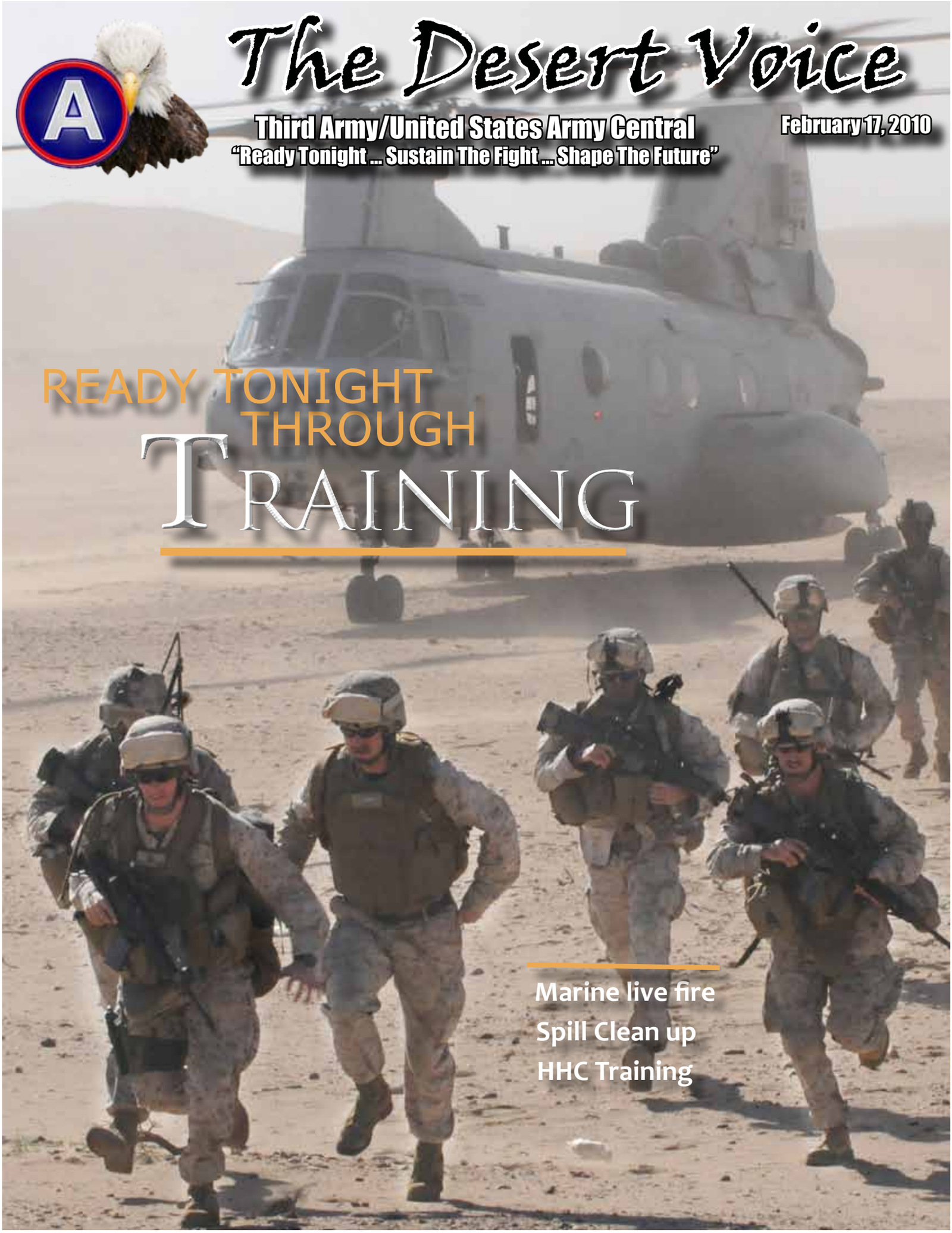
The Desert Voice

Third Army/United States Army Central
"Ready Tonight ... Sustain The Fight ... Shape The Future"
February 17, 2010



READY TONIGHT THROUGH TRAINING

Marine live fire
Spill Clean up
HHC Training

DV

Table of Contents

Marine Retrograde	4
Soldiers train Iraqis	5
Oil spill training	6
Airmen prove capable	7
Food service training	8
Third Army/H1N1	9
Marine live fire	10
Arifjan Idol	12
Drawdown/buildup	14

Marines from the 11th Marine Expeditionary Unit leave a CH-47 Sea Knight as they prepare to engage a command and control cell at Udari Range, Kuwait, Jan. 23. From the moment the helicopters landed, the Marines hit the ground running, clearing the command and control cell and leaving the area in under an hour.

Contact us

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

Lt. Gen. William G. Webster
Third Army Commanding General

COMMANDING GENERAL
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February 1, 2010

Team,

The EO climate report for the First Quarter of FY 2010 shows a significant decrease in Equal Opportunity and Prevention of Sexual Harassment program violations. Although a significant decrease is encouraging, these are *zero tolerance* areas for our Command.

We attribute our success to leader involvement and awareness that we are an organization focused on the MISSION, taking care of our SOLDIERS and their FAMILIES, and emphasizing TEAMWORK.

Everyone on this Team has an important role in what we do, and everyone deserves respect. Continue to maintain your focus and your priorities, and do not forget to continue the education, training, and awareness that have made our EO/POSH programs so successful this year.

Patton's Own!

William G. Webster
Lieutenant General, United States Army
Commanding

DV
The Desert Voice

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CLS Soldiers learn to save lives on battlefield

Story and photos by
Sgt. Daniel Lucas
203rd Public Affairs Detachment

Spc. Mark Black, CLS instructor demonstrates how to apply a pressure dressing to the arm of Spc. Nathan Etsitty, 1404th Transportation Company, while Spc. Djamoliddin Saliyev, Headquarters and Headquarters Company, Third Army, watches during a CLS course held at Camp Arifjan, Kuwait, Jan. 25-28.

Continuing with Third Army's mission to sustain the fight and keep warfighters at the peak of combat efficiency, a Combat Lifesaver course is offered every other week to all servicemembers at Camp Arifjan, Kuwait.

A CLS is a non-medic servicemember with moderate emergency medical training to provide first aid at the point of injury.

The course teaches students to deal with injuries a warfighter might sustain on the battlefield including blast injuries, amputation, severe bleeding, penetrating chest injuries, simple airway management and evacuation techniques.

The CLS doctrine was developed as an effort to increase survivability in combat environments, bridging the gap between buddy aid and a trained medic. The program is not meant to replace medics, but to provide immediate aid to a potentially life-threatening condition.

