



"Ready Tonight... Sustain the Fight... Shape the Future"

DESERT VOICE

>> September 1, 2011



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COMMAND CORNER

A message from Lt. Gen. William G. Webster

The Labor Day holiday, created over 115 years ago, had its origins in New York City when a local labor union orchestrated a day to highlight labor rights and working conditions. In 1894, President Grover Cleveland signed legislation marking the first Monday in September as a federal holiday. Over the years, conditions improved for workers, and the holiday became the symbolic end of the summer season.

The arrival of Labor Day brings a new school year, including commutes to sporting events and after-school activities. As families return from vacation and children head back to school, we must be mindful of the number one killer of our Army team members--- highway accidents. The increased driving and traffic requires us to carefully maintain situational awareness in order to combat our number one killer. The six main causal factors of deadly highway accidents are:

Speed- Driving too fast for the given road conditions.

Drinking and Driving- slows reaction time and leads to bad decisions.

Fatigue- A tired driver is a dangerous driver.

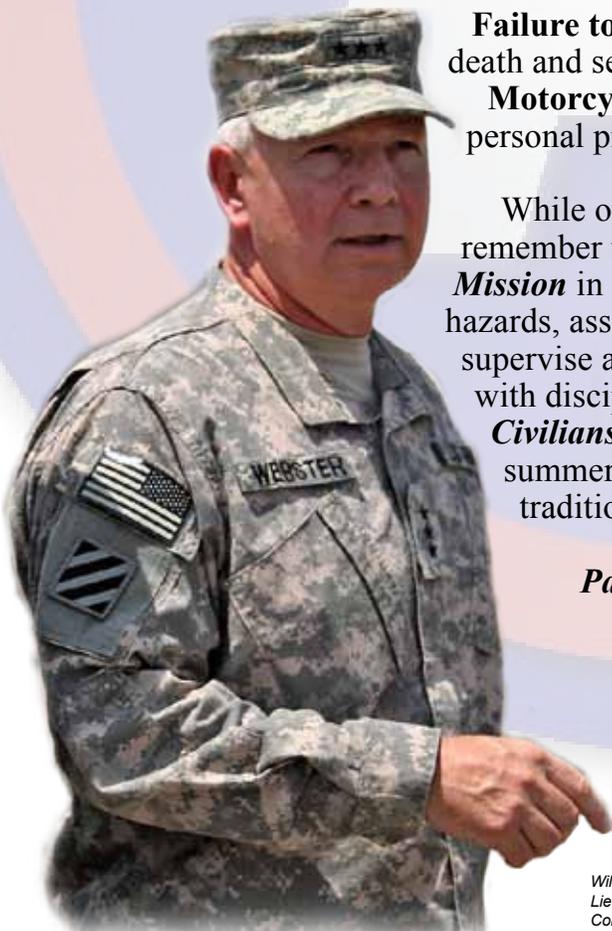
Inattention- Distractions such as cell phones, texting and eating while driving.

Failure to use seat belts- Major contributing factor to highway death and serious injury.

Motorcycles- inexperience, lack of training and failure to wear personal protective equipment.

While our friends and families celebrate the end of summer, remember the importance of your own labor in keeping the **Mission** in focus. Use Composite Risk Management to identify hazards, assess the hazards, develop and implement controls, and supervise activities on and off duty. Upholding our standards with discipline ensures the wellbeing of our **Soldiers**, our **Civilians** and our **Families**. Thank you for your hard work this summer, and continue the outstanding **Teamwork** that is the tradition of Third Army/USARCENT.

Patton's Own!



William G. Webster
Lieutenant General, US Army
Commanding

Operation Move Iron

1st Theater Support Command Slashes Delays, Get Soldiers Home

Story and Photo by
Natalie Cole

1st Theater Support Command Public Affairs

After months of grinding work schedules in often dangerous environments and separation from family, Soldiers leaving Iraq and Afghanistan want nothing more than to get home without delay. Soldiers with the 653rd Regional Support Group at Camp Arifjan, Kuwait answer the call to get troops home as quickly as possible by carrying out Operation Move Iron.

Typically, Soldiers who carry weapons and travel home (redeploy) in large groups have organized plans for customs clearance through the Life Support Area, a major travel hub here. However, not all Soldiers redeploy with a large company or battalion. Operation Move Iron targets such "augmentee" troops who have weapons and travel individually or in small groups.

Augmentee Soldiers redeploying with weapons have faced delays in the past, according to Col. Robert Olson, commander of the 653rd RSG. "They're limited on the flights we can put them on, so it often ends up that they stay here in Kuwait for a number of extra days while they wait for that flight," he explained. "It gets very old very quickly, and of course they want to get home ... and we want to expedite the process to get them there."

In response to the extra wait time, the 1st Theater Sustainment Command initiated Operation Move Iron to ship weapons for augmentee Soldiers passing through the LSA and eliminate delay. Soldiers with the 653rd, a unit that falls under the 1st TSC, enact the operation.

Staff Sgt. Elvan Daugherty and Spc. Adam Christensen, both of the 653rd RSG, are dubbed the Move Iron Team (also known as the gun-runners). Six days a week, the two Soldiers travel to the Life Support Area to pick up weapons from augmentee Soldiers. Then, once a week Daugherty



Staff Sgt. Elvan Daugherty of the 653rd Regional Support Group, from Parkersburg, W.V., and Spc. Adam Christensen, also of the 653rd RSG, lay out weapons for customs inspection at Camp Arifjan, Kuwait, Aug. 21. The two Soldiers conduct Operation Move Iron, which helps Soldiers coming from Iraq and Afghanistan get home faster by signing for and shipping the weapons for Soldiers who redeploy as individuals or in small groups.

and Christensen prepare the weapons for customs inspection, pack the weapons once they are cleared and ship the weapons to the United States.

The team's work cuts travel time. "We save them from one to four days on average in the time it [takes to get] back home," said Olson, from Ripon, Calif.

Daugherty, from Parkersburg, W.V., said he wanted to be a part of something that helps others. "They told us about the program and we were more than happy to do it," he said, adding that he sees the impact of his work every day. "They [Soldiers] don't have the hassle of carrying that weapon ... and worrying about getting it back."

