



# The Desert Voice

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

September 30, 2009



**Holding it together  
on Active Duty**

SWIFT

U.S. ARMY

# DV

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A photo illustration of Spc. Monte Swift, 203rd PAO by Sgt. Daniel W. Lucas

## 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).

### Public Law 111-61 111th Congress

#### Joint Resolution

Aug. 19, 2009  
(H.J. Res. 44)

Recognizing the service, sacrifice, honor, and professionalism of the Noncommissioned Officers of the United States Army.

Whereas the Noncommissioned Officer ranks, namely corporals and sergeants, date back more than 230 years in United States Army history, beginning with the birth of the Continental Army in 1775 and highlighted in the westward expansion of the United States, the Civil War, World War I, World War II, the Korean Conflict, the Vietnam Conflict, the liberation of Kuwait, and the current Global War on Terror;

Whereas Noncommissioned Officers are accomplished military professionals who have combined civilian and military education opportunities to become the Army's preeminent body of leadership;

Whereas Noncommissioned Officers are the "backbone of the American Army" and are the standard keepers for the Army in the training, leading, coaching, and mentoring of soldiers;

Whereas Noncommissioned Officers have provided invaluable service and have made great sacrifices in the line of duty, a virtue held most high, and they have continually proven their dedication and a willingness to make great sacrifices on behalf of the United States;

Whereas Noncommissioned Officers recognize their role in training young soldiers to become future leaders, and they also recognize that an important part of their job is caring and looking out for the welfare of junior enlisted members and their families;

Whereas Noncommissioned Officers are the "eyes and ears" of the commander, and have a well-earned reputation for having operational and strategic awareness to interpret and issue orders as necessary within their duties and in the absence of commissioned officers; and

Whereas the United States Army is an institution rich in cultural, ethnic, and gender diversity, and Noncommissioned Officers are outstanding role models for all Americans and are exemplary representatives of the moral character and strength of the United States: Now, therefore, be it

*Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That Congress—*

(1) recognizes the service, sacrifice, honor, and professionalism of the Noncommissioned Officers of the United States Army;

(2) expresses its deepest appreciation to the Noncommissioned Officers of the Army who serve or have served in defense of the United States; and

(3) encourages the people of the United States to recognize, commemorate, and honor the role and contribution of Noncommissioned Officers, past and present, in defense of the United States.

Approved August 19, 2009.

LEGISLATIVE HISTORY-H.J. Res. 44:

CONGRESSIONAL RECORD, Vol. 155 (2009): July 27, 28, considered and passed House. Aug. 4, considered and passed Senate.



**DV**  
The  
Desert  
Voice

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



# Calories Burned



October 1st is World Vegetarian Day and starts Vegetarian Awareness Month. In honor of this occasion, consider trying a vegetarian meal or even going “meatless” for a week. Vegetarians tend to have lower rates of obesity, cardiovascular disease, high blood pressure, diabetes and some cancers because their diets are high in fiber, antioxidants, vitamins and minerals from fruits, vegetables, legumes, whole grains, nuts, seeds and soy and lower in cholesterol and saturated fat.

There are several types of vegetarian diets. Lacto-ovo vegetarians eat eggs and dairy, but normally do not eat meat, fish or poultry. Lacto-vegetarians consume dairy, but not eggs. Ovo-vegetarians eat eggs, but not dairy. Vegans do not eat any foods of animal origin. Flexitarian is a new popular term for someone who eats vegetarian foods most of the time, but occasionally eats meat, fish and poultry.

Avoiding or limiting meat will not necessarily make you healthier if you are replacing it with French fries, greasy



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

pizza, or tons of cheese. Some strict vegetarian diets, like the Fruitarian diet, can lead to nutrient deficiencies and are particularly dangerous for children. Nutrients of concern for vegetarians include protein, iron, calcium, zinc and Vitamin B12. If you consume a lacto-ovo vegetarian diet and eat fortified foods like cereal you should be able to meet your needs.

While the decision to become a full-time vegetarian may be for health, religious, economic or political reasons, there are many benefits to choosing more vegetarian foods or meals even if you continue to eat meat. If you replace your usual selection of meat or poultry with legumes, peanut butter, nuts, seeds, or soy products you will eliminate the cholesterol, replace some of the saturated fat with heart healthy unsaturated fats, and increase the fiber, vitamins, minerals, antioxidants and cancer-fighting phytochemicals you consume. **A**

## THIRD ARMY FATALITY

Third Army experienced the tragic loss of a fellow Soldier recently when simple safety procedures were overlooked during the routine servicing of a four-ton forklift. The lifting carriage was raised to begin maintenance but support blocks were not placed under each side of the carriage as prescribed by the technical manual. When our Soldier slid underneath to begin work, the 900-pound carriage fell on him.

Following the procedures outlined in technical manuals is the standard. When standards are ignored, safety is compromised... with potentially catastrophic consequences.

