

DV *The Desert Voice*

United States Army Central

March 11, 2009

"Always First... Anytime, Anywhere... Patton's Own!"



MEDEVAC to the Rescue!

DV

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Lt. Col. Simon Nour, 3rd medical Command from Fort Gillem, Ga., is removed from an air ambulance by Saudi Arabian medical personnel as part of medical evacuation training during Friendship One 2009 nedevac exercise. For the full story see page 6. (Photo by Sgt. 1st Class Eric Brown)

Contact us

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

The Army Sustainment Command is vigorously addressing electrical safety hazards to ensure the Army facilities it supports in operational theaters are in compliance with established electrical codes.

In concert with Task Force SAFE (Safety Action for Fire and Electricity), this focus on electrical safety includes places where Soldiers, Army civilians and contracted employees work and live.

The 401st Army Field Support Brigade (AFSB) in Kuwait and 402nd AFSB in Iraq are aggressively directing facilities inspections for electrical hazards. Common deficiencies identified include improper grounding and bonding.

The following are some of the major initiatives either underway or that have been completed to ensure electrical safety:

The 402nd AFSB has embraced the Task Force SAFE initiatives to increase the health and well-being of Soldiers, Army civilians, and contracted employees by comprehensive analysis and tracking of facility hazards through reconciliation. Constant communication with the TF SAFE team(s) has enhanced the AFSB's ability to mitigate issues across the Iraq Theater of Operations.

Attendance by a 402nd AFSB representative at the majority of inspections has increased command awareness.

Added a master electrician to its facilities team to facilitate proactive steps for our TF Safe mission. He will work with contracted teams to ensure mitigation of any issues.

Other important initiatives include: establishing a TF SAFE central coordinator; creating positions for lead engineer and fire inspector; implementing a fire warden program; conducting weekly safety, health and welfare inspections; installing shielded-type breakers in 100 percent of Army Materiel Command joint base housing; increasing electrical maintenance staff augmentation; and establishing two dedicated electrical repair teams for TFS flashes or electrical danger zone areas.

Among actions identified by the 401st AFSB are improvements to Army Materiel Command work and housing facilities at Camp Arifjan, Kuwait:

Bldg. 501, increase the number of outlets in the lab.

Bldg. 504, coordination between AMC electrical engineer and Dept. of Public Works engineers to upgrade electrical capacity.

Bldg. 511, upgrades being made in coordination with DPW engineering staff.

Bldg. 512, reconstruct the building interior. This effort is coordinated with ASG Kuwait and DPW. 

(Information for this article was made available by the ASC Safety Office at Rock Island Arsenal; Tom Grossmann, facilities engineer of the 402nd Army Field Support Brigade; and Joel Baylor, Safety, Health and Environmental manager, 401st AFSB.)

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The
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Upholding the Standards...

In order to continue to make our organization even stronger, there are certain matters I'd like to address.

I want to talk about upholding the standards.

Simply put... everyone knows the standards and must to adhere to them.

When you first begin your Army career, simple standards are embedded into you, and you carry those standards with you throughout your career.



Some of the infractions that are occurring here in U.S. Army Central that need to be addressed are, servicemembers not rendering the proper salute and greeting of the day, this is not limited to enlisted Soldiers either; saluting command vehicles when they pass; walking and talking on cell phones; walking and smoking; improper wear of the military uniform; and Soldiers failing to be in accordance with Army Regulation 600-9.

One of the most fundamental parts of being a Soldier is knowing how to render a proper salute to an officer. This is something we are all taught in the very beginning stages of basic training and something that never changes. Too often people use excuses of why they didn't salute, whether it be, "it was dark outside" or "I didn't see them." If you are walking around staring at the ground, you are wrong in the first place, and if it's dark and you see an officer pass you, even if you're now only a few feet away, the correct thing to do is salute. This extends to people not saluting command vehicles when they pass. If you are walking and you see a command vehicle pass you, do the right thing and give the proper respect to the officer in that vehicle. All of these instances are clearly defined in U.S. Army Central Standards Book under Chapter 2: Military Customs and Courtesies.