Christensen said he, too, sees how his work affects others. "It was like the second day we started this job, and we had a major, up there. We were receiving her weapon and she just couldn't stop smiling. She was like, 'man you guys are doing a really great thing here.' It's very satisfying to see that," he said.

After a month, word of the operation is spreading among augmentees, according to Olson. "We've gotten great feedback. We have Soldiers

calling us from Afghanistan saying, 'Hey I'm coming back through. I hear you got Operation Move Iron. What do I need to do to participate in that?'"

The overall mission of the 653rd in Kuwait is large-scale Deployment and Redeployment operations, according to Sgt. Maj. Jeff Harris who serves as the Deployment and Redeployment Task Force sergeant major. However, Operation Move Iron is an example of how the smaller parts of missions can make a big difference for Soldiers. "We do deployment ops, so it actually fits right in with that. We're just extending it a little bit to help individual Soldiers that are redeploying," Olson said.



Third Army Hosts EOD Exchange with Tajikistan, Krygyzstan

Sgt. 1st Class Stephen Wiggin, Third Army Explosive Ordnance Disposal Team, force protection non-commissioned officer, shows a participant at Third Army's EOD information exchange how a bomb suit works at Eglin Air Force Base, Fla. Aug. 20. The EOD Exchange included representatives from Tajikistan and Krygyzstan and is part of Third Army's strategy to improve relations between the countries while helping them improve their overall self-defense capabilities.

*Story by Sgt. Beth Lake
Third Army Public Affairs*

A visit to the Naval School Explosive Ordnance Disposal (NAVSCOLEOD) at Fort Walton Beach, Florida was a key part of Third Army's EOD Information Exchange held between Krygyzstan, Tajikistan, and Third Army's EOD team, Aug. 16-20.

The exchange is part of Third Army's theater security cooperation program which focuses on shaping the future by increasing interoperability between its partner nations.

During the visit, participants toured the Joint-Service All-Ranks Explosive Ordnance Disposal Course and were introduced to equipment

U.S. EOD teams are using in theater. In addition, they received briefings on the Afghan EOD School and Technical Seminars.

"Our guests were able to view first hand and try out the equipment used by U.S. EOD forces," said Lt. Col. Frank Davis, Third Army EOD officer. "They also toured the facility where all U.S. Department of Defense EOD personnel train and become certified EOD technicians."

Third Army has held three EOD information exchanges with Krygyzstan and Tajikistan over the past year, Davis explained. This exchange is the second multilateral event and is promoting cooperation amongst the nations and promoting peace within the region.

"This exchange is a portion of

Third Army's overall shaping strategy to improve relationships between the U.S., Krygyzstan, and Tajikistan, as well as helping them to improve their overall self-defense capability," Davis said.

Krygyzstan Ministry of Defense Chief of Engineering, Col. Ziyabek Kambychekov, Tajikistan Col. Dzhafarov, and Representative from the U.S. Embassy in Tajikistan Firuza Nasimova, were presented with a certificate on the last day of the exchange, inducting them into our Honorary EOD Society of Defuziliers.

"These events are very valuable," Kambychekov said after receiving his certificate. "They emphasize the importance of working together as partners to strive for peace."



ABOVE: Gen. Col. Saken A. Zhasuzakov, First Deputy of the Republic of Kazakhstan, Chairman of Joint Chiefs of Staff, Ministry of Defense, during the opening ceremonies of the multi-national exercise Steppe Eagle 2010 at Training Center Illiskiy, August 16. Third Army Soldiers train the Kazakh military for combat readiness as part of internationally sanctioned operations, enhancing its ability to Shape the Future of the Army's role is to provide military decision-making training to the Kazakh brigade and battalion. **RIGHT:** Members of the Kazakhstan military and fellow soldiers march around the parade field for a pass and review during the opening ceremonies of Steppe Eagle 2010.



STEPPE EAGLE

*Story and Photos by
Sgt. M. Benjamin Gable
Third Army Public Affairs*

Third Army continued its mission of Shaping the Future as Third Army Soldiers, along with Soldiers from both the Kazakhstan and British Armies, participated in the opening ceremonies of the multi-national exercise Steppe Eagle.

Since 2003, Kazakhstan has hosted Steppe Eagle, a multi-lateral exercise designed to improve the participant's interoperational capabilities. Steppe Eagle trains the combined forces for combat readiness as part of internationally sanctioned multi-national operations.

The main goal of this exercise is for the Kazakh Army to become NATO qualified in both peacekeeping and humanitarian missions.

Gen. Col. Saken A. Zhasuzakov, First Deputy of the Republic of Kazakhstan, Chairman of Joint Chiefs of Staff, Ministry of Defense, Republic of Kazakhstan, officially

opened the ceremony, emphasizing the importance of the annual exercise.

"This exercise builds on our existing relationships and will allow us to work together in a full capacity," said Zhasuzakov. "Together, our Armed Forces are strong and security will be greater."

Lt. Gen. William G. Webster, Third Army commanding general, expressed his gratitude in participating in the Steppe Eagle training event.

"Steppe Eagle is an important opportunity for us to work together to improve our interoperability and mutual understanding," said Lt. Gen. Webster. "We will leave here as better comrades and our vision for the future reinforced."

After the key leadership concluded their opening remarks, Kazakh band members played national music as their fellow Soldiers marched around the parade field for a pass and review with U.S. and British Soldiers following in-step.

Republic of Kazakhstan, speaks, along with British Soldiers will security in the region. The Third band play national music as their



Staff Sgt. Qunnette McCoy, a Third Army operational law paralegal non-commissioned officer and native of Dadeville, Alabama prepares to raise the American flag during the opening ceremonies of Steppe Eagle 2010, August 16. McCoy, with Soldiers from the Kazakh and British Armies, presented each of their nations respective colors as part of the ceremonies.

With the conclusion of the ceremony, the multi-national forces could look forward to the task at hand.

The Third Army's role is to provide military decision-making process training to the Kazakh brigade and battalion.

This year, the Kazakhstan 1st Brigade, 1st Battalion will train with Third Army senior leadership as well as Arizona Army National Guard and British Soldiers.

Kazakhstan soldiers will maneuver their companies while reacting to scenarios during the training. Some of these scenarios will include field-training exercises which test their abilities in convoy operations and security, and supply air drops. The Kazakh soldiers will then train in distribution of humanitarian supplies as well.

