

Serving the military communities in Kuwait

Desert Voice

*Tragedy bridges nations,
U.S. aids Iran*

See pages 6 and 7

*Deployment health
page 5*

*Self-help
page 9*

*Quiz: Are you Intuitive?
page 11*

Inspiration

Let every nation
know,
whether it wishes
us well or ill,
that we shall pay
any price,
bear any burden,
meet any
hardship,
support any
friend,
oppose any foe to
assure the
survival and the
success of liberty.

~John F. Kennedy
Inaugural Address

Community of Caring...



DOD Photo

Air Force Capt. Stanley Paregien and Chaplain (Lt. Col.) Gary Garvey, both with the 506th Air Expeditionary Group, entertain children at a school in downtown Kirkuk, Iraq. The Kirkuk chapel staff collected over 150 boxes of toys and school supplies for Kirkuk children.

**Third Army/U.S. ARCENT/
CFLCC commanding general**
Lt. Gen. David D. McKiernan

**Third U.S. Army/U.S. ARCENT/CFLCC
command sergeant major**
Command Sgt. Maj. John D. Sparks

Commander 13th PAD/CI chief
Maj. John Clearwater
john.clearwater@kuwait.army.mil

Managing Editor
Staff Sgt. Eric Brown
eric.brown2@kuwait.army.mil

Editor
Spc. Karima L. Mares
karima.mares@kuwait.army.mil

Journalists
Spc. Marc Loi
marc.loi@kuwait.army.mil

Spc. Blake Deimund
blake.deimund@kuwait.army.mil

Camp Arifjan
Capt Sarah Goodson
sara.goodson@kuwait.army.mil

Pfc. Blanka Stratford
blanka.stratford@kuwait.army.mil

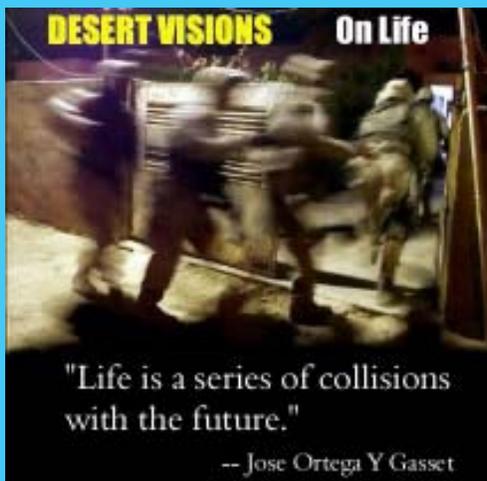
**The Desert Voice staff welcomes your
story suggestions and photos.
E-mail them to us at the above e-mail
addresses or call us at 438-6256.**

**Lt. Gen. James R.
Helmly, chief of the
Army Reserve, visited
Camp Arifjan, Kuwait,
Dec. 23, to "spend time
with soldiers, converse
with commanders and
staff, and make sure we
have relevant situational
awareness." Along with
words of appreciation,
Helmly also discussed a
number of issues
pertinent to the soldiers'
deployment status.**

...Taking time out for the soldiers



Photo by Pfc. Blanka Stratford



Did you know?

Butterflies taste with their feet.

A duck's quack doesn't echo,
and no one knows why.

**Elephants are the only animals
that can't jump.**

A snail can sleep for three years.

All polar bears are left handed.

An ostrich's eye is bigger than
its brain.

Photo by Spc. Marc Loi, 13th Public Affairs Detachment

Lt. Col. Vic Harris, CFLCC public affairs officer, hands a box of supplies to an Iranian airman at the tarmac of the Kerman Airport in Iran. The U.S. military traveled to Iran delivering supplies for the earthquake victims.

The Desert Voice is an authorized publication for members of the Department of Defense. Opinions of the Desert Voice are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the Coalition Forces Land Component Command Public Affairs Office. This newspaper is published by Global Trends Co. W.L.L., a private firm, which is not affiliated with GICC. All copy will be edited. The Desert Voice is produced weekly by the Public Affairs Office, Camp Doha, APO AE 09304. **Volume 25, Number 15**

A salute from the 13th Public Affairs Detachment

Growing up, my family worked as outfitters in Montana. As a boy I remember guiding a slow-footed hunter up a remote mountainside, concerned that we would not return to camp before nightfall or the coming snow. The man was a business exec from back East, but appeared in no particular hurry.

As he took a seat on a fallen pine, he once again became the guide. "Someday, when you get to heaven," he said, "they'll ask whose life you made better, whose life was made better by knowing you." Offering me a hot drink from his thermos, he added, "Make sure you have an answer."

