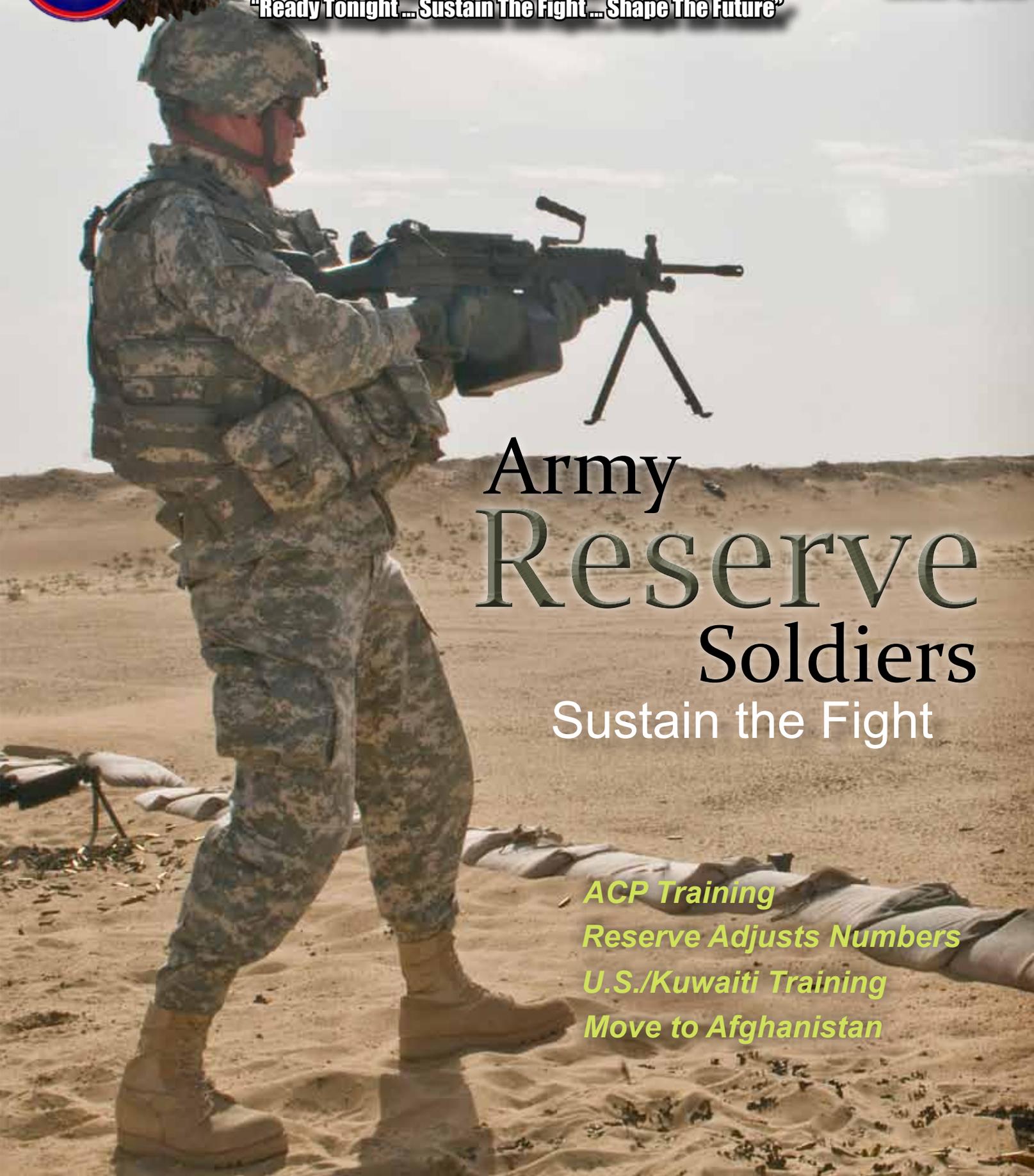




The Desert Voice

Third Army/United States Army Central
"Ready Tonight ... Sustain The Fight ... Shape The Future"

March 3, 2010



Army Reserve Soldiers Sustain the Fight

ACP Training

Reserve Adjusts Numbers

U.S./Kuwaiti Training

Move to Afghanistan

DV

Table of Contents

Naturalization	4
Reenlistment	5
Reserve numbers	6
Spin into shape	8
US/Kuwait training	10
Medical training	11
US/Kuwait B-ball	12
Move to Afghanistan	13



A Third Army Soldier fires an M-249 Machine Gun at the Udari Range during a two-week training exercise for Soldiers of the Assault Command Post. The ACP and its Soldiers are capable of deploying anywhere in Third Army's Area of Operation within 96 hours. (Photo by Spc. Monte Swift)

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

MEDICAL ALERT



DEPARTMENT OF THE ARMY
UNITED STATES ARMY CENTRAL
COALITION FORCES LAND COMPONENT COMMAND
APO AE 09306

ACEN-CG

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2010 Heat Injury Prevention

1. Because Spring in the ARCENT AOR is hotter than most summers elsewhere around the world, all USARCENT personnel must remain vigilant to prevent heat injuries. Heat injuries can be prevented through proper individual and unit training, hydration, work-rest cycles based upon the heat index, and forceful leadership coupled with supervision during high operational risk situations.
2. Heat injuries most often occur from activities related to unit and individual PT, physical fitness testing, training exercises, recreational exertion, and physical activities related to unit missions. Heat casualties represent a serious threat to medical readiness and fitness of our military personnel both in garrison and during a deployment.
3. Commanders, NCOs and civilian supervisors own the heat injury prevention program for their units and are responsible for ensuring proper hydration and work-rest cycles based upon sound risk management practices. Medical personnel play a key role in supporting these leaders in their efforts to protect USARCENT personnel. The primary reference for heat injury prevention is TB MED 507, *Heat Stress Control and Heat Casualty Management*. ARCENT has a published Heat Injury and Prevention Campaign Plan that is available to assist commanders in ensuring all personnel are trained and informed on prevention and management of heat casualties.
4. Be ready to deploy anytime; it is a specified task. If we remain focused on MISSION, SOLDIERS and TEAMWORK, we can do anything, anywhere, anytime.
5. My points of contact are the ARCENT Surgeon's Force Health Protection Officers at email: gregory.kimm@kuwait.swa.army.mil and gregory.ertel@kuwait.swa.army.mil; DSN 430-6513.