According to Lt. Col. Roland Gonzalez, Observer/Controller officer in charge with the 158th Maneuver Enhancement Brigade, Arizona Army National Guard, these missions and scenarios will test the Kazakh forces.

"This is a complex training environment," he said. "In conjunction with the training, the field exercises will qualify the Kazakhstan brigade and battalion staffs to interact with NATO."

More than one thousand personnel, comprising mostly of Kazakh soldiers, will participate in the eight-day training event. The efforts put forth by the multi-national forces during the next two weeks will reinforce the concept of teamwork and continue Third Army's mission of Shaping the Future.

LEGAL

The Legal Assistance Office of the Command Judge Advocate is committed to helping servicemembers, retirees, dependent family members, and Department of Defense civilians by providing no cost legal advice and assistance. Persons seeking legal assistance must provide proof of eligibility prior to receiving legal assistance.

What sort of services do we provide to eligible clients? The following lists some of the areas of law in which we provide assistance. Be advised that Legal Assistance Attorneys are not permitted to represent clients in court nor to advise on private business activities. However, in those situations, we can discuss general topics and can provide civilian attorney referral lists.

- Notary and Power of Attorney - Available on a walk-in basis during normal hours.
- Family Law – Marriage, divorce, financial non-support, child custody, visitation, and paternity cases.
- Estate Planning – Wills, testamentary trusts, guardianships, and advance medical directives.
- Real Property – Tenant’s lease, landlord-tenant issues, and disputes involving client’s principal residence, including the termination of pre-service leases under the Servicemembers Civil Relief Act (SCRA).
- Economics – Lending agreement disputes, general information on bankruptcy, garnishment orders, involuntary allotments, debt, banking, credit card, property insurance problems, and non-government claims. Legal assistance will also be provided on limiting interest on pre-service obligations (including mortgages) under the SCRA.
- Military Issues – Appeals and rebuttals for Line of Duty investigations, FLIPL, OER/NCOER, Bars to Reenlistment, Security Clearances, Reprimands, and Hardship Cases.
- Taxes – Preparation of Federal and State income tax returns.
- Civilian Criminal Matters - general advice on civilian criminal matters, such as explaining the nature of the charge, possible punishments, and criminal procedure.
- Claims Office – Personnel and household goods claims. Also claims filed under the Military Claims Act and claims filed under the Defense Cooperation Agreement.

The Legal Assistance Office is located on Camp Arifjan, Zone 6, Bldg 1490 (same building as Post Office). Our Office Hours are Sunday – Friday 0800-1700, Saturday 0800-1200. Attorney Walk-In Hours are 0900-1130, call DSN 430-5258 (civilian 2389-5258) for an appointment. Legal advice is not given over the telephone.



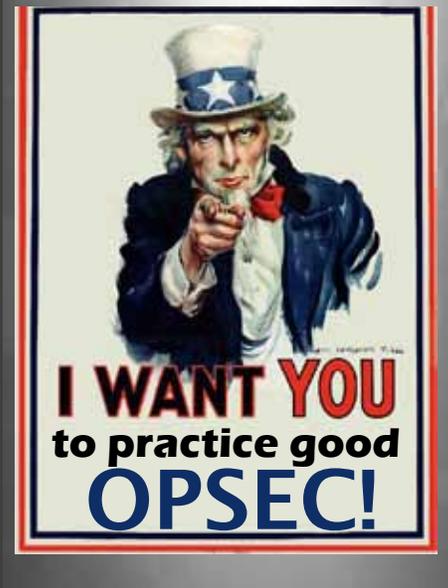
Remember OPSEC!

Practicing poor Operational Security puts you, your buddies and the mission in jeopardy!

Remember OPSEC when...

- Using the phone
- Sending E-Mail
- Using social networking sites
- In public places

**YOU NEVER
KNOW WHO IS
PAYING
ATTENTION TO
YOU!**





LEFT: Eleanor Yokel, daughter of Staff Sgt. Peter Yokel, Third Army Advanced Party Communications noncommissioned officer in charge, looks over a copy of the Yellow Ribbon at Third Army's first Family Readiness Group meeting at Shaw Air Force Base, S.C., Aug. 19. Members of the City of Sumter as well as the Airmen Family Readiness Center spoke during the meeting, highlighting activities and services available to Third Army Families as they join the Sumter community. **RIGHT:** Staff Sgt. Thomas Brown, Third Army Advanced Party Operations noncommissioned officer in charge, attends Third Army's first Family Readiness Group meeting at Shaw Air Force Base with his wife Janetta and daughter Chloe, Aug. 19. FRG meetings will be held monthly at Shaw AFB.

Third Army's first Family Readiness Group meeting at Shaw Air Force Base

Story and Photos by
Sgt. Beth Lake
Third Army Public Affairs

With the transition to Shaw Air Force Base underway, Third Army held its first Family Readiness Group meeting at the Carolina Skies Club on base, Aug. 19.

Establishing a firm foundation for the FRG program at Shaw will ensure Families receive the support needed as the command makes its move over the next year.

"I want to keep people informed, connected, ready and strong," Laura Batule, Third Army Family Readiness Group Program Manager told participants at the meeting. "If you keep people informed, ready, and connected, they will be strong. We want to keep you informed about everything that is going on. We want you to have the opportunity to be involved and to know that you are always welcome to participate in the Family Readiness Group."

Susan Wild, Communications, Tourism and Recreations Director for the City of Sumter, came to the meeting along with Debra Green, Community Marketing Specialist for the City of Sumter, to introduce themselves to Families and highlight the many activities available in the local community.

"I have had the opportunity to work as a liaison for Third Army since 2006," Wild said. "It has been exciting to meet a lot of different people over the years. We are excited you are here and we hope you all will have the opportunity to attend some of the festivals and events that we have going on."

Wild highlighted the Shaw Street Fest as well as sports sign ups at the local Patriot Park. She also handed out an e-mail sign-up list for Families to get event notifications sent to them on a weekly basis.

