A woman with short dark hair, wearing a white martial arts gi over a dark long-sleeved shirt and dark pants, is captured in the middle of a sidekick. Her right leg is raised high, with her foot extended forward. Her left leg is planted on the floor, and her arms are in a defensive stance. The background shows a gym or dojo with various pieces of equipment and a mirror.

# Golden Sidekick

*see page 3*

*Army of One  
see page 4*

*Gettin hitched  
see page 6*

*Bzzzzzz.....Ouch!  
see page 11*

# Inspiration

A person who chooses to die or to risk death demonstrates that there are values, principles, maxims, that are more valuable to him than is life itself. In short, he places his immortal self above his mortal self.

—Henry David Thoreau



Photo by Capt. James Christman

Communications satellites pictured in the early morning at Camp New York. The photo was captured before most Soldiers awaken to begin their daily routines.

## Desert Voice

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Thank you, Ms. Kathleen Kern

## DESERT VISIONS



Do all the good you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.

-- Rules of Conduct, circa 1770

If you are interested having your photo considered for photo of the week, please e-mail the photo, as well as cutline information to [karima.mares@us.army.mil](mailto:karima.mares@us.army.mil)

### Camel Tracks

The cop got out of his car and the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the cop said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Photo by Spc. Karima L. Mares



Sharon Trepiccione, instructor and blackbelt holder in Golden Sidekick demonstrates a tornado kick, to her class, which she volunteers to teach three times a week in her free time.

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# Just for kicks

## -Martial arts class riles up Soldiers

Story by Spc. Marc Loi

Photo by Spc. Karima L. Mares  
13<sup>th</sup> Public Affairs Detachment

Three nights a week, the dusty, sandy Camp Arifjan Zone II gymnasium transforms itself into a world-class dojo; servicemembers turn themselves into would-be martial artists, and the traditional Army “Hooah,” is replaced with loud and emphatic “kiaps.”

This is perhaps makeshift martial-arts training at its best, and it all takes place courtesy of Sharon Trepiccione, instructor and black belt holder in Golden Sidekicks – a martial arts form that uses the combination of offensive and defensive techniques from Korean martial arts and Jujitsu.

When she arrived here in January, Trepiccione coordinated to start a class and received permission to do so. From there, she ordered kicking mats and sparring gear. Additionally, she put together lesson plans for each class training session.

It’ll be a while yet before students can don on sparring gears – they’re still learning the basics of martial arts, including traditions and rules, as well as self-defense techniques.

Though she hopes to pass her knowledge on to the servicemembers here, Trepiccione said the purpose of the class isn’t to make world-class martial artists, but to allow servicemembers to learn self-defense techniques, become more flexible and give them something to do.

“A busy Soldier is a happy Soldier,” said Trepiccione. “By the end of the year, if a (Soldier) got into a bad situation, he would be able to handle that situation.”

But the end of the year is still a long ways away, and for now, students are

still learning the fundamentals of martial arts.

Saturday, for example, students got to use kicking mats for the first time. In groups in four, they learned the roundhouse kick. While some picked up the techniques quickly, others struggled with coordination.

This, Trepiccione said, isn’t the biggest challenge – every student has to start somewhere. What is difficult, however, is handling the different backgrounds and knowledge of martial arts her students have.

Students in Trepiccione’s class range from martial artists with previous training and tournament fight experiences to those who are learning for the first time.

Because of this, all students start



**Sharon Trepiccione, instructor and blackbelt holder in Golden Sidekick demonstrates a side-kick after class.**

out at the same level. Whether a seasoned veteran or a glossy-eyed novice, students start out with the basics and move upward, she said.

One of the beginners in Trepiccione class is Rosa Mori. Though she had no previous martial arts experience, Mori said the class offers her a chance to workout and do something different – rather than the normal physical training.

A chance to offer something different is what Trepiccione said she hopes the class offers – whether just beginning or is advanced, all are welcome. 

# R&R



**Inveraray Castle**

Courtesy photo

Spc. Karima L. Mares  
13<sup>th</sup> Public Affairs Detachment

While many people look forward to Rest and Relaxation as a time to go back home and visit loved ones, others dread going home and having to say goodbye again.

When it came time for me to go on R&R, I couldn’t stand the thought of going home to my brand new niece and nephew, not to mention the rest of my family, just to leave them again after only a couple weeks, so I decided to go somewhere else, I went to Scotland, and the Army paid for the flight there and back.

Not only was the trip amazing, I also got to meet family that I’d only heard about from stories my mom told me when I was little.

Although it was hard to make the decision not to go home, it would’ve been more difficult for me to come back if I had gone home. There were so many things to see and do there that I am already planning my next trip.

Servicemembers have a wide range of places they can go on R&R, in fact, they can go nearly anywhere they choose, from Asia to South America- Soldiers can explore ancient cultures or relax by enjoying modern civilization.

If you are still homesick for the good ol’ USA, try visiting another part of the country, Alaska, perhaps, or maybe Hawaii.

It’s all up to you, just remember that while the Army will pay for your ticket there and back, the rest of the expense is up to you, as well as getting yourself to the airport in time to return to duty.