Staff Sgt. Matthew S. Stephens, CLS instructor, 355th Med. Co. demonstrates the proper method of applying combat gauze into a wound during the CLS course held at Camp Arifjan, Kuwait Jan. 25-28.

"CLS is a 'peeve' of mine since I lost a buddy in Afghanistan running convoys," said Staff Sgt. Ed Lewis, CLS instructor, 355th Medical Company. "If those Soldiers with him had taken the combat lifesaver course, he could be alive teaching here today."

The combat lifesaver is trained to provide immediate care that can save a casualty's life, such as stopping severe bleeding and performing needle chest decompression for a casualty with tension pnemothorax. Tension pnemothorax happens when air enters the chest cavity through a wound, collapsing the lung and causing suffocation to the casualty.

As the Army improves its equipment and updates its tactics, the training must also change. One of the most recent changes is the removal of the intravenous needle portion of the class.

"There used to be a big focus on the IV," said Lewis. "Soldiers would get blinders to everything else going on when they saw the casualty and worry about the IV first instead of the bleeding or other possible injuries."

Under the instruction of experienced medics with military and civilian experience, warfighters learned how to apply dressings, tourniquets, covers for a sucking chest wound and the use of a 14 gauge needle for a needle chest decompression during the four-day course. servicemembers also learned tips and tricks acquired through combat experience to make better use of the skills the instructors taught.

"You won't learn this in any book," said Staff Sgt. Matthew S. Stephens, CLS instructor, 355th Med. Co., as he taught warfighters to apply direct pressure to different parts of the body to help stop bleeding.

After the completion of the course, the instructors reviewed each mistake made to ensure every student knew the correct methods and procedures needed to treat a casualty.

"This course could save your buddy's life," Stephens added.

Marines relocate to help in retrograde mission

Unit supports Third Army operations

Story and Photos by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment

Lance Cpl. Chris Sparks, armor specialist, Combat Logistics Battalion 46, a native of Troy, Texas, repairs an M1A1 Abrams Tank at the Forward In Storage Lot at Camp Arifjan, Kuwait Feb. 8. This Marine mission, supported by Third Army, was initially deployed to Iraq, but the drawdown has the battalion retrograding equipment in Kuwait for the buildup of other operations.

Marines of Combat Logistics Battalion 46, a reserve battalion of warriors from all over the U.S, arrived at Camp Arifjan, Kuwait Nov. 30, after four months in Iraq.

Now serving alongside Third Army, their mission is to retrograde equipment returning from the drawdown in Iraq and get it to warfighters in other areas in theater.

After being part of the drawdown that redeployed all Marine Units serving in Iraq, CLB 46 has experience in planning, prepping and loading Air Force aircraft and inspecting and conducting maintenance on Operation Enduring Freedom bound gear.

The unit also provides supply support to the Marine Corps Logistics Command Forward which is also stationed in Kuwait.

"The original impression for those who volunteered for this detachment was they would be going to Afghanistan after their time in Iraq, but Kuwait is where they ended up," said Capt. Robert Stevenson, detachment officer in charge, MCLC (Fwd).

Lance Cpl. Edward Jennings, motor transport operator, Combat Logistics Battalion 46, picks through boxes looking for usable Fire Suppression Kits to send to Afghanistan at the Forward In Storage Lot, Camp Arifjan, Kuwait. The drawdown in Iraq brought the unit to Kuwait to help retrograde equipment for other areas in theater.

The unit performs many facets of a logistical combat element allowing for a self-supporting structure.

"When you look at the big picture, we play an important role in what is going on in Afghanistan as we get this equipment to our Marine brothers and sisters there," said Lance Cpl. Chris Sparks, CLB 46. "I try to keep that in mind everyday as I repair equipment here in Kuwait for the war effort elsewhere."

The long ride that has tested the Marines abilities through various missions and different locations will soon come to a close as they prepare to return to the U.S. in the coming months. With that comes a feeling of pride and reflection on the missions and accomplishments the unit has completed.

"These Marines are truly some of the finest men and women the Corps has to offer," said Stevenson. "Their efforts have directly affected Marine Corps Logistics Command's ability to expediently move serviceable gear to Afghanistan."

U.S. Soldiers

teach ISF advanced marksmanship skills

Story and photos by
Staff Sgt. Jeff Hansen
366th Public Affairs Detachment

Members of the Iraqi Army and Federal Police got hands-on rifle training from the best in the business at Contingency Operating Station Cashe South during a six-day advanced marksmanship training course.

Soldiers assigned to Troop C, 2nd Brigade Combat Team, 10th Mountain Division, assisted the Iraqi Security Forces with marksmanship skills above and beyond what they were taught in basic training.

"All of the U.S. instructors are graduates of advanced marksmanship courses, so they were a logical choice to teach advanced marksmanship skills to the ISF," said Staff Sgt. Jeffrey Grant, a section sergeant with Troop C.

Command elements from both U.S. and Iraqi forces said they thought this training would be a great way to train the ISF during the transition.

"We started off with the very basic fundamentals of marksmanship, then moved into the advanced stages," said Grant, a native of Springfield, Mo.

Spc. Jordan Ferrell, C Troop, 1st Squadron, 89th Cavalry Regiment, 2nd Brigade Combat Team, 10th Mountain Division calls out sight adjustments for an Iraqi Federal policeman as other Soldiers assist officers Jan. 11. Ferrell and his comrades taught Iraqi Security Forces advanced marksmanship skills at Contingency Operating Station Cashe South, during a six-day class.

The Iraqi Soldiers and policemen taking part in the course were assigned long-range rifles, which have a total effective firing distance of 700 meters.

"These guys haven't had a lot of marksmanship training, they're just beginning," said Grant. "But we've seen a huge improvement [in their shooting] with each day."

According to Policeman Jamal Abdul Gunnei, an intelligence specialist assigned to 3rd Battalion, 3rd Brigade, 1st Iraqi Federal Police, the federal police officers were excited to work with U.S. Soldiers.

"This training is excellent," said Gunnei. "The Americans have been great at training us."

Gunnei is considered by his U.S. advisors to be the best shooter in the course, and his eagerness to learn and help his comrades caught the attention of his chain of command.

The students received a visit Jan. 12 from members of 3rd Federal Police Brigade and 9th Iraqi Army Division, who commended them on their efforts and thanked the instructors for their hard work and dedication.

"I think it's great their leaders care enough about what [the Soldiers] are doing to take time out of their day to come all the way out here to check on them," said Grant.

Handshakes and photos were only part of the visit. When the visitors noticed that their Soldiers needed more ammunition, members of the 9th Iraqi Army Division operations office brought out more rounds for them to work with.