Some of the reasons people may not be paying attention when they are walking on post, is because they are doing other things they should not be doing in the first place. At no time are you to be walking and talking on your cell phone; simply look on page 16 of the USARCENT Standards book to find the information about this being prohibited. If you receive a call, you step to an area where you won't be blocking traffic or in someone's way, then you take the call. If you are driving, you pull your vehicle to the side of the road, or pass your phone to a passenger, you are not allowed to drive and talk on your phone.

Besides walking and talking on cell phones, I've noticed a lot of people walking and smoking. This goes against common Army standards that we were taught in the beginning stages of our careers. On post there are designated areas for people to smoke. This includes people smoking right outside of a building when there are clearly

signs that indicate you are supposed to be at least 50 meters away from that building. Page 17 of the USARCENT Standards Book outlines both of these guidelines.

While on the topic of walking around post, I've noticed trash continues to be a problem on our camps. Each section is responsible for certain areas, but more importantly it is the responsibility of everyone stationed within USARCENT to help

maintain our camps. If you see trash lying out, pick it up and put it in a trash can, it's that simple... if I can pick up trash, everyone can.

Another topic I want to discuss is the proper wear of the Army uniform. I've noticed an influx of unauthorized rectangular left-shoulder patches on the ACU. In accordance with ALARACT 195_2008 and 140_007 the only authorized patches are for MPs, EOD, CID and CBRN (If authorized by the commander).

On page 18 of the USARCENT Standards book it discusses the proper off duty appearance, yet in the barracks, we continue to have problems with people not wearing the appropriate attire as they walk from their room to the bathrooms and laundry rooms. It is clearly stated on numerous posters in the barracks that you will have a t-shirt on, one that is not translucent or one that presents an inappropriate appearance. If servicemembers are not able to conform to these simple standards their rights to wear civilian attire will be revoked and they will be regulated to wearing their duty uniform or physical training uniform.

On the topic of PT, as a whole we need to get better at doing it. Using the USARCENT runs as indicators of our physical fitness readiness, we continue to have way too many fallouts for the slow pace we run. I would question the PT test scores of anyone who fell out of the run? I would also question some of the recorded DA 5500-R's of those same fallouts. Soldiers and leaders need to familiarize themselves with FM 21-20 and AR 600-9 to ensure proper PT is being conducted and that Soldiers are properly being evaluated in their height and weight standards.

Everything that I've discussed can be found in the USARCENT Standards Book, August 2008, 4th Edition, which can be found on the ARCENT website.

All of these things I've mentioned are basic fundamentals of being a Soldier. It is the responsibility of everyone in the organization to take a look at themselves and make the corrections needed so that we can continue to move forward in a positive light. **A**

Patton's Own!

Transfer of authority, saying farewell to the 40th ESB

Article by
Rebecca Murga
160th Signal Brigade PAO

The 160th Signal Brigade hosted a transfer of authority ceremony at Camp Victory, Iraq, Feb. 27.

The audience, comprised of Soldiers from each of the battalions and VIPs from the Signal Corps community, gathered to mark the end of the 40th Signal Battalions 15-month rotation in Iraq and the beginning of the 50th Signal Battalions deployment.

“To the Soldiers of the 50th Signal Battalion ... today marks the completion of seven months of vigorous training during which you validated your ability to... maintain your tactical and strategic communication systems and more importantly, survive on the battlefield as true war fighters,” said Col. Ronald R. Stimeare, commander, 160th Signal Brigade.

The ceremony was attended by Lt. Gen. Jeffrey A. Sorenson, Chief Information Officer; Command

Sgt. Maj. Lawrence Wilson; Multi-National Force-Iraq; and Brig Gen. James T. Walton, commander, 335th Signal Command. Before the Soldiers departed back to Fort Huachuca, Ariz., a farewell ceremony was held at Camp Virginia, Kuwait, Mar. 1.

“I just wanted to take this opportunity to personally thank all of the organizations and units that made this a flawless transfer between these two outstanding units,” said Stimeare.

