

DV The Desert Voice

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



March 19, 2008



**Soldier receives
Soldier's Medal**
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Kuwait rocks out

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On the cover

The Pussycat Dolls perform during a soundcheck for Operation MySpace at Camp Buehring, Kuwait, March 9. For the full story turn to page 8 (special pullout).

Photo by Pfc. Christopher T. Grammer

Contact us

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

A message from the President

During Women's History Month, we celebrate the courage, foresight, and resolve of women who have strengthened our democracy.

America has been transformed by strong women whose contributions shaped the history of our country.

Amelia Earhart became

the first woman to fly solo across the Atlantic, and she inspired generations of women to follow their dreams.

Physicist Chien-Shiung Wu helped advance our knowledge and understanding of the world through her achievements in atomic research.

Harriet Tubman fought racial injustice and opened doors for more Americans to participate fully in our society.

Today, women are continuing this legacy of leadership as entrepreneurs, doctors, teachers, scientists, lawyers, artists, and public officials.

They are also providing guidance and care to their loved ones and strengthening America's Families and communities.



**George W. Bush
President of the United States**

We also remember the women of the United States Armed Forces who are serving our country with honor and distinction across the world.

This month, we honor the extraordinary women of our Nation's past and recognize the countless women who are demonstrating leadership in

every aspect of American life.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 2008 as Women's History Month. I call upon all our citizens to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women.

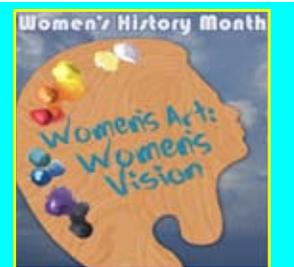
IN WITNESS WHEREOF, I have here unto set my hand this tenth day of March, in the year of our Lord 2008, and of the Independence of the United States of America the 232.

– GEORGE W. BUSH

*The 640th Sustainment Brigade
proudly hosts
the 2008 Area Support Group – Kuwait
Women's History Month Observance*

Tuesday, March 25

3 p.m. to 4 p.m., at the Zone 1 Chapel



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*The
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Eye protection – It only works when you wear it

Story by Lt. Col. David Hilber
and Maj. James Elledge
CHPPM

Combat-related eye injuries and the quality of life faced by Soldiers blinded on the battlefield have recently become popular topics in national newspapers and on Capitol Hill.

Although the number of Soldiers that have lost their eyesight on the battlefields of Iraq and Afghanistan is low, the impact of their injuries is significant. Indeed, life without the use of eyesight is an outcome few of us wish to consider, so it is critical we use protective measures and equipment that minimize the risk of injury.

There are numerous sources of eye injuries both on the battlefield and in garrison: projectiles, improper and unauthorized contact lens use, ultraviolet radiation, thermal energy, chemicals and lasers. The U.S. Army Center for Health Promotion and Preventive Medicine has examined eye injury data for more than 20 years and reports that injuries from projectiles are the leading cause of eye injury in military populations.

Further, a 10-year study released by the U.S. Army Combat Readiness/Safety Center in 1998 indicates that more than 90 percent of the Soldiers who sustained an eye injury either wore no eye protection at all or did not wear the appropriate eye protection for the mission.

The most common projectile injuries arise from objects traveling at relatively low to moderate speeds. These injuries could be prevented with proper eye protection designed to meet industrial impact standards.

In current combat operations, the most dangerous projectiles arise from explosions. An explosion will release thousands of small fragments of bomb material and surrounding debris that travel at high speeds. Because of their high velocity, these small projectiles can cause significant damage to the soft tissues of an exposed eye. For this reason, Military Combat Eye Protection is required to exceed industrial impact safety standards. Specifically, MCEP spectacles are six times more impact resistant and MCEP goggles are five times more impact resistant than their industrial equivalents.

The Program Executive Office manages the MCEP program by ensuring all devices on the authorized protective eyewear or APEL list meet these higher military ballistic impact standards. Currently, there are five goggle systems and seven spectacle systems on the APEL. Four of the spectacle systems and two of the goggle systems use prescription lens carriers that can be ordered through your local optometry clinic. Each product carries its own national stock number so it may be purchased by the unit for training, and each Soldier will receive one spectacle system and one gog-

gle system through the rapid fielding initiative before a deployment.

Additionally, individuals may purchase their own MCEP at AAFES post exchanges and military clothing sales stores. Look for a green APEL sticker on the eyewear's package to ensure you're purchasing authorized protective eyewear. For those who wear glasses, make sure you order the appropriate prescription lens carrier from your local optometry clinic each time you are issued or purchase new protective eyewear.

There are many sizes and styles of MCEP to meet the individual Soldier's needs in fit, form and function.

Each of these products provides ample protection against projectile injuries. So, whether you are on the battlefield, weed-whacking your lawn or in the automotive craft center performing an oil change, use your authorized MCEP. Eye protection only works when it is worn and MCEP is the best available.

To download a copy of the APEL, please visit <https://peosoldier.army.mil/pmseq/eyewear.asp> or www.apgea.army.mil/doem/vision/Army/default.asp.

