

Desert VOICE

May 19, 2004

**High Temps
Are Back!**



**Good Sun
Bad Sun**

Survival Tips for Desert Heat - Page 11

DESERT VOICES INSPIRATION

"A rock pile
ceases to
become
a rock pile
the moment a
single person
contemplates it,
bearing within
him the image
of a cathedral."

— Saint-Exupéry



PHOTO OF THE WEEK

Pfc. Georgie Rodriguez from the 565th Quartermaster Company captures a sunset in Kuwait from the back of a HMV while serving as part of a Quick Reaction Force at Camp Arifjan.

The Desert Voice

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MILITARY WHISTLE-BLOWERS HAVE RIGHTS

A little known law protects members of the armed forces who inform about misdeeds. Servicemembers are protected from being discharged, demoted or intimidated if they report suspected wrong-doing. Often when Soldiers report abuses they are implicating their superiors, which may cause them to hesitate and withhold information regarding wrong-doing.

May is National Skin Cancer Detection and Prevention month

WARNING:
Even a few serious
sunburns can
increase your risk
of getting
skin cancer

WARNING: Use
sun lotions, creams,
sprays, and powders
with an SPF of 15 or
higher.

Desert QUIZ

Ques: What are the
signs and symptoms
of HEAT STROKE?

The person stops
sweating, the skin
is dry & hot, the
pulse is fast, also
look for headaches,
nausea, vomiting,
mental confusion.

"Real leaders are
ordinary people
with
extraordinary
determinations."

— JOHN SEBASTIAN GARDE

DESERT VISIONS

The Desert Voice staff welcomes your story suggestions and photos.
Email them to us, or call us at D9N 825-5332 or 825-4730.



Spc. Samantha Ruszczyk demonstrates one of the more enjoyable ways to beat the Kuwaiti heat, relaxing at the Camp Arifjan pool. With temperatures rising daily, Soldiers need to be vigilant in guarding against heat-related injuries. (Photo by Spc. Scott Akanewich)

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THE ANGER WITHIN

Feelings of anger a deployment challenge Spc. Marc Loi, 13th Public Affairs Detachment



You've probably seen it – drill sergeants in their “Smokey-the-Bear” hats turning red, fuming and screaming at 200 words per minute. Beware, however, if you're not a drill sergeant – such anger can damage relationships, careers and relationship in the work place.

According to Clinic Social Work Officer Capt. Pearlie Hodges, aside from health issues, including heart attacks and high blood pressures, associated with angry outbursts, other problems may include irritability, lack of concentration and poor work relationships.

Hodges, along with mental health specialist Sgt. Ruby Roy, are leaders and founders of a seminar entitled, “What's In Your Tool Box: Finding Effective Ways to Manage Anger.”

Though the class is primarily aimed at Soldiers serving time in the confinement facility here, Hodges said it's also open to other Soldiers as a way to prevent them from ever having to be sent to the facility.

“Anger is probably the number one issue that brings Soldiers to the confinement facility,” Hodges said.

Perhaps the reason for such a high proportion of Soldiers being temperamental has to do with the stress of a deployment, Hodges said.

“Anytime you're on a deployment, everything is crisis oriented,” she said. “There's that feeling of helplessness, especially if problems are taking place at home.”

Problems at home, along with the daily workload, combined with other factors are often the reason for anger, she said.

This is especially true for younger, less experienced Soldiers who are overseas for the first time – many are still trying to cope with particular situations and learn to deal with others.

“They're the younger, less experienced

Soldiers. This is because they are in the lower rank and have less power and authority to change things,” she said.

But anger doesn't just apply to lower-ranking Soldiers. Supervisors, too, can show anger, and Hodges said such anger can cause them to be viewed as unapproachable or hostile, thus creating an unhealthy working environment.



Sgt. Ruby Roy,
mental health specialist

“Angry specialists grow into angry staff sergeants who will grow into angry master sergeants,” she said.

The key is to stop such angry outbursts from taking place, and perhaps the first step to such intellectual harmony is realizing that no matter what the situation is, that it, too, shall pass, she said.

“A lot of situations are temporary, don't put so much emphasis on it,” she said.

“Have someone that you can talk to, and eat right.”

According to Roy, 99 percent of anger stems from perception of a situation and only one percent stems from reality. This means on any given situation, a person's reaction (especially anger) is decided how he perceives the situation.

A person having a bad day, therefore, tends to perceive the situation is negative, thus will react negatively to anyone or situation he comes across.

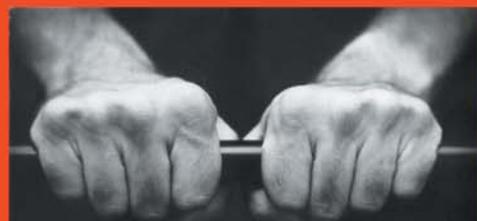
Also a good way of relieving anger is to try to understand the situation.

Roy cited an example, stating that instead of treating inconsiderate bay mates with hostility when the music is loud, consider approaching the situation with tact.

While the emotion of anger is neither good nor bad, how one reacts to anger can be. For example, an angry outburst about a certain situation would be negative, whereas a positive reaction, such as taking charge an improving office environment, is a positive reaction.

“How long does anger last for?” Roy asked. “For as long as you want it to last.”

Soldiers wishing to attend anger management class are encourage to call their local chaplain for an appointment. 



Hot Tips For Cooling Down

Laugh often

Anger and humor cannot be in the same mind at the same time. By actually seeing the humor in a bad situation and laughing at yourself, you will force anger, and the harmful physiological effects that go with it, away from your brain and body.

Be tolerant

All you have to do to practice tolerance is accept other people as they are, not as you would like them to be. When you are tolerant, your actions will almost always become more effective. By doing so, the next time you have a point to make with your friends, colleagues or loved ones, they will be more likely to listen and hear you out rather than start another argument, because you were tolerant to them in the past.