The 40th ESB planned, installed, operated and maintained the largest communication network to support an active warzone. They also supported a myriad of customers including MNF-I headquarters and staff, the U.S. Department of State, U.S. Army Central Command and coalition forces.

“The Soldiers of the 40th can take great pride in their accomplishments over the past 15 months,” said Lt. Col Brian P. Foley, commander, 50th Signal Battalion.

The 50th Signal Battalion, from Fort Bragg, N.C., will support



Photos by Staff Sgt. Terrance Daniels

Lt. Col Brian P. Foley, commander of 50th Signal Battalion, uncases the colors symbolizing the transfer of authority at a ceremony at Camp Victory, Iraq.

communications for Operation Iraqi and Enduring Freedom. The battalion will be located throughout the theater of operations and responsible for key communication missions.

“The quantity and complexity of the tasks the Soldiers accomplished while preparing for deployment are simply amazing, and no group of Soldiers have ever done more to prepare for war ... They will earn their pay as communicators during their deployment, and will play a critical role in our countries continued effort to combat terrorism,” said Foley. 

“To the Soldiers of the 50th Signal Battalion ... today marks the completion of seven months of vigorous training during which you validated your ability to... maintain your tactical and strategic communication systems and more importantly, survive on the battlefield as true war fighters.”

Col. Ronald R. Stimeare
Commander
160th Signal Brigade



Col. Ronald R. Stimeare, commander, 160th Signal Brigade, speaks to Soldiers from the 40th Signal Battalion community at a farewell ceremony held at Camp Virginia, Kuwait, Mar. 1.

Flag of his father ... strength through legacy



Staff Sgt. Nakoa Hoe, 100th Battalion, 442nd Infantry, displays his father's flag with his platoon in Kuwait, December 2008.

Article by
Capt. Timothy Zeisset
100th Bn., 442nd Inf.

Staff Sgt. Nakoa Hoe, convoy escort team commander, D Company, 100th Battalion, 442nd Infantry is carrying a piece of family history that spans two generations and four decades. Nakoa carries a flag that his father, Allen, had when he was a medic in Vietnam.

The year was 1968, and as a specialist in the U.S. Army, Allen and his platoon were assigned to provide overwatch, in order to defend the withdrawal of military and civilian personnel from a special forces camp at Kham Duc, Vietnam.

Allen went home for leave and when he returned to Vietnam, most of his platoon had been killed in action. Allen kept the flag, which became a symbol of pride honoring the sacrifice that his fellow Soldiers made.

Thirty seven years later, Allen's son, Naino, a first lieutenant in the U.S. Army, carried the same flag into combat that his father had carried in Vietnam. This time the battlefield was the urban sprawl of Mosul, Iraq. Naino was an infantry platoon leader with C Company, 3rd Battalion, 21st Infantry of the 25th Infantry Division.

January 22, 2005, while escorting a human intelligence team in Mosul, a shot rang out from a mosque about 400 yards away, striking Naino.

Although his fellow Soldiers tried to save him, Naino was declared KIA. Today, the flag, carried by Allen 41 years ago in Vietnam, and four years ago by Naino in Iraq, is carried by Nakoa.

Nakoa carries the flag as he leads his CET on convoy escort missions between Kuwait and Iraq. He is very proud to carry the flag, as it is much more than a piece of the U.S. Army, or military history. He keeps it close as a reminder of all those, specifically his brother, who have given

everything to defend what it represents.

"I carry this flag as a memorial to honor the men in my father's platoon in Vietnam and to honor and remember my brother," said Nakoa.

The flag and what it represents is just one example of a tradition of excellence that prevails within 100th Bn., 442nd Inf.

"This Soldier is an exceptional Soldier, in an exceptional battalion," says Sgt. Maj. Dean Shackles, the 100th Bn., 442nd Inf., who refers to the colorful history of the 100th Bn., 442nd Inf., the U.S. Army's most highly decorated unit, and the fact that the unit is the only combat arms unit in the U.S. Army Reserve.

"I expect nothing less than greatness from my Soldiers," said Lt. Col. Michael Peeters, commander, 100th Bn., 442nd Inf. "It is an honor to serve with such fine Soldiers in my Battalion and [Nakoa] is carrying the torch and continuing the tradition of excellence in the [unit]."

