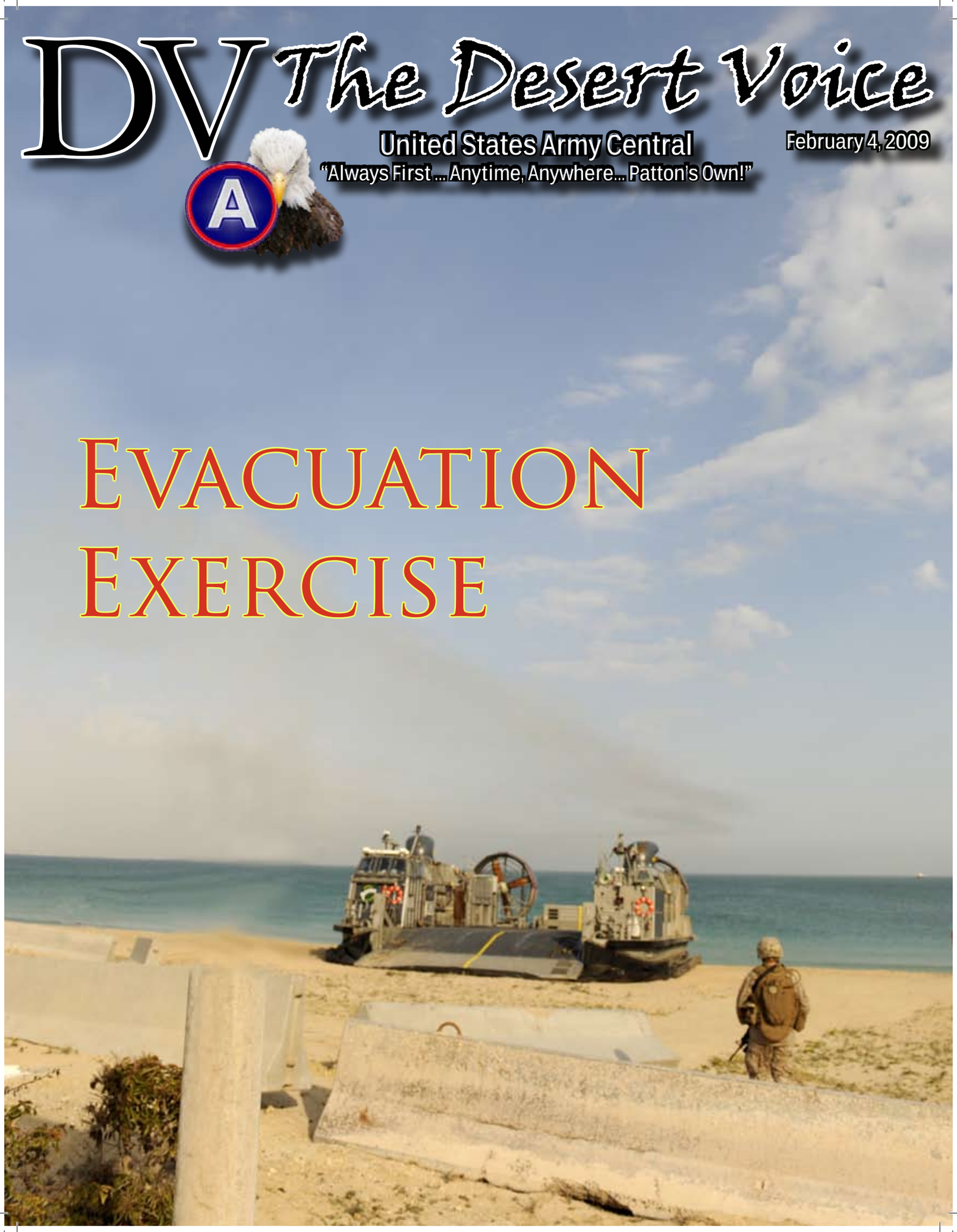
DV The Desert Voice
United States Army Central
"Always First ... Anytime, Anywhere... Patton's Own!"
February 4, 2009

Evacuation Exercise



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Lance Cpl. David W. Greyhouse, infantryman, Fox Company, 26th MEU stands watch at a Landing Craft, Air Cushion during a U.S. Embassy, Kuwait, evacuation exercise. (Photo by Marine Sgt. Michael Knight)

Contact us

Comments, questions, suggestions story ideas? Call the Desert Voice editor at 430-6334 or e-mail at desertvoice@arifjan.arcent.army.mil.

