

DV The Desert Voice

United States Army Central

April 8, 2009

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



First Response



Sexual Assault Awareness Month

As part of Sexual Assault Awareness Month, the Department of Defense launched a new social marketing campaign today called *Our Strength is for Defending*.

This research-based prevention strategy is designed to empower service members to intervene in situations where possible sexual assaults may occur.

The campaign's informational materials and public service announcements address topics such as active bystander intervention; crime reporting, supportive behavior for victims of sexual assault; and services provided by sexual assault response coordinators and victim advocates within each of the armed forces.

The campaign was developed with the assistance of Men Can Stop Rape, an organization that has successfully deployed sexual assault prevention programs throughout the United States and several countries.

This will be the department's fifth year directly participating in this important national event. Special events will be held throughout the month by all of the armed forces in an effort to promote awareness of the strategy and to highlight the department's efforts to ensure all service members understand their role in preventing sexual assault.

For more information on DoD events during Sexual Assault Awareness Month, visit <http://www.MyDuty.mil>.

Sexual Assault Awareness Month							April 2009
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 SAAM Run All KU Camps 0600 IBQ Zone 6 1130	2	3 Zone 6 Movie Showing (North Country)	4	
5	6 Sexual Assault Awareness Class Zone 1 theater 1330-1430 (ARCENT teach)	6 Sexual Assault Awareness Class Zone 1 theater 1330-1430 (ARCENT teach)	8 SAAM Lunch @ Zone 6 DFAC 1130 POC: SFC Hoskins MSG Marquez	9	10 Zone 6 Movie Showing (G.I. Jane)	11	
12	13 SA Class (Zone 1 Chapel) 1630-1130 (ITSC Instruct)	14	15	16	17 Zone 6 Movie Showing (The General's Daughter)	18 I.A.M. Strong Video, Zone 6 FAC Bldg 1900 MSG Marquez SFC Hoskins	
19	20 SAAM Breakfast (Zone 1 DFAC 0630) POC: SFC Lay Speakers: Tiffini Wilson	21	22 SA Class (Zone 1 Chapel) 1330-1430 (3MDS Instruct)	23 ITSC SHH 1700 (Pending Cost Members) POC: MAJ Fought	24 SA Class (Zone 1 Chapel) (ITSC) 1030-1130 Zone 6 Movie Showing	25	
26	27 SA Class (Zone 1 Chapel) 1000-1100 (ASG Instruct)	28	29 SA Class (Zone 1 Chapel) 1330-1430 (3MDS Teach)	30			

DV Table of Contents

Page 4
Senior enlisted
discuss troop
concerns

Page 5
Kuwait Navy retains
title in Sports Day

Page 8
TFCF offers
oppurtunity for rehab

Page 9
Personnel uphold
healthy DFAC
experience
On the cover

Spc. Bruce Walker checks an intravenous pouch during a training exercise on a base in the Middle East on April 3, 2009. For the full story, see page 6. (Photo by Petty Officer 3rd Class Jorge Saucedo)

Contact us

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

Volume 30, Issue 38

The Desert Voice is an authorized publication for members of the Department of Defense. Contents of the Desert Voice are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Central Public Affairs Office. This magazine is published by Al-Qabandi United, a private firm, which is not affiliated with USARCENT. All copy will be edited. The Desert Voice is produced weekly by the 20th Public Affairs Detachment.

Find us online at www.arcent.army.mil.

USARCENT Commanding General
Lt. Gen. James J. Lovelace
USARCENT Command Sgt. Maj.
Command Sgt. Maj. John D. Fourhman
USARCENT Public Affairs Officer
Col. Thomas Nickerson
USARCENT Public Affairs Sgt. Maj.
Sgt. Maj. Brian Thomas
USARCENT Deputy PAO (FWD)
Lt. Col. Nathaniel Flegler Jr.

20th Public Affairs Detachment Commander
Maj. Jason Shropshire
20th Public Affairs Detachment Sergeant
Staff Sgt. Jarod Perkioniemi
20th Public Affairs Detachment
Sgt. Brooks Fletcher
Spc. Elayseah Woodard-Hinton
Pfc. Howard Ketter
Pfc. Alicia Torbush

DV
The
Desert
Voice



How fruits and vegetables can help you manage your weight!