# 'ARMY OF ONE'

## Individual Soldiers fill slots



Story and photo by  
Staff Sgt. Nate Orme  
3<sup>rd</sup> Personnel Command  
Public Affairs

**CAMP WOLVERINE**— Many Soldiers deployed to Operation Iraqi Freedom are being sent as individuals rather than in a unit as part of the massive Soldier rotation operations that have increased, or “surged” in recent weeks.

A selection of individual Soldiers were requested by the 3<sup>rd</sup> Personnel Command for combat service and combat service support units already stationed in the Operation Iraqi Freedom theater is being brought over to increase the capability of selected theater logistical and military police units.

“Three-hundred and forty-one Soldiers were specifically requested to fill in during the surge,” said Maj. Jerry Clanton, Replacement Operations Director for the 3<sup>rd</sup> PERSCOM. “We went through a detailed analysis process to determine what MOSs (military occupational specialty) were required, then sent up a request to the Department of the Army for these soldiers. We have 257 in theater now, with 84 coming in.”

Many of the Soldiers, like recently deployed Staff Sgt. Charles Fetzer, are returning to theater. It is Fetzer’s second time deployed in the last two years.



**Staff Sgt. Charles Fetzer of the 144<sup>th</sup> Transportation Company stands among his personal baggage with other Soldiers a short time after arriving in Kuwait for OIF to fill slots in under strength units.**

“I volunteered for it,” said Fetzer, a truck driver with the National Guard 144<sup>th</sup> Transportation Company from Marianna, Fla.

Although individual soldiers have been deployed since before the beginning of OIF, it was not through a centralized request, but made through a patchwork of programs and authorities. In this request, all of the soldiers are transportation and military police soldiers.

“This request was part of a package specifically for the surge,” Clanton said.

The 3<sup>rd</sup> PERSCOM worked closely with the 377<sup>th</sup> Theater Support Command, and the Army Human Resources Command’s Replacement

Operations Branch to implement the provisions of last summer’s new Department of the Army Contingency Personnel Replacement Policy, the first comprehensive replacement policy designed to support Operations Iraqi Freedom and Enduring Freedom. All Soldiers processed through the CONUS Replacement Center (CRC) at Fort Bliss, Texas before departing for Kuwait, said Lt. Col. Mark Seeger, Chief of Personnel Services with the 3<sup>rd</sup> PERSCOM.

“To get equipment in and out of theater in a timely manner, selected transportation units required additional personnel as well as military police units

dedicated to customs duties,” said Seeger.

As for Fetzer, he has been attached to the 1175<sup>th</sup> Transportation Company, a Guard unit from Brownsville, Tenn.

“Last year when the unit was called up everything went smooth as far as when and where to report. This time we were

the first to report at Fort Bliss, (Texas).”

Although Fetzer said there were a few “mix-ups” at Fort Bliss, he said it was understandable because the processing personnel were in a learning phase since his group came in as individuals, not as a unit.

“The 5035<sup>th</sup> Personnel Company at Bliss did a great job. The training was excellent also. We all had to go through the HET (Heavy Equipment Transporter) course. A lot of us had never seen a HET except from a distance.”

Fetzer said about being deployed again, “I’m kind of excited about it.”



**GWOT Expeditionary Medal**

**DoD Approves New Global War on Terrorism Medals**

**Limited to personnel deployed to designated OIF & OEF combat areas, CENTCOM AOR (service in Kuwait qualifies) for 30 consecutive days.**



**GWOT Service Medal**

**Served in support of GWOT ops after Sept. 11, 2001. Initially limited to airport security ops and those supporting GWOT in OEF, OIF, & Noble Eagle.**

[www.defenselink.mil/news](http://www.defenselink.mil/news)

# Motivated soldiers

## 699th Maintenance Co. excited to serve country

Story and Photos by

Spc. Marc Loi

13th Public Affairs Detachment

**SOUTHWEST ASIA** — For Soldiers of the 699th Maintenance Company, from Fort Irwin, Calif., the absence of loved ones due to the year-long deployment to Southwest Asia will, indeed, make the heart grow fonder; however, the deployment will also make many Soldiers, some of whom are on their first deployment, into better Soldiers.

Since their Feb. 25th arrival here, the Soldiers already had to overcome many challenges. Aside from missing loved ones who are now more than 10,000 miles away, dealing with time and weather difference, they also had to deal with the despondence of finding out their unit's mission had changed.

Prior to the deployment, the unit was told its mission would be maintenance; but after arriving at Camp Doha, Kuwait, its mission changed to providing force protection security for the various forward support deployment camps in SWA, including camps Udairi and New York, said 1st Sgt. Leslie Venning.

Venning came to Fort Irwin about a month prior to the unit's deployment. Coming from the 25th Infantry Division in Hawaii, Venning said he was impressed with the unit's proficiency and morale. What impressed Venning even more, he said, was many Soldiers who deployed with the unit came voluntarily — that is, they came back to the unit or re-enlisted to deploy with the unit.

