6th rotation says, ‘Sayonara’

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Kuwait medical units fly out a severely injured servicemember from Iraq to Camp Arifjan’s hospital and their efforts save his life.

Pages 4 Japanese meet ambassador
The sixth rotation of Japanese soldiers celebrated the end of their rotation with their ambassador at his house Aug. 23.

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Soldiers from the Army Reserve 80th Division (Institutional Training) deployed to Iraq last week to train Iraqi Soldiers and policemen.

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A Soldier lines up a shot during a pool game at the Camp Arifjan Zone 1 Community Center. Photo by Spc. Janine Coogler.
Team effort saves servicemember’s life

Spc. Robert Adams
Assistant Editor

A severely injured servicemember’s life was saved Aug. 13 after he was involved in a gun truck accident in Iraq.

A large-scale team effort between military medical units located in Iraq, Kuwait and Qatar as well as the Kuwait Ministry of Health contributed to the patient’s survival.

The efforts of the 62nd Medical Brigade, 377th Theater Support Command, ground and air ambulance crews gave teams of surgeons and medical specialists at United States Medical Hospital – Kuwait the chance to treat the patient’s critical injuries and give him a second chance at life.

The nine-line medical evacuation request stated that the patient had received an open fracture to his left arm and massive facial trauma as a result of the accident.

The 344th Combat Support Hospital, 44th Medical Command, initially treated the patient in Iraq, but found that they needed the aid of a vascular (artery) surgeon and called the Medical Regulating Office at Camp Arifjan to request assistance and possible acceptance of the case.

“This was an out-of-sector mission, meaning that we are venturing beyond our normal sector of operations,” said Maj. Richard Wilson, 62nd Medical Bde. medical regulating officer, who controls patient movement into and out of Kuwait. “By crossing the border, you’ve got two main things to consider: one is it’s an international border … and the other is it’s the border of Coalition Forces Land Component Command and Multinational Corps, Iraq’s battle space.”

“They called and requested assistance; because almost all the medical and evacuation assets are positioned in other parts of Iraq … and we are actually closer to them than any other hospital … with a vascular surgeon,” he added.

After receiving approval from the MRO to cross the Iraqi border, 236th Medical Company’s (Air Ambulance) Dustoff 11, a MEDEVAC-configured Blackhawk, took off at 1:38 p.m. from Camp Buehring to retrieve the patient.

Upon arrival at the landing zone at 2 p.m., the patient was still undergoing stabilization surgery and was receiving rescue breathing with supplemental oxygen from a bag-valve mask from the 566th Medical Company (Area Support), 44th Medical Command, ground ambulance crew.

After making sure the patient was loaded safely, Staff Sgt. John Sanchez, 236th Medical Co. flight medic, continued to provide rescue breathing with the bag-valve mask.

After assessing the patient, Sanchez indicated to the pilots, Capt. Rebecca Jarabek and Capt. Anthony Wolf, that they must expedite the patient to medical hospital at Camp Arifjan as quickly as possible or risk losing the patient.

While in flight, Sanchez, with the help of Sgt. Brian Parrish, 236th Med. Co. crew chief, administered cardiopulmonary resuscitation on the casualty after the patient’s pulse dropped rapidly and fell below 40 beats per minute – 60 to 80 is normal – three separate times before reaching USMHK.

“With all the training we received … we came together and were able to save his life,” Parrish said.

Hospital personnel from Casualty Receiving, anesthesia, the blood bank, the operating room and the helo-pad team prepared and awaited the patient’s arrival.

When the Blackhawk landed, emergency room staff unloaded the patient and conducted preliminary assessments for the eventual resuscitative surgery in the operating room.

“If I left the hospital and heard that the patient had his heartbeat back, it made me feel glad that I was able to get him there,” Sanchez said.

Under the direction of Navy Cmdr. Joseph Costabile, department head of surgery, it was found that the patient had two major points of uncontrolled hemorrhaging: the brachial artery in the arm and the upper neck.

Through the teamwork of surgeons and doctors, the operating room was able to control the hemorrhaging from both areas.

“This was a tremendous team effort,” said Dr. (Navy Capt.) Manuel Rivera-Alsina, USMHK chief of professional services. “At one time there were seven surgeons working as a team, with one anesthesiologist and three certified registered nurse anesthetists.”