Publishing the *Desert Voice* magazine these past three months has presented my Soldiers and I with a great opportunity to observe you forming your own answers to that statement. As Public Affairs professionals we have taken great pride in telling your story. We make every effort to share with the world your commitment, as well as your considerable sacrifices. We're convinced that the world is made better - sleeps better at night - knowing that you are here on the frontlines of freedom.

The *Desert Voice*, from my perspective, is a leadership tool. A weekly communications forum for leaders of all ranks here in Kuwait. An opportunity for sharing experiences and successes, as well as, influencing attitudes and perspectives.

For that reason, in recent issues you've seen such senior leaders as Gen. Myers, chairman of the joint chiefs, Lt.

Gen. McKiernan, commander,

CFLCC, and Col. Brown, commander, ARCENT-KU. Leaders whose dedication and decisions directly affect the lives of all of us serving here in Kuwait. On that azimuth, you'll soon be seeing a new weekly perspectives piece, titled, 'Shot Groups', written by the Sergeant Majors operating in the theater.

We've made a number of other changes to the magazine's look and content over the past few months. We've worked hard to ensure our coverage is more inclusive of all the coalition camps here in Kuwait, not just the larger ones. And, that we tell the story of the sizable effort of joint and coalition forces here in Kuwait. As a result, we're running fewer releases from up north, reorienting to our mission statement on the cover, "Serving the military community in Kuwait." The OIF photos on the back cover remain, although, we've added a map as a subtle reminder, to some, that these photos are being taken not far from where we're standing.

I ask that you continue to bring to our attention stories and events that you would like to see us cover in the *Desert Voice*. Also, if you know someone whom you think is deserving of public recognition, for their work or achievements, we would like to hear about them. We've redesigned our masthead to make it easier to contact us and send us your story ideas.

Home stationed at the National Training Center, Ft. Irwin, Calif., my team of print and video journalists

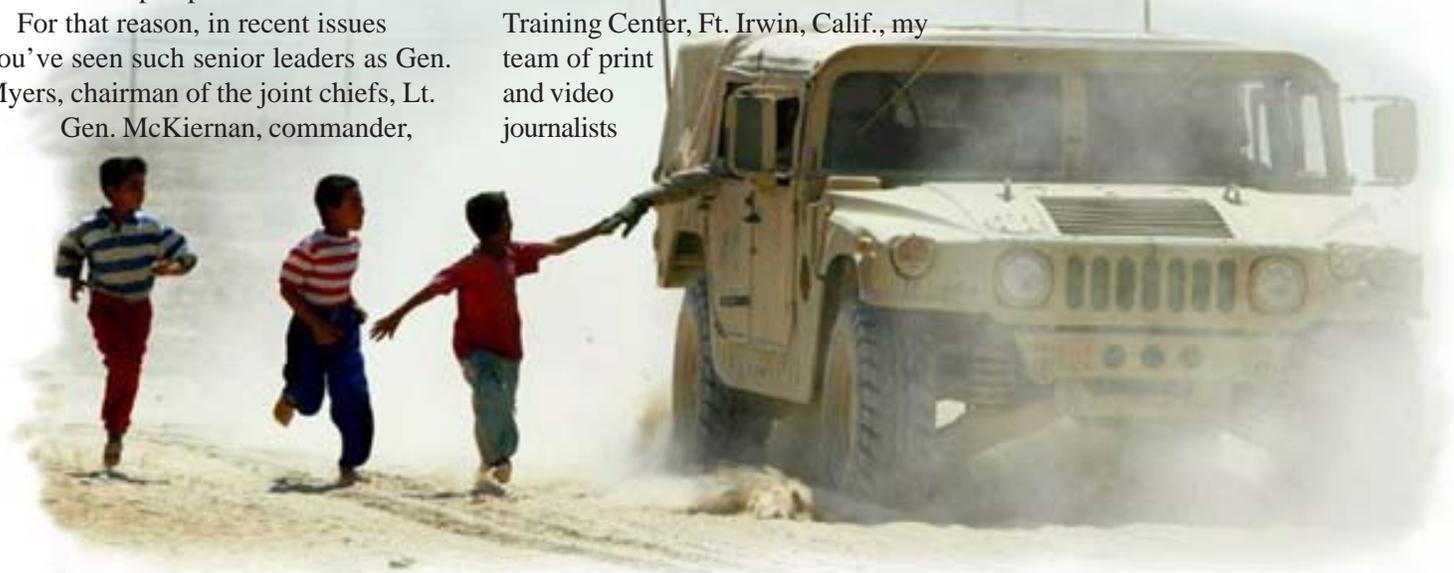


Photo by Sgt. Malcom "Mac" Frazier

A "Proud Salute," from the *Desert Voice* Staff.

know as well as anyone the answer to the question, 'Who is the Warfighter?' We know that you are ALL Warfighters. And, that Kuwait is a vital front in that war. We are convinced that the world is made better by your professionalism and dedication. For that reason, telling your story is one of the great honors of our military careers. We can truly say we are made better by knowing you.

