

DV The Desert Voice

United States Army Central

May 13, 2009

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



Lt. Gen. Webster
takes command



H1N1 Influenza

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On the cover

Commanding General, Lt. Gen. William G. Webster, U.S. Army Central, passes the colors to Command Sgt. Major John Fourhman, USARCENT, during a change of command ceremony May 4. For the full story see page 6. (Photo by Sgt. Beth Lake)

Contact us

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

Over the last 13 days there have been hundreds of news items concerning a new type of flu, H1N1, and many people have questions. Here are some common questions and the answers.

Why is everyone so excited and should I be scared?

The reason for the excitement

**U.S. Navy Cmdr. Chris Westbrook
Director Clinical Support Services**



is that no one knew how sick H1N1 would make people or how easily it could spread. It turns out that the virus spreads fairly easily from person to person but fortunately it does not cause a very serious illness.

Most people get the classic symptoms of high fevers, body aches, runny nose, cough and sore throat. A few people – mostly those with other medical problems or the very young or very old – have gotten seriously sick or died, but not many.

I get the flu every year. What is the big deal?

Every winter most of us get sick with a virus. The symptoms can include low fever, cough, runny nose, a headache and stomach problems.

Even though people say “I had the flu,” if “flu” is short for influenza that comment is not accurate.

A more correct comment is “that I had a virus.” “Flu” is just a general term for a viral infection.

Influenza is a disease caused by a specific group of viruses.

Classically they cause high fevers, body aches, runny nose, cough and sore throat and can cause very severe illnesses.

Why is the influenza is different from those other viral infections?

There are three reasons the influenza group of viruses cause concern.

First, the virus can cause severe illness. During typical years it is estimated that 20,000 to 37,000 people in the U.S.

die from complications of an influenza infection.

The second reason is that markers on their surface on this group of viruses can change radically. These markers are the way the body finds and destroys infected cells. Occasionally your immune systems can't locate the infected cells so it can't fight the infection.

The third reason is that some types of influenza can spread easily from one person to the next. It can spread pretty easily but since it does not cause a severe illness that is not a huge concern now – it was before we knew if it was going to cause a serious illness.

History has shown that during previous influenza outbreaks there are typically two waves; a first, mild outbreak which we are going through right now and a second, more significant outbreak the following influenza season.

Usually people get sicker during the second outbreak. For this coming winter make sure you are continuing to perform hand washing and covering coughs with elbows or tissues and that you and your family members are getting the influenza vaccination. **A**

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Find us online at www.arcent.army.mil.

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As I take command ...

Greetings to the Soldiers, NCOs and officers, men and women of the Third Army and U.S. Army Central. I am proud and honored to be rejoining this command after my departure in 2003 as the Third Army's Deputy Commanding General. For those of you who have not met me yet, I'd like to introduce myself: I come from a family with a legacy of service: I am a Soldier, the son of a Soldier, the father of a Soldier, and the uncle and father-in-law of Soldiers. My wife, Kimberly, is the daughter, wife, and mother of a Soldier. I have spent just under 40 years of my life in uniform and I am thankful for having had the privilege to do it, beginning my career as an Armor Officer and commanding at the company, battalion, brigade, division, and now the Army level.



Lt. Gen. William G. Webster
U.S. Army Central Commanding General

Although a lot has changed in the world since my last posting to Third Army, many things have remained unchanged. The backbone of our Army, the NCO Corps, has maintained the highest standards of performance and behavior as we have moved our Operational Command Post to Camp Arifjan, giving us a robust forward presence in the theater and enhancing our continuity of operations in Kuwait. Our Soldiers and leaders have worked hard and our families and civilian team members have supported us all the way. As we continue the winning traditions of the command, sustaining our efforts in Southwest Asia and preparing for short-notice operations in the area of responsibility, we are going to focus on three critical areas: mission, people, and teamwork.

Having our forces in Kuwait allows us to do our several missions even more effectively: to build friendships and partnerships with allied nations through our Theater Security Cooperation activities; to provide training, equipment, administrative and logistical support for U.S. Central Command and the commanders in Iraq and Afghanistan to accomplish their missions; and to be prepared to deploy and fight anywhere, anytime, within our AOR.

