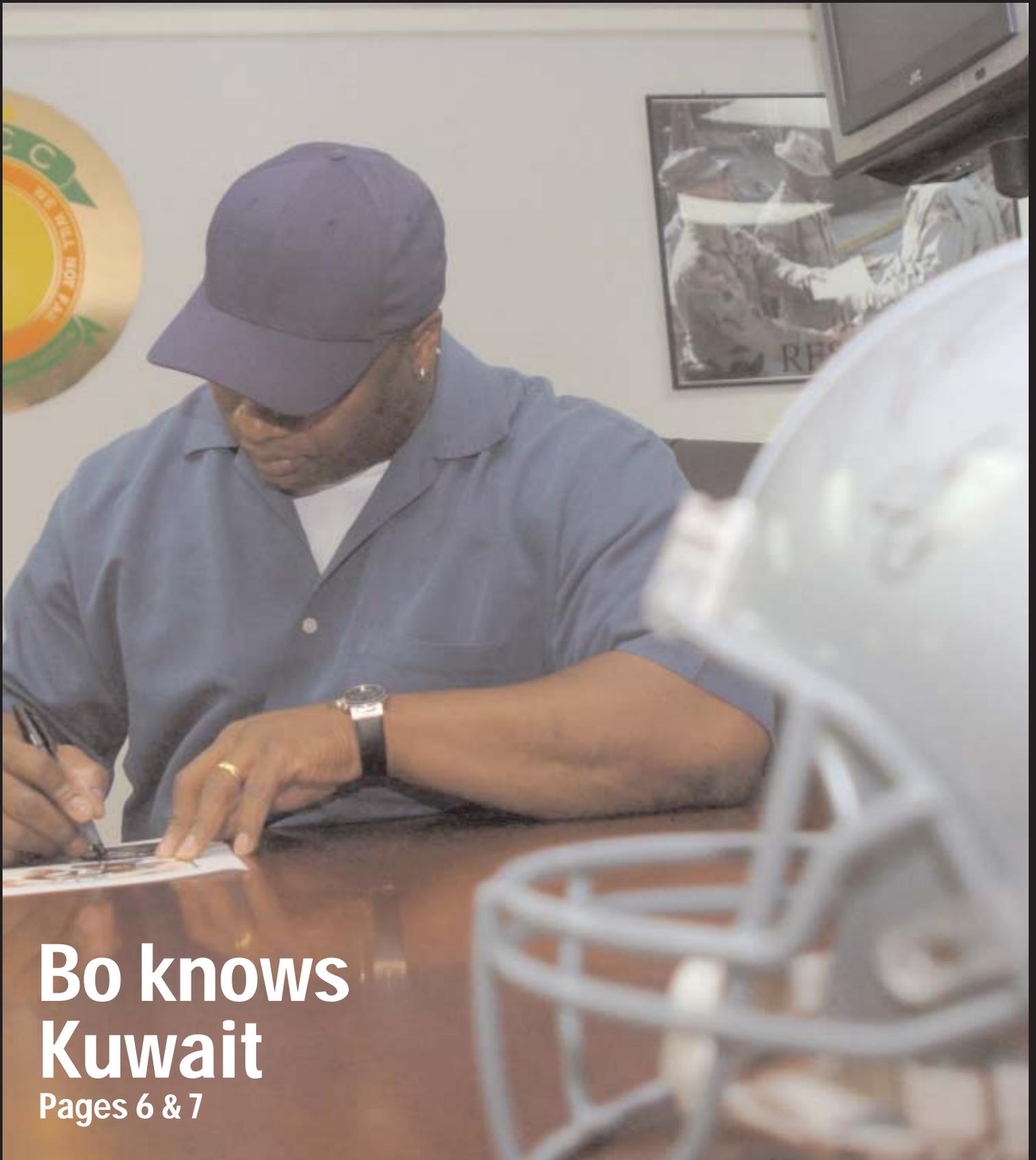


DESERT VOICE

February 15, 2006

Serving the U.S. and Coalition Forces in Kuwait



Bo knows Kuwait

Pages 6 & 7

CONTENTS

DESERT VOICE

Volume 27, Issue 30

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30



Page 3 TRADOC commander visits

Gen. William Wallace, TRADOC commander, visits Kuwait and gains an understanding of the current environment.

Page 4 Finance your future

Deployed servicemembers can take advantage of the TSP and SDP programs and the 376th Finance Battalion is here to provide the details.

Page 5 Building hope in Iraq

El Salvadorian contingent builds trust with the Iraqis through its humanitarian aid efforts and support to Iraqi security forces.

Pages 6&7 Super Weekend

It was a Super Sunday for football fans in Kuwait as Bo Jackson visited troops and watched Super Bowl XL at Camp Arifjan Feb. 5.

Page 8 The truth on supplements

Servicemembers who decide to use dietary supplements should make sure they do research and become knowledgeable about them.

Page 9 TCSP opens its doors

The TCSP serves as the primary means of movement for cargo entering the theater. It is staffed with military, civilian and contractor personnel.

Page 10 CIED training for STB

STB went through counter-IED training at Forward Operating Base Dagger at Udairi Range. They completed classroom instruction and hands-on activities.

Page 11 Community Events

Upcoming events: Strawberry Festival, Black History Month runs, Texas Hold 'em tournaments, Black History Month poetry and rap contest.

