



The Desert Voice

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

May 12, 2010

TRAINING

with Third Army

Staying on top of Soldier skills

Oshkosh and Third Army
Training in Photos
Secure the Perimeter!

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Lt. Gen. William G. Webster
Third Army Commanding General



Command Sgt. Maj. John D. Fourhman
Third Army Command Sergeant Major

COMMANDING GENERAL
THIRD ARMY
UNITED STATES ARMY CENTRAL
CAMP ARIFJAN, KUWAIT
APO AE 09306

May 1, 2010

To the Third Army/USARCENT Team,

On February 5, 1958, President Dwight D. Eisenhower proclaimed that May 1 would be known as our annual "Law Day USA." He said, "In a very real sense, the world no longer has a choice between force and law. If civilization is to survive it must choose the rule of law."

These words still ring true today, as we recognize Law Day USA by observing the theme *Law in the 21st Century: Emerging Challenges and Enduring Traditions*. As we begin the second decade of the 21st Century, the law is changing dramatically, seeking to shape and adapt itself to new conditions. Economic markets are becoming more global, transactions require cultural adaptation and understanding, populations are more mobile, and communication technologies bridge distances and time zones to form new communities around the world.

USARCENT's "Shape the Future" Line of Effort recognizes this global perspective. As we operate in the USCENTCOM AOR, we must renew our commitment to the enduring principles of law, becoming more knowledgeable about other legal systems and acquiring new cultural understanding at every opportunity. In a global era, matters such as human rights, criminal justice, human migration and environmental regulation become not just international issues, but shared concerns among all nations.

Law Day 2010 provides us with an opportunity to understand and appreciate the emerging challenges and enduring traditions of law in the 21st Century by reflecting on the role of law in the foundation of America, and by recognizing its importance in a global society. One aspect of our important *Mission* is to defend the rule of the law, and not of tyrants or sects. The law protects our *Soldiers* and those whose rights we defend. Understanding and appreciating the importance of the law makes our *Team*...and our Nation...stronger.

Patton's Own!


John D. Fourhman
Command Sergeant Major, US Army
Command Sergeant Major


William G. Webster
Lieutenant General, US Army
Commanding General

DV
The
Desert
Voice

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Working together

Oshkosh Defense and Third Army provide for the war fighter

Story by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment

Oshkosh Defense has announced that it has received a purchase order for more than \$11 million from Force Protection Industries, Inc. (FPII) to extend an existing contract and retain approximately 100 Oshkosh Field Service Representatives (FSR) to work with Third Army in Kuwait for an additional four months.

The reps will continue support of FPII and the military with installation of the Oshkosh TAK-4 independent suspension systems on FPII Mine Resistant Ambush Protected (MRAP) vehicles, known as Cougars, which started in July 2009.

The extension will allow Oshkosh FSRs to continue work in Kuwait through June of this year while sup-

porting the troops downrange with the improved suspension systems.

Oshkosh Defense is working with multiple manufacturers of legacy MRAPs and has received orders to retrofit more than 2,500 vehicles with the Oshkosh TAK-4 independent suspension systems.

Vehicles outfitted with the TAK-4 system have greater mobility with 16 inches of independent wheel travel to provide advanced off-road capabilities necessary for Afghanistan's mountainous terrain and unimproved roads.

The system also greatly reduces shock and vibration, resulting in longer component life and less wear-and-tear on Soldiers and Marines so they can be better prepared for their missions.

"We've had great success in retrofitting legacy MRAPs with our TAK-

4 independent suspension system, enabling the military's current fleet to deliver exceptional off-road performance and crew comfort," said Andy Hove, Oshkosh Corporation executive vice president.

"These improvements allow our troops to operate in Afghanistan's extreme environments, so it's important to get these upgrades in the field as fast as possible. Our FSRs allow us to move quickly by working in theater with our troops, bringing Oshkosh technology and support directly to our warfighters."

Third Army and subordinate units are responsible for getting these vehicles upgraded to support warfighters in the CENTCOM AOR.

Third Army works closely with Oshkosh Defense and FPII while "setting the theater" in Afghanistan with the necessary vehicles and equipment for mission success.

