

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

DESERT VOICE

September 15, 2010

Third Army Remembers 9/11



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COMMAND CORNER

A message from Lt. Gen. Webster and Command Sgt. Maj. Fourhman

To the Third Army/USARCENT Team,

The Army is committed to the health, safety and well-being of its *People*. To emphasize this commitment, we are joining the Nation in observing the National Suicide Prevention Month during the month of September. The Army's theme this year is, "Shoulder to Shoulder--- I Will Never Quit On Life."

We have been in the fight for almost a decade, planning and executing the *Missions* absolutely critical to our Nation's defense. As we have magnificently performed our *Mission*, the resultant stress has had a profound effect on our *Team*: Our *Soldiers, Civilians and Families*.

Each of us has a responsibility and an obligation to reach out and help our fellow *Soldiers, Sailors, Marines, Airmen, Civilians* and *Families who may need our assistance*. Together, we will make a difference by identifying those at risk, and by helping them get the care and support that they need.

All leaders in the command must take this opportunity to plan, coordinate and conduct suicide prevention education, awareness, intervention and training programs. All leaders, especially the noncommissioned officers and first-line supervisors, must make Third Army an organization that is dedicated to suicide awareness, prevention and intervention. Focus on all aspects of health and wellness to promote total well-being across our *Team*.

Stress is real and poses significant challenges to our army and organization on all fronts. As Gen. Chiarelli, the Vice Chief of Staff of the Army, said in a recent memorandum on 2010 suicide rates, "At the end of the day, no matter how much effort we spend on programs, how many changes we make to policies, or hours spent on suicide prevention training, our last and most potent line of defense remains our leadership."

Suicide is preventable.

Patton's Own!



William G. Webster
Lieutenant General, US Army
Commanding General



John D. Fourhman
Command Sergeant Major, US Army
Command Sergeant Major



Never forgotten: Third Army remembers 9/11

*Story and Photos by
Spc. Eric Guzman
Third Army Public Affairs*

On the ninth anniversary of the terror attacks that took place Sept. 11, 2001, Servicemembers took to the streets of Camp Arifjan, Kuwait to run in remembrance of the lives lost that day.

Starting and ending at the Zone 1 race track, the crowd of runners paid their respect to those lost in the 9/11 terrorist attacks and in the resulting wars by running through the desert heat for 9.11 km. (5.6 miles).

Running alongside the Servicemembers was Scott Jurek, a professional marathoner, who was present to provide his support and express his gratitude for the sacrifices made every day by those running alongside him.

"It's really an honor to be here with the troops," said Jurek. "I'm just here to run with everybody. I want to get out there, motivate and support everybody. That's what it's all about for me."

The 9/11 terror attacks played a big part in how we live our lives today; no matter where they were, people were affected by the events that took place that day.



Third Army Soldiers stride through a 9.11-km. run at Camp Arifjan, Kuwait to memorialize the lives lost during the 9/11 terrorist attacks and the subsequent wars.

"It's a great honor to be out here honoring the lives lost before us. I think 9/11 has strengthened our resolve." Wayne Brock, commanding general of the 33rd Army Aviation Brigade.

With nearly 1,000 registered participants successfully completing the 9/11 run, the event proved to be a powerful reminder of the sacrifices made during the 9/11 terrorist attacks and the subsequent wars.



at Camp Arifjan, Kuwait to me-
s as well as those lost during

those that have fallen
resolve,” said Brig. Gen.
5th Signal Command.
showing up for and
be a success.



Staff Sgt. Kimberly Cooper-Williams, a noncommissioned officer with the 1st Theater Sustainment Command, signs a wall commemorating those who lost their lives during the 9/11 terror attacks.



Third Army Soldiers display commemorative T-shirts in front of a signature-sheet memorializing the lives lost during the 9/11 terrorist attacks and show how American Soldiers and civilians alike have persevered since.



Passing the to

Lt. Gen. William G. Webster, commanding general of Third Army, Brig. Gen. Wayne Brock, incoming 335th Signal Co. commanding general and Brig. Gen. Walton salute the colors during the change of command ceremony as Brig. Gen. Walton passes command of the 335th Signal Command

*Story and Photo by
Spc. Eric Guzman
Third Army Public Affairs*

The 335th Signal Command welcomed a new commanding general Sept. 2, as Brig. Gen. James Walton passed the reins to Brig. Gen. Wayne Brock at the Zone 1 Gymnasium at Camp Arifjan.

