

DV The Desert Voice

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

July 22, 2009



Overcoming Obstacles



Gates Considers Soldiers Increase

Defense Secretary Robert M. Gates is considering proposals to temporarily expand the Army to relieve stress on the force, a Pentagon spokesman said.

Gates has discussed the possibility of a temporary expansion with Army Secretary Pete Geren, Army Chief of Staff Gen. George W. Casey Jr., and others, Geoff Morrell said at a Pentagon news briefing yesterday after being asked by reporters about the proposal.

Army leaders, as well as U.S. Sen. Joseph I. Lieberman, a member of the Senate Armed Services Committee, are "advocating to increase the size of the Army to get them through what is still a stressful period as we draw down in Iraq and continue to plus-up in Afghanistan," he said.

Asked how Gates feels about the idea, Morrell said, "I think he obviously has a great deal of concern about the stress that the Army has been under for a number of years now, and he understands that his prescription, that they reduce their dependence upon stop-loss to keep units intact when they deploy, has created additional stress on the force.

"He obviously appreciates the stress that the force is under and is listening intently to the arguments that are being made by General Casey and others," he added.

Gates earlier this year announced a phase-out of the Army's "stop-loss" policy, which keeps some Soldiers in uniform beyond the terms of their

enlistment contracts.

Morrell stressed that Gates has made no decisions about increasing Army troop strength.

"He is right now still in the consultation process," he said. "But he is clearly considering it."

Casey has argued for the expansion as a "temporary fix to a near-term problem" of about two more years of considerable stress on the force due to the wars in Iraq and Afghanistan, Morrell said.

Even temporary, a plus-up "will be very expensive," he said. "Our personnel costs, in total I think, in the 2010 budget are north of \$160 billion. Our health-care costs alone are \$42 billion. Every person you add has enormous costs -- legacy costs, especially. And that is clearly part of the consideration here."

Gates spoke out this week against efforts in Congress to fund more F-22 aircraft than the department has requested, and Morrell reiterated those concerns yesterday.

"It looks as though the Army believes it needs additional Soldiers to do the job that we have asked them to do," he told reporters. "So, buying more F-22s would very much inhibit our ability to even temporarily grow the force."

Although any increase is meant to be temporary, Morrell said, "It is always hard to do things on a temporary basis in this building. They have a way of becoming permanent." **A**

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On the cover

Alpha Company, 271st Brigade Support Battalion Soldiers demonstrate Australian Rappelling during training with the 25th Kuwaiti Special Operations soldiers. For the full story see page 8. (Photo by Spc. Gregory Brown)

Contact us

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

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

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What Should I Eat?



You walk into the DFAC. You have had a long stressful day and are hungry. You are bombarded by the smell of fried foods. You told yourself that you are going to start eating “healthy” and get in better shape while deployed. So what should you eat?



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

The quickest, easiest way to think about your meal is to use the “plate method.” One-quarter of your plate should be starch including grains like rice, pasta, bread, a wrap or starchy vegetables like corn, peas and potatoes. Another quarter should be protein such as meat, eggs, poultry, fish or beans. The other half of your plate should be non-starchy vegetables including carrots, cucumbers, tomatoes, broccoli, cauliflower, asparagus, beets, squash and more. The plastic plates and the to-go containers are already portioned this way. On the side of your plate should be a serving of dairy like yogurt or milk and a piece of fruit. If you eat all of these nutritious foods and still have some calories to spare, that’s when you can treat yourself to a dessert or less nutritious food. Not sure how many servings of each food

group you need? Check out www.mypyramid.gov. There you can create a profile based on your own personal needs as well as track your intake and activity.

An important point is that there are no “bad” foods. There are high fat, high cholesterol, high calorie foods that are not as good for your body as other choices. You can include some of these foods in your diet as long as the

portion size is within reason and that it is not every meal, every day. People who have a weekly “cheat day” can easily over consume all the calories they worked so hard to burn during the week by eating large amounts of these foods on one day. It is better to enjoy a small portion of your favorite less healthy foods occasionally throughout the week. If the basis of your diet is whole grains, low-fat dairy, lean protein, fruits and vegetables, there is room for some of these treats - without the side of guilt. Don’t forget that the more you exercise, the more calories you need, and the more “discretionary calories” you have in your caloric budget.

