

DV The Desert Voice

United States Army Central

April 15, 2009

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



EXPLORING THE PAST





Holocaust Remembrance



DEPARTMENT OF THE ARMY
UNITED STATES ARMY CENTRAL
COALITION FORCES LAND COMPONENT COMMAND
1881 HARDEE AVE SW
FORT MCPHERSON, GA 30330-1064

REPLY TO
ATTENTION OF:

ACEN-CG

MEMORANDUM FOR ALL USARCENT/CFLCC PERSONNEL

SUBJECT: The Days of Remembrance and Holocaust Remembrance Day 2009

1. The Holocaust reminds us what can happen when respect for human dignity is overshadowed by indifference, intolerance, and hate. This year, we observe The Days of Remembrance, our congressionally established national commemoration of the Holocaust, April 19-26, with Holocaust Remembrance Day falling on April 21. This year's theme is *"Never Again": What You Do Matters.*
2. The Holocaust is one of the largest and most recent destructions of human life. As we remember the lessons learned, we have a moral obligation to ensure future generations are preserved through a profound understanding of the Holocaust. This understanding will prevent history from repeating itself.
3. The Days of Remembrance and Holocaust Remembrance Day allow us to apply many lessons to our lives today. The victims of the Holocaust deserve this respect and remembrance. I encourage everyone to participate in commemoration activities during April to learn, remember, and understand the significance of these events.

Patton's Own!


JOHN D. FOURHMAN
Command Sergeant Major, U.S. Army
Command Sergeant Major


JAMES J. LOVELACE
Lieutenant General, U.S. Army
Commanding



Women and children survivors in Mauthausen, Austria speak to an American liberator through a barbed wire fence, May 5-7, 1945.

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Soldiers from C Company, 100th Battalion, 442nd Infantry Regiment explore two of the King's tombs in the ancient city of Ur during a visit to Ziggurat. For the full story see page 9. (Photo by Capt. Timothy Zeisset)

Contact us

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

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The
Desert
Voice



Understanding potassium-rich foods



According to the Dietary Guidelines for Americans, most children and adults have an inadequate intake of potassium in their diets.

Until recently, no official recommendation for potassium intake existed. After extensive research, the Institute of Medicine set the dietary requirement or the "Dietary Reference Intake" for potassium at 4.7 grams per day for adults and 3.5 - 4.5 grams per day for children ages 1-18.

Potassium is an electrolyte important to the human nervous system, muscle function, fluid balance and heart, kidney and adrenal



functions. It also helps regulate blood pressure.

Potassium deficiencies can result in high blood pressure, stroke, heart irregularities, weakness, depression, glucose intolerance, kidney stones, confusion and sometimes problems



Lt. Col. Danny Jaghab
U.S. Army Central Surgeon's Office

in muscular coordination. The first sign of a potassium deficiency is usually a generalized weakness.

Potassium imbalances can occur from starvation diets and from excessive fluid loss from sweating, diarrhea, or the use of diuretics and laxatives.



People who suffer from diabetes and kidney failure can no longer metabolize

potassium and need to guard against getting too much in their diets. If you are on a potassium restricted diet, see your physician or registered dietitian for guidance.

Foods that are high in potassium and have more than 225 mg per half cup are: meat, poultry, fish, fruits and vegetables; like potatoes, bananas, spinach, tomatoes, winter squash, apricots, avocados, cantaloupes, honeydew, kiwis, lima beans, oranges and orange juice. **A**

Own the Edge

Be Wise. Stay Alive. Wear Your PPE!



Personal Protective Equipment

A brightly colored upper outer garment during the day and retroreflective at night is required. *Note:* Black is the most common color for motorcycle clothing. Countermeasures should be applied to make riders more visible as pictured above. If the belt is worn, it should be worn diagonally across the shoulder to maximize visibility.



Helmets

Certified by the manufacturer to meet or exceed DOT standards. Must be properly fastened under the chin.

Eye protection

Face shield or impact/shatter-resistant goggles. A full face helmet with proper shield provides the best protection.

Clothing

Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Sturdy foot wear

Leather boots or over-the-ankle shoes must be worn.

Medal of Honor heroes tell their stories

Article and photo by
Pfc. Alicia C. Torbush
20th Public Affairs Detachment

Two Medal of Honor recipients visited Camp Arifjan, Kuwait, to share their stories with servicemembers April 10.

For as long as there have been Armed Forces in America, servicemembers have performed meritorious acts of bravery that warrant recognition.

