

# *Desert Voice*

## ***Red Zone Clear!***

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page 9***



If you are ashamed to stand by your colors, you had better seek another flag.

—  
*Anonymous*

## EJECTED!!!

U.S. Air Force, Capt. Christopher Stricklin ejects from the USAF Thunderbirds number six aircraft less than a second before it impacted the ground at an air show at Mountain Home Air Force Base, Idaho, Sept. 14, 2003. Stricklin, who was not injured, ejected after both guiding the jet away from the crowd of more than 60,000 people and ensuring he couldn't save the aircraft. This was only the second crash since the Air Force began using F-16 Falcons for its demonstration team in 1982. Nobody was injured in the crash.



Associated Press Photo

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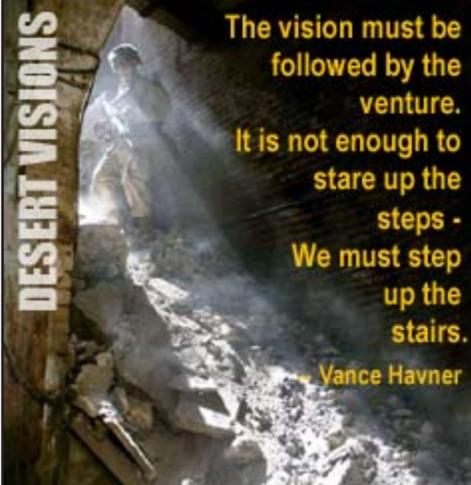
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If you are interested in having your photos considered for photo of the week, please e-mail them along with a cutline and the photographer's full name, rank, unit and home town to: [karima.mares@kuwait.army.mil](mailto:karima.mares@kuwait.army.mil)



Cover Photo by Staff Sgt. Eric Brown, 13th Public Affairs Detachment

**Sgt. Benjamin Growden, 121st Signal Battalion, 1st infantry Division, storms into a room at Camp Udairi's Military Operation and Urban Terrain complex for a train-up before heading into Iraq.**

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## SERGEANT, Be A Good Leader!

By Master Sgt. Michael Harris

ARCENT-KU, S-3, Operations Sergeant Major

Just because you are a sergeant doesn't mean you are a leader, and just because of your position, doesn't mean you are good. Being a good leader is within yourself, your desire, your culture, your hard work, and then, your heart. Good leaders are not born, but everyone is born with the potential to be. The potential now needs to be developed.

Sergeants! Do what it takes to be a good and strong leader, a leader of Soldiers. An unselfish leader, one who knows the mission and supports the bigger picture, and motivates subordinates to get the mission completed.

A good leader is proactive and always one step ahead then is ready to provide sound guidance or advice if needed. A good leader is one who knows how to be an effective listener, knows how his/her subordinates think and how they live, their strengths and weakness, and knows their families and looks out for their welfare. A good leader makes the hard decisions and does what is right!

A good leader is one who does not criticize, but mentors, guides

and understands how to motivate in the worst of times to obtain results without leading by enforcing fear. The leader must be one who is a strong speaker, forceful if necessary, without all the cursing, and is still able to reach the objective. Good leaders are ones who are willing to spend extra time to develop the weakest link; ones who instill the light of safety in the minds of their subordinates, and are always unselfishly available.

You are the first line leader, the sergeant; the leader of Soldiers and you must always be at the top of you game. Your team depends on it. No one has more direct responsibility than you. You are directly responsible for your Soldiers' lives, their achievements and failures. They have been assigned to you. You are their trainer, advisor, mentor and guide- their comforter. You will always be the blame, so be willing to accept it. You are the first-line leader. You must be on top of your game. You can't afford to be anything less.

You, the sergeant, the leader, have been entrusted with a great deal of responsibility; you must be able to stand up to the challenge. You must lead with the responsibility for mission and safety.

Sergeant, don't be complacent. Good leaders take charge of their responsibilities. The mission is not over until all has been accounted for on the home front. Complete your mission by delivering your responsibilities back home safely.



## NASCAR showing appreciation to military

By Sgt. Rael Tirado

204th MPAD

ORLANDO, Fla.— Servicemembers will be honored at the Daytona 500 pre-race ceremonies Sunday and others were guests of honor in the NASCAR Café during a military appreciation night Feb. 10 at Universal Studios.

Many of the service members were from the Army Reserve and National Guard from the central Florida region and were treated to food and a special guest appearance by Bobby Allison, a racecar driver in the Motorsports Hall of Fame. He appeared for an autograph and photo session.

Al Bauer, President of Worldwide Racing and a Navy veteran, helped organize the event with NASCAR Café.

Bauer said he came up with the idea when he talked with a local deputy sheriff of Orange County who told him there were 75 sheriffs called up for active duty.

"I was amazed that many people were called up," said Bauer. "We have to do something to make people more aware. That's how it got started."

Sgt. Nancy Rodriguez, an automated logistical specialist with the 824th Transportation Detachment, brought her 3-year-old daughter to the event.

"It's a good event and we don't get to go out often to events where you can bring children," said Rodriguez. She was deployed for nearly a year and served in Kuwait while her daughter lived in California with her grandmother.

"My mother would show her a picture of me everyday, so she would remember me," said Rodriguez. Her favorite racecar driver is Jeff Gordon.

February 18, 2004

Kevin Beary, sheriff of Orange County, attended the event to salute the service members. He said 53 officers from his sheriff's office have been called to active duty.