Oshkosh Defense, a division of Oshkosh Corporation based out of Oshkosh, Wis., is an industry-leading global designer and manufacturer of tactical military trucks and armored wheeled vehicles. They deliver a full product line of conventional and hybrid vehicles, advanced armor options, proprietary suspensions and vehicles with payloads that exceed 70 tons. 



Mine Resistant Ambush Protected vehicles receive repairs at a facility within Third Army's Area of Operation. Third Army, along with Oshkosh Defense, makers of the MRAP, are helping to support war fighters in theater by providing reliable, safe vehicles for troops through uninterrupted world-class sustainment operations for U.S. and coalition forces. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).

Training *with* **Patton's Own**



Above - A video camera inside a Humvee Egress Assistance Trainer shows a Third Army Soldier bracing during a simulated roll-over training exercise at Camp Buehring, Kuwait. The training is meant to give Soldiers the tools to help survive a real world rollover including rollovers that end up in water (Photos by Spc. Monte Swift, 203rd Public Affairs Detachment).



Left - A Third Army Soldier climbs from a Humvee Egress Assessment Trainer during mandatory Third Army training at Camp Buehring, Kuwait. The trainer teaches Soldiers the necessary techniques to help survive a vehicle rollover such as proper use of seat belts, bracing during a rollover, protecting the gunner and safely exiting the vehicle while being aware of potential enemy fire (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment).

Right -The Soldiers of the 53rd Infantry Brigade Combat Team, a Florida Army National Guard unit, attached to Third Army, deployed in support of Operation Iraqi Freedom earlier this year, to conduct Quick Reaction Force operations in Kuwait. The purpose of these QRF operations is to provide security in and around Camp Buehring and continue to strengthen relations with our Host Nation. Third Army's primary mission is to provide world-class logistical support to warfighters in the Central Command Area of Operations (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment).



Left - A Third Army Soldier of the Assault Command Post fires a .50 caliber machine gun during a training event at Camp Buehring, Kuwait, designed to help make the ACP deployable to anywhere in Third Army's Area of Operation within 72 hours. The training focused on everything from ACP job specialties, to team building and basic Soldier skills (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).

Right - Third Army Soldiers work diligently in low light to treat the wounds of a medical training aid during a Combat Life Saver refresher class at Camp Buehring, Kuwait. The day-long training also included vehicle roll-over training and Improvised Explosive Device awareness. The training is mandatory for all Soldiers going into Iraq as well as those who will remain stationed in Kuwait (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



MAJ. GEN. RILEY ready to *Retire* after **37** years

Story by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment



After 37 years in the United States Army, Maj. Gen. Don T. Riley, Senior Engineer, ARCENT Coordination Support Element – Afghanistan (ACSE-A), will be leaving the only employer he has ever worked for.

Forty-one years ago at the age of 18, Riley left California for The United States Military Academy at West Point. In 1968, during the peak of protests against the Vietnam War, he saw West Point as an opportunity to pay for a challenging and rewarding education, and a chance to play his favorite sport of baseball for two years.

Riley, who currently lives in the Washington D.C. area, said his initial commitment to the U.S. Army was nine years. Four of those years were spent at West Point, followed by the mandatory five years serving as an officer for Uncle Sam.

“I didn’t start out having a plan to spend my career in the Army or become a general officer,” said Riley. “I just seemed to really enjoy the challenges, responsibilities, and in turn, the forward movement

a career in the service offered me while taking it one assignment at a time.”

“ **These 37 years have been wonderful to me. It has been inspiring to be able to serve my country and make a difference.** ”

Maj. Gen. Don T. Riley

He says his father and past bosses were important mentors to him and he has kept a notebook over the years of leadership styles that he liked and disliked. Riley used what he observed to build his own leadership style.

Riley, who has a master’s degree in Civil En-

gineering from the University of California-Berkley, has developed his leadership style since becoming a 2nd Lt. in the engineering branch in June of 1973.

He has since served in a variety of positions supporting a number of unique missions that include Kosovo, Afghanistan most notably the Cold War.