According to the U.S. Army Center of History website, General George Washington established The Badge of Military Merit, the first formal system for recognizing acts of extreme valor during the American Revolution, but the Medal of Honor was not established until after the Civil War.

Since its creation in 1863, the Medal of Honor has been awarded to over 3,400 men and one woman.

“In over 40 years of military service, I’ve fought and survived a lot of battles,” said retired Army Col. Robert L. Howard, Medal of Honor recipient. “The medal that I wear is because a few of those Soldiers thought I was worthy of wearing this medal. But it’s like I tell the sergeant major, we just hold it in trust for those Americans who felt we were worthy of wearing it.”

Howard was awarded the Medal of Honor for his actions in Vietnam on December 30, 1968.

According to Army Center of History, Howard was serving as a platoon sergeant in an American-Vietnamese platoon. While on a mission to rescue a captured American Soldier in enemy controlled territory, his platoon was attacked, Howard was wounded and his weapon was destroyed by a grenade. He crawled to his platoon leader, who was severely wounded, and administered first aid. Howard’s ammunition pouch was hit by an enemy’s bullet, which caused several magazines to detonate. He sought cover momentarily before

trying to drag his platoon leader to safety again.

Howard continued to crawl from position to position, encouraging his men, administering first aid to the wounded and directing fire to enemy positions until the area was stable enough for rescue helicopters to land and evacuate the wounded. He remained on the battlefield until all his men were safely aboard.

“The only thing that kept me fighting on the battlefield was my fellow Soldiers,” said Howard.

Retired Army Command Sgt. Maj. Gary L. Littrell was also present to share his story with servicemembers.

According to Army Center of History, Littrell was awarded the Medal of Honor for his actions in Vietnam from April 4-8, 1970. He was serving as a light weapons advisor with the U.S. Military Assistance Command Advisory Team when his battalion was subjected to an intense enemy mortar attack. The attack killed the Vietnamese commander,

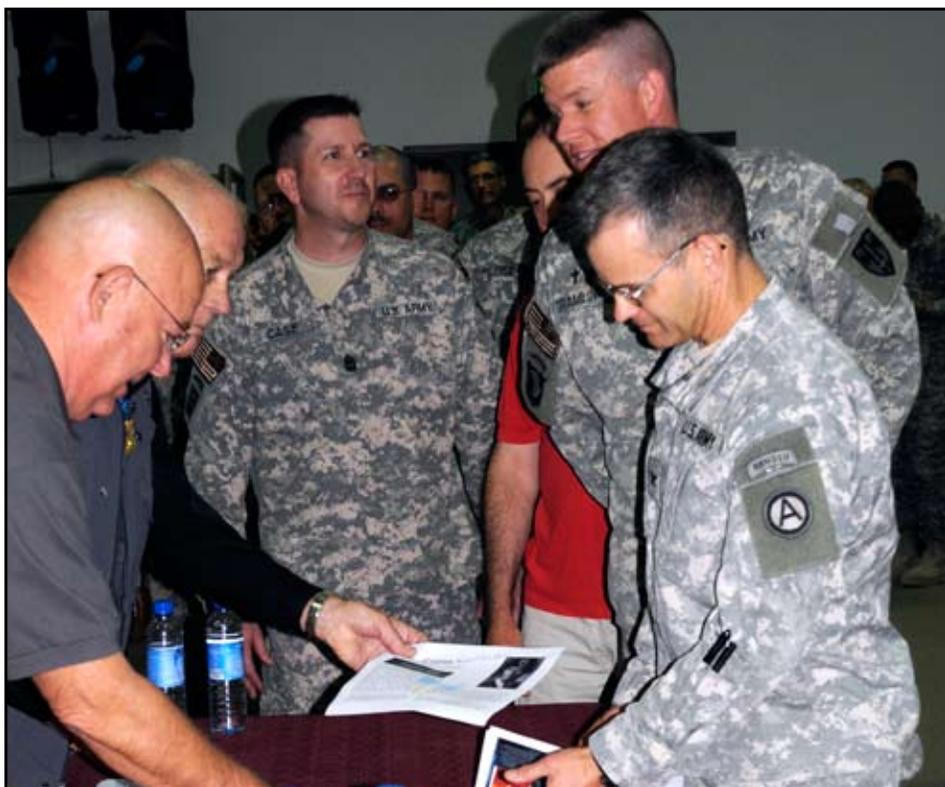
one advisor and wounded all other advisors except Littrell.