“Upon my arrival here I found a vibrant, professional signal command, fully engaged in their mission of delivering communications capabilities

to units across the Third Army area of responsibility,” said Brig. Gen. Walton, who has been in command here for 26 consecutive months.

Soldiers of the 335th SC were in attendance, not only to bid farewell to their former commanding general, but to welcome his successor.

“It is time for me to return home and move on to the next challenge, and for Brig. Gen. Brock to take over as your commanding general,” said Brig. Gen. Walton as he bid farewell to the 335th

SC, “but with that, [Brig. Gen. Brock] is bringing new energy and vision to the 335th and [Third Army] signal teams.”

The 335th SC is active in multiple theaters of war, and as their commanding general, Brig. Gen. Walton has led them to success and steady growth with a hands-off approach.

“My leadership philosophy is to provide sufficient direction and resources to the team and get out of the way so they can do great things. I want to give Soldiers the opportunity to use their own



and Brig. Gen. James Walton, out-going commanding general of the 335th Signal Command passes the role of commanding general to incoming commanding general, Brig. Gen. Wayne Brock Sept. 2.



The color guard presents the colors as Brig. Gen. James Walton, out-going commanding general of the 335th Signal Command passes on the role of commanding general to incoming commanding general, Brig. Gen. Wayne Brock Sept. 2.



Brig. Gen. James Walton, out-going commanding general of the 335th Signal Command passes the guidon to incoming commanding general, Brig. Gen. Wayne Brock during a change of command ceremony held at the Zone 1 Gymnasium at Camp Arifjan, Kuwait Sept. 2.

initiative to make the mission happen,” said Brig. Gen. Walton.

After the Drawdown of Iraq, U.S. forces started to focus strongly on the Build-up of Afghanistan, and the 335th SC stands determined to play a significant role in helping sustain the warfighter in the country.

“In Afghanistan we have dramatically built up a commercial communications infrastructure at most of the major sites. Right now, we’re supporting a building up process at a lot of the new forward

operating bases and command outposts,” said Brig. Gen. Walton, of the work done by signal Soldiers throughout the various theaters.

Brig. Gen. Walton gave his utmost gratitude to the Troops he was parting with and also expressed his confidence in the leadership to be provided to them by Brig. Gen. Brock as he took command of the 335th SC.

“It is truly an honor to for me to be asked to lead this outstanding organization. I will do my utmost to

maintain the values you have set forth and the contributions you have made these last 26 months,” said Brig. Gen. Brock. “I am confident we will continue to see success in everything that we do.”

Soldiers practice preventative health



Spc. Andrew Phillips, 589th Port Management Team, 1189th Deployment Distribution Support Battalion, who works as a transportation coordinator, receives his immunization at the Zone 1 gym at Camp Arifjan Sept. 7. The shot was administered by Spc. Kevin Tunstall, a medic with the 343rd Medical Company (Ground Ambulance). Staying healthy and taking regular immunizations allow Third Army Soldiers to remain "Ready Tonight" to deploy in support of the Third Army mission.

*Story and Photo by
Pfc. Dan Rangel
Third Army Public Affairs*

Servicemembers can receive influenza immunizations during a two-week event which began at the Zone 1 gym at Camp Arifjan Sept. 6.

"We're trying to get as many people through as we can. Yesterday, we estimated about 600. Today, we're over 300," said Sgt. Ryan Osborne, a medic with the 343rd Medical Company (Ground Ambulance) from Richmond, Va.

Osborne and his unit administered the immunizations and looked at the event as a practice in preventative health.



Sgt. Ryan Osborne, medic with the 343rd Medical Company (Ground Ambulance), administers an immunization as part of the preventative health event at the Zone 1 gym on Camp Arifjan Sept. 7.

"As medics we're tasked with preventative health, and that's what this falls under," Osborne said. "We don't want to get some kind of thing going where one person gets sick then three people are sick, then 10 people. Before you know it a third of your unit is down. Immunizations protect the force."

Soldiers realize immunizations are just a part of military life like training and physical fitness.

"It seems like I get shots about three or four times a year, but it was good," said Spc. Andrew Phillips, who serves as a transportation coordinator with the 589th Port Management Team, 1189th Deployment Distribution Support Battalion.

Phillips walked away with a positive experience, in part, because of the efficiency of the immunization process.

"It's set up pretty well. It's really efficient. If people are afraid of coming here and having to wait a long time — don't worry," Osborne said. "We're really getting people through here fast."