The additional tragedy here is three other people overlooked this breach of standard, and witnessed the loss of their friend.

Know the standard, stay alert to complacency... and look after one another. **A**



**Ready Tonight**  
**Sustain the Fight**  
**Shape the Future**

**Third Army/U.S. Army Central**

# Stuck on Flu Shots

## Third Army prepares for flu season

Article and Photos by

Spc. Monte Swift

203rd Public Affairs Detachment

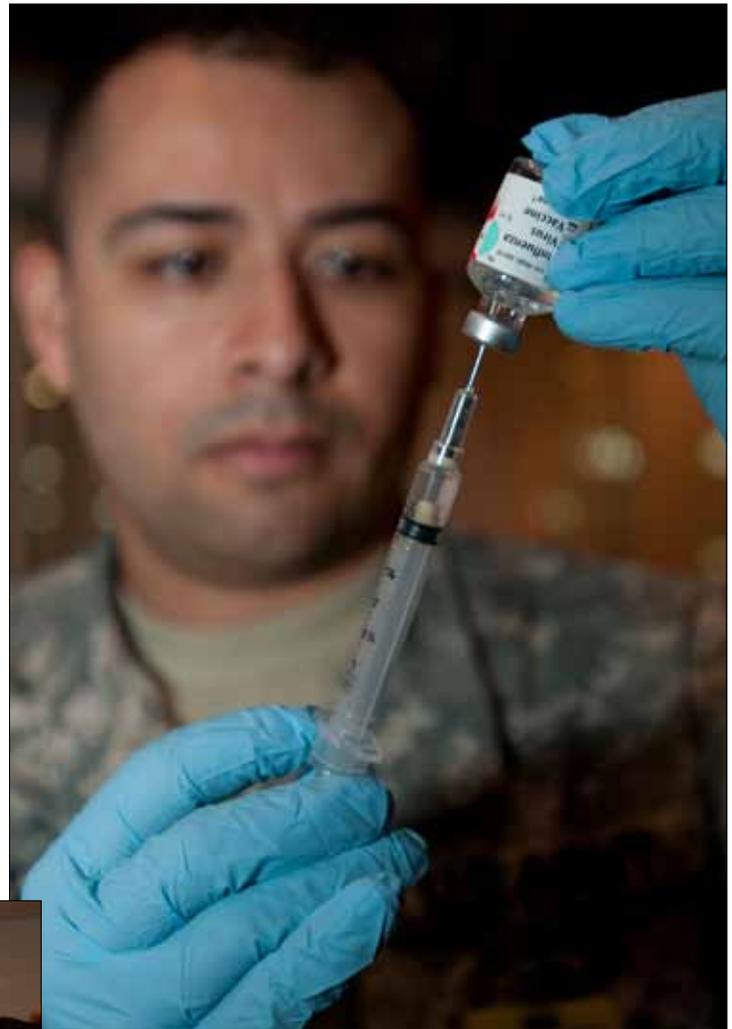
Residents of Camp Arifjan, Kuwait, began receiving the Influenza Virus vaccine September 15, as a step to prepare for the up-coming flu season.

Mandatory shots will be available on Camp Arifjan until December 1, based on Active Duty, Reserve, Guard, civilian or Department of Defense status. As many as 20,000 residents of Arifjan and surrounding camps are protected with flu shots annually.

However, flu shots are not the only means of responsible flu awareness.

“Hand washing is the number one way of stopping the spread of any virus,” said Staff Sgt. Leonardo Delgado, Medical Protection System Coordinator for Kuwait. “It is also important to keep hands away from your mouth, eyes and nose. These are the main entry points for germs on the human body.”

Approximately 226,000 people become hospitalized from this contagious disease yearly. Symptoms can vary,



**ABOVE: Staff Sgt. Leonardo Delgado, Medical Protection System Coordinator for Kuwait, prepares to administer a flu shot to one of the 40 Soldiers given the vaccine at Camp Arifjan. Medical personnel say they expect everyone on the base to have the shot by early December. LEFT: Sgt. 1st Class William Hogue, Troop Medical Clinic Non-Commissioned Officer in Charge, administers an annual Influenza shot.**



but commonly include fever, cough, sore throat, headache, chills, muscle aches and fatigue.

According to <http://healthblogonline.com>, the U.S. Military developed the first vaccine for Influenza in the mid 1940's to protect Soldiers in World War II. They have since modified and improved the vaccine to continue to protect Soldiers wherever they go.

“The flu shot does not cause a person to become sick after they receive the vaccine. This is a common myth,” said Delgado. “This simply means the person was exposed to something prior to receiving the shot.”