The fact that this flag, a family heirloom, has been passed from one generation to the next and that it continues to travel, representing those who have made the ultimate sacrifice; is a testament to the legacy of the 100th Bn., 442nd Inf.

The unit continues to carry the tradition and legacy of the original members of the 100th Bn., 442nd Inf.

Today the 100th Bn., 442nd Inf. is the most diverse Army Reserve unit, with companies in Hawaii, American Samoa, Guam, and Saipan. With the unit deployed, Soldiers have come from across the continental U.S., Alaska, Hawaii, Korea, Guam and Saipan to augment the unit for its deployment.

"The Soldiers are very proud of the unit's legacy, and they take seriously, the charge of carrying on the unit's tradition" said Command Sgt. Maj. Glenn Gomes, 100th Bn., 442nd Inf. "We will all ensure that the legacy and spirit of the [unit] live forever," said Gomes. **A**

U.S. Army and Royal Saudi Land Forces conduct

Article by

Spc. Elayseah Woodard-Hinton
20th Public Affair Detachment

U.S. Army and Royal Saudi Land Forces, observer controller and trainers participating in Friendship One 2009, a bilateral field training exercise taking place in Saudi Arabia, rehearsed a medical evacuation on mock-injured Soldiers, Feb. 24.

With a large scale exercise such as FS One 09, several weeks of preparation are necessary to ensure interoperability with the host nation and training objectives are met.

The MEDEVAC training was conducted to help prepare personnel who will observe and provide feedback to U.S. Soldiers and the RSLF during the field training missions that will take place the first week of March.

“We have seen a definite necessity to ensure that we maintain our ties with the Saudis,” said Lt. Col. Tony Carbone, U.S. advisor to the RSLF’s 6th Brigade, U.S. Military Training Mission. “And in all honesty, it is a step up from just doing simulation exercises to now actually putting Soldiers on the ground and executing the missions on the ground. That’s where you are going to find out where



Photo by Spc. Elayseah Woodard-Hinton

Soldiers from the Kansas National Guard participating in Friendship One 2009, in Saudi Arabia, attach Multiple Integrated Laser Engagement Systems to their vehicles to prepare for the field training portion of the exercise.

the problems are going to be so you can fix them and be prepared for any contingencies [mission] you ever have to form with the Saudis.”

The training included a demonstration given by U.S. Army Central’s Surgeons Office on MEDEVAC terminology and first aid techniques used when evacuating injured personnel.

In order to unify U.S. and Saudi MEDEVAC practices, U.S. Soldiers posed as the patients and Saudi forces and equipment were used to evacuate them. One of the evacuated Soldiers

was then flown to a hospital where civilian employees simulated how the patient should be assessed and treated upon arrival to the emergency room.

“It’s a matter of us coming together and blending the two systems so that we can take care of the patient,” said Lt. Col. Michael Ripley, senior flight surgeon, U.S. Military Training Mission. “We’re working with another country [which] has a different system, similar, but different. Therefore, we really need to incorporate how they see things and how they go about their business to see if we can blend it, so that we both get to the same goal.”

Maintaining the health and safety of servicemembers is essential in completing missions in the field, which is a reason why MEDEVAC training such as this is necessary to teach troops how to handle real life emergency situations. However, this training was unique because it provided an opportunity for Forces from different nations to learn to work together and take care of each other.

“It was truly information sharing because we both learned from each other,” said Sgt. 1st Class Keith Blackmon, patient administration, USARCENT’s Surgeons Office. **A**



Photo by Sgt. 1st Class Eric Brown

Lt. Col. Simon Nour, 3rd medical Command from Fort Gillem, Ga. is removed from a air ambulance by Saudi Arabian medical personnel as part of medical evacuation training during Friendship One 2009.

duct Friendship One 2009 Medical Evacuation



Nour is triaged by Saudi Arabian medical personnel as part of medical evacuation training during Friendship One 2009. U.S. Army Central, 3rd MEDCOM, along with the 2-137 Combined Arms Battalion, a National Guard unit from Kansas, are deployed to the country for the first large scale force-on-force field training exercise since the 1991 Gulf War.