During the surgical operation the patient had used up the hospital’s blood supply, and blood products necessary for the case were requested from the Central Kuwait Blood Bank.

“We don’t carry platelets … a blood component, and through networking with the CKBB, we were able to obtain enough products to keep the patient from continuous bleeding during his stay at USMHK-K,” Manuel-Alsina said.

An emergency blood supply was also flown in from the Theater Blood Distribution Center in Qatar. The TBDC ships blood on a routine basis to all the military hospitals across the Middle East.

They flew in the blood by C-130 to Ali Al Salem, Airbase, transferred it in a 236th Med. Co. Blackhawk, which then flew down to the USMHK.

A few days later, the patient was flown from Kuwait to Landstuhl, Germany and then to Walter Reed Medical Center.

Rivera-Alsina said, “It is my opinion that the Navy, Army and Air Force team effort in this case gives credit to military medicine … this is truly why we are here.”
Fine china, highly shined silverware, colorful centerpieces and extravagant food were flamboyantly placed throughout the house. The decorative Japanese cuisine seemed to be never-ending. Waiters were constantly replacing empty trays of food to make sure the guests had plenty of choices.

Sushi, tempura, Japanese noodles and many more dishes were displayed on tables for the Japanese soldiers to enjoy.

Cameras were constantly flashing as Japanese soldiers had the opportunity to meet and take pictures with their ambassador, Japanese commanders and U.S. military officers.

More than 180 Japanese soldiers from the sixth rotation of the Japanese Grown Self Defense Force were invited to wine and dine in style at the Japanese ambassador’s residence Aug. 23.

This type of celebration is held after Japanese soldiers complete their three-to-four month rotations, said Japanese Lt. Col. Shinichi Matsuzaka, rotation onward-movement coordination section chief.

The Japanese coalition’s mission is to help rebuild infrastructure, purify water and provide medical relief, said Japanese Capt. Yoshiki Takedomi, chief interpreter.

The invitation to the relaxing atmosphere at the ambassador’s residence meant a lot to the Japanese soldiers, said Masamitsu Ohki, Japanese ambassador to Kuwait.

“This is the first time for many of the soldiers to meet their ambassador,” he said.

“They will be able to take pictures and show them to family and friends back home.”

Throughout the night Ohki posed for hundreds of pictures so the soldiers would have a memoir of their experience at the ambassador’s house.

Ohki said he wanted to make sure the Japanese soldiers knew they were appreciated for serving their country.

“I wanted the celebration to be at my residence because it makes it more personal,” Ohki said.

In addition to congratulating the soldiers for a job well done, Ohki said the celebration was a stepping stone for the soldiers before going back to Japan.

For at least three months, the Japanese soldiers had to adjust their eating habits and focus on the humanitarian mission in Iraq, Ohki said.

The dinner was a chance for the soldiers to reacquaint themselves with their traditional habits before returning to Japan, he added.

“The atmosphere is different here,” Ohki said.

He added, “It will be an adjustment for the soldiers to live in their homes. This is their chance to adapt before going back to Japan.”

Being in a nice house, compared to the tents they became accustomed to, lifted the spirits of the Japanese soldiers, Takedomi said.

Ohki said the soldiers have gone at least three months since they ate sushi or tempura, seafood and vegetables dipped in batter and deep-fried.

“It is a big night for them. They are able to feast on great food and meet interesting people,” Ohki added.

Matsuzaka said the night ended with the Japanese commander speaking to the crowd.

He thanked the soldiers for serving, representing their country and completing their humanitarian mission.

The night brought smiles to all the soldiers’ faces. Upon exiting the house, soldiers lined-up to thank the ambassador for the unforgettable experience.
80th Div. set for Iraq mission trains effectively and quickly

Spc. Michael R. Noggle
CFLCC PAO/11th PAD

“No man is to be employed in the field who is not trained and tested in discipline”

- Flavius Vegetius
Roman 4th Century
military writer

Before deploying to Iraq, Soldiers from the Army Reserve 80th Division (institutional training) didn’t receive the typical training a unit normally receives at Udairi Range.

The Multinational Security Transition Command-Iraq Soldiers, will be supporting and conducting training with Iraqi soldiers and policemen.

