



The Desert Voice

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

March 31, 2010

SUSTAINING the Third Army MISSION Part II The Buildup in Afghanistan

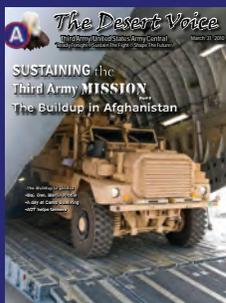
- The Buildup in photos
- Maj. Gen. Martin Profile
- A day at Camp Buehring
- ADT helps farmers



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A Mine Resistant Ambush Protected vehicle destined for Afghanistan is readied to be loaded into the back of a C-17 Globemaster III aircraft at an airbase within Third Army's Area of Responsibility. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)

Contact us

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

BUILD-UP / RESPONSIBLE DRAWDOWN THIRD ARMY SUPPORTS THE WAR FIGHTERS

"The most important task for Third Army is to provide support to the war fighters in our two current combat operations. The process is complex, but we are executing a well thought out plan to meet the requirements for the buildup in Afghanistan and the drawdown in Iraq."

– Lt. Gen. William G. Webster,
Third Army commanding general.



* Third Army is actively coordinating with several agencies to ensure the right equipment is delivered to Afghanistan at the right time.

Some of that equipment is coming from the United States and some will be sourced from Iraq as part of Responsible Drawdown.

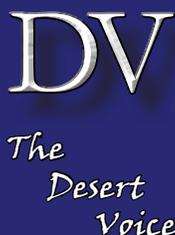
- 30,000 increase in U.S. Forces
- 5,000 additional Mine Resistant vehicles
- Three additional major distribution centers
- Door-to-Door program to move priority equipment from Iraq to Afghanistan

* Third Army is executing an impressive redeployment plan to support the redistribution of forces from Iraq to Afghanistan. Since May 2009, Third Army has begun to retrograde:



- 2.8 million items of organizational and theater provided equipment
- 88,000 shipping containers
- 40,700 pieces of rolling stock
- 85,000 U.S. Forces

* Since mid-2009, Third Army has moved 2,725 tons of ammunition and more than one million items such as vehicles, repair parts; general supplies, barrier material, and packaged petroleum products from Iraq to Afghanistan.



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ACSE-A spells SUCCESS in Afghanistan

Story by

Capt. Tracey Frink

Photo by

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203rd Public Affairs Detachment

Third Army's ARCENT Coordination and Support Element – Afghanistan (ACSE-A) is made up of teams with experienced leaders and Soldiers whose mission is to set the U.S. Central Command theater for future operations. Their mission includes expanding the sustainment base, increasing industrial capacity, and integrating and synchronizing sustainment, distribution, communications and civil engineering functions. Setting the Afghanistan Theater is Third Army's top priority.

"Everyone is working hard to overcome the challenges of moving equipment into Afghanistan," said Lt. Gen. William G. Webster, commanding general, Third Army. "We are moving as much as we can as fast as we can with the help of the U.S. Air Force and U.S. Transportation Command."

The ACSE-A coordinated and synchronized Third Army planning and buildup efforts for Afghanistan with U.S. Forces – Afghanistan (USFOR-A), U.S. Forces-Iraq, Army Material Command and Department of the Army. ACSE-A, in partnership with the ARCENT Support Element-Iraq, has leveraged Iraq retrograde efforts and set the stage for better business practices in Responsible Drawdown and concurrent buildup in Afghanistan.

It remains focused on optimizing the theater's infrastructure and processes. Emphasis remains on developing the sustainment base and streamlining distribution while expanding facilities, infrastructure and assured mobility capability. In addition, ACSE-A will stress transitioning to a coalition network and equipping the buildup while leveraging the Iraq retrograde.

ACSE-A enables future operations by achieving the velocity, precision and throughput required to equip, sustain and maintain the expanded force in Afghanistan. "Our focus is simple," said Maj. Gen. Peter Vangjel, Third Army's deputy commanding general-Afghanistan. "Get the right equipment, at the right time, to the right place to support our servicemembers." 



Results include:

- Coordinating for 60 percent of the equipment for the first surge of Soldiers and 50 percent of Afghanistan's requirements for Mine Resistant Ambush Protected vehicles through Iraq retrograde efforts.
- Developing engineer programs to improve transportation routes and prevent chokepoints.
- Implementing strategies to increase the precision and speed of equipment reception, de-processing and distribution at critical hubs.
- Assisting USFOR-A in developing and implementing an Afghanistan-wide basing and energy strategy.
- Advising USFOR-A and U.S. Agency for International Development in developing an Afghanistan Water Resources Plan.
- Assisting USFOR-A and International Security Assistance Force in developing and implementing a strategy to transition from a U.S.-only to a coalition network.
- Expediting procurement of critical communications capabilities.

Looking FORWARD

The buildup of Afghanistan



Above: A Mine Resistant Ambush Protected vehicle destined for Afghanistan is readied to be loaded into the back of a C-17 Globemaster III aircraft at an airbase within Third Army's Area of Responsibility. Third Army plays a key role in providing the necessary command and control and common operating picture for building up forces in Afghanistan and setting the conditions to restore strategic readiness in the Army. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment)

Left: A Third Army Soldier watches equipment from Iraq being unloaded from a C-17 Globemaster III aircraft as part of the Responsible Drawdown.



