

# DV The Desert Voice

United States Army Central

April 22, 2009

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



**Life saving  
techniques**

# The dangers of huffing

# DV

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### On the cover

Sgt. Tammy Strickland, medic, A Company, 29th Brigade Support Battalion, administers first aid to one of the "casualties" from the USAV Churubusco during the Fire and Emergency Drill held at SPOD, March 25. For the full story see page 6. (Photo by Maj. Pamela Ellison)

### Contact us

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

When commanders and law enforcement use to talk about drug abuse, they were usually referring to the types of drugs specifically listed in Article 112a of the Uniform Code of Military Justice such as marijuana and cocaine. In recent years, this list has expanded to include a variety of prescription drugs that are being abused by those who do not have a prescription or do not follow their prescription.

Another, less publicized, type of drug abuse is now on the rise, which is known as "huffing." This abuse is defined by the National Drug Intelligence Center as "the purposeful inhalation of chemical vapors to achieve an altered mental or physical state, which for most abusers is a euphoric effect."

The chemical vapors can come from a variety of household products, making "huffing" a popular form of substance abuse for those who lack the access or financial resources to obtain illicit drugs. A recent study placed inhalants as the fourth most abused substance among American teenagers, after alcohol, cigarettes and marijuana.

Soldiers in deployed environments, where alcohol and illegal drugs are harder to obtain, have also turned to "huffing" in increased numbers.

Many states have now passed laws making "huffing" a crime akin to other forms of illegal drug use. While the UCMJ does not yet specifically list "huffing" as a crime, such conduct is punishable

under Article 134 as conduct prejudicial to good order and discipline or of a nature to bring discredit upon the armed forces. If a Soldier is caught "huffing," they may be subject to the same range of administrative and punitive actions as any other violation of UCMJ.

Not only can "huffing" pose a risk of adverse impact on a Soldier's career, it can pose a serious risk of adverse impact on a Soldier's health. Inhalant abuse can become addictive. The NDIC warns that repeated inhalation of toxic substances "may result in serious and sometimes irreversible damage to the user's heart, liver, kidneys, lungs and brain. Brain damage may result in personality changes, diminished cognitive functioning, memory impairment, and



slurred speech."

The most serious danger posed by inhalant use is called "sudden sniffing death." Filling the lungs with inhalants prevents sufficient oxygen from entering the body. This leads to sudden heart irregularities and then heart failure. Death occurs within minutes. "Sudden sniffing death" is not confined to repeated abusers. Those trying "huffing" for the first time are equally vulnerable.

According to the U.S. Army Combat Readiness/Safety Center, nearly 50 servicemembers have died of inhalant abuse since 1998. This statistic includes 29 Soldiers, including several who died of inhalant abuse while serving in Iraq or Afghanistan. **A**

# DV

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# The importance of healthful whole foods



Lt. Col. Danny Jaghab

**U.S. Army Central Surgeon's Office**

**H**ow important is eating healthy whole foods to preventing heart disease and treating high cholesterol? The cardiovascular benefits of eating whole foods are described in the American Journal of Clinical Nutrition, which collected data for 11 years, showing that eating a diet rich in whole grains, fruits and vegetables lowers a person's risk of death from heart disease.

Another study suggests that eating 5 or more servings of fruits and vegetables each day provides a 72 percent reduction in cardiovascular disease risk. Each serving of fruit, up to 2.5 servings each day, conferred a 10 percent additional reduction in coronary

risk, while each serving of vegetables, again up to 2.5 servings, provided an additional 19 percent reduction in risk for coronary disease.

How are whole foods important for treating high cholesterol? The National Heart, Lung and Blood Institute endorses the prioritization of using diet first, prior to the use of statin drugs to lower cholesterol.

By knowing the effect that whole foods have on our health, we should select foods with unrefined whole grains, low in fat, fruits and vegetables.