Back page EOD needs you

Explosive Ordnance Disposal is looking for qualified Soldiers to join its ranks.

Courtesy graphic

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On the cover

Spc. Michael R. Noggle
Bo Jackson signs autographs for Soldiers at Area Support Group - Kuwait Feb. 3.



TRADOC commander talks training

Spc. Jonathan Montgomery
CFLCC PAO

The commanding general of U.S. Army Training and Doctrine Command visited Kuwait Feb. 5-6 to gain a better understanding of the current and projected operational environment.

Gen. William Wallace, TRADOC commander, accompanied by Lt. Gen. R. Steven Whitcomb, Third U.S. Army/U.S. Army Forces Central Command/Coalition Forces Land Component Command commanding general, sat down with 2nd Brigade Combat Team, 1st Armored Division Soldiers to talk about various training issues at Camp Buehring after a morning spent observing counter-improvised explosive device training exercise lanes at Udairi Range.

The question of bringing the Warrior Leader Course and other noncommissioned officer schools to the desert was raised.

"The idea is probably feasible but would require lots of coordination, such as getting theater approval to take NCOs out of battle to go to school," said Wallace, who added that, with the exception of backlogged schools like Airborne and Ranger, the basic and advanced NCO schools are "undersubscribed."

From NCO to private first class, Wallace said Basic Combat Training Soldiers today are being made to adapt to an ever-changing battlefield involving improvised explosives and close-quarters marksmanship.

Wallace said certain elements in basic training, such as weapons qualification and drill-sergeant culture, are among the things being altered to meet the "train-as-you-fight" principle.

"There's no longer a foxhole position in Basic Combat Training," Wallace said. "Soldiers now qualify in the kneeling and unsupported posi-



Spc. Jonathan Montgomery

Gen. William Wallace, U.S. Army Training and Doctrine Command commanding general, observes a buried improvised explosive device Feb. 6 at Udairi Range.

tion with their Interceptor Body Armor on."

He also talked about practicing convoy live-fire exercises, "We're also teaching recruits how to engage targets in moving vehicles."

Wallace said TRADOC has also tried to change the "drill-sergeant" attitude due the fact the Army loses 18 percent of its training base each year because of Soldier injury, mental unfitness or other action that result in early separation from initial-entry training.

"We're asking drill sergeants to act as if recruits were part of their platoon," Wallace said. "This will put less psychological pressure on both the recruits and the drill sergeants."

Wallace said, recruiting itself has experienced a positive trend lately.

Army recruiting has "made mission" eight months in a row, he said, and 25 percent more contracts have been signed this year compared to last.

Half of all recruiters are combat veterans able to lend their battlefield experience to those wishing to join the service, Wallace said.

In order to give prospective recruits a more realistic perspective of what they're likely to encounter overseas, Wallace advocates sending Soldiers just

back from Operation Iraqi Freedom and Operation Enduring Freedom to participate in the Hometown Recruiting Program.

Earlier in the day at Camp Arifjan, Wallace and Whitcomb met with Brig. Gen. Raymond Mason, U.S. Army Materiel Command-Southwest Asia commander, and toured the Forward Repair Activities facility.

The FRA provided Wallace with a first-hand look at the up-armor, ballistics testing, land navigation tracking systems, gunnery and other technology being applied to utility trucks and humvees in theater.

Wallace, who oversees recruitment and academic programs at 33 Army schools from basic training to the war colleges, moved from the FRA to a demonstration of the Humvee Egress Assistance Trainer, or HEAT, a vehicle rollover simulator designed to reduce or to eliminate injury or death suffered by troops in humvee rollovers in theater.

The HEAT is a suspended humvee cab mounted to an elevated M-1 engine maintenance stand on a trailer.

The attached motor can turn the device 180 degrees in either direction in six seconds to simulate a humvee roll over, suspending Soldiers upside down with their seatbelts on, trying to open

armored doors that weigh 140 pounds each.

Humvee rollover accidents have killed 90 Soldiers and severely injured 159 others since the beginning of Operation Iraqi Freedom.

"It's awesome," Wallace said. "Any time we can precondition Soldiers to the conditions they see on the battlefield and save their lives, that is well worth the investment - no question about it."

Before ending his visit in Kuwait, Wallace visited the Military Operations in Urbanized Terrain training site at Camp Buehring.

Wallace walked through the instrumented shoot houses and courtyards to gain a better understanding of how Soldiers perform room-clearing drills and react to both deadly insurgents and innocent bystanders.

"I got good takeaways on close-quarters marksmanship," Wallace said.

Overall, Wallace said the focus of TRADOC and the Global War on Terrorism is on combat leadership.

Talking to 2nd BCT, 1st AD Soldiers and staff officers, Wallace reiterated this point.

"You have an important mission to reinforce as an operational reserve," Wallace said. "I'm proud of you guys."

Saving the troop's dollar

Spc. Robert Adams
Assistant Editor

Deployed servicemembers can take advantage of programs to make extra money and the 376th Finance Battalion is here to teach them how.

All servicemembers receive a brief on pay incentives and information on the Thrift Savings Program and Savings Deposit Program when they first arrive in country.

But is that briefing enough to make a sound financial decision?

If not, Soldiers from the 376th Finance Bn. can provide further information to troops or units if requested.

Though finance personnel cannot give investment advice, they can tell troops how they can get involved and explain the different investment options.