“They don’t have a structured military like the United States,” said Capt. Jeff Rosenberg, assistance operations officer. “So we’ll be sending them through a basic training crash course.”

The MNSTC-I Soldiers were sent through more in-depth courses on convoy live fire, crew-served weapons training and foreign weapons training as preparation for what they will be teaching.

Many in the unit are instructors for basic training sites, military police and infantry schools across the United States and their challenge will be learning the language and working with interpreters.

“We are going to depend on interpreters,” said Master Sgt. Rachelle Sweet, MP instructor. “We have to trust that they will give the instructions or commands the exact same way we gave it to them.”

Sweet said the interpreters will be one of the most valuable assets serving as the instructors’ right-hand man. They will be expected to know military jargon and the step-by-step process of how the training will be conducted.

If there is something the instructor has to do, then there has to be an Iraqi soldier or policeman there to do it with him, said 2nd Lt. Benjamin Story, operations officer.

“They’re going to be shadowing us in everything we do, so they can learn everything,” he said.

“They will be doing the same jobs that our military police and Soldiers are doing,” Sweet said.

He added, “They’ll do anything from convoy route security, main support route security, establishing checkpoints and roadblocks, going into the homes and clearing any potential threats or insurgents.”

After the boot camp-type course, they’ll break off into smaller groups in which they will learn more details about their jobs,

Sweet said.

At the conclusion of the basic training course, infantry personnel will go through an advanced training school, while policemen will enter an academy, she added. Through these schools, they will be taught how to defend themselves and, more importantly, the people of Iraq.

Sweet said it will be better once the Iraqi forces take over because the people of Iraq will feel comfortable. If they need to search a home, then they know the culture and how to talk to the civilians, rather than having an American Soldier enter the building and not know the language and inadvertently disrespect the culture.

“The Army sent us for our knowledge and expertise to teach the Iraqis,” he said. “We’re going to treat the Iraqis with respect and earn their trust. When they see that we truly care and want to help them, then they’ll really want to participate and everything else will fall into place.”

“The faster we can get them up to speed on the training, and they feel they can handle the mission, we can start pulling our Soldiers out,” he said.

He added, “It’s going to take time, but if we do our jobs effectively and efficiently, then that’s less time that our Soldiers have to be here.”

Only the strong survive

Larri Tentinger performs his final lift of 520 pounds during the first dead-lift competition at Camp Arifjan Aug. 20 at the Zone 1 Fitness Center. He was the power-for-pound winner at 183 pounds. Thirteen males and three females competed in the competition.

Mike Ricker, winner of the 215-pound and higher category, completes a lift during the first dead-lift competition at Camp Arifjan Aug. 20 at the Zone 1 Fitness Center. Ricker’s best lift was 560 pounds.
A crowd of 500 Soldiers sat, watching with intensity as the lucky winner was called forward. He walked up with a smile creeping onto the corners of his mouth. He shook the general’s hand and began accepting his prizes.

Cpl. James Holcombe, 200th Engineer Battalion, an Alabama National Guard unit, was the 250,000th traveler to go on rest and recuperation Aug. 21 at Ali Al Saleem. He deployed to Camp Victory, Iraq, seven months ago. He used his R&R to travel to New Orleans to surprise his mother for her birthday. For being the quarter-millionth traveler he received two round-trip tickets to a location of his choosing, a $100 Army and Air Force Exchange Service gift certificate, a coin from Maj. Gen. Bruce Casella, 377th Theater Support Command commanding general, and certificates to frame on his wall.

Holcombe said he was shocked to be the lucky traveler and the experience was slightly overwhelming.

“IT’s a lot of responsibility,” Holcombe said. “I’m representing everyone before me and everyone after me. I’m just a simple Soldier in Iraq.”

Sending Holcombe home is a milestone for the two-year-old program. The last milestone for the program was a year ago when they sent the 100,000th servicemember on R&R.

Military members and Department of Defense employees can take advantage of the program. They are allowed 15 days of chargeable leave, however, the flights are fully funded by the military. Travelers take military transportation to Ali Al Salem Air Base. From there they fly into Frankfurt, Germany, Atlanta or Dallas and can take one connecting flight to their destination.

