

DESERT VOICE



Coalition Crossing



INSPIRATION

Above all,
we must realize
that no arsenal, or no
weapon in the arsenals
of the world,
is so formidable
as the will and
moral courage of
free men and women.
It is a weapon our
adversaries
in today's world
do not have.

Ronald Reagan

PHOTO OF THE WEEK



A Joint Service Honor Guard rests former President Ronald Reagan's casket on a 3rd Infantry Regiment "Old Guard" caisson during the funeral procession for Reagan, June 9 along Constitution Ave. in Washington D.C. (Photo by Staff Sgt. Shane Cuomo)

The Desert Voice

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If you're only going to listen
to one word in the desert,
make sure it's

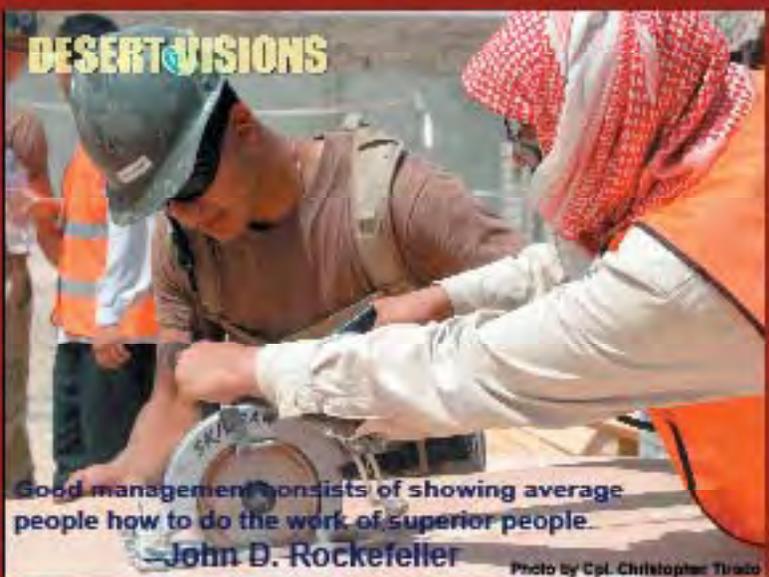
HYDRATE!

NCO BOARD QUIZ

Q: Although first expressed in written form in 1955, the Code of Conduct is based on time-honored concepts and traditions that date back to what period?

A: The American Revolution

DESERT VISIONS



Good management consists of showing average people how to do the work of superior people.

—John D. Rockefeller

Photo by Cpl. Christopher Tirado

The Desert Voice welcomes your story suggestions and photos.
E-mail them to us, or call us at DSN 430-6128 or 430-6173



A Soldier from the 201st Field Artillery Regiment vigilantly mans an MK-19 grenade launcher atop a humvee while on patrol near Camp Navistar at the Iraq-Kuwait border. The Soldiers are tasked with escorting civilian truck convoys into and out of Iraq. (Photo by Spc. Scott Akanewich)

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Guardians of Freedom

Soldiers stand vigilant at Iraq-Kuwait border

Spc. Scott Akanewich, 13th Public Affairs Detachment

OPERATION IRAQI FREEDOM - Staff Sgt. Nathan Wallace is a centurion, a sentinel standing watch at a crucial thoroughway on the road to a safer world, one that is free of terrorism and oppression.

Camp Navistar is the last-chance saloon on the way to the modern-day Wild West that is Iraq, in its transitional stage where it seems that anything goes. The atmosphere that lies just north of this outpost on the Iraq-Kuwait border is filled with outlaws and desperados the likes of which were hunted down and brought to justice in the American West in the 1800s.



Staff Sgt. Nathan Wallace, 612th MCT, watches a truck move down the road into Iraq.

What Wyatt Earp and Doc Holliday were to the OK Corral, Wallace is to a place called "Coalition Crossing." This noncommissioned officer, part of the 612th Movement Control Team, is tasked with controlling traffic heading both into and out of Iraq in his role of movement supervisor.

The Soldiers of the 612th MCT are the meeters-and-greeters for military convoys crossing the berm back into Kuwait as well as the senders-off of troops escorting supply trucks north into hostile territory.

"Here at the border, we help the Kuwaiti police stage and inspect vehicles," said Wallace. "We're looking for normal contraband such as weapons, alcohol and drugs." Just recently, a truckload of whiskey was confiscated, he said.

Potential danger lurks just beyond a pair of black-and-yellow pylons that signify the border, a fact that is never forgotten nor overlooked by Wallace and his comrades-in-arms.

"We've had people get shot," he said, noting that just recently an Air Force staff sergeant and a foreign worker had suffered gunshot wounds just beyond the border near a small town called Safwan, the Tombstone, Ariz. of this southern pocket of lawlessness.

Just as Wallace was recounting the incident, a lone truck rolled up to the checkpoint, which in and of itself was a red flag to Wallace and his crew. This is because all civilian trucks are required to have military escorts in Iraq.

The truck was being driven by a Croatian national who had driven a load of goods for AAFES from Germany through Turkey and south to the Iraqi town of Tallil, located approximately three hours north of the border. Apparently, the driver had been hijacked, shot by bandits who stole his truck and was left on the side of the road. Luckily for him, Iraqi police intervened by picking him up, then chasing the criminals down and returning his truck to him.