To ensure shorter waiting times, Servicemembers are encouraged to attend after the beginning of the day — preferably in the afternoon.

"We're getting big crowds in the morning, but then it's 'onezees' and 'twozees' the rest of the day," Osborne said. "By the end of the day we'll be well over a thousand [immunizations] for the first two days."

Servicemembers who want to take advantage of the event can have their immunizations administered from 9 a.m. to 4 p.m at the Zone 1 Gymnasium.

LEGAL

Imagine you've been in theater six months and out of the blue you receive a "Dear John" (or Jane) letter from your stateside spouse. What can you do while you are in Kuwait? Depending upon your state of residency and individual circumstances, there is a lot you can do, up to and including getting divorced while you are right here. Of course, if you're a Servicemember, you can use the Servicemember Civil Relief Act to delay proceedings until you are stateside. The choice is yours.

Although Army Legal Assistance Attorneys are not permitted to represent clients in court, there are many other ways we can help. We can give you information to help you get on the right track to protect yourself. We can also help you locate a stateside attorney to represent you.

We have Family Law Information Papers on all 50 states. These papers include information such as:

1. An annulment. Although you have only been married seven months, you may not be eligible for an annulment. Each state has specific grounds for annulment.
2. Handling child custody/support. We offer basic information on child support or custody and, when available, information on support guidelines.
3. Filing for divorce. We offer state specific general information on divorce and the grounds for filing.
4. The military Family support requirements. In the absence of a court order, each military branch has family support requirements. The legal assistance attorney will go over these requirements with you.
5. State specific general information on paternity. More specific questions can be addressed, if necessary.
6. Pro Se. Representing yourself pro se means you handle the matter yourself without having an attorney represent you. If you have children, this is really not a good idea; however, reading through court approved pro se divorce packets can help you focus on the information your attorney will need, so ultimately it can help reduce your legal fees.
7. Retirement. This gets complicated and is state and fact specific. One key bit of information is the length of time you were married while in the military.

We don't give legal advice over the telephone, so either visit a legal assistance attorney during walk-in hours or call to schedule an appointment. The Legal Assistance Office is located on Camp Arifjan, Zone 6, Bldg. 1490 (the same building as the Post Office). Office hours are Sunday – Friday 8 a.m. - 5 p.m., Saturday, 8 a.m. to noon. Attorney walk-in hours are 9:30-11:30 p.m., call DSN 430-5258 (commercial 2389-5258) for an appointment.



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!**





Photo by Cpl. Ryan Hohman, 27th Public Affairs Detachment

Soldiers with the personal security detachment, Regimental Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, search through a kitchen for any contraband while performing site exploitation training at Camp Buehring, Kuwait, Sept. 3.



Pfc. Randy McGehee and Pfc. Cavalry Regiment, flip through training, the Soldiers learned training to assist the war-fight

Soldiers train to observe, investigate

*Story by
Staff Sgt. Garrett N. Ralston
3rd Armored Cavalry Regiment Public Affairs*

During a hot afternoon on Camp Buehring, Kuwait, Soldiers enter the front and side doors of a house they are about to search. As they inch into the doorways, they observe every detail of their surroundings. One after another they spread out in teams to scour the residence for clues. Shortly after they are inside, the words “team leader red!” rip through the house, letting every team member know that a live explosive device has been discovered. An explosive ordnance team is radioed and the search continues.

For the Soldiers of personal security detachment, Regimental Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, this was the beginning of the tedious but invaluable site exploitation training exercise.

The Site Exploitation Course teaches Soldiers to identify criminal activity using gathered intelligence, assessments, systematic procedures, and appropriate detection techniques. Properly organized, these skills allow Soldiers to deny resources and opportunity for criminal activity as well as build a case for the prosecution of criminals in court.

“After the initial raid is complete and security is

established, our teams enter the house and immediate areas around it then start checking for indications of evidence,” said Sgt. Jason M. Day, red team leader for the exercise.

The team leader’s responsibility during a search is to ensure quality control. They have to make sure the search is executed effectively and safely.

“I watch to make sure all evidence collected is properly handled and accounted for,” Day said.

As the search is conducted, team members check every possible area in the building using an array of tools and materials to find any evidence that may lead to a potential arrest. Soldiers check entire rooms for what instructors of the course refer to as indicators. Each time a piece of evidence is discovered it is placed in a sealed bag, an information sheet is filled out and the item is photographed.

