



- :: Commander  
COL David G. Cotter
- :: Command Sergeant Major  
CSM Michael D. Howard
- :: Deputy Commander  
LTC Scott S. Naelitz
- :: Public Affairs Coordinator  
Mrs. Lakia Clarke-Brown
- :: Public Affairs Photojournalist  
Mr. Dustin Senger
- :: Visual Information Manager  
Mr. William R. McLeod
- :: Desert Mesh Contributors  
CPT Thomas Crane  
Capt. James Hendrick  
CW5 Robert B. Reynolds  
Mr. Robert East

**DESERT MESH IS NOW ONLINE:**  
<http://www-qa.arcent.army.mil>  
<http://www.dvidshub.net>  
*Your feedback is important to us.*  
*See the back cover for details.*

:::: The Official Publication of Camp As Sayliyah ::::

# DESERTMESH MAGAZINE

Edition 56 August/September 2008



**Take the steps**  
*Register to vote today*

9



## Ramadan 2008

**Learn about Islam's holy month**

24

**How it affects on post activities**

10

**Information about traveling off post**

26



# CONTENTS

## DM56: Ramadan in Qatar

### THE WIRE

- Soldiers celebrate right to vote 8
- Register to vote 9
- Qatar base accepts proceeds from fund-raiser 9
- Ramadan affects everyone at Camp As Sayliyah 10
- Defense public affairs advisor tours respite facilities 11
- Dingo promotes pet adoption to deployed troops 12
- NCO induction ceremony 14
- American Idol legends support troops 15
- Ask the chaplain 16
- MWR events schedule 17

### Commander's corner

- USARCENT 4-5
- ASG-QA 6-7

### FITNESS

- Williams promotes a stronger community 2
- Concurrent training conditions 18
- Mixed martial artists meet war fighters 21
- Fitness Q&A 22



### CULTURE

- Ramadan mubarak *(continued from below)* 24

### DOHA LIFE

- Qatar enters fasting period 26

### SAFETY

- Personal protective equipment minimizes injuries 28
- Office spaces host numerous hazards 29
- Safety is thicker than skin 30

## Ramadan Mubarak

By HANI ABUKISHK  
ASG-QA civil affairs

“Ramadan mubarak” is an Arabic phrase used to express religious blessings during the holy month of Ramadan.

The major annual event affects Muslims around the world by bringing concentrated religious focus to their lives. It is a period of religious commitment and reflection. Americans must remain aware of...

**(Continued on page 24)**

Edition 56

This Army magazine is an authorized publication for members of the Department of Defense. Contents of the *Desert Mesh* are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group Qatar public affairs Office. General comments should be addressed to pao@qatar.army.mil or call 011-974-450-2714 (DSN: 318-432-2572).

*Desert Mesh* layout and design by Dustin Senger. Comments should be addressed to dustin.senger@qatar.army.mil or call 011-974-450-2714 (DSN 318-432-2800).

**COVER PAGE:** (Insert) After battling enemy insurgence for a Baqubah stronghold, U.S. Army 2nd Lt. Jonathan Hicks attempts to access the upper levels of the bombed-out building in Baqubah, Iraq, on Jan. 22, 2007. (Official Air Force photo/Staff Sgt. Stacy Pearsall). (Cover Photo-illustration by Dustin Senger)

## Camp profile: Williams promotes a stronger community

### Soldier brings serious strength building overseas

By **DUSTIN SENGER**  
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Active duty Soldiers travel to numerous military installations throughout their careers; few leave a lasting impact. U.S. Army 1st Sgt. Donald Williams, from Houston, Texas, is committed to leaving a legacy of strength training at Camp As Sayliyah, since receiving responsibilities as the Area Support Group Qatar headquarters-headquarters company first sergeant in May 2008.

Williams first started powerlifting over 34 years ago. He no longer competes but continues to coach, sharing his passion and experiences in a way that echoes like a motivational speaker for physical performance. His successful and extensive training history is readily exhibited after encountering him; a barrel chest, thick back, and dry, cracked hands marked by numerous calluses – battle scars that never seem to clear. The look is typical for most men in his sport. Today, the Soldier spends most evenings hovering over the free-weight area at the Camp As Sayliyah gymnasium in Qatar, a Gulf country seated on the eastern coast of the Arabian Peninsula.

“Strength training helps prepare Soldiers for combat situations,” said Williams, a veteran who served in places like Panama, Kuwait, Iraq, Afghanistan and Guantanamo Bay. “Carrying body armor and moving heavy equipment causes injuries in untrained people. I have seen a lot of Soldiers suffering from hernias due to insufficient strength. Aside from

that, resistance training – even just a little bit – can help anyone become more athletic overall.” ASG-QA executes the U.S. Central Command rest and recuperation pass program, recharging over 165,000 war fighters since its inception in 2004. ASG-QA provides participants an opportunity to relieve stress through organized sports and strength challenges.

“Before I retired from competitions in 2006, I became the post powerlifting champion everywhere the Army sent me,” said Williams, completing 25 years of active duty service in January 2009. In 1998, while stationed at Fort Polk, La., he set a state record by bench pressing 350 pounds, while weighing only 170 pounds. “Powerlifters don’t have to be big – they have to be tough, pound-per-pound,” he said. After his state record, Williams started to advance in weight classes. He competed at 181 pounds until 2000, and then moved up to 198 before retiring. “I once lifted 500 pounds, but the most I ever did in competition is 450 – feet flat, back on the mat, down to my chest with a pause.”

“I have a lot of strong people in my family,” said Williams. He started weight training while growing up in Texas during the 1970s. The emerging athlete entered and won his first local competition at 10 years old, the age he started strength training.

“In high school, I competed in several bench press competitions each year – I always won,” said Williams. “I was the first student to lift 400 pounds. Soon after, I started to train my little cousin and he eventually became the first to lift 500 in high school.” Anthony Clark moved on to earn the national honor as the first teen to bench press 600 pounds in a sanctioned event. As an adult, he is the first man to reverse-grip press 700 pounds. At the Arnold Classic 1997, a crowd watched Clark become the first to push 800 pounds. According to Williams, many people contested the judge’s approval of the sport’s milestone lift, so Clark later pushed 815 pounds to hush the outcries.

*(Continued on page 20)*



*U.S. Army 1st Sgt. Donald Williams, from Houston, Texas, grabs a triceps extensions bar at Camp As Sayliyah, Qatar, Aug. 27. He entered his first powerlifting competition at 10 years old. In 1998, while stationed at Fort Polk, La., he set a state record by bench pressing 350 pounds, while weighing only 170 pounds. (Official Army Photo/Dustin Senger)*



Time of transition



## James J. Lovelace

Lieutenant General  
Commanding General  
USARCENT

**T**he summer months bring not only a change in the season, but also a change in the faces of entire organizations across our Army. No one understands this better than Soldiers and Families... and it's no different here in U.S. Army Central.

For those who are leaving us... Gail and I cannot begin to express our appreciation for your tireless efforts, selfless service and sacrifice to your Nation. Military life is not for everyone ... especially in a time of war...but you have made a huge difference in the success of this organization.

In USARCENT, like many other combat formations, Families have endured long hours, deployments of loved ones and unpredictable schedules ... thank you for your flexibility, patience and understanding.

If you have been assigned to our Atlanta headquarters for two or three years, you have likely participated in deployments to Kuwait, Qatar, Iraq, Afghanistan, the continent of Africa or even elsewhere in our vast area of responsibility. Deployments to any and all of these locations may have been for one year or come less in duration but with much more frequency, routinely involving many trips to the theater – several three to six month deployments – over the course of a three year assignment.

Again, from this command team... thanks you for all that you have done to make USARCENT a winning team.

For those of you who are just arriving... welcome. We are going through a defining period in this command. It's an exciting time and you will have the opportunity to be part of some historic changes in the character of this organization. The pace is quick and we are "breaking trail" for the rest of the Army.

I would like to share a few of my thoughts and expectations of USARCENT Soldiers:

**Everyone ... regardless of rank ... is a leader in this organization.** Our Soldiers are incredibly smart and capable of just about any task we ask of them. You will be challenged in this assignment... I am confident you will rise accordingly.

It's not a right to wear the uniform; it's a privilege. It's a privilege to be in the best armed forces on the face of the earth and an honor to defend our great Nation.

**USARCENT Soldiers are disciplined, respect the uniform and demonstrate enthusiasm for their part of the mission.** Take a look at the USARCENT Standards Book or ask your NCOs if you have any questions.

**Be physically, mentally and ethically ready... at all times.** Stay in shape... it's our duty to do PT and lead a healthy lifestyle. Continuously improve your fighting position.

**Noncommissioned officers are the backbone of this organization.** We have the most gifted NCO Corps in the world... we will challenge them to do what they are capable of doing. I expect leaders to be engaged and fix issues through their chain of command.

We have a responsibility to hold ourselves to a high ethical standard... **we are a values based organization** and consistently rank at the top of the list of most respected organizations. Our individual actions reflect directly on USARCENT and the entire U.S. Army.

We have developed a **winning team** by maintaining standards, enforcing discipline, empowering individuals and displaying the appropriate team mentality. We are glad to have you on the team and look forward to reaching our objective together.

I'm immensely proud of this organization... thank you for all that you do.

Patton's Own!

John D. Fourhman  
 Command Sergeant Major  
 Command Sergeant Major  
 USARCENT



Family and community

The Army has long been built on the idea of internal strength. Not only strength hardened on the battlefield, but strength harnessed from loved ones at home. The strength of U.S. Army Central relies significantly on the strength of our families.

In the past year, the Army has taken huge strides in continuing to provide Soldiers and Family members the best living conditions and quality of life by creating two new programs.

The first program is the Army Community Covenant, which is designed to develop and foster effective state and community partnerships with the Army in improving the quality of life for Soldiers and their Families, both at their current duty stations and as they transfer from state to state.

The Army Community Covenant recognizes the strength of Soldiers along with their Family members and the support of their local community. Currently both state and local leaders are participating in covenant signings across the globe; signifying their commitment to supporting Soldiers and their Families.

