

DV The Desert Voice

United States Army Central
"Transforming to Full-Spectrum Operations"



May 7, 2008

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Mental Health Month
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Sgt. Matt Lucatorta, HEAT instructor, 4th Sustainment Brigade, rolls the HEAT simulator during training at Camp Buehring, Kuwait, April 24. For the full story, see page 6.

Photo by Staff Sgt. Jacob McDonald

Contact us

Comments, questions, suggestions story ideas? Call the Desert Voice editor at 430-6334 or e-mail at desertvoice@arifjan.arcent.army.mil.



On Leadership: Sponsorship

Lt. Gen. Jim Lovelace
USARCENT commanding general

Editor's note: This is the seventh in a series of articles on leadership by the Commanding General and the Command Sergeant Major.

CG: First impressions are lasting impressions, and a Soldier's first real impression of a new unit comes from his or her sponsor.



Although Soldiers and Families remember a variety of unique and personal experiences from each tour of duty, typically the strongest of these memories include their first few weeks and their last few weeks ... how they were welcomed, and how they were farewelled. An effective sponsorship program generates positive expectations and hopeful excitement for incoming Soldiers and Families ... and then this winning team fulfills those expectations.

CSM: I've said that leaders motivate and mentor Soldiers so they can become better leaders. The first opportunity to do that with incoming personnel comes from their sponsors. Getting the Soldier and Family on board from the start, especially in a unit like ours, where parts of the unit are deployed for six months or a year at a time, is essential. The Army is the strength of the Nation and Families are the strength of the Army. A strong, effective sponsorship program is the most critical component of properly receiving and integrating new Soldiers and Families. The concept of sponsorship involves critical tasks to ensure we correctly embrace newcomers. Many have it just right, or have it more than right – going above and beyond standards. Yet, there are still Soldiers and Families who have recently arrived in USARCENT without a sponsor. The CG and I know, because we ask. This is unacceptable.

CG: As you see, both the CSM and I place a great deal of importance on the sponsorship program. Sponsorship is designed to improve Family Readiness ... and hence unit readiness. It is a commander's program, executed by leaders. Commanders ensure that the right people are being assigned as sponsors and that sponsors know the standard. In order for the program to be effective, units need active participation from the entire chain of command... young Soldiers, noncommissioned officers, and officers. Leaders, as well as individual sponsors,

Command Sgt. Maj. John Fourhman
USARCENT command sergeant major



have the responsibility to know the standards and to follow through with the newly assigned Soldier and Family.

CSM: It is important when a new Soldier comes to a unit that the right person from the unit reaches out, welcomes them, and shows them the way. Sponsors

should be at least the same pay grade or one pay grade senior to the Soldier he or she is sponsoring. The sponsor should be responsible, knowledgeable, and a good ambassador of the command.

The first step in the process is making contact with the incoming Soldier. Contact should occur well before the Soldier departs the losing unit, and it should consist of a letter or e-mail, followed by a personal phone call. Personal contact makes a big difference. The sponsor should inquire about any special needs and also direct the Soldier to resources such as the USARCENT web page and the DoD OneSource and relocation websites at www.militaryonesource.com and www.MilitaryHOMEFRONT.dod.mil/moving. Once contact is established, the sponsor maintains contact and assists the Soldier and Family by staying abreast of issues like finance, billeting, housing, and child care/schools.

CG: Taking care of Soldiers and their Families is not only the right thing to do, it is a vital component of doing the mission and protecting the force. By preventing problems before they occur, leaders ensure that Soldiers are trained and ready and that Families are self-reliant and prepared to sustain themselves during deployments and other times. Good sponsorship just boils down to caring about Soldiers and their Families ... in two words: good leadership.

CSM: Caring occurs on a daily basis, routinely taking care of routine matters, in a thoughtful and exemplary way. I appreciate everyone's efforts in this regard...you are making a difference. And I thank you for that.

CG: Leaders make things happen ... the right things, in the right way, at the right time.

