



::: The Official Voice of Area Support Group Qatar :::

DESERTMESH

NEWSLETTER An ASG-QA Publication

Edition 53 February/March 2008

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Your feedback is important to us.

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The U.S. Army Central commanding general answers questions about command leadership and support for families.



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Camp As Sayliyah rolls out the 100th repaired Stryker. The vehicle was returned to the fight, securing infantry troops serving in southwest Asia.



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COVER PAGE: (Top) U.S. Army Sgt. 1st Class Marcus Nix (right), from Houston, Texas, completes a two-minute push-up challenge at Camp As Sayliyah, a U.S. military installation in Qatar, on Feb 13. (Bottom) The 100th Stryker, infantry combat vehicle 513, after its final repairs at Camp As Sayliyah in Qatar on Jan. 10. The eight-wheeled light armored vehicle had received major combat damage in Iraq. (Cover photo-illustration by Dustin Senger)

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Push-up challenge ignites excitement overseas

By **DUSTIN SENGER**
ASG-QA public affairs

push-up challenge on Feb 13.

Servicemembers at Camp As Sayliyah, Qatar, exhibited their commitments to staying physically fit by participating in an exhausting two-minute

Almost 50 competitors signed up for the evening's push-up challenge – with numerous spectators cheering them on. Many of the event's participants were in Qatar during...

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Camp profile: Mangen expands family support

Mr. DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – “No matter how stressful things get in a combat zone, family and friends are always a priority,” said 1st Lt. Karly M. Mangen, from Chisago Lakes, Minn. “Close relationships can become the biggest factors influencing your mental and emotional state.” Mangen is the officer in charge of the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah in Qatar, an emirate off the eastern coast of Saudi Arabia. Since 2004, the program has provided Operation Iraqi Freedom and Operation Enduring Freedom war fighters a temporary respite venue within southwest Asia. U.S. Army Central Area Support Group Qatar executes the program, recharging over 155,000 participants since its inception.

Mangen is known at Camp As Sayliyah as a positive and devoted leader. She is a worthy representative of her hometown stereotype: “Minnesota nice,” a behavior attributed to the local hospitality and courtesy to others. Accompanied by several other Soldiers within her Minnesota National Guard unit, she deployed to Qatar in August 2007.

“Since I arrived, the ability for married servicemembers to cohabitate is the largest change in the respite program,” she said.

The rest and recuperation pass program can now be more enjoy-

able for married couples serving in southwest Asia. New accommodations were built in January to meet all Army policies, regulations and standards for in-theater cohabitation. Once the rooms were ready, the installation commander officially authorized several living quarters for married couples on pass in Qatar – on a first-come, first-serve basis.

“I would estimate around 10 married couples have met in Qatar over the last two weeks,” said Mangen. “Before the changes, it was difficult to break the bad news to those asking to stay together. Now we jump at the chance to explain the process that allows married servicemembers to cohabitate while on pass. We have also had a mother and daughter stay together, as well as a father and son.” The approval process can be submitted prior to arriving and is expected to take 24 to 48 hours – but sometimes, same day. “We know time is important to them. They only have four nights.”

“Our commands really support family situations – all the way through,” said Sgt. Michael Gross, from St. Paul, Minn., about the process that enabled him to depart Kuwait on pass with his wife, in subsequently shared accommodations. “In Qatar, we had approved cohabitation quarters within 24 hours! We are still waiting in Kuwait, due to availability.” For Gross, the trickiest tricky part was waiting for his wife to deploy before taking advantage of the respite program. “My commander talks about the importance of family all the time. Without their

support, we cannot do what we do.” “Being with loved ones makes it easier to decompress; to be your self,” said Mangen. “To me, it just makes sense. If a family member happens to be deployed at the same time, it is common sense and beneficial to stay together. I have noticed many units are supporting servicemembers in selecting pass dates that make this connection. We definitely see a lot of friends coming together in Qatar too. Although we offer a lot of trips, events and activities, the program is much more effective when time can be shared with friends and family.” **A**



U.S. Army Sgt. Marvin Tabinas, from Modesto Calif., takes photographs with his wife, Spc. Margarita Tabinas, while enjoying a romantic Venetian-type gondola boat ride through a popular mall in Qatar, on Feb. 13. The married Soldiers, serving in separate military operations – one in Iraq, the other in Afghanistan – were able to reunite by participating in the U.S. Central Command rest and recuperation pass program. “We are glad we will be together on Valentine’s Day,” said Marvin. “But either way, it is just great to be able to see each other again.”



U.S. Army Staff Sgt. Karoline Gross and husband Sgt. Michael Gross, from St. Paul, Minn., meet with 1st Lt. Karly M. Mangen, from Chicago Lakes, Minn., at Camp As Sayliyah in Qatar on Feb 21. The married Soldiers were enjoying a four-day pass from military commitments in Kuwait. (Official Army Photos by Dustin Senger)



Interview with the commanding general



Jim Lovelace

Lieutenant General

Commanding General
USARCENT

The U.S. Army Central Commanding General Lt. Gen. Jim Lovelace answers questions about USARCENT's Families and leadership.

Q: As the commander of USARCENT what do you see as our role and mission in U.S. Central Command area of responsibility?

A: We have a great command. We have great leaders. We have a great mission and what an opportunity to serve at this time. This is a dynamic region and this command is the Army's service component command for Central Command.

Our role is to do three things. First, we're to provide a command and control headquarters that's able to handle a full spectrum of operations. We're also to be able to handle theater engagements and theater security cooperation events, where we are able to build partnerships and relationships with people in this region. And lastly, we provide the sustainment for the warfighting force in Iraq and Afghanistan and other places in the CENTCOM area of operation. That's a heavy-duty mission statement.

Q: Based on our current mission, what is your vision for the future of USARCENT?

A: Basically, we provide a command and control headquarters that can, in the event that something else happens in this theater, provide a combined forces land component headquarters, a joint task force headquarters for this theater and to be able to do it in a high intensity environment or in a counter insurgency. We're going to do the mission, but we're going to protect the force. And in protecting the force, the critical task is to take care of Families.

Q: There's been a lot of talk about USARCENT offering full spectrum operations capability, can you share with me what that means and why its important to us?

A: The Army, as a whole, was focused on just being high intensity. The leadership has built the capability of a command and control headquarters that's not only able to do high intensity but is able to do a fight no different than what you see in Iraq and Afghanistan. So it has a full spectrum within which it can conduct defense, offense and stability operations.

The Army has put USARCENT on this course of transformation. We're the first numbered Army to go through this so were out in front transforming. We're breaking trail for others to follow.

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(CG interview continued)

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The Army has put USARCENT on this course of transformation. We're the first numbered Army to go through this so were out in front transforming. We're breaking trail for others to follow.

Q: Recently you said now is the opportunity for USARCENT to "break trail," what exactly do you mean by that and how does that relate to full spectrum operations?

A: Breaking trail is a term that I brought with me from Alaska. It has to do with the Iditarod and being the first one out, and that's what we are. We're out in front, so we're breaking trail for others to follow.

Q: Based on what you've just told me, what are your priorities for the command?

A: One, we want to continue with transformation – we want to provide a headquarters by this summer which can be full spectrum capable. Also we want to take care of Families. Clearly, it's one of the priorities for myself as I come into command.

Q: What is needed to complete the transformation of USARCENT to full spectrum operations capable?

A: Time and a certain amount of resources. When I say time, it's just going to take us about six months; the arrival of certain pieces of equipment, basically command and control equipment that we need, and also some command post elements.

Q: Recently you said everybody is a leader. Can you share with me your philosophy on leadership?

A: No matter how junior you are, you're going to be a leader in this organization. What makes every organization is the noncommissioned officer corps. I truly believe this. None more professional – the NCO creed is less than 300 words, yet it epitomizes the strength of what the noncommissioned officer corps is. I want to unleash them; I want them to take charge; I want them to be the back bone of U.S. Army Central.

Q: What is your message to the USARCENT's servicemembers and their Families and how do Families contribute to the strength of our servicemembers?

A: Families are primarily important. They really give us purpose, they motivate us, they give us extreme joy, but they are also the ones who probably sacrifice the most. So bottom line: when we talk about doing the mission, right there with doing the mission is taking care of the Families – protecting the force.

Q: Is there anything else you would like to tell the USARCENT team?

A: I'm excited about being here. There was not another position that I wanted to come to than being the commanding general of what is the only deployed Army Service Component Command. We're at the point of the spear. I just want to tell everybody thanks. And lastly, to the Families, thanks for their sacrifices and they're not going to be forgotten.



John D. Fourhman
Command Sergeant Major





A message from the installation commander



David G. Cotter

Colonel

Commander

Area Support Group Qatar

Camp As Sayliyah, this edition of the *Desert Mesh* should reach you the first week of March, a time when the weather starts to hint at another hot and humid summer on the horizon.

Third Army, now known as U.S. Army Central, has changed as our higher headquarters. USARCENT is now offering U.S. Central Command a full-spectrum operation's headquarters, theater security cooperation and war fighting sustainment efforts. There will be a broadened war fighting emphasis, in addition to the focus on OPERATION IRAQI FREEDOM and OPERATION ENDURING FREEDOM. For more background information, see page 10 in this edition of the *Desert Mesh*.

Area Support Group Qatar will continue to support the war fighting force as a theater intermediate staging base and maintenance hub. ASG-QA will sustain its reception and shipment functions, to include the ongoing support of deploying and redeploying troops serving in southwest Asia. Moreover, in our continuing efforts to support the USARCENT theater engagement program, ASG-QA will continue to actively engage with our host nation counterparts in training, athletic, cultural and social events.

The big change in ASG-QA is our focus on war fighting operations. As part of USARCENT, ASG-QA will become a valuable component in planning and prepping for future activities supporting the USARCENT mission to command and control forces throughout the area of responsibility.

Regardless of name or label, we are still Patton's Own! Always First!

I am also pleased to announce a new link on the USARCENT Internet domain. ASG-QA Family Readiness Group web pages are now providing

ASG-QA family members with important information regarding their loved ones' tour to the Middle East. To see this in action, go to: http://www-qa.arcent.army.mil/qa_frg. The content is still in its infancy, but is already offering many helpful links, contact phone numbers, event photographs and regional newsletters. You can see a screen shot of this Web site in this edition of the *Desert Mesh*, page 8.

