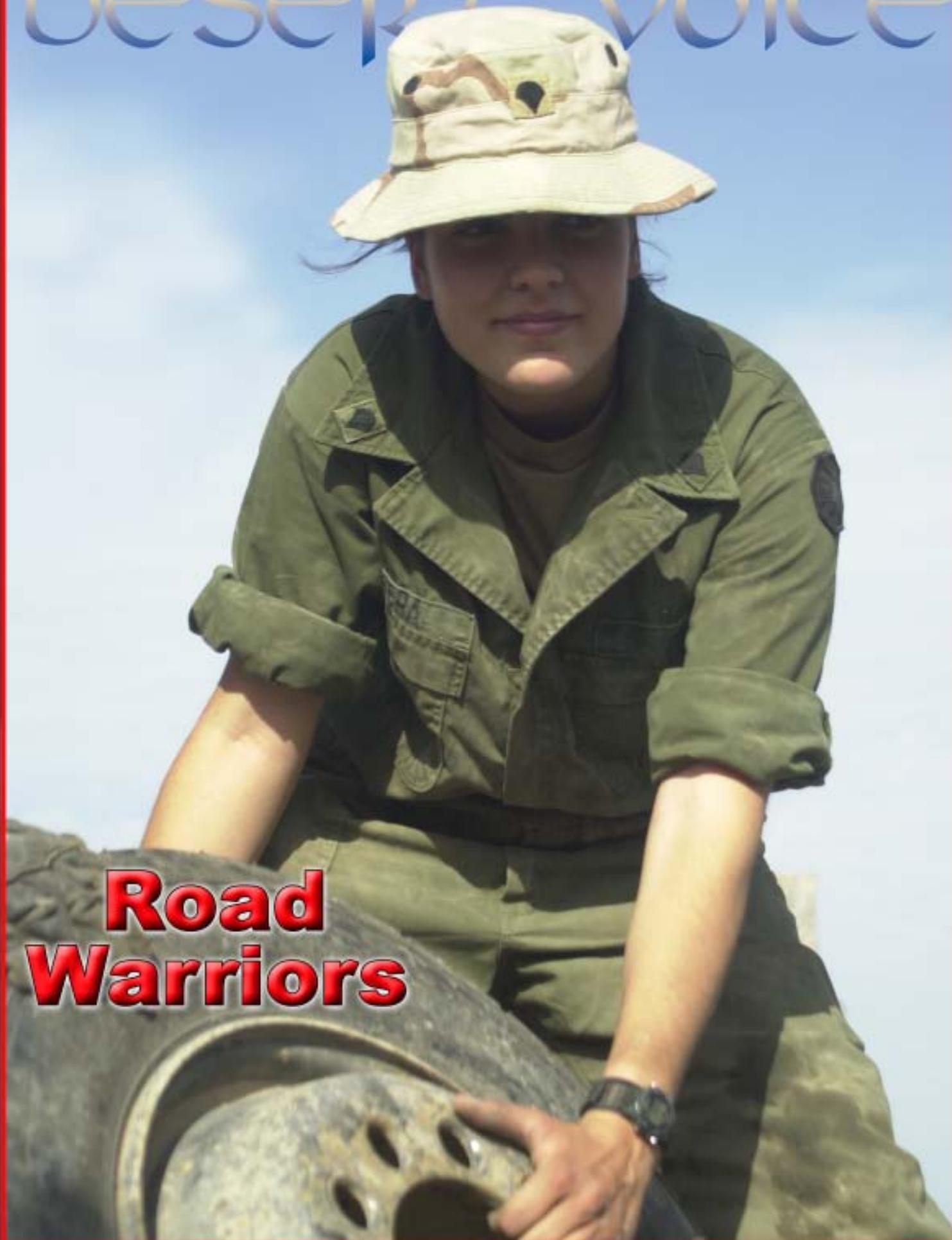


# DESERT VOICE



**Road  
Warriors**

## DESERT VOICE INSPIRATION

**"Always  
do right.  
This will  
gratify  
some people  
and  
astonish  
the rest."**

**-- Mark Twain**

## GOING HOME



**Soldiers of the 10th Mountain Division board CH-47 Chinook helicopters on the Orgun-E Fire Base in Afghanistan. The Soldiers were heading home to Fort Drum, N.Y., at the end of their deployment in support of Operation Enduring Freedom. The same helicopters brought in replacement Soldiers of the 25th Infantry Division. Photo by Gul A. Alisan**

## The Desert Voice

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## New Traffic Safety Policy

**All CFLCC/USARCENT personnel are now prohibited from operating a cell phone "hands-on" while driving. Drivers may use "hands-free" phone devices.**

**For more details, see Policy Memo 04-48**

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

## Desert Quiz

**Ques: What are the three categories of heat injuries?**

- C: Heat Stroke**
- B: Heat Exhaustion**
- A: Heat Cramps**

**BE SURE YOU KNOW THE SIGNS, SYMPTOMS & TREATMENT FOR EACH!**

**"A battle is lost less through the loss of men than by discouragement."**

**-- Frederick the Great**



**The Desert Voice staff welcomes your story suggestions and photos. Email them to us, or call us at DSN 825-5332 or 825-4730.**



**Spc. Ana Rivera, 96th Transportation Company, changes a tire on one of the company's many Heavy Equipment Transporters (HET). The 23-year-old has survived 3 Improvised Explosive Device attacks since being deployed in support of Operation Iraqi Freedom.**

Volume 25, Number 27

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# R&R Leaves Cut Back

## Limited seat allocations for May & June

Spc. Scott Akanewich, 13th Public Affairs Detachment

Rest and relaxation leave is undergoing some minor changes that could affect some Soldiers deployed in Kuwait's ability to go home as scheduled.