WILLIAM G. WEBSTER
Lieutenant General, USA
Commanding

MEDICAL ALERT

DV

The
Desert
Voice

Volume 31, Issue 19

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Reserve ACP Soldiers train at Udari Range

Third Army stays “Ready Tonight” for quick deployments in AOR

Story and photos by
Spc. Monte Swift
203rd Public Affairs Detachment

Third Army Reserve Soldiers of the Assault Command Post performed weapons training at the Udari Range Feb. 19, as part of a two-week exercise to ensure the ACP and its team are ready to deploy anywhere within Third Army’s area of responsibility within 96 hours.

The ACP is a mobile command post made up of a team of subject matter experts with backgrounds in operations, intelligence, logistics, medical, linguistic, legal and communications. As the team on the ground, they define problems and provide possible courses of action so the commander can make informed decisions and control the operation.

“The mission of the ACP is absolutely critical,” said Reserve Soldier Capt. Lisamaree Stephen,

Third Army. “We are the eyes on the ground. We report back to the commanding general and give him a complete picture of what’s going on.”

The two-week training focused on the ACP’s full spectrum of operations, from basic soldiering to reporting information to the command control element. The training makes the Soldiers more proficient in their jobs by giving them hands-on experience based on real-world situations. Members of the team cross train into different areas of ACP operations so in the event someone is gone, the team can fill the position and continue the mission.

“This is what Third Army needs,” said Third Army Reserve Soldier Lt. Col. Brian Cooke, operations officer for the ACP. “They need the Soldiers who are willing to go out, get dirty and be a part of this team. This is a very important task.”



Third Army Reserve Soldier Capt. Lisamaree Stephens, US ARCENT, prepares to fire a 50-caliber machine gun from a Humvee turret during an ACP training exercise at the Udari Range, Feb. 19. “The basic Soldier skills are critical,” said Stephens. “Above all else, we are Soldiers first. Without our basic Soldier skills, it would be almost impossible to complete the mission.”

Cooke, a Reserve Soldier since 1994, believes that he and other Reservists bring critical skills to the fight.

“Reserve Soldiers bring qualified personnel for jobs that the Army needs done,” said Cooke. “The Reservists in this group each have a background as a civilian that benefits what we are doing here today.”

The ACP and its Soldiers reflect Third Army’s mission to be ready tonight and sustain the fight in any situation as it focuses its attention on the Iraq drawdown and the buildup of war-fighting equipment in other areas of theater.

“Every single Soldier on a deployment helps fight terrorism,” said Spc. Jamoliddim Saliyev, formerly of Kajikistan and now a U.S. Army Reserve Soldier. “We are here to support our troops for our families and our countries.”



Third Army Reserve Soldier Lt. Col. Brian Cooke, operations officer, Assault Command Post, fires a 50-caliber machine gun at the Udari Range as part of a two-week ACP training event, Feb. 19. The training covered everything from ACP job specialties to basic Soldier skills which help to make the team deployable anywhere in the Third Army Area of Responsibility within 96 hours.

I *am* an American...

Third Army hosts Naturalization Ceremony for Servicemembers, spouses

Story and Photos by
Spc. Monte Swift
203rd Public Affairs Detachment

Patriotic music filled the Zone 1 Chapel, Feb. 10, as members of several units filed in to show their support and pride for 13 fellow Servicemembers and spouses as they raised their right hand to pledge the Oath of Citizenship to the U.S.

The newly sworn in citizens represented a wide range of nationalities coming from the Philippines, Dominican Republic, Mexico, American Samoa, Canada, China, Jamaica, Nicaragua, Panama and El Salvador.

With each hand raised came new traditions and culture, which add to the vast conflation the U.S. was founded upon.

The ceremony highlighted our countries vast cultural background with "The Faces of America," a video showing immigrants arriving at Ellis Island and how their contribution to the U.S. was a building block for where we are today.

A speech to the new citizens by Lt. Gen. William G. Webster, Third Army commanding general, told of a heroic act performed by a young Mexican immigrant during World War II, and the responsibilities of citizenship in the U.S.

"Just as Army Advanced Individual Training marks the completion of a Soldiers preparation for the Army, this day marks the completion of your preparation for a lifetime of service to the nation. It's not an end in itself, it's the beginning," said Webster. "Don't forget

Lt. Gen. William G. Webster, commanding general, Third Army, stands with Spc. Patricia Higareda, 719th Medical Detachment, Chicago. Higareda was one of 13 candidates naturalized in a ceremony at Camp Arifjan, Kuwait, Feb. 10.



the obligations that accompany the benefits. Participate in our government, register to vote, finish your education but realize that to be a good citizen you have to learn throughout your life," he said.

Spc. Jorge Hernandez, formerly of the Dominican Republic, now with the 1864th Transportation, Gun Truck Platoon, has been serving for five years, and has waited a long time to get his citizenship.

"It's an awesome feeling, it feels great to finally be a U.S. citizen," said Hernandez. "I joined the Army after 9-11 when I had a couple close family members die in the tragedy. I decided it was my time to step up and do something

about it."

Spc. Michael Pavon, 719th Medical Detachment, received his citizenship on his 25th birthday.

"This is definitely a deployment to remember," said Pavon, a resident of Chicago. "I am looking forward to many freedoms. I came from Nicaragua back in the 80s when there was a lot of civil war and everything was a lot more censored than here," said Pavon. "Now I can finally register to vote, finish my education and live my life."

The ceremony concluded with a patriotic video played to Lee Greenwood's "Proud to be an American."

"To our citizen candidates, I say congratulations to you on completing all the requirements for becoming a U.S. citizen," said Webster. "I challenge you to continue to earn your citizenship every day by remembering the virtue of selfless service that has brought you here," he said. 



Third Army hosts a naturalization ceremony at the Zone 1 Chapel, Camp Arifjan, Kuwait, Feb. 10, in which 13 U.S. Soldiers and spouses raised their hands to take the Oath of Allegiance to the U.S. The ceremony, one of several held annually by Third Army, naturalized candidates from 10 countries around the world.

Soldiers get rare opportunity

Story and photos by
Spc. Monte Swift
203rd Public Affairs Detachment

The U.S. Army is full of traditions. One of those traditions allows a reenlisting Soldier the opportunity to choose their reenlisting officer or location they would like the event to take place. Call it a “Thanks” for committing a few more years to Uncle Sam.

Some may choose to reenlist on top of an M1 Abrams Tank, in front of a meaningful memorial or by a respected officer.

For Staff Sgt. Duriel Randolph, Joint Interrogation and Debriefing Center, Iraq, the choice was clear; to be reenlisted by the one person who helped influence his military career, his mom.