Claudia Bostic, Community Readiness Consultant from the Airmen Family Readiness Center, also attended the meeting and spoke about the services the center offers. Bostic explained that the center is similar to Army Community Services in that it has a lending closet for incoming personnel as well as resume and job-assistance services. The center also has child care assistance programs and relocation assistance.

Batule introduced Shaw's new zip code zone leader, Lisa Banister, and explained the purpose of these groups.

"FRG meetings are normally done in a formal official setting," Batule said. "The Zip Code group gets together in a smaller informal setting. Our Families are getting

information through email and the Yellow Ribbon, but the zip code groups give them the opportunity to get together at a local restaurant they haven't tried or going to someone's house. It is really like a coffee group."

In addition, Batule explained that many resources will be made available to Third Army Families stationed at Shaw. The FRG is working to ensure Soldiers and Families receive the benefits they are eligible for at the base. She explained one of these benefits is the possibility of free child care for some Families through the Child Development Center.

"All the parts of being a tenant on an Air Force Base are being worked," Batule said. We are working with the Air Force to make this a smooth, seamless transition for people. We just want to make sure you know we are here to help and want to be able to give you whatever information we can."

Batule ended the meeting by handing smart cards out to Families that provide a listing of phone numbers to important services on base.

Soldiers and Families can find more information on Third Army's Family Readiness Group by visiting www.arcent.army.mil/frg.

Col. Barrett takes the reigns of the 160th Signal Brigade



Col. Maria B. Barrett is welcomed by signal Soldiers of the 160th Signal Brigade at a change of command ceremony July 21.

*Story and Photos by
Spc. Jacob Massey
160th Signal Brigade PAO*

Signal Warriors of the 160th Signal Brigade welcomed Col. Maria B. Barrett, incoming commander, during the change of command ceremony held at the Zone One Gymnasium at Camp Arifjan, Kuwait July 21.

As the incoming 160th Signal Brigade Commander, Barrett assumes operational control of the 25th Signal Battalion in Afghanistan, the 151st Signal Battalion in Iraq, and the 54th Signal Battalion at Camp Arifjan. Barrett received the unit colors from Brig. Gen. James T. Walton, commander, 335th Signal Command.

Barrett is a native of Massachusetts and most

recently served as the 307th Expeditionary Signal Battalion Commander, U.S. Pacific Central Command, Hawaii. From August 2006 to June 2007, she served as J3 Director for the Washington Area Communications Command. From June 2002 to July 2003, she served as Senior Watch Officer at the White House Communications Agency Operations Center.

In her remarks, Barrett thanked the Soldiers and NCOs whose hard work resulted in the successful event.

“Command and receiving stewardship of this brigade is not something I take lightly or without giving thanks and reflecting on all of the officers, NCOs and civilians with whom I serve and who have been with me

over the years,” Barrett said.

During the ceremony, Brig. Gen. Walton relayed words of encouragement for the new commander and thanked the outgoing commander, Col. Ronald R. Stimeare, for his service to the Signal community as the 160th Signal Brigade commander for 24 months. His follow-on assignment will be with the Defense Information Systems Agency in Fort Meade, Maryland. Stimeare’s departing remarks praised the outstanding efforts of the 160th.

“Today I stand here an extremely humble individual. I’ve been given the good fortune of commanding the Signal Regiment’s premiere strategic Signal Brigade. Thank you for always giving

your best, always striving to improve and care for one another.”

The 160th Signal Brigade, with headquarters in Camp Arifjan, supports tens of thousands of Soldiers deployed in support of Operation Enduring Freedom and Operation New Dawn at locations throughout Iraq, Afghanistan, Kuwait and Qatar. The 160th’s mission is to maintain a forward-deployed, theater signal brigade to engineer, install, operate, maintain, and protect the Army theater signal enterprise infrastructure in support of U.S. Central Command combatant, non-combatant, coalition and allied forces and other U.S. government agencies across the spectrum of conflict.

Never Leave A Fallen Comrade

With the stresses provided by military service taking it's toll on all who serve, some do not deal with the challenges of day to day life as well as others.

With this being said, the unfortunate rise in the number of military suicides has hit an all-time high this year (with the most Army suicides in a month taking place in June) and has left units, friends and families to grieve the loss of their men and women. In order to combat suicides within it's ranks, the Army has started a new campaign called "Shoulder to Shoulder."

Shoulder to Shoulder places a strong focus on reliance upon friends, co-workers, mental health professionals and spiritual advisors.

