

DESERT VOICE

January 11, 2006

Serving the U.S. and Coalition Forces in Kuwait

Knights ride into victory

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For more information call EOD on Arifjan at 430-1558 or go to www.bragg.army.mil/EOD.

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On the cover

Photo by Staff Sgt. LaTorry Sidney
Warrick Hightower, Knights' forward, penetrates through the Big Dawgs defense to score 2-points.

Improving the foxhole in 2006

Command Sgt. Maj.

Franklin G. Ashe

CFLCC Command Sergeant Major

Crossing into the new year is a great accomplishment. It enables people to feel like they've been given a fresh start and a chance for new opportunities or a chance to pursue old opportunities without making the same mistakes as those made in the past.

As we cross into a new year, it's tradition for people to make resolutions about doing things differently than they did in the past, whether it's getting into better shape, losing weight, improving relationships or any number of things.

I use the term "improving the foxhole" from time to time but I want everyone to have a grasp on what it means. Soldiers should be improving the foxhole at all times, anywhere we go, no matter what we're doing. This shouldn't be just because it's a new year. As Soldiers, improving the foxhole is a saying to live by.

It comes from a simple idea derived from a simple scenario. Let's say you're out in the field and you stop to dig a hasty position for self-protection. While you're there, the more work you do to make it a better fighting position, the better it conceals you and protects you from enemy attacks. Improving the foxhole means improving your surroundings, your workplace, your relationships and your life any way you can.

I think we should look for ways to improve ourselves each day by learning something new that will make us better, both professionally and personally.

Improving the foxhole isn't just about self-improvement; it could also mean improving your relationship with your family and friends. If you're a religious person, it could equate to furthering your relationship with your church and your beliefs.

The message I'm trying to get across to everyone is even though the new year is the traditional time for people to make resolutions and to try to establish some type of new beginning, you have the opportunity to do that everyday. The great thing about being alive is you can choose any day of the year and start over if you want to. We should all try to be conscious of that. We would be better people for it and the Army would be a better Army for it.

The first and most important thing we do every day to improve our foxhole is to start the day with a good attitude and to look at

things in a positive way. We need to be motivated while having a positive outlook on things and remaining dedicated to working as a team.

There are a million little things you can do everyday, whether it's more physical training, spending more time with your subordinates and getting to know them professionally, coaching and mentoring or simply by not walking past problems. Whether it's a little thing like picking up trash or a big thing like preventing an unsafe act that could get someone hurt or worse, we need to be cognizant of how much of a difference each individual can make by not just letting things slide.

The bottom line is if you get up with a caring, proactive, positive attitude you're not going to be able to go about your day without improving your surroundings because you're going to look at things and say "Hey, let's fix it."

Deployments can be a great place for Soldiers to improve themselves. During a deployment, in most cases, a Soldier is normally working in his military occupational specialty or on his warrior tasks. When you get in the combat zone, you're doing the job you joined the Army to do. By having a chance to focus primarily on your MOS, you gain vast amounts of experience and knowledge in that particular field faster than you could at home station due to fewer distractions.

Even though we are deployed, there are other opportunities available to us here that are also available at home, such as college classes. You can work toward a degree, or if you have a degree, you can work toward a higher degree.

You have an opportunity to learn new things here. At the recreation centers, instructions are given on a lot of subjects varying from different kinds of workouts to several types of dancing. Local Morale, Welfare and Recreation trips aren't just necessarily about going shopping downtown at the mall in Kuwait City. It's also a chance to observe and interact with a different culture. Opening our mind and ourselves to other possibilities makes us better.

Individuals who are not motivated enough to be self-starters will not be able to reap the full benefits of this situation. You should get up, get out and seek those chances to broaden your knowledge.

In terms of goals, I'd like to see Third Army continue to move forward in its transformation this year. Gen. Peter J.

Schoomaker, Army chief of staff, said leaders must lead the change.

Third Army is going to become one of the first organizations to completely undergo transformation in the Army.

Moving ahead with that will make us more

of an asset to the U.S. Army.

At this time, I don't foresee any change in the big picture of what we do, which is continuing to provide support as the Coalition Forces Land Component Command to the U.S. Central Command in the fight in Iraq and Afghanistan. There will be changes as conditions change in Afghanistan and Iraq and we're able to downsize the amount of Soldiers in those countries depending on conditions. That will reduce the amount of things we do here. We'll still be performing many of the same types of missions, just not quite as much of them.

A personal goal for me is to continue to take care of servicemembers, civilians and family members. I think our organization has a great command climate and it's very caring toward all personnel and family members. I want everyone in Third U.S. Army/ARCENT/CFLCC to continue the outstanding work we've been doing and continue to accomplish our missions in the Global War on Terrorism in the CENTCOM area of responsibility. In the years past, Third Army has done an outstanding job and we must live up to that legacy and continue to perform in the exceptional manner that you all have in this fight.