"We are so proud of them, they have gone all over the world to take care of business," said Beary. In his office they have held Christmas parties and other events for the family members of the officers that have been deployed.

Staff Sgt. J.W. Weathersby, a recruiter in the Orlando area, had a table with recruiting pamphlets and accessories to hand out.

"It was a great turn out. It's nice to see people thanking and saluting our soldiers," said Weatherby.

A local radio station broadcast live from the location and football players from the Arena Football League's Orlando Predators shook hands with the soldiers.

As the evening went on many people leaving the theme park stopped by the event just to talk to Soldiers and gives their thanks.



Desert Voice 3

# Absentee voting: Military and American citizens vote overseas

Compiled by Lt. Col. Randy Vance and  
GS-12 Brita Otteson

Office of the Command Judge Advocate

Under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA), all members of the U.S. military and all U.S. citizens overseas have the right to vote absentee in Federal Elections. The UOCAVA covers more than six million voters: 1.8 million military, 1.3 million military dependants of voting age, 0.1 million Federal civilian employees, and 3.7 million overseas civilians.

In order to exercise your right to vote absentee, you must first use a Federal Post Card Application (FPCA), also known as Standard Form 76 (SF 76), to register to vote and to receive an absentee ballot from

your state of legal residence. The FPCA is valid for all states and territories, except Guam and American Samoa. A copy of the FPCA can be obtained at the Internet website, <http://www.fvap.gov/> or by contacting your unit Voting Assistance Officer (VAO).

To register, you *must mail* the completed FPCA to the local election official in your *county* of legal residence. Currently there are no provisions to allow for submission of the FPCA through the Internet. The voting registration period is determined on a state-by-state basis. By law, all states must allow citizens to register at anytime up to 30 days prior to an election.

The Presidential Election is November 2, 2004 and the date for the various primaries and special elections are State specific.

Since State local election officials typically mail out absentee ballots to registered voters 30 to 45 days before an election, and since you are in the Middle East, it is recommended that you mail the FPCA to your election official immediately or not later than 75 days prior to the election for which you are going to cast a ballot. If you post the FPCA in a timely manner, but do not receive a State absentee ballot, then you may use a Federal Write-In Ballot (Standard Form 186), which you must receive from your VAO.

For additional information, contact your local VAO or use the website provided above.

Never forget that voting is a privilege paid for in blood-be a responsible citizen and vote!



## Change-of-address cards ease redeployment mail woes

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

**KUWAIT--** Letters and packages are not getting to soldiers. Why? Because the postal system has no idea where the Soldiers are. The solution? As easy as unit mail clerks ensuring change-of-address cards (DA Form 3955) are completed and turned in prior to redeploying, said Lt. Col. Robert Howard, Postal Director for the 3<sup>rd</sup> Personnel Command, the unit responsible for mail operations.

Units not turning in cards may cause problems for the military and civilian postal systems which impact redeploying Soldiers, delaying their mail upon arrival back to home station, Howard explained.

“Commanders need to make sure unit mail clerks collect cards from each Soldier or at least the unit if all Soldiers are returning to one location,” Howard said. “We had a division leave in which some units not stationed at division headquarters failed to fill out cards. Mail was backed up for days until we were able to correct the situation.”

Mail is forwarded to the unit’s home station. From there the unit mail clerk either forwards it to a home address or Soldiers are notified they have mail to pick up. This applies to the Reserve and National Guard as well, Howard said.

Although a change of address would seem like a logical thing to tend to when departing a station, units are often in a hurry to leave, said Howard.

“They are so excited

about going home, they forget there is still mail inbound. It’s the last thing on their mind. Even so, it’s extremely imperative they don’t forget. It’s each Soldier’s responsibility to fill out a change-of-address card and turn it in to their unit mail clerk,” Howard emphasized, adding that the clerk must then turn the cards into the unit’s supporting APO (Army Post Office).

The cards should be turned in at least 30 days prior to redeploying. Unit commanders should also inform their home station mail rooms to stop forwarding mail at that time. Mail will be forwarded by the theater APO for 60 days, after which the APO will either return it to sender or dispose of it in accordance with the DoD Postal Manual.



**You can make a difference,  
one vote at a time.**

In elections where small margins could make a big difference, every vote matters.

Take, for instance, these examples of one vote making a difference from the West Virginia Secretary of State’s office:

~ In 1776, one vote gave America the English language instead of German.

~ In 1868, one vote saved President Andrew Johnson from impeachment.

~ In 1923, one vote gave Adolf Hitler leadership of the Nazi Party.

~ In 1960, Richard Nixon lost the presidential election and John F. Kennedy won it by a margin of less than one vote per precinct.

**So it’s easy to see that voting can make a crucial difference.**

# Operational Security: Our security depends on you

Story by Spc. Marc Loi  
13<sup>th</sup> Public Affairs Detachment

**Callers and mailers beware** – the next time you communicate with loved ones at home, you may disclose serious Operational Security issues for this theater.

Listening in on opposing forces has been a practice of enemy intelligence since Alexander Graham Bell first invented the phone, and the likelihood of the someone still tapping is high, even though President George Bush announced the end of major warfare in Iraq nearly ten months ago.

“With the advent of the Internet and the digital age, information just from a single person can have global reach and serious consequences. Gone are the days of being limited to the range of your radios,” said Maj. Eric Bennett, Coalition Forces Land Component Command C-3 IO OPSEC.