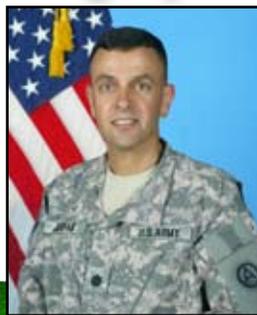
Are you looking for an evidenced-based method to lose weight and maintain your weight loss?

Studies show that a calorie-controlled, low-fat diet that allows unlimited consumption of fruits and vegetables can lead to sustained weight loss.

The key is that fruits and vegetables are bulky, very filling and low in calories.

Vegetables high in fiber also help control your hunger and stabilize blood sugar. Fruits and vegetables can help you feel full because they are high in fiber and water.

Being naturally low in fat, their calories are



Lt. Col. Danny Jaghab

considered low density, since they have fewer calories per gram weight than high fat foods. Just compare the calories in 2 ounces of chips compared to how many fruits and vegetables you could eat for the same amount of calories.

Studies also show that when people start eating more fruits and vegetables, they spontaneously eat fewer high calorie foods.

Therefore, eating more fruits and vegetables throughout the day will provide a fraction of the calories that high fat, high sugar foods provide.

A bite of fruits and vegetables can contain as little as 6 calories while a bite of a high fat, high calorie food can have up to 90 calories. **A**



What you do right now changes everything



Sharpen your Edge through Composite Risk Management, CRM

<https://crc.army.mil>



U.S. ARMY



U.S. ARMY COMBAT READINESS CENTER

USARCENT **A**

April 8, 2009 *The Desert Voice*

Senior enlisted leaders tackle concerns

Article and photo by
Dustin Senger

Qatar Public Affairs Office

U.S. Central Command's senior enlisted leaders discussed urgent topics affecting troops serving throughout theater at Camp As Sayliyah, Qatar, March 29.

Command Sgt. Maj. Marvin L. Hill, CENTCOM, requested an immediate gathering of the region's top enlisted noncommissioned officers.

"We are here to discuss issues that our troops look to us, as their senior enlisted leaders, to fix," said Hill, addressing the assembly of senior enlisted leaders inside the CENTCOM forward headquarters briefing room. "We must determine ways to expand the impact our commanders have on the battlefield."

The urgent matters included: training programs that prepare troops for service in CENTCOM contingency areas; recovery procedures for vehicle rollovers; staffing procedures, requirements and updates; shifting troop focus to Afghanistan; battlefield promotions; employment of military working dogs; protecting service culture in joint environments; regional policies and procedures; widespread concerns with military clothing and equipment items; transportation problems during leave; and rest and recuperation pass program participation.

Crucial regional issues and service-specific updates were presented by Command Sgt. Maj. Richard C. Kimmich, Special Operations Command Central; Command Sgt. Maj. Iuniasolua T. Savusa, U.S. Forces Afghanistan; Command Sgt. Maj. Lawrence Wilson, Multi-National Force Iraq; Command Sgt. Maj. John D. Fourhman, U.S. Army Central; and Chief Master Sgt. Scott H. Dearduff, U.S. Air Force Central.

Other key CENTCOM staff members were also in attendance and addressed ongoing concerns in the

region.

"My fellow senior enlisted leaders are in contact with Airmen all the time," said Dearduff, after presenting an overview of Air Force accomplishments in support of CENTCOM war fighters. "I want them to be able to talk about our latest and greatest."

Dearduff proudly explained the latest tactical gear distribution for Airmen: Airmen Battle System-Ground.

The ABS-G combat shirt and pants offer fire-resistant gear that is more durable and comfortable than the current airman battle uniform.

In the next 30 days, thousands of airmen will receive ABS-G gear in Kuwait, Iraq and Afghanistan. The items will replace improvised protection; such as flight suits and wearing Army and Marine Corps uniform items.

"We are working to improve improvised explosive device training," said Savusa, concerned with the tactical courses servicemembers attend prior to deploying in support of Operations Enduring and Iraqi

Freedom. "The way troops are training focuses too much on Iraq, which doesn't reflect the reality of what is found in Afghanistan. IEDs are placed differently in each environment. We need to be sure our troops are more appropriately trained, before arriving, and units are manned with the right skill sets."

