

DV The Desert Voice

United States Army Central

December 24, 2008

"Always First...Anytime, Anywhere, Patton's Own!"



Gen. Casey visits Camp Arifjan



CSA and SA send...

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On the cover

Army Chief of Staff, Gen. George W. Casey Jr., addresses service-members at the Zone 6 Morale, Welfare and Recreation Stage at Camp Arifjan, Kuwait, Dec. 21. For the full story, see page 6. (Photo by Spc. Elayseah Woodard-Hinton)

Contact us

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

Our Army remains committed to the safety and well being of our Soldiers, Families and Civilians. Facing significant challenges these last several years, our team has performed magnificently. However, it makes sense during the holiday season that all our leaders remain vigilant and involved to ensure our Soldiers stay alert to all the hazards and frustrations they may face during the holidays. The holiday season can be a tough time for many. Those who engage in excessive alcohol or drug abuse, those who exhibit behaviors and other symptoms signaling depression or a sense of hopelessness are all especially vulnerable and susceptible to irrational acts, to include suicide. The key to mitigating risk is always good leadership, especially our first-line supervisors, and their ability to intervene with Soldiers exhibiting high risk behaviors.

In the New Year, we will re-double our efforts to enhance resilience across the force, and increase our physical, mental and emotional strength. We will improve access to a continuum of comprehensive care and programs that enhance life skills. We ask that you go the extra mile in reminding all leaders about the challenges of the holiday season. Thanks for all that you do for Soldiers, Families and Civilians.



George W. Casey Jr.

George W. Casey, Jr.
General, United States Army
Chief of Staff



Pete Geren

Pete Geren
Secretary of the Army

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Re-engineering Your Eating Habits #4: Holidays, stress and eating behaviors

Holiday times are special moments that invoke reflective memories of family, friends, and traditions. Being deployed and away from these moments is stressful and may precipitate overeating. Understanding how stress affects our eating behaviors and food selections may be helpful in developing strategies to change our behaviors. How do men eat compared to women under stress?

Several studies conducted at the Department of psychology at Monclair State University examined food portions and selections of men and women when put in stressful situations. Two groups of men and two groups of women were given stressful or non-stressful problems to solve. Both groups were given two bowls of healthy snacks (grapes and peanuts) and two bowls of unhealthy snacks (chips and M&M chocolate candies). Men in the non stress group ate significantly more unhealthy foods than did men



Lt. Col. Danny Jaghab
U.S. Army Central Surgeon's Office

in the stress group.

The opposite food selection preferences were found with women. Women tended to eat more grapes when not stressed and more M&Ms when stressed. Additionally women consumed larger portions of foods when stressed compared to men. This was especially true in women who were normally restrained eaters or dieters. Women who normally dieted consumed more fatty snacks than women who were not dieters. Stress therefore increases the portion and selection of fattier foods in women who are dieters, than men.

By realizing that men are more prone to eat unhealthy foods when they are not stressed and women, especially dieters over eat more unhealthy foods when they are stressed, you might stand closer to healthier food items at holiday parties. Remember, the goal for holiday eating is not to lose weight but rather to enjoy holiday foods in moderation without gaining weight. **A**

Driving safe during the winter season

Anyone who has served in the Armed Forces knows that during the winter holiday season we pay special attention to inclement weather driving, and the dangers of drinking and driving. But, driving is a dangerous activity any time of the year, particularly when compounded by adverse weather, fatigued drivers and excessive speeds. Even with the best planning and preparation, Soldiers and their families still face an increased risk of personally owned vehicle accident or mishaps due to the increased number of vehicles sharing the roads during the holiday season.

POV accidents consistently account for the majority of the U.S. Army's accidental fatalities. Soldier losses, always tragic, are even more disturbing when they occur during what should be a season of Family, togetherness and joy. Some of our Soldiers, especially our first termers or Soldiers recently home from deployment, could benefit from additional leader engagement.