"The key is to get their attention and explain the programs so they understand them," said Lt. Col. Gregory Mosser, 376th Finance Bn. commander. "We can talk to them about the differences and clear up any misconceptions."

Many servicemembers may not know they can earn up to \$1,000 risk-free while they are deployed by using the Savings Deposit Program.

"I wanted to save money while I was here and the SDP is a guaranteed amount of money," said Petty Officer 1st Class Darla Roote, Navy Expeditionary Logistics Support Group personnel specialist. "The program is also easy to do."

The military also has a long-term savings program called the Thrift Savings Program. Money invested over a long period of time can earn troops a lot of money.

Mosser posed the question, "What are (troops) going to do when they get to retirement?"

"The money they put away today is going to pay them back so much more in the

future," he said.

Servicemembers can obtain investment program or financial entitlement information from several places. The battalion has finance offices at Camps Arifjan, Buehring and Virginia, the Airport of Debarkation, Qatar and Camp Bucca, Iraq. There are also finance personnel at other camps who can provide information.

Finance Soldiers can talk about the pros and cons of each program as well as answer any finance-related questions.

"We can handle any problem they have or get the answer and get back to them," said Sgt. Kristi Zobel, 376th Finance Bn., customer service. "We also put out guidance to unit personnel sections, and if their S-1 can't

help, we can."

There are also online sites to obtain more information on both the SDP and TSP programs. Information on SDP can be found at www.OIFfinance.us and TSP at www.tsp.gov.

The battalion will brief the 1st Medical Brigade March 2 and encourages other units to arrange their own presentations.

Unit leaders interested in having a finance representative talk about the investment programs, entitlements and other finance related items can contact the finance battalion to set up a time.



Graphic by Sgt. Robert Scott

If you deposit \$1,000 dollars per year

	Rate of return			
	6%	8%	10%	12%
10	\$ 13,971.64	\$ 15,645.49	\$ 17,531.17	\$ 19,654.58
20	\$ 38,992.73	\$ 49,422.92	\$ 63,002.50	\$ 80,698.74
30	\$ 83,801.68	\$ 122,345.87	\$ 180,943.42	\$ 270,292.61
40	\$ 164,047.68	\$ 279,781.04	\$ 486,851.81	\$ 859,142.39



Courtesy photo

An El Salvadorian MITT soldier instructs Iraqi force soldiers during a field training exercise.

Building hope in Iraq

El Salvadorian contingent reconstructs Iraqi villages

Spc. Janine Coogler
CFLCC PAO/11th PAD

In an effort to convince the El Salvadorian contingent to stay in the province, an Iraqi governor spoke with the country's officers asking for their continued assistance.

Through the devastation of war, an Iraqi village gained hope and prosperity from the efforts of El Salvadorian soldiers, said El Salvador Capt. Alejandro Gutierrez, military integration transition team training officer.

Comprised of more than 350 troops, Gutierrez said the El Salvadorian Cuscatlán Battalion built trust in the hearts and minds of Iraqis through their reconstruction and stabilization missions.

After completing six months of hard work, the contingent prepared for its rotation of troops Saturday and Sunday.

A small group of soldiers from El Salvador's fifth rotation came to Kuwait to coordinate with Task Force Gator country officers to obtain all needed materials for in- and outgoing troops.

"We work together to make the rotation as smooth a process as possible," said Maj. Greg Willingham, TF Gator country officer. "These soldiers have worked hard in Iraq and

ready to head home, so our preparation will make it as quick and painless as possible."

"Our soldiers did \$4.5 million of reconstruction in the past six months," Gutierrez explained. "They built roads, buildings, water facilities and renovated schools."

Proud of his country's dedication to helping villagers, Gutierrez explained how the battalion worked together to build success with its humanitarian missions.

"The engineers worked hard to quickly fix the water supply in the villages," he said. "The potable water was a big factor in cutting down on the spread of disease."

In order to provide a secure environment for the Iraqi province, some El Salvadorian MITT soldiers helped train Iraqi security force units and staff members.

"The idea is to prepare their forces to be able to provide security, patrol the area and keep the population safe," Gutierrez said.

During the training the Iraqi forces are mentored and supervised on various procedures and missions.

In addition, the battalion built offices and storage buildings for equipment so the Iraqi forces have a place to conduct operations.

"When the local people see the flag on our uniform they are very friendly and interested

in what we are doing to help them," Gutierrez explained.

The local political officials were grateful to the El Salvadorian soldiers' dedication to rebuilding and stabilizing Iraqi villages, Gutierrez said.

"The governor did not want us to leave because we brought a sense of security, hope and happiness to the people," Gutierrez said. "He was ready to lead a large demonstration to get our troops to stay."

After speaking with El Salvadorian officers, the Iraqi governor understood the troops had to continue to push forward and aid other villages.

"We understand the importance of our mission, and it gives us a sense of pride," he said.

The El Salvadorian soldiers honor their country and serve in the Iraqi humanitarian and stabilization missions without the incentive of extra pay, Gutierrez said.

In less than six months the battalion completed 23 projects contributing to the rebuilding of Iraqi villages, Gutierrez said.

As the fifth rotation soldiers leave, the sixth rotation will head to a new area to provide assistance, training, roads, buildings and water plants.