According to Savusa, the three main concerns for servicemembers in Afghanistan are training, manning and R&R transportation.

"Participating in the R&R program is important," said Savusa, regarding the four-day respite offered in Qatar. "Senior leaders need to be sure troops maintain a high level of moral. Right now, commanders are hesitant to send troops on pass because they worry about timely transportation back to their units."

According to Savusa, troops returning to their units from leave are frequently stuck in transit.

"We are quickly creating a new list of tasks to bring to the commanders," said Hill. "Once approved, they will be pushed out to resource and execute." **A**



Command Sgt. Maj. Marvin L. Hill, U.S. Central Command, addresses the audience during a senior enlisted leaders' conference at Camp As Sayliyah, Qatar, March 29.

5 years in a row: Kuwait Navy takes the trophy

Article by

Maj. Pam Ellison

29th IBCT Public Affairs Detachment

The Kuwait Navy hosted a Sports Day held at Camp Patriot, Kuwait, March 19.

The event welcomed Camp Patriot's Hawaii National Guard, Army, Navy and Coast Guard servicemembers. The Kuwait Navy took home the Overall Winner category trophy.

Events included basketball, volleyball, pingpong, tug of war, soccer, 50-meter individual swimming, 200-meter swim relay and water polo.

This is the fifth year that Sports Day has been conducted at Camp Patriot, with the Kuwaitis taking the overall winner category each year; however, this was the closest the U.S. has come to winning in the overall category.

The U.S. took basketball, volleyball, ping pong and tug of war, however, because the U.S. didn't place in either of the swimming events, the Kuwaitis took points for both the 1st and 2nd place finishers.

The Kuwait Navy ended the day with an overall score of 51 points, defeating the U.S. servicemembers score of 43.

The U.S. couldn't compete with the Kuwaitis' win in the water polo, soccer, and 1st and 2nd place victories in the 50-meter individual and 200-meter relay swimming events.

"Working with Lt. Col. Fuod S. Soor, the Kuwait Navy Director of Sports, was very interesting from the start, because he was not hard to work with," said Staff Sgt. Lonenca Faoa, Morale, Welfare and Recreation representative, Camp Patriot.

The Soldiers of the 1st Battalion, 487th Field Artillery, who work at Camp Patriot, have many opportunities in their day-to-day duties to interact with the many different servicemembers of the Kuwaiti military, from the Kuwait Navy, as in this event, to the Kuwait National Guard, which is an on-going training partnership that is conducted almost weekly.

"We basically came to a conclusion that this event was about good sportsmanship and knowing that we can also have a good relationship with the Kuwaitis through sporting events like [this] day," added Faoa.

From the serious mission of military training, to the more lighthearted fun of friendly competition, U.S. and Kuwaiti servicemembers will continue to share their experiences while working together in Kuwait. 

A member of the U.S. basketball team sneaks past his Kuwait Navy competitor for a layup, during a Sports Day held at Camp Patriot, Mar. 19. (Photos by Sgt. Jeffrey Cox)



The Kuwait Navy proved to be the better team in the water sports events, winning the water polo match, and both individual and relay swimming events.

Combat Life Saver

Life Support Area EMT-B: First response in providing health care

Article by
Petty Officer 2nd
Class Kim Harris
Media Transit Team-Kuwait

The 437th Medical Company Emergency Medical Technician Basic is a six-man, all-Army technical rescue team of health care specialists, often referred to as 68 Whiskey. This crew works for the

708th Ambulance Company in support of the Fire House at the Life Support Area, Kuwait and all six military installations in Kuwait.

As part of the allied services of the fire house on LSA, EMT B handles all the ground evacuations.

During routine evacuations they administer medical procedures that enable the patient to maintain adequate breathing and cardiovascular circulation until they arrive at one of

the local Troop Medical Facilities for advanced medical treatment.

EMTs are the first responders who have unique training that enables them to assess the condition of the patients in their care quickly, and to perform life saving procedures in emergency situations. The team is a diverse group of highly skilled professionals.