The second program is the Army Family Covenant. The Army surveyed Families across the force, and overwhelmingly, Families made it clear that they don't want new programs but voiced the need to properly fund existing ones. The Army has committed to this by putting 1.4 billion towards funding these programs. The AFC, as introduced by the Secretary of the Army, the Honorable Pete Geren, is as follows:

We recognize the commitment and

increasing sacrifices that our Families are making every day.

We recognize the strength of our Soldiers comes from the strength of their Families.

We are committed to providing Soldiers and Families a quality of life that is commensurate with their service.

We are committed to providing our Families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army Families that enhance their strength and resilience.

We are committed to improving Family readiness by:

- Standardizing and funding existing Family programs and services.
- Increasing accessibility and quality of health care.
- Improving Soldier and Family housing.
- Ensuring excellence in schools, youth services, and child care.
- Expanding education and employment opportunities for Family members.

USARCENT has a monthly newsletter, *The Yellow Ribbon*, published, for its Family members. It can be found online at <http://www.arcent.army.mil/> under the FRG link. It is a forum where USARCENT's geographically dispersed Families can share information, embrace newcomers and come together to support each other. More information about the Family and community covenants may be found at <http://www.armymwr.com/portal/family/>.

Patton's Own!





A message from the installation commander



## David G. Cotter

Colonel  
Commander  
Area Support Group Qatar

This edition of the Desert Mesh, should reach you one week into the holy month of Ramadan, an important religious period for members of the Muslim faith. I thoroughly appreciate the way everyone partnered with us in our endeavors to remain thoughtful and respectful guests of the State of Qatar. The command sergeant major and I are grateful for the discipline exhibited by adhering to the Ramadan clothing and deportment standards while maintaining daily activities, on and off the installation.

Qatar is a devout Islamic nation. As residents, we have a responsibility to respect the traditions of our hosts during their month of increased modesty and prayer. You can be an ambassador of tolerance all year long – but just one incident during this religious period can mortgage all previous efforts. Take the time to learn about Islamic culture so you do not unintentionally cause any disrespect. This edition of the Desert Mesh contains several articles explaining Ramadan’s impact on Muslims, on-post operations and off-post conduct.

I ask again for the community’s support of our rest and recuperation pass program (R2P2). Camp As Sayliyah hosts groups of warriors from across the U.S. Central Command area of responsibility, as the only authorized in-theater site for respite from combat. Please consider volunteering to assist the R2P2 participants; especially as an off-post sponsor. Additionally, I’d like to thank the Combined Media

Processing Center for being the single largest contributor to our R2P2 clothing closet – CMPC has made a huge positive difference.

This month also presents a last-call to register for the November general elections – you must act now to register as an absentee voter. Take the time to fill out and send the required application. Registering creates the opportunity to voice your opinion for the highest elected position in the U.S. government, our commander-in-chief. See page 9, of this Desert Mesh, for more voting information.

The hot and humid summer season is coming to an end. Congratulations to the Camp As Sayliyah community for achieving an outstanding safety record during this period of extreme weather conditions. As always, this is not a destination but rather a journey. We must maintain constant vigilance for continued success.

Last year, the installation populace was recognized for having the best safety program in the Army. By practicing and enforcing standards, we are preparing ourselves for repeat honors this year. A great installation safety program requires top-notch managerial and administrative support; however, it would not succeed without the daily support from the community as a whole.

Thank you for your service and all you do for Camp As Sayliyah.

Patton’s Own!



# Michael D. Howard

Command Sergeant Major  
Command Sergeant Major  
Area Support Group Qatar

**A**nother hot summer in Qatar is coming to a close – hopefully we avoid anymore days near 130 degrees! The transition into cooler temperatures is happening in tandem with an important religious period for our generous host nation. Area Support Group Qatar has provided guidance to ensure everyone remains respectful during the month of Ramadan. Take the time to read, and re-read, the Ramadan memorandum; it is posted on several policy boards throughout the installation. The additional rules help insure we remain respectful. Please rest assured our host nation appreciates your courtesy and respect for their religious beliefs – even more so during the holy month of Ramadan.

Evening gate closures are for the safety of all who work and live on the installation. Right around sunset time, Muslim drivers are rushing home to break their fasts with family. They are going through dehydration and hunger; some may be going through tobacco withdrawal. They may drive faster and more erratically than usual. On Sept. 2, only one day into Ramadan's daily fasting, a major automobile accident occurred at 4:30 p.m., near Camp As Sayliyah. We must be vigilant in our travels, especially in the late afternoon hours. Hazardous driving has always been a safety concern for U.S. personnel in Qatar. During Ramadan, it is crucial that we exercise prudent, cautious, and defensive driving habits.

Consideration is also necessary on the installation, since numerous Muslim-Americans and foreign nationals are actively following Islamic beliefs while supporting the Global War on Terrorism at Camp As Sayliyah. Always remember our national values. We serve to protect the rights of all, regardless of race, color, national origin or religion. During off-post activities, people

are sent to jail for tempting Muslims during their fast – an incredibly offensive behavior in Qatar. While on the camp, it's simply a matter of common courtesy to fellow Americans and our foreign national workforce. Tempting a Muslim may not get you jail time while on the installation, but you will be violating our policy outlining courtesy and respect during Ramadan.

Ramadan is expected to end in early October. At that point, we will enter an important three-day family holiday period known as Eid El Fitr. Festivities will celebrate the completion of the month of Ramadan. "Eid Mubarak," is an Arabic phrase used to welcome the Eid holiday.

Another presidential election is just around the corner. Your voice counts – but you must vote. An ongoing voting drive is requiring every unit makes contact with each servicemember. All leaders must ensure every servicemember on camp receives proper instruction for participating in the general election. Be sure they know who to see within their unit for assistance in registering for an absentee ballot. As leaders, we must make certain the democratic process is upheld within the ranks of our military – no matter where we are in the world.

Safety is everyone's responsibility – from senior servicemembers to the junior Soldiers, Sailors, Airmen and Marines. As the outdoor temperatures drop and a cooler season emerges, everyone must stay focused and vigilant about enforcing safety measures on the installation. Stay safe and watch out for your battle buddies.

Soldier First, Leader Always!



Safety and respect during Ramadan; register to vote



# THE WIRE



**U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, Lt. Col. Vickie D. Stenfors, from Seattle, Wash., and Command Sgt. Major Michael D. Howard, ASG-QA command sergeant major, cut a cake recognizing the celebration of women's equality day at Camp As Sayliyah, Qatar, Aug. 26. Stenfors was the event's guest speaker. (Official Army Photo/Dustin Senger)**

## Equality Observance

Participate in base celebrations of our country's heritage and historic periods.

### Hispanic Heritage Month

- Sept. 17: Cake Cutting at noon in the big dining facility.
- Oct. 8: Observance from 11 a.m. to noon in the community activity center.
- Oct. 14: Finale at 7 p.m. in the Oasis.

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

## Desert Mesh online!

The Desert Mesh is available on the Internet: <http://www.arcent.army.mil>

## Soldiers celebrate right to vote

By **DUSTIN SENGER**  
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Almost 100 deployed servicemembers gathered to observe women's equality day at Camp As Sayliyah, Qatar, Aug. 26. The theme focused on the dedication of women who overcame many obstacles in order to secure the right to vote.

After an invocation and the U.S. president's proclamation, the Area Support Group Qatar ethic observance committee showed "Votes for Women," a video presentation of photography captured during the struggle for women's suffrage in the United States.

"If it wasn't for these women, I wouldn't be standing here today," said U.S. Army Lt. Col. Vickie D. Stenfors, from Seattle, Wash., the events guest speaker. Stenfors, a graduate of the U.S. Military Academy at West Point, highlighted the historic milestones that paved the way toward women's presence in top political and military positions.

"It's nice to have a chance to talk about

women's equality while overseas. We are all focused on our missions; 24 hours a day, seven days per week. Events like this help us pause and remember why we are here in the first place."

"It's important for us to recognize the rights of all people to vote," said Sgt. 1st Class Tabora Seamster, from Minden, La. He is the ASG-QA and installation equal opportunity advisor. "While deployed, it's easy to disregard voting. This ceremony helps remind everyone how important it is."

The installation voting assistance officer kicks off Armed Forces Voters week on Aug. 31. Through local representatives, the Department of Defense is focusing efforts to ensure servicemembers stationed overseas know their options for voting in the November presidential elections. **A**



**U.S. Army Lt. Col. Vickie D. Stenfors, from Seattle, Wash., speaks to an audience of almost 100 deployed Soldiers during a women's equality day observance at Camp As Sayliyah, Qatar, Aug. 26. "If it wasn't for these women, I wouldn't be standing here today," said Stenfors, after a video presentation of photography captured during the struggle for women's suffrage in the United States. Her speech highlighted the milestones in American history that paved the way toward women's presence in top political and military positions. (Official Army Photo/Dustin Senger)**

## Register to vote

By **Capt. THOMAS CRANE**  
ASG-QA headquarters-  
headquarters company

As your installation voting assistance officer, I strongly encourage everyone on Camp As Sayliyah to participate in the 2008 general election. Voting is the essence of our democracy and one of our most fundamental constitutional rights. Our elected officials have important jobs; the good news is: you have a voice in who is elected into these key positions... if you vote.

You can exercise your right to vote by completing the Federal Post Card Application, Standard Form 76, or by complying with ballot request procedures enacted by the state in which you vote. The FPCA form,

or other request, should be mailed or sent electronically as soon as possible – to ensure you receive an absentee ballot as requested. If you have not received your regular absentee ballot 30-45 days prior to your state's deadline, complete a Federal Write-in Absentee Ballot and send it to your local election official.

The Federal Voting Assistance Program continues to work with state officials to allow ballots to be submitted and received electronically. Mailing guidelines differ from state to state; therefore, I recommend you check your state's guidelines by visiting the FVAP Web site at <http://www.fvap.gov>. It is imperative that you complete and send in your ballot

immediately to ensure it is received before your state's deadline.