Super Bowl, super athlete

Bo Jackson visits troops

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

Imagine watching the biggest game of the year with your friends, family and co-workers. Now picture yourself watching that game with one of the all-time greatest athletes to ever put on a uniform and step foot on the field.

While millions around the world were preparing to watch Super Bowl XL, servicemembers in Kuwait received a surprise weekend visit from Bo Jackson, former professional football and baseball player.

Jackson traveled to each camp visiting troops, signing autographs and ended up at Camp Arifjan watching the Pittsburgh Steelers square off against the Seattle Seahawks.

"It was good to see him here," said Marine Cpl. Christopher Garcia. "Not too many athletes take the time to come out and see the troops, especially during the Super Bowl."

"It took a lot of hard work to get here and do the things we did," Jackson said.

He added, "We wanted to see as many troops as we could and let them know we appreciate them and what they're doing."

"It's great seeing him supporting us like the way we did for him during his playing days," said Spc. James Rodriguez.

Hundreds of servicemembers were on hand to greet and meet their one-time hero. Some showed up for

an autograph, while others shared their favorite game highlights featuring Jackson.

"The power he had when he was on the field transcended the game," Rodriguez said. "He was one of few who could play two sports and play them well."

Jackson's career started at Auburn University football as the starting running back. In 1985 he was awarded the Heisman trophy as the top player in college football. However, upon graduation he decided to play baseball for the Kansas City Royals and years later the Chicago White Sox and, finally, the California Angels.

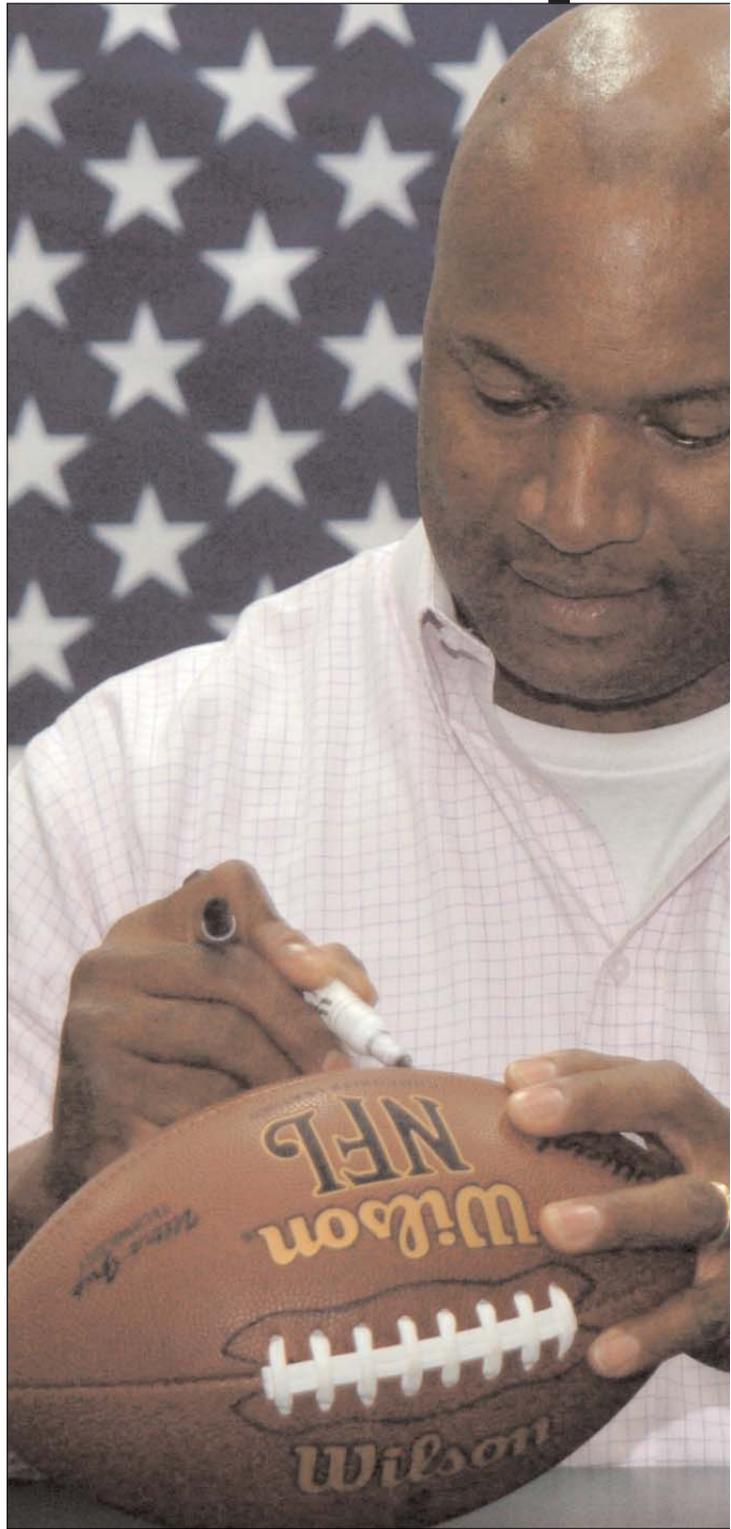
It wasn't until 1987 that Jackson returned to football with the Los Angeles Raiders as a running back. After a few seasons of football, Jackson suffered a severe hip injury during a playoff game against the Cincinnati Bengals that forced him to retire from football and, eventually, baseball in 1994.