More than anything, our families want to see us return home unscathed. Unfortunately, vehicle safety is becoming a growing concern at Camp As Sayliyah. Leaders must address this emerging problem with their subordinates – before someone gets hurt. Accidents involving minor dents might result in minimal property damage, but if the collision involves a pedestrian versus a vehicle... you get the point. We have a lot of the USCENTCOM Rest and Recuperation Pass Program participants walking around this installation. Many troops are here to relax in an area far removed from the dangers of enemy engagement. It would be a tragedy for one of our war fighters on respite to end up getting hurt in Qatar. Everyone is a safety manager. Offer your concern if you see any unsafe acts involving a vehicle.

I want to thank everyone who has already come up with new tactics to ensure their unit does not enter into the safety program as a statistic. We are showing a potential shift into a more positive direction, but now is not the time to become complacent. If you haven't already, start addressing vehicle safety with your unit, before the summer heat presents other overlapping safety issues on the roads.

Patton's Own!

Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

During the crest of a new year in Qatar, team support was soaring at Camp As Sayliyah. In January, numerous people attended the birthday observance for Martin Luther King, Jr., to celebrate the influential civil rights leader. In February, the equal opportunity advisor provided several events to honor black history month, subsequent camp participation was commendable throughout. Air Force Chief Master Sgt. Tony Whitehead extended the installation's involvement to Al Udeid Air Base, as a guest speaker on Feb. 27. These observances help participants remember historic moments while promoting fair and equal chances for all U.S. citizens. March is women's history month. I ask for your continued support; as leaders and Soldiers, plan to attend each event.

The presidential and state primary elections are in 2008. As a U.S. citizen, you have an opportunity to vote for future leadership within our government. This democratic process is not a universal right all over the world. Take some time to educate each other about the different political campaigns. A recent workshop at Camp As Sayliyah provided unit representatives with Federal Voting Assistance Program instructions.

We recently had some changes in the senior enlisted ranks. Command Sgt. Maj. Franklin G. Ashe handed over his responsibilities as the U.S. Army Central command sergeant major on Feb. 1. On behalf of everyone at Area Support Group Qatar, I would like to welcome Command Sgt. Maj. John D. Fourhman, and his family, to the USARCENT team. I would also like to bid farewell to 1st Sgt. Richard Schuck, who recently completed two years as the ASG-QA headquarters first sergeant. He will now assume duties as a first sergeant at the Old Guard in Alexandria, Va. Master Sgt. Robert Soto has received the responsibilities of the headquarters first sergeant.

Leaders and Soldiers of Camp As Sayliyah: everyone must conduct a 360-degree check of your foxholes. I'm talking about all-around discipline and

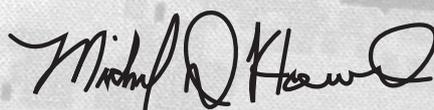
how we generally conduct ourselves. Remember basic military customs and courtesies while moving about on camp. Offering a simple "good morning" could make a tremendous difference in a Soldier's day!

I need everyone – military and civilians – to review the installation policy letter that explains the standards for wearing uniform and civilian clothing (IPL 8). Leaders need to consistently re-enforcement these standards to eliminate widespread violations. It should not take a first sergeant to address a male Soldier, or civilian, wandering around on camp with an ear ring. Clothing discrepancies must be quickly corrected by any noncommissioned officer that observes an offender.

The outdoor temperatures are already getting warm. Please ensure Soldiers stay hydrated as the heat index climbs on the Arabian Peninsula. In the near future, outdoor activity restrictions will be enforced during the daylight hours. Watch for the colored flags flown outside the big gym and troop medical clinic; red and black flags broadcast extreme weather, with a need to limit outdoor activities. Don't be caught on the running trail when a black flag is flown. Heat injuries are preventable by applying some common sense.

Lastly, there are a few venues for you to explore on Camp As Sayliyah. A tax center opened on Feb. 26, for all Soldiers and DOD civilians. If you need help filing, call the staff judge advocate office to make an appointment. Additionally, the education center needs more registrations to operate at its full potential. Leaders should seek ways to assist Soldiers in expanding their formal education. Knowledge is power – in military and civilian life. Pick up the phone and call the education center for assistance; ask how to enroll in eArmyU classes.

Patton's Own!



Thanks for your support
and service at CAS



Safety Stand-Down Day

Safety awareness will be promoted through a number of safety training classes throughout the day.

• March 27: Six training sessions will advise on the following concerns:

- Accident Reporting
- Heat Injury
- Vehicle Safety
- Fire Extinguisher Safety
- Water Safety
- Sports Injuries

Classes will start at 9 a.m. and rotate each hour, with a lunch break at noon. ASG-QA personnel will operate at minimal staffing for this event, to allow maximum participation.

Contact MAJ Robert Griffin, ASG-QA operations officer, for more information.

Family Readiness Group Web site

A new Internet Web site was posted to support Area Support Group Qatar servicemember's and their families.



http://www-qa.arcent.army.mil/qa_frg

FRG site includes:

- USARCENT newsletters
- ASG-QA news and photos
- Contact information
- Important links

Contact MAJ Mervin Sturdivant, ASG-QA personnel officer, for more details.

THE WIRE

Final words of encouragement and advice

By Command Sgt. Maj.
FRANKLIN G. ASHE
USARCENT

Since 2005 I have had the privilege and honor to work with the great servicemembers and civilians in U.S. Army Central. During my tenure I have been regularly impressed with the professionalism of our Warriors and their commitment to accomplishing the mission.

Now, as I prepare to leave USARCENT, I am confident the Soldiers here will continue that mission professionally. They will live the Army Values, the Warrior Ethos and the Soldier's Creed.

In parting, I would like to emphasize a few things. To all of the servicemembers, I would like to say, don't quit. Each of you is an important part of a team. For your team to be successful you need to have a positive attitude and pull together. Regardless of your rank, job, duty position or service status you are important. Show respect for yourselves and show respect for each other. Each of you is contributing to this war, and it doesn't get any more important than that.

All of you need to continue to improve your foxhole, which means improving yourselves. Do correspondence courses to gain more knowledge on military matters, take college courses to work on a degree or do more pushups to improve your PT test. Improving ourselves improves our ability as Warriors and leaders to get the mission done.

If you are worrying about anything or having problems, don't keep it to yourself. Talk to your friends, talk to your chain of command, the chaplain or someone you can trust. When you get a chance, call or email home to stay in touch with your Family members and

friends. Don't worry about things you can't do anything about. Focus on the things you can control. Remember, we are all here to help each other. Watch your buddies. If they are having trouble, ask what is going on. Be there to listen, help and support them.

To the noncommissioned officers – be a leader, lead by example, accomplish the mission and take care of Soldiers and Families. Spend time with your subordinates. Get to know them better and help them understand their role and responsibilities and how they fit into the big picture. Be where you can impact your Soldiers to take care of them and support them as they do the mission. Take care

of the servicemembers and the officers of your unit. You are the voice of your subordinates to your command and the eyes and ears for your commander so he knows the impact of his decisions.

Remember the importance of standards and discipline. The number one thing we do every day as leaders

is save lives by constantly enforcing standards, instilling discipline and keeping watch over our areas of operation. Standards prevent accidents, assist us in maintaining our quality of life and help people get along in sometimes stressful environments. I have always said all standards are equal. They make it possible for us to do our jobs more effectively and efficiently.

When you see something wrong, have the intestinal fortitude to make corrections. Emphasize safety when correcting servicemembers. Safety and force protection are things we do constantly and they should always be in a leader's mind as well as the minds of their troops.

Finally, I want to thank each of you for what you do here. You have helped my time with USARCENT to be positive and memorable. The things happening here in Kuwait are incredible. Be proud of who you are and your accomplishments in the military. It takes a great deal of fortitude to leave our loved ones behind to defend our nation. I am proud of you. **A**



Secretary Bodman thanks U.S. troops at Camp As Sayliyah

PUBLIC RELEASE
DOE public affairs

DOHA, QATAR – On his fourth stop of a six-nation swing through the Middle East and Europe, U.S. Secretary of Energy Samuel W. Bodman today met with Qatari Amir H.H. Sheikh Hamad Bin Khalifa Al Thani and Qatari Deputy Prime Minister and Energy Minister Abdullah Al Attiyah to discuss the importance of investments to expand oil and natural gas production, protect critical energy infrastructure as well as promote research and development to diversify world energy supplies. Secretary Bodman also visited U.S. troops at Camp As Sayliyah to convey the respect and appreciation of the American people for their efforts to promote freedom and democracy.

“The United States and Qatar have a long history of bilateral energy cooperation and together our nations play a key role in promoting diversity of the world’s energy supplies and suppliers, global energy efficiency, and investments to expand energy resources,” Secretary Bodman said. “Qatar’s ongoing efforts to expand natural gas production and to secure and protect its energy infrastructure are critical to regional and global energy integration and security.”

During his bilateral energy discussions with Emir Al Thani and Minister Al Attiyah, Secretary Bodman highlighted Qatar’s investments to expand their oil and natural gas capacity and production as well as the importance of ensuring that world markets are well-supplied. Secretary Bodman also praised Qatar’s plans to create a regional higher education center in Doha, touting the role of competitiveness and scientific innovation to meet global energy challenges. While in Doha, Secretary Bodman also addressed the American Business Community where he discussed the role of a transparent investment climate as well as the

importance of accelerating the use of technologies and techniques to expand petroleum production.

Before departing Qatar, Secretary Bodman and his wife Diane Bodman visited U.S. troops at Camp As Sayliyah. Secretary Bodman thanked the men and women at Camp As Sayliyah for their efforts to protect freedom and promote democracy.

“When I visited Camp As Sayliyah in 2005, the troops impressed me with their spirit and confidence,” Secretary Bodman said. “It is an honor and a privilege to return to express my respect, as well as the appreciation of the American people, for all that you do to advance freedom and democracy in the world.”