CSM: And that includes the important area of sponsorship.

Patton's Own!



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COMMANDING GENERAL
UNITED STATES ARMY CENTRAL
COALITION FORCES LAND COMPONENT COMMAND
CAMP ARIFJAN, KUWAIT
APO AE 09306



5 May 2008

Team,

As Soldiers, we have the potential to be exposed to more traumatic and tragic events with psychological and physiological impacts than do most other professions. Soldiers make life and death decisions daily, and the stress impacts each one of us differently. If you need assistance or your battle buddy needs it, get it now. You are the strength of the Army and the Nation, and your health and readiness are critical to the Army as well as those who love you most.

The month of May is National Mental Health Month. I encourage each of you to be aware of your surroundings and help your battle buddies seek the assistance they may need. I also encourage you to seek the assistance you need if you think that things aren't quite "right."

The Army's goal is to provide every Soldier with care, support and services they need and the earlier the better. There are more resources available today to help Soldiers than in any time in history.

Key to effective treatment is to get treatment early. In support of getting Soldiers early treatment, GEN George W. Casey, Jr., Chief of Staff of the Army, announced on 1 May that effective immediately, questions relating to mental health on security clearance questionnaires are changed.

The Army requested and the Secretary of Defense won approval for revision of Question 21 on the National Security Positions Questionnaire (Standard Form 86). The revision now excludes counseling related to marital, family and grief issues. (The DOD policy is located at: www.army.mil/sf86q21.)

The policy was changed to reduce concerns that psychological or behavioral health counseling may impact security clearance and careers. Reducing the concern and stigma of seeking assistance allows issues to be identified and addressed earlier - before psychological stress escalates.

I urge you to review the materials included with this message and to ensure dissemination to every level of your respective commands, sections, and organizations. In USARCENT, we do the mission and protect the force.

Patton's Own!

James J. Lovelace
Lieutenant General, United States Army
Commanding

Autism provides challenges for deployed parents

Story by
Spc. Giancarlo Casem
Desert Voice editor

Caring for a child while a parent is away is hard enough. When that child has Autism, it's harder.

Autism Spectrum Disorder is a debilitating illness that affects a child's developmental skills. ASD refers to a group of developmental disabilities that affects how a person perceives situations and communication.

"Some symptoms of Autism Spectrum Disorder include uneven gross-line motor skills, inappropriate laughing or giggling, no fear of real dangers, difficulty interacting with others, resists changes in routine, indicates needs by gestures, spins objects, inappropriate attachments to objects, sustained odd play, may prefer to be alone and may avoid eye contact," said Jackie Pfunter, Autism Society of Cumberland County, Director of Programs and Outreach.

According to the Center for Disease Control, ASD is the fastest growing developmental disability affecting 1 of 150 births. It is the second most common developmental disability and is more common than childhood cancer, cystic fibrosis and multiple sclerosis combined. There are five developmental disorders that fall under ASD: classic Autism, Asperger's Syndrome, Rett Syndrome, Pervasive Developmental Disorder and Childhood Disintegrative Disorder. Some Autistic children grow up and become valuable contributing members of society. Child psychologists may be able to diagnose a child with Autism as early as six months to 3-years-old. The earlier an Autistic child is diagnosed, the more effective treatments can be in their development. However, Autistic children and their parents will have to cope with the symptoms for the rest of their lives.

"A few challenges that parents may experience are an inability to redirect negative behaviors and a lack of understanding from extended Family members, lack of services and an inability to communicate

with a child with Autism," Pfunter said.

These inherent challenges maybe augmented when a parent is deployed.

"Due to the fact that Autism has an impact on communication, social interaction, and behaviors, the challenges on parents during a time of deployment will greatly increase often times," Pfunter said. "The individuals with Autism will often begin experiencing more negative behaviors because they may not be able to understand why the parent is suddenly gone. Also, they may have difficulty expressing themselves therefore leaving all of their emotions bottled up inside thus causing them to exhibit more negative behaviors."