The 2008 general election is quickly approaching, so please don't wait until the last minute to submit your absentee ballot. Be smart. Do your part. Vote! **A**

## :: Qatar base accepts proceeds from fund-raiser



◀ *Renee Acosta, president and CEO of Global Impact, presents U.S. Army Sgt. Lumbala Wa Lumbala, from Sacramento, Calif., with proceeds from the Combined Federal Campaign Overseas fund-raiser in 2007, at Camp As Sayliyah, Qatar, Aug. 12. "Participation at Camp As Sayliyah increases each year," said Wa Lumbala, a four-year veteran of promoting philanthropy at the U.S. installation in Qatar. During the 2007 campaign, he served as the installation's CFC-O assistant community/area project officer. (Official Army Photos/Dustin Senger)*

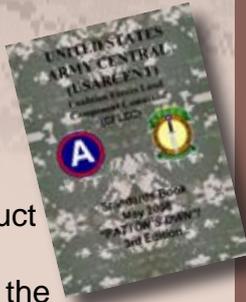
▶ *U.S. Army Sgt. Sundra Johnson, from Linden, Ala., listens as Constance T. Baker, Director of CFC-O Europe and Central Command, explains how small pledges can produce results during CFC-O campaign training at Camp As Sayliyah, Qatar on*

*Sept. 24, 2007. A 50-cent donation can place a small sachet of needed nutrition into desperate hands.*



## U.S. Army Central Standards Book

- Army Values
- Military Customs and Courtesies
- Soldier Conduct
- Wear and Appearance of the uniform
- Safety/Force Protection
- Various References



The 3rd Edition (May 2008) is now available. Download here: <http://www-qa.arcent.army.mil>

### CAS in the news!

Find Camp As Sayliyah news on the DVIDS Web site at: <http://www.dvidshub.net>

Education Center  
Take advantage of the education center's counseling services:

- Tuition assistance
- GI Bill
- Distance education
- eArmyU
- Promotion points!

Contact the installation education center for more information.

# THE WIRE

## Ramadan affects everyone at Camp As Sayliyah

By **LAKIA CLARKE-BROWN**  
ASG-QA public affairs

Everyone on Camp As Sayliyah – regardless of religious belief – must understand the new conditions brought about by the Islamic holy month of Ramadan. On or off the military installation, the month increases the requirement to respect the Islamic traditions of Qatar. Since activities off the installation will become limited, Ramadan presents a fantastic time to learn more about events facilitated by the fantastic Area Support Group Qatar morale, welfare and recreation team.

Ramadan started on Sept. 1; it is expected to end in early October. During this religious period, it's paramount to practice additional modesty and adjust routine on- and off-post conduct. Fasting Muslims will be restricting themselves from food, water and any impure thoughts. They commit themselves to resisting hunger pangs, thirst and other temptations while gaining a closer relationship to God.

The month of Ramadan affects host nation productivity during the day. Most downtown businesses adjust their office hours during the holy month. Take this into consideration when planning off-post missions. Contact vendors and businesses for their hours of operation in advance, to ensure on-going missions can still be completed. Shipments and deliveries to the installations may

be delayed. On-post construction and remodeling will be limited. Try to be open-minded, patient and prepared – more than usual.

“For Muslims, fasting is obligatory not optional,” said Hani Abukishk, Area Support Group Qatar civil affairs officer. “Individuals not observing Ramadan should be courteous, observant and respectful towards fasting Muslims on- and off-post.” There are fasting Muslims working on the camp.

On or off the military installation, the month increases the requirement to respect the Islamic traditions of Qatar.

They will be entitled to additional breaks due to their religious commitment to refrain from eating or drinking water. Please ensure fasting employees are not overworked or in direct sunlight for long periods. If you witness a distraught individual, contact the troop medical clinic immediately.

Avoid tempting fasting Muslims into breaking their religious duties. Restrict food and water intake to the dining facilities or personal living quarters. Be sure no one is fasting

Here are some activities to avoid while walking around the installation during Ramadan's daylight hours:

- DO NOT eat sandwiches, chips, or other food items from the dining facility or Post Exchange.
- DO NOT chew on gum, tobacco, breath mints or candies.
- DO NOT smoke cigarettes, cigars or pipes.
- DO NOT drink water, sodas or Gatorade.

in your office area prior to warming food or opening a bottle of water. If you plan to be outdoors, drink plenty of liquids prior to departing

Restrict food and water intake to the dining facilities or personal living quarters. Be sure no one is **fasting in your office area prior to** warming food or opening a bottle of water.

the confinement of a building. Most important: if you are unsure who is fasting, just ask.

The Ramadan information and guidelines for 2008 memorandum explains appropriate on- and off-post behavior. It also explains the consequences of noncompliance. The guidance

applies to all military and civilian personnel assigned, attached, on temporary duty or otherwise serving in support of Camp As Sayliyah. Tenant unit commanders, officers and section supervisors are responsible for ensuring all personnel are properly briefed. The Ramadan memorandum is accessible at the ASG-QA Intranet site (domain access required). **A**

## :: Defense public affairs advisor tours respite facilities



◀ *U.S. Army Capt. Christopher Spencer, from New Braunfels, Texas, escorts Robert T. Hastings, Jr., principal deputy assistant secretary of defense for public affairs, through the U.S. Central Command rest and recuperation pass program facilities at Camp As Sayliyah, Qatar, July 31. Spencer is the officer in charge of the USCENTCOM respite program; recharging over 165,000 war fighters since its 2004 inception. (Official Army Photos/Dustin Senger)*

▶ *Robert T. Hastings, Jr., principal deputy assistant secretary of defense for public affairs, meets U.S. Army Spc. Marco Ghiggia, from Sacramento, Calif., at Camp As Sayliyah, Qatar, July 31. Ghiggia was enjoying a temporary break from military commitments in Iraq, by participating in the U.S. Central Command rest and recuperation pass program.*



◀ *Robert T. Hastings, Jr., principal deputy assistant secretary of defense for public affairs, meets U.S. Army Spc. Bryan Huston, from Trout Run, Pa., at Camp As Sayliyah, Qatar, July 31. Huston was enjoying a temporary break from military commitments in Afghanistan, by participating in the U.S. Central Command rest and recuperation pass program.*



## Family Readiness Group Web site

FRG site includes:

- USARCENT magazines
- ASG-QA news and photos
- Contact information
- Important links

[http://www-qa.arcent.army.mil/qa\\_frg](http://www-qa.arcent.army.mil/qa_frg)

Contact CPT Thomas Crane, ASG-QA personnel officer, for more information.

## Optical Fabrication Laboratory

The optical fabrication lab provides: glasses and inserts; repairs and adjustments; and replacement parts.

- Monday thru Thursday:  
9 a.m. to 4 p.m.
- Friday:  
Appointments only
- Saturday:  
Closed
- Sunday:  
9 a.m. to 3 p.m.

Contact SPC Armond Alphabet, 427th MLC optical lab specialist, for more information.

## Town Hall

Attend the quarterly installation town hall meetings to voice your opinions:

### Town Hall Meeting

- Nov. 3: Quarterly Town Hall meeting from noon to 1 p.m. in the big dining facility.

Contact Lakia Clarke-Brown, ASG-QA public affairs coordinator, for more information.

# THE WIRE

## Dingo promotes pet adoption to deployed troops

By **DUSTIN SENGER**  
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – “I want to adopt a bull dog or German sheppard when I get home this fall,” said U.S. Marine Corps Lance Cpl. Dan Meyer, from Mankato, Minn., after meeting Army Maj. Bascom Bradshaw and wife Tracy, from Forth Worth, Texas, at Camp As Sayliyah, Qatar, Aug. 2. The couple donated several copies of their recently published children’s book to support the United Service Organization’s United Through Reading program at the Qatar installation. “Where do Dingoes come from?” is a story loosely based on the life of their adopted dog.

“Dingo,” a 65-pound labrador-chow mix, is golden in color and thick in stature. Tracy rescued him a day before he was scheduled to be euthanized in Galveston, Texas. Without a home, Dingo (then Oliver) was nearly two years old when she adopted him. The military couple published a children’s book based on Dingo’s story in June, while deployed together in the Middle East. They hope their world-traveling companion will become an icon for pet care and adoption.

“In September 2005, I started the original sketches of Dingo while working shifts at a U.S. military hospital in Iraq,” said Bradshaw, an Army medical officer. “After clearing critically ill patients, I often had a couple hours of downtime. Drawing was a good diversion during long shifts.” The Army officer was an avid artist in his youth. “After I got back home, Tracy and I came up



*U.S. Army Pfc. Jennifer Myrick, from Acworth, Ga., pets Dingo the dog at Camp As Sayliyah, Qatar, Aug 2. The world-traveling canine is becoming an icon for pet care and adoption. “Dingo is amazing,” said Myrick. “Animals are a big part of my life. I have a dog and four cats; all are adopted. I miss my pets more than anything. You can talk to your family on the phone but not your pets.” (Official Army Photo/Dustin Senger)*

with the idea to start the children's book together."

"Our focus has never been on profits but rather raising money to donate to shelters," said Bradshaw. Aside from the book, the couple sells coffee mugs and t-shirts branded with Dingo's image. "At least 30 percent of our proceeds go to shelters we have worked with, or those interested in supporting our project. But we routinely donate much more." Their book and merchandise is available online.

The book was originally scheduled to be published in December 2007, but that date became impossible with concurrent military commitments. Four months prior, Bradshaw deployed to Southwest Asia to assume duties as the Area Support Group Qatar medical services director. Soon after, his wife gained employment as an ASG-QA Moral Welfare and Recreation specialist. To finish the book by June 2008, they recruited the artistic talents of Stephanie Olivieri, who helped them complete the book's colorful illustrations.

"Tracy's passion for animals dates back to her teen years in Eudora, Kan. She often volunteered at shelters and fostered cats until they found homes. When we moved to Texas, she started volunteering at the Galveston Island Humane Society. That's where she met Dingo."

"I had washed Dingo in preparation for a Mardi Gras parade," said Tracy. "He always gave me slow kisses when I bathed him. I love every animal but some have an uncanny way of connecting with people." She eventually escorted Dingo to the festival herself, after the couple who signed up to walk

him failed to show.

