

# DV *The Desert Voice*

Third Army/United States Army Central  
"Always First...Anytime, Anywhere...Patton's Own!"

June 10, 2009



***Seabees  
train for  
combat***





## Expanded education for kids

A new Army policy has recently been released aimed at continued support for Family members of fallen Soldiers.

It strengthens the Army's commitment to ensuring the best possible support for one of our most important assets ... our Army Families.

The new policy, which is effective immediately, will allow students



Command Sgt. Maj. John Fourhman  
U.S. Army Central Command Sergeant Major

currently enrolled in Domestic Dependent Elementary and Secondary Schools who are dependents of fallen Soldiers to continue in DDESS schools without limitation, regardless of their physical residence or upcoming school transition points.

Prior to the new policy, DDESS students who were enrolled in school were allowed to continue in their DDESS schools until the end of the school year without any special permission. The students were allowed to stay at that school until they would normally transfer to the next school level; i.e. from elementary school to middle school, or middle school to high school.

Family members and commanders have been making recommendations to the Department of Defense Education Activity to change the old policy to reflect the increasing sacrifices that Families are making every day, as Soldiers continues to rotate through numerous tours in Afghanistan and Iraq.

The DoDEA listened to the recommendations and made changes to give more support to our Family members.

Under the new policy, continued enrollment now only requires a one-time parental request to the respective DDESS. Students will still need to register yearly and meet all the standard requirements for that DDESS. In addition, the Family will now have to assume responsibility for that student's transportation to and from school.

This shift in policy is a direct reflection that the Army recognizes the strength of its Soldiers comes directly from the strength

and support of their Families.

In addition, this new policy is another great example of the significance and importance of our Army Warrior Ethos.

"I will never leave a fallen comrade."

This promise does not exist only on the battle field, nor while taking care of our battle buddies

in the barracks, it shows that we are doing everything

we can to support the Family members of our fellow brothers and sisters, now and forever.

The Army is continuing to find new ways to support our Family members and will continue to provide the best school support and expanding educational opportunities for Families of Soldiers.

By continuing to address the issues and creating solutions to enhance the quality of life for Family members and Soldiers, we will be doing one of the most important missions we can undertake ... taking care of Soldiers and our Army Family.

We cannot ever forget those who make the ultimate sacrifice in the name of freedom, and this new policy demonstrates that important commitment in providing Soldiers and their Family members a quality of life appropriate to their service and sacrifice. **A**

## Patton's Own!



# DV

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### On the cover

*Seabees from Naval Mobile Construction Battalion 11 perform sweeping and firing techniques during the Close Quarters Marksmanship Course, Camp Buehring, Kuwait, May 21. For the full story see page 5. (Photo by MC1 Nicholas Lingo)*

### 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).

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# DV

The  
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# Dietary Supplements



**A** dietary supplement is a pill, capsule, tablet liquid or powder that contains some type of “dietary ingredient” and is intended to supplement the diet. Dietary supplements have been around since 500 BC when warriors would eat animal livers or hearts to give them courage or strength. While these earlier practices were based on superstition, recent practices since the 1920s have been based on research in the field of exercise science. The problem arises when athletes, average Soldiers and those trying to lose weight, take preliminary research findings or claims and extrapolate them to the use of supplements that have not actually been proven safe or beneficial.

The first true regulation of dietary supplements was with the Dietary Supplement Health and Education Act of 1994. This separated Dietary Supplements from regulation as a food or a drug. While food is regulated by the FDA and drugs are heavily tested prior to placement on the market, dietary supplements are subject to no such regulation. A company can produce a supplement, put it on the shelves of the PX. It is up to the FDA to prove it is dangerous only after it has been on the market and used by millions of consumers. There is no requirement that the



Capt. Kate Schrumm  
U.S. Army Central Surgeon's Office

ingredients list be accurate, no dosage guidance, no purity regulation and no testing to see that the product dissolves in your body, is safe for use, or actually does what is advertised. The only labeling limitation for a supplement is that it cannot claim to prevent, treat or cure a disease.

Before buying or taking a supplement, ask yourself a series of questions. **Why am I taking it?** If you do not know what the supplement is supposed to do and are just taking it because someone else recommended it, you probably should rethink your choice. **What am I expecting it to do?** If you are expecting a short cut, you might be wasting your money. There is no replacement for hard work, dedication and discipline. Fat is lost and muscle gained from exercise and healthy eating, not from a pill. **Are the risks worth the possible benefit?** We do not know the long term effects of supplement use and there is little research on most of them. We have seen that some can be harmful (Hydroxycut) or deadly (Ephedra). **Does the product advertise outrageous claims like weight loss without exercise or muscle gain overnight?** If it seems too good to be true, it probably is. For reliable information on supplements, go to [www.ods.od.nih.gov](http://www.ods.od.nih.gov). 