Soldiers may purchase additional Military Combat Eye Protection at AAFES Post Exchanges and Military Clothing and Sales Stores. Look for the green sticker on the eyewear's package to ensure you are purchasing authorized protective eyewear. **A**



Photo by Sgt. 1st Class Paul Tuttle

Gunners spot IED; rewarded Eagle Eye honors

Story and photos by
Sgt. Eddie Siguenza
1113th Trans. Co. Public Affairs

Two Soldiers were added to Joint Logistics Task Force 1144's list of accomplished warriors who perform above the call of duty.

The two Soldiers, Spc. David J. Flint and Staff Sgt. Serge C. McAvoy of the 109th Gun Truck Company, were presented the Eagle Eye Award Feb. 9.

The Soldiers were rewarded for spotting and confirming an improvised explosive device while on a convoy mission in Southern Iraq. The duo became just the fifth and sixth recipients of the honor since the 1144's Operation Iraqi Freedom campaign started June 2007.

Flint, of Mobile, Ala., was the gunner of a lead gun truck who observed a roadside sand pile as his vehicle entered Main Supply Route Tampa en route to another forward operating base.

Under darkness, Flint marked his finding with a glow stick. McAvoy, the gun truck commander and Panama City, Fla., resident, drove up minutes later. McAvoy dismounted and carefully approached the sand pile. He saw the IED evidence, returned to his vehicle and radioed their finding.

"It just didn't look right. What I saw, it looked like the entrance to an igloo," Flint explained. "Personally, I was shocked when I saw it. I was scared. I'm not going to lie about that."

"It's almost impossible to find IEDs especially when you're going convoy speed," McAvoy said. "But we found that one because, one, I don't believe they were finished planting it. Plus we were only going about 30 miles per hour. We just pulled onto Tampa so we weren't going very fast."

Brig. Gen. Louis Visot, deputy commanding general, 1st Sustainment Command (Theater), presented Flint

and McAvoy with Army Commendation Medals and credited their actions for possibly saving lives of both civilians and military as well as protecting property.

"It's a great day in the military and a tremendous honor to be here in front of outstanding Soldiers," Visot said. "They deserve this recommendation for their heroic actions."

The 1144th presents the Eagle Eye Award to Soldiers and Airmen who spot IEDs. But their findings have to be confirmed with an Explosive Ordnance Disposal team that gets called in to detonate the bomb. Two Soldiers from the 1113th Transportation Company and a pair from the 424th Medium Truck Detachment are the only other Eagle Eye recipients.

"This promotes situational awareness on the battlefield," Capt. Rhonda Petersen, 1144th task force adjutant, explained. "It builds cohesiveness, encourages everyone to take care of one another. This shows there's not a situation of complacency being developed."

After a few minutes, EOD confirmed the IED was a 33-pound explosion formed projectile. McAvoy said he first approached the bomb and saw a battery box and power switch underneath a plastic bag.

"I couldn't make it out at first so I had to walk out and around it," said McAvoy. "But I saw what appeared to



Spc. David J. Flint (left), a gunner with the 109th Gun Truck Company, and Staff Sgt. Serge C. McAvoy (below, left), gun truck commander with the 109th Gun Truck Company, each receive an Army Commendation Medal from Brig. Gen. Louis Visot, deputy commanding general, 1st Sustainment Command (Theater), after spotting an improvised explosive device on a convoy mission in Southern Iraq.



be an EFP. I got back to the truck and called the convoy commander, then got on the sheriff's net. We called in the grid point and got everybody to a safe distance."

"Once I noticed it was real, my heart started beating. I told everyone we need to start backing up the truck," McAvoy added.

"Just keep your eyes open. Even right outside the gate, your life could be in danger," recalled Flint. "That's the biggest thing. Don't let your guard down. Don't slack off." **A**

Soldier receives medal for saving life

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

For Staff Sgt. Robert Gholston, 1st Sustainment Command (Theater) Special Troops Battalion S-3, January 30, 2007 started off like an ordinary day. He was taking care of personal business in Fayetteville, N.C., when fate intervened.

"I was driving near the traffic circle downtown when I noticed smoke coming from a vehicle," Gholston said. "At first I thought it was a gas leak and then I realized that there was a man in the car and that the rear right wheel was just spinning and smoke was coming from the engine."

Gholston stopped his vehicle, got out and made his way through traffic to render assistance to the motorist who was across the road. For his actions that day Gholston was awarded the Soldier's Medal in a ceremony held at Camp Arifjan, Kuwait March 12.

Upon reaching the automobile, Gholston noticed the driver's foot was still on the accelerator. This caused the engine to continue revving up. The car soon caught fire.

"I thought the car was going to blow up," Gholston said to the small audience in attendance. "I said to myself, 'I need to get him out of here.'"

Gholston, without hesitating, opened the door to pull the man out of the car. Upon opening the door, Gholston, a sergeant at that time, realized the man was convulsing.