Influenza symptoms can be close to or the same as the recent H1N1 (Swine Flu) virus, and only a medical screening can determine the proper treatment. A vaccine for the Swine Flu virus can be expected in the near future, and will likely be given with the basic Influenza vaccine. **A**

# Third Army fights stress

## Soldiers find ways to unwind at the end of the work day

Article and Photos by  
Spc. Monte Swift  
203rd Public Affairs  
Detachment

What do you do when you are stressed? Do you go running? Read a book? Disappear into the action of a sporting event or a set of headphones that take you to another time and place? For servicemembers who may have left that time and place behind to fulfill their military duty, these questions can be invaluable to maintaining good mental health when faced with heavy work obligations.

Regardless of job title, long work days and high stress can take their toll on anybody. Sometimes it may be necessary to be able to separate yourself, and be able to remember who you are and what makes you who you are. So what do you do?

"I like to put on my headphones, block everybody else out and either read or surf the internet," says Spc. Tyler Grissom of the 54th Signal Brigade. "I get in my own zone, and have my private time. I am surrounded by tons of people constantly, so it helps a lot."

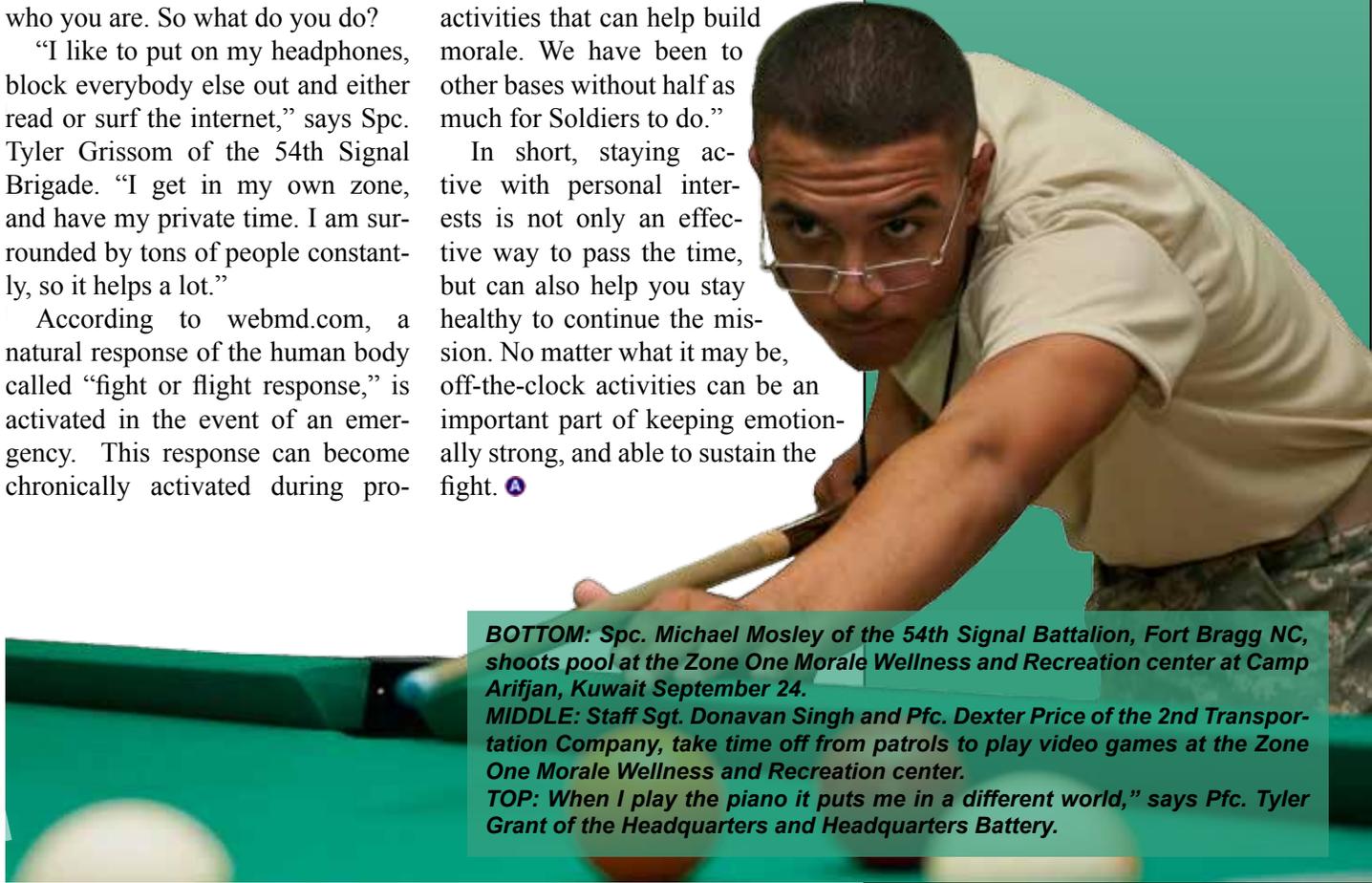
According to webmd.com, a natural response of the human body called "fight or flight response," is activated in the event of an emergency. This response can become chronically activated during pro-

longed periods of stress, which can cause wear and tear on the body - both physically and emotionally. Making time for hobbies and personal interests can reduce these effects. Also, getting a good night sleep helps your body recover.