A very proud salute,
Maj. John Clearwater
Commander, 13th Public Affairs
Detachment



Army's Guardian Angels

Story by
Pfc. Blanka Stratford
CFLCC PAO

Chaplain (Maj. Gen.) David G. Hicks delivered a strong message to the association of chaplains and chaplain assistants at Camp Arifjan, Dec. 19. Hicks, a Presbyterian Church minister who was named Chief of Chaplains for the United States Army in August, reminded his disciples of the importance of chaplains throughout the military. He encouraged the chaplains to display leadership by instilling the principles of faith and devotion.

"By answering the call of service to their country, Army chaplains influence soldiers' lives for the better, helping families grow stronger and preparing our soldiers spiritually for their challenging missions," said Hicks, who has almost 30 years of Army chaplain service behind him.

As Chief of Chaplains, Hicks is the primary consultant to Chief of Staff of the Army, Gen. Peter J. Schoomaker, on all Army chaplain affairs. Prior to his promotion – which happened to correspond with the Army Chaplain Corps' 228th anniversary on July 29, 2003 – Hicks served as the Deputy Chief of Chaplains, headquartered at the Pentagon.

Hicks now supervises the entire Army Active, Reserve and National Guard chaplaincy workforce throughout the United States as well as that deployed overseas.

"For most of the chaplains here, this has been the first encounter with [Maj. Gen. Hicks]," said Lt. Col. David Lee, 226th Area Support Group, and Chaplain at Camp Arifjan. "We are honored that he came to Kuwait to visit us. It has been a very positive experience, and we feel that he'll be very good for our Chaplain Corps and that he'll provide excellent leadership for us and our ministry as well."

Lee, who has been a National Guard chaplain for 19 years and serves as a full-time pastor for the United Methodist Church in Florence, Ala., said that one particular statement from Hicks moved him above all.

"It doesn't matter what faith you are," Lee recounted. "What's important is that you go deeper into your faith."

Currently, more than 2,200 Active, Reserve and National Guard chaplains from 120 faith groups are serving the United States Army worldwide. In addition, there

are more than 500 deployed Army Chaplains and Chaplain Assistants in support of Operations Enduring Freedom and Iraqi Freedom, and the entire global war on terrorism.

"Counseling has been one of the most important support systems for deployed soldiers," said Lee. "Chaplains have worked to provide help for those suffering from a variety of family, spiritual and emotional problems.

Thus far, Lee said the most common issues he has come across have been family problems back home, such as marital and childcare setbacks, and servicemembers' difficulties in dealing with the drastic change in environment and their encounter with the unknown.

"A notable personal experience was when I had a soldier come to me distressed about his marriage," Lee said. "It turns out the family separation was hard on him but even more hard on his wife. He came to me trying to get some kind of emergency leave to go home.

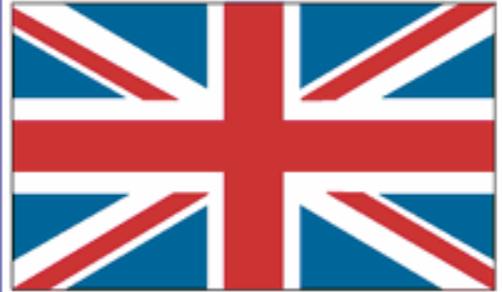
After quite a long ordeal – several weeks, in fact – his unit finally let him go home and work on his marriage. He sent me e-mails afterward, stating that he and his wife were going to counseling together and that they were making progress. That was a very rewarding feeling."

Along with providing counseling during deployment, Army chaplains are also the precursor for helping soldiers shift back from deployment status and into their everyday lives.

According to the Chaplain Corps Web site, www.chaplain.goarmy.com, the Army has recently initiated the Deployment Cycle Support program to help soldiers confront the obstacles of returning home from an overseas assignment. The program is designed to aid soldiers in reuniting with their families, returning to their communities, facing financial matters and re-establishing their job responsibilities at their home base or in the civilian sector.

The U.S. Army Corps of Chaplains is the oldest of all the American military chaplaincies. It also comprises the world's largest military chaplaincy. Since its foundation, more than 25,000 chaplains have served in 36 wars and more than 240 major combat engagements. 

Operation Telic: A snapshot of our British coalition partners



The 3 United Kingdom Division forms the headquarters of the Multi-National Division (South-East), based in Basrah, and has adopted the task of training the Iraqi security forces.

In response to the accelerated timetable set by the Iraqi governing council pressing for those forces to be properly trained, the UK Secretary of State for Defence, Geoff Hoon, announced recently the deployment of an additional 'Ready Battalion' to arrive in theatre this month for a period of six months.