Our choices are one of our best tools for preventing disease. **A**

# YOU can prevent electrical fires

**Y**ou may have noticed a fair amount of repair and inspection activity around Kuwait.

All the camps have been undergoing an intense and comprehensive evaluation to correct deficiencies in electrical equipment. This is all being undertaken to provide to the Soldiers, Airmen, Sailors, Marines and civilians that live and work in Kuwait a safe environment free from unnecessary electrical hazards.

These capable electricians and engineers can only do part of the job by fixing the infrastructure; the rest is up to you.

You must add up the number of amps you expect your 13 or 15 amp power strip to carry. Make sure your electrical equipment is in good working order, placed in the open, and well away from combustibles.

Electrocution is the most severe danger where electricity is present, but fires are on the rise.

Last year, the Area Support Group-Kuwait Fire Department responded to 35 electrical fires on Camp Arifjan alone. Although no one was killed, the loss of equipment and mission impact was significant.

One critical facet of the electrical issues in Kuwait is leader engagement.

As leaders, you have to get into your troops living areas and enforce the standards.

Make sure the electrical devices in use are not contraband. Assign facility maintenance officers and fire wardens. Develop, disseminate and rehearse evacuation plans, and above all, educate your troops.

U.S. Army Central is spending millions of dollars to improve the electrical infrastructure in Kuwait. All we ask is that you

spend a couple minutes to improve your own situation. Check your electrical devices and ensure that they have the minimum certification and rating.

Contact your unit safety officer, mayor cells, FMOs and fire wardens to find out what YOU can do to save your own life. **A**



**A contraband universal outlet adaptor. Note the plastic ground plug. The 13 amp internal fuse did not break the circuit.**

# Simulator teaches life saving skills

Article and photos by  
Petty Officer 1st Class

Kelli Roesch

Media Transition Team-Kuwait

Every U.S. and coalition servicemember walking through the doors of the Medical Simulation Training Center class on Camp Buehring, Kuwait, quickly realizes that this is not like any other classroom.

Ripped and torn camouflage, simulated amputations, tubes and wires trail across the floor, visually showing that this medical simulation training will be intense.

Gerald Smith, site manager of the MTSC at Camp Buehring, said the realistic nature of the training is designed to truly challenge the participants.

"We run various scenarios on our mannequins through a computer software program and the students have to learn how to respond," explained Smith. "The great thing about this type of training is that the mannequins bleed and do everything a human can do except get up and walk around."

According to Smith, the scenarios are software driven, but the instructor has the ability to change the "patient's" status.

Part of the challenge to participants is that all of the medical assistance they render is done with weapons in hand as they simulated securing the scene while loudspeakers blare the sounds of machine gun fire, making the scenario sound even more realistic.

A computer attached to the mannequin captures details an instructor might not notice. If the tourniquet is not tight enough or if the pressure put on

the arteries by the Soldier to stem the mannequin's "bleeding" is not hard enough, the computer immediately registers the information.

The instructor notifies the Soldier that their efforts are not working and the patient may die. This immediate feedback is especially helpful for Soldiers who feel they are doing the procedures correctly in a text-book sense, but quickly learn, in the practical application, that the techniques can be more difficult to perform than they expected.

The realistic simulator training is not just for the American Forces. Australian Force Support Unit-1, squadron leader and executive officer, Senior Master Sgt. James Pritchard, said the training is taken very seriously once participants are in the scenario.

"The reality of the situation sinks in quickly when, with weapon in hand, you secure the scene through the sounds of gunfire, and you find fluid pouring all over you," said Pritchard.

Smith said there are differences in the materials and techniques Australians and some coalition forces can use according to their own military guidelines.

"Every NATO country that comes

through here gets the same training," said Smith. "Our focus is operational medicine or battlefield medicine. We leave it up to their individual higher medical community to decide what they allow their troops to ultimately perform."

Smith also indicated why the training is important for all U.S. and Coalition forces.