“It happens all the time. It doesn’t take much for someone to plug in to find and listen to a conversation or read e-mails,” said Bennett, who constantly monitors e-mails and phone conversations, as well as digs through the trash – he said he does exactly what the enemy does when putting information together. Though his intention is to prove to others the risk of OPSEC, Bennett said the information he gets by monitoring phone calls and digging through trash bins can be used against U.S. forces.

“Just think of the damage I could do! I can take all the home addresses that I find in

the trash, pass them to a terrorist and target loved ones at home. The good part is that soldiers are starting to pay attention and shred their personal documents. I find fewer and fewer of them.”

Often times, Soldiers don’t realize they’re disclosing OPSEC information because they claim they don’t have classified information. “It could be something as simple as telling your wife you’re

going up north at a certain time and date,” said Master Sgt. Brian Allen, OPSEC officer for ARCENT, Kuwait. According to Bennett, a Bolton Landing, N.Y., native, OPSEC isn’t about classified information.

“OPSEC is critical unclassified information,” Bennett said. Examples of unclassified critical information, called Essential Elements of Friendly

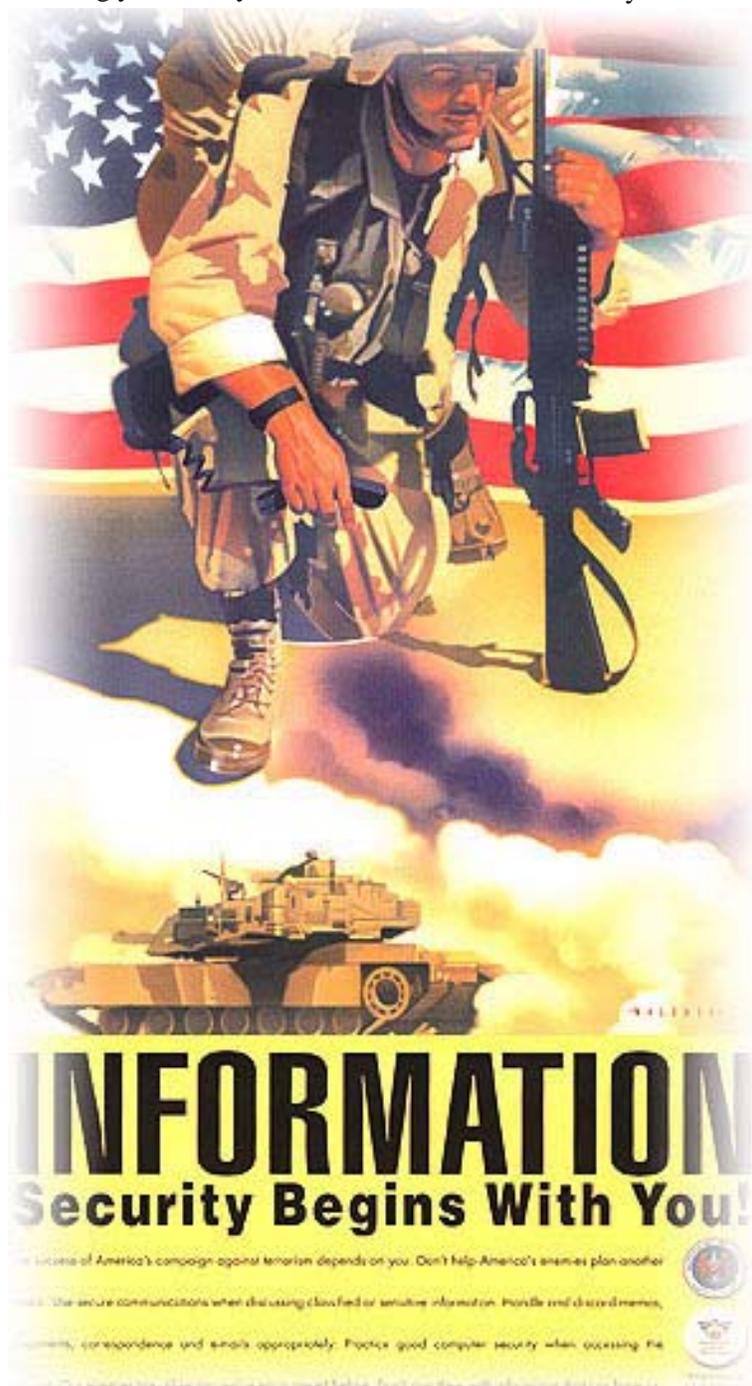
Information include unit status reports, flight and convoy schedules, diagrams of military bases and high-ranking officials’ itineraries. EEFI information like these, Bennett said, should not be exchanged via non-secure e-mail systems (NIPR) or on non-secured telephones and cell phones.

While minute details may not compromise OPSEC, enemy and foreign intelligence threats would be able to put the “pieces of the pie” together to form a clearer picture about the size, unit and activities of American servicemembers and unit operations, Allen said.

A way to avoid sending out information that may disclose OPSEC via e-mail is only to use SIPR, or if not available, use the Army Global Server Exchange in Kuwait to communicate your critical unclassified information. Web-based e-mailing systems such as AKO, hotmail, America Online and Yahoo are vulnerable and the information sent out can be intercepted and used by the enemy. Bennett intercepts a good portion of Web-based e-mails, he said.

Though most of non-classified information is just that, Bennett said such information, if in the wrong hands, could have deadly consequences.