Increase your empathy

By being able to see a situation through another person's eyes, you will often find yourself capable of short-circuiting cynical beliefs before they generate the anger that is harmful to your health.

Assert yourself

Real injustices do exist in the world, and you normally can't help but get angry. The goal in learning to control your hostility is not to become insensitive to all injustices but rather to become more focused and selective.

Avoid loud speech.

Loud voices and speeches are associated with hostility and anger. Whenever possible, lower your voice and speak a calm manner.

Look in the mirror

When you see what you look like when you're angry, you're more than likely to calm yourself down.

Armored Warriors



New body armor a proven lifesaver Sgt. Vanessa M. Bagley, 377th TSC

Armor has protected warriors throughout the ages, from ancient gladiators and knights to modern Soldiers and Marines. As the weapons and tactics used in warfare have evolved, so has the armor. And the Interceptor Body Armor used today is the best protection that technology has to offer.

"I feel safer wearing the IBA," said Sgt. Stephen Soliz, a civil affairs NCO in the 13th Corps Support Command at Logistical Support Area Anaconda, Iraq.

Soldiers at LSA Anaconda must wear their vests and helmets all the time because of frequent rocket attacks around the camp.

The IBA includes an Outer Tactical Vest and Small Arms Protective Insert plates. An OTV with Kevlar alone can stop fragmentation and 9 mm rounds. The ceramic SAPI plates can additionally stop multiple 5.56 mm and 7.62 mm rounds.

"We've seen them (the SAPI plates) bullet hole ridden, some with shrapnel still stuck in them.

I've never seen one totally penetrated all the way through," said Sgt. SirVon M. Montague, SAPI NCOIC with the 1004th Quartermaster Co. at Camp Victory, Kuwait.

The SAPI design has undergone considerable qualification testing, according to Robert F. Monks, product manager for personnel safety systems at Simula, an Armor Holdings Company.

"They ... are exposed to heat, cold, a frontal drop, humidity, dust, dirt, oil, diesel fuel, altitude, and water immersion," said Monks in an e-mail. "They must pass ballistic testing after exposure to these environments."

One out of every 100 to 300 plates in each

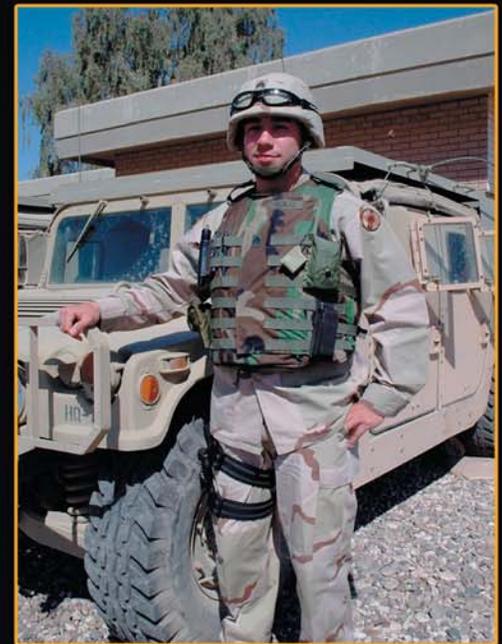


This SAPI plate was recently used for field testing at Camp Victory where company claims were verified; they will stop three 7.62 rounds hitting with four inches of spacing

production lot is also tested, he said.

The IBA system weighs 16.4 pounds for a size medium, which is about 10 pounds less than the armored vest the military previously used.

"The plates were designed by



Sgt. Stephen Soliz takes full advantage of his Individual Body Armor complete with the new Small Arms Protective Inserts

government employees at Natick Labs to optimize the Soldiers comfort," explained Monks.

The armor can still feel uncomfortable in the heat, according to Soliz, but he believes "it's worth the discomfort, especially with all of the mortar attacks the past few months."

"After wearing it everyday, you're body gets used to it so it becomes second nature," said Soliz.

Warriors today face dangers that gladiators and knights could have never imagined, but with the IBA, they're better prepared for it. 🐉



It works! An Iraqi 7.62 bullet hit the edge of a SAPI plate, and was then stopped by the Outer Tactical Vest

DRIVE ON!

Big Red One Soldiers repel enemy forces during convoy

Pfc. Bryce S. Dubee
CFLCC Public Affairs

OPERATION IRAQI FREEDOM--

Traveling by convoy is a regular part of life in the Army, but for those Soldiers deployed to Iraq, this day-to-day activity is one filled with the constant threat of ambushes and attacks by mortars and improvised explosive devices. The Soldiers of 1st Infantry Division Artillery take these threats very seriously.

Soldiers from this unit were traveling through Central Iraq April 28 when their convoy came under attack.

Pfc. Richard Bond, a gunner from Baton Rouge, La., was posted atop the lead Humvee when he saw a rocket-propelled grenade heading towards his vehicle. It missed, landing in front of 2nd Lt. Michael Zanetti's Humvee, the second vehicle in the convoy.