Spc. George Sullivan, seaman with the 411th Transportation Detachment, 1st Theater Sustainment Command, unlashes a storage container from a crane loading equipment on the Logistic Support Vessel that he serves on with approximately 30 other Soldiers. The container was part of a large load of cargo that will be reconstituted for future operations in support of the build-up of Afghanistan. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment.)



The Soldiers of the 1185th Deployment Distribution Support Battalion supervise the loading of M109A6 Paladin self-propelled howitzers on board a ship destined to return to the United States in support of the Responsible Drawdown of Iraq. 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. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment.)

Equipment is readied to be unloaded from the back of a C-17 Globemaster III aircraft at an airbase within Third Army's Area of Responsibility. C-17s bring equipment from the Responsible Drawdown of Iraq and load Mine Resistant Ambush Protected vehicles to fly into Afghanistan to supply U.S. Forces more of these life saving vehicles every day. Third Army, in partnership with U.S. Forces - Afghanistan, provides continuous, uninterrupted world-class sustainment operations for U.S. and coalition forces. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment)



Spc. Robert-Lee Pass, a Heavy Expanded Mobility Truck (HEMT) Wrecker operator with the 1166th Combat Heavy Equipment Transportation Company, an Army National Guard unit based out of Massachusetts, attached to Third Army, performs preventative maintenance checks and services on his HEMT Wrecker. The 1166th plays a critical role in Third Army's support of the Responsible Drawdown of Iraq by transporting heavy equipment from Iraq to Kuwait for refurbishment and retrograde for future operations in Central Command's Area of Responsibility. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment.)

Navy Seabees Build up the Afghanistan mission



Photo by
Judith Snyderman
Office of the Secretary of Defense Public Affairs

Two additional battalions of U.S. Navy Seabees are being deployed to Afghanistan in support of the 30,000-troop surge ordered by President Barack Obama in December.

Aside from being critical to the success of the mission in Afghanistan, the Seabees improve the quality of life for troops by building forward operating bases, paving roads and constructing airfields for the increased numbers of U.S. and coalition forces.



“We are the ones who build them a wood floor under their tent, build them a galley [and] build them a command and control facility,” said Navy Rear Adm. Mark A. Handley, commander of the 1st Naval Construction Division.

The Seabees were among the first U.S. troops to enter Afghanistan at the start of Operation Enduring Freedom in 2001 with the mission of upgrading and repairing airfields. For the past year, they’ve had two battalions on the ground, mostly assisting the Marines in southern Afghanistan’s Helmand province. The new additions will also be concentrated in the south, and bring the total number of Seabees to nearly 4,000.

Handley said the toughest part of the mission is transporting construction equipment and getting raw building materials into position due to the remote and rugged terrain. However, they have enjoyed a great deal of success resourcing materials so far, thanks to careful planning.

“We have reached very far into the future as to what we believe our requirements are going to be and we’ve anticipated fairly well,” he said. He added that the Seabees are getting support from the 30th Naval Construction Regiment, with procurement for parts coming from the Defense Logistics Agency and the Army.

Once the buildup is complete, two active Seabee battalions and two reserve battalions will be serving in Afghanistan. Handley noted the reduction in times between the mobilizations of reservists, from five years to 3.5 years, and he recognizes the sacrifice they are making.

When the Naval Mobile Construction Battalion 74’s current deployment to Afghanistan was extended from six months to eight months, some members were due to complete their six-month assignments and have new orders executed.

“Every one of them has gone ahead and extended to do the full deployment,” said Handley. “There’s a great sense of camaraderie, a great understanding of the importance of the mission and the importance that they have.”^A

Out with the "Pro" in with the Caiman

1st TSC sends Maxx-Pros to Afghanistan to support OEF commanders

Story by
Capt. Ellis Gales Jr.
1st Theater Sustainment Command Public Affairs Office

The 1st Theater Sustainment Command began the process of transitioning from Maxx-Pro Mine Resistant Ambush Protected vehicles to Caiman MRAP vehicles when brigade representatives arrived at Lot 54 to inspect an initial issue of Caimans, March 15.

The exchange is designed to accommodate the needs of commanders in Afghanistan where the Maxx-Pro variant is in high demand as it is better suited to the road and terrain conditions in Afghanistan.

"Like the Maxx-Pro, Caimans meet all U.S. specifications to protect crew members from the effects of improvised explosive devices and they are effective and well-suited for the driving conditions faced by Soldiers of the 1st TSC conducting responsible drawdown operations in Iraq," said Brig. Gen. Nick Tooliatos, deputy commanding general, 1st Theater Sustainment Command.