Because we live in an era of persistent conflict, we cannot afford to remain static in our approach to operations, now and in the future. Future exercises such as LUCKY WARRIOR and BRIGHT STAR will be crucial to our continued training readiness. They will ensure that we are working effectively within our own command structure and within the joint and combined arena. These exercises are essential aspects of our preparation for future operations, and they are important for our Department of Defense and international partners, as well.

Because of our backgrounds, Kimberly and I are well aware of the importance of Family. In addition to maintaining our focus on preparing Soldiers for what they must do, it is equally important that we prepare Families appro-

riately to support their Soldiers. We must ensure that our families have what they need, when they need it, and we need to ensure that our strong team in the field is backed by a strong team at home. The idea of "taking care" of people does not simply refer to providing for their basic needs, though. "Taking care" of people is a leadership function: it means preparing them to complete their assigned tasks. JMETL training must be done frequently.

To be successful, we must act as a team of teams. Teams accomplish so much more than individuals or groups of individuals. From home to headquarters and from Atlanta to Kuwait, we will all work together to stay focused on our priority tasks, to prepare people to perform their assigned missions, and to remain united in our efforts. We are in the unique situation of preparing for war anywhere at any time while actually being at war right now. Our mission requires that we maintain a common focus and shared goals, so please allow me to cover our main lines of effort for the coming years: we must continue to train for combat and prepare our Soldiers, we must take the lead in the U.S.'s responsible drawdown from Iraq, we must support CENTCOM's current efforts in Southwest Asia, we must continuously re-set the Army in support of DA requirements, and we must continue to train and retain the best Soldiers in the world.

Beyond these tasks, we must also complete the BRAC-mandated move to Shaw Air Force Base by mid-2011. Moving our headquarters and our Families to South Carolina is a point at which the Soldier and Family lines of effort will converge: it will effect everyone within the command and family team. We are going to put extra effort into planning and executing the BRAC move to ensure that it goes smoothly and has the least possible impact on our families.

This is a rather daunting set of missions, but working as a team we can accomplish all of them, and accomplish them well. I have always viewed myself as an "inclusive leader," and I do not believe that anyone, at any rank or grade, has cornered the market on good ideas. I encourage everyone on this team to take an active role in meeting our challenges today, tomorrow, and into the future. We are going to assess all issues, consider all approaches, and act together to accomplish our missions. Again, I would like to restate my pride in being a member of this command. It is great to be back in Third Army again, and I look forward to the exciting and challenging opportunities that await us in coming years. 

Patton's own!



USARCENT Surgeon's Office Message



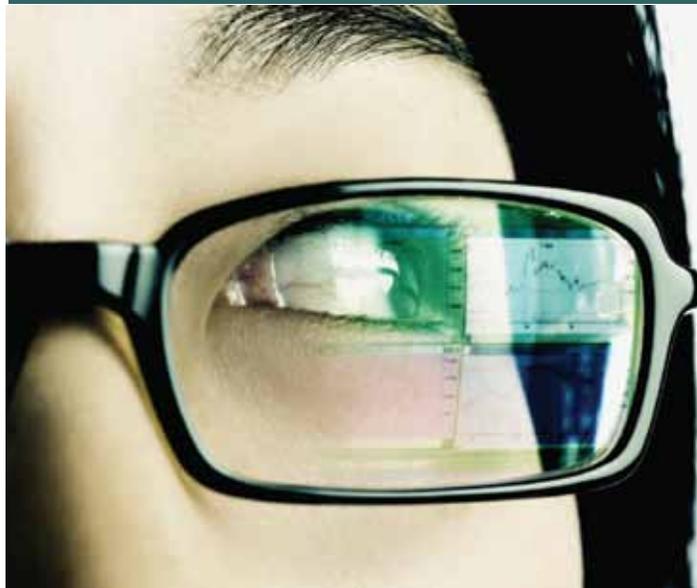
I am the Registered Dietitian in the U.S. Army Central Surgeon section. I arrived in late April from Fort Sam Houston, Texas where I was a nutrition instructor at the U.S. Army medical Department Center and School. The previous USARCENT RD, Lt. Col. Danny Jaghab, introduced the Fit to Fight campaign and encouraged everyone to "Go for Green" using the label guidelines in the dining facilities. I hope to continue this program, and like Lt. Col. Jaghab, I will also be available for individual appointments at the troop medical clinic. Also, group and unit classes will be by request. I plan to have equipment available in the coming months that calculates your metabolic rate and percent body fat using bioelectrical impedance and activity. My aim is for everyone to achieve their personal goals for weight loss, fitness and health in addition to meeting the Army Physical Fitness Test standards. Please let me know what I can do to assist you or your unit. Contact me at katey.e.schrumm@kuwait.swa.army.mil or call the TMC for an individual appointment.