The 699th Soldiers were excited about the deployment and hit the ground running; even though their unit's mission changed, Venning said they're ready for their mission and have adjusted to the changes.

"I think they've responded very positively to the change," said Venning. "Their responsibilities escalated because the threat here is real, and this will allow the

junior (noncommissioned officers) to do their daily duties as well as take care of their Soldiers.

"They're really going to have to step it up this year because lives depend on them, and it's going to serve as a great learning tool."

Less than two weeks into the deployment, many NCOs are already getting used to their new responsibilities.

Sgt. Ricci Molina, for example, is the recipient of at least two new responsibilities — he got married prior to the deployment and was also promoted to sergeant. Though he hopes to fulfill his responsibilities as a newly-wed husband, Molina said he also has

to take care of the Soldiers.

"I am a new NCO, so I have to do everything right," he said.

Perhaps being a new husband also means having to do everything right. Because he and his wife, Christine, did not get a chance to honeymoon prior to the deployment, Molina said he hopes to come back for Rest and Recuperation Leave and take her to New York.

Under new Department of Defense guidelines, servicemembers deployed to the

operations Iraqi and Enduring Freedom theaters are authorized 15 days of R&R leave after having been in theater for six months. Molina, however, doesn't plan to take his leave until the seventh or eighth month.

"I am an NCO, I've got to make sure my Soldiers get a chance to take their R&R first," he said.

Molina, however, is just one of many examples of how added responsibilities can make Soldiers better.



Sgt. Laportee White, supply specialist with the 699th, is also another Soldier who will probably become better because of added responsibilities, Venning said.

At Fort Irwin, supporting the National Training Center missions, White had no Soldiers working under her. In SWA, supporting Operation Iraqi Freedom, White will have 21 Soldiers working under her. Though she admits it will be a challenge, White said it's a challenge she's ready for.

"I am going to do it through time management skills and capability," said White, a nine-year veteran of the Army. "I am going to take care of Soldiers and practice teamwork."

While taking care of Soldiers, however, many NCOs will also have others on their minds. White, for example, left behind her 3-year-old daughter, Mia, whom she said is too young to understand sacrifice and why "Mommy" isn't home.

"I called the other day and she asked, 'Mommy, when are you coming home?' and asked me to come pick her up," said White.

Sgt. Chris Niehus is also a parent — he has three children, ages 1, 5 and 6. Already Niehus is starting the countdown to see his children again, but like other NCOs and Soldiers of the 699th, he's focused on the mission. His mission, for now, is to ensure his Soldiers are taken care of, that they get a chance to call home and they are tactically proficient.

"I want them to at least get in touch with their families to let them know what's going on," he said.

What's going on for now, according to Niehus, is despite longing for loved ones, the Soldiers of the 699th are doing their best to defend America; and when they leave this desert to return to their home desert, they'll be twice the Soldiers they were prior to the deployment. 



# Goin' to the chapel...

Command Judge Advocate  
release

Thinking about getting  
married in theatre?

So what if you walk into the dining facility one day, sit yourself next to someone and find that person fit to get married to? While getting married in the States may be as easy as walking into a Las Vegas chapel, rules and regulations may complicate matters of the heart when servicemembers are stationed overseas.

As a general rule of thumb, marriages, which are legal abroad, are legal in the United States. However, marriages overseas are not automatically acknowledged by the military especially where military benefits are concerned; and the military will use a greater degree of scrutiny to determine if the parties are in fact married. Contact your local service representative at the Defense

Finance and Accounting Service (DFAS) to determine the validity of your marriage. Service members must provide all documentation concerning the foreign marriage to the DFAS for determination of validity.

If you are not a Muslim and would like to marry in Kuwait in a civil marriage ceremony, contact the office of the Command Judge Advocate at Camp Doha to obtain the following forms and a packet of information:

1) Complete and sign a "Free to Marry" affidavit form. The Consul and the American Embassy must notarize this form. The fee for each document to be notarized by the Embassy is KD 16.500.

If two American citizens wish to marry, both are required to complete separate "Free to Marry" affidavits.

When the marriage is between an American citizen and a Foreign national, the American citizen will fill out the "Free to Marry" affidavit at the Embassy. The foreign national must contact his/her Embassy to seek similar assistance.

2) The "Free to Marry" affidavit must be translated into Arabic by a translator recognized by the U.S Embassy. Pickup a copy of this list at either the Embassy or the office of the Command Judge Advocate at Camp Doha.

3) Once the "Free to Marry" affidavit is translated, return to the U.S, Embassy to have the signature of the Translator authenticated. The cost of this service is KD 9.600.

4) Next, you must have the "Free to Marry" affidavit notarized by the Authentication

Office at the Ministry of Foreign Affairs in Shuwaikh, Kuwait, next to the Kuwait News Agency. Their hours of operation are from 07:00 A.M. to Noon and their telephone number is 243-0541.