Taking care of Soldiers...

The battle buddy

Lt. Gen. Jim Lovelace
U.S. Army Central, commanding general

In the Army, we must have a culture where Soldiers take care of each other 24 hours a day… 7 days a week… 365 days a year. This can be done by creating an environment where our Warrior Ethos and Army Core Values guide Soldiers to make responsible decisions that keep themselves and each other safe and healthy.

The "Battle Buddy" concept is and has always been an important part of our Army culture. From initial entry training, each Soldier is assigned a battle buddy and taught this concept for a reason. Just as Soldiers watch their buddy's back in combat… they must also watch their buddy's back in seemingly less dangerous situations.

We have had a number of sexual assaults recently… many of these took place at night, in dimly lit areas, while Soldiers were walking alone. Utilizing the battle buddy concept can go a long way towards preventing these unfortunate incidents.

Effective battle buddies look out for each other, help and encourage each other, provide an extra set of eyes and ears, and in many cases a much needed sanity check. Many potential problems can be prevented by simply encouraging Soldiers to watch over one another. An effective battle buddy is able to help recognize warning signs and intercede prior to a crisis.

Leaders in this organization must promote a culture in which we look out for our own… **it's about taking care of Soldiers… protecting the force.** We expect the chain of command to get engaged in this and enforce a standard in which the battle buddy concept is second nature.

We need to encourage behavior beyond simply paying this concept lip service. It's about setting an expectation that Soldiers must look out for one another. It's about enforcing a standard in which Soldiers, male or female, do not walk around in dimly lit areas at night by themselves. It's about training our Soldiers to identify the warning signs associated with suicide and PTSD… and having the courage to raise problems to the chain of command or the appropriate agency if a red flag is raised. **It's about increasing our area of interest and area of influence** in a way that ensures our Soldiers are afforded the opportunity to live and work in a safe and secure environment.

The Soldier's Creed reminds us: **"I will Never Leave a Fallen Comrade."** We would additionally tell you that neither should we leave a falling comrade. A falling comrade is not only found on the battlefield, but can be found all around us. Soldiers don't leave their buddies when they need help, and they are there to catch them before the falling comrade becomes the fallen comrade.

We must empower our Soldiers to positively influence the safety and behavior of their battle buddies… both on and off duty. The buddy system... along with good leader involvement, individual responsibility, and law enforcement… is critical to preventing unfortunate incidents. We challenge leaders to be engaged in setting and revitalizing the "Battle Buddy" concept in our command… first line leaders are the key.

Appreciate your involvement in enforcing this standard and all that you continue to do to make this a great organization.

Patton's Own!

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The Desert Voice

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Heat injury prevention

part 2: fluid balance

Lt. Col. Danny Jaghab
U.S. Army Central Surgeon's Office

Deployment can expose Soldiers to vigorous physical activities in very warm environments, two conditions that can result in heat injuries. To prevent heat injuries and maximize performance, water and electrolyte losses need to be properly replaced.

We have all heard that you should drink eight, 8 ounce glasses or 2 liters of water a day. Is that true? In reality, there is no single correct fluid recommendation for everyone. The recommendation has to be in accordance to one's body size and activity level. Drinking 2 liters a day might be too much fluid for a smaller elderly person, and not enough fluids for even 1 hour of activity for a larger active Soldier.

The current U.S. Dietary Reference Intake recommendations for water and electrolytes is 3.7 liters/day, 16-8 ounce cups, for males and 2.7 liters/day, 12-8 ounce cups, for females, who are minimally active and live in temperate environments. This amount of fluid is not to be consumed from just drinking water, rather from all of the liquids in all beverages and foods. Fruits and vegetables are especially hydrating foods. Approximately 20 percent of your daily water intake is found in foods, and 80 percent in fluids ingested during the day.

Both cold and warm environments necessitate greater fluid requirements. Although it is obvious why more fluids are needed in warm climates, in cold environments, the air that is inhaled has little water vapor and is warmed and humidified by the respiratory tract. Water losses to facilitate this process can exceed 1 liter/day.