"He never fulfilled his legacy the way he should have," Rodriguez said.

"He was the greatest in those two sports and could have accomplished more than anyone," he said.

Like other celebrities who visit troops overseas, Jackson offered a message to those deployed to the Middle East.

"Get home safe," he said. "The only thing we can do is shake their hands and tell them to stay safe."



(Above) Bo Jackson signs a football for a fan at Camp Virginia. Jackson signs autographs and taking pictures with troops in Kuwait.
(Left) A former running back for the Los Angeles Raiders, Jackson signs a photograph from his playing days.

during big game



Jackson wasn't the only excitement over the weekend as football fans from Arifjan gathered at community centers and dining facilities to watch Super Bowl XL. After a defensive battle in the first half, the Pittsburgh Steelers prevailed 20-10.



Jackson examines a coin presented by Maj. Gen. James A. Kelley, Third U.S. Army/United States Army Central Command/Coalition Forces Land Component Command deputy commanding general, during an office call Feb. 3.



Like all other camps, fans gathered at sites where Jackson visited. On his final night in Kuwait, Jackson finished his trip watching the Super Bowl at Arifjan's Zone 1 dining facility.

Photos by Spc. Michael R. Noggle

Jackson spent three days signing
Jackson handed out numerous photos

Muscles in a bottle?

The truth on supplements

Spc. Janine Coogler

CFLCC PAO/11th PAD

In high school science experiments, students often take chances combining various substances and variables, uncertain of the end result. If they mess it up the first time, there is always another test tube to begin the experiment again.

But when it comes to the human body, people should be aware of what they are taking and how it can positively or negatively affect their bodies, said Lt. Cmdr. Kimberly Zuzelski, U.S. Military Hospital-Kuwait dietitian.

As use of dietary supplements rise, servicemembers who take or are interested in taking them should be educated, aware and knowledgeable about supplements.

Knowing the facts regarding the regulations on supplements, how ingredients in supplements can affect the body and determining specific reasons to take them will help servicemembers make informed decisions, Zuzelski said.

"There are thousands of supplements out there and they can be great for one person but work differently on the next," said Chief Warrant Officer Jermain Williamson, supplement user.

When choosing a supplement, a person must determine his goal and focus his research on what could help reach that goal, Williamson said.

"I use the supplements to build muscle and maintain the nutrients and vitamins I lose from working out," he said.

Eating three meals a day does not replace all the vitamins he loses through his workouts.

"I am happy with my results because I know what I'm taking and have done the research," Williamson explained. "If you want to lose weight, then you would take a different kind than I am."

There is a wide variety of supplements to choose from. Each product claims to do dif-

ferent things for the body.

"But beware of the labels," Zuzelski advised. "They do not have to be factual claims on their advertisements."

According to the Dietary Supplement and Health Act of 1994, supplement manufacturers do not have to prove the safety or effectiveness of their product and the label on the product may be incorrect. There may be more or less of an ingredient or the ingredient may not even be listed on the label.

"Most people don't realize that some of these supplements can be dangerous because they are being sold at stores," she said.

The Food and Drug Administration can not remove supplement products from shelves unless it proves that the product creates a medical problem, and there is little funding to obtain enough research for each supplement on the market.

"So people are simply experimenting with their bodies, hoping to obtain positive results," Zuzelski said.

Currently taking protein and mul-

tivitamin supplements, Williamson said he has had his share of trials and errors to find the correct supplement for him.

"It's taken me two years to finally find a protein supplement that doesn't upset my stomach," he said.

Williams added, "I had to find one with little to no lactose, yet contain the important protein my body needed to help build more muscle."

The body can be considered a complex machine, Zuzelski said. If you try to alter one thing, other parts will be affected along the way.

Because supplements can affect the body in various ways, people taking them should make their doctor aware of the products they are using, she explained.

One of the most serious side effects from using supplements is high blood pressure. "Some people don't realize the seriousness of high blood pressure," Zuzelski said. "Because of the constant pounding of the blood on sensitive tissues, it can cause kidney damage."

