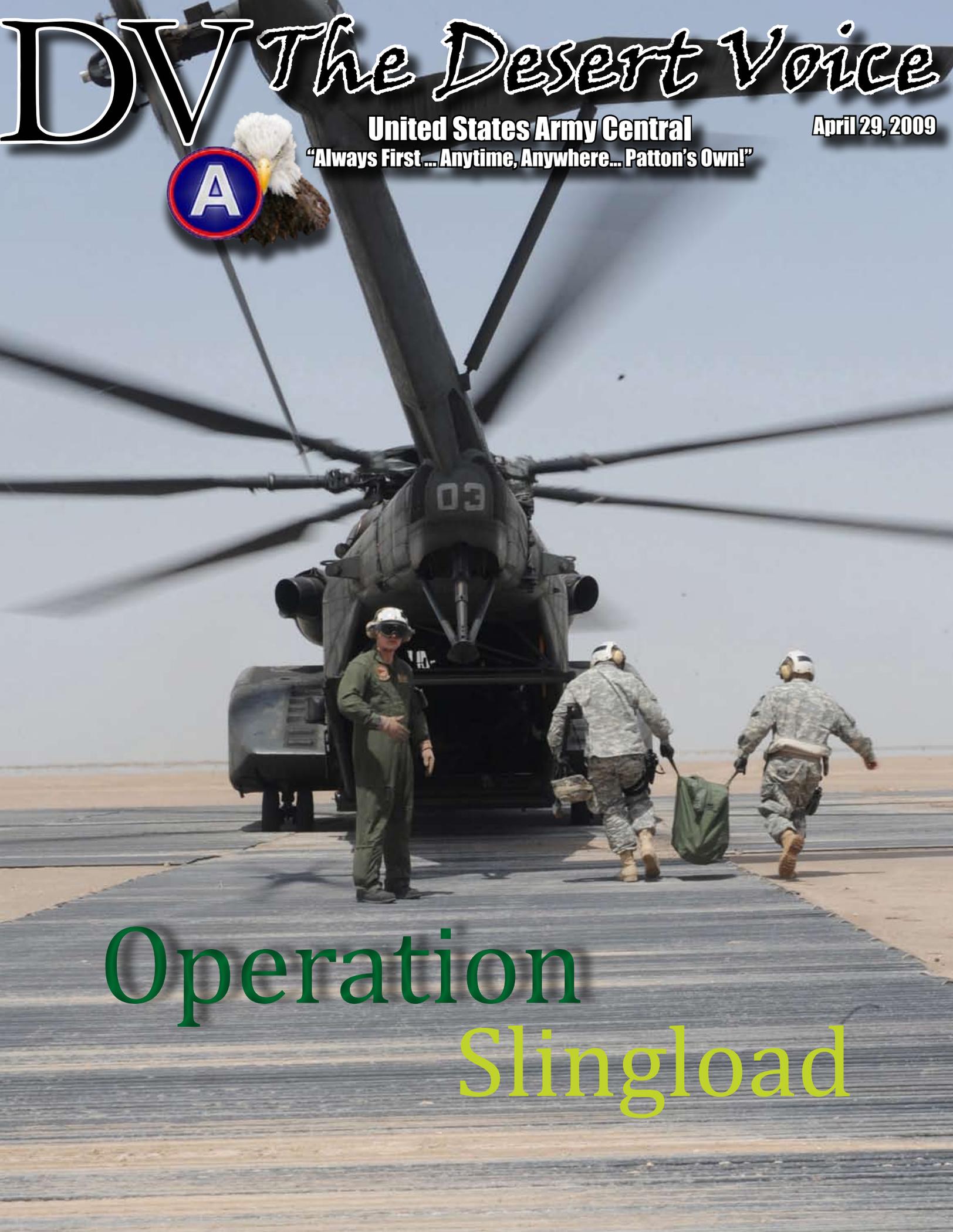


# DV The Desert Voice

United States Army Central

April 29, 2009

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



## Operation Slingload



# Farewell and many thanks

**Lt. Gen. and Mrs. James J. Lovelace**

**A**s our time in U.S. Army Central unfortunately draws to a close, we would like to express publicly our wholehearted gratitude to the wonderful Soldiers, Civilians, and Family members of USARCENT for the tremendous leadership you all have shown our command.