The most important thing leaders do is to live up to our stripes or our position everyday. Our servicemembers expect it and deserve it. Another one of my personal goals is to do my part to help make life in the armed forces better for all the people that work with, near or for me. To all the Soldiers, Sailors, Airmen, Marines, and civilians out there who are doing your duty, day in and day out, you are making our world a better place to be. Your efforts motivate and impress me and make me proud to serve alongside each and every one of you. BE SAFE! — THIRD, ALWAYS FIRST.



**Command Sgt. Maj.
Franklin G. Ashe**

Knights joust through Big Dawgs, 46-34

Sp. Marcos Alices Kinch
CFLCC PAO

The 31st Forward Support Battalion Knights sought retribution when they stepped onto the hardwood floor Jan. 1. They defeated the Marine Corps Big Dawgs 46-34 for the championship in the double-elimination Winter Basketball Tournament at the Camp Arifjan Zone 1 Fitness Center.

After suffering a vicious 48-29 loss Dec. 30 during their first meeting, the Knights battled their way through the loser's bracket to the championship game with the odds stacked against them. They beat the Big Dawgs in back-to-back games.

"We rose to the challenge with our backs against the wall," said Jereld Griffin, Knights guard.

The Knights hardly looked like the team that lost to the Big Dawgs in their first confrontation. The Knights dominated both games with their solid defense and fast-paced offense.

After ending game one strong with a 52-41 victory, the Knights started game two at a high tempo. They quickly took the lead early with a 7-2 run.

The Big Dawgs slowed the game down to their tempo and used their center David Jones. Jones used his size inside the paint and hit back-to-back field goals.

Not to be outdone, forwards John "The Dog" Maul and Joseph Rowser led the Knights to a 13-6 lead by contributing on both ends of the court and hitting shots from all angles mid-way through the first half.

"We played hard but they had a deeper bench which was the big key in tonight's games," said James Jones, Big Dawgs coach.

The Knights, with a solid defense, extended their lead to 17-7. Tired and exhausted, the Big Dawgs played like a team in slow motion with passes that were split-seconds too late and off-balance jumpers who didn't

have much of a chance.

Trailing 21-9, the Big Dawgs turned to their big guy, Jones, once again. He quickly hit two consecutive layups, helping his team get within striking range. The score was 21-14 at the end of the first half.

As the Big Dawgs entered the second half, they forced turnovers and scored two baskets, closing the gap 21-18.

The Big Dawgs' dream of a championship was ruined by the Knights' defense. The Knights quickly put the Big Dawgs in their place as they went on a 14-5 run with 10 minutes remaining in the game.

The Knights took total control of the second half. It was nothing more than a showcase of their abilities.

The Knights, a quicker, hungrier and more energetic team, gained some revenge and the championship.

"Throughout the tournament the Knights played with heart and aggressiveness," said Richard B. Adams Jr., Knights head coach.

The Knights took control of game one from the tip-off by forcing turnovers and running the fast break to an early 9-4 lead. Samuel Scott and Maul led the assault with their shooting abilities as the defense forced the Big Dawgs to make bad passes and off-balance shots.

After a strategic timeout made by Big Dawgs coach James Jones, the Big Dawgs came back from a 12-point deficit to end the half at 18-22.

As the Big Dawgs entered the second half with the momentum from the first, Charles Holmes launched from downtown, hitting two 3-pointers to pull the Big Dawgs within 24-25. The Big Dawgs' comeback was short-lived as the Knights stretched their lead out with free throws made by Rowser and a massive dunk by Jerome Lawson.

With 10 minutes on the clock, the Knights did not let up. With Nokia Carter grabbing rebounds



Staff Sgt. LaTorry Sidney

Jerome Lawson, Knights center, rejects a shot put up by John Nichols, Big Dawgs' guard.

and scoring a couple 2-pointers, the Knights increased their lead to 35-18.

Trailing 39-28, the Big Dawgs would not lie down and play dead. Lewis Goram led the pack by scoring a layup and a 3-pointer that closed the gap to six. It wasn't enough.

Rowser put the last nail into the coffin when he hit crucial free throws down the stretch run and the Knights prevailed with a game one victory.

"The tournament was a perfect warm-up for the season," said Kevin D. Scott, Morale, Welfare and Recreation recreational lead. "It ignites the rivalries among the teams."

The Knights hold a 2-1 record against the Big Dawgs and they will enter the unit basketball season as the odds-on favorite.

According to Big Dawgs' Lewis Goram, he is looking forward to the next chapter in this growing rivalry.

Latvian soldiers prepare for exchange of troops

Spc. Janine Coogler
CFLCC PAO/11th PAD

After completing six months in Iraq, more than 100 Latvian troops from 1st Battle Group, A Company came to Camp Virginia Jan. 3 to mentor approximately 100 troops from 1st Battle Group, B Company in preparation for the Latvian exchange of troops.

