

# ADV The Desert Voice

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

July 15, 2009



BUILDING  
A LIFE-SAVING  
VEHICLE

# DTS modifies reservation process

**M**inor changes are scheduled to take place within the Defense Department's travel reservation system later this summer to support the Transportation Security Administration's new pre-flight screening program, a DoD official said June 10.

Under the current format, when travelers arrange flight, hotel and rental car reservations online at the Defense Travel System Web site, the only personal information the site processes through to the vendors is the traveler's first name, last name and middle initial.

But after the system and Web site modifications take effect, the traveler's date of birth and gender will be included to comply with the TSA's Secure Flight Program, said Pam Mitchell, director of the Defense Travel Management Office.

Defense travelers will be prompted by a pop-up screen from the DTS Web site to add the information, as well as to enter their name as it appears on their government-issued identification card. The program is an outcome of the 9/11 Commission, and it basically streamlines the process of identifying potential passengers deemed a match on the FBI-generated watch list screened by the airlines, said Paul Leyh, the program's director.

Before the program officially began last month, the various airlines each had their own screening processes, which were inconsistent for many travelers, Leyh said. It's not uncommon for a passenger's information to be identified as a match on one airline's list but cleared through another's, he added.

With the Secure Flight Program, the TSA eventually will become the sole pre-screening agency for all airline passengers. The program officially started in May with several domestic airlines, but within 18 months, every airline - international and domestic - that travels within, to, from and over the United States will be phased into the program, he said.

This will improve the safety of more than 2.5 million people, Leyh added. Also, travelers who've been misidentified as a close-enough match on the watch list can apply for a redress number through TSA to prevent future inconveniences. If cleared, the redress number also will be added to their profile in DTS.

"With nearly every commercial airline participating, watch list matching is going to be more effective, which is going to allow us to clear more people and focus on those potential travelers that are considered as a close enough match," he said.

The program will virtually go unnoticed by the passengers, officials said, as no changes to the airline check-in or security checkpoint procedures are involved. Once defense travelers make the initial modifications to their profile on the DTS Web site, officials added, the program's changes will not affect them unless their information matches the watch list. **A**

# DV

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"Skinny Man" helps troops with big goals



## On the cover

*Mechanics in the MRAP Sustainment Facility work on the wheel shaft of a Mine Resistant Ambush Protected vehicle, during the first MRAP Sustainment Conference held in theater, July 9. For the full story see page 6. (Photo by Pvt. Howard Ketter)*

## 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).

# DV

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



# Nutrition Label Decoded

**D**o you look at food labels? What do all those numbers mean? What should you be looking at to meet your health goals?

The first place to look is the serving size. Depending on how many servings you are eating, you need to multiply the amount of each nutrient by the number of servings. For example, the packets of Gatorade powder in the dining facility have 50 calories per serving and 4 servings per container so a total of 200 calories if you consume the entire packet.

For weight loss, look at the calories. Multiply that number by the number of servings you are eating. Remember, to lose 1 pound per week, you need to decrease your caloric intake by 500 calories per day.

For hypertension, look at the milligrams of sodium. A low sodium food has less than 140 mg per serving. Do not add any salt to your food, avoid processed foods and try to keep your intake below 2400 mg per day.

If you have diabetes or pre-diabetes, you need to look at the total carbohydrate - not the sugar. The sugar and fiber listed below are included in that value. Since total carbohydrates is what affects your blood sugar, you need to focus on that number and the serving size to determine how many



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

grams of carbohydrates you are consuming. The key is to balance your carbohydrate intake throughout the day, not to avoid carbohydrates.

For cardiovascular health, aim for low total fat of less than 3 g per serving, low saturated fat of less than 1 g per serving and low cholesterol of less than 20 g per serving. Limit your cholesterol intake to less than 300 mg per day.

For gastrointestinal health, look at the grams of dietary fiber. Your goal should be about 25-38 g per day or 14 g for every 1,000 calories you eat. The average American eats only 10 g of fiber per day. Increase your fiber intake with whole grains, fruits and vegetables.