The 1st TSC will distribute the vehicles to the 593rd Sustainment Brigade and the 53rd Infantry Brigade Combat Team over the next few months. Soldiers will transport the Caimans to maintenance facilities in their respective areas where they will take equipment from



Spc. Jordan Clark, a Galveston, Texas, native, serving in 110th Transportation Company, conducts preventative maintenance checks and services to an incoming load of Caiman Mine Resistant Ambush Protected vehicles at Camp Arifjan, Kuwait, March 15. The Caimans came in exchange of Maxx-Pro MRAP vehicles the first of an exchange between U.S. military bases in the Middle East. (Photo by Sgt. 1st Class Mark St. Clair, 593rd Sustainment Brigade PAO.)

their Maxx-Pros to install into the Caimans.

The process takes approximately one week and when the units return their stripped-down Maxx-Pros, they will receive another issue of Caimans to equip. The cycle will continue until all Caimans and Maxx-Pros are exchanged. The Army Materiel Command will refurbish the Maxx-Pros before they are sent to Afghanistan.

The 593rd SB supports Iraq's responsible drawdown with 24-hour convoy operations. Some of the equipment it hauls from Iraq is dropped at reception centers throughout the country, but most is brought to Kuwait where it is shipped back to the U.S. or distributed throughout the U.S. Central Command Area of Responsibility, which spans 20 countries from Africa to Asia.

The 53rd IBCT, from Florida, is currently transitioning with the 115th Fires Brigade from Wyoming. Once the two National Guard units complete their transition, the 53rd IBCT will be responsible for base security throughout Kuwait and convoy security throughout Iraq and Kuwait.

The 1st TSC supports U.S. Central Command's Area of Responsibility by tailoring the logistical infrastructure in Kuwait, Iraq and Afghanistan. [A](#)



Soldiers at Camp Arifjan, Kuwait, rally up for the arrival of 10 Caiman Mine Resistant Ambush Protected vehicles, March 15. The Caimans came in exchange of Maxx-Pro MRAP vehicles the first of an exchange between U.S. military bases in the Middle East. Military officials say the ultimate goal is to ensure the right vehicles are placed in terrains best suited for missions within the U.S. Central Command Area of Responsibility. (Photo by Sgt. 1st Class Mark St. Clair, 593rd Sustainment Brigade PAO.)



Maj. Gen. Gregg Martin, Third Army deputy commanding general, speaks during a morning meeting at Camp Arifjan, Kuwait. Daily meetings with units in Iraq and Afghanistan ensure fluid coordination and flow of equipment out of Iraq and into Afghanistan. (Photo by Cpl. Alejandro Godinez, Third Army Public Affairs Office.)

Story by
Cpl. Brandon Babbitt
203rd Public Affairs Office

He grew up near Boston with four other siblings in an Irish-Catholic household. His parents were hard working and spiritual with education and public service being the main theme of their family's ethos. He has used his time serving his country as a way to grow personally and professionally, and he finds himself now playing an important role in Third Army's Responsible Drawdown in Iraq and buildup in Afghanistan.

"What we are doing here in regards to the Responsible Drawdown in Iraq and the Buildup in Afghanistan is unprecedented in history," said Maj. Gen. Gregg Martin, deputy commanding

general - Kuwait, Third Army. "I am glad to be here and honored to serve this great command while advancing this critical mission for our nation." Martin learned these skills at West Point. The place where

"I am glad to be here and honored to serve this great command while advancing this critical mission for our nation."

-Maj. Gen. Gregg Martin,
deputy commanding general - Kuwait

Martin would get his introduction into the military and learn about the tradition of the Army and what it takes to be a leader.

After doing well in academics and athletics at West Point, Martin

graduated in 1979 and was commissioned into the U.S. Army as a second lieutenant and branched into the Corps of Engineers.

Initially deployed to Germany during the Cold War, that's where Martin's career grew from platoon leader, to company executive officer, to company commander.

Martin, who loves to learn, is highly educated with a PhD in Public Policy and Engineering Management from the Massachusetts Institute of Technology (MIT). He never expected to be a career military man, but enjoyed working with Soldiers so much during his initial commitment to the Army that he decided to stay in and keep on serving while taking it one assignment at a time over the years.

"After every assignment I take a

look at where I am, and the family is, in life. I sit down with my wife Maggie and we ask, Are we still enjoying our work? Is the family still strong? and is our health good?" said Martin. "If all these questions are answered, "Yes," then We continue the path we are on and keep serving and growing in the Army."

Perhaps Martin's most fulfilling task was as a colonel and brigade commander during Operation Iraqi Freedom's initial push in 2003 when he commanded more than 13,000 Soldiers as part of V Corps that conducted full spectrum operations across Iraq, to include the ground



Maj. Gen. Gregg Martin, Third Army deputy commanding general, reenlists a Third Army Soldier shortly before awarding several other Soldiers during their end of tour awards ceremony. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment.)

assault from Kuwait to Baghdad in one of the most successful offensives in military history.

Martin, who came to Third Army after being the commanding gen-

eral at the U.S. Army Maneuver Support Center of Excellence at Fort Leonard Wood, Mo., sees the current mission at Third Army as extremely challenging and complex, and one he is proud to be a part of.

In regards to the Third Army mission, Martin encourages people to anticipate, take the initiative, communicate clearly, build the team and focus on the task at hand.