UK Forces have also participated in the military operations against Usama Bin Laden's Al Qaeda terrorist organization and against the Taliban regime harboring them in Afghanistan since its start on 7 October 2001.



YOUR HEALTH: Tips to keep you happy and healthy during the surge

MENTAL HEALTH AWARENESS

Written by
Lt. Col. Ahmed Syed
804th Medical Brigade

Activation, Deployment,
Stress of separation
from loved ones, Holidays, Operational
Stress...

Do these issues sound familiar?

This list of problems seems to go on and on. We cannot control what our problems are, but we can control how we choose to deal with them.

The Mental Health Team is here to help you.
Activated and Deployed...

Soldiers deployed into the theater face numerous issues and adjustments even before they arrive here. Many stresses can exist prior to the time they leave home. Leaving loved ones, unsolved problems relating to the family, civilian occupations and businesses for self employed Reservists and National Guardsmen, and other social and personal commitments to which soldiers are obligated are frequent occurrences. Usually there is little time to take proper care and disposition of many issues. Soldiers are usually deployed at short notice. Guardsmen and Reservists often spend extended time at mobilization stations, often more than a month before arriving in theater. All these problems can take a physical and emotional toll even before arriving at the theater.

Beginning a New Life in Theater...

After arriving soldiers face numerous adjustments in a new land with very different climatic conditions, different landscape, and new, often dangerous, routines. These new living conditions involve a variety of new people: Americans, Coalition Forces, foreign nationals and local nationals all mix to as we begin our new military routines in a foreign country. All this change along with the prospect of long deployment time lasting for a year or more, affects soldiers both mentally and physically. Not able to visit family and home for more than 15 days a year contributes to frustration, stress, and fatigue. These factors can have an impact on our day-to-day functioning. All these problems are more profound in a combat situation with soldier's showing signs of combat stress, and also showing up as operational stress in a non-combat environment.

Dealing With The Problems...

Behavior problems show up mainly in the form of anger and irritability.

FLU SHOTS

Story by
Cpt. Sarah Goodson
Photo by
Pfc. Blanka Stratford
CFLCC PAO

The flu virus remains a serious threat to soldiers deployed to Kuwait and throughout the Army resulting in the Army Surgeon General ordering that all soldiers receive their flu shots prior to the end of December.

With the flu reaching almost epidemic proportions in the United States and with so many soldiers going home on R&R and coming back into theater, the command is concerned about soldiers living in confined spaces and the flu spreading, said Staff Sgt. Kenneth Caincross with Alpha Company, 205th Area Support Medical Battalion.

"The flu shot is imperative. That is why the general made it mandatory," said Caincross.

"We are well into the flu season and the 161st Area Support Medical Battalion has already given over 18,000 flu shots. I strongly encourage the commanders to have every body visit one of our TMCs to get their flu shots," said Maj. Wayne Sartwell, 161st Army Support Medical Battalion executive officer. "The goal is 100% compliance. Hopefully this will mitigate the effect the flu will have in theater."

The number one way to avoid getting the flu is the vaccination, said Staff Sgt. Caincross.

"Once inoculated it takes several days or weeks for your body's defense mechanisms to develop what is needed to protect you

from short-term anxiety to suicide prevention. Stress control becomes a prominent issue to deal with. Mental Health Sections at Troop Medical Clinics (TMCs) are here to help you. These well-trained staff members provide soldiers help in coping with a variety of problems. Identifying and addressing stress related problems, adjustment disorders, depression, anxiety, post traumatic stress disorder, personality related issues and other mental health disorders are commonplace. Sometimes soldiers may feel hopeless, but all these issues can be treated as they occur.

Where to Go for Help...

The Mental Health Team is a group of professionals who are ready and willing to help you. The Chaplain is a great resource to tap in dealing with these overwhelming issues. Counseling plays a prominent part in mental health



Spc. Adam Burton, a medic for the 363rd Military Police Co., gives a flu shot to one of his fellow companions.

from the flu, so the sooner you get inoculated the quicker you will develop a certain level of protection," said Col. Martin Dorf, chief of professional medical services of the 804th Medical Brigade.

It is also a common misconception that the flu shot causes the flu. The inoculation is not a live virus and while it may result in some mild discomfort, Tylenol or Ibuprofen can treat the symptoms, according to Staff Sgt. Caincross.

"I didn't even feel it," said Special Rich Woods from the 363rd Military Police Company immediately after receiving the vaccination.

The flu is a virus that mutates each year requiring a new, updated version of the vaccination against the virus variations most likely to cause the flu for that year. That is why the Army requires a new flu shot each year, according to Col. Dorf.

In addition to the flu shot Staff Sgt. Caincross says eating healthy, drinking a lot of fluids and exercise will help to keep you healthy during the flu season.