Soldiers who are actively working and training in very warm environments can require more than 10 liters per day. The typical daily fluid losses for a 70 kilograms athlete range from 2.3 liters to 6.6 liters from normal bodily functions a day. An athlete who trains 2 hours a day can lose 4 liters of fluids. The kidneys of a healthy adult can process 15 liters of fluids a day. To avoid water intoxication it is important to drink water over time, as opposed to intaking an enormous volume at one time. This can deplete the electrolyte balance in your body. Read next week's series on preventing heat injuries to find out what your daily requirements are for electrolytes.

Reflective belt safety policy

In accordance with USARCENT Policy Memorandum OPL PROT 04, the wear of reflective belts is required at all times, regardless of uniform, during hours of darkness, either around the waist or diagonally over the shoulder by all personnel conducting operations and missions on camps and installations managed or operated by HQ, USARCENT and subordinate units within the USARCENT area of responsibility.

Honoring a former SMA

Article by
Alex McVeigh
Pentagram Newspaper Writer

In life, former Sgt. Maj. of the Army William G. Bainbridge worked to improve the lives of noncommissioned officers under his command. In death, he left a legacy of service to his country, his family and his Soldiers.

Bainbridge is remembered by Army leaders during this "Year of the NCO" as a pioneer proponent of the current noncommissioned officer education system. After Operation Desert Storm in 1991, Bainbridge said: "World War II was won in the pre-war classrooms at the Army War College and the Command and General Staff College. The conflict in the Persian Gulf was won by the NCO Education System."

Bainbridge passed away in November 2008, and was buried at Arlington National Cemetery Jan. 28. In a ceremony attended by his colleagues from across the five branches of the military, Bainbridge's life and legacy were celebrated.

As the bell signaled 9 a.m., Soldiers from The Old Guard carried the casket into the Old Post chapel at Fort Myer, Va., for a brief memorial service. The U.S. Army Band "Pershing's Own" played as mourners entered the building.

Bainbridge's career began when he volunteered for the draft in June 1943. His unit was captured in the Battle of the Bulge, and he spent almost four months as a prisoner of war.

Upon his discharge from the Army in 1945, Bainbridge returned to his native Illinois to become a farmer, though remained a member of the Army Reserve. When the Korean War broke out, Bainbridge returned to active duty in 1951, and he soon decided to become a career Soldier.

In February of 1963, Bainbridge was promoted to sergeant major, and was deployed to Vietnam two years later. He was chosen to become one of the first command sergeants major in the Army in February of 1968, serving in that position at Fort Meade, Md., Fort Shafter, Hawaii, and Fort Benning, Ga., among others.

Then-Army Chief of Staff Gen. Frederick C. Weyand selected Bainbridge to be his sergeant major of the Army in July of 1975. During his tenure, Bainbridge visited troops all over America.

"Sergeant Major Bainbridge was well liked and respected," said retired Command Sgt. Maj. Jimmie W. Spencer, director of NCO and Soldier programs for the Association of the U.S. Army. "I often heard it said that the next person who said something bad about him would also be the first."

Bainbridge retired on June 18, 1979, in a ceremony at Fort Myer. After his retirement, though, he was still active in the Association of the United States Army and the Noncommissioned Officers Association.

After the service, a procession of more than 20 cars made their way through Arlington National Cemetery to section 59. As a fine mist fell from the sky, the Soldiers carried the basket over the icy ground to its final resting place.

As the flag draping the casket was folded for Hazel, Bainbridge's wife of 63 years, the Army Band played "America the Beautiful."

"In life, he honored the flag," Chaplain Lt. Col. Harry A. Rauch III said. "In death, the flag honors him."

Secretary of the Army Pete Geren was there as well as Sgt. Maj. of the Army Kenneth O. Preston and several former sergeants major of the Army.

After the service, Geren, Preston and the retired sergeants major offered their condolences to family members of the man who left such an enduring legacy.

"He left a lasting effect on Soldiers and noncommissioned officer education, his fingerprint is all over many of the programs we have today," Spencer said. "His influence will be left for generations to come.