Only a week before moving to Florida, Tracy heard Dingo was scheduled to be "put down" in Galveston.

"I promised Tracy a dog once we moved to Pensacola – she knew that was a green light to bring Dingo into our home." The next week, Bradshaw and his wife drove to Florida with their new companion. "He isn't incredibly intelligent – to this day, he still doesn't know his name – but he grows on you." The couple intends to publish more books based on the canine's lovable mannerisms and worldwide travels. Since his adoption, Dingo has visited Belgium, France, Switzerland, Netherlands, Austria and most recently, Qatar.

If you ask Tracy, Dingo isn't enjoying his time in Qatar," said Bradshaw about their off-post residence in the Gulf State. "He is a little restricted in what he can and cannot do. When we lived in Germany, he got first-class treatment. Immediately after arriving here, we got a memo asking us not to walk him around the compound. Luckily, he has a nice yard to run around in."

"Tracy put her physical therapy career on hold with all our moves," he

said. "But she has become a bit of a celebrity in Qatar. The Ministry of Agriculture is interested in controlling the nation's stray cat population. Tracy has trapped over 40 cats since we've been here. All were spayed or neutered and then released – many found homes. She certainly shows that there is opportunity to pursue outside interests and hobbies while supporting a military career overseas."

"Dingo has brought us much joy," said Bradshaw. "He has been afforded an opportunity to live a long adventurous life, as well as leave a legacy in pet care and adoption." **A**



*U.S. Army Spc. Raul Delacruz, from El Paso, Texas, receives an autographed book from Maj. Bascom Bradshaw and his wife Tracy, from Fort Worth, Texas, at Camp As Sayliyah, Qatar, Aug. 2. "Where Do Dinges Come From?" is a fictional story about a real dog, Dingo. Bradshaw hopes their world-traveling companion will become an icon for pet care and adoption. The installation's United Service Organization offered deployed parents an opportunity to send home a video tape of them reading the book. "The USO's United Through Reading Program is great," said Delacruz, while enjoying a rest from military operations in Iraq by participating in the U.S. Central Command rest and recuperation program. "This is especially important to my son, since both of his parents are deployed." (Official Army Photo/Dustin Senger)*

## Rest and Recuperation Pass Program Donations

Help R2P2 participants enjoy the program's opportunities by donating your new or used items.



- Call the R&R front desk for more information.

Contact CPT Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

## Patriots Day

In memory of the attacks on Sept. 11, 2001, Area Support Group Qatar will host a Patriot Day ceremony.

The events will include an invocation followed by the National Anthem and remarks by a guest speaker. Everyone will observe a moment of silence before the flag is lowered by a joint color guard.



**ARMY STRONG.**

- Sept. 11: ASG-QA headquarters at 4:30 p.m.

Contact Edmond Williams, ASG-QA protocol officer, for more information.



# THE WIRE

## :: NCO induction ceremony



*Each flanked by a senior-ranking sponsor, Soldiers march along a red carpet for induction into the noncommissioned officer corps by U.S. Army 1st Sgt. Donald Williams, Area Support Group Qatar headquarters-headquarters company first sergeant, and Command Sgt. Major Michael D. Howard, ASG-QA command sergeant major, during an official ceremony at Camp As Sayliyah, Qatar, July 21. (Official Army Photos/William R. McLeod)*



## :: American Idol legends support troops



◀ U.S. Air Force Tech. Sgt. Darci Novak, from Broadalbin, N.Y., meets former “American Idol” participants at Camp As Sayliyah, Qatar, Aug 6. The singing superstars from the hit television series included: Justin Guarini, Gina Glocksen, Brandon Rogers and Nadia Turner. “My sister is in love with Justin,” said Novak. “We’ve been watching since season one – when she hears about this, she’ll freak out! She still follows everything he does.” Guarini earned second place in the show’s first season. The performers were beginning a support tour of U.S. military installations in Southwest Asia. (Official Army Photos/ Dustin Senger)



◀ Justin Guarini, a former “American Idol” participant, signs autographs for U.S. Army Maj. Shelia Phillips-Hicks, from St. Robert, Mo., at Camp As Sayliyah, Qatar, Aug 6. Guarini earned second place during the first season of the hit television series. He was beginning a support tour of U.S. military installations in Southwest Asia; also on tour: Gina Glocksen, Brandon Rogers and Nadia Turner. “I got their autographs for my kids,” said Phillips-Hicks. “My daughter loves Justin.”

▶ Nadia Turner and Brandon Rogers, former “American Idol” participants, meet U.S. Army Chief Warrant Officer Jose Figueroa (center), from Philadelphia, Penn., at Camp As Sayliyah, Qatar, Aug 6. Turner earned eighth place during the fourth season of the hit television series. Rogers was the twelfth-place finisher in the sixth season. The singing superstars from the hit television series were beginning a support tour of U.S. military installations in Southwest Asia. Also on tour: Justin Guarini and Gina



Glockson. “It’s great to see them show us support and appreciation,” said Figueroa.



## Chaplain Services

Attend the installation ministry team's spiritual support services:

### Prayer Luncheon

- Sept. 24: Monthly prayer luncheon at noon in the big dining facility.
- Oct. 29: Monthly prayer luncheon at noon in the big dining facility.

Contact Lt. Col. Curtis Muldrow, ASG-QA installation chaplain, for more information at DSN 432-2198.

## Equality Observance

Participate in base celebrations of our country's heritage and historic periods.

### Women's Equality Day

- Aug. 26: Observance at 11 a.m. in the big dining facility.

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

# THE WIRE

## Ask the Chaplain

**By Capt. JAMES HENDRICK**

Installation ministry team

**Q.** I am not Muslim – why must I alter my daily activities to respect those observing Ramadan?

**A.** That's a great question. I suspect it's one many have asked given our national liberties and the individual freedom of expression that flows from it. This American mindset of course needs to be coupled with the reality of our present location. Therefore, I think the answer to the question is found in the question. We should readily comply with this policy because it demonstrates respect.

Respect is powerful. This is seen in what it produces when it's given and what it produces when it's withheld. Foreign policy, economics, relationships and, all

the other categories of life, flourish in an environment of respect. They all fail to reach their potential when it's lacking.

Under this banner, I believe there are three sub-reasons why we should wholeheartedly alter our activities during Ramadan.

Religious freedom is the first. The policy restrictions aren't intended to change our religious beliefs or practices. They are simple respect-measures to ensure we don't distract local nationals from exercising their faith. In so doing

greater respect will be reciprocated toward people of other religions that exist within our host nation.

The second reason is the benefit of religious accommodation. Qatar has done much in support of America and the war effort. Two thriving U.S. bases in Qatar prove this fact. By deliberately exercising food, drink, tobacco and clothing discipline we only enlarge Qatari support, value and trust. This creates an atmosphere of relational harmony for the present and future. And, as I look down the road of foreign policy, our presence in Southwest Asia will be required for an extended period of time.

The third reason for respect is common compassion. Christians, for example, refer to this as the "Golden Rule." It's the life-principle that states we should treat others

Respect is powerful. This is seen in what it produces when it's given and what it produces when it's withheld.

as we ourselves want to be treated. Since all of us want to be respected in areas sacred to us, we should extend the same level of respect to areas sacred to

others. Selfless compassion is at the core of this life-principle. Relational success is its byproduct.

Why must I alter my daily activities to respect those observing Ramadan? I should because it's respectful. It enables me to help our nation, the war effort, Qatar and the different religions found in this country. That is, it enables me to participate in making a positive difference in something much larger than myself.

Blessings to you. **A**



Illustration by Dustin Senger. Submit ideas for future CAS-toons to [dustin.senger@qatar.army.mil](mailto:dustin.senger@qatar.army.mil)

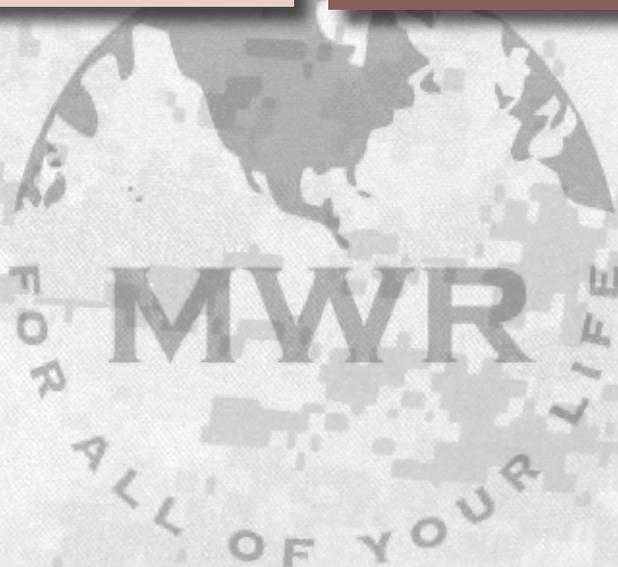


*The Sweethearts for Soldiers calendar models are comprised of former NFL cheerleaders from around the country who have a strong passion for supporting the U.S. military. The mission of the Sweethearts' handshake tour is to help raise morale and bring a touch of home to the brave men and women fighting for U.S. freedoms.*

### MWR events schedule

- ◆ A Verse Unsung Band  
Sept. 10 • TBD
- ◆ Sweethearts for Soldiers  
Sept. 15 • 11:30a.m. to 1 p.m. • Big Dining Facility  
Sept. 15 • 8:30 p.m. • Top-Off Club
- ◆ Bench Press Powerlifting Competition  
Sept. 18 • 7 p.m. • Big Gym
- ◆ Commander's Cup  
Nov. 7-8 • All Day

Contact Tony Randall, MWR community services manager, for more information.



## Rest and Recuperation Pass Program

### Sponsorship

Sponsor an R2P2 participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

- Call the R&R Desk for more information

Contact CPT Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

## Photography Support

Photos are available on the ASG-QA Intranet Web site:  
<http://www.arcentqa.mil>\*

*\*ASG-QA domain access required.*

## CAS Bowling Alley



Come enjoy the Top-Off Club's eight-lane bowling alley.

### Free Bowling

- Fridays, from noon to 5 p.m.

