

DDV The Desert Voice

United States Army Central

June 3, 2009

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



Testing Soldier skills



H1N1 Awareness

A new enemy has appeared that servicemembers need to be aware of and protect themselves against; the H1N1 flu.



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

We have seen stories in the news of the flu spreading throughout the U.S. and the world, with new cases being reported daily; we need to make sure that we are doing everything in our power to combat this new enemy here in Kuwait. We routinely do safety checks against possible enemies, but, before recently, we have not accounted for this enemy.

Health care professionals are alarmed at how quickly the flu is spreading, indicating that it has a blast radius of about six feet.

There are measures that we can do each day to prevent the spread of this infection and protect our forces from an outbreak.

The biggest thing to do when you feel sick, is to get yourself checked out. Stop trying to diagnose yourself if you're not a doctor. If you feel sick, let a professional determine how serious your cold is, don't think you have to "tough it out."

Leaders need to ensure that if they see one of their Soldiers showing signs of being sick, they do the right thing and have that person go to the medical clinic and get checked out. Just like we watch out for heat injuries and ask our Soldiers if they have symptoms, we need to be engaged in asking our Soldiers if they have any flu like symptoms.

We servicemembers are built to fight through anything and always be tough, but with this new flu strain, we have to be smart and ensure we are screening those who show signs or symptoms; we have to grow beyond thinking we are invincible and accept that we could become sick and, in turn, infect others.

This is especially important in high populated areas, such as the transient areas, where servicemembers are in direct contact with other servicemembers all the time.

Servicemembers who are in these locations are traveling to and from the states, and into Iraq and Afghanistan; because of this, it's imperative that they take all the necessary precautions to ensure good health and that they are taking the appropriate steps to stop the spread of infection.

Though training and mission don't stop, we need to ensure that we are not harming

the mission and our servicemembers further by not acting when we see someone display signs of illness.

In barracks and tents where there is a high volume of servicemembers living in a centralized location, it's important to consider sleeping arrangements and spacing. Ensure that we have the proper space between bunks or cots; again health care providers are saying six feet is a safe distance. In addition, have the bunks or cots face opposite directions so that people are sleeping head to toe to help prevent someone coughing in another servicemembers face while sleeping.

It goes without saying that if you do cough or sneeze, cover your mouth and nose so not to allow the germs to become airborne. In addition, make sure if you do sneeze or cough, it's into your sleeve or handkerchief, as opposed to your hands because you are less likely to pass germs on to someone else before you wash or sanitize your hands. This of course is the same with washing your hands after using a latrine or before eating, it's basic health safety practices that we need to do every day.

We as Soldiers always make the best possible plans for mission success, but we know the enemy always has its own agenda; well this enemy is no different.

Let's ensure we are doing the small things every day to prevent the spread of this infection, while we watch out for and take care of our fellow brothers and sisters. **A**

Patton's Own!

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Sgt. David Leakey, 45th Sustainment Brigade, concentrates during the land navigation Warrior Training Task of the 1TSC NCO/SOY competition, May 13. For the full story see page 14. (Photo by Staff Sgt. Anthony Taylor)

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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The Desert Voice



Eat less, exercise more



Article by
Capt. Kate Schrumm
USARCENT Surgeon's Office

If the basic premise of weight loss is “eat less, exercise more,” how much less do you have to eat and how much more do you have to exercise?

Provided is a list of activities and the calories that an average 170 pound individual would burn during 30 minutes of an activity.

If you weigh more, you burn slightly more. If you weigh less, then it would be slightly fewer calories.

I have also included a food equivalent to the calories you burn so the next time you are reaching for a calorie dense snack or an extra serving of food, think about how hard you pushed during your workout.

Often people underestimate the calories they are eating and overestimate what they are burning. Remember that cutting 500 calories per day, through either food intake or exercise, will help you lose about 1 pound per week.

The current recommendation for exercise is 30 minutes a day for chronic disease prevention, 60 minutes to maintain

Activity (30 minutes)	Calories	Food equivalent
Running/jogging @ 6.0 mph = 10 min/mile	386 kcal	Starbucks Grande White Mocha (2% milk, no whipped cream)
Running/jogging @ 8.6 mph = 7 min/mile	541 kcal	2 slices Pizza Hut Pepperoni pizza
Biking @ 14-15.9 mph	386 kcal	1 slice German chocolate cake with vanilla frosting
Swimming laps (freestyle – slow/moderate effort)	270 kcal	1 container Raisin Bran Crunch
Weight lifting (free weight, nautilus or universal-type), power lifting or body building	232 kcal	1 Soft Beef TACO SUPREME®
- Vigorous effort	116 kcal	1 cup Orange juice
- Light or moderate effort		
Step aerobics	193 kcal	1/3 cup Shredded Cheddar Cheese
Walking @ 3.0 mph = 20 min/mile	128 kcal	16 oz. Gatorade
Racquetball	270 kcal	4 oz. (1/2 cup) scoop of Cookies and Cream Ice cream
Volleyball (6-9 person teams)	155 kcal	12 oz. Regular Coke

weight loss and 90 minutes to lose weight.