Qatar is the fourth stop in Secretary Bodman’s 10-day, six-nation visit to the Middle East and Europe. Prior to arriving in Doha, Secretary Bodman visited government officials and business leaders in Jordan, Saudi Arabia, and the United Arab Emirates. He will also travel to Egypt to continue dialogues with global leaders, enhance the United States’ relationship with oil and gas producing nations, promote sustained investment in conventional and alternative energy sources, and encourage improvements in global energy efficiency through breakthrough technologies. Before returning to the United States, Secretary Bodman will

participate in the World Economic Forum in Davos, Switzerland.

See this press release at: <http://www.energy.gov/news/5869.htm> 



Diane Bodman, wife of U.S. Secretary of Energy Samuel W. Bodman, center, greets U.S. Army Pfc. Clint Biddle, from Paris, Ky., at Camp As Sayliyah in Qatar on Jan. 22. The secretary came to Camp As Sayliyah with his wife and daughter to meet servicemembers participating in the U.S. Central Command rest and recuperation pass program. “I had never met anyone who talks to the president on a regular basis before,” said Biddle during his break from military operations in Iraq. (Official Army Photos by Dustin Senger)



Caroline Greene, daughter of Diane Bodman, left, and U.S. Secretary of Energy Samuel W. Bodman, center, is welcomed by U.S. Army Command Sgt. Maj. Michael D. Howard, from Jacksonville, Fla., during a visit to Camp As Sayliyah in Qatar on Jan. 22. Col. David G. Cotter, far right, Area Support Group Qatar commander, escorted Bodman and his family through the U.S. Central Command rest and recuperation pass program. Since the program’s inception in 2004, over 155,000 war fighters, serving in southwest Asia, have traveled to Qatar for a brief respite from military operations in southwest Asia.

Tax Center

Take advantage of tax center services by making an appointment with the staff judge advocate office.

Filing a tax return

- You must complete and send form 13614, with copies of your tax documents, 24 hours prior to your appointment.

- Form 13614 is available on the ASG-QA Intranet Web site at: <http://arcentqa.mil>.

Contact SSG Evelyn Hurry, paralegal noncommissioned officer, for more details.

U.S. Ambassador to Qatar nominated

The Embassy of the United States of America in Doha is pleased to announce that President George W. Bush has nominated Joseph Evan LeBaron as the new U.S. Ambassador to the State of Qatar.

A career diplomat, LeBaron began his diplomatic career in Doha in 1980. From 2003 to 2006, he was the U.S. Ambassador to the Islamic Republic of Mauritania. He also has served as the U.S. Deputy Chief of Mission in Manama, and as U.S. Consul General in Dubai.



LeBaron holds a Ph.D. in Near Eastern Studies from Princeton University. LeBaron, a fluent Arabic speaker, also has studied at the American

University of Beirut and the University of Khartoum.

Ambassador-designate LeBaron must now be confirmed by the U.S. Senate before taking his new post in Doha.

Visit <http://qatar.usembassy.gov> for more details.

THE WIRE

Third Army's name changes to U.S. Army Central

By Maj. ELTON ROBERTS
USARCENT public affairs

Since the end of World War I, nearly 90 years ago, the circle A shoulder patch has been associated with Third Army.

The proud heritage of the famous continues on today, but under a new name and with an expanded role for the 21st century.

No longer designated as Third Army, the unit nicknamed 'Patton's Own' is now U.S. Army Central.

Although he has a sense of sadness that the Third Army name has passed into the rolls of history, USARCENT Commander Lt. Gen. Jim Lovelace expressed satisfaction that its lineage and honors would continue under the USARCENT banner.

"It is an honor to our lineage and our current configuration that we retain the patch of the Soldiers who have served so valiantly in the Nation's major conflicts since 1918," he said. "USARCENT is a new name for a new mission, but the Soldiers of this command have the same drive and fighting spirit that have carried this unit around the world for nearly a century."

In 2006, the Department of the Army decided that numbered Armies would be redesignated as Army Service Component Commands (ASCC) and would carry names associating them with the combatant commands they support. Third Army was the first of these, becoming U.S.

Army Central, to highlight its ties with Central Command. The unit's motto, "Third... Always First," is particularly apt, as it is breaking trail for other ASCCs to follow, Lovelace said.

Becoming a regional ASCC reflects the nature of the modern battlefield in that USARCENT is an operational-level Army force; which can conduct missions and operations across the entire spectrum of conflict in the USCENTCOM area of responsibility. This includes the capability of commanding and controlling joint and/or coalition forces engaged in sustained military actions.

According to Lovelace USARCENT has three roles. "First, we will provide a command-and-control headquarters able to handle the full spectrum of operations," he said. "Second, we conduct theater security cooperation engagements and events, maintaining relationships and continuing to build trust with people in this region. And third, we sustain the warfighting force in the CENTCOM area of operation. And we do all of this while continuing to take care of Families."

The roots of U.S. Army Central began in November, 1918, when Third Army was activated to enforce the terms of the armistice bringing World War I to an end. The shoulder patch reflects that mission, with the A inside an O referring to Army of Occupation.

World War II brought enduring fame to the unit under the command of the colorful Lt. Gen. George Patton as Third Army tanks raced across France and Germany, finishing the war at a point further east than any other American force. After the war

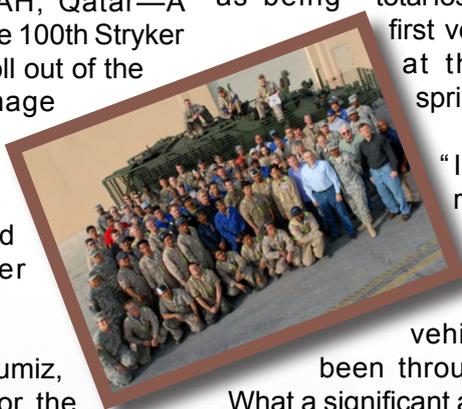
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100th Stryker repair completed at Qatar site

By CHARLES SPRAGUE
401st AFSB public affairs

CAMP AS SAYLIYAH, Qatar—A ceremony marking the 100th Stryker Combat Vehicle to roll out of the Stryker Battle Damage Repair Facility was held Jan. 12, where the Stryker Program Manager praised workers for Soldier support.

Col. Robert W. Schumiz, program manager for the Stryker Brigade Combat Team, Warren, Mich., spoke to the 90-member workforce, part of the 1-401st Army Field Support Brigade, Army Sustainment Command and other invited guests.



Infantry Carrier Vehicle 513 is wheeled out of a warehouse soon after finishing repairs at Camp As Sayliyah in Qatar on Jan. 10. The Stryker light armored vehicle was restored after major combat damage in Iraq. Next it will be presented for acceptance, so it can return to securing infantry troops in southwest Asia. The mission to repair damaged units began at the U.S. military base in Qatar in March 2005. Stryker Brigade Combat Teams in Iraq received their first repaired unit in July 2005. (Official Army Photo by Dustin Senger)

Schumitz summarized the historical accomplishments and hard work of dedicated, skilled workers under contract with General Dynamics Land Systems, Sterling Heights, Mich., represented by Stryker Infantry Carrier Vehicle (ICV) 513. He said ICV 513 represents damaged vehicles that were initially identified as being total losses and were the first vehicles repaired at the site in the spring of 2005.

“It [ICV 513] represents battle damage repair capability and the five vehicles that have been through here twice. What a significant accomplishment . . . it represents a proven capability that is now being replicated in the United States, two years after this capability was established. Normally, it’s the other way around. I applaud your efforts and congratulate each of you for your hard work, your work ethic, “can do” attitude and pride in workmanship. Every vehicle is delivered to the Army looking like a newly manufactured vehicle,” said Schumitz.

The Commander of the 1-401st AFSB, Lt. Col. Maxine Girard, also praised the workers and support personnel, “ICV 513 represents lives saved, it represents the indomitable spirit of the American Soldier as well as your hard work . . . you truly epitomize our Battalion motto of “Strength Through Readiness,” she said.

The Battle Damage Repair Facility reduced the repair process from 200 days per vehicle in 2005 to 60 days per vehicle by the end of 2007 by moving the structural and repair assessment process forward to Iraq. Other improved supply parts processes were implemented, as every battle damage repair is



Gary Roberts, General Dynamics Land Systems' contractor, steps off the 100th repaired Stryker, Infantry Carrier Vehicle 513, at Camp As Sayliyah during a recognition ceremony in Qatar on Jan. 12. The eight-wheeled light armored vehicle moves infantry troops into battle. The unit was restored after major combat damage in Iraq. After acceptance, the 1st Battalion, 401st Army Field Support Brigade will return the vehicle to securing infantry troops in southwest Asia.



U.S. Army Sgt. 1st Class Catherine Dorsey, from Montgomery, Ala., reviews the history of the 100th repaired Stryker, Infantry Carrier Vehicle 513, at Camp As Sayliyah after a recognition ceremony in Qatar on Jan. 12. (Official Army Photos by Dustin Senger)

unique—new procedures had to be implemented to expedite virtually all parts.

Currently, 12 battle damaged Stryker Combat Vehicles are repaired and returned to combat in Iraq every month from the Qatar and Anniston Army Depot facility. **A**

Equality Observance

Participate in base celebrations of our country's heritage and historic periods.

Women's History Month

- March 4: Cake cutting ceremony and luncheon at 12 p.m. in big dining facility.
- March 18: Observance luncheon at 12 p.m. in big dining facility. The event's guest speaker is from Virginia Commonwealth University in Qatar.

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

University of Maryland University College Europe

UMUC-Europe is pleased to announce open registration for Term 4. In addition to the numerous course offerings available, all students are encouraged to complete a Free Application for Federal Student Aid (FAFSA) for the 2008-2009 academic school year.

• March 17-28: Open enrollment for all U.S. military I.D. card holders

- Register at one of the 70 field sites located throughout Europe and the Middle East for on-site courses beginning March 31.
- Financial aid sources include: military tuition assistance, spouse tuition assistance, VA educational benefits, grants or federal student loans

Contact Andrea Loper, UMUC-Europe public relations specialist and writer, for more information at DSN 370-6762 (or 7157).

CAS in the news!