“I was responsible for photographing evidence as well as the layout of the house during the search,” said Spc. Darius L. Riggins, red team’s photographer. “All the photos taken



Photo by Cpl. Ryan Hohman, 27th Public Affairs Detachment

George Vargas, both Soldiers with the personal security detachment, Regimental Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment, are shown here as they search through the pages of books for any hidden contraband while performing site exploitation training at Camp Buehring, Kuwait, Sept. 3. During the exercise, the soldiers learned how to safely search a house for contraband and illegal items that would be found in an insurgent's house. Third Army facilitated the exercise with the mission of improving security and stability in the region.

are necessary to re-create the scene. That, combined with physical evidence allows the court to convict the accused.”

While searching one bedroom, a pair of Soldiers found a trapdoor leading under the house into an underground room filled with weapons and bomb making materials.

“This find is one that particularly excites Soldiers and is also typical of what they would find in their operational environment,” said a course instructor who could not be named for security reasons.

With the house thoroughly searched, the Soldiers had compiled a large amount of evidence that would be taken and processed for submission in a future court hearing against the accused.

At the summation of the exercise, the Soldiers had discovered 90 percent of all the items placed throughout the house and virtually all of what the instructors considered to be serious evidence. The instructors said this was above average for the course.

“The training gets you out of your comfort zone and makes you more aware,” said Riggins.

“This was the best thing we’ve done here yet,” said Day. “I’ve never done searches like this, but I feel way more confident about it now.”

Steppe Eagle 2010 ends



Soldiers with Third Army and the Arizona Army National Guard render salutes during a wreath-laying ceremony as members of the Kazakh military look on in Almaty, Kazakhstan August 28. The wreath-laying ceremony marked the culmination of Steppe Eagle 2010, an eight-day, multi-lateral exercise designed to improve the participant's interoperational capabilities. Since 2003, Third Army has worked with the Kazakh military to develop Steppe Eagle into a showcase exercise within the Central Asian region.

Photo by Cpl. Alex Godinez, Third Army Public Affairs

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

Steppe Eagle 2010 came to an end as guest speakers commended Third Army Soldiers, as well as Kazakh and British soldiers for a job well done, Aug. 28.

Steppe Eagle is 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, multinational operations.

Brig. Gen. Stephen Twitty, then Third Army chief of staff, lauded the efforts by the combined forces during the twelve-day training period.

"This has been a successful and rewarding exercise for the warriors of the Kazakhstan Brigade, Third Army, the Arizona Army National Guard and Tajik Forces," said Brig. Gen. Twitty. "You are a reflection of the commitment of our nations to develop and enhance our mutual cooperation and understanding."

Since 2003, Kazakhstan has hosted Steppe Eagle

with the main goal of becoming NATO qualified in both peacekeeping and humanitarian missions.

According to Gen. Col. Saken A. Zhasuzakov, First Deputy of the Republic of Kazakhstan, chairman of Joint Chiefs of Staff, Ministry of Defense, Republic of Kazakhstan, the success of the exercise comes down to the people and the teamwork of the Kazakh, British and U.S. Army Soldiers.

"We accomplished what we set out to do," said Gen. Col. Zhasuzakov. "The coalition forces worked well together to ensure all standards were met."

More than one thousand personnel, composed mostly of Kazakh soldiers, participated in the eight-day training event. The efforts put forth by the multinational forces during the training event reinforced the concept of teamwork and continued Third Army's mission of Shaping the Future.

A wreath-laying ceremony at a war memorial in Almaty, Kazakhstan marked the end of the events the following day.



Photo by Cpl. Alex Godinez, Third Army Public Affairs

Former POW visits Kuwait

Brig. Gen. Rhonda Cornum, who was held as a prisoner of war for eight days in 1991, talks to Soldiers about resiliency on Camp Arifjan, Kuwait Sept. 10. Brig. Gen. Cornum is the director of the Comprehensive Soldier Fitness Program, which is intended to promote more well-rounded health within a force that has traditionally valued physical strength.



Story and Photos by
Natalie Cole
1st Theater Sustainment Command
Public Affairs

“Being a prisoner of war is the rape of your entire life. But what I learned in those Iraqi bunkers and prison cells is that the experience doesn’t have to be devastating, that it depends on you.”