Keep in mind that this can be broken up throughout the day. Things like walking to work or to do errands can be included in this total and are a great way to burn calories and improve your cardiovascular fitness. **A**

As leaders, we've come to realize that “battle buddies” are a key factor in keeping Soldiers safe on the battlefield. They provide each other with an extra set of eyes and ears and, sometimes, a much needed sanity check.

On the home front, a Soldier's “battle buddy” is often his or her family. Family members are frequently the front line of defense when it comes to affecting a Soldier's decision making process or reaction to a particular situation; and just as engaged leadership has made a difference in Soldier's safety on-duty, engaged Families can have that same impact in our Soldiers' off-duty safety as well.

I ask each of you to be that home front “battle buddy” and help the Army take better care of your Soldier. Family members are also each other's “battle buddies” when their spouses are deployed. Watch over each other and recognize when to step in or to ask for help. Soldiers can better do their jobs when they know their Families are safe back home.



With your help we can better protect our Nation's most valued assets – our Soldiers and their Family members. This kit has simple, yet effective, “how to” instructions combined with other useful aids to help you take care of all our Soldiers which can be found at the below link. If you have any questions, please contact your local Safety Office. Army Safe is Army Strong! **A**

WILLIAM T. WOLF
Brigadier General, USA
Commanding General
U.S. Army Combat Readiness/Safety Center

<https://safety.army.mil/CAMPAIGNSINITIATIVES/FamilyEngagementKit2009/tabid/720/Default.aspx>

Chaplains make strong impact

Article by
MAJ Thomas Veale
U.S. Army Central Command

In the late afternoon of May 7, Peggy Beisner from the Office of the Commanding General, Third Army/U.S. Army Central in Atlanta, received an unusual call from a healthcare provider at a Behavioral Health Clinic in the continental U.S. The caller stated he had a Soldier on the telephone, a native of his area, who was serving on a Forward Operating Base in Afghanistan and was thinking of hurting himself. The provider informed Beisner that he would keep the Soldier on the phone, enabling the USARCENT Chaplain's staff to find someone in Afghanistan to locate and help the Soldier.

Beisner forwarded the call to Chaplain (Lt. Col.) Jonathan McGraw of the USARCENT Chaplain's Office, who asked the healthcare provider for 10 minutes to make contact with Afghanistan and call him back. Two staff chaplains then went into action: Chaplain (Maj.) Jonathan Landon immediately headed to the Command Operations and Intelligence Center within USARCENT Headquarters, where he obtained various numbers for Coalition Joint Task Force 101 in Afghanistan. Simultaneously, Chaplain (Lt. Col.) William Sheffield began calling CJTF-101 contact numbers.

With time at a premium, Sheffield was able to reach a senior NCO in the CJTF-101 Chaplain's Office in

Afghanistan. Sheffield provided this NCO with the details of the situation and contact numbers for the CONUS Behavioral Health Clinic. The NCO agreed to find the Soldier and call back. The USARCENT chaplains then called the healthcare provider and informed him that he could expect a call from Afghanistan at any moment. Before the conversation was over, the call from Afghanistan was coming through to the CONUS clinic's office. The entire notification and connection process, with telephone calls spanning from Afghanistan to two different CONUS locations, took approximately 10 minutes to complete.

Once the TF Chaplain's Office and the CONUS healthcare provider were in direct contact, it took only 15 minutes to find the Soldier, secure his weapon and get him in the care of his Unit Ministry Team. From there, the Soldier was referred to Behavioral Health for evaluation and treatment, and a potential tragedy was averted. The entire incident, from first contact to resolution, highlights the impressive span of USARCENT's operations and the excellent initiative of the staff and all Army leaders. Above all, it demonstrates the outstanding leadership and care for Soldiers that are the hallmark of a winning organization.

"Actions like these really emphasize our focus on Mission, People, and Teamwork here," said Lt. Gen. William G. Webster, commanding general of Third Army/USARCENT. Webster continued, "The Unit Ministry Teams and the outstanding counselors at Behavioral Health knew their mission and focused on it, they took care of our Soldier, and they did it as a single team. Despite the fact that they were halfway around the world from each other, these professionals acted as one to complete the mission and save a Soldier."

Beisner, McGraw, Landon, Sheffield, the Ministry Team NCO in Afghanistan and the healthcare professional are all being recognized by Webster for their exceptional actions and judgment, in keeping with the traditions of "Patton's Own" Third Army. 



Photo by Mass Communications Specialist 2nd Class Jorge Saucedo

Air Force Chaplain (Capt.) Larry Fowler, 586th Air Expeditionary Group, Air Force Central, leads servicemembers in a prayer before the group depart from the Navy Customs Facility for their Rest and Relaxation Leave May 27. AFCENT works directly with U.S. Army Central on a daily basis to ensure all servicemembers traveling through the AOR receive a chaplain brief and the opportunity to speak with a chaplain one-on-one if desired.