Team member, Spc. Jose Lopez from Beaumont, Calif., is a family man who has utilized his skills to



EMTs are the first responders who have unique training that enables them to assess the condition of the patients in their care quickly, and to perform life saving procedures in emergency situations. (Photos by Petty Officer 3rd Class Jorge Saucedo)

deliver this own child. He recalls having to act in an emergency situation helping his wife through labor.

“I got [my wife] into position and pretty much just guided the baby out,” said Lopez.

Lopez, who is a paralegal, aspires to attain his certification as a paramedic. He chose this field of specialty because he has small children and feels that this type of knowledge can be helpful for all parents.

Twenty-year-old Pvt. Michael Russell, is a construction worker who plans on obtaining a medical degree.

“I enjoy the medical field, I enjoy helping people,” said Russell.

Russell has been called to use his skills in the civilian world to help drowning and traffic accident victims. He recalls assisting an accident victim who was in critical condition.

“[The victim] was not doing too well; he was not wearing his seat belt,” said Russell, who was able to stabilize the victim until paramedic arrived.

Russell has passed on his knowledge to friends and family by instructing them on basic first aid.

Staff Sgt. Vincent Miranda, who is a native of Los Angeles, leads the ambulance company crew. In his opinion, EMT intervene, at a moment’s notice.

“It is a fulfilling feeling to help someone,” said Miranda.

Miranda is a ten-year Army Combat veteran who admits that he would like to change gears and move into the administration side of the medical field.

Miranda and crew have not seen many happenings at the LSA, but expect to become more active as the temperature rises. He expects to encounter more cases of heat exhaustion and dehydration as the summer months approach.

Miranda’s crew admits that being a part of the Army Reserves has been of great benefit to them when it comes to their field.

They are allowed to learn and perform medical techniques they say they would have never been exposed



Spc. Nicholas Wells hooks up an intravenous application to Sgt. James Hyatt during a training exercise in the Middle East April 3. The training was conducted by the EMT department who handles all emergency calls on the base.

to in the civilian world. They also expressed that the training they have obtained is very costly, and they were able to attain this experience through military training.

The 437th has had exposure to extensive medical knowledge and hands-on training to master the techniques of advanced cardiac life support.

This level of proficiency is usually reserved for highly qualified health care providers or at the paramedic level of EMT.

Members of the team are combat veterans who have served time in Iraq handling mass casualties. They plan on sharing their knowledge with the servicemembers of the LSA to enable them to save lives also.

The combat life savers course will be offered to any of the LSA members who are interested in learning the skills. ^A

Spc. Bruce Walker gets an IV pouch ready as part of a training exercise. Walker is part of the EMT department that handles all emergency calls on the base.



More than confinement at the TFCF



The controlled entrance to the Theater Field Confinement Facility is the first thing inmates see when they arrive.

Article and photos by
Pfc. Howard Ketter
20th Public Affairs Detachment

The Theater Field Confinement Facility on Camp Arifjan, Kuwait is the only one of its kind in the current theater of operations.

The officer in charge, Cmdr. Richard N. Mauldin, said that the TFCF cadre aim is not only to confine regulation offenders in the facility, but to rehabilitate them so that they can go on with their lives.

“The inmates have already been punished by being sent to the facility by the staff judge advocate,” said Chief Petty Officer Lee Decardenas, administration chief, TFCF. “Our job isn’t to make them feel like any less of a person; we try to rehabilitate and shape inmates so that they will be prepared to go toward their next objective a better person.”

The facility has a counselor available who provides group sessions and programs for all of the inmates in the facility.

Lt. Cmdr. Sonja Harry, mental health officer, TFCF, is one of the first

faces inmates see when they arrive at the facility. She does an initial assessment on the inmates mental and emotional health to help deter the risk for suicide or bad behavior.

“We also have a psychiatrist come from the hospital once a week to help inmates who have mental health issues,” said Harry.

The TFCF cadre handle the disciplinary aspect of the facility while Harry handles most of the mental health, but the TFCF also offers spiritual guidance for the inmates.

“The post chapel sends spiritual leaders, chaplains, to help keep the inmate’s faith alive,” said Mauldin.

Every Saturday at 9:00 a.m., based on denomination, a spiritual leader comes to the facility to perform religious services for the inmates.