The Soldiers of Troop C feel they are making a real difference in the skills the Iraqis are learning. As only the first iteration of U.S. Soldiers teaching ISF advanced marksmanship skills, Grant and his team anticipate continued participation and future successes.

Hazardous Spill recovery

Port responders train for worst-case scenario

Story and photos by
Master Sgt. David Largent
115th Fires Brigade

An Oil Spill Response Exercise was conducted at Camp Patriot, Kuwait, Jan. 14, to ensure military personnel and civilian responders could quickly contain and clean up an oil-spill in the event of an emergency.

Servicemembers from several branches of the U.S. military took part in the event as well as contractors from Combat Support Associates, the Environmental Department, several Kuwaitis and members of the Camp Patriot Fire Department. The training was extremely beneficial to many of the participants who had never taken part in an oil spill exercise.

The gathering of responders involved in a spill situation provided the opportunity to determine what responsibilities would be handled by which department, and how to communicate to ensure success.

"The goal is to have the ability to respond in Kuwait as we would anywhere back in the U.S.," said Kirk E. Davis, environmental department manager from CSA.

To begin the exercise, the simulated spill was reported to the Joint Operations Center, manned by Soldiers from 1-147th Field Artillery, who spread the word to the other organizations involved. Each quickly responded to the call and did their part to contain the spill.

Petty Officer 1st Class Carl M. Sette, machinery technician, Port Security Unit 312, operates the hydraulic control for the oil containment boom during a training exercise Dec. 14. He is a 13 year member of the Coast Guard Reserves and on his first deployment.

A 25-foot Transportable Port Security Boat manned by Coast Guardsmen from PSU 301 who will soon redeploy back to the U.S. and some of their replacements from PSU 312 guide the boom into place, which would keep the oil spill from spreading until it can be removed.

"Our intent was to provide personnel and equipment to contain a spill of up to 1,000 gallons within the harbor and notify CSA spill response for the cleanup," said Chief Warrant Officer 4 Brett K. Anderson, environmental officer for Camp Patriot Command Cell, 1-147th. "The first response is to contain the spill, and then the contractors come in to do the cleanup."

The fire department was first on the scene and ensured the area was safe for other workers while checking for injured personnel. The Quick Reaction Force from the 1-147th secured access to the pier.

The harbor master ensured radio communications functioned properly as a Coast Guard team delivered a trailer with the oil containment boom and prepared to guide the boom into the water.

The exercise allowed all the participants to get their hands on equipment for the first time and learn how it operates, test communications and provided an opportunity for everyone to meet fellow responders they will be working with should a spill ever occur.

B-1B Lancer, Airmen prove capable on deployment

Story by
Tech. Sgt. Oshawn Jefferson
U.S. Air Forces Central Combat Camera Team

Airmen from the 37th Expeditionary Bomb Squadron validated their capabilities and those of the B-1B Lancer during a deployment that concluded Jan. 27.

The Airmen generated 556 sorties, flew more than 6,980 hours and dropped more than 240 munitions for more than 550 missions during their deployment to Southwest Asia.

"We are very proud of what we have been able to accomplish during this deployment," said Lt. Col. Steven Biggs, 37th EBS commander. "The achievements of our Airmen during this rotation reflect the rich heritage of the B-1B."

"We were able to show why the B-1B and the Airmen who support the aircraft have been valuable assets to the Air Force for more than 25 years," said Lt. Col. John Martin, 37th EBS B-1B instructor weapons system officer and director of operations.

The squadron made a difference during the attack on Combat Outpost Keating in October 2009, when hundreds of insurgents armed with assault rifles and rocket-propelled grenades attacked Soldiers there.

After more than 10 hours of bombing and strafing from a B-1B Lancer and F-15E Strike Eagles, nearly 100 militants were killed by the combined response that included Afghan soldiers, U.S. air and ground units.

"There is no doubt that without the incredible air support we received, it would have been a much worse day," said Lt. Col. Robert Brown, 3-61 Cavalry commander, 4th Infantry Division. "The ability to keep a steady flow of aircraft and ordnance on the enemy turned what could have been a terrible defeat into a hard fought victory."

"It's great to be a part of a mission like that," said Martin. "To be able to help defeat the enemy after they attack us is something our Airmen will always remember."

While the accomplishments in the air have been numerous for these bomber aircrews, none of it would be possible without the 37th Aircraft Maintenance Unit on the ground.

"Each of our Airmen has put about 72-man hours a week into making sure our aircraft are ready to do the mission," said Capt. Chris Reese, officer in charge 37th AMU. "We turned over 100 percent of our aircraft ready to fly. We are very proud of our team."

The sun casts a silhouette of a B-1B Lancer assigned to the 37th EBS Jan. 23, 2010, at an air base in Southwest Asia. Airmen of the 37th Expeditionary Bomb Squadron used the plane to fly more than 6,980 hours and dropped more than 240 munitions for more than 550 missions throughout the course of a recent deployment to Southeast Asia.(Photo by Air Force Staff Sgt. Manuel J. Martinez)

Soldiers with Third Army's Headquarters of Headquarters Company prep food while conducting training with a Mobile Kitchen Trailer at Camp Arifjan, Kuwait Feb. 2. Food service specialists with Third Army use mobile container kitchens to prepare troop's meals in a field environment. Third Army promotes ongoing training while deployed to keep Soldier's skills current so they can sustain the fight when called to duty.

Third Army HHC Soldiers prove themselves "Ready Tonight"

Story and photos by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment

One of Third Army's slogans is "Ready Tonight". This relates to "Patton's Own" being trained and ready to get the job done at a moment's notice, whenever and wherever mission dictates.

Food specialists with Third Army's Headquarters of Headquarters Company put that slogan to the test Feb. 2. They conducted a drill where they set up a Mobile Kitchen Trailer outside their offices at Camp Arifjan, Kuwait.

The drill, designed to test the unit's capabilities, consisted of cleaning the kitchen from top to bottom to make sure it was safe from unwanted germs and odors, preparing the foods so they are fully cooked and setting up a safe eating area for Soldiers to dine.

"We need to be ready to go anywhere at any time and be able to do our jobs," said Staff Sgt. Christian Weatherly, food specialist noncommissioned officer in charge, Third Army HHC. "We have a highly motivated staff that's always eager to train in a field environment."

After setting up the kitchen, the eight Soldiers taking part in the drill began cooking cakes, meats and vegetables, while prepping the kitchen for a large number of servicemembers.