NCO battle staff course 14-09 graduates

Article and photos by
Staff Sgt. Anthony Taylor
U.S. ARCENT Public Affairs

The battle staff noncommissioned officer course 14-09 was the first group of NCOs to graduate from the video tele-training course here on Camp Arifjan, Kuwait, May 22.

“According to Command Sgt. Maj. [John] Fourhman, he has been in need of officers, mainly battle staff officers, so senior NCOs will be filling in those positions,” said Master Sgt. Mario Hernandez, senior trainer for the resident battle staff course at Fort Bliss, Texas.

The two phase course teaches NCOs how to operate on a staff that is currently in a wartime situation and in garrison operations.

“[Lt. Gen.] Lovelace was the lead push on getting this course approved in [Kuwait], because so many junior Soldiers that are operating on this staff need the training and need to be aware of what their responsibility is and exactly what the staff functions are,” said Master Sgt. Shavetta Wallace, 4th Sustainment Brigade. “But the person who really put everything together and has been with this since the beginning is Sgt. Maj. Joseph L. Hawbecker.”

After gaining approval in January, Hawbecker, G-3, U.S. Army Central, was responsible for making the course come to life. He was challenged with preparing all of the logistical arrangements such as requesting the maps, the materials for the students, a location for the course, identifying who has completed phase one and finalizing the work in order to begin the course.

One of the challenges faced for the new course was the time factor. The VTT course was being received from Fort Bliss, which arranged the class to operate from 1645 to 0300 in Kuwait.

“Some say that it should be easy because it’s reverse cycle training, but this is in a [class] learning environment, and that’s different,” said



Battle Staff Noncommissioned Officer Course 14-09 class members pose for a photo after their graduation on Camp Arifjan, Kuwait, May 22. The class was the first Battle staff NCO video tele-teaching course in a combat zone.

Wallace.

Another challenge that resulted from the time factor were the meals. The students ate lunch at 2000, which was the same time that the dining facility closed, so the instructors left for the dining facility around 1930 to pick up the meals and bring them back to the academy where the students would have lunch.

According to the instructors and students, other than the time, and the initial adjustment to the VTT, there seemed to be no other significant challenges for the first battle staff class. Wallace mentioned that since this course began, they have already received requests for future courses

from units in Iraq.

All of the graduating students of BSNCO 14-09 walked away with a better understanding of an officer’s role in garrison operations and have gained the vital skills to step up and take the lead in a wartime situation.

“I enjoyed it and think the instruction was great,” said Master Sgt. Daniel Gales, battle staff class leader, USARCENT. “Before BSNCO 14-09 came along, officers did the military decision making process when they received the order, but now they teach the NCOs how to track the battle on the battlefield and make the plans and orders, and do what the officers have been doing.” **A**



The attendees of the BSNCO 14-09 graduation rise for The National Anthem during the graduation ceremony at the Zone 1 theater on Camp Arifjan, Kuwait.

61st Chemical Company educates



Spc. Giovanni Rodriguez, Chemical Biological Radiological Nuclear specialist and Hialeah Gardens, Fla. native, assists a member of the Kuwaiti Weapons of Mass Destruction Directorate to remove his encapsulated level "A" chemical suit. The Kuwaiti servicemember completed a simulated reconnaissance of a suspicious chemical laboratory.

*Article and photos by
Sgt. Michael Knight
USARCENT Public Affairs*

Kuwait's Weapons of Mass Destruction Directorate military force simulated a full response to a chemical, biological, radiological and nuclear threat May 27.

The exercise was witnessed by a variety of VIP guests to include the WMD Directorate commanding general, the Kuwaiti 94th Mubarak Brigade Chemical Company commander, and members of the French WMD forces.

The 61st Chemical Company, Area Support Group-Kuwait, Soldiers spent

three days teaching members of the Kuwaiti force on CBRN response techniques. A drill was held on the fourth day, which tested practical application of everything learned by the Kuwaitis, who were required to act with minimal supervision by the Soldiers.

The event consisted of two main elements, decontamination of vehicles at a neutral fixed location and dismantled reconnaissance of a suspicious chemical laboratory.

The vehicle decontamination utilized a device called the Falcon, which is a trailer with two containers. One container is filled with a special decontamination chemical and the other filled with water. They are combined during the spray down to sanitize the vehicles.

The Falcon is fairly new to the U.S. military and has advantages as well as shortcomings when compared to the older decontamination vehicle, called a tanker pump unit.

"[With] the two-hose system, the reach of the hoses and the height of the mounted hose are some of the major advantages over the current TPU," said Capt. Denise R. Little, 61st Chemical Company commander.

Some of the disadvantages, according to 1st Lt. Micah A. Walker, executive officer, 61st Chemical Company, are the Falcon's lack of armor and the nontactical capabilities. These limit the type of environments the vehicle can be utilized.

The "contaminated" vehicles were systematically guided through a four step distillation line.