Preventive Mental Health Missions have been setup by the staffs of Camp Arifjan and Camp Doha. These Mental Health Teams are under the direction of 804th Medical Brigade, and travel throughout the Theater. The teams are very active, and have been conducting weekly missions to many camps. These teams work with your Command, PAD staff, Chaplains, TMCs and NCOs conducting training and awareness into the areas of stress control, suicide prevention, anger management, depression, anxiety and many other aspects of mental health. Recognize that what you may be feeling, and the problems you are facing, are probably being faced by many others. You are not alone! Your Mental Health Team is ready to help you through it!

Humanitarian aid marks

Story and photos by

Spc. Marc Loi

13th Public Affairs Detachment

KERMAN, Iran—Four U.S. Air Force C-130s carrying more than 100,000 pounds of medical supplies and water landed here Dec. 28 to drop off much-needed water and medical supplies for victims of the earthquake in Bam.

The four planes, all based out of U.S. military bases in Kuwait, left early Dec. 28 and landed in Kerman, a neighboring city about 75 miles from the earthquake-wrecked city of Bam 2.5 hours later.

Though supplies will also be flown from the U.S., the military used its most readily available supplies from Kuwait to help. These supplies were originally intended for the War on Iraq.



Lt. Col. Vic Harris, CFLCC public affairs officer, Camp Doha, Kuwait, shares a light moment with Iranian airmen during the U.S. military's visit to Kerman, Iran, to drop off medical supplies and water to the victims of the devastating Iranian earthquake.



Iranian airmen unload crates of water on the tarmac of Kerman Airfield Dec. 28 to be used for humanitarian relief.

Upon landing, the U.S. planes were directed to a parking area on the tarmac and crews were greeted by members of the Iranian Air Force, including the base's top-ranking officer, Col. Hamid Aslni.

The landing and presence of the U.S. military, though not considered a military operations, but rather a humanitarian effort, marked the first time in more than 20 years that American servicemembers have set foot in the country, said Lt. Col. Vic Harris, Coalition Forces Land Component Command public affairs officer.

"Our mission here is to provide humanitarian efforts for the Iranian people," said Harris. "We are glad to help in anyway we can."

And their help was welcomed. Many Iranian servicemembers,

perhaps seeing American troops for the first time, shook their hands and greeted them with

“We are very happy to have the American military here in our time of need. We hope that a new relationship can come from this great tragedy.”

smiles.

Though both American and Iranian servicemembers had difficulty communicating because of the language barrier, one thing was clear through the hosts' smiles, handshakes and kisses – America's humanitarian aides were appreciated and their presence

historic landing in Iran

welcomed.

The welcoming gesture was understood even more clearly when an Iranian airman approached a U.S. airman and in English said, “We love the Americans ...all Americans.”

Then they went to work. One by one, they unloaded crates of water and medical supplies off C-130s.

Such a new relationship may already be established. Prior to leaving the Iranian airfield, Harris snapped to attention and saluted the Iranian colonel.

In return, Aslani put his right hand over his heart and crisply returned the salute. The two exchanged embrace and in Middle East tradition, Aslani kissed Harris on the cheek before gathering his servicemembers together for a group picture with American servicemembers.

The outward welcome for U.S. forces was a historic one since the new Iranian government took power.

More than just historic, however, it may mark the beginning of a friendship between the U.S. and Iran.

Aslani said he studied in America, so he understands and appreciates the good nature of Americans in helping Iran in a time of crisis.

“We are very happy to have the Americans help us in our time of need. We hope that a new relationship can come from this great tragedy,” he said – adding



An Iranian citizen expresses his thanks to a U.S. airman with the security force that brought supplies to Iran.

that Americans, much like Iranians, are ‘good people.’

For Air Force Tech. Sgt. David Thomas, from Los Angeles, the visit to Iran was a step to a better relationship with Iran.

“Everything went well,” said Thomas – whose security crew only found out about the humanitarian flight five hours before they had to make the flight

in relief on the disaster-struck country.

“This will probably better the relationship.”

For Harris, however, the task at hand is much more important than building relationships – it’s too help out other human beings.

“Our relief effort turned out very well. Although, it was limited in scope the medical supplies we provided will help many Iranians get through this terrible tragedy,” Harris said.

“They are humans in need and we are humans willing to help, so I think our assistance was greatly appreciated.”



Crates of supplies are loaded onto one of the four C-130s that brought more than 100,000 pounds of supplies to help the victims of the earthquake in Bam, Iran, Dec. 28.