Many of the Soldiers who set up the kitchen were fresh out of their Army Advanced Individual Training, and today was a day for them to gain experience in the field.

"This was a refresher course for us to get reacquainted with what we learned in food service school," said Spc. Tiffinay Echols, food service specialist, Third Army HHC. "This allows us to get used to the equipment and use it efficiently, because you never know when you might be needed on the battlefield."

After the drill was completed, the Soldiers relaxed and ate the foods they prepared. With the training mission fulfilled and the "ready tonight" standard met, it was time to pick things up and put the kitchen away until the next time it's needed.

Third Army shares H1N1 Info with Uzbekistan Military

Story by Sgt. Beth Lake
Third Army Public Affairs Office

Third Army's most recent theatre security cooperation event addressed an important issue in the global community, the Novel Influenze A.

The exchange was organized after Lt. Gen. William G. Webster, Third Army commanding general, met with the Uzbekistan Ministry of Defense in the fall of 2009.

During the meeting, it was determined that there was a need to exchange information between the two countries on the H1N1 pandemic. Webster directed Third Army to organize the event and his Soldiers took the task on.

Using lessons learned from its own experience with the virus, Third Army held the three-day exchange with the Uzbekistan Ministry of Health and Ministry of Defense in early January.

"This exchange expanded a current relationship with the Uzbekistan Ministry of Defense and established a new relationship with the Ministry of Health," Maj. Bryan K. Cecrle, Third Army Uzbekistan Country Desk Officer said.

Lt. Col. Sheryl K. Kennedy, Third Army Surgeon's Office Force Protection Officer, explained how Third Army learned from its experiences in Kuwait to shape future operations.

"Our intent of the exchange was to share information about the management of the H1N1 in the military populations, looking specifically at how Third Army dealt with the H1N1 pandemic in Kuwait," Kennedy said.

Third Army addressed the H1N1 shortly after it was first recognized in April 2009, in Mexico, Kennedy said. H1N1 quickly spread throughout the world and Third Army's first reported case in Kuwait was in May of that year.

In early April 2009, Third Army organized a team of experts to develop response plans, establish isolation facilities, implement screening and testing procedures, institute active preventative medicine measures and educate commanders, servicemembers and civilians, Kennedy explained.

Col. Rakhimov A.F., Head of Medical Section, Uzbekistan, Ministry of Defense, talks with Lt. Col. Sheryl K. Kennedy, Third Army Surgeon's Office Force Protection Officer, about the H1N1 virus during a recent information exchange in Tashkent, Uzbekistan. (Photo by Maj. Brian K. Cecrle, Third Army Uzbekistan Country Desk Officer)

"We were very open about the experiences we faced in dealing with H1N1 in Kuwait," Kennedy said. "Our openness on this subject was very well received by the Uzbekistan personnel in attendance."

In addition to Third Army's presentations, Hakimov B.H., Department Chief in the Sanitary-Epidemiological Center of the Ministry of Defense of the Republic of Uzbekistan, briefed the group on the ongoing work Uzbekistan is doing to prevent influenza.

Hakimov showed how Uzbekistan conducts enhanced medical screening for personnel of military units, military institutions, and Families of Soldiers and civilians, in order to detect and isolate anyone suspected of being ill.

Though Uzbekistan has no reported cases of H1N1, Hakmov described the plans that are in place for the emergency deployment of additional isolation facilities if they are necessary, in order to prevent an outbreak.

At the event's end, participants conducted an after-action review, and plans were made for an upcoming medical conference in March. In addition to addressing H1N1, the exchange played an important role in fostering relationships and increasing interoperability between the Third Army and Uzbekistan.

"H1N1 is an area where all countries are affected - either directly or indirectly," Cecrle said. "If our sharing information helps prevent the spread or introduction of H1N1 in either country, then this type of exchange is well worth the effort."

Marines

Live fire at the Udari Range

A Marine from the 11th Marine Expeditionary Unit fires a smoke grenade from a M203 Grenade Launcher to signal the helicopters where to pick up the assault squad at the completion of their phase of their final exercise at Udari Range, Kuwait, Jan. 23. Udari provides a unique opportunity for many units training in Third Army's area of responsibility, allowing battalion sized live-fire scenarios for all warfighters to train with the maximum amount of realism in a controlled and safe environment.

Story and photos by
Sgt. Daniel Lucas
203rd Public Affairs Detachment

The sounds of combat echoed off the dunes as the 11th Marine Expeditionary Unit conducted one of their final exercises as part of their Kuwait sustainment training at the Udari Range, Kuwait, Jan. 22 through Jan. 24.

"What you will see is a live-fire raid profile with Marine CH-46 [Chinook helicopters] and [UH-60] Blackhawk helicopters from the Army 169th Squad," said Marine Col. Andrew Wilcox, battalion commander, Battalion Landing Team, 2nd Battalion, 4th Marines, 11th MEU. "There will be a live fire attack onto the objective, support by fire, and then extract all in around 45 minutes."

There weren't any blank adaptors or simulations as the 11th MEU conducted a battalion sized assault, including armor, air and infantry support, in this live fire scenario.

"The control measures need to be as real as possible to give the workout these Marines deserve," said Marine Capt. Ryan Cohen, battalion assistant operations officer, Battalion Landing Team, 11th MEU. "We made the scenario as real as possible to try to show the operational challenges these Marines might face in the future."

Those challenges were first seen as the landing of CH-46 Sea Knight and UH-60 Blackhawk helicopters threw up deep, thick clouds of sand, swallowing the landing Marines as they started their assault of the command and control cell and mortar positions.

As the helicopters left their lethal cargo, an AH-1W Cobra attack helicopter swept the area firing small rockets providing close ground support for the attacking Marines.

The rough terrain and hot weather gave the Marines a chance

A CH-47 Sea Knight carrying Marines of the 11th Marine Expeditionary Unit prepares to land during an exercise to engage a command and control cell at Udari Range, Kuwait, Jan. 23. From the moment the helicopters landed, the Marines hit the ground running, clearing the command and control cell and leaving the area in under an hour. Udari range provides a unique opportunity for many units training in Third Army's area of responsibility, allowing battalion sized live-fire scenarios for all warfighters to train with the maximum amount of realism in a controlled and safe environment.

(Top) A Marine from the 11th Marine Expeditionary Unit runs through the dunes of the Udari range while engaging targets during a battalion sized assault on a command and control cell training exercise, Jan. 23. (Below) Marines take cover while engaging targets at the Udari range.

to experience some of the same type of climates and cultures that are common in Operation Iraqi Freedom and Operation Enduring Freedom areas of responsibility.