To provide leaders with useful accident-prevention information, The Army Combat Readiness and Safety Center compiled a report of off-duty POV accidents from FY06 - FY08. Since holiday travel also occurs outside of the Christmas to New Year travel window, the analysis covered accidents occurring during the 28-day period of Dec. 15 to Jan. 11, for each fiscal year.

There were 93 Class A-C accidents during those holiday periods, with 32 of the accidents resulting in Soldier fatalities. A review of the driver mistakes in the Class A accidents reveals that excessive speed (too fast for conditions or too fast for driver's ability) was involved in nearly half of the accidents, inadequate precautions for environmental conditions factored in one third of the accidents and fatigue was involved in one quarter of the accidents studied.

In 69 percent of the of the Class POV crashes, the accident began when the driver of the vehicle unintentionally deviated (drifted) from the driving lane into the oncoming lane or off the roadway.

Some of these results are not unexpected, but there are factors leaders can address to build awareness of the hazards Soldiers face as they take to the roads this holiday season.

Bottom line, we must understand that, behind the wheel, excessive speed, fatigue and inattention can be as deadly as enemy fire. **A**



Give of yourself this holiday season

The holiday season is a time that is special to all of us. It's a time of gathering with friends and family to share the warmth and joy of the season. It's a time of goodwill, of gratitude, and of giving. Generosity and cheer are abundant in US Army Central, and this is particularly evident during the holidays.

As the year comes to a close, reflect on all we have accomplished as a team. The pace has been quick, but we've moved together in the right direction. You have all given so much of yourselves throughout the year... whether deployed forward or working dutifully from the headquarters in Atlanta. It's a privilege to stand shoulder to shoulder with such a great group of Soldiers, Civilians, and Family members.

We are all leaders, and leaders make a difference each and every day. I would like to share with you six gifts you can give of yourself, daily. I hope you take time to share these gifts with all those around you... your loved ones... fellow professionals... even those you just happen to meet.

The Gift of Praise. Give of yourself by telling others how well they have done. Offer praise for a job well done. Recognize your children, spouses, friends, neighbors and U.S. ARCENT teammates for the many wonderful things, small and large, they accomplish each day.

The Gift of Presence. Give of yourself by being there... in good times and bad. Seize the opportunity over the holidays to spend time that has purpose and meaning with your family and friends. Throughout the year, attend promotions, award ceremonies, retirements, and special programs honoring or showcasing individuals or groups. Don't take the power of your presence for granted.

The Gift of Gratitude. Give of yourself by being appreciative of others. How often do we forget to just say, "Thank you"? Reflect on the many things, great and minor, others do for you, from cooking a meal to giving you change at the shoppette. No good

deed is too small to be worthy of your sincere thanks... a note, an e-mail, a phone call, or even a pat on the back.

The Gift of Consideration. We in USARCENT value the great people we have in this organization and believe that taking care of them is critical to mission success. Give of yourself by treating others with the dignity and respect they deserve. Show concern for other people and for their feelings. This means seeing the other's point of view and having the humility to say, "You're right and I'm wrong."

The Gift of Attention. Give of yourself by really listening to others. Concentrate on your partner, your children, and those you work with everyday by being alert and thoughtful when they are offering you the gift of their presence. This sometimes means turning off the television or turning away from your computer. It means giving others your undivided attention.

The Gift of Inspiration. Give of yourself by planting the seeds of courage and action in the hearts of others. Kindle hope and fortitude in those you encounter. This is sometimes as simple as offering an encouraging remark during a grueling PT run, as telling your children how proud they make you, as inspiring others to enroll in college or pursue a special interest or talent.

We give best when we give of ourselves, and no one knows this better than those who serve. Our USARCENT team knows the joy of giving selflessly, and you demonstrate this understanding in the things you do each day. All of us, Soldiers, Civilians and Family members, make a difference. Give the best gifts of all by giving of yourself.