An Autistic child warrants special attention, however, when a parent or both parents are away, the child may not receive that same treatment from other support channels. For Sgt. Maj. Eduardo Terrazas and his 14-year-old Autistic son, school and everyday activities have been a challenge during his deployment.

"My deployment is affecting him with his school assignments and some other activities around the house," said Terrazas, the 165th Quartermaster Group operations petroleum sergeant major. "The biggest challenge is not being there for him when he needs to talk to me and assisting him at the time when he needs me."

Terrazas' son was diagnosed when he was 4-years-old, but he has been able to cope with the challenges.

"As a parent, having an Autistic child has been challenging, but I have been able to cope with it by taking special classes and training concerning his disability," Terrazas said. "There are programs out there to help you understand how to work with them and to assist you in how to cope in the most difficult times."

There is no cure for Autism, but fortunately for Terrazas and other service-

members like him with Autistic Family members, there is an extensive network of organizations across the country that help alleviate some of the challenges and issues they might face.

"There are numerous non-controversial therapies, such as speech therapy, occupational therapy and applied behavior analysis that are available for individuals with Autism that may increase their ability to communicate and express

"...Use every opportunity and source out there to help you learn about what Autism is all about. This is very important for you and your Family."

Sgt. Maj. Eduardo Terrazas
165th Quartermaster Group
Father of Autistic child

themselves," Pfunter said.

Tricare covers all three therapies mentioned if the primary care manager gives a referral, Pfunter said.

"At the moment, the military is not involved with him in anyway," Terrazas said. "He is actually being seen by a therapist on a weekly basis plus the school is also helping him by assisting him with a special program."

Groups like the Autism Society offer a way for parents to get in contact with health care professionals as well as other parents of Autistic children.

"Take advantage of other parents who have children with Autism Spectrum Disorder, find a local support group or meeting," Pfunter said.

As a parent with an Autistic child and a Soldier, Terrazas had tips for others like him.

"In most cases they will not ask you for assistance, but with your involvement, they will be able to see that you will always be there for them," he said. "Also, the Internet is a great source of information; it tells you what to look for and how to help them. Use every opportunity and source out there to help you learn about what Autism is all about. This is very important for you and your Family." **A**

Editor's note: For information about Autism Spectrum Disorder, visit www.autismspeaks.org or www.autism-society.org.

German Jews are evicted out of their homes during Kristallnacht, November 9, 1938.



Horrors of Jewish Holocaust remembered

Story and photo by
Spc. Wes Landrum
Desert Voice staff writer

Barry Szafran walked casually through the exhibit looking at the photos on the wall. Suddenly he stopped at several photos under the title “Auschwitz.” Trembling, Szafran ran his hand delicately over the photos, memories of the past coming back to life.

“My father was encamped at Auschwitz for over two years,” Szafran said as he looked at a photo of the front gate of the concentration camp. “I have been there, I can look at the pictures and I know in my mind all the stories that my father told me that related to each picture up there. He has a story for every picture that’s up there on that wall.”

Camp Arifjan’s Equal Opportunity office honored the victims of the Holocaust with an exhibit in the Zone 1 Post Exchange April 30 and May 1. Titled “Do Not Stand Silent: Remembering Kristallnacht 1938,” the exhibit showcased the night of November 9, 1938.

On that cataclysmic evening, organized groups of Nazi party members, later joined by riotous mobs, attacked Jewish homes and hundreds of synagogues. In a span of a few hours, Jewish holy teachings were ablaze throughout the country. In all, 7,500 Jewish businesses were destroyed. Cemeteries and schools

were vandalized and thousands of Jewish citizens were horribly beaten with more than 100 dead.

In the aftermath of Kristallnacht, the Jews were made to clean up and repair all the damaged property and a fine of one billion marks was placed against the Jewish community.

Szafran said all events, good and bad, need to be remembered.