For four days Littrell repeatedly left cover to direct fire to enemy positions, redistribute ammunition, strengthen faltering defenses and care for the wounded. He also called encouragement to their Vietnamese allies in their language. When the battalion was ordered to withdraw, he directed air strikes within 50 meters of their position to prevent widespread disorder.

Littrell’s actions averted excessive loss of life and encouraged the men to continue fighting.

These two men, who represent only 97 living Medal of Honor recipients, travel into theater every year to meet with servicemembers, share their stories and encourage servicemembers to remain proud of what they do and what they represent.

Howard and Littrell finished their visit by answering questions, signing autographs and talking to individual servicemembers. **A**



Retired Army Command Sgt. Maj. Gary L. Littrell and retired Army Col. Robert L. Howard, Medal of Honor recipients, sign autographs for servicemembers at Camp Arifjan, Kuwait, April 10. The two men tour the Middle East every year to share their stories and encourage other servicemembers.

"Star Trek" cast kicks off premiere

Article by

Pfc. Howard Ketter

20th Public Affairs Detachment

"We feel privileged to be here and to meet the people who are working hard on our behalf," said John Cho, who starred as Hikaru Sulu in "Star Trek" the movie.

Servicemembers were excited as the cast of the new J.J. Abrams produced and directed film visited Camp Arifjan, Kuwait for a premiere of the movie, April 11.

Actors Zoe Saldana, Bryan Burk, Karl Urban, Zachary Quinto, Chris Pine and Eric Bana were also present with director and producer J.J. Abrams.

"It's so easy for people to take for granted, the fact that [servicemembers] are here doing work that makes this possible," said Abrams.

The crew stopped and visited servicemembers in the U.S. Army Central Headquarters building before heading to the theater. They exchanged friendly conversation with Brig. Gen. James T. Walton and several other leaders amongst the headquarters staff. Then they took time out to greet several servicemembers, sign autographs and take photos.

"It struck us that there was an opportunity to not just have it be about the movie, but to have it be about something that's more important than all that stuff,"

Abrams commented.

Once it was time to show the movie, which is due to release in the U.S. May 8, the stars went to the Zone 1 movie theater for the premiere. Once the showing was over, servicemembers asked questions and commented on the film to the actual cast.

Chief Warrant Officer Earl Hemminger, Regional Computer Emergency Response team, Virginia National guard, asked actor Zachary Quintos, who played Spock in the film, to speak to his daughter Katherine, who is a very big fan.

"Your dad told me to say this was hotness," laughed Quintos as he greeted Katherine via cell phone.

Abrams talked about how he and the writers came up with the concept of the new film and Eric Bana, who portrayed the evil character Nero, talked to servicemembers on how he prepared for his role and shot his parts separate from most of the cast.

After the Q & A servicemembers got opportunities to get photos and autographs with the stars before they headed off to the LSA, Kuwait to continue to promote the movie.

"It's an honor to come here to say hi and shake hands with the people who protect us," said Abrams.

Cho said having the warm reception for this film by the servicemembers was really moving.

"We had fun making the movie and we hope the [servicemembers had] fun watching it." 



Photo by Staff Sgt. Anthony Taylor

The cast and director of the 2009 movie, "Star Trek" let the first group of servicemembers who viewed the movie comment and ask them questions once the showing was over.

TRIP TO ISLAND BREAKS ICE BETWEEN KU

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

A select group of U.S. Soldiers from various camps in Kuwait had an opportunity to spend a day with Kuwaiti students on Failaka Island, Kuwait, April 4.

Through the U.S. State Department's Kuwaiti English Access Microscholarship Program, high school students are provided with an opportunity to learn English and gain an understanding of American culture.

With there being a fairly large U.S. military presence in Kuwait, servicemembers frequently work with groups like these as part of its good neighbor program and as an opportunity to gain familiarity with the host nation's culture.

The event was sponsored and

organized by the U.S. Embassy. It provided a chance for the students to get away and have fun, while spending time with servicemembers to learn about American culture, the military and to improve their English skills.

"We've been fortunate enough today to have U.S. servicemen and women here with us, which has added to the fun for the kids," said Darwin Cotton, Kuwait Access Program coordinator.

Upon their initial meeting, there was some hesitation by the students and the servicemembers to break out of their comfort zones and intermingle with each other.

Both groups had the desire to learn and share, but with the generational gap and this being a new experience for many of the participants, it took some time to break the ice.