Gail and I extend to you our best wishes for the happiest of holidays.

Soldiering is an affair of the heart.

Happy Holidays!

Jim & Gail Lovelace 

Operation holiday provides joy to servicemembers



Shelia Gittens, Operation Holiday co-founder, throws candy canes to servicemembers during the Operation Holiday event at Camp Buehring Kuwait, Dec. 17.

Lionel Gittens, co-founder of Operation Holiday, shakes hands with a Soldier while passing out gift bags to servicemembers with pay grades of E-4 and below.



Alicia (left) and Shelia Gittens offer hugs to Soldiers, many of which are spending their first holiday away from home.

Operation Holiday sponsors pass out gift bags to servicemembers at Camp Arifjan, Kuwait, Dec. 17.

Article and photos by
Pfc. Alicia Torbush
Desert Voice Staff Writer

Operation Holiday, a holiday charitable organization in Kuwait founded by Lionel and Shelia Gittens, kicked off this year at U.S. military installations around Kuwait, Dec. 17.

The Gittens family travelled to Camp Buehring and Arifjan to present servicemembers gifts in person.

The organization began in 1994 as Operation Thanksgiving, after the death of the Gittens' son, Donny, as a tribute to him. As the operation grew,

so did the number of gifts and servicemembers' lives the Gittens were able to touch.

Sponsors donated money, gifts and time to make Operation Holiday possible.

"The holidays are about spending time with people you love and having a good time," said Spc. Christen Towler, U.S. Army Central.

This year, Operation Holiday was able to give 10,000 gift bags to servicemembers with the pay grade of E-4 or below.

The Gittens received donations from local Kuwaiti businesses and were able to give servicemembers

"Events like this help make it easier being away for the holidays."

Spc. Christen Towler
Awards Clerk
U.S. Army Central

cameras, hats, watches, iPods and jewelry. Also donated was a one-way ticket with United Airlines, from Kuwait City to Washington, D.C.

"Events like this help make it easier being away for the holidays," said Towler, a resident of Oklahoma City, and a recipient of an iPod Nano. **A**

Article by
Staff Sgt. Jarod Perkioniemi
Desert Voice Detachment Sgt.

Soldiers stationed at Camp Arifjan, Kuwait received a visit from the Army Chief of Staff, Dec. 21.

Gen. George W. Casey Jr. arrived at the Camp Arifjan Zone 6 Morale, Welfare and Recreation Stage and talked to troops about the progress being made in both Iraq and Afghanistan, rebalancing the Army, fixing the Army's "dwell time" and the challenges that are ahead.

Before stopping in Kuwait, Casey had visited troops in Korea, Japan and Afghanistan to discuss his plans for the Army, and will continue his trip to other countries in the Middle East.

Casey addressed Soldiers at Camp Arifjan about the role they play in the war effort.

"You all are doing a remarkable job," said Casey. "As you continue to sustain our forces and continue to support the flow of over 150,000 [service-members] over the course of a year, we would not be able to sustain [the campaign] without your efforts here."

Casey discussed the plans put forth in 2007 of increasing the size of the Army by 74,000 Soldiers rebalancing the Army and sequentially fixing the "dwell time."

The current deployment length for troops leaving to the Middle East is 12 months with a scheduled "dwell time" of a year. Casey said the goal is, by the end of 2009, to get the "dwell time" to 18 months, and by 2011 have it at two years.

"Our top priority is a continuation of what we set out to do in 2007," said Casey. "It's to put ourselves back in balance, where we are deploying at a sustainable rate and that we have flexibility to do other things beyond regular warfare."

He mentioned the 290,000 men and women who either enlisted or re-enlisted last year as a key indicator of meeting those goals.

"That's a heck of a lot of patriots,"

said Casey. "Because those men and women did that knowing that we were at war."

In addition to speaking to the troops, Casey participated in a re-enlistment ceremony and a promotion ceremony.