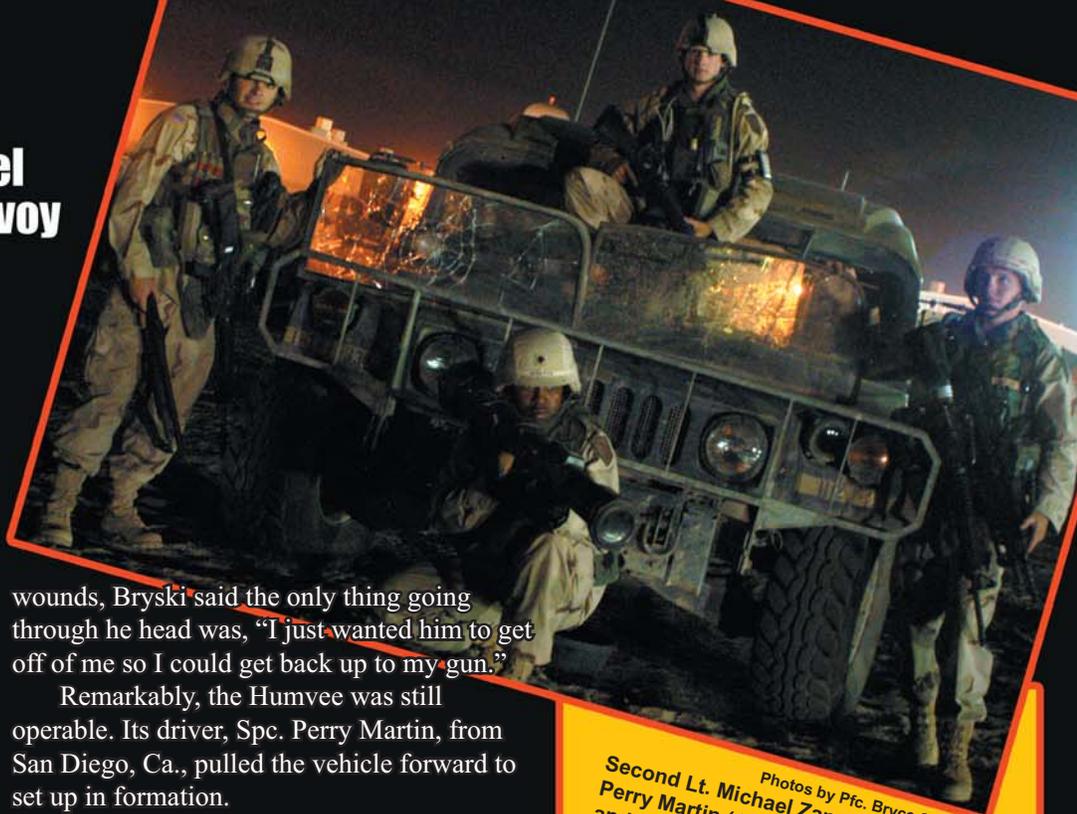
Simultaneously, a massive fireball exploded on the left side of Zanetti's Humvee.

"The first thing I heard over the radio was 'IED! IED!'" said Pfc. James Wellman, a gunner positioned at the rear of the convoy.

Back in Zanetti's vehicle, the young lieutenant from the Virginia Military Institute's first reaction was, "Is everyone ok?" He turned around and saw that his gunner, Spc. Tim Bryski, had been hit.

"I looked over and saw blood," said Bryski, who had been hit by fragments from the RPG in his right arm. Immediately, the assistant gunner, Spc. Mark Lanier, began performing first aid on Bryski.

Lying in the back of the Humvee while Lanier tended to his



Photos by Pfc. Bryce S. Dubee
Second Lt. Michael Zanetti (left), Spc. Perry Martin (kneeling), Spc. Mark Lanier (right) stand in front of their damaged Humvee, displaying the shattered windshields. They were attacked April 28 while on a convoy in central Iraq.

wounds, Bryski said the only thing going through his head was, "I just wanted him to get off of me so I could get back up to my gun."

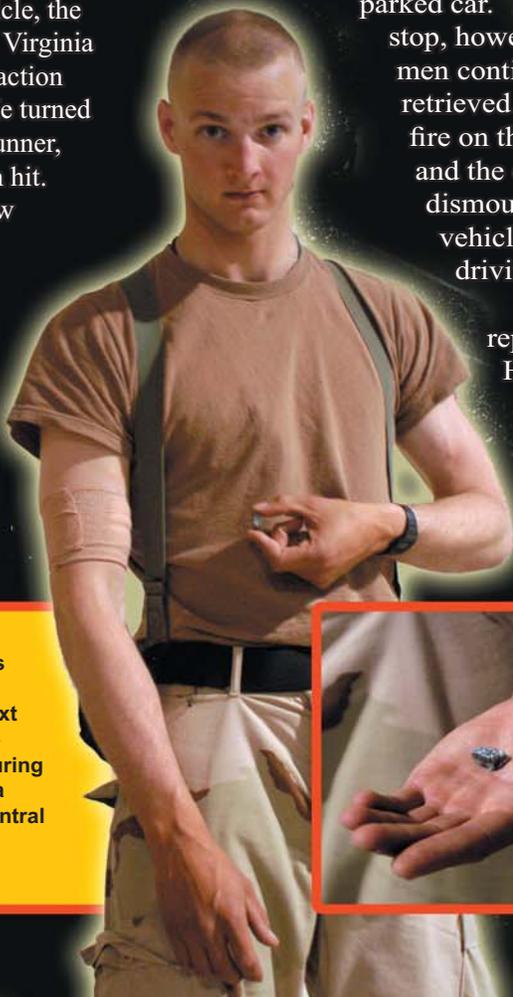
Remarkably, the Humvee was still operable. Its driver, Spc. Perry Martin, from San Diego, Ca., pulled the vehicle forward to set up in formation.

Bond's vehicle was already in position, when he looked back and saw Martin bring the second vehicle forward.

"I was so happy to see them ride out of the smoke behind me," said Bond.

As Zanetti's Humvee came into position, they spotted three Iraqi men along the side of the road, running to a parked car. They were ordered to stop, however, said Zanetti, the men continued to their vehicle, retrieved weapons and opened fire on the convoy. Zanetti and the other nearby soldiers dismounted from their vehicles and returned fire, driving off the enemy.

Later, while repairing the damaged Humvee and replacing the windshields that had been melted from the blasts, a shell fragment, roughly one inch in diameter,



Spc. Tim Bryski holds the shell fragment (inset) that hit him next to his injured arm. He received the injury during an ambush while on a convoy April 28 in Central Iraq.

was extracted from the front of the vehicle. It had been stopped, miraculously, by the windshield wiper arm.

Bryski's wounds were not life-threatening, and he is back on duty, looking forward to continuing the mission. The worst part for him, he said, was finding a new desert camouflage blouse his size.