Staff Sgt. Rodney Freeman of the 310th Human Resources Support Command agrees. "Lately I have been coming down to the Zone One Morale Welfare and Recreation center and play the piano. I never learned how to play until I got here. I was horrible, but I have picked up on a few notes, and people coming through have taught me a few things.

"I utilize all the facilities we have here on Camp Arifjan," said Pfc. Dexter Price of the 2nd Transportation Company. "The MWR facility is phenomenal. There are lots of activities that can help build morale. We have been to other bases without half as much for Soldiers to do."

In short, staying active with personal interests is not only an effective way to pass the time, but can also help you stay healthy to continue the mission. No matter what it may be, off-the-clock activities can be an important part of keeping emotionally strong, and able to sustain the fight. **A**



**BOTTOM:** Spc. Michael Mosley of the 54th Signal Battalion, Fort Bragg NC, shoots pool at the Zone One Morale Wellness and Recreation center at Camp Arifjan, Kuwait September 24.

**MIDDLE:** Staff Sgt. Donovan Singh and Pfc. Dexter Price of the 2nd Transportation Company, take time off from patrols to play video games at the Zone One Morale Wellness and Recreation center.

**TOP:** When I play the piano it puts me in a different world," says Pfc. Tyler Grant of the Headquarters and Headquarters Battery.

# Growing concern for mental health

Article and photos by  
Spc. Brandon Babbitt  
203rd Public Affairs Detachment

"It's not a sign of weakness to recognize that you need help," said Navy Lt. Michael Kim, a staff Psychiatrist with the Expeditionary Medical Facility, Kuwait. "When you recognize you are struggling and seek help - now that is a sign of true strength."

Since the attacks of Sept. 11 and the start of the war on terrorism, the deployment tempo for military members has been extremely high. Many servicemembers are on their sixth deployment. With an increased tempo comes higher stress placed on the individual. In the

Army alone, at least 128 soldiers committed suicide in 2008, with investigations continuing into 15 additional possible suicides, according to Army officials. The 2008 Army suicide rate was significantly higher than the 115 in 2007 and 102 in 2006. It's also the highest since record keeping began in 1980. The rate translates to 20.2 per 100,000 soldiers, higher than the adjusted civilian suicide rate.

With the 2009 suicide rate expected to be the highest yet, the military's senior leadership is extremely concerned with how to combat this growing issue.

It's now time for every servicemember to ask, "What can we do to help?"

"The bottom line is that we

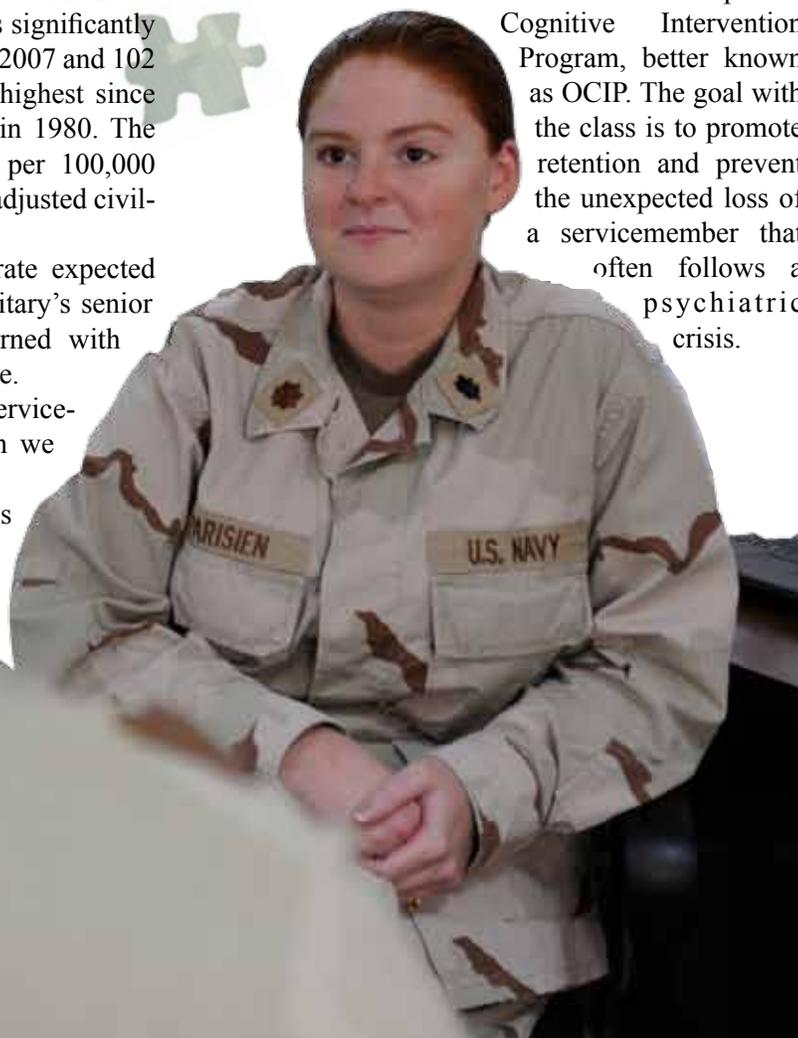
need to get over this stigma in the military that asking for help is somehow displaying a lack of toughness," said Kim. "A lot of the initial military training teaches us not to show any signs of a mental or emotional struggle, and to never quit. However, that mindset can be very counter-productive when you are hurting inside and need someone to talk to."