"[Third Army] is unique in that their area is honed around [OIF and OEF]," said Marine 1st Lt. Richard O'Neil, part of the forward element, 11th MEU. "This training area also allows us to train from a fire team all the way up to a battalion level."

The 60 Marines were but a fraction of the exercise; their goal to secure the way for the rest of the ground forces. The thunder of exploding munitions and the report and feel of machine guns "talking" were only drowned out by the coordinated orders as the Marines pressed towards their objective.

Once secure, engineers ran forward and placed demolition charges on the mortar tubes. Seconds later, there was only rubble to mark where the tubes had stood.

"Our [Combat] skill set atrophies when we are on ships," said O'Neil. "As a result of various exercises throughout our deployment, we sharpen our skills to remain at peak of combat effectiveness."

Within an hour of landing, the enemy was destroyed and the valuable maps and other intelligence had been gathered from what remained of the base. The Marines called for the helicopters and were taken back to Camp Beuhring.

"Kuwait offers a spectacular opportunity to conduct live fire training," said Wilcox. "This is the only place we can do it."

A Marine with the 11th Marine Expeditionary Unit fires a Shoulder-Launched Multipurpose Assault Weapon at Udari Range, Kuwait, during an assault on a command and control cell during their final exercise, Jan. 23. Udari provides a unique opportunity for many units training in Third Army's area of responsibility by allowing battalion sized live-fire scenarios for all warfighters to train with the maximum amount of realism in a controlled and safe environment.

Arifjan Idol

Servicemembers and civilians compete for prizes

Story by
Spc. Jason Adolphson
1st TSC Public Affairs Office

Hundreds of Servicemembers and civilians serving Third Army's mission gathered at the Zone 1, Morale, Welfare and Recreation Center at Camp Arifjan, Kuwait, Feb. 1, to watch and compete in the camp's version of the popular televised singing contest.

Arifjan Idol singers competed for an eight-gigabyte MP3 player and the right to claim the title as the fourth Arifjan Idol winner.

The bar was set high early when the crowd was swept away by 10-year-old guest singer Bradley Hao's rendition of Whitney Houston's "I Have Nothing."

"There were four or five of us who just wanted to quit right there," said first-place winner Senior Airmen Angel White, 586th Expeditionary Logistics Readiness Squadron. "He wasn't competing, but that's just what comes to mind when you hear a voice like that."

The young boy's performance raised the bar for performers in the second round of the competition.

"Some of the singers came up to me and said they were changing their next songs after being inspired by his performance," said Rhea Sharver, MWR supervisor.

Competitors transitioned from singing such famous songs as "Lean on me" and "How far is Heaven" to "Strokin" and "Let's get it on."

Spectator Spc. Alicia Hall, 310th Human Resources Sustainment Center, was surprised the event turned out so "full and lively."

Senior Airman Angel White, 586th expeditionary logistics readiness squadron, is overcome with joy after judges at the Arifjan Idol competition announce she is the first place winner of the Arifjan Idol Competition, Feb. 1. (Photo by Spc. David Becker, 1st Battalion, 43rd Air Defense Artillery)

"I didn't know this many people were going to be here," said Hall during the contest. "The crowd pumps you up, and it pumps the singers up."

The final round of the competition came down to 14 contestants singing their hearts out, but in the end, the contest boiled down to three winners.

"The biggest factor of the night was that all contestants were positive and supportive of one another," said Sharver.

"I was surprised to win because there were so many great singers," said White, who happily claimed her MP3 player trophy. "I lost mine last week and now I don't have to buy a new one!"

The singing event marked one of many at Camp Arifjan, with more to come thanks to MWR employees who are dedicated to uplifting troop morale.

"Satisfaction of the customer tells you that you're doing the right thing," said Sharver. "The trick is knowing the trends and bringing them here."

Arifjan Idol DJ and side performer of the night Lt. Ralph Cahill, from the Navy Expeditionary Support Group, woos a group of audience members with his singing performance on the Zone 1 MWR stage Feb. 1.(Photo by Spc. Christine Welch, 1st TSC UPAR)

Around Third Army

Lt. Gen. William G. Webster, commanding general, Third Army, addresses Third Army senior leaders at an Assault Command Post (ACP) training exercise at Camp Arifjan, Kuwait, Feb. 6. An ACP performs critical corps command functions in tactical operations for special purposes (entry, deployment, retrograde operations). The ACP exercise was designed to test Third Army's readiness to deploy within 96 hours. *(Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)*

Lt. Gen. William G. Webster, commanding general,Third Army, presides over the promotion ceremony for Brig. Gen. Phillip E. McGhee, Director of Resource Management, Third Army, to the rank of major general Feb. 8, 2010. McGhee and his wife of 35 years, Candy, have a son, Shawn, a major in the Air Force, daughter-in-law Stacey, and two granddaughters, Hailey nine, and Aidan eight. *(Photo by Cpl. Alex Godinez, Third Army Public Affairs)*

593rd Sustainment Brigade Commander Col. Cynthia Fox is interviewed by Willam Marx of the program Dan Rather Reports at Camp Arifjan, Kuwait, Feb. 11. The focus of the interview was the progress of the responsible drawdown of Iraq. Fox oversees the 593rd whose responsibility it is to haul all military equipment out of Iraq while still pushing convoys up into Iraq to support the current forces there.*(Photo by Spc. Joshua Sizemore, 593rd Sustainment Brigade)*

1185th DDSB supports buildup efforts at Port of Shuabia

Story and photos by
Sgt. David Nunn
203rd Public Affairs Detachment

Third Army's Sustain the Fight initiative aims at providing the finest logistical support for warfighters currently performing duties in different areas of operation. This mission requires servicemembers attached to Third Army to work demanding schedules in order to provide the transportation of critical equipment all over the world.

The Soldiers of the 1185th Deployment Distribution Support Battalion are supporting the responsible drawdown from Iraq and the buildup of other areas of theater everyday as they perform their duties at the Port of Shuabia, a Seaport of Debarkation located in Kuwait.

The battalion is tasked with managing port operations and aids Third Army in coordinating with many agencies and organizations to ensure the success of their mission.

"The 1185th's mission is unique because we not only run the port which includes all the aspects of uploading and downloading the cargo from these ships, but we also have four [Deployment Distribution Support Teams] independently positioned across Kuwait, Iraq and Afghanistan," said Maj. Eric Delellis, operations officer, 1185th DDSB. "This allows us to reach out to our customer directly, and help them in taking their cargo down in the most efficient and safe manner possible."

