boat. This time, Bauer and a Navy diver, Petty Officer 2nd Class Jason

loosen things up since the boat was essentially wedged between the bottom of the pier and the ground beneath the water. After hooking up the explosives and clearing the berth and the pier of any human life, they prepared to detonate. "Fire in the hole," shouted an Army diver. Anticipation silenced all but the water, and seconds later, the loud explosion broke the silence. An unexpectedly small cloud of smoke followed.

The crew walked over to see the results of the explosion. There were dead and dying fish floating on the surface, but no one would know if the explosion served its purpose until they tried pulling the boat again.

Fortunately, the explosives worked. The Americans brought the boat upright and the Kuwaitis took over from there, using two

**Everyone watched as the smell of burning rubber filled the air. The clutches in the vehicles almost burned out before the crew realized their plan wasn't going to work ...**



**Above left: Several fish died after an explosion intended to dislodge the ship, which was pinned against the pier. Bottom left: A distress message rawn on a cabin window on the sunken ship. Center: Kuwaiti KNB workers drain the water from the sunken ship after the boat was raised about two feet with inflatable bags. Right: The sunken tug boat, leaned on the pier putting pressure on it. The boat hung on by a piece of metal..**

Counts of the Explosive Ordnance Disposal Mobile Unit 2, Detachment 6, went down to place more bags. Another four hours later, the boat was ready to move, but by then the tide was too low.

After a daylong break, the 86th and the NSU were at it again. A few Kuwaiti KNB workers drained some of the water out of the boat, and about two more feet of its rusted hull rose from the water.

Bauer and Rivera came up with idea of hooking up some explosives near the bottom of the boat to see if the explosion would

Kuwaiti patrol boats to tow the boat out to a portable dock placed about 70 meters away. This was enough to unblock the pier.

"The divers will go under and weld the holes under the boat, so it won't sink again," said Ali. Ali, who trained at Agram Air Force Base in Florida, is one of eight NSU Kuwaiti divers who were involved in this mission. Ali said he and the other divers appreciate the benefit of being able to learn from the U.S. military divers when they train and work together.

Rivera and Bauer were as tactful as pos-

sible when they would suggest potentially better solutions to the many problems they faced when pulling out the boat. Ali and the other divers were, for the most part, receptive to these suggestions.

Rivera and Bauer are hoping the Kuwaitis will be just as receptive to their suggestion to blow up the vessel, since they don't think it's worth salvaging the boat, even for target practice. They both agreed in a 'boys love to blow stuff up' sort of way that, this is a task they would be more than happy to help with.



# Controversial vaccine halted again

The military's on-again, off-again relationship with the anthrax vaccine has nothing to do with military policy – it's all in the courts

story by Spc. Brian Trapp

The Anthrax Vaccine Immunization Program hit another road block last week. Despite reports declaring the vaccine's safety and effectiveness, it has remained under the spotlight for years, because of government concerns over the production protocols and because some troops refused the vaccine for fear of potential side effects.

All anthrax vaccinations have stopped because of an injunction filed by the U.S. District Court for the District of Columbia against the operation of the Anthrax Vaccine Immunization Program. The injunction is based on a discrepancy in procedure before the Food and Drug Administration publicized its conclusion nearly a year ago saying the vaccine was safe and works against the inhalation form of Anthrax.

The FDA is required to solicit additional public comments before finalizing its December 2003 conclusion. The Department of Defense stopped giving anthrax vaccinations until further notice.

Since June 2002, the Defense Department has vaccinated more than 750,000 troops against anthrax, said Dr. William Winkenwerder, assistant secretary of defense for health affairs, during a June Pentagon news conference. That number increases to more than one million if vaccinations administered since 1998 are factored in.

The vaccine was met with apprehension from some military members who contested the vaccine led to several deaths and a number of side effects including suppression of the immune system and severe arthritis.

"The Defense Department's anthrax vaccination program is an important force protection measure. Research conducted by several prominent medical experts and a report by the National Academy of Sciences has determined that the anthrax vaccine is safe and effective for all forms of anthrax exposure," according to a DoD press release. The DoD asserts that the anthrax immunization program complies with all the legal requirements and that the anthrax vaccine is safe and effective.