The plan for fun: ATV

Has your time come to shed the hot footwear, find your favorite shaded area or just remain in a coma-like state on the couch? Well, you probably did not think “Composite Risk Management” when you contemplated those rest and recuperation plans. What a big mistake!

Regardless, if you are going to make use of each second of the day with a multitude of activities or stare into the ceiling, remember the key word is PLAN!

Even though many believe the CRM process is an arduous task, you apply this concept regularly. Let’s prepare for an All Terrain Vehicle riding tour at the sand dunes. What questions and answers might you contemplate about your riding gear?

IDENTIFY THE HAZARD: Do I require specific riding gloves for this ATV?

ASSESS THE HAZARD: I traditionally wear cotton-filled fingertip gloves.

DEVELOP CONTROLS AND MAKE DECISION: I can read and comply with the manufacturer’s instructions.

IMPLEMENT CONTROLS: I will purchase silicone fingertip gloves for increased lever control.

SUPERVISE AND CONTROL: Prior to my riding tour, I will ensure my new gloves have a secure and comfortable fit. Additionally, I will bring my old pair of gloves if I experience diminished grip and lever control.

Voila, composite risk management is complete! So the next time you are asked “Did you complete your risk assessment?” do not cringe, reply, “YES!”



Military food service workers earn certifications



Ed Manley, president of Global Food Safety Institute, teaches servicemembers about food safety during a symposium offered on Camp Arifjan, Kuwait, July 10. Manley made a trip to Kuwait so that servicemembers could earn three certifications in food service that could be used to get a job after leaving the military.

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

Military food service workers from all over theater were given the opportunity to earn certifications in their industry at Camp Arifjan, Kuwait, starting July 10.

“It’s a pilot program where Soldiers can get certifications within their particular jobs or skill sets and the military pays for it using [tuition assistance],” said Chief Warrant Officer Raymond Patrick, theater food advisor, 1st Theater Sustainment Command.

The four-day program offered three professional certifications that servicemembers can use after their military career. The three certifications included Certified Food Safety Manager, Certified Master Food Executive and Certified Hazard Analysis Critical Control Points Manager.

“International Food Service Executive Association, the experts in food service on the civilian side, offer highly-skilled, recognized certifications in the civilian sector that we’re trying to get our [servicemembers] to attain so that if they decide to get out and seek employment they have valuable job skill sets that can help them get employed,” said Patrick.

Patrick identified the program in March for Soldiers at

“It’s a pilot program where Soldiers can get certifications within their particular jobs or skill sets and the military pays for it using [tuition assistance].”

Chief Warrant Officer Raymond Patrick
Theater Food Advisor
1st Theater Sustainment Command

Fort Bragg, N.C. and sponsored a class that 45 Soldiers attended.

Forty-two Soldiers and Sailors came from Iraq, Afghanistan and Kuwait to attend the class that was offered this one time in theater.

This program is part of the Army Vocational/Technical Soldier Program, which is a pilot program designed to provide education opportunities in high-demand career fields for Soldiers on active duty who are preparing to transition out of the military. All costs must be paid prior to the end of the program because funding for the program ends Sept. 30.

More information is available on the GoArmyEd website at www.goarmyed.com. Click on the AVOTEC Program link on the left-hand side of the page. [A](#)

Camp Patriot kicks off recycling program

Article by
Pvt. Howard Ketter
20th Public Affairs Detachment

Area Support Group- Kuwait held the Grand Opening of the Warriors Recycling Center at Camp Patriot, Kuwait, July 13.

The number of military units participating in recycling at Camp Patriot has jumped from three to over 26 since the Warrior Recycle Campaign was launched Feb. 17.

During this same period, the number of recycling collection points for plastic bottles increased from 10 to more than 120 throughout Camp Patriot.

Lt. Col Robert Leshar, camp commander, Camp Patriot, is expected to contribute to the projected recycling goal of over one-half million plastic bottles recycled by the end of July.