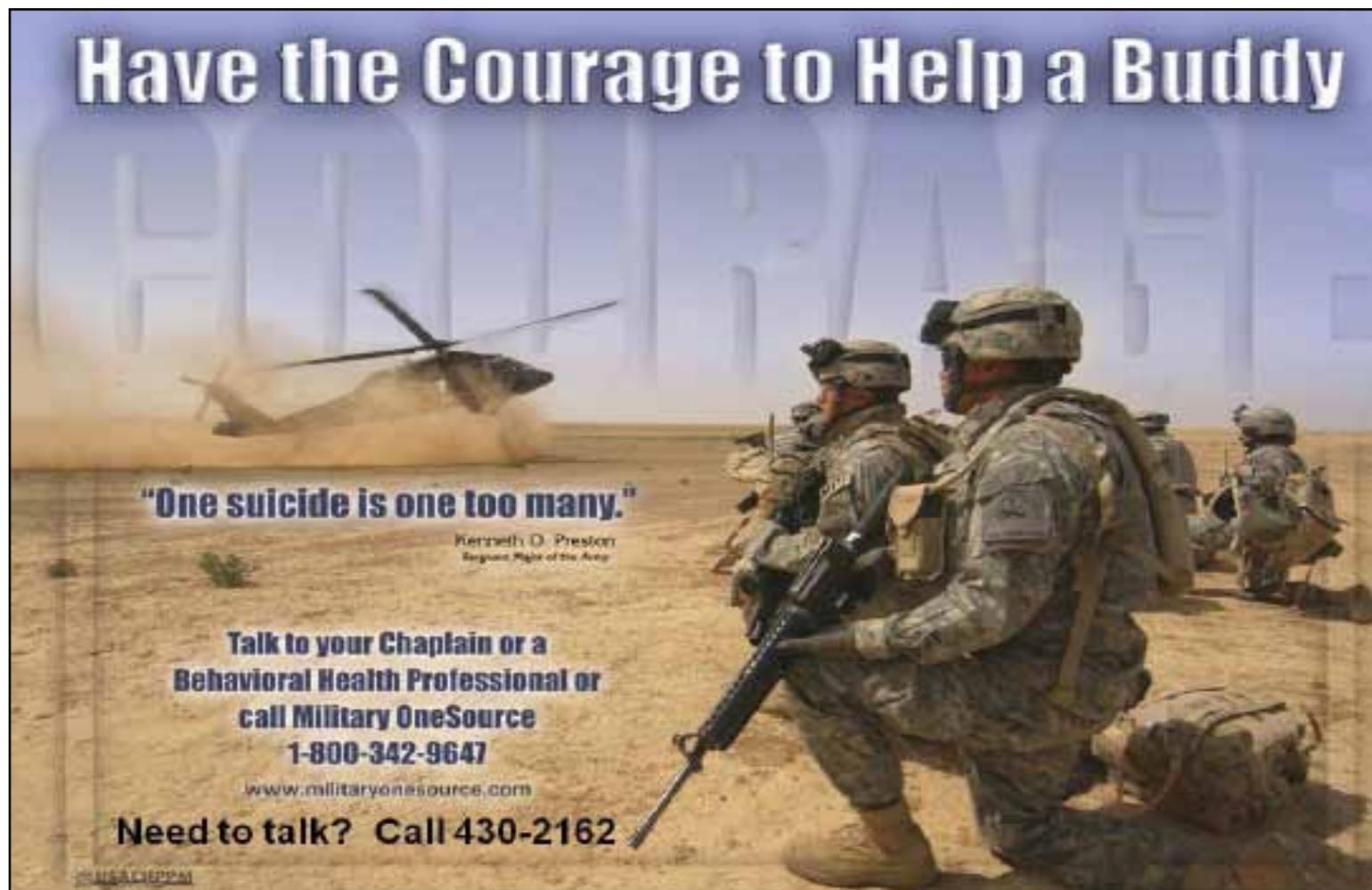
As a friend and teammate, Soldiers should implement the ask, care and escort (A.C.E.) system when dealing with someone they suspect to be suicidal. A.C.E. is meant to help Soldiers remember how to efficiently care for someone who may be considering taking their own life

"When you're talking with someone and they start giving you the idea they may be wanting to commit suicide the first thing you need to do is confront the situation directly and just ask," said Maj. Brian Crane, a chaplain with Third Army. "You owe it to your buddy for a couple of reasons. Because if they really mean it, they probably want to tell someone, but also if they're just joking around you don't want to make a false report."

When someone trusts you enough to confide in you for help, you cannot stop at just asking. To successfully protect friends and comrades from harming themselves, every step of the A.C.E. routine must be followed.

"First, if they have any weapons or other way of [committing suicide] you want to remove that chance. Second, and this is the most important thing- do not leave them alone," said Crane. "They have told you a deadly secret and now you have the responsibility to keep them safe until you can get help. Since you can't leave them alone you have to escort them to the Chaplain, behavioral health or medical facility. Your quick intervention can mean a life difference for someone. They have entrusted you with their life which is a great privilege and a great responsibility."

Taking serious heed of potential warning signs of at risk Soldiers can make a world of difference not only for the Soldier, but for families and friends as well.



Have the Courage to Help a Buddy

"One suicide is one too many."

Kenneth D. Preston
Regimental Chaplain of the Army

**Talk to your Chaplain or a
Behavioral Health Professional or
call Military OneSource
1-800-342-9647
www.militaryonesource.com**

Need to talk? Call 430-2162

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Meet the Standard

How well do you know the Third Army Standards Book?

1 When replying to another unit's motto a Third Army Soldier should always reply...

- a. Always First
- b. Patton's Own
- c. Good "Time of Day"

2 When wearing a sun hat (boonie cap) the chin strap...

- a. should always be placed tightly under the chin.
- b. is placed tightly under the chin or behind the head
- c. can be placed tightly under the chin, under the cap, or behind your head.

3 When in a vehicle at the first sound of Reveille..

- a. keep driving.
- b. pull safely to the right and stop.
- c. pull safely to the right and stop exit the vehicle and render honors appropriately.

4 If you do not know the response to a senior's questions, you cannot go wrong by saying..

- a. "I don't know, but I'll find out."
- b. "That is not my lane."
- c. "I don't know."

5 The PT uniform is required to be worn...

- a. At all times when conducting physical training.
- b. When conducting physical training anywhere Mon.-Fri. 0500-0800 hours.
- c. When conducting physical training outdoors Mon.-Fri. 0500-0800 hours.

6 The reflective PT belt should be worn ...

- a. regardless of uniform, during hours of darkness.
- b. at all times in any uniform.
- c. only in PTs.

7 The "No Hat,/ No Salute" area is located ...

- a. Outside the PX and MWR.
- b. Outside the chapel and smoking areas.
- c. There is no "No Hat,/ No Salute" area.

8 The Rigger Belt Desert Sand is the only authorized belt for wear with the ACU utility uniform.

True / False

9 A Soldier is not allowed to have a black carrying case for up to one electronic device...

True / False

10 Headphones may not be used when walking or running in areas that are not designated as running tracks/paths or designated running tracks/paths that cross onto roads or streets.

True / False



Renee S. Acosta, right, president and CEO of Global Impact (the organization appointed to manage CFC), presents a check to Col. David Bishop, Third Army chief of staff, at Camp Arifjan Aug. 25. Bishop accepts the check on behalf of the Third Army Family Support and Youth Programs, who help Soldiers and their Families to Sustain the Fight.

Charity Calls on Camp Arifjan

Story and Photos by
Pfc. Dan Rangel
Third Army Public Affairs

Servicemembers around the world have given nearly \$16 million to charity last year to approximately 1,800 organizations through the Combined Federal Campaign.

In order to gain further support, Renee S. Acosta, president and CEO of Global Impact (the organization that manages CFC), paid a visit to leaders stationed in Camp Arifjan Aug. 25.

“For the last 15 years we’ve managed the Combined Federal Campaign on behalf of the Department of Defense,” Acosta said. “Global Impact is charged with managing an effective and efficient campaign.”