“A lot of these inmates have a lot to think about,” said Decardenas. “With the economy the way it is in the civilian world, it seems almost hopeless for those who are receiving a bad conduct discharge from the military.”

Mauldin said that servicemembers who have families that they support with their military career, and have now lost that, need to know that the TFCF isn’t the end of their life.

“One thing about poor decisions

is that they don’t discriminate,” said Decardenas. “Though this is a rough time for a servicemember, we try to let them know that their life isn’t over, and we try to help them think to make better decisions for their next stop, whether it is another facility, the civilian world or back to their unit.”



Upon arrival, inmates spend 72 hours in a holding cell, separated from the rest of the facility and inmates. It is guarded 24 hours by cadre and the facility officer in charge and counselor come to assess the inmates.



Sandbags that were filled by inmates are piled in front of a dirt mound approximately 6-foot high. Once there are enough sandbags they are shipped off to several camps in Iraq for servicemembers to use in theater.

Upholding DFAC standards: everyone plays a part

Story and photos by
Spc. Elayseah Woodard-Hinton
20th Public Affairs Detachment

Each dining facility on Camp Arifjan, Kuwait offers a unique atmosphere and selection to its customers. At the Zone 2 dining facility, the servers, food service specialists, shift supervisors and noncommissioned officers in charge, work an average of 12 hour shifts, six days a week to create a healthy and positive dining experience for their patrons.

Providing nutritious options through the “Fit to Fight” program is only part of how the DFAC personnel try to ensure that the food options are healthy. Another big part of their mission is to make sure the food is properly served at each meal and is at the correct temperatures to prevent food borne illnesses, that are caused by bacteria contaminated food.

Many of the food service specialists work as technical monitors to uphold health and safety standards while the shift supervisors make sure these standards are being carried out.

“We make sure that they hold up the standard for all of the things they should be doing for technical monitoring,” said Sgt. Robert Miranda, shift supervisor, 1st Theater Sustainment Command. “We make sure all of our technical monitors are doing everything they are suppose to do

throughout the shift and make sure that every meal gets carried out to standard and that every meal is prepared properly,” added the Sylmar, Calif. native.

DFAC patrons also play a part in avoiding food borne illness by washing their hands before entering the facility and being aware of the foods they put on their trays.

“When customers are piling up all of these foods on their to-go trays, a lot of it is not safe,” said Spc. Benita Barnes, food service specialist, headquarters and headquarters company, U.S. Army Central. “Hot foods mixed in with the cold foods is not safe.”

“You are taking a cold food and you are making the temperature of it rise, which is now putting it into a potentially hazardous temperature zone,” explained Barnes, a Americus, Ga. native.

One of the ways customers who choose to dine out can avoid this rise in temperature is by using both to-go trays that are offered to them in the DFAC.

“That is the purpose of having two, to-go trays,” said Barnes. “The small one is for salads, and salads only.”

DFAC personnel continually work to uphold health and safety standards, which is one of the reasons they have guidelines for both the staff and patrons who choose to dine in or out of the facilities, making this a shared effort to ensure a positive dining experience. **A**



Personnel and patrons both play a role in maintaining a healthy, safe and positive dining experience when utilizing the dining facilities on Camp Arifjan, Kuwait.

It's 1700, "Retreat" is playing ... LOCK IT UP!

Article by
Spc. Kimberly Johnson
37th IBCT Public Affairs Office

Honor, for all men and women who lived and died for America, is given by the moment of silence while a bugle plays "Retreat" and "To the Colors."

As with everything in the military, there are regulations that uphold the high honor of this tradition.

Each evening, the Retreat ceremony is comprised of two bugle calls, "Retreat," followed by "To the Colors."

As "Retreat" begins to play, according to U.S. Army Central and Coalition Forces Land Component Command Standards Book, May 2008, if in uniform, not in formation, servicemembers are to come to the position of "Attention" and face the flag. If the direction of the flag is not visible, face the direction of the music. On the first note of "To the Colors," render a salute.

When in formation or a group,

USARCENT CFLCC Standards explains, the superior military member calls the group to "Attention" and then "Parade, Rest" at the first note of "Retreat;" that leader will then call the group to "Attention" and "Present, Arms" at the first note of "To the Colors." At the end of the song, the leading servicemember will then call "Order, Arms."