Soldiers of the 3rd U.S. Infantry (The Old Guard) carry former Sgt. Maj. of the Army William G. Bainbridge to his final resting place in Arlington National Cemetery. (Photo by Adam Skoczylas)

"You lead from the front"

Article by
Staff Sgt. Jarod Perkioniemi
20th PAD Detachment Sgt.

"Professionalism," said Staff Sgt. Jeffrey A. Bailey. "Effective," added Sgt. 1st Class Antonio G. Murray.

These were the words two Sergeant Audie Murphy Club members gave when asked to describe the SAMC in just one word.

The SAMC is a unique and prestigious organization whose goal is to assist in the welfare, morale and espirit de corps of Soldiers and their Family members. Its roots began in 1986, in Fort Hood, Texas, in honor of Audie L. Murphy, a Soldier who served valiantly during World War II.

Murphy is the most highly decorated Soldier in American history, having been awarded every medal of valor the military gives, to include the Medal of Honor, three French medals, one Belgium medal and he also earned a battlefield commission for his leadership ability.

Originally the club was for NCOs assigned to III Corps in Fort Hood, Texas, but in 1991, it was expanded to encompass all NCOs in the III Corps. In 1994, at a Sergeant Major of the Army conference, the club was recognized Army wide with installation commands retaining the right to select who was inducted into the club.

NCOs who look to join the ranks of the SAMC do so knowing they will become a lifetime member of one of the most renowned organizations in the Army.

"Those who are inducted into the [club] stand for what the noncommissioned officer should be, or should strive to be," said Bailey, 92nd Chemical Company.

Bailey, who was inducted into the club in March 2008, acknowledged his previous first sergeant from the 6/8 Cavalry as the main reason he first looked into the club.

"He explained to me what the [SAMC] was," said Bailey, a Tampa Bay, Fla., native. "It was for elite NCOs; recognizing them for what they've done to develop a professional NCO Corps."

Bailey described the process of becoming a member of the SAMC as challenging but very rewarding.

"It was a lot of studying, through Army Regulations, Field Manuals and Technical Manuals," described Bailey. "As NCOs we are supposed to know these, [but also] apply these as it pertains to our Soldiers."

NCOs looking to join the SAMC must first obtain a letter of recommendation from their command.

"The biggest advice I can give [someone] is they must have their chain of command's support," said Murray, U.S. Army Central SAMC Chapter President. "If they don't have their chain of command's support, it's going to be very hard to become a member."

After receiving a letter of recommendation, applicants attend an initial selection board. Afterwards they must receive another letter of recommendation to continue onto the final selection board. During the final selection board, applicants are questioned by a group of command sergeant majors, or senior SAMC members, about leadership questions covered in ARs, FMs and TMs, as well as situational leadership questions.

"I would tell [applicants] to talk to every first sergeant and every sergeant major, and ask them about different situations they have encountered when dealing with Soldier's issues," advised Murray about the final board. "The more you know about dealing with Soldier's issues, the easier it is to answer the situational questions."

If the applicant is selected to join the SAMC, they receive a Certificate of Achievement and Membership, the SAMC medallion and a lifetime membership card.

"The biggest reward is being around other NCOs who are in the top of their field," said Bailey, describing the immediate benefits of being a SAMC member. "If [someone] has a situation that they're unfamiliar with, we have a wealth of resources to say 'how do you deal with this?'"

SAMC members volunteer their time and service throughout the year to aid in the setup, planning and execution of various events on posts across the Army.

"On Camp Arifjan, we have been a part of Operation Christmas, Operation Thanksgiving, memorial services, naturalization ceremonies, the Sergeant Major of the Army Tour and any and everything that happens here," explained Murray, a Jacksonville, Fla., native.

During these events, SAMC members can be easily distinguished by the silver medallion with blue ribbon they wear around their neck. In addition, they wear a brassard depicting the crest of the SAMC. The crest includes an Eagle with the letters SAMC above it separated by three stars representing the "Be", "Know" and "Do" which are at the very core of the NCO professional spirit.

The motto of the SAMC describes the mentality that members take with them every day, "You lead from the front."

"We strive to set the example in everything that we do," explained Murray.