"I started yelling at the top of my lungs, 'He's having a seizure. He's having a seizure!'" Gholston said. "No one responded so I turned the engine off and put the vehicle in park. I then loosened his seatbelt and started to pull him out of the car."

While Gholston was pulling the



Lt. Gen. Jim Lovelace, U.S. Army Central commanding general congratulates Staff Sgt. Robert Gholston, 1st Sustainment Command (Theater) Special Troops Battalion, after Gholston received the Soldier's Medal at Camp Arifjan March 12. Gholston pulled a man, who was having a seizure, out of a burning car before his deployment to Kuwait.

man from the vehicle, the paramedics arrived on the scene and proceeded to the render assistance to the man in need.

"By the grace of God, I was there at the right time to help this guy out," Gholston said. "I just reacted on instinct."

Lt. Gen. Jim Lovelace, U.S. Army Central commanding general, said in all of his years of service, this was his first time presenting a Soldier's Medal. He said Gholston's heroic deeds deserved to be recognized.

"He did not blink. He just reacted," Lovelace said. "What does the Warrior Ethos state? 'I will never leave a fallen comrade.' Good on you, [Staff] Sgt. Gholston, for a job well done."

The act of courage attracted a lot of publicity. A local television station was across from the scene filmed

and interviewed Gholston shortly thereafter.

Although more than a year has passed since Gholston saved the life of Hubert Vinson, the Moulton, Ala., native is still humble now as he was back then.

"In the military we are taught basic survival techniques. My instincts kicked in. All I could think about was getting the person out of the burning vehicle," said Gholston.

"I'm not a hero, I don't feel like one. I just did what was expected of me, I did the right thing at the right time."

Gholston said anyone can do a good deed. All that is required is the first step.

"If there had been a Sailor, Airman, Marine or a fellow Soldier in that situation, anyone could have done what I did," Gholston said. 



Sgt. Christopher Rathgeber, Fire Support NCO of A Co., 1-293rd Inf. Bn., and other Soldiers dismount and prepare for training missions at FOB Sword, Kuwait, near the Iraqi border. A Co. is part of the 76th Brigade Combat Team of the Indiana National Guard and will soon head north in support of Operation Iraqi Freedom after months of training in the U.S. and more recently in Kuwait.

'Nighthawks

*Story and photos by
Staff Sgt. Les Newport
76th BCT Public Affairs*

After months of training, thousands of Indiana National Guard Soldiers are just a few short miles from the border of Iraq ... and they are training.

The 76th Infantry Brigade Combat Team will deploy to northern Iraq to support counterinsurgency operations over the coming weeks, a mission Col. Courtney Carr, 76th BCT commander, says they are ready for.

"We're a fully equipped and prepared combat team ready to support the fight with infantry brigade operations," Carr said.

Carr emphasized that he sees confidence in the BCT, also known as the Nighthawks, as he visited training sites near Camp Buehring, Kuwait. The Nighthawks are conducting convoy



s' land in Kuwait, set eyes on Iraq

security and force protection training missions based on near real-time intelligence from Iraq.

Capt. Kyle Baer, A Company, 1st Battalion, 293rd Infantry Regiment, said since arriving in Kuwait, his unit has made the most of the resources and time.

"Almost all of my NCOs have been here and the younger guys are eyes-wide-open," Baer said.

Baer said training his company in an environment similar to Iraq will make a difference. Things they had only been able to talk about are now a reality. Coalition vehicle convoys, herds of camels and blustery wind-driven dust and sand have become part of their daily routine.

Carr related the experience of one company that moved to a firing range to simply check sight alignments on their weapons before continuing with

training. When a dust storm blew up, the training became more about operating in a harsh desert environment. Carr said the company was able to complete the mission and came away with the confidence they could continue a mission regardless of conditions.

"You can see them adjusting their personal protective equipment, and they now understand the importance of having it," Carr said.

1st Sgt. Neal Gustin of New Haven, Ind., has returned for a second tour, having served in 2003 during the initial invasion. Gustin said the training will not stop once missions begin.

"Training is always going to continue, it's the way we do business," Gustin said. "Prior to any mission we're always going to do our rehearsals and no matter what level of proficiency [we reach] we'll continue with that."

Gustin said he stresses professionalism, even though he understands his unit has its own personal character. "They like to razz one another, let off steam, but they also know when it's time to focus on the mission."

Gustin said communication skills will play an important part in keeping his Soldiers safe.

"They're the ones out there running the missions, running the routes," Gustin said. "They're the ones [we count on] to know what looks right and what doesn't."

He said when companies return from missions, they will be expected to back brief higher commands, but that the security teams will also be sharing that information amongst themselves – a practice he said is critical to maintaining situational awareness and saving lives.

Gustin said much has changed since his last deployment and appreciates the time in Kuwait to focus on essential mission tasks before moving into Iraq.

"The difference is night and day, there has been so much development (of training areas and resources). We're making the most of our 'white time,'" said Gustin, referring to blocks of training time allocated to the companies. Training schedules are generally filled with color-coded blocks that represent a demanding pace, white space is unit time.