“It can get somebody killed,” he said. “Everyone is responsible for protecting the information that could jeopardize the mission.”



# MOUT trains servicemembers for door to door

It's not a facility one would expect in the middle of the desert

Story and photos by Staff Sgt. Eric Brown  
13th Public Affairs Detachment

## CAMP UDAIRI, KUWAIT--

Soldiers from the 1<sup>st</sup> Infantry Division, from Wurzburg, Germany, practiced procedures for clearing suspected insurgents from structures one last time Sunday, before heading to Iraq to replace a division of Soldiers who have been in theater for a year. This valuable training was at Southwest Asia's premiere training facility for the U.S. Army.

The Military Operation and Urban



**Sgt. Benjamin Growden, with the 1st Infantry Division, trains for clearing a room at Camp Udairi's MOUT complex. The Soldiers are training at the facility in preparation for the next phase of their deployment into Iraq.**

Terrain, or MOUT complex, was designed to provide realistic, challenging and fully critiqued training to servicemembers who may soon encounter the possibility of clearing buildings, rooms, and stairwells primarily in Iraq. A portion of the complex is currently under construction, expanding its capability to offer servicemembers the training option of courtyard clearing, with its design similar to courtyards

encountered near structures in Iraq.

"My Soldiers are going to continue to work the mechanics of entering and clearing rooms. It builds teams and squads and it's progressive," said the top enlisted Soldier of 1<sup>st</sup> Infantry Division's, 2<sup>nd</sup> Maj. John Calpena. Calpena arrived with his Soldiers who are clearing up hallways and stairways to do stairway teams, multiple



A unique part of the facility is the type of munitions being used for training. The MOUT site uses two different types, the blue-tipped short-range training ammunition (SRTA) and the red-tipped chalk round, or universal training munitions (UTM).

"The SRTA round has a blue tip and was designed by the Israelis to kill terrorists in aircraft. It will go through three-quarter inch plywood; the reason it was designed so that it would go through a [person] and not the skin of an aircraft," said Bob Owens, MOUT system operator.

"The UTM shoots a projectile downrange...but you can see it go down range. When it hit the target, it'll leave a chalk mark. Our targets are censored, so when it hit it knows it. So it's realistic training because they can actually see it, the good part about it is that it's non-lethal—you make a mistake, it's a non-lethal one," said Owens.

The reason the MOUT complex offers the UTM for servicemembers is that the complex is designed to train a variety of levels of experience; from support personnel to combat infantry.

"Infantry guys...[SRTA] munitions are what they train with. At the Joint Readiness Training Center [JRTC] at Ft. Polk, La., that is all they use there, here we may be training folks who have never done this before in their life," said Owens. Using the non-lethal munitions gives inexperienced

servicemembers a margin of error they need, said Owens. "Coming to a facility like this, using the type of munitions they use here, gives them the feedback of firing live.

"All of the cameras and such in here give me the opportunity to give a really good After Action Review [AAR]. The Soldiers can all critique



**David Smith, a MOUT facility system operator, explains the layout and safety procedures to a group of 1st Infantry Division Soldiers before they head through the course at combat speed.**

each other; they're going to be each other's worst critic. Now, they are going to see themselves and when they sit in the AAR, they are going to look at themselves and think, 'I should have gone to the left there,'" said Calpena.

After a day of training at the facility, servicemembers should leave feeling as though they received some of the best training possible; however, Owens feels there are three things they should leave with.

"We want them to have fun and at the end of the day we don't want anybody hurt. It's fun, but at the same time, it's informative. They see exactly what they are doing, what they've done right and wrong and it's instant feedback for them," said Owens.

# Chicken flu won't be nesting here

Veterinarians working overtime ensuring our servicemembers are protected

Story by Staff Sgt. Eric Brown  
13th Public Affairs Detachment

**CAMP DOHA, KUWAIT**—Department of Defense local security force officials are not at war with chickens, but theater veterinarians are at war to ensure that a potentially deadly disease the chickens, and other birds and swine may carry, does not come into contact with servicemembers or their food sources.

The Avian influenza, or bird flu, is an infectious disease of birds caused by type A strains of the influenza virus. The virus is



similar to the human strain of influenza, (your common seasonal flu,) and has commonly been referred to as the chicken flu, primarily because chickens, turkeys and ducks seem to be most at risk of the disease.

Currently the virus is contained within the bird population but can be serious enough to kill large numbers of birds.

The concern is that the influenza might enter into the military population here, as well as other areas where servicemembers may come into contact with infected birds. "We're taking a proactive approach to the problem right now," said Staff Sgt. Timothy Chase, NCOIC, Army Central Command (ARCENT) veterinary services, Kuwait branch. The veterinarian services inspect and test 165 poultry and swine processing plants a year, usually quarterly, to ensure the disease is not present in this area.

"Several people have died because of the disease here in Southeast Asia, but it has not become a human epidemic; it is confined to the bird population," said Coalition Forces Land Component

Command (CFLCC) Veterinarian, Col. Cliff Walker.

"The important thing I want to bring up is that you **cannot** get the disease from adequately cooked bird products," said Walker. The only way of contracting the virus is from being in direct contact with infected animals. "The virus is transferred from birds and swine to humans, nearly the same as person to person—there must be some sort of contact."

Even though humans cannot contract the disease from properly cooked food made

from bird products, the veterinarians are not taking any chances with the disease contaminating food sources or coming into contact with servicemembers. Areas of the world where products are imported from, especially from Southeast Asia, where cases of the disease have dramatically increased recently, are being monitored for the disease and appropriate action is being taken if it is found.