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



DNRP Briefings



Knowledge is power. Prepare now!

To help employees prepare, the Garrison has arranged for special briefings on the DoD National Relocation Program. The briefings will be open to Garrison employees as well as those from Installation Management Command Southeast Region and to U.S. Army Central Command employees. DNRP is designed to assist eligible and authorized DoD civilian employees relocate from one duty station to another. Its primary benefit, known as Guaranteed Home Sale, offers an optional alternative to the PCS reimbursement process for those authorized employees who must sell their primary residences.

Don't miss this opportunity to get your news from the subject matter expert and ask questions on the spot.

May 27, 2009
Session I
9 - 11 a.m.
Session II
1:30 - 3:30 p.m.

May 28, 2009
One session only
9-11 a.m.

Fort McPherson
Post Theater
(Bldg. 183)

Knowledge is power.
Prepare now!

Newsflash for the oblivious ... It is hot here in Kuwait!

*Article by
Sheryl Kennedy
Force Health Protection Officer*

The temperatures have already passed the 100 degree mark for this year. Personnel stationed throughout Kuwait are at increased risk of heat injuries. It is vitally important that we know and understand heat related injuries.

This includes knowing the factors that contribute to heat injury, methods to adjust to the heat, the types of heat injury, how to identify them, what the heat categories are and how to use them.

Military personnel are often involved in strenuous physical activities where their bodies produce a lot of heat, especially in hot weather, so we are very prone to heat injury.

Heat injury ranges from mild; including heat rash, heat syncope, which is fainting or falling out due to heat, and heat cramps, to more serious and potentially life threatening such as heat exhaustion and heat stroke.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Symptoms of heat exhaustion include heavy sweating, paleness, muscle cramps weakness, dizziness, headache, nausea or vomiting and fainting.

Heat stroke is an acute condition that occurs when the body produces or absorbs more heat than it can dissipate. It is usually caused by prolonged exposure to high temperatures. The regulating mechanisms of the body eventually become overwhelmed and unable to effectively deal with the heat, causing the body temperature to climb uncontrollably. Symptoms can include nausea, vomiting, fatigue, weakness, headache, muscle cramping and dizziness. Some of the more prominent symptoms which more directly indicate heat stroke include a high body temperature

but no sweating, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion and disorientation and can result in seizure, coma, or brain damage.

Victims of heat stroke must receive immediate treatment to avoid permanent damage. Call emergency medical services immediately and start to cool the victim. Get the victim to a shady area, remove outer clothing, apply cool water to the skin, and fan the victim. If available, place ice packs under armpits and groin to cool the victim more quickly.

Although heat injury can occur in anyone, there is more risk with factors such as setting, personal characteristics, health conditions and medications. People who are not physically fit, overweight, not used to hot weather, those with an illness, skin rash or sunburn, and those with health conditions including heart disease, diabetes, or sickle cell trait are more prone to heat injury.

The best way to safely work in hot environments is to adequately climatize or get your body used to the

hot weather. Resting in the heat, with limited physical activity, results in only partial acclimatization.

Physical exercise in the heat is required to achieve the best heat acclimatization. About two weeks of daily heat exposure is needed to induce heat acclimatization. This requires a minimum daily exposure of about two hours combined with physical exertion that requires cardiovascular endurance rather than strength training, with gradual increases in intensity or duration each day until the required physical activity level for the setting or mission is reached.

Preventing heat injuries is a command responsibility and is accomplished through chain of command emphasis starting at the team leader through commander.

A little pre-planning now - including lots of water, work rest cycles, and building up your heat tolerance, will pay dividends this summer. Remember - training days can be rescheduled, but brain function is difficult to recoup! 