Upcoming events

Camp Arifjan

Wednesday

Salsa Night, 7 p.m., Community Center

Friday

Billy Crystal Movie Marathon, 1 p.m., Community Center

Basketball League sign-up cut-off
Saturday

Country Night, 7 p.m., Community Center

Volleyball League sign-up cut-off
Sunday

NFL Playoffs, Community Center
Monday

Chess Tournament, 6 p.m., Community Center

Indoor Soccer Tournament sign-up begins

Table Tennis & Racquet Ball League tournament sign-up cut-off
Tuesday

Chess Tournament, 6 p.m., Community Center

Camp Doha

Saturday

King of Rock & Roll Night, 7 p.m., Frosty's

Sunday

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

CHESS TOURNAMENT
Shake your brain!
at Frosty's
Thursday
08 January, 1800 hrs
Sign-up prior to 1800
For more information call Frosty's @ 438 5847.

If you are interested in USO photos, all photos are posted on the NIPR under CFLCC PAO public folders.

CAMP DOHA MOVIES

Wednesday	5 :30 p.m. 8 p.m.	Duplex Gothika
Thursday	5 :30 p.m. 8 p.m.	Under the Tuscan Sun Out of time
Friday	5 :30 p.m. 8 p.m.	The Texas Chain Saw Massacre Love Actually
Saturday	2 p.m. 5 :30 p.m. 8 p.m.	Beyond Borders Time Line Kill Bill
Sunday	2 p.m. 5 :30 p.m. 8 p.m.	Matrix Revolutions In The Cut Radio
Monday	2 p.m. 5 :30 p.m. 8 p.m.	TBD TBD TBD
Tuesday	2 p.m. 5 :30 p.m. 8 p.m.	TBD TBD TBD



CAMP ARIFJAN MOVIES

Wednesday	6 p.m. 8 p.m.	In the Bedroom The Mask
Thursday	6 p.m. 8 p.m.	Finding Forrester Blow
Friday	1 - 10 :30 p.m.	Billy Crystal Movie Marathon
Saturday	6 p.m. 8 p.m.	The Sweetest Thing Full Metal Jacket
Sunday	6 p.m. 8 p.m.	Along Came a Spider Exit Wounds
Monday	6 p.m. 8 p.m.	Raising Arizona Edward Scissor Hands
Tuesday	6 p.m. 8 p.m.	Lake Placid Brady Bunch Movie



DESERT VISIONS On Service

" The nation that forgets its defenders will itself be forgotten." -- Calvin Coolidge

Self-help: building morale, gadgets



Story by
Spc. Marc Loi
*13th Public Affairs
Detachment*

For servicemembers and Department of Defense civilians assigned to Camp Doha, building and refurbishing isn't such a far-fetched idea anymore.

The Self-Help Center, located in Bldg. 7, has materials available to servicemembers.

This allows servicemembers to take care of their living quarters, but it isn't just mops and brooms that the Self-Help Center can provide servicemembers, a woodshop is also available.

This serves two purposes, said Thomas Moss, carpenter.

"(The Self-Help Center) gives servicemembers an opportunity to do basic level maintenance of their homes," he said. "The carpentry shop itself is for MWR purposes, because a lot of Soldiers are locked-down here, they can come in and make something."

Moss, a native of Fayetteville, N.C., said though the shop's main purpose is to help Soldiers build projects, it also accommodated many Soldiers at the beginning of the War on Iraq by helping them with mission-oriented projects – such as turning a regular High Mobility Multi-wheeled Vehicle into a gun truck.

With the war now winding

down and the U.S. military holding a tight grip on its enemies, the purpose of the shop has gotten back to helping Soldiers build things to bring home with them.

For example, Sgt. Thomas Bowman, 489th Engineer Team, Layton, Utah, built a dresser and a cabinet, both of which were finished under three months.

With no extensive wood-working experience, Bowman one day decided we wanted to 'build something.' After spending about a week reading about woodwork, Bowman approached Moss with blueprints of what he wanted.

Three months later, Bowman will be returning home to Utah with things to show off – the fruits of his creation.

But for Bowman, it isn't just about showing off – it's about making something and being able to spend time relaxing at a place other than home.

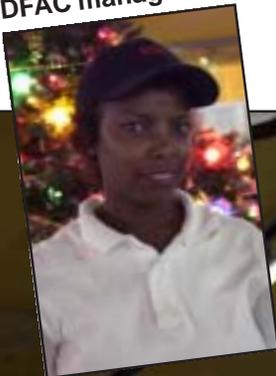
One of the people helping them is George Kakkathara.

A carpenter, Kakkathara said he is happy to assist the customers, whether it's to help them build something or giving them safety briefing prior to using the equipment in the shop. For many customers, assistance is recognized.

"They offered a lot of expertise," Bowman said. "It was good for mental stimulation and it gave me a chance to do something I enjoy doing."

For more information call 438-5115.

Susan Preston,
Camp Spearhead's
DFAC manager.