"First of all, we're banning all imports of poultry products and birds from Southeast Asia—that's

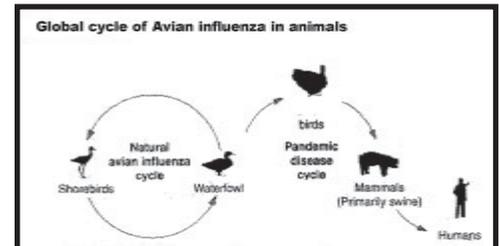
something the USDA is doing, so it's a very small probability the disease would get to us that way," said Walker.

Also, the San Antonio native explained that bases made for soup and broth, containing poultry products, are all heated to proper pasteurization temperature during processing, ensuring the virus' lack of survival.

With all of the steps and procedures in place and the lack of free roaming birds to potentially spread the disease in this country, the risk to servicemembers becoming infected is low.

"The risk is very minimal for the environment that we're in. All of the chicken flocks in Kuwait are contained in first-class poultry operations," said Walker. "Most of all our meat is brought in from the U.S. anyway," said Walker.

Servicemembers in this area and all other areas of the world should eat their meals with confidence knowing that all food is either USDA or veterinarian approved and inspected.



## Chicken flu, what is it?

**Avian influenza, or "bird flu," is a contagious disease of animals caused by viruses that normally infect only birds and, less commonly, pigs. While all birds species are thought to be susceptible to infection, domestic poultry flocks are especially vulnerable to infections that can rapidly reach epidemic proportions.**

## What are the control measures in birds?

**The most important control measure is rapid destruction of all infected or exposed birds, proper disposal or carcasses and the quarantining and rigorous disinfection of farms.**

## What are the consequences of outbreaks in poultry?

**Outbreaks of the flu, especially the highly pathogenic form, can be devastating for the poultry industry and for farmers. For example, an outbreak of highly pathogenic avian influenza in the USA in 1983-1984, largely confined to the state of Pennsylvania, resulted in the destruction of more than 17 million birds at a cost of nearly \$65 million.**

## How do outbreaks of avian influenza spread within a country?

**Within a country, the disease spreads easily from farm to farm. Large amounts of virus are secreted in bird droppings, contaminating dust and soil. Airborne virus can spread from bird to bird, causing infection when the virus is inhaled. Contaminated equipment, vehicles, feed, cages and clothing can carry the virus farm to farm.**

## What is the present situation?

**Theatre veterinarians are working diligently to keep the servicemembers' food free of the virus, by inspecting all suspected sources of food items.**



# CAMP KUWAIT LIFESTYLE & ENTERTAINMENT

## Upcoming events

### Camp Arifjan

#### Wednesday

Country night, 7 p.m. Community Center

#### Thursday

Softball Tournament sign-up cut-off,  
Bingo, 7 p.m. Community Center

#### Friday

Movie Trivia Contest, 10 a.m. - 4 p.m.,  
video checkout

Bench Press Competition sign-up  
comp. Volley ball League sign-up starts

#### Saturday

Country night, 7 p.m., Community Center  
Bench Press Competition, 6 p.m., Gym

#### Tuesday

Mardi Gras Celebration  
3 on 3 Basketball sign-up starts  
Volleyball League,  
6 p.m., Gym

### Camp Doha

#### Wednesday

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

#### Thursday

Live Rock & Roll Band, 'The Shaggs',  
7 p.m., Frosty's

#### Friday

8 Ball Tournament 7 p.m., Frosty's

#### Saturday

Black History Month Talent Show  
8 p.m., Frosty's

#### Sunday

Spa Day, 11 a.m.-8 p.m.,  
Marble Palace  
Sand Volleyball Tournament, 6 p.m.

#### Monday

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

#### Tuesday

Tennis Tournament sign-up

## CAMP DOHA MOVIES

Wednesday	2 p.m. TBD 5:30 p.m. The Rundown 8 p.m. Elf	
Thursday	2 p.m. TBD 5:30 p.m. Scary Movie-3 8 p.m. Honey	
Friday	2 p.m. TBD 5:30 Kill Bill 8 p.m. Once upon a time in Mexico	
Saturday	2 p.m. The Missing 5:30 p.m. Cat in the Hat 8 p.m. Out of time	
Sunday	2 p.m. Matrix Revolution 5:30 p.m. The Last Samurai 8 p.m. Kill Bill	
Monday	2 p.m. TBD 5:30 p.m. TBD 8 p.m. TBD	
Tuesday	2 p.m. TBD 5:30 p.m. TBD 8 p.m. TBD	

## CAMP ARIFJAN MOVIES

Wednesday	5:30 p.m. Bull Durham 8 p.m. Fallen	
Thursday	5:30 p.m. Animal House 8 p.m. A Few Good Men	
Friday	5:30 p.m. Santa Claus 2 8 p.m. Canadian Bacon	
Saturday	5:30 p.m. Addicted to love 8 p.m. Deep Impact	
Sunday	5:30 p.m. Twister 8 p.m. Air Force One	
Monday	5:30 p.m. Runaway Jury 8 p.m. Intolerable Cruelty	
Tuesday	5:30 p.m. The Rundown 8 p.m. Scary Movie 3	

## DID YOU KNOW?

**~WILD DOGS DO NOT BARK OR WAG THEIR TAILS.**

**~E-MAIL IS 30 YEARS OLD THIS YEAR.**

**~ON THE BACK OF NFL HELMETS IS A WARNING NOT TO SPEAR OTHER PLAYERS.**

**~A PERSON SPENDS ABOUT TWO YEARS ON THE PHONE IN A LIFETIME.**

## Black History Month Quiz

(1) Martin Luther King Day is celebrated on\_\_\_\_\_.

