



- ⚡ **Commander**  
Col. Maxine C. Girard
- ⚡ **Command Sergeant Major**  
Command Sgt. Maj.  
Charles A. Holliday, Sr.
- ⚡ **Executive Officer**  
Maj. Tymon LaMar
- ⚡ **Public Affairs Coordinator**  
Jason Chudy
- ⚡ **Visual Information**  
Devin Butler  
Jonald Lalas

Your feedback is important to us.  
See the back cover for details.

## New ARCENT CG identified

The following message was sent by Lt. Gen. William G. Webster in February:

“This Spring will mark two years in command for me as CG, Third Army/ARCENT.

“The tremendous professionalism and hard work of this great ARCENT Team have made the last 21 months a huge success for CENTCOM and our Army. I expect all of us to continue the work in progress to stay ready for any contingency, and to sustain our troops in combat while shaping the future in the region.

“As of 1330 EST Friday, 4 Feb, the President has approved the recommendation of the Secretary of Defense and has nominated MG Vince Brooks to replace me in command of Third Army/ARCENT in the Summer of 2011. The White House will forward the President’s nomination to the Senate for confirmation.

*Continued as CG, Page 2*

⚡ The Official Publication of Camp As Sayliyah ⚡

# DESERTMESH MAGAZINE

Edition 69 March/April 2011



## Arm in Arm to honor Dr. King 15



## On target with Qatari Forces 20



Lt. Gen. William G. Webster

### CG from page 1

tion. The timeline will become clearer over the next several months. In the meantime, let's continue the mission and maintain the team effort that is a hallmark of our great organization.

"It is an honor to work with each of you. I look forward to welcoming MG Brooks and his family to the team from his successful command of 1st Infantry Division, which he has led with distinction for the last couple years, including a year in combat in Iraq.

"We have much to do in the meantime. Thank you for all your efforts.

"Mission-People-Team-work!"

**William G. Webster**  
LTG, US Army  
Commanding

# CONTENTS



Jonald Lalas photo

## Sign here, please ...

Florida Marlins Pitcher Jeff Conine signs a baseball during a visit to Camp As Sayliyah Feb. 7. Also visiting the camp were Hall of Famer Andre Dawson; players Logan Morrison and John Buck; and three Marlins Mermaids cheerleaders. The group was touring military facilities throughout the region.



Devin Butler photo

Ray Hill, left, discusses welds with his son, Jason, at the General Dynamics Land Systems-run Stryker Battle Damage Assessment and Repair Facility. The facility has repaired more than 260 Stryker armored vehicles since

it opened in 2005, averaging six each month. The facility saves the U.S. government millions of dollars in shipping costs as well as saving time in returning the Strykers to combat units in Afghanistan.

## Father, son weld together in Qatar

By **JASON CHUDY**  
ASG-QA Public Affairs

Ray and Jason Hill have found that family bonds can be as strong as the welds they make on the Stryker vehicles they repair here.

The father and son, both from McCleary, Wash., have been working together as welders at the General Dynamics Land Systems-run Stryker Battle Damage Assessment and Repair Facility on Camp As Sayliyah.

Jason has been at the facility for four years and talked Ray into joining him in Qatar two years ago, greasing the skids when he was hired.

"I'm sure Jason paved the way and told them 'you better not make fun of my dad!'" he said.

"I was well accepted and brought in as part of the family immediately."

Coming to the facility, Ray found that his son had matured both as a man and as a welder. "I didn't think he'd ever grow up," he joked. "Once he was headed in the right direction he took off and didn't look back."

Ray, who has 30 years of welding experience, found that Jason's work brought both pleasure and pain to dad.

"You know, I had real mixed emotions," he said about Jason's skill. "I'm really proud of him, but (ticked) off because he is a better welder than me!"

"He's the best welder they've got," Ray explained. "Very seldom does he make a mistake."

Now, the 58-year-old Hill works for his 34-year-old son. But to Ray this wasn't a strange position to be: his father had worked for him at one job.

In fact, Jason added, their relationship works to the facility's benefit. "It keeps competition up and keeps them on their toes," the junior Hill explained about their coworkers. "He does anything he possibly can to make me look good."

This competitive nature ensures that all the welders are doing their best jobs. "This is probably the toughest job I've ever done," Ray said about welding on the Strykers. "Everything is so much more exact and precise than in any other

*Continued as FATHER AND SON,*  
Page 21

### INSIDE THE WIRE

- Father and son welders repair Strykers together 3
- Commander, CSM columns 4-5
- Repair facility gets Strykers back into the fight 6-7
- S-5 keeps the camp, country communicating 8-9
- Contracting event run for area bases 11
- Soldier volunteers for expectant dad's deployment 13
- Dr. Martin Luther King holiday celebrated 15
- Camp honors 25th anniversary of MLK holiday 16-17
- Photo posting can give away your location 19
- College on camp easier than back in U.S. 21

### DOHA LIFE

- Contracting tries to help companies bid at bases 11
- Team takes shot in marksmanship competition 20

### YOUR HEALTH

- Were your resolutions realistic? 22

Edition 69 – This Army magazine is an authorized publication for members of the Department of Defense. Contents of the *Desert Mesh* are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group Qatar public affairs office. General comments should be addressed to pao@qatar.army.mil or call 011-974-450-2714 (DSN: 318-432-2572). All photos are official U.S. Army Photos unless otherwise credited. *Desert Mesh* layout and design by Jason Chudy. Comments should be addressed to jason.r.chudy@qatar.army.mil or call 011-974-450-2714 (DSN 318-432-2572).



The installation commander

## Maxine C. Girard

Colonel  
Commander  
Area Support Group Qatar

Enforcing standards and Army policy is one of the inherent authorities of command and is the foundation of our strong military.

Maintaining good order and discipline within the command is paramount, and it is up to each and every one of us to maintain - and enforce as required - these standards and policies.

Many of these standards and policies are a more formal way of documenting what is expected for basic human dignity and respect.

They are in place to ensure that all personnel within the command are treated consistently and ensuring that we meet our mission effectively.

As policy changes occur, the military must be at the forefront of ensuring that we meet all new standards and policies that our nation directs.

As the Department of Defense begins its education program to the force on the repeal of the "Don't Ask Don't Tell" policy, let's remember that this is the enforcement of policy and not a personal issue.

The hallmark of a true professional is that, when necessary, you can balance personal beliefs with professional responsibilities and not let either one interfere with the other.

Our country and our Army is strengthened by our diversity -- we are a multi-faith, multi-cultural organization made up of peoples from many different backgrounds and beliefs who come together for one purpose: to fight and win our nation's wars.

As leaders, our focus should always be on the mission and our Soldiers, the readiness of our

"formations" and executing relevant and realistic training for our Soldiers and Department of the Army civilians.

Leadership reflects the core

**"The hallmark of a true professional is that, when necessary, you can balance personal beliefs and professional responsibilities and not let either one interfere with the other."**

values of our Army through its words and actions. It is what our Soldiers expect and demand of us.

This month - and throughout your service - I ask that you focus on "respect" and "personal courage." These are the bookends of the values and actions that we use to execute our mission each and every day.

It is even more important in the area in which we operate.

And the best way to show that professionalism is by following our core values and completing our assigned missions as a team.

I encourage you to sustain your efforts in your support of operations in the U.S. Central Command area of responsibility.

You make a difference every day!

Patton's Own!