Randolph made the trip from Iraq to Camp Arifjan, Kuwait, Feb. 15, to meet up with his mom, Maj. Denise Williams, liaison, Army Air Force Exchange, at the rare time their deployments allowed them



Staff Sgt. Duriel Randolph, Joint Interrogation and Debriefing Center, Iraq, is sworn in by his mom, Maj. Denise Williams, liaison, Army Air Force Exchange, in front of Area Support Group Kuwait, during Randolph's Reenlistment Ceremony, Feb. 15.

to be close enough for the event.

“This is the first time we have been this close at the same time, so I am going to take this opportunity,” said Randolph. “She has missed out on a lot of my military career. I am excited to have my mom reenlist me.”

Randolph admits that commands were a little leery about the idea of sending a Soldier to another country for reenlistment.

“Yes...about that,” said Randolph with a smile. “Once [my unit] got the details of how it would happen, they were ok with the idea.”

The original plan included Williams traveling to Iraq to meet Randolph for the event, but it was later determined that it would be safer for Randolph to make the trip south.

“I did everything short of calling a four-star general to get him here,” said Williams, a 31-year commissioned officer, with a laugh. “That was the next step.”

“It’s a pleasure and a privilege to be able to reenlist my son. It’s the first time we have had the chance to be this close even though he is in Iraq and I am in Kuwait,” Williams added.

“The plan was always



Third Army Soldier Maj. Denise Williams (left), liaison, Army Air Force Exchange, embraces her son, Staff Sgt. Duriel Randolph, Joint Interrogation and Debriefing Center, Iraq, following Randolph's Reenlistment Ceremony at Camp Arifjan, Kuwait, Feb. 15.

sort of there, but we never had the opportunity,” said Randolph. “Once I found out I was going to be in Iraq instead of Afghanistan, the opportunity was definitely there.”

Randolph and Williams, who are the only two military members in their family, know that their meeting is a rare occasion.

“This will probably be the last chance I will have to see her for a while, because I know if I redeploy I will be going to Afghanistan and she might go home,” said Randolph.

Still, for Williams, the chance to reenlist her son was a once in a lifetime opportunity that she was not about to pass up.

“It’s like any parent, I feel very proud to be able to be a part of a son or daughter’s reenlistment or promotion,” said Williams. “It’s always been a dream of mine, especially when he said he was enlisting into the military. Chances are this won’t happen again.” ^A

Army Reserve struggles to put Soldiers in right place

Chief wants specific recruiting, more NCOs, mid-level officers

Story by
Michelle Tan
Army Times

The Army Reserve has too many young, new Soldiers and not enough sergeants and staff sergeants; too many lieutenants and colonels, but not enough captains and majors. The Reserve is authorized 25-30 chaplain assistants, but it has 125.

In all, the Reserve has 207,000 Soldiers in its ranks — the most since 2004.

“But it’s not the right 207,000,” said Lt. Gen. Jack Stultz, chief of the Army Reserve. “It’s not the right rank, the right [military occupational specialty] or the right geographic location.”

“We’ve got to take that 207,000 and get them in the right place,” Stultz said.

“ We’ve got to get Soldiers in the right place, the right MOS and the right rank

—Lt. Gen. Jack Stultz, Chief of the Army Reserves

Getting the right mix, he said, is expected to take two or three years, and it follows one of the most dramatic and thorough transformations of the Army Reserve.

For the last three to four years, the Reserve has taken down what Stultz calls “legacy structure” and turned it into operational, deployable units. That included taking down some of the Reserve’s regional readiness commands and transforming them into deployable sustainment brigades. It also has created about 16,000 spaces in such high-demand MOSs as transportation, military police, civil affairs and



Army Reserve Soldiers are re-enlisted at the U.S. capital by Lt. Gen. Jack Stultz, Chief of the Army Reserves. Stultz’s plan for getting the right mix of Soldiers in the Reserves includes making room for Soldiers to be promoted, bringing former active duty Soldiers to fill needed positions and focusing more attention on critical Military Occupational Specialties. (Photo by Seaman Travis Alston)

engineers.

The next challenge of reshaping the human side of the Army Reserve will be no easier, Stultz said. “Unlike the active Army, [which] has the luxury of [moving] people around to rebalance, we have civilian jobs,” he said.

So leaders are focusing their attention on the recruiting effort.

“We’re going to have to be very precise with Recruiting Command and say we’re under-strength in certain MOSs and certain areas, and we’re over-strength in certain MOSs and certain areas,” Stultz said.

That could come down to being as specific as telling recruiters in a particular city — Orlando, Fla., for example — to stop recruiting unit supply specialists but bring in more truck drivers.

Some of the MOSs most sought after by Reserve recruiters include construction equipment operator, human intelligence collector, psychological operations specialist, civil affairs specialist, petroleum supply specialist and preventive medicine specialist.

Stultz also wants to target active Army Soldiers who are preparing to leave active duty, in an effort to fill NCO and mid-level officer ranks.

Stultz believes that he has a secret weapon to bring in more former active-duty Soldiers — the Employer Partnership Initiative, in which the Reserve partners with civilian employers to recruit people interested in serving in the military and working for a particular company.

More than 800 employers have signed on to the program, Stultz said.

“Now I can talk to a Soldier leaving active duty at Fort Hood not just about coming into a Reserve unit but about a civilian job,” he said. “It’s a win-win.”

Another area Stultz believes he needs to work on is moving people out of the Reserve so that young driven Soldiers can be promoted.

“We’re going to have to do qualitative and selective retention,” he said. “We’ll take a look at some of these guys and say, ‘Do we want to keep these people in the force?’ or is it time for them to move out, thank them for their service, but we’ve got some younger, driven Soldiers that need a place to move up.”

“If I’ve got 150 percent at the E-3 and E-4 level, these guys are looking at each other and saying, ‘We’re not getting promoted because there’s nowhere to go.’”

The entire process will be deliberate, it could be



Lt. Gen. Jack Stultz, Chief of the Army Reserves, hosts a town hall meeting for Army Reserve Soldiers supporting Third Army at Camp Arifjan, Kuwait, Dec. 26. Stultz answered Soldiers questions regarding promotions, availability issues for schools and changing from Army Reserve to active duty status. All topics revolved around his plan to redistribute Soldiers to make the Army Reserve more functional and operationally ready. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)

painful for some and it will take time, Stultz said.

“I’m not trying to run out to a unit and say, ‘OK, you’re at 150 percent strength, you standing over here leave, you over here stay,’” he said. “We’ve got to work it deliberately.”