These are the words of Brig. Gen. Rhonda Cornum, who was held as a prisoner of war for eight days in Iraq in February 1991. Brig. Gen. Cornum and seven other Soldiers were aboard a Blackhawk helicopter that was searching for the pilot of a downed F-16. The Blackhawk was shot down by enemy fire, killing five Soldiers and injuring her and two others.

To escape the wreckage, Brig. Gen. Cornum, a Major and flight surgeon at the time, “dug her way out with two broken arms, a broken finger, a gunshot wound, torn knee ligaments, an eye glued shut with blood, and other injuries,” according to a 2003 *Time* report.

Fast forward 19 years, and Brig. Gen. Cornum is now a brigadier general and director of the Army’s Comprehensive Soldier Fitness Program. Brig. Gen. Cornum visited Camp Arifjan, Kuwait Sept. 10 to tour the soon-to-open Resiliency Campus and to host a seminar on best practices in comprehensive fitness.

In 2009, the Army formally introduced comprehensive fitness to answer the leadership’s call for a “holistic program

that dealt not just with individual psychological problems, but would be a strengthening exercise for the entire force,” Brig. Gen. Cornum said. Comprehensive fitness is defined as a balance of the social, spiritual, physical, emotional and Family areas of one’s life.

In an effort to pull together the facilities and resources for comprehensive fitness in Kuwait, the 1st Sustainment Brigade at Camp Arifjan is scheduled to open a Resiliency Campus mid-September. The campus is one of the first in the U.S. Army Central Command area of operations (there are two others in Iraq).

The Kuwait campus will be a collection of resources such as Red Cross services, physical wellness activities, seminars on family and religious services, said Maj. Ric Brown, 1st SB chaplain. Additionally, centers on the campus will host “chats with a doc,” so Soldiers can talk with a medical professional, Brown said.

The concept of “five pillars of strength” is intended to bring balance to a force that has traditionally valued physical toughness and power. “I envision that Comprehensive Soldier Fitness becomes a part of everybody’s lifestyle,” she said. “Resilience gives you the self confidence to try more things, to take advantage of opportunities, not just bounce back from adversity,” she said.

For Brig. Gen. Cornum, comprehensive fitness is not just a buzz phrase. Instead, she is living proof that optimism, perspective and mental grit can go a long

way. “My experience as a former POW really convinced me that how you come out of an experience is determined by how you go into it,” she said. “I was resilient. I was self-confident,” she said when talking about herself at the time of her capture.

She also exemplifies mental and emotional fitness by taking what she calls purposeful action. “I approached every problem I encountered, whether it was failing an exam or a disease or getting shot down and shot up the same way: I would fix what I could fix and I wouldn’t complain about – I would use acceptance coping, I now know – what I couldn’t,” she said.

Leaders with Third Army and the 1st Theater Sustainment Command attended Brig. Gen. Cornum’s seminar. “The fact that the senior leadership of ARCENT was all in this auditorium was a good sign that they think it’s important [and] that they are leaning forward in terms of developing a program. I think they have embraced it,” Brig. Gen. Cornum said.

Even after her experience in 1991, Brig. Gen. Cornum said being in the Army and promoting Soldier wellness have always been what she has wanted to do.

“I never really thought about doing anything else. I mean, I’ve had people [say] ‘I can’t believe you stayed in.’ Why not? If the worst thing that could happen has already happened — that I’m not dead — Why would I get out now? I loved it before, I love it still.”