"Many of them have never met a

Soldier and they have preconceived notions about what Soldiers are like," said Cotton. "Hopefully this will dispel any negative feelings they have toward American Soldiers. That's one of the advantages of today."

The group of teens who participated in the event was comprised of former, present and new students to the Access Program.

Former students such as Saud Zaidi appeared to be pretty comfortable with speaking to and mingling with the servicemembers.

"It was nice," said Zaidi. "It brings back a lot of memories."

Eventually more barriers were broken between the servicemembers and students as the day went on, particularly when the group had an opportunity to stop and look at old tanks from the Iraqi invasion, visit a camel farm and then finish their trip



Area Support Group-Kuwait's Sgt. 1st Class Errica Mckinney, red t-shirt and Sgt. Tashawna Jones, black jacket, stand on a tank used during Desert Storm, with a group of Access students during a trip to Failaka Island, Kuwait, April 4.

KUWAITI STUDENTS, U.S. SOLDIERS

at the Oasis complex, where they were able to eat lunch and tour historical buildings.

During the mini excursions, the students and servicemembers took several pictures with each other to capture the events of the day.

“This was pretty nice,” said Chief Warrant Officer Juma Hurd, HHC, Area Support Group-Kuwait. “I wish there was more interaction with the kids, but it was some of the kids first time interacting with Soldiers, so there was some hesitation. In the end, some of them came out of their shells.” **A**

Staff Sgt. Ricky Bell, right, ASG-KU, speaks to Saud Zaidi, former Access student, about his hometown in Texas during a lunch.

Chief Juma Hurd, ASG-KU, introduces himself to a group of Access students during the boat trip to the Island.



100th Bn. Soldiers visit birthplace of Western Civilization ...

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

Traveling past families of Bedouins and through blowing sand, the convoy escort

team from C Company, 100th Battalion, 442nd Infantry Regiment winds its way to the ancient Ziggurat at Ur, located just outside the air base at Talil, Iraq.

Ur was an important city in the ancient Sumerian empire. The Sumerian

empire consisted of a series of city-states, located in what is today Iraq, primarily along the rivers Euphrates and Tigris. The southernmost city in the Sumerian empire was Ur, located near the modern city of Talil.

It was an exciting day for the Soldiers, as they have waited weeks for the opportunity to visit the ancient city of Ur, its Ziggurat, and what is believed by many scholars to be the house of Abraham.

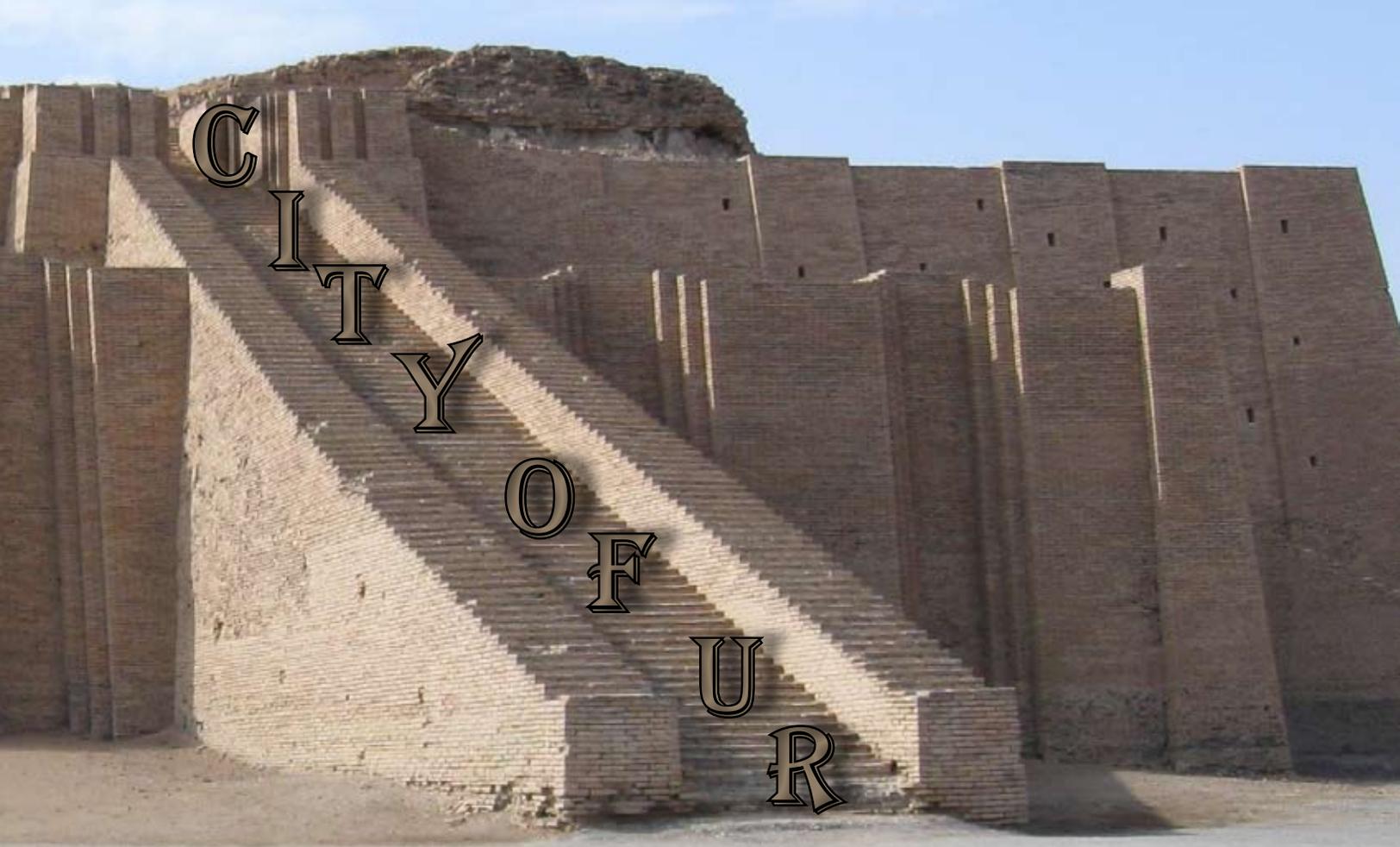
“We’re going to see the birthplace of Abraham!” said Spc. Zenas Malray.