"Third Army and all we do demonstrates the adaptability and flexibility of our military at a time of war," said Martin. "We need to make sure we learn and grow from our successes and mistakes. If you make an honest error, do an AAR and learn the key lessons."

Martin, married 27 years to Maggie, has three sons, two of whom are Soldiers: Patrick, a West Point graduate and first lieutenant, is an Infantry platoon leader, and Phillip an enlisted specialist, as an Army linguist. The other son, Conor, is a college student in Chicago.

Still, after 31 years of service, Martin strives to achieve a healthy balance in life and lives it by the Five F's; Faith, family, fitness, friends and fun.

"We have to stay strong individually and collectively for the long haul," said Martin. "What we do here in the Army is not a sprint, but more like a long-term combat marathon." 



Maj. Gen. Gregg Martin, Third Army deputy commanding general, takes time from his busy schedule to thank Soldiers for their service and pose for a photo after a Kuwait War College visit. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment.)

Ups and downs at Camp Buehring

Article by

Staff Sgt. Thomas Greene

Photos by

Sgt. 1st Class Russell Klika

278th Armored Cavalry Regiment

The up-tempo

Camp Buehring is where U.S. forces get some of the most realistic training in the world. Soldiers who attend the advanced combat lifesaver course, come away shaking their head in awe after completing the course.

Combat life savers are not medics, but ordinary Soldiers trained to do the extraordinary: treat life threatening wounds, stabilize the wounded and keep them alive for evacuation.

Staff Sgt. Kenneth McCormick of Smyrna, Tenn., said his hands were shaking as he went through the course. "The training was as close to real as you could



Tennessee Army National Guardsmen stand on the firing line during a three-day live fire course of Advanced Marksmanship Training at Camp Buehring, Kuwait, in preparation for a security mission prior to deploying to Iraq.



A Lone Soldier from the 1st Platoon, Regimental Troops Squadron, 278th Armored Cavalry Regiment, Tennessee Army National Guard hauls his ruck during training at Camp Buehring, Kuwait in preparation for his deployment to Iraq.

get without having a live subject to work on," said McCormick.

Spc. Jason Horn of Trenton, Tenn., described the course as follows: "Imagine yourself in the dark with a strobe light flashing. You hear the screaming [loud sound effects] of seriously wounded, breathing, bleeding dummies with eyes that blink. These mock humans count on you to stop their bleeding, bandage their wounds or open a collapsed lung. The sound of weapons firing surrounds you and the clock is running because you hear the sound of the MEDEVAC helicopters coming."

There is a vast improvement in medical care in this war from previous wars. One out of every three 278th ACR Soldiers is CLS qualified.

"Our combat life savers are trained more realistically, they are better equipped to treat life threatening injuries and we have 1,200 CLS qualified personnel throughout the regiment and that is a phenomenal number," said Maj. Steven Turner, the 278th ACR's chief of operations.

The 278th ACR also trained on various live fire weapons ranges. One is the dismounted close quarter

range that stresses quickness, split second decision making and trust in your wing man.

Sgt. John (Andy) Parker of Tazewell and Staff Sgt. Keith Primavera of Knoxville, talked about the ranges and techniques taught to them by former elite military personnel.

"The scenario is inside an Iraqi home. As you sweep through clearing each room, targets will pop up as either innocents or insurgents. It allowed us to put our training into action. We had to make quick decisions and make the right decision," said Parker.

Primavera added, "The training also brought out the trust and confidence you have to have for the Soldiers beside and behind you. You know they're going to cover their area and your back."

The Downtime

Not all of the 3,300 Soldiers in the regiment go north to Iraq at once.

The 278th Soldiers who have completed training at Camp Buehring and await transportation call it "hurry up and wait."

Camp Buehring has been improved since the 278th ACR traveled through here back in 2004. It offers amenities such as a movie theater, wireless internet, first class dining facilities, fitness centers, fast food and a 24-hour coffee shop.

Soldiers at Camp Buehring also have access to the United Services Organization. They have a unique program called "United through Reading." According to Staff Sgt. Jim Kritikson of Sevierville, a Soldier reads a book while being videotaped by the USO. The USO then sends the book and the DVD to the Soldier's home where their child can watch and listen while they look at the same book. Kritikson and Staff Sgt. Tim Sather of Jefferson City both say they took advantage of it.

Some Soldiers just find a shady spot to hang out with a makeshift seat and chit-chat the hours away. Command Sgt. Maj. John Cartwright of 3/278th ACR said, "he was boxing up boredom to send home."

The food at Camp Buehring is good and plenty of it, and the dining facility serves four meals a day. The food is served by an international staff that would make the United Nations proud.

Indians and Pakistanis, Hindu and Muslim, stand amiably side-by-side, serving meals along with servers from Indonesia, Philippines, Nepal and Bangladesh. They dress in black slacks, white shirts, black vests and white cafeteria hats.

Now the day is done. It is an hour before sunset. As the sun is setting west, the pall is thick enough to obscure the bright ball to the point that it can be observed with the human eye without a wince-and slowly day turns into night. 