After arriving at the air base, servicemembers are greeted by someone in the R&R program. Processing the travelers usually takes at least two days. First, the R&R personnel bring the travelers to billeting to get them a place to sleep. They are then taken to the processing center.

At the processing center, identification cards are collected and scanned. At that point the R&R program becomes responsible for all travelers.

The next step for the servicemembers is to attend a briefing where they receive important numbers, go over their leave forms and learn tips and procedures for their travel.

According to Staff Sgt. Angela Finney, phase one inbound team leader, R&R program, one of the main problems the staff finds when giving the briefing is that servicemembers have their home of record address on their leave form, but they are not traveling there. The vacation address must be on the leave form so the flights can be correctly booked.

Following the briefing, travelers visit the Commercial Travel Office run by SATO Travel. While here, they go over their leave form address and discuss options for their travels. There are two CTO locations. One processes R&R leave, while the other processes all other travel, including emergency leave.

After visiting CTO, travelers are usually released with accountability formations to attend. A mandatory flight update briefing is given the next morning.

Servicemembers then attend their final lockdown formation. Following the formation, the travelers are brought to customs. After completing customs they are taken to the holding area. While in the area CTO passes out paper tickets for the travelers’ flights.

Flights from Ali Al Salem are contracted by the government. Connecting flights cost the military an average of $550 each, according to Lt. Col. Frazier L. Pope, R&R programs chief, Coalition Land Forces Component Command.

“It’s an awesome program – a tremendously good buy for the Army,” he said.

The program has 600 to 700 travelers a day, according to Staff Sgt. Ene Warner, phase one sergeant, R&R program.
The program pulls servicemembers to the R&R gateway in Ali Al Salem. Travelers come from the Horn of Africa, Qatar, Iraq, Kuwait and Afghanistan, Pope said.

Servicemembers have to be in these areas to qualify for the program and also must have at least a one year tour.

Members of the R&R team say they enjoy processing servicemembers of all ranks and no one gets preferential treatment, according to Finney.

“This is probably the most exciting job I’ve ever had,” she said. “Everyone is excited. There are no VIPs to us – a private is treated just like a general.”

According to Sgt. 1st Class William Reese, R&R program outbound travelers non-commissioned officer in charge, there is one purpose on the staff’s mind.

“Our goal is mainly to run a successful operation and I think we are meeting that goal,” he said.

The team is committed to the servicemembers, according to Finney.

“Knowing the hard work we do is helping someone else is the ultimate feeling,” she said. “The Army has managed to put together a group of people who like helping others.”

The team members said they think this program is a good way to rejuvenate servicemembers in the fight.

“It’s so invaluable for morale and welfare of the troops,” Pope said.

He added, “We need to move them out of this environment because it’s essential in ensuring the quality of life for the servicemembers. It affords them the opportunity to rest and recuperate and come back with a renewed vigor and focus on the mission at hand to get the job done.”
Servicemembers usually try to escape the extreme Kuwait temperatures by staying inside. Offices and tents are pumping cool air all day. But if the air-conditioning units break down, who do you call?

Two U.S. Navy Seabees provide intermediate and operational maintenance on environmental control units and any power problems at the U.S. Military Hospital - Kuwait, Camp Arifjan.

Knowing the importance of his job, Navy Petty Officer 2nd Class Vodym Klyatskyy, hospital construction electrician, said they are needed because the facility takes care of everyone, from contractors to servicemembers.

The hospital must meet the needs of its patients in a functional environment.

During a training activity, one of the breakers popped and power was lost in the operation room, said Petty Officer 3rd Class Clinton Saltsman, hospital utilities technician. “It was then that people were able to see the importance of our job. We had to quickly fix the problem and get the power up and running so they could continue to operate,” he said.

The ECUs function better in moderate weather conditions, Klyatskyy said. “The majority of the units are 15 years old, and they are not made for 120 degree temperatures,” he said. “There’re usually made to handle tropical weather.”

The difference in weather conditions makes the units more susceptible to break down. “We do more maintenance than normal on these units because of the weather,” Klyatskyy said.

With constant exposure to sand, the units get clogged and break down, Saltsman said. To fix them, the majority of the time they just have to replace or wash down the filter.