Gustin says that training has, until this point, been directed from above, but the company has more of a say on where they want the training to go. He said it is a natural progression and his NCOs are taking the lead on sound training practices.

"We're not going to reinvent the wheel," said Gustin, "Squad leaders are showing a high level of competence and senior NCOs have continued to grow."

According to Gustin, these are all good signs that the Nighthawks are ready to move forward and work toward a successful mission.



(Background) Indiana National Guard Soldiers of A Company, 1st Battalion, 293rd Infantry Regiment, make their way into a desert training area for walk-throughs of convoy security training missions near FOB Sword, Kuwait. The company is part of the 76th Infantry Brigade Combat Team training on the Iraq border before deploying in support of counterinsurgency operations of Operation Iraqi Freedom.

Z-Trip, Jessica Simpson, as well as Carlos Mencia and Metal Sanaz as the masters of ceremony.

"It took us about five months to set up," said Tom Anderson, president of myspace.com. "It's the biggest thing we've ever done." The event was broadcast live through myspace.com which enabled Families and friends back home to watch the concert.

The entertainers arrived two days before the concert

that America supports them, Anderson said.

"Seeing the celebrities out here showing that they do support us has lifted my spirits," said Spc. Kayla Guffin, a radar repair technician with 76th Brigade Combat Team. "I've been looking forward to this since I heard about it."

Troops stationed in Kuwait or

started out the show by introducing DJ Z-Trip who plays more than 100 shows a year many of which are sold out. His eclectic tastes and non-conventional style draws a large fan

since 1993. Army Reserv-

the entertainers. 

John Moyer, bassist for the band Disturbed, plays during their performance for Operation MySpace at Camp Buehring, Kuwait.



Metal Sanaz interviews Soldiers before kicking off Operation MySpace at Camp Buehring March 10.



(Background) Servicemembers enjoy the live entertainment during Operation MySpace at Camp Buehring March 10. For more pictures, visit www.dividshub.net or www.arcent.army.mil.



The Pussycat Dolls perform on stage during Operation MySpace at Camp Buehring, Kuwait, March 10. The show included performances by Disturbed, Filter, DJ Z-Trip, Jessica Simpson as well as Carlos Mencia and Metal Sanaz as the masters of ceremony.



Carlos Mencia checks out the Humvee Egress Assistance Trainer during a tour of the training village at Camp Buehring March 9.

Operation MySpace rocks servicemembers

Story and photos by Pfc. Christopher T. Grammer

Desert Voice staff writer

The desert sands got rocked, not by mortars, artillery or M1 Abrams rounds, but by something else – Operation MySpace.

Operation MySpace, a non-profit concert hosted by Myspace.com was held for troops March 10 at Camp Buehring, Kuwait.

The show included performances by Disturbed, The Pussycat Dolls, Filter, DJ

to meet with troops and tour the post.

The members of the band Disturbed and Carlos Mencia toured the training village at Camp Buehring and experienced the capabilities of the training facilities for deployed troops first hand.

Following the tour the entertainers attended an autograph signing at the post exchange where troops lined up to meet the entertainers.

The purpose of the concert was to bring a little bit of home to the troops, boost morale and show the troops

heading north to Iraq got to relax and take their minds off the stresses of deployed life during the five hour show that took a crew of more than 80 personnel to set up.

It's an honor to play for the troops and it's an honor to be here," said Richard Patrick, the vocalist for the band Filter.

Prior to the start of the concert, Myspace.com personality Metal Sanaz interviewed servicemembers in the crowd to get their views on the upcoming show.

Comedian Carlos Mencia

base.

Following up after Z-Trip was the metal band Disturbed who played many of their hits including "Down with the Sickness," "Stupify" and "Liberate."

The Pussycat Dolls performed many of their hit songs for the troops and shared their support for the servicemembers who are deployed in support of Operations Iraqi Freedom and Enduring Freedom.

Adding to the mostly metal line-up was the band Filter who have been around

1st Sgt. Frank Cavanagh, the original bassist for the band was able to rejoin them and perform the song "Hey, Man, Nice Shot." Cavanagh will be deploying to Iraq in April for his first tour.

Closing off the motley line-up was a performance by Jessica Simpson.

For a few short hours, servicemembers escaped away, through the music and entertainment the night provided. However after all the dust had settled, it was hard to tell who was more satisfied, the servicemembers or

OIF 5 years later – U.S. Army Central still in the fight

Story by
Spc. Wes Landrum
Desert Voice staff writer

Five years ago, U.S. forces crossed the Kuwait border in a lightning attack that would move further and faster than any previous attack in history.

Since that time much has changed; Iraqis participated in democratic elections, the Iraq constitution was approved, violence soared after the Golden Dome Mosque in Samarra was bombed, coalition forces surged into Iraq, and the violence dropped.

“The fifth anniversary of OIF is a great opportunity for us to remember and reflect on who we are, what we do, and where we come from,” remarked Lt. Gen. James Lovelace, commander of U.S. Army Central. “A significant part of who we are as U.S. Army Central comes from our storied past, and we should not forget that.”

