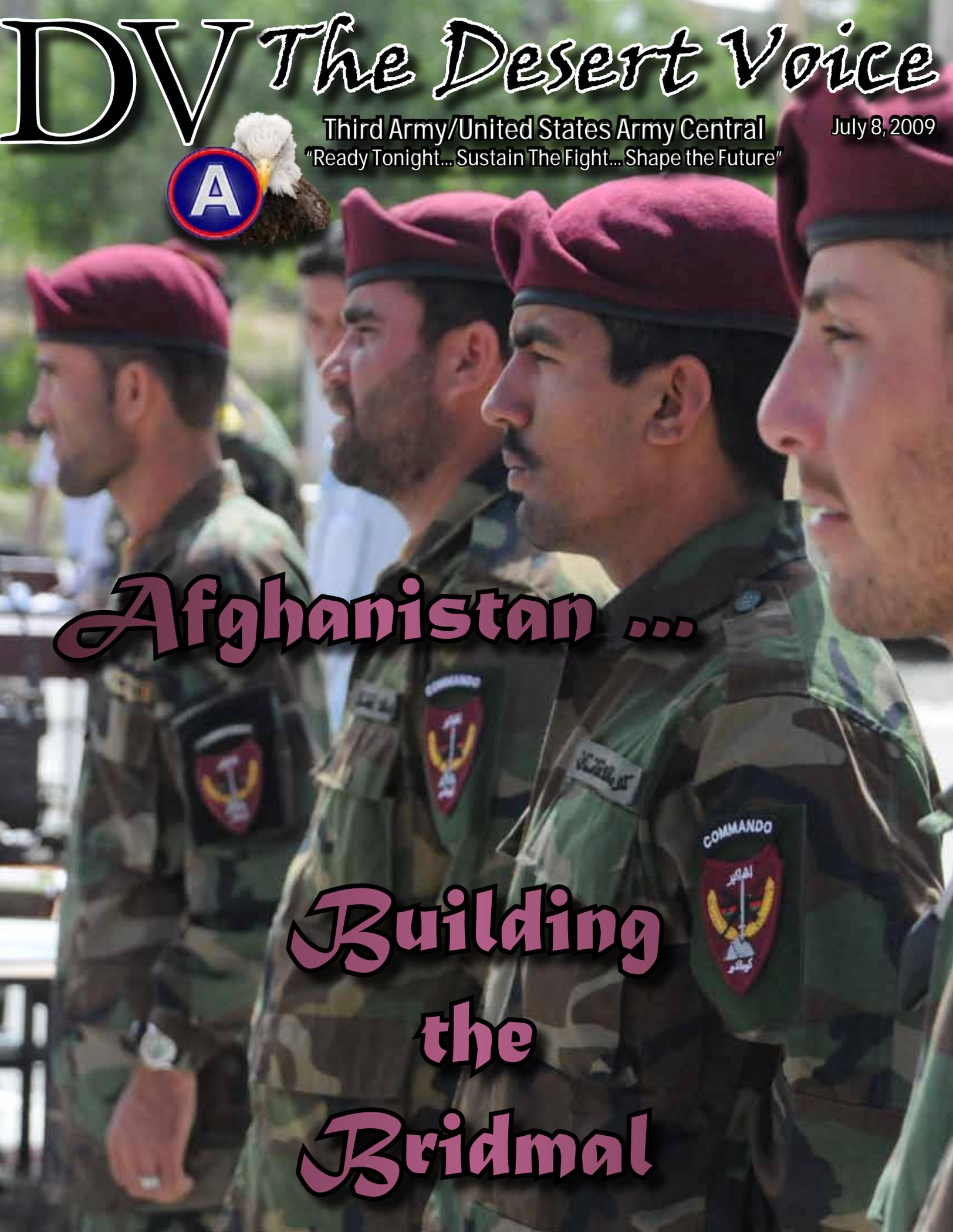


# DV The Desert Voice

Third Army/United States Army Central  
"Ready Tonight... Sustain The Fight... Shape the Future"

July 8, 2009



*Afghanistan ...*

*Building  
the  
Bridmal*

# Security Agreement Implementation

# DV

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### On the cover

*Troops from the Afghan National Army stand in formation during the 5th semi-annual Sergeants Major of the Army Seminar in Afghanistan, June 1-2. For the full story see page 8. (Photo by Sgt. Timothy Chatlos)*

### 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).

The Department of Defense announced June 30 that, in accordance with the security agreement between the United States and Iraq signed last year, U.S. combat forces have left Iraqi cities, villages and localities.