Army watercraft in support of USARCENT

Article by
Chief Warrant Officer Paul Clary
6th Transportation Battalion

The Army's mission to move equipment in Operations Iraqi and Enduring Freedom is not limited to land and air-based vehicles. Army watercraft stationed at Camp Patriot, Kuwait move thousands of tons of cargo every year. The vessels belong to the 97th Medium Boat Company and the 1099th Heavy Boat Company.

Currently, all watercraft operations are controlled by the 6th Transportation Battalion out of Fort Eustis, Va. Both the battalion and its parent command, the 4th Sustainment Brigade out of Fort Hood, Texas are stationed at Camp Arifjan, Kuwait.

The Logistics Support Vessels are 273-foot landing craft, each with a crew of approximately 30 Soldiers, while the Landing Craft Utility are 174-foot landing craft, each with a crew of 16 soldiers. The crew consists of deck-side operators, engineers, communications technicians, cooks, and a medic. LCU crews are split similarly to the LSV's except they do not have communication technicians.

Vessels support all joint services, Multinational Services, and Department of Defense contractors in moving cargo. Customers first determine what cargo they would like moved and submit a Joint Movement Request to the 311th Expeditionary Sustainment Command.

The JMR is then routed to 4th Sustainment Brigade Future Operations Air Drop Tech/Watercraft Operations Cell. The BDE section is responsible for coordinating with the 6th Battalion Harbor Master Detachment, ports to be visited, and the customer to determine when the cargo can be received and delivered.

The section also coordinates diplomatic clearances and contracted support for the vessels while in foreign ports.

Country and customs clearances are the "bottleneck," as each country the vessels visit require individual requests that have to be submitted in advance.

Recently, one LCU served as a dive platform for the 74th Dive Detachment stationed at Camp Patriot. This opportunity training allowed the dive supervisors to certify dives without having to leave their home port.

The vessels have supported several missions with the Kuwaiti Navy. An LCU transported Kuwaitis and U.S. Army divers to a small island near KNB for a site reconnaissance in support of a Kuwaiti exercise.

There is not a lot of additional space on Army watercraft, as these vessels were developed to be cargo movers. Crews have staterooms and reside on the vessel during the deployment, whether in port or at sea, but there is minimal space for passengers.

LSV's have three cooks, LCU's have two and crews are served three meals a day. During off time, crews relax in the crew mess. Movies, video games and cards are the popular activities before the next watch.

When not on mission, crews actively participate in Camp Patriot intramural sports programs such as flag football, softball and basketball.

During this current deployment, the Army vessels have moved 1,101 pieces of cargo totalling 12,760 tons over 35,264 nautical miles. The operation tempo remains high and there have been very few periods when all vessels are in their home port.

These deployed vessels provide Joint Forces in the area of operations a safe, cost effective way to move cargo throughout the theater. **A**



Members of a Logistics Support Vessel pull a piece of equipment over the side of a vessel while it is docked at Camp Patriot, Kuwait. (Courtesy Photo)

4th SB ... the days leading to change

Article and photos by
Sgt. John Ortiz
4th SB Public Affairs Office

The days leading to a change-of-command ceremony are a whirlwind of activity; details are planned for the ceremony, food and drinks are being ordered, and the essential command inventories are conducted.

For commanders, it's a rite of passage, having to inspect equipment which is the difference in mission success or mission failure.

"The inventory allows the new commander to get a feel for what they are signing for and the capability of the unit and what it can accomplish," said Staff Sgt. Jesus Jimenez, A Company, Brigade Troop Battalion, 4th Sustainment Brigade.

For two new company commanders who will take over both a brigade signal and headquarters company, little occupies their mind but trying to get hands and eyes on every piece of equipment that will be under their signature.

"With a commander's inventory, we take an inventory on every item on the property books to turn over from the old commander to the new one," said Jimenez. "To accomplish the inventory, we have to lay out every single component on hand receipts; voltmeters, computers, radios and



Capt. Faith Lee, commander, A Company, Brigade Troop Battalion, moves through equipment layouts ensuring all equipment is on-hand and servicable.

wires, we lay out all unit equipment for inspection."