Overall, the Soldiers involved in the attack consider themselves very lucky. The tactics, techniques and procedures (TTPs) they have learned to deal with these sorts of situations

"I looked over and saw blood."

have been proven very effective, said Zanetti. This experience shows them what they need to practice and what they need to tweak to fit their mission, he said.

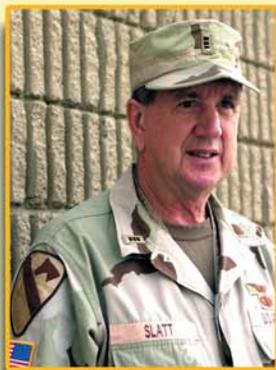
"Ultimately, this is a game of cat and mouse," said Zanetti. "Every time they change their tactics, we have to change ours." 



Three Cavalry warriors troop the sands of OIF

Spc. Marc Loi, 13th Public Affairs Detachment

For Lt. Col. Larry Phelps, Lt. Col. Eric Cleveland and Warrant Officer Andy Slatt, changes and progress were both experienced and seen from the battle fields of Vietnam to the dusty sands of Saudi Arabia, and now, to the vast deserts of Iraq and Kuwait.



CW3 Andy Slatt

Cleveland, who served in Dese Storm and Desert, said perhaps the biggest changes he's seen since he was last here is the technological advancement.

Whereas now, Calvary

Soldiers are afforded the amenities of Global Positioning Systems and other technological advances in the battlefield, Cleveland said Soldiers didn't even have access to secured channel radios during Desert Storm and Desert Shield.

Cleveland said he remembers coming back from a mission during the operation one early morning and pulling right in front of an Iraqi tank. Fortunately for Cleveland and the crew, the tank had already been shot.

The lack of technology, however, also helped Cleveland and other Soldiers in many ways. Though the early '90s saw the boom of CNN and other news networks, Soldiers did not have the access to such networks overseas.

Prior to military actions against Iraq, Cleveland had no idea of when it would be or what the reaction of America would be.

This was good – because without the public's reaction, especially those that were negative, Soldiers could stay focused on

doing their job.

Ensuring Soldiers stay focused is also the job of the NCOs.

"The secret to success is the NCOs," he said. "I've seen very good NCOs, as an enlisted I said my goal was always to be a first sergeant one day."

Slatt, a formal Special Forces sergeant, agreed.

"The main difference between Vietnam and the Soldiers today is that the NCOs today are better educated and have more accessibility that allow them to communicate (effectively)," he said.

While in Vietnam, Slatt and his crews did not have access to the technology.

"The way I see a mission in those 15 years of Special Forces is every mission is a communication exercise. If you don't have comms, you don't have anything."

Though operations in Kuwait may be less chaotic than it is in Iraq, Phelps said he believes supporting Soldiers, as well as National Guardsmen and Reserve Soldiers, play a vital role in the successes of OIF.



"(It's great) what we've got here in Kuwait," he said. "The Soldiers are setting up the warfighters for success.

The last generation, too, set the Cavalry up for success.

"The successes are built on the backs of giants," he said. "(The Cavalry) draws strength from the examples.

"We've always got to keep in mind we're disciplined warriors," he said. "We've got a great team and a great heritage."

Slatt, too, learns to appreciate the past as well as the present.

"There are a lot of similarities between my era and today," he said.

"We're very dedicated, professional, caring and hard working."

Soldiers today, however, have more support than they did in Vietnam, Slatt added.

Despite the protests and draft in the '60s, most Soldiers served because

they wanted to do something for America, Slatt said

"Most of us were big supporters of JFK. We did all we could for the country. That was the thing to do," he said.

"Coming home and getting ripped ... that was the hardest part. You got labeled all kinds of things."

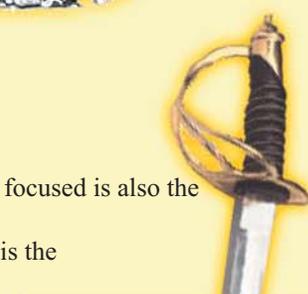
Even with recent events that may cast a dark shadow on

American Soldiers, Slatt said the majority of Soldiers are good, dedicated Americans.

"I don't feel it reflects what we really are as American Soldiers and as professionals," he said. "Ninety-nine percent of us are moralistic.

"I've always been proud to be a part of 1st Cav. I am proud to have served with so many great Soldiers and it's an honor to be associated with such an incredibly professional and courageous unit."

"We've always got to keep in mind that we're disciplined warriors... we've got a great team and a great heritage."



Heartland Patriot

Nebraska farmgirl's love for freedom extends from cornfields of Middle America to sand dunes of Middle East

Spc. Scott Akanewich, 13th Public Affairs Detachment



Spc. Samantha Ruszczyk stands outside the door of her tent which contains a mural that honors the World Trade Center.

The first thing you notice about Spc. Samantha Ruszczyk upon meeting her is this is a Soldier mature beyond her years.

She isn't just wrapped up in her own existence, typical of the "me" generation.

Ruszczyk is different.

From the way she carries herself to the way in which she describes what it means to her to serve her country to the very reason she joined the Army.

"After 9/11, I didn't want to feel helpless," said the 18-year-old native of Papillion, Neb. "I have a philosophy that my life isn't based around me. I'm here to do something to help."

Ruszczyk, an administrative specialist assigned to the 809th Quartermaster Battalion, has a unique perspective on military service, in no small part due to the history of service in her family. Her father served in Vietnam, her grandfather in World War II, Korea and Vietnam, both in the Army, while her uncle served in the Navy.

As a result, Ruszczyk views her service as more than just putting on a uniform and going to work every day.

"I love what being in the Army stands for," she said. "To protect our families, freedoms and the things I care about."

Ruszczyk served others long before joining the Army, however.

She worked at a retirement home while in high school, one that included many veterans.