# No One Buckles Up Alone

The Army lost 74 Soldiers in FY 2008 to both day and night fatal POV accidents. Of those drivers and passengers, 43 percent were reported as not wearing their seat belts.

# Honoring those who fought at Midway

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

Sailors, Marines, Soldiers, Airman and Coast Guardsmen gathered at the Warrior Transition Program building in Zone 6 at Camp Arifjan, Kuwait to commemorate the Battle of Midway with a wreath laying ceremony, June 4.

The Battle of Midway took place during World War II, near the island of Midway in the Central Pacific on June 4, 1942.

Navy Adm. Gary G. Roughead, Chief of Naval Operations, charged Navy chief petty officers to remember men and women who fought in the battle with a worldwide wreath laying ceremony.

“It is our obligation to preserve our rich naval history and heritage,” said Roughead. “History is the magnet guiding our cultural compass. Understanding the importance of our past in how we view the challenges of the future is fundamental to building and operating the Navy our nation requires.”

The chief petty officers of Kuwait took the memorial a step further and invited servicemembers and civilian serving in Kuwait to participate in an essay contest with the theme of “Remembered through the Bonds of Service.”



**The color guard lays the wreath to remember the men and women who fought in the Battle of Midway June 4. The wreath laying ceremony was held at the Warrior Transition Program area at Camp Arifjan, Kuwait.**

“I am proud to report: mission accomplished,” said Master Chief Petty Officer Pamela M. Harlin.

At the time, the Japanese military were trying to extend their defensive perimeter and planned an attack on Midway. Most of the Japanese Imperial Fleet was positioned for the attack.

According to the Department of the Navy, U.S. Navy intelligence intercepted Japanese radio transmissions and broke the code to

discover the location of fleet units and air force assets. A counter attack was planned and executed, defeating the Imperial Navy and turning the tides of the war in the Pacific.

During the ceremony, Spc. Arlin Crump read his winning essay and received an American flag that was flown over every U.S. camp in Kuwait.

The ceremony concluded with the playing of the services songs and was followed by the movie “In Harm’s Way.” 



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**“Understanding the importance of our past in how we view the challenges of the future is fundamental to building and operating the Navy our nation requires.”**

Navy Adm. Gary Roughead  
Chief of Naval Operations  
Camp Arifjan, Kuwait

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**“Remembered Through the Bonds of Service” essay contestants attend the wreath laying ceremony on Camp Arifjan Kuwait, June 4. (Courtesy Photo)**

# Seabees train for urban combat

Article and photos by  
MC1 Nicholas Lingo  
NMCB 11 PAO

Naval Mobile Construction Battalion 11 recently completed a four day long training course on urban combat maneuvers.

The training was developed to better provide the Seabees with a working knowledge of several facets of combat, including further development of its tactical response in support of contingency operations.

The training divided two elements of NMCB 11, the Convoy Security Element and the rest of NMCB 11 deployed to Camp Arifjan, Kuwait.

CSE's focus during their training was a Motorized Platoon Field Exercise which was implemented to further improve planning and execution of combat mounted patrol operations. They received one day of classroom instruction before they continued with three days at the range.

During the successive days of hands-on training, the CSE team was introduced to a number of scenarios to help test their mettle when dealing with wired and remote-controlled Improvised Explosive Devices and how to react to different combat environments. This training is used



Senior Chief Hospital Corpsman Thomas E. Gilham, a Glendora, Calif., native, provides guidance while litter bearers practice patient transport for a MEDIVAC during Combat Casualty Care training for members of NMCB 11.

in providing a better understanding of the differences between combat operations in Iraq and Afghanistan.

The first day for NMCB 11's non-CSE group was dedicated to a live-fire range. They trained on the Close Quarters Marksmanship Course, which provided the Seabees of NMCB 11 with the ability to quickly and effectively engage combative threats at ranges of 25 meters or less.

Lt. Gabriel Parrilla, NMCB 11's training officer, found the courses' approach instrumental in better preparing Sailors and other

servicemembers for the rigors of combat.

"The CQM developed the muscle memory in our Seabees using the 'Crawl, Walk, Run' training philosophy," said Parrilla. "All movements were demonstrated and practiced without gear and then performed with gear during the live fire portions."