During the period from May 1 through mid-June, commercial airlines will continue to be used to fly Soldiers stateside as opposed to charters under contract, as has been the case since the R&R program kicked off in September up until February.

The reason for this is due to the reduced number of Soldiers eligible to take leave during this period and the

recent developments as far as troop movements into Iraq are concerned.

Troops must be in theater for three months to become eligible for leave

**An upcoming vacation season in Kuwait part of the reason for limiting numbers of personnel allowed to return home on R&R**



and can't take leave during the last two months of deployment. Based on the timeline of operations in theater, a reduction of eligible troops during this

time period was anticipated. However, due to force requirements in Iraq, the scenario has changed.

When the program began, approximately 270 seats per day were available, which was increased to 470 as of Nov. 2. The current number of available slots is roughly 85 per day. In addition to the above-mentioned reasons, a large summer exodus of Kuwaitis during the period in question makes commercial seats harder to come by.

Once mid-June arrives, the number of eligible troops will once again increase, triggering the resumption of contracted travel. The main hub of arrival in the U.S. will be Atlanta as opposed to Baltimore. An additional hub in Dallas may be added in the future. This will create more options for connecting flights if Soldiers are delayed along the way. 

# Camp Udairi Renamed For Fallen Warrior

Compiled by Spc. Karima Mares, 13th Public Affairs Detachment

Kuwait's Camp Udairi, a training ground for troops headed north to Iraq, is scheduled to be re-named to honor a fallen psychological operations officer May 8.

Lt. Col Charles H. "Chad" Buehring was the senior psychological operations officer in



**LTC Charles Buehring**

Iraq when he was killed Oct. 26, 2003, during a guerilla rocket attack on the Al Rasheed Hotel in Baghdad.

Buehring was also in charge of psychological operations for Army Forces Central Command, said his commanding officer, Lt. Col. Bo Merchant. Buehring also directly advised Admisitrator L. Paul Bremer and other officials about how the occupation was being received by average Iraqis and how to encourage their cooperation.

"He was just a great American," Merchant said. "An awesome officer."

"He was a man of honor who served his country and gave the ultimate sacrifice,"

said Maj. David Farlow, a public affairs officer with U.S. Central Command at Tampa, Fla.

Farlow was in Baghdad with Buehring for two weeks in September and early October.

"He was committed to doing what he could do with all the resources he controlled to bring about stabilization and advancement for the Iraqi people. He was working to inform the Iraqi people about the progress that was occurring under the Coalition Provisional Authority with the Iraqi Governing Council and ministries," Farlow said.

"His uncanny drive, intense mission



focus, superb leadership candor, and his unique ability to care for the needs of his Soldiers were paramount at all times," according to a Pentagon biography.

In memory of his enduring legacy of leadership, commitment to the mission and the compassion that still survives through his family, friends and Soldiers, a monument will be raised in his memory as well.

A Soldier for 18 years, Buehring is survived by his wife, Alicia, and his two sons, Andrew, 9, and Nick, 12.

"A video remembrance of the man and the dedication is being prepared for the family," said Lt. Col. Robert Johnson, deputy chief of public affairs for Coalition Forces Land Component Command. 

Information about Buehring courtesy of: <http://www.arlingtoncemetery.net>, POVA, and Fayetteville Observer.



# Like father, like son... and daughter

Sgt. Maj. Ron Castine, 377th Theater Support Command

CAMPARIFJAN, KUWAIT-- Many a parent have advised, instructed and counseled their children about doing the right thing. Never mind if Dad or Mom did not always follow their own heeding. Their intent is to make sure that their offspring learn the correct values of life and living.

In the case of SPCs Carrie and John Cowart, Jr., both have taken following in their father's footsteps to another level.

Both of them enlisted in the Mississippi National Guard, the same thing Chief Warrant Officer John Cowart, Sr., their father, did some 25 years prior. The siblings from Poplarville, Miss., joined the 114th Area Support Group (ASG), as did their Dad in 1991. Now, just as the senior Cowart has done, his kids have deployed with the 114th ASG to Camp Arifjan, Kuwait, in support of Operation Iraqi Freedom.

"I'm very proud that they want to do what I'm doing," says the elder Cowart, who is serving as

a Dining Facility Operations Manager while assigned with the 377th Theater Support Command (TSC).

He says that even his youngest child, Philip, 12, has informed Dad that he will join the Air National Guard when he

is old enough.

"I encouraged all of them to join the military. You can see the change once the kids go through basic training. It really matures them."

Both of the kids

agree that their Dad's involvement in the National Guard was a major influence to their joining. Not so much by what he said but what he did, according to them.

"He told me that it is good thing and that I'll have fun," says Carrie, an Administrative Specialist assigned to the 377th TSC Command Section.

However, she confesses that she "wanted to join the Guard since she was nine years old.