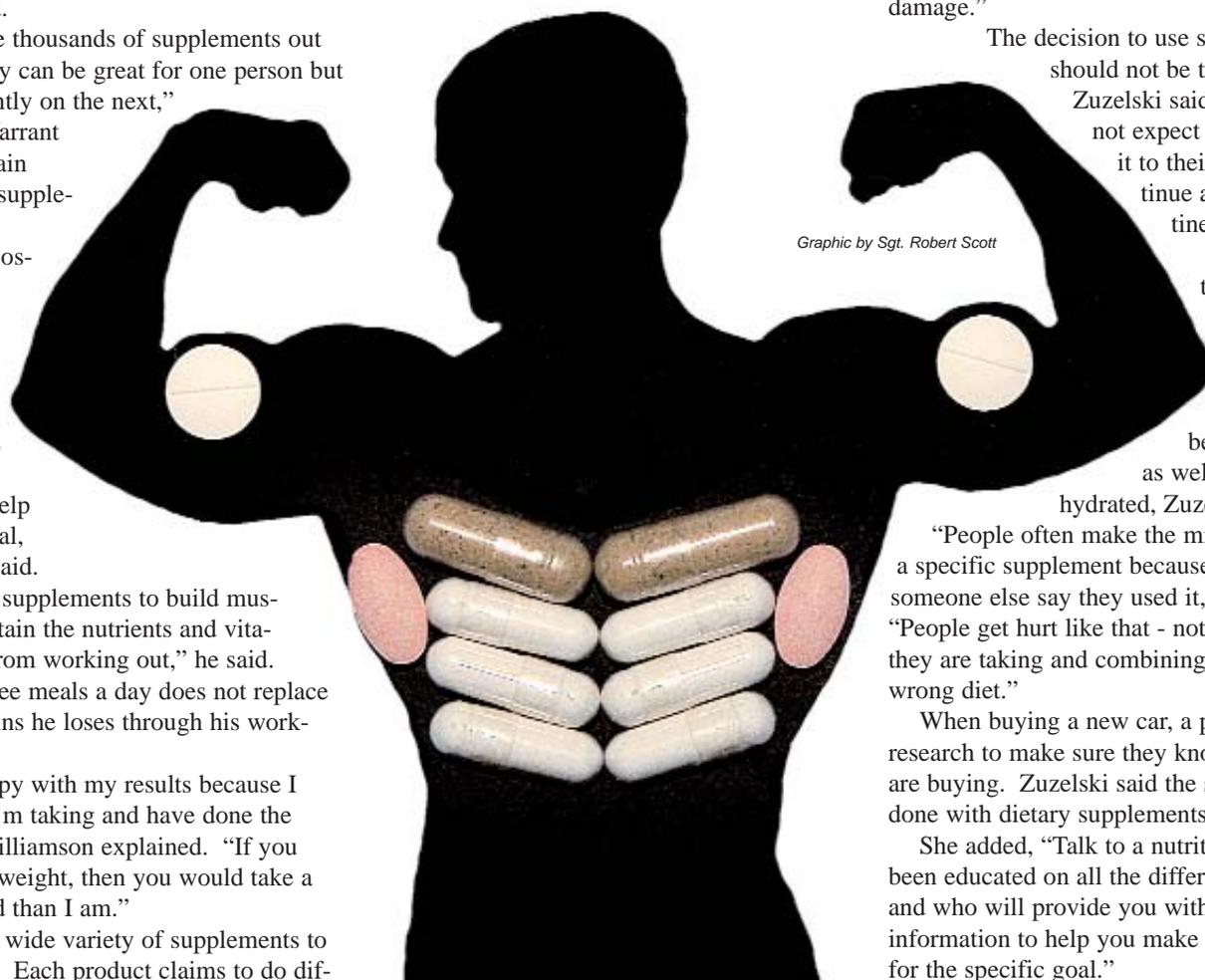
The decision to use supplements should not be taken lightly, Zuzelski said. People can not expect to simply add it to their diet and continue a normal routine.

In order for the supplements to work, exercise and proper eating habits must be maintained, as well as staying hydrated, Zuzelski advised.

"People often make the mistake of taking a specific supplement because they heard someone else say they used it," Zuzelski said. "People get hurt like that - not knowing what they are taking and combining it with the wrong diet."

When buying a new car, a person will do research to make sure they know what they are buying. Zuzelski said the same should be done with dietary supplements.

She added, "Talk to a nutritionist who has been educated on all the different ingredients and who will provide you with accurate information to help you make the best choice for the specific goal."



Graphic by Sgt. Robert Scott

'Fit or Fat'



NAME: Chief Warrant Officer Jermain Williamson
AGE: 34
LOCATION: Camp Arifjan
Service Years: 14 years

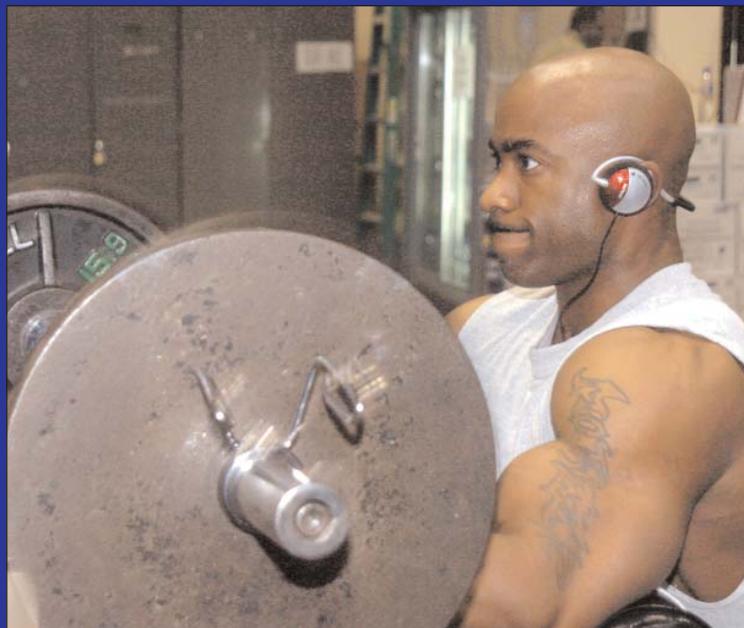
The Army has been a volunteer Army since 1976, which means that every Soldier serving from then has chosen to do so. It is understood that being deployed takes you out of your comfort zone and Soldiers will find other means to deal with it. It's all about choice on how you deal with it. One way is by working out and staying in shape. Fit or fat, it's your choice:

How did you get started working out?

Just continued working out after college; have to stay active to maintain muscles and stay in shape. I've played sports all my life, from grade school all the way to college.