Courtesy Photo

Navy personnel monitor a wet bulb globe temperature device in Kuwait. The heat category is based on a reading from the wet bulb globe temperature which is a combined number used to estimate the effect of temperature, humidity and solar radiation, which gives a more complete heat stress picture.

USARCENT welcomes its new

Article and photos by
Sgt. Beth Lake
U.S. Army Central PAO

Lt. Gen. William G. Webster took command of U.S. Army Central May 4.

This will not be Webster's first assignment at the command.

Webster served as the deputy commanding general of USARCENT from 2002 through 2003 when the unit was designated the Combined Forces Land Component for Operation Iraqi Freedom and commented on how glad he was to be back with the unit.

"We are thrilled to be back with you in 'Patton's Own' Third Army," said Webster.

Webster also mentioned his future plans as the commander.

"We are glad to join a great team with great talent and potential," said Webster. "We will continue to build upon our strengths and meet all challenges to ensure that we remain ready to accomplish all our missions. We can accomplish anything if we stay focused on our missions; prepare Soldiers and Families for what they must do; and build and maintain the strong bonds of teamwork," said Webster.

Webster is a 34-year veteran of the Army who has commanded units at every level from platoon through division, and has twice commanded Army installations.

A native of Baton Rouge, La. his previous assignment was as the deputy commander of U.S. Northern Command and vice commander of the U.S. Element, North American Aerospace Defense Command, headquartered at Peterson Air Force Base in Colorado.

Webster's command will mark the end of USARCENT's 62-year tenure at Fort McPherson, G.a., as he transfers the headquarters to Shaw Air Force Base, S.C., in 2011 as part of the Base Realignment and Closure program. 

Webster assumes leadership of U.S. Army Central and Combined Forces Land Component Command



Lt. Gen. William G. Webster comes to USARCENT after serving as the deputy commander of U.S. Northern Command and vice commander of the U.S. Element, NORAD, headquartered at Peterson Air Force Base in Colorado.

Commanding General



(Pictured from left to right) Gens. George W. Casey Jr., Army Chief of Staff, David Petraeus, U.S. Central Command commanding general, Lt. Gens. James Lovelace, outgoing U.S. Army Central commanding general, and William Webster salute the colors at a change of command ceremony.

Webster follows Petraeus, off the stage, after taking command of U.S. Army Central. Webster's command will mark the end of U.S. Army Central's 62 years at Fort McPherson. During his command, Webster will transfer the headquarters to Shaw Air Force Base in Sumter, S.C.



U.S. Army Central

Logistics Support Group fills U.S. Customs need

Article by
Media Communications Specialist 3rd Class
Jorge Saucedo
Media Transit Team-Kuwait

When talking about the wars in Iraq and Afghanistan you really don't think too much about how and by what means the military personnel are coming home. Five years ago, the U.S. Navy took over the responsibilities of U.S. Customs and Department of Agriculture for military personnel leaving the combat zone to return back to the states.

U.S. Customs is a mission assigned to Navy Expeditionary Logistics Support Group which is a Navy Reserve Command.

According to NAVELSG, Reservists from 41 States, two territories and one foreign country joined together in September 2008 to serve as forward element INDIA. Such a mission requires a great deal of upfront training and commitment on the part of the Sailors. The Navy requires a 12-month commitment that includes over a month of in-processing and training in Williamsburg, Va., plus boots on ground time conducting the mission. NAVELSG Forward INDIA is comprised of Navy Reservists from many different reserve units who do not regularly work together. The billets are opened to any of the Navy's rates and require a range of ranks from lower enlisted to officers.

After the initial training is complete, they are certified as Custom Border Clearance Agents. In theater they work 12-hour shifts, which consist of searching carry-on baggage, stored baggage, searching flight occupants, or standing guard.

Customs processes approximately 5,000-8,000 personnel a week who are en-route to the United States and ensure that no agricultural products or restricted items pass through.

"Our Sailors here take their job serious and take pride in being a part of this organization," said Master-At-Arms Chief Lawrence Czarnowski, Senior Enlisted Leader of Bravo Company and a native of Michigan.