"In a real world situation, we would decontaminate the vehicles, get the troops rest and maybe a shower, so that they can get back into their vehicles and continue their mission," said Spc. Jamie Ryan, CBRN specialist, and native of Cleveland, Ohio.

The second part of the scenario was a dismantled reconnaissance for toxic industrial materials. This mission

Kuwaiti forces on WMD reaction



U.S. Soldiers, Spcs. Giovanni Rodriguez, left, and James Seymour, CBRN specialist, explain the contents of chemical detection and sampling kits to members of the Kuwaiti WMD Directorate.

called for a coordinated effort of at least two teams and a command post.

The first team did an initial sweep of an artificial secret laboratory containing unknown chemicals. The team's, dressed in fully encapsulated level "A" chemical suits, main objective was to thoroughly search the facility in an attempt to locate the potentially dangerous unknown substances. During the sweep, they relayed their findings to the command

"The main challenge for us was getting through the language barrier. They executed this scenario really well."

Sgt. Samantha Gibson
Reconnaissance Platoon Squad Leader
61st Chemical Company

post and after exiting the facility, briefed the sampling team.

The sampling team's job is to go directly for the suspected substance and retrieve a sample for identification.

The final step, as each team exits the contaminated facility, was to be neutralized utilizing a personnel decontamination shower.

"The Kuwaitis learned a lot in a short period of time," said Sgt. Samantha Gibson, reconnaissance platoon squad leader, 61st Chemical Company. "The main challenge for us was getting through the language barrier. They executed this scenario really well," said the Moundville, W.V. native.

This is not the first coalition exercise for the 61st Chemical

Company. The unit rotates training evolutions between the Kuwaiti Directorate and Kuwaiti National Guard almost monthly and is beneficial to both the Kuwaitis and U.S. Soldiers.

"The Kuwaiti forces get quality training," said 1st Sgt. Kyle R. Brinkman, 61st Chemical Company. "And it is a confidence builder for our junior soldiers and noncommissioned officers."

According to Little, these types of bilateral training exercises also help to build better cohesion with coalition forces.

"We are better prepared for any future real world missions that could potentially overlap between the U.S. and Kuwaiti forces," said Brinkman. **A**

Humanitarian aid to Pakistan

Article and photo by
Staff Sgt. Anthony Taylor
U.S. ARCENT Public Affairs

In response to requests for support from the Pakistani government, the U.S. Department of Defense has arranged for immediate delivery of humanitarian aid to Pakistan that included approximately 120,000 pre-packaged Halal meals, which are prepared to accommodate the religious dietary needs of the region, air-conditioned tents and large capacity water trailers.

U.S. Army Central, in coordination with 1st Theater Sustainment Command, received the mission to procure and prepare the meals and tents for shipment to Pakistan. The aid was received through the Central Receiving and Shipping Point by the Installation Transportation Office.

The mission at the CRSP was to prepare the aid on pallets for shipment, the documentation to route and track the supplies, and conduct the physical loading of the supplies onto flatbed

trucks.

The air-force was responsible for loading and transporting the humanitarian supplies on a C-17 Globemaster III.

“This is just a perfect example of when you combine transportation and logistics together, it makes the process of shipping cargo a lot easier,” said Sgt. 1st Class Gary Brown, ITO noncommissioned officer in charge.

The aid is aimed at helping the estimated 1.7 million displaced Pakistani citizens in the country’s northwestern provinces.

The initial response was conducted based on the Secretary of Defense and Secretary of State’s coordinated efforts to respond, as directed by President Obama, to the humanitarian crisis that is ongoing in Pakistan.

“Lt. Gen. Nadeem Ahmad, [from the Pakistan army] has been placed in charge of the Pakistan response,” said Brig. Gen. Peter Lennon, director of U.S. Central Command Deployment Distribution Operations Center.

“Lt. Gen. Nadeem is assessing

the situation and determining the amount of relief that is required. We’re working in support of him as directed by chief, Office of the Defense Representative, Pakistan, Rear Admiral Michael LeFever.”

According to Lennon, LeFever and Nadeem have a historic relationship. They worked together in response to the 2005 earthquake in Pakistan.

“They have a mutual respect there and they will work hand-in-hand to determine how the U.S. can best support the needs of the Pakistani people,” said Lennon.

The aid reached out to displaced persons in the Swat, Buner and Dir districts of northwest Pakistan, as well as those displaced by earlier conflicts in Bajaur and Mohmand.

“I think it’s great because it gives us an opportunity to show what we can do as transporters and logisticians,” said Brown. “To be able to support a humanitarian mission is very rare for myself and for my Soldiers.” 



Photo by Mass Communications Specialist 2nd Class Jorge Saucedo

Members of the 816th Expeditionary Airlift Squadron load humanitarian supplies into a C-17 Globemaster III. The supplies were sent to the citizens displaced from their homes in northwest Pakistan. 120,000 meals along with additional aid for the Pakistan humanitarian assistance mission was put together by U.S. Central Command, May 20.