"It was great to see the Army Chief of Staff promote new noncommissioned officers," said Sgt. Timothy Chatlos, 20th Public Affairs Detachment and Orlando, Fla., native.

Before leaving the stage, Casey made one final address to the troops about next year.

"The Secretary of the Army and I have declared next year, the year of the noncommissioned officer," said Casey proudly. "This is to recognize the role that our NCO Corps has played in holding this Army together and leading it to victory in this long war. I firmly believe that we would not be where we are today without the role that our NCOs have played every day."

After speaking to the Soldiers in Zone 6, Casey departed Kuwait to continue his trip in the Middle East. ^A



Photo by Pfc. Alicia Torbush

Spc. Kettela Pericles, 420th Movement Control Battalion, and Los Angeles native, recites the oathe of re-enlist ment with Army Chief of Staff Gen. George W. Casey, during his visit to Camp Arifjan, Kuwait, Dec. 21.

Chief of Staff Army



U.S. Army Central COIC Holiday Photo

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FROM U.S. AR



HOLIDAYS ARMY CENTRAL



U.S. Army Central COIC Holiday Photo

of Staff addresses s future plans



*Army Chief of Staff, Gen. George W. Casey Jr., addresses service-
members at the Zone 6 Morale, Welfare and Recreation Stage at
Camp Arifjan, Kuwait, Dec. 21. (Photo by Spc. Elayseah Woodard-
Hinton)*

SMA & Friends visit t



Photo by Spc. Elayseah Woodard-Hinton

Servicemembers from Camp Arifjan, Kuwait, participate with Miami Dolphins Cheerleaders, Ariana Aubert (left), Lilly Robbins and Kayla Patterson during their dance routine.



Photo by Spc. Elayseah Woodard-Hinton

Comedian Louis CK performs for servicemembers at the Zone 6 Morale, Welfare and Recreation Stage.



The Middle East

Annual tour comes to Kuwait boosting morale, as entertainers show appreciation

Article by

Spc. Elayseah Woodard-Hinton
Desert Voice Staff Writer

The United Service Organizations hosted the Sergeant Major of the Army Hope & Freedom Tour 2008, at military installations in Kuwait Dec. 17-18.

The tour is to show appreciation and boost the morale of troops deployed to Kuwait, Iraq and Afghanistan.

The tour included Sgt. Major of the Army Kenneth O. Preston and entertainers, Craig Morgan, Keni Thomas, Mark Wills, Leeann Tweeden, Louis CK, the U.S. Army Band "Downrange" and three Miami Dolphins

Cheerleaders.

During the visit, the entertainers signed autographs and took pictures, while spending time with troops. An on-stage performance was held during the final day of the visit in Kuwait, before traveling to Iraq.

"For all of the entertainers, they are all volunteers," said Preston. "They all volunteered to come over here at this time of year to do the show. It is their way to say thanks."

Many of the entertainers have made several trips around the Middle East through the Hope & Freedom Tour and other USO sponsored events.

"This is my 11th USO tour since 9/11," said model and TV personality Leeann Tweeden. "It really means a lot to me. My dad served in Vietnam,

in the Air Force."

Singers Keni Thomas, Craig Morgan, who have also served in the military, and Mark Wills have made it a point to continue to give back to troops who are currently serving.

"You guys come over here and do what you do for your country," said Wills. "As a civilian, we come over here and do what we do to give back."

Many of the servicemembers showed their excitement and appreciation through smiles, cheers and hugs during the autograph sessions and the live show.

"I think it's really good that Soldiers and celebrities come out to see us," said Sgt. Tim Marfell, B Company, 112th Cavalry, a native of Killen, Texas. "It's a big morale booster." **A**

U.S. Army Band "Downrange" performs during the Sergeant Major of the Army Hope & Freedom Tour 2008 concert, Dec. 18. (Photo by Pfc. Alicia Torbush)



Photo by Sgt. Brooks Fletcher

San Diego native, Spc. James Valdez with the 9th Financial Management Company, takes a boot to the face, while battle buddy Spc. Peter Meade of Orrington, Maine is put in a headlock by model and TV personality Leeann Tweeden during a signing event.