## Charles A. Holliday, Sr.

Command Sergeant Major  
Command Sergeant Major  
Area Support Group Qatar



A new year, a new challenge

There are two tasks non commissioned officers must remain focused on every day: training warriors and growing leaders.

We must train Soldiers to master individual skills, afterwards they then train collectively to synchronize all those skills into rhythmic execution. This training takes place under the watchful eyes of the non commissioned officers, who know the standards.

Seven Army values provide the framework for non commissioned officers charged with taking care of our Army business. They are:

**Loyalty:** Know that you and your Soldiers are part of a bigger picture and every Soldier has a task that supports the overall objective. Stand by their honest mistakes; they're going to make a few, but, it's part of the learning process. When the commander makes a decision, execute - don't talk down about it either with your peers or your Soldiers. The NCO creed says it better than I could ever "I will be loyal to those whom I serve: seniors, peers and subordinates alike."

**Duty:** Accomplish all assigned or implied tasks to the fullest of your ability. Accept full responsibility for your actions and for your Soldiers' performance. Take initiative and anticipate requirements based on the situation. And understand that as a Soldier and a leader, you're being asked to put the nation's welfare and mission accomplishment above the personal safety of you and your Soldiers.

**Respect:** Expect that others are just as committed to getting the job done as you are and accept that they may have different ways

of doing so. You don't have to accept every suggestion that others may share with you, but you should expect their honesty and professionalism.

**Selfless service:** Place your duty before your personal desires and be ready and able to endure hardships in the service of your fellow Soldiers and your country.

**Honor:** Be honest with yourself and be truthful and sincere in all of your actions. If something just doesn't seem right to you or if someone asks you to compromise your values, assess the situation and take steps to correct it.

**Integrity:** Everything you say and do will either build trust or tear it down. Keep in mind that Soldiers are watching and looking to see if you are honest and "walk the talk." In simpler terms your audio and video must match. If you make a mistake, openly acknowledge it, learn from it and move on.

**Personal Courage:** Persist in what you know to be right and don't tolerate wrong behavior in others. If you believe you are right after thoughtful consideration, then hold your position. Know that it is okay to make and support unpopular decisions.

And finally - but not least - as Non-Commissioned Officers we have a tough, demanding, but very rewarding job. The Soldiers you lead are the heart of the Army. You lead them at the action level where the important day-to-day fundamental work of the Army is mission oriented.

Patton's Own!



## The Stryker

### Why the Stryker?

To fulfill an immediate requirement in the Army's transformation process to equip a strategically deployable (C-17/C-5) and operationally deployable (C-130) brigade capable of rapid movement anywhere on the globe in a combat ready configuration. The armored wheeled vehicle is designed to enable the Stryker Brigade Combat Team to maneuver more easily in close and urban terrain while providing protection in open terrain.

### Did you know?

The vehicle is named for two American servicemen who posthumously received the Medal of Honor: Pfc. Stuart S. Stryker, who died in World War II and Spc. 4 Robert F. Stryker, who died in the Vietnam War.

### One name, many models

Stryker comprises two variants – the infantry carrier vehicle and the mobile gun system. The ICV has eight additional configurations: reconnaissance vehicle, mortar carrier, commanders vehicle, fire support vehicle, engineer squad vehicle, medical evacuation vehicle, anti-tank guided missile vehicle, and NBC reconnaissance vehicle. The first eight configurations were built and delivered starting in 2002 and the final two models, the mobile gun system and the NBC reconnaissance vehicle were delivered starting in 2005.

Source: U.S. Army Stryker Fact Sheet: <http://www.army.mil/factfiles/equipment/wheeled/stryker.html>

# INSIDE THE WIRE

## Repair facility gets Strykers back in fight quicker, cheaper

By **JASON CHUDY**  
ASG-QA Public Affairs

The hisses and pops of welders at work on battle damaged Stryker armored fighting vehicles echo through a large warehouse at this Army camp outside of Doha, Qatar.

Nearly 120 people work at this General Dynamics Land Systems-run facility, repairing six Strykers each month and returning them to the battlefield sooner, and at a significant cost savings, than if they had to be returned to the United States.

"We could probably have it repaired by the time they received it, if they put it on a boat," explained Carlton L. Williams, production supervisor of the Battle Damage Repair Facility.

In addition to the time savings by repairing Strykers in Qatar, there is also a tremendous cost savings gained by not having to ship the 19-ton vehicles back to Anniston Army Depot, Ala.

Repairing various pieces of the Stryker's equipment on site saves even more. One facility shop has repaired 56 remote weapon systems since April 2010, saving the government about \$1.16 million. Each additional weapon system repaired there saves another \$21,000.

The repaired vehicles that are returned to the battlefield are generally unrecognizable from new Strykers. Williams, of Copper Cove, Texas, gave an example from late 2008 when they were tasked with doing preventive

maintenance on eight non-battle-damaged Strykers.

Once completed, they were lined up with those which had been damaged and repaired. An Army inspector could not tell which was which, and asked facility staff to "pop the hoods" of those which had been previously damaged to differentiate the two types.

"We actually pride ourselves in thinking that our vehicles are better than those that come out of the factory," said welder Jason Hill.

Although regulations allow for limited tolerances in their work, he says they follow a different standard.

"There are zero defects when the vehicle comes out of the shop," said Hill, of McCleary, Wash. "It's the sure grit and determination of each individual out here to make it happen.

"It's not what we have to do, it's what we want to do," he said.

And the work the facility staff does is appreciated by Army combat units. "The Stryker repair facility in Qatar has been a tremendous asset to the 2nd Stryker Cavalry Regiment," explained Maj. Krista Hoffman, regiment support operations officer, in an e-mail from Afghanistan. "The facility provides ... vehicles that measure up to our troopers' demands."

Many of the facility's mainly American and British staff have military experience themselves. Williams is a retired sergeant first class with 21 years of active duty



Jason Chudy photo

Stryker vehicles sit in various state of rebuilding in the General Dynamics Land Systems-run Stryker Battle Damage Assessment and Repair Facility. The facility has repaired more than 260 Stryker armored vehicles since it opened in 2005,

Army maintenance experience.

"I'd say 95 percent of them, even the British, have a military background," he explained.

Although Hill was never in the military – he came to Qatar right after college – the importance of his work was reaffirmed when he went home for Christmas in 2009. His neighbor, a Soldier from Joint Base Lewis-McChord, Wash., had been injured when his Stryker was damaged in battle – a Stryker which was then repaired at the facility.

That personal connection of having either been in the military,

averaging six each month. The facility saves the U.S. government millions of dollars in shipping costs as well as saving time in returning the Strykers to combat units in Afghanistan.

or knowing those actually using the vehicles they repair, has paid off for both General Dynamics and the Army as a whole. Workers come to Qatar on a 12-month tour, but about two-thirds have extended.

"Seventy-one people have extended to stay past their normal one-year tour," said Williams, who has been at the facility since June 2008.

Hill, for example, is on his fourth year in Qatar, and his father, Ray, is on his second year there as a welder.

The Qatar facility has been re-

pairing Strykers since 2005, when it repaired one vehicle a month. Since then, they have expanded from one warehouse to three, and last year alone grew from 67 to 118 personnel.

They are now doing a half-dozen Strykers a month, said Williams, and could increase production to eight a month, if ordered.

Since opening, they have returned more than 260 Strykers to Army units in Iraq and Afghanistan, and are on track to have repaired a brigade's worth of vehicles – more than 300 – by the end of the year.