- The first Monday in February
- The third monday in January
- The first Monday in January

(2) What professional boxer was stripped of his title by the World Boxing Association after he was convicted of draft evasion?

- Muhammad Ali
- Joe Frazier
- Sonny Liston

(3) Who perfected a sail that helped larger ships guide through the waters easier?

- Paul Cuffe
- Elijah McCoy
- James Forten

(4) Langston Hughes introduced a new form of poetry that used what musical elements?

- Classical
- Jazz & Blues

Answers: 1b, 2a, 3c, 4b



## Redeploying?



Make sure YOUR MAIL follows you:

Fill out a DA Form 3955 Change of Address Card and give it to your mail clerk!

Mail Clerks: Turn cards into your APO!

We were asleep in our cots at Bagram Air Base in Afghanistan when exploding rockets woke us up. My platoon and I threw on our fatigues, grabbed our weapons and ran to the bunker. Inside, one nervous soldier lit up. "Put that cigarette out!" I ordered. "Yeah, forget the rockets," said another soldier. "That second hand smoke'll kill ya."

-- SSG James Kellert

# Maintenance Bulldogs heading home

Story and Photo by Spc. Marc Loi  
13th Public Affairs Detachment

The Bulldogs from the 588<sup>th</sup> Maintenance Company, 19<sup>th</sup> Maintenance Battalion, Fort Sill, Okla., are coming home.

After a year in Iraq in which the unit saw a change in commander, experienced mortar attacks and worked in 150-degree heat, the maintenance company, which was attached to the 101<sup>st</sup> Airborne (Air Assault) Division in Mosul, Iraq, is back in Kuwait, getting ready to make the journey home.

The 588<sup>th</sup>'s main mission was to provide transportation support for the 101<sup>st</sup> and other units, which also translated into providing vehicle maintenance part, said Capt. Cory Berg, 588<sup>th</sup> company commander.

Though the Bulldogs are anxious to go home, there are also many memories of Iraq they'll remember.

Pfc. Colin Dunlop, a native of Lahaina Maui, Hawaii, said he'll remember the shopping trips to northern Iraq, where the Kurds welcomed them with opened arms.

"We got a chance to go shopping and talk to the locals, they were really nice people," he said.

Dunlop, a mechanic, will also remember the convoys going south of Kuwait a year later.

"When we went (to Iraq), the people were really aggressive," he said. "On the way down, they were more friendly. It's a

positive feeling when little boys and girls come up to you to say thank you."

And Berg can also see the changes. Prior to leaving, the 588<sup>th</sup> was instrumental in the reconstruction efforts of Iraq and it's always motivational to be the pioneer in rebuilding a war-torn country, Berg said.

That doesn't mean, however, they don't miss families and loved ones.

Pfc. Jesse Short, a mechanic with the 588<sup>th</sup>, got married a week prior to joining the Army. Three weeks after graduating from Advanced Individual Training and reporting to his unit, he got orders to deploy.

"At least I got the three weeks to see my wife," he said.

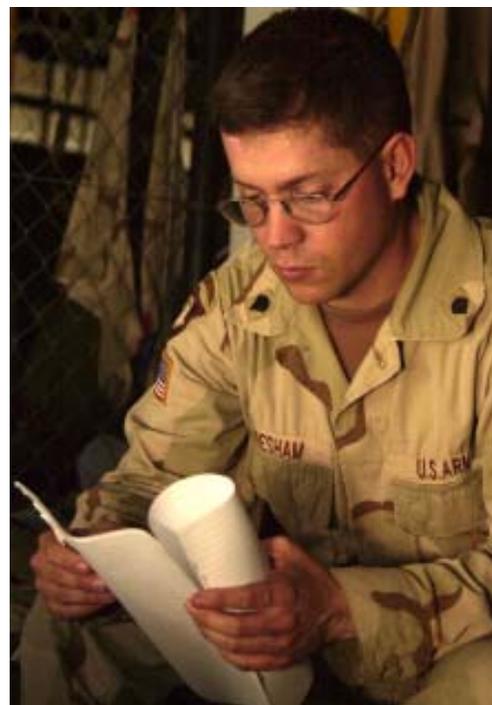
Short, a native of Austin, Texas, said OIF also taught him a lot of things.

"I've learned not to take things for granted and look at the big picture," he said. "After working 12-15 hour days in Iraq, working the regular weekday won't be (hard) anymore."

The hard part for the Bulldogs now is the waiting. Though the vehicles have been washed and the unit is ready to go home, it won't happen until the end of February.

"Everyone is getting anxious because it's getting so close," said Sgt. Anita Cafilisch, of Lawton, Okla. "But this is better than Iraq."

And Camp Doha may be better than Iraq, but the Bulldogs have many things to come home to. They've got families waiting, some have new brides waiting for them, others have ailing fathers, and for some, a newly bought truck. They also have combat patches



**Spc. Thomas Gresham, member of the 588<sup>th</sup> Maintenance Company, Fort Sill, Okla., checks a letter before sending it home. The 588<sup>th</sup> has been in Theater since Feb. 2003, and is heading home shortly. The company supported the 101<sup>st</sup> Airborne (Air Assault) Division in Mosul, Iraq.**

ready to be sewn on to their class A's, since they worked with the 101<sup>st</sup> Abn. Div. during OIF.