The percentages are not as helpful unless you are eating a 2,000 calorie diet. In general though, less than 5 percent is low in that nutrient and more than 20 percent is high in that nutrient. Aim for lower fat, saturated fat, sodium, and cholesterol and higher fiber, potassium, vitamins and minerals. All of these values are important for long term health.

Use the label to compare foods, know how much you are eating of each nutrient and make the best choice you can!

For additional help managing any of the conditions listed above, please make an appointment by calling the Troop Medical Clinic at 430-1798. **A**

## Wear protective clothes to the MWR

**W**hether you are walking to the gym, playing a game of soccer or even riding that bicycle to the MWR facility; exposure to the sun is inevitable. Many believe their short episode in the sun does not warrant any protection, however, your short jaunt may have everlasting results. Calculate your exposure time in the sun and evaluate if that "little" exposure may be too "much".

Once you have sunburn, the damage is done. It may take 12 to 24 hours after sun exposure to know the full extent and severity of sunburn and several days or more for your skin to begin to heal, according to a Mayo Clinic dermatologist, Dr. Lawrence E. Gibson.

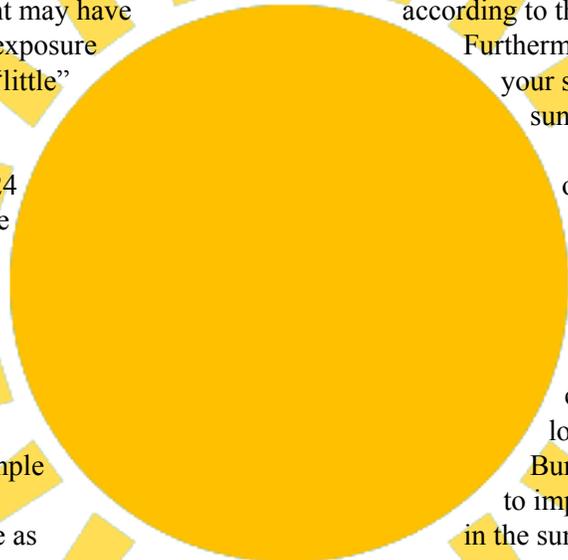
Unfortunately, there's no fast-fix sunburn treatment, so take a few simple steps to prevent sunburn.

Minimizing your exposure can be as

simple as the color you choose to wear. Darker-colored fabrics are more effective than lighter at blocking out the sun. For instance, the ultraviolet protection factor of a green cotton T-shirt is 10 versus 7 for white cotton according to the Skin Cancer Foundation.

Furthermore, you can wear garments to cover your skin to decrease your exposure to the sun.

Although you may not have the opportunity to choose your fashion on your stroll to your daily stress relief facility, choose clothing that protects you from sunburn. If you have the opportunity to choose your color, choose darker; if you only have a choice between short or long, choose long. The famous phrase "Burn Baby Burn" is not the literal legacy you want to impress in your memory of this fun time in the sun. **A**



# 595th TTG welcomes new commander



**Brig. Gen. John F. Wharton passes the guidon to Col. Dennis P. Harber, incoming commander, 595th Transportation Terminal Group, during the change of command ceremony at the Zone 1 Gym, Camp Arifjan, Kuwait, July 6.**

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

The 595th Transportation Terminal Group welcomed a new commander in a change of command ceremony at Camp Arifjan, Kuwait, July 6.

Col. Dennis P. Harber assumed his duties as commander of Surface Deployment and Distribution Command from outgoing commander, Col. Stanley H. Wolosz.

Wolosz will be moving on to assume the position as the chief of staff of SDDC.

“The best part about our great Army is that as one great leader departs, another steps up to replace him; and we are very lucky today to welcome Col. Dennis Harber,” said Brig. Gen. John F. Wharton, operational sustainment director, Third Army/U.S. Army Central.

In response to an increased operational tempo, the 595th TTG was established as a Provisional Military Surface Deployment Distribution Command Transportation Terminal in October 2005 and began operations as the single port manager for Southwest Asia.