### Free Tuesdays

- July 1: Open bowling from 6 p.m. to 8 p.m.
- July 8: Moonlight bowling from 8 p.m. to 10 p.m.
- July 15: Open bowling from 6 p.m. to 8 p.m.
- July 22: Moonlight bowling from 8 p.m. to 10 p.m.
- July 29: Open bowling from 6 p.m. to 8 p.m.

Contact CPT Christopher Spencer, MWR director, for more information.

# FITNESS

## Concurrent training conditions

By **DUSTIN SENGER**  
ASG-QA public affairs

Strength and endurance training compliment each other for superior athletic performance. Resistance training increases strength limits, muscle mass, bone density and neuromuscular coordination. Cardiorespiratory exercise improves endurance capacity and blood circulation, while making it easier to maintain a healthy body weight. The two training methods draw from different energy pathways, and have few overlapping effects in the body. Problems can arise with concurrent training programs – especially in maximizing strength development.

Strength training recruits anaerobic energy systems, wherein creatine phosphate and lactic acid provide the main sources for fuel in the absence of oxygen. Programs using progressive overloads train a person above their lactate threshold, a level at which lactic acid is produced faster than it is removed. This byproduct of anaerobic exercise causes muscles to temporarily lose their ability to contract against resistance. Anaerobic metabolism is not sufficient for sustained activities – it's best for short burst of force – but it can be improved through resistance training for increases in limit strength and muscle mass. This energy pathway is essential in sprinting, gymnastics and weight lifting.

Endurance training draws heavily on aerobic metabolism, an energy system that requires the presence of oxygen. Activities lasting longer than 30 seconds start to pull from aerobic energy pathways. This oxidative system has a low rate of

energy output, but it can sustain activity much longer than the more powerful anaerobic pathways. Maximal oxygen uptake, or VO<sub>2</sub> max, is highly trainable through regular exercise. Strong aerobic fitness is a requirement for long-distance running and swimming.

Strength and endurance training produce widely diversified adaptations in the body; as such, they require significantly different approaches to exercise prescription. Robert C. Hickson first revealed the concurrent training phenomenon in 1980, which opened the flood doors of interest for further investigations. Subsequently, many early studies were against any concurrent training. Linear periodization routines, alternating training cycles from one element to the other, became exceedingly popular.

In December 1999, researchers from the Centre for Sports and Exercise Science in New Zealand published a study demonstrating that endurance training inhibits strength development when compared to strength training alone. They hypothesized that skeletal muscle cannot adapt metabolically or morphologically to both strength and endurance training simultaneously.

In March 2000, continued research was published by the Faculty of Physical Education and Recreation at the University of Alberta, Canada. Their findings supported the contention that combined strength and endurance training can suppress positive adaptations to strength training. This effect is largely influenced by increased secretion of cortisol, the body's natural stress-fighting and anti-inflammatory hormone. Elevated cortisol levels put the brakes on muscular development by promoting protein breakdown.

Two years later, a study published in March 2002 contradicted recent reports. Researchers from the

Department of Orthopedics, University of Wisconsin-Madison, demonstrated that concurrent performance of both strength and endurance training does not impair adaptations in strength, muscle hypertrophy and neural activation. However, their research was based on 30 sedentary male subjects. Concurrent training's negative impact is less obvious in individuals unaccustomed to regular exercise. This is likely due to a greater potential for improvement.

In March 2003, research was published by the Neuromuscular Research Center in Finland. It was demonstrated that even low-frequency strength and endurance training leads to interference in explosive strength development in conditioned muscles. This was mediated in part by the limitations of rapid voluntary neural activation.

In July 2008, researchers from Tunisia and Australia published a study examining the effects of concurrent endurance and circuit resistance training on muscular strength and power development. The aim was to determine the influence of intrasession sequencing. According to the authors, the order for endurance and resistance exercise

during a workout did not alter the fact that increases in strength and power are significantly greater in those performing resistance training only. Decreasing workout frequency can improve strength gains but resistance training alone, without concurrent endurance training, seems to be the best option. In other words, goal-orientated training, using periodization techniques, continues to prevail.

As fitness levels increase, more specificity must be injected into exercise prescription. When increased muscle size and strength is most important, avoid a lot of concurrent endurance training. Efforts focused on improving aerobic fitness should only be augmented by attempts to maintain strength levels – in order to preserve muscle mass, avoid sports injuries and improve neuromuscular coordination.

If an athlete is already taxed by heavy training demands, then any additional activity, of any kind, won't be of benefit. Symptoms of overtraining syndrome will hamper both strength and endurance performance. Ultimately, the way you train should be based on your goals, fitness level, personal abilities and environment. **A**

## USO Qatar

The USO Qatar offers servicemembers at Camp As Sayliyah movies, games and reading corners in the warm ambiance of a traditional Arabic setting.



USO is seeking volunteers

- Everyone is eligible to volunteer at the installation USO.
- Commit to assisting visiting war fighters once per week – flexible schedules are available.

Contact Walter Larry Cooke, USO Qatar director, for more information.



**FITNESS MANIA!**  
**U.S. Army Capt. Luis Martinez, Area Support Group Qatar finance officer, scored 2,790 points to win the July fitness challenge at Camp As Sayliyah - a two-time champion. His Soldier, Pvt. Donte Burney, earned second place with 1,450 points.**

*Sign up for September's Fitness Mania at the big gym's front desk.*



### Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

#### Eagle Cash kiosks:

- Finance
- Big dining facility
- Big gym
- Post exchange
- R2P2 front desk



#### ASG-QA Finance

- Monday thru Saturday:  
8:30 a.m. to 4 p.m.  
*Closed from noon to 1 p.m.*
- Sunday:  
8:30 a.m. to noon

Contact CPT Luis Martinez, ASG-QA finance officer, for more information.

# FITNESS

## Williams

*(Continued from page 3)*

“To help us host serious strength competitions at Camp As Sayliyah, we need more competitive equipment,” said Williams. “We are still looking but some is ordered.” Two new power benches are on their way, equipment that safely accommodates a natural range of motion. The current weight bars, after years of losing their luster, will all be replaced. Two lifting platforms will be available for dead lifts and general cross-training. “The purpose is to make the gym more attractive, productive and safe,” he said.

“I plan to conduct strength clinics soon,” said Williams. “The goal is to explain how to get strong while staying safe, based on my experiences. I did this in Afghanistan

and it was a big success.” He doesn’t believe in promoting high-volume training. “One of the worst things is staying in the gym too long. I believe trainees need minimal exercises but maximum intensity. You have to train with the right mindset, and then reward yourself by knowing when to add a little more weight. Nobody needs supplements; I have never used any. Workout journals, or mental logs, are needed to plan progression – to get strong, never train clueless.”

“Our first major bench press competition is Sept. 18,” he said. “We have had strength challenges before, but this will be a first for the serious lifters on camp.” **A**



**U.S. Army 1st Sgt. Donald Williams, from Houston, Texas, coaches Sgt. Jose Regalado, from El Sereno, Calif., during a bench press at Camp As Sayliyah, Qatar, Aug. 27. “I plan to conduct strength clinics soon,” said Williams, a record-setting powerlifter. “The goal is to explain how to get strong while staying safe, based on my experiences. I did this in Afghanistan and it was a big success.” Regalado was enjoying a brief respite from military commitments in Iraq, by participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. (Official Army Photos/Dustin Senger)**

## :: Mixed martial artists meet war fighters

► Dan “the Beast” Severn, Ultimate Fighting Championship hall of famer, Travis Lutter, former UFC fighter, U.S. Army 1st Sgt. Robert Myers, from Lawton, Okla., and Mark Coleman, UFC hall of famer, pose for a photograph at Camp As Sayliyah, Qatar, Aug. 20. Myers was enjoying a brief pass from military operations in Iraq, while participating in the U.S. Central Command rest and recuperation pass program in Qatar. “I lucked out by getting to see these guys during my break,” said Myers after meeting the professional fighters. “I have watched UFC since Dan and Mark were competing in the tenth championship. It takes special people to come all the way out here to support the troops.” The UFC celebrities were touring U.S. military installations in the Middle East to show support for war fighters.



◀ Anne Rivera, Ultimate Fighting Championship ring girl and model, meets U.S. Army Pvt. Phillip Kidd, from Charlotte, N.C., at Camp As Sayliyah, Qatar, Aug. 20. Rivera was joined by four other UFC celebrities: Christie Cartwrite, Travis Lutter, Dan “the Beast” Severn and Mark Coleman. The group was touring U.S. military installations in the Middle East to show support for war fighters. Kidd was flown out of Iraq for knee surgery in Qatar, an injury he endured while training in Iraq. “It’s nice to see people support us,” said Kidd. “I have seen Mark a lot on television and he looked pretty tough in person – I wouldn’t want to fight him!” (Official Army Photos/Dustin Senger)

► Christie Cartwrite and Anne Rivera, Ultimate Fighting Championship ring girls and models, pose for a photograph with U.S. Navy Petty Officer 1st Class Jeffrey Archuleta (center), from Albuquerque, N.M., at Camp As Sayliyah, Qatar, Aug. 20. The models joined three UFC fighters during their war fighter support tour of U.S. military installations in the Middle East. The professional mixed martial artists included: Travis Lutter, Dan “the Beast” Severn, and Mark Coleman. “It’s wonderful they choose to spend their free time supporting us out here!” said Archuleta.



## Troop Medical Clinic

Sick call supports acute injuries or illness requiring treatment or a disposition for duty status – E-6 and below must present DD form 689, signed by their first-line supervisor.

- Saturday thru Thursday:  
8 a.m. to 10:30 a.m.
- Friday:  
No sick call sign-in (EMS coverage only)

Routine appointments are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments.

- Saturday thru Wednesday:  
1 p.m. to 4:30 p.m.

Contact MAJ Bascom Bradshaw, TMC director, for more information.

## Camp As Sayliyah Powerlifting

Attend the installation powerlifting competitions and strength clinics.

### Strength clinic

- Sept. 18: Bench Press Clinic at 6 p.m. in the big gym.
- Sept. 18: Bench Press Competition
- Sept. 18: Bench Press Competition at 7 p.m. in the big gym.