Upon his arrival at the border, the man rolled up his pant legs to reveal bandages wrapped around each calf muscle where a round from an AK-47 assault rifle used by the outlaws had passed through both legs before exiting.

According to Capt. Trahon Mashack, 612th MCT, commander, this entire incident could have been avoided.

"He should have stayed in Tallil and moved back north as part of a convoy," said Mashack. "Instead, he decided to head south to Kuwait to try to drum up some extra business for himself even though he had no official business here."

At this point, Mashack, along with his Kuwaiti counterpart, had to decide what to do with the man. In a way, his fate was in their hands. Would they let him enter Kuwait or send him back from whence he came, where he would certainly be a sitting duck for insurgents to finish the job they started?



A Soldier dutifully mans a .50-caliber machine gun atop an armored humvee while on patrol at Camp Navistar at the Iraq-Kuwait border.

Mashack wrestled with the decision before deciding to send him back – only with a military convoy headed north for protection. This decision was met by the driver with a handshake and a "thank you" from the rugged-looking man who had foolishly placed himself in harm's way to make a quick buck.

It's situations like this that can cause congestion on the two-lane road and in turn put Soldiers at risk, said Mashack.

"One truck can cause a traffic jam and we don't want Soldiers to be caught in compromising positions," he said. "Sometimes if there is a lot of traffic moving south, we'll stop northbound traffic and allow both lanes to move south. The bottom line is we have to keep the road clear and sometimes think outside the box."

With approximately 2,000 vehicles traversing the border each day, a rigid system must be in place to ensure everything runs smoothly, said Mashack, who described a procedure known as

See GUARDS, page 10



Photos by Spc. Scott Akanewich

A humvee rolls past the berm into Iraq at the border near Camp Navistar.

Your life, your choice

Quit smoking now and reap a lifetime of benefits.

Spc. Marc Loi, 13th Public Affairs Detachment

CAMP ARIFJAN, Kuwait -- This relationship – it has to stop. From the very beginning nothing was right, and now, there's very little left.

It was supposed to be only a temporary thing, something to take your mind off the stresses in your life, but it has lasted for several years. As each day passes, there comes more dissatisfaction, more problems and many more dreams going up in smoke.

You know you need to break away and you have tried. Each time you get pulled back, and the relationship becomes even more intense.

Now, with the help of mental health personnel at the Troop Medical Clinic here, it can stop. As early as next week, you can begin the process to quit smoking.

The TMC offers a smoking cessation class every Monday at 7 p.m. that has the potential to help smokers quit within five weeks, said Navy Lt. Michelle Patch, registered nurse.

The recipe for the class' success includes a support group along with the use of Zyban, an FDA-approved drug that's proven to help with nicotine addiction.

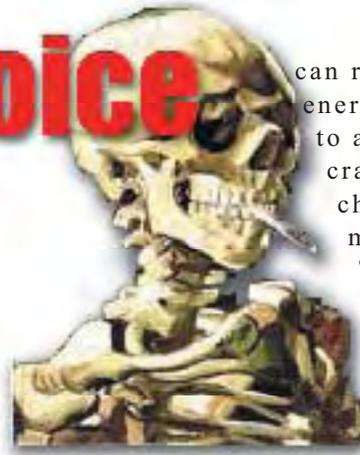
"Prescribed medication, along with group setting (discussions), can really help," Patch said. It isn't just the group setting or the medication that helps smokers quit, however. During the one-hour class, Patch also disseminates information on the effects of smoking and the benefits of quitting.

Though reasons for smoking may vary, from wanting to get rid of stresses to relief of boredom, reasons and incentives for quitting are usually the same for all smokers.

According to a slideshow briefing from U.S. Navy medical personnel, many diseases and disorders, including cancer, heart disease and respiratory disorders, are associated with smoking.

The benefits for quitting, on the other hand, are proportionately more rewarding. They include a healthier body, decreased risk of cancer and other fatal diseases. In addition, quitting also saves a pack-a-day smoker \$1,400 a year, according to a report on www.quit.com, a Web site dedicated to helping smokers quit.

But quitting isn't always easy – and any smoker who has tried quitting knows the difficulties associated with it. Such difficulties



can range from low energy and irritability to an uncontrollable craving. Though the challenge of quitting may be rough, the TMC here can help.

Recent graduate Richard Heard, for example, decided to quit after 17 years of smoking. And

he didn't just smoke, he smoked one to two packs a day. Quitting wasn't easy, but with guidance from TMC personnel and their open-door policy, which allows patients to come in at anytime to talk, he said quitting was easier.

"I was tired of smoking," he said. Heard said after smoking for several years, it became a habit. He smoked when he got up, when he went to bed or had a bad day. He even smoked to celebrate.

Just as Heard is a success story, there are other success stories, too.

"We've had a lot of success stories," Patch said. "We have a lot of alumni of the class come back and it's always a great motivation for beginners."

With the help of the TMC, perhaps you, too, can end the mundane and dangerous relationship that your mother probably wouldn't approve of anyway. 🐍

To Your Health

This week's health tips from the Desert Voice's health gury

Good nutrition is always important, but in the desert heat it's especially important to make sure you're eating right and staying hydrated. When it's hot, the body's natural reaction is to eat less, but you must eat regular meals to ensure you are getting the proper nutrients.