The Seabees of NMCB 11's non-CSE group's second day training covered land navigation and orientation as well as a Combat Casualty Care course. Both courses provided the basics for a combat environment and necessary skills for the war fighter.

The third and final day of training provided a wide array of training including technical knowledge of the Naval Construction Forces' new Scalable, Modular, Agile, Responsive, Table of Allowances or "SMART TOA," as well as cultural awareness for NMCB 11's current retrograde movement to Camp Mitchell, Rota, Spain.

NMCB11 is currently deployed to Afghanistan, Iraq and the Horn of Africa in support of Operations Iraqi and Enduring freedom. [A](#)



Seabees from Naval Mobile Construction Battalion 11 perform a "walk down" technique during the Close Quarters Marksmanship Course. The course was part of a four day training evolution to prepare Seabees for urban combat maneuvers.

# 50th Signal Battalion Expeditionary

Article by  
Rebecca Murga  
160 Signal Battalion PAO

**S**oldiers from the 160th Signal Brigade stationed in Bagdad, Iraq took time out of their busy schedule to build the first skate park in Iraq for deployed Soldiers.

Spc's Gary Keane and Alexander Turner, members of 50th Signal Battalion Expeditionary, and skating buddies from the states, came up with the idea while at Camp Beuhring, Kuwait.

"In Kuwait, Gary and I joked about building a half-pipe," said Turner.

Once they were informed that they were going to the same location in Iraq, they started planning the project currently known as Operation Dust Pipe.

"I remember reading many blogs on vitalbmx.com from other Soldiers in Iraq, all of them said the same thing, 'Yeah, I'm here in the sandbox, so that's another 12 to 15 months off my

bike,'" said Keane, a BMX bike rider. "I knew that coming to Iraq there wouldn't be very many safe places to ride. All of that was a big inspiration for building the half pipe."

The skate park took approximately one month to build using scrap wood Keane and Turner procured from around the camp and other materials they purchased from the local hardware store using their own funds.

"Soldiers are able to participate in a sport they love and also bond with other Soldiers that share their passion," said 1st Sgt. Thelia A. Puryear, Headquarters and Headquarters Company. "While skating or riding their bikes on the ramp, Soldiers can momentarily forget they are deployed."

A smaller ramp, otherwise known as a spine in the skate world, was built approximately two years ago on the same camp. The builders and unit of this first spine is unknown. The spine had been maintained by other units passing through on deployment and

it has since been donated to the Dust Pipe Project, which is the first of its kind in Iraq.

Safety measures put into place by the 50th Signal Battalion Commander, Lt. Col. Brian P. Foley, ensure that proper safety equipment, including helmets and knee pads, are used. A risk assessment was completed and signed by Foley and any person using the half pipe must have a signed memorandum of agreement. A list of do's and don'ts are available to all who use the half pipe making it clear that a safety plan has been implemented.

Keane said his chain of command was not only supportive, but excited to see the final project.

"I remember my company commander telling me about how she wanted to drop in (when it was completed)," said Keane. "My first sergeant has put a lot of time, effort, and thought into making sure all of the paperwork is done correctly."

Skating for over seven years,



# y Soldiers build skate park in Iraq

Turner was very excited about this project and its completion. More so because it would give fellow Soldiers the opportunity to participate in a hobby they would otherwise not be able to participate in while deployed.

“I love skating. It’s a fast paced sport that’s always changing and evolving,” said Turner. “It helps [Soldiers] forget about being in the desert and allows them to participate in a sport just like they would back home.”

“Having this half pipe is a huge morale booster,” said Keane. “Soldiers see it, stop, ask questions and watch. Some even find it hard to believe. It’s not every day you see a half pipe in Iraq. I know Soldiers in the 50th are very proud that this half pipe was built by Soldiers in their unit. This proves that if you love something, nothing can stop you. I love it when command sergeant major or colonels from other units stop by and watch.” 



Courtesy Photos

***Spc's Gary Keane and Alexander Turner work on building the first skate park in Iraq as a way for deployed Soldiers to relax and interact while not on mission.***



# Third Army/USARCENT



*Staff Sgt. Vikramjit Kang, Third Army/USARCENT Maintenance, positions his support truck near a power generator at Camp Buehring, Kuwait, May 29. (Photo by Army Spc. Alex Godinez)*

# rolls into Lucky Warrior

Article and photo by  
Sgt. Beth Lake  
**USARCENT Public Affairs**

In the event of a natural disaster or other catastrophic event, Third Army/U.S. Army Central is ready to deploy to any of the more than 20 countries in its area of responsibility to provide assistance to those in need.