During the past holiday season, when both Army Chief of Staff, Gen. George Casey and Central Command's Commanding General, Gen. David Petraeus came to Camp Arifjan, Kuwait, two SAMC members had the privilege of introducing them before their speeches, an honor reserved for only a select group of Soldiers.

NCOs interested in getting more information about becoming a member of the SAMC can contact the USARCENT Chapter President, Sgt. 1st Class Murray at DSN 318-430-2307 or email at antonio.g.murray@kuwait.swa.army.mil.

Camp Arifjan

U.S. Embassy evacua

Article and photos by
Marine Sgt. Michael Knight
U.S. Army Central PAO

The U.S. Embassy, Kuwait, recently conducted an extensive evacuation drill. It was part of a 13-day event called the Joint Combined Security Exercise that ended on Jan. 21.

Kuwaiti Security forces, U.S. Army Central Command, U.S. Department of State Diplomatic Security Service, U.S. Navy, 26th Marine Expeditionary Unit and a Marine Corps Fleet Anti-Terrorism Security Team all played key roles in JCSE.

The evacuation portion of the event included all the necessary elements needed to make a mass departure successful in a time of crisis. Marines provided security, Embassy employees authenticated passports, and the Navy's Assault Craft Unit 4 supplied transportation.

"This was the first time I've been able to experience firsthand how other branches of the military operate," said evacuee roll player Spc. Rasheed L. Booker, Supply Specialist, 13th Deployment Support Brigade.

While some events of JCSE occurred on Embassy grounds, the main evacuation episode took place at a assembly area on the Kuwaiti coast.

Marine infantrymen guarded the facility perimeter, while combat support Marines screened role players posing as evacuees. Once Embassy employees processed the group, they were given identification bracelets and loaded onto a Landing Craft, Air Cushion. The LCAC then took the role players several miles out to the USS Carter Hall.

"Riding on the LCAC was the most exciting part of the exercise," said evacuee role player Capt. George B. Hutchinson, G-6, U.S. Army Central Command, and Austell, Ga., native. "I only wish they would have let me drive it."

The evacuees boarded the ship, were manifested and granted a full tour. They returned to shore, once the imaginary crisis concluded.

"These kinds of joint exercises are critical for improving our ability to deal with crisis situations," said U.S. Ambassador to Kuwait Deborah K. Jones. "I am particularly pleased with and proud of the excellent cooperation and team-building that occurred between our Kuwaiti partners, our U.S. military units, and the Embassy's Regional Security Office."

The U.S. Embassy, Kuwait, recently conducted an extensive evacuation drill that involved Kuwaiti forces, U.S. military and State Diplomatic Security Services. The evacuation included all the necessary elements needed to make a mass departure successful in a time of crisis. Marines provided security, Embassy employees authenticated passports, and the Navy's Assault Craft Unit 4 supplied transportation.

ation dress rehearsal

Kuwait

Prison Break! TFCF conducts exercise

Article and photo by
Pfc. Howard Ketter
20th Public Affairs Detachment

U.S. Navy personnel held an exercise drill at the Theater Field Confinement Facility on Camp Arifjan, Kuwait, Jan. 22.

The TFCF staff, along with military police and the Provost Marshal's Office, were tested on their ability to track down and apprehend an escaped prisoner.

"We've never actually had a real escape, but this training keeps the Sailors on their toes and helps them to be more vigilant if an escape were to take place," said Chief Petty Officer Lee Decardenas, administrative officer, TFCF.

The exercise began with an announcement over the loud speakers that two inmates had escaped from the confinement facility followed by a notification by PMO to law enforcement officials on post.

Teams arrived at the briefing point where they were briefed on the situation, given their tasks and issued equipment for apprehending the suspects.

"This training keeps the Sailors on their toes and helps them to be more vigilant if an escape were to take place."

Chief Petty Officer Lee Decardenas
Administrative Officer
Theater Field Confinement Facility

Petty Officer 2nd Class Robert Crain (left), Petty Officer 2nd Class Robert Treffren (right) and Petty Officer 2nd Class Ansel Glendenning apprehend Petty Officer 1st Class William Perdue, who played an escape inmate, during the TFCF excercise.

Camp Arifjan

"The exercise went a little faster than we expected due to our teams all being ready to go when they were called," said Decardenas.