Abig 'thankyou' to the Spearhead DFAC personnel!

Happy New Year!



Healing power—TMC personnel provide medical comforts

Story and photos by

Spc. Marc Loi

13th Public Affairs Detachment

One of the benefits of the military, recruiters would say to potential servicemembers, is the health benefit. They'll get the one-of-a-kind benefit free of charge, and it's something they cannot get anywhere else.



Pfc. Otis Hooper III, Glendale Height, Ill., 396th Transportation Company, Fort Stewart Georgia, gets his leg looked at by Capt. Gregory Pataky, flight surgeon.

For many, this has proven to be true – and it's especially true on Camp Doha; service here is available 24 hours a day, seven days a week. Whether a person is sick, injured or in need of medication, the Troop Medical Clinic is open.

The clinic personnel are consolidated, meaning they are put together from many different units across America. Though they come from different training backgrounds and regions of the country, the Soldiers have learned to work well together to accomplish the mission, said Staff Sgt. Willard A. Hurst, of South Field, Mich.

Because work can be demanding at times, Hurst

said the Soldiers meet the demand by being cross-trained. This allows an optometry technician to do the work of an ambulance driver, and vice-versa. It also allows them to accomplish more tasks that way.

“My Soldiers probably do the work of three of four Soldiers combined,” Hurst said. “They also hang out together – it's

truly an Army of One and a team concept.”

Though their days may be tough and shifts can last up to 12 hours, the Soldiers insist that they're enjoying their jobs and are learning many things from it.

Spc. Victoria M. Nguyen, an Army Reservist from Riverside, Calif., said working at the TMC has given her a chance to experience what it's like to work in the medical field first hand. Also a student at the University of San Diego, Nguyen said the experience will perhaps help her with becoming a pediatrician.

Spc. Wayne A. Lambdin, deployed here since March from



Taking blood from a patient is one of the many things medical personnel do at the Doha TMC.

Madigan Medical Center, used to work in a combat unit. He said the job has been the same, it's to make sure people are taken care of and to make them feel they're the most important person in the world.

The deployment, while rewarding, has been hard for both Nguyen and Lambdin.

Lambdin said he left a 3-year-old son home to go on this deployment, and doing so 'isn't something to experience.'

Nguyen said the deployment has been especially hard on her because she's close to her family, and it was usual for her to drive two hours from San Diego to Riverside to see her family on weekends.

“My parents have been really supportive,” she said. “I think that's what keeps me going, receiving their mail and packages.”

For now, as with many other Soldiers they treat, Nguyen and Lambdin are both away from home. Like many, they also know exactly what they'll do when they get home.

“I am going to pick up

my son,” Lambdin said. His son turned 3 years old Saturday.

“I am moving into a new house,” said Nguyen. “My parents just bought a new house.”



Spc. Ryan Hall, Jacksonville, N.C., 801st Combat Support Hospital assists Staff Sgt. Willard Hurst, South Field, Mich., with measuring the electrical conductivity of a patient's heart.

up the son or move into the new house, both Soldiers, just as many others working at the TMC, will continue to do their job.

“We need to remember it's not about being stuck somewhere we don't want to be,” Lambdin said. “There are still guys up north getting (hurt) every day. We're here to take care of the Soldiers.”

Set and achieve your own personal goals

I would like to start by telling you a simple little story about The Star Thrower.

A man was walking along a long sandy beach one day and he noticed a little girl standing at the edge of the water throwing stranded starfish back into the sea. Because everywhere you looked, all up and down the sand, there were thousands of stranded starfish, the man asked the little girl in a puzzled voice. "Why are you doing that?" The girl answered, "if they don't get back into the water quickly, they'll die."

"But there are so many of them - how will it make any difference? The man inquired." "Well, said the girl, slowly looking at the creature in her hand... it will certainly make a difference to this starfish." And, of course, she was right!

This little girl's goal was simple.

She knew she wasn't going to save all the starfish, because there were thousands of them stranded on the beach. But she also knew that every time she threw a starfish back into the sea ... it certainly made a difference to that starfish.

I think there's a lesson to be learned by all of us from that little girl's attitude. Sometimes when the task ahead of us looks so big ... so impossibly complex ... there is a temptation to give up. We feel that our personal contribution is so small that it will make no difference. But it does! Sometimes that difference is so small that we ourselves don't notice it or can't see it. However, from someone else's perspective it could make an ENORMOUS difference.

I don't know about you, but I feel that if you start by doing what's necessary, then what's possible, you will suddenly, find yourself doing the impossible. Life is more meaningful when you are always working towards a goal. However, be careful about defining those goals!

When you think about goals, always ask yourself whether your goals are really your own. Whether you are defining your goals in the military, your personal life, or in anything! Ask yourself, have I adopted the ideals of another person merely to try to please them? Because you just might have, and that fact is often forgotten long after the goal has become an established part of your routine.