Story and Photos by
Capt. Steven Jackson
Third Army Dietician

HEALTH

Weight Gain – Insights to a Solution

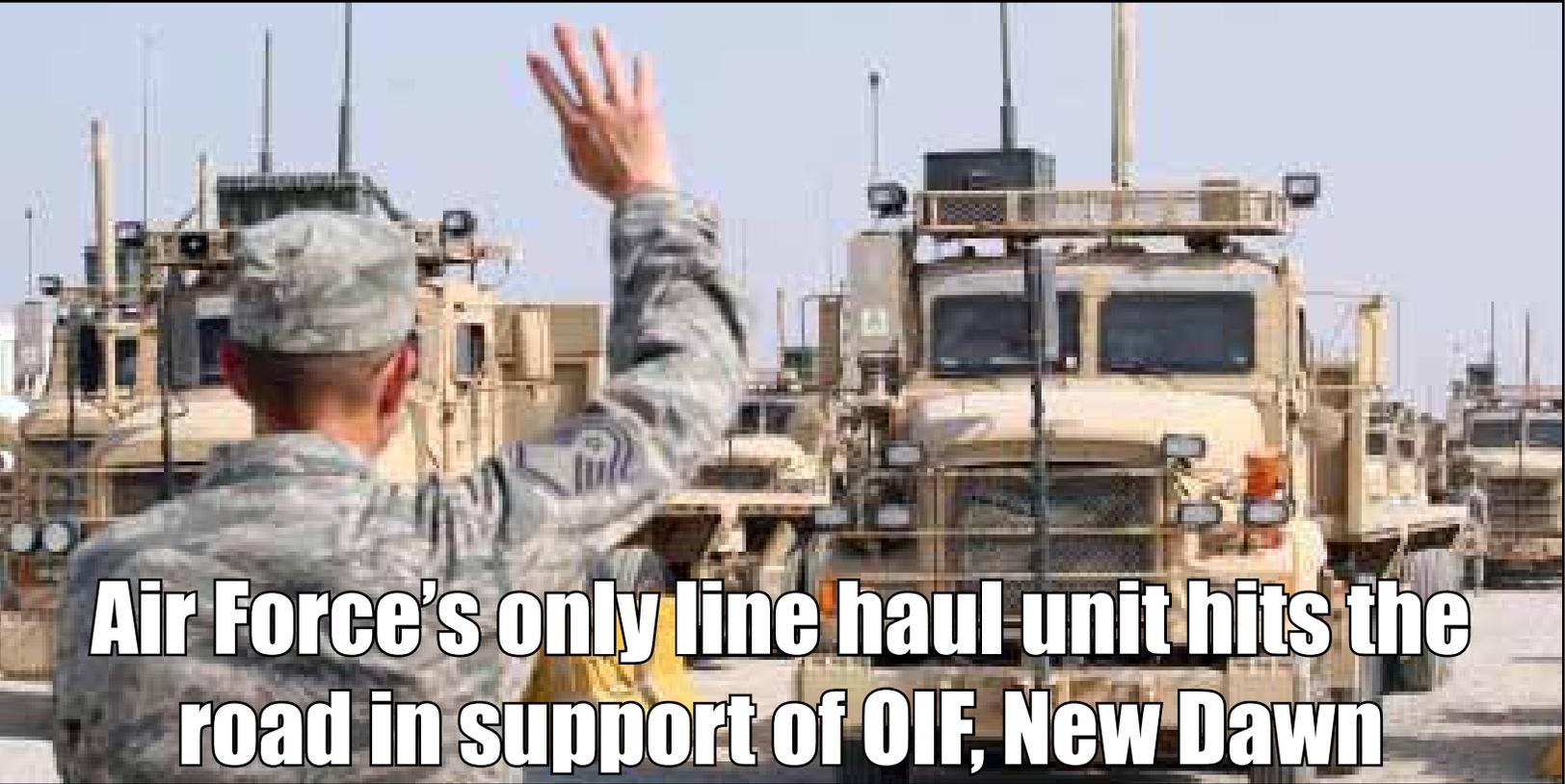
I entitle this series of articles “Weight Gain - Insights to a Solution” to recognize that weight management can be a complex issue, and no single solution is likely to work for everyone. It’s true that while deployed we all have some commonality with regard to availability of foods, but individual circumstances such as work schedules (or lack of a predictable schedule), working relationships, living arrangements, movement/travel requirements, etc. can make us somewhat different. My hope is that these articles will help us all to simply think about our lifestyles, and consider specifically those aspects over which we have control. Ultimately, weight management is about the personal choices we each make on a daily basis. Please consider the following...

1. Do you drink soda, sweetened tea/coffee/energy drinks, or alcohol? These are “empty” calories (i.e., energy, but few if any vitamins, minerals, or other required nutrients). Be careful, as diets containing empty calories can easily trigger weight gain, or can prevent weight loss.
2. Does your diet include whole grains, whole vegetables/fruits, and beans? These foods contain many vitamins, as well as fiber. Increasing the fiber in your diet can help you to feel more satisfied and avoid over-eating. If you generally don’t eat much fiber, try mixing some of these foods into your plate with each meal.
3. In addition to fiber, a diet that is mostly plant-based (especially green leafy vegetables, broccoli, soy, and whole fruits) is thought to decrease one’s risk of developing certain cancers. We are just beginning to understand the importance of “phytonutrients” in these foods, which could help protect us from disease.
4. As you eat your meal, slow down, and stop eating when you feel comfortably full. Many folks eat way too fast, and by the time they experience the sensation of fullness, they’ve already over-stuffed themselves!