Riley and his wife, Roz, a retired 21-year Army Nurse, have four children. Devin, the oldest, is 30 and lives in Kansas. Darren, 28, is the company

commander of an infantry unit at Fort Hood, Texas. Daniel, 22, is a senior at Virginia Tech and Kaitlyn, 21, will soon be starting her senior year at Liberty University close to her parents' home in the beltway area.

Riley's main role in Third Army's mission in Afghanistan has been to focus on getting the mountainous nation a reliable and safe water strategy that will help the people there long after coalition forces leave.

ACSE-A is a team of teams with experienced leaders whose mission is to set the U.S. Central Command theater for future operations by expand-



Maj. Gen. Don Riley, Third Army ARCENT Coordination Support Element-Afghanistan Sr. Engineer, observes progress at Camp Phoenix, Afghanistan as civilian contractors engineer projects on the camp. ACSE-A provides U.S. Army Central strategic theater support to U.S. Forces-Afghanistan. (Photo by Cpt. Tracey Frink, 203rd Public Affairs Detachment)

ing the sustainment base, increasing industrial capacity, and integrating and synchronizing sustainment, distribution, communications and civil engineering functions.

Riley sees ACSE-A as important, and exceeding its goals.

"We are way ahead of schedule as our initial hope was to have 50 percent of the materials on the ground to support our mission in Afghanistan by this time,

however, we are at 99 percent, which is amazing all things considered," said Riley. "A lot of that credit goes to the great staff of professionals who work under Maj. Gen. Vangjel's command there."

Riley, who plans on exploring all of his opportunities after retirement, wishes to do something where he can make a difference in the lives of others. He says his advice to other officers is to do a good job of taking care of people and keep everyone focused on the mission.

Riley, a quiet man who says he relies heavily on God, reflects back on his military career with a sense of pride.

"These 37 years have been wonderful to me," explained Riley. "It has been inspiring to be able to serve and make a difference."

Riley will have a retirement ceremony on June 4, 2010 at the Headquarters of the Army Corps of Engineers in Washington D.C., with his expected retirement date being Sept. 1, 2010. ♣



Rick Jones, Senior Trainer and Development Specialist for Engagement Skills Training, discusses the methods of fire training conducted at Camp Phoenix with Maj. Gen. Don Riley, Third Army ACSE-A Sr. Engineer. (Photo by Cpt. Tracey Frink, 203rd Public Affairs Detachment)

United Through Reading *offers* connection for families *of* deployed Servicemembers

Story by
Spc. Monte Swift
203rd Public Affairs Detachment

Being sent on a deployment or to a temporary duty station comes with many hurdles that a servicemember must adjust to in order to keep their mind focused on the mission. For those with families, and especially for those with young children, lack of quality time at home is one of the biggest hurdles to face. That is why the United Service Organizations and the Morale, Welfare and Recreation Center offer the United Through Reading Program.

The program offers Servicemembers the ability to video record themselves reading children's books to send home to their kids and families. After recording the video, which is limited only by the size of the DVD, the

Spc David Clark, a McDonough, Ga. native with the 1058th Convoy Security Company, sits in the recording booth of the Camp Arifjan, Kuwait, Zone 6 Morale, Welfare and Recreation Center after recording a video message to send home to his family May, 6 (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



Servicemember can mail the book and video home where it can be played while the child follows along.

"Those who have used the program love it. They are excited at the idea of sending personal recorded messages to their loved ones," said Juliana Wilder, MWR Supervisor, Zone 6 MWR, Camp Arifjan, Kuwait.

Aside from reading books, Servicemembers can also take part in the video messenger program where they can simply send video messages home. Video Messenger offers the advantage of families being able to see their family member rather than just hear their voice on the phone. Servicemembers can talk about their day, a new job or plans for when they return, and it helps family at home feel more connected, and builds morale in the servicemember.

"The communication this program can offer allows those who use it to stay connected to home, which could improve their job function," said Wilder.

Servicemembers can take part in the programs by visiting the Camp Arifjan Zone 6 MWR. Employees are available 24/7 to assist in the recording process. 