Camp Arifjan's behavioral health clinic, located at the Troop Medical Center, is well-equipped to handle the problems servicemembers face, with two psychiatrists, a psychologist, and three behavioral health technicians on duty.

"We offer many classes for anything from depression, to anger management, to substance abuse programs," said Petty Officer 2nd Class John Siegert, a behavioral health technician with the Expeditionary Medical Facility, Kuwait. "Most of the issues we see servicemembers dealing with here are over the loss of a loved one, problems with a spouse, financial problems, or even dealing with the stress of combat."

One of the tools offered at the behavioral health clinic here is the Outpatient Cognitive Intervention Program, better known as OCIP. The goal with the class is to promote retention and prevent the unexpected loss of a servicemember that often follows a psychiatric crisis.

*Lt. Cmdr. Karen Parisien, a staff Psychiatrist with the Expeditionary Medical Facility, Kuwait, helps servicemembers to deal with problems they might have during their deployment.*



# e to Help a Buddy



PULL ME OUT

# Don't Lose

HMMWV / UAH ROLLOVER  
PREVENTION IS ALL ABOUT

## CONTROL:

**Crew Coordination.** Driver, senior occupant, gunner and passengers know their responsibilities; remain vigilant; identify and communicate potential hazards.

**Observe your surroundings.** Be aware of bridge limitations, low hanging power lines, soft-shouldered roads, and the presence of culverts, canals, and ditches.

**Never drive the vehicle beyond its limitations.** Avoid abrupt steering, excessive acceleration, and panic braking.

**Training.** Conduct mission briefings, rollover drills, and crew coordination refreshers prior to every mission.

**Reduce speed** in turns and on wet or unimproved surfaces.

**Organize all equipment.** Ensure everything is securely stored and tied-down to avoid projectile hazards in the event of an accident or rollover.

**Leaders** ensure only properly trained, qualified, and licensed personnel operate vehicles and equipment! Insist that all personnel wear seatbelts / gunner restraints.

For more information visit:



**Driver's  
Training  
Toolbox**

<https://safety.army.mil>



# CONTROL



U.S. ARMY

ARMY STRONG



U.S. ARMY COMBAT READINESS/SAFETY CENTER

<https://safety.army.mil>

ARMY SAFE  
IS ARMY STRONG

# Have the Courage



**“One suicide is one too many.”**

Kenneth O. Preston  
*Sergeant Major of the Army*

**Talk to your Chaplain or a  
Behavioral Health Professional or  
call Military OneSource  
1-800-342-9647**

PULL ME OUT!

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

With OCIP, staff members like behavioral health technician, Petty Officer 1st Class Grant Hill, use their own interpersonal abilities to help stabilize the lives of those seeking help.

“I chose this job in the Navy because I love talking to and helping people from all walks of life, said Hill, a native of Shreveport, La. “Every servicemember has different needs, and we are here to identify them and treat them accordingly.”

Lt. Cmdr. Karen Parisien, a staff Psychiatrist with the Expeditionary Medical Facility, Kuwait, recognizes the importance of behavioral health experts in the military. However, she recognizes that the people who are working close with a particular servicemember day in and day out can make the biggest impact.

“The best thing we can do is to create an awareness of this problem throughout the military and prepare people of all ranks to be able to recognize when someone needs professional help,” said Parisien. “Our job is to come in when the stress and/or depression is overwhelming to the point they need professional help.”

Parisien and fellow behavioral health providers take doctor-

patient confidentiality very seriously, but also have a duty to make sure nobody gets hurt.

With the Army alone investing over 50 million dollars on new behavioral health facilities and personnel in 2009, they are serious about lowering the number of suicides that have been occurring. With unit programs set up to bring awareness to the problem and educate Soldiers on ways to be able to identify when someone needs help. The goal is to prevent suicides and create a better atmosphere for the servicemember to work in.