The 1991 Gulf War started with more than a month of airstrikes. After the strikes, the ground offensive began, which lasted only 100 hours.

This time, however, there would be a limited bombing campaign before the invasion. Soldiers and Marines would attack through Iraq as the Navy and Air Force targeted Saddam’s forces and command infrastructure. The Marines would move north along the Tigris River while the Army’s V Corps, under the command of Lt. Gen. William Wallace and lead by the 3rd Infantry Division (Mechanized) “Rock of the Marne,” would swing west and surround Baghdad, Iraq’s capital.

On March 19, 2003, the first shots of the war were fired as missiles hit Dora Farms, where it was believed Saddam was meeting with top Iraqi officials. On March 20, ground troops invaded Iraq.

On April 4, forces from the 3rd Infantry Division (M) seized the Baghdad International Airport and the next day other forces from the “Marne” divi-

sion pushed up a major highway and met the forces at the airport after fierce fighting.

“Marne” Division Soldiers reached and secured the Iraqi regime’s capital district on April 7. The 1st Marine Expeditionary Force marched into Baghdad one day later. Within days U.S. forces controlled all of Baghdad. As more coalition forces flowed into theater all of Iraq was secured.

Underpinning the attack were preparations and planning conducted by U.S. Army Central.

Before the offensive could begin, the U.S. Central Command Commanding General Gen. Tommy Franks had to appoint the ground forces commander. The mantle of command went to Lt. Gen. David McKiernan, the United States Army Central commander. As the Army component of USCENTCOM, USARCENT had maintained a continuous presence in Kuwait since 1994 and had recently increased the capabilities of its headquarters, in Kuwait, to support operations in Afghanistan.

Also serving as the Combined Forces Land Component Command commander, McKiernan oversaw all of the planning and preparations for the attack. In addition to overseeing ground operations USARCENT as the Army force headquarters was responsible for the reception, staging, onward movement, and integration of all army, joint, and

coalition forces flowing into Kuwait. Shortly after coalition forces arrived in Baghdad, CFLCC moved a forward headquarters element to Baghdad International Airport. The forward element of CFLCC was designated Joint Task Force 7 and remained in Iraq until it handed over command of JTF-7 to V Corps in June of 2003.

Since then USARCENT has been responsible for providing Title 10 support to Army Forces in Iraq and Afghanistan as well as responsible for CJRSO, Army support to other services, support to coalition forces, and executing Army executive agent responsibilities. Every servicemember or coalition soldier, piece of equipment, or supply going into Iraq, or anywhere else in the 27-nation theater, is provided or coordinated by USARCENT and its subordinate units.

Today, U.S. Army Central remains the only continuously deployed Army-level warfighting headquarters and is leading Army transformation to full-spectrum operations and is transforming for future missions wherever it is needed. **A**



An Iraqi man shows that he voted by holding up his purple-dyed finger Dec. 15, 2005, in west Baghdad.

Photo by Spc. Lester Colley



Lt. Gen. Jim Lovelace, USARCENT commander talks to attendees of the Detainee Operations Conference at Camp Arifjan, Kuwait, March 4.

Camp Arifjan hosts Detainee Operations Conference

*Story and photo by
Pfc. Christopher T. Grammer
Desert Voice staff writer*

Representatives from all over the U.S. Army Central area of operations, U.S. African Command, U.S. European Command and Guantanamo Bay attended the two day, Detainee Operations Conference held at Camp Arifjan, Kuwait, March 4 and 5.

The conference occurs twice a year in the spring and fall and allows representatives to discuss the security, intelligence and legal issues involved in the handling of detainees.

Starting off the conference was Lt. Gen. Jim Lovelace, USARCENT commanding general, who opened up the discussions with a few remarks on the import of the conference and those contributing to it.

“We’ve had a drought as far as the sharing of information,” Lovelace said. “The sharing of information is powerfully important.”

Lt. Col. Paul Bezzek, chief of the

security operations division for the Joint Security office, began the discussion of one of the most important issues involved in detainee operations.

“One of the biggest things in Iraq right now is the long term detention,” Bezzek said.

Eventually the goal is to hand over detainee operations to the host nation who will take over every aspect of handling suspected insurgents, Bezzek said.

Also discussed were the transfer of prisoners to Iraqi control, the decline in detainee population and the separation of detainees less than 18 years of age from the adult population.

“This conference allows you to meet counterparts face to face instead of through email traffic and share points of view,” Bezzek said.

The conference is a prelude to the Worldwide Detainee Conference which is were such issues that cannot be resolved immediately by Central Command will be brought up for additional discussion. **A**

Reuniting with Family after year

Story and photo by
Master Sgt. Michele Hammonds
1st TSC Public Affairs

After experiencing a year-long separation from Family members and loved-ones, servicemembers in Kuwait will return to spouses, significant others, children and friends this Spring.

The members of the 1st Sustainment Command (Theater) anxiously await the day they return to their Families at Fort Bragg, N.C.