Stultz plans for the Army Reserve will help make it a more efficient, smoother running machine.

With a large portion of Third Army Soldiers being Army Reserve, the reshaping will benefit Third Army in its mission to sustain logistical and personnel support for U.S. and coalition operations in theater as well as the drawdown in Iraq. [A](#)



Army Reserve Sgt. 1st Class Ara Carter (Front Center), Operations noncommissioned officer in charge, Equal Opportunity Office, leads a spinning class Feb. 16. The class helps servicemembers improve and sustain their cardiovascular fitness through a combination of fast-paced seated and standing pedaling representing moderate hill climbs and even-road biking.

Spinning into shape

Sgt. 1st Class Carter takes cardiovascular training to the Max

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

He joined the Army in 1977 when his father said, “It will make a man out of you.”

Now, nearly 34 years later, Army Reserve Sgt. 1st Class Ara Carter, Operations noncommissioned officer in charge, Equal Opportunity Office, is on his second tour with Third Army in as many years.

Along with helping Soldiers

with EO concerns, Carter is educating warriors of all ages on how to think, eat and exercise better to live a healthier life.

It all started during his first tour here a year ago while working in Third Army’s Surgeon’s Office. Carter, a native of Vancouver, Wash., was spinning one morning in the Zone 1 Gym when Kevin Scott, Morale, Wellness and Recreation Director, approached him about teaching a spin class to servicemembers.

At the time, Carter declined the offer fearing the commitment would interfere with his duties as a Soldier. However, this time around, with no fitness instructors on post, Carter, who recently earned his fitness instructor certification, agreed to help Scott by teaching spinning along with a Max Interval class in the mornings.

The Max Interval Class combines aerobics with military-style Physical Training resulting in a fast-paced, cardiovascular work-



(Right) Sgt. 1st Class Ara Carter performs jumping exercises with a fellow Third Army Soldier during a morning Max Interval Class, Feb. 23. (Left) Third Army Reserve Soldier Sgt. 1st Class Ara Carter leads a spin class March 2. The cycling class focuses on the leg muscles and can also help to improve run times.



out.

“I have a passion to stay active and keep myself fit,” said Carter. “My goal is to help others look and feel great. If you let yourself go physically, your self-esteem will erode along with your appearance,” he added.

Carter, a smoker and self-described “scotch man,” admits he is not perfect, but has the credibility to lend others guidance on how to get fit as his weight dropped from 260 lbs. to 198 lbs. in recent years due to healthier eating, more exercise and less alcohol consumption.

“I can empathize with Soldiers who aren’t as fit as they’d like to be because I was there at one time,” said Carter. “It’s all a matter of making some life changes and having a determination to get in shape. After all, nobody can do it for you.”

Carter, who believes military members have too many excuses about why they don’t have time to work out, sees the chow hall’s menu as a major obstacle for improving conditioning.

“I think they should get rid of the dessert bar all together,” said

Carter with a laugh. “I can’t believe some of the high-calorie junk food they serve in the dining facilities these days.”

Carter’s classes have a following now, including members of his own unit who look up to him for guidance and energy.

“He pushes me and makes me give it my all at the morning classes,” said Spc. Steven Briseno, Third Army EO Office and native of Kansas City, Mo. “He brings the same positive attitude and smile to the workouts that he brings to work every day, which always keeps people motivated to do their best.”

Carter, who has four grandchildren and says his mom is his best friend, plans on helping other

servicemembers reach their fitness goals until he leaves Kuwait in October and returns home to his military technician job in Washington state.

“My biggest life accomplishment has been raising my three kids and having them be such wonderful people thanks to my ex-wife along with my support,” said Carter. “Getting old is fun because the older you get, the more you learn from your mistakes.”

Carter’s Spinning class meets Monday, Wednesday and Friday in the Zone 1 gym from 6:30 a.m.-7:30 a.m. The Max Interval class meets in the same place Tuesday, Thursday and Saturday from 5 a.m.-6 a.m. **A**



Sgt. 1st Class Ara Carter performs an abdominal exercise during a morning Max Interval Class, Feb. 23. Carter’s exercises help to improve cardiovascular health and focus on areas of the body important in military Physical Fitness such as abs, arms, legs and breathing.

RESERVE SOLDIERS

forge positive relations with KUWAITI hosts

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

Third Army Reserve Soldiers from the 940th Movement Control Team, Chicago, arrived at Camp Arifjan, Kuwait, last September with the mission of working with the host nation in coordinating the transporting of coalition troops, supplies and vehicles throughout the country.

Policies set by the Kuwaiti government require U.S. forces to report any sort of military transport within the Kingdom to members of the Kuwait Ministry of Interior (Police) and the Ministry of Defense (Military). Therefore, the mission of communicating all U.S. movements with the host nation is paramount to the success of traveling U.S. military personnel in Kuwait.

Capt. DeMarco Williams, detachment commander, 940th MCT, makes sure his troops, who are stationed at all military installations in Kuwait, use friendly relations and an understanding of Kuwaiti courtesies and customs when completing a mission.

“Our goal when we got here last September was to build a positive relationship with the Kuwaitis that would last throughout our entire de-

ployment,” Williams said. “Before you knew it, our guys were playing video games and having cook outs with their new Kuwaiti friends.”

With the unit set to redeploy later this summer, Deputy Khaled Almutairi, movement liaison, Kuwait Police, sees it unfortunate that his new friends will soon leave.

“It is hard because you get accustomed to working with a certain group of Americans, and then they go back home,” said Almutairi. “I like working with these guys. My new friends are very respectful and easy to work with.”

Possibly the biggest success story for the 940th is the units ability to form an effective, trusting working relationship with the Kuwaiti leaders they work with.

“The Kuwaiti officers have done a great job communicating with us from the start of our deployment, and that makes our job easy,” said Sgt. 1st Class Eric Waltz, noncommissioned officer in charge, 940th MCT. “Our battalion commander is very happy about the job we are doing here in getting along with the Kuwaitis, but at the same time unhappy that we will be leaving in a few months.” 



From left to right: Pfc. Michael Hellquist, 940th MCT, Spc. Gregory Baker, Private First Class, 940th MCT, Saad Al-Kaldy, Kuwaiti Military, Deputy Khaled Almutairi, Kuwaiti Police, Sgt. Willie Carrington, 940th MCT and Sgt. Alfredo Castillo 940th MCT, pose for a group shot at the Kuwait Rear Operations Center, Feb. 23. U.S. forces attached to Third Army and their Kuwaiti counterparts work together at the KROC to coordinate secure transportation for routes for coalition troops, supplies and vehicles within Kuwait.