Through their peacekeeping missions, the Latvian soldiers contribute to the stabilization of Iraq by training Iraqi armed forces, conducting convoy missions and patrolling their area of responsibility.

Although the Latvian soldiers receive five to six months of extensive training in their country prior to their deployment, the A Co. soldiers will give additional driver's training to the incoming troops.

It's important that the troops know how to handle the humvees, said Maj. Bradley Errington, Task Force Gator operations and executive officer. Because the humvees are larger vehicles than the Latvians are used to, the training is needed as a preventative measure for accidents.

In addition to basic maintenance of the humvees, the Latvian soldiers will learn how to maneuver through obstacles and how to turn the vehicles, said Latvian Capt. Vantse Lapsenbergs, B Co. commander.

"Each platoon conducts three months of infantry drill exercises, through a series of

rotations," Lapsenbergs explained. "The last two months are split into different scenario exercises we might encounter on convoy missions or during various training activities with the Iraqis."

The outgoing troops will mentor the incoming troops, Lapsenbergs explained. They will give the incoming troops examples of what did or did not work when conducting various missions in Iraq.

In addition to humvee training at Virginia, the Latvian soldiers were issued equipment and received shots as preventative measures, Errington said.

Because of an agreement between U.S. and Latvian governments, the Latvians received various military-issue equipment.

They were fitted and measured for boots, uniforms and flack vest to ensure proper sizing, Errington said.

More than half of B Co. has experience in Iraq, Lapsenbergs said.

He added, a good number of the officers and a few other soldiers are on their second rotation.

The Latvian soldiers, dedicated to their peacekeeping mission of training Iraqi forces, use their skills of mentoring to help assist in the transition of new troops, Lapsenbergs said.

"This process helps ease the mind of a few nervous soldiers, and gives leadership an idea of the operation procedures."

Did you know?

- ◆ In the Latvian language the country's name is spelled Latvija.
 - ◆ The name "Latvia" originates from an ancient Baltic (Indo-European) tribe - the Latgalians, who formed the ethnic core of the Latvian people.
 - ◆ The landscape of Latvia is marked by lowland plains and rolling hills. Most of the countryside is less than 100 meters above sea level. There are thousands of rivers and lakes in Latvia.
 - ◆ The Latvian language is a Baltic language, which belongs to the Indo-European family of languages. The Latvian language is considered one of the oldest of the Indo-European (European) languages. It is a non-Slavic and a non-Germanic language, similar only to Lithuanian.
 - ◆ The population is more than 22 million.
 - ◆ In Latvia, people are mostly Christians. The majority of them are Lutherans with minorities of Orthodox Christians and Roman Catholics.
 - ◆ Latvia is a former republic of the Soviet Union.
 - ◆ Latvia is a parliamentary democracy.
- Facts found on www.atlapedia.com, www.li.lv and www.infoplease.com.**



Kuwait lit up by star

Photo by Air Force Tech. Sgt. Mark Getsy
Diana DeGarmo, American Idol star, performs for members of the 386th Air Expeditionary Wing during the chairman of the Joint Chiefs of Staff Holiday tour Jan. 2. Other special guests included: comedian Reggie McFadden, country music star Michael Peterson, and Medal of Honor recipient Col. Jack Jacobs. The tour, sponsored by the United Service Organizations, visited bases throughout Southwest Asia and Africa.



Chillin' Villains fly in sky **Alaskan aviation**

Spc. Michael R. Noggle
CFLCC PAO/11th PAD

They are referred to as the "FedEx of the theater," delivering and receiving aviation supplies and equipment to bases throughout the Iraq and Kuwait area of operation.

Company E, 1st Battalion, 207th Regiment, from the Alaskan National Guard, refer to themselves as the Chillin' Villains. They transported more than 2.5 million pounds of cargo and more than 3,000 passengers with four C-23B Sherpa airplanes and crews.

"If you've got something that needs to be moved, then you throw it on a Sherpa," said Maj. Darrin Dorn, Co. E, 1st Bn., 207th Aviation commander. "We get it there and get it back in the quickest time."

On a daily basis, the unit is in the air send-

ing parts to either northern and/or southern Iraq. Once the parts are dropped off at their final destination, the plane is reloaded with other aviation parts, refueled and recharged to fly within 45 minutes.

"We always looked to increase the efficiency of the C-23 movements," said Chief Warrant Officer Dan Larson, Co. E, 1st Bn., 207th Aviation pilot. "We'll load the airplanes full and look to find loads at every stop."

After spending six months in Iraq, moving on several occasions between different air bases, the Alaskan unit was able to find a home in Kuwait.