“It’s an event in history. Unfortunately with catastrophic events, they have to be remembered so they’re not forgot,” Szafran said. “So somebody would actually have a proactive view to see something that may be starting in the same direction and prevent it from ever happening again.”

Spc. David Scanlan, 708th Medical Company, said he was surprised at some of the pictures he saw in the exhibit. He said it makes a person wonder why things happen.

“It was surprising to me how young a lot of the children were that were there. I’ve seen a lot of pictures of the adults but to see the children there, it was most eye opening to me,” Scanlan said.

Szafran said his father, now 80, travels back to Poland every summer. One summer in particular,



Spc. David Scanlan, 708th Medical Company, reads information about Kristallnacht and the Jewish Holocaust, at Camp Arifjan, May 1.

the elder Szafran took his grandsons with him. Szafran made the trip from Kuwait to Poland and joined the group as they toured the infamous concentration camp at Auschwitz. The grandfather went back to the barracks he stayed in and then toured the surrounding area. Two buildings down from his barracks were the gas chambers. The younger Szafran said he could see the pain on his father’s face as, not more than 30 meters from where he stayed, the Nazis took his friends when they could no longer perform the work and killed them. While painful for the old man, Szafran said it his way of telling the story.

He felt it was “something that he passed onto me,” Szaran said, tears forming in his eyes. “Now, he was going to pass it on to my son and nephew so the story could be continued and survive.”^A

Theater-wide HEAT trainers save lives

Story by
Staff Sgt. Jacob A. McDonald
50th PAD NCOIC

In any dangerous situation, the right training can help Soldiers stay calm and save lives. Soldiers of the 4th Sustainment Brigade are providing that training in the HM-MWV Egress Assistance Trainer at Camp Buehring, Kuwait.

Sgt. Matt Lucatorta, a 4th Sus. Bde. HEAT instructor, said the course educates servicemembers on the danger of vehicle accidents and walks them through the steps they will need to take in case of an accident or rollover.

The course begins with safety instruction, safety videos and familiarizing servicemembers with the differences in driving an up-armored HMMWV.

"We go over the steps several times on what they need to do once they are inside the vehicle, how to get outside and what to do once they [are] outside the vehicle," Lucatorta said. "Then we bring them over to the simulator. We simulate critical angles to show how far a HMMWV will go before it rolls

over. Then we simulate a rollover and have them [get outside]."

Participants in the class say they feel the training was relevant and would help if they were caught in a rollover.

"The training was outstanding," said Sgt. 1st Class Robert Jobe, 2nd Battalion, 43rd Air and Missile Defense Regiment, a native of Burlington, N.C. "It gives a good idea of what to expect if this does happen. The instructors are very well qualified and informed on the material."

Lucatorta said previous students have told the instructors how the training helped them get out of a potentially bad situation.

"I know Soldiers are leaving the class with good knowledge," said the Palo Cedro, Calif., native. "We just had a rollover on one of the ranges. [The Soldiers involved] had been through the class and they said [the training] helped them.

"We hear back from Soldiers," Lucatorta said. "They take the time to write us or e-mail us and let us know they were involved in an accident,

and that the training helped save their lives; helped them calm down, keep control and get out fine."

Lucatorta said he feels the training he provides to Soldiers going into Iraq adds to the success of the mission.

"[The training] minimizes injuries and potential casualties," he said. "I feel like I am contributing to saving Soldiers' lives." 

"I know Soldiers are leaving the class with good knowledge."

Sgt. Matt Lucatorta
4th Sustainment Brigade
HEAT instructor

A Soldier gives the egress signal to fellow Soldiers in a HEAT trainer.



Photo by U.S. Air Force Staff Sgt. Thomas J. Doscher



Sgt. Matt Lucatorta, HEAT instructor, 4th Sustainment Brigade, goes over the training paperwork with Sgt. 1st Class Robert Jobe, 2nd Battalion, 43rd Air and Missile Defense Regiment, following training at Camp Buehring, Kuwait, April 24.