*It's been a privilege and an honor to command U.S. Army Central these past 17 months. Marveling at the commitment, endurance, and fortitude of the Soldier, Civilian, and Family member leaders in this command has been both a source of pride and a source of strength for Gail and myself. Thank you for that. And thank you for all you do for our command, our Army and our Nation.*

*You accepted the challenge from the very beginning... you picked up your "extra large rucksacks" and we moved out together. It has indeed been a combined effort which has made us endlessly successful. A most capable team... Soldiers, Civilians, and Family members... who have made a difference. Soldiers... you give our Army the energy it so vitally needs at this time; NCOs... you not only represent the backbone of USARCENT but our great Army; and our officers are simply the best. Civilians... you have contributed immensely to our success as you faithfully and loyally take care of Soldiers and Families... the continuity of this great organization. And Family members... you have made critical contributions to our command's well-being and quality of life programs. You all represent why we're the finest Army in the world. You have all worked together to make this a winning team... we truly appreciate your service.*

*Most of you know by now that we've tried to maintain a central theme of leadership throughout our time together. This is more than a just a philosophy... it's an attitude within the organization. An attitude that instills a sense of leadership in everyone within our command. An attitude that acknowledges everyone here in ARCENT is a leader... no matter rank, position, Civilian, Family member or service member. An attitude that is demonstrated in our actions and unmistakable by those who see our patch.*

*As you look around the command, you see great people doing wonderful things. You have embraced our transformation to a full spectrum operations-capable headquarters, while maintaining significant efforts towards theater sustainment and security cooperation. You have been an integral part of something special... allowing CENTCOM and the Army to leverage our capabilities in this wartime theater. The pace has been quick and you have kept up.*

*Our legacy as leaders is in those we have touched along the way. As Gail and I prepare to turn the page on what has been an absolutely thrilling chapter of our lives, we are grateful for those who have led and mentored us, allowed us to be part of their lives, and given us memories to last a lifetime. We hope that we have... in some small way... been a positive part of your lives. It is a source of pride to see individuals we have worked with along the way... rise to great heights... whether Soldiers, Civilians, or Family members. As leaders, there is no greater feeling of accomplishment.*

*We have been blessed to be part of something special for nearly 39 years. It has been a pleasure to serve alongside each of you every step of the way. You have made this journey incredibly fun and reminded us that "Soldiering is an affair of the heart."*

*We go with our hearts heavy... for having to leave you... but we go with fond memories and lifelong friendships. Many thanks to all of you for doing what you do each and every day... and making it look easy.*

**Patton's Own!**

# DV

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**On the cover**

Petty Officer 2nd Class Chris Porter, aviation warfare systems operator, directs U.S. Army personnel as they board the MH-53E Sea Dragon on Warba Island, Kuwait April, 11. For the full story see page 5. (Photo by Petty Officer 3rd Class Jorge Saucedo)

### 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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Find us online at [www.arcent.army.mil](http://www.arcent.army.mil).

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# DV

The  
Desert  
Voice



# Eating cereal to lose weight



**A**re you confused about whether breakfast cereals are a healthful part of a weight reduction or management program?

After all, certain cereals advertise that you could lose 10 pounds in 12 weeks if you replace two meals a day with a serving of it's cereal, ½ cup of fat free milk and a serving of fruit.

Let's first understand what that can mean.

A serving can be as little as half a cup. A ½ cup of fat free milk and a serving of fruit, contains just 340 calories and is not a lot of food. More than likely, anyone would feel hungry throughout the day if this was eaten for two meals. That would be just 680 calories for both meals combined. This is a very low calorie diet.



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

Instead of just eating 340 calories from cereal, milk and fruit, you could eat just as conveniently, without much preparation time by eating a roast turkey, gravy and cornbread stuffing frozen dinner entrée. This would provide exactly 340 calories, 7 grams of fat and unlike the cereal's 7 grams of protein, a whopping 20 grams of protein.