"I loved talking to them and hearing their stories," said Ruszczyk, who still corresponds with a retired colonel she came to know there.

There's one other thing that makes Ruszczyk not your average Soldier.

She was adopted as a baby and just met her biological mother for the first time before she deployed.

"When I got mobilized, I wanted to find her," she said. "I called the adoption agency and they started the search."

Finally, Ruszczyk met her mother and was instantly overcome by a feeling of familiarity, she said.

"It was like she was my best friend who I hadn't seen in a while," said Ruszczyk.

Although some would expect animosity upon meeting a parent who had given them up for adoption, Ruszczyk insists that's not the case with her.

"My mother was a 21-year-old college student who wasn't ready to raise a child," she said. "She said she wanted the best for me. A lot of people ask me if I'm mad, but she was selfless in making her decision."

As far as her deployment is concerned, Ruszczyk was at a loss when she found out her unit was mobilizing just days after arriving back home from Basic and Advanced Individual Training.

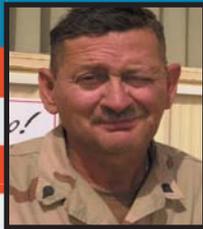
"I was shocked, but I wasn't unhappy," she said. "I'm happy to be here."

From the cornfields of Nebraska in America's heartland to the desert sands of the Middle East, this is one patriot who is proud to be a Soldier and everything it represents. 

FACES OF FREEDOM



Pfc. Maria Gonzalez
Southgate, Calif.



Spc. Steven Jowers,
Augusta, Ga.



Sgt. Alicia Hernandez
Carson, Calif.



Alena Reikian
Russia



Tech. Sgt. Troy Eastman
Holderness, N.H.



FREE MAIL!

But You Gotta Know the Rules Spc. Scott Akanewich 13th Public Affairs Detachment

The Army's free mail program is in place for Soldiers send mail home for free, provided the items being sent fall within certain guidelines.

"Mostly during wartime, Soldiers don't have the chance to get to a post office to buy stamps," said Maj. John Moody, 348th Personnel Group, deputy director of postal operations.

Under the Army's free mail system, mail weighing up to 13 ounces can be mailed stateside at no charge as long as it contains personal correspondence of some kind (i.e. letters, video CDs or VHS tapes.)

Another form of free mail available for Soldiers in theater is the Military Postal Service. This provides the ability to send mail between APO addresses for free. Under this program, packages can weigh up to 70 lbs. and measure up to 108 inches between the length combined with the girth at the widest point.

The ability to send mail home as well as receive it is a big morale booster for troops in theater, said Sgt. 1st Class Sean Sweeney, 909th Adjutant General Company,

postmaster. "It's very important to send things home," said Sweeney. "Mail is the second-biggest morale booster after pay."

There are, however, certain things that should never be mailed such as any kind of ammunition, ordinance or a popular item among Soldiers, cigarette lighters shaped like handguns.

Although uniforms and boots are authorized to be mailed, one type of equipment that should never be sent through the mail is TA-50, said Sweeney.

"If Soldiers send their TA-50 home and they get extended, it would damage mission capabilities," he said.

Something Soldiers should also pass along to their families who are planning to send them things is to leave the word "Kuwait" out of the address, as well as the Soldier's higher command, said Sweeney.

"All they need are name, unit, base camp and APO," he said. "Also, if Kuwait is in the address, the package could end up being mixed in with international mail and take longer to arrive."

Upon changing locations within theater, the individual is responsible for alerting the proper



postal personnel to assure they continue to get their mail at the new location. 🐜

"Mail is the second-biggest morale booster after pay."

Soldiers Helping Soldiers

A Salute to helpful APOD Personnel

Spc. Marc Loi, 13th Public Affairs Detachment

November is six months away, but already, I've added another name to the list for whom I should be thankful.

Soldiers, it seems, have the misconception that the military is often about "hurry-up-and-wait."

If such misconception was not dispelled by the "shock-and-awe" of OIF, it was taken away by the competence and fiery attitude of the Soldiers and officers serving at the Aerial Port of Debarkation – from where I left for my Rest and Relaxation.

Since the moment of my arrival, APOD personnel helped every bit of the way, ensuring I

was where I needed to be and provided me with information I would need to be on R&R.

They even went so far as to provide pens for servicemembers forgetting to bring one, as well as provided words of comfort for those who weren't fortunate enough to be leaving for R&R, but rather emergency leave.

I fully expected to spend at least half a night at Camp Wolverine, lying on a dusty cot. But instead, I was put in a room that was air-conditioned, with a television, books, water and MRE's.

On the bus ride from the Camp Wolverine

personnel not only provided escort, but also muscle power, as they helped load the hundreds of rucksacks and duffel bags we brought on the trip.

On the trip back, APOD personnel were equally as helpful. They were there the moment we stepped out of the airport, ensuring we knew where to be for the bus that would take us back to Camp Wolverine. These Soldiers didn't provide just service, but also a smile, often engaging conversations about where Soldiers were going and what they would do.

Even if such service were not expedient, it is safe to assume servicemembers would have enjoyed going through Camp Wolverine anyway – their attitude would bring a smile on any servicemember's face, whether going on or coming back from leave.