## U.S./Qatari relations

### History of U.S. ties

The U.S. embassy was opened in March 1973. The first resident U.S. ambassador arrived in July 1974. Ties between the U.S. and Qatar are excellent. Amir Hamad bin Khalifa al-Thani last visited Washington in 2004, and President George W. Bush visited Qatar in 2003.

### Current ties

Qatar and the United States coordinate closely on regional diplomatic initiatives, cooperate to increase security in the Gulf, and enjoy extensive economic links, especially in the hydrocarbons sector. Qatar sees the development of a world-class educational system as key to its continued success. As a result, hundreds of Qataris study in the United States. Cornell University has established a degree-granting branch medical school campus in Doha, and other universities including Texas A&M, Carnegie Mellon University, the Virginia Commonwealth University School of Design, the Georgetown School of Foreign Service, and Northwestern also have branch campuses in Qatar's "Education City" complex.

### Qatari independence

Qatari Independence Day is Sept. 3, 1971. Most Arab states, the U.K., and the U.S. were among the first countries to recognize Qatar, and the state promptly gained admittance to the United Nations and the Arab League.

Source: U.S. State Department Background Notes: <http://www.state.gov/r/pa/ei/bgn/5437.htm>

# INSIDE THE WIRE

## S-5 bridges gap between Camp As Sayliyah, Qataris

By **JASON CHUDY**  
ASG-QA Public Affairs

From diplomacy to drag racing, the Area Support Group - Qatar Host National Affairs Office plays a large role in ensuring that Camp As Sayliyah keeps a close working relationship with Qatari government, military and society. According to the camp Host Nation Liaison Officer Hani Abukishk, the four-man office has built relationships through the years that have benefitted both countries.

"A lot of liaising, a lot of facilitating," he explained about their work. "We do it through taking advantage of the wide range of contacts we've established over the years."

Abukishk was born in Dallas, but grew up in the Gulf region, having spent the past 22 years in Qatar. He is of Palestinian ancestry.

The office handles everything from representing camp commanders in meetings with their Qatari counterparts to setting up sporting events in the community.

If it happens outside of the camp perimeter, office staff most likely have had some role in it.

"We open doors," said Tony Meimary. "We knock on doors, we open doors, we make things happen."

Meimary, who was born in Egypt and is of Lebanese and Italian ancestry, was raised in New York City and lives in Orlando, Fla.

He has worked for S-5 since April 2009.

The office's Raed Barghouti, who has worked with ITT Systems Division in S-5 for four years, says that the interaction between the camp and community makes for an interesting work day.

"I enjoy my job because we get involved in everything," he said. "Not just traffic or security issues, it's always different things."

Barghouti is of Palestinian ancestry and was raised between Qatar and Oregon. He calls Portland home.

With their mixed American and Middle Eastern upbringings, the staff is able to bridge any gap between the Qataris and Americans.

"You avoid a lot of problems by taking messages and tweaking and massaging them so they come out appropriately for both sides," Abukishk said.

"We have strengthened relationships," he said. "(The camp) enjoys very strong relationships with their counterparts and military neighbors."

The office also helps with document translation, helping set up off-duty events for base military and civilian personnel, and also provides in-country support for U.S. Army Central and the U.S. Central Command.

"We have the institutional knowledge, the corporate knowledge," said Abukishk, who has worked in the office since 2001. "We're proud of it and nobody (at other U.S. facilities in Qatar) can replicate it."

## 2LT balances platoon, poetry on deployment

By **JASON CHUDY**  
ASG-QA Public Affairs

Second Lt. Tia Peters has a lot to say about deployment, leadership and even love, but don't expect her to tell you about them.

Instead, the 1148th Transportation Company platoon leader will instead put those thoughts and feelings on paper.

"If you want to know what I'm feeling, just ask," Peters said. "I usually end up writing it down and leaving it around for you to read."

The 22-year-old Columbus, Ga., native has been writing poetry since she was a teenager. "I got really upset one day in high school," she said. "So I started writing down all my emotions."

For her, writing poems is everything from therapy to a way to collect her thoughts and even an effective leadership tool, said the former enlisted medic.

One of her recent works was published in her local White County (Ga.) News.

"It's kind of a big deal," she said, explaining that the newspaper doesn't run poems or even letters.

Peters wrote "Soldier's Life" when she was at Ft. Bliss, Texas. In just a few minutes she penned the 135-word poem.

"I was really just sitting there, thinking 'man, is this really happening?'" she said. "I'm on a plane tomorrow to catch up with my company."

"It was a shock at first," she said about knowing she was deploying the next day. "I just started writing and it just came out."

Since arriving in Qatar, Peters has written more than 30 more poems and she hopes to publish a poetry book when she returns to Georgia.

Tentatively entitled "Freestyle of Life: Love, Hate and All That's In Between" Peters says she will include poems from this deployment, as well as those from before she joined the military at age 17.

"It's very broad," she said. "There is no one specific topic for the emotions that you feel."

In addition to leading her platoon and writing poems, Peters is also finishing her college degree from the University of Maryland University College, taking two on-line courses: Greek mythology and, not surprisingly, modern poetry.



Jason Chudy photo

Second Lt. Tia Peters balances leading a platoon and writing poetry while deployed.

### Soldier's Life

Heart pounding.  
Eyes Closed.  
All sounds have ran together becoming  
nothingness.  
Have I hit the toughest point?  
I'm deploying.  
Leaving behind all I know to walk in the great  
unknown.  
So many people do this everyday.  
Some people do it more than once.  
Some say we're brave  
Some say we're foolish.  
This is our job.  
It's what we do.  
It definitely teaches us to be more appreciative.  
I know I am.  
Many times I think about what's going to hap-  
pen when I return.  
Everytime it's different.  
Overall I would just be happy to be with my  
family.  
Holding my loved ones in my arms.  
I'd give anything to be with them.  
I guess for now I'm just thankful for what I have:  
the photos, the letters and the love they send.  
It keeps me going.

## About Third Army

Third Army served in both World Wars, earning distinction under Lt. Gen. George S. Patton during WW II. In 1990, it was responsible for deploying, receiving and sustaining all army forces during Operations Desert Shield and Desert Storm. Soon after the September 11, 2001 attacks, Third Army deployed to Kuwait and became responsible for providing command and control for all Coalition Forces engaged in Operation Enduring Freedom. Third Army directed the ground war in Afghanistan and surrounding countries from Nov. 11, 2001 to May 31, 2002. Within months, Third Army again deployed to Kuwait to prepare for military operations against Iraq. In March 2003, Third Army led decisive military operations to liberate Iraq and remained there until June 2003 before returning to Kuwait.

## Military baptisms

### Aboard ships

Originating in the British Royal Navy, it is a custom to baptize a child under the ship's bell. Sometimes the bell is filled with water as a christening bowl. Once the baptism is completed, the child's name is usually inscribed inside the bell, which remains with the ship while in service and with the Department of the Navy after decommissioning. In this way, an invisible tie is created between the country, the ship and its citizens. Bells have been loaned or provided to churches as memorials to those vessels. This practice has been discontinued in favor of displaying bells with namesake states or municipalities, with museums, and with naval commands and newer namesake vessels.



Devin Butler photo

### 'I baptize you in the name of God ...'

David Jahleel Moody is baptized by Chaplain (Maj.) Jay West Jan. 19 at the Community Activities Center. Watching are, from back to front, parents David and Shiquell Moody, grandmother Cheryl Cherry, and sister Alexis Porter. David and Shiquell of ITT Systems Division work on camp for the Total Army Communications - Southwest Asia Central Asia Africa command.