The design of the C-23B Sherpa was modified by the Army National Guard to perform state side cargo-drop missions. Over the last couple years, the Army has activated units with Sherpa capabilities for the sole

n unit sets high standards

purpose of getting supplies to their destination as quickly as possible.

“The light-cargo commuter airliner is doing things it was never designed for and it’s doing them very well,” Dorn said. “It is the only fixed-wing in theater that flies at low-level heights.”

Once the plane is at low level, all eyes are up front and out the windows, Vasofski said.

“You ask the pilots and they’ll say it’s good to have the flight engineers as an extra set of eyes,” he said.

As far as passengers, the Chillin Villains had doubled the number of the previous unit; however transportation of servicemembers was shut down due to hazardous conditions over the Iraq airways.

“Getting the troops back into the warfight was a huge deal,” said Staff Sgt. Raymond Vasofski, Co. E, 1st Bn., 207th Aviation flight

engineer. “Guys were sitting around here at the airport waiting for a ride back to Iraq. We had the room and capacity.”

Vasofski said he was able to fly a lot of passengers during his time in theater, most notably VIPs, government officials and sending a little girl going home to Iraq to be with her father.

“We’ve flown a lot of great missions but that one was my favorite,” Vasofski said. “We make stuff happen and get the job done.”

“We’re not the ones kicking down the doors, marching down the street or fighting the ground battle,” said Chief Warrant Officer Melvin Rush, Co. E, 1st Bn., 207th Aviation operations and safety officer.

He added, “We’re supporting the warfighter, the guys on the ground. If something breaks then we need to move it.”

Vasofski said the mission was routine and

a success.

“You’re doing something every day,” he said. “When you take pallets of aviation parts up north, hopefully it keeps somebody off the road. Our job is a lot safer than the guys having to travel on the highway.”

The unit will be redeploying next month and feel as though they have set the standard for other units to follow in their footsteps, Dorn said.

“We have achieved what we set out to do,” Dorn said. “We worked harder, more efficiently, and smarter. We pushed the guys hard and they’ve done a great job.”

Courtesy photo

A C-23B Sherpa airplane from Co. E, 1st Bn., 207th Aviation flies into Iraq to deliver aviation equipment. The unit transported more than 2.5 million pounds of cargo and more than 3,000 passengers with four C-23B Sherpa airplanes and crews.



Rocker raises Barr at Navistar

Spc. Robert Adams

Assistant Editor

As Niki Barr walked through the cold desert air onto the Camp Navistar stage Thursday, the quiet and relaxed nature of the troops gave the impression that they were a tough crowd to please.

Positioned 25 feet away in lawn chairs, troops greeted her with the occasional hoots and hollers.

The scene didn't faze Barr who gave the crowd an invitation

to move up to the stage as she began playing. Without hesitation, troops set their near-beers down and commenced to let loose.

By the second song Soldiers were crowd-surfing, jumping up and down and hitting a beach ball through the air to the highly energized performance put on by Barr and her band. What looked to be just another routine show turned into a rock concert you would see in the States.

"This is the best time I've had at Navistar since I've been here,"

said Spc. Alexander Snyder, Company B, 2nd Battalion, 127th Infantry Regiment, during the concert. "I think the music she has written is really good."

The 22-year-old Rock 'n Roll musician from Annapolis, Md., sang a combination of her own newly recorded songs as well as some cover songs of Jimi Handrix and Depeche Mode that echoed against the berms of the small military camp.

"We have a high-energy show because you guys are ready to go here," Barr said.

During the performance, Barr invited troops on stage to sing with her to the Cheap Trick's cover song *I Want You to Want Me*. They all knew the tune to the 80s hit song and didn't hesitate to sing as loud as they could while in the spotlight with Barr.

"They do a very good job getting the crowd involved," Snyder said. "This reminds me of concerts and parties back home."

After the performance, Barr spent time signing autographs, taking pictures and listening to servicemembers' stories.

"I want to meet as many people as possible," Barr said. "It's interesting to find out why they are serving in the military."

Barr isn't a stranger to the military. She has an aunt and uncle in the Navy, an aunt in the Air Force and an uncle who served in Operation Desert Storm.