Dalmatian offers alternate medicine



Commanding Officer Capt. E.C. Wagner, Expeditionary Medical Facility-Kuwait, reads a letter of appreciation to Jessie P. Ruiz II, civilian attire, the owner of Rusty the "Therapy Dog," during Rusty's dedication ceremony at Camp Arifjan, Kuwait, May 28.

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

The Expeditionary Medical Facility-Kuwait held a dedication ceremony in honor of Rusty the Therapy Dog on Camp Arifjan, Kuwait, May 28.

The Quarterdeck of the hospital was dedicated to Rusty as a way to thank him and his owner, Jessie P. Ruiz II, for their dedicated service in helping foster the well being of the hospital's patients and building the staff's



A Staff member at the EMF-K greets Rusty, the hospital's therapy dog.

morale.

Since the spring of 2008, the Dalmatian has visited the EMF-K on Camp Arifjan an average of three days a week, making his rounds to the patients in the waiting rooms, hospital wards and mental health.

"Usually [the patients] just hang out with him and pet him a little bit or he'll climb on the bed and take a nap with them," said Cmdr. Christopher Westbrook, EMF-K, "He really tends to gravitate to people in the most distress."

Lt. Darcy Sowards, staff psychologist, recalled a moment where she had to tend to a distressed patient and left Rusty behind the desk in the emergency room; yet somehow, Rusty was able to sense there was something wrong.

"I started talking to the patient while behind the curtain and she started crying," said Sowards. "Then all of a sudden, Rusty came and popped his head around the curtain and then he came up next to the bed, she was crying, and petting him, and then she calmed down."

Sowards has also found Rusty to be helpful in dealing with a variety of

other patient situations.

"I bring him into some of my therapy sessions and people open up a lot more and talk when he climbs up on their lap," said Sowards. "He relaxes people and brings down that stigma of mental health."

Patients are given the option to have Rusty visit them or not, but overall he has been well received.

"They just love him," said Sowards. "I have never had a patient ever say 'no, I don't want him in here,' In fact, I have patients who request he visit them regularly over several weeks."

Ruiz expressed that both he and Rusty get a lot out of providing this service to the troops.

"I'm proud of what he does," said Ruiz. "He's an attention getter. I bring him here three days a week and if I could do it more often I would."

In the time that Rusty has served at the hospital, he has proven to be a welcomed remedy for both the patients and the staff.

"He's fabulous," said Sowards. "He makes all the patients real happy and he makes the staff real happy too." 

Signal NCOIC prepares for Drill Sgt. Candidate School

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

Sgt. 1st Class Giselle Allen joined the Army Reserves in 1993 looking for an adventure and to do something different with her life.

Allen quickly found she enjoyed the military and decided to join full-time.

During her stint in the Army, she has always looked for opportunities to progress in rank and grow in the different positions she has held; her most recent role being the noncommissioned officer in charge of the 160th Signal Brigade public affairs office.

With her continued interest in growing, leading and giving back to Soldiers, Allen has decided to pursue a new challenge, to become a drill sergeant.

“I always had an interest in being a [drill sergeant],” said Allen. “I think that it will make me a better Soldier, a better leader and NCO.”

During her deployment to Kuwait, Allen called her branch manager and expressed an interest in becoming a drill sergeant. Soon after the conversation, she received a phone call with news that she was picked up for Drill Sergeant Candidate School

and would start in September.

Allen has already started preparing herself physically and mentally for the nine-weeks of training she will have to endure to earn the title of drill sergeant.

“I’ve downloaded all of the modules, I’ve been reciting them and trying to learn the different positions,” said Allen. “I want to go there with five good modules in my head because it’s a lot of information.”

For the physical part of her job, she has been working on her personal physical training, participated in numerous ruck marches with her company and practices the new standardized PT that is taught in basic training.

Teaching and leading is nothing new to Allen. She has held the role of an instructor at the Defense Information School located on Fort Meade, Md., where she gained experience teaching new Soldiers in



Courtesy photos
Sgt. 1st Class Giselle Allen receives a refresher course on Modern Army Combatives while deployed to Camp Arifjan, Kuwait. Allen will attend Drill Sergeant Candidate School in September.

their advanced individual training.

“It was very rewarding to see them grow from not knowing their job and me teaching them from scratch,” said Allen. “I think it will be even more rewarding to see them not even knowing how to be a Soldier, and for me to have a hand in transitioning them from being a civilian to Soldier.”

Should Allen make it through drill sergeant candidate training, Allen says she looks forward to teaching basic trainees the tactical knowledge needed to be a war fighter.

“Nine times out of ten, they are going to war right after they finish their AIT, so I am taking this assignment very serious.”

Staff Sgt. Terrence Daniels, Multimedia NCO, 160th Signal Battalion, is currently one of Allen’s Soldiers. Daniels expressed that Allen has been a great boss and he is confident she will do all she can to ensure the new Soldiers are successful.

“I look forward to the types of Soldiers that come from sergeant Allen’s tutelage,” said Daniels. “I think they’re going to be disciplined, I think they are going to be focused as far as the job and I think they’re going to be excited about the military.” **A**



Allen clears a weapon malfunction during her semi-annual range qualification on Udari Range, Kuwait, a skill she will be responsible for teaching new recruits in basic training.