Protein helps stabilize our blood sugar and will prevent you from feeling hungry.

This is just one example of a better selection of well portioned, low calorie foods, that will provide the variety that you could better tolerate with balanced nutrients that will help suppress your hunger. There is no magic in the process of portioning out foods. It is all about balance and variety. **A**

# Have the Courage to Help a Buddy

**"One suicide is one too many."**

Kenneth O. Preston  
Sergeant Major of the Army

**Talk to your Chaplain or a Behavioral Health Professional or call Military OneSource**

**1-800-342-9647**

[www.militaryonesource.com](http://www.militaryonesource.com)



U.S. Army Central

# U.S. military brings power to coastal island

Article by  
Petty Officer 1st Class  
Kelli Roesch

**Media Transition Team-Kuwait**

**M**ore than a dozen U.S. Navy helicopters and air crews, Army medics and Coast Guard Port Security personnel recently worked together to transport and replace a broken backup generator to Warbah Island, Kuwait, April 11.

Kuwaiti Naval Force maintains outposts on Warbah Island, in the maritime border region between Kuwait and Iraq. The outpost was originally constructed as a United Nations facility in the early 1990s.

The U.S. military forces helped move the 7,700 pound generator from Behaith Marine Location, which will become the backup power source for the military outpost on Warbah Island, a few miles off the coast of Kuwait.

Warbah Island is greatly affected by the tides and sea surface conditions making removal and transport by surface craft impractical. The U.S. Navy had the only helicopters available with the necessary lift capability to perform the mission on time.

The two generators at the Warbah Island facility had been in operation since the early 1990s and the U.S. military accepted the opportunity to provide assistance to Warbah Island.

The operation also helped facilitate joint interoperability training between U.S. forces in the area.

According to Navy Lt. Dave Zerda of Mine Countermeasures Squadron Fifteen, who flew the MH-53E Sea Dragon used to transport the generator, the mission gave all services involved an opportunity to learn new skills by experiencing how each branch executes different missions following service specific procedures.

"The way the Army ground crew operates is a little different than ours, so working together gives us all an opportunity to accomplish a

joint mission by learning tactics and techniques from each other," said Zarda, a Houston native.

Two helicopters were used during the mission; one helicopter transferred the ground crew to the pickup site at a nearby access road, while the other transported the generator.

Noncommissioned officer in charge, Army Master Sgt. Thomas Odoardi, said the challenge for the ground crew was to obtain the sling load set to rig the generator properly.

"A

nonstandard load means there are no text book standards as there are with many other lifts," said Odoardi. "For this project we had to gather our own data and use our experience to determine exactly what sling set to use to safely move the generator."

Training for the mission took place at Camp Buehring, Kuwait.

Several pilots and co-pilots practiced lifting a 2,800 pound concrete barrier before lifting the actual 7,700 pound generator. Army and Coast Guard teams of rigging crews also practiced their signals and safety procedures while communicating with the helicopter pilots to ensure the three components were able to operate in unison.

During the actual generator lift, Kuwaiti Naval Forces pre-positioned the backup generator on Behaith Marine access road. The rigging crew then worked together to attach the load to the MH-53 Sea Dragon, which was flown to the drop site at Warbah Island where the rigging crew recovered the sling set.

The MH-53E Sea Dragon normally functions as an airborne mine countermeasures platform with a secondary mission as external lift and vertical on-board delivery.

Army Sgt. 1st Class Arnold Rabanal, a native of Ewa Beach, Hawaii, was new to this type of training evolution.

"Field Artillery units seldom do air assault missions, so it was fun," said Rabanal. "It gets us away from the everyday norm and allows us to cross-train. I was excited to do this and am glad it was a successful mission." **A**

**U.S. Army and Coast Guard personnel, attach a generator from below the MH53E Sea Dragon during a slingload operation on Warbah Island, Kuwait, April 11. The U.S. military forces helped move a 7,700 pound generator from Behaith Marine Location, which will become the backup power source for the largely uninhabited military outpost on Warbah Island a few miles off the coast of Kuwait. (Photo by Pfc. Howard Ketter)**

# USARCENT, Kenya Army refine skills during MEDEVAC exercise

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

In a medical emergency, time can be an enemy. The longer it takes to transport a patient to the hospital, the higher the probability they may not survive.