The two suspects were found and apprehended in less than an hour.

"I was very happy with the results," said Decardenas. "A lot of these Sailors are not Master of Arms or MPs. This was a test to see how they would work together as a team in a base-wide emergency."

Commander Richard N. Mauldin, detachment commander, TFCF said the purpose of the exercise was to test the new detachment on their ability to react to an inmate escape.

"I was happy with the exercise, we have Sailors from the reserves and active duty components working together," said Mauldin.

It is the TFCF's job to hold servicemembers who have been prosecuted, until they are either sent to federal prison in the U.S. or returned to their unit.

Mauldin said the TFCF has several programs and options to return servicemembers, as better people, to their units. Chaplains, social workers and counselors visit the facility to help them with bettering themselves.

"It is our job to keep confined servicemembers, but it's also our duty as people to help them to reform," said Mauldin.

Though the thought of a confinement facility may not be a positive one, the TFCF staff train to do their job, but also try to make servicemembers who have made mistakes better people.

3rd annual Tax Center grand opening

Petty Officer 1st Class George E. Ray, tax preparer, Area Support Group- Kuwait Legal Assistance Office, prepares taxes for the first customer, Sgt. Omar Medrano, International and Operational Law noncommissioned officer, U.S. Army Central Staff Judge Advocate.

Article and photo by
Pfc. Alicia Torbush
20th Public Affairs Detachment

The Camp Arifjan, Kuwait Tax Center, located in the Area Support Group-Kuwait Legal Assistance Office in Zone 6, held its annual grand opening, Jan. 26.

The center offers free tax preparation services for eligible Department of Defense civilians and servicemembers until April 16.

Those who wish to take advantage of this tax service are required to bring specific documents depending on their needs.

"Servicemembers need to bring any form that shows income when they come to have their taxes prepared," said Mary Kay Marlowe, chief of client services at the center.

Patrons should also bring a form of identification, their social security card, if they have it, routing numbers for direct deposit, and anything that shows education fees if applicable, explained Sgt 1st Class Sheilda Groce, noncommissioned officer in charge of legal assistance and the tax center.

If married and filing jointly, patrons should also bring their spouse's social security number as well as the Internal Revenue Service's power of attorney form 2848. If claiming a child, the child's social security number is needed.

"If someone is married, they should file jointly because you typically receive a larger refund," said Marlowe.

According to both Marlowe and Groce, DOD civilians and servicemembers needing their taxes done are encouraged to make an appointment as this is the only tax center in country and the preparers will be travelling to other camps in Kuwait.

"We require retirees who are now working as contractors to make an appointment to ensure that we have a preparer who is certified on an international level available to prepare their taxes," said Marlowe.

Being deployed automatically grants servicemembers an extension to file their taxes 180 days from the date of leaving the combat zone without the accrual of interest or penalties. Extensions are also given to DOD civilians and Red Cross personnel. Contractors are not covered by the automatic 180-day extension; however, U.S. citizens overseas receive an automatic extension until June 15.

Even with the extensions, Marlowe recommended filing taxes before returning home; if for no other reason than the money from tax returns.

Camp Arifjan

Kuwait's Junior Nationals vs Arifjan Ladies Team

Article and photos by
Pfc. Howard Ketter
20th Public Affairs Detachment

The Arifjan Ladies and the Kuwait Women's National basketball teams went head to head for a second time at Camp Arifjan, Kuwait, Jan. 24.

Unlike the last game that took place in 2008, this time the Kuwait Women's team were in the 20 and under age category.

"They are known as one of the best teams in the area," said Staff Sgt. Damien Chandler, coach of Arifjan Ladies, 4th Sustainment Brigade. "They're a lot younger, so we showed them a different tempo and level of what they're used to playing."

The Kuwait team began the game with a positive gesture, giving gifts to the Arifjan Ladies.

"They gave us shirts that said Kuwait and pendants from the Olympic committee," said Staff Sgt. Errica McKinney, team captain, Area Support Group-Kuwait.

The game was about more than winning or losing. Camaraderie, sportsmanship and host nation relationship building were all involved in the match up.