The 595th TTG’s mission is to provide surface deployment command, control and distribution operations to meet national security objectives in U.S. Central

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**“The best part about our great Army is that as one great leader departs, another steps up to replace him; and we are very lucky today to welcome Col. Dennis Harber.”**

Brig. Gen. John F. Wharton  
Operational Sustainment Director  
Third Army/U.S. Army Central

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Command’s areas of responsibility and eastern portions of U.S. Africa Command’s AOR.

Harber, a native of Webster, S.D., has served with multiple transportation companies and commands throughout his career.

He holds a Bachelor of Science degree from the University of North Dakota, and a Master of Science degree in Logistics Management from the Florida Institute of Technology.

The ceremony ended with the singing of the Transportation Corps Song and the Army Song.

Harber was congratulated by those in attendance and all were invited to attend a reception in honor of the new commander.

“People have truly made a difference and that’s what makes being in this line of work so enjoyable,” said Wolosz. “SDDC is indeed a fantastic place to work.” <sup>A</sup>

# NAVELSG JULIET takes the helm

Article by  
Navy Lt. Joe Nowrocki  
NAVELSG Forward PAO

**N**avy Capt. James Sills assumed command of the Navy Expeditionary Logistics and Support Group Forward JULIET at a change of command ceremony at Camp Arifjan, Kuwait, July 10.

NAVELSG conducts customs inspections in support of military operations in Kuwait, Iraq and Afghanistan and supports the Navy's Expeditionary Combat Readiness Center Warrior Transition Program in Kuwait.

Sills assumed command from Navy Capt. Marcus McCance, from Bushnell, Ill. Brig. Gen. Mark MacCarley, deputy commanding general, 1st Theater Sustainment Command praised the work of Capt. McCance and all of the Sailors who served during the India rotation.

"Quite simply, without your

efforts in protecting the integrity of our shipments of equipment and transportation of equipment from theater [back to the U.S.], the total warfighting effort would be severely impaired," said MacCarley. "If you, NAVELSG, had not demonstrated so successfully your ability to accomplish these critical tasks in furtherance of redeployment operations, our ability to get out of Iraq consistent with the President's directive could not be assured."

"I am extremely proud of what you have accomplished and the sacrifice you have given," stated Navy Capt. Marcus McCance, former commander, NAVELSG. "It has been my distinct pleasure serving with you."

McCance continued, "India was only able to accomplish these tasks by your being flexible...moving in tiger teams where you were need on a moment's notice...and returning to your home base upon competition... well done."

Capt. James Sills, Commander, NAVELSG Forward JULIET is no stranger to the mission here in Kuwait. He previously served in NAVELSG from 2004-2005.

"During your tenure, there will be no letup in effort, no reduction in requirements, just increasing demands for the quality service that your Sailors have provided for over six years," MacCarley explained. "You will live responsible draw down expected to begin in earnest this coming month and continuing through your months on station. The Navy picked the right man for this overwhelming challenge and I look forward to working with you to execute the critical missions that INDIA and now JULIET have been given."

NAVELSG FORWARD JULIET will now spend the next eight months operating in four different countries conducting customs operations in support of Operations Iraqi and Enduring Freedom. **A**

*Sailors post the colors as part of the change of command ceremony between Capt. James Sills, incoming commander and Capt. Marcus McCance, outgoing commander, at Camp Arifjan, Kuwait July 10. (Photo by SK2 James Campbell)*



# MRAP CONFERENCE HELD IN THEATER

**Article and Photos by Pvt. Howard Ketter  
20th Public Affairs Detachment**



*The Mine Resistance Ambush Protected vehicle Sustainment Conference attendees received several briefings on how parts were added to MRAPs and how they were shipped to customers in an MRAP maintenance facility. The attendees also visited a distribution depot that handles the parts for the MRAPs, during the final part of the MRAP Sustainment Conferenc, July 9.*

**1<sup>ST</sup>** Theater Sustainment Command leaders and several others from the Joint Project Office took part in the first Mine Resistant Ambush Protected vehicle sustainment conference held in Kuwait, July 7-9.

“We need to find solutions from a two level maintenance perspective to see what strategy needs to be put in place for MRAP Sustainment,” said Chief Warrant Officer Sao J. David, lead project officer, 1st TSC. “These vehicles are still a part of the Joint Project Office and they are going to be a part of the Army’s sustainment initiative, but for now this is still a joint project.”