When first going through customs, servicemembers receive a brief on what they can and cannot take home with them and amnesty procedures for items they wish to discard before their bags are inspected. After that, they get searched and their baggage goes through x-rays to look for any unauthorized metal objects like ammunition or weapon magazines. To ensure a thorough examination, bags get hand searched by Navy personnel for any unauthorized objects that the x-ray does not pick up. Servicemembers are quarantined and not allowed to leave the facility until their bus arrives to take them to the airport for their flight.

After every chalk a group en-route to the United States, the amnesty items are recorded on file then disposed of within military regulations. The amnesty items are belongings that are unauthorized to transport back to the U.S.

Despite the strict discipline Navy Customs must enforce as part of their duties, Sailors attached to the unit feel their role in a servicemember's transition stateside is important.

"The most rewarding thing about being a part of Navy Customs is knowing we, as a whole, are the last faces these servicemembers see prior to returning home," said Master-At-Arm 1st Class Jamie Lewandowski.

The Navy has been playing a huge role in the War on Terrorism and Customs is one of the most important parts. 



Storekeeper 1st Class Romon McCord, a Atlanta native, scans for any concealed metal during U.S. Custom procedures. McCord is part of Customs Bravo Company, which is in charge of all military personnel who are going home from Kuwait, Iraq and Afghanistan.

Personal trainers give extra push in physical training



Tee "Skinny Man" Meyers, one of the trainers at the Zone 1 fitness tent, walks Navy Lt. Wendyaline Philip-Cyprien, Emergency Medical Facility-Kuwait, through a series of exercises to target her legs and core. The Jacksonville, Fla. Native works out with Meyers four days a week.

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

Most branches of service promote fitness by conducting daily unit physical training and offering free workout facilities at each duty station for those who want to exercise on their own. Servicemembers deployed to Camp Arifjan, Kuwait have the option of taking an extra step in maintaining a healthy lifestyle by using the personal training services offered on base, and depending on their preferences, they have a few options in how they utilize these services. "At the Annex, we don't have a one-on-one client trainer program," said Renee Sage, Morale Welfare and Recreation supervisor for the Annex fitness tent in Zone 1. "We have a certified personal trainer and

he is out on the floor pretty much his whole shift and he is there to assist anyone authorized to use the facility with their training needs." A photo of the trainer on duty is displayed on an easel for clients to see when they walk into the Annex tent. This is done so that clients can know who to speak to if they need assistance with the equipment or if they have any questions about an exercise program.

At the Zone 6 and Zone 1 fitness centers, clients can sign up to receive one-on-one, individualized training with one of the personal trainers on staff.

The personal training program is fairly new to Camp Arifjan. It was implemented in early May 2008 and is gaining popularity with many of the servicemembers who are looking to add variety or a new challenge to their physical training needs.

Navy Lt. Wendyaline Philip-Cyprien, Emergency Medical Facility-Kuwait, began using the personal training in March and has already noticed improvements in her body while working towards her goal.

"I needed to build muscle strength," said Cyprien. "I can do a lot of cardio, but I had absolutely no strength and I am trying to tone down



a little. My hips are down three inches already."

Cyprien works out every day, but four days of those days she works with Tee "Skinny man" Meyers, at the Zone 1 fitness tent for an extra push and to work on proper form.

Those who are interested in utilizing personal training services can visit or call any of the gyms on Camp Arifjan.

All trainers are certified through the International Sports Sciences Association, and come from a variety of backgrounds and experiences to help meet their client's individual needs. **A**



What you should know about the ADO Program

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

Active duty, Reserve and National Guard Soldiers, who are deployed or deployed on Temporary Change of Station orders, serving in support of Operations Iraqi and Enduring Freedom, are authorized to order select clothing bag items through the Army Direct Ordering program, at no charge to the individual Soldier.

Soldiers on temporary duty or permanent change of station orders to Kuwait, or anywhere else in the area of responsibility, are not eligible to receive items from the ADO program.

ADO is an online system that Soldiers can use toward purchasing military items such as Flame Resistant Army Combat Uniforms, tan boots, boot socks, patrol caps, improved physical fitness uniform attire and other approved gear listed within the Military Personnel Appropriation accounts and the

Organizational Clothing and Individual Equipment program. A Soldier is required to turn in the damaged or worn items in order to place an order from the ADO program.