Acosta, who has made a visit to Kuwait every year for the past eight years, knew exactly what she was looking for during her visit with Third Army leaders.

“Every year I come forward to call on leadership and senior enlisted Soldiers to make sure that we have a common ground,” Acosta said. “I’m looking

for tangible and visible leadership, for commitment, for support of the program and the opportunity to recognize the 1,800 people who volunteer to help raise money for CFC.”

Volunteers who work on the campaign, both Servicemembers and civilians, grew from 300 to 1,800 volunteers. Acosta attributed this growth to CFC’s organizational structure.

“It’s really quite a thing of beauty because there’s very little management,” Acosta said. “Global Impact has about a dozen staff members dedicated to [CFC]. There are about 15 or so component or country managers and then it goes right to these 1,800 project officers and key workers who assist, help out and take responsibility for making The Ask.”

“The ask” is what Acosta called the actual act of one person asking another to give to a charity and is what she says is the secret to success.

“The number one reason people give is because they’re asked and it’s even better when you’re asked by someone you know,” Acosta said.

Many units have a designated ‘key worker’ within their ranks.

“We have an NCO that is in charge of CFC for the unit,” said 1st Lt. Renee L. Togafau, aide to Brig. Gen. James T. Walton, commander, 335th Signal Command.

“[When I was first asked] I had an uncle that passed away from cancer,” Togafau said. “So I did a one time donation.”

Acosta pointed out that many Servicemembers begin giving just that way — at first with a one time donation and then regularly, which is one of the reasons CFC has grown.

In the 15 years Global Impact has managed the CFC overseas, it has grown from \$6 million to \$16 million in charitable giving every year.

Acosta intends to make that amount even greater.

“Everyone can find something they can give to, something they support,” Acosta says. “So when you’re asked to give, give generously. The need is great.”

HEALTH

Weight Gain – Insights to a Solution

Story and Photos by
 Capt. Steven Jackson
 Third Army Dietician

In my last article, I described how most weight gain is not the result of gross over-eating. Rather, weight gain generally follows from very small yet very regular caloric excesses that accumulate over time. For every 3500 calories consumed in excess of your energy needs, you will gain 1 pound of body fat.

The GOOD NEWS is that the reverse is also true...for every 3500 calorie deficit (due to reduced intake and/or increased exercise), you will lose 1 pound.

Some individuals find counting calories (estimating both intake and expenditure) to be an efficient

method to gauge whether or not they should expect to see a change in weight.

However, in order to effectively use calorie counting, one needs to have a realistic estimate of his/her caloric needs in light of the number of calories burned each day. If you continuously battle your weight, consider talking with a dietitian to get an idea of your calorie needs, as well as a recommended number of calories to target for safe and effective weight loss.

One particular issue to keep in mind is that your CURRENT weight is a key factor that drives the number of calories needed to MAINTAIN that weight. As you lose weight, the number of calories

required for weight maintenance declines. Hence, in order to continue any given rate of weight loss (and avoid a “plateau”), you must continuously adjust your caloric intake and/or expenditure to sustain negative energy balance.

Aside from actually counting calories, many people achieve effective weight loss by closely scrutinizing their diets to limit “empty” calories (i.e., foods containing energy, but few if any vitamins, minerals, or other required nutrients). Examples include energy drinks, sodas, sugars added to tea or coffee, snack chips/crackers, and alcohol. These empty calories accumulate and can make a huge difference over time!

DID YOU KNOW:

If you entered the military from the state of Ohio and still claim Ohio as your residence they have approved a new bonus of up to \$1,500 for those serving and those who have served!

Visit <http://www.veteransbonus.ohio.gov> for more information about the bonus.

Staying Safe

Cycling Smarts

Staying safe on the roadways

Story by David Stone

Aviation and Missile Research, Development and Engineering Center

Bicycling continues to gain widespread acceptance as a viable form of transportation. Whether you cycle to save money, reduce your carbon footprint or improve your physical fitness, safety is always a primary concern. Do you know the rules of the road and use smart cycling tactics to bike safely and legally?

As a league cycling instructor, I teach cyclists tips, tools and techniques to help them ride more confidently. There are, however, a number of cyclists and motorists who are misinformed about how to bicycle safely, and I'd like to clear up some of the misconceptions.

First, the largest cause of bicycle crashes is falling off the bicycle. Half of the bicycle crashes involve falls, while less than 20 percent involve motor vehicles. In fact, collisions with pedestrians, animals and other bicycles are twice as likely as a collision with a motor vehicle. Second, crash studies show that only about 5 percent of bicycle crashes with motor vehicles involve the cyclist getting hit from behind. Most collisions — more than 85 percent — involve crossing traffic. Either the bicycle pulls in front of the car or the car pulls in front of the bicycle.

What controls can a cyclist implement to reduce the likelihood of a collision? The concept that reduces crash risk the most is called vehicular cycling. John Forester, in his book "Effective Cycling," said it best, "Bicyclists fare best when they act and are treated as drivers of vehicles." Basically, a bicycle should be operated with the same rules and responsibilities as any motor vehicle. Segregating bicycles from motor vehicle traffic makes cyclists less visible to motorists, thus increasing the risk of a crash. Visibility for a cyclist is not only what they wear, but also where they cycle.

Traffic law defines the cyclist's position as "as far right as practicable." This causes considerable confusion. This does not mean "as far right as possible." The right one third of the right-most lane is a good starting point, but may change further left or right depending on the circumstances.

On roads that are not wide enough for a cyclist and motorist to share a lane, cyclists should use the full lane. Most cyclists want to get out of the way of traffic; however, in this case, moving farther into traffic reduces the crash risk. Most bicycle crashes with motorists traveling the same direction do not involve getting hit from behind, but hit

from the side by the right rear quarter panel. When cyclists ride too far to the right, they invite motorists to try and "squeeze by" when there isn't sufficient room. Using the full lane reduces this risk by making motorists pass them as they would any other vehicle — in the next lane.

If traffic is backed up, a courteous cyclist will pull completely off the road and stop while motorists go by. Once the road is clear, the cyclist can continue. Motorists should not expect cyclists to move as far right as possible while still moving.