There are six essential nutrients your body needs daily: water, vitamins, minerals, carbohydrates, fats and protein. You can get all these nutrients from a balanced diet of fruits, vegetables, whole grains and lean proteins. Most people need to

consume between 1800 and 3500 calories a day, depending on gender, age, weight and activity level. A carb/protein/fat ratio of 50/30/20 is ideal.

Although popular high protein diets have lent carbohydrates a bad reputation, they are the body's primary energy source. If you need energy quickly, simple carbohydrates like those from fruit are best. For slow burning energy, complex carbohydrates, like those from whole grains and veggies, are best. Protein is essential for growing, body repair and maintenance. If you don't eat enough protein, your body "steals" it from your muscles.

The best protein is found in lean meats and poultry, fish, nuts, legumes and soy. Like carbs, fat also has a bad rap, but fats are a concentrated form of energy that help maintain

body temperature, and protect body tissues and organs. Limiting fat consumption to less than 30 percent of your daily calories to maintain a healthy diet.

The most critical need in the heat is fluid replacement, so make sure you are drinking at least ten 8-ounce glasses a day, especially if you're working outside.

Dehydration can have very serious side effects so hydrate, hydrate, and hydrate!!

Most dining facilities offer a variety of healthy foods making it easy to eat a balanced diet. Follow these simple guidelines and stay healthy during your tour in the desert. 🐍

(Story by Spc. Aubrey Pomares, 13th Public Affairs Detachment.)

Rotors to Wings



From Vietnam to OIF, this veteran flier has flown them all

Spc. Scott Akanewich, 13th Public Affairs Detachment

SOUTHWEST

ASIA-- Chief Warrant Officer Grant Pearsoll has always been about duty, honor and country.

In fact, his devotion to those three things have carried the 55-year-old Utah National Guard pilot through a military career spanning 37 years. He has flown a variety of Army aircraft over places ranging from Vietnam three decades ago to Southwest Asia today.

Pearsoll has continued to serve his country long after most of his contemporaries have hung up their flight suits because he still enjoys what he does, even after all these years.

"I've flown terrific equipment," said Pearsoll, who now flies C-12s out of an undisclosed air base. "Also, much of it is the social aspect. So many of my friends are in. I just look forward to going to drill."

It's often been said that everything happens for a reason and for Pearsoll, a chain of events that took place in Mayville, N.Y., Aug. 22, 1967, began his long military journey.

"I had an older brother who didn't drive who wanted to enlist, so I drove him to the recruiter's office," he said.

While waiting for his brother, he found himself transfixed by a poster on the office's wall. It depicted a UH-1 Iroquois helicopter, commonly known as the "Huey."

One of the recruiters noticed his fascination and asked the 17-year-old Pearsoll how old he was, followed by a question that changed the course of his life.

"How would you like to fly one of those?" asked the recruiter.

The Army got two new recruits that day, instead of only one.

"We both joined the Army the same day," said Pearsoll.

After flight school, he was off to Vietnam, where he flew approximately 500 missions during his tour there, many of them in harm's way.

"More than half of my missions were in and out of landing zones," he said.

To Pearsoll and his fellow pilots, the war in Vietnam provided a new challenge to the Army in how that particular conflict was fought using of air assault assets for the first time.

"Vietnam was called a helicopter war and that was a breakthrough," he said.

To this day, Pearsoll has a soft spot in his heart for the aircraft he flew through those valleys.

"The Huey got me out of a lot of tough scrapes," he said. "It hung in there and took a lot of damage."

However, if he had to fly into a hostile area today, he would prefer the UH-60 Black Hawk, which he flew later in his career.

"The Blackhawk does everything well," said Pearsoll. "Because of technological advances, it's much more capable, with features such as multiple engines that allows it to take a lot more battle damage."



Photo by Spc. Scott Akanewich

Chief Warrant Officer Grant Pearsoll inspects one of the engines on a C-12 aircraft.

A proud military heritage doesn't just stretch across the decades for Pearsoll himself. His four sons also serve America. The oldest, Christopher, 30, works in the intelligence field for the Navy, while Adam, 27, is a loadmaster in the Air Force. Last, but not least, are twin Marines Joe and Steve, 23, who are a flight mechanic and explosive ordinance disposal technician, respectively. All four have joined their father by serving during Operation Iraqi Freedom, with as many as three of them in theater at once.

"They grew up with the military," said Pearsoll, who added with a laugh regarding the diversity of service branches represented in the family tree. "We've got all the bases covered."

This is literally a band of brothers – and a father.

"Serving together creates more of a bond," said Pearsoll, who recently had an opportunity to visit with Joe as the latter was passing through Kuwait while re-deploying.

Today, Pearsoll's days are filled with the bright, blue desert skies of the Middle East. He flies support missions for Coalition Forces Land Component Command, primarily back and forth to and from Central Command headquarters in Qatar.

Although flying planes doesn't hold the same allure for him as his rotary-wing days, it has given him an opportunity to extend what has been and continues to be a fulfilling career.

"I enjoy the people and the mission," said Pearsoll, whose background extends to his civilian job as a safety inspector for the Federal Aviation Administration.

However, he still yearns for the rough-and-tumble world of his earlier career.

"I love helicopters because of the action," said Pearsoll.

Chief Warrant Officer Kenny Swatches, Arizona National Guard, is a fellow pilot and Vietnam veteran who works with Pearsoll and is quick to point out what his comrade offers the group.