U.S. Army Soldiers assigned to 1st Platoon, Regimental Troops Squadron, 278th Armored Cavalry Regiment, Tennessee Army National Guard participate in a grueling three-day live fire course of Advanced Marksmanship Training at Camp Buehring, Kuwait, in preparation for a security mission prior to deploying to Iraq.



Opposite: Maj. Brent Hulse, Kentucky Agri-business Development Team, meets with a local farmer near the Anaba village, Panjshir province, Afghanistan. (Photo by Maj. John Holmes Jr. CJTF - 82 PAO.)

Kentucky Soldiers grow deep roots with Afghanistan Farmers

Story by
Spc. Charles Thompson
CJTF - 82 PAO

The Kentucky Army National Guard and Air Guard united to form Kentucky's first joint Agri-business Development Team in August 2009.

The specialized unit is made up of Servicemembers from different backgrounds throughout Kentucky who are assisting Afghan farmers in new techniques for growing, selling and exporting local crops.

Around 80 percent of Afghanistan's populace is connected to the agriculture industry. Since August,

the ADT has spent their deployment educating the local farmers and government on increasing productivity, market share and the management of natural resources in Parwan, Panjshir, Kapisa and Bamyan provinces. As a result, the production of potatoes and onions has greatly increased in the Bamyan province.

Lt. Col. William T. Ewing, Harrisburg, Ky., who has a degree in entomology (the study of insects), has been working with the agricultural team during his deployment.

"The Afghan people can grow a lot of crops," said Ewing. "They are actually producing more than

they consume or export. We are teaching them how to store their crops longer."

With the ADT's help, pomegranate farmers in the Tagab district of the Kapisa province were able to export their crops to India and Dubai. Because they exported the goods, they received three times their normal price for the crops.

Educating the people on natural resource management has been a key point of the ADT. Irrigation and reforestation advances should greatly improve agricultural production in Afghanistan.

Staff Sgt. Ray Norris, 123rd Airlift Wing, Louisville, Ky., grew



Above: Col. Mike D. Farley, from Corbin, Ky., commander, Kentucky Agribusiness Development Team receives information from Kafshan village elders regarding crop usage, yields and insect infestation. (Photo by Spc. David Elmore.)

directly with the Minister [and Director] of Agriculture, Irrigation and Livestock, to give them the knowledge to help their people,” he said.

The ADT has also been working to teach the women of Afghanistan techniques to improve their home life. Sgt. Jo Lisa Ashley, Eubank, Ky., is the ADT’s women’s empowerment coordi-

nator for the team.

“Most women here work at home, they take care of their families and the household duties,” said Ashley. “The Afghan government is working side-by-side with Ministry of Women’s Affairs and they are doing a great job about going out and showing that they support these programs for the women.”

The ADT will spend approximately five more months in Afghanistan helping local agriculture and supporting the buildup mission before returning to the U.S. ^A

up on a family farm and volunteered to deploy with the ADT.

“There are not many organizations in this area helping the people,” said Norris. “We are working to get the materials so the people can make repairs themselves.”

Col. Mike D. Farley, commander of the ADT, is glad to be a part of this important and unique mission.

“We are here to help the people increase the nutritional value in the country and sustain a better and healthier lifestyle,” said Farley. “We are working



Below: U.S. Army Maj. Brent Hulse, Kentucky Agri-business Development Team, discusses development of new farm land with a local farmer near Rokhah village, Panjshir province, Afghanistan. (Photo by Maj. John Holmes Jr. CJTF - 82 PAO.)

ASIST program teaches Soldiers to take action, prevent suicide

Story by
Chap. (Maj.) Jonathan Landon
Third Army Chaplains Office

Soldiers and Sailors attached to Third Army took part in a two-day training class at Camp Arifjan, Kuwait March 19 and 20 to certify them in a suicide intervention program called Applied Suicide Intervention Skills Training.

In the past, the Army has used knowledge-oriented suicide awareness training, built around relaying statistical information. In contrast, ASIST is skills-oriented, teaching people specific actions they can take that can influence a person at risk of suicide to choose to live long enough to get help from a qualified, professional caregiver.

ASIST is published by a Canadian company, LivingWorks Education Inc., and it is validated by nearly 30 years of study and experience to increase the willingness and capability of program graduates to intervene when they become aware of a person showing signs of suicidal thoughts and plans.

Staff Sgt. Hallie Whitmore, medic, 343 Medical Company, believes ASIST takes servicemembers to a whole new skill level as far as being able to prevent military brothers and sisters from taking their own life.

“I think this class gives Soldiers, first-line leaders

especially, the confidence and knowledge they need to make a difference when someone in their unit is not well mentally and emotionally,” said Whitmore. “I can see how this class could have been very beneficial to me with past deployments.”

Army Regulation 600-63, Army Health Promotion, states that ASIST is the Army-approved suicide intervention training for “gatekeepers,” and goes on to define gatekeepers as, “individuals who, in the performance of their assigned duties and responsibilities, provide specific counseling to Soldiers and Civilians in need.”

The Army values ASIST training so much that, effective April 1, qualified ASIST trainers will be able to add the additional skill identifier 1S (Suicide Intervention Trainer) to their personnel records.