Many motorists feel bicycles should be on sidewalks because they impede traffic, but riding on sidewalks increases a cyclist's risk of a collision with a motor vehicle between two to four times. At every intersection where a sidewalk crosses the road, there is a higher probability of a crash with the cyclist on the sidewalk, where the motorist is not looking, compared to cycling in the roadway with traffic.

Shoulders can be a viable facility for cyclists. However, debris, which can cause a fall, becomes a significant issue when cycling on shoulders. Bike lanes are essentially a shoulder with additional paint. A common motorist-caused crash is called a "right hook," where the motorist cuts off the cyclist by turning right across the bike lane. Cyclists also cause crashes by turning left from the bike lane. They don't realize they should merge to the left and turn like a motorist.

Another common cause of bicycle/motorist collisions is cycling without lights at night and in low-light conditions. Many times, a motorist's headlights do not illuminate the bicycle reflectors until just before a collision, so bicycle headlights and taillights, which can be visible for miles, are the best solution. Headlights are required by law and taillights are highly recommended. The up and down motion of bicycle pedals is readily recognizable and the use of pedal reflectors, reflective tape or a reflective leg band all increase cyclist visibility.

There isn't enough space to go over all aspects of bicycle safety. There are many more specifics with regard to road position, but I've hit the major highlights. Properly fitted helmets and bicycle inspections are also important safety issues. Cyclists must assess risks based on the time of day and road, traffic and weather conditions. Knowing potential hazards and implementing the proper controls are the keys to riding confidently and, most important, safely.

The Chaplain's Corner

Story by Chaplain (Lt. Col.) Darrell E. Thomsen, Jr.
 USARCENT Deputy Command Chaplain (Forward)

As he hung there on the playground pull-up bar, the young lad became acutely aware of his shadow. Laughing, he kicked his feet dancing with his shadow until his little arms tiring caused him to drop where he realized his shadow attached to him. Raising one foot and then the other, the young boy tried to shake off the unexpected attachment. He began running trying to escape the unwanted intruder, but to no avail. Finally, in a moment of desperation, he lay down on his back where he found himself pinned by his own shadow. Sadly, he missed out on all the joyful moments offered by the silver slide, the swerving swing, the see-saw, the jungle gym, the sand box and a myriad of vendors with goodies galore. What a shame. Yet, this same scenario plays itself out on a grander scale called daily life.

People are often pinned by the shadows of their past. Past shadows will find their creation in the form of events where some failure beyond the norm occurs. These shadows

often take aim at a person forcing their arrest, incarceration and manipulation. It doesn't take a trained eye to find person's pinned by yesterday's shadows.

Yesterday's shadows will never pin those who take aim at their shadows by choosing liberty as a core value, whose battle cry is forever, "Give me liberty or give me death." Liberty belongs to those who've decided to build again after being forced to swallow the reality of life's bitter pill(s), but chosen not to succumb to the debilitating intoxication. It is for those who've chosen to face the horrors of hell with a heart of hope and to pave life's path with the stones hurled at them. Liberty is for those who are tired of serving yesterday's scars and ready to allow those scars to serve them. It is ultimately for those who've determined it is worth the struggle to reach their potential by employing the power of a resilient spirit.

In light of 9/11, as Americans, let's renew our battle cry taking aim not only at our personal shadows, but also at our national shadow with a renewed commitment to turn tragedy into triumph.

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Program Goal: To provide all assigned Soldiers, Sailors, Airmen, Marines and Civilians with the opportunity to exercise their constitutional right to vote wherever they may serve.

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Staff Sgt. Lance Wilson, Third Army safety non-commissioned officer in charge, and Spc. Paul Wilson, a medic serving with Company B, 1st Battalion, 38th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, reunited in Camp Virginia, Kuwait Aug. 24 after Spc. Wilson's year-long deployment to Iraq. Staff Sgt. Wilson's work in Kuwait helped Sustain the Fight conducted by his son and his 4-2 SBCT.

Father and Son reunite in Kuwait

*Story by Dan Rangel
Third Army Public Affairs*

A Soldier on his way home from Iraq was able to have an early family reunion in Kuwait with his father who serves with Third Army.

Staff Sgt. Lance Wilson, Third Army's safety non-commissioned officer in charge, and Spc. Paul Wilson, a medic serving with B Company, 1st Battalion, 38th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, reunited after Spc. Wilson's year-long deployment to Iraq.

During their meeting, they swapped old family stories just as many dads and sons do; although, this father and son pair traded war stories too.

A Dundee, Ill. native, Staff Sgt. Wilson settled in Genoa, Ill. where he raised young Paul and his two other sons, one of whom also plans to join the Army as well.

"The youngest one wants to be a helicopter pilot," Staff Sgt. Wilson said proudly, which is how he spoke of all his sons.

The Wilsons realized they would have the opportunity to meet as Spc. Wilson's unit, who recently completed combat operations in Iraq prepared to return home.

"When you come out of theater you go to Kuwait somewhere," Spc. Wilson said. "[My father] was stationed in Kuwait so we knew we might have that possibility."

This wasn't Staff Sgt. Wilson's first time to Ku-

wait. He joined the Army in 1987 then later left the Army in 1990 before being called back for Operations Desert Shield and Desert Storm.

While the two were able to catch up on the past year, Spc. Wilson was able to discuss with his father his year-long deployment to Iraq.

"We got it done," Spc. Wilson said. "We built great partnerships between us and the Iraqis and weeded out the corrupt. It felt good."

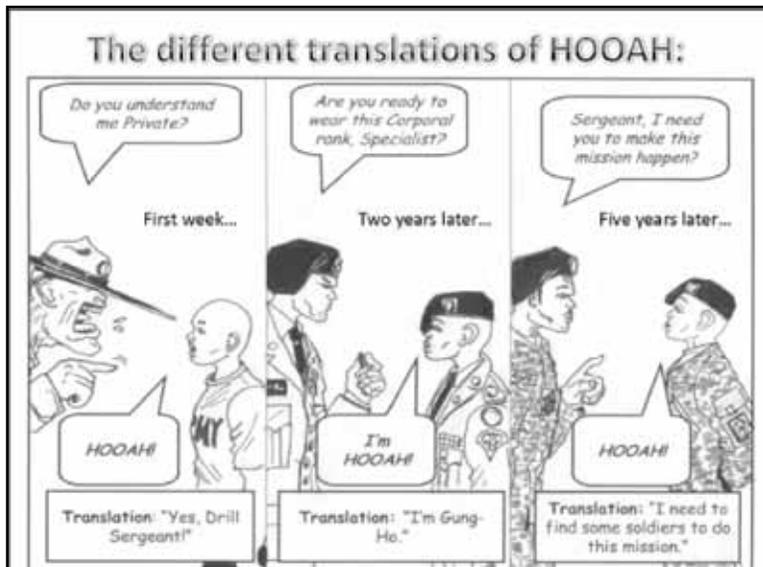
Spc. Wilson reflected on his feeling of being one of the last units to take part in OIF.