U.S. Army Central and Kenya Army Soldiers' skills were put to the test during a medical evacuation exercise in Mombasa, Kenya, April 17.

Participants were assigned an emergency and took action, said Sgt. Kelsi Dammann, combat medic, USARCENT. They were given a realistic scenario and timed on how long it took to get to a medical facility.

Though Soldiers knew an emergency was coming, they did not know what it would be. This element of surprise assessed USARCENT and Kenya Soldiers' ability to work together to diagnose and successfully transport a patient to the hospital.

With the clock ticking, traffic became an immediate challenge as the ambulance raced to the Aga Khan Hospital. Kenya Army Soldiers reacted quickly by jumping out of their vehicles to clear the roads.

"I was concerned that if this were a true cardiac arrest that we wouldn't



**Soldiers from the Kenya and U.S. Army transport a mock-patient to an ambulance during a joint medical evacuation exercise in Mombasa, Kenya, April 17.**

make it to the hospital, but they got out there and cleared the road and we were able to clear through traffic quickly and efficiently," said Capt. Jonathan Ji, field surgeon, USARCENT.

At the hospital, Dr. Majid Twahir, medical director, Aga Khan Hospital, was the only staffer who knew that this was a training event.

"I was the only one who knew this was going to happen," said Twahir. "We had already arranged in advance what the sequence would be and so we alerted the staff. We alerted ICU and the laboratory and we let them know there was a patient coming in who

might be having cardiac arrest."

Upon arrival, the ambulance was met by hospital personnel and the patient was rushed in for care.

"Our goal was to deliver the patient to the hospital with the optimal care in the minimal time possible," said Maj. George Moturi, medical officer, Kenya Army. "We were told it would take an hour and we arrived in 20-30 minutes."

The participants in the exercise not only overcame the challenges of time, trauma, and environment, they did so while working together.

Capt. Muranga Risper, nursing officer, Kenya Army, touched on the importance of working with the U.S. Army.

"It is important because we are the host country; we are trying to work together to make sure they understand what we have in our ambulances and how we do it in Kenya and [the U.S. Army] can tell us how they do it so we can synchronize and work together," said Risper.

In addition to the value of training in a joint environment, the MEDEVAC refined Soldiers' skills.

"The more we rehearse, the faster things will flow and the smoother things will flow and we'll identify the errors along the way," said Ji. "We need to do more and more of these things. We train to get better." <sup>A</sup>



**Capt. Jonathan Ji, field surgeon, U.S. Army Central jumps out of an ambulance as**

# “OUR STRENGTH IS FO

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

**U.S.** Army Central, along with several other commands and branches of service in Kuwait, worked throughout the month of April on several programs and activities to raise awareness of sexual assault.

Sexual assault awareness is a movement that stems back to the early 70s. Its original purpose was to raise awareness about sexual violence against women; however, circumstances and time have revealed that the definition of sexual assault and its victims are not as straightforward as once believed.

In an effort to educate people about sexual assault on a national level, Sexual Assault Awareness Month was created and first observed in 2001. During the month of April, several national campaigns take place to educate people in communities, schools and places of employment about sexual assault and prevention.

The Department of Defense Campaign against Sexual Assault Theme, “Our Strength is



Photo by Spc. Elayseah Woodard-Hinton

**Sgt. Brandon Benefield, 1st Battalion, 43rd Air Defense Artillery, goes for a lay up during the “Shoot Hoops and Volley to end Sexual Assault” basketball game at the Zone 1 Gym on Camp Arifjan, Kuwait, April 18.**

for Defending,” was observed on Camp Arifjan, Kuwait through several recreational and sports activities.

The month began with a 5k run hosted by Morale Welfare and

Recreation on April 1. On April 18, the 3rd Medical Deployment Support Command group hosted a co-ed basketball and volleyball game at the Zone 1 fitness center called Shoot Hoops and Volley to end Sexual Assault.