This historic security agreement between the U.S. and Iraq is indicative of Iraq's confidence, capacity and capability as U.S. combat forces move out of Iraq's urban areas.

At the forefront of creating a sovereign, stable and self-reliant Iraq and developing an environment of political and economic growth, significant investments have been made in infrastructure, training, equipment, essential services, and the institution of rule of law to benefit all Iraqis.

As U.S. combat forces move out of the localities, Iraqi security forces are assuming responsibility for security, a significant step for Iraq and a tribute to the tremendous progress made and dedication of the ISF members.

"The United States is committed to full, transparent, and continued implementation of the security agreement in a spirit of partnership with the sovereign nation of Iraq. Iraqi security forces continue to take the lead in the security and stability of Iraq," said Gen. Ray Odierno, com-

manding general, Multi-National Force Iraq. U.S. forces outside urban areas will continue to conduct operations by, with, and through, ISF, focusing on securing Iraqi borders and areas outside the cities.

"In order to meet our obligations under the security agreement, some U.S. forces will remain in cities to train, advise, and coordinate with Iraqi security forces, as well as support civil capacity efforts led by the U.S.

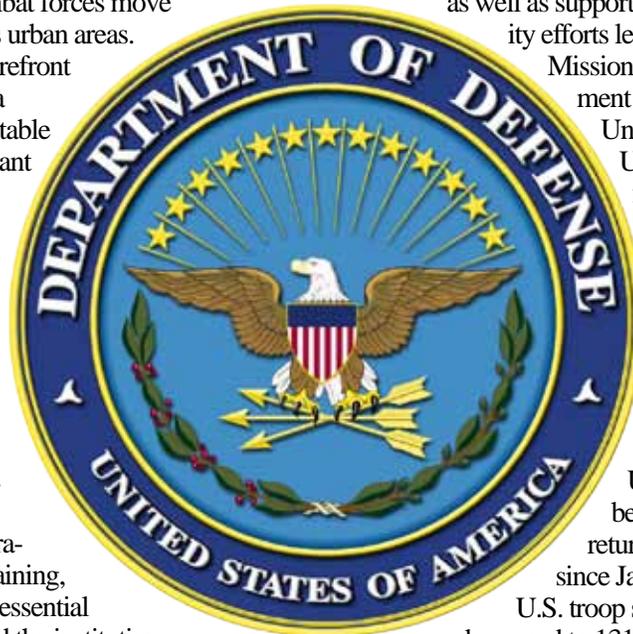
Mission-Iraq, government of Iraq and the United Nations. All U.S. forces retain full authority and ability to protect themselves, Iraqi security forces, and the Iraqi public," said Odierno.

To date, more than 150 U.S. bases have been closed or returned to the GoI since January 2008.

U.S. troop strength has decreased to 131,000 from a high of 165,574 in September 2007. Contractors have also decreased from 164,491 to 125,163 today.

Additionally, more than \$15 million of property has been transferred to the GoI. The U.S. will continue to reduce both number of bases and combat forces in 2010 through the end of 2011.

Increased security, improved Iraqi security forces, and continued progress in local and national government capacity has set the conditions for U.S. forces to withdraw from the cities. **A**



# DV

The  
Desert  
Voice

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<http://www.youtube.com/user/dvidshub?blend=2&ob=1>



# Energy Drinks: Behind the Buzz

**W**ith names like Monster, Rock Star and Full Throttle, plus flashy labels, slogans and advertisements to match, it is no wonder that the energy drink market has exploded. People of all ages drink them for a morning, pre-workout or mid-afternoon jump start, but what is the real source of this “energy” and are they safe for long term use?

While true energy comes from calories in our food, energy drinks give you that buzz mainly from a combination of sugar, caffeine and herbal additives like ginseng and guarana. Most or all of the calories in these drinks are from sugar, though some types are sugar-free and are sweetened with Aspartame. The drinks normally contain several other ingredients as part of their special “proprietary blend” including B-vitamins, taurine, L-carnitine, inositol, glucuronolactone, milk thistle, schisandra extract and brominated vegetable oil.