David said their purpose for holding the conference in theater, was to find out what problems are present from the end user’s perspective where the MRAPs were first fielded.

The three day conference began



with an overall MRAP program briefing at the Area Support Group-Kuwait headquarters on Camp Arifjan.

Maj. Gen. Charles A. Anderson, deputy commanding general, Third Army/U.S. Army Central, spoke with the conference attendees before they began to discuss issues as a group. He reflected on the days when the MRAP was first fielded and reminded the conference attendees of the importance of the MRAP.

Anderson said that the most important aspect of the conference was getting the servicemembers on the ground reliable equipment and ensuring that they are fully capable of maintaining them so the MRAPs can serve their main purpose; saving lives.

“The Joint Program office has been successful in what we’ve been asked to do and now it’s time to take it to the next level and go into the next phase,” said Mr. Howard J. Henderson, theater

director, program management-forward. “We’re glad to be here and able to contribute to this effort. The bottom line is that we want our Airmen, Sailors, Soldiers and Marines to come home safe and that’s what we’re doing; we’re saving lives.”

On the third day, the attendees got a closer look at how MRAPs are processed, built and fielded. They took a trip to the Defense Distribution Depot Kuwait, Southwest Asia, a parts supplier for MRAPs in the Central Command theater, and were briefed on what DDKS does. The attendees went on a tour of DDKS and were shown how parts were shipped and processed from the first to the last step.

“The [MRAP Conference attendees] were physically shown how the parts are being maintained, how they are being shipped to the customer, what problems we run

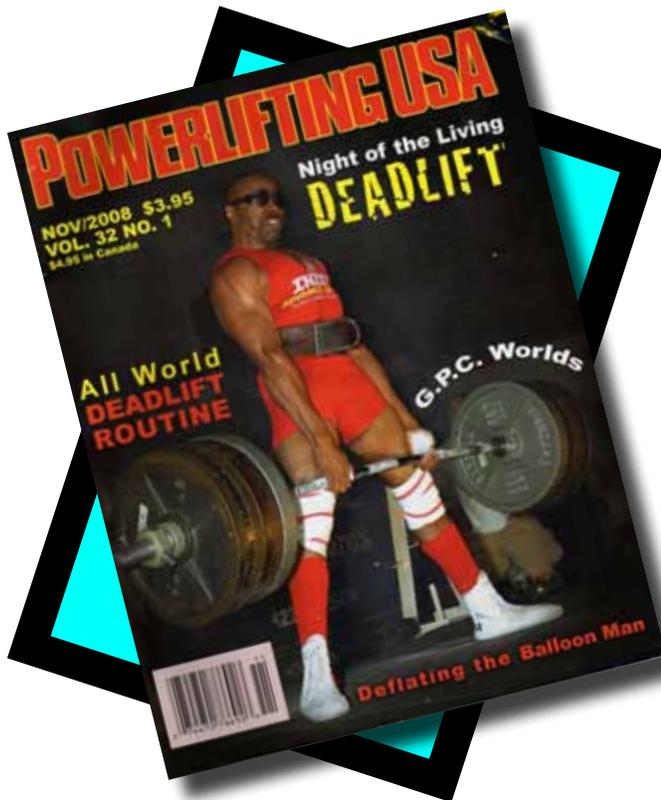
across and who to contact if they are having problems out in the field,” said Jerry R. Brown, deputy commander, DDKS. “This was basically a hands-on, faces on type thing

After leaving DDKS the attendees made a final trip to the maintenance facility where MRAPs are armored, fixed and then shipped out to the servicemembers who use them.

“What I envision as the end result of this conference is that the end-user, [servicemembers] on the ground, know that the vehicle they are supplied is reliable,” said David.