Don't be This Guy!

The consequences of disobeying general order number one can put you in hot water and risk your safety, the safety of those around you or end your military career! Why take the risk?

Go home with honor, Obey the no alcohol standard!



Air Force's only line haul unit hits the road in support of OIF, New Dawn

A master sergeant with the 387th Expeditionary Logistics Readiness Squadron positions a military tractor trailer before a mission to Iraq Sept. 3 at Camp Arifjan. The combat truckers, the only ground transportation unit in the Air Force, transport supplies and equipment back and forth between Kuwait and Iraq, a mission known as line haul.

*Story and Photo by
Natalie Cole*

1st Theater Sustainment Command Public Affairs

Jets, planes, pilots, blue sky. These are all images people associate with the Air Force. Yet, Airmen with the 387th Expeditionary Logistics Readiness Squadron at Camp Arifjan, Kuwait break the mold.

The more than 300 vehicle operators and mechanics with the 387th make up the only ground transportation unit in the Air Force. Since 2004, the combat truckers have been transporting supplies and equipment back and forth between Iraq and Kuwait, a mission known as line haul. The combat truckers drive 915's, which are over-sized tan tractor trailers with waist-high tires and roaring engines.

The 387th truckers supply troops in forward operating areas, and they have played an important role in getting equipment out of Iraq as part of the drawdown. Second Lt. Erica Coker, a logistics readiness officer with the 387th, explained the nature of the line-haul mission. "It's very unique for our Airmen. Typically, we do not go outside of the wire when we're deployed. There's very select career fields in the Air Force that even allow for that, so it's a little different for us," she said.

The 387th is made up of two truck detachments, the 424th Centurions and the 70th Scorpions. Airmen with the two detachments have taken pride in hauling the moving parts and supplies that support Operation Iraqi Freedom and now Operation New Dawn. "I love this mission. You really feel like you accomplish something when you're done," said Air Force Master Sgt. Steven Adams, from Dover, Del.

In past convoys, the truckers have encountered improvised explosive devices and explosive force projectiles. To stay effective in the face of danger, the 387th approaches its mission with attention to detail and vigilance. Before heading out for each

convoy, the truckers gather for a final review of the plans and safety procedures for their trip. Also, the drivers look over their 915's, checking air in the tires, fluid levels and lights. All of the procedures are second nature to the truckers, Coker said. "They're really good at what they do. We train them very well before they even get here to do what they do," she explained.

Airman 1st Class Chris Grant drove his first line-haul mission with the 387th Sept. 1. "I'm anxious and ready to get out there," said Grant. Newer truckers such as Grant work alongside more experienced truckers such as Senior Airman John Bicknell.

Bicknell has been a vehicle operator in the Air Force for nearly eight years. He has deployed four times, with two deployments to Kuwait in support of the line-haul mission. "Every time I come, there's something new to learn," he said, adding that he likes working with the different people and equipment he encounters in his travels.

The Air Force truckers work alongside Army transportation Soldiers with the Joint Logistics Task Force Seven, of the 1st Sustainment Brigade. Coker said the joint-service environment requires adjustments, including "getting used to the Army side of stuff: the equipment, the requirements, the rules that we have to [follow] to be able to do this mission," she said. The collaboration between services has also allowed for some information sharing, Coker said. "Often times, the Army even comes to us for ideas [asking] 'How do you guys do this' [and] 'Hey we can look at doing it that way as well'," she said.

Last month, the 387th combat truckers carried 65 percent of the convoy missions for the Joint Logistics Task Force Seven, said Coker. As they maintain the pace and volume of the line-haul mission, the combat truckers measure their success in terms of each others' safety. "The most important thing is when you cross over and you come back into Kuwait and nobody's been hurt or injured," Adams said.

The Chaplain's Corner

Story by
Chaplain (Maj.) Glenn Finch
53rd Infantry Brigade Combat Team Chaplain

Those who are familiar with the military calendar know that September is the last month in our fiscal year. However, few people outside the Jewish tradition know that September is another opportunity to make all things new. Rosh Hashanah is the Jewish New Year – the start of the year on the Jewish calendar. It is the first of the High Holidays also known as the Days of Awe which focus on repentance and new beginnings. The New Year celebration begins at sunset Sept. 8 and ends at sundown Sept. 10. The awe inspiring annual event ends with Yom Kippur (Day of Atonement) just 10 days later.