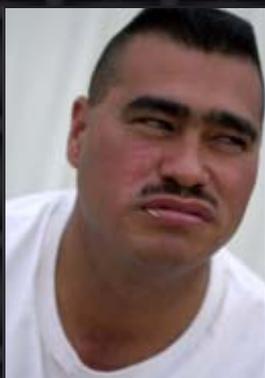
5) Finally, take the "Free to Marry" affidavit to the Office of the Public Notary for the Marriage ceremony located in Sharq, Kuwait, Ministries complex, ground floor, block # 15, room 25. This office is only open on Sundays and Wednesdays from 07:00A.M. to noon. Remember you must bring two male witnesses.

*Suggestion: Since your marriage contract is issued in Arabic, you may want to have it translated and authenticated for use outside Kuwait. The American Embassy will provide this service for KD 9.000.*

## Faces of Freedom



Spc. Mariaelena Lugo  
664th Ordnance Company



Sgt. John Borja  
257th Transportation Co.



Spc. Claudia Mather  
664th Ordnance Company



2nd Lt. Darren Thomas  
Hometown: Winnsboro, La.



Pfc. David Clark  
144th Air Defense Artillery



Pfc. Hiram Cantu  
Hometown: Toppenish, Wa.



Spc. Webster Del-Andrew  
Hometown: Salem, Ore.



2nd Lt. Wilford Ruffin  
Hometown: Shreveport, La.



Pfc. Matthew McClint  
Hometown: San Diego, Calif.



Spc. Demetrius Kinsey  
Hometown: Moultrie, Ga

# U.S. MARINES, SAILORS TRAIN-UP:

## 1st FSSG units stress vigilance against explosive convoy threats

Story by

Lance Cpl. Samuel Bard Valliere

1st Force Service Support Group

**CAMP VICTORY**— With an increase in improvised explosive devices being used by insurgents in Iraq against American convoys, the 1st Force Service Support Group is squeezing in some last-minute training to spin up Marines before they roll out.

Units in the 1st FSSG, whose main mission will be to deliver supplies to the I Marine Expeditionary Force in Iraq, are sending some of their Marines and sailors through a daylong course at a training area in Kuwait to prepare them for the dangers of convoying through Iraq.

“The biggest threat right now,” according to explosive ordinance disposal technicians of the Group’s 7th Engineer Support Battalion, is homemade bombs fashioned to take out American troops, among others.

The bombs, which turn up daily, are creatively made and hidden. Some are placed in piles of garbage on the side of the road and even in animal carcasses. In some instances, vehicles laden with explosives have attempted to swerve into military convoys, said the Marine EOD techs, who have regularly talked with Army units returning from Iraq in order to learn the latest enemy tactics.

With the threat so random, training isn’t so much about tactics as it is reminding Marines to stay on their toes.

Identifying and reacting to the improvised explosives requires quick thinking and split-second decisions, said 1st Lt. Scott T. Sturrock, a platoon

commander with 2nd Military Police Battalion, based in Camp Lejeune, N.C., whose Marines partook in the training Feb. 26, 2004.

The Marine Corps doesn’t have a standard doctrine regulating reactions to convoy attacks; each unit develops their own procedures based on their mission. For 1st FSSG, it’s getting the supplies through.

Using a three-mile stretch of road and firing machine guns at targets placed intermittently along the desert track, the Marines also trained both day and night, using night-vision goggles, to engage targets while on the move. This teaches the Marines how to squelch an enemy attack without stopping a convoy.

Here, 1st FSSG Marines get in what training they can at their staging areas in Kuwait. Troops allot time to rehearse their ambush reaction tactics, whether or not they actually have vehicles to use. Some resourceful leaders are simply tracing vehicle outlines in the sand and telling their Marines to use their imaginations.

“In this operation, convoy security is our biggest challenge,” said Capt. Chad W. Darnell, 29, commanding officer of C Company, 8th Engineer Support Battalion, who Marines also trained Feb. 26.



Photo by Staff Sgt. Bill Lisbon

**Lance Cpl. Jonathan C. Porter, a warehouseman with Headquarters and Service Company, Combat Service Support Battalion 7, 1st Force Service Support Group, fires from the bed of a supply truck while training to react to a convoy ambush at a training range in the Kuwait desert.**

The 1st FSSG will make up approximately a fifth of the 25,000 Marines and sailors under the command of I MEF deploying to Iraq in the coming weeks. The Marines are scheduled to relieve Army units west of Baghdad and to conduct security and stability operations while the new Iraqi government grows.

Perhaps the best weapon against convoy ambushes, and maybe the most unlikely, is simply looking prepared, said Sturrock. He teaches his Marines to look and act professional, so Iraqis will see them as a serious force.

“If you keep up a good appearance, your chances of getting hit decrease,” said Sturrock. 

**Approximately 25,000 Marines and sailors are deploying to Iraq and Kuwait. The Marines are scheduled to relieve Army units west of Baghdad and to conduct security and stability operations allowing the new Iraqi government to take root.**



# Upcoming Events in Kuwait

## Camp Arifjan

### Wednesday

D.J. Music Mix, Zone II

### Thursday

Spring Art Show  
Company/Battery/Troop Level  
Soccer Tournament

### Friday

Spring Art Show  
Company/Battery/Troop Level  
Soccer Tournament

### Saturday

Spring Art Show  
Company/Battery/Troop Level  
Soccer Tournament  
Country Night, 7 p.m.