The prophet Abraham was born in Ur, and his family was one of the wealthiest families in the ancient city, as Abraham’s father was an idol maker. Abraham is recognized by Christianity, Islam, and Judaism, as patriarch of those religions.

For the past three months, Soldiers from the 100th Bn., 442nd Inf. Reg. have been escorting convoys of vehicles from Kuwait into Iraq. The Soldiers travel at night, and can’t see the Ziggurat while they are running their missions, but they have been



Spc. Milo Mackey displays a clay figure found in a rubble pile during C Company, 100th Battalion, 442nd Infantry Regiment’s visit to the ancient Ziggurat at Ur.



aware of it and of its historical significance since being briefed by Chaplain (Capt.) Kevin Gilbert, 100th Bn., 442nd Inf. Reg.

The ancient Ziggurat located at Ur was built about 4,100 years ago by the ruler of Ur at that time, called Ur-Nammu, and was dedicated to the moon goddess “Nanna”.

In approximately 2100 BC, each of the city states had its own principle deity, to whom its citizens looked to for protection and prosperity, both economic and agricultural. Ur-Nammu also created the first legal code, the code of Ur-Nammu, which predates the code of Hammurabi by at least 300 years.

Ur was once a major center of commerce, being situated at the crossroads of multiple major caravan routes, as well as major sea trading routes. This fact holds no small irony to the Soldiers escorting convoys of trucks carrying goods to the various military bases in Iraq.

The significance of Camp Cedar to the Iraqi Theater of Operations is com-



Soldiers of C Company explore Abraham's house at Ur. Prophet Abraham was born in Ur, and his family was one of the wealthiest families in the ancient city.

parable to the city state of Ur and its relationship to the Sumerian empire.

One Soldier from C Company was looking at some of the rubble piles around Abraham's house, and found a small clay figure.

“I was just looking at some of the rubble on the ground, and there it was” said Spc. Milo Mackey.

Mackey showed the figure to the other Soldiers, and then presented it to Daif, caretaker of Ur. Members of Daif's family have been Ur's caretakers for at least three generations.

Mackey's find earned him the nickname “Indiana Jones” among the Soldiers of his CET.

The Soldiers of C Company enjoyed their time spent at the ancient city state, and appreciated the cultural and historical significance Ur represents regarding Iraq and Western Civilization.

“Everyone learned something today, and it was nice to be able to see where Western Civilization began,” said 1st Lt. Arturo Espino, CETs. ^A

Stepping for unity, educational awareness



Article and photo by
Spc. Elayseah Woodard-Hinton
20TH Public Affairs Detachment

Ecreativity, unity and education were the focus of the talent showcase and Greek Step show at the Zone 6 Training and Activity Center, April 5.