Maintaining the ECUs benefits the hospital’s staff, patients and equipment. Medical equipment used in the hospital operates better in a cooled environment, Saltsman said. In addition, some equipment lets off quite a bit of heat, so without air-conditioning the room temperature becomes extremely hot.

Saltsman and Klyatskyy are proud to have completed many projects which helped the hospital’s workspace, morale, and temperature, Klyatskyy said.

One of their prized projects includes the small building where they work in, Saltsman said. “We built this building pretty much out of scrap lumber.”

They were confined to a small space, and needed a lot of space to fix the equipment and store their tools, he said. So they built their own workspace.

The Seabees didn’t have their own space because they were replacing contractors. “We had to start everything from scratch… from the kind of maintenance that had to be done on units to making contacts for backup help,” Klyatskyy said.

Klyatskyy and Saltsman were able to find a comfort zone and complete a variety of jobs.

They fixed ECUs, built entry-ways to tents and helped build the hospital’s recovery zone, which includes a small golf course.

The entry-ways were built to help keep the tents at a constant temperature while people pass in and out of the tents, Klyatskyy said. “This way the units don’t have to work as hard to regulate temperature,” he said.

Saltsman said they used paint cans filled with sand and five-fifty cord to make the doors to the entry-ways close on their own.

Working with limited tools, the Seabees accomplished many jobs to help the hospital stay functional, Saltsman said.

Gleaming with pride, Saltsman said they were cost-efficient for the hospital. He added, “We make do with what we can get a hold of.”
Deployments no place for pets, mascots
Cute, cuddly animals can cause more harm than good

Staff Sgt. Kerensa Hardy
CFLCC PAQ/11th PAD NCOIC

United States Central Command General Order Number One prohibits adopting, caring for, or feeding any type of domestic or wild animal.

While some may view the rule as harsh, unfounded or just plain mean, Coalition Forces Land Component Command medical officials declare the rule serves a significant purpose.

“The think pets are a wonderful thing, but they have to be well cared for in an environment that’s not only convenient for the pet, but also convenient for the person who has the pet,” said Army Col. Eldon Bell, CFLCC Surgeon director of clinical operations.

“To put it in perspective, there’s a time and a place for everything,” said Army Col. Jack Wedam, CFLCC veterinarian. “Deployments are not the place to have and nurture pets.”

When you hear the word “pet,” what generally comes to mind is a cute, furry, cuddly, playful dog or cat. Unfortunately, in a deployed environment there are hidden health dangers behind those furry faces.

“We have to look at it from the family members’ point of view,” Wedam said. “Six months from now, when they finally connect the dots and … find out that no one intervened, they’re going to say that I failed them. And they would be right if I did not point out the facts.”

“One of the difficulties you face here with pets is that there is no good coverage from a veterinary standpoint,” Bell explained. “If somebody brings in a … cat or a puppy dog or any other animal they’ve caught in the wild, we don’t have a way of making sure these animals don’t have a serious disease. And so the animal becomes a reservoir of diseases for the other troops.”

Although unvaccinated animals can carry a plethora of diseases, the two most common in theater are leishmaniasis and rabies.

Rabies is the most widely known of the two. But there are more instances of leishmaniasis in theater.

Leishmaniasis is an infectious disease transmitted by the bite of an infected sand fly found throughout tropical areas worldwide, including Southwest Asia. It occurs as a skin infection (cutaneous) or as an infection of the liver, spleen and other internal organs (visceral).

When sand flies bite dogs, they become carriers of the disease.

The latest unofficial number from the Defense Medical Surveillance System of service-members infected with leishmaniasis is 1,266, according to Dr. (Lt. Col.) Pete Wiena, a leading physician on leishmaniasis.

Symptoms of leishmaniasis range from small sores that can be painless or painful to sores that change in size and end up looking like a volcano, with raised edges and a sunken center, according to www.cdc.gov.

“This is a force health protection issue,” said Navy Capt. Lee Ras, CFLCC deputy surgeon.

He explained that preventing these diseases falls in the same category as making sure immunizations are current, constant monitoring and maintenance of water sources and enforcing strict dining facility and food-handling standards.

“We have had some active cases within the past year,” Ras said. “In November or December we had a contractor in Afghanistan ‘adopt’ a little puppy. It would nip people a little during play. It ended up biting about 38 people who ended up having a full series of rabies shots because the puppy had rabies.”