Find Camp As Sayliyah news on the DVIDS Web site at: <http://www.dvidshub.net>

THE WIRE

Officials from Turkey tour camp



▲ Turkish officials Mithat Rende, ambassador to Qatar, Vecdi Gönül, Minister of National Defense, Maj. Gen. Hakki Yılmaz Çiyan, and Murad Bayar, Undersecretary of Defense for Defense Industries, are escorted through a Stryker restoration site while receiving a tour of Camp As Sayliyah in Qatar on Jan. 23. The installation functions as a forward-located sustainment area, supporting the Global War on Terrorism. U.S. Army Col. David G. Cotter, installation and Area Support Group Qatar commander, far right, gave the Turkish delegation an overview of U.S. military activities in the Gulf state of Qatar, well known by troops serving in southwest Asia for executing the U.S. Central Command rest and recuperation pass program. (Official Army Photos by Dustin Senger)



Third Army

(Continued from page 10)

its heritage continued, again serving as an occupational army in post-war Germany.

Operations Desert Shield and Desert Storm were brought to successful conclusions under Third Army's management, with the largest armored battle in the history

of warfare. The next 12 years of uneasy tensions, aggressive moves and countermoves in the Middle East culminated with Operation Iraqi Freedom, again under the command of Coalition Forces Land Component Command Third Army. When the conflict ended, CFLCC/Third Army remained in Iraq until June 2003 when it redeployed to Kuwait and assumed its current mission. **A**

Olympic heroes greet servicemembers



▲ U.S. Army Spc. Christina Hernandez, from San Antonio, Texas, and Spc. Ruth Salinas, from Alton, Texas, meet Shawn Crawford, an Olympic gold medalist from Raleigh, N.C., at Camp As Sayliyah in Qatar, Jan. 6. Crawford is a world-class sprinter, formerly competing three times in Qatar. In 2004, he earned first place in the Qatar Athletic Super Grand Prix 100-meter event. He joined four other athletes to meet troops serving in southwest Asia, as part of their Olympic Heroes Tour 2008.



▲ Angela Ruggiero, a three-time Olympic ice hockey player, is welcomed to Camp As Sayliyah by U.S. Marine Corps Maj. Scott Westerfield, from Tampa, Fla., on Jan. 6, in Qatar. Ruggiero, an Ivy League graduate of Harvard University, has earned Olympic gold (1998), silver (2002) and bronze (2006) medals. While playing for the Tulsa Oilers with her brother, Bill, she became the first North American non-goalie woman in professional men's hockey. The siblings entered the Hockey Hall of Fame as the first brother-sister duo to play professional hockey together. Ruggiero is currently training for the World Championships with Team USA, as well as the 2010 Olympics. (Official Army Photos by Dustin Senger)



▲ U.S. Air Force Senior Airman Alex Sagar, from Kent County, Md., receives an autograph from Mike Whitmarsh, an Olympic beach volleyball player from San Diego, Calif., at Camp As Sayliyah in Qatar, Jan. 6.



▲ U.S. Army Capt. John Bond, from Silver Spring, Md., asks Jessica Mendoza, an Olympic softball player from San Diego, Calif., for an autograph after a volleyball game with servicemembers at Camp As Sayliyah in Qatar on Jan. 6.

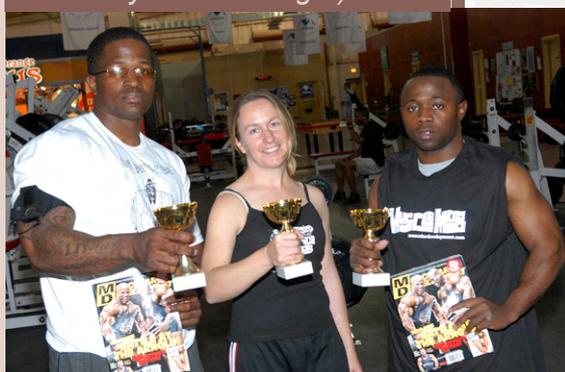


▲ U.S. Army Sgt. 1st Class Jeremy Myers, from Coon Rapids, Minn., guards the net with teammate Mike Whitmarsh, an Olympic beach volleyball player from San Diego, Calif., at Camp As Sayliyah in Qatar on Jan. 6. Whitmarsh has earned 28 titles in his career, to include a silver medal at the 1996 Atlanta Olympic Games.

THE WIRE



U.S. Army Sgt. Edmond Burkhalter, from New Orleans, La., completes 125 push ups within two minutes at Camp As Sayliyah, a U.S. military installation in Qatar, on Feb 13. He performed the most repetitions, out of the 48 competitors, but tied with one other Soldier. Burkhalter, a cargo specialist serving in Afghanistan, was participating in the U.S. Central Command rest and recuperation pass program, offering war fighters a brief respite from military operations in southwest Asia. (Official Army Photos by Dustin Senger)



U.S. Army Sgt. Edmond Burkhalter, from New Orleans, La., Sgt. Carrie Reede, from State College, Pa., and Sgt. 1st Class Marcus Nix, from Houston, Texas, after completing a two-minute push up challenge at Camp As Sayliyah, a U.S. military installation in Qatar, on Feb 13. Reede earned first place in the women's category after completing 74 push-ups. The men's category had some extra excitement when Burkhalter and Nix discovered their efforts were tied; they both completed 125. After a second attempt, the two Soldiers tied again with 69 push ups. Both Soldiers were awarded a first place trophy. The event was sponsored by "Muscular Development" magazine.

push-ups

(Continued from page 2)

a four-day pass from military operations throughout southwest Asia, as part of the U.S. Central Command rest and recuperation pass program.

The Area Support Group Qatar Morale, Welfare and Recreation team provides weekly community strength challenges; to include: barbell squats, bench presses, pull-ups and push-ups. Participants receive t-shirts and points for Fitness Mania, an MWR program that encourages regular exercise at Camp As Sayliyah. First place winners earn a trophy for their top-performing efforts.

During the push-up challenge, 38 men and 10 women were closely monitored for strict form and an accurate repetition count during their two-minute opportunity to outperform their peers. U.S. Army Sgt. Carrie Reede, from State College, Pa., triumphed in the women's category by completing 74 push-ups within the two-minute time frame.

The men's category had some extra excitement after final numbers were compared. U.S. Army Sgt. Edmond Burkhalter, from New Orleans, La., thought he had earned the first place trophy in the men's category, after completing a powerful 125 push-ups in two minutes. Burkhalter, a cargo specialist serving in Afghanistan, was enjoying his fourth and last day of respite in Qatar. To everyone's surprise, Sgt. 1st Class Marcus Nix, from

Houston, Texas, had tied him. Nix is stationed at Camp As Sayliyah, assisting in the distribution of medical supplies to troops serving in Operations Iraqi and Enduring Freedom.

"This is more than just muscular endurance!" said Burkhalter, after being asked to attempt another grueling two-minute push-up challenge to break the tie and reward a first place contestant. The two Soldiers rested for a few minutes and then hit the floor to battle it out for another two minutes. Burkhalter managed to force out another 69 push-ups. But once again, Nix did the same, to produce another tie! Due to their paralleled performance, MWR staff rewarded both Soldiers with a first place trophy.

For a competitive atmosphere, every strength challenge requires involvement of many individuals.

The popularity of this day's push-up challenge was fueled by a donation of shirts, accessories and magazines from *Muscular Development*, a popular monthly newsstand publication.

"It's great to have a magazine publisher sponsor a fitness event," said Tony Randall, MWR community services manager. "Bodybuilding magazine publishers can help generate a lot of excitement for the strength challenges by sending the participants some incentive to join in. The *Muscular Development* sponsorship helped take the event from a level eight to a perfect 10 – their generosity doubled our average troop participation! I believe this was the best community strength challenge we ever had – it's how I envision these events to turnout every time. I received calls throughout the night, talking about how great it was." **A**

Legends of wrestling show support

► U.S. Army Lt. Col. John A. Kizler, from Louisville, Ky., welcomes the legends of wrestling tour to Camp As Sayliyah in Qatar on Jan. 21. Kizler is surrounded by Greg “The Hammer” Valentine, Jimmy “Mouth of the South” Heart, Diamond Dallas Page and Nikolai Volkoff. Later the same day, Page introduced his famous Yoga for Regular Guys fitness routine to servicemembers interested in his physical challenge. The legends of wrestling began their tour of U.S. military installations in southwest Asia to show their support for deployed troops. (Official Army Photos by Dustin Senger)



◀ U.S. Air Force Cpt. Rich Jeffery, from Indianapolis, Ind., is put into a headlock by Diamond Dallas Page, a former World Championship Wrestling and World Wrestling Federation superstar and fitness guru, at Camp As Sayliyah in Qatar on Jan. 21. “When I was younger, I used to spend every Saturday morning watching WCW and WWF fights,” said Jeffery.



▲ Diamond Dallas Page demonstrates his Yoga for Regular Guys workout philosophy to U.S. Army Lt. Col. John A. Kizler, Area Support Group Qatar deputy commander, at Camp As Sayliyah in Qatar on Jan. 21. According to Page, workouts are designed for longevity, weight loss and strength gains. He later introduced it to a gymnasium full of Camp As Sayliyah servicemembers interested in the fitness program.



▲ Nikolai Volkoff, a former World Championship Wrestling and World Wrestling Federation superstar, meets U.S. Army Spc. Chris Snyder, from King’s Mountain, N.C., at Camp As Sayliyah in Qatar on Jan. 21. Volkoff, originally from Croatia, came to the United States in 1970 during the epic rise of professional wrestling in television entertainment. He was best known as the evil Russian who teamed up with The Iron Sheikh in World Tag Team Championships. “I used to watch all these early wrestling guys,” said Snyder. “Volkoff was one of the animators who made professional wrestling what it is today. Although, it’s a little different nowadays - they kept it real back then.”

Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

• March 26: Monthly prayer luncheon at 12 p.m. in the big dining facility

Prayer Luncheon

• April 30: Monthly prayer luncheon at 12 p.m. in the big dining facility

Contact Lt. Col. Curtis Muldrow, ASG-QA installation chaplain, for more details at DSN 432-2198.

Equality Observance

Participate in base celebrations of our country's heritage and historic periods.