“A key issue in a relationship – for maturing, developing and being able to endure separations – is the issue of trust,” said 1st TSC Chaplain (Col.) Chester H. Lanious. “We are not just talking about martial fidelity [adultery and unfaithfulness]. We are talking about everything from money to include the other person constantly in decision-making and so forth. That is really never an issue that goes away. Because even if you are a career-military person, if there is any breach of trust with the Family member or members who you left behind, that instantly creates stress within the relationship.”

Separations due to military deployments impact relationships and the dynamics of the Family.

“Stress within the relationship feeds on the fact that money may have been foolishly spent,” said Lanious, of Carlisle, Pa. “Decisions about the future may have been made without the servicemember being consulted or the servicemember consulting the Family. It could be issues of raising children and making decisions about how the children are to be disciplined, guided and directed. It could be decisions about extended Family members whether a large close-knit Family opposed to a smaller

less intimate Family.”

Lanious cited an example of a spouse back in the States who has paid off all the bills while her husband served in Kuwait. The wife is happy to be debt-free, however, the Soldier plans to purchase a new car. This creates new debt for the Family, but is not the same goal as the wife who had paid off the bills. The Soldier feels angry because he is not able to reward the both of them with the new car because the money has been spent to pay off the bills.

For nearly a year, Soldiers have been living an abnormal deployed life, because they are living with the people they work with and have almost no separation from them, said Chaplain (Maj.) Raymond “Randy” Moore, 1st TSC staff chaplain.

“And that becomes a very intense experience. When you step away from that to a situation where there is much less structure and intensity, there is a tendency to drift and it is during that drifting that the use of alcohol goes up – escapist activity goes up,” said Moore, of Erwin, N.C.

Many Soldiers work 12-hour days or more, seven days a week. When they go home, they go back to working 5 days a week with weekends and holidays off. They have freedom to

“Good communication ... has to do with the quality of communication and the rules observed in that communication.”

Chaplain (Col.) Chester H. Lanious
1st Sustainment Command (Theater)

travel, drive their own cars and take the Family out to dinner. With so many choices this can be overwhelming for some Soldiers and produce a form of depression. Some servicemembers also become depressed when they experi-

ence a loss of a relationship. Loss of a relationship is the number one cause of suicide, Moore said. Suicide is a permanent fix to a temporary situation.

Servicemembers need to be patient as they reunite with their Families after being separated for six months or a year.

“Whether you are married or single, it will take some time to reintegrate, to pick up the various pieces of your life,” Lanious said. “Whether in a relationship – even with hobbies, or interests or whether you are going to school – it will take some time to pick all that back up and continue. It won’t be instantaneous. Life is real good.”

Having a plan to reintegrate with spouses, children and other loved-ones can help nurture relationships, Lanious said.

“Generally, have a plan of visiting Families, taking specific time with each Family member, your spouse and plan special time with each of your children,” he said. “Get involved in activities that are important to them. Extended Families have just as many anxieties as servicemembers being deployed. So, visits home reassure them that you are okay, that you have weathered this well and are not suffering from [Post Traumatic Stress Disorder], Gulf War Syndrome, etc. They want to see you. Finally, it’s a time to reassess where you are and the changes that have taken place since you left.”

Moore warns against having unrealistic plans and expectations for spouses, significant others and Family members.

“Returning servicemembers just want to be at home and stay at home,” Moore said. “The Families have been home ... waiting, and can’t wait for him or her to get back, so ‘we can get out of this place.’ Don’t just plan by yourself ... talk about a plan, be able to compromise – ‘okay let’s do some things together ... but give me a few days to get readjusted back home.’”

r long separation no bed of roses

Have a plan, have an agreement.”

For every six months servicemembers are deployed, it takes one year to fully reintegrate and reestablish their relationships. Family roles have to be redefined. Many Family members served as both mother and father to their children while their spouses served overseas. They have had to run households, pay bills and do the day-to-day work to keep Families running smoothly.

No one is more appreciative of that fact than Sgt. Maj. Rich Greene, 1st TSC Public Affairs sergeant major, husband to Michelle and father to the couple's four children ages 6, 9, 12 and 18 years old.

“I use a video webcam to chat with my wife and kids,” Rich said. “They tell me what they did in school, what they did on the weekend. I help with homework.”

It may be working for them, but contact is not always communication.

“Good communication does not really mean the number of words or the number of telephone calls. It has to do with the quality of the communication and the rules to be observed in that communication,” Lanious said. “The telephone is a business instrument and it is meant to communicate facts and information, and it does not communicate emotions except in frustration and a lot of times anger. It really is not a tool for enriching emotional life needed for a healthy relationship.

“Most people don't really understand and appreciate that letters and cards touch all of the senses. You can see it, visualize it. It has the fragrance of the person who sent it, it is something tangible you can touch and as you read the letter, you can actually hear the person's voice as they are telling you the events of the day. So that's communication, really good communication.”