The younger John, a Light-Wheel Vehicle Mechanic assigned to the 377th TSC

Special Troops Battalion, says that his father told him that joining the military would be a learning experience.

Commenting on he and his sister's already established attitude about military service, John, Jr. says, "She knew, like I knew, that when we reached 17, we would join the National Guard."

All of the deployed Cowarts feel they have an advantage being stationed together at Camp Arifjan. The elder Cowart is glad that he can still remain a parent while on active duty.

"I kiss my daughter good night, every night," Dad Cowart says.

"John, Jr. is protective of me and my Dad tells me good night each night," says Carrie.

"It's a better situation for me because I have family here," adds the younger John.

According to the John Sr., Louise, his wife and the kids' mother, is supportive of her family serving in the military and being deployed.

She participates in the 114th ASG's Family Support Group, who provide assistance to unit members and their families.



**"I kiss my daughter good night, every night."**

-CW2 John Cowart

"Mother's glad that we are here together. She says, 'I'll see you all when you come back.'" says Carrie.

The younger John states, "Mom knows what we got to do and is supportive", referring to their role in the Global War on Terrorism.

The three Cowarts assigned to Arifjan share a positive outlook on their tenure in Southwest Asia.

Says Dad, "I'm proud to be here."

Carrie states that being deployed gives her the opportunity to learn to do her job better and to communicate with people more effectively.

John, Jr. explains that he can, "spend more time with his Dad and sister."

The bond and the devotion shared by the Cowart family, those in Kuwait as well as those back home, shows that a strong family is as a strong family does. 

## FACES OF FREEDOM



Sgt. Robert Woodring  
Grantham, Pa.



Spc. William Owens  
Griffin, Ga.



Staff Sgt. Chris Dulaney  
Cleveland, Ohio



Spc. Edward McCrea  
Salters, S.C.



Sgt. Peter Lewis  
Tuscaloosa, Ala.

**United we stand**

# SANDFLIES

Akanewich  
Spec. Scott 73th Public Affairs Detachment

Soldiers conducting operations in Iraq would never dream of leaving behind ammunition or their flak vests before heading out on a mission, but there's an additional step that should be taken to ensure personal safety. While 5.56-mm rounds are used to repel enemy troops, insect repellent should be utilized to repel a different type of enemy faced by troopers in theater, the sand fly.

Leishmaniasis starts with a simple sore on the skin, which might even be painless. However, if left untreated, it can remain for weeks, months or even years and eventually be fatal.

The "Baghdad Boil," as many Soldiers refer to it as, is a parasitic disease transmitted by the bite of some species of sand flies. The disease most commonly manifests either in a cutaneous (skin) form or in a visceral (internal organ) form. This potentially deadly disease is found in approximately 90 tropical and subtropical countries around the world and in southern Europe. More than 90% of the world's cases of cutaneous leishmaniasis are in Afghanistan, Algeria, Brazil, Iran, Iraq, Peru, Saudi Arabia, and Syria.

Cutaneous leishmaniasis is characterized by one or more skin sores (either painful or painless,

with or without a scab) that develop weeks to months after a person is bitten by infected sand flies. If untreated, the sores can last from weeks to years and often eventually develop raised edges and a



SAND FLY

**"Some people say they never even feel the bite."**

central crater. The manifestations of visceral leishmaniasis, such as fever, weight loss, enlargement of the spleen and liver and anemia, typically develop months, but sometimes years, after a person becomes infected. If untreated, symptomatic visceral leishmaniasis typically is fatal.

According to Col. James Swaby, Preventive Medicine Team, commander, this current outbreak of leishmaniasis, the largest in history, traces its origins to fallout from the Gulf War over a decade ago.

"After the first Gulf War, irrigation in Southern Iraq was shut off as retribution against the Shee'ah Muslims who had

resisted the Iraqi regime during the war," said Swaby. "This dried up the marshlands which became a habitat for large populations of sand flies."

Only approximately 20 cases of leishmaniasis were reported during the Gulf War in 1990, as opposed to approximately 2,000 already from the current conflict. This is because troops arrived in theater during peak season for sand flies, according to the Associated Press.

Prevention is the best defense against contracting leishmaniasis. There is no vaccine and no medication that protects against it. Preventive measures include taking steps to avoid or prevent sand flies from biting. These include: limiting outdoor activity at dusk and during the evening when sand flies are most active, wearing protective clothing and insect repellent, treating uniforms with permethrin (insect repellent), and using permethrin-treated bed netting.

Bed netting requires extra attention to detail, said Swaby.

"The netting needs to be tucked correctly under the bedding so sand flies can't get in," he said. "If it's not set up correctly, it can actually increase the problem."

Only about two percent of sand flies are infected with leishmaniasis, however, the more bites someone receives, the higher the likelihood of infection.

Also, sand flies are stealthy in their approach, only doing their damage during nighttime hours.

Soldiers waking up having a lot of bites and not remembering being bitten should be cognizant, said Swaby.

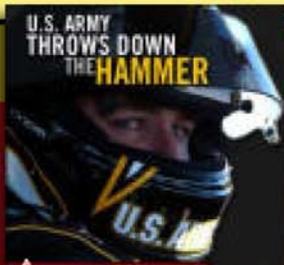
"Some people say they never even feel the bite," he said. "Troops need to understand they can have leishmaniasis and not even know it."