Caffeine is a known “ergogenic,” performance enhancing aid, that can decrease perceived effort especially during endurance exercise. Intake should not exceed 600 mg per day as this may lead to increased or irregular heart rate, increased blood pressure, irritability, nervousness, nausea and other gastrointestinal problems, headaches, anxiety, insomnia, and muscle tremors. For caffeine sensitive individuals, this occurs at much lower doses. The caffeine content of energy drinks ranges from 50 to over 500 mg per can or bottle making it all too easy to reach that 600 mg threshold.

While there is little research on long term use of energy drinks, studies have found that young, healthy subjects’ heart rates increased by 5-7 beats per minute and systolic blood pressure increased 10 mm Hg after energy drink consumption. About a third of another study group experienced weekly “jolt and crash” episodes from energy drinks.

Most energy drinks contain a variety of B vitamins that the manufacturers claim will increase your energy or give you “wings”. You need to get adequate vitamins on a daily basis, 100 percent of the RDA or Recommended Dietary Allowance, for regular body processes, but there is no added benefit of getting 200 percent or 300 percent of these vitamins. Whatever your body does not need, it will excrete.

Most individuals get plenty of B vitamins from food. Therefore, it seems unnecessary that EndoRush contains 4,167 percent of the RDA for Vitamin B12 per serving especially since you can only absorb about 2 percent of that at one time. While you normally excrete extra amounts of B Vitamins, some of them can have side effects in high



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

doses.

Taurine is an amino acid involved in neurological development and water and salt regulation. There is some research showing that Taurine may help athletic performance, but these are not consistent since normally it is combined with caffeine or creatine. Doses up to 3,000 mg/day are considered safe because your kidneys can excrete what your body does

not use. Monster and NOS are walking a fine line since they contain 3,000 mg and 2,750 mg of Taurine per can.

L-Carnitine is a derivative of an amino acid that exists in all of the cells in our body. With the exception of certain disease states, your body makes adequate carnitine. There is no evidence that excess carnitine helps with exercise performance. Intake of more than 3 grams per day can lead to nausea, vomiting, abdominal cramps, diarrhea, and a “fishy” body odor. Most energy drink labels list carnitine in the “proprietary blend” part of the label so the content per serving is unknown.

Ginseng is thought to promote a sense of well-being, increased stamina and improved mental and physical performance. Some studies feel use should be limited to 3 months due to possible side effects including headaches, sleep disturbances and GI problems.

Beverages like Arizona tea have also jumped on the energy drink bandwagon to keep up with sales. Arizona Rx Energy contains Ginseng, Guarana and Schisandra. Schisandra is used by Chinese herbalists for coughs, night sweats, insomnia, thirst and physical exhaustion. Side effects of Schisandra include abdominal upset, decreased appetite and skin rash.

What is the bottom line? Energy drinks can provide hundreds of empty calories which can contribute to weight gain. If you drink it in place of a meal, you are missing out on healthier foods and important nutrients in your diet. Energy drinks give you caffeine, lots of calories, excessive amounts of substances that your body does not need (but has to process and excrete) and little to no nutritional value. They also include many herbal substances that are not regulated or adequately researched for correct dosage or purity.

While not a healthy beverage choice, an occasional energy drink will probably not harm you. Consuming large quantities or developing a dependence on them to get through the day may have short effects. A better way to maintain energy is to get adequate sleep, regular exercise, and eat 5-6 times throughout the day to keep your body fueled and your true “energy” levels up. **A**

# 100th Bn. Soldier honored in memorial ceremony



**The Fallen Soldier Memorial in honor of Spc. Casey L. Hills as it looked after the Memorial Ceremony and final salutes were rendered. Members of the 29th Infantry Brigade Combat Team, Hawaii National Guard honored Hills in a memorial service at Camp Virginia, Kuwait, June 28. Hill, a Salem, Ill., native, died of injuries sustained from a multi-vehicle accident while conducting security for a combat logistics patrol in southern Iraq on June 24.**

*Article and photo by  
Maj. Pamela Ellison  
29th IBCT Public Affairs Office*

Soldiers throughout the 29th Infantry Brigade Combat Team mourned the loss of one of their own, Spc. Casey L. Hills, in a crowded memorial ceremony on Camp Virginia, Kuwait June 28.

Hills, 23, a mobilized Individual Ready Reserve Soldier from Salem, Ill., and former Illinois National Guard Soldier who deployed to Kuwait in November 2008, died as a result of injuries sustained in a multiple vehicle accident while conducting security for a combat logistics patrol in southern Iraq, June 24.