"The Army has been giving anthrax vaccine for over seven years now and smallpox vaccine for two years. We continually review these programs to assure the highest quali-

ty standards," said Col. John Grabenstein, deputy director for military vaccines at the Army Surgeon General's Office. "We recently reevaluated the bioweapon threats to our forces and found that the threat continues. So we continue to vaccinate to protect the force.

"The Army vaccinates Soldiers to keep them healthy," he said.

Despite all of the work and assertions about the effectiveness and money put into the vaccine, the DoD is working on developing a next-generation anthrax vaccine. This next-generation vaccine is being developed in cooperation with the National Institute of Allergy and Infectious Diseases of the National Institutes of Health.

Clinical trials for the new vaccine started clinical in July 2003.

According to a DoD memorandum, the Department of Justice, DoD and FDA lawyers will work to clarify legal issues in order to meet the requirements needed to lift the injunction and begin vaccinations again.

The DoD issued a similar injunction about a year ago that was lifted two weeks later. That time, the U.S. District Court for the District of Columbia issued a preliminary injunction against the operation of the Anthrax Vaccine Immunization Program.

The safety of the vaccine was not the focus of the injunction. The judge ruled based on concerns about the completeness of the FDA's process to approve the vaccine for use against inhalational anthrax, according to the Anthrax Vaccine Immunization Program website. The Department of

Justice filed a motion with the U.S. District Court requesting a stay. On Jan. 7, 2004, the judge agreed to stay the injunction, allowing resumption of the program. The stay had no deadline. Although the litigation was not resolved, DoD remains convinced that the vaccination program complies with all legal requirements and there was no longer a judicial restraint on the vaccination program's execution.

BioPort, the sole manufacturer of the vaccine and sole bidder for the contract, underwent a federal quarantine in 2001 waiting for the FDA to decide whether the facility and the vaccine produced there met federal standards. Until the company met new federal requirements for vaccine production and revalidated its 30-year-old manufacturing process, the quarantine remained, according to a November 2001 article from the Atlanta Journal-Constitution. BioPort was plagued for years by questions of quality control, safety, and effectiveness of the vaccine. Most of the problems came when BioPort took the operation over from the Michigan Department of Health in 1998.

BioPort stopped operations and worked with the FDA for over three years to gain approval of its renovated facilities as supplies of FDA-released anthrax vaccine dwindled. However BioPort itself declares that all renovations were voluntary and done to meet future demands and regulations for the facility.

The production facility has also been inspected by the FDA more than 50 times since it got its license more than 30 years ago.

## Corrections

We sincerely apologize for mistakes in the Desert Voice, but occasionally we are given information that is wrong or misleading, which we inadvertently pass on to our readers. If any of our readers encounter any fact that may be suspect, we encourage responses to the editor. Following are two clarifications from recent issues.

### Army 10-Miler

Capt. Elizabeth Allen placed second in her age group (23-27) at the Army 10-Miler at Camp Buehring Oct. 24. Capt.

Allen had not been recognized in the Nov. 3 issue of the Desert Voice because her name had not been included in the results provided to us.

### Combined Federal Campaign

In the Oct. 20 issue of the Desert Voice we ran a piece on the Combined Federal Campaign. While our reporter was told that CFLCC CFC representatives would like to have 100 percent pledging by CFLCC staff, the actual goal is that 100 percent of CFLCC staff be contacted about donating to CFC.

# Karate!

## stretch before you fight

story and photos by Curt Cashour

We last spoke with Karate black belt Shaji Valsarajan, for a piece in our Sept. 29 issue, where he showed us how to make mincemeat of our enemies using only our hands and feet. With more than a month of kicking butt under our belts, we thought it was time to relax, so we had him take us through a step-by-step stretching routine done the Karate way.



### Meditation 1

Karate workouts begin and end with a two to three minute meditation session. The goal here is to enter a state of calm so you can have complete control of your mind, Valsarajan said. To execute, assume the position shown, clear your mind, close your eyes and concentrate on a point of your forehead between your eyes. Treat this point as a channel for energy to travel in and out of your skull.