“The reason why it was co-ed is so that both men and women know how to work together in different



# R DEFENDING”

*Servicemembers prepare to begin the Sexual Assault Awareness Month Run held on Camp Arifjan, Kuwait, April 1. (Photo by Sgt. Brooks Fletcher )*



## CAMP ARIFJAN OBSERVES SEXUAL ASSAULT AWARENESS MONTH

environments,” said Staff Sgt. Nikkia Blackburn, unit victim advocate, 3rd MDSC.

Although the event was held in a fun environment, its overall purpose was to educate all who were involved. In addition to promoting communication and awareness between the men and women who played in the events together, audience participation was also strongly encouraged.

“In between the different rounds, we had questions about sexual assault just to make sure everybody was involved and fully aware of what this month was all about and to be aware of options,” said Blackburn.

On April 20, the 160th Signal Brigade held a breakfast that incorporated unique methods to educate such as poetry and music.

A speech was given by Petty Officer 2nd Class Tiffini Wilson, a rape crisis counselor, who reminded the audience that servicemembers should always work to prevent sexual assault.

“This is not something that should just be limited to the month of April, but something we should do every day

of the year,” said Wilson.

Wilson also pointed out that the behaviors that are involved with sexual assault do not line up with the mission and purpose of servicemembers.

“Sexual assault affects mission readiness and does not line up with the responsibilities of the men and women in uniform,” said Wilson.

There were several other events held on Camp Arifjan during the month of April such as skits, briefings and movies at the Zone 6 MWR to educate and raise awareness about this issue, now it is up to servicemembers to use this knowledge and their available resources to actively prevent sexual assault. <sup>A</sup>



*Photo by Pfc. Howard Ketter*

**Staff Sgt. Robert Johnson, Lance Cpl. David Chirinos, Sgt. Joshua Kahele and Cpl. Jamie Stewart of the Marine Joint Operations and Execution Squad won first place in the Volleyball portion of the Hoops and Volley to end sexual assault event.**

# Sex signals: looking beyond “no means no”



Photo by Spc. Elayseah Woodard-Hinton



Photo by Sgt. 1st Class Jonathan Wiley

**Amber Kelly and Kyle Terry, left, presenters with Catharsis Productions, perform an improv show called “Sex Signals,” which deals with issues in dating and sexual assault at the Zone 1 Chapel on Camp Arifjan, Kuwait, March 20.**

**Terry and Sharyon Culberson act out an awkward dating moment during a performance at the Fort McPherson, Ga., Post Theater, April 8. Sex Signals is being performed on Army installations around the world as part of the Army’s new campaign to eliminate sexual assault from the ranks through the I.A.M. STRONG program.**

Article by

Sgt. 1st Class Jonathan Wiley

U.S. Arcent Public Affairs

If watching a 90-minute improvisational comedy show put on by a professional production company from Chicago isn’t your idea of sexual assault prevention training, you probably haven’t attended “Sex Signals,” a play currently being performed at Army installations around the world as part of the Army’s “I A.M. Strong” campaign.

The play, which has been performed at Fort McPherson, Ga., and Camp Arifjan, Kuwait, gives audience members the opportunity to reflect on dating, sex and the core issue of consent and seeks to elevate their thinking beyond rape clichés like: “No means no.”

“Date rape isn’t always a legal issue – it’s a human issue,” said Kyle Terry, one of the actors in the two-person production.

The overall message of the production is that gaining consent to have sex with someone isn’t that different than gaining consent to do other things – like taking a drink from someone else’s water bottle – and if the rules of common courtesy are applied, misunderstandings and sexual assaults can be avoided.

Rather than viewing sexual encounters as a game, in which one person pushes the boundaries as far as he or she can go before hearing the words “stop” or “no,” Terry and

his partner Sharyon Culberson encourage being sensitive to the signals put out by others in dating situations and acting accordingly.