U.S. Army NCO History Pt. 6 World War II

Compiled by
Staff Sgt. Jarod Perkioniemi
Desert Voice Detachment Sgt.

In September 1939, the world again was thrust into a global conflict after Germany unexpectedly attacked Poland, officially starting World War II.

The U.S. began to supply aid to the Allied Forces of Great Britain and France against the Axis Powers in Europe of Germany and Italy. At the same time, the U.S. was carefully watching its territories in the Pacific as the Japanese began advancing across the ocean.

On the morning of Dec. 7, 1941 at Pearl Harbor, Hawaii, the idea of the U.S. remaining neutral in the war ended after the Japanese launched an attack against U.S. soil, a day that President Franklin D. Roosevelt referred to as, "a date which will live in infamy."

Being forced to assemble an Army to fight in both Europe and the Pacific, the Army began a massive recruitment of new Soldiers.

The Army began using non-commissioned officers who were on active duty prior to the war as the primary trainers for troops destined for overseas duty.

NCOs also, for the first time, found themselves able to apply for transfers to new branches, as the creation of the Paratroopers and Paragliders offered new career opportunities. These new branches offered more pay and new challenges for NCOs looking to advance their career.

These new branches, along with the massive mobilization, would increase the number of NCOs at a faster rate than ever in history. In 1941, the amount of NCOs in the enlisted ranks was 20 percent; that number would grow to 50 percent by then end of the war in 1945.

With the vast amount of casualties suffered in the war, enlisted men rose through the ranks very quickly

during World War II. This resulted in a perceived lessening of the prestige of the NCO to some higher enlisted NCOs who obtained their rank prior to the war. Soldiers were quickly promoted from private to corporal; and corporal to sergeant after only serving a small amount of time in the unit.

The NCO also saw changes in the field, where in the infantry, the corporal was officially replaced as the squad leader by sergeants, and the infantry squad also grew from eight men to 12.

For the first time ever, due to a shortage in manpower, the Army formally added women into its ranks. Women served in supply, communications, electrical, mechanical and other support careers during the war.

Though it was a slow transition with only 11,000 women in the Army in 1941, by the end of the war 93,000 women wore a uniform. When the war ended, 37 percent of the women in the Army had achieved the rank of corporal or above.

In the Pacific, as the Japanese quickly advanced, troops found themselves cut off from being resupplied. NCOs were forced to prepare their units for Japanese attacks, while at the same time find enough food to feed their troops. Many units began hunting their own meals in the form of water buffalo, horses, monkeys and other animals found on the islands.

In Europe, NCOs would lead troops across Africa, Italy, France, Netherlands and Germany on their way to V-E Day.

During this time NCOs would lead Soldiers in two of the largest operations in the history of warfare. The first being the amphibious assault of Normandy, France, during Operation Overlord and the second being the airborne attacks in the Netherlands during Operation Market Garden.

The war in Europe officially

Soldier Spotlight

SSG Junior Spurrier
Company G, 134th Infantry,
35th Infantry Division
Awarded for actions at Achain,
France on Nov. 13, 1944.

Citation: Spurrier armed with a BAR passed around the village and advanced alone. Attacking from the west, he immediately killed three Germans. From this time, until dark, Spurrier, using all different types of small-arms and automatic-weapons, killed an officer and 24 enlisted men, and captured two officers and two enlisted men.

ended in May 1945 with Germany's surrender, three months later, in August, Japan officially surrendered after the U.S. dropped atomic bombs on the cities of Nagasaki and Hiroshima.