"He brings a lot of experience and perspective to the job," said Swatches, who added that Pearsoll's personality is useful when it comes to some of their passengers. "I think he's very personable and outgoing. He likes to meet people, which comes in handy with the VIPs."

There's one other thing that tells you what kind of Soldier Pearsoll is.

He could have retired before deploying and not found himself flying over the windswept, barren expanses of this faraway part of the world. He could be back in Park City, Utah, enjoying spending time with his wife, knowing that only his sons were carrying on his legacy of duty, honor and country.

But that wouldn't sit too well with Pearsoll.

"You don't retire in the face of a deployment," he said. "When you sign up and raise your right hand, it's like marriage. It's for better or worse."

As for how much longer his Army career will last, Pearsoll will know when that time arrives, but it's not here yet.

"I'm going to stay as long as I enjoy it," he said. "As long as I'm having fun."



November Dreamin'

Make your votes count this November, register for absentee ballots now
First Lt. Christopher Coleman, Special to the Desert Voice



CAMP VIRGINIA, Kuwait – Military Post Offices are working to assist voters requesting absentee ballots here, ensuring their voices are heard in November.

Ballot requests are available at post offices in designated voting information areas. State-specific information is provided so soldiers can guarantee their ballot request is completed timely, accurately and according to local regulations.

Additionally, post office employees are available to answer questions about the SF-76, the Federal Post Card Application for absentee ballots.

Sgt. 1st Class Jaime Mendoza, voting assistance officer, 909th Adjutant General Co., helps soldiers with absentee ballot requests. According to Mendoza, soldiers turn in absentee ballot requests daily – and he's always available to assist.

"I answer all the questions I can, and I direct them to the website – www.fvap.gov – to find more information," he said.

Offering assistance is one way the 408th Personnel Services Bn. soldier works to avoid the replaying of past military voting controversies.

In 2001, the General Accounting Office studied military voting, reporting nearly two-thirds of the 2000 election's disqualified absentee ballots were invalidated because of lateness or incorrect completion.

Department of Defense Inspector General studies also found about a quarter of overseas military service members trying to vote absentee received their ballot late or failed to return their ballot to the local election office in time.

The studies' results serve as a warning to begin the absentee process well before autumn, prompting postal workers to begin offering assistance over five months before the election.

"We recommend that you request your absentee ballot before Aug. 15, and we recommend you mail the completed absentee ballot to your election board before Oct. 11," Mendoza said.

The SF-76 acts as both a request for an absentee ballot and voter registration. "It's easy," he said.

The actions of the post office VAOs illustrate the extra effort the Department of Defense has undertaken to make voting accessible for all deployed service members. The Federal Voting Assistance Program supports

deployed soldiers performing their civic duty. At the FVAP website, (www.fvap.gov) a printable absentee ballot request – in addition to other information on the overseas voting process – is available.

The FVAP's goals are to educate U.S. citizens worldwide of their right to vote, foster voting participation and protect the the voting process.

As part of the program, postal VAOs receive training on the details of the ballot request process, facilitating their assistance of soldiers in their command and customers at their post office.

The FVAP improvements aim to give everyone the opportunity to vote, but some won't vote no matter how trouble free the absentee process becomes.

It might be considered ironic service members promoting freedom in Iraq will neglect their rights at home. Mendoza, however, remains committed to helping service members and civilians request their ballot.

"I'm here to promote and encourage deployed service members to exercise their voting rights. Voting is freedom," he said. 

FACES
Freedom



Chance Evans
Newark, NJ



Staff Sgt. Antonio Diaz
San Antonio



Pvt. Melissa Tewell
San Antonio



Spc. Corie Nichols
Athens, Ga.



Sgt. Cliff Duff
Ottumwa, Iowa

Good Eatin'

Dining facility offers food the way Mom used to cook it

Spc. Marc Loi, 13th Public Affairs Detachment



CAMP ARIFJAN, Kuwait -- They're perhaps the most popular servicemembers on Camp Arifjan. No, they aren't professional athletes, and they certainly don't croon to patriotic songs that inspire the Americanism in all of us. But they do bring out Americanism by other means -- food.

For the food service personnel at the Zone I dining facility on Camp Arifjan, food service is in their blood. Their goal here, one FSP said, is to provide the best dining experience for servicemembers coming through Camp Arifjan.

"It's very important, it's one of the top priorities," said Spc. Benjamin Gonifas, FSP. "It's something to keep the Soldiers' morale up."

Though Gonifas and his cohorts are cooks by military occupational specialty, their jobs often do not involve cooking. Rather, their job is to ensure the DFAC runs smoothly, there are ample amounts of supplies such as napkins, sauces and plates, and anything else servicemembers may need to make the dining experience more pleasant.

The "cooking" itself is done by

Third Country Nationals who are divided into three shifts for breakfast, lunch and dinner, said Sgt. 1st Class Kenneth Graves, DFAC manager.

Cooking here usually involves pre-packaged and pre-made food, Graves said. This ensures everything is sanitary and also more time efficient, he said.

Cooking takes less time when cooks don't have to chop, sauté, cut or flour products before cooking.

Graves, a New Orleans native, said compared to his previous deployment experiences, food service for freedom fighters in OIF has significantly improved.