There was standing room only in the camp chapel as

over 650 Soldiers, Sailors and civilians lined the walls to pay their final respects to their fellow Soldier.

Hills' company and battalion commanders and the battalion chaplain all spoke of how Hills became part of the C Company "ohana," the Hawaiian word meaning family. The American Samoans of C Company opened their arms to the quiet kid from the mid-west. Hills' battalion commander spoke of Hills' surprise at being assigned to a unit from American Samoa.

"But Casey is the one who surprised his fellow Soldiers," said Lt. Col. Michael Peeters, commander, 100-442nd Infantry. "With a quiet demeanor, a hard work ethic and a commitment to the platoon that made him a platoon favorite."

Peeters continued talking about Hills' dedication to the mission, his commitment to serve and his willingness to always go the extra mile when needed. He added a comment from Hills' platoon sergeant, Sgt. 1st Class Seui, "If there were ten Hills available, I would take them all."

Hills was always available and ready to complete a mission if needed, and this mission was no different. Hills had just completed a mission into Iraq when he volunteered to take on what was his last mission.

Over 70 Soldiers from the 29th IBCT were completing their final preparations to become U.S. citizens. Hills volunteered to provide security for another combat logistics patrol re-supplying fellow Soldiers in Iraq.

"He was the king of turn and burns, [he was always willing to go back out]," said Maj. Ralph Robinson, Hills' company commander. "With all the overwhelming tasks, he never once complained and continued mission."

Robinson spoke for many of the Soldiers of C Company.

"The news worldwide this weekend is filled with coverage of the death of entertainment superstars. I respect the impact of their talents. But unlike them, as an American Soldier, Specialist Hills joined a team in which we are all just a small part of something much larger, and in which we receive no celebrity adulation."

"We will always remember you and we will live our lives better because of you," said Chaplain (Capt.) Kevin Gilbert, the battalion chaplain.

At the end of the ceremony, 1st Sgt. Uluaio Letuli, C Company, 100-442nd Inf., stood and called out the ceremonial final roll call. Three Soldiers answered; the final one did not. 

---

***"With a quiet demeanor, a hard work ethic and a commitment to the platoon, that made him a platoon favorite."***

---

Lt. Col. Michael Peeters  
Commander

100th Battalion, 442nd Infantry Regiment

# Memorial ceremony honors 595th TTG Soldier

Article and photo by  
Maj. Pamela Ellison  
29th IBCT Public Affairs Office

**S**oldiers from the 614th Automated Cargo Documentation Detachment mourned the loss of one of their own, Spc. Joshua Lee Hazlewood, in a memorial ceremony on Camp Arifjan, Kuwait, July 1.

Soldiers, Sailors and civilians came to the Zone 1 chapel to pay final respects to their fellow Soldier.

1181st Deployment and Distribution Support Battalion Commander, Lt. Col. Stephen Rutner, Staff Sgt. Anita Gilliam, Detachment Sergeant for the 614th ACDD, Sgt. Frank Brondum, Hazlewood's Squad Leader and Chaplain (Capt.) Paul Tolbert, all described Hazlewood as an outstanding Soldier, true friend and dedicated father to his two young daughters.

Rutner described Hazlewood as a bright young man who joined the military to be part of something bigger than himself.

"While other young men his age were living comfortably back home, Josh was enduring subzero temperatures of Fort McCoy, Wisc., and the scorching heat of Camp Arifjan, Kuwait."

He continued, explaining that he was a young man with a big heart who loved his children very much.

"His two young daughters were a source of great pride for Josh," said Rutner. "He wanted so much to be able to give his kids everything they desire and to see them accomplish great things in their life."

Gilliam, speaking on behalf of Detachment Commander, Chief Warrant Officer Elliot Velez, who was not able to attend the ceremony, spoke of Hazlewood's outstanding work performance and efficiency as a transportation management coordinator, which facilitated him being promoted ahead of his peers. She continued describing Hazlewood as "...a street smart and street tough kid who chose the Army as a means to get away from his rough street life.

He was an outstanding Soldier and there was nothing he wouldn't do for any Soldier in our unit."

When Brondum, friend and squad leader, spoke of Hazlewood, he also highlighted the love Josh had for his daughters. He talked about Josh's educational pursuits and indicated that "Josh felt college was a way to better his life and to set a positive example for his two little girls."

Tolbert, the 595th TTG chaplain, focused all in attendance back to the way Hazlewood lived a part of something bigger than himself.