Asian-Pacific Heritage

• May: Opening ceremony, observance and finale

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

THE WIRE

Ask the Chaplain

By Capt. KEVIN HUDSON
Installation chaplain

Q. How can being involved in sports or MWR activities contribute to spiritual fitness?

A. There is no doubt a connection exists between the body, mind, and spirit. Experts in the medical and scientific fields acknowledge this fact and encourage people to make sure they are actively engaged in nurturing these three aspects of our personhood in order to be healthy. Additionally, many religions teach this "holistic" concept both explicitly and implicitly in their holy writings and doctrines.

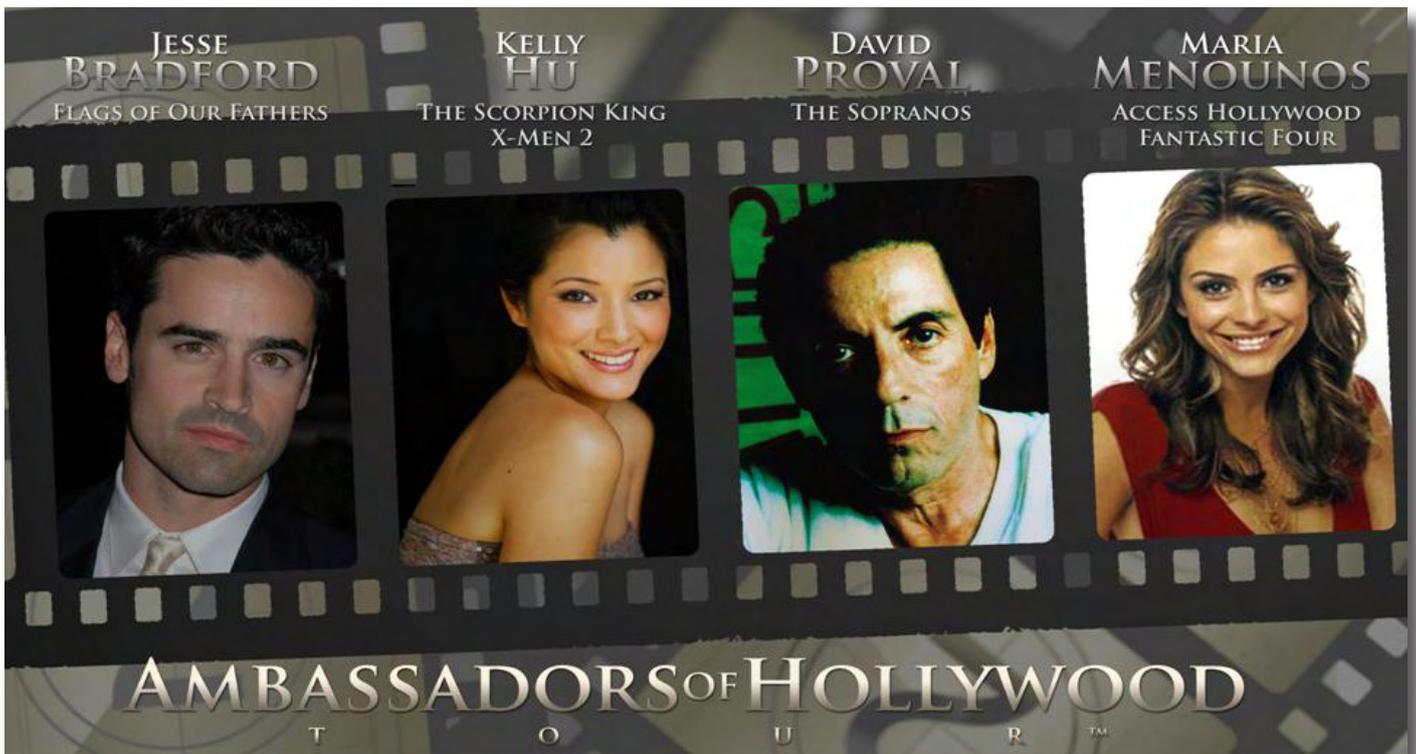
In fact, as Brian Luke Seaward of *American Fitness* (May-June, 1998) points out, "the word 'health' comes to us from the Anglican word Hal, meaning whole or holy. One cannot speak of health without an implicit understanding of human spirituality, for it is inextricably linked to our mental, emotional and physical health." In other words, when one area is affected, it impacts the other areas as well.

So, on a practical level, how are physical fitness and spirituality connected? Allow me a personal testimony. By nature, I'm not a fan of exercise. In fact, on my list of favorite things to do exercise ranks just above having a root canal done. And yet, I've disciplined myself to exercise on a regular basis. One reason is because the Air Force requires that I be "fit to fight." But another reason is that I've discovered some real spiritual benefits to exercising. When I exercise I find that my mind is clearer and I'm better able to focus on my work, my ministry, and my relationship with God. When I exercise I find that I'm not as stressed-out and find myself in a better mood and able to practice the joy of my faith. When I exercise, I feel my body reacting. I'm reminded of how intricately designed the human body is and this causes me to reflect with wonder upon my Creator. I often listen to Christian music on my MP3 player which helps me to focus on God through praise and prayer. So, indeed, there is a connection between physical fitness and spiritual fitness.

I hope you will look around and get involved in some of the many physical fitness activities offered here at Camp As Sayliyah. And as you grow physically fit, remember the connection to your mind and spirit as well. Throughout 2008, feed yourself physically, emotionally, socially and spiritually. **A**



Illustration by Dustin Senger. Submit ideas for future CAS-toons to dustin.senger@qatar.army.mil



MWR Events Schedule

- ◆ **Richard Cranium Band**
March 6 • 8:30 p.m. • Top-Off Club
- ◆ **Ambassadors of Hollywood meet and greet**
March 11 • 11:30 a.m. to 1 p.m. • Big Dining Facility
- ◆ **Pete Ford Band**
March 14 • 8 p.m. • Top-Off Club
- ◆ **St. Patrick's Day 5k Fun Run/Walk**
March 17 • 5 p.m. • CAC
- ◆ **Minnesota Vikings Cheerleaders**
March 21 • 11:30 a.m. to 1 p.m. and 7:30 to 9:00 p.m. • Big Dining Facility
- ◆ **Richard Cranium and Point Blanc Bands**
March 28 • 8:30 p.m. • Top-Off Club
- ◆ **April Fool's Day 5k Fun Run/Walk**
April 1 • 5 p.m. • CAC
- ◆ **Arabian Nights**
April 10-11 • TBD • Top-Off Club
- ◆ **Commander's Cup**
April 17-18 • All Day • ASG-QA Compound

Contact Tony Randall, MWR community services manager, for more information.



April 17 and 18



FITNESS MANIA!

LTC Raymone Mijares, JPOTF, scored 3,800 points to win the January fitness challenge at Camp As Sayliyah. His efforts resulted in losing over 15 pounds while earning the highest fitness mania score ever recorded!

CW2 Demonte Brooks, 3-43 ADA, trailed the record-breaking score by only 430 points.

Don't forget to sign up for the March Fitness Mania at the Fitness Center front desk.



Desert Mesh online!

The Desert Mesh is now available on the Internet:
<http://www.arcent.army.mil/>

Rest and Recuperation Pass Program Sponsorship

Sponsor an R2P2 participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

• Call the R&R Desk for more information

Contact 1LT Karly Mangen, ASG-QA rest and recuperation pass program officer, for more information.

Camp Policies

Policies are posted on the ASG-QA Intranet Web site:
<http://www.arcentqa.mil/>

**ASG-QA domain access required.*

FITNESS

Sleep and performance

By **DUSTIN SENGER**

ASG-QA public affairs

Proper rest is important for anyone attempting to improve their physical performance. Active people benefit from the succeeding growth-stimulating events during deep sleep, tissue-building actions desired to obtain greater fitness levels. The act of falling asleep shifts the body into a subconscious state of anabolism. Adequate rest is required to optimize muscle recovery and growth. Progressive resistance training and cardiovascular fitness programs manipulate sleep patterns and requirements.

As humans get older, sleep requirements decrease. During infancy, around 14 to 16 hours are spent asleep during the day. Toddlers often need around 10 to 13 hours per day. During teenage maturation and puberty, daily sleep hours are typically around eight



A Soldier from 3rd Battalion, 43rd Air Defense Artillery Regiment runs to the sideline during a flag football competition at the Camp As Sayliyah Commander's Cup fitness challenge on Nov. 16, 2006. Athletic potential is supported by adequate sleep. (Photo by Dustin Senger)

to 10 hours per day – to wake up feeling rested. Adults typically need around seven to eight hours of rest. The elderly often find themselves needing less than seven hours per day. Throughout the human lifecycle, there is a relationship between sleep requirements and rapid periods of growth and development.

There are several stages encompassing a night's rest. Most vividly recalled dreams occur during periods of rapid-eye movement. Non-REM sleep accounts for the majority of the time spent at rest; wherein

Adequate rest is required to optimize muscle recovery and growth. the body transitions through four stages – one and two are considered light,

three and four are thought as deep sleep. The body enters a heightened anabolic state during non-REM sleep, accentuating the growth and rejuvenation of the immune, nervous, skeletal and muscular systems. The endocrine glands of the hypothalamic-pituitary-gonadal and adrenal axes alter endogenous chemicals for growth and repair.

Slow-wave sleep encompasses the two deepest stages of non-REM rest – stages three and four. During this time, endogenous secretion of growth hormone increases. In men, 60 to 70 percent of daily GH secretion occurs during sleep. The adrenal hormone cortisol, responsible for breaking down proteins – to include hard-earned muscle – to produce energy, decreases during slow-wave sleep to promote protein synthesis. Even partial sleep deprivation can result in an elevation of cortisol. It's possible to increase slow-wave sleep through body heating (such as warm baths before bedtime), high-carbohydrate ingestion and intense exercise during the daytime hours.

In August 2000, the Journal of the American Medical Association published a study into the sleeping patterns of 149 healthy men, aged 16 to 83 years. The study was designed

to determine age-related changes in sleep duration and quality, as well as sleep-induced alterations in GH and cortisol levels. They found the transition from early adulthood to midlife results in more time spent in light sleep (stages one and two) without significant changes in REM. A decline in slow-wave sleep from early adulthood to midlife was paralleled by a major decline in GH secretion. Hormonal balance is essential to metabolic efficiency. An earlier JAMA study demonstrated that exercise can benefit people complaining of sleep deprivation by improving sleep quality. A 2007 peer-reviewed journal by the American Academy of Family Physicians further supported the role of exercise by listing it as a treatment option for insomnia. According to the researchers, exercise improves sleep as effectively as benzodiazepines in some studies.