This year's Lucky Warrior 09-01, held May 27-June 5 at Camp Buehring, Kuwait, trained and refined Third Army/USARCENT's humanitarian assistance and disaster relief capabilities as the scenario called the unit to provide aid to a fictitious country struck by a natural disaster.

The scenario was to make sure that Third Army/USARCENT would be prepared in the case of a humanitarian aid/disaster relief situation, according to Lt. Anthony Polczynski, Third Army/USARCENT operations officer.

"That way we would be able to react instantly, get out there, and reach out to be able to assist wherever we could," said Polczynski.

Throughout the exercise, participants dealt with scenarios ranging from providing medical assistance to displaced citizens, repairing roads and bridges, to dealing with mock media who interviewed senior leaders and produced newscasts and articles.

"From the time we stood up the command post, Lucky Warrior has been all about people working together as a team," said Lt. Gen.

William G. Webster, Third Army/USARCENT commanding general. "The exercise scenario tested our ability to support a humanitarian assistance and disaster relief mission, while continuing sustainment of the forces in Iraq and Afghanistan. It required flexibility to adapt as conditions and missions changed. I have to commend the staff for keeping things simple and thinking things through logically. As an incoming commander, I like what I see."

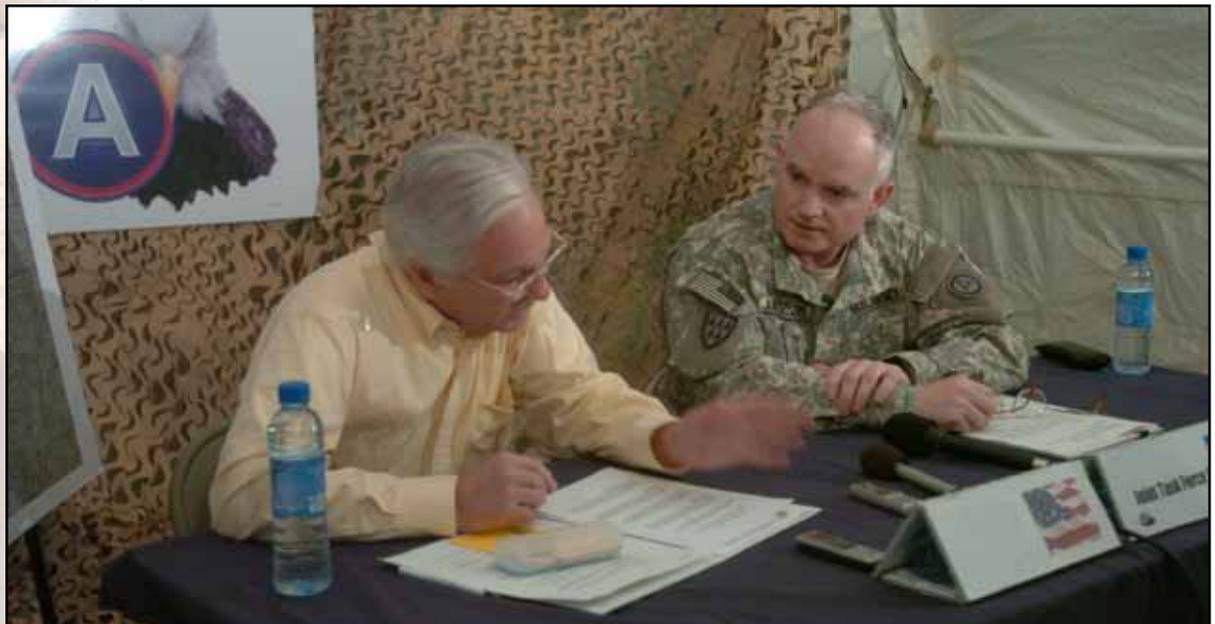
In addition to the scenario, the exercise served as an opportunity to test communication and ensure everyone worked together.

Lt. Col. Ardrelle Evans, Third Army/USARCENT Deputy Chief of Operations, emphasized the training's importance in providing a venue for Third Army/USARCENT's components to coordinate with one another.

"This is an exceptional collective training opportunity to sustain proficiency with the distribution of command and control across geographically separated command posts," Evans said.

Overall, the exercise helped the unit learn more about each other, said Staff Sgt. William Laughlin, Third Army/USARCENT senior early warning systems operator.