If it's not your goal you may not achieve it in a timely manner or may even lose interest in all together. Always set your own goals that you yourself really want to achieve. Be honest with yourself. Make sure it's your goal that you are working towards not somebody else's. When you are setting your goals in life, don't be afraid to aim for the stars. Don't get frustrated by the sheer size of the task at hand... remember, as that little girl told us, each starfish saved makes a huge difference to that starfish.

Never forget that ...those footprints in the sands of time, were not made by people who stood still!

SGM Bridgette Starling
CFLCC Chaplain Office

Just a hunch?

A number of psychologists no longer dismiss the power of intuition.

Many believe these hunches are prompts from the 'adaptive unconscious', a mechanism in the brain that processes an ocean of sensory information, sorting it, inferring causes, judging people and influencing feelings and behavior - all without our conscious mind being aware.

So what's your style — intuitive, logical, somewhere in between? Here's a quiz to help you understand how you approach problems and decisions.

Choose A or B for each question below.

1. When I don't have a ready answer, I tend to be: **A.** patient **B.** uneasy
2. Basically I am: **A.** an idealist **B.** a realist
3. When I am wrong, I: **A.** readily admit it **B.** defend myself
4. Unpredictable people are: **A.** annoying **B.** Interesting
5. When I have a hunch, I usually react with: **A.** enthusiasm **B.** mistrust
6. Generally speaking, I: **A.** prefer the safe way **B.** enjoy taking risks
7. When things get complicated, I am: **A.** exhilarated **B.** insecure
8. In most cases, change makes me: **A.** nervous **B.** excited
9. At work I prefer to: **A.** follow a prearranged schedule **B.** make my own schedule
10. I can easily be convinced by an appeal to: **A.** reason **B.** emotion
11. I would rather be called: **A.** imaginative **B.** practical
12. When something spoils my plans, I: **A.** get upset **B.** make a new plan
13. I am best known as: **A.** an idea person **B.** a detail person
14. When I make a mistake, I tend to: **A.** second guess myself **B.** forget it can go on

Answer **A** in questions 1, 2, 3, 5, 7, 11, 13 and answer **B** in 4, 6, 8, 9, 10, 12, 14, indicate an intuitive style.

Operation Iraqi Freedom



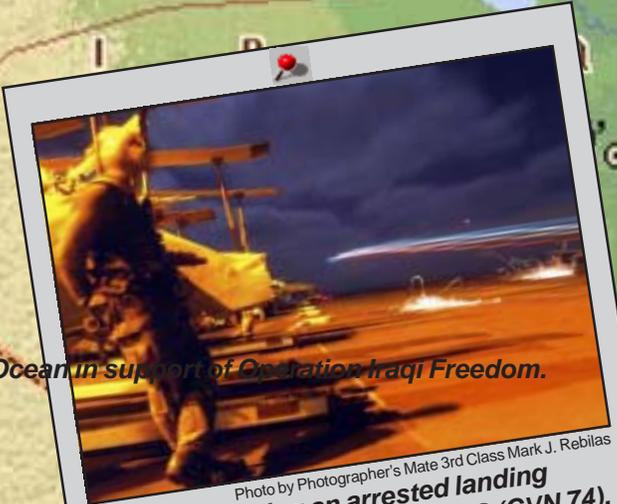
U.S. Army Capt. Lou Giangiulo, with the 10th Mountain Forward Support Battalion, gives cold medicine to a young girl to help fight her fever.

Photo by Pfc. Hugo A. Baray-Vasquez



A pilot checks out the rotor assembly on an SH-60S helicopter from Helicopter Combat Support Squadron 6 before taking off from the aircraft carrier USS Enterprise.

Photo by Seaman Justin McGarry



Ocean in support of Operation Iraqi Freedom.

Sparks fly during an arrested landing onboard USS JOHN C. STENNIS (CVN 74). The San Diego-based aircraft carrier is conducting training exercises in the Pacific Ocean in support of Operation Iraqi Freedom.

Photo by Photographer's Mate 3rd Class Mark J. Rebilas



Ar Rashid and Mamadiayah hard hit by insurgency fighting: Children are excited by the delivery of medical supplies and medicines. The town's population suffered from disentry and other illnesses.

Photo by Maj. Thomas McCloskey



Marines and sailors from the 13th Marine Expeditionary Unit and Expeditionary Strike Group One take a break from live-fire training exercises to conduct stretcher bearer drills and other training competitions while forward deployed in support of Operations Iraqi and Enduring Freedom.

Photo by U.S. Navy Petty Officer 1st Class Ted Banks

R A B I A
N A F Ū D

Al Jahra' Kuwait
KUWAIT