After performing at Camp

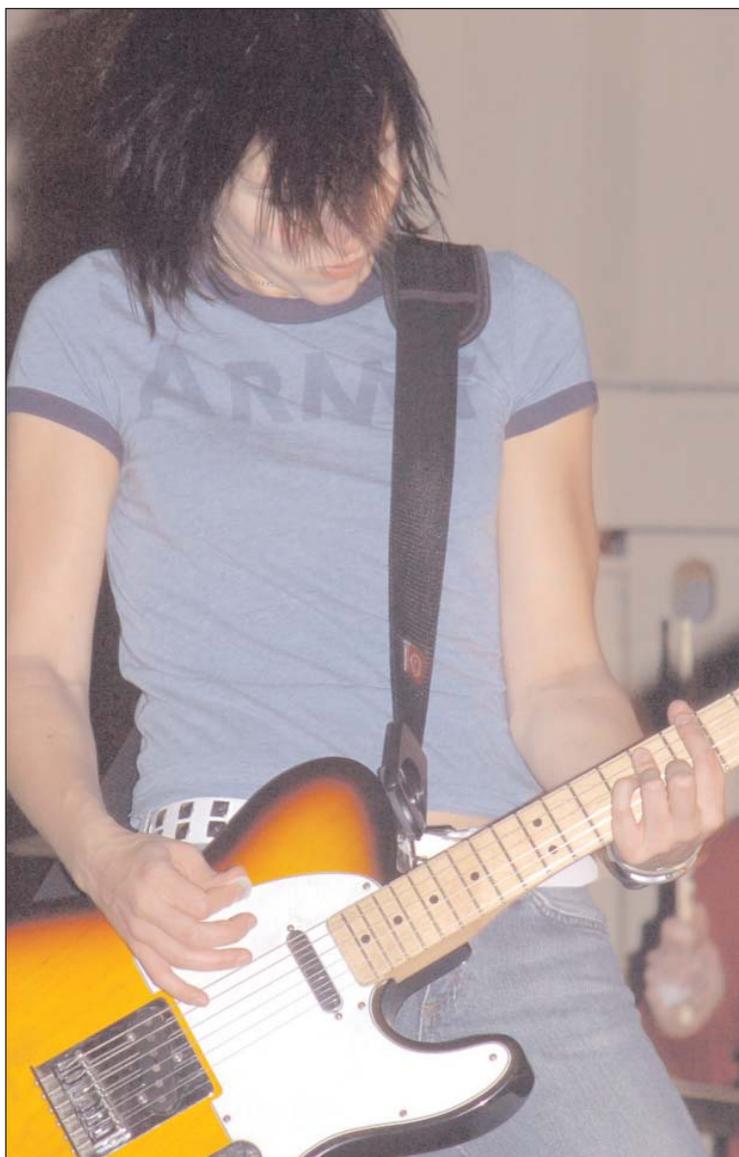
Arifjan and Navistar, Barr finished up her tour at Camp Buehring Friday. Her tour with Armed Forces Entertainment began Dec. 16 in Kyrgyzstan, taking her to Bahrain, United Arab Emirates and Djibouti before Kuwait.

Barr has also played for troops in the past, having done two other tours in the Far East and Europe.

"This experience has given us all a new respect for what we have back home," Barr said. "I'm amazed on how troops can deal with being deployed... I don't know if I could be away from family for that long."

Barr said she and the rest of her band (Island Styles, lead guitarist, Frank Silver, rhythm guitarist, Scott Ensign, bassist and Tom Kristich, drummer) have enjoyed hanging out with the troops over the holidays.

Barr said, "Words can't describe what we're seeing over here."



Photos by Spc. Robert Adams

(Top) Niki Barr sings and plays the guitar during a rock concert performed at Camp Navistar Thursday. Barr has been on tour playing for troops in the Middle East since Dec. 16.

(Right) Spc. Ryon Freemole, Company E, 2/127th Inf. was one of the many crowd surfers during the concert.



Niki Barr and troops sing *I Want You to Want Me*, a hit 80s song by Cheap Trick on the Navistar stage Thursday.



Bulking up, slimming down

Deployment offers healthy choices for healthy living

Spc. Debralee P. Crankshaw

CFLCC PAO/11th PAD

“He that takes medicine and neglects diet wastes the skill of the physician.”

Chinese Proverb

Some servicemembers decide to get into better shape while deployed. Some diet, go to the gym and take supplements to achieve this goal.

“The best way is to start the habit here,” said Navy Lt. Cmdr. Kim Zuzelski, Expeditionary Medical Facility – Kuwait, Camp Pendleton Detachment, dietitian.

She added that diets are not the way to achieve the goal. Making a lifestyle change is the key to producing long-lasting results.

Zuzelski says basic nutrition is important anywhere, but a deployment provides a good opportunity.

“Starting healthy habits here can benefit the family when the servicemember returns home,” Zuzelski said.

She also said eating behaviors are often learned at home. Healthy lifestyles and eating habits can prevent future weight problems for children, which is a significant problem for American kids as well as adults.

One common misconception is that people can gain muscle while losing fat, according to Zuzelski.

“In order to gain muscle you have to take in more calories but to lose weight you have to take in less,” Zuzelski said. “You can’t make something bigger and smaller at the same time.”

Supplements are abundant but Zuzelski says they are not the best way to go.

“A lot of people are taking supplements and aren’t aware of what’s in them,” Zuzelski said.