Those 38 servicemembers ended up receiving $38,000 of the rabies vaccine, Bell said.

“If you’re going to have pets, they have to be monitored even more closely than your own pets at home because of all the health risks in theater,” Ras said. “We don’t have those kinds of assets in theater.”

The problem with rabies is that its effects may not be evident for weeks or months. Even though they don’t appear very sick, Bell said animals can carry rabies for some time.

Because rabies is so well-controlled in the States, Bell said that medical personnel don’t immediately think of it when someone comes in sick.

“Most of the people who die in the United States from rabies either didn’t report the animal bite or didn’t think it was serious,” he further explained, adding that there have been cases of rabies that occurred as much as 29 months after the bite.

“The likelihood of surviving it is very, very small. Once you get clinical rabies, it’s uniformly fatal,” Bell warned. “People don’t survive clinical rabies.”

Contrary to what some might believe, prohibiting pets and mascots is a vital part of protecting the deployed force. Taking in stray animals can have far-reaching consequences that can be easily avoided by just adhering to General Order Number One.

So for your health and the well-being of your fellow service-members: Please don’t feed the animals.

Leishmaniasis under reported

Dr. (Lt. Col.) Pete Wiena, a leading physician on leishmaniasis said the actual number of cases is likely significantly under reported for several reasons:

♦ Of the cases seen in the first year in Iraq, Soldiers waited an average of nine weeks after the lesions first appeared until they sought medical care.

♦ Reporting is passive rather than active, so it is likely only the more aggressive cases or cosmetically unappealing (disfiguring) cases are coming in for treatment.

♦ Many new referrals are coming in from Veterans Administration and the civilian practitioners caring for returning veterans.

If you see stray animals on Camp Arifjan, call Joseph Moise at DSN 430-3090 or mobile, 682-1244.

If strays are seen at other camps, contact the local military police or pest control.
One way the U.S. military builds strong relations with Kuwait is by inviting them to attend courses and training exercises.

Four Kuwaiti firefighters of the Fire Service Directorate Hazardous Material Team, along with interested military personnel, attended an eight-hour Basic Disaster Life Support course put on by the 62nd Medical Brigade, 377th Theater Support Command at the Camp Arifjan Zone 1 Chapel, Aug. 18.

The course went over how to prepare and respond to natural disasters as well as different forms of terrorist attacks.

The main focus of the course was on nuclear, biological and chemical terrorism attacks, since it is a current threat around the world.

“The people that are here will be able to respond to a disaster,” said course instructor Navy Lt. Cmdr. Roy Seitz, Expeditionary Medical Facility-Dallas. “This course raises people’s awareness … and teaches them what they need to watch out for and what they can do to be more helpful than harmful.”

After attending the course, the Kuwaiti HAZMAT team plans to return to its fire brigade and train other firefighters and formulate its own plan of action in case a disaster happens in Kuwait.

“We learned a lot from the course … and it gives us ideas on how we are going to cooperate with our fire brigade and medical services,” said Kuwaiti Maj. Jamal Al-Belaihis, Kuwait Fire Service Directorate HAZMAT Team. “Our task is to save lives … know how to treat people … get them out of situations and at the same time teach Kuwaitis how to protect themselves,” he said.

The Kuwaiti firefighters have gotten the opportunity to train with the U.S. military over the past six years in different exercises and courses.

During the first exercises the team made some mistakes, but during the second and third ones everything went smoothly and everybody knew their job, Al-Belaihis said.

Not only have the Kuwaiti firefighters been training with the military in country, but they also are scheduled to go to the United States for more specialized courses.