### Sunday

Pan American remote-control car racing,  
6:30 p.m., community center

### Monday

Bingo Night, 7 p.m., community center

## Camp Doha

### Wednesday

Bingo night, 7p.m., Frosties

### Friday

Reggae music night, 7 p.m., Frosties

### Saturday

Easter Celebration, tea and crumpets,  
11 a.m. – 2 p.m., Marble Palace  
Easter egg hunt, 3p.m., Marble Palace  
Spa Day 11 a.m. – 8 p.m., Marble  
Palace

### Sunday - Tuesday

Singles tennis, 7 p.m., Marble Palace

## CAMP DOHA MOVIES

Wednesday	5:30 p.m.	Something's gotta give
	8 p.m.	Torque
Thursday	5:30 p.m.	Pay Check
	8 p.m.	Scary Movie
Friday	5:30 p.m.	Big Fish
	8 p.m.	Kill Bill
Saturday	2 p.m.	Cold Mountain
	5:30 p.m.	The Butterfly Effect
	8 p.m.	My Baby's Daddy
Sunday	2 p.m.	Tupak; Resurrection
	5:30 p.m.	Cold Mountain
	8 p.m.	The Butterfly Effect
Monday	5:30 p.m.	TBD
	8 p.m.	TBD
Tuesday	5:30 p.m.	TBD
	8 p.m.	TBD



## CAMP ARIFJAN MOVIES

Wednesday	6 p.m.	Austin Powers Goldmember
	8 p.m.	Leprechaun
Thursday	6 p.m.	Major League
	8 p.m.	Fallen
Friday	6 p.m.	Training Day
	8 p.m.	Jack
Saturday	6 p.m.	The Sixth Sense
	8 p.m.	Heartbreakers
Sunday	6 p.m.	Hocus Pocus
	8 p.m.	She's so lovely
Monday	6 p.m.	The Shining
	8 p.m.	Boiler Room
Tuesday	6 p.m.	Shaft
	8 p.m.	Ocean's Eleven



# Fluid Replacement Table

EXERTION		EASY WORK	MODERATE WORK	HARD WORK			
Heat Category	WBGT Index F	Work/Rest Minutes	Water Per Hour	Work/Rest minutes	Water Per hour	Work/rest minutes	Water per hour
1 Green	78-82	No limit	½ Quart	No limit	¾ Quart	40-20 minutes	¾ Quart
2 Green	82-85	No limit	½ Quart	50/10 minutes	¾ Quart	30/30 minutes	1 Quart
3 Yellow	85-88	No limit	¾ Quart	40/20 minutes	¾ Quart	30/30 minutes	1 Quart
4 Red	>88-90	No limit	¾ Quart	30/30 minutes	¾ Quart	20/40 minutes	1 Quart
5 Black	>90	50/10 minutes	1 Quart	20/40 minutes	1 Quart	10/50 minutes	1 Quart

## Unit Level Softball League April 5th-May 5th Zone 1 Softball Fields @ 1800



Team roster due by April 2nd

Coach/team rep. meeting April 3rd  
@ 1900, Zone 1 Gym

### Soccer Tourney

April 8th-10th, 1800-2100  
Zone 1 MWR Track  
Registration opens March 29th  
Team roster due April 5th  
Coach team meeting April 6th @ 1900, Zone 1 Gym

# HYDRATE!

Heat cramps are painful muscle spasms often occurring in the legs or abdomen.

This is the first warning that the body is having trouble handling the heat.

**Smart camels drink water to beat the heat!**

# Your mama wears combat boots!

Commentary by  
**Spc. Karima L. Mares**  
*13th Public Affairs Detachment*

A single Soldier, working endlessly to ease comrades' thirst and cool the weapons they used to fight the British during the Battle of Monmouth.

In the scorching heat on June 28, 1778, a soldier carried pitcher after pitcher of water into the mist of cannon-fire during the Battle of Monmouth, searching for comrades in need of aid. Seeing one of the soldiers fall to the ground, wounded by British fire, the soldier, who had no experience as a gunner, picked up the gunners' rammer staff, and without hesitation manned the gun during heavy enemy fire.

This Soldier fought bravely in the face of danger.

This Soldier of 1778 also happened to be an artilleryman's wife — Mary Hays McCauly, better known as Molly Pitcher.

Even before Molly Pitcher's time, women have fought alongside their male counterparts. Most of the time they have had to disguise themselves as men so they could fight for our country, but nevertheless they fought.

Although women have been fighting for a long time, we weren't officially recognized as servicemembers until February 28, 1901. On that day, the U.S military established the first permanent role for women, as nurses in the Army, and 202 previously contracted nurses were inducted into the Army Nurse Corps.

By the time the 1940s rolled around, over 150,000 women joined the Women's Army Corps to support the Soldiers during World War II.

Although our roles in the military were limited to gender-specific jobs, they expanded from cook and nurse to include secretary, cartographer and driver.