# INSIDE THE WIRE



Devin Butler photo

## Cementing our ties

A large painted cement Third Army logo was unveiled in front of the Area Support Group - Qatar headquarters Jan. 20. The logo, which is also worn as a unit insignia on assigned Soldier's left uniform sleeve, represents that the command is part of the Atlanta-based Third Army. The disc with two borders alludes to the designation of the unit, and the white letter "A" signifies "Army." The "A" inside an "O" also stands for Army of Occupation, World War I.



Jonald Lalas photo

Lt. Col. Paul Davidson, U.S. Army Contracting Command - Southwest Asia Qatar commander, speaks to more than 100 representatives from Qatari companies during a vendor day at the Ramada Hotel in Doha Feb. 10. The event was designed to increase the number of companies bidding on contracts on Camp As Sayliyah and Al Udeid Air Base. The event was co-hosted with the Air Force's 379th Air Expeditionary Wing.

## Contracting seminar looks to local companies

By **JASON CHUDY**  
ASG-QA Public Affairs

The U.S. Army Contracting Command - Southwest Asia Qatar and the Air Force's 379th Air Expeditionary Wing Expeditionary Contracting Squadron, in conjunction with the American Chamber of Commerce, hosted Qatari and international companies for a vendor day Feb. 10 at the Ramada Hotel in Doha.

This first-time event was designed to increase the number of vendors bidding for contracts on Camp As Sayliyah and Al Udeid Air Base.

The larger the pool of bidders, explained ACC Contracting Officer Ceann Cupp, means there will be stronger competition for the contracts. More competition, she

said, is better for the government, as it allows for better bids.

"Competition means lower prices," said Cupp.

More than 200 companies had expressed interest in attending the morning event, and more than 100 company representatives attended.

Military contracting representatives briefed the attendees on a variety of topics, ranging from an overview of U.S. Government contracting to facility access, invoices and payments, and future base projects.

Contracting on the U.S. bases can be lucrative. In 2010, according to the presentation given to the attendees, \$147 million in local contracts were awarded for goods, services and construction.

Cupp said the vendors were

very receptive. "We weren't expecting this many," she said. "This way people know what's out there, and what is available."

Contracting officials took questions from the attendees, covering issues such as availability of base access for non-U.S. or Qatari nationals and applicability of U.S. and Qatari labor laws for contract personnel.

While this was the first time a contracting event like this was held, Cupp said they hope to hold joint vendor days twice a year.

Future vendor days, she said, will ensure that the U.S. Government contracting agencies and the companies better work together.

"We want to stay in touch (with the companies)," she said. "We want them to know we're here." **A**



## The Department of the Treasury

### How is it structured?

The Treasury Department includes the Office of the Secretary and the Departmental Offices. The Bureau of Engraving and

### Did you know?

The Secret Service, part of Treasury, protects the President and hunts counterfeiters.

Printing makes our paper currency and the United States Mint produces our coins. The Internal Revenue Service collects income taxes and other forms of Federal Government revenue. Maintaining the Federal Government's accounts is the job of the Financial Management Service. Processing the sale and redemption of Treasury bonds, notes and bills is the responsibility of the Bureau of the Public Debt. Finally, the Treasury must oversee and regulate savings institutions and National banks. The Office of the Comptroller of the Currency and the Office of Thrift Supervision each handle these tasks.

Source: Treasury Department ([http://www.treasury.gov/resource-center/faqs/About-Treasury/Pages/edu\\_faqs\\_treasury\\_history.aspx](http://www.treasury.gov/resource-center/faqs/About-Treasury/Pages/edu_faqs_treasury_history.aspx))

# INSIDE THE WIRE

## Camp tax center opened Feb. 1

By **JASON CHUDY**  
ASG-QA Public Affairs

The Area Support Group – Qatar tax center opened Feb. 1 and will remain open through tax season.

It's a free services offered by the command to military service members, Department of Defense civilians and military retirees. Family members of people in these categories are also eligible.

Contractors are also generally eligible if they have military affiliation, such as being a member of the reserves or National Guard, or are a family member of someone in an approved category or are themselves retired military.

"It's a great deal," said Attorney-Advisor John Venskus. "You get your tax return prepared for free and it's convenient.

"It can easily save a person hundreds of dollars," he said. "For a married service member with children, the average savings is about \$300. A single service member still saves about \$100."

Staff Sgt. Lee Elder is the tax center non-commissioned officer in charge. He is certified by the IRS as a tax preparer.

"We can do everything except those with numerous rental properties, self-employed businesses, large amounts of stock, and large inheritances," he said. "Everything else, we've got."

Appointments are required for tax preparation, but they are

generally set within a week of the call, if not within days.

Once an appointment is made, Elder said he will e-mail a .pdf file for the client to fill out as well as what required items the taxpayer needs to bring. Once the electronic form is returned to Elder, he will do much of the actual return before the appointment.

*"For a married service member with children, the average savings is about \$300. A single service member still saves about \$100."*

- John Venskus  
on savings by using the ASG tax center compared to a commercial tax preparer.

Elder said that people should give him as much information as possible. "It's rare you get audited, but you should do your taxes with a level of detail as if you will be audited," he said. "So, bring receipts and exact figures for things."

The office can file both federal and state returns. Venskus said that they can also provide advice for local tax returns.

Appointments at the center, which is in the base legal office in Bldg. 112, can be made by calling 432-3486. **A**

## Soldier takes one (year) for dad-to-be

By **JASON CHUDY**  
ASG-QA Public Affairs

Spc. Alexander Houghton of the 332nd Medical Logistics Company probably didn't have to deploy.

His non-commissioned officer in charge came to him and two other Soldiers last year and said one of them was deploying with the Army Reserve company. So, he only had a one-in-three chance of going.

But Houghton realized that this also meant that his friend, Spc. Jimmy Tracy, also had that same chance. And Tracy's wife, Kim, was due to have a baby girl in the coming months.

"I'll make the decision for you," the Evansville, Ind., native told Tracy. "I'll go."

And with that, Houghton stepped up to ensure that Tracy would be home for the birth of baby Keili Dyan, who was born on Feb. 21.

"I was not surprised that (he) stepped in, that's the type of person Spc. Houghton is," wrote Spc. Tracy in an e-mail. "He does things like that for friends. He would go to the end of the world to help a friend or family member out.

"He knew how much it meant for me to be here for my baby girl," he wrote.

"I knew it was coming," said Houghton about deploying. I just didn't think it would come this soon."

Houghton then had to break the deployment news to his wife Brandi.

"She was really bummed at



Jason Chudy photo

Spc. Alexander Houghton holds up a picture of Spc. Jimmy Tracy's two daughters, including newborn Keili. Houghton stepped in and took this deployment to ensure Tracy would be home for Keili's birth.

first," said Houghton about her reaction. "At first I didn't tell her I volunteered, I just told her I was deploying."

But then Kim Tracy posted the news about Houghton's good deed on Facebook, and the secret was out.

"... I am glad that Spc. Houghton was there and volunteered to take this deployment so that my husband could be here to see our baby come into the world," wrote Kim Tracy in an e-mail. "I'm also thankful that his wife Brandi is such a strong woman and supports her husband fully."

Brandi knew it was the right thing to do. "She said she was proud of me," he said, "that it was good to do that for them."