Leishmaniasis can be prevented, however, it's up to the individual Soldier to protect him or herself against this potentially deadly disease, said Swaby.

"Because there is no vaccine and the disease is so specialized, Soldiers need to take responsibility for themselves," he said.

## Helpful Hints

1. Use insect repellent and plenty of it!
2. Limit outdoor activity at dusk and during the evening when sand flies are most active
3. Wear protective clothing
4. Be pro-active!



**What does it take to operate this car?**



**SEATBELTS!  
SEATBELTS!  
SEATBELTS!  
SEATBELTS!**

**It's no different than any other Army vehicle!**

# Sustaining The Line

**Transporters have one of the most stressful jobs in the Army. A combat stress control officer sees first-hand why.**



Maj. Anthony  
Hassan  
stress control officer,  
*8th Medical Brigade*

About two weeks ago I hitched a ride with the 762th Transportation Company (Deuce) to experience the everyday life of an 88M, better known as, the Army truck driver. As a Combat Stress Control officer (Mental Health Officer) tasked to provide combat stress prevention services to the troops, I thought it would be a good idea to see through an actual experience the stress that 88Ms are faced with on a daily basis. I chose 88Ms because when I entered the area of responsibility (AOR), I was told that some of the most mentally stressed Soldiers in the AOR were the 88Ms. I understand stress and the many factors that increase stress in the combat environment, but I really wanted to understand the specific challenges a truck driver may experience first hand. Most Soldiers, airmen, sailors and marines seem to understand an infantryman's stress, an air traffic controller's stress, a mess sergeant's stress, but a truck driver's stress? So, I decided to take a ride with an 88M.

My journey began with a mission briefing and then we waited in the staging area for the convoy of vehicles we were tasked to escort. During our wait in the staging area, the mission specific information changed four times. Two hours later than scheduled, we finally were on our way. As I was riding, Spc. Riley reminded me that they tend to work under the motto of "hurry up and wait."

Once we were on the road the fun really began. The convoy was in constant stop

and go motion. We had to avoid Iraqi children running in the road and I quickly realized this was not a Sunday joy ride. We had to be forever vigilant and aware of our surroundings at all times. In addition, the added concern of Improvised Explosive Devices (IEDs) and the possibility of being ambushed were never far from our minds. This hyper vigilance became mentally draining. Every stranded vehicle along the roadside, overpass on our route, or persons standing on the road alerted all of our senses. As predicted by Riley, this mission didn't go without incident. One of the vehicles in the convoy had a mechanical problem, so the entire convoy was forced to stop, secure the perimeter and address the problem. We were then involved in setting up the defensive perimeter. All of the 88Ms were on guard the entire time, scanning the horizon and eyeballing any vehicle passing our convoy. I can tell you I was feeling a bit anxious during this delay.

After the problem was resolved, we finally were back on the road and resumed our mission. After four hours of having to remain vigilant, focused and defense-minded, we finally arrived at our destination to rest for the evening. We hurried to the dining facility because it was soon closing and then we scurried over to our sleep tent for a good night's rest in preparation for another stressful mission. Riley explained to me that we were lucky to have a sleep tent. Most nights, the truck drivers sleep in their cabs or on a cot next to their trucks. Needless to say, we didn't have much leisure time at our overnight location. I laid down around midnight and the next thing I

remembered was getting up at 5 a.m. to hit the road again. No time for breakfast. I brushed my teeth in the cab and wiped my face with a baby wipe. This job isn't for the prima donna types, but rather for the in-the-trenches warfighter.

I can say my trip was exciting, educational and personally rewarding. It was truly an honor to have taken a ride with one of these brave 88Ms and to experience first hand their demanding job. This was a short mission but was definitely an eye-opening experience. Spc. Riley shared with me that he has driven thousands of miles, in all weather elements, under the threat of IED's, pressures of mission deadlines and he has never felt appreciated. "We never seem to get the recognition that we deserve. It tends to go to the combat arms Soldiers and the support Soldiers always seem to be forgotten", said Specialist Riley.

If you look on the roads of Kuwait and Iraq you will see countless convoys all throughout the day and the night. Guess who drives those trucks? Guess who escorts those trucks? Guess who provides the security for those trucks? 88Ms are doing it! They have been doing this around the clock for the past year and a half, since the start of the war. They are the ones who provide the resources that we need to defeat the enemy. Let's not forget about those who bring us our equipment, supplies, rations, and all of our war fighting essentials.

This is a one team-one fight with the 88Ms being a very important element in sustaining the line. 

# Truckers on the move...



Heavy Equipment Transporters (HET) roll down the road at Camp Arifjan. HETs are critical to the war effort providing heavy lift capabilities.



Staff Sgt. Eric Englert with the 129th Trans. Co., marks steel to be used for retrofitting one of the 22 vehicles he has already finished helping to make them safer for the drivers assigned to his unit.



Soldiers with the 96th Trans. Co. from Ft. Hood, Texas receive an AAR brief after a convoy.



Sgt. Eric Green, assigned to the 1052nd Trans. Co., waits patiently in his line-haul truck for the convoy to move-out after fueling up near Camp Arlington, Kuwait. Green's unit and Trans. units like his haul almost everything needed for the war effort.