For the Bulldogs, the light is at the end of the tunnel, and they are going home. 

## Army leadership story FM 22-100: Be, Know, Do

In a 1976 interview, Congressman Hamilton Fish of New York told of his experiences as a white officer with the 369<sup>th</sup> Infantry Regiment, an all-black unit in the segregated Army of 1917. Fish knew his unit would function only if his Soldiers trusted him. His Soldiers, all of whom had volunteered for combat duty, deserved nothing less than a trustworthy leader. When a white regiment threatened to attack the black Soldiers in training camp, Fish, his pistol drawn, alerted the leaders of the regiment and headed off a disaster.

"There was one thing they wanted above all from the white officers," Fish recalled in an interview nearly 60 years later, "and that was fair treatment. You see, even in New York City (where most of his Soldiers were from), they really did not get a square deal most of the time. But if they felt you were on the level with them, they would go all out for you. And they seemed to have a sixth sense in realizing just how you felt. I sincerely wanted to lead them as real Soldiers, and they knew it."

(Note: This story was taken out of FM 22-100, Be, Know, Do.)

### Hamilton Fish III

(December 7, 1888 - January 18, 1991)

Fish was a U.S. Congressman from New York. He served in World War I by commanding an all African American regiment known as the "Harlem Hellfighters".

Fish was elected to Congress in 1920 and served until 1945. He was opposed to F.D.R.'s New Deal policies before and after Pearl Harbor. Fish was a member of one of New York's most prominent political families. After his tenure in Congress, Fish wrote his autobiography and a short history of World War I.

When Fish celebrated his 102<sup>nd</sup> birthday in 1990, he was the oldest living American politician.

# Prescriptions, Do really expire?



By Richard Altschuler

Does the expiration date on a bottle of a medication mean anything? If a bottle of *Tylenol*, for example, says something like “Do not use after June 1998,” and it is August 2002, should you take the *Tylenol*? Should you discard it? Can you get hurt if you take it? Will it simply have lost its potency and do you no good?

In other words, are drug manufacturers being honest with us when they put an expiration date on their medications, or is the practice of dating just another drug industry scam, to get us to buy new medications when the old ones that purportedly have “expired” are still perfectly good?

These are the pressing questions I investigated after my mother-in-law recently said to me, “It doesn’t mean anything,” when I pointed out that the *Tylenol* she was about to take had “expired” 4 years and a few months ago. I was a bit mocking in my pronouncement — feeling superior that I had noticed the chemical corpse in her cabinet — but she was equally adamant in her reply, and is generally very sage about medical issues.

So I gave her a glass of water with the purportedly “dead” drug, of which she took 2 capsules for a pain in the upper back. About a half hour later she reported the pain seemed to have eased up a bit. I said “You could be having a placebo effect,” not wanting to simply concede she was right about the drug, and also not actually knowing what I was talking about. I was just happy to hear that her pain had eased, even before we had our evening meal.

*How do I love thee, let me count the ways...*



Photo by Spc. Blake Deimund

The Lily of the Valley flower shop offers a variety of flowers, including red, white and yellow roses. There are also special orders available for dry and fresh flowers. Servicemembers who want flowers delivered to loved ones at other base camps can also call for special delivery. Flowers come in dozens, half a dozen or a single flower, complete with arrangement, for \$5. For more information, call 958-4037.

## THE RETURN OF THE HULK



Photo by Spc. Marc Loi

**Matthew Holata, assigned to the 827th Quartermaster Company competing in the dead-lift competition that was held at the gym Feb. 7. A regular in the gym, the Morris, Okla. native, lifted more than 500 pounds at once during the competition of strength.**



# ASK SPC. KNOW-IT-ALL

**Q:** Why does Internet time on Camp Doha cost \$6 per hour, while at Camp Wolverine it costs much less? All are run by AAFES – aren't they supposed to be protecting Soldiers from price gouging?

-Mark, Camp Doha

**A:** Well, Marky Mark and the money-crunching bunch, that is an excellent question! The AAFES price for Internet service, across the OIF theater, is ten cents a minute or \$6 an hour. However, the difference in prices could be a result of some camp commanders negotiating for their own services with outside Internet companies. This practice takes profits from AAFES, which is a bad thing. You see, AAFES is required by the Department of Defense to generate profits for Morale Welfare Recreation. Every time servicemembers support AAFES facilities, they increase the amount of donations AAFES provides MWR facilities, services and funds for themselves and their families. But when these other facilities create competition, it may cause AAFES to raise their rates in order to meet DOD mandates. So if the prices become too much for your budget, the best way is to stick to good old snail mail and start writing letters.

**Q:** Because I am a Reservist, will my period of active duty service be considered a break in service with my employer and impact my eligibility to participate in my employer's retirement plan or my rights to collect benefits?

-SFC Williams, Camp Arifjan

**A:** Are you a baby boomer, sergeant? Planning on retiring soon? Don't worry! Uniformed Services Employment & Re-employment Rights Act, requires that the period of military duty be counted as covered service with the employer for eligibility, vesting and benefit accrual purposes. Returning servicemembers are treated as if they had been continuously employed regardless of the type of retirement plan the employer has adopted. However, a person who is re-employed is entitled to accrued benefits

resulting from employee contributions only to the extent that he or she actually makes the contributions to the plan. So, now that you know this, is there anyway I can convince you to remain on active duty and retire from the military?