Houghton has been in the Reserves for about 1 1/2 years and is assigned as a biomedical equip-

ment technician with the St. Peters, Mo.-based company. Before volunteering, he had just returned from nearly a year of advanced individual training in Texas.

Still, knowing that the Tracy family would be together for the birth of Keili is worth it.

"It will definitely pay off when she has the baby," Houghton said in early February. "It will definitely be worth it when I see pictures of them and the baby."

He's received many comments on his choice to deploy for a friend. "Anytime someone asks 'You did this for them?' I tell them 'This is the life I chose,'" said Houghton about military service.

"I just hope that someday I will be able to repay him for the selfless service that (he) did for me," said Spc. Tracy. **A**

## Notable Black American Inventors

**Andrew Jackson Beard** invented the “Jenny Coupler” in 1897, a device which allowed train cars to hook themselves together when they are bumped into one another. The device saved the lives of many railroad workers, who originally had the dangerous job of hooking the moving cars together by hand.

**Henry Blair**, the second African-American to receive a patent, invented a corn seed planter in 1834 and a cotton planter in 1836. Blair could not read or write and signed his patent with an X.

**Otis Boykin** invented electronic control devices for guided missiles, IBM computers, and the control unit for a pacemaker.

**George Carruthers** invented the far ultraviolet electrographic camera, used in the 1972 Apollo 16 mission. This invention revealed new features in Earth’s far-outer atmosphere and deep-space objects from the perspective of the lunar surface.

In 1897, African-American inventor **Alfred Cralle** patented the first ice cream scoop. His original design remains in wide use, even today.

**Elijah McCoy** invented an automatic lubricator for oiling steam engines in 1872. The term “the real McCoy” is believed to be a reference about the reliability of Elijah McCoy’s invention.

**Alexander Miles** of Duluth, Minnesota patented an electric elevator in 1887 with automatic doors that would close off the shaft way, thus making elevators safer.

# INSIDE THE WIRE

## Don’t leave home without your Eagle Cash card

By **JASON CHUDY**  
ASG-QA Public Affairs

From dinner to dhow rides, the Eagle Cash card can be used for purchases at nearly every facility on base where someone would need to pay for something.

On Camp As Sayliyah, the card can be used at the exchange, including the local concessionaires; dining facility; Morale, Welfare and Recreation facilities; and the post office.

The Eagle Cash card is a money management program used by the military to reduce the amount of currency transported overseas.

All military, Department of Defense civilians, and U.S. and foreign contractors working for companies that have Eagle Cash card memorandums of agreement with the finance office can enroll.

The program is basically a debit system, where a user loads funds onto the card’s chip from their linked bank account. Then, purchases are debited from the card.

So, if a user loads \$50 on the card, that money will be taken from their bank account. However, until they need to re-load funds onto the card, the money is taken from the chip on the card. The chip also tracks the current balance, giving the user an idea of how much they have left.

Funds can be loaded onto the card at one of the camp kiosk locations, some of which are open 24 hours a day. Two are available at the dining facility, one at the main gym, one at the finance office in the small gym, one at the exchange, one at the post office

and one at the Top Off complex.

People who want to credit their cards with cash can do so at the finance office, and there they can use the card to get Qatari riyals.

While the card is convenient, it is also safer than cash. If someone loses cash, it may be gone forever. If someone loses their card, they can go to the finance office and file an incident report, after which a new card will be issued.

While using a card for purchases is familiar to many Americans – such as credit or debit cards – the Eagle Cash card does not come with any hidden charges, such as annual or other ATM fees.

But the Eagle Cash card can cause problems if users don’t manage their money. Funds loaded on the card aren’t automatically withdrawn from the user’s bank account – it can take up to three working days to show up on their account.

So, those funds need to be there when the transaction processes at their bank. If they are not, then the Eagle card will be temporarily disabled until the full amount is able to be withdrawn from the bank account.

Additionally, all users can face non-sufficient fund penalties from their bank and military and Department of Defense civilians can face wage garnishments. Military members can also face non-judicial punishment in extreme circumstances.

Those wanting to use the Eagle Cash card can sign up at the camp finance office, located in the small gym, bldg. 106. **A**

## CAS celebrates 25th year of King holiday

By **JASON CHUDY**  
ASG-QA Public Affairs

Dozens of military and civilian members of differing colors, creeds and nationalities walked arm in arm or hand in hand, at this Army camp west of Doha, Qatar, Jan. 17, carrying on the legacy of Dr. Martin Luther King, on the 25th anniversary of the national holiday set aside to remember and respect not only King, but the U.S. Civil Rights Movement as a whole.

Some of the marchers were not even born when the holiday was established and even more were not alive when King was assassinated in Memphis on April 4, 1968.

Before the march, dozens gathered in front of the Area Support Group – Qatar headquarters build-

ing where Mr. Newstall “Chuck” Laney spoke.

Laney grew up during the Civil Rights Movement and spent many weekends carrying signs at marches with his uncle and namesake, Newstall Marable.

Marable is now the National Association for the Advancement of Colored People in eastern Pennsylvania.

“Dr. King focused on the basic goodness of people,” explained Laney, a retired Soldier and current civilian base employee. “He wanted all Americans to share his dream of not judging any book by its cover. He wanted us to focus on what’s within.”

Laney’s family took part in the August 28, 1963, “Civil Rights March on Washington,” where King made his famous “I Have a

Dream” speech, in which he stated the desire of freedom and equality, “when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing the words of the old Negro spiritual, ‘Free at last, free at last. Thank God Almighty, we are free at last.’”

“Everyone has the power to make his dream a stronger reality,” Laney said.

After Laney’s speech, the marchers made their way to the Community Activities Center, walking past people with picket signs – signs not of protest, but rather of remembrance and honor.

At the CAC, the marchers watched the “I Have a Dream” speech and listened to the camp’s praise choir. **A**



Staff Sgt. George Brooks of the 1177th Transportation Company holds a sign during the Dr. Martin Luther King Day march on Camp As Sayliyah.

### Rest and Recuperation Pass Program

Donations help R&R participants enjoy the program's off-post opportunities by donating your new or used items.

- **Call the R&R front desk for more information.**

Contact Sgt. 1st Class William Griffith, ASG-QA Rest and Recuperation Pass Program non-commissioned officer in charge, for more information.

- **R&R program will be closing soon. Read more in the next issue!**

### CAS-TV

Turn your on-post television to channel 36 (may vary) for camp information.



Television

Contact Jason Chudy, ASG-QA public affairs coordinator, for more information.

### MWR Operating Hours

- **Main and Small Gyms**  
Open all day, every day
- **Cyber Cafe, Phone Ctr.**  
Open all day, every day
- **Video Hut**  
9 a.m. to 10 p.m.
- **Swimming Pool**  
5:30 a.m. to midnight, closed for cleaning 9 to 10:30 a.m.
- **Mini Golf Course**  
6 a.m. to midnight
- **Driving Range**  
8 a.m. to midnight

# INSIDE THE WIRE

# MWR

*Oasis re-opens March 10!*  
 Billboard Top 100 hits starting at 9 p.m. on most nights!  
 Karaoke on Wednesdays from 8 p.m. until 12:30 a.m.

**B I N G O**  
 Play bingo at the Top Off club every Tuesday and Thursday starting at 8:30 p.m.

**Double Ping-Pong**  
 March 16, 2011  
 Gym Bldg. 109 @ 1930  
 Please Sign-Up @ Gym Bldg. 109  
 POC: Joseph Tiburcio, Sports & Fitness Supervisor  
 432-3760 / 5537-9374

Don't forget:

All MWR events are listed on the Area Support Group - Qatar Intranet page!