Contact 1SG Donald Williams, ASG-QA headquarters-headquarters company first sergeant, for more information.



# FITNESS

## Fitness Q&A

By **DUSTIN SENGER**  
ASG-QA public affairs

**Q.** Is it necessary to drink water during indoor resistance exercise?

**A.** The human body responds to exercise in various ways. Within the body, there are complicated chemical processes unfolding in response to training-induced stress. Dehydration is known to dramatically affect physical performance – as well as general health. When trying to increase musculature, or improve body composition, staying properly hydrated is a requirement.

Resistance training can stimulate internal processes to increase muscle density, in response to the applied stress on the muscular systems. However, anabolism must exceed catabolism for the subsequent synthesis of new muscle tissue. For optimal exercise prescription, strength athletes must promote growth and discourage wasting. Simply put: a bucket without a bottom will never hold water. Current research suggests that dehydration can disrupt the body's muscle-building processes.

In July 2008, the Journal of Applied Physiology presented research into the affects of hydration on endocrine function. Several similar studies have reviewed endurance protocols in the past, but few have examined resistance exercise. Aerobic and anaerobic training utilize different energy systems; each resulting in dramatically different physiological responses. The researchers used healthy resistance-trained men.

According to their results, dehydration strongly enhances

catabolic hormone production, alters hormonal responses to exercise and increases concentrations of metabolic substrates. Dehydration, or hypohydration, during training amplifies the exercise-induced production of cortisol and norepinephrine, the primary adrenal stress hormones – as well as epinephrine in some cases. While helpful in limited amounts, overproduction of these chemicals encourages a massive amount of tissue breakdown.

Strength athletes are prone to aggravate proper fluid balance by purposely dehydrating to compete in lower weight classes or for exhibition purposes; some simply for cosmetic gratification – to appear leaner. Furthermore, training twice per day, or for long daily sessions, creates a cumulative affect of fluid losses. This can deplete hydration levels for several days, or weeks, depending on attempts to replenish hydration.

Cascades of indirect responses also occur; for example, decreased cell volume from dehydration has shown to promote insulin resistance in clinical settings. In general, increased cell hydration will stimulate anabolism, whereas cellular dehydration leads to a catabolic situation.

Skeletal muscle cramps are often associated with dehydration, electrolyte deficits and muscle fatigue. Muscle cramps are most common in hyperthermia cases where an athlete must perform in a hot environment, wearing heavy protective equipment, without prior heat acclimation. People susceptible to them tend to sweat heavily with large sweat sodium losses. The cramps feel like painful spasms – sometimes excruciating – that seem to randomly attack muscle fibers, as one bundle relaxes, an adjacent bundle contracts. Twitches

can move between different muscle groups. Most spasms last about one to three minutes but the total series can last six to eight hours. The cramps respond well to rest, prolonged static stretching and ingestion of fluids and electrolytes. Heat exhaustion is a physiological response during all temperature ranges. Exhaustion is a result of fatigue, decreases in body water, electrolyte depletion or systems within the body failing. Physical condition and innate work capacity are personal factors affecting the severity of exhaustion; as well as concurrent medication and dietary supplement intake. Statistically, when surrounding temperatures rise above 68 degrees Fahrenheit, heat stress rises and the time to exhaustion decreases. Energy stores deplete faster in hotter conditions, especially when an athlete is not properly acclimated.

Some athletes tolerate dehydration well-seemingly unaffected - while others discontinue activity in relatively less stressful conditions. Regardless of tolerance to symptoms, hyperhydration should begin around four hours prior to exercise to allow normal hydration levels to develop. Pre-cooling the body can also extend the time to exhaustion; athletes tend to terminate exercise from fatigue at a rectal temperature of 104 degrees Fahrenheit.

Two hours prior to physical activity, a hydration assessment can determine further fluid needs. If urine is still dark in color, more fluids should slowly be consumed. Drinking beverages with added salt will help stimulate thirst and retain consumed fluids. During exercise, the goal is to

merely replace the fluids being lost. Long events should be augmented with additional sources of salt; for instance, common sports drinks include salt and sugar for enhanced cellular hydration and energy sources. The goal of pre-hydrating is to begin physical activity with normal hydration and electrolyte balance.

Changes in bodyweight during exercise can be used to calculate sweating rates. This approach assumes that one milliliter of sweat loss represents a one gram loss in bodyweight. If possible, changes in bodyweight should be measured undressed, such as right after training but before a shower, since sweat can become trapped in clothing. In general, an individual will feel thirsty after a drop of roughly two percent body mass. Total bodyweight losses of three to five percent create concern for performance ability. Urine color can be a misleading indicator since the shade will not immediately reflect rehydration attempts. This information should not be considered an accurate rate in all conditions but merely a guide for the current training environment.



While exercising, water and electrolyte balances can become disrupted, negatively impacting performance. With a little knowledge and application, an athlete's body can perform without heat or fluid-related impairment or injury. Fluids must be administered prior to training, during exercise and then into the post-workout period - in proportion to the amount displaced. While training hard and heavy, never ignore the body's most basic requirement: water. **A**

## Register to vote today!

Armed Forces Voters Week marks the last safe week for overseas citizens to send in a Federal Post Card Application (SF 76) to register as an absentee voter.

### November's general election is quickly approaching!

For more information, go to the Federal Voting Assistance Program Internet site at: <http://www.fvap.gov>

FVAP.gov provides:

- Election information.
- Online Voting Assistance Guide.
- Online Federal Post Card Application (SF 76).
- Online Federal Write-In Absentee Ballot (SF 186).
- Links to state election sites, federal government sites and overseas U.S. citizen organizations.

### Armed Forces Voters Week

- Aug. 31 to Sept. 7

Contact CPT Thomas Crane, installation voting assistance officer, for more information.

## Qatar “do’s” and “don’ts”:

✗ Don't hand over or accept items with you left hand. Only use your right hand when eating with your fingers. Muslim beliefs reserve the left hand for bodily functions.

✗ Don't sit in a way that shows the soles of your feet or shoes; it's considered insulting.

✗ Don't be afraid to go out at night. Qatar is a safe place; however, remain aware of your surroundings and any attempt to draw information or lead you to a desolate area.

✓ Do ask for permission before taking a photograph. Many older people and most women object to being photographed.

✓ Do be aware of the fact that visitors are expected to conform to the local customs of modesty. You should cover up unless at a beach or pool area.

✓ Do become familiar with the traditions and customs for the holy month of Ramadan. Qatar is governed by Sharia Law, rules derived from Islamic belief.

## Public activities to avoid during Ramadan's daylight hours:

- ✗ DO NOT drink any liquids.
- ✗ DO NOT eat anything.
- ✗ DO NOT smoke.
- ✗ DO NOT chew tobacco or gum.
- ✗ DO NOT show public displays of affection.
- ✗ DO NOT use profanity.
- ✗ DO NOT display anger.

## Drove a Little Fast?

Check traffic violations at the Qatar e-Government portal:  
<http://www.moi.gov.qa/English>

# CULTURE

## Ramadan

*(Continued from page 2)*

the importance and traditions of Ramadan while working in the Gulf countries. This is an important time to learn about Arabic-Islamic culture and religion, to avoid unintentionally offending the local population.

Ramadan, the ninth and holiest month of the Islamic (lunar) calendar, began on Sept. 1. During this month, revelation of the holy Koran to the Prophet Mohammed took place in the 6th century. Ramadan includes a phase of obligatory fasting for all adult Muslims; excluding those experiencing poor health, age-related illness, long travel, pregnancy (or otherwise nursing), or a menstrual cycle. Sighting of the new moon signifies the beginning of Ramadan, and the fast. A sighting of the next new moon signifies the end of Ramadan and the beginning of a three-day Eid Al Fitr, holidays spent celebrating completion of the holy month.

“Salat El Fajr,” an Arabic phrase referring to the first prayer of the day, begins daily fasting the moment the first sliver of light breaks the darkness on the morning horizon. During the fast Muslims abstain from food, drink, sexual activities, foul language (profanity, slander, backstabbing, lying), smoking, anger or carrying grudges or ill-will towards others. Abstinence is applied to any avoidable activities that distract a Muslim from worshipping God. “Salat El Maghrib” is an Arabic word for the prayer observed at

sunset; terminating daily fasting periods during Ramadan.

Guests in Islamic countries, homes and businesses should pay special attention to dress conservatively. Muslims will spend more time wearing religious clothing and attending gatherings in Mosques. It is important to respect their more conventional dress code by not wearing anything remotely offensive or revealing.

Many Muslim men do not shake hands with women during their fast.

It's best to avoid physical contact between unmarried men and women, especially during the times of fasting. This is to avoid anything that might lead to impure thoughts. If a Muslim is reluctant, or refuses to shake hands – even if he or she had done so in the past – don't be offended.

The fast can be broken accidentally or purposely. A person does not sin if they don't purposely break the fast. Ramadan's special blessings can be abandoned or forfeited if someone deliberately, without an allowed exception, breaks their fast. If someone accidentally eats or drinks, they should immediately resume the fast once they realize the mistake. For each oversight, a Muslim must make up an entire day of fasting after the concluding Eid celebration. Fasting is required as one of the five pillars of Islam – it is obligatory, not optional.

Special foods and celebrations are prepared exclusively for breaking daily fasts during the month of Ramadan. These may vary between countries, tribes or even



families. In the middle of the month, children celebrate the passing of the first half of Ramadan with the Garangaou festival. Garangaou is not a religious ritual, it's cultural – it's practiced in the Gulf region as entertainment for the kids. Muslim nations have different names for it. Groups of children go from house-to-house singing, dancing and collecting presents consisting of sweets, nuts and money. Shops will also hand out sweets to children on this day. The gifts are usually put in small cloth bags so the children can carry them.