One hundred years of women in the military, and limitations on the kinds of jobs we can do are still in place.

Today, in the new millenium, we are allowed to hold many combat-related jobs.



**Molly Pitcher at Monmouth**  
 From the mural painting by C. Y. Turner

In the Gulf War, women guarded perimeters, flew troop transport helicopters and even fired Patriots that destroyed Scud missiles, and we still don't have the choice to serve in direct combat missions.

Women take the same oath of enlistment as men, they go to Basic Combat Training and the Basic Officers Course and they qualify with their weapons, yet women do not have the choice to be in direct ground combat.

I don't really understand the reasoning for this, although I've heard and read many excuses for it; such as, women aren't strong enough to endure combat, women can't shoot to injure- never mind to kill- and we just aren't made to fight in combat.

The reality is that some of us aren't strong enough, and don't meet the standards necessary to fight, but there are plenty of men who aren't qualified to fight in combat, either.

I think that if a female Soldier is

qualified and can meet the necessary standards she should at least be given the right to fight for her country. There are thousands of women in the military who qualify with their weapons far better than the men do, and who not only exceed their own physical training test scores, but surpass their male counterparts as well. Those women should at least be given the option of being in the thick of it.

I hope eventually that gender will not be an issue to consider when soldiers are assigned their Military Occupational Schools.

Men go to combat because they are men. Are women's lives more valuable than men's are?

## THE CLEARING BARREL

**Capt. Rachel Sherrer**

**Home:** Northern Virginia

**Job Title:** Civil military officer.

**Education:** Graduate of Penn State, majored in international relations with an emphasis on Middle Eastern Studies.

**Time in country:**

One year, two months.

*(She volunteered to stay another year to support her unit.)*

**What inspires her:**

Her devotion to her country, her loyalty to her unit and the Army.



**Lessons Learned:** "Don't get mixed up in the political aspect of the military and look at the positive things while deployed."

**Beliefs:** "If you understand that we are making a difference you will appreciate your work and personal sacrifice. Every Soldier's job is important and every Soldier plays a part in Operation Iraqi Freedom."

**Biggest personal accomplishment:**

Sherrer says this deployment has helped her grow-up; "When you come here you learn to deal with people from different cultures, to name a few I've worked with Kuwaitis, British, and Iraqi's it makes you grow up and helps you see the whole picture. You realize there is more to the world than the U.S.

**Motivation:** Support from peers, unit and Chaplin keeps her motivated and she is extremely thankful for Sunday Mass, it keeps her going strong.

**Clara Barton**

**WOMEN ON THE FRONTLINES**

**Best known for founding the American Red Cross, she also played a vital role during the Civil War. What did she do?**

**Q:** During the Civil War no provisions had been made for taking care of soldiers. Clara Barton solicited donated supplies and took them directly onto battlegrounds, to get food, bandages, and medical supplies to the wounded. She also helped document the 22,000 men killed or missing in action so their families could be notified.

**A:**

# You've got mail:

## Enlisted Soldiers to soon find out assignments via e-mail

Story by Sgt. 1st Class Marcia Triggs  
Army News Service

WASHINGTON-- The Human Resources Command will be using the Internet as a means to maintain up-to-date information on enlisted Soldiers to help them choose assignments and manage their careers.

In early March, HRC will begin notifying Soldiers of their next duty assignment within 90 days of their departure, by e-mailing the information to their Army Knowledge Online e-mail addresses. Other Web based initiatives include:

— Sending e-mails that acknowledge receipt when Soldiers update their assignment preferences on Assignment Satisfaction Key, known as ASK the Web assignment preference page.

— E-mail reminders will also be sent out to get Soldiers to update their contact information (home address and telephone number) 90 days after arriving at their new duty station. Then Soldiers will be reminded to update their assignment preferences on ASK after being stationed stateside for 24 months, and 18 months for those overseas.

Out of 407,000 enlisted Soldiers, who have already graduated from Initial Entry Training, 292,660 Soldiers have visited the ASK Web site so far, said HRC officials. Soldiers can be anywhere in the world and update their preferences thru the Internet, officials added.

"The Army is going through a cultural change. We are giving privates career information before their chain of command finds out," said Brig. Gen. Howard Bromberg, the director of Enlisted Personnel Management Directorate, HRC. "We will continue to change our policies as necessary to support the global war on terror and a joint and expeditionary Army."

Commanders will still find out about Soldier assignments through traditional means, but the HRC-GRAM, formerly known as the PERSGRAM, that is sent to Soldiers through the mail will be phased out. Soldiers will be able to find out about assignments through e-mail notification or by calling an Interactive Voice Response System at 1-800-FYI-EPMD.

ASK was first introduced to Soldiers two years ago. However, this will be the first time Soldiers will have access to view key personnel information that is used by assignment

## FREE MAIL

Soldiers may mail personal correspondence at no charge.

-Personal correspondence is defined as letters and postcards; or audio tape, video tape, or CD containing voice communication.

-Photographs may go "Free Mail" provided they are accompanied by a letter.