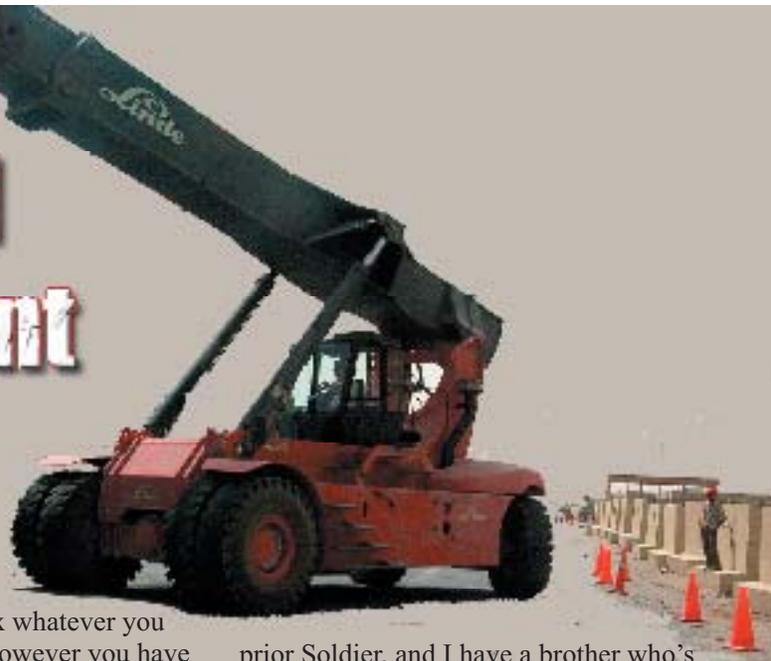
For that, I am thankful. I am thankful I got the chance to appreciate their hard work; I am thankful others got the chance to appreciate the same service; most of all, I am thankful they've made a difference – sometimes, a difference, no matter how small, can go a long way. 🐜





Logistical Sustainment

**Story by Spc. Karima Mares
13th Public Affairs Detachment**



CAMP ARIFJAN, Kuwait—As servicemembers continue to move up north and into the OIF theatre of operations, the people who support them are often overlooked.

In Kuwait, there are a great number of support positions held by Kellogg, Brown and Root (KBR) contracting.

One of the most important contracts held by the company is known as Task Order 58.

“Our mission here is basically to receive, store and issue supplies to the local units, and to the Supply Support Activity sections that are in Kuwait and Iraq,” said Bruce Kallage, KBR, Task Order 58, manager.

As a matter of fact, there are 580 ex-patriots and 1090 Host Country Nationals (HCNs) that work to sustain the troops in OIF.

According to Marty McLaughlin, Class II Warehouse supervisor, the warehouse can supply class I, II, III, and IV supplies, which is respectively, water and MREs, office supplies and materials, Petroleum and oil, as well as, concertina wire, barbed wire, pickets, Ply-wood, lumber etc.

“The interesting parts of my mission are the daily challenges that clients present us with,” Kallage said. “Right now we are on what we call a Logistical Contract Augmentation Program (LOGCAP)

mission, which means fix whatever you have to fix, right away, however you have to fix it, but we’re getting ready to go into a sustainment mission, which means we need to start planning for long term fixes.”

Kellage said that many of the contractors are ex-patriots who have worked in LOGCAP since the program began when troops were sent to Somalia and Rwanda.

“We are bringing about a lot of experienced people who were involved in LOGCAP I in Haiti and LOGCAP II, in the Balkans,” Kellage said.

With the ever changing climate between U.S. and Iraq, the Class II warehouse mission continues to adapt to fit the needs of the troops.

“We have to work very closely, to get everything right,” said KBR’s military counterpart, Maj. Gerald L’Ecuyer, direct and general support accountable officer, who works with the contractors on a daily basis. “We try hard, and if we can’t help you, we’ll find someone who can. I’m proud of the Soldiers,” he said. “I’m proud of what we do here, of the way we serve Soldiers; we have people that will drive all the way from Iraq to see us, because they’ve heard we can help them, Kellage added.

“Our biggest challenge right now is to give the Soldier what he needs up North because there are road blocks and other obstacles,” said Wayne Bennett, warehouse foreman.

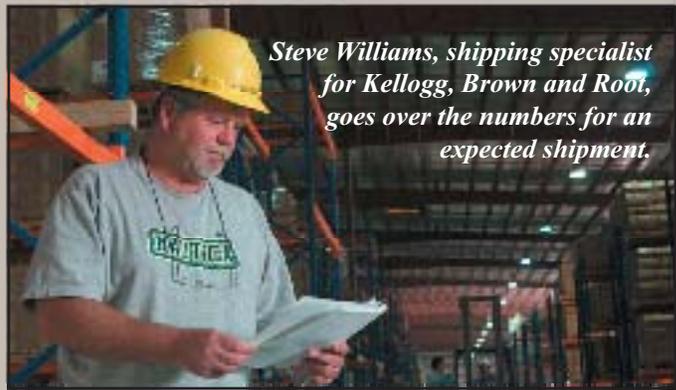
Although the contractors face many challenges when trying to get supplies and equipment to both U.S. and Coalition troops, they are determined to help support the troops.

“I love my job, I’m a

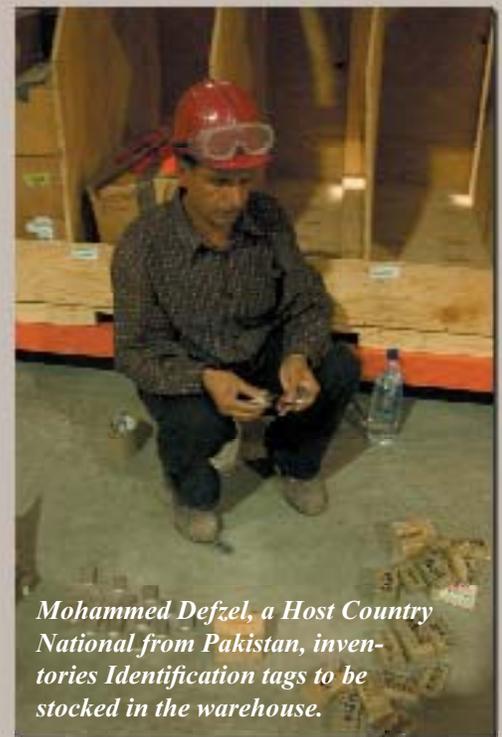
prior Soldier, and I have a brother who’s over here now,” Bennett said. “To me, the Soldiers on the frontline are just like my brother, I don’t know where they are at any given time, but my main mission is to give those Soldiers what they need, as quickly as possible, so they can do their job and get back to their loved ones.”