**Shaji says:** You can't fall asleep



### 2

#### Frog Jump

Before stretching, it's important to get the blood flowing, Valsarajan said. To do so, he recommends 10 to 15 minutes of jumping jacks, pushups and the technique pictured here, the frog jump. To do the frog jump, put your hands behind your back and bend your knees, making sure to balance yourself on the balls of your feet. Keep your abs tight and jump up by forcefully straightening your legs. While in the air, bring your legs to your chest as pictured.

**Shaji says:** The frog jump will help increase your jumping power and body control.



### Hip Stretches 3

The pictured stance is called a shoulder stance. It's the starting position for hip stretches. First, bend at the hips and lower your upper body. Touch your hands to the floor and keep your legs straight. After 10 seconds, return to the start position. Place your hands on your hips, and bend from the hips backwards, bending your knees slightly through the stretch. Again, hold it for 10 seconds.

**Shaji says:** If you don't practice hip stretching, you can't do martial arts.

### Wide splits stretches 4

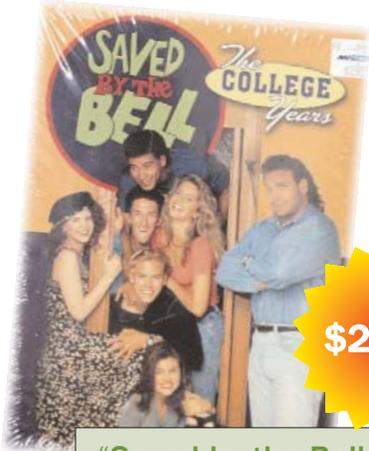
These stretches target the calf, and inner thigh muscles. Flexibility in these areas will enable you to achieve maximum range of motion and height when conducting kicks. If you're just starting out, you won't be able to execute the splits, so Valsarajan said to assume a position similar to the first photo and ease your legs out in either direction until you feel the stretch. Hold it for 10 seconds and release. When you get really flexible, you can work on the other wide-splits variations pictured.

**Shaji says:** Even though you might feel some pain in the calf and thigh muscles, continue the training.



# I got it at the PX

Deals so hot, you'll forget about the weather  
 story and photos by Curt Cashour



**\$29.95**

## "Saved by the Bell: The College Years" DVD

Follow the adventures of Zack, Slater, Kelly and Screech as they embark on their first year at California U. Before you start wondering if Screech will continue his more-annoying-than Urkel antics in this 18-episode collection, you'll have to answer one question: What the heck is Kelly doing under that girl's dress on the cover.



**\$1.50**

## Smoke Craft Hickory Smoked Beef Jerky Camo Pak

This is one dried-meat product that's not for the meek of heart. In an effort to scare away those cowards at the other jerky brands, the folks at Smoke Craft specify on the package that the Camo Pak is "For Bold Americans."



**\$84.95**

## Centurion Sure Fire Light

Brighter than a conventional flashlight that runs on 5 D-cell batteries, the Sure Fire has a grip ring for handgun use and is constructed of premium quality aerospace aluminum. Although a reasonable expectation for the light's hefty price, a tiny elf that materializes from its light beam to slay enemies and cook you breakfast is not included.