“A lot of people don’t realize that rape is behavior they are capable of because they still think of it as someone jumping out of a dark alley with a mask on,” said Terry. “Actually, people get into dangerous territory if they fail to read, or choose to ignore, the signals put out by their potential partners. It’s more than just listening for ‘no.’”

Terry said one of the surest ways of avoiding sexual assault is to have a conversation about sex before actually having it.

Sgt. Major William Lemons, the equal opportunity advisor, U.S. Army Central, said educating Soldiers about how to avoid sexual assault is part of the Army’s ambitious goal of taking the lead in eliminating it, not only in the Army, but in American society as a whole.

“Eventually, the Army would like to take this training to high schools, where people’s attitudes and behaviors can be shaped before they join the service,” said Lemons.

Lemons added that the play seems to be a much more effective training tool than older methods, such as slide shows.

For more information about the play, visit [www.catharsisproductions.com](http://www.catharsisproductions.com). For more information about the steps the Army is taking to eliminate sexual assault, visit [www.sexualassault.army.mil](http://www.sexualassault.army.mil). 

# IOTV improvements provide comfort and safety

Article by  
Spc. Kimberly Johnson  
37th IBCT Public Affairs Office

In an ongoing effort to keep America's sons and daughters safe, the U.S. Army is equipping Soldiers with the Improved Outer Tactical Vest to defend against enemy ammunition.

Improvements to the OTV needed to be made in order for optimum protection for the Soldier and to truly utilize the effectiveness of the ballistic armor.

The differences between the two vests are apparent at first glance.

The Soldier has two options for donning the vest, either over the head or by the left shoulder access. This option eliminated overlap and bulk, reducing the weight of the vest.

A significant improvement the IOTV offers is the quick release. Used only in emergencies, a Soldier can pull a strap that immediately breaks the vest into separate pieces. This feature is crucial to surviving an overturned or sinking vehicle.

The quick release element also aids the survival of a Soldier while injured in the field by allowing medical personnel to quickly access the Soldier's body.

The weight of the IOTV is an overall improvement for the Soldier wearing the equipment, with the size medium vest being more than three pounds lighter than the OTV.

Furthermore, the weight reduction from the internal plates compared to the old external attachments decreased the material needed for the side plate carriers.

Another concern with the OTV was the limited sizing options.

The IOTV is now available in three additional sizes: medium long, large long and extra large long, increasing size to eleven options to create an almost custom fit.

In the same way, multiple adjustment points work together with the sizing options to improve fit,

weight distribution and load-carriage capabilities.

Equally important in protection from fragmentation and bullet penetration is body coverage. The IOTV adds about 52 square inches of extra coverage.

Other improvements include, mesh lining for better ventilation and more attachment capabilities to carry pouches for ammunition, grenades, and other pertinent battle items.

Because the task of protecting the lives of servicemembers is so important, nothing is issued without strenuous testing. Every piece of body armor issued is tested against the worst case scenarios.

Even before the finished product is tested by the standards of the U.S. Army, the National Institute of Justice certifies body armor levels

of protection through a seven level certified rating system.