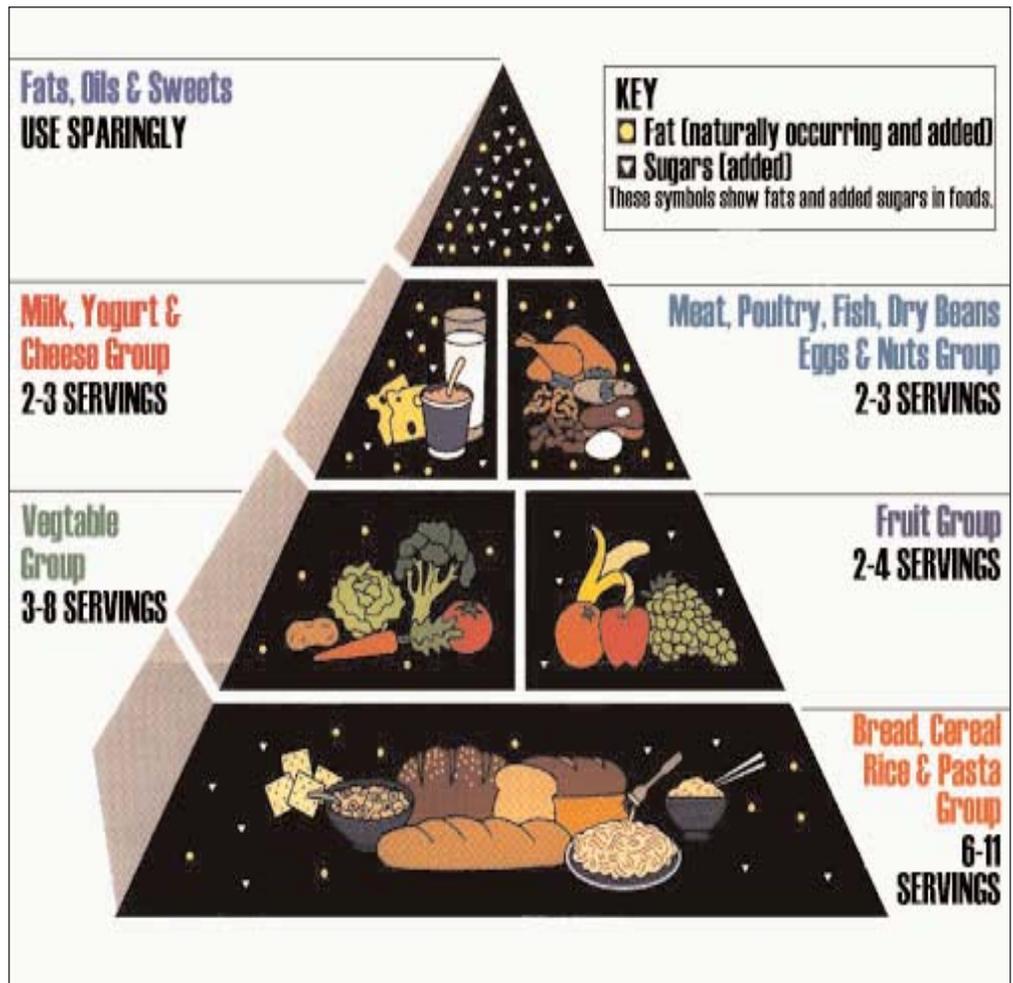
“While some are harmless, others can have pharmacological results,” she said.

The active ingredients in many supplements can have the same side effects people get from medications.

Some ingredients can increase blood pressure and cause a dangerous change in heart rate. They can also interact with other medications, supplements, or caffeine causing dangerous side effects.

She went on to explain some supplements aren’t harmless and are not regulated by the Food and Drug Administration.

“Some supplements say they are natural,



Courtesy graphic

Use the Food Guide Pyramid to help you eat better every day, the dietary guidelines way. Start with plenty of breads, cereals, rice, pasta, vegetables and fruits then add two to three servings from the milk group and two to three servings from the meat group. Each of these food groups provides some, but not all of the nutrients you need. No one food group is more important than another – for good health you need them all. Go easy on fats, oils and sweets, the foods in the tip of the pyramid.

but natural doesn’t mean safe,” she said. Supplements can be sold to the public before any side effects are known. The FDA does not have the ability to pull a supplement off the market until it can prove a threat to the health of the public. The company doesn’t have a responsibility to make sure the product is safe for consumption.

Zuzelski said there is an alternative to taking supplements that gives results but servicemembers don’t necessarily have to stop taking them depending on the ingredients.

“People just need to be educated about what they’re taking,” she said.

She added, “They shouldn’t expect a pill to do more for them than a healthy diet and exercise program.”

Suggestions she has for those wanting to bulk up include eating four to five smaller meals a day, not skipping meals, eating carbohydrates and protein before and after working out and performing exercises correctly.

While these are good guidelines, Zuzelski encourages troops to visit her for more individualized plans.