How many days a week do you train?

I work out five to six days a week, at least one day off a week. My fitness schedule is one major



muscle group a day and three days of cardio.

What are your fitness goals?

I want to build and maintain muscles, and stay in shape.

Do you have any advice for ser-

vicemembers?

Consistency is the No. 1 rule.

Stay consistent with your routines and try to keep your goals realistic. Realistic goals will keep you from getting burned out.

TCSP delivers goods on time

Spc. Jonathan Montgomery
 CFLCC PAO

The Theater Consolidation and Shipping Point officially opened its doors at Camp Arifjan Wednesday, marking a transition from a contingency contract to a sustainment contract.

The TCSP, which is staffed with a mix of military, civilian and contractor personnel, serves as the primary means of cargo movement for sustainment material entering the theater.

Taking priority of movement from Coalition Forces Land Component Command, the TCSP receives, separates and ships supplies ranging from clothing and oil lubricants to construction and repair parts for onward movement to where it needs to go in support of Soldiers within a 24- to 72-hour period.

"Every day is a challenge," said Lt. Col. Thomas Vaccaro, TCSP chief. "We walk the container yard two to three times a day to make sure the identification tags and paperwork is right so it gets to the Soldier."

In 2005, the then-Theater Distribution Center shipped 62,000 wooden pallets,

14,000 containers and 16,000 air pallets to places like Iraq, Afghanistan, Kuwait and the rest of U.S. Central Command theater of operations.

On a daily basis, Vaccaro said the TCSP moves approximately 15 to 20 air pallets; 45 to 50 wooden pallets and 35 to 40 containers.

"Whatever the warfighter needs, whatever the mission calls for, I'm here to support them," he said.

Brig. Gen. Michael Lally, Defense Distribution Center commander, said the TCSP would continue to strive to improve the efficiency, effectiveness and innovativeness of distribution capabilities.

"The theater will see no dip in performance during the transition," he said. "Our goal is to provide service that is as good or better."

Lally added, "Employees of TCSP, I challenge you to maintain readiness as your No. 1 priority. Together, I am confident that the TCSP will meet all future challenges."

If the past is any indication of the future, then the TCSP will do just that.

During the Pakistani earthquake last October, the TCSP built 60 air pallets and loaded nine containers on vessel of humani-



Sgt. Crystal Rothermel

The Theater Consolidation and Shipping Point opened its doors at Camp Arifjan Wednesday.

tarian relief supplies such as cots, tents and sleeping bags, all in a matter of 72 hours.

"It was rewarding," Vaccaro said. "This isn't your ordinary staff job."

More recently, the TCSP received 26,000 pounds of donated sporting equipment through a unique program called Operation Slugger.

"For us, it's a reality," Vaccaro said about working at the TCSP. "It's never the same stuff."

Remaining vigilant

STB participates in counter-IED training

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

The possibility of an improvised explosive device keeps the convoy alert. The Soldiers watch, scanning the road, ready to spring into action if they spot anything suspicious.

They know what to do if they see a suspected IED because they've been trained.

Soldiers from the Special Troops Battalion, Third U.S. Army, trained at Forward Operating Base Dagger at Udairi Range Feb. 4.

The counter-IED training included classroom instruction on situational awareness, identifying IEDs, what constitutes a threat, principles of tactical operations, escalation of force, tactical considerations and actions to take on contact. The unit also viewed videos showing the destruction IEDs caused to previous convoys.

The Soldiers participated in hands-on training including identifying possible IEDs and the use of escalation of force.

"The videos and the hands-on was the best part of the training," said Staff Sgt. Shannon Marshall, Headquarters and Headquarters Company, Coalition Forces Land Component Command supply sergeant. "It's a visual thing. It helps to see the mistakes we've made and what can and does happen."

STB personnel didn't complete lane training. Most units go through the CIED lanes as well as take the class. The CIED program of instruction is one to two days. STB will complete lane training in April.

All CFLCC staff members will be required to participate in this training and Capt. Sharmetrese Williams, STB operations officer, encourages the participation.

"Even if Soldiers aren't going north in this assignment they could go to their next assignment and deploy," Williams said. "They need to have the knowledge so they can pass it on to their Soldiers."

"Where they don't think it will affect them today, it may affect them tomorrow," she added.

The STB commander and command sergeant major told their troops this is training they should value.

"This training is going to be going on for a while – the Pentagon is calling this the Long War," said Lt. Col. Robert Cassidy, STB commander. "This is the fundamental stage. It will be relevant when you come back;



Photos by Spc. Debralee P. Crankshaw

Sgt. 1st Class Calvin Luckett, HHC, CFLCC first sergeant, points out IED training aids to Staff Sgt. Kelvin Spencer, HHC, CFLCC maintenance sergeant.

those of you who haven't been to Iraq or Afghanistan probably will soon."

This training is for the present and future, but the knowledge is gathered from past experiences.

"The information was good and needed," Williams said. "The instructors talk to those units who have been through it and gather that information to keep us safe and situationally aware. They're a very valuable resource."

The commander also told the troops this training will help them survive and possibly avoid an IED attack.

"The instructor used the term 'situational awareness' and I've got another word for it: 'vigilance,'" Cassidy said. "It's being vigilant and looking like you will kill the enemy before he kills you."

"It was a wake-up call that we're not as safe as we think we are," Marshall said.