(Left) An Area Support Group-Kuwait medic stands by as Members of the Kuwait National Guard perform the steps of securing and loading a casualty into an ambulance. The joint U.S. and Kuwaiti training tested the skills of all Soldiers involved in the exercise as each walked away with valuable, life-saving experience. (Photo by Sgt. Dominic Hauser, 1st Theater Sustainment Command Public Affairs Office)

Third Army conducts medical training with Kuwaiti Guard

Third Army PAO

Soldiers from Third Army's 3rd Medical Deployment Support Command, 343rd Ground Ambulance Medical Company trained with members of the Kuwait National Guard Feb. 21, exchanging first-responder medical techniques at Camp Tahreer, Kuwait.

First responder medical techniques include first aid procedures, evacuating injured personnel from vehicles, treating for shock and dealing with body trauma.

Unlike our US Army National Guard, the Kuwait National Guard is fully mobilized year-round. Kuwait's Guardsmen provide security to designated areas around Kuwait City, and must also be prepared to support Ministries of the Interior and Defense. ^A

(Right) Spc. George Hutchins, 3rd Medical Deployment Sustainment Command, 343rd Ground Ambulance Medical Company, is loaded into an ambulance by fellow Soldiers and members of the Kuwait National Guard during a joint training exercise Feb. 21. The instruction focused on sharpening life saving skills of U.S. and Kuwaiti Soldiers in addition to promoting continued good relations between the two countries. The 343rd are an Army Reserve unit based out of Richmond, Va. (Photo by Sgt. Dominic Hauser, 1ST Theater Sustainment Command Public Affairs Office)



(Left) Staff Sgt. Richard McDougle, 3rd Medical Deployment Sustainment Command, 343rd Ground Ambulance Medical Company, explains the process of checking for a heartbeat using a stethoscope to a member of the Kuwait National Guard Feb.21. The training course helped Soldiers from the U.S. and Kuwait gain experience in first-responder techniques timing and teamwork. (Photo by Sgt. Dominic Hauser, 1st Theater Sustainment Command Public Affairs Office)



(Above) Third Army's 3rd Medical Deployment Sustainment Command, 343rd Ground Ambulance Medical Company, Medics Spc. George Hutchins and Spc. Mark Black, instruct Kuwait National Guard soldiers during a Combat Life Saver course held at the Kuwaiti National Guard Base in Kuwait City, Feb. 18. (Photo by Sgt. Dominic Hauser, 1st Theater Sustainment Command Public Affairs Office)



U.S. and Kuwait leave it all on the court

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

Servicemembers from Camp Arifjan, Kuwait defeated members of the Kuwaiti National Guard 52-25 in a friendly Third Army sponsored basketball game in the Zone 1 Gym, Feb. 13.

The contest began with a greeting at center court between the two teams. After the traditional handshakes, the fun began.

The game started out a bit rough as both the Kuwaiti team and the U.S. team continually turned the ball over, however, the U.S. team hit its stride midway through the first half as Spc. Gianni Antongiorgi, 310th Human Resource Sustainment Command, and Sgt. Winston Allen, 64th Transportation



A U.S. Servicemember attacks the basket against a Kuwaiti defender during a basketball contest at Camp Arifjan's Zone 1 gym, Feb. 13. The game was hosted by Third Army to build relations between the U.S. Servicemembers and their Kuwaiti hosts.

Co., picked up the pace and slashed their way to three baskets apiece during a one-sided 14-0 points run.

With the U.S. team up 22-6 with less than four minutes until halftime, Kuwaiti point-guard Mohammed Madoh scored nine points for his team, including a three-point bomb in the final seconds of the half as the gap closed to 24-15 at the break.

At halftime, U.S. coach, Sgt. Maj. Charles Nash, 39th Transportation Bat., encouraged his squad to play as a team and come out with a lot of energy in the second stanza.

"There was a lot of one-on-one action in the first half by our guys, and I wanted to stress the importance of sharing the ball and playing with discipline," said Nash. "I knew these guys would come out with the right focus in the final half of play."

Nash's prediction was correct as the U.S. team took care of the ball and lit up the scoreboard as the lead soon got out of hand for the Kuwaiti team.

Led by Sgt. Brandon Benefield, 1-43 Field Artillery, and his 17 points from both inside and out, the U.S. team left the Kuwaiti squad impressed, but also optimistic about the next time these two allied nations



Members of the U.S. military and Kuwaiti National Guard exchange gifts following a friendly basketball competition at Camp Arifjan's Zone 1 gym, Feb. 13.

meet on the hardwood.

"The experience of the U.S. team was too much for us to handle," said Adel Faij, director of sports, Kuwaiti National Guard. "Basketball is a fairly new sport in Kuwait, and it showed out there on the court today. Hopefully we will continue to improve and be able to give the Americans a better contest the next time we play," he added with a smile.

After the game, the two teams exchanged gifts and took group photos to commemorate the event as a token of appreciation between the allies.

"I think this builds individual friendships between the two nations," said Sgt. Maj. Melvin Johnson, Area Support Group – Kuwait. "It is great for our guys to get out and hang with their counterparts in Kuwait in a fun atmosphere like this."

The game between U.S. military members and the Kuwaiti National Guard is part of an ongoing sports competition promoting good relations between the two nations. **A**

Third Army Reserve unit splits, half relocate to Afghanistan

HET unit first in country since 2001

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

Third Army Soldiers from the 287th Transportation Co., Heavy Equipment Transport, recently received news that half of the Alabama-based Army Reserve unit would be packing up their gear, vehicles and trailers for relocation to Afghanistan by the end of February.

The HET Company will be the first to conduct operations in Afghanistan since the start of Operation Enduring Freedom in 2001.

“The element of our company going to Afghanistan will be the first transportation unit of our type to work in the Afghan war-zone since we’ve been there,” said Cpt. Keith Vandertholen, commander, 287th Transportation Co. and native of Tampa, Fla. “Our guys have a sense of pride in the fact that we will be one of the keys over there as far as getting Mine Resistant Ambush Protected vehicles to the outlying areas of Afghanistan where coalition forces need them.”

The unit first received word that they would be split at their mobilization station at Fort Sill, Okla. The new mission requires half the unit to operate a front haul and back haul mission in Kuwait and Iraq to support the draw-

down of equipment, and the other half to be deployed to Afghanistan shortly after arriving in Kuwait in late January.