Servicemembers in Kuwait can call or walk in to the Behavioral Health Department and schedule an appointment to be seen. They can also enroll in the OCIP classes and Anger Management classes. Servicemembers are also encouraged to consider command resources (Chaplain, Behavioral Health Counselors).

“The key for long-term treatment of depression, anxiety, or any sort of mental illness is for patients to continue their therapy and treatment when they go back to their duty station stateside,” said Kim. “Military members are adults and it’s their responsibility to share their military files with providers back in the states. Too many troops go back home and think everything is all right now, but very often the reality is that they need to continue seeking professional help after a deployment.” 

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“A lot of the initial military training teaches us not to show any signs of a mental or emotional struggle, and to never quit. However, that mindset can be very counter-productive when you are hurting inside and need someone to talk to.”

-Navy Lt. Michael Kim, EMF-K

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**A**

**Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?



**A**

USACHPPM <http://chppm-www.apgea.army.mil/>

**Care for your buddy**

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

USACHPPM <http://chppm-www.apgea.army.mil/>



**A**

TA - 095 - 0605

# “I. A.M. Strong”

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

Third Army’s Equal Opportunity office has been working on the initial stages of implementing a new program that is focused on continuing the Army’s efforts to embrace diversity and provide a comfortable work environment that will allow Soldiers to remain mission capable.

“Technically the logistics, regulatory guidelines and the policies for the [Sexual Harassment/Assault Response and Prevention] Program are still being written,” said Col. George Fields, equal opportunity officer, Third Army. “So the program, from a policy and guideline prospective, has not yet been formally sent out to the field.”

Although the SHARP program is still in its development stages, the EO office has started displaying posters that list the phone numbers of Deployed Sexual Assault Response Coordinators so that Soldiers can become familiar with the program and know who to contact with questions.

Although there are programs and campaigns currently in place that address sexual assault, harassment and equal opportunity, SHARP will take many of these existing programs and bring them under one umbrella.

“You have equal opportunity on

one camp and then you have sexual assault and sexual harassment under another camp, so we are taking two different programs and bringing them under one title, versus two separate titles,” said Fields.

Although the programs will be condensed, the overall goals in these areas will remain the same, to create a no tolerance environment to sexual assault and harassment and to ensure fair treatment in the workplace regardless of a person’s age, race, or sex.

“We’re going to try to bring about change by changing our culture and changing our level of tolerance to this particular disease,” said Fields.

Some of the ways that the SHARP program will focus on bringing change is by educating Soldiers on being respectful, coaching them on ways to look out for each other and teaching them to talk about incidences when they occur. The intent is to not only keep this mentality going while Soldiers serve in the Army, but to take this attitude with them throughout life.

“We want to eliminate sexual assaults and harassment in the Department of Defense, thus affecting the outside realm,” said Fields. “People are going to leave the Army and when they leave the Army they’ll have a different attitude toward tolerating sexual assault and sexual harassment in the workplace.” **A**

## INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team.  
I will **INTERVENE**.

## ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what’s right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior.  
I will **ACT**.

## MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are the strongest...together.

L O Y A L T Y  
D U T Y  
R E S P E C T  
S E L F L E S S S E R V I C E  
H O N O R  
I N T E G R I T Y  
P E R S O N A L C O U R A G E

www.preventsexualassault@army.mil  
MilitaryOneSource • 1-800-342-9647



*Article and photos by  
By Sgt. Jason Thompson  
Third Army PAO*

Members of the Third Army Public Affairs Office hosted their public affairs counterparts from the Kenya army during an exchange between the partner nations Sept. 14-17 in the Washington metro area.

During the exchange, Kenya officials visited numerous portions of the U.S. Army's public affairs operations to include the Defense Information School and the Army Public Affairs Center at Fort George G. Meade, Md., as well as the Office of the Chief of

**ABOVE:** *Third Army PAO show Public Affairs personnel from the Kenya army photographs during a visit to the Defense Information School in Maryland September 14.*

**RIGHT:** *Public affairs personnel from the Kenya army dedicate and lay a wreath at the Tomb of the Unknown Soldier in Washington September 15.*

# Third Army hosts Kenyan officials

**Partner cultures intertwine during PA exchange**

Public Affairs in the Pentagon and the Defense Media Activity center in Washington.

This was the final of three planned exchanges between the Kenyan army and Public Affairs personnel focusing on growing and developing the Kenya military's public affairs assets.

"We have grown to understand the importance of winning the hearts and minds of the people in Kenya," said Bogita Ongeri, spokesman for Kenya's Ministry of State for Defense.

"This trip has helped us to understand what we need in order to succeed in our mission and establish public affairs in Kenya. Seeing how the U.S. Army runs its public affairs provided great assistance for us to disseminate our information and to tell the story of the Kenya army."

Maj. Amanda Azubuikie, media relations officer with Third Army PAO, said the cooperation with the Kenya Army has been a strong growing

experience for both Third Army and its partner nation in working toward a sustainable future for all involved.