“It’s hard to make blanket statements about nutrition because people have different goals,” she said.

Zuzelski holds a weekly weight-management class and is planning on starting a sports nutrition class in February.

For more information or to make an appointment, call the troop medical clinic at 430-1798.

Illinois senator visits fellow troops

Staff Sgt. Kerensa Hardy
11th PAD NCOIC

Senator Barack Obama is spending the first part of the New Year visiting servicemembers in the Middle East.

The Illinois senator spent Thursday in Kuwait, the second stop on his whirlwind tour.

"I've got a lot of troops from Illinois ... and we wanted to come and communicate how much we appreciate their service to the country and the outstanding work that's being done," Obama said.

He added that he feels it is imperative to see for himself what's going on in the theater.

"As a U.S. senator who's on the Foreign Relations Committee, it's also important for me to get some first-hand knowledge of what's taking place here," he

explained.

He said this trip gives him a chance to talk directly to the people who are on the ground to gain their insight and get their input to take back to Washington, D.C.

The senator also said he thinks this trip will be helpful because it gives him something to refer back to when he's on the Senate floor discussing issues.

"There is serious debate in Washington (and) throughout the country about how we should move forward in Iraq," Obama said. "But I think it's really important for the troops to understand that nobody questions the outstanding job that the troops have been doing and executing."

Obama said he was glad to see that the morale of servicemembers remains high. He helped improve that morale when he played basketball with about a



Staff Sgt. Kerensa Hardy

Illinois Senator Barack Obama listens to a Soldier voice his concerns Friday during a dinner at Camp Arifjan's Zone 6 dining facility. Flanking the senator are Chief Warrant Officer Bruce Mavis of Pleasant Plains, Ill., Lt. Col. Richard Zierath, from Madison, Wis., and Spc. Debralee Crankshaw of Belleville, Ill.

dozen Soldiers, playing a 20-minute half with each team. Unfortunately, the other team always won.

The senator ended his day at

Arifjan at a dinner with Soldiers from Illinois, where he listened to their concerns and talked with them about their families and their wellbeing in general.

Location not important

Military able to vote from anywhere

Capt. Lisa Hill-Johnson
CFLCC Policy & Programs officer

Voting, a vital asset in the 21st Century, has never been more endangered, yet necessary.

More people around the globe are getting their first opportunity to vote. Americans have long had this unique privilege, but between procedural inertia and voter apathy, many voters do not exercise this right.

That's why the military vote is relevant and necessary. Military members have the ability to vote no matter where they are serving in the world. During the presidential elections of 2000 and 2004, the military vote was vitally important. It was a major factor in states like California, Pennsylvania and Florida.

The next election is Nov. 7, for the Senate and Congress. The primaries start in March with elections in Texas March 7 and Illinois March 21.

The primaries are held in each state so that voters may vote for the candidate that they want to represent them during the general

election held in November.

Currently both houses are controlled by Republicans but with several states in contention, the balance of power may shift. The first major deadline for voters is Sunday. Most districts have rewritten the boundaries which affect where and for whom you vote. That, coupled with many people moving, has created a need for voters to apply for their registration on a yearly basis.

The United States currently does not have a system for people who move and relies on voter sentiment and desire to vote each election to maintain their own registration. For military members this is even harder, since they may not know where they will be. So it is imperative that servicemembers take advantage of their right to vote and the first step is the application for a voter's registration card.

Military members wishing to vote this year have to fill out the Federal Post Card Application and mail it to their respective voting district. The forms can be obtained through the unit voting-assistance officer or the Coalition Forces Land Component

Command VAO, Capt. Lisa Hill-Johnson.

Once the form is filled out and mailed in, this informs the district office that a voter is currently in either another state or in the military and needs an absentee ballot.

Don't be left out. If you desire to vote, remember to contact your unit VAO for the application, fill it out and mail it as soon as possible. Make your vote count during the 2006 elections.

Voting primaries

The following states have upcoming primaries:

- ◆ **March 7** - Texas
- ◆ **March 21** - Illinois
- ◆ **May 2** - Indiana, North Carolina, and Ohio
- ◆ **May 9** - Nebraska and West Virginia
- ◆ **May 16** - Kentucky, Oregon, and Pennsylvania
- ◆ **May 23** - Arkansas and Idaho