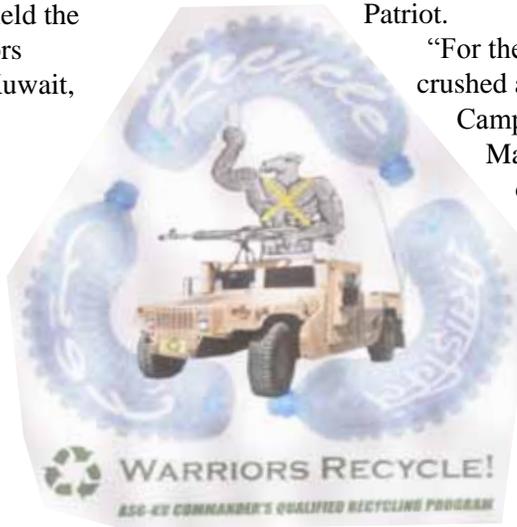
The new WRC will be a major boost to the ASG- KU Commander's Qualified Recycling Program by cutting

recycling transport and labor costs by over \$100,000 a year. The center is expected to have a positive impact on revenues generated to the recycling fund, particularly with the explosive growth in recyclables collected at Camp Patriot.

"For the first time, bottles and cardboard will be crushed and bailed [on Camp Patriot] rather than Camp Arifjan," said Chief Warrant Officer Manase Mansur, environmental recycling officer, Camp Patriot.

The environment will also benefit from the WRC eliminating unnecessary greenhouse gas emissions from the trucks and escort vehicles currently making multiple weekly and monthly round-trips to and Camp Patriot to carry plastics and cardboard for bailing before being sold to the private recycling company.

Proceeds from the sale of recyclables go to a special fund, which is used to further promote recycling. The WRC will also ship the bales of recyclables to be processed into other products instead of landfills, which helps Kuwait's environment as well. 



Lt. Col. Robert Leshar, camp commander, Camp Patriot, Kuwait, and incoming camp commander Lt. Col. David Chase place plastic bottles into a Warriors Recycle Center collection point at the Grand Opening of the center at Camp Patriot, July 13. (Photo by Pfc. Alicia C. Torbush)

The final rocker: adding value, influence to all levels

Article by
Master Sgt. David Rhodes
Third Army/U.S. ARCENT Public Affairs

The book definition of a master sergeant says they serve as the principal noncommissioned officer in staff elements at battalion and are expected to dispatch leadership and other duties with the same professionalism and to achieve the same results as the first sergeant.

“As an E-8, you’ve mastered all ranks that have gone before and now get a chance to see the system work,” said Master Sgt. Darryl Tutt, battalion safety noncommissioned officer in charge, Special Troops Battalion, Third Army/U.S. Army Central.

Up to this point, the master sergeant has spent his or her career mentoring numerous Soldiers and that does not change when the third and final rocker is added.

Those years of experience and mentoring add valuable insight and come into play giving the master

sergeant the skills needed to guide the senior NCOs in their sphere of influence.

“I’ve watched myself grow and remember my mentors and have tried to pass it down to my Soldiers,” said Tutt.

Even though the master sergeant has less troops and less interaction than a sergeant first class or platoon sergeant, it doesn’t mean they don’t have any involvement with junior Soldiers.

“A Soldier can knock on my door anytime,” said Tutt. “Through the open flow of conversation, mentoring can be done at the same time.”

Master Sgt. Darrell B. Thomas, NCOIC, S-1, STB, Third Army/USARCENT, recalls how he once had a sergeant, who was seriously considering leaving the Army, come to him to ask for his advice. Thomas took the sergeant through the steps it would take to leave the Army and asked him about his plans after leaving. He asked the sergeant what his plan ‘A’ and plan ‘B’ for feeding his family and paying his bills were.

The sergeant took the time to really look into what he would do for his family after leaving the Army and decided he wasn’t as prepared as he thought and re-enlisted.

“Either way, you have to do what’s advantageous to you and your family,” said Thomas. “Each individual is different. You have to base your decisions on what works for your life.”

Advising Soldiers is part of the job, but the guidance doesn’t just flow down from the master sergeant to other enlisted Soldiers, officers also benefit from their expertise.

“Because of my years of experience, I often get asked questions or for my opinion,” said Thomas “I’m the resident expert in my section.”

The level of responsibility, advising both junior Soldiers and senior leadership, takes on a life all its own at the master sergeant level, but regardless of rank, “at the end of the day, it’s all about Soldiering,” said Tutt. **A**



Photo by Pfc. Alicia Torbush

Master sergeants often serve as the principal noncommissioned officer in staff elements at battalion and higher levels. Years of experience and mentoring gives the master sergeant the skills needed to guide senior NCOs and officers in their sphere of influence.