That same year, in 1945, Congress passed a legislation that allowed enlisted men with at least 20 years, but no more than 29, to be placed on a retirement list. The Soldier would remain in the reserve until completing 30 years of service, collecting two and a half percent of their average pay for the six months preceding the retirement.

After the war, the technical ratings first implemented in 1930s were officially dropped, placing more emphasis on Army wide standards for NCO selection and training.

The NCO Corps began to make more changes to their professional development program with the Career Guidance Plan and NCO Schools, though in the midst of change, the NCO Corps found itself fighting communist breakout with the start of the Korean and Vietnam Wars. 

HOLIDAY DECORATIONS

- Never hang Christmas decorations or lights from any sprinkler head as this may interfere with the proper activation during an emergency.

- Only a select few areas can have live Christmas trees. These locations are 24/7 manned public assembly locations that hold 50 or more people and Base Chapels.

- Electrical decorations and Christmas lights need to be 220 volt, CE rated and listed. Do not use 110 Christmas tree lights or strands. The use of transformers for 110 electrical decorations is prohibited.

-If you use Christmas tree lights, please ensure that they are properly rated for indoor use. Lights are either rated for indoor or outdoor use, not both.

- Carefully inspect each electrical decoration before plugging it in. Cracked sockets, frayed, bare or loose wires can cause a serious electric shock or start a fire. Replace damaged items with new CE-listed electrical decorations.

-Extension cord use is approved during the holiday season only. Extension cords must be the 240- three-prong type, a minimum of 1.00 mm2 wire size and CE tested. Extension cords used for holiday purposes must be identified as heavy duty or extra hard usage.

- Promptly remove Christmas decorations and lights after the holidays, to include extension cords.

- Candles of any type are not authorized, with the exception of approved religious services sponsored by the Base Chapel.

Just One Question ...

What was your favorite holiday gift and why?



“For my 30th birthday, I got a sky diving certificate for myself. It was different and new.”

Capt. Ayanna Harrison
USARCENT G1
Atlanta, Ga.



“Just being able to have my daughters together with family. Since I am in the military, exposing my daughters to family is a big deal.”

Tech. Sgt. Francisca Avila
CENTCOM DDOC
Wichita, Kan.



“I got a Nintendo DS given to me by my wife; that was the best gift.”

Maj. Eric Givens
U.S. Army Reserve Command
Detroit, Mich.

Why I Serve:

Capt. Eleazar Maxwell
Liaison; 45th Fires Brigade



The Cleveland, Ohio native explains why he chose to join the military.

“I felt like I needed to give back to my country so I looked at my options and decided to join the military.”



I got a Merry Christmas from my younger sisters. I haven't talked to them for a while so it was a good thing.

Seaman Michael Durham
Commander Taskforce Group
Los Angeles, Calif.



“I got an afghan from my grandmother. It was the best because she made it herself and she died two years later.”

Chief Warrant Officer Tracy Park
U.S. ARCENT HR Tech
Algonquin, Ill.

What's happening around USARCENT

Black & White Ball

Guests to the Black & White Ball make a toast to the evening's events. The ball was held by Soldiers of the 311th Expeditionary Sustainment Command on Camp Arifjan, Kuwait, Dec. 12, as a way for servicemembers and civilians to build camaraderie and have fun.



Photo by Spc. Elyseah Woodard-Hinton

Christmas Party

U.S. Army Central G-1 forward, sings for their supper during the U.S. ARCENT holiday part at Camp Arifjan, Kuwait, Dec. 20.



Photo by Pfc. Alicia Torbush

Open For Business!

From left, Paul A. McKay, community services department manager, Command Sgt. Maj. John Fourhman, Commanding General, Lt. Gen Jim Lovelace, U.S. Army Central and Col. Christopher Hoffman, commander, Area Support Group-Kuwait cut the ribbon at the grand opening of the new gym in Zone 1 on Camp Arifjan, Kuwait, Dec. 19.



Photo by Pfc. Alicia Torbush