-Film rolls and disposable cameras aren't eligible for "Free Mail, nor are trinkets and other objects regardless if accompanied by a letter.

"Free Mail" can't exceed a maximum weight of 13 oz.

To ensure the "Free Mail" gets to its proper destination, Soldiers must:

-Include their complete APO address.

-Write "Free" in their own handwriting where the stamp would normally be placed.

-Ensure the address to be sent to is complete and accurate.

managers when considering a Soldier for assignment, officials said.

"It is important that Soldiers look at their personnel information to ensure it is correct. If it needs to be updated they need to contact their local personnel office," Bromberg said.

The more accurate information career managers have on a Soldier, the higher the success rate will be in finding an assignment that's right for the Soldier and the Army, Bromberg said. However, Bromberg added that just because the Army is listening to its young Soldiers, that doesn't mean that they're going to always get what they ask for. In assigning Soldiers, the focus is combat readiness, Bromberg added.

Where Soldiers are assigned is only a piece of the Army's stabilization puzzle, Bromberg said. The other parts include the Army's new Manning System, Force Stabilization which consists of unit focused stabilization and home-basing. Home-basing will require initial-term officers and enlisted Soldiers to stay at their first duty station for an extended tour of up to six or seven years.

"These initiatives are about unit over self," Bromberg said. "We're still taking care of Soldiers and getting them the training and care they need. But we're focused on getting units stabilized so they can do the mission at hand."

An example of the needs of the Army coming before assignment preference is: a Soldier serving in Korea who was told that he could go to Fort Hood, Texas, when his tour is over, as part of the

## What NOT to mail

Products made in North Korea, Vietnam, Cambodia, Iran, Cuba or Iraq.

Drugs, controlled substances and drug paraphernalia (including Shishi pipes)

Switch blades, butterfly knives or spring loaded knives.

Articles from endangered species (i.e., Ivory, ostrich).

Explosives, flammable substances, brass ammo, projectiles or any part of them.

Sand, soil, dirt or rocks.

Privately owned/enemy weapons or any part of a weapons system.

Personal effects of dead or live Iraqi soldier, (i.e., dogtags, ID cards, letters, photos.)

For a complete list of what not to mail, contact your unit mail clerk or camp post office.

program HAAP (home base/advance assignment program). But if during the Soldier's tour, overriding Army mission requirements determine that the Soldier is needed elsewhere, then their HAAP can be renegotiated. Enlisted personnel assignment managers work with the Soldier, but may, based on the requirements of the Army, assign the Soldier to a new location.

"We're not getting rid of the program, but people think that if we give them an advance assignment, they are guaranteed that assignment," Bromberg said. "What we're saying is that we will try to meet requirements, but we may change, based on the needs of the Army."

Every single Soldier is needed somewhere in the Army, whether it's as an instructor, drill sergeant, recruiter or in a rifle platoon in a deploying unit, Bromberg said. Every skill is important, he added.

In the future, HRC also plans to expand its Web initiatives and get away from using Department of the Army form 4187, Personnel Action Request.

"We still get 4187s up here, signed by the company commander, and after it goes through everybody in the chain of command, it gets here with seven pieces of paper attached to it. We want to eliminate all of that," Bromberg said.

The vision is to have a Soldier volunteer for an assignment electronically. If requests can go up and back down all electronically, the process can be cut from 90 days to 14 days, Bromberg said. The technology is there, he added, and it can be done.

# What's Buggin' Ya?



**Pesky critters, where they come from and what you can do to survive Southwest Asia's ugliest creatures.**

**Story by Lt. Col. Dennis White, PhD.**

**W**elcome to the desert, hot, dry, windy ... certainly not a friendly environment for bugs, or what scientists refer to as arthropods, those creepy-crawlies that seem to make nuisances of themselves when you least want them around. Like ants at a picnic, they just are a real pain in the neck.

Well, despite the harsh environmental conditions we see here in southwest Asia, we actually have many natural conditions that can support the production of millions of insects like mosquitoes, filth flies, fleas, and other arthropods like spiders, ticks, and scorpions. Many of the arthropods that require a blood meal can transmit disease organisms like viruses or bacteria from one animal to another or to a human. Other insects, like flies can acquire disease organisms from contaminated animal products, decaying food, or human produced wastes, onto our food sources or our bodies. Grossed out yet?

These bugs that have the ability to pick up a disease organism (like bacteria) from one source (like a decaying animal) and deposit the organism (the bacteria) to another source (like the pizza in our hand) are called vectors. Just like a taxicab. They pick up a passenger at one place and drop it off at another place. If a fly, a mosquito, or a tick picks up a disease-causing organism from one place and carries it to something closely related to us as humans, we run a risk in getting exposed to the organism and, therefore, getting a disease.