"We honor a man willing to serve his country and travel to a foreign land to support operations that are bringing the promise of freedom and hope for a brighter tomorrow to millions of people."

At the end of the ceremony, Gilliam stood and called out the final roll call. Three Soldiers answered "here first sergeant!" When she called the final name, "Specialist Joshua Lee Hazlewood!" there was no answer. **A**

**Soldiers from the 614th Automated Cargo Documentation Detachment, out of Houston, pray at a memorial held in honor of Spc. Joshua L. Hazlewood on Camp Arifjan, Kuwait, July 1. Hazlewood, 22, of Manvel, Texas, died June 25 on Arifjan of injuries sustained from a non-combat related incident.**



# Camp Arifjan celebrates 4th of July



Photo by Staff Sgt. Jarod Perkioniemi

Servicemembers and civilians participate in the annual Peachtree Road Race 10K Run/Walk. The race has been held annually in Atlanta since 1970.



Photo by Pfc. Alicia Torbush

Two teams face-off during a rally point volleyball tournament at Camp Arifjan, Kuwait, July 4. The tournament was part of the Independence Day pool party.

The winners of the 2009 Camp Arifjan, Kuwait 4th of July Talent Show congratulate each other on the Zone 6 stage, July 4th. The show was one of the many events that took place on Camp Arifjan to celebrate the United States' National day of Independence.



Photo by Elayseah Woodard-Hinton

Article by  
Staff Sgt. Jarod Perkioniemi  
20th PAD Detachment Sergeant

The annual Peachtree Road Race kicked off at 0500 on Camp Arifjan, Kuwait, officially beginning the day's celebrations in honor of the 4th of July.

Over 1,000 servicemembers and civilians participated in the 10k Run/Walk race that first began in Atlanta on July 4, 1970.

Spc. Richard Rocha, 113rd Transportation Company, was the first male across the finish line with a time of 37 minutes and 23 seconds. Capt. Emily Potter, ASG-Kuwait, came in at 41 minutes and 38 seconds as the first female to finish the race.

(Potter Quote)

The day continued with a Pool Party at the Zone 1 Pool where servicemembers and civilians participated in various games such as, inflatable relay races, belly flop contests, cannonball contests and a water volleyball tournament.

Winners of the games won beach themed prizes, while

all in attendance at the pool were treated to Hawaiian shaved ice treats to help beat the heat of the Kuwait sun.

Later in the evening, the Harley Davidson Kuwait Owners Group held a motorcycle show at the Zone 6 Basketball court. They had on display new Harley Davidson choppers and a sales booth for those interested in buying themselves a new chopper for their return to the states. At 2130 the group did a "rolling thunder" style ride out of Camp Arifjan.

Also in Zone 6, an AAFES BBQ was held near the stage while a Talent Show took place. The audience was treated to individual and group acts performing music sets, dance routines and comedy acts.

(Ketter Quote)

The activities of the day provided a small taste of home for servicemembers and civilians, while honoring the country on its birthday.



# The making NCO

Article and Photos by  
20th Public Affa



in conjunction with the U.S. commissioned Officer, the A Year of the Bridmal. De National Army's term fo

"It's showing that the future noncommissioned officer corps," said Co Command.

A seminar was recently held in Kabul, Afgha the command sergeants major from the U.S. Ar France, Croatia and the U.K. The ANA used th running through drills and presenting static disp

"This seminar is very effective to increase th senior NCO in the Afghan National Army, said to define the role of the NCO. We need to keep information."

The Afghan National Army also held a ribbon Major Academy. Gen. Bismillah Khan Moham with the Sergeant Major of the Afghan Army, R Army Kenneth O. Preston.

"Seasoned, experienced, senior NCO's, it is said Preston. "Mastering the fundamentals is k make you a success."