The conference was intended to help those who oversee the tracking, fielding and sustainment of the MRAP system to better understand how things work so they could brainstorm ways to better the operation and protect the lives of men and women fighting today’s wars. **A**

# SKINNY MAN



Article and photo by  
Rebecca Murga  
160th Signal Brigade Public Affairs Office

**T**EE

“Skinny Man” Meyers has been competing in power lifting competitions since 1981. A personnel trainer located on Camp Arifjan, Kuwait, Skinny Man is an eighteen-time World “Drug-Free” Powerlifting Champion and holds over 50 world records. He is now using all of that experience to train Soldiers in Kuwait and keep them physically fit.

Skinny Man explains why he started lifting. “I used to weigh 129 pounds and was tired of being skinny.....I used to watch my heart beat I was so skinny it was so bad my back pockets were touching together.”

But Skinny Man is far more than the records that he holds. Originally from Georgia, he used to own and manage a fitness center. He left that gym in order to deploy and help the troops stay physically fit for their deployment. Working with troops is something that he loves doing. He constantly stresses the importance of health and physical fitness to every person he trains and his diet and exercise habits all

Tee “Skinny Man” Meyers on the cover of November 2008 Issue of Powerlifting USA Magazine.



***Skinny Man (top row second person) and the power lifting competitors from the last power lifting competition. The next competition will be held in August at the Zone 1 Gym.***

reflect a lifetime of healthy choices. Choices that he wants to help others make.

Sgt. Nicole Melvin, a signal Soldier from 1st. TSC, is one of the Soldiers who has been training with Skinny Man over this past year. He has not only helped her maintain physical fitness, but he has been a mentor to Melvin during this deployment.

“Skinny is the father figure that I never had. He’s been there for me not only physically but mentally too. He’s been a good friend to me,” said Melvin.

The impact he has had on her was so great that Melvin asked Skinny to promote her in the gym where she spends most of her time.

“It’s where I go to relieve stress. After work or during my free time I love working out. The gym is my home away from home,” she said.

Skinny Man’s motivation comes from more than just wanting to see Soldiers succeed physically.

“Many of my friends are sick or dead and it has happened way before their time,” said Meyers. “I came to Kuwait to serve the troops one more time ...helping them pass PT tests and keeping them fit to fight.”

A prior service platoon sergeant, Meyer is a 10-time Lifter of the Year; the All Time Greatest Deadlifter Over 50-years-old; and five-time National Coach of the Year.

“My best lifts are 710 pounds in the squat and 761 pounds in the deadlift at a bodyweight of 187 lbs, both are World Records. The older you get the harder it is to get in shape....plus the longer you go without training the more bad habits you acquire,” said Skinny Man.

Skinny Man is a notorious trainer. He works with his clients for two weeks before he puts you on a training program, trying to weed out the committed from the “part-timers” as he puts it.

“I am not the trainer for everyone. I am strict and only train serious clients. I have a structured program....and I write out workout plans for all my clients, set goals and update their routines daily,” said Skinny Man. “Some say I’m too tough...but that’s the way I train and don’t want to waste my client’s time.”

Skinny Man will be training participants for the upcoming annual competition held on Camp Arifjan. The next competition takes place Aug. 16 at the Zone 6 gym. All military and civilians may compete and all regular power lifting rules apply. **A**

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***“I am not the trainer for everyone. I am strict and only train serious clients.”***

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Tee “Skinny Man” Meyers  
Personnel Trainer/Power Lifting Competitor

# NEWS IN BRIEF

## CENTCOM CLIMBS ABOARD SOCIAL MEDIA TRAIN

As social sites such as Facebook, Twitter and YouTube storm the world, U.S. Central Command has begun their Twittering and Facebooking in order to better reach the people around the world and get the word out about operations and what's happening in the area of operations.

For some people, these social sites are used for keeping in touch with close friends from the past or family members, but members of CENTCOM's Digital Engagement Team work on these sites so everyone can see just how the command works and gets the job done.

"CENTCOM started its social media outreach by setting up its own channel on YouTube and an account with Flickr for still images," said Lt. Cmdr. Bill H. Speaks, who is currently the chief of the D.E.T., CENTCOM.

"We then started our own Facebook page and are also on Twitter."

"These are forums where we will have to be to communicate with the American public," Speaks added.

These social media sites are not for one-sided broadcasting of information, but for sharing it, said Speaks.