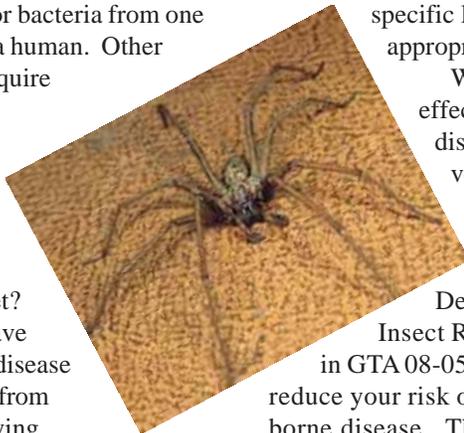
There are several vector-borne diseases present throughout this southwest Asia region. These diseases are widespread but are commonly found in limited areas, often along coastal areas during the late spring, early summer, or mid fall seasons during months when the temperatures are not too hot or too cold, but just right for arthropods, usually from April to November. These diseases, that you probably heard about in your deployment or mobilization briefings,

include malaria, sand fly fever and Leishmaniasis, but also include diseases that you may be more familiar with back home, like Lyme disease, West Nile encephalitis, Rocky Mountain spotted fever, or plague, for example. There are other less common diseases that doctors and public health officers need to be concerned with in this region. They have strange names like Sindbis fever and Rift Valley fever from mosquitoes, Crimean-Congo hemorrhagic fever and Bouton-neuse fever from ticks. Many other even less common diseases are spread by the bites of mosquitoes, ticks, sand flies, fleas, mites, and lice. Your local medical authorities will determine if these diseases or other vector-borne diseases are a threat in your specific location and provide appropriate countermeasures.

What countermeasures are effective for arthropod-borne diseases? You are probably very familiar with several of the most effective measures already! Be sure to use the

Department of Defense

Insect Repellent System detailed in GTA 08-05-062 to substantially reduce your risk of acquiring a vector-borne disease. These pocket-sized cards are available for unit-level issue from the Center of Health Promotion and Preventive Medicine at [Lola.Daniels@us.army.mil](mailto:Lola.Daniels@us.army.mil) Additional and related information is available at the unclassified Web site <http://www.chppm-apgea.army.mil> Wear permethrin-treated uniforms with your trousers tucked in your boots and your sleeves down. Use your issued tubes of DEET lotion repellent on exposed skin to provide even further protection from flies, mosquitoes, fleas and ticks that may attach to your uniform or attempt to land on your body. Properly applied DEET lotion will repel the vectors and the permethrin on your uniform will kill these insects. When using both DEET and sunscreen products, apply your sunscreen to the skin first so it does not interfere with the effectiveness of the DEET. The sunscreen lotion needs enough time to penetrate and bind to the skin first. After 30



## Rules to live by

- 1) Avoid provoking insects whenever possible.
- 2) Avoid rapid, jerky movements around insect hives or nests.
- 3) Use appropriate insect repellants and protective clothing.
- 4) For those who have a serious allergy to insect bites or stings, carry an emergency epinephrine kit (which requires a prescription). Friends and family should be taught how to use it if you have a reaction. Wear a medical ID bracelet.

(Courtesy of <http://health.allrefer.com/health/insect-bites-or-stings-prevention.html>)



### -First aid for scorpion stings

Put an ice cube on the bite to slow the spread of the venom. Then go to the nearest emergency room or wherever your physician tells you to go.



### - First aid for spider bites

Put an ice cube on the bite to slow the spread of the venom. Then go to the nearest emergency room or wherever your physician tells you to go. Antivenom is available for severe bites in young children.

minutes to an hour, apply the DEET.

When deployed to areas of southwest Asia where numerous vectors exist and anywhere where you risk being bitten by infected vectors, sleep under a permethrin-treated bed net to repel insects and further reduce your chances of vector-borne infection.

For more information on SWA's disease-carrying bugs and insects, call your local TMC. 

Do it again ...

# RE-ENLIST

# Operation Iraqi Freedom



Photo by Pfc. Blanka Stratford

As the sun sets, a UH-60 Blackhawk helicopter flies over Logistical Supply Area Anaconda, operated by the 13th Corps Support Command in Iraq. Army aviation units are playing a key role in Operation Iraqi Freedom.



Photo by Spc. Kristopher Joseph

Spc. Jeremy Kersey kisses his six-month old son Jacob upon his return to Patton Barracks in Heidelberg, Germany, after a year-long deployment in support of Operation Iraqi Freedom. Kersey is assigned to V Corps' Company A, 302nd Military Intelligence Battalion.



Courtesy of DoD

Paratroopers prepare to board a U.S. Air Force C-130 aircraft at Al Asad Air Base, Iraq, during Operation All-American Lightning. Two-hundred and forty 82nd Airborne Division Soldiers jumped during airborne operation, which functioned as a show of force.



Photo by Spc. Sean Kimmons

Sgt. Wesley Brown cleans the viewfinder of an improved target acquisition system (ITAS) on Kirkuk Air Base, Iraq. Brown is assigned to the 25th Infantry Division's Company B, 225th Forward Support Battalion, 2nd Brigade.



Photo by Sgt. 1st Class Alexander Rucker

Soldiers assigned to the 1st Armored Division's Battery A, 1st Battalion, 94th Field Artillery Regiment conduct a patrol in Baghdad, Iraq, searching for possible insurgent activity and roadside bombs.