Before the guidon is passed to a new commander, every piece of equipment on the books is noted against a list of serial numbers, and every discrepancy is checked and resolved before the new commander takes charge.

This is where the supply NCO puts years of knowledge to the test with the comprehensive inventory.

"There is definitely a lot of work involved," said Staff Sgt. Gabriel

Hamilton, supply sergeant, A Company. "It's a chance to show my skills as a supply noncommissioned officer, and set the stage for a successful transition for the new command."

As with any job there is a benchmark of success, and for the supply NCO, that benchmark is set high.

"Ensuring that everything is accounted for, so nobody has to pay for anything ... that's when I know I have done my job," said Hamilton.

"HHC has one of the largest and most diverse equipment inventories in the Army," said Capt. Phoebe Price, the outgoing HHC company commander. "The unit has Soldiers operating in multiple functions across the full spectrum of operations.

Along with the sheer responsibility of commanding troops, it is up to the commander to set the tone of accountability during their command of the unit.

"I feel confident that I've given Capt. Anthony Crumby all the tools necessary to be successful to take command of this unit," said Price. **A**



Spc. Dean Zuckerman, a member of Alpha company, holds up two pieces of equipment during an comprehensive inventory.

DVT ... What are travelers' health risk?

Article by
COL Deretha Foy
USARCENT Surgeon's Office

Personnel of U.S. Army Central, Soldiers, civilians, and contractors, are subject to frequent flights into the U.S. Central Command area of responsibility.

Many of us take with us thoughts of the length of the flight and our comfort level while in-flight. We give little thought to any health considerations during long flights.

One area we need to think about and plan for ahead of time is the possibility of the development of deep-vein thrombosis, also known as deep-venous thrombosis or DVT, and pulmonary embolism.

DVT is the formation of a blood clot in a deep vein, most commonly in the veins of the calf or thigh. Blood clots may form in the legs during long plane flights, chiefly because of prolonged immobility. The risk is greatest for flights longer than 8-10 hours.

Immobility, aggravated by limited movement space, increases the risk of the formation of DVT. The risk of developing DVT when travelling is very small.

Though most blood clots are reabsorbed uneventfully, some may dislodge and travel through the blood vessels to the lungs, causing a PE. PE may obstruct blood flow and cause life-threatening complications, including sudden death.

Several reports have suggested that pulmonary embolism may develop in passengers several weeks after air travel. The incidence of severe PE during air travel, however, also appears to be low.

Certain risk factors pre-dispose some to the development of DVT and PE. These can include, recent surgery or hospitalization, oral contraceptive usage and hormone replacement therapy, family history or previous history in the development of DVT, genetic or acquired blood-clotting abnormalities, obesity, tobacco usage, chronic swelling of the legs or feet, varicose veins, pregnancy, cancer and stroke. People with these conditions should consult with a physician before traveling.

In most cases of DVT, the clots are small and do not cause any symptoms. The body is able to gradually break down the clot and there are no long-term effects.

However, in other cases, serious

complications, such as PE, may occur. Classical symptoms of DVT include, pain, swelling and redness of the foot, ankle, or calf on one side, dilation of the surface veins and increased warmth over the skin over the affected area.

When the blood clot travels to the lungs, resulting in PE, the chief symptoms are chest pain, difficulty breathing, shortness of breath, dizziness and fainting, anxiety, or rapid pulse. Travelers with any of these symptoms should immediately seek medical attention.