Photo by Staff Sgt. Jacob McDonald





Master Sgt. Charles Tennant, Capt. Robert Vandertuin and Sgt. 1st Class Derek Greenough enjoy conversation as they march during the inaugural "Death March" at Camp Arifjan, Kuwait, commemorating their fallen comrades who sacrificed their lives during the march to Bataan during World War II.

A march to remember

Story and photos by
Pfc. Kimberly Johnson
37th IBCT Public Affairs

The lineage of the U.S. Army is upheld by the highest set of values carried out with deeply embedded pride.

Seven Soldiers marched over 26 miles on Camp Arifjan on the anniversary of the Bataan Death March. The march proudly honors the American and Filipino troops who trekked over 60 miles, losing many along the way, after surrendering to the Japanese in early April, 1942.

Since that tragic event during World War II, U.S. Soldiers across the world march annually, paying tribute to their fallen comrades who sacrificed their lives at Bataan.

The commemorative Death March was a hefty challenge, weighing both on the hearts and minds of the participants. The men knew that going into

it but nothing could stop them from paying their respects.

"I needed to get out there and do it," said Master Sgt. Charles Tennant, Area Support Group – Kuwait operations noncommissioned officer-in-charge. "I need to keep up my heritage of fellow Soldiers and the lineage of the U.S. Army."

The Soldiers of Bataan marched for nine days without fresh water and many were shot for falling behind. They marched for nine days not knowing when they were stopping or where they were going.

"I at least knew I had an ending point," Tennant said. "The Soldiers that marched at Bataan didn't."

Sgt. 1st Class, Derek Greenough, ASG – Kuwait,

camp's NCO wondered how those Soldiers kept going.

"I kept asking myself, 'What did these guys have to look forward to?'" Greenough said. "When I got into the march, I just focused on the men who

did this before me."

Focus, one quality needed, indefinitely, to finish such a feat as a 26-mile ruck march. The men marched, drenched in sweat from the scorching heat of the desert. The sun showed them no mercy, beaming down on them so hot the heat waves rose, visibly, from the ground.

"I was focused on the fallen Soldiers I did it for," said Staff Sgt. Timothy Bridge, ASG – Kuwait, operations NCO.

Bridge, not only marched for the Soldiers who died before his time, but also for the first NCO he ever had, Staff Sgt. Chris Hake, who recently died in Iraq. Just days before the march, Bridge found out about his comrade, adding even more meaning to his dedication to fellow Soldiers.

"The hardest part was pushing through the physical and emotional pain," Bridge said. "The march greatly subdued the pain and anger of losing him."

Capt. Robert Vandertuin, ASG – Kuwait operations battle captain, did the march to continue an Army tradition.

"When my son learns the history of war," Vandertuin said. "He will know that his father was a part of Operation Iraqi Freedom and this is what I did."

The men who marched dedicated their sweat, pain and glory to all in the noble profession of the Soldier. The uniform they wear is a continuous reminder of all who died defending and protecting the freedom of the U.S.

"There is no way what we did compares to the Soldiers at Bataan," Greenough said.

Although there were only a handful of Soldiers that marched this year, Bridge said he hopes it will increase in time.

"I hope there are more marches for years to come here at Arifjan," said Bridge, who organized the inaugural event at Camp Arifjan. "As the word spreads from the seven of us marching, it will bring more participants in the years to come." **A**



Vandertuin and Greenough marched more than 26 miles carrying 35 pounds.

Gone but not forgotten ...

Story by
Spc. John D. Ortiz
4th Sustainment Bde. Public Affairs

Hundreds of service members paid their last respects to Sgt. Guadalupe Cervantes, a Mohave Valley, Ariz., native, at Camp Arifjan, April 26.

Cervantes, assigned to Fort Irwin, Calif., and deployed with the 10th Transportation Battalion, died as a result of injuries sustained in a vehicle accident in Kuwait on April 23.

The ceremony began with a short prayer from Chaplain (Capt.) Scott Daniel, 10th Trans. Bn., and continued with several memorial tributes by members of Cervantes' chain of command, fellow Soldiers and friends.