People may come in and out of the unit and jobs may change, Laughlin said. That is why an exercise like this is important. It helps develop relationships amongst the sections and builds chemistry so people can work together better. **A**



**Maj. Gen. Charles A. Anderson, Third Army/USARCENT, deputy commanding general, sits with a civilian roleplayer, who was portraying a senior military leader, during a mock media brief.**

# Operation Cookie celebrates fifth anniversary

Article and photo by  
Sgt. Michael Knight  
USARCENT Public Affairs

The way to a servicemember's heart is through their stomach, and Girl Scouts of America are filling those hearts with lots of treats.

They are showing their support for those in harm's way by sending thousands of their famous Girl Scout cookies to combat zones.

It's called Operation Cookie.

Girl Scout troops from New Jersey have spent their time going door to door, not just with boxes of cookies in hand, but with a request for donations to help support the troops.

This year, 11 senior girls from Girl Scout Troop 1868 organized over 200 younger Girl Scouts in Montville, N.J. to sell cookies that were donated to the military in support of Operation Iraqi and Enduring Freedom. They raised enough money to send 12,360 boxes of cookies, the majority being "thin mints."

The Girl Scouts sent a number of cookies directly to servicemembers who are connected to Montville. However, the majority of boxes are being coordinated and distributed proportionally to all the forward operating bases in the Middle East by Agility Logistics, Kuwait.

Agility is currently the primary distributor of the food that reaches all theater dining facilities. Therefore, the cookies, in essence, are hitching a ride on their delivery routes.

"I'm proud to get a chance to work with the Girl Scouts and the military on these projects," said Frank Clary, senior project manager, Agility Logistics. "It gives the scouts and their community supporters in the U.S. a chance to say 'thanks' to the troops by giving them a taste of home."

2009 marks the fifth anniversary for Operation Cookie. The 11 Girl Scouts took the reins of the program from Claire Marinello, a Montville Girl Scout who will be graduating high

school this year. She was the primary coordinator of the program in 2007 and 2008.

"Girl Scouts sell cookies to learn about marketing, handling money, responsibility, and running a business," said Claire. "Operation Cookie takes those skills and adds valuable lessons about giving back to the community, supporting your country, international supply chains, and accounting."

According to Caren Bianco, Troop 1868 leader, the girls have been receiving lots of letters and e-mails from the troops and military parents expressing their gratitude for receiving the cookies.

"The many thank-you notes we receive each year are the best part," said Claire. "I ran this program alone for two years, and every time a person in a war zone took time to write me a nice letter, I cried."

In addition to the donations from Girl Scout Troop 1868, girls from Girl Scout Troop 1888, working with other Girl Scout Troops from the metro-Atlanta area, sent over 6,000 boxes of cookies directly to the 335th Signal Battalion thanking them for their service to the country, hoping they could enjoy this small "taste" of home.

As if the cookies were not enough, the Girl Scouts also decorated about 1000 cards containing

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***"The many thank-you notes we receive each year are the best part. I ran this program alone for two years, and every time a person in a war zone took time to write me a nice letter, I cried."***

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Claire Marinello  
Girl Scout Troop 1868  
Montville, N.J.

messages to the servicemembers.

"We appreciate the sacrifices that you make every day for our country," collectively said the Girls Scouts of Troop 1868. "We hope that you enjoy the cookies as much as we enjoyed sending them to you." 



**Boxes of Girl Scout cookies sit at the Agility Logistics warehouse, Kuwait, before being distributed to servicemembers throughout the theater of operations.**

# Building confidence through communication

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

For anyone who has ever had the desire to become a more effective communicator or overcome a fear of public speaking, there is an opportunity to make that a reality on Camp Arifjan, Kuwait.

Every Monday at 1900, members of the Arifjan Articulators meet in building 462 for this purpose.

The Arifjan Articulators is a Toastmasters Club open to any servicemember or civilian on Camp Arifjan interested in learning how to develop or improve their communication skills. The group was chartered in October 2008 and currently consists of members of various ranks from different services, as well as civilian contractors.

The club provides a comfortable and fun atmosphere for its members to practice giving speeches in front of a group and receive immediate feedback.

"It's great for camaraderie, and it's just a fun way of improving our speaking ability," said Sgt. Major Cynthia Barren, Surgeon's office, U.S. Army Central. "We're not



**Antonietta Pillot, Sgt. at Arms for the Arifjan Articulators, brings the meeting to order for the start of the evening's session.**



**The Arifjan Articulators' meetings provide a comfortable learning environment for servicemembers and civilians who are interested in improving their communication skills. The Toastmasters club meets every Monday at 1900 in building 462.**

difficult on each other; it's not a harsh evaluation...It's something we do kindly to tell each other how to improve when we speak and how to be confident within ourselves and the things that we're speaking of."