"Exchanges like this are important to share information and to improve interoperability between our partner nations," said Azubuikie. "It is mutually important to share information in both directions. We can both learn from each other and help to shape the future."

Ongeri spoke for the entire group when he talked about his appreciation and gratitude for the assistance provided in helping to grow the operational capability of the Kenya army public affairs.

"We greatly appreciate everything Third Army has done to assist us," he said. "The cooperation was excellent and everyone learned a lot. We also want to thank the people at DINFOS, the Pentagon, [Defense] Media Activity and APAC for taking the time and talking to us about the different programs used in the American Army."

"We look forward to future visits to the (United States) and other opportunities to work with the American Soldiers. We hold your entire military in the uppermost dignity." 



# NEWS IN BRIEF

## Army says stop-loss back payments are set to begin

All Soldiers who spent extra time on active duty because of stop loss since September 2001 will be eligible by November for \$500-per-month cash payouts, an Army compensation official said. Earlier this year, the Army began compensating soldiers held under stop-loss since October 2008, but Congress has expanded the program to include all troops stop-lossed since September 2001. Those eligible under the program can receive \$500 for every month they were held beyond his or her initial end of obligated service, said Deborah Holman, deputy chief of compensation for Army G-1. The Defense Department will issue implementing instructions for the new program on Oct. 21.

The Army plans on setting up a Web site by November that will allow people to apply for the compensation, Holman said. Stop loss allows the Defense Department to hold servicemembers beyond their separation or retirement date to complete their deployments. All of the services have used stop-loss, but only the Army has continued to use it since 2003. Roughly 185,000 servicemembers are eligible for the compensation. Of those the Army estimates about 136,000 are soldiers or family of deceased Soldiers. Current and former soldiers, as well as surviving spouses, can apply for the compensation. Holman said applicants must provide a servicemember's DD-214, a copy of their contract, and proof that the Soldier was stop-lossed. Those eligible under the program have until Oct. 21, 2010, to apply.

## Near Army construction site in Germany, a trove of ancient Roman artifacts

A team of archaeology students and experts believe they have unearthed remnants of a Roman settlement from the second or third century near the construction site of an Army housing project, but the discovery isn't expected to affect the project. The team, from nearby Mainz University, discovered a Roman coin, pieces of pottery, roof tiles, decorated bricks and 23 pieces of raw lead.

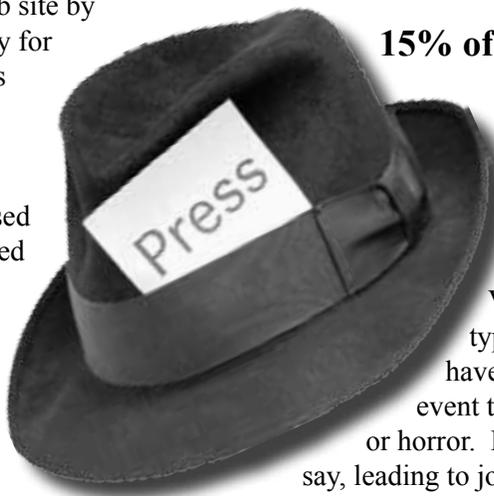
The students also believe they have found the wall outlines of a building. "We think it's from the first to third

century after Christ," said Dr. Guntram Schwitalla, a district archaeologist in Hessen. "If it's from the second century A.D., it would be a civilian building and we didn't expect this. We expected only military buildings." The items were found at the excavation site where a road is being built for a new \$133 million Army Corps of Engineers housing project. The project is part of a planned expansion at Wiesbaden Army Airfield, which is expecting an influx of troops in the coming years. Unless the team discovers something unexpected, construction on the housing complex should begin on schedule, said student Guido Schnell, an excavator at the site. Road and utilities construction will start in November with work on the housing beginning next spring, according to Roger Gerber, chief of the transformation stationing management office at Wiesbaden Army Airfield.

## 15% of homeless are female Vets

The rate of female homeless vets is increasing in the United States, according to the federal government and groups that advocate for homeless people. The U.S. Department of Veterans Affairs defines PTSD as a type of anxiety that affects people who have experienced a particularly traumatic event that creates intense fear, helplessness or horror. PTSD can trigger depression, experts say, leading to job loss and a rapid downward spiral towards becoming homeless. Many times, these newly homeless women also have children to care for, advocates say. Making matters worse, returning vets from Iraq and Afghanistan have been hammered by a struggling economy and skyrocketing unemployment rates.

With the U.S. Army now at 15 percent female, and more women providing supporting roles in combat zones, female vets are becoming homeless at a faster rate than men, said Department of Veterans Affairs spokesman Pete Dougherty. Conservative estimates count about 131,000 homeless veterans in the United States, most of them from the Vietnam War era. The VA has pinpointed 3,717 homeless veterans of Iraq and Afghanistan, but the nationwide total could be as many as twice that -- about 7,400, he said. The VA estimates about 10 percent of all homeless veterans are women, making the estimated number of homeless Iraq-Afghanistan female veterans about 740. Dougherty said that number is rising. 