"The majority of participants, about 96-97 percent attending the training, are the non-medical Soldiers who may be called upon to assist a doc or medic in an emergency," Smith said. "But we train everyone in two very important but basic skills, to stop massive bleeding and to keep the airway clear so they continue breathing. With that knowledge alone, 95-98 percent of lives will be saved. They can't save everyone, but we want soldiers to be confident in that skill set."

Airfield Defense Guard Sgt. Justin Currey, of Townsend, Australia, was impressed with the training.

"It was good," Currey said. "It is helpful, especially for some of the people without medical skills. We've never had that type of realistic training before." 



Australian Forces administer medical care to a computerized mannequin in the Medical Simulation Training Center at Camp Buehring, Kuwait. The training is designed to challenge participants to provide proper medical care during combat situations.

# Charlie Daniels honors servicemembers

Article and photos by  
Staff Sgt. Anthony L. Taylor  
**USARCENT Public Affairs**

“I’ve been a fan of Charlie Daniels since the late seventies,” said Staff Sgt. Ronald Farrow, 129th Transportation Company. “I was fortunate to be here because most of the time I’m out on the road and don’t get to see any of the shows.”

Charlie Daniels, country and southern rock musician, decided to return to Kuwait for a third time to visit servicemembers and give an evening performance at the Zone 6 Morale, Welfare and Recreation Stage, April 15.

Earlier in the day, Daniels arrived at the Expeditionary Medical Facility – Kuwait and immediately greeted and shook the hand of every person around him, including the cameramen and Third Country Nationals.

Daniels was welcomed into the facility by the flashes from cameras and extended hands of servicemembers. He was then given a tour of the facility and in each section where he walked up to greet every person and took photos with each group.

“I am just in awe,” said Gloria Hastings, medical referral coordinator.

**Charlie Daniels visits a servicemember at the Expeditionary Medical Facility-Kuwait, April 15.**

“I am just happy that he would come out here and take his time to not only entertain the troops, but to come around and really see what’s going on, that means a whole lot,” added Hastings.

Later that evening, Daniels sat for a brief interview before the concert and talked about why he was here.

“We’re here simply for the entertainment and whatever else we can do for the troops,” said

Daniels. “I’m so appreciative of what [servicemembers] do.”

After the interview, Daniels and his band made their way to the Zone 6 MWR Stage to give an hour and a half performance.

During the concert, Daniels played an instrumental song that he said they rename at every show, and this time named the song “PX at Arifjan” as he looked over at the Post Exchange across from the stage.

The concert closed with Daniel’s song “The Devil Went Down to Georgia.” Then Daniels announced that he would like to meet and give everyone their own pre-autographed picture of him and his band.

Along with Daniel’s trips to Kuwait, he has also visited servicemembers at locations in Kyrgyzstan, Uzbekistan, Afghanistan, Iraq, Kosovo, Bosnia, Guantanamo Bay and throughout the U.S.

“Wherever you are, we try to get to you,” said Daniels. “We’re very, very appreciative of what you’re doing over here, and we very deeply admire you for doing it and we are very indebted to all the people who’ve ever worn the uniform. So I just say God bless you. We love you.” 

**Daniels performs at the Zone 6 Morale, Welfare and Recreation Stage during his visit to Camp Arifjan.**



# A Company 29th BSB med

Article and photos by  
Maj. Pamela L. Ellison  
29th IBCT PAO

**A**t the Sea Port of Debarkation, medics of A Company, 29th Brigade Support Battalion, participated in a Fire and Emergency Drill coordinated by the Navy Military Sealift Command, in conjunction with the SPOD Security Forces, to ensure that all the key personnel at the SPOD are prepared to respond if there is a real emergency.

With a two vehicle accident, an unconscious driver and a fire, the exercise began with a bang.

First to become involved in the exercise was A Company, 29th BSB's Base Defense Operations Center, who received word from the 1181st Vessel officer in charge about a fire on the U.S. Army Vessel Churubusco, an Army Landing Craft Utility vessel berthed at the local pier.