Col. Ann Johnson, Behavioral Health Consultant, 3rd Medical Deployment Support Command, and native of Atlanta, Ga., sees the military as an organization that is working hard to help and save those servicemembers with mental health issues.

“We have had problems in recent years with military members taking their lives,” said Johnson. “Training programs like ASIST that go step by step on ways to recognize and intervene when someone is not well mentally are extremely beneficial in saving lives.”^A



Staff Sgt. Hallie Whitmore, (left), medic, 343rd Medical Co., counsels Staff Sgt. William Ranson, medic, 343rd Medical Co. while conducting a role-playing exercise at an ASIST workshop at Camp Arifjan, Kuwait, March 20. The ASIST workshop trains and reinforces skills to help people who are not counseling professionals to identify people at risk of suicide and intervene to preserve their lives while helping them get professional care.



Safety



Story by
Master Sgt. Angela Celemente
Third Army Safety Office

Scorpions are arachnids that have been around for more than 350 million years. They are nocturnal predators that leave their burrow for two reasons, either getting a meal or mating, both of which can place them in your path. The most common of these predators found in Iraq and Kuwait is the Fattailed scorpion.



This potentially deadly species is dark reddish-brown to black with slender pincers and can reach lengths greater than four inches. As its name implies, it can be easily identified by its thick tail, which can be as big around as a pinkie finger. This species appears more abundant because it is comfortable in human environments. They can be found anywhere a Soldier is likely to be—from a hooch to the motor pool—because they will crawl into and hide under anything to escape from the desert sun. They are related to spiders, mites and ticks.

To minimize your chance of getting stung, it is helpful to understand the scorpion's behaviors. The scorpion will roam close to man-made structures (hooch, house or wall) while it remains dark and will continue until it completes its mission, or the beginning of morning light, when they will dash for dark-

ness. These scorpions prefer to seek shelter in the same place where they spent the previous day, but will go inside a boot or under a rucksack, pallet or other equipment if convenient. Most stings occur when the scorpion is upset from its hiding place. They will react to protect itself from what it views as a predator,

which includes you. The initial sting may produce symptoms such as intense pain and inflammation, numbness, frothing at the mouth, difficulty or inability to breathe with possible muscle spasms and convulsions. Some stings may feel like a bee or wasp sting. How dangerous the venom is depends on many factors such as the health and age of a person,

where the person was stung, the size and type of scorpion and how agitated the scorpion was.

To help protect yourself from a scorpion sting:

- Keep your living area free from clutter, and seal gaps underneath open spaces in doorways if possible.
- Check your boots before putting them on, and never walk around barefooted.
- Be aware of your surroundings, and look before you reach into or around anything.
- Ensure your bedding does not touch tent or room walls.
- Remember, the desert has been this scorpion's home for millions of years; you're just a visitor. Treat them with the respect they deserve and you'll avoid becoming a victim. **A**



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. All servicemembers 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



The meaning of Easter

During a Sunday-night church service, a pastor once asked a visiting pastor to say a few words. The man stood up and told this story:

A father, his son and a friend of his son were struck by a sudden storm while sailing off the Pacific Coast. Though the father was an experienced sailor, he couldn't keep the boat from capsizing and the three were swept into the ocean.

Grabbing a rescue line, the father had only seconds to decide who to throw the lifeline to. The father knew that his son was a Christian but his son's friend was not. For him, eternity hung in the balance.

"I love you, son!" the father shouted, and threw the line to his son's friend. By the time the father pulled the boy to the capsized boat, his son had disappeared beneath the swells. His body was never recovered.

The father sacrificed his son to save his son's friend. Our heavenly Father has sacrificed his only Son to save us. Grab onto the lifeline He's throwing out to you tonight.

After the service, two teenagers who listened intently approached the old man. "Nice story," one of them said, "But I doubt any father would give up his only son in hopes the other boy would become a Christian."

"Perhaps," the old man replied. "But the fact remains: I was that father and your pastor was my son's friend."

Beginning at sunrise on April 4th, Christians across Kuwait and around the world will gather in chapels, churches, and chilly outside venues to celebrate Easter – the holiest day in the Christian year. Easter commemorates the resurrection of Jesus Christ from his death by crucifixion nearly 2,000 years ago. The reality of Christ's resurrection from the grave is the central message of Easter and the central fact of the Christian faith; its validity and substance are only understood in the light of an empty tomb.