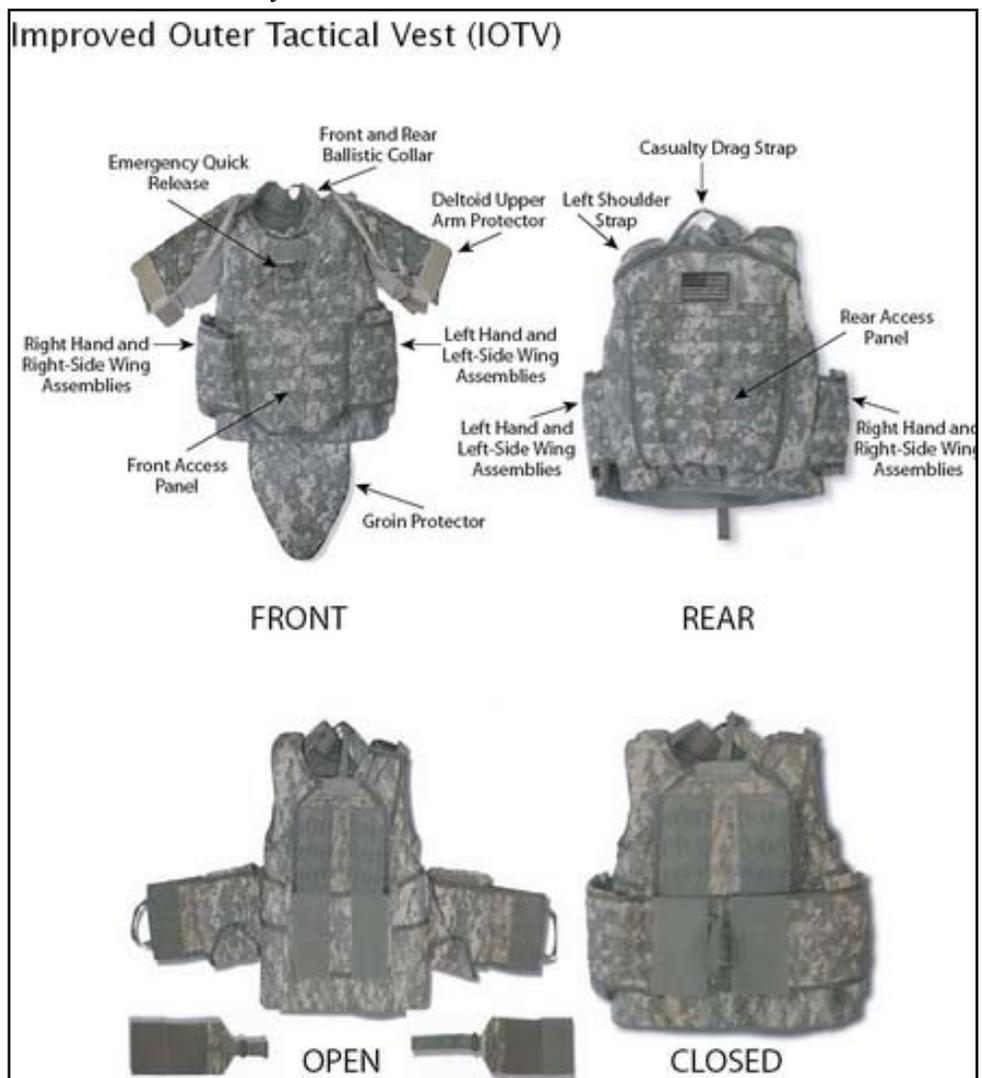
The lowest rating protects against smaller rounds with relatively low energy. Those vests are soft and concealable, most often used by law enforcement.

The highest rating protects against higher energy rifle ammunition by means of hard plating, which is the method the Army uses.

Indeed, all the realms of safety must be measured before equipping Soldiers with new gear.

Any technology available working to help save the lives of America's protectors is essential.

As advancements in weaponry used against America's Soldiers are made, the protection from such threats must be one step ahead of the enemy. 



# Adding the first rocker to the sergeant's stripes

Article and photo by  
Staff Sgt. Anthony L. Taylor  
U.S. Army Central Public Affairs

After sergeants have led in the boots of the noncommissioned officer and have further grown to understand and experience the role of the NCO, their next steps for advancement look towards the rocker of the staff sergeant.

The staff sergeant adjusts from the position of molding and leading subordinates to delegating their authority to sergeants under their leadership in order to complete the mission.

"It was an expected increase in responsibility and in the amount of tasks," said Staff Sgt. Radha Embry, S-4, Special Troops Battalion, U.S. Army Central.

A staff sergeant continues to maintain responsibility for the ongoing development of their subordinates, but hands the duties of molding and leading junior enlisted Soldiers to their sergeants and begin to look at more of the overall

mission.

Although the basic duties and responsibilities amongst the sergeant ranks remain the same, the information flow, delegation and trust in subordinate leaders becomes a significant area of importance.

"A lot of times we're right in the middle of it like middle management," said Embry a Detroit, native. "[Such as] being expected to fill your commander's shoes in his absence and still dealing with your day-to-day job, and the constant changes in the mission."