Louisiana National Guard Soldier Sgt. 1st Class Gwen J. Haliburton, Pineville, La., prepares to read the book "Chicka Chicka Boom Boom" by Bill Martin, Jr., and John Archambault to her daughter, Delana, through the USO's "United through Reading" program (Photo by Spc. Amy L. Barber, 256th Infantry Brigade Public Affairs Office).

401st AFSB and Third Army supply Afghanistan

*Story By
Capt. Tracy Frink
203rd Public Affairs Detachment*

To operate effectively in the Afghanistan theater, troops must be able to shoot move and communicate. The 401st Army Field Support Brigade along with Third Army/U.S. Army Central Command are enabling war fighters to do just that.

The mission of the 401st AFSB and Third Army is to supply the Afghan theater by providing sustainment, life support and war fighting equipment to Forward Operating Bases and Contingency Operations Posts.

“It is this type of unyielding support from the Army Materiel Command and Third Army that will enable U.S and Coalition Forces to prevail,” said Col Richard B. Dix, 401st Army Field Support Brigade.

The Army Materiel Command team forward, 401st AFSB, is posted in different elements in theater- battalions, Logistics Task Forces and Logistics Support Elements who are ready to provide equipment movement support throughout the Afghanistan Area of Operations. These elements ensure accountability

for equipment and transportation to the locations and units requesting the support.

The synergy of these efforts within the 401st AFSB lies with the Support Operations Office. Lt. Col. Meredith Wade, 401st AFSB SPO Chief, explains how the brigade is responsible for tracking equipment through the port of Karachi and the Chaman Gate to Kandahar Air Field, and through the Northern Distribution Network of partnering nations to Bagram Air Field.

“Once receiving notice from Third Army, 1st Theater Support Command or DA, the 401st AFSB tracks the equipment coming by air and sea delivery modes,” said Wade. “Surface Distribution and Deployment Command sends the 401st a daily report of what has been allocated and moved to the port of Karachi,” she said.

The equipment arrives at Bagram or Kandahar Air Field, is processed through the maintenance and communications retrofitting process, then fielded to the units.

“The equipment received

is transported through local trucking companies, [jingle trucks] to each of the receiving locations. After in processing for accountability and the processes for fielding, the equipment is moved into “ready sets” company size elements for convoying to outlying locations,” said Wade. “Other equipment is sent via air, as available, allowing for faster and safer movement of the much needed equipment.”

The 401st AFSB relinquishes the equipment to the gaining units until 2011 when the equipment will be returned to begin retrograde operations. **A**



The busy flight line at Bagram Airfield shows the vast efforts of the 401st AFSB's and Third Army's buildup and supply efforts in Afghanistan. Third Army utilizes many means of quickly transporting supplies to the warfighter including convoys, ships and planes (Photo by Tech. Sgt. Jeromy Cross, 455th Air Expeditionary Wing).

Secure the perimeter!

Quick Reaction Force keeps fence line safe

Story By
Sgt. David Nunn
203rd Public Affairs Detachment

The Soldiers of Charlie Troop, 3rd Platoon, 4th Squad, of the 53rd Infantry Brigade Combat Team, a Florida Army National Guard unit, attached to Third Army, have been successfully providing Area Reaction Force operations to the region in and around Camp Buehring, Kuwait, since their arrival in March 2010.

“Our missions take us all over the Third Army area of operations here in Kuwait,” said Staff Sgt. Miguel Santoyo, 4th Squad Teamleader, of Wauchula, Fla., where his wife and five children live. “The training we received prior to this deployment allowed us to complete this mission safely and successfully. Our leadership has set a high standard, and the relative safety of Kuwait has given us the opportunity to advance not only our military careers but time to work on our civilian education too.”

Santoyo, a veteran of a previous deployment in Iraq, when he worked as a military police officer supporting detainee transportation operations, works as a superintendent of a construction company when not deployed. “My experience with the Army National Guard has provided me leadership opportunities and training that has helped me with my civilian career.”

In addition to supporting the Responsible Draw-down of Iraq through these ARF operations, providing a security presence to the region and quickly reacting to any emergency situations, these Soldiers have also been strengthening relations between the U.S. Armed Forces

and our Host Nation partners.