With anyone, whether a servicemember or contractor, believing in the mission, helps to drive people to do their best.

“I have a lot of pride in what we are doing, and what the Soldiers are doing,” Kellage said. “I think this is an important mission, and I think people back home need to feel it’s an important mission. I think if people were here to see the support we are providing on a day-in and day-out basis, I think it would make a big difference.”

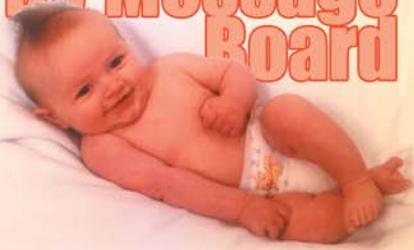


Steve Williams, shipping specialist for Kellogg, Brown and Root, goes over the numbers for an expected shipment.



Mohammed Defzel, a Host Country National from Pakistan, inventories Identification tags to be stocked in the warehouse.

DV Message Board



Congratulations to **MSG Kurt Miller and MSG Dean Shackles** on your selection to attend the Sergeant Majors Academy Class #31! Your individual endeavors, future potential, and dedication to military service are evident from this accomplishment.

Hello Honey, I'm sorry I won't be there to see our baby get born in two-weeks. You know I wish I could be there more than anything. I love you and miss you!-**SFC Santi Khoundet**

Hello to my beautiful wife, **Cordelia**, and my children, **Susannah, Blessing and Sarah**, daddy loves you all! I can't wait to see you!-**MSGT Emmanuel Nwuha**

To the guys at the Fort Lewis NCO Academy, who are deployed to Iraq, You're doing a great job, keep up the good work! I hope to see you before you leave, and Congratulations to those of you who got picked up for MSGT! -**MSGT Dean Shackles**

I'd like to say Hello to my son, **Spc. Andrew Anderson** at the APOD -Stay cool! And to my wife, CW4 Marilyn Anderson, and the rest of the 88th Soldiers, hope to see you in the fall! -**CW4 James Anderson**

To my son, **Airman 1st Class Tim Hamlett** at Dover Air Force Base, I'm proud of you and wish you well! And to my wife, **Kathy** and son **Robert**, thank you for all your support! -**Lt. Col. Othell Hamlett**

To my **Wifey Unit**, I love you and miss you, and I can't wait to see your beautiful face!
Your Loving Hubby Unit
-**CAPT Don Kaufman**

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

Fast Career Ender!

AAFES warns shoplifters the take is not worth the price you'll pay

OPERATION IRAQI FREEDOM - More than 120 Soldiers were apprehended for shoplifting from AAFES facilities between January 1 and March 31. These shoplifting cases equated to more than \$34,000 of lost merchandise and an incalculable loss in integrity, careers and respect.

The worst part, according to David Drake, AAFES Iraq loss prevention area manager, is most of the Soldiers apprehended had enough money on hand to pay for the items they stole. Most of our stores have some kind of surveillance; whether its cameras, detectives or both, said Drake. On any given day, we catch a tenth of the people who steal from AAFES. If you shoplift repeatedly, you will eventually get caught. I wonder if those Soldiers ask themselves if their military career is worth a one in 10 shot of getting caught?

Drake and Baghdad Loss Prevention Manager Rich Cabbage said they have heard all kinds of reasons and, but the one they hear the most is, "I forgot I had it." "I was going to pay for it later," is another, said Cabbage, who has frequently caught more than one person a day. "I've detained everyone from privates to majors," he continued.

The things people steal make Cabbage and Drake raise their eyebrows. They said once they caught a coalition soldier who



pairs of gloves on separate but only took the glove. Recently, Cabbage, it was They were light bulbs out of Mag-Lites. They light and stole the explained.

"Even if someone only takes a part of the item, it's still shoplifting," said Drake. "Shoplifting," defined Drake, "is stealing any item or part of an item, or changing the price to pay less than it is marked."

When loss prevention specialists observe someone shoplift, they will watch the person until the person exits the building. Then they will stop them, identify themselves, ask for an ID, explain why they stopped them and escort them to their office. There, they call the military police and wait

for them to arrive and take control of the individual.

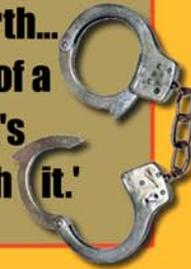
"We start our paperwork and for the most part, they sit quietly. Most realize it will make the situation worse if they get belligerent. But some do," said Cabbage. The LPS also explains the civil recovery

act. "We charge all U.S. military

and their supporters a \$200 fee per shoplifting incident. They can pay that on the spot, which some do, or they can make payments in allotted amounts," he said.

When the MPs arrive, they will take statements, recover the items and release individuals back to their unit for Uniform Code of Military Justice action. Whatever action the unit takes, "they're going to lose a heck of a lot more in pay than what the item was worth. Add to that the loss of their career, and it's just not worth it," Drake said. 🐞

'They're going to lose a heck of a lot more in pay than what the item was worth... add the loss of a career, and it's just not worth it.'



Choose Your Cover to Avoid Skin Cancer

You can operate effectively outdoors, while still protecting your skin from the sun, by choosing five sun protection options: seeking shade, covering up, wearing a hat, wearing sunglasses, and rubbing on sunscreen.



DESERT DANGER!

Heat Stroke: A Silent Killer!

Spc. Marc Loi, 13th Public Affairs Detachment

Whenever you're outdoors, be watchful of the sun. Not only can the bright, Kuwaiti sun burn, it can also cause dehydration and, worse yet, heatstroke.

The worse kind of heat injury, a heatstroke can do permanent damage to the body, and in some cases, can even take your life.