Occupational and social demands often position a person to obtain less nighttime rest. In the event of sleep loss, daytime napping can cause a beneficial change for the better. According to researchers at the

Sleep Research Treatment Center at Penn State College of Medicine, a two-hour nap improves alertness and performance while reversing the negative effects of sleep loss on cortisol and interleukin-6 secretion, an immune system stimulator. In many cases, a nap can produce more beneficial actions in the athlete than training with the buzz obtained from stimulants, such as caffeine or ephedrine. Some studies have shown greater mental alertness after just 15 minutes of light sleep.

In November 2007, researchers from Brazil published an evaluation of sleep patterns in people engaged in a resistance training program. They found changes in sleep patterns and architecture. In the study, resistance-trained individuals showed a decrease in sleep efficiency with significantly more episodes of waking during rest, as compared to a sedentary group. Additionally, resistance-trained athletes spent less time in a stage

four deep sleep. It's likely that highly intensive training, without sufficient recovery time between sessions, may cause more interruptions during sleep. Since many athletic adults often report a need for less rest than their sedentary counterparts, it's important to optimize daily life for greater sleep quality at night. It's important to minimize nighttime disturbances by preparing the environment before hand

– turn off televisions, subdue bright lights, minimize foot traffic and nearby noises.

There are several variables to determine an athlete's sleep requirements; even

the time of day the rest occurs has a large influence on feeling rested and maintaining a person's circadian rhythms. The goal for adults engaged in intense physical exercise is to obtain an appropriate amount of nighttime sleep so as to feel recharged upon waking. If not, a nap during the day can help restore physical performance and mental energy. **A**

Fitness Q&A

By **DUSTIN SENGER**
ASG-QA public affairs

Q. Is eating a lot of protein necessary to increase strength levels?

A. For bodybuilders engaged in a progressive resistance training program, protein-rich foods are quickly identified and desired for packing on muscle. For anyone engaged in routine physical activity, protein is one of the most popular dietary supplements today, for building up the body's force-producing abilities. Media reports have suggested that chronically high protein intake can cause unnecessary stress on the

body's filtering processes. However, these reports are often based on non-human subjects, inactive people, and persons with impaired renal function. For healthy, active men and women, an increase in dietary proteins can safely and effectively improve exercise performance by enhancing energy and increasing muscle mass.

Human muscle fiber counts vary greatly between two individuals. Fiber numbers change very little as a result of routine exercise or other environmental triggers. Aerobic (running, cycling) and resistance training (anaerobic) will increase fiber size and subsequent force producing capabilities. An increase in muscle cross-sectional area benefits overall body composition by increasing



A food service specialist prepares the weekly "Surf 'n' Turf" lunch of steak and seafood at the Camp As Sayliyah dining facility in Qatar. The lunch-time meal is rich in protein, a helpful nutrient for building a stronger and more athletic body. (Official Army Photos by Dustin Senger)

Continued on page 20

Rest and Recuperation Pass Program Donations

Help R2P2 participants enjoy the program's opportunities by donating your new or used items.



• Call the R&R front desk for more details.

Contact 1LT Karly Mangen, ASG-QA R2P2 officer, for more information.

Photography Support

Photos are available on the ASG-QA Intranet Web site:
<http://www.arcentqa.mil>*

*ASG-QA domain access required.

Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Big dining facility
- Big gym
- Post exchange
- R2P2 front desk



ASG-QA Finance

- Monday thru Saturday:
8:30 a.m. to 4 p.m.
Closed from noon to 1 p.m.
- Sunday:
1 p.m. to 4:30 p.m.

Contact CPT Luis Martinez, ASG-QA finance officer, for more details.

FITNESS

protein

(Continued from page 19)

lean body mass while decreasing fat mass. To increase muscle mass, protein anabolism must exceed muscle catabolism. Resistance training programs are always able to increase protein synthesis – studies demonstrate increases up to 182 percent over baseline. Resistance training is an excellent way to increase muscle, so long as the increased protein demands are properly met.

The U.S. recommended dietary allowance for protein intake is 0.8 to one gram per kilogram of bodyweight for healthy, moderately active people. However, many athletes tend to eat much more than this – regularly increasing their dietary intake using protein-based supplements. Several studies have examined the efficiency of increases in dietary protein. In 2005, the American Journal of Physical Endocrinology and Metabolism published research that demonstrated that 1.2 grams of whey protein isolates per kilogram, consumed around resistance training, resulted in an almost two-fold increase in lean body mass, as compared to a carbohydrate supplemented group.

The International Society of Sports Nutrition published a position stand regarding protein and exercise in September 2007. Researchers explain the increased need for protein for active people – far exceeding the U.S. RDA. According to the ISSN, exercising individuals should consume 1.4 to two grams of protein per kilogram, per day. Endurance athletes should consume at the lower level of this range. Intermittent athletes – such as soccer, basketball, martial arts – should ingest levels at mid-range amounts. Strength and power athletes – bodybuilders and powerlifters – must consume

at the upper levels to provide enough substrate for optimal repair and growth of muscle tissue. The official stand further recommends exercising individuals to consume high-quality proteins within the time period encompassing the exercise session – before, during and after. However, they assert more research is needed to ascertain the affects of protein timing for activities other than resistance training.

In November 2005, Melvin Williams published a study in the ISSN journal that examined the affects of amino acid supplements in sports performance. Williams concluded that the consumption of protein as high as 2.8 grams per kilogram, per day, by well-trained athletes does not negatively affect healthy individuals. It may impair renal function in athletes with preexisting health conditions, such as diabetes mellitus and those predisposed to kidney disease and stones.

Proteins dissected

Amino acids are the building blocks of proteins. Complete proteins contain a full spectrum. Specific amino acids have been theorized to enhance performance in a number of ways, such as increasing the secretion of anabolic hormones, modifying fuel use during exercise, preventing adverse effects of overtraining and preventing central fatigue. There are nine essential amino acids that must be obtained through the diet to maximize protein anabolism; these include: iso-leucine, leucine, lysine, threonine, tryptophan, methionine, histidine, valine and phenylalanine. Other non-essential amino acids can be derived from within the body if a deficiency occurs; of these, arginine, cysteine, glycine, glutamine and tyrosine are considered conditionally essential – they are not normally required through the diet but certain requirements can exceed what can be synthesized endogenously.

Branched chain amino acids—leucine, iso-leucine and valine – are three essential organic protein molecules that comprise a third of the human body's skeletal muscle and almost a half of the dietary requirement for essential amino acids. During exercise, they represent almost a quarter of the protein broken down from muscle. BCAA supplements have a lot of clinical support for enhancing physical performance by promoting positive protein synthesis and combating central fatigue. Leucine, in particular, has increasing support for its role in stimulating protein synthesis and inhibiting degradation.

Protein must be absorbed and partitioned properly for an ergogenic affect – to enhance physical performance. The amino acid bioavailability of a protein source is best summarized by the amount and variety of amino acids that are digested and absorbed into the blood stream. Nitrogen-balance studies further support these findings by comparing the nitrogen content of an ingested protein to that of the subsequent nitrogen content found in the excreted feces. The impact on target tissues can also be taken into consideration. The U.S. Dairy Export Council's 2003 Reference Manual for U.S. Whey and Lactose Products, states milk-derived whey protein isolate has the highest protein digestibility score out of all common protein sources due to its high content of essential and branched-chain amino acids. Whey protein is especially rich in leucine; up to 14 grams per 100 grams.

Aside from whey, milk-derived casein and egg white powder are also classified for their superior quality and full spectrum of amino acids. Rating poorly at the bottom: canned lentils, peanut meal and wheat gluten. In today's booming sports supplement industry, whey and casein are the two most popular types of proteins

offered in commercially available dietary supplements.

Protein requirements for strength training

Bodybuilders and powerlifters often report the positive results of a high-protein diet augmented by protein supplements. Based on the ISSN recommendations, strength athletes should consume around two grams of protein per kilogram, per day. A 220-pound bodybuilder should target a daily protein intake of 200 grams, whereas reports also suggest up to 280 grams is still tolerable in healthy athletes. Concurrent fat and carbohydrate should also be considered. A strength athlete's increased ingestion of this vital macro nutrient is required due to an increase in intramuscular protein oxidation and breakdown during a progressive resistance training cycle. As a result of intense exercise, the body enters a state of negative nitrogen balance, meaning more protein is being broken down than synthesized. Studies suggest that muscle protein breakdown can remain elevated for up to 48 hours after exhausting resistance exercise. During this time, the body is at a primed state to partition dietary protein toward muscle hypertrophy. To accumulate greater musculature, protein is needed to fuel synthesis and slow down enzymes, and other agents, that accelerate protein breakdown.

It's been widely accepted that athletes of all types need to increase their protein intakes to maximize their physical recovery and subsequent performance abilities. Whole food choices should always be the primary method for increasing protein intake. To further fill in nutritional holes, whey and casein proteins dominate most of today's research – from credible scientific trials and theories, to subjective recommendations offered by the enduring efforts of successful bodybuilders and powerlifters. **A**

CAS Bowling League

The Camp As Sayliyah bowling league has begun. Come to the Top-Off bowling alley to show your support for the teams.



Fourteen teams, four people each, will compete in eight-week tournaments.

• **Wednesdays and Thursdays, from 6 to 8 p.m.**

Contact MAJ John Willets, MWR director, for more details.

Smoking Cessation Support Group

Do you want to join others interested in kicking the habit?



The Camp As Sayliyah troop medical clinic is offering an eight-week smoking cessation program.

After an initial counseling and medical review, participants are provided the knowledge necessary for a successful smoking cessation.

Quitting smoking is important for your health and provides many benefits.

Contact Carol Huber, TMC registered nurse, for more details.

Education Center

Take advantage of the education center's counseling services:

- **Tuition assistance**
- **GI Bill**
- **Distance education**
- **eArmyU**
- **Promotion points!**

Contact the installation education center for more information.