"The biggest difference is it's a lot easier (to cook)," Graves said. "Now we get the chicken already pre-packaged and it's already done. All we have to do is put it on the



Pizza! Pizza! Along with home-cooked food, patrons can also get right-out-of-the-oven pizzas.

sheet pan." The difference, too, he said, is Soldiers are now more informed about food service sanitation than they were before -- this consciousness allows them to serve food of better quality, benefiting both the patrons' health and their taste buds.

Their jobs, however, don't end at ensuring servicemembers get healthy, wholesome food. They also make sure servicemembers coming through

the facility are dressed in accordance with Army Regulation 670-1, a regulation pertaining to proper wear and appearance of the Army uniform.

More than once, Soldiers have been turned away for uniform violations. This is when even the most popular guys on post can be looked at as villains.

"Dress code is a must here," Graves said. "We get a lot of Soldiers coming in with violations, so we are ensuring AR 670-1 is enforced."

Soldiers who are turned away often come back dressed more appropriately, Graves said.

Tuesday evening, for example, DFAC personnel had to enforce the rules on a Soldier for wearing shorts mixed with an Army brown T-shirt.

But instead of just simply turning the Soldier away, they gave him a to-go plate.

This is, Graves said, because while they have to enforce the rules, their priority is also to feed Soldiers and raise morale.

"We want them to leave saying, 'Man, I had a great time at the Zone I DFAC,'" Graves said.

Camp Spearhead received a new dining facility May 15, 2004. According to the camp's deputy mayor, Command Sgt. Major Jesus Gonzalez, the new facility holds more hungry patrons, has better equipment for food preparation and now features a grill for eggs and hamburgers made to order.



Train the Force

Gone are the days of police brutality. Here, Coalition nations work together to train Iraq's law enforcers

Sgt. Vanessa M. Bagley, 377th TSC

SHAIBAH LOGISTICS BASE, Iraq -- The flags of six countries fly at the Az-Zubayr Police Academy in southeastern Iraq: Great Britain, Italy, Denmark, the Czech Republic, the Netherlands and, of course, Iraq.

Coalition nations have combined forces at the academy in the Al-Basrah province to train local police officers in law enforcement skills and democratic principles.

"I think this work is very important because the Iraqi police officers need our help for the first step for a democratic state," said Warrant Officer Vaclav Janda, a Czech military police officer who instructs at the academy.

With the June 30 transfer of sovereignty approaching, the coalition is enabling Iraqis to defend their country as well as govern it.

Iraqi police officers in the Transitional Integration Program receive two weeks of basic instruction in practical and theoretical police work.

"They know this isn't a 2-week vacation," said Cpl. Francesco DeSabato, an instructor with the Italian military police, the

carabinieri.

The TIP students receive hands-on training in police skills such as handling firearms and searching vehicles.

Czech instructors teach basic marksmanship skills at an outdoor shooting range, and the Iraqis must qualify with at

least 13 out of 30 shots using a Glock 19 pistol.

Although some of the Iraqi students have been police officers for 20 years or more, many of them have never fired a pistol before, said Warrant Officer Stanislav Rimkevic, a Czech instructor and liaison officer.

Iraq's police force carried AK-47s under Saddam's regime, he explained.

During lectures, instructors emphasize what DeSabato called the "human side" of law enforcement, focusing on moral issues and human rights.

"When you hand out sheets to them (the Iraqis) where they can actually see their human rights, they are surprised that they have these rights, that

they are described somewhere," said Danish military police Sgt. Peter Jepsen.

Rights such as freedom of speech and the right to a fair trial didn't exist under Saddam Hussein.

"It's very important for the Iraqis to learn the

international standards," said

DeSabato, who also trained Bosnian police in 1999 and 2001.

The academy also runs several courses that are



Coalition Forces members share a light moment during a break from training at the training site.



A Czech police officer evaluates an Iraqi police officer as he fires a Glock 19 in training.



A Czech police officer instructs Iraqi police officers on the use of weapons.

more advanced than the TIP for students who show potential as leaders.

These courses include a custody officers course, a management trainers course and a self-defense instructors course.

"The main purpose is that we will train Iraqi police officers to become trainers so that they will slowly take over the academy," said Jepsen.

There are at least 500 students attending the academy at any one time, according to United Kingdom police officer Paul O'Hanlon, head of specialist training.

Instructors said the Iraqi police officers have generally been enthusiastic students.

"The people of Iraq, and especially in the south here, are keen to learn as much as possible. They support the coalition and all that it's doing down here," said O'Hanlon.

"We all work really, really well together," he added.

Some Iraqi police officers have remained at the academy after they completed

their course to work as instructors or interpreters.

"I love my job," said Iraqi police officer 1st Lt. Loay Abdul-Ameer, who interprets lessons from English to Arabic.

The six flags flying at the Az-Zubayr Police Academy represent six different nations united by a common purpose.

Together, these nations are building Iraq's police force one class at a time. 

And we'll have fun, fun, fun ...

Experience the sight and sound of Kuwait with MWR

Sgt. Vanessa Bagley, 377th TSC Public Affairs

OPERATION IRAQI FREEDOM -- If you're starting to think there's no more to Kuwait than tents and sand, it's time for you to call your friendly neighborhood Morale, Welfare and Recreation representative.