"Sergeant Guadalupe Cervantes was a leader who inspired and made those around him better Soldiers and better human beings," said Lt. Col. Robert C. Ling, 10th Trans. Bn. battalion commander.

Ling told a story in which Cervantes was awarded the Army Commendation Medal for heroism under extreme danger while extracting a fallen Soldier from a burning vehicle caused by an explosively formed projectile.

"From everything I know or have learned about Sergeant Cervantes, I know that this account did not surprise anyone who was close to him," said Ling. "He was that kind of Soldier and person, his first thought was not of himself, but for that Soldier.

"We may feel poorer as friends and comrades because of this loss, but we will be enriched by our memories, examples and legacy that he left for all," Ling continued.

After Ling's comments, Capt. Reginald Anderson, Cervantes' company commander, rose to the podium and stated that Cervantes was "always in good spirits regardless of the circumstances. Regardless of what anyone needed, Sergeant Cervantes would willingly... assist. He was a man of great courage, always willing to put [the] personal safety and the well-being of others above his own."

Sgt. David Moreno, a friend of Sgt. Cervantes has good memories of his fallen comrade.

"He would bring energy to us, everyone would be tired except for him; he had enough energy to share with us to make us

laugh," Moreno

said. "The atmosphere around him was always like home; we always wanted to be around him."

A fellow friend, Sgt. Thomas Hubbard stood and sang a rendition of the "Lord's Prayer" leaving the chapel in somber thought.

Followed by the hallowed singing, Chaplain Daniel stood and delivered the memorial meditation. "Time does not wait for us. It is how the universe operates and we have to operate within it.

"It is both a blessing and a curse that time passes," Daniel said. "A blessing that the pain felt

right now will begin to become bearable and a curse in that we will be lonely for him until we can meet him again. Right now we can be afraid and lonely and we will hold hands and hold onto each other and cry or even run away to get though it all ... Eventually, we will go on."

Once the comments were completed, 1st Sgt. Michael Robledo, the 2nd Transportation Company, Heavy Equipment Transport, first sergeant, stood and called out the roll call. Three answered, the final Soldier did not.

"As we listen to the bugler's final tribute and hear the echo of the rounds as they are fired, know that [the company] salutes an honorable man, a devoted husband and Soldier," Anderson said.

Cervantes was a light-wheel mechanic, who was born June 4, 1981. He graduated from high school in 2001 and enlisted into the Army.

He attended basic training and advanced individual training at Fort Jackson. He was assigned to Fort Drum, N.Y., and then South Korea. After his overseas tour, he was assigned to Fort Irwin, Calif. Cervantes joined his current unit in Jan. 2007.

Cervantes previously served in Operation Iraqi Freedom from May 2003 thru June 2004. 



*Sgt. Guadalupe Cervantes
1981-2008*



Photo by Staff Sgt. Anishka Calder

Maj. Gen. Charles Anderson, Deputy Commanding General, U.S. Army Central, places a coin on the memorial for Sgt. Guadalupe Cervantes during a service at Camp Arifjan, Kuwait, April 26.

Camp Arifjan

Rangers 'Lead the Way' to victory at Best Ranger Competition

Story and photo by
Bridgett Siter
Fort Benning Public Affairs

With five competitions between them, Staff Sgt. Michael Broussard and Staff Sgt. Shayne Cherry were among the most experienced competitors in the 25th annual Best Ranger Competition at Fort Benning April 18 - 20, and it showed.

The winning team capitalized on their strength in the 16-mile road march at the end of day one — Broussard's first place finish in that event last year made them an easy favorite this year — and headed into day two with a 125-point lead. They never looked back.

"We were in it to win," said Broussard, a 24-year-old Californian who paired with the 24-year-old Cherry, from Nebraska, to represent the 75th Ranger Regiment.

Cherry said the team entered the competition, which is hosted by the Ranger Training Brigade, with a strategy — "get out front where we'd feel more comfortable, but not too comfortable."