(Above, bottom left) An Army UH-60 Blackhawk helicopter is loaded into the cargo hold of a ship at Port of Shuabia, Kuwait, Jan. 24. The 1185th Deployment Distribution Support Battalion, along with civilian contractors and other military branches support Third Army's mission in the buildup of equipment in theater.

To complete this mission the Soldiers of the 1185th are required to work with multiple branches of the United States Military in addition to civilian contractors and local nationals on a daily basis.

"These Soldiers not only have to be experts at their military jobs, we also have to function as diplomats for the United States Army and Third Army, to help build better relationships to complete the mission," said Delellis. "This environment creates unique challenges for our Soldiers because of the need to build these working relationships."

The challenges faced by the Soldiers of the 1185th at the Port of Shuabia offers unique situations for every warrior on their team, often empowering the junior enlisted to take additional responsibilities to get the mission accomplished.

"My position here is teaching me a lot and giving me leadership opportunities when we need to make sure the mission gets completed," said Pfc. Brandon Akana, cargo specialist with the vessel team of the 1185th. "Sometimes it can get pretty hectic here, but we have developed a great relationship with each other. This mission makes me feel good, because the harder I work the faster equipment gets up to the Soldiers that need it for their missions."

"We are able to help Third Army by getting their equipment to the warfighter in the best manner possible to support future operations," said Delellis.

Safety

Fire Safety is Everyone's Responsibility

Story compiled by
Master Sgt. Angela Clemente
Third Army Safety Office

Here are some important fire safety tips to remember:

1. Practice good worksite housekeeping habits. Don't let trash and waste material accumulate. Empty trash cans regularly.
2. Don't store materials or allow clutter to accumulate around exits and stairways. Fire doors should be kept closed as directed. Fire exits should always remain free and accessible.
3. Be sure to follow operating guidelines to prevent overloading. A common cause of workplace fires is equipment, which becomes overheated.
4. Electrical malfunctions are also a major contributor to fires in the workplace. Electrical equipment should be checked regularly for signs of trouble such as damaged cords or worn insulation. Never overload circuits and remember that only qualified and authorized personnel should carry out electrical repairs and maintenance. However, everyone is responsible for being alert to the signs of electrical malfunction.
5. It's important to understand the fire hazards of the materials with which you work. They may be combustible, flammable, explosive or reactive. Carefully follow any instructions when you are using any materials which might pose hazards.
6. Be sure to observe any smoking restrictions. Smoke only in designated areas. Smoking in unauthorized areas could result in serious fires.
7. Make sure that monthly fire and electrical safety inspections are conducted monthly in your area by designated Fire wardens.

Know what to do in case of a fire. Make sure your safety training includes this information:

1. What is your responsibility in case of fire – to report the fire or evacuate the building?
2. Where is the fire alarm located?
3. Where are the fire extinguishers located? Do you know how to use them and on what kinds of fires?
4. Do you know how to use other fire emergency equipment, such as fire extinguishers and sprinklers?
5. What safety procedures should you carry out in case of a fire? Are you responsible for shutting down equipment or operations before you leave?
6. Do you know where you and your co-workers are supposed to meet for a head count after evacuating the building?
7. Do you have a designated fire warden in your area to address all of the above?

Everyone has a responsibility for preventing fires. It's up to you to report any unsafe situation and to correct it if you are qualified and authorized to do so.

The Desert Voice wants you!
-personality stories
-training
-sustaining the fight
Contact the Public Affairs office today!

Camp Arifjan Tax Center

The Camp Arifjan tax center opened for federal income tax return filing, Jan. 26, at 1400, and will remain open during business hours through April 16, 2010. All servicemembers and DA civilians are welcomed to walk-in, and retirees by appointment. The tax center will travel on Mondays to Camp Buehring, Camp Virginia and LSA.

What to bring:

-W-2s
-1099 (If applicable)
-Last years tax return (If possible)
-POA from spouse
(If married or filing jointly)

Hours of operation
Mon-Sat. 0900-1630

Chaplain's Corner

Story by
Lt. Col. James Watson
Deputy ARCENT FWD Chaplain

Her name was Debbie and she was my first true love. It was the fourth grade and Valentine's Day was my best shot.

I sorted through the kiddy Valentines until I found the one that actually said, "I love you!" I even added some chocolate; you know, "Go big or don't go at all!"

My heart pounded when I handed her those things, but Cupid scored a bull's eye!

She was my valentine until we transferred to the much larger junior high school in seventh grade, and she took one look at Tom, who was already 6'2" and destined to be an all-state basketball player. It took about five minutes for me to go from feeling like I was in control of things to feeling like "Mr. Loser" sitting in the reject pile. Absolute devastation.

Unfortunately, we know the trials and pain of love. Relationships get much more complicated as adults in the military with long and frequent deployments.

What goes wrong? We don't need the example of fallen politicians or sports figures to remind us of the stupid choices people make, the horrific and costly results in being less than "true" to your Valentine.
After a while, we can get hardened to our partner and lose sight of what is really important.

Although I've seen plenty of hurt in military relationships, I've seen far more couples weather the storms of military life just fine. What's the difference? Author and humorist Garrison Keillor said, "There is no such thing as a 'successful marriage.' There are marriages that give up and marriages that keep on trying. That is the only difference."

Upon returning home, chaplains and behavioral health folks offer lots of skills and workshops to military couples. The Prevention and Relationship Enhancement Program, used in the Strong Bonds program, has proven to be effective in improving relationships with over a half-million couples.

While deployed, the big challenge is to remember to connect our every day behavior to the values and morals of the kind of people we want to be, those you can depend on. Ultimately, being committed in love is something we can learn from God. He is the one who promises never to leave or forsake us and to give us the strength to love others the way He loves us.

In the spirit of faithfulness and in honor of my wife's East Tennessee origins, I leave you with a little bit of humor:

The Redneck Valentine

"Collards is green, my dog's name is Blue, I'm so lucky to have a sweet thang like you.
Your hair is like corn silk, a-flapping in the breeze.
Softer than Blue's and without all them fleas."