“When we first heard we were going to be split up, we were two weeks from getting over to Kuwait,” said 1st Sgt. Clifford Pearson, 287th Transportation Co. and native of Palm Bay, Fla. “Needless to say, it was hard because our unit is full of cross leveled Soldiers from different places and units, but I give credit to our guys who all seem highly motivated to get over to Afghanistan to help the fight there.”

With the 287th’s commander and first sergeant going to Afghanistan to guide their troops in the most dangerous location of the divided tours, the unit must work with leadership changes as well.

Those going to Afghanistan will have the busy task of getting Mine Resistant Ambush Protected vehicles and other new equipment to warfighters all over the Operation Enduring Freedom theater, as well as hauling battle damaged vehicles out of combat zones, which could prove to be a very serious mission.

“Needless to say, when orders for half of our guys changed, the risk to exposing ourselves to more danger increased,” said Vandertholen. “However, I am very confident we have the training and focus needed to get the job done.”

“I hope some of the equipment and vehicles we will be getting to coalition forces can save some lives and help us win the fight over there,” said Vandertholen. **A**



A Heavy Equipment Transport sits at Camp Arifjan’s transportation lot in Zone 6, Feb. 10. HETs are used to transport, deploy and evacuate tanks, self-propelled artillery and other heavy vehicles and have served as a vital part of Third Army’s mission in the drawdown of Iraq. Using HETS saves wear and tear on Mine Resistant Ambush Protected Vehicles and tanks, and is more cost efficient.

Soldiers to get new cammo pattern for wear in Afghanistan

Starting this summer, Soldiers sent to fight in Afghanistan will wear an Army Combat Uniform with the "MultiCam" pattern instead of the standard-issue universal camouflage pattern.

Secretary of the Army John McHugh made that announcement Feb. 19, after the service conducted a rigorous four-month evaluation of various uniform patterns to determine what could best protect Soldiers in Afghanistan.

The new uniforms are of the same material and cut that Soldiers are already wearing in the Army Combat Uniform or ACU. It is the camouflage printed on the fabric that will be different. The change allows commanders in Afghanistan to have more options in deciding how best to equip their Soldiers.

"As a material provider, I want to be responsive to the Soldiers I support," said Col. William E. Cole, project manager for Soldier Protection and Individual Equipment. "I want to give commanders options, I want to be responsive to Soldiers. That is what we were trying to do -- we're working to give (them) more options."

The uniforms bearing the new pattern, like the latest ACUs, are fire resistant. They are officially called the Fire Resistant Army Combat Uniform.

The decision to use the MultiCam pattern came after the Army evaluated its effectiveness at providing camouflage protection in Iraq. That was done, in part, by consulting with nearly 750 Soldiers who had deployed to Afghanistan. Those Soldiers participated in a "photo simulation" study administered by the Army.

Additionally, feedback from Soldiers who have

already worn the uniform in Afghanistan was used to make the final decision. About 2,000 Soldiers were involved in tests to see how effective patterns such as MultiCam and UCP-Delta were at providing concealment in the varying terrain of Afghanistan.

Paratrooper saves gunner from burning Humvee

Two acts of bravery saved the life of a Soldier, whom others said most definitely would have died had it not been for the heroic action.

On May 17, in the Rusafa district of Baghdad, 1st Lt. Luis Reyes twice entered a burning Humvee to rescue his injured gunner, Spc. Robert Mayes. The two men were assigned to the 5th Squadron, 73rd Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division.

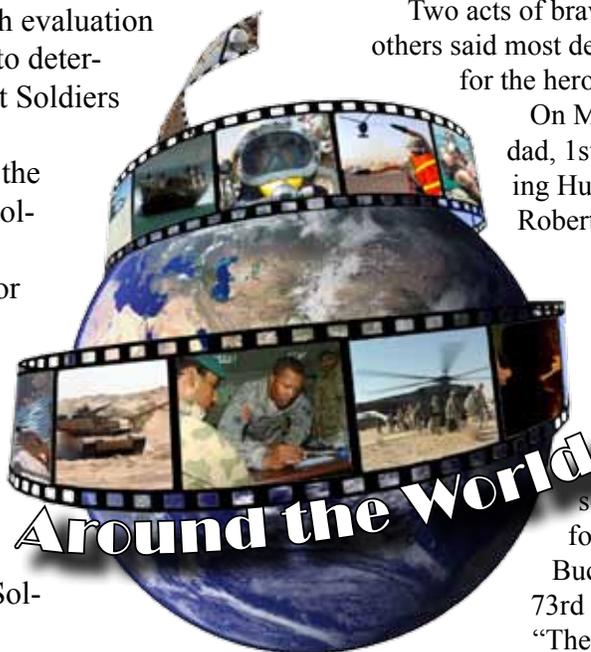
Not only was their Humvee hit by an improvised explosive device, but the vehicle began to burn after the ammunition stored between its rear seats exploded after a projectile struck it following the first attack, said Col. David Buckingham, squadron commander of the 73rd Cavalry Regiment.

"There is no question that Lieutenant Reyes' valor in entering the burning vehicle, then re-entering the vehicle after the explosion of the ammunition, saved Specialist Mayes' life," said Buckingham, who pinned the Bronze Star with Valor medal on Reyes' chest Feb. 12.

Mayes' left leg had been badly injured by the projectile while the exploding ammunition burned Reyes' face. Buckingham said Mayes would not have made it out of the burning vehicle had it not been for Reyes' valorous conduct.

"He's my lifeline. He saved my life," Mayes said following the ceremony. "He did his job. He did what he was supposed to do and showed the leadership that he was trained to do."

"That kind of leadership is not uncommon in the 82nd Airborne Division," said Lt. Gen. Frank Helmick, XVIII Airborne Corps commander. He said that Reyes' instincts not to leave a fallen comrade behind took over and compelled him to rescue his brother-in-arms from a burning vehicle. 





Safety



Story by
Capt. Hajja Sahid-Hicks
58th Infantry Brigade Combat Team

Command Sgt. Maj. Gary H. Woodard was 45 years old, had been married 24 years and fathered three children. An Army National Guard Soldier, he worked full time with a local hospital. During his well-respected military career, he was known for taking care of his Soldiers and had touched the lives of many.

Woodard was a very cautious man. When I first met him, he was a first sergeant and always careful when it came to safety in the field and during training on drill weekends. His philosophy was “not on my dime” — meaning there would be no accidents during his drill period. He thoroughly reviewed all risk assessments and ensured safety briefings were completed and revised for all operations at least three months out.

One cool March night he was running in his neighborhood, as he usually did a few days each week. It was a routine that never got old for him. But this night would be different and change the lives of many forever.