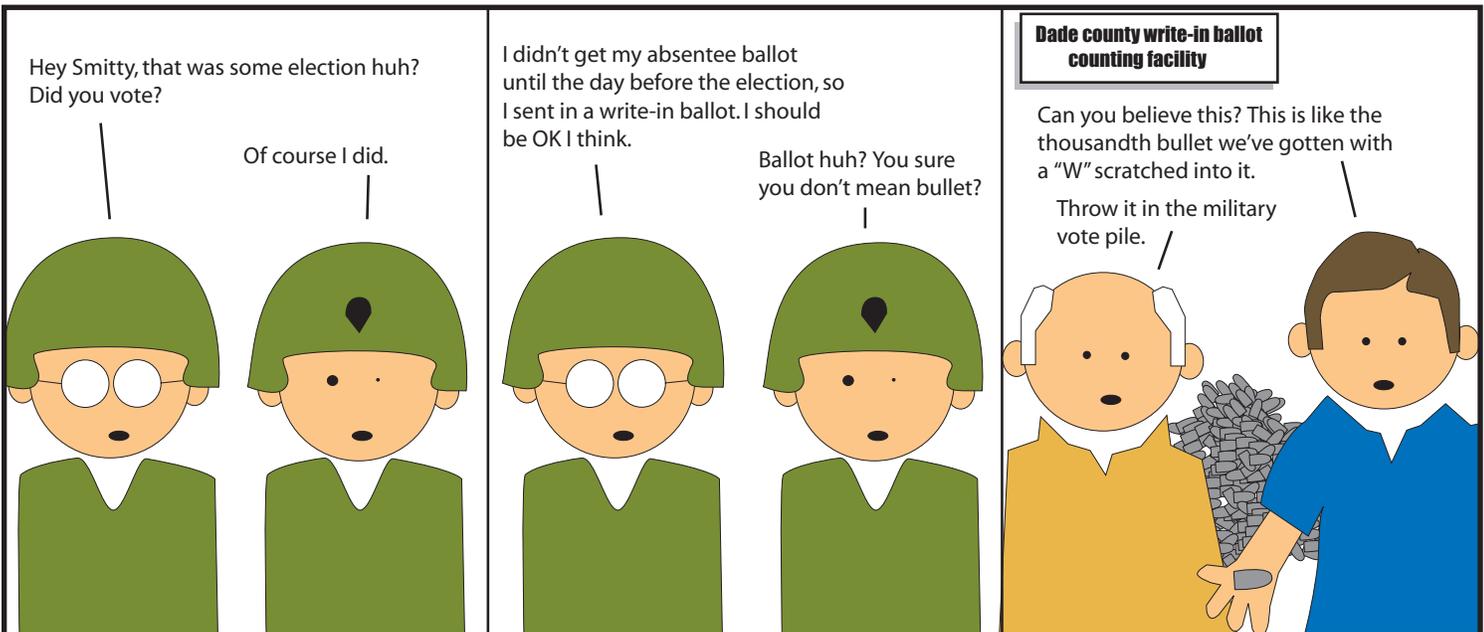


**\$2.69**

## Patriot's Choice Mixed Nuts

If being deployed to the middle of the desert doesn't make you feel patriotic enough, have no fear. Just pick up a can of Patriot's Choice. Each can contains up to 50 percent peanuts, along with a mix of cashews, almonds, pecans and Brazil nuts. You'll feel great following in the footsteps of history's great mixed-nut-loving warriors. Plus, you'll get the satisfaction of knowing that every cent of your purchase goes to the people who work at Patriot's Choice.

# behooverly



# In & Around Our Community

Special and weekly events around Kuwait's U.S. military community for Nov. 10 – Nov. 17, 2004

## Special Events: Arifjan

### Wednesday

Country Singer Blake Stamper, 7 p.m. Zone 2 stage

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

### Saturday

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

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

Native American Heritage Month 5K run, 6 a.m. at the Fitness Center

### Sunday

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

### Monday

The Sopranos Hand Shake Tour, time TBA at Zone 2 DFAC

### Wednesday

8 Ball Tournament, 7 p.m. at the Community Center

## Weekly Events: Arifjan

### Wednesday

Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump 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

Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., Combat Kick Boxing 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

Bench/Step Workout 5:30 a.m., Super Abs 8 a.m., Power Stretching 10 a.m., Body Pump Workout 1 p.m., Bench/Step Workout 3 p.m. at Zone 1 gym tent

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

Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., Combat Kick Boxing 3 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

Bench/Step Workout 5:30 a.m., Super Abs 8 a.m., Power Stretching 10 a.m., Body Pump Workout 1 p.m., Bench/Step Workout 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. at the pool