Each unit will be given a designated amount of funds for its Soldiers to make these purchases.

The amount typically allotted for each Soldier can range from \$85-\$123 per month. It will fall upon the commander of each unit to decide the amount and time frames that Soldiers can make their purchases.

There are some stipulations that all units are required to follow when ordering, since ADO can only be used while in theater.

“Soldiers can use ADO 30 days after entering theater and 30 days prior to redeployment,” said Master Sgt. Derrick Smith, G-4, U.S. Army Central.

The ADO program is an ongoing program for deployed Soldiers; however, it is important for commanders to ensure that their troops do not abuse the program and to order items in situations that combat loss or wear and tear has occurred to Army issued items.

“A big problem that we’ve been seeing is that people order



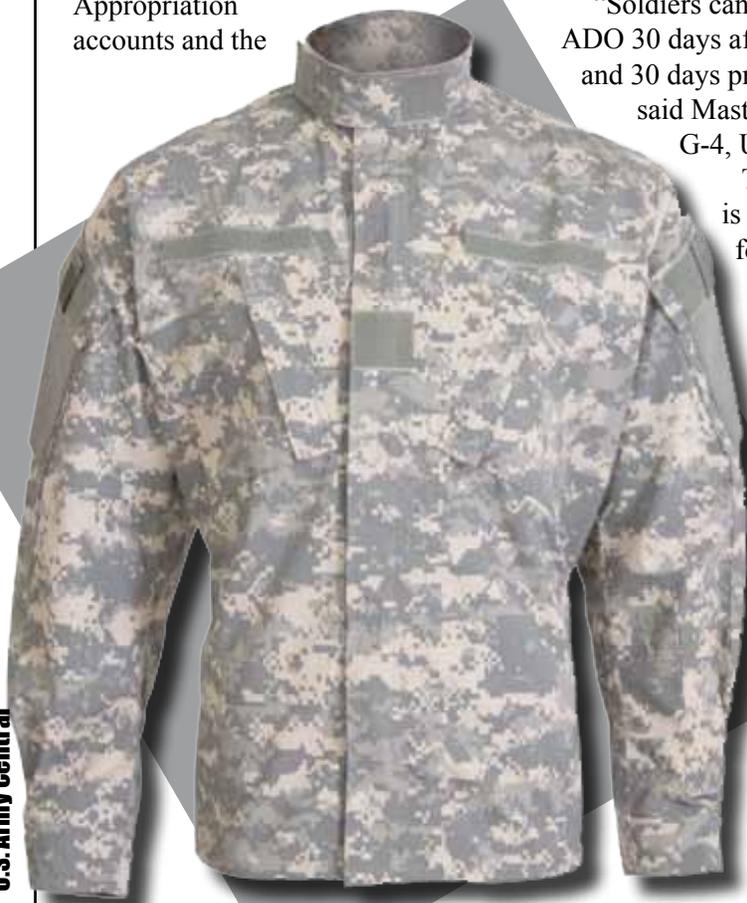
because they see an item [on ADO] and they feel that because it’s there they can order it,” said Smith, who is one of the managers of the program. “That is an abuse of the program. The program is designed and intended for sustainment, when you wear out that uniform, it allows you to go in and order another uniform.”

Commanders are responsible for the proper administering of the ADO program.

The ADO program is backed by the Department of the Army as an added benefit to deployed Soldiers.