Embry, who has responsibilities for management of areas like non-tactical vehicles, Cargo Receipt and Shipping Point, and container management, explains that there are many challenges within these responsibilities, so it is also important to look at something as simple as positive thinking, which can go a long way.

"People in your work environment feed off your attitude and your demeanor, so if you're down and dragging; they will be too," said Embry. "You can be the change in someone's day by being positive." 



Pfc. Seth Wilson, S-4, Special Troops Battalion, U.S. Army Central, looks over government purchase card procurements with Staff Sgt. Radha Embry, S-4 acting noncommissioned officer in charge, STB, U.S. ARCENT, April 22.

# Attention Leaders!

**Encourage your Soldiers to include the U.S. Army Central Website address to all e-mail signature blocks and business cards.**



## Just One Question ...

**“What do you plan on doing once you leave the military?”**



**“When I get out, I’m going to try to find something in the business management field.”**

Capt. Brent Courtney  
Fire Direction OIC  
HHB 1-43rd Air Defense Artillery  
Waterloo, Iowa



**“I’m going to just enjoy life and spend time with my family.”**

Tech Sgt. Bill Patrick  
Tactical Operations Center controller  
70th Medium Truck Detachment  
Panama City, Fla.



**“I want to get out and become an OB-GYN; it’s something I’ve always wanted to do.”**

Pvt. April Rosales  
Food Inspector  
218th MDVS  
Phoenix, Ariz.



**“I’ve been trained in logistics for years, so I want to do something in this field to see the end product of all my hard work.”**

Staff Sgt. Richard H. Sloan  
Embarkation chief  
2nd Marine Expeditionary Brigade  
Jacksonville, Fla.



**“I plan to retire and start a small business, like a community center.”**

HM Winston Phipps  
Hospital Corpsman  
Emergency Medical Facility-Kuwait  
Brooklyn, N.Y.

## NCO Spotlight:

**Staff Sgt. Robert Manis**

**Aviation Ops NCO; U.S. Army Central G-3, Aviation**



Staff Sgt. Manis joined the Army in October 1995, to take care of his wife and two children. He is currently serving as the Air Defense liaison for USARCENT G-3, which entails providing tactical air pictures for the Tactical Airspace integration System. The Jacksonville, Fla., native said that he is proud to be a noncommissioned officer and enjoys working with and mentoring his Soldiers.

**“Never let anyone control your emotions and learn from your mistakes and drive on.”**

# What's happening around USARCENT

## ***Sexual Assault Awareness***

*Lt. Cmdr. Sarah Stevick, Chief Petty Officer Michelle Ramlow, Maj. Karen Faught, Staff Sgt. Kesha Robinson, Sgt. 1st Class Robert Escobedo, Maj. Aaron Fitzsimmons, Chief Warrant Officer Landy Flowers, Spc. Daniel Rodriguez, and Spc. Choongmin Hori of 1st Theater Sustainment Command and subordinate units, put on a Sexual Assault Awareness Month skit in the Zone 1 theater April 23, at Camp Arifjan Kuwait. The skit was performed to inform servicemembers of the options they have and the steps they can take to prevent these happenings.*



Photo by Pfc. Howard Ketter

## ***Earth Day Awareness***

*Navy servicemembers from Emergency Medical Facility-Kuwait get to know "Chewy" the camel, the official animal representative for Earth Day at Camp Arifjan, Kuwait, April 22. Sailors from EMF-K alongside CSA environmental specialists passed out brochures, held games and a camel riding event to make people more aware of environmental services such as pest control, water works and endangered species awareness. They also had people of Camp Arifjan pledge to recycle paper magazines and newspapers. The Army Air Force Exchange Service sponsored the event.*



Photo by Pfc. Howard Ketter



Photo by Spc. Danielle Sumner

## ***Billy Blanks' Tae-Bo***

*Billy Blanks, the Tae Bo expert, leads a Tae Bo class at the Zone 1 Gym on Camp Arifjan, Kuwait, April 24. The intense forty-five minute class taught servicemembers proper techniques of martial arts-based cardio workouts and was used to jumpstart their interest in new ways of working out.*