It doesn't pay to take the lead too soon, Broussard said.

"You want to be forward in the stack on day one, but

don't want to be in first place, because people watch what you're doing and they capitalize on your mistakes."

Nonetheless, after what Broussard said was "the most grueling day one ever," the team secured their place in Best Ranger history in spite of what proved to be a harrowing finish on the night stakes land nav course.

"We were digging deep to get all the points we could," Cherry said. "We were out there on the railroad tracks and they were eight or 10 inches apart, and we were tripping over the rocks all night, running short on time.



A Soldier competes in the Best Ranger Competition at Fort Benning, Ga., April 18-20.

"We realized it wouldn't do us any good to get all those points if we don't finish in time. We had to push ourselves and we ended coming in with only a half hour to spare." 

Can't quite match Ranger PT standards? Try out these workouts.

PUSHUPS

The Ranger goal: 80 in 2 minutes

If you don't measure up: Do as many pushups as you can, then rest for 20 seconds. Repeat this back-and-forth process (work, rest) for 2 minutes. Keep track of the total number of pushups you perform in that time period, and try to beat it in your next workout.

SITUPS

The Ranger goal: 80 in 2 minutes

If you don't measure up: Without resting, do as many situps as you can, timing yourself from start to finish. Then rest for that same amount of time. Repeat four times, always resting for only as long as it took to do your previous set. Work your way to the 2-minute goal.

CHINUPS

The Ranger goal: 12 or more

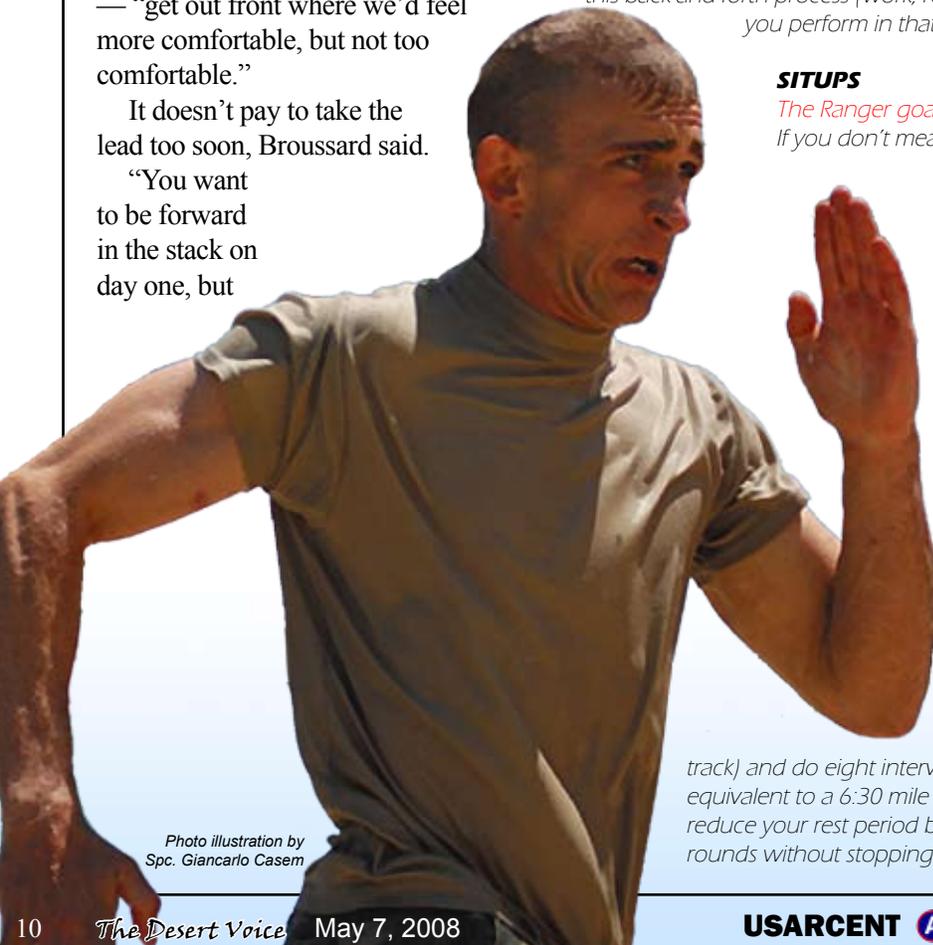
If you don't measure up: Take the most chinups you can do at one time, and divide that number in half. Now perform sets of that number of repetitions — resting 60 seconds after each set — until you've done at least 12 chinups. (If you can do six chinups, you'll perform four sets of three repetitions.) Each workout, reduce your rest between sets by 5 seconds, until you're down to zero rest and able to do 12 consecutive chinups.