“The interaction with the Kuwaitis has been extremely positive so far, they really like us,” said Spc. Casey Haire, 4th Squad Gunner, of Bristol, Fla. “This is my first deployment and I’m glad for the experience. I’m looking forward to the opportunities here, like for instance, attending [the Warrior Leadership Course] soon and taking some college courses.”

The Soldiers of 4th Squad work around the clock to support their mission. Much of the week is spent in their vehicles patrolling the region and sometimes interacting with the Kuwaiti people through the use of interpreters. When not on patrols, they continue to strengthen their readiness by training on their warrior tasks and drills and improving their marksmanship on the ranges.

“My favorite part of this job is the great teamwork and travel experiences to see Kuwait,” said Haire. “Every member of the 53rd works so hard to make sure our missions are a success.” 

Area Reaction Force Soldiers from the 53rd Infantry Brigade Combat Team conduct react-to-fire drills as part of their regular training. The Area Reaction Force patrols the major routes and some military convoys throughout Kuwait (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment).



The Soldiers of Charlie Troop, 3rd Platoon, 4th Squad, 53rd Infantry Brigade Combat Team, a Florida Army National Guard unit, attached to Third Army, deployed in support of Operation Iraqi Freedom earlier this year to conduct Area Reaction Force operations in Kuwait. The purpose of the operations is to provide security for the region and continue to strengthen relations with our Host Nation (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment).

As Drawdown increases, ... so does security in Iraq

Iraqi forces hold up their end of the mission

Story by
Jim Garamone
Office of the Secretary of Defense
Public Affairs

The past week was very good for security progress in Iraq, with two al-Qaida leaders killed in an Iraqi-led operation, Pentagon Press Secretary Geoff Morrell said, April 21.

Iraqi forces followed up their successes by arresting another senior al-Qaida leader in Northern Iraq, Morrell noted.

“This is not a good time to be a leader of al-Qaida in Iraq,” Morrell said. “There’s not a lot of longevity in those jobs.”

Although U.S. forces partnered with Iraqi forces for the operations, Morrell said, Iraqi security forces found and exploited the intelligence that made them possible and were in the lead of both operations.

“We have capabilities that we can bring to bear that they have not yet developed fully,” he said. “It was a great joint mission that brought down three people who

were responsible for the deaths of scores of innocent Iraqis, not to mention U.S. and coalition forces.”

As America’s involvement in Iraq draws to an end – U.S. combat units will leave the country by the end of August. The United States is determined to not make the same mistakes made in Afghanistan in the 1980s, Morrell said.

In August, Operation Iraqi Freedom ends and Operation New Dawn begins, with U.S. forces in “advise and assist” roles.

All U.S. forces will be out of Iraq by the end of 2011. Supplemental funding for fiscal 2010 calls for \$1 billion for Iraqi security forces. That money would go to expedite building capabilities in Iraqi security forces. The current Iraqi budgeting process probably doesn’t have the means to execute spending

on the things they need to invest in as quickly as the United States can do it by spending this money, Morrell explained.

Defense Secretary Robert M. Gates fully supports this spending, Morrell told reporters.

“This is not a good time to be a leader of al-Qaida in Iraq. There’s not a lot of longevity in those jobs.”

Pentagon Press Secretary
Geoff Morrell

“[Gates] believes that we need to spend the money necessary to finish this job -- to make sure our drawdown is successful and the Iraqis have the capabilities they need to assume

responsibility for more and more of the security component,” Morrell said. 

Below-After assaulting an objective, Karkh Area Command Strike Team soldiers (foreground) pull security while waiting for an MI-17 HIP helicopter to extract them from the simulated battlefield, March 29. The Iraqi forces were eager to demonstrate their capabilities during an air assault performance in front of Lt. Gen. Ali Hamadi Tahir, the Karkh Area commander for western Baghdad.



Coast Guard/Navy participate in machine gun course



U.S. Coast Guardsmen of Command Task Group 56.5, participate in the Basic Underway Machine Gun Course, March 11, at Camp Patriot, Kuwait. The training tested the U.S. Coast Guardsman's ability to shoot a M2 .50 caliber machine gun at a floating target while moving. The skills learned and practiced during the course help prepare them for potential hostile contact in their daily patrols.