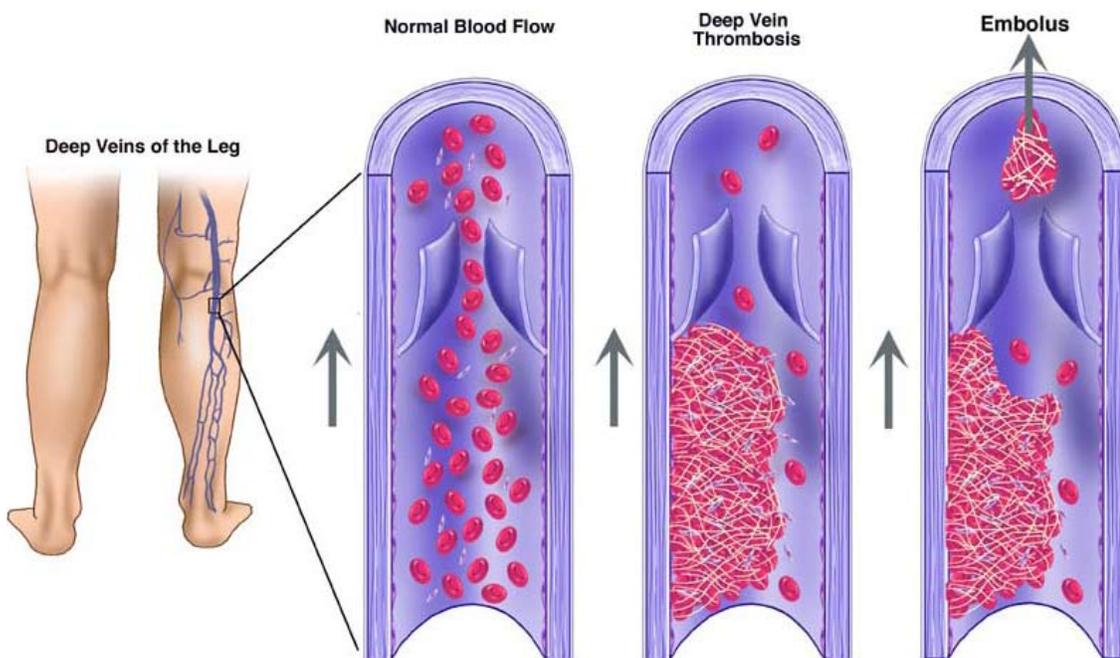
To prevent the development of blood clots on long plane flights, recommended measures are to wear comfortable, loose-fitting clothing, take off boots, place carry-on where it will not limit leg movement, walk about the cabin at regular intervals, contract the leg muscles periodically while sitting, avoid crossing legs, drink plenty of fluids, avoid alcohol and tobacco, change position frequently while seated, and wear compression stockings or support hose to reduce leg swelling and encourage blood flow.

People who are at higher risk for DVT and PE, as determined by a health-care provider, may be advised to use prophylactic anticoagulant medication, such as low molecular-weight heparin, during travel.

In view of the clear risk of significant side effects and absence of clear evidence of benefit, people are advised not to use aspirin just for the prevention of travel-related DVT.

Recognizing your risks and practicing preventive measures will go a long way toward the prevention of DVT and PE. Safe travels!! 

Deep Vein Thrombosis (DVT)



Camp Arifjan Tax Center

LOCATION: Zone 6 next to the Zone 6 Post Office.

HOURS: January 27 through April 16, Monday–Saturday 0900-1630 (closed from 1130-1300 for lunch) and Sunday by appointment.

CLIENTS: Service Members and DA Civilians. Retirees by appointment.

SERVICES: Federal and state income tax return preparation and e-filing.

WHAT TO BRING WITH YOU: ID card; W-2s; 1099s (if applicable); Social Security number and birth date for filer and all dependents; last year's tax return (if at all possible); a voided check or deposit slip; and a POA from your spouse if "Married Filing Jointly." If you qualify to itemize, please bring all relevant documents.

Just One Question ...

"What do you do in your spare time around while deployed?"



"I sing, write music and go to poetry night...on top of PT of course."

Spc. Joseph Robinson
AGR
1184th DDSB
Biloxi, Miss.



"I'm a member of the praise team in the church at Camp Victory, Iraq and I take classes online at American University."

Sgt. Maj. Paula D. Bell
Plans SGM
Task Force 44th MED
Gainesville, Ga.



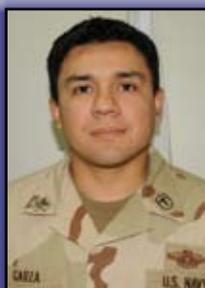
"I go to the gym pretty often eat at different places and sleep."