Drill tests LSA's emergency readiness

Article and photo by
Mass Communications Specialist 2nd Class
Kim Harris
Media Transition Team-Kuwait

Emergency response preparedness has become the most important tool utilized to combat unexpected attacks. By having a readiness plan in place, mass casualties of life and property can be minimized.

Life Support Area-Kuwait, regularly conducts mass casualty drills to simulate real world events. The purpose for the drill is to access the camps ability to respond to major attacks.

During a recent exercise, a coalition of forces from the Navy Troop Medical Clinic, Army emergency medical technicians from the 437th Medical Company, Navy Customs Medical Department from the Navy Expeditionary Logistics Support Group Forward India, the Air Force 386th Expeditionary Wing and Australians with Force Support Unit – One, worked together to complete a mass casualty drill.

The first responder on the scene was Sgt. 1st Class Benjamin Sadiarin Jr., the scene incident commander. Sadiarin is the noncommissioned officer in charge for Force Protection on LSA and this was his first time being in charge of an incident scene.

“For me, it was exciting,” said Sadiarin.

As the acting eyes and ears for the command cell, he reported back to Maj. Tyson Tahara at the Emergency Operations Center. His input was vital to ensuring the scene was safe for rescue workers and securing reinforcements for the victims.

After making sure that the scene was secure, it was time to send in the Explosive Ordinance Disposal team. They swept the area and cleared it for the Aid and Litter team, Emergency Medical Technicians and the Fire Department.

Key players for the Troop Medical Clinic included Lt. Cmdr Ronald Francher and Petty Officer 1st Class Melanio Rivera. Francher coordinated medical operations, while Rivera was the Triage Officer. Rivera admitted that he has experienced in conducting Mass Casualty Drills, but some of the junior enlisted

had never experienced this type of drill.

“It will test the abilities of the crew,” said Rivera who also expressed that the exercise was good practical hands on training for them.

The drill included 12 casualties, but the clinic was not equipped to handle this volume of victims, so they relied on the additional skills and abilities of the Navy Customs Medical Department. This team of 11 Navy Hospital Corpsman is a highly experienced and trained group of individuals.

“I have worked in an Emergency Room; this is similar to that,” said Hospital Corpsman 2nd Class Sandra McNeely.

During the enactment, she and Hospital Corpsman 3rd Class Fernando Fusterio worked diligently to address injured victims.

Air Force Tech. Sgt. Richard Coolman and his crew of the 386th EMG, were also on hand to evaluate the situation so they could coordinate efforts in the event his group would need to air lift victims to a local hospital.

Many of the participants have not worked with one another before, but all of the participants immediately sprang into action as a cohesive team, going to work on casualties at the scene and as they arrived at the TMC. The teams handled injuries ranging from bruises and severed limbs, to victims that where pronounced dead on arrival.

The goal for the training exercise was to, “make sure all the pieces work together as they should,” said Fancher.

Everything fell into place and all the pieces did work together. The drill resulted in success because of the cooperative efforts of all the groups. **A**



Lt. Cmdr. Ronald Francher, (left), instructs his crew during a Mass Casualty Drill on Life Support Area-Kuwait.

Life Support Area

AMIDEAST students learn about the mission and cu

Article and photos by
Mass Communication Specialist
2nd Class Kim Harris
Media Transition Team-Kuwait

The 22nd Naval Construction Regiment Forward Seabees, at the Life Support Area-Kuwait, participated in a Student Cultural Tour for a group of Kuwaiti teens in the American Mideast Education and Training service and their teachers, May 16.

AMIDEAST programs are designed to bridge cultural gaps and build understanding for American culture.

"We not only teach English, but we teach the culture," said Terry Miller, an English teacher with the AMIDEAST program. "Activities such as these bridge the gap, it helps students understand the American culture."

The tour included a packed day for the students who were introduced to the unique mission and culture of the U.S. Navy 22nd NCR Seabees, the Air Force 386th Air Expeditionary Wing and Australian Coalition Force Support Unit-ONE.

While at the LSA, the students toured a static display of several pieces of Seabee construction equipment. Members of the Naval Mobile Construction Battalion 11 demonstrated the operation of their equipment for the students who were able to climb aboard a Road Grader, Track Loader, Vibratory Roller and Rough Terrain Container Mover.

Construction Mechanic 1st Class Robert Lee Long, NMCB-11, who is a Sikeston, Mo., native was questioned about the Mine Resistant Ambush Protected vehicle by some of the guests.

"I was impressed by the eagerness of the students," said Long. "We got a kick out of their faces, full of excitement. It was pretty nice, this gives the Seabees the chance to show the equipment we use for humanitarian projects and missions."

Master Chief Equipmentman Charles Boris, Seabee Construction Warfare and Expeditionary Warfare, who is a Wilkes-Barre, Pa., native, and Construction Mechanic Chief Timothy John Kuhn, 22nd NCR, from Columbus, Neb., welcomed the students and presented Janice Quinn, director for AMIDEAST,

with the history of the LSA, which is the home for all Seabee operations and Naval Force units serving in the Central Command area of operations.