But the deeper story line involves a father's willingness to do what most would not dare to consider: to extend a lifeline to others at the cost of his only son. As the apostle Peter once wrote, Christ "bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wounds you were healed." (1 Peter 2:24, NAS). ^A

Holy Week Services – ASG-KU Chapels – April 2010

POCs: Chaplain (MAJ) Deppmeier, ASG-KU Chaplain, 430-1367

Chaplain (LTC) Herron, ASG-KU Senior Catholic Priest, 430-1368

Admin Asst. or NCOIC 430-1364/1369

1. Camp Arifjan, Zone 1 Chapel Catholic

Good Friday Service, 2 APR, 1215 hrs
Easter Sunday Mass, 4 APR, 1200 hrs

Protestant

Maundy Thursday Service, 1 APR, 1900 hrs
Good Friday Service, 2 APR, 1400 hrs
Easter Sunrise Service, 4 APR, 0700
All regular Sunday Services, 4 APR

2. Camp Arifjan, Zone 6 Chapel Catholic

Holy Thursday Mass, 1 APR, 1900 hrs
Holy Saturday Easter Vigil, 3 APR, 2000 hrs

Protestant

All regular Sunday Services, 4 APR

3. Camp Buehring Chapel Catholic

Holy Thursday Mass, 1 APR, 1900 hrs
Good Friday Service, 2 APR, 1900 hrs
Holy Saturday Easter Vigil, 3 APR, 1900 hrs
Easter Sunday Mass, 4 APR, 1100 hrs

Protestant

Maundy Thursday Service, 1 APR, 1730 hrs
All Regular Sunday Services, 4 APR

4. AAS / LSA Chapel Catholic

Holy Thursday Mass, 1 APR, 1200 hrs
Good Friday Service, 2 APR, 1700 hrs

Protestant

Good Friday Service, 2 APR, 1830 hrs
All regular Sunday Services, 4 APR

5. Camp Virginia Chapel Catholic

Holy Mass, 31 MAR, 1630 hrs
Easter Sunday Mass, 4 APR, 1630 hrs

Protestant

Maundy Thursday Service, 1 APR, 1900 hrs
Good Friday Service, 2 APR, 1900 hrs
Easter Sunrise Service, 4 APR, 0600 hrs
All regular Sunday Services, 4 APR

6. Camp Patriot (KNB) Chapel Catholic

Holy Thursday Mass, 1 APR, 1900 hrs
Good Friday Service, 2 APR, 1200 hrs

Protestant

Good Friday Service, 2 APR, 1800 hrs
Easter Sunrise Service, 4 APR, 0530 hrs
All Regular Sunday Services, 4 APR



Health

Myth #1 Carbohydrates and sugar make you gain weight.

Calories you consume in excess of what you burn make you gain weight. These calories can be from carbohydrates, protein, fat or alcohol.

Sugar is a simple carbohydrate that if consumed in excess from processed foods, sodas, candies and sweets, can certainly cause weight gain, but so can fried foods high in calories from fat. Even consuming extra calories from healthy foods can lead to weight gain. Balance what you eat with what you burn.



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

Myth #5 Eating sugar causes Diabetes.

Risk factors for diabetes include genetics, excess body fat and a sedentary lifestyle. If you are at risk of diabetes, balance your intake of carbohydrates throughout the day. Limit the simple carbohydrates from sweets, refined grains and sweetened beverages and choose more whole grains, fruits and vegetables. Being active and maintaining your ideal weight will go much farther in preventing diabetes than trying to avoid any food containing "sugar."

Myth #2 If you are sweating, you need to drink Gatorade.

The main thing you need is water. You do lose a fair amount of sodium, some potassium and other nutrients in sweat, but you can get plenty of these from food. Unless you are doing high volume training or not eating regular meals, get these electrolytes from nutritious snacks and regular meals. A couple bottles of Gatorade contains hundreds of empty calories, but no protein, fiber or other nutrients that are found in whole foods.

Myth #3 Skipping meals is a good way to lose weight.

Skipping meals makes your body to think you are starving so it will try to conserve energy instead of burning it. You will also be more likely to overeat at the next meal. Eating more often helps optimize your metabolism, increase energy levels, and refuel your body before and after workouts.

Myth #4 To build muscle you need to eat lots of protein.

You need adequate protein intake to build and maintain muscle, but to actually gain lean mass, you need to increase the number of calories you eat and then work out harder. If you want to replace fat with muscle, increase your cardio and strength-training workouts while maintaining your calorie intake at the same level. Eating too much protein can cause an inadequate carbohydrate intake leading to fatigue during workouts or will cause excess calorie intake that gets stored as body fat.

Myth #6 You should not eat after 2000.

You burn calories around the clock. Your total calorie intake throughout the day is what will affect your weight. You burn less calories per minute while you are not as active at night and while sleeping, but if you do not get done working out until later in the evening, you still need to refuel with a meal or snack. Mindless eating in front of the TV or computer AFTER dinner is usually the problem!

Myth #7 If you exercise, you can eat whatever you want.

Both diet and exercise affect your health. You can appear healthy from working out and taking in the correct amount of calories each day, but if those calories are mainly from junk foods, you are setting yourself up for health problems in the future. Similarly, eating healthfully is great, but without exercise, you will be missing out on the beneficial effects of regular exercise including stronger bones, heart, and immunity, and decreased rates of hypertension, diabetes, depression and several other conditions.

Myth #8 Peppers and grapefruit increase your metabolism.

These foods, as well as cabbage soup and celery, do not have any calorie or fat burning effect. They are all low in calories and healthy for you, but do not have special weight loss qualities.