The 377th Theater Support Command has teamed up with the Coalition Forces Land Component Command to offer MWR bus trips to a variety of sites throughout Kuwait.

A lot of people come here for 12 months and see Camp Arifjan, and maybe every once in a while go to Camp Doha. That's not even seeing Kuwait," said Sgt. Jeremiah Geffre, an MWR bus trip tracker with CFLCC C-1.

Servicemembers can take a bus trip to a mall, an outdoor market or an amusement park by coordinating through their camp MWR representative.

Depending on the type of activity, trips can last a half day

or a full day, said Staff Sgt. Eric Robinson, an MWR coordinator with the 377th TSC.

The amusement parks have an admission charge, but other trips don't even require cash.

At the malls, which Robinson called "very American-ized," servicemembers can get a bite to eat, shop for clothes or just walk around.

MWR coordinators take care of most arrangements for the trips so that servicemembers can relax.

"We'll do all the worrying for them," said Robinson.

Trip-going servicemembers are only required to provide two people at a time to pull guard duty at the bus.

"The Air Force provides us with excellent security at the sites, but each bus needs to have its own security as well," explained Robinson.

"Security is the big issue," added Geffre. "We're vulnerable out there. That's why we have such strict security measures, and we're always looking to improve them."

Servicemembers must also dress appropriately when they're "out there" so they don't offend local people.

Appropriate dress includes long pants and sleeved shirts without logos. Sandals are OK, but shower shoes aren't allowed.

A bus trip is a great opportunity to see Kuwait,



said Geffre.

"Take advantage of it!" he said.

For more information, e-mail the 377th TSC MWR office at 377tscc1mwrtours@arifjan.arcent.army.mil, or call DSN 430-7153.

Moving North

Camp Wolverine to shut down, move to Doha
Spc. Marc Loi, 13th Public Affairs Det.

CAMP WOLVERINE, Kuwait - The Kuwaiti sun is about to set on perhaps the most important U.S. military base camp in Kuwait.

Camp Wolverine, the Aerial Port of Debarkation for servicemembers coming in and out of the Operation Iraqi Freedom theater, is shutting down to move its operations to Camp Doha.

According to Maj. Melvin Fleming, APOD operations officer, Camp Wolverine is shutting down because the Kuwaiti government is planning to commercialize the area. It will serve as a shopping center for passengers coming through Kuwait City International Airport.

Although picking up and moving a whole military camp of more than 600 people may be difficult, Fleming said the move is necessary to maintain the relationship between the American

and Kuwaiti government.

"The Kuwaitis have been very supportive," Fleming said. "It's time we show true faith and do what they

ask us to do. It's time for us to move on and keep the relationship positive."

The biggest challenge about the move distance said Col. Don Stinson, APOD commander.

Whereas servicemembers arriving at KCIA were often picked up and processed in about 30 minutes at Camp Wolverine, such processes will prove to be more difficult with the APOD located at Camp Doha - about 30 miles north of Camp Wolverine.

"The challenge is going to be the mobile piece," Stinson said. "(Thirty miles) is a lot of room for buses to break down or for something else to happen." Stinson said he estimates the process of picking up and processing servicemembers through the APOD will increase by two to

three hours.

In its illustrious tenure as home base for the APOD, Camp Wolverine also served as a location where memories and history were created.

Stinson said the one memory that will stand out in his mind is how the camp was able to move more than 100,000 servicemembers in and out of Kuwait during OIF phase II.

"We processed so many troops here at OIF II that we beat our expectations," he said.

By later this week, the APOD will be fully operational at its new location. For Fleming, the move couldn't have come at a better time because the rotation of troops for OIF II recently ended and the Rest and Relaxation program is about to start again. With "down" time in between and only one to two planes coming in and out everyday, personnel are afforded the time and manpower to make the move as smooth as possible.

They've taken full advantage of that. Fleming said though it's been a challenge, servicemembers are doing a good job with the move.

Attention, please!

Ladies and Gentlemen:

Greetings from Camp Arifjan. We would like to invite you to come and be our special guest on July 10 at 7 p.m. We will present a Gospel Musical entitled "A Desert Gospel OIF Explosion," in the Zone II MWR area of Camp Arifjan. Our purpose for this musical is four-fold: First, to build a stronger and more positive community throughout all the branches of service in this joint military effort in Kuwait. Secondly, this musical will promote spiritual growth, individually and collectively. This will spiritually empower all military and civilians serving here under arduous conditions in Kuwait, Iraq, and Afghanistan. Thirdly, to reinforce positive military values that will provide a better working environment while serving in this foreign land. Lastly, we realize that these Soldiers, sailors, irmen, Marines and civilians need a sense of hope and this musical will provide that hope. We need a living active hope for all who are fighting for freedom all over this globe.

Your participation will make this musical a tremendous success and we look forward to worshipping with you. We extend our invitation to you to come out and participate with us during this grand occasion. If you are interested please contact kdavidjohn@aol.com, leangela.pierce@arifjan.arcent.army.mil, or travis.mills@arifjan.arcent.army.mil.