### Wednesday

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

Turkey Bowl Flag Football signups begin

### Thursday

Veterans Day 5K run, 6 a.m. at the Flagpoles

### Friday

Racquetball-signup cutoff

### Saturday

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

### Sunday

Boxing Signup begins

### Monday

Cricket Darts Tournament, 7 p.m. at Frosty's

### Wednesday

R&B Dance Night, 7 p.m. at Frosty's

Softball Season 2 signup cutoff and coaches' meeting

### Thursday

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

### Friday

Boxing Signup begins

### Monday

Cricket Darts Tournament, 7 p.m. at Frosty's

### Wednesday

R&B Dance Night, 7 p.m. at Frosty's

Softball Season 2 signup cutoff and coaches' meeting

### Thursday

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

### Friday

Boxing Signup begins

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Boxing Signup begins

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Boxing Signup begins

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### Wednesday

R&B Dance Night, 7 p.m. at Frosty's

Softball Season 2 signup cutoff and coaches' meeting

### Thursday

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

### Friday

Boxing Signup begins

### Monday

Cricket Darts Tournament, 7 p.m. at Frosty's

### Wednesday

R&B Dance Night, 7 p.m. at Frosty's

Softball Season 2 signup cutoff and coaches' meeting

## Events: Buehring

### Thursday

Dominoes, 7 p.m. at the MWR bunker

### Tuesday

Jeopardy, 7 p.m. at the MWR bunker

## Events: Virginia

### Thursday

Country Singer Blake Stamper, 7 p.m. PX Square

## 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, 10:30 a.m., building 506 and 7 p.m., Zone 1 Chapel

### General Protestant Services

Sunday, 10 a.m., Zone 6 Chapel

### Gospel Worship

Sunday, 2:15 p.m., Zone 1 Theater

Saturday, 7 p.m., Zone 1 Chapel

Friday, 7 p.m., Zone 6 Chapel

### 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, 11:30 a.m., Zone 6 Chapel

### Latter Day Saints

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

POC Master Sgt. Randall Palmer, 430-6127

### Islam Jumu'ah

Friday, noon, Zone 1 Chapel

Friday, noon, Zone 1 Chapel

## Bible Studies: Arifjan

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, Rms. 9 and 13

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

For more info. call Zone 1 Chapel at 430-1387

If in urgent need of a chaplain call cell 980-4894.

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.

## Shuttle bus schedule

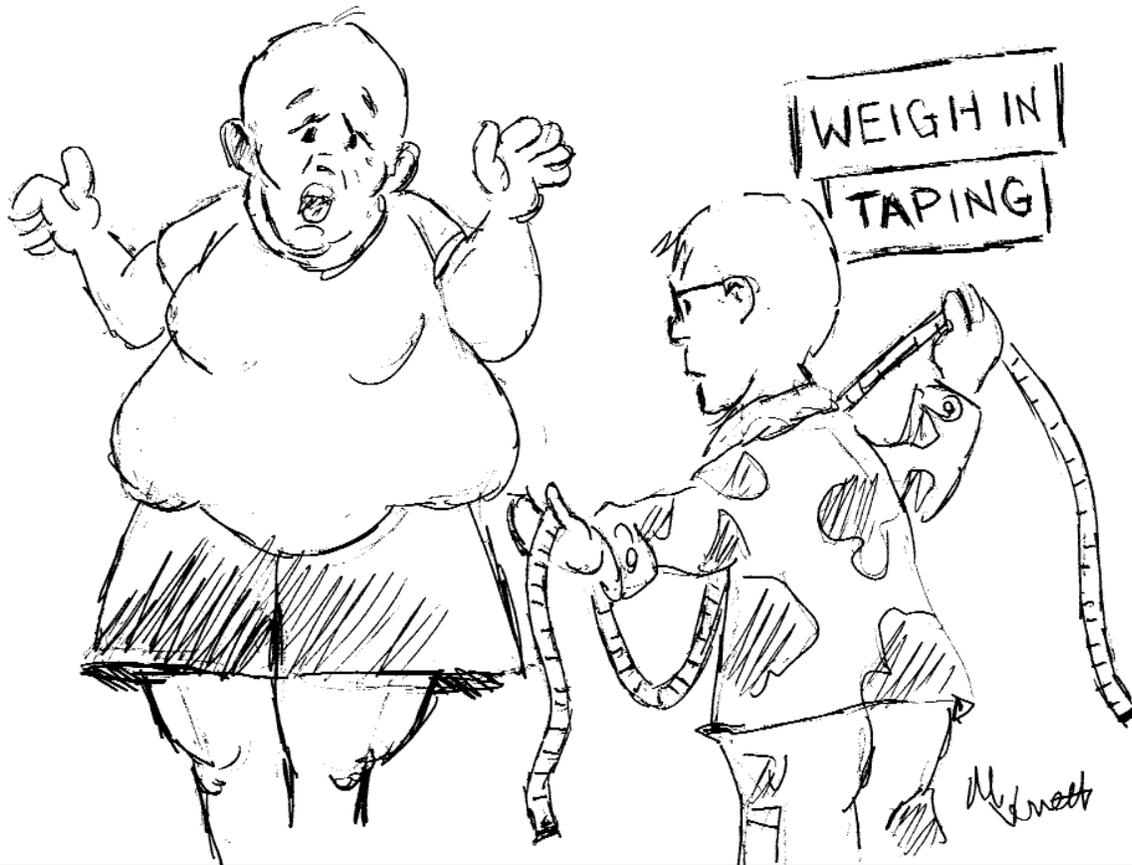
Departs Doha Stop 1 (Blvd. 6 PAX tent)	Arrives Doha Stop 2 (Bldg. 2&8&31)	Departs Doha Stop 2	Arrives Arifjan	Departs Arifjan	Arrives Doha Stop 1
		0545	0700	0715	0830
0845	0900	0715	0830	0845	1000
1015	1025	0915	1030	1045	1200
1300	1310	1040	1200	1300	1430
1445	1450	1325	1430	1445	1600
1615	1625	1505	1615	1630	1745
1900	1910	1640	1800	1900	2015
2030	2040	1925	2045	2100	2215
2230	2240	2055	2215	2230	2345
		2300	0030		