G6 KEEPS U.S. ARCENT ONLINE



Sgt. Alexander Miranda, G6 headquarters support, Third Army/ U.S. Army Central upgrades hardware in preparation for the upcoming Microsoft Vista conversion.

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

When a user logs on to their computer, oftentimes they pay no mind to what keeps their system working properly.

That's where the G6 technical reference desk and information management officers come in.

"We provide support and technical references to the IMOs," said Shayne Brown, senior system administrator, Third Army/ U.S. Army Central. "Because most IMOs have multiple jobs on top of being an IMO, we're there to provide them with a little extra support."

Information Management Officers in a unit are the first

"We get questions that aren't necessarily just about computers, but also about cell phones and radios."

Spc. Bobby Aguirre
Headquarters Support IMO
Third Army/U.S. Army Central

line of defense against any issue a user might have with a computer, but the IMO is trained by the G6 section, which also operates a technical reference desk. IMOs can call the technical reference desk to talk to system administrators and be coached through any issue the IMO is not familiar with.

The system administrators who work at the technical reference desk also work to maintain the network for users who rotate from Atlanta to Camp Arifjan, Kuwait and back.

Brown explained that the G6 technical reference desk maintains the ARCENT domain for all the rotators who travel from Atlanta to Kuwait and back.

Another of the many facets of their jobs consists of taking calls about any piece of technical equipment that someone has a question about.

"We get questions that aren't necessarily just about computers, but also about cell phones and radios," said Spc. Bobby Aguirre, headquarters support IMO, Third Army/ USARCENT.

The technical reference desk solves an estimated 80 technical problems a day making them an important asset to Third Army/USARCENT. **A**

271st Brigade Support Battalion

Joint Rappelling Training with 25th Kuwaiti Commando Brigade

Article and photo by
Capt. Gary Pool
271st Brigade Support Battalion

For the Soldiers of Alpha Company, 271st Brigade Support Battalion, a unique opportunity presented itself to train with the 25th Kuwaiti Special Operations soldiers.

The unit, led by Capt. Jerred Blount, left Camp Buehring for the Commando Compound. Once there, the Soldiers formed up in the shadows of the 120 foot tower that looms over the compound. Next to the tower were walls one and two, with ropes dangling from their tops.

Anyone observing would have seen the Soldiers taking a reflective moment to ponder the thought of climbing to the top of the 60 foot wall and swing over with gravity laughing at them the entire time.

The rappel masters of headquarters headquarters

company, 271st BSB, began conducting their duties by checking the harnesses and gloves being loaned by the Kuwaiti military for the Soldiers to use.

With the inspection complete the Soldiers began donning their equipment and filed to the base of the wall.

A demonstration of proper belaying was conducted by the Commandos and then those ready to face and conquer their fear of heights eagerly climbed to the top. With seven rappellers ready to go and seven on belay, the fun began.

After each Soldier was given the opportunity for several trips to the top and back down, the Commandos halted the training and had the rappellers move their rings to the back to rappell face first, commonly referred to as Australian rappelling. This technique allows the Soldiers to walk or run down a wall face first.

To many who rappel, it is the most fun. For some in Alpha Company, it was their first time to attempt this, but that didn't seem to make a dent in their common sense.

A soldier in camouflage gear is rappelling from a ledge of a white building. The soldier is positioned on the left side of the frame, with their body angled towards the right. A thick rope is attached to their harness and extends down the side of the building. The building has several vertical concrete pillars. The sky is clear and blue.

A Soldiers from Alpha Company, 271st Brigade Support Battalion, demonstrate a traditional rappelling technique during a Joint Rappelling Training with the 25 th Kuwaiti Commandos at the "Commando Compound," July 9.

The realization of extending out face first until parallel with the ground started to sink in on the first seven. It was a slow process but each rappeller had to reach this position before a rappel master would give them the command to "GO." Spc. Gregory Brown, HHC, tagged along to capture the event with his camera and after a quick check for extra equipment was climbing to the top for his turn.

Once again the Soldiers took their turns climbing and rappelling and there was laughter from everyone to include the Commandos. The more experienced were more daring and more willing to coach those who weren't. Some Soldiers needed a little extra coaxing at first but as they rappelled more, the more comfortable they became. Then the Commandos surprised them with an even bigger challenge. Wall number two!