Author unknown

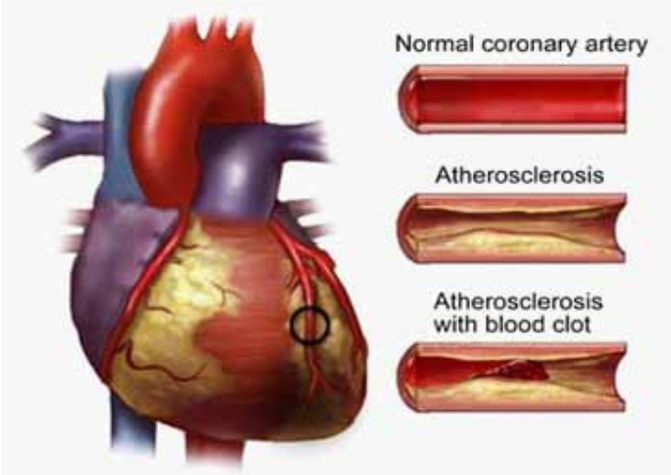
Health

Capt. Kate Schrumm R.D.
U.S. Army Central Surgeon's Office

February is American Heart Month. Heart disease is the leading cause of death and disability for men and women in America. Obviously we cannot choose our parents or change our age, but we can make healthier diet, exercise and lifestyle choices.

Though men have a higher risk of heart disease than women, heart disease is still the number one killer of women. Having a male relative who had a heart attack before the age of 55 or female relative with a heart attack before age 65 increases your risk. Having a family history of high cholesterol, hypertension, diabetes or high triglycerides can increase your risk. Heart disease occurs at higher rates among African Americans, Mexican Americans, American Indians, native Hawaiians and some Asian Americans.

Atherosclerosis is a main contributor to heart attacks and strokes. It is an inflammatory process caused by damage to the artery walls. Plaque accumulates due to smoking, obesity, hypertension, high cholesterol and other risk factors. Some hardening of arteries is a natural part of aging, but plaque deposits can start in childhood and progressively get worse in individuals with less healthy lifestyles. Hardened arteries and plaque buildup makes it is easier for blood clots to form cutting off oxygen to the heart (heart attack) or brain (stroke).



Cholesterol is a waxy substance that exists in our cells. Our body produces all of the cholesterol we need, so consuming cholesterol from animal products is unnecessary. Keep your intake to 300 mg per day. Choose more vegetarian foods when possible since they are cholesterol free. You blood cholesterol value should be less than 200 mg/dl. Genetic factors can increase your cholesterol, but you can lower it with diet and weight loss.

Low Density Lipoprotein is "bad" cholesterol that can contribute to plaque buildup. Ideally, your LDL should be less than 100 mg/dl. To lower your LDL, replace trans and saturated fats with mono and polyunsaturated fats in your diet. High Density Lipoproteins help remove cholesterol from your body by taking it from your arteries to your liver for excretion. A good HDL reading is over 40 mg/dl for men and 50 mg/dl for women. Having an HDL over 60 mg/dl may be protective against heart disease. HDL values can be increased with cardiovascular exercise. Triglycerides are a type of fat in your body. To lower your triglycerides, limit simple sugars like juices, soda and sweets, alcohol intake and choose healthy fats.

Individuals with diabetes have a 2-4 times greater risk of heart disease. High blood pressure is also a higher risk because there is more pressure on the walls of blood vessels. This causes the heart to work harder to distribute blood throughout the body. Hypertension causes thickening of the arterial walls which can worsen atherosclerosis. If you already have hypertension or diabetes, you need to control your blood pressure and blood sugar as much as possible and work hard to minimize other risk factors.

Just like the muscles in our legs and arms, our heart is a muscle that needs to be exercised. The bare minimum is 30 minutes of cardiovascular exercise on most days of the week. Aim for about 65-85 percent of your maximal heart rate. To determine your maximum heart rate in beats per minute, subtract your age from 220. Getting adequate exercise will also help prevent diabetes, high blood pressure, and many of the other risk factors listed above. Exercise can also help you lose weight.

To optimize your diet for heart health, focus on fruits and vegetables since they are highest in nutrition and lowest in calories. Get at least 5 servings per day if not 7-9 servings. Choose heart healthy fats (refer to the last issue's article) and keep fat intake to >30 percent total calories. Keep sodium intake to >2400 mg and cholesterol to 300 mg per day. Aim for 25-35 g of fiber per day. Consume alcohol only in moderation.

If you have a family history of heart disease or any of its risk factors, take control of the factors you can change. Modify your lifestyle to optimize your health. Even if you do not have a genetic risk, optimize your health and fitness now to protect you from this and other diseases.

News in Brief

10th Mountain Division HQ is Afghanistan-bound

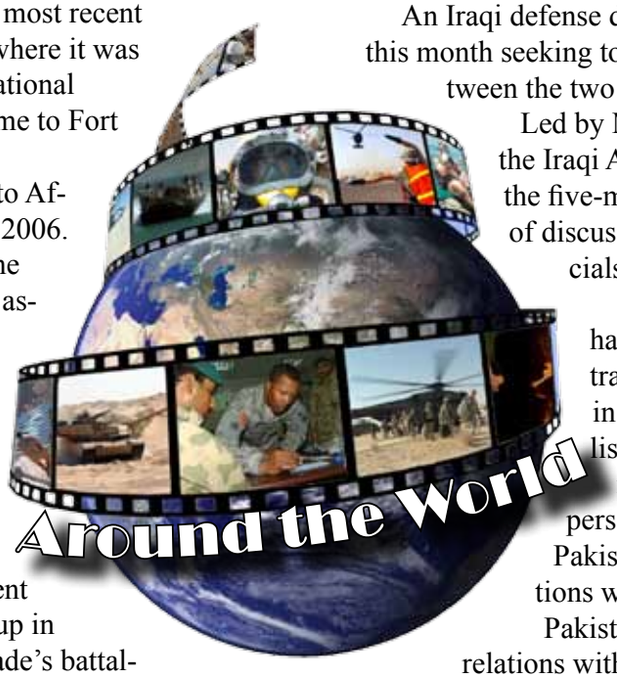
Army Times
By Michelle Tan

The 10th Mountain Division headquarters will deploy to Afghanistan this fall, officials confirmed earlier this month.

The division headquarters most recent ly deployed to Iraq in 2008, where it was the headquarters for Multi-National Division-South, returning home to Fort Drum, N.Y., in May 2009.

It also has been deployed to Afghanistan, in 2001, 2003 and 2006.

It's still unknown where the division headquarters will be assigned once it is deployed to Afghanistan, but it will join one of its brigade combat teams — 1st BCT — on the ground. The division's 1st BCT was the first major Army unit to receive deployment orders as part of President Obama's 30,000 troop build-up in Afghanistan. One of the brigade's battalions deployed in January, and the rest of the brigade is scheduled to be in country in March.



The deployment of the 10th Mountain headquarters follows Tuesday's announcement that about 3,200 Soldiers from 4th Brigade Combat Team, 101st Airborne Division, of Fort Campbell, Ky., will deploy to Afghanistan late this summer as part of the buildup there.