The call was followed almost immediately by a report of a collision between a heavy expanded mobility tactical truck and a non tactical vehicle.

The Kuwait Marine Fire Department, Kuwait Industrial Fire, Spill Response were then dispatched by the Kuwait Public Authority Tower; additionally, the BDOC notified the Fire Department and 437th Medical Company.

Medics arrived on scene and immediately and began to triage and assist the fire department with the extraction of

the unconscious HEMTT driver.

After securing the area, the firefighters took the lead as scene commander and continued fighting the fire and assisting with the accident. Observers were quickly distracted by the firefighting vessels that arrived to the scene by sea and the Maritime Expeditionary Security Squadron patrol boats, who created a secure perimeter around the incident and began firefighting efforts.

Once the mock casualties of the USAV Churubusco were evacuated to the pier, the A Company medics continued to exercise their skills. After successfully working on the unconscious HEMTT driver, they went to work on the two newest mock casualties. Together they triaged and provided first aid to the two injured Sailors and got them prepared for transport to the local medical facility.

Before the exercise was over, there was a discovery of a man overboard who needed assistance and was retrieved by the MESS patrol boat and Kuwait Marine Fire Department, who had their rescue divers on board.

With the final accountability check completed and all personnel accounted for, the drill came to a close before a hot wash of the day's events were conducted to ensure that the lessons learned from the drill were evaluated for incorporation into SPOD related standard operating procedures. **A**



*Spc. Dustin Zembik, left, and Sgt. Tammy Strickland, medics, A Company, 29th Brigade Support Battalion, prep a mock casualty from the U.S. Army Vessel Churubusco fire for transport during the SPOD Fire and Emergency Drill, March 25.*



SPOD

# ics exercise their skills



*Kuwait Fire and Rescue divers successfully got the mock man overboard, who fell off the USAV Churubusco back to the safety of the Kuwait Fire Department's vessel.*



# Promise kept between father and son

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

Staff Sgt. Richard and Sgt. Troy-William Walklet, a unique father and son pair from New Milford Conn., are currently deployed to Camp Arifjan, Kuwait with the 1109th Aviation Classification and Repair Depot.

To look at them, you wouldn't think they were related. Except for height, they don't look much alike and they differ in demeanor. One is quiet and shy; the other is outspoken.

Richard, a helicopter mechanic, 1109th AVCRAD, began his military career in the Navy in 1975. After his contract with the Navy was complete, Richard decided to join the National Guard in 1993. The 1109th was the closest unit to his home in New Milford, Conn., and he was able to continue in the aviation career field.

After spending two semesters in

college and seeing the cost of school, William, an engine power plant repairer, 1109th AVCRAD, joined in 2006 when his dad explained the benefits of being in the service.

Richard was deployed to Balad, Iraq when William got orders to Kuwait.

"I made a promise to him that if he ever got deployed, I'd go with him," said Richard. "I came home while they were in the [mobilization] process; I approached the colonel and told him of my promise. The colonel honored that and put me on the [deployment list]."

Both father and son went to Fort Dix, N.J., together for pre-deployment training.

"He was my coach at the range," said Richard. "It was hysterical actually. This is something that is unique to anything that I've ever done."

For the first time, William is seeing things from the other side. His father was deployed twice before this current deployment.

"I was kind of worried about him because it takes a lot out of somebody," said William. "I was pretty nervous about it myself, so it helped to have my dad here."

"This has really been a great experience," said Richard. "I know that William has benefited from it."

The bonds of this father and his son have been strengthened through this deployment. Richard expressed his joy that they were able to share this experience together.

"I love it; it's taken me all over the world," said Richard. "The Navy was excellent, the Army's been excellent, now I've got my boy over here; it doesn't get better than this." **A**

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***"I made a promise to him that if he ever got deployed, I'd go with him."***

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Staff Sgt. Richard Walklet  
Helicopter Mechanic  
1109th AVCRAD



Staff Sgt. Richard Walklet and son, William, pose for a photo after riding a camel at Camp Arifjan, Kuwait, March 27. Richard kept a promise he made to William to deploy with him. William was mobilized while Richard was deployed. Richard returned from his deployment in time to deploy again with William.