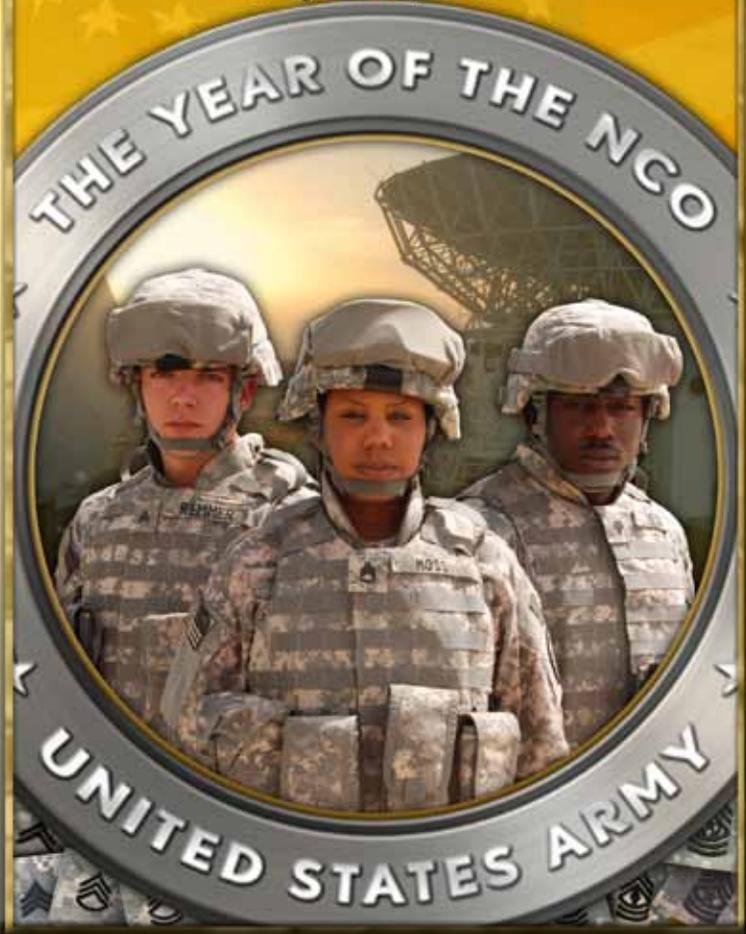
“The program is here to help the Soldiers,” said Smith “And it is up to the Soldiers to protect the program.”

Soldiers and unit supply sergeants can access ADO by going to <https://www.army.kyloc.com> 



U.S. Army Central

**2009 SWA/Kuwait
Signal Regimental Week
May 12-15, 2009**



NCO Spotlight:

Sgt. 1st Class Quetittia Ellis
NCOIC, 1st TSC G-6 FWD



"Hope is not a plan of action. Don't hope on something to better yourself, just make it happen."

Sgt. 1st Class Ellis joined the Army in 1993 for the adventure, challenges and to become self-sufficient. Her goal has always been to achieve more rank. The Augusta, Ga. native said her ultimate goal is to become a sergeant major. She has been a Retention NCO, Equal Opportunity representative and drill sergeant. She said she likes to mentor, train and educate her Soldiers and always promotes education.

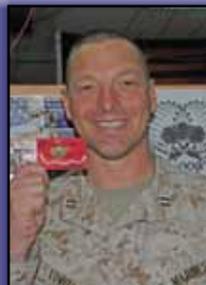
Just One Question ...

"Which of your military core values is most important to you?"



"Personal Courage because you have to want to do something in order to do it."

Sgt. Mayra Turcios
Squad Leader
539th Transportation Co.
Miami



"Commitment, because the Corps is the Marines, and the Marines make the Marine Corps."

Capt. Jason Lovell
SYSCOM LNO
MARCENT
Glendive, Mont.



"Integrity. It's the only thing that nobody can take from you, except yourself."

Pfc. Tory Amundson
Truck Driver
539th Transportation Co.
Culbertson, Mont.



"Integrity because doing what you know is right is not necessarily what's easiest or best for you personally."

Maj. Troy Descheneau
10th Mountain Div.
621st Contingency Ops Support Group
Manchester, N.Y.



"There isn't one that is more important than the others. They're all in place for a reason."

Senior Chief PO Bentham Kline
Warrior Transition Program
Norfolk Naval Brigade
Portsmouth, Va.