**MARCH MADNESS ON DEMAND**  
 10 - 13 MARCH 2011  
 OUTDOOR BASKETBALL COURT @ 1930  
 Please Sign-Up @ Gym Bldg. 109  
 POC: Joseph Tiburcio, Sports & Fitness Supervisor  
 432-3760 / 5537-9374

**President's Day run/walk winners announced**

<p><b>Men's Run</b>                  Spc. Steven Rodgers, 20:46                  1st Sgt. Roy Stoehr, 21:05                  Sgt. James Pruter, 21:30</p>	<p><b>Women's Run</b>                  Spc. Whitney Boney, 26:21                  Staff Sgt. Leslie Hasson, 26:23                  Capt. Shonette Jones, 27:00</p>
<p><b>Men's Walk</b>                  Capt. Brian Josh, 39:32                  Sgt. 1st Class Brooks Young, 39:33                  Chaplain Jay West, 40:33</p>	<p><b>Women's Walk</b>                  Sgt. Charmain Anderson, 44:40                  Staff Sgt. Shiela Luscious, 44:41                  Charlotte Parris, 51:10</p>

## Ray Oldenburg

Ray Oldenburg, Ph.D., is Professor Emeritus at the Department of Sociology at the University of West Florida in Pensacola. He is best known for writing *The Great Good Place*. He works as a consultant to entrepreneurs, community and urban planners, churches, and others seeking to establish great good places.

He held positions at the University of West Florida from 1971 to 2001, prior to which he taught and researched at the University of Nevada, Stout State University, and the University of Minnesota. Oldenburg also worked as an elementary and high school teacher, and as a dental technician in the U.S. Army Medical Corps.

## Third place work

An increasing percentage of American workers now telecommute, not from home, but from a third place. Availability of public wi-fi has been a major enabler of this trend, and an increasing number of retail chains are catering to it.

### Coffee or couches?

The concept of a "Third Place" has been picked up by various small businesses, including as a name for various locally owned coffee shops, and is commonly cited in urban planning literature on the issue of community-oriented business development and public space.

Variant forms of the concept include the "community coffee house" and the "community living room," a term which has been adopted by several organizations to describe the model of a cooperatively-run "third space," a free space for social interaction.

# DOHA LIFE

## Third place is pretty good!

By **Chaplain (Maj.) JAY WEST**  
ASG-QA Chaplain

After finishing second in the 2011 Daytona 500, NASCAR's Carl Edwards said, "I think I can tell you guys that second-place in the Daytona 500 feels way worse than any other position I've ever finished in the Daytona 500..."

We've all heard statements like, "Winning isn't everything, it's the only thing," and "Nice guys finish last."

I've got a quote on my Facebook page that reads, "You don't win silver. You lose bronze."

Everybody wants to win, but have you ever wondered about being in third place?

Do you have a third place? Do you like being in third place?

I want to encourage you to know that third place isn't so bad.

When you're not at home or at work, you may be in a "third place," or a comfortable gathering spot where new friendships are made, and old friendships are nurtured.

In his book *The Great Good Place*, sociologist Ray Oldenburg identifies a third place as a spot where people of different races and economic backgrounds feel equally comfortable.

Regulars feel at home there, and newcomers feel welcome. The atmosphere is playful and warm. Conversation flows freely. Old friendships are nourished, and new ones are made. Third places can be taverns or coffee shops, diners or gas station or some other utilitarian spot.

Home and work are the two



Carl Edwards, driver of the No. 99 Office Depot car in the NASCAR Sprint Series, signs a backpack for Tech. Sgt. Carol Granger, 55th Medical Operations Squadron, Offutt Air Force Base, Neb. (U.S. Air Force photo/Staff Sgt. David McCarrison)

most important places in the lives of many people. But some communities have a third place — a public space away from home and work where people can congregate and socialize, and a place that enriches our lives.

In a world that prizes individualism, it can be hard to admit that we need other people in our lives. We're told to be self-sufficient and to look at others only for what they can do for us. We may even think there is something wrong with taking the risk of opening our hearts to someone else. But the truth is that we all need friends with whom we can share from the heart. We all need people who accept us and love us for who we are.

In a "win-at-all-costs" world, I encourage you be content with "third place." **A**

## Photos, info may give location to enemies

By **MINDY CAMPBELL**  
Installation Management Cmd.

BAMBERG, Germany -- When a Schweinfurt field artillery officer deployed to Iraq a year ago, he uploaded some photos and videos to several different social media sites.

In one instance, the videos and photos showed the officer preparing for a mission where his unit was transporting thousands of Iraqi dinar, which is the country's currency.

For many people, posting a photo of one's daily activities may seem like a common thing to do in the world of Facebook, Flickr and with the use of smart phones.

However, not everyone sees it that way, said Tonya Heinbaugh, U.S. Army Garrison Bamberg security officer.

### GEOTAGGING

Geotagging is the process of adding geographical identification to photographs, video, Web sites and instant messages, said Staff Sgt. Dale Sweetnam, noncommissioned officer in charge of the U.S. Army's Online and Social Media Division, in a recent interview.

"It is the equivalent of adding a 10-digit grid coordinate to everything you post on the Internet," said Sweetnam, who wrote the report "Geotags and Location-based Social Networking."

Little did the Schweinfurt officer know that posting the photos could have given the exact grid coordinates of his mission, easily identifying to terrorists where his Soldiers and a large amount of

money were located, Heinbaugh said.

"If we know this information, then our enemies know this information," she said.

The information such as the exact latitude and longitude of where the photo was taken are embedded in media as part of the metadata that accompanies each file. This information can't be seen by the casual observer.

However, this information can be seen with browser plug-ins or software programs to anyone who searches for it, Sweetnam said in his report.

Most digital cameras don't automatically geotag photos, but smart phones, cell phones that have a Global Positioning System, will automatically geotag photos or videos. The only way to not broadcast this information is to manually change the settings.

"Geotagging has been around for a while, so have smart phones and location-based social networking platforms. So the threat has always been there," Sweetnam said. "The Army's Online and Social Media Division started becoming more proactive with its education campaign once the use of smart phones became so prolific."

"You think you are anonymous when you post," she said. "When you geotag, you are letting everyone know exactly where you are."

Soldiers who tag their uploaded photos with a location are giving away vital information and they are putting their comrades at risk, Sweetnam said.

"They wouldn't post a sign with

sensitive information on their front lawn, so they need to look at the Internet in the same way," he explained.

In addition, there are serious implications for not just Soldiers, but family members as well, Heinbaugh said.

If you snap a photo of an expensive item in your home with your smart phone in hopes of selling that item on a site such as Ebay or Craigslist, you are broadcasting the exact location of your home and that item to within one meter for any criminal to see.

### CHECKING IN

Another potentially harmful thing to do is to "check in" on location-based social networking applications. This is where an application allows you to "check in" at various businesses and locations, allowing friends and followers to chart where you are throughout the day.

Facebook's "Places," SCVNGR, Gowalla or Foursquare are some common social media sites to do this. Foursquare alone has more than four million users, the Army report states.

This could potentially be dangerous because it establishes patterns and could identify where someone lives or works, Sweetnam said.

"Social networking applications can allow strangers to track your movements every day," he said. "If you watch someone long enough, they will know exactly when and where to find that person on any given day."