**Afghan National Army soldiers salute Gen. Bismillah Khan Mohammadi, chief of staff, ANA, during a pass and review.**

Afghanistan

# ng of an Corps

Sgt. Timothy Chatlos  
irs Detachment

S. military celebrating the Year of the noncom-  
fghan National Army has declared 2009 the  
veloping it's corp of Bridmal, the Afghan  
r NCO, has become a major goal for the ANA.  
e Afghan National Army is investing in its  
ommand Sgt. Major Marvin Hill, U.S. Central

anistan for senior NCOs. In attendance were  
my as well as some of their counterparts from  
e seminar to show off their new NCO corps,  
olays.

e knowledge of NCOs," Kojah Dedige, a  
through a translator. "The main purpose is  
having future seminars and to provide more

n cutting ceremony for their new Sergeant's  
madi, chief of staff, ANA, did the honors along  
oshan Safi, and Sergeant Major of the U.S.

up to us to teach from a position of experience"  
ey, teaching the be, know, do philosophy, it will



*Mohammadi, center, along with Sgt. Maj. of the Army Kenneth O. Preston, U.S. Army and Sgt. Maj. of the Roshan Safi, ANA cut a ribbon during a ceremony for their new Sergeant's Major Academy, June 1.*



# NEWS IN BRIEF

## IRAQ WITHDRAWAL IS IMPORTANT STEP

President Barack Obama hailed the completed withdrawal of U.S. combat forces from Iraqi cities as “an important step forward” and a testament to the commitment of American troops.

In accordance with the status of forces agreement between the United States and Iraq, only a contingent of U.S. trainers and advisors will remain as brigades and battalions depart the cities, where Iraqi forces now have primary authority.

The move represents part of the U.S. strategy to responsibly end the war, said Obama, who has begun implementing the responsible drawdown of U.S. combat brigades from Iraq to be completed by Aug. 31, 2010.

The president said Iraqis were rightly treating the day as a celebration, with news reports from Baghdad describing Iraqis marking the day with a military parade and Baghdad declaring a national holiday. Obama said that while the U.S. will remain an ally, today’s progress in Iraq comes with added responsibility.

“Iraq’s future is in the hands of its own people,” he said. “And Iraq’s leaders must now make some hard choices necessary to resolve key political questions, to advance opportunity, and to provide security for their towns and their cities.”

## PANEL SUGGESTS ELIMINATING TOBACCO FROM MILITARY

A tobacco ban is possible if the Department of Defense begins to “close the pipeline of new tobacco users entering the military” and slowly cuts off supplies of cigarettes and smokeless tobacco, the Committee on Smoking Cessation in Military and Veteran Populations found in its study, which was released June 26.

The study gives a bleak account of the health and financial toll tobacco takes on the military, which has nearly twice the smoking rate of the civilian population.

More than 30 percent of servicemembers smoke or use tobacco, though smokeless tobacco use is less certain. Those people are more likely to drop out of basic training, have poor vision, leave the service within the first year, get sick and miss work, according to the study findings.

The 15-member committee of doctors and health care professionals said the best way to reduce the problem is to eliminate it through a phased-in tobacco ban across the services.

Officer academies and basic training should go smoke-free and enforce the rule through urine screening. Those who test positive for nicotine could be required to take smoking cessation therapy.

The study also recommended that all military installations should move toward a ban on tobacco sales by barring Army and Air Force grocery stores from selling tobacco products and increasing prices at exchange stores. The Navy and Marine Corps already have stopped selling tobacco in their commissaries.

## AIR FORCE 2010 STRUCTURE REALIGNMENT

Today the U.S. Air Force announced its proposed force structure realignment for fiscal 2010. It reflects adjustments which will provide adequate resources to accomplish the Air Force mission.

“The force structure announcement reflects our best effort to meet the expanding Air Force mission areas and growing joint demands,” said Gen. Norton Schwartz, Air Force chief of staff.

It includes a summary of military and civilian personnel changes and reassignment of aircraft at Air Force bases for the upcoming fiscal year. It does not include programmatic actions in fiscal 2011 and beyond.

The announcement specifies the force structure changes experienced by the Total Force-Air Force active duty, Air National Guard, and Air Force Reserve. Implementation of these actions will occur only after completion of appropriate environmental analyses.

## BILL WOULD LET TROOPS CANCEL MORE CONTRACTS

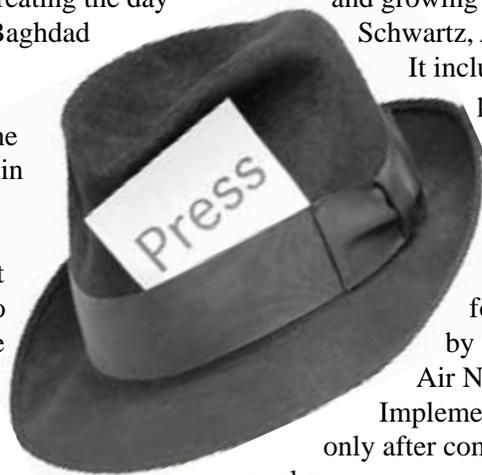
Rep. Gerald Connelly, D-Va., wants to build on legislation allowing the cancellation without penalty of cell phone contracts, home and auto leases, and Internet and cable service with some additional protections he calls the Helping Active Duty Deployed Act.