**Q:** Some people don't clean up after themselves in our latrine. It's to the point where I'm afraid to go in there sometimes. What can I do?

-Spc. R., Camp Arifjan

**A:** Well my fellow specialist, don't worry, no alligators will come out of the toilets and eat you! After analyzing 51 public restrooms (military camps in Kuwait were not a part of the study), experts' found that the stall closest to the restroom door consistently had the lowest bacteria levels (and the most toilet paper!). The first stall probably sees less traffic because it's near the door, and people want privacy. And when you're finished, stand before you flush. When toilets are flushed, a fine mist of water containing contagious bacteria can spray up. You can catch hepatitis from it. Also, don't be shy about addressing cleanliness issues to row marshals, first sergeants, mayor's cell, etc. With so many people sharing facilities cleanliness is critical for community health.

**Q:** I've started falling into a group smoke session outside our warehouse. I've promised my wife I'd kick the habit before coming home. Any tips?

-Sgt. T., Camp Doha

**A:** Well sergeant, handling nicotine cravings are tough enough, and it's even harder when you're hanging with the "Puff Daddies." If you're really trying to quit, here's a trick to try the next time the cravings hit: Rub the skin in the center of your palms and between your index fingers and thumbs. Researchers found that men using this technique smoked 25 percent fewer cigarettes in a month than quitters who used traditional distraction methods like chewing gum. This quick self-massage evidently calms you and keeps your hands busy. While Spc. Know-It-All says 'no' to the nic-sticks, I happen to use self-massage all the time, busy hands being happy hands.

If you have any questions for next month's issue e-mail them to [spcknowitall@hotmail.com](mailto:spcknowitall@hotmail.com)

## TOP TEN WAYS TO DEAL WITH REDEPLOYMENT HOME

10. Sleep on a cot in the garage.
9. Replace the garage door with a curtain.
8. Six hours after you go to sleep, have your wife or girlfriend whip open the curtain, shine a flashlight in your eyes and mumble, "Sorry, wrong bunk."
7. Renovate your bathroom. Move the showerhead to chest level. Keep four inches of soapy cold water on the floor. Leave two to three sheets of toilet paper on a used roll.
6. When you take showers, wear flip-flops and keep the lights off.
5. Put lubricating oil in your humidifier instead of water and set it on 'HIGH' for that tactical generator smell.
4. Leave a lawnmower running in your living room 24 hours a day for proper noise level.
3. Have the paperboy give you a haircut.
2. Keep a roll of toilet paper on your nightstand and bring it to the bathroom with you. Also, bring your gun and flashlight.
1. Announce to your family that they have mail, have them report to you as you stand outside after supper and say; "Sorry, it's for the other Smith." 

# Operation Iraqi Freedom



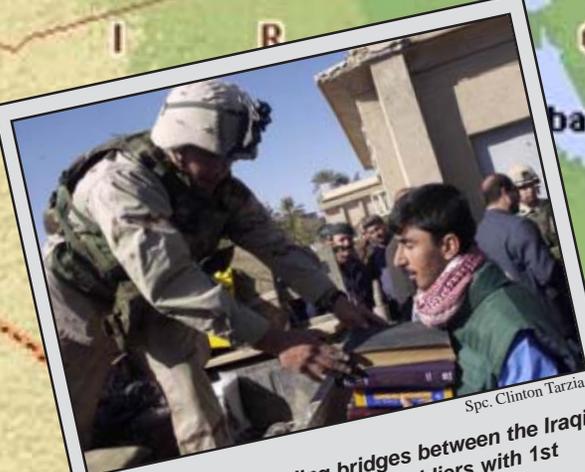
Staff Sgt. Charles B. Johnson  
 Soldiers with Company A, 1st Battalion, 32nd Infantry Regiment, 10th Mountain Division, provide security while Soldiers with 1st Battalion, 505th Parachute Infantry Regiment, 82nd Airborne Division, search a shop suspected of producing and selling anti-coalition CD's and DVD's in Al Fallujah, Iraq.



Staff Sgt. Joseph Roberts  
 Pfc. Richard Van Horn maintains security with his .50-caliber machine gun along a road outside of Ar Ramadia, Iraq. Van Horn is assigned to the 1st Infantry Division's Headquarters Company,



Photographer's Mate Second Class Lance H. Mayhew Jr.  
 On board USS ENTERPRISE (CVN-65) in port Jebel Ali, Surface Warfare Specialist/Aviation Warfare Specialists, Wesley J. Martin and Gregory T. Maher, inspect radar equipment during a scheduled maintenance check while pierse in Jebel Ali, United Arab Emirates.



Spc. Clinton Tarzia  
 In the spirit of building bridges between the Iraqi people and coalition forces, Soldiers with 1st Battalion (Airborne), 508th Infantry, 173rd Airborne Brigade, deliver books and clothing to the people of Tuz, Iraq.



Staff Sgt. Charles B. Johnson  
 Soldiers with the 21st Chemical Company, 82nd Airborne Division along with Soldiers from 760 Explosive Ordnance Disposal Soldiers destroy munitions found at CASHE 309 in the Tai Ghaiyah, Iraq, during Operation Iraqi Freedom.