Each week, members and guest participants are given an opportunity to practice speaking in front of a group, rather it be planned or impromptu, as a means of developing confidence in speaking in a variety of situations.

"We have table topics, which are impromptu topics, and it's just a great opportunity to get your mind thinking of some thought provoking things you may not have thought about before, and actually put them into words," said Barren.

Toastmasters also offers other opportunities to develop members in other areas of their professional and personal lives.

"We use a word of the day every time we meet, so we broaden our vocabulary just by coming to a meeting," said Barren.

Although the group is fairly new, some of the members have already noticed improvements in their public speaking abilities.

"I've gained the confidence to

stand up in front of an audience and speak," said retired Army Sgt. 1st Class Antonietta Pillot, who now works as a civilian contractor on Camp Arifjan. "Prior to coming to Toastmasters, it was one of the things I feared the most. My first meeting here I was extremely nervous, I tried not to make any eye contact so no one would pick on me, but now I look forward to the challenge."

Pillot remembers the terms tasks, conditions and standards being used often when she had to conduct training in the military; but she has learned through Toastmasters, these terms also apply to the basic outline when giving speech.

"When you're giving a speech it's not necessarily tasks, conditions and standards, but you can translate that into introduction body and conclusion," said Pillot.

The Arifjan Articulators is open to anyone interested in improving their communication skills, vocabulary and leadership skills.

"This is an outlet where you can learn how to speak in public," said Pillot. "I think this would be a confidence builder for a young NCO, a young Soldier and a civilian like myself." 

# Department of Defense Bone Marrow

Article and photos by  
Mass Communication Specialist  
1st Class Kelli Roesch  
**Media Transition Team-Kuwait**

If you knew saving a life was easy, would you try?

Hospital Corpsman Petty Officer 2nd Class Kenneth Boyce did it, not just once, but twice, and he classifies it as “wonderful.” Through the C.W. Bill Young Department of Defense Bone Marrow Donation Program, Boyce and around 1,700 other DoD volunteers have provided marrow to a stranger and helped save their life.

Boyce, who works in the pharmacy at the Expeditionary Medical Facility at Life Support Area, Kuwait doesn’t remember much about the day in 2005 when a Navy nurse came to his ship and asked for volunteers to submit cheek swabs on long cotton tipped applicators. The Spokane, Wash. native promptly forgot about the event until he got a call in 2007 telling him he was a potential match for a 43-year-old woman with non-Hodgkin’s lymphoma. The donor center wanted to know if he would be interested in donating his bone marrow if he turned out to be the patient’s best match. His answer was yes. Several months later in 2008 when the patient had a relapse, he said yes again.

According to the C.W. Bill Young (DoD) Bone Marrow Donation Program, more than 30,000 people in the United States are diagnosed each

year with leukemia, aplastic anemia, or other fatal blood diseases that require bone marrow transplants to save their lives. Of those, more than 500 of them are children and adults associated with the Department of Defense. For many, a bone marrow transplant is their only hope of survival. About 75 percent of the patients in need of a marrow transplant cannot find a match within their own family. That’s why a strong national database is essential for identifying potential donors.

There currently are more than six million registered donors on the National Marrow Donor Program registry. Yet, there are still patients who lose their battle with their disease because a bone marrow match cannot be found in the registry.

The larger and more diverse the NMDP registry becomes, the greater the chance of finding life saving matches. Tissue types are inherited and some tissue types are unique to certain racial or ethnic groups, a person’s best chance is within his or her ethnic and racial group. People with ethnic diversity in their family tree are especially needed to register as potential donors.

As with Boyce, the process starts with a simple cheek swab. The swab samples are then tested to determine the human leukocyte antigen or tissue type and the results are added to the NMDP registry where it remains until your 61st birthday. That’s the end unless the computer finds a potential match with a patient needing bone marrow. If you

are a match, a donor coordinator from the C.W. Bill Young DoD Marrow Donor Center works with you to determine if you are willing to proceed. After being fully informed about the donor experience, you make the decision, with the support of family and friends, whether or not to become a marrow donor. Boyce said there was absolutely no pressure or requirement to donate his marrow but he also knew that he had the last hope for the recipient.

“You are aware that without your marrow the patient will die. But it’s still your choice,” he said.