Community

happenings for Jan. 11 through Jan. 18

Ali Al Salem

For information call 442-2005

Arifjan

Friday

Men's over-40 basketball tournament, through Sunday

Saturday

Pingpong tournament, 7 p.m., Zone 6 Community Center

Sunday

Martin Luther King 5-K run/walk, 6 a.m., Zone 6 Fitness Center

Monday

Martin Luther King Day poetry contest, 7 p.m., Zone 1 Community Center

Winter basketball league

Tuesday

Bingo Night, 7 p.m., Zone 1 Community Center

Wednesday

Texas Hold'em tournament, 7 p.m., Zone 1 Community Center

For more information call 430-1205/1302

Army LSA at Ali Al Salem

For information call 859-1060

Buehring

Wednesday

Madden tournament, 3 p.m., Palms

Weekly fun run, 5-K, 5:30 p.m., Hole-n-one

Winter basketball league, through Jan. 31

Thursday

Spades tournament, 2 p.m., MWR Oasis

Pingpong tournament, 7 p.m., Recreation Center

Friday

Bingo Night, 3 p.m., Events tent

Rendezvous Club, 9 p.m., Events tent

Saturday

Bazaar, 10 a.m., Events tent

Scavenger Hunt, 3 p.m., MWR stage

Sunday

Bazaar, 10 a.m., Events tent

Darts tournament, 3 p.m., Recreation Center

Monday

Martin Luther King 5-K run, 6:30 a.m., Hole-n-one

Spades tournament, 7 p.m., MWR Oasis

Tuesday

Scrabble tournament, 7 p.m., MWR Oasis

Wednesday

Texas Hold'em poker tournament, 3 p.m., MWR Oasis

Weekly fun run, 7.5-K, 5:30 p.m., Hole-n-one

For more information call 828-1340

Kuwait Naval Base

Wednesday

Spades tournament, 7 p.m., Community Center

Thursday

Latin dance class, 7 p.m., Aerobics Room

Friday

Bingo Night, 7 p.m., Fitness bench area

Saturday

Yoga class, 6 a.m., Aerobics Room

Chess tournament, 7 p.m., Community Center

Tae Kwon Do, 6 p.m., Aerobics Room

Monday

MLK 5-K run, 6 a.m., West ECP

Tae Kwon Do, 7 p.m., Aerobics Room

Tuesday

Latin dance class, 7 p.m., Aerobics Room

Wednesday

Checkers tournament, 7 p.m., Community Center

For more information call 839-1063

Navistar

Wednesday

Pool tournament, 8 a.m., MWR tent

Cribbage tournament, 8 a.m., MWR tent

Basketball tournament, 8 a.m., basketball courts

Thursday

Pool tournament, 8 a.m., MWR tent

Cribbage tournament, 8 a.m., MWR tent

Basketball tournament, 8 a.m., basketball courts

Friday

Pool tournament, 8 a.m., MWR tent

Cribbage tournament, 8 a.m., MWR tent

Basketball tournament, 8 a.m., basketball courts

Monday

Bazaar, MWR tent

Foosball tournament, 8 a.m., MWR tent

Hearts tournament, 8 a.m., MWR tent

Softball tournament, 8 a.m., softball fields

Tuesday

Foosball tournament, 8 a.m., MWR tent

Hearts tournament, 8 a.m., MWR tent

Softball tournament, 8 a.m., softball fields

Wednesday

Foosball tournament, 8 a.m., MWR tent

Hearts tournament, 8 a.m., MWR tent

Softball tournament, 8 a.m., softball fields

For more information call 844-1137

Spearhead/SPOD

For information call 825-1302

Victory

Wednesday

Spa Day, 9 a.m. - 6 p.m., MWR dayroom

Desert Bingo Night, 6 p.m., MFT

Thursday

Aerobics, 5 a.m., Tent 1-32

Spa Day, 9 a.m. - 6 p.m., MWR dayroom

Bazaar, 9 a.m., MFT

Free-throw and 3-point contest, 3 p.m., MWR courts

Friday

Volleyball tournament, 6 p.m., MWR courts

Saturday

Aerobics, 5 a.m., Tent 1-32

Ultimate frisbee tournament, 6 p.m., MWR fields

Sunday

Ultimate frisbee tournament championships, 3 p.m., MWR fields

Spades tournament, 6 p.m., MWR dayroom

Monday

Martin Luther King Free At Last 5-K run, 6 a.m., gym 1

Tuesday

Aerobics, 5 a.m., Tent 1-32

Spa Day, 9 a.m. - 6 p.m., MWR dayroom

Fat Pockets 8-ball tournament, 3 p.m., MWR dayroom

Wednesday

Spa Day, 9 a.m. - 6 p.m., MWR dayroom

Desert Bingo Night, 6 p.m., MFT

For more information call 823-1033

Virginia

Wednesday

Poker, 7 p.m., Community Center

Thursday

Pool tournament, 9-ball, 7 p.m., Community Center

Friday

Horseshoes, 4 p.m., Horseshoe pits

Sunday

Pingpong tournament, 7 p.m., Community Center

Monday

Martin Luther King Jr. Day run, 6 p.m., Dusty Room

Dusty Room

Wednesday

Spades tournament, 7 p.m., Community Center

Country Night, 8 p.m., Dusty Room

For more information call 832-1045



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