Sgt. Keith Brown, 2123rd Trans. Co., welds one-quarter inch steel plates to his units' vehicle to help protect the driver in case of an attack.



Soldiers with the 96th Trans. Co. check their vehicles after a long mission to Iraq and back.



Spc. Jessica Aguirre, a driver assigned to the 96th Trans. Co. provides HET support to units' heavy move requirements



# Upcoming Events in Doha

## Camp Arifjan

**May 5**

Cinco De Mayo Celebration, 7 p.m.  
Community Center  
Unit Level Softball League Post Season, 6 p.m., Gym

**May 6**

Remote Control Car Race, 6 p.m., Gym  
Table Tennis Tournament sign-up starts

**May 7**

Table Tennis Tournament, 6 p.m., Gym

Flag Football League sign-up cut-off

**May 8**

Table Tennis Tournament, 6 p.m., Gym

## Camp Doha

**May 5**

Cinco De Mayo Celebration, 7 p.m., Frosty's

**May 8**

Bingo night, 7 p.m., Frosty's

**May 9**

Spa Day, 11 a.m. - 8 p.m., Marble Palace

**May 11**

Spades Tournament, 7 p.m., Frosty's

## CAMP DOHA MOVIES

Wednesday	5:30 p.m.	Lady Killers
	8 p.m.	You Got Served
Thursday	5:30 p.m.	Cold Mountain
	8 p.m.	Scooby-doo 2
Friday	5:30 p.m.	Against the Ropes
	8 p.m.	Barber Shop 2
Saturday	2 p.m.	The Last Samurai
	5:30 p.m.	Time Line
	8 p.m.	Texas Chainsaw Massacre
Sunday	2 p.m.	Lady Killers
	5:30 p.m.	Underworld
	8 p.m.	Kill Bill
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.	The Apostle
	8 p.m.	The Longest Day
Thursday	6 p.m.	Very Bad Things
	8 p.m.	7 Years in Tibet
Friday	6 p.m.	Men in Black
	8 p.m.	Snatch
Saturday	6 p.m.	The Tailor of Panama
	8 p.m.	Animal
Sunday	6 p.m.	Time Cop
	8 p.m.	Ghost and the Darkness
Monday	6 p.m.	Dr. Dolittle
	8 p.m.	U-571
Tuesday	6 p.m.	Angela's Ashes
	8 p.m.	Bats



## DOHA FACILITY HOURS

<b>AAFES Concessions</b> 10 a.m. - 8 p.m. daily	<b>PX Hours</b> 8 a.m. - 9 p.m. daily
<b>Food Concessions</b> 9 a.m. - 9 p.m. daily	<b>Education Center</b> Sat. - Thurs. 8 a.m. - 5 p.m.
<b>Multi-Media Center</b> 8:30 a.m. - 5 p.m. daily	<b>MWR Movie Checkout</b> 10 a.m. - 10 p.m. daily
<b>Dining Facility</b> Breakfast 5:30 - 8 a.m. Lunch 11 a.m. - 1:30 p.m. Dinner 5 p.m. - 7:30 p.m. Midnight 12 - 2 a.m.	<b>TMC</b> Sick call 8 - 10 a.m. 1-3:30 p.m. by appointments only. Immunizations 2-3:30 p.m. (No Shots on Wed. and Thur.)
<b>Barber Shop</b> 9 a.m. - 8 p.m. daily	<b>Salon</b> Sat. - Thurs. 8:30 a.m. - 4:30 p.m.
<b>Finance</b> Sat. - Fri. 9 a.m. - 4 p.m.	<b>Travel Office</b> Sat. - Thurs. 24-hours
<b>Red Cross</b> 24-hours	<b>Self Help</b> Mon. - Sat. 9 - 11:30 a.m. 12:30 - 6:30 p.m.
<b>Personnel Services</b> Sat. - Fri. 9 a.m. - 4 p.m. Mon. - Sat. 1 - 4:30 p.m.	<b>Dental Clinic</b> Sat. - Fri. 8 a.m. - 4 p.m.
<b>Post Office</b> Sat. - Wed. 9 a.m. - 4 p.m.	<b>Housing Equipment Exchange</b> Sat. - Wed. 7:30 a.m. - 4:30 p.m.
<b>DOIM</b> Sat. - Tues. 6 a.m. - 4 p.m. Wed. 6 a.m. - 2 p.m. Sun. - Wed. Thur. - Fri Closed	<b>Uncle Frosty's</b> 2 p.m. - Midnight daily
	<b>CPC TMP Dispatch Office</b> Sat. - Tues. 6 a.m. - 4 p.m. Wed. 6 a.m. - 2 p.m. Sun. - Wed. Thur. - Fri Closed

## Lifeguard



Spc. Scott Akanewich

**Josh Brown, lifeguard and a native of Tucson, Ariz., is a civilian contractor here on a one-year contract. Also a water safety instructor, Brown said the pool staff will soon be giving swim lessons, water aerobics and other water safety instructions. "The best part about being here, I guess, is seeing people have fun and keeping them safe."**

## ARIFJAN FACILITY HOURS

### ZONE I

**Red Cross**  
24 hours  
**Post Office**  
7 a.m. - 7 p.m.  
**AAFES PX & shops**  
10 a.m. - 10 p.m.  
**Food Concessions**  
10 a.m. - 10 p.m.  
**Green Beans**  
**Café**  
7 a.m. - 10 p.m.