May God bless you all,
K. David Johnson
LCDR, CHC
Arifjan Gospel Chapel Pastor



Facility Hours

Camp Arifjan

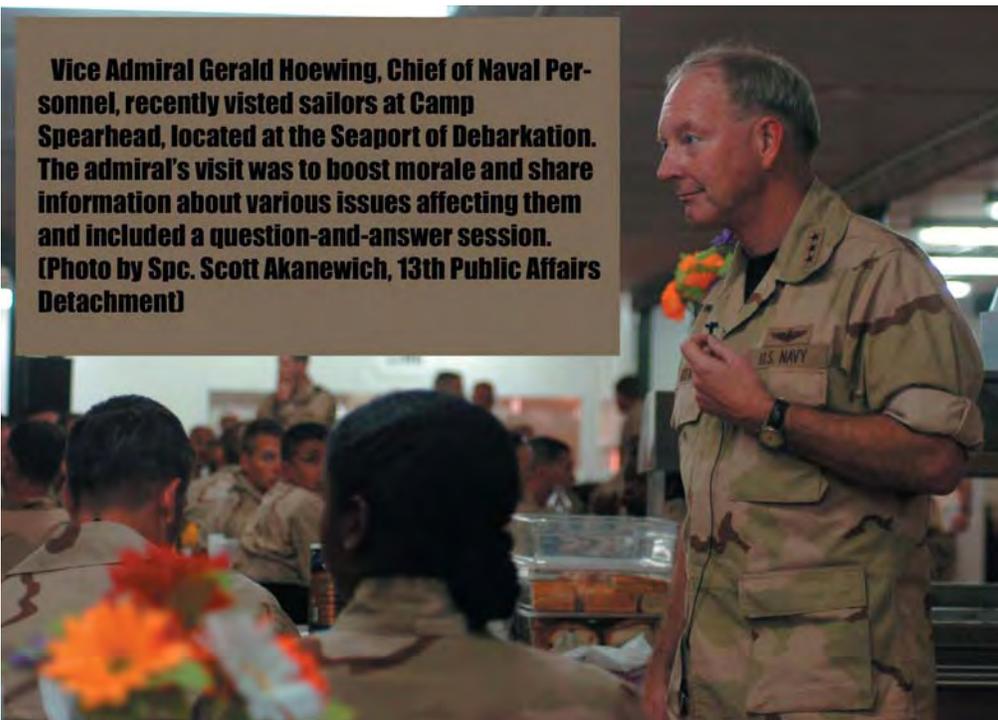
Zone 1

All AAFES facilities & food concessionaires 0900-2100 daily	Post Office 0700 1900 daily
Free Laundry 0645-1200 1300-1745 closed Fri.	Education Center Th Fri 0730 1630 closed 1900 1300
Video Check-out 1000-2200 daily	Community Center 1000 2300 daily
Wood Craft Shop T, F, Sa 0900-1500 We, Th 0900-1745 closed Sun & Mo	Dining Facility 0500 0800 1130-1330 1700 1930 (daily)
	Pool 0800-2200 daily

Zones 1 & 2 **Zone 2**

Gym 24 hours daily	All AAFES facilities & food concessionaires 0900-2100 daily
Red Cross 24 hours daily	Hole-in-one doughnuts 0700-1500 daily
New car sales 1000-1800 (closed Fridays)	Dining Facility 0500-0800 1130-1330 1700-2000 2330-0100 (daily)

Vice Admiral Gerald Hoewing, Chief of Naval Personnel, recently visited sailors at Camp Spearhead, located at the Seaport of Debarkation. The admiral's visit was to boost morale and share information about various issues affecting them and included a question-and-answer session. (Photo by Spc. Scott Akanewich, 13th Public Affairs Detachment)



Movies

Camp Doha

 WEDNESDAY

5:30 p.m. Taking Lives - R
8 p.m. Eternal Sunshine of the Spotless Mind - R

THURSDAY

5:30 p.m. Van Helsing - PG-13
8 p.m. Secret Window - PG-13

FRIDAY

5:30 p.m. Troy - R
8 p.m. The Prince and Me - PG

SATURDAY

2 p.m. Troy - R
5:30 p.m. The Ladykillers - R
8 p.m. Jersey Girl - PG-13

SUNDAY

2 p.m. The Passion of the Christ - R
5:30 p.m. Troy - R
8 p.m. EuroTrip - R

MONDAY

5:30 p.m. The Ladykillers - R
8 p.m. Scooby Doo 2: Monsters Unleashed- PG

TUESDAY

5:30 The Ladykillers - R
8 p.m. Jersey Girl - PG



No Bull! The benefits and harm of caffeine products Spc. Aubrey Pomares, 13th Public Affairs Det.

For many decades, health experts have warned that consumption of caffeine can lead to dehydration and should be avoided while exercising or working in extreme environmental conditions.

However, many recent studies have shown that caffeine is not all that bad for you and actually has many health benefits.

- When consuming caffeine or caffeinated beverages, the body retains some of the fluid
 - Caffeine has a mild diuretic effect, very similar to that of water
 - There is no evidence that consumption of caffeinated beverages causes a fluid-electrolyte imbalance that is detrimental to health or exercise performance
 - A person who regularly consumes caffeine has a higher tolerance to the diuretic effect
 - Caffeine can increase mental alertness and mood
 - It can increase athletic performance and endurance and can reduce asthmatic effects
- Even with these findings, it's



still important to drink water because excessive amounts of caffeine are hard on the kidneys and stomach.