*Continued as INFO, Page 24*

## Army Marksmanship

### USAMU

The United States Army Marksmanship Unit was established March 1, 1956 at the direction of President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army.

Since 1956, members of the USAMU have gained worldwide respect by winning hundreds of individual and team national titles, more than 40 World Championships, and 23 Olympic medals.

### Shooting teams

USAMU is composed of six competitive shooting teams: International Rifle, International Pistol, Service Rifle, Service Pistol, Shotgun and Action Shooting.

The USAMU enhances combat readiness through the unit's provision of technical and advisory assistance in the development of military match-type small arms, equipment and ammunition. Upon request, USAMU will coordinate and conduct rifle and pistol marksmanship train-the-trainer clinics for U.S. military units throughout the world.

Additionally, the unit has the responsibility to promote the U.S. Army by heightening public trust and confidence in Army Marksmanship. These efforts are accomplished through active public information awareness programs, which assist the U.S. Army Accessions Command's increasing requirement for top quality new recruits.

<http://www.usaac.army.mil/amu/Aboutus/aboutus.html>

# DOHA LIFE



Devin Butler photo

## CAS takes aim in Qatari marksmanship tourney

By **JASON CHUDY**  
ASG-QA Public Affairs

Soldiers from Camp As Sayliyah took part in a marksmanship tournament with the Qatari military at the end of January.

The events included 9 mm pistol, 12-gauge shotgun trap shooting, and 6 mm rifle marksmanship.

The 9 mm pistol team, made up of Lt. Col. James Robertson of U.S. Army Medical Materiel Agency - Southwest Asia; Sgt. 1st Class Ronald Spear of Area Support Group - Qatar; and Spc. Justin Houston of the 1177th Transportation Company took 5th place out of nine teams.

The all-ASG trap team of Spear, Sgt. 1st Class Norman Perez; and Staff Sgt. Victor McCaskey took 10th of 12 spots.

The rifle team of Sgt. 1st Class Gregory Reid of ASG; Sgt. Jevan McGee and Spc. Samuel Coon of 1177th Transportation Company, took 5th of 6.

The tournament took place at the Hamad Army Camp range north of Doha.

"The competition was very challenging for us," said Spear. "The competitors were well prepared for each event. I must say they do take pride in the competition."

Reid hopes for a rematch, and more practice. Last year, shooting the M-16, he medaled.

"I think that gave us a better advantage," he said.

The next marksmanship competition, which consists of the three events in the last tournament, is set for early March at the Duhail range. **A**

## Make CAS your home campus

By **JASON CHUDY**  
ASG-QA Public Affairs

While much of one's personal life is put on hold when deployed, working on a college degree shouldn't be one of those things.

Courses, exams and certifications are offered through the base education services office in Bldg. 111 for the majority of those working on base.

"Everyone on active duty is able to take classes for free," explained Annette Whitaker, education services officer. "You just have to buy books most of the time."

Some classes, she added, are free or may include books.

On-camp classes are offered through Central Texas College and the University of Maryland University College. Many other schools offer on-line courses, Whitaker said, for those whose schedules don't allow them to attend formal classes.

Army tuition assistance is offered to those on active duty, including National Guardsmen on federal duty and aren't normally allowed to take part in the regular Army program.

The \$4,500 government fiscal year stipend can cover tuition for about a year's worth of college classes.

With free college-level courses such as the DANTES and DSST, which many schools will give credit for if a student passes, and credit for military experience and schools, a student has a good chance at knocking out much of a two-year degree at Camp As Sayliyah in a year.

Taking college credits can benefit Army personnel through extra promotion points, Whitaker said, but having college benefits people in and out of the military. Many companies value those who have college credits because it shows that they will be better able to learn new job skills.

"They might have experience but having college credits shows they are trainable for these special job skills," she said. "You almost can't get a (good) job these ways without college. It's not just the military, it's most jobs."

While being deployed to Qatar may seem like a difficult time to take classes, it just requires a lot of personal initiative, explained Command Sgt. Maj. Charles A. Holliday Sr., who is taking college classes while serving as the Area Support Group - Qatar senior enlisted member.

"I've got a busy schedule," he said. "But in between (7 and 11

p.m.) that's when I can do it, without a doubt, do my college work on-line."

Holliday is working on completing his bachelor's degree. It's been a long road to the degree, he said, but he said he is making the time to complete it in the next few years.

"I've been here a year and I've taken three classes," he explained. "Twelve-week courses. I do one per semester; that's enough."

Holliday said that Soldiers in today's Army need the leg up that college offers. "Now with all the technology and the way things are automated, at the very least Soldiers and future leaders need to stay abreast of the Army equipment."

And, he said, an education can't be taken away.

"You do not have to give 50 percent of your education to a spouse if you divorce," Holliday joked. "It's all mine." **A**

### FATHER AND SON from page 3

facility. In other places, there are some flaws allowed per inch in welds. This place there's zero."

The two not only work together, but they also live together. While this nearly 24-hour-a-day contact can add stresses to a relationship, it's also made theirs stronger.

"It's great to have family here," said Jason. "There's no two ways about it. I can definitely see our relationship has grown more positive than it was before."

"We've bonded really well," said Ray.

"It's really easy for us to talk to each other," Jason said. "I don't have to pull any punches and he doesn't have to."

"I've learned when it's time to keep my mouth shut and let him to his (complaining)," he joked.

## Stress tips

### IDENTIFY STRESS TRIGGERS

List the situations that cause worry, stress and tension and note how the stress affects you, your relationships and your job. It will be easier to relieve your stress when you know what is causing it.

### SET REALISTIC GOALS

When setting goals, make sure they are important to you and are achievable. Prioritize your list and take small steps to reach them.

### LEARN TO SAY "NO"

If you are feeling overwhelmed, simplify your life by eliminating activities that are unnecessary or stressful. Stop taking on more than you can or should handle.

### BALANCE WORK AND PLAY

Spend quality time with your family, play games or do something creative. Taking time for play can help you relax, lower blood pressure and improve productivity at work.

### KEEP THINGS IN PERSPECTIVE

Even though you usually can't stop a stressful situation from happening, you can control how you respond. Avoid blowing the event out of proportion.

### THINK POSITIVELY

Imagine what you want, instead of worrying about what you fear. Look for the positive in every situation and surround yourself with others who do as well.

### STAY ACTIVE

Try to get 30 minutes of moderate exercise most days of the week. It will help reduce stress and improve the health of your body and mind.

# INSIDE THE WIRE

## Were your 2011 New Year's resolutions realistic?

By **Dr. NICKOLE CONERLY**  
ASG-QA TMC

The Camp As Sayliyah Troop Medical Clinic staff hopes that the new year has brought good health and self growth to everyone.