### ZONE II

**Dry Cleaner**  
9 a.m. - 10 p.m.  
**Food Concessions**  
9 a.m. - 10 p.m.  
**Hol-N-One**  
7 a.m. - 3 p.m.  
**Club Mirage**  
1 p.m. - 10 p.m.  
1 p.m. - 12 p.m.;  
Fri., Sat.

### ZONE I & II

**Self-Service Center**  
7 a.m. - 11:30 a.m.  
& 1 p.m. - 3 p.m.;  
closed Thurs. & Fri.

**Laundry**  
7 a.m. - 6 p.m.,  
closed Fri.  
**Gym**  
24 hours  
**Pool**  
10 a.m. - 10 p.m.

**Community Club**  
1 p.m. - 10 p.m.  
**Theater**  
5:30 p.m. - 10 p.m.

# BEAT the Heat!

## Cool tips for staying safe

Master Sgt. Davis, 8th Medical Brigade



All heat injuries are preventable, but in order to prevent heat injuries, it is important to understand them. Heat stress is caused by the interaction of three main variables: the mission, the environment, and the individual. Each has several variables of their own; together, they can set the stage for causing or preventing a heat injury. Failing to consider the variables while planning, performing a risk assessment, or determining risk management steps will result in heat injuries.

The human body maintains a narrow temperature range. When exposed to hot environments or increased heat loads, the body will increase sweating to get rid of heat. Sweating cools the body through evaporation. The body can sweat up to two quarts or two liters per hour for short periods of time. Sweating will stop with continuing heat loads and inadequate fluid replacement. Eventually no more heat can dissipate through sweating and the core temperature of the body rises. This along with a decreased blood in one's blood vessels due to fluid losses increases the individual's risk for heat injury.

Heat illness has a range of signs and symptoms from mild heat cramps to heat stroke, which is a medical emergency.

**\*Heat Cramps** – painful muscles cramps, pale wet skin, dizziness and extreme thirst. They may be related to salt depletion due to sweating. They can occur during work or 1-2 hours following the end of the work activity.

**\*Heat Exhaustion** – profuse sweating, tingling sensation in the extremities, cramps, rapid breathing, headache, fatigue, dizziness, chills, nausea, and vomiting. The skin is pale, cold, moist and clammy.

**\*Heat Stroke** – most serious form of heat injury and is a medical emergency. Mental confusion, throbbing headache, flushed dry skin, nausea, and lack of sweating. Heat stroke can lead to death due to elevated body temperature.

### Control Measures

**1. Monitor your personnel!** This is probably the most important step. If one individual becomes a heat casualty, then it means that other personnel are at risk. Make sure special attention is given to

individuals who are ill, taking medications, or have had a prior heat injury.

**2. Acclimatization.** The human body can acclimatize to working in hot environments. The process generally takes approximately two weeks of daily exposure to heat and adequate hydration. Leaders must take this process into account when planning missions.

**3. Fluid intake.** Personnel should drink adequate fluids before, during and after each mission or strenuous activity. Drink even if they do not feel thirsty, remember, hydration is an ongoing process.

**4. Monitor and enforce eating of meals.** Leaders should ensure adequate time is given to eat all scheduled meals. Normal salting of meals is okay for replenishment of salt loss due to sweating.

**5. Physical conditioning.** Infections, fever, recent illness, overweight, fatigue, medication, older age, and previous heat injuries may increase the risk of heat stress.

**6. Work schedules.** If the tactical situation allows, heavy work and activities that require strenuous physical exertion should be scheduled either for early morning or late evening. Avoid working in the direct sun whenever possible.

**7. Wet bulb globe temperature (WBGT).** The WBGT index is the best means of evaluating environmental heat. Commanders, NCOs, and supervisors must monitor the heat index, and if tactically possible, modify activities and monitor personnel accordingly.

**8. Recognize the early signs of heat injuries.** Bottom line: Although commanders and supervisors are responsible for heat injury prevention, every individual can also do his or her part. The buddy system becomes even more important—each person should be an extra set of eyes and ears for the commanders and supervisors. As mentioned, all heat injuries are preventable, but like everything else, a team effort is always the best way to “beat the heat.”



## THE CLEARING BARREL

Spc. Ana Rivera, 23

Unit: 96th Transportation Company

Home: Lajas, Puerto Rico

**Where were you before being deployed in support of OIF?**

“I was at Fort Hood for less than a month after AIT, and then we were deployed here.”



**What has been the scariest experience since enlisting?**

“We were on a mission to Alasad, and we stopped in Eskania on the way there for fuel and picked up our escorts. After we were driving for about an hour, we got hit in the front and rear by an IED...our escorts got killed on the way to our destination.”

**How do you feel about serving in Support of OIF now?**

“I feel great, I'm proud of what I'm doing; helping to push everyone up north. I'm really proud of what I'm doing, and to be in the military.”

**How do you stay optimistic?**

“I think it's hard sometimes, but we're making a big difference to the upcoming generation; they will live better and be safer now that the military is here, and they won't have a dictator here abusing them... I'm proud to be in the U.S. Army.”