For example, the law already allows the cancellation of cell phone contracts when troops are deployed or ordered to a new duty station. But Connelly’s bill would extend the protections so that cell phone contracts for family plans also could be terminated without penalty.

Connelly said servicemembers with family plans “are faced with two unpalatable options: Continue to pay for a family plan they are no longer able to use or pay an early termination penalty.”

The law also allows termination of a residential lease, but still allows landlords to impose a penalty, something Connelly’s bill would change.

His legislation also would require colleges and universities to refund tuition when someone is forced to leave school because of deployment or reassignment. 





## WARRANT OFFICER CORPS BIRTHDAY CELEBRATION

**SATURDAY JULY 18**

**5K RUN/WALK  
0500  
ZONE 1 FITNESS CENTER**

**WARRANT OFFICER  
INFORMATIONL  
1000  
ZONE 6 TAC BUILDING**

### **NCO Spotlight:**

**Sgt. Maj. Michael J. Coleman**  
Command Group, ASG-KU



"I would like to thank everyone that I've worked for or with at Camp Arifjan as the Garrison Sgt. Major."

Immediately after high school Coleman joined the Army, following in the footsteps of his older brother. Since joining, he has been on four deployments. What he enjoys most about being an NCO is the opportunity to take care of Soldiers and to mold new recruits out of AIT into Soldiers, and eventually NCOs. Coleman is in the process of PCSing to Fort Drum, N.Y., where he will be responsible for helping in the deployment mobilization process.

### **Just One Question ...**

"Who have you lost touch with that you would like to contact?"



"My best friend Christine. When I first came over to Kuwait I lost her telephone number. I know she is worried about me."

Pfc. Tanya Jacobs  
1st Theater Sustainment Command  
Wilmington, N.C.



"Some of my buddies deployed to Afghanistan and Iraq. It can be hard to stay in touch and I'd like to check in to make sure they got home safe."

Spc. Daniel Rodriguez  
1st Theater Sustainment Command  
Bronx, N.Y.



"A friend from my previous command who got out of the Navy. But I really hope not to lose contact with the friends I made here, especially my friend Frey."

HM3 Marvin Floer  
EMF-Kuwait  
Detroit, Mich.



"My Drill Sgt., Drill Sgt. Bosco. The man was hard core and squared away. He really inspired me and was a good example of how an NCO should be."

Sgt. Victor Carranza  
350th HRC  
Los Fresnos, Texas



"Senior Master Sgt. Randy Foster, retired Air Force. He encouraged me to fight to be the best I can be and to push fellow Airmen to do the same."

Master Sgt. Karonda B. Edwards  
Defense Logistics Center  
Sumter, S.C.

# What's happening around USARCENT

## ***Building Relations***

*Maj. Todd Erskine, U.S. Army Third Army/U.S. Army Central, strikes up the conversation with Sen. Kay Bailey Hutchison, Texas, during dinner at the Zone 2 Dining Facility at Camp Arifjan, Kuwait, July 1. Hutchison met and had dinner with some of her constituents before continuing on to Baghdad, Iraq to meet with Gen. Ray Odierno, Commanding Gen. Multi-National Force-Iraq, and Christopher R. Hill, American Ambassador to Iraq*



*Photo by Staff Sgt. Anthony Taylor*

## ***STB Change of Command***

*Lt. Gen. William G. Webster, central commanding general, Third Army/U.S. Army passes the colors to Lt. Col. Tamatha A. Patterson, incoming Third Army/USARCENT Special Troops Battalion commander at Fort McPherson, Ga., July 1. Patterson assumed command of the STB from Lt. Col. Greg McAfee who is heading to the 3rd Infantry Division at Fort Benning, Ga.*



*Photo by Sgt. Beth Lake*

## ***4th of July Tube Race***

*Staff Sgt. Drew Glaze races to complete his leg of the River Rat Tube Race for Team Dust Off during the Independence Day pool part at the Zone 1 Pool at Camp Arifjan, Kuwait, July 4.*



*Photo by Pfc. Alicia Torbush*