Equal Opportunity



Writing Women Back into History

The public celebration of women's history in this country began in 1978 as "Women's History Week." The week including March 8, International Women's Day, was selected. In 1981, Senator Orrin Hatch and Representative Barbara Mikulski sponsored a joint Congressional resolution proclaiming "Women's History Week" as a national holiday.

In 1987, Congress expanded the celebration to a month, and March was declared Women's History Month. The theme for this year is "Writing Women Back into History." The focus is acknowledging those female pioneers for their value and achievements in society. Women have touched every spectrum of our culture from home to the White House.

Challenge yourself this month to learn from past history figures who have paved the way for women today. Women like Susan B. Anthony, Amelia Earhart, Helen Keler and Jackie Joyner-Kersey. Realize that women are writing their own history still today with such significant female leaders as Gen. Ann Dunwoody, Brig. Gen. Julia J Cleckley, Justice Sotomayor, Danika Patrick, Hillary Clinton, Oprah Winfrey and first lady Michelle Obama. Join with the USARCENT Equal Opportunity office as we celebrate women through education awareness.

Mission-People-Teamwork!

THIRD/USARCENT EOA's

COL Fields	318-430-6082
MSG Staples	312-367-2422
SFC Hutchinson	312-367-0628
SFC Henderson	318-430-6867
SFC Ivey	312-367-2422
SFC Springs	312-367-0629

1st TSC

SFC Roman	318-430-7880
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335th

MSG Lay	318-430-2150
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ASG-KU

SFC Sydnor	318-430-2215
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ASG-QA

SFC Carter	318-432-2842
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3rd MDSC

SFC Graham	318-430-7474
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132nd ENG

SFC Ramie	312-469-5353
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513th MI BDE

SFC Money	312-780-6442
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4th BCD

SFC Mitchell	312-436-4504
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THIRD/USARCENT DSARC's

MSG Staples	312-367-2422
SFC Hutchinson	312-367-0628
SFC Henderson	318-430-6867
SFC Ivey	312-367-2422

1st TSC

COL Meelheim	(9721-6099)
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335th

MSG Lay	(9722-6424)
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ASG-KU

SFC Smith	(9972-2975)
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ASG-QA

SFC Carter	(+974-577-9022)
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3rd MDSC

LTC Johnson	(9789-7593)
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Keep the Army Green!

The Pollution Prevention Branch Environmental Health & Safety Directorate can help!

Bring in:

- old pallets
- cardboard
- paper
- plastic bottles
- used toner cartridges

Get free printer paper and toner cartridges!



Call: 6-604-7612 or go to Bldg. T-823, Zone 7, Camp Arifjan

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 Buehring
 DSN 438-3224 / PMO 438- 3325
 Buehring 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

Capt. Laura Wood
 Third Army Aviation Battle Captain



Capt. Laura Wood, a member of the Florida National Guard, grew up in Washington State. In 1991, while working at the Smithsonian Institute genetics department, she became stuck in a traffic jam and saw a helicopter fly overhead and declared then and there, “I want to be a pilot.” That same year she applied for active-duty Warrant Officer Flight School and was accepted. Throughout her Army career she has made history not only as the first woman to be in a cavalry scout unit, but as the first woman to be a combat instructor pilot. She became a commissioned officer so she could have more say on the policies involved in flying helicopters in the military.

Just One Question ...

How does your job in Kuwait support the buildup of Afghanistan?



“I support the troops moving to other theaters as I make sure the food here is prepared properly for them.”

Pfc. Kanesha Sheffield
 164th Transportation Battalion
 Tallahassee, Fla.



“My department provides oversight to make sure everyone is focused to meet the mission needs on the supplies flying to Afghanistan.”

Col. Melissa Weyder
 CDDOC
 Dayton, Ohio



“I work with Eagle Cash and coordinate the equipment for the program getting from here to Afghanistan.”

Cpt. Robert Olness
 326 Finance Management
 Center
 New York City, N.Y.



“My job here is to track all the ships that bring materials into the AOR, including Afghanistan.”

Master Chief Peter Nwosu
 CDDOC
 Corpus Christi, Texas



“As an ammunition and explosives officer, I make sure the warfighters on the ground in Afghanistan get what they need to get the mission done.”

Chief Warrant Officer 2 Roy Duffy
 MARCENT
 Columbus, Ohio

Information exchange...with a **BANG**

U.S. Army Sgt. 1st Class Stephen Fitch, U.S. Army Central explosive ordnance disposal operations NCO, helps Kyrgyz army Warrant Officer Sonynaliev Kazbek detonate explosives set in the EOD range via remote control during a subject matter information exchange with EOD Airmen from the Transit Center at Manas, Kyrgyzstan, March 17. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)



U.S. Army Sgt. 1st Class Stephen Fitch, U.S. Army Central explosive ordnance disposal operations NCO, shows Kyrgyz army explosive ordnance disposal technicians a remote detonator, March 17, during a subject matter information exchange with EOD Airmen from the Transit Center at Manas, Kyrgyzstan. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)

Kyrgyz army explosive ordnance disposal technicians visited the Transit Center at Manas, Kyrgyzstan, March 15-19, for a subject matter information exchange with EOD Airmen. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)