Water or sports drinks are best if you are experiencing any of these signs of dehydration:

Thirst, irritability, fatigue, weakness, apathy, emotional instability, chills, clammy skin, nausea, pounding heart beat, loss of appetite, low blood pressure, headache, cramps, shortness of breath, dizziness, confusion, tremors, tingling in arms, hands, and feet, irritated eyes or fainting.

If you have frequent insomnia, headaches, or feel jittery and irritable, you might want to cut back or avoid caffeine.

Otherwise you needn't feel so guilty next time you have your morning cup of coffee or rely on that energy drink to get you through the day. 🐛

(Aubrey Pomares is the Desert Voice's health guru.

Look for her articles every month in this section of the Desert Voice.)

From Guards, Page 3

"roadside management," in which vehicles are placed in a "movement matrix."

"We have to prioritize the traffic on the road," he said. "Priority goes to military convoys, with civilian vehicles second. It's important people understand the movement system here."

Another potential hazard is various vehicles that park just beyond the border as if conducting surveillance on the checkpoint.

"We don't like cars sitting there," said Mashack. "We confer with the Kuwaitis, then hand it off to the bypass patrol."

This is a unit made up of Soldiers who are tasked with clearing the road of potential danger.

One more concern for Mashack and his Soldiers is making sure each convoy headed north receives the proper safety briefs and is accompanied by proper security.

Camp Navistar is an important link in the chain which is the war effort because roughly 90 percent of troops headed into Iraq pass through there, said Mashack.

"We feel we have an important job because this is the last stop before going into Iraq," he said.

One of the benefits of this duty for Wallace is when Soldiers who are re-deploying pass through, he said.

"You can just see the looks on their faces how happy they are to get back to Kuwait," said Wallace. "It makes me feel great to help Soldiers get out of Iraq." 🐛

THE CLEARING BARREL

Sgt. Maj. Jesus Gonzalez, Camp Spearhead's deputy mayor & port sergeant major on:



Recreation activities while deployed

We have MWR trips weekly. Actually, two times a week. One with the Army and one with the Navy.

The soccer field is being bulldozed and smoothed over for a softer playing area for the servicemembers who enjoy soccer.

The camp also has an outdoor movie theater and a great gym that's open 24 hours.

There are many opportunities to stay busy while deployed. Servicemembers can stay in touch with friends and family by using the Internet Cafe. MWR is setting up a tent, in addition to the recreation tent already in place, with video game consoles.

Camp Spearhead will be closing soon, but we're continuing to make it as comfortable as possible for the time being.

Help Away From Home
Personal, financial or relationship problems while deployed?

They can help! Army One Source is where all military personnel can get help whether deployed or stateside

Operators are on call 24/7 to help you with all your problems.

Call 1-800-464-8107

or visit

www.armyonesource.com

for details! CALL NOW!

Operation Iraqi Freedom



Photo by Pvt. Brandi Marshall
 Pfc. Josef Merritt pulls security during a route reconnaissance mission from Baqubah to Ballad, Iraq. Merritt is assigned to the 1st Infantry Division's Scout Platoon, Headquarters and Headquarters Company, 2nd Battalion, 63rd Armored Regiment.



Photo By Spc. Sean Kimmons
 A combat engineer carries a confiscated 107 mm rocket back to his truck near Kirkuk, Iraq. These types of rockets regularly attack Kirkuk Air Base. The Soldier is assigned to Company B, 65th Engineer Battalion.

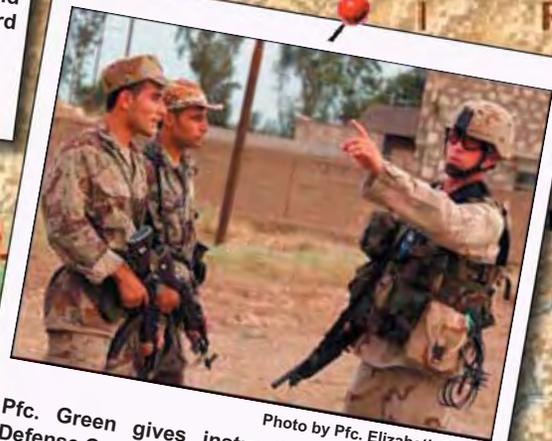


Photo by Pfc. Elizabeth Erste
 Pfc. Green gives instructions to Iraqi Civil Defense Corp (ICDC) personnel after conducting a joint foot patrol in Altun Kapri, Iraq. Green is assigned to the 25th Infantry Division's Battery C, 2nd Battalion, 11th Field Artillery Regiment. Soldiers are training ICDC personnel to assume responsibility for parts of Iraq.



Photo by Pfc. Elizabeth Erste
 Spc. Justice Grier prepares to lead a group of Iraqi Civil Defense Corps personnel on a patrol in Altun Kapri, Iraq. Grier is assigned to the 25th Infantry Division's Battery C, 2nd Battalion, 11th Field Artillery Regiment. Soldiers are training Iraqi troops to assume responsibility for maintaining security in parts of Iraq.



Photo by Pfc. Elizabeth Erste
 Spc. Kinere leads the way for members of the Iraqi Civil Defense Corps (ICDC) during a joint foot patrol of the city of Altun Kapri, Iraq. Kinere is assigned to the 25th Infantry Division's Battery C, 2nd Battalion, 11th Field Artillery Regiment, deployed in support of Operation Iraqi Freedom. The ICDC is preparing to assume control of the area.