Muslim families often extend invitations to co-workers and friends to join them during "iftar," an Arabic word for the first meal

immediately following a daily fast. Be polite and respectful if you have other obligations or an otherwise objection. If you feel inclined, it should prove to be an excellent opportunity to experience traditional Islamic Arab culture. Many hotels and other commercial establishments hold nightly events and celebrations – most open to non-Muslim patronage. Hotels and other designated areas include banquets, music and light celebrations. Qatar's roads become horribly congested during this time. If you would like to attend, plan to leave early. Tents routinely open roughly 30 minutes prior to iftar. While attending, it's important to be respectful, open minded and patient.

Generous invitations to a Muslim's home occur during Ramadan; your presence is considered an honor during the religious period. Traditionally, it is not necessary to bring a gift; Islam's conservative values insist men refrain from bringing gifts for woman of the house. Depending on the traditions and practices of your host, do not be surprised if men and women are separated during the meal or into the evening.

If we conduct an installation iftar on Camp As Sayliyah during Ramadan, your participation and support is greatly appreciated – may God bless you. 

#### **Ramadan has several meaningful intentions in Islam:**

- **Worldwide, it is the month when Muslims take an opportunity to renew their faith and commitment to God and Islam.** To do this, Muslims must try to stop bad habits and repent for their sins. They must seek new habits of worship and sources of blessings to become better Muslims and human beings. They must pray for forgiveness of past deeds; as well as, ask strength and blessings in future deeds.
- **During times of fasting, Muslims reflect on the fact that people are feeling the pain of hunger year-round.** This should increase appreciation for what one has, and willingness to give to those that have less.
- **Muslims learn to resist desire and temptation for a higher purpose.** During periods of fasting, they must refrain from forbidden acts; such as: food, water and sexual activities. The goal is to carry the ability to resist temptation and sin throughout the remainder of the year.
- **Regularly scheduled Islamic activities increase inside and outside of mosques.** Scholars from around the world visit Mosques and religious schools for nightly lectures and seminars. Individuals hold events in their homes for family members and guests.
- **Many blessings are received from God through increased good deeds and prayers.** All blessings are multiplied during the month of Ramadan. Muslims receive more blessings when they pray in congregation; for instance, during the Friday "Jumah" prayer. There are many extra established prayer events where the wealthy or financially able feed the poor. Charity events can help make up for a lapse during fasting or missed prayers, but many eagerly seek the extra blessings. Numerous Muslims bring guest into their homes, since sharing a meal is another source of blessings. There are some Muslims that confine themselves to a mosque, especially during the last 10 days. Some receive extra blessings by preparing food for others in a mosque. All acts of goodness and kindness are rewarded with blessings and forgiveness of sin.
- **The overall goal is a closer relationship with God.**

**You can take several effective measures to minimize after-dark dangers by preparing your car and following special guidelines while you drive. The National Safety Council recommends the following tactics:**

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.

*(Continued on page 30)*

# DOHA LIFE

## Qatar enters fasting period

**By DUSTIN SENGER**  
ASG-QA public affairs

Muslims are members of the Islamic faith, a major religion with a reach across many nations. Population estimates vary greatly, but many suggest well over one billion Muslims worldwide – that's almost 25 percent of the world's total population. Islam is often the official religion, supported by local laws, in North Africa and Southwest Asia. Ramadan is the ninth month and holiest month on the Islamic calendar. It is a period of fasting and purification for adult Muslims in good health. Located on the Arabian Peninsula, Qatar's observance of the holy month continues to edge closer to extreme summer temperatures.

Advancing 11 days each year, Islamic scholars announced this year's initiation of Ramadan on Sept. 1, 2008. For an entire month, each day's fasting begins at sunrise, at the first break of light. It continues until the sun vanishes off the horizon. Everyone in Qatar must understand the new atmosphere Ramadan presents, as well as the tensions fasting Muslims experience while adhering to their religious duties during a hot and humid environment. Everyone residing in fundamentally Islamic nations must always remain polite and discrete during daylight hours, regardless of their own religious beliefs. Muslim nations in the Gulf are governed by Sharia Law, traditional Islamic law derived from the Koran. The prohibition of public eating, drinking or smoking is not a recommendation – it's the law. Moreover, never appear to tempt a Muslim into violating their religious duties.

Most businesses in Qatar adjust

their operating schedules around non-fasting hours, taking advantage of cool early mornings and late evening patronage. Many shops remain open till midnight. Numerous restaurants welcome patronage as late as 3 a.m., to allow Muslims an opportunity for a traditional light breakfast prior to resuming a daily fast.

Fasting Muslims undergo changes in their body and temperament. During the day, many drivers are dehydrated, hungry or possibly experiencing tobacco withdrawals. Tempers easily flare and car horns are heard more than usual. By evening, satisfying escalated appetites and thirst are of prime importance. Many drivers rush to get home once sunset is officially announced. The fast is traditionally broken with a light meal of dates and milk. Most individuals are able to consume at least two full meals before the next sunrise.

Muslims are generally able to maintain body weight and energy levels with evening to early-morning meals. A 1999 study by Kuwait University examined responses to exercise, fluid and energy balances during Ramadan in sedentary and active males. Interestingly, fluid and electrolyte levels were better maintained with active individuals; a likely response to greater fluid consumption and turnover. According to the Kuwait study, the entire month of Ramadan presents varying changes in a Muslim's body. Mentally, the first one to two weeks of fasting are the most difficult since the body must adapt to the abrupt and drastic change in energy stores and nutritional support.

The last two weeks of Ramadan can be physically harder on a person. Anemias are a common health concern in the Gulf and symptoms can become more evident during

the end of Ramadan. Blood platelet counts can take a significant drop, leading to slower blood clotting. According to research, decreases in serum iron and platelet counts are only statistically significant in sedentary people but anyone with symptoms at other periods of the year need to pay special attention – women are generally prone to iron deficiencies.

The completion of Ramadan begins a period of excitement and celebration in Qatar. Eid Al Fitr festivities immediately follow, celebrating religious achievements during the fast. The three-day national holiday ignites a frenzy of celebrations and gatherings throughout Qatar. Eid is an important family holiday for Muslims, similar to the Christmas

The completion of Ramadan begins a period of excitement and celebration in Qatar. Eid Al Fitr festivities immediately follow, celebrating religious achievements during the fast.

the roads during this time. During Ramadan, areas in residential locations and near large mosques will become more active. During Eid, the Corniche and shopping areas will be decorated and full of celebrations.

It's always important to remain courteous and understanding of Qatar's Islamic traditions. As the host nation's revolving religious period nears the region's hot summer days, everyone must learn to tolerate the strains it places on daily routines and work environments – to assure a safe and successful month. **A**

holiday season in Christian societies.

During Ramadan and Eid, take care while traveling in Qatar. According to local traffic officials, many careless automobile accidents occur on

## New traffic law

For minor accidents, drivers must move vehicles to avoid traffic congestion and a 1,000 Qatari Riyal (roughly \$275) fine as articulated in the new Qatari traffic law:

• **Qatari Traffic Law, Article 23:** "Not removing the vehicle from the accident's site to the nearest parking after non-casualty accident if it is possible to move it and report to the police immediately."

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information.

## Permanent Off-Limit Areas in Doha for Camp As Sayliyah Military and DOD Civilians:

- The Iranian souqs
- The Industrial area
- Al Wakra
- Areas serving alcohol, other than hotel restaurants with security in place



*U.S. Army Capt. Kenneth Bacso, from Caldwell, Idaho, is greeted by an Islamic dancer during a celebration at the five-star Four Season's Hotel in Doha, Qatar, Sept. 28, 2007. Bacso, on pass from Iraq, took advantage of the rest and recuperation program at the U.S. installation in Qatar. Along with several other program participants, he attended a formal "Suhur," an Arabic word referring to a late evening feast during Ramadan, Islam's holiest month. An elegant buffet paved the way to music and dancing, lasting throughout the night. At sunrise, the Islamic nation returned to the stringent requirements for daily fasting, in support of religious requirements during the holy month. (Official Army Photo/Dustin Senger)*

## Safety/Fire Training

Attend the installation safety training.

### Confined Space Training

- Sept. 11: 9 a.m. to noon

### First Aid Training

- Sept. 14: 9 a.m. to noon.

### CPR Training

- Sept. 15: 9 a.m. to 5 p.m.

### HAZWOPER Emergency Response

- Sept. 22: 9 a.m. to 4 p.m.

### Fire Warden/Prevention

- Sept. 18: 9 a.m. to 10 a.m.

### Unit Safety Representative

- Sept. 18: 9 a.m. to 5 p.m.

### HAZWOPER Refresher

- Sept. 23: 9 a.m. to 4 p.m.

### Fire Extinguisher Training

- Sept. 23: 9 a.m. to 10 a.m.

### HAZWOPER Supervisor

- Sept. 27: 9 a.m. to 4 p.m.

### HAZWOPER General Site Worker

### 40-Hour Course

- Sept. 30 thru Oct. 8

Contact Robert East, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

## Camp Policies

Policies are posted on the ASG-QA Intranet Web site: <http://www.arcentqa.mil>\*

\*ASG-QA domain access required.

# SAFETY

## Personal protective equipment minimizes injuries

By **ROBERT EAST**  
ASG-QA safety

There are many potential hazards in work areas. Many risks are dug so deep in daily routines they go unnoticed. Everyone needs to be aware of potential hazards in order to take appropriate action. In some scenarios, wearing personal protective equipment is required to prevent or minimize injuries – such as hard hats, eye protection, work gloves and steel-toed boots.

Every day, thousands of employees risk serious injury while on the job. Dangers of being struck, cut, burnt, blinded or electrocuted are commonly encountered. Personal injury hazards range from crushing machine parts to falling objects – or caustic substances.

Once you recognize vulnerability,

make sure the right equipment is available to accomplish a job safely. Most hazards can be combated by following established safety rules and using PPE when necessary; appropriate gear is available for virtually every type of job.