"We try to make good relationships and keep the goodwill capital with the Kuwaiti citizens," said 1st Lt. Billie J. Harper, host nation affairs, ASG-KU.

In order to organize these games, liaisons from Host Nation Affairs make contact with Harper's team and set up a game whenever either team wants to play.

Harper said the games not only help the Kuwaiti citizens see that Americans are their friends, but it builds confidence for both teams.

"Girls' sports are just as good as boys'," said McKinney. "Everybody plays their hardest no matter the score."

In the end, the Arifjan Ladies beat the Kuwaiti Women's National team 49-8.

"They're learning," said McKinney. "They are a junior national team who're much younger than us, but they still played well."

The Arifjan Ladies is a team comprised of different units and organizations around Camp Arifjan, but they represented more than their units when they played.

"We represent not only Arifjan, but the U.S.," said Coach Chandler. "I wanted to put the best team possible out there."

Both teams shook hands and conversed when the game was over; showing that both had good sportsmanship, regardless of the outcome.

"This team was very happy to come and play," said Kuwaiti Chief Warrant Officer Sabih Al Shammarry, host nation affairs, ASG-KU. "We are excited about requesting that the Arifjan team comes off post to play next time."

Sgt. Timeekah Murphy (left) and Sgt. Selena Johnson (right) guard Kuwait Junior National, Fatma Hamada, as she drives to the basket during their match in the Zone 1 Gym on Camp Arifjan, Kuwait Jan. 24. The Arifjan Ladies won the game, 49-8.

Camp Arifjan

ARCENT SIGNAL UNIVERSITY

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Capstone

For more information or to enroll in classes go to the ARCENT Signal University website:

http://www.cflccsignaluniversity.arifjan.arcent.army.mil/courses.asp

NCO Spotlight:
Sgt. Brian Weaver

"Pay attention so you know what's going on around you," Weaver offered as advice for younger Soldiers.

Sgt Brian Weaver, a Pottstown, Pa., resident, joined the Army in 2004.

After excelling beyond his peers, he was promoted to the rank of sergeant.

Weaver is currently a dismount squad leader with 3-509th Infantry Regiment.

This is his second deployment to the Middle East.

Just One Question ...

What famous person do you most look like?

"I think I look like Marvin Hagler, the boxer."

Spc. Thomas Hammond
Heavy Lift 6
406th Trailer Transfer Detachment
Landover, Md.

"I think I look like Carlton from Fresh Prince; Alfonso Ribeiro."

Sgt Joseph Candler
Signal Support System NCO
92nd Chemical Company
Tallulah, La.

"I'm told I look a lot like Renée Zellweger."

Staff Sgt. Amber Emery
Print NCOIC
354th Mobile Public Affairs Detachment
Powhatan Point, Ohio

"I think I look like Ewen Bremner who played Red in Pearl Harbor."

Spc. Kevin Hayslett
Assistant gunner
2-377th Parachute Field Artillery
Milford, Ohio

"I think I look like George C. Scott who played Gen. Patton in the movie."

Master Chief PO Alan Degraffenreid
Maintenance Supervisor
MSRON1
Grapevine, Texas

U.S. Army Central

NFL events around USARCENT

Super Bowl Fanatics

Spc. David C. Smith, Infantryman from Pittsburgh (center), yells in excitement, at Camp Buehring, Kuwait's, United Services Organization, as he watches his team, the Pittsburgh Steelers, head to victory during the Super Bowl, Feb. 1. Reebok donated both Pittsburgh Stealers and Arizona Cardinals jerseys to servicemembers for the Super Bowl event.

Photo by Marine Sgt. Michael Knight

Photo by Pfc. Alicia Torbush

NFL players in Kuwait

Professional football players, (from left) Willie Roaf, Josh Wilson, and Sammy Morris sign autographs for servicemembers at Camp Arifjan, Kuwait, Jan. 30. The pro ball players, along with three Raiderette cheerleaders, were in Kuwait to watch the Super Bowl with servicemembers.

Photo by Pfc. Howard Ketter

Miami Dolphin Cheerleaders

The Miami Dolphins' Cheerleaders entertained servicemembers on the Zone 6 stage at Camp Arifjan, Kuwait Jan.28. This is the second trip to Kuwait for some of the cheerleaders.