CULTURE

Qatar expats: Sri Lanka

by **DUSTIN SENGER**
ASG-QA public affairs

U.S. military presence in Qatar is more than a joint-service conglomerate of various organizations – Soldiers, Sailors, Airmen and Marines are also joined by civilians and contractors in support of Operation Iraqi Freedom and Operation Enduring Freedom in southwest Asia. The Gulf country provides a strategic location on the Arabian Peninsula for OIF/OEF missions; as such, much of the Camp As Sayliyah contracted workforce contains foreign nationals. Around 45,000 people employed in Qatar are from Sri Lanka. Qatar is known for its precious pearls, while Sri Lanka is often referred to as the “Pearl of the Indian Ocean.”

Qatar is well-established as a source for expatriate employment, persons working outside their country of citizenship. The prosperous Islamic state employs thousands of expatriates to help the Qataris construct an educational, cultural and sports entertainment venue in the Middle East. By exporting an abundance of fossil fuels for financial support, many areas of Qatar develop quickly; it's like watching a metropolis sprout from the often hot and humid desert terrain. Based on a July 2007 estimate, 907,229 people work and reside in Qatar. Of the nearly 1 million people, only an estimated 20 percent are local Qataris. An estimated 40 percent of Qatar's population demographics come from other Arab nations and

India. Almost 30 percent come from the Philippines, Nepal and Pakistan. Around 5 percent are from Sri Lanka.

Sri Lanka is an island nation 19 miles off the southern coast of India. It has been the center of the Buddhist religion and culture in southern Asia since ancient times. Today, most Sri Lankans continue to follow the Buddhism faith; monks are often seen in their traditional religious attire. Buddhists are provided places for prayer throughout the country. Most of the people of other faiths follow the beliefs of Hinduism, Christianity and Islam.

The people of Sri Lanka recently celebrated their political independence from Britain on Feb. 4 – 50 years since the peaceful separation in 1958. The government finalized a constitution on Aug. 31, 1978. Since the 16th century, long before British gained control in 1815, the country was also colonized by Portugal and the Netherlands. The nation's occupancy was a result of its location along a path of major trading routes in the Indian Ocean – bridging commercial and military travel between southwest and southeast Asia. In World War II, Sri Lanka was an important location

for allied forces fighting against the Japanese empire.

Of the over 20.1 million people living in Sri Lanka, around 1.3 million live in – and around – Colombo, the nation's capital city. Outside Colombo's busy business districts is a country full of tropical rain forest, wildlife and national heritage. Vehicle transportation by bus or car between cities is readily available. Inner-city transportation is quickly provided by taxi drivers in a “tuk-tuk,” three-wheelers used to



Sri Lankan women work on hand-crafted textiles on Feb. 8. (Photos by Dustin Senger)



Cinnamon plants are cultivated on Feb. 9 in Sri Lanka, to produce oils, spices and tonics. (Photos by Dustin Senger)



A statue of Buddha faces the sea near a beach in Sri Lanka. The monument was constructed to honor lives lost during the 2004 Asian tsunami. (Photos by Dustin Senger)



A tuk-tuk (right) cruises down a coastal road in Sri Lanka on Feb. 9.

transport locals, foreigners and a modest amount of freight. Tuk-tuk taxis, used throughout Southeast Asia, are often the best way to get around Sri Lankan cities, where undersized roads are frequently congested.

Tourists often travel to areas offering wildlife safaris. Kandy is a city located near the mountainous heart of Sri Lanka, with an estimated 150,000 residents. A nearby elephant orphanage is a popular visitor venue. People frequently travel to nearby national parks to observe populations of elephants, monkeys, leopards, jackals, mongooses, sloth bears, and numerous species of birds.

The beaches in Sri Lanka are well known for their beauty – surfing is a popular activity. In the ocean, tour boats take people to see blue whales during migration. The enormous sea creatures reach lengths around 110 feet and weights of 200 tons – they are believed to be the largest animal ever!

Galle is a popular southern coastal city with a population of 110,000 people. Several beach resorts are scattered along the city's coastline. In this area, local fishermen are well known for the way they prop themselves up on a stick in shallow waters. Exotic birds are also easy to spot. Unfortunately, Galle experienced significant damage during a recent Asian tsunami. On Dec. 6, 2004, the south and eastern shores of Sri Lanka were thrashed by a tsunami. Shortly after midnight, an undersea earthquake erupted in the Indian Ocean. The rumble resulted in a series of enormous waves along the coasts of the Indian Ocean; over 250,000 people lost their lives in the events that followed in various countries. In Sri Lanka, 31,229 deaths were reported; 4,093 were counted missing. Nearly 2,000 of the fatalities were the result of a train destroyed by the storm. Many children were orphaned and many families were separated – 1.5 million had to relocate. Ac-

In many ways, Sri Lankan expatriates are economic heroes back home.



Sri Lankan soldiers in formation in Galle. (Photos by Dustin Senger)

According to a Sri Lankan man, much of the damage occurred when the Tsunami hit with two massive waves, only minutes apart.

In the midst of the destruction, the Tsunami destroyed the sanctuary of a popular sea turtle farmer in Galle. The powerful waters also claimed his wife and children. Today, he remains dedicated to preserving some of the world's most endangered species from his Galle sanctuary, due to charitable donations that helped him rebuild his farm. He willingly shares his photos of the Tsunami, offering a first-hand and graphic look into the disaster.

The Sri Lankan economy depends on expatriate earnings. European colonist established much of the country's prolific plantations; to include: tea, rubber, sugar, coffee, cinnamon and various spices. These remain major exports today, in addition to apparel, gems and jewelry. The nation exported an estimated \$7.6 billion in 2007; however, their import costs were around 11.5 billion. The deficit is largely financed by foreign assistance, commercial borrowing and the incomes of their expatriate workforce.

Many Sri Lankans are seeking work outside their national borders due to a brutal civil war since 1983, fail-

ing agricultural labor productivity and a lack of income-earning opportunities in rural locations. There are 1.5 million Sri Lankan citizens working abroad. Many are women working as housemaids. Expatriate earnings in 2007 were estimated at around \$2.6 billion, second only to earnings from apparel exports. In many ways, Sri Lankan expatriates are economic heroes back home. **A**



Workers carefully prepare moonstones for showroom exhibition and sales outside a stone mine in Sri Lanka on Feb. 8.



A fisherman positions the day's catch at the coastal city of Galle, Sri Lanka on Feb. 8.



The owner of a sea turtle farm holds eggs brought to him for incubation and release by fisherman in Sri Lanka.

Don't drink and drive!

☒ **Alcohol is a factor in more than 40 percent of all motor vehicle fatalities.** An average of one person every two minutes is injured in an alcohol related crash in the United States. Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.

☒ **Plan ahead for your next night out by choosing a designated driver.** A designated driver is someone who did not drink at all.

☒ **Strictly enforce a zero-tolerance policy for drinking and driving!** In Qatar, driving under the influence can result in major fines, time spent in jail and a damage to host nation relationships. Qatar police do not tolerate drinking and driving.

☒ **Even if you don't drink and drive, you're at risk from others who do. Wear your seat belt.**

Permanent Off-Limit Areas in Doha for Camp As Sayliyah Military and DOD Civilians:

- Ric's Kountry Kitchen
- The Iranian Souqs
- The Industrial area
- Al Wakra
- Areas serving alcohol, other than hotel restaurants with security in place

Drove a Little Fast?

Check traffic violations at the Qatar e-Government portal:
<http://www.e.gov.qa/eGovPortal>

DOHA LIFE

Host nation sports strengthen military connections

By **DUSTIN SENGER**
ASG-QA public affairs

DOHA, Qatar – Success of the Global War on Terrorism requires the United States to maintain military presence in the Middle East. U.S. military forces at Camp As Sayliyah, Qatar, continue to actively support Operations Iraqi and Enduring Freedom. During the early years, U.S. servicemembers had limited, low-level, military-to-military interaction with their Qatar counterparts. Eventually, the two countries were able to unite in a common interest: sports competitions.

Sheikh Hamad bin Khalifa Al Thani, the Qatar emir, has actively supported athletes and major sports competitions since he succeeded his father's rule of the Gulf country in 1995. International athletic events have helped build

world-wide awareness for the rapidly developing and prosperous Gulf emirate. The 15th Asian Games Doha in December 2006 presented Qatar as the first venue for a major Olympiad event in Arabia. Qatar officials have submitted a bid to host the 2016 Summer Olympics.

In June 2003, Qatar military officials welcomed U.S. servicemembers to join them in athletic activities – a major success of sociable interaction between the two nations' military forces. On May 11, 2004, the U.S. Army in Qatar sent a letter to their host nation's military general headquarters to request opportunities for continued semi-annual sports competitions.

The outreach was an effort to continue to build friendly relationships between the two nation's armed forces. Qatar military officials sent a response on July 17, 2004, welcoming U.S. servicemembers to join them in the nation's annual military sports competitions. Ever since the initial invitation, the U.S. military has embraced the events as the only non-Qatari participants.