Boyce and his dad spent seven days in Washington, D.C. with all costs paid for, including his medical and testing fees, and all lodging, food, and travel related expenses for both of them. Boyce went in daily for six days for an injection of synthetic hormones to increase the number of blood stem cells in his bloodstream. The rest of the day he and his dad were free to explore the D.C. area. On the seventh day, he received two shots, ate breakfast, and prepared to donate. The medical personnel removed Peripheral Blood Stem Cells in what Boyce describes as a simple process.

“About 80 percent of the time or more bone marrow donation is just like a plasma donation. So it’s pretty easy,” said the 29-year-old.

Similar to a plasma donation, blood is removed through a sterile



- 30,000 people in the U.S. are diagnosed each year with leukemia, aplastic anemia, or other fatal blood diseases that require bone marrow transplants to save their life.
- 500 of them are children and adults associated with the Department of Defense
- 75 percent of the patients in need of a marrow transplant cannot find a match within their own family.
- Minorities and individuals with ethnic diversity are especially needed to be donors.
- Potential donors should be 18 to 60 years old and in good health. Registration is free and takes only about 5-10 minutes.

# Donation Program aims to save lives



**Hospital Corpsman 3rd Class Petty Officer Anya Zapf, Expeditionary Medical Facility-Kuwait, and Huntington Beach, Calif., native, takes a cheek swab from Mass Communication Specialist 2nd Class Jorge Saucedo, Media Transition Team-Kuwait, and Lytle, Texas native, during the bone marrow drive, at the Life Support Area, Kuwait.**

needle in one arm and passed through a machine that separates out the blood stem cells, with the remaining blood returned to the body through the other arm. There are some side effects. However, Boyce said his experience was relatively painless.

“I had headaches for a few days while receiving the injections, but they went away the day after the donation and I went home,” he remarked.

Probably the scariest thought in most people’s mind about bone marrow donation is the outdated idea of a long needle being inserted into their hip and weeks of recovery.

“It is not too often that it’s taken out of the hip like most people think,” said Boyce.

When bone marrow donation is performed in this manner, the donor is under general or local anesthesia and usually stays overnight. Donors may feel soreness in their lower back for

a few days, but are also back to work in a few days. Marrow is completely replaced within four to six weeks in the donor’s body.

The DoD program also has another important and very unique mission. It acts as a database to provide immediate donor searches in the event of a mass casualty incident involving nuclear or chemical agents. Military casualties may be saved using HLA matched platelets or, in cases of more severe exposure, marrow donated by a volunteers. Once potential donors are in the system, the additional mission of the program allows donors to be found in a matter of days rather than months.

Boyce hasn’t met the woman whose life he has saved, but hopes to get the opportunity when he returns from deployment in the Middle East. He also encourages as many people as possible to get registered.

“The more people that register as a potential bone marrow donor, the better chance very sick patients have to survive their disease,” he said.

All active duty military members and their family members, DoD civilian employees, Coast Guard and National Guard/Reserve personnel are eligible to register in the C.W. Bill Young DoD Bone Marrow Donation Program. Potential donors should be 18 to 60 years old and in good health. Registration is free and takes only about 5-10 minutes. More information can be found on the internet at [www.dodmarrow.com](http://www.dodmarrow.com) or at local Troop Medical Clinics.

Camp Arifjan and the LSA held Bone Marrow Registration Drives in May with 270 potential new donors signing up to perhaps someday save a life; it was that easy. **A**

# Warriors beat Assassins 51-48 in tournament final

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

The Terminal Warriors beat the Third Army/USARCENT Assassins 51-48 in a fast-paced, action-packed final game in the Armed Forces Day Basketball Tournament sponsored by the Morale, Welfare and Recreation at Camp Arifjan, Kuwait, June 1.

The tournament began with 20 male teams on May 15.

The two teams started off neck-in-neck with man-to-man defense in the first two minutes. The play quickly shifted back and forth with the teams remaining evenly matched throughout the first half.

The buzzer sounded at the end of the first half with the Warriors leading the Assassins 26-21.

Number 1, Antoine "Money" Daymond, forward for the Assassins, started the second half, scoring a three point shot with Brandon "B-Lew" Lewis following up with back to back baskets putting the Assassins in the

lead.

"I just wanted to play hard to win the game," said Lewis.

The teams fought hard and had multiple quick lead changes.

The game was tied 30-30 with 15 minutes left on the clock.

Soon after, the Assassins pulled ahead scoring and never looked back as they put the pressure on.

In the last five minutes both teams stopped the clock multiple times with back-to-back fouls.