"We get feedback and questions from our followers, and with Twitter in particular, we can follow others and respond to their own questions and comments," added Speaks.

## MOTORCYCLE ACCIDENTS, DEATHS STILL RISING

The number of servicemembers injured and hospitalized in motorcycle accidents increased by more than 100 from 2007 to 2008, and deaths increased by 18 over the same period.

In 2001, 366 people were injured, including 35 who died, in motorcycle accidents. In 2008, 474 people were injured, including 105 who died, according to the Armed Forces Health Surveillance Center's June Medical Surveillance Monthly Report.

Military researchers looked at statistics for all active-duty servicemembers who were hospitalized or who died in motorcycle accidents from 1998 to 2008. During that period, they counted 4,901 accidents. Of those, 1,757 were Soldiers, a rate of 3.27 per 10,000; 1,339 were Sailors, a rate of 3.38 per 10,000; 970 were Airmen, a rate of 2.5 per 10,000; 781 were Marines, a rate of 4.02 per 10,000, and 54 were Coast Guardsmen, a rate of 1.31 per 10,000.

Servicemembers are required to wear a helmet, gloves, long-sleeved shirts and over-the-ankle footwear when

driving motorcycles. Because of the numbers of tibia and fibula fractures — 399 — the researchers recommended requiring certified motorcycle boots. They also stated that motorcycle jackets with padding could reduce the number of trunk and arm injuries, as they have done in Germany where such jackets are mandatory for motorcyclists.

## 'FULL METAL JACKET' INSTRUCTOR FILMS NEW SHOW AT ABERDEEN PROVING GROUNDS

Famed Gunnery Sgt. R. Lee Ermey and his production crew filmed sequences of his new History Channel show "Lock 'N Load" at Aberdeen Proving Ground in early June.

Known for his over-the-top portrayal of Gunnery Sgt. Hartman, an in-your-face drill instructor in "Full Metal Jacket," retired

Marine Ermey fired weapons with weapons testers and drove vehicles around the road courses at APG's Aberdeen Training Center.

Ermey's new show will follow a similar format to his previous History Channel show "Mail Call." On that program, he reprised his gunnery sergeant role, answered viewer's questions about military topics and exploded watermelons during his demonstrations.

"Lock 'N Load" will focus on modern weapons. The show will feature the weapons Emery fired at the ATC including the Bradley and Stryker Mobile Gun System, and the Mine Resistant Ambush Protected vehicle he drove around the road courses.

"Lock 'N Load's" first show will feature the rifle and airs July 31, at 9 p.m. Eastern Time. It has yet to be determined when the segments filmed at APG will be broadcast on the show.

## THIRD ARMY/USARCENT WELCOMES NEW COMMAND CAREER COUNSELOR

Sgt. Major Roberto Lopez recently assumed duties as the Third Army/USARCENT Command Career Counselor.

I look forward to working with everyone and most importantly to helping our young warriors as they make life changing decisions on continuing their selfless service to our country or pursuing other opportunities in the civilian sector, said Lopez.

SGM Lopez can be contacted at roberto.lopez2@arcent.army.mil. 



# BEST FOOT FORWARD

## PRE-SEASON SOCCER TOURNAMENT

**DATE:**  
**JULY 25 - JUNE 26**

**TIME:**  
**TBD**

**LOCATION:**  
**ZONE 1 SOCCER FIELD**

**REGISTRATION:**  
**JULY 13 - JULY 23**  
**ZONE 1 & 6**  
**FITNESS CENTER**

**CONTACT:**  
**430-1305**

### Just One Question ...

**"What is your natural talent?"**



**"I have the ability to quickly pick up on foreign languages."**

PO1 Carter Chapman  
Builder  
JASG  
Winterville, N.C.



**"I sing a little bit, but only my kids know that."**

Sgt. Darrin Webb  
Mechanic  
360th Medical Company  
Dallas, Texas



**"I have the ability to take any recipe and make it my own."**

PO1 Olivia Sturgeon  
Storekeeper  
CJSOAC  
Sandwich, Ill.



**"I can do Native American Fancy Dance."**

Pfc. Calvin Burns  
Truck Driver  
1404th Transportation Company  
New York, N.Y.