2-MILE RUN

The Ranger goal: 13 minutes or less

If you don't measure up: Break the 2-mile distance into 400-yard increments (1/4 mile, or once around the track) and do eight intervals, running each in 1 minute, 38 seconds — a pace that's equivalent to a 6:30 mile — and resting for 60 seconds after each. Each workout, reduce your rest period by 5 to 10 seconds until you can do all eight 400-yard rounds without stopping.

Photo illustration by
Spc. Giancarlo Casem





Just One Question ...

"How did your mother influence you?"



"She made me who I am. She gave me a good sense of what's right and wrong."

Spc. Guadalupe Ocampo
311th Expeditionary Sustainment Co.
Administration
Garden Grove, Calif.



"[To be] patriotic and appreciate people for who they are."

Petty Officer 1st Class Lorne Marmet
Law and Order Detachment D
Gunner's mate
Sunnyvale, Calif.



"She showed me a lot of things that you should appreciate."

Maj. R.J. Cilurso
CDDOC
Operation Shift Chief
Hamburg, N.J.



"She taught us to treat others like they should be treated even though they treat you differently."

Staff Sgt. Miguel Valentin
160th Signal Brigade
S-4 NCOIC
Jersey City, N.J.



"I was raised by a single mom who worked two jobs to support us. She taught us to work hard for the things we wanted."

Spc. Jason Exline
14th Movement Control Brigade
Plans and programs
Ocala, Fla.

Correction:
In the April 23 issue, on page 14, the headline should read "USARCENT troops win CSA's safety award." Apologies go to the awardees, Chief Warrant Officer John Green and Robert East.



Green



East

Why I serve: Master Sgt. Larry Velasco
311th Expeditionary Sustainment Command
Supply NCOIC



The Los Angeles native explains why he chose to join the military.

"Education and travel. I wanted to see the world. I've done it for over 30 years now."

What's happening around USARCENT ...

A new pair of hands



Photo by Master Sgt. Michele Hammonds

Sgt. Maj. Eduardo Terrazas (left), of El Paso, Texas, and Col. Jeffrey Carra, of Woodbridge, Va., sergeant major and commander of the 165th Quartermaster Group out of Fort Belvoir, Va., unfurl their unit colors in a transfer of authority ceremony at Camp Arifjan, Kuwait May 1. The 165th QMG will replace the 164th QMG when the 164th returns home to Broken Arrow, Okla. Both units deployed to Kuwait to support U.S. Army Central and Operation Iraqi Freedom.

Hot brass



Petty Officer 3rd Class John Hulle

Staff Sgt. James Gilley, a musician deployed with the Air Force Central Command's Band, Hot Brass, rocks out under the wing of a C-130 Hercules during an open house at Camp Lemonier, Djibouti, on April 19. The nine-member band has been touring the Central Command area of responsibility for about two months.

Biker rally ... USARCENT style



Photo by Spc. Wes Landrum

Servicemembers at Camp Arifjan answer questions from bikers live via satellite from Somerville, Texas, April 25. The bikers were attending the Hawgs of Texas biker rally. More than 10,000 motorcycle enthusiasts attended the rally.