What's happening around USARCENT

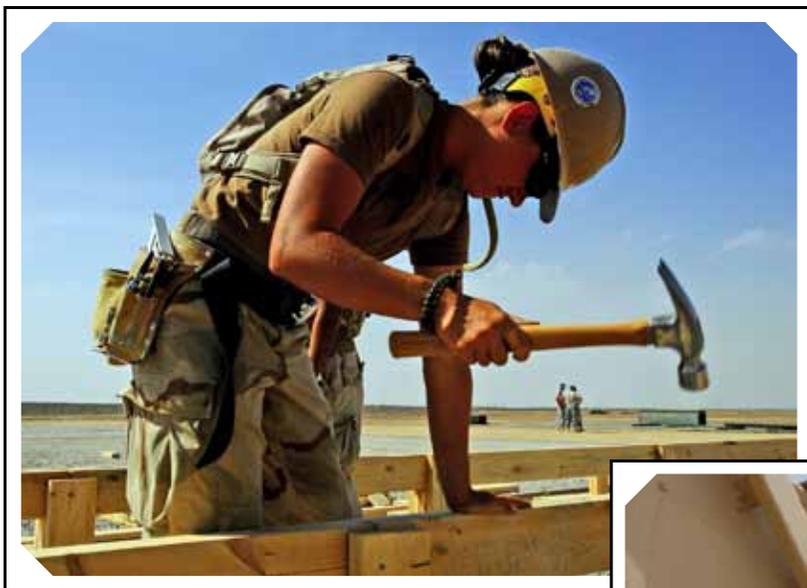


Photo by MC3 Jeffrey R. Militzer

Building Afghanistan!

Builder 3rd Class Amy Higgins, a crewmember from Naval Mobile Construction Battalion 11 Air Detachment Afghanistan, finishes pounding a nail into the floor beam of a Southwest Asia Hut at Kandahar Airfield, Afghanistan. NMCB 11's Air Detachment is on a six-month deployment to Afghanistan in support of Operation Enduring Freedom.

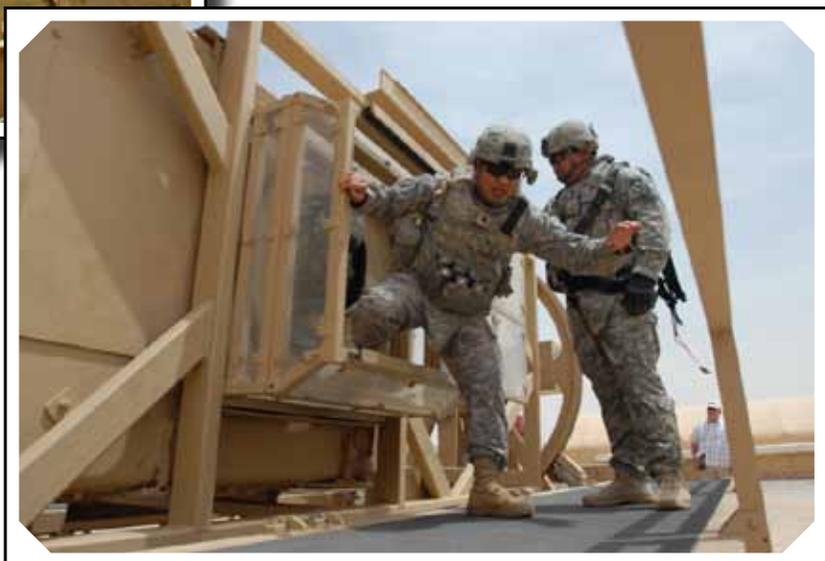


Photo by Staff Sgt. Crystal Carpenito

MRAP Training

Sgt. Diosdado Rongcal, 1st Squadron 299th Cavalry, exits the gunners mount of a Mine Resistant Ambush Protected Egress Trainer that sits on its side after a simulated rollover at Camp Beuhring, Kuwait, April 23.

Uniform Code of Military Justice

In *U.S. v. Montanez, the accused, Spc. Cristian Montanez, San Antonio, of 2-43 ADA, stole more than \$20,000 from his roommate at Al Udeid Air Base, Qatar. Montanez stole his roommate's Eagle Cash card and transferred \$350 per transaction from the bank account linked to his roommate's card to his own Eagle Cash card. Altogether, Montanez transferred money from his roommate's account to his own account more than 70 times. When he was caught, Montanez lied to Military Police investigators about the reason for stealing the money. He initially told police he needed \$19,000 for his daughter's surgery, but was actually spending most of the money in Qatar on various items. Montanez pleaded guilty at a general court-martial to one specification of violating UCMJ Article 80 for attempted larceny for the times his roommate's account was overdrawn and the larceny could not be completed, ten specifications of UCMJ Article 121 for the completed larcenies, and one specification of UCMJ Article 107 for lying to investigators. The military judge sentenced him to reduction to E-1, forfeiture of all pay and allowances, confinement for three years, and a bad conduct discharge.*