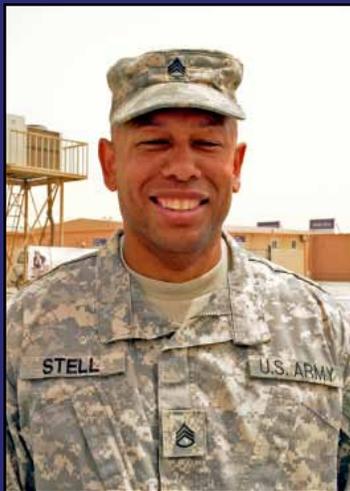
**"I have mad handles on the basketball court."**

Spc. Shamanta Patterson  
Truck Driver  
594th Transportation Company  
Springfield, S.C.

### NCO Spotlight:

Staff Sgt. Eric Stell

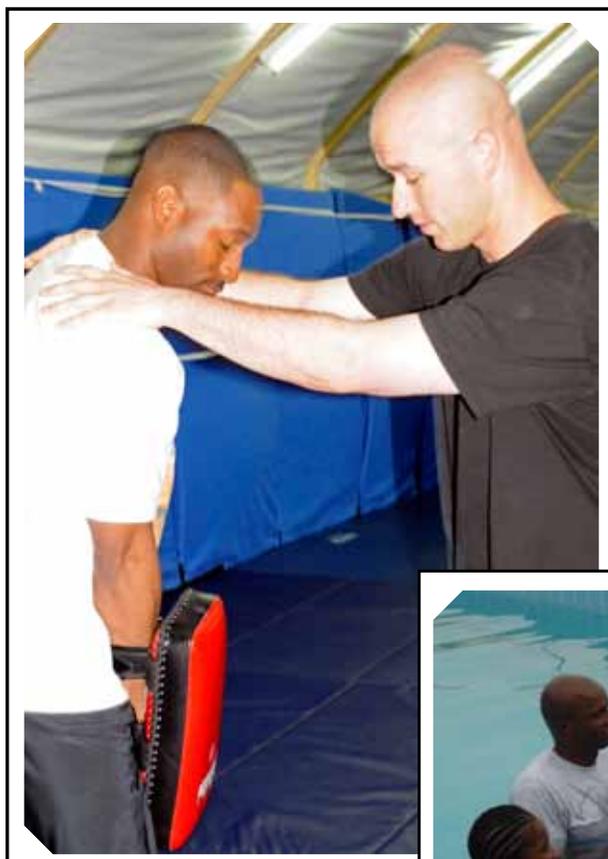
Guntruck Commander, 1168th Transportation Co.



**"Learn all you can while you are in the Army."**

Stell decided to join the Army in 1987 with three of his friends. He spent six years on active duty and decided not to waste the time he had already put in. When his contract was up, he switched over to the Reserves to continue his service. As a police officer on the civilian side, Stell says he stays in because he enjoys the camaraderie of the service. He has been deployed to Kuwait four times over his career, starting in 1990 for Desert Storm.

# What's happening around USARCENT



## ***Defending Yourself!***

Sgt. Daniel Totten, self-defense instructor, demonstrates how to defend yourself from a frontal attacker by using your knee to temporarily disable an attacker. Totten is certified in Level 4 Combatives and teaches self-defense class every other Saturday at Camp Arifjan, Kuwait, July 12.

Photo by Pfc. Alicia Torbush



Photo by Sgt. Erwin Udarbe

## ***Baptism at "The Rock"***

Chaplain (Capt.) Ray Kitagawa, 29th Brigade Support Battalion, says a prayer before baptising Spc. Rachel Johnson, Task Force Gateway, in "The Rock" swimming pool at LSA, Kuwait, July 12.

## ***Cheerleader visit Kuwait***

Krystle Campbell, along with the rest of the Philadelphia Eagles Cheerleaders participates in a signing event at Camp Virginia, Kuwait. The event is a part of a 12-day goodwill military tour. This marks the second consecutive year that Eagle's cheerleaders will travel to the Middle East to visit U.S. servicemembers.



Courtesy Photo