The Army Air Force and Exchange Service sponsored event entitled "Representing as One, Making a Scholastic Difference," including performances from poets and artists

who regularly perform at various events around Camp Arifjan, including the Spoken Word Showcase held every Sunday at the Zone 6 Starbucks.

Providing an evening of entertainment, displaying Camp Arifjan's talent, was only part of the event's agenda, a message on the importance of unity and education was also the focus of the night.

Members of the National Pan-Hellenic Council, which is an organization of nine historically African-American international Greek

lettered fraternities and sororities who promote camaraderie, academic excellence and community service, conducted a step show, a dance style performance that includes military and drill-team moves, to represent these values.

"It was really something good for the Soldiers to have a release point," said Sgt. 1st Class Terry Smith, 45th Sustainment Brigade. "I saw a lot of the officers that I knew [perform] and I really saw that they had another life besides being an officer."

CG Farewell Celebration



LTG Lovelace farewell celebration

April 17, 2009 (1700 - 2100)
Zone 6 TAC Building

See your section representative for more details.

Just One Question ...

"If you could have a one-on-one with the CG, what would you discuss?"



"I would express gratitude. This is my first deployment we have good living conditions. We have internet, electricity and opportunities to wear civilian clothes."

Sgt. Martha Fredericksen
U.S. Army Central
G-1 Battle Captain
Monte Bella; Calif.



"I think we need more MWR trips to more places off post."

Petty Officer 1st Class Jan Berdan
Squad Leader
Navy Logistical Group
San Antonio, Texas



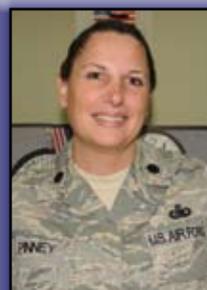
"I would discuss junior Soldier's access off post. I think it would be better if the Soldiers could experience and talk with the local Kuwaitis."

Staff Sgt. Randy Thames
DDST NCOIC
1184th Container Management Element
Jackson, Ala.



"I would discuss ways to bring all of the services together to build camaraderie and identify ways to improve the quality of life for us all."

Lt. Linda Byrne
Admin Department Head
Emergency Medical Facility-Kuwait
Chesapeake, Va.



"I would discuss the force protection policy on post and ask if the [force protection] measures that are taken when we go off post are still required."

Lt. Col. Jo Anne Pinney
Requirement Cell Chief
CDDOC
Sonora, Calif.

NCO Spotlight:

Sgt. Russell G. Stobaugh

System Maintenance NCOIC; HHB 1-43rd ADA



Stobaugh, who joined the U.S. Army in 1999, Manages three Soldiers. He and his system maintainers install, order and service parts for Patriot Missile equipment. He said he joined because he was an "Army brat" and felt that it was the natural thing to do. As far as being an NCO, the Valley, Ala. native says, "Mission is the first priority, but taking care of my Soldiers is my bread and butter."

"Do the right thing. It's always harder to do the right thing, but it's more rewarding."

What's happening around USARCENT



Motorcycle Safety

Soldiers and civilians from U.S. Army Central listen as Ronald Taylor, a technician with Harley Davidson of Clayton County, instructs them on the proper way to conduct preventative maintenance checks and services on their motorcycles at Fort McPherson, Ga., April 7. The presentation was part of USARCENT's Motorcycle Safety training in which participants learned about road safety, proper clothing and riding gear, and how to conduct a PMCS.

Photo by Sgt. Beth Lake

AMD Symposium

Lt. Col. Kyle Kolthoff, Air and missile defense senior air defense officer, U.S. Army Central discuss coordinates on a map with Gulf Cooperation Council, and other Arab country participants at the second International Air and Missile Defense Symposium. The IAMDS will allow participants to engage in topics of discussion and in scenario exercises that will enhance interoperability and motivate participants to continue mutual efforts on national and military security.



Photo by Sgt. 1st Class Rodney Jackson



Marine Commandant

Gen. James T. Conway, 34th Commandant of the Marine Corps, speaks to Marines stationed in Kuwait during a town hall meeting at the LSA, April 8. Conway and the Sergeant Major of the Marine Corps Carlton W. Kent are traveling to wherever Marines are to keep them abreast of the U.S. Marine Corps mission.

Photo by Marine Sgt. Michael Knight