Spc. Jonathan Roberts, of Salisbury, N.C., and Spc. Michelle Roberts, of Lumberton, Texas, are a married couple stationed in Kuwait. They know they will receive a lot of emotional satisfaction when they can once again hold their infant daughter, Aubrey Elise, in their arms. Michelle had the couple's little girl in October 2006. Before the Roberts deployed, they had to take their then 7-month-old daughter to Michelle's parents home in Texas. At the time, she could not sit-up by herself or crawl. Michelle can hardly wait to redeploy back to the States, so she can be reunited with her daughter.

“I plan to take leave and go to Texas and then my mother and Aubrey Elise and me will fly back. I know my mom knows Aubrey's bedtime, her likes and dislikes, and ins and outs, and she can help me get readjusted with my daughter. My baby has got a personality and it almost seems like coming home to a different person.”

Michelle said she is thankful she has Jonathan here to talk to and lean on when she misses her daughter and feels sad.

“We have webcam and I talk to her a couple of times a week. Her face lights up when she sees me and Jonathan,” she said. “I know she is in good hands but every once in a while, I will get sad, but I keep my faith in God and knowing that everything has a purpose and we are here for a reason.”

Reintegration means there had to have been an established relationship before the servicemember went away,” Lanious said.

The same problems that existed before a servicemember deployed will be there when he or she returns, Lanious said.

“Depending on what kind of relationship that existed before deploying that is the kind of relationship it will be when the Soldier gets back,” he said. “So reintegration is going back into established relationships and building, renewing, continuing the trust that should be there. Accepting the change has an effect on the future of the relationship – especially if it has not been negotiated or informed change.” ^A



Spc. Michelle Roberts, 1st TSC, of Lumberton, Texas, holds a picture of her daughter, Aubrey Elise. Roberts and her husband, Spc. Jonathan Roberts, are both deployed to Kuwait in support of Operations Iraqi Freedom and Enduring Freedom.

Soldier receives USARCENT Equal Opportunity Award

Story by
Master Sgt. Michele Hammonds
1st TSC Public Affairs

Master Sgt. Daniel G. Guient received the 2007 Equal Opportunity Advisor award of the Year from U.S. Army Central Command at an award presentation on Camp Arifjan, Kuwait, March 7.

Lt. Gen. Jim Lovelace, USARCENT commander, awarded Guient with an Army Commendation Medal, a trophy engraved with the words, 'Making A Difference In The World Today,' and a coin issued by Lovelace.

"I felt great, I felt relieved, because I did not think it was going to happen," said Guient who waited several months to receive the award. "I was ecstatic and very proud to receive those awards in front of my fellow Soldiers and commanders who supported me in the EO program."

Guient who hails from Baton Rouge, La., is assigned to the 1st Sustainment Command (Theater) as the Equal Opportunity advisor and received the accolades in recognition



Photo by Spc. Giancarlo Casem

Lt. Gen. Jim Lovelace, U.S. Army Central commander, pins an Army Commendation Medal on Master Sgt. Daniel Guient, who was named the 2007 Equal Opportunity Advisor of the Year for USARCENT. Guient received the Army Commendation Medal, an EOA trophy and a coin in a short award presentation at Camp Arifjan, Kuwait, March 7.

for excellence in his job performance.

"I believe I got the awards because of my dedication and passion for the job," Guient said. "When I got here I had just graduated from the school, so all the knowledge I gained at the school was immediately applied. I

trained Soldiers, Sailors, Airmen, Marines and Department of the Army civilians. I had innovative ways of doing things and new materials from school ... everything I had I applied it to the program and enhanced it tremendously." 

Hey Highspeed!
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score or just trying to shed a
few pounds?