Some people in Kuwait become complacent about IEDs, according to Williams, but she encourages them to remain open to the possibility of an attack.

"Being here in Kuwait people think it can't happen," Williams said.

She added, "It's not as likely to happen here as in Iraq, but it can happen, so we have to be aware."



Staff Sgt. Max Rees, STB intelligence sergeant, annotates the type of IED training aid attached to a fence. A lane of IED training aids is set up to enhance IED training.

Community

happenings for Feb. 15 through Feb. 22

Arifjan

Wednesday

Winter basketball league, through Feb. 28
Country Night, 7 p.m., Zone 6 stage

Thursday

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

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

Hip-Hop Night, 7 p.m., stage

Ballroom dance class, 8 p.m., Zone 1 Community Center

Friday

Salsa Night, 7 p.m., Zone 6 stage

Saturday

Dominoes tournament, 7 p.m., Zone 1 Community Center

Hip-Hop Night, 7 p.m., Zone 1 Community Center

Salsa Night, 7 p.m., Zone 1 food court

Sunday

Black History Month 5-k, 6 a.m., Zone 1 Fitness Center

Daytona 500 broadcast, 8 p.m., stage

Old-school/Reggae/Caribbean Night, 7 p.m., Zone 1 Community Center

Monday

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

Tuesday

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

Ballroom dance class, 8 p.m., Zone 1 Community Center

Wednesday

Bingo Night, 7 p.m., Zone 6 Community Center

For more information call

430-1205/1302

Buehring

Wednesday

Texas Hold 'em tournament, 7 p.m., Oasis
Weekly fun run, 7.5k, 5:30 p.m., Hole-in-One Donut

Friday

Aerobics class, 7 p.m., Aerobics tent

Bingo Night, 7 p.m., Events tent

Saturday

Spa Day

Hoop It Up, 9 a.m., Hangar 4

Darts tournament, 3 p.m., Recreation Center

Sunday

Spa Day

Hoop It Up, 9 a.m., Hanger 4

Monday

President's Day 10-k, 6 a.m., Hole-in-One Donut

Spades tournament, 7 p.m., Oasis

Aerobics class, 7 p.m., Aerobics tent

Tuesday

Aerobics class, 7 p.m., Aerobics tent

Dominoes tournament, 7 p.m., Palms

Wednesday

NBA Live tournament, 7 p.m., Palms

Weekly fun run, 5k, 5:30 p.m., Hole-in-One Donut

For more information call

828-1340

Kuwait Naval Base

Wednesday

Checkers tournament, 7 p.m., Recreation Center

Thursday

Latin Dance Night, 7 p.m., Recreation Center

Hip-Hop Night, 9 p.m., Recreation Center

Friday

Black History Month 5-k run, 5 p.m., West ECP

Bingo Night, 7 p.m., MWR stage

Hip-Hop Night, 9 p.m., Recreation Center

Saturday

Yoga, 6 a.m., Aerobics Room

Sports Challenge, 1 p.m., field

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

Hip-Hop Night, 9 p.m., Recreation Center

Sunday

Texas Hold 'em tournament, 7 p.m., Aerobics Room

Talent Show, 8 p.m., MWR stage

Hip-Hop Night, 9 p.m., Recreation Center

Monday

Hip-Hop Night, 9 p.m., Recreation Center

Tuesday

Latin Dance Night, 7 p.m., Recreation Center

Hip-Hop Night, 9 p.m., Recreation Center

Wednesday

Dominoes tournament, 7 p.m., Aerobics Room

For more information call

839-1063

Navistar

For information call 844-1137

Spearhead/SPOD

For information call 825-1302

Victory

Wednesday

Spa Day, 9 a.m. - 4 p.m., MWR dayroom
Black History art contest judging, 10 a.m. - 4 p.m., MWR dayroom

Thursday

Bazaar, 9 a.m. - 4 p.m., MWR dayroom

Slam Jam Pingpong tournament, 3 p.m., MWR dayroom

Classic Rock and Country Night, 7 p.m., MFT

Friday

Pool tournament, 8-ball, 6 p.m., MWR dayroom

Flashback Fridays Dance, 9 p.m., MFT

Saturday

Hip-hop and R&B Night, 8:30 p.m., MFT

Monday

President's Day 10k, 6 a.m., Gym

Spa Day, 9 a.m. - 4 p.m., MWR dayroom

Tuesday

Kuwait City tour, 8 a.m., Al Kout Mall

Spa Day, 9 a.m. - 4 p.m., MWR dayroom

Fabulous Foosball tournament, 3 p.m., MWR dayroom

Wednesday

Spa Day, 9 a.m. - 4 p.m., MWR dayroom

Black History Month poetry and rap contest, 6 p.m., MFT

For more information call

823-1033

Virginia

Wednesday

Country Night, 8 p.m., Dusty Room

Thursday

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

Karaoke Night, 8 p.m., Dusty Room

Friday

Ping-pong, 7 p.m., Community Center

Salsa Night, 8 p.m., Dusty Room

Saturday

Strawberry festival and bazaar, 9 a.m., stage

Sunday

Old-school Jams, 8 p.m., Dusty Room

Monday

Spades, 7 p.m., Community Center

Tuesday

Unit Feud, 7 p.m., Dusty Room

Wednesday

Poker Night, 7 p.m., Community Center

For more information call

832-1045

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