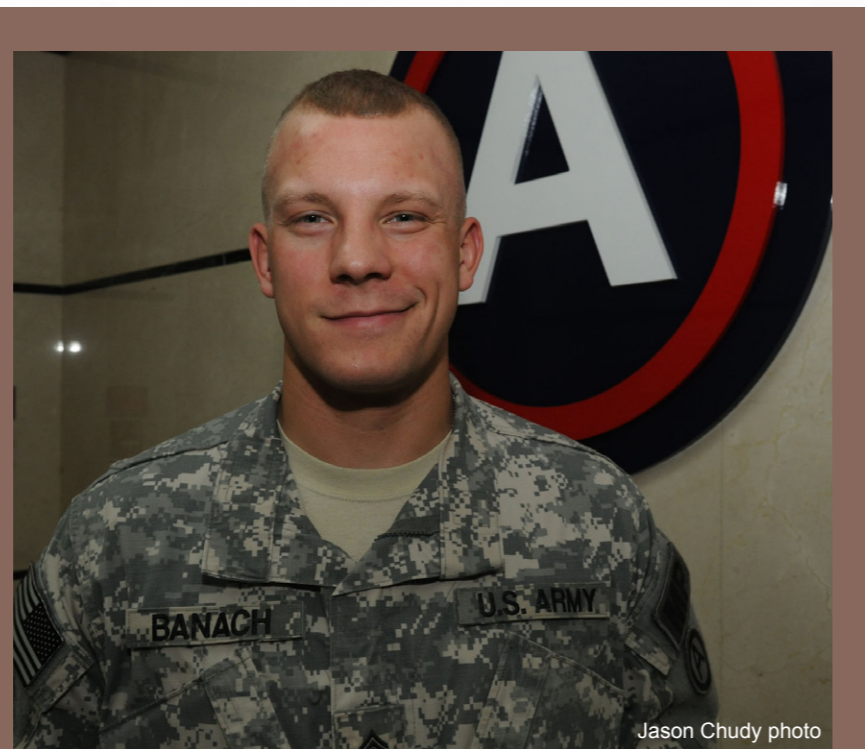
Those bad habits that were a problem in 2010 hopefully haven't followed you into 2011.

Did you make reasonable resolutions that you were able to keep?

If not, how can you? Even if you didn't, but still want to, it's not too late to bring positive change to the rest of the year!

The first step is to decide on a goal. In making your goal, you should consider what changes will increase your quality of life. The second step involves surrounding yourself with support. The third step: enjoy your results.

*Continued as RESOLVE, next page*



Jason Chudy photo

### Banach meritoriously promoted

Sgt. Tyler Banach was recently promoted as part of the Army's battlefield promotion program. Banach, 22, of Unionsville, N.Y., earned the promotion for his work in the Provost Marshal's office as the centralized on-line police suite admin non-commissioned officer in charge. An Army Reservist, Banach has been part of Area Support Group - Qatar for nearly 10 months and is a member of the 812th Military Police Company in Orangeburg, N.Y.

## RESOLVE from page 22

The following are some tips to help you to succeed.

1. Make a plan that you can live with.

Your plan is the map that will guide you on this journey to self change.

It needs to be specific. If you want to exercise more, write down the time of day that you want to take walks and how long you will walk.

Write down everything that you plan to do and make sure that your plans are realistic. Place your plan in a visible spot to serve as a reminder to you.

2. Focus on reasonable goals. Break your new year resolutions into small, manageable bits.

Instead of writing that you want to lose 20 pounds in the next few months, write that you want to lose a pound a week.

This way, you are more likely to achieve success.

3. Don't attempt too many immediate changes.

For many people, it is too difficult to lose weight, quit smoking and stop drinking - all at once.

To improve your chances of success, focus on one goal or one change at a time.

As healthy new behaviors become a habit, try to add another goal that works toward the overall change that you are striving for.

4. Prepare yourself mentally. Take time to think about your goals and the activities required

to achieve them.

Try to prepare yourself for changes before implementation.

5. Involve a friend. Whether it is a friend or co-worker or family member, someone else on your journey will help to keep you motivated and accountable.

It can be someone to workout with or someone who is trying to make changes similar to yours.

Having someone with whom you can share your struggles and successes makes the work easier and the mission less stressful.

6. Don't get discouraged.

If at first you don't succeed, try again. Remember, Rome wasn't built in a day.

7. Make resolutions that are meaningful to you. A resolution is a personal decision based on individual interests.

Don't make resolutions based on fads or what friends are doing. Do your own thing.

8. Reward yourself for small successes.

You deserve recognition whenever you perform well -- even if you are the only one recognizing it.

Celebrate each week that you inch toward your ultimate resolution.

You can reward yourself with a small purchase; such as a night at the movies or picking up a new book or CD. Commemorate your efforts to live a healthier, happier life. **A**

## Become a non-smoker in '11

By **CAROL HUBER, RN**  
ASG-QA TMC

Is tobacco addiction a burden that you have been trying to escape? Would you like to wake up and not think about smoking?

You can become a non-smoker this year.

In doing so, you'll develop an improved sensitivity to the flavors found in food.

Your hands, breath and surroundings will smell fresh again - free of that smoker's scent.

Camp As Sayliyah is a great place to kick a nicotine habit. If you're ready, help is available for finding freedom from this addiction and becoming a healthier person.

The Troop Medical Clinic located in Bldg. 300 offers a tobacco cessation program to assist service members with tobacco addiction.

It is designed to be flexible enough to suit each individual's needs.

The program consists of four 20-minute weekly sessions of individual, interactive instruction.

Nicotine-replacement products also help in overcoming the urge to chew tobacco or smoke.

Call the TMC at 432-3508 or stop in to set up times that fit your schedule.



Engineered for life

## What did you think of Desert Mesh edition 69?

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### We would like your feedback!

Edition 69. The editorial content is the responsibility of the Area Support Group-Qatar Public Affairs Office, located in building 101 across from the command suite. General comments should be addressed to [pao@qatar.army.mil](mailto:pao@qatar.army.mil) or by calling 4450-2714 or DSN 432-2572.

## INFO from page 19

### OTHER IMPLICATIONS OF GEOTAGGING

The Federal Bureau of Investigation's Internet Crime Complaint Center, or IC3, has seen a spike in social media complaints during the last 10 years, said Bill Hinerman, IC3 unit chief.

When a person posts information such as a physical location that information can be hacked and lead to identity thefts or financial gains by a criminal, he said.

"When a user puts this type of information on a social media site, especially if the user is not careful with his or her security habits, it can have the same effect as posting it on an unsecured page of a public Web site, or in public media such as a telephone directory," Hinerman said. "In other words, they could be publicizing it without anticipating the negative consequences."

### PROTECTING YOURSELF

So what can you do to protect yourself?

The first step in protecting yourself begins with educating yourself about geotagging, Heinbaugh said.

Know which social networking Web sites use geotag features and those that let you opt out of posting that information.

"Knowledge is power," she said. "Knowing risk, you might think twice about posting something."

Once you understand what you're posting, you

need to learn how to stop that information from being embedded in the media file, Sweetnam said.

Soldiers, especially those conducting classified missions, should not use location-based social networking services, he said.

"These services will bring the enemy right to the Army's doorstep," Sweetnam said.

One of the simplest ways to avoid displaying too much information is to disable the geotagging function on smart phones.

Disabling the geotag function can be a complicated process at times, said Heinbaugh.

"You have to physically disable the function," she said. "It's easy to geotag, but not so easy to remove the geotag feature."

If you can't figure out how to disable the function, contact your smart phone provider, she said. The Web site [www.icanstalku.com](http://www.icanstalku.com) also has instructions for removing the geotag function on several different smart phones models.

For more on the potential dangers of geotagging and location-based social networking, as well as information on a variety of force protection, information assurance and operational security topics, visit the U.S. Army Europe "vigilance" web page at [www.hqusareur.army.mil/vigilance](http://www.hqusareur.army.mil/vigilance).

More information is available about social media at <http://www.slideshare.net/usarmysocialmedia>. For more case studies and step-by-step ways to disable geotagging functions from many popular devices, go to [www.icanstalku.com](http://www.icanstalku.com).