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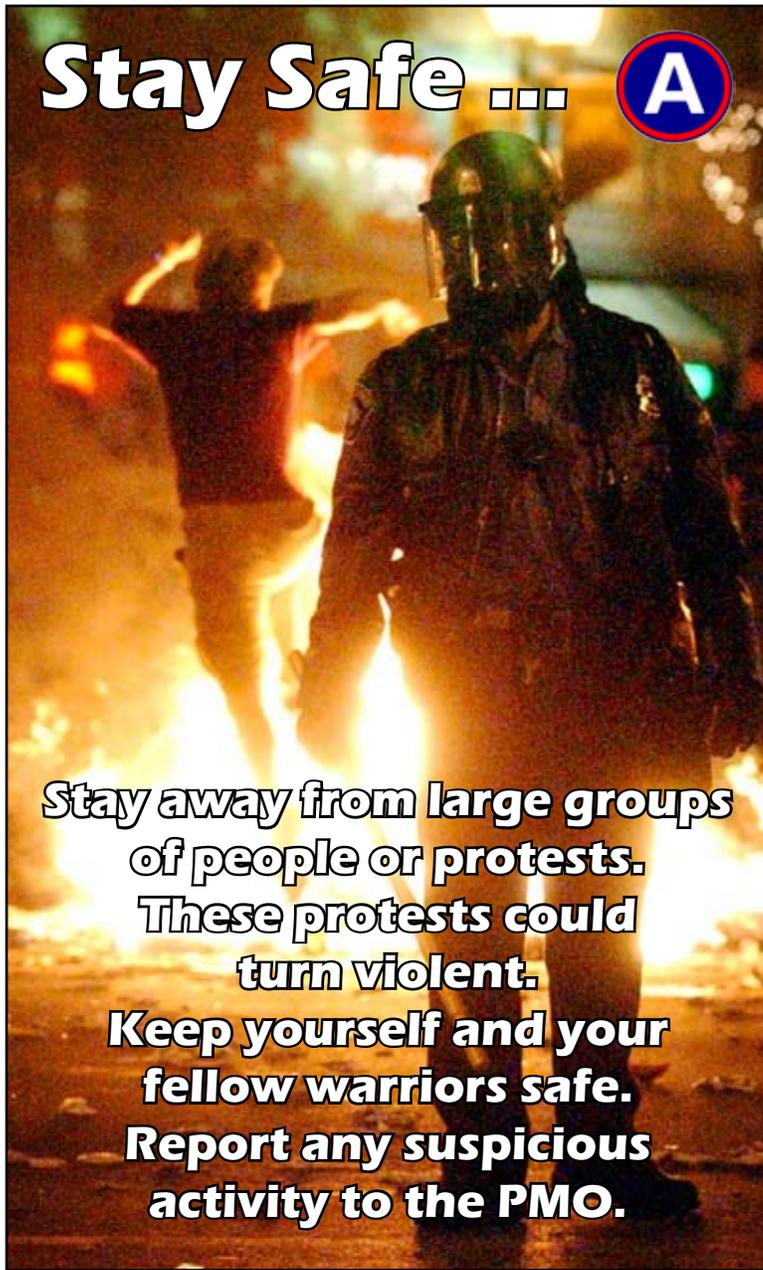


See you there
Highspeed!

Hospital opening

**The new Expeditionary Medi-
cal Facility - Kuwait Hospital
is scheduled to officially
open March 23 on
Camp Arifjan.
The new 34,000 square foot
state-of-the-art facility is lo-
cated next the the Troop
Medical Clinic.**

Stay Safe ...



Stay away from large groups of people or protests. These protests could turn violent. Keep yourself and your fellow warriors safe. Report any suspicious activity to the PMO.

Just One Question ...

“What is greatest accomplishment in Iraq since OIF I?”



“The fact that all the different branches of the military are working together.”

Petty Officer 1st Class Dennis Lamoureux
NAVELSG
Vessel team
Jacksonville, Fla.



“How things have calmed down such as the number of U.S. Soldiers killed, the number of incidents and the drawdown of the troop surge.”

Maj. John Moran
335th Signal Command (Theater)
Deputy for projects
Novato, Calif.



“The Iraqi people are becoming more liberated and they’re in the rebuilding stage.”

Petty Officer 3rd Class Alex Moore
Naval Coastal Warfare 21
Machinery technician
Seaford, Del.



“Greatest accomplishment is instilling a sense of national pride among the Iraqis.”

Spc. Lisa Guerrero
708th Medical Ground Ambulance Company
Medic
Chicago



“Keeping the terrorist activity over on this side of the world and not where it can affect our loved ones.”

Master Sgt. Maggie Hammonds
HHC 160th Signal Bde
S-3
Fayetteville, N.C.

Why I serve: Petty Officer 2nd Class Adam Ward
Naval Coastal Warfare 21
Security



The Worcester, Mass., native explains why he joined the military.

“I joined up because of Family. My father was in the Navy, brother was in the Army. That prompted me plus things like schooling. All my buddies went to college. I wanted to try working for a living. I wanted to do what my father and my brother did – join the military.”

What's happening around USARCENT ...

Tradition



Photo by Spc. Giancarlo Casem

Kuwait Lt. Sabah Mohammad Al-Sabah, and Lt. Gen. Jim Lovelace, USARCENT commander, cut off the ceremonial first piece of cake during the West Point Founder's Day dinner at Camp Arifjan, Kuwait, March 12. Al-Sabah graduated from the military academy in 2007 and was the youngest graduate in attendance, Lovelace was the senior graduate Soldier in attendance.

One last look



Photo by Pfc. Christopher T. Grammer

Army Reservist Sgt. Frank Cavanagh, the original bassist for the band Filter, plays a song with the band during their set for Operation MySpace, March 10. The show included performances by Disturbed, The Pussycat Dolls, DJ Z-Trip as well as Carlos Mencia and Metal Sanaz as the masters of ceremony. For the full story turn to page 8 (pull-out). For additional pictures visit www.arcent.army.mil or www.dvidshub.net.

COMPANY LEVEL SOFTBALL League



1 April- 4 June

Team registration :
16-30 March, 2008 @ Z1 or Z6 Fitness Center.
Participants may be Active Duty Military, DOD Civilians or US Government Contractors. US Government Contractors can only play on team comprised of contractors.

Team Roster due to MWR Sports Staff NLT the Coaches Meeting 30 March 1800 hrs @ Z1 Fitness Center.

Each Team Limited to 15 players

For more info contact 430-1305