Since the first invitation in 2004, U.S. involvement in the sports competitions has included: marksmanship, basketball, soccer, table tennis, cross-



U.S. Air Force Capt. Benjamin Washburn, from Colorado Springs, Co., is congratulated by members of the Qatar military, Jan 30. Washburn earned the first gold medal since U.S. servicemembers began participating in Qatar military sports competitions in 2004. (Official Army Photo by Dustin Senger)

Visit to Villaggio mall

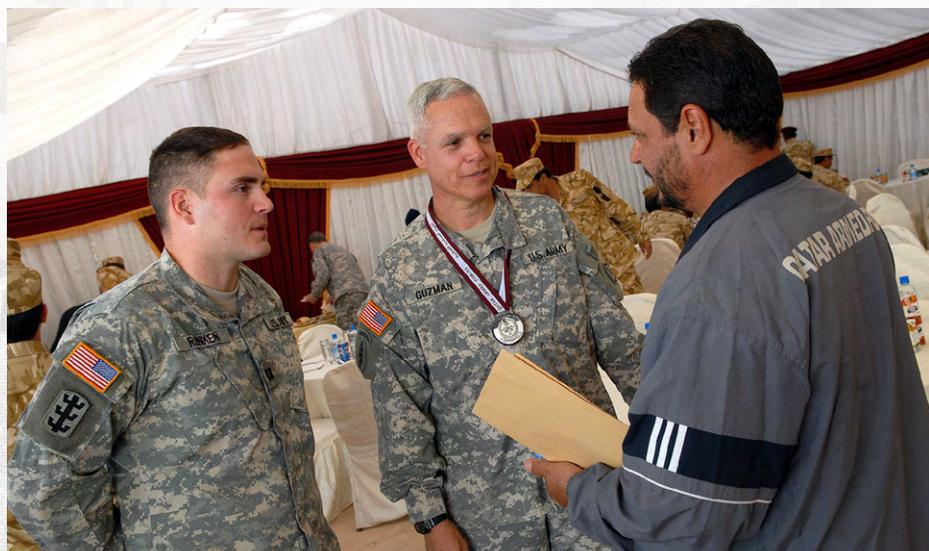


▲ U.S. Army Lt. Col. Scott Zima, from Minneapolis, Minn., and Pfc. Cory Bailey, from Winchester, Va., enjoy a day of shopping at a mall in Qatar, on Feb. 13. The Soldiers were participating in the U.S. Central Command rest and recuperation pass program, conveniently located on the Arabian Peninsula to offer war fighters serving in southwest Asia a brief respite from military operations. For many, visiting Qatar is their first glance at a prosperous and peaceful Arabic community. Bailey, an infantryman on his four-day pass, has spent more than one year serving in both Operation Iraqi Freedom and Operation Enduring Freedom. (Official Army Photos by Dustin Senger)

country and a challenging military run.

On Jan. 30, U.S. Air Force Capt. Benjamin Washburn, from Colorado Springs, Co., received the 1st place gold medal for his performance in a pistol competition against eight Qatari military teams. Washburn's gold medal represented his obtainment of the highest award since U.S. servicemembers began participating in the Qatar military sports competitions. Even though he had never shot pistol one-handed before, he was able to gain enough understanding from a helpful range coach, provided by the host nation's military. Qatar Lt. Jo'an bin Hamad Al Thani, military police officer and son of the emir, was present to congratulate the U.S. Air Force security forces officer.

"Washburn and the other U.S. participants were competing against the nation's top shooters," said Hani Abukisk, from Dallas Texas. Abukisk is the Area Support Group Qatar civil affairs officer who was part of the first negotiations to bring the two nations together in sports competitions. "We did earn 3rd place in a 2004 to 2005 marksmanship competition but the Qatar rifle and pistol teams generally don't



Capt. Ross Renken, from Channahon, Ill., and U.S. Army Lt. Col. Orlando Guzman, from Raleigh, N.C., meet with their marksmanship coach after a morning award ceremony in Qatar, Jan 30. (Official Army Photo by Dustin Senger)

expect anyone to beat them. They take extra pride in these competitions since they specifically showcase a military skill, unlike basketball and soccer."

During the 2005 to 2006 season, U.S. servicemembers earned 2nd place in a cross country run.

"In my mind, this is more for fun than

competition – it's challenging," said Qatar Brig. Gen. Khalifa Al Khulaifi, Qatari Military Sports Association deputy director, minutes before the award ceremony honoring the top marksmanship competitors, to include Washburn. "It's nice to see an American standing in formation to receive a trophy. This year, they did really well, honestly." ^A

Safety/Fire Training

Attend the installation safety training.

Confined Space Training

• March 11 15: 9 a.m. to noon

Fire Warden/Prevention

• March 13: 9 a.m. to 10 a.m.

Unit Safety Representative

• March 13: 9 a.m. to 5 p.m.

First Aid Training

• March 18: 9 a.m. to noon

CPR Training

• March 19: 9 a.m. to noon.

HAZWOPER Emergency Response

• March 23: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

• March 24: 9 a.m. to 4 p.m.

HAZWOPER Refresher

• March 25: 9 a.m. to 4 p.m.

Fire Extinguisher Training

• March 25: 9 a.m. to 10 a.m.

Contact Robert East, installation safety manager, or Daniel Guzman, installation fire chief, for more details.

Army Preliminary Loss Report 08067

Accident claims Soldier's life

ARMY PRELIMINARY LOSS REPORT 08067 A 1st Air Cavalry Brigade, 1st Cavalry Division Fort Hood, Texas Soldier was killed in a POM accident on 17 February 2008 at approximately 1412 local in Bell County, Texas. The 25-year-old SPC was riding his 2007 Kawasaki motorcycle along with several other riders when he lost control, left the roadway, hit a culvert and struck a fence post. He was air-evacuated to a local medical center where he was pronounced dead. He was wearing all required personal protective equipment. He was also licensed and had attended a MSF course in January. The Soldier redeployed from theater OIF in December 2007.

SAFETY

Be prepared for heat and humidity

By ROBERT EAST

ASG-QA installation safety manager

Everyone at Camp As Sayliyah: the hot days of spring and summer are rapidly approaching! It is prudent for us to make time for proper preparations to ensure the safety of our personnel, as well as our own. Much like an enemy combatant, heat can severely injure a unit.

It is important to follow some basic procedures to properly manage the risks associated with hot-weather operations.

According to the Department of the Army surgeon general's office, the incidence of heat stroke hospitalizations among Soldiers has increased almost eight-

fold during the past 20 years. Heat injuries remain a serious threat to medical and fitness readiness both in garrison and during deployments. Serving a tour in a hot and humid summer in Qatar compounds the needs to respect increases in day-time temperatures.

Fortunately, summer heat casualties at Camp As Sayliyah have declined in recent years. A strong safety program and medical training schedule is giving servicemembers, DOD civilians and contractors paramount safety information for working in extreme heat.

Intense training or competitive sports during mid-day heat significantly raises the chance of becoming a heat casualty.

During the summer months, outdoor activities should be planned for the cooler part of the day. Intense training or competitive sports during mid-day heat significantly raises the chance of heat causality. Plan your activities around the sun's location. Save the most strenuous



Rest and recuperation pass program participants enjoy the Qatar coastline during a sponsored off-post tour on Feb. 2, 2007. During Qatar's hot-weather summer months, it's important to bring plenty of bottled water during off-post trips. The climate eventually becomes exceedingly more humid as well. (Official Army Photo by Dustin Senger)

Motorcycle Safety

What you need to know to drive to arrive:

- Be especially alert at intersections because approximately 70 percent of motorcycle-vehicle collisions occur there! Watch for vehicles that may unexpectedly turn in front of you or pull out from a side street or driveway. At intersections where vision is limited by shrubbery, parked vehicles, or buildings, slow down, make doubly sure of traffic, and be prepared to react quickly.

- Check the rearview mirrors before changing lanes or stopping. A quick stop without checking rear traffic may result in a rear-end crash. When changing lanes, use signals and make a visual check to assure that you can change lanes safely.

Never ride without a certified motorcycle helmet and eye protection. Insist on a helmet that has a U.S. Department of Transportation (DOT) label affixed by the

manufacturer. Attend a motorcycle rider-training course. It is the best way to learn how to operate a motorcycle safely and skillfully. Rider-Training courses provide unique knowledge and skills that you may not learn if a friend teaches you how to ride or if you haven't ridden in awhile. For the location of a state approved rider-training course, call toll free, 1-800-245-4410 or 404-669-2950.



HEAT STRESS MANAGEMENT							
		EASY WORK		MODERATE WORK		HARD WORK	
HEAT CATEGORY	WBGT INDEX (°F) °C	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(78°-81.9°) 25.6-27.8	NL	1/2	50/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(82°-84.9°) 27.8-29.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(88°-89.9°) 31.1-32.2	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN.	1	20/40 MIN	1	10/50 MIN.	1
CAUTION							
HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.							
<i>The colored flags corresponding to the above chart are flown at the Big Gym and the TMC. This information will also be announced over the Giant Voice System.</i>							

work for the cooler parts of the day. Get sufficient rest, sleep and nutrition. Always look for cool spots for periods of recovery, such as shady or air conditioned areas. Wear loose-weave, cotton fabrics that allow your body to breathe. Stay in good physical shape to effectively handle the upcoming environmental extremes.

Drink plenty of fluids; cool water is best. Try and achieve one quart of water per hour during hot periods. Drinking fluids that replace lost electrolytes can further help during periods of heavy perspiration. Avoid consuming alcohol containing beverages while in hot weather; they will work to further dehydrate your body. Remember, carbonated sugary drinks can increase the risk of cramps.

Heat cramps, heat exhaustion and heatstroke's are avoidable with the right preventative measures. Leaders must ensure proper acclimatization to the new climate (minimum of 14 days) to eliminate, or minimize, heat injuries in newly arrived Soldiers and civilians.

Colored heat indicator flags are flown at the troop medical clinic and big

gym facilities to advertise outdoor risks. Watch out for a black flag, imposing the heaviest restrictions on outdoor activities while advising maximum concurrent water intake, based on activity level. Moreover, Heat Stress Management charts provide detailed explanations for each flag's color. The information found on the charts is especially important during changing heat categories, as indicated on colored flags located at the Big Gym and Troop Medical Clinic. You can quickly obtain further safety information, such as recommended amounts of fluid consumption and rest periods.

Qatar's intense heat is a rapidly approaching reality for everyone stationed at Camp As Sayliyah. Stay safe and informed to avoid becoming a causality of a hot weather climate. Stay aware and watch out for your battle buddies. Consider frequent surveillance of the people around you to detect early symptoms of a developing heat illness. All personnel under your leadership must be properly trained to recognize symptoms of heat illness and administer emergency first-aid treatment (TB Med 507, para 18-20). ^A

...::: **Contribute** and be published in the **Desert Mesh!** :::...

Please contact the ASG-QA public affairs office
to learn how to become a contributor.

Contact us!
E-mail: pao@qatar.army.mil
DSN: 318-432-2572/2800

We need your feedback!

Fill out the form below, call or e-mail
the ASG-QA public affairs office.



Engineered for life

What did you think of Edition 53 of the Desert Mesh?

Please comment on this form, or make a copy, then drop it into any comment card box on Camp As Sayliyah.

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____

DESERT MESH

NEWSLETTER An ASG-QA Publication

Edition 53

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