Air Force Senior Master Sergeant Mark Barnes of the 386th was the tour guide for the duration of the day.

"They wanted to be involved with everything," said Barnes. "The activities and events highlighted different aspects of the military culture. During the self defense demonstration, one of the students got so excited at seeing the man in the padded protective suit battered by the baton that he requested to be a part of the next demonstration."

Additionally students were given a military working dog demonstration where the dog subdued the intruder by leaping on his arm to take him down. The students took part in an Army instructed Interceptor Body Armor demonstration at the Rapid Field Initiative warehouse. They suited up in full battle gear wearing Kevlar helmets and body armor.

"The students were interested and intrigued by everything they saw," said Barnes. "They wanted to learn as much as they possibly could about the American culture."

The students got to fire M-9 pistols and M-16 rifles at the small arms part of the demonstration, which Barnes recalled the students confided to him was the best part of the day.

Additionally, there was a tour, with the 386th, of a C-130 Aircraft Static Display. A litter group configuration showed a reenactment of medical evacuation procedures for transporting patients from the medical group bus on to the C-130 aircraft with "Smoking Randi," the mannequin, as the patient. Later, the students practiced basic First Aid on one another, followed by a barbecue lunch and games.

Another stop on the tour was



A member from the Mobile Naval Construction Battalion 11 talks to a student in the American Mideast Education and Training services program during a student cultural tour of Life Support Area-Kuwait, May 16.

Culture of U.S., Australian servicemembers in Kuwait

with the members of Australian Force Support Unit-ONE Middle East Area of Operations. The students received their official welcome from a private of Middle Eastern descent. Who spoke to them in Arabic and English. He talked to the students about Australia as a multicultural society.

Lance Corporal Ben Srater allowed the students to try on Australian body armor and night vision goggles.

“They asked lots of questions, they were enthusiastic and they seemed to enjoy whatever we had in store for them,” said Srater.

The Australians made their visit interesting by providing a little of Aussie culture. Executive Officer of FSU-ONE, Squadron Leader James Pritchard, gave the students a demonstration of the boomerang. Pritchard lined the students up and showed them the proper boomerang technique and the throwing began.

As parting gifts, the Australians gave the students books, pins and

biscuits. “We showed them our Aussie hospitality,” said Srater.

This event was the first invitational tour that the group had attended on LSA. The children summed up their feelings to Miller and said that this was the best trip that they’d been on.

“They enjoy learning about

[Western] culture,” Miller said.

AMIDEAST students are sponsored by the U.S. Department of State and provided English as a second language curriculum. It also creates opportunities for the students through the Youth Exchange and Study program to live and study in the U.S. 



AMIDEAST students watch a first aid demonstration during their day at the Life Support Area-Kuwait.



American Mideast Education and Training service students and their teachers received a tour of the Life Support Area-Kuwait, which included a packed day for the students who were introduced to the unique mission and culture of the U.S. Navy 22nd NCR Seabees, Air Force 386th Air Expeditionary Wing and Australian coalition Force Support Unit-ONE.

1TSC hosts NCO/SOY competition in Kuwait

Article by
Staff Sgt. Crystal Carpenito
29th IBCT

Five junior Soldiers and four noncommissioned officers from Army units throughout the theater came together May 13, with one common goal – to compete in, and win, the 1st Theater Sustainment Command NCO and Soldier of the Year competition at Camp Arifjan, Kuwait.

Sgt. David Leakey, small arms artillery repairer, and Spc. Andrew Hein, utilities equipment repairer, both from headquarters and headquarters company, 45th Sustainment Brigade, were named NCO and Soldier of the Year, May 20.

“The competition was very stiff; there were a lot of really good NCOs,” said Leakey. “I did the best that I could and I’m happy with the results.”

In the months leading up to the event, commands under the 1st TSC held company, battalion and brigade level boards in order to send representatives to the competition as Brigade Soldiers of the Year.

“I feel good,” said Hein after winning Soldier of the Year. “I prepared with a lot of PT and studying [Warrior Training Tasks] every day.”

Brigades represented in the competition were 1-145th Armored Regiment, 14th Human Resource Sustainment Command, 29th Infantry Brigade Combat Team, 594th Transportation Company, 4th Sustainment Brigade and 45th Sustainment Brigade.

During the three-day competition, participants competed in five events, including an Army Physical Fitness Test, M-16 weapon qualification, Warrior Training Tasks, a written examination and a formal board.

“This is the first competition we had as the 1st TSC,” said Master Sgt. Jose Hernandez, who organized the event. “We didn’t want to do a board where Soldiers just go and answer some

questions. We wanted to capture the total concept of a Soldier and I think this gives us an excellent snapshot at what they really are.”