# Training misses mark, but still a success

Story and photos by  
Capt. Latasha McCullar  
U.S. Army Central G-4

Soldiers from U.S. Army Central's logistic group participated in joint training with the Kuwait Army in Jahra, Kuwait, April 5.

Personnel from USARCENT trained and informed troops from the Kuwait Army's 25th Commando Brigade Special Forces on the 600K Reverse Osmosis Water Purification Units.

The 600 gallon per hour ROWPU is the earlier variant of the newer 1,500 and 3,000 GPH units that the U.S. Army currently uses and is mounted on a trailer with a 30 Kilowatt generator used to power the unit.

According to the Kuwaitis these units have been in storage since 1991. Kuwaiti troops were taught how to conduct preventative maintenance checks and service and inventory the equipment.

"The Kuwaitis needed training on how to operate and maintain the water purification equipment," said Chief Warrant Officer Rich Martinez, logistic advisor, U.S. Embassy- Kuwait.

The 25th Commando Brigade has four 600k ROWPUs, two are located in the city of Jahra at the 25th Commando Group Headquarters.

Soldiers went through the proper procedures of setting up and starting the system.

Sgt. 1st Class Rakeeb Craig, petroleum and water branch, USARCENT, performed a PMCS before operations

on both water purification units. His PMCS revealed that one of the unit's fuel systems were contaminated. That particular unit would need additional servicing prior to running. The batteries were also below the required threshold needed to start the equipment. However, Craig was able to get through the PMCS without any major deficiencies on the other unit.

Craig then lead the Kuwaitis through setting up the ROWPU for operation.

There was no water source available, so the 25th Soldiers provided a water tanker to send water through the system. The 25th Soldiers were excited to see the water circulating the system.

Once setup was complete, the unit ran well until water was added to the system.

Several leaks were identified by the maintenance team as water cycled throughout the system's valves.

Due to the extreme temperatures in this region, the plastic valves are susceptible to inoperability and may not be able to withstand needed pressure. The team made the determination that additional trouble shooting would have to continue after the leaks were repaired.

"Even though the goal was not accomplished, the training was still successful," said Craig. "Trainings like this help us so we can enhance our training and build on our relationship."

The logistics group will continue to train and build relations with the 25th Commando Group by procuring the repair parts needed and assisting with maintenance and training requirements. **A**



Soldiers from U.S. Army Central's logistic group train troops from the Kuwait Army's 25th Commando Brigade Special Forces on the 600K Reverse Osmosis Water Purification Units in Jahra, Kuwait, April 5.

# Farewell to Lt. Gen. James J. Lovelace

Servicemembers in Kuwait held several events to honor Lt. Gen. James J. Lovelace's time served as U.S. Army Central's commanding general and his time spent in the U.S. Army, April 17.

The day began early with Lovelace leading servicemembers on Camp Arifjan, Kuwait in a post wide 5K run.

Later in the day, a farewell ceremony was held at the Zone 6 Training and Activity Center, which gave servicemembers an opportunity to socialize, view a video presentation about Lovelace and give their farewell remarks.

During the ceremony, USARCENT's Command Sgt. Major, John D. Fourhman, and members from the Sergeant Audie Mur-

phy Club, inducted Lovelace as an honorary member.

"I say with confidence that there is not a single Soldier in ARCENT present that did not learn something from you that'll help them in some way one day," said Fourhman.

With over a year of dedicated service to USARCENT and over 39 years in the military, Lovelace plans to retire in May from his current role as it's commanding general and from his service to the Army.

"Sixty years ago, my father joined the ranks of third Army, and it's just a reflection that on that day I'll be leaving USARCENT," said Lovelace. "You all are writing the legacy of the next chapter of this organization." 