The crowd cheered on their respective teams or yelled for the opposing team's players to miss as the players lined up to take their free throws.

At the final buzzer, the Warriors won a hard fought victory over the Assassins 51-48.

"They played a good game as a team," said Maj. Wayne Wright, coach, Terminal Warriors. "I am proud of their hard work. In the end, they came out on top."

The Warriors came out on top, but the Assassins also took something away from the tournament.



(Left) Terminal Warriors' center, Johnathan Lyons and an ARCENT Assassins player square off for the jump-ball at the start of the championship game at Camp Arifjan, Kuwait, June 1.

"The tournament brought us together more as a team," said Daymond. 



Assassins' center, Brandon "B-Lew" Lewis, 22, jumps to block a shot by a Warriors player during the championship game of the Armed Forces Day tournament at Camp Arifjan, Kuwait, June 1. The Warriors beat the Assassins 51-48.



**Army's 234th Birthday  
June 13**

**5K Fun Run @ 0600**

**Mass Re-enlistment Ceremony  
Zone 1 Chapel @ 1000**

**Army Cake Cutting Ceremony  
Following Re-enlistment**

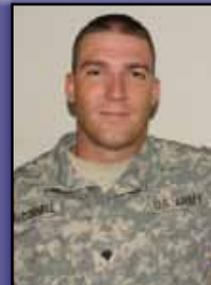
## Just One Question ...

What summer movie are/were you most excited about?



**"Angels and Demons because I read the book and the storyline was really awesome."**

Pfc. Alicia Torbush  
Journalist  
20th Public Affairs Detachment  
Fayetteville, Ga.



**"Transformers 2, because I watched the cartoon all while I was growing up."**

Spc. Stephen McConnell  
Truck Driver  
539th Transportation Co.  
Ozark, Ala.



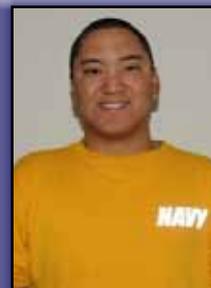
**"X-Men Origins: Wolverine, because I like the X-Men series. There's alot of fighting scenes in it."**

Tech. Sgt. Adam Varga  
Assistant Convoy commmander  
70th Medium Truck Detachment  
Columbus, Ohio



**"Obsessed was a good movie and Beyonce was in it."**

Staff Sgt. Isunte Barnes  
Vehicle Operator  
424th Medium Truck Detachment  
New Orleans, La.



**"I think the GI Joe movie is going to be good. I watched the cartoon alot as a kid."**

PO3 Christopher Go  
Hospital Corpsman  
Navy Provisional Detainee Battalion  
San Diego, Ca.

## NCO Spotlight:

Staff Sgt. Philip T. Bryant Sr.

1st TSC G-6 / Information Management NCOIC



Bryant joined the Army in October 1990 to get away from home and venture out on his own. He works in the 1st Theater Sustainment Command's G-6 section, fixing computer and software issues. Bryant said the reason he wanted to be an NCO is because he wanted to be in a more demanding position and teach others what he has learned. He said he like to learn new things and that he learns from everyone at every level.

**"Do the right thing, even when nobody is watching. If you can't tell your mother about it, it's wrong."**

# What's happening around USARCENT



Photo by Sgt. Beth Lake

## **Gen. Dunwoody Visits**

(Pictured from right) Lt. Gen. William G. Webster, U.S. Army Central commanding general, briefs Gen. Ann E. Dunwoody, U.S. Army Materiel Command commanding general, as Lt. Col. Bob Young, USARCENT G-4 Operational Sustainment Integrations Chief, listens, at Camp Buehring, Kuwait, June 3. Dunwoody toured USARCENT's command post during the unit's Lucky Warrior exercise, taking time to talk to Soldiers along the way.

## **EMFK Change of Command**

(Pictured from left) Navy Capt. Lynn E. Welling, incoming commanding officer of Expeditionary Medical Facility-Kuwait, salutes Capt. Elaine C. Wagner, EMFK's outgoing commander, during the change of command ceremony at the Zone 1 Chapel on Camp Arifjan, June 5.



Photo by Army Pfc. Howard Ketter



Photo by Sgt. Beth Lake

## **Ambassador Vists**

(Pictured from left) Deborah Jones, U.S. Ambassador to Kuwait, Lt. Gen. William G. Webster, U.S. Army Central commanding general, and Maj. Gen. Charles A. Anderson, USARCENT deputy commanding general, tour the command post for the unit's Lucky Warrior exercise at Camp Buehring, Kuwait, June 2.