Thirty feet might not seem too high but adding another thirty feet on top of that with the Kuwaiti wind buffeting around while walking a narrow path can make anyone

sweat.

Wall two was just over 60 feet and the climb up was on a narrow ladder made hot from the sun. Capt Pool told the Soldiers that if they fell, to kick out so they wouldn't hit their buddy on the way down. That brought a few nervous laughs but up went Alpha Company Soldiers to conquer the next challenge. This time the choice was theirs if they wanted to rappel Aussie style or not.

Most were brave enough, but some opted for a less scary method from that height. Still, the Soldiers showed great enthusiasm and camaraderie that is the hallmark of the BSB. In the end, the officers and noncommissioned officers of the Kuwaiti Army were mentoring and teaching just like U.S. Army NCOs. It just goes to show that good leadership brings out motivation and great training no matter where you are. **A**

NEWS IN BRIEF

OFFICIALS WON'T BAN TOBACCO FOR DEPLOYED TROOPS

Defense Secretary Robert M. Gates has made it clear he does not plan to restrict tobacco use among troops in war zones, the Pentagon's press secretary said today.

Gates has yet to see a report commissioned by the Defense Department that proposes a ban on smoking in the military, Geoff Morrell said.

The National Academy of Sciences' Institute of Medicine completed the study last month, which reportedly recommends strict controls to limit new users from entering the military and to curtail use among those already serving.

The secretary is likely to consider some of the report's recommendations, but none that ban tobacco use among deployed forces, Morrell said.

"We are fighting two wars right now using a force that we are demanding more of than we ever have before," Morrell said. "They are under enormous stress and strain, and the secretary does not want to compound that stress by taking away one of the few outlets they may have to relieve that stress."

The secretary shares the concerns of those who prepared the report about the health and well-being of the force and understands the administration's goal of a smoke-free America, Morrell said.

"Obviously, it is not our preference to have a force that is using tobacco products," he said.

Morrell noted the enormous cost to the department in terms of health care. "By some estimates, it costs us nearly a billion dollars a year in tobacco-related health problems," he said.

TWO TRICARE REGIONS GET NEW CONTRACTORS

The Pentagon has selected new managed care support contractors for Tricare services in two of its three U.S. regions.

In the North region, Aetna Government Health Plans of Hartford, Conn., will replace Health Net Federal Services, the Pentagon announced July 13.

Tricare services in the South region will be provided by United Health Military & Veterans Services of Minnetonka, Minn., which replaces current contractor Humana Military Healthcare Services. The Tricare West region will retain current contractor TriWest Healthcare Alliance Corp.

The transition in the North and South regions starts immediately; health care delivery under the new contracts

is expected to begin on April 1, the Pentagon said.

The Tricare Management Activity's three managed care contracts in the U.S., which provide health, medical and administrative support services to eligible Tricare beneficiaries, are worth \$55.5 billion over the base period and five optional additional periods, the Pentagon said.

The contracts include financial incentives "to encourage exceptional customer service; high quality care; detection of fraud, waste, and abuse; increased electronic claims processing; better program management, improved preventive care and cost savings."

Tricare says it has improved methods to measure and assess network provider, beneficiary, and military treatment facility commander satisfaction in order to apply the incentives fairly.

RETIREE COLA: TRACKING INFLATION

Military retired pay rises each year to ensure that inflation does not erode the purchasing power of retirees. These cost-of-living adjustments, known as COLAs, match the annual increase in Social Security benefits. They become effective each Dec. 1 and first show up in January paychecks.

The foundation for the COLA adjustment is the Labor Department's Consumer Price Index, a measure of the cost of certain categories of goods and services that is updated monthly. There is one overall CPI, as well as a variety of more specific indexes. The index upon which the retired pay COLA is based is called the CPI for Urban Wage Earners and Clerical Workers, or CPI-W.