## Emergency Numbers

**Camp Arifjan**

**DSN 430-3160/ Arifjan Cell 6682-2120**

**Camp Buerhing**

**DSN 438-3224 Buerhing Cell 9720-5396**

**Camp Virginia**

**DSN 832-2559 /Virginia Cell 6705-9470**

**LSA**

**DSN 442-0189/ LSA Cell 6682-2467**

**K-Crossing**

**DSN 823-1327/ K-Crossing Cell 682-0095**

**KCIA/APOD**

**Cell 6706-0165-DSN 825-1314**

**SPOD**

**Cell 9720-5982**

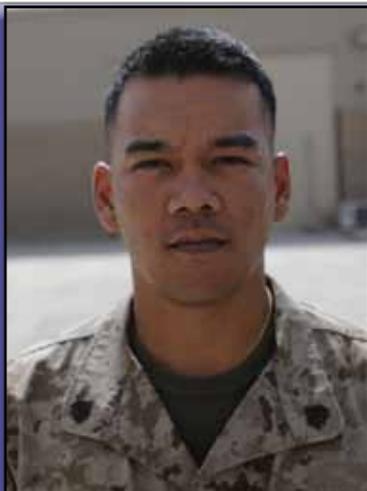
**KNB**

**DSN 839-1334/ KNB Cell 6691-4967**

## NCO Spotlight

**Marine Sgt. Joshua Kahele**

**Deployment Planner, 2-Marine Expeditionary Force**



"I chose the Marines because I believe that they are the best of the best."

The Ewa Beach, Hawaii native joined the Marines because of his mother. His mom wanted him to be a pilot in either the Army or the Air Force, but Kahele decided he wanted to be in what he describes as, "the most hard-core branch of them all." Kahele has spent 8 years in the Marines. This 26-year old NCO's advice to younger servicemembers is to work hard, stay motivated, and try to learn something new every day.

## Just One Question ...

**What do you miss most about being back in the states?**



"I miss the peacefulness of being out on the farm and being able to watch college football."

Sgt. 1st Class Douglas Steinmetz  
Platoon Sergeant  
11-28 Infantry Battalion  
Chippawa Falls, Wisconsin



"I miss the winters along with the hunting and fishing back home."

Mr. Terry Oliver  
Heavy Equipment Operator  
Civilian Contractor  
Jacksonville, Florida



"I miss my family, especially my two sons ages five and three."

Sgt. Monique Riley  
Supply NCOIC  
Charlie Co. 54th Signal Battalion  
Butler, Alabama



"I miss my wife and walking down on the mall of our nation's capital."

Cmdr. Richard Bergthold  
Mental Health Department Head  
EMFK  
Washington D.C.



"I miss the nice weather back in California and being able to eat sushi at Harney's in Old Town."

Petty Officer 1st Class Essence Dawson  
Patient Administrator  
EMFK  
San Diego, California

# What's happening around Third Army

## Naturalization Ceremony

Seamen Wei An Jiang, Sgt. Raul Gamboa, Sgt. Christopher Palmer, Pfc. Joyce Sai and Sgt. Doua Xiong, all newly created citizens of the United States of America, stand together after their naturalization ceremony held at Camp Arifjan, Kuwait, on Sept. 24, 2009.



Photo by Sgt. David Nunn



Photo by Spc. Brandon Babbitt

## Coast Guard on Patrol

The sun sets as the Coast Guard's Port Security Unit-301 runs security on a patrol boat off of Kuwait's Seaport of Debarkation (S-POD) Sept. 24, 2009. The Coast Guard's mission at the S-POD is very unique while their security forces work alongside both Army and Navy security elements throughout the port to protect US Military interests that are being shipped into Kuwait in support of OIF and OEF.

## Court Martial

On Sept. 16, 2009, a military judge tried Spc. Daniel Olivo of the 539th Transportation Company, Joint Logistical Task Force 57 at a special court-martial at Camp Arifjan, Kuwait. In accordance with his pleas, the military judge found Spc. Olivo guilty of larceny in violation of Article 121, Uniform Code of Military Justice, and of forgery, in violation of Article 123, UCMJ. The underlying misconduct occurred in July of 2009 when Spc. Olivo stole a credit card from a fellow Soldier in his unit. Spc. Olivo then used the credit card to purchase various items totaling over \$800 at the AAFES PX. He also forged the fellow Soldier's name to accomplish the larceny. Finally, Spc. Olivo used the Soldier's ATM card to withdraw \$250. The military judge sentenced Spc. Olivo to be reduced to the grade of private (E-1), to be confined for four months and to be discharged from the U.S. Army with a Bad Conduct Discharge.