*Lt. Gen. James J. Lovelace, commanding general, U.S. Army Central, leads a post-wide 5k run on Camp Arifjan, Kuwait, April 17. The run was part of several events held that day to honor Lovelace, who will retire his role as U.S. ARCENT's commanding general and from the U.S. Army in May. (Photo by Spc. Elayseah Woodard-Hinton)*



*U.S. Army Central's Command Sgt. Maj. John D. Fourhman shares some parting words with Lovelace, during Lovelace's farewell ceremony held at the Training and Activity Center on Camp Arifjan. (Photo by Sgt. Brooks Fletcher)*



*Lovelace cuts into a USARCENT-decorated cake during his farewell ceremony Lovelace has served with USARCENT since December 2007 and is retiring after 39 years of service in the military. The change of command ceremony will be held at Fort McPherson, Atlanta, May 4. (Photo by Sgt. Brooks Fletcher)*

# Camp Arifjan AER Drive



AER is the Army's own emergency **financial assistance organization** and is dedicated to **"Helping the Army Take Care of Its Own"**

Campaign Dates:  
**April 10 through May 15**

Contact:  
Unit AER Representative

## NCO Spotlight:

Command Sgt. Maj. William Hardwick  
420th Movement Control Battalion



"When an opportunity comes your way, take it."

Command Sgt. Maj. William Hardwick, a resident of Rancho Cucamonga, Calif., originally joined the Armed Forces as a United States Marine in the early 70s. After his contract with the Marines ended, Hardwick decided to continue his military career as an Army Reservist. Hardwick believes that you get out of the Army what you put into it. He says that education is the key to advancement in the military.

## Just One Question ...

"If you could be a vehicle, what would it be?"



"A Ford F-150; it's been around for years, and has continuity. It symbolizes strength and stability."

PO 1st Class Leevell Crayton  
Personnel Specialist  
EMFK  
Austin, Texas



"'53 Chevy, we were both born that year, and that year was the top of the line."

Sgt. 1st Class Verner Hensley  
U.S. and Iraq Customs NCOIC  
30th CSSB  
Dyersburg, Tenn.



"'57 Chevy Del Ray; it's an antique, rarely known, classic, but it's a head turner."

Pfc. Vernell Williams  
Administrative Clerk  
14th HRSC  
Barstow, Calif.



"I'd be any kind of HMMWV because of the versatility. It can do anything."

Sgt. Daniel Pruitt  
Launcher Section Chief  
143rd Air Defense Artillery  
Columbia, S.C.



"I'd be a '65 Mustang because it's a classic muscle car."

PO 1st Class Melinda Montanez  
Psychiatric Technician, LPO  
EMFK  
San Diego, Calif.

# What's happening around USARCENT

## SAAM Sports

Servicemembers on Camp Arifjan, Kuwait participated in the Shoot Hoops and Volley to end Sexual Assault, sports event at the Zone 1 Gym April 18. Trivia and games were held during the event to educate spectators on sexual assault, while servicemembers who participated in the sports played on co-ed teams to encourage open communication between men and women in work and life situations.



Photo by Spc. Elayseah Woodard-Hinton

## CODEL visit

Congressman Glen Nye (D) Va. shakes hands with Petty Officer 2nd Class Charles Estelle during the constituents of the Congressional Delegation's dinner with servicemembers from the Expeditionary Medical Facility - Kuwait, April 14. The primary focus of the trip was to visit medical facilities and to see first-hand the level and quality of health care being provided to active duty servicemembers.



Photo by Staff Sgt. Anthony L. Taylor

## Drunk Driving

Spc. Isaiah Williams, 1-29th Transportation Company, of Kansas City Mo., tests out the Drunk Driving Simulator at the Zone 6 Harley Davidson shop, April 15. The Army Safety sponsored virtual reality machine is set up in a real vehicle. The purpose is to make servicemembers more aware that drunk driving is not only illegal, but dangerous.



Photo by Pfc. Howard Ketter