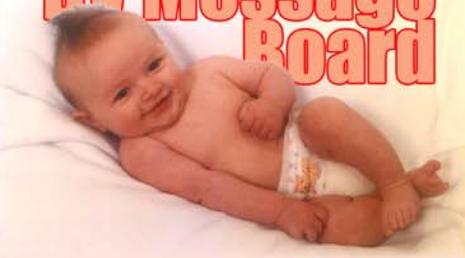
## HYDRATE!

**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!**

## DV Message Board



Welcome back, Marc! Hope your R&R leave left you wanting even more Army challenges.  
Love, your FAFF  
(Family Away From Family).

Happy Birthday, SSG Brown!!!  
Next year you'll be home to celebrate it with your REAL kids.  
Team Bighorn.

Congratulations **SERGEANT** Deimund on your new chevrons.  
-Now give us 50!  
Your Peeps.

Welcome to the fight, COL Phillips, LTC Julian, and PFC Dube, your tracks are much appreciated here in the sands of Kuwait!

To all of the 81st Bde. We in the Support elements remember you and what you mean to us. We will do everything in our power to get you what you need, it will get to you some how, some way.  
Be safe, God Bless.  
SFC James Roberts  
181st SPT Bn., 81 Bde.

Dear family & friends  
I just want to say "Thank you" for all the love & support you continue to give to me and my unit. I can't wait to see you again.  
All my love,  
SGT Erick Lane  
C-10 AVN, 10th MTN Div., NY

Kudos go to the following Soldiers who helped facilitate all of the wiring in Buildings 5 & 6, SSG. Bartley, SSG Barnes, SSG Pittman and Capt. Kaufman.  
From Command Sgt. Maj. Marlon Phipps  
STB

Send your Message Board submissions (40 words or less) to [karima.mares@kuwait.army.mil](mailto:karima.mares@kuwait.army.mil)

# Serving 'Em Hot

**Hungry in Kuwait?  
This Air Force officer delivers!**  
**Maj. John Clearwater, 13th Public Affairs**

We all wish we had more people in our lives like this. You know the kind. Doing without needing to be asked. Doing more than they need to. The ones who put people first, and never forget that taking care of troops is what it's all about.

With thousands of Soldiers and Marines flying through Kuwait on Air Force C-130s, it's important to have some one waiting on the ground to smooth their way to Iraq. If you're stopping over at Ali al Salem Air Base, north of Kuwait City, Air Force Maj. Kirk Faryniasz is your man. He has made it his mission to ensure that Soldiers get a last taste of home - a hot slice of pizza or a Subway sandwich - rather than an MRE.

Now units show up and ask for the 'Pizza Guy'.

"I've been delivering 60-80 pizzas a day," says Faryniasz. "The guys at Subway and Pizza Inn are great. Last Saturday Subway made 52 sandwiches in 18 minutes for a group soldiers getting ready to fly."

The logistics of moving the large numbers of troops, over 2,000 some days, to the base dining facility was not possible. So the food, which the troops pay for, is delivered to them. Some days at the rate of a 100 pizzas and more than a 120 sandwiches.

The first time was an accident, says Faryniasz. An aircraft full of hungry troops had broke down, and they couldn't get them to the base's dining facility. So I asked them if I could get them some pizzas.

"Of course there's been some who've put up resistance, saying, 'You're not in the business to do this', but somebody's got to take care of them. These kids are off to war and it's such a small effort on my part," says Faryniasz.

Assigned to the 1st Infantry Division, Faryniasz is one of 42 Air Mobility Liaison officers in the Air Force, and stationed at the division headquarters in Wurzburg, Germany.

"I've worked hard to be a player on the division staff. I'm a team player," says Faryniasz. "It's really exciting to be involved in such a historic movement as this."

"Too many people pay lip service to taking care of troops," says Faryniasz. "So many



**Taking orders for upwards of 80 pizzas a day is just part of support Maj. Kirk Faryniasz provides to Soldiers on the way to Iraq.**

people do just what the job requires... and no more. I feel I'm on 24-hour call to help these soldiers headed to a war zone."

Brooklyn, N.Y., native, Spc. Wellington Jimenez, on his way to Iraq, was most appreciative of the liaison officer's time and effort. With a hot slice in hand, he pointed out, "This is what it's all about, people looking out for each other. It reminds you you're part of a big team, no matter what service you represent."



# American Warrior



Spc. Scott Akanewich, 13th Public Affairs Detachment

**P**at Tillman was a warrior. Like his counterparts, he donned a helmet and shoulder pads each Sunday, like a gladiator preparing for battle in one of 30 modern-day Roman Coliseums scattered across America.

However, unlike his NFL contemporaries, he chose to trade his football jersey in for a uniform of a different kind, one in which he would no longer represent the Arizona Cardinals. Now, he would represent his country against enemies far more dangerous than All-pro quarterbacks and wide receivers.

He not only joined the Army.

He became a Ranger. Tillman fully recognized the hazards of his choice, sacrificing the luxurious lifestyle of a professional athlete to serve a higher calling, one that echoed throughout his soul on September 11, 2001.

Family and friends were shocked, but not surprised, by this decision for he always was a man of principle, once spurning a big-money offer to defect to the St. Louis Rams as a gesture of loyalty to the Cardinals organization, who had given him his chance to play in the NFL.