Day one consisted of an APFT and weapons range; the next day Soldiers rotated around five different stations where they were evaluated on Warrior Training Tasks such as first aid, communications, assembly and disassembly of an M-16 Rifle, land navigation, and operating a vehicle in a convoy; on the final day Soldiers took a written examination which consisted of 50 multiple-choice questions and an essay, followed by an oral board consisting of rapid-fire questions.

“I think all Soldiers did great; they came prepared and studied hard,” said Sgt. Major Danfert Espinal. “Of course everybody wants to win, but it’s not about winning, it’s about what they learn from this experience.”

Competitors agreed the experience brought new learning opportunities as it challenged them to venture outside their day to day military occupational skills, from human resource specialist to infantry, and demonstrate their ability to be the best in all common military tasks.

“I learned a lot through this competition,” said Spc. Anthony Kemp, 594th TC. “I’m a mechanic, so I didn’t know anything about convoy operations and was kind of weak on land navigation. Our sergeant major from 4th SB set up a whole lot of training lanes in order for us to go through what we were going to do here at this [competition]. So I learned a lot about basic

soldiering skills as far as operating in a convoy and different things like that.”

Although some competitors struggled more in certain tasks and prevailed in others, Espinal explained the competition was about their overall performance as an NCO or Soldier and their willingness to defeat the challenges they faced.

When asked what he thought made a good NCO and Soldier of the Year, Espinal said, “First, a Soldier’s motivation to accept the challenge to compete among his peers at different unit levels; second, his ability to demonstrate the determination, discipline, endurance and perseverance to finish strong. The NCO of the year is very similar; an NCO who clearly possesses the strength, discipline, endurance, tactical and technical knowledge to train Soldiers and lead them to win.”

The NCO and Soldier of the Year overall winners were presented an Army Commendation Medal, plaque, AAFES gift certificate and coin, which all competitors received for their participation as well.

Both Leakey and Hein will move on to compete in the U.S. Army Central NCO and Soldier of the Year competition at Camp Buehring, Kuwait, beginning June 6. 



Photo by Staff Sgt. Anthony Taylor

Spc. Andrew Hein, right, 45th Sustainment Brigade and 1st Theater Sustainment Command Soldier of the Year, examines his shot group with the range safety before the weapons qualification portion of the competition, May 13.



**United States Army Central
Coalition Forces Land
Component Command
"Best Warrior" Competition**

**Competition:
Camp Buehring – Training Village
June 6-10**

**Award Ceremony:
Camp Arifjan – Zone 1 Theater
June 10 @ 1400**

NCO Spotlight:

Sgt. Cliff Eggert

Facility Manager; 1st Theater Sustainment Command



"Complete your correspondence courses, WLC and have the proper mindset to want to train others."

The Wilmington, N.C., native joined the Army in 2005 to carry on a family tradition of service. As a mechanic at heart, that loves to get dirty while playing with vehicles, he chooses to work as an all-wheel mechanic for the Army. Since joining, he has found that he enjoys the structured environment and has learned a lot about different leadership styles, how to accomplish missions and communicate with different people.

Just One Question ...

How do you celebrate Father's Day?



"I would bake a lot of cupcakes and take him out for a steak dinner."

Pfc. Caitlin Christesen
3rd STB 90th HRC
Reno, Nev.



"We go play in the park and go swimming. We celebrate with everyone."

Pfc. Uzman Khattak
539th Transportation Company
Chicago, Ill.



"We celebrate it with a barbecue and a lot of friends and family together."

Sgt. Sherwin Cadavis
593rd Special Troops Battalion
Kahului, Hawaii



"We have a family barbecue with a big dance contest, all the cousins dance, it is a big event."

Staff Sgt. Maceo Smith
386th ELRS
Augusta, Ga.



"Me and my wife go out to dinner and I receive cards from my daughters. They always wish me a happy Father's Day."

Sgt. Jose M. Rivera
101st Special Troops Battalion
Ft. Campbell, Ky.

What's happening around USARCENT

Honoring The Fallen

Army and Australian Forces servicemembers look at names of fallen troops after the Memorial Day Service on Life Support Area, Kuwait. During the ceremony the U.S. and Coalition Forces read the names of all the servicemembers who died last year and up to May this year.



Photo by Mass Communications Specialist 2nd Class Jorge Saucedo

Lucky Warrior Exercise

Spc. Andrew Whitaker, headquarters and headquarters company motor pool, U.S. Army Central, fixes a generator used to supply power to a field kitchen during the unit's training exercise at Camp Buehring, Kuwait, May 25. The unit's training exercise is part of U.S. Army Central's Full-Spectrum Operations training.



Photo by Army Sgt. Beth Lake

MacArthur Award

Cpt. Andre Bennett received the MacArthur award, representing the Central Command theater, the Army Reserve, and the 100th Battalion, 442nd Infantry, May 8. Among those in attendance at the ceremony were the Army Chief of Staff, Congresswoman Madeleine Bordallo, left, from Guam, and Bennett's family. Bennett received the award for his outstanding leadership both in training and while deployed during his command of E Company, 100th BN 442D IN.



Courtesy photo