As he was running, he was hit by a car driven by a young woman visiting family in the neighborhood. He was rushed to the hospital where, after a few days, his Family had to make the most difficult decision of their lives.

He passed away late that night, the victim of head injuries from which he could not recover. His loss was devastating to his Guard unit. As I thought of him, I

kept asking myself, “What if?”

What if he had been running against the direction of traffic instead of with it? What if he’d been running on the sidewalk instead of the street? What if he’d worn a reflective vest that night? Would the driver have seen him? What if he hadn’t had on his iPod? Would he have heard the car coming in time to react? What if he’d run just a little earlier that day (while it was still light outside)? Maybe he would still be here with us today.

It has been almost a year since his death. I often wonder how different things might be had he taken home the composite risk management procedures he pushed so hard on drill weekends.

As Soldiers, we’re taught to be aware of the risks in combat and training. But what about the risks in things we’ve done countless times in environments we assume are safe? Is there really ever a time or place so safe we can afford to let down our guard?

If you don’t know the answer, just ask Woodard’s wife and children. Then remember, safety is not just for us, it’s also for the sake of those we’d leave behind. **A**

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Camp Arifjan Tax Center

The Camp Arifjan tax center is open for federal income tax return filing, and will remain open during business hours through April 16, 2010. All service-members and DA civilians are welcome 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



Lessons from Nature

Story by
Chaplain Bobbie Joe Eaton

Call it late winter storms or early spring rains. When the sky breaks open this time of the year, it makes for plenty of wet and muddy earth. As a boy growing up in the fifties and early sixties I can remember well the condition of the roads after a spring rain. I can remember not only the gravel roads, I remember the roads that needed gravel but had none.

In my days of delivering groceries I had to encounter dirt roads after a spring rain. They soon became a road of mud and I learned quickly if I was to make it to my destination, I had to get in the "rut" and stay in the rut to make it. For young readers, a rut was a track where someone traveled before and made a path. Sometimes the truck would spin out in the rut, then you were stuck in the mud. (bad day).

Thinking back about those days, I remember even when the muddy roads were straight, they were not easily traveled. Traveling down the path of life reminds me a lot of days gone by. We can expect storms along the way.

In my spiritual life, I have discovered that if I trust the Lord, He will take me to the destination He had planned. He will make our path straight, though not always smooth.

Proverbs 3:5, says, "in all your ways acknowledge Him and He will make your paths straight." The Bible tells us when the Israelites forgot God, they wandered around in circles for forty years. Their path to the promised land was anything but straight.

I acknowledge today that I am not promised an easy path, just a straight one if I trust entirely on the Lord. With every pothole, rut, or barrier I may come across, I will remember to lean on the Lord. The roads are black-top today, but the lessons remain the same. **A**

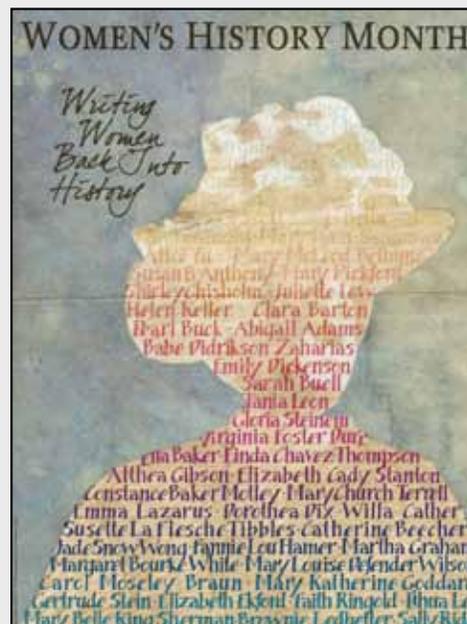
Equal Opportunity

The month of March is dedicated to Women's History and learning about the extraordinary achievements of women in our nation.

This year's theme of "Writing Women Back into History" gives us only a glimpse into the vast accomplishments of the female patriots of our society. Women have displayed their pioneering spirit and leadership in a variety of areas as homemakers, businesswomen, educators, human rights activists serving in the military and space exploration.

Absolutely no part of American history is complete without addressing and recognizing the contributions of women. American women labored in their homes to secure a safe, healthy place for their families.

The Fight for Women's Rights opened the doors to new teachers, doctors, and caregivers outside the home. From these humble beginnings women have soared to new heights as leaders in business, government, entertainment, literature, art, science, and space. **A**



By Illustrator Peter Hemmer / Sgt. 1st Class Springs



Health



Hidden Calories

Do you feel like you are eating healthy, but not sure why you aren't losing weight or possibly gaining a few pounds? There are places where you might be getting more calories than you realize.

An excess of only 100 calories per day will cause a 10.5 pound weight gain over one year. Here are some quick calorie counts that might help you get to your goal weight.

- 1) The six ounce bottles of chocolate milk from the dining facility have 174 calories whereas the skim milk has 60 calories per bottle. This is a 342 calorie difference if you drink three bottles per day – enough to lose almost three pounds in a month.
- 2) The fat-free Italian dressing contains 25 calories per packet while the blue cheese contains 200 calories per packet. Check the label of your dressing. Use vinegar or lemon juice as a low calorie substitution.
- 3) One-fourth cup of cheddar cheese has 114 calories. Add this to a salad with equal amounts of diced ham, croutons and eggs, and your healthy, low calorie salad now has over 300 calories just from toppings.
- 4) One of the smaller paper cups at the dining facility holds approximately 2-2 1/2 cups of fluid. Fill it with juice, sweet tea or soda and you are drinking anywhere from 200-260 calories. Cut out these beverages from two meals a day, and you could lose 1 pound per week. Choose unsweetened tea, water, diet soda, Crystal Light or milk instead. The 180 calories in three bottles of skim milk are worth drinking because of the calcium, vitamin D, protein, and other nutrients.
- 5) Do you snack on trail mix, almonds, peanuts or a similar food? Beware of your portion size. A cup of trail mix contains 704 calories.
- 6) Because fat is more calorie dense than carbohydrates or protein, high-fat baked goods and fried foods are high in calories. To burn off a muffin, donut or serving of french fries you would have to run at least 2 miles.