Furthermore, if in civilian attire, remove headgear, face the flag and stand at attention upon hearing the first note of "Retreat." On the first note of "To the Colors," hold right hand over heart and remain there until the last note of the song.

While in a vehicle, pull safely to the right, stop, depart vehicle, if in uniform, stand at attention for the first part of "Retreat" and render salute for "To the Colors."

If in civilian attire, remain at the position of attention for both songs. If a group of Soldiers are on a military vehicle or bus, they remain in the vehicle while the highest-ranking Soldier dismounts and salutes.

In the evening, the traditional respects take precedence over almost all activities.

The entire post, if not restricted otherwise, is expected to render salute and pay respect for all who came before them.

During other countries' national anthems, American servicemembers pay the same respects during ceremonies or parades.

So, what is the meaning of a salute to the flag of the United States?

A declaration of loyalty to the United States and to the principles of liberty and justice on which the nation was founded.

There are many traditions the American military is built on which are still upheld to the highest standard.

As long as servicemembers join and fight to defend America, there will be veterans and fallen comrades to honor. Practicing the proper respects to our colors and our songs is one of the best ways to give thanks to all who have served. 

Servicemember pay tribute, while assigned personnel lower the flag during "To the Colors" at Camp Arifjan, Kuwait. It is played at 1700 after "Retreat" on U.S. military installations. (Photo by Alicia Torbush)



Sergeant Audie Murphy Club



Area Support Group-Kuwait SAMC meetings will be held the 1st & 3rd Saturday of each month at the ASG-KU Bldg 216, Conf. Rm. #1.

Everyone is welcome to attend.

If you have any questions please contact Sgt. 1st Class Sheryl Ayeni SAMC-President at 1-318-430-7167.

Just One Question ...

“What are some benefits of being in the U.S. military?”



“ I got to meet people from diverse backgrounds and learned from them. ”

Petty Officer 2nd Class
Kimberly Collins
U.S. Navy Customs Bravo Company
Beltsville, Md.



“It lets me make big cars into little parts with explosives”

Staff Sgt. Robert Pontisso
363rd EOD
Yuma, Ariz.



“I get to go places, good pay and promotions.”

Capt. Ray M. Kitagawa
HHC 29th BSB
Hilo, Hawaii



“To get a lot of training for the civilian world and make a lot of connections.”

Spc. Erika Anderson
461st HRC
Atlanta, Ga.



“It has been a good life experience. ”

Staff Sgt. Vincent Miranda
437th Medical Company
Los Angeles, Calif.

NCO Spotlight:

Sgt. Timothy Ferguson
Secretary to General Staff, 1st TSC



Sgt. Timothy Ferguson, a Baltimore, Md., resident joined the Army in May 2001 in order to provide a better lifestyle for his unborn child. He has been working toward an associate's degree in business management and is currently four classes away from achieving his goal. Ferguson decided to become a noncommissioned officer in order to lead Soldiers. His ambition is to one day serve as a drill sergeant.

“Don't expect a pat on the back for maintaining the expected standards, but always take pride in the job you do.”

What's happening around USARCENT



Photo by Spc. Elayseah Woodard-Hinton

Access Program

Sgt. 1st Class Christopher Bush, headquarters and headquarters company, Area Support Group-Kuwait, watches as Meshari Alazmi, a student in the U.S. Department of the State's Access program, jokes around during a trip to Failaka Island, Kuwait, April 5. The trip was sponsored by the U.S. Embassy to allow Soldiers and Kuwaiti teens learn about each other's culture.

Communion at Arifjan

Archbishop Timothy P. Broglio, the archbishop for military services, administers communion to servicemembers at Camp Arifjan, Kuwait to mark Palm Sunday, April 5. Palm Sunday is the beginning of the holy week leading up to Good Friday and Easter Sunday.



Photo by Pfc. Alicia Torbush

Sexual Assault Awareness Run

Servicemembers prepare to begin the Sexual Assault Awareness Month Run held on Camp Arifjan, Kuwait, April 1. (Photo by Sgt. Brooks Fletcher)