Unlike other heat injuries, heatstroke can take place without physical exertion – just the high temperature, lack of fluid and overexposure to the element can cause a heatstroke.

Look for these signs – better yet, drink water and stay cool so you won't have to be looking for these signs. But should these signs show up, here are some things you can do to help a buddy or yourself:

is the desert and cold water is hard to come by, an alternative would be to remove the casualty's clothing and pour water over the entire body while fanning it. The next step is to take the casualty to the nearest Troop Medical Clinic.

The easiest way to prevent heatstroke is to stay well-hydrated. This means drinking not just at times when you're exposed to the elements, but also constantly before and after. 

Immerse the casualty in the coldest water possible. Because this



Pfc. David M. Kirchhoff died from heat stroke during duty in Iraq.

Funeral services for Pfc. David M. Kirchhoff, Cedar Rapids, Iowa.



WATCH FOR THE SIGNS!

LACK OF SWEATING (usually), skin that is DRY & HOT, a reddish tinge to the skin, a RAPID pulse, headaches, nausea, DIZZINESS, vomiting, CONFUSION, or irrational behavior.

Body temps above 105 deg. can kill!



Sun Sense

Keep your skin healthy -- Don't get burned!

Avoid unnecessary sun exposure, especially between 10:00 a.m. and 3:00 p.m., the peak hours for harmful ultraviolet (UV) radiation.

Things you can do to minimize your chances of getting over exposed to the sun include wearing sunglasses with UV protection, wearing a hat and long-sleeved shirt. Don't forget to reapply sunscreen every few hours, or more frequently if you are swimming, sweating or toweling off.

If you've already indulged in the summer sun



Local TMCs warn against exposure to the sun during off-duty hours.

Summer is approaching in the desert sands of Kuwait, there are a few things to remember to keep yourself and your buddies safe.

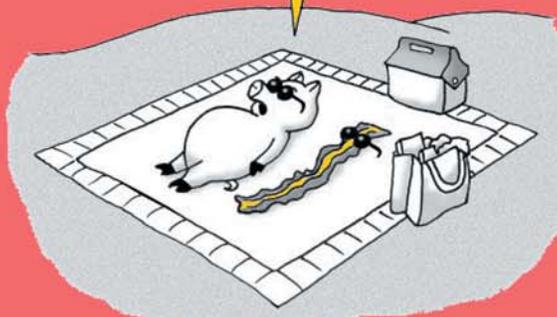
Temperatures in Kuwait have been known to rise to the 130 degrees.

To help combat the effects of the sun, wear sun protection with at least a sun protection factor (SPF) of 15 or higher.

All sunscreens are labeled with an SPF. The SPF acts like a multiplying factor, for example, if you would normally be okay in the sun for 10 minutes and you apply an SPF 15 sunscreen, you will be okay in the sun for 150 minutes. In order for the sunscreen to work, however, you need to apply plenty and it has to stay on. You should apply it about half an hour before going out in the sun (or the water) so it can bind to your skin - if you don't, then it is very easy for the sunscreen to wash off. If it's waterproof, apply one hour before sun exposure, also consider sweat-proof formulas and re-apply every two hours



MAYBE NEXT TIME YOU'LL TRY A LITTLE SUNSCREEN...



and have gotten sunburned, it is important to treat it properly. First, it's vitally important that you do not expose yourself to further damaging rays. Stay indoors until the burning subsides or pack on the sunscreen and cover up with clothing.

Drink plenty of fluids. Fluids evaporate more quickly from your body when skin has been overexposed. Apply cool water compresses to burned areas. Fresh aloe gel is also great for burns. To ease chafing, use a light dusting of talcum powder.

Do not use ointment, fat, or petroleum products on your sunburn.

If severe blisters arise or you feel nauseous or faint, visit the TMC immediately. 

Operation Iraqi Freedom



Photo by Department of Defense
A Soldier conducts a patrol as the sun sets near Logistical Supply Area Anaconda in Iraq. The area is being cleared in preparation for an air strike. The Soldier is assigned to the 1st Infantry Division. The division is deployed in support of Operation Iraqi Freedom.

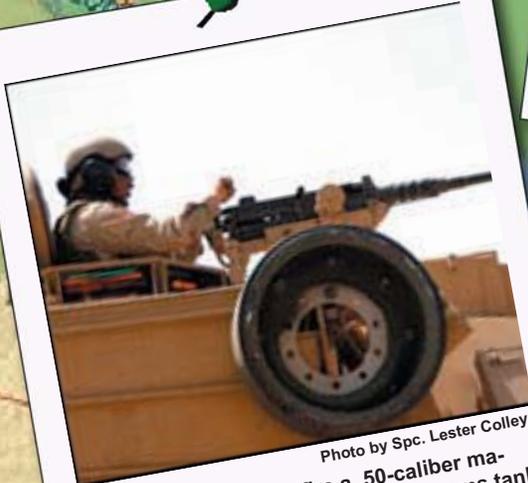


Photo by Spc. Lester Colley
A Soldier prepares to fire a .50-caliber machine gun mounted on an M1A1 Abrams tank after receiving enemy fire from anti-Coalition forces in Baghdad, Iraq. Soldiers and Coalition allies are defeating insurgents during Operation Iraqi Freedom.



Photo by Department of Defense
A Soldier maintains security as the sun sets near Balad, Iraq. The Soldier is assigned to the 1st Infantry Division, operating from Logistics Support Area Anaconda, supporting Operation Iraqi Freedom.



Photo by Cpl. Bill Putnam
Troopers cover a stairwell while clearing and searching a building for weapons caches during a pre-dawn raid. The Soldiers are assigned to the 1st Cavalry Division's Troop A, 1st Squadron, 7th Cavalry Regiment.



Photo by Department of Defense
As the sun rises over above the desert, a Soldier guards over the Kirkush Military Training Base in Iraq. The installation is used for training of Iraqi military personnel under the auspices of the Coalition Military Assistance Training Team.