“I want to thank the people at Arifjan that gave us the opportunity to come here and for all the information they have given us,” Al-Belaihis said.
Community happenings for Aug. 31 through Sept. 7

**Arifjan**

**Wednesday**
Operation Hardwood championship tournament, 4 p.m., Zone 1 Fitness Center
Singles Racquetball tournament sign-up, players meeting, 6 p.m., Zone 1 Fitness Center
Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17
Hip Hop Night, 7 p.m., Zone 1 Community Center

**Thursday**
Singles Raquetball tournament, 5 p.m., Zone 1 Fitness Center
Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17
Indoor V olleyball League, Zone 1 Fitness Center, though Sept. 17
Hip Hop Night, 7 p.m., Zone 1 Community Center

**Friday**
Singles Raquetball tournament, 5 p.m., Zone 1 Fitness Center
Arifjan Boxing Team, 7:30 p.m., Zone 6 Fitness Center
Salsa Night, 7 p.m., Zone 1 Community Center
R&B/Old School Night, 7 p.m., Zone 1 food court
Hip Hop Night, 7 p.m., Zone 6 stage

**Saturday**
Singles Raquetball tournament, 5 p.m., Zone 1 Fitness Center
Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17
Singles Raquetball tournament, 5 p.m., Zone 1 Fitness Center
Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17

For more information call 430-1205/1302

**Buehring**

**Wednesday**
Walking Club (5 miles), 5 a.m., command cell flagpole
Aerobics, 5:30 p.m., MWR Tent 1

**Thursday**
Walking Club (5 miles), 5 a.m., command cell flagpole
Tae-Kwon-Do class, 7 p.m., MWR Tent 1

**Friday**
Walking Club (5 miles), 5 a.m., command cell flagpole
Aerobics, 6 p.m., MWR Tent 1

**Saturday**
Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

**Sunday**
Walking Club (10 miles), 4:30 a.m., command cell flagpole

**Monday**
Labor Day celebration, 2 p.m., Zone 1 Community Center
Poolside cinema, Mr. & Mrs. Smith, 7 p.m., Zone 1 Pool
Singles Raquetball tournament, 5 p.m., Zone 1 Fitness Center
Indoor Volleyball League, Zone 1 Fitness Center, through Sept. 17
Arifjan Boxing Team, 7:30 p.m., Zone 6 Fitness Center

**Spearhead/SPOD**

**Wednesday**
Midnight madness run, midnight, Dusty Room
Country Night, 7 p.m., Dusty Room

**Thursday**
Bazaar, 10 a.m. - 8 p.m., Dusty Room
Karaoke Night, 7 p.m., Dusty Room

**Friday**
Melody Mingle, 4 p.m., Dusty Room
Salsa Night, 8 p.m., Dusty Room

**Saturday**
Checkers, 7 p.m., MWR tent
R&B, Hip Hop Night, 7 p.m., Dusty Room

**Sunday**
Vince Vauhghn Dominoes, 7 p.m., MWR tent
Old School Jams, 8 p.m., Dusty Room
Spades, 7 p.m., MWR tent

**Virginia**

**Wednesday**
Midnight madness run, midnight, Dusty Room

**Thursday**
Bazaar, 10 a.m. - 8 p.m., Dusty Room
Karaoke Night, 7 p.m., Dusty Room

**Friday**
Melody Mingle, 4 p.m., Dusty Room
Salsa Night, 8 p.m., Dusty Room

**Saturday**
Checkers, 7 p.m., MWR tent
R&B, Hip Hop Night, 7 p.m., Dusty Room

**Sunday**
Vince Vauhghn Dominoes, 7 p.m., MWR tent
Old School Jams, 8 p.m., Dusty Room
Spades, 7 p.m., MWR tent

**Navistar**

**Wednesday**
Poker tournament practice, 8 a.m. - 10 p.m., MWR Center

**Thursday**
Poker tournament practice, 8 a.m. - 10 p.m., MWR Center

For more information call 828-1340

**Kuwaiti Naval Base**

**Wednesday**
Poker tournament practice, 8 a.m. - 10 p.m., MWR Center

**Thursday**
Poker tournament practice, 8 a.m. - 10 p.m., MWR Center

For more information call 839-1063

**Resort Voice**

August 31, 2005 11

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**Arifjan/Ali Al Salem Shuttle Schedule**

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<td>6 a.m.</td>
<td>8:15 a.m.</td>
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<tr>
<td>8:30 a.m.</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>1 p.m.</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>6:15 p.m.</td>
<td>8:30 p.m.</td>
</tr>
<tr>
<td>8:45 p.m.</td>
<td>11 p.m.</td>
</tr>
<tr>
<td>11:15 p.m.</td>
<td>1:30 a.m.</td>
</tr>
</tbody>
</table>

* Buses depart and arrive from both locations at these times
Eyeing the prize