New Year celebrations are familiar

to almost everyone regardless of religious affiliation or belief. It is the annual moment to reflect back at the events and mistakes of the past and plan the changes to make in the year to come. For some, it is a thoughtful, sentimental or spiritual time of reflection; for others, it is simply another opportunity to gather with friends, watch football games and enjoy late night festivities. Regardless of approach, be it spiritual or festival, the idea of a new start is an attractive proposition at any time.

The occasion to erase the slate and start over has been a human yearning for centuries. Even the military recognizes this need in Servicemembers and nations with programs like Amnesty and the recent strategic shift to Operation New Dawn. Who doesn't like to declare

milestones where the old has passed and the new has come? We all find comfort in the idea that pardon is possible and better days are ahead.

Whether you celebrate your new year in September or January, sound the Shofar (ram's horn) or party horn, dip apples in honey or chips in dip, the new beginning is cause for hope. Whether the change you need is in a relationship, a physical fitness test score or spiritual commitment, the opportunity for improvement is for those who will seize it.

Rosh Hashanah may or may not resonate with your particular tradition or beliefs, but the idea of making all things new undoubtedly does. And so I leave you with this seasonal greeting, be it timely or exceedingly early: Happy New Year!

**NEVER
ACCEPT
DEFEAT**

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USACHPPM TA-002-0107

Staying connected

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

Third Army video-teleconferencing professionals welcomed a noncommissioned officer back to Camp Arifjan the first week of September for his second deployment with the team.

Sgt. Douglas E. Gallardo Jr., a VTC scheduler for Third Army, returned to Kuwait to help keep Third Army connected to such remote locations and offices as Atlanta, Virginia, Forces Command and Headquarters Department of the Army.

“We have a lot of units on the East Coast that come online about 1600 local time. Then I have to start making phone calls to the East Coast so I can get connection information,” Gallardo said. “After I collect all the connection information, I sort out the details, make sure the schedule stays straight to make sure that everybody’s VTCs are successful.”

Gallardo and the VTC team’s responsibilities include coordinating with all Third Army subordinate units to ensure they have everything they need. Any VTC request units have are sent up immediately.

“They all schedule lots and lots of VTCs,” Gallardo said. “They can all have meetings and coordinate from a remote location. We make sure all of those meetings can take place and they don’t overlap with each other.”

Keeping people connected around the world can be stressful. To deal with stress, Gallardo uses the engineering skills he learned in the Army to work on personal projects.

“This year, I’ve already started working on a wind-turbine generator,” Gallardo said. “We need power outside, so I plan to build a wind turbine. I’ll hook up a wind-turbine generator to a battery bank and run a DC inverter off of it to generate 110 volts (the required amount at Camp Arifjan).”

Gallardo also relieves stress through physical fitness.

“I hold [the stress] until I’ve left work, then I go for a long run, stretch and meditate,” Gallardo said.

Gallardo also takes an interest in developing Soldiers into leaders. His greatest piece of advice is to take the NCO Creed to heart.

“I’m a firm believer in the NCO Creed,” Gallardo said.



Sgt. Douglas E. Gallardo Jr., a video teleconference scheduler for Third Army, returned to the team of teams the first week of September to help keep Third Army connected in Kuwait to such remote locations and offices as Atlanta, Virginia, Forces Command and Headquarters Department of the Army. VTC schedulers allow Third Army senior leaders to stay connected.

“Learn the NCO Creed not because you want to use it in the boards to win or because you want to get promotion points, but because the NCO creed tells you exactly what your job is as an NCO.”

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Just one Question?

Where were you on 9/11?



"I was listening to 'Big Boy in the Morning' on Power 106 (a Los Angeles-based radio station) He was talking about how the planes hit the Twin Towers and I thought he was joking, then I looked at everyone's reaction in the cars next to me and saw it was serious."

Navy Petty Officer 3rd Class
Francis Anunciacion
EMF Kuwait



"When they told us the news I was sitting in Social Studies class then they moved us all into the auditorium where we watched it on TV."

Spc. Kristen Weatherly
462nd Movement Control
Battalion, 1st Sustainment
Brigade



"I was in my last day of SERE school. We graduated the same day."

Sgt. Maj. Michael Bush
1st TSC G2 sergeant major



"I found out when I got to school. My first-hour teacher is a veteran and he was showing it on the news. I figured I'd be deployed in about two years since I was joining the services anyway."

Spc. Catrina McDowell
220th Transportation Company

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