"After I had some time to think about it when the missions were done and the tempo was down, [I realized] it's really great to know that we ended OIF," Spc. Wilson said. "We did a lot of work, but it wasn't like combat-crazy work. It was humanitarian work, we settled disputes. Our huge focus (even down to the platoon level) was getting the Iraqi Army and Police good rapport with the people."

In part, it is Staff Sgt. Wilson's work to help Sustain the Fight for his son and his unit even though they rarely see one another.

As many Servicemembers do, the Wilson's have been able to see each other and the rest of their family about every six to twelve months and know to make the most of the little time they have.

"We don't know the next time," Staff Sgt. Wilson said. "That's why we've got to take advantage of this time."



By Staff Sgt. Mark Bennett

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
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

Just one Question?

What charity do you donate to?



“I would like to give to the Make a Wish Foundation because it helps a lot of children that have cancer. My cousin had cancer and she got through it.”

Sgt. Cierra Auzenne
Third Army



“I give to the same cause every year. I give to cancer societies. My mother passed away of cancer two years ago, so it’s always important to me to have hope they’ll find a cure for cancer.”

Sgt. 1st Class Eric Shields
160th Signal Brigade



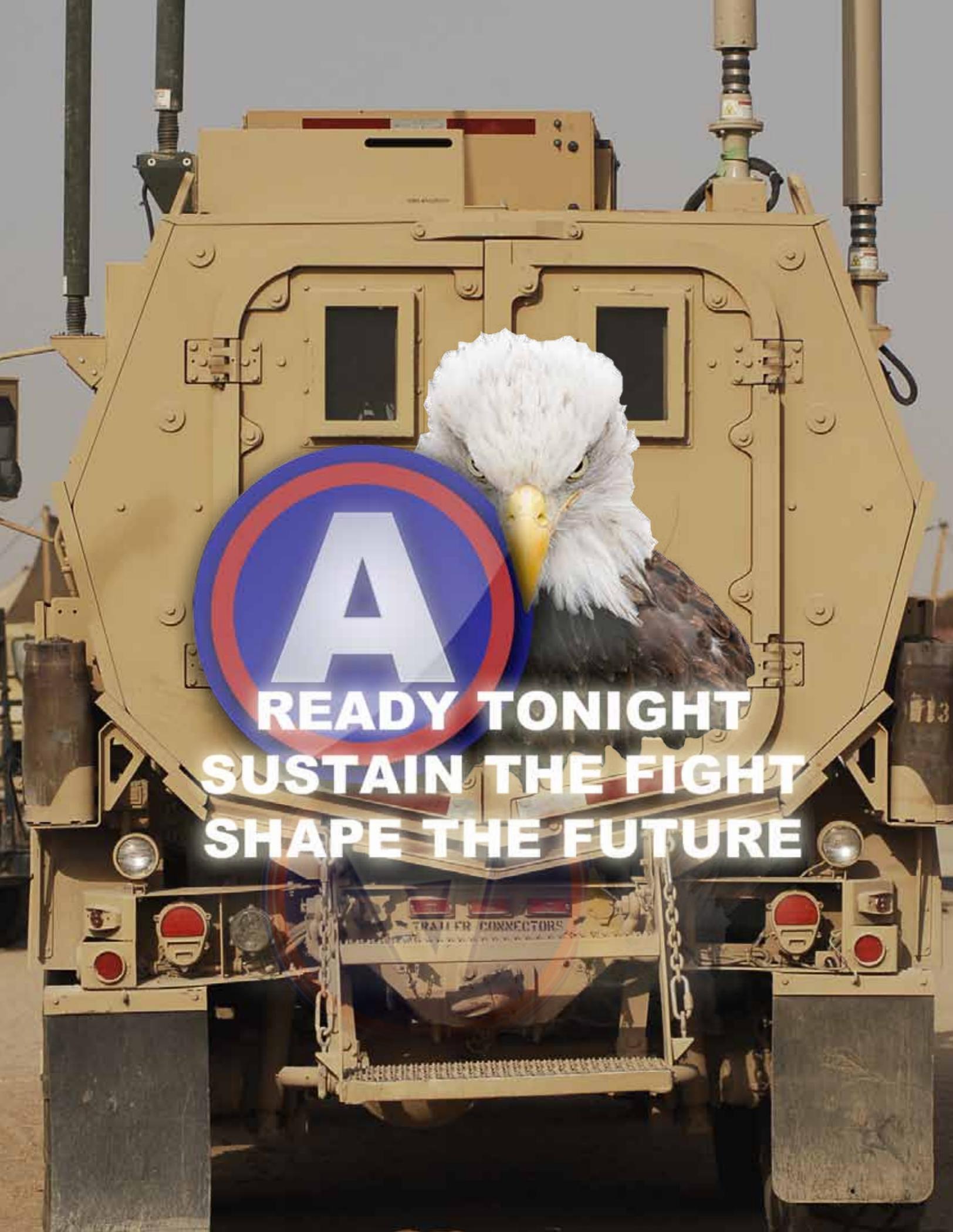
“I give to USO, the VFW and the Paralyzed Veterans’ Association. I just think it’s good that we give back. We’re Soldiers and we appreciate the people who take care of Soldiers”

Lt. Col Tyra A. Harding
Executive Officer for
Brig. Gen. O’Connor



“I like the USO personally,” I have had a lot of personal experience with them assisting me when going to a new duty station or even when I first got into the military on my way to boot camp.”

Marine Cpl. Roger Farley
MARCENT



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SUSTAIN THE FIGHT
SHAPE THE FUTURE**

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