Now, he would not be chasing enemy ballcarriers in the Valley of the Sun whose most dangerous threat was breakaway speed, but enemy insurgents through valleys on the other side of the world who were armed

with an agenda against all he held dear to his heart.

Pat Tillman was a more elite Soldier as a Ranger, however, he was elite long before donning the tan beret. He was an all-conference linebacker at Arizona State before setting a Cardinals team record for tackles in a season upon his arrival to the professional



Pat Tillman, defensive back, Arizona Cardinals

ranks. He also graduated from ASU in 3 1/2 years with a 3.84 grade-point-average and a degree in marketing.

He never failed his comrades, be they on the gridiron or the battlefield. He had his fellow players' and Soldiers' backs. Tillman seamlessly translated his fierce competitiveness and loyalty from the athletic arena to the fronts of his country's war on terror.

He'd probably be the first to tell you he's no more of a hero than any of his fellow Soldiers who have gallantly given their lives for their country in this war or any of the previous from the Battle of Bunker Hill to the Battle for Baghdad and beyond.

The difference is the

American public knew Pat Tillman, be it as football fans or perhaps as just "the guy who gave up playing football to join the Army." The sad irony is that although he never spoke publicly about his life-changing and now life-taking decision, by dying in the line of duty, his memory will now take on almost mythic proportions compared to if he had simply finished his three-year commitment and returned to his football career.

Everything happens for a reason, though.

If Tillman's brother, Kevin, or another member of his platoon had fallen that day in Afghanistan, it would have been treated with the same momentary sorrow as that of the other several hundred faceless casualties this conflict has produced.

But this is different.

The American public and sports fans in particular feel as if they have lost someone close, someone who spent countless hours dashing around on their television screens for their enjoyment.

Pat Tillman was far too good of a man to die young. Maybe the loss of a man's life this good will again refresh the American mind that this is a war that is far from over, one that is taking America's sons and daughters on a daily basis. It's not one that should be treated with disdain or indifference regardless of one's political views on the matter.

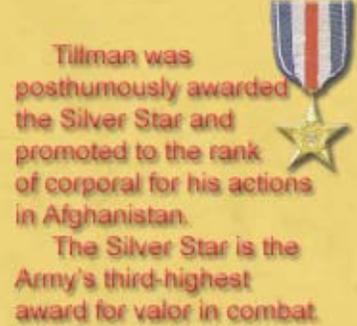
He came from a world



Spc. Pat Tillman

where words such as "battle" and "war" are too easily thrown around describing actions on a football field to one in which those terms take on quite literal meanings.

So the next time an NFL player is lauded for being "unselfish" by restructuring his contract for the betterment of the team, remember Pat Tillman's unselfishness, for it was true and unconditional. He committed three years of the kind of life common men only dream of to fight



for freedom and ultimately paid for his patriotism with it.

In the end, Pat Tillman and countless others over the decades have taken one for the team, one on which we, as Americans, are all members.

For that we should all be grateful.



# Operation Iraqi Freedom



Staff Sgt. Quinton Russ

Sgts Richard Cox and Matthew Jenkins with the Marine Corps Fast Tactical team, scan the area for potential danger during a patrol of the Coalition Provisional Authority compound in Baghdad, Iraq.



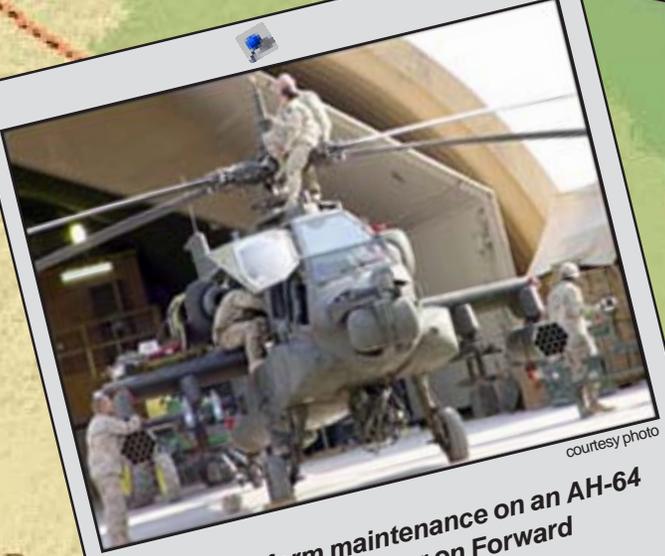
Lance Cpl. Kenneth E. Madden III

Marines with Company E, 2nd Battalion, 1st Marine Division, climb over a wall to get into a safe position prior to entering a building during Operation Vigilant Resolve in Fallujah, Iraq.



Sgt. April Johnson

Soldiers with 1st Battalion, 21st Infantry Regiment, prepare to raid a Kirkuk, Iraq, schoolhouse where anti-coalition forces may have hidden mortar rounds to use against coalition troops.



courtesy photo

Soldiers perform maintenance on an AH-64 Apache attack helicopter on Forward Operating Base Speicher in Iraq.



Staff Sgt. Ricky A. Bloom

A Soldier with Company B, 1st Battalion, 12th Cavalry Regiment, provides security during a patrol near Forward Operating Base Camp Eagle, Sadr City, Iraq.