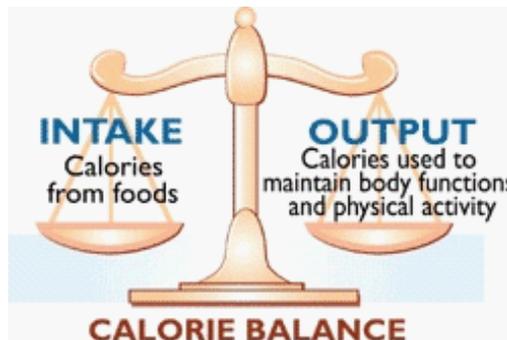


Capt. Kate Schrumm R.D.
U.S. Army Central Surgeon's Office

To burn off one cup of ice cream, you would have to run 5-6 miles.

7) Food additions and condiments can also increase the calorie content. Two tablespoons of sour cream contains 62 calories and the same amount of mayonnaise has 198 calories. Add brown sugar, nuts and raisins to oatmeal and you might double or triple the calories in your breakfast.

Start reading food labels and watch your portion sizes. Unsure of how many calories you are eating? Go to the www.myfoodpedia.gov, search for a food and select the matching serving size to see how many calories you are consuming.



Rules of Weight Loss

- 1) To lose weight you need to eat fewer calories than you burn. To lose one-half - 1 pound per week, you need to cut 250-500 calories per day from your usual intake.
- 2) Weight loss does not require starvation or deprivation. Cutting too many calories quickly will deplete your energy levels. All foods can be included in a healthy diet – in moderation.
- 3) Make behavioral and diet changes that you can maintain. Do not lose weight and then resume your previous lifestyle later. You will see those pounds creep back on. Make a plan for how you can continue your new habits with your regular schedule.
- 4) Pay attention to the source of your calories. You might not be optimizing your health if you are limiting your intake, eating the same foods every day or skipping whole food groups. Increasing fruits and vegetables while decreasing your intake of higher calorie foods is a great way to improve your health.
- 5) Find a personal reason to get healthy. Everyone should be concerned with making the fitness standards required by their service, but if you have a personal reason for wanting to get fit it will be much easier to stick with your goals. **A**

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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

Officer Spotlight

Col. Chris Grays

Assistant Chief of Staff for Army Reserve Affairs



“We need to do a better job mentoring our junior Soldiers (enlisted and officer) and hold them to a standard thereby creating an environment of success.”

Col. Grays, a native of Orangeburg, S.C. and currently part of the Reserve Affairs Team at Camp Arifjan, spent the first three years of his career in the National Guard and Army Reserve. While a citizen Soldier, Grays earned his degree in Business and Economics, and was commissioned as an AG Officer. After entering active duty, he was branched as an Armor Officer and spent time in Germany and Korea. After serving on active duty, Grays wanted a change of pace and decided to return to civilian life. He soon realized he missed the camaraderie and daily interaction with Soldiers and entered the Active Guard and Reserve program where he is currently serving.

Grays has earned his Master’s Degree in Business Mgt. and graduated from the War College with a graduate degree in Strategic Studies. His hobbies include traveling and spending time with family. After 24 years of service, Grays looks back with a debt of gratitude to his parents whose love and encouragement have made him the successful officer he is today.

Just One Question ...

What is your favorite war movie of all time?



“Full Metal Jacket because it shows the duality of war.”

Sgt. Christopher Erickson
Third Army Command Group
Rollins, Wyo.



“Enemy At the Gates because it is a good story that depicts accurate WWII events and shows how important hope and good troop morale can affect any situation, even when faced with impossible odds.”

Marine Cpl. Joshua Grube
MARCENT
Denver, Colo.



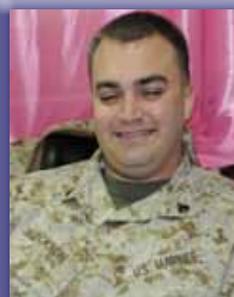
“We were Soldiers because it depicts the type of leaders I would want to give my all for.”

Sgt. 1st Class Robert Henderson
ARCENT EO
Oxford, N.C.



“We were Soldiers because actor Sam Elliot’s portrayal of a Sergeant Major is exactly what I envision a Sergeant Major being.”

Sgt. 1st Class Reginald Douglass
1st Army LNO
Hinesville, Ga.



“Generation Kill because of the diverse characters that keep it interesting.”

Marine Cpl. Bryant Jackson
Marine Coordination Element- Kuwait
Yankton, S.D.

The “Desert Dragons” of Headquarters and Headquarters Company, 160th Signal Brigade, welcomed 1st Sgt. Stephen Tucker with an Assumption of Responsibility Ceremony held at the Zone 1 gym, Camp Arifjan, Kuwait, Feb. 12.

Tucker fills the vacancy left by 1st. Sgt. Terence Woodliff, who departed Camp Arifjan in late December, after serving in the position for one year.

During the ceremony, Command Sgt. Maj. Kenneth Stockton, 160th Command Sergeant Major, praised Tucker as a combat-proven leader who brings a wealth of knowledge to the organization. Stockton also assured Tucker that the command team has full confidence in his leadership, self-motivation and ability to take the organization to the next level.

Capt. Claudia Daniel, HHC commander, said she had already seen how Tucker puts the Soldiers first, and is confident that they will grow under his leadership and guidance. She also challenged Tucker to set high standards.

Tucker joins the 160th HHC from the 287th Signal Company, 25th Signal Battalion, Kabul, Afghanistan. (Photo by 160th Signal Brigade PAO)



First Sgt. Teague Bode, a native of San Diego, Calif., assists, Maj. Gen. James E. Rogers, 1st Theatre Sustainment Commander, with putting on a EOD9 helmet during a visit to the Multi-National Force and observers, Sinai, Egypt, Feb. 15. The EOD Company supports the mission of the Multinational Force and Observers, an independent international peacekeeping organization established by the Arab Republic of Egypt and the State of Israel to monitor the security arrangements of their 1979 Treaty of Peace. (Photo by Staff Sgt. Cesar Brenes, 1st TSC)



Soldiers from the 593rd Sustainment Brigade compete in a litter-carry race during an organizational day event at Camp Arifjan, Kuwait, Feb. 13. The event was a break and some friendly competition for 593rd Soldiers who support the drawdown by overseeing sustainment convoy operations in and out of Iraq. (Photo by Spc. Joshua Sizemore, 593rd Sustainment Brigade)



Lt. Col. Rachel Coggins, chaplain, 653rd Regional Support Group, hands a donation box to a volunteer at the National Evangelical Church in Kuwait City, Feb. 14. Third Army Soldiers collected items such as clothing, food and other non-perishable items at Camp Arifjan, Kuwait, to donate to the church as part of the “Give and Go” program. The partnership between the church and Third Army benefits those in need living in Kuwait City. Third Army supports giving back to the community it serves as a way of thanking the host nation for all of its support while building a better future for all. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)