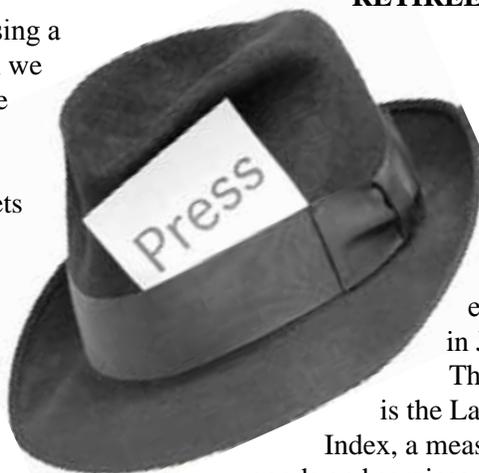
The rate of inflation may rise and fall throughout the year, but the exact increase in retired pay is based only on the average inflation rate over the last quarter of the fiscal year that runs from Oct. 1 to Sept. 30.

The size of the increase is equal to the difference between the average inflation rate in that quarter and the average inflation rate in the same quarter of the previous fiscal year.

For the purposes of military retired pay, this means the only months in which inflation matters are July, August and September.

Service members who retire in a given fiscal year receive a partial COLA for that year only, based on the date of their retirement. They receive the full COLA in subsequent years.

The retired pay COLA technically is not automatic; Congress must formally approve it each year. 



Ping Pong Tournament

**Camp Arifjan
Zone 6
Community Center
July 26 @ 1900
Call 430-7482**



NCO Spotlight:

Sgt. 1st Class Jacqueline Moore
Human Resource NCO, Third Army/U.S. ARCENT



"The military is a good opportunity for young people to get a direction for their lives."

Sgt. 1st Class Jacqueline Moore joined the Army in 1980 after attending college and deciding she needed more direction in her life. Originally in finance, Moore, a mobilized Reservist, is currently on her first deployment as a human resource non commissioned officer. She says that she continues to wear the uniform because she loves it and what she does. Moore is a registered nurse and has Master degree in health service administration.

Just One Question ...

"How do you deal with the heat?"



"Hydrate, hydrate, hydrate. I always remember to drink plenty of water and exercise indoors."

Petty Officer 1st Class Anthony Kendall
Career Counsellor
Naval Center Command FWD HQ-KU
Kenner, La.



"I drink water, wear my shades and keep my head covered. I also run in the gym to keep fit."

Sgt. Mark Frausto
A Company
960th Maintenance Company
Douglas, Wyo.



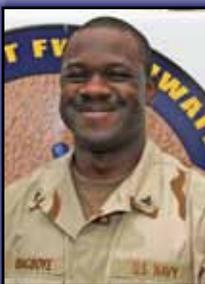
"I drink lots of fluids and stay out of the sun. I wear proper equipment during sand storms and when needed, I exercise indoors."

Spc. Erick Ridgeway
A Company
960th Maintenance Company
Manning, S.C.



"I wear my shady hat and sun glasses to keep the heat away from my head. For some reason I feel cooler when I do that. I also drink water."

Sgt. Kathaleen Cassedy
HHB
2nd Battalion, 300th Field Artillery
Cheyenne, Wyo.



"I stay hydrated and in a cool, air conditioned area as much as possible."

PO3 Obabode Obagboye
Personnel Specialist
Naval Central Command FWD HQ-KU
Brooklyn, N.Y.

What's happening around USARCENT



NMCB 11 Parting Gift

Steelworker First Class Gary Stephen, Naval Mobile Construction Battalion 11, welds a piece of angle liner to a barbecue pit, in the Middle East on July 13. Stephen, a native of Barnesville, Ohio, built the barbecue pit from scratch for the NMCB 11 farewell party.

Photo by MC2 Jorge Saucedo

Detainee Conference

Col. Gary Milner, (podium), U.S. Army Central gives a brief during the Detainee Operations Conference, hosted by Area Support Group-Kuwait, July 15-16. The conference was held on Camp Arifjan, Kuwait to provide a forum for participants from the Office of the Secretary of Defense, the Joint Staff and other units throughout theater to discuss detainee policy development and coordination on issues surrounding the long term strategy of U.S. Government detention operations.



Photo by Spc. Elayseah Woodard-Hinton



Photo by Spc. Elayseah Woodard-Hinton

Warrant Officer B-Day

Chief Warrant Officer Matthew A. Anderson, Sr., U.S. Army Quartermaster Center and School, talks to Soldiers interested in becoming warrant officers during the WO Recruiting event held at the training and activity center on Camp Arifjan, Kuwait, July 18. The recruiting event was one of many activities that took place to celebrate the Warrant Officer Corps Birthday.