Even with all the protective equipment available, Occupational Health and Safety Administration statistics show that on-the-job injuries are still widespread and abundant. Crippling injuries have reached alarming proportions. OSHA statistics show that each year over 570,000 employees are hurt while on the job, experiencing:

- ⇒ **320,000 hand injuries.**
- ⇒ **110,000 foot injuries.**
- ⇒ **70,000 eye injuries.**
- ⇒ **70,000 head injuries.**

Hand injuries are most common. As expected, around 70 percent of injured workers do not wear gloves – numerous others wore damaged or inappropriate protection. Further, 84 percent of the workers who experience head injuries were not

wearing hard hats; 60 percent of workers who sustained eye injuries were not wearing eye protection; and 77 percent of workers who suffered foot injuries were not wearing safety boots or shoes. These injuries typically occur for two reasons:

- **PPE wasn't used**
- **PPE didn't offer full protection**

The point is: many times, workplace tragedies can be averted using appropriate PPE. It may

## HEAT STRESS MANAGEMENT

HEAT CATEGORY	WBGT INDEX (°F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(78°-81.9°) 25.6-27.7	NL	1/2	30/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(82°-84.9°) 27.8-29.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(85°-89.9°) 31.1-32.2	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN	1	20/40 MIN	1	10/50 MIN	1

### CAUTION

HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.

The colored flags, corresponding to the above chart, are flown at the big gym and the TMC. This information is also announced via the Giant Voice System.

seem like a lot of trouble to obtain and put on protective equipment for a quick job. Did you know that a 10-inch diameter grinding wheel, traveling at 1,850 revolutions per minute can throw a particle 55 mph toward your face? If your

eye is located three feet from the grinding wheel, a particle can break off and strike it in less than a tenth of a second. You wouldn't have a chance without proper protective eyewear.

We must wear appropriate attire for specific work functions and promote its use to others. Don't be hesitant to take corrective action and recommend proper PPE use in your work area. Helping each other will reduce accident numbers. **A**

## Office spaces host numerous hazards

By **ROBERT EAST**  
ASG-QA safety

Office spaces are often thought to be safe environments. For this reason, proper composite risk management in the work area sometimes takes a back seat. When ignorance for suitable safety measures occurs at work, otherwise avoidable accidents happen. Everyone must understand vulnerabilities in their work environments and how innovative office technology and automation has increased health and safety concerns.

In addition to obvious hazards – such as slippery floors and open doors – modern offices frequently contain poor lighting, disturbing noises or feebly designed furniture. Equipment or machinery may emit gases and vapors when improperly maintained. Electrical hazards can emit life-threatening conditions without notice.

The nature of office work itself may produce stress-related symptoms and musculoskeletal strains. Heavy work loads can distract employees from promptly recognizing growing safety concerns. Long hours at a poorly designed computer

workstation can cause soreness in the neck, back, shoulders, lower extremities, arms, wrists, hands, vision – with general feelings of tension and irritability.

The leading types of disabling office accidents are: falls; strains and over exertions; falling objects; striking against objects; and being caught in or between objects.

Falls are the most common office accident resulting in disabling injuries. A fall occurs when you lose your balance and footing. The rate of falls amongst office workers is almost three times higher than non-office employees. One of the most common causes of office falls is tripping over

an open desk or file drawer.

Injuries from falls can happen anywhere – slipping on wet floors, tripping on loose carpeting, objects stored in halls or walkways. Many office falls occur from unstable chairs and tripping over electrical cords or wires. People are frequently injured by using a feeble chair or stacked boxes in place of a sturdy ladder. Many accidental falls occur in inadequate lighting. All of these fall hazards are preventable by identifying potential risks in your work area.

If you find yourself heading for a fall, remember to roll – don't reach. By letting your body crumple and roll, you are more likely to absorb the impact and momentum without injury. Reaching an arm or leg out to prevent your fall may result in a broken limb in the process. **A**

Falls are the most **common office** accident resulting in disabling injuries. **If you find yourself heading for a fall, remember to roll – don't reach.**

### The following checklist can help stop a fall before it happens.

- ✓ Be sure the pathway is clear before you walk.
- ✓ Close and secure drawers after every use.
- ✓ Avoid excessive bending, twisting and leaning backward while seated.
- ✓ Secure electrical cords and wires away from walkways.
- ✓ Always use a stepladder for overhead reaching.
- ✓ Chairs should never be used as ladders.
- ✓ Clean up spills immediately
- ✓ Pick up objects co-workers may have left on the floor.
- ✓ Report loose carpeting or damaged flooring.
- ✓ Never carry anything that obscures your vision.
- ✓ Wear stable shoes with non-slip soles.

(Continued from page 26)

- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.
- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.

Contact Robert East, installation safety manager, for more information.



**Expanded Polystyrene impact-absorbing liner found in today's motorcycle helmets. (Courtesy Photo)**

# SAFETY

## Safety is thicker than skin

**By Chief Warrant Officer ROBERT B. REYNOLDS**  
USARCENT safety officer

A motorcycle helmet is not a novelty. Your helmet is a serious piece of safety gear that should be carefully selected and maintained. Many manufacturers strive to make helmets stylish and flashy although the primary concern is the protection they provide riders. It doesn't matter whether you've always worn a helmet or wearing one is new to you; here are some helmet basics you need to know in order to optimize your safety and comfort while on the road.

It appears there are as many helmets to choose from as there are roads to ride on, but all helmets have four major components: a rigid outer shell, an EPS (Expanded Polystyrene) impact-absorbing liner, padding for fit and comfort, and a retention system. Your helmet, at a minimum, should meet DOT requirements, and for even greater protection purchase a SNELL approved helmet.

Helmets are often made from thermoplastic, a single-layer, injection molded material. Due to its single-layer construction, a thermoplastic helmet requires a larger inner impact liner, which in turn increases the shell size and weight.

In general, fiberglass shells are stronger than thermoplastic because the shell material is comprised of multiple layers of fiber cloth, which are combined with multiple layers of

resin. The strength of the fiberglass weave allows for a smaller inner liner. This is why fiberglass shells are typically lighter and more compact than thermoplastic shells.

### Basic types of helmets

Carbon fiber helmets are made of multiple layers of extremely strong, carbonized Kevlar fibers, along with multiple layers of resin. Due to the inherent strength of both carbon and Kevlar, less material is needed to achieve maximum helmet performance, strength and durability. As a result, carbon fiber helmets are significantly more lightweight than a comparable thermoplastic or fiberglass shell.



Your helmet is a serious piece of safety gear that should be carefully selected and maintained.

### Full-Face helmets

– Full coverage of head and face, for optimal protection. They are equipped with a flip-up face shield. Full-face helmets are warm in the winter and with a flow-through ventilation system, comfortable in warm weather too.



### Modular helmets

– A combination of the benefits of full-face and three-quarter helmets. Flip up the face/chin module for ease in taking on and off, and for full face exposure. Always ride with the module in the closed position.



Proper fit is vital to the performance and effectiveness of any helmet. Remember: all helmets fit differently, so always try a helmet on before you purchase it.

## Find the helmet with the right fit for you

First, measure the width of your head. Position a standard tape measure approximately one inch above your eyebrows. The tape measure will indicate the size of helmet you should start with. If your measurement falls between two sizes, try the larger size first.

Your helmet fit is not only critical to the comfort and enjoyment of your helmet, it also plays a critical role in the performance of your helmet in the event of a collision. Never purchase or wear a helmet without ensuring a snug fit. There are several methods and tricks to size a helmet. Here is one recommended method.

Once you have found a helmet that feels comfortable and snug, you must assure that it is not too loose. To do so, with the chin strap securely fastened, grasp the helmet chin bar firmly with one hand and try to move the helmet from side to side and up and down. If the helmet slides on your skin and hair, it is too large. If your scalp and skin want to move with the helmet, the fit is snug. Finally, while still grasping the chin bar, try to rotate the helmet as far down and forward as possible then as far backward as possible. If the helmet feels as if it might slide off in either direction, the helmet is either too big or the chin strap was not securely fastened.

## Maximize the life and effectiveness of your helmet

- Never expose a helmet to chemicals or excessive heat. These may degrade the protective properties, even if damage is not visible.

Modular Helmets offer a combination of the benefits of full-face and three-quarter helmets.

- Never hang a helmet on a motorcycle's mirror, turn signal or sissy bar. The EPS impact-absorbing liner can be easily damaged.
- Before riding, make sure chin straps are tightened properly and not frayed, make sure visor screws and face shield are tightly affixed.
- If a helmet is dropped or suffers any impact, it should be replaced immediately. Impact may fracture the outer shell or compress the impact-absorbing liner, and the damage may not be visible.
- Manufacturers and the SNELL Foundation recommend that helmets be replaced every 3 to 5 years, depending on use. Glues, resins and other helmet materials break down over time and hair oils, sweat, cosmetics - even the sun's UV rays - can add to helmet deterioration.

## Keep it clean

- Use a mild soap and water to wash the outer shell and clean the face shield with warm water and a soft, lint-free cloth as soon as possible after dirt accumulates.
- Hand wash all internal liners with mild soap and allow to air dry.
- Use compressed air to clear helmet air vents and channels.
- DON'T use solvents or chemicals to clean any part of the helmet or shield, this can destroy protective coatings and compromise the structural integrity of the helmet.
- DON'T use a dry cloth to clean debris from a face shield or you could scratch the shield.

A little care goes a long way in keeping your helmet looking – and protecting – at its best! **A**



...:: Contribute and be published in the  
**Desert Mesh!** ::...

Please contact the ASG-QA public affairs office  
to learn how to become a contributor.

E-mail: [pao@qatar.army.mil](mailto:pao@qatar.army.mil)  
Phone: 011-974-450-2714 (DSN: 318-432-2800)

**We need your feedback!**

Fill out the form below, call or e-mail  
the ASG-QA public affairs office.



**What did you think of Edition 56 of the  
Desert Mesh?**

Please comment on this form, or make a copy, then drop it into any comment card box on Camp As Sayliyah.

How would you rate this edition? \_\_\_\_\_

What is your opinion of the content? \_\_\_\_\_

Was the layout and design appropriate? \_\_\_\_\_

Do you find it easy to obtain a copy? \_\_\_\_\_

Additional Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Edition 56

This Army magazine is an authorized publication for members of the Department of Defense. Contents of the Desert Mesh are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group-Qatar public affairs Office. General comments should be addressed to [pao@qatar.army.mil](mailto:pao@qatar.army.mil) or call 011-974-450-2714 (DSN 318-432-2572).