## Doha movie schedule

WED, Nov. 10	1730	SUSPECT ZERO
	2000 <td>BOURNE SUPREMACY</td>	BOURNE SUPREMACY
THU, Nov. 11	1730 <td>EXORCIST: THE BEGINNING</td>	EXORCIST: THE BEGINNING
	2000 <td>COLLATERAL</td>	COLLATERAL
FRI, Nov. 12	1730 <td>SHARK TALE</td>	SHARK TALE
	2000 <td>SUPER BABIES, BABY GENIUSES</td>	SUPER BABIES, BABY GENIUSES
SAT, Nov. 13	1400 <td>NO MOVIE</td>	NO MOVIE
	1730 <td>VANITY FAIR</td>	VANITY FAIR
	2000 <td>SHARK TALE</td>	SHARK TALE
SUN, Nov. 14	1400 <td>SHARK TALE</td>	SHARK TALE
	1730 <td>VANITY FAIR</td>	VANITY FAIR
	2000 <td>SHARK TALE</td>	SHARK TALE
MON, Nov. 15	1730 <td>COOKOUT</td>	COOKOUT
	2000 <td>SHARK TALE</td>	SHARK TALE
TUE, Nov. 16	1730 <td>VANITY FAIR</td>	VANITY FAIR
	2000 <td>COOKOUT</td>	COOKOUT
WED, Nov. 17	1730 <td>ANACONDAS, THE HUNT FOR THE BLOOD ORCHID</td>	ANACONDAS, THE HUNT FOR THE BLOOD ORCHID
	2000 <td>TAXI</td>	TAXI

For more information, call 985.974.6174

JUST GIVE ME A FEW MOMENTS TO SUCK  
IN MY GUT AND PUSH OUT ON MY NECK



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).

## Military Innocence

by Spc. Sharanda Hardy, 348th Personnel Group

In a world where children grow up fast, compassion and forgiveness of carefree days never last in a world where adults forever chase a youthful dream; ruthlessness and superiority of monetary endeavors make the mind and heart of the soul scream.

Seekers of good or gold, all find one place to behold their innocence murdered and epiphanies gone awry, to take from liberated homes by the impetuous goodbye. Yet, still be ill. Seekers of million or minions all find one place to uphold their military magnificence and epitomize the elite, to give oppressed homes to the furies of Hell's sleet.

In a world where seekers actually stand under the maturity disguise, those that actually understand are truly wise.

# DESERT VOICE

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