Senior Airman John Velez
Vehicle Operator
70th Medium Truck Detachment
Chicago



"I play basketball for my unit's team, go to spoken word and Gospel choir practice every week."

Staff Sgt. Antwain Williams
Human Resource NCOIC
14th Human Resources Company
St. Louis, Ill.



"I study for my advancement exam and enjoy MWR activities such as movies."

Petty Officer 2nd Class Jeffrey Garza
Hospital Corpsman
Emergency Medical Facility Kuwait
San Antonio, Texas

NCO Spotlight:

Command Sgt. Maj. Virgine Kanoa
LSA CSM; 29th Brigade Support Battalion



Command Sgt. Maj. Kanoa, from Hawaii, has been serving in the U.S. Army for 26 years. She said she just wanted to do something different when she joined, but once she was enlisted she loved being a Soldier and wearing the uniform. Her favorite mottos are do the right thing when nobody's watching and put your Soldier first.

"Always have the courage to stand up for what you believe in and drive to obtain the highest rank."

What's happening around USARCENT

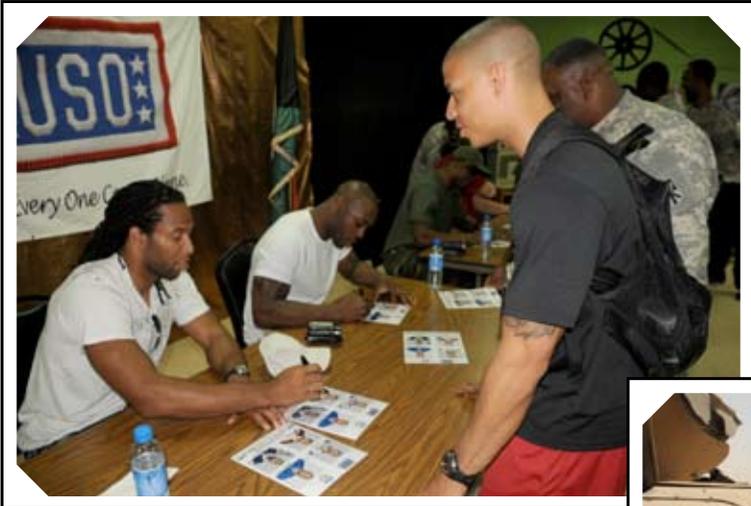


Photo by Pfc. Howard Ketter

NFL Presence

National Football League Pro Bowl MVP, Larry Fitzgerald of the Arizona Cardinals, signs autographs for Capt. Nicholas Williams, U.S. Army Central, at the Zone 1 Morale, Welfare and Recreation, March 5 on Camp Arifjan, Kuwait. Fitzgerald visited alongside NFL players Jarod Allen, Minnesota Vikings, Danny Clark, New York Giants, and Will Witherspoon of the St. Louis Rams.



Photo by Marine Sgt. Michael Knight

IED Awareness

Sgt. 1st Class Robert Quintanilla, Improvised Explosive Device awareness course instructor, Operation Direct Support, 1st Army, shows members of Kuwaiti Police and military forces a vehicle struck by an improvised explosive device at Camp Beuhring, Kuwait, March 4. This was during a walk through of IED training facility that followed an IED awareness class.

Leader's Dinner

Gen. Craig McKinley, Chief of the National Guard Bureau, addresses Col. Bruce Oliveira's questions about utilization of Guard units during deployments at the dining facility in Kuwait, Mar. 1. The Senior Guard Leader's Dinner was part of the Chief's tour of Iraq, Kuwait and Afghanistan to visit Soldiers and Airmen serving in the Middle East. Other members of the NGB team present were Lt. Col. Joseph Turk and Command Sgt. Maj. David Hudson.



Photo by Maj. Pam Ellison



Photo by Spc. Elayseah Woodard-Hinton

Forward Observer

Royal Saudi Land Force Soldiers observe the training battle and prepare for combat during an exercise for Friendship One 2009, March 5.