That announcement means that by late summer, almost the entire 101st Airborne Division — headquarters, four brigade combat teams and a combat aviation brigade — will be serving in Afghanistan.

The 4th BCT returned from its most recent deployment, also to Afghanistan, in March 2009.

In addition to 4th BCT, 101st Airborne, officials also announced Tuesday that about 900 Soldiers from several units will deploy to Afghanistan throughout the summer. This most recent announcement brings the number of troops who have received orders to deploy as part of the buildup to about 29,200.

Iraq Seeks More Defense Cooperation With Pakistan

Defense News
By Usman Ansari

An Iraqi defense delegation arrived in Pakistan earlier this month seeking to improve defense cooperation between the two countries.

Led by Maj. Gen. Abbas Mohammed Fizaa, the Iraqi Army's director of military training, the five-man delegation conducted a number of discussions with Pakistani defense officials.

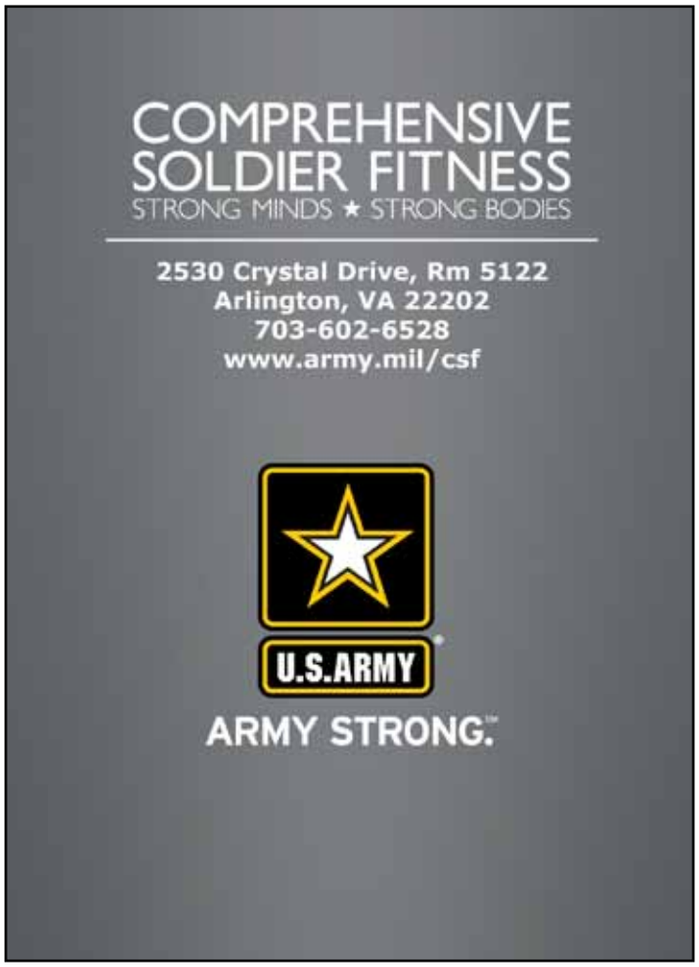
Pakistani officials are believed to have offered a wide-ranging military training program for Iraqi servicemen in Pakistani military training establishments. Such arrangements are already in place to train military personnel from a number of countries Pakistan has traditionally had close relations with, but not Iraq.

Pakistan, however, has very close defense relations with other Arab states in the Gulf region, and it will be keen to deepen its relationship with Iraq.

Though Pakistan is well-placed to provide military training, it will be eager to capitalize on the small number of defense deals that have already been made.

Pakistan has since 2005 supplied Iraq with a large number of small arms and ammunition, Talha tracked Armored Personnel Carriers (APCs) and Mohafiz internal-security vehicles. There has been no further large-scale military cooperation between the two countries since then, but the Iraqi Army has a current requirement for ammunition of different calibers and for mortars.

To date, such items have been the staple exports of the Pakistani defense industry, but Pakistan is keen to also export larger products and is hoping increased cooperation will lead to further orders from the Iraqis, such as for APCs and possibly tanks.



The Desert Vision

is on the Command Information Channel

Find out what's going on in all branches who serve Third Army by watching the Command Information Channel on your local broadcast station

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http://www.dvidshub.net.units/203PAD

and on the shared drive at
I:\ARCENT\CFLCC PAO Photos Movies\PAO Photo Library

Emergency Numbers

911 Emergency DSN – 911/112
From cell phone 2389-9911
Camp Arifjan
DSN 430-3160 / PMO 430-1343
Arifjan Cell 6682-2120
Camp Buerhing
DSN 438-3224 / PMO 438- 3325
Buerhing Cell 9720-5396
Camp Virginia Emergency DSN 832-9111
Camp Virginia DSN 832-2559
Virginia Cell 6705-9470
LSA DSN 442-0189
LSA Cell 6682-2467
K-Crossing DSN 823-1327
K-Crossing Cell 682-0095
KCIA/APOD Cell 6706-0165
SPOD DSN 825-1314
SPOD Cell 9720-5982
KNB DSN 839-1334
KNB Cell 6691-4967

Officer Spotlight

Maj. Andrew Bishop

Senior Human Resources Officer National Guard Affairs

"Don't confuse effort with effectiveness. You might work hard, but if you don't accomplish anything, you aren't working the right way."

Maj. Bishop was commissioned in 1995 as an Artillery officer in the United States Marines. As a Marine, he spent 7 years on active duty and 4 years in the reserves before moving over to the National Guard Bureau in Arlington, Va. in 2007. Bishop and his wife, Tova, have been married 14 years and have two children together, a daughter, Molly, who is 11, and a son, Rowan, age 8. Bishop's hobbies include brewing his own beer and working out on using the CrossFit exercise system. His long-term goal in the military is to become the G-1 for the National Guard Bureau.

Just One Question ...

If you were stranded on an island, what is one thing you wish you had with you?

"A knife, because I could use it for everything from getting food to making a hammock and opening coconuts. I would want to live my life there in comfort."

Maj. Ferenc Gayer
Special Projects for Chief of Staff
Columbus, Ohio

"A Swiss Army Knife, it has all the utilities to do what I need to do."

Lt. Col. John Garity
USARC G4 LNO
Metter, Ga.

"A cooler full of snacks so at least I have something to eat for a while."

Pfc. Nick Velasquez
Food Service Specialist

"A bible. It would give me strength to endure. The mind is a powerful thing."

Capt. Sonia Idleburg,
ARCENT G2 Executive Officer
Jackson, Miss.

"I would want a boat so I could leave."

Spc. Rashaad Jones
ARCENT G1, DTAS Clerk
Columbia, S.C.