Story and photos by
Spc. Spencer Rhodes
53rd Infantry Brigade Combat Team
Public Affairs

Members of Command Task Group 56.5, a Port Security Unit, recently participated in a Basic Underway Machine Gun Fire course, an annual training requirement that has Coast Guardsmen practicing their skills with an M2 .50-caliber machine gun, firing at a floating target while under way.

The annual training prepares Coast Guardsmen and Sailors to effectively react to a hostile conflict

or crisis on the water.

According to Cmdr Joan A. Dodd, deputy commander of CTG 56.5, the training better prepares them for their daily responsibilities and the possible threat of hostile contact.

"The more you practice, the more proficient you become. You always have to be ready for any threat that comes into a harbor, and that's what we're training for," said Dodd.

Dodd explained that calmer water makes for a good building block in training. Choppy waters require more balance and concentration

on other factors that aren't present when the water is smooth. Despite the water's calm state, the firing course

still gave Coast Guardsmen and Sailors a challenge.

Using machine guns mounted on patrol boats, Coast Guardsmen and Sailors went through multiple runs, firing from different angles with different gunners. The sound of machine gun fire echoes across the deck of the Churubusco while pockets of water explode into the air as gunners walked their rounds onto the target.

Petty Officer 1st Class Quincy Lawton, the driver and non-commissioned officer in charge of his boat, says the more efficiently they train, the more proficient they become at their duties and combating potential threats.

"Our job is to escort high value assets and keep a lookout for the enemy, checking for targets of interest posing an imminent threat. This training makes me trust even more that we'll be able to take on the enemy when it comes," said Lawton. **A**



Members of the U.S. Coast Guard Task Group 56.5, accelerate their patrol boat while preparing to engage targets during a machine gun live-fire event designed to increase the ability to accurately hit targets while moving.

COMMANDING GENERAL'S NOTE

Prohibited Activities under General Order 1B

A. The introduction, purchase, possession, sale, transfer, manufacture, or consumption of any alcoholic beverage within the countries of Kuwait, Saudi Arabia, Afghanistan, Pakistan, and Iraq is prohibited. In all other countries of the CENTCOM AOR, U.S. military and civilian personnel will conform to their respective unit restrictions on alcohol, and maintain appropriate deportment by respecting host nation laws and customs. The prohibition concerning the introduction, purchase, possession, sale, transfer, manufacture, or consumption of alcoholic beverages does not apply with respect to the intended use of personal hygiene items (e.g. mouthwash) commercially available for sale by AAFES. The prohibition does not apply to possession or transfer of alcoholic beverages required in the performance of official duties. While the introduction, purchase, possession, sale, transfer, manufacture, or consumption of any alcoholic beverage is not prohibited while traveling to or from locations in the CENTCOM AOR on commercial aircraft, personnel are expected to arrive at their destinations fit for military duty.

B. Introducing, purchasing, possessing, using, selling, transferring, manufacturing, consuming or inhaling salvia divinorum (commonly known as "SPICE"), or any substance with the intent of improper use to create an impaired state of mind is prohibited.

C. Introducing, purchasing, possessing, using, selling, transferring, manufacturing drug paraphernalia is prohibited. "Drug paraphernalia" is defined as any device possessed for the purpose of consuming illegal controlled substances or the residue or remnants of illegal controlled substances.

D. Introducing, purchasing, possessing, using, selling, transferring, manufacturing, or consuming any prescription medication without a valid prescription is prohibited. For purposes of this order, "prescription medication" includes substances for which U.S. state federal law requires a valid prescription for dispensing. This General Order does not apply to acts performed in the execution of official duties.

E. Intentionally consuming, inhaling, ingesting, sniffing, or otherwise taking into the body (commonly known as "huffing") any fumes of a volatile chemical or substance such as , but not limited to: substances in aerosol containers, compressed air, glue and glue-like products, solvents, adhesives, nitrates, cleaning agents and other gases is prohibited.

F. Introducing, purchasing, possessing, using, selling, creating, or displaying any pornographic or sexually explicit material contained on any electronic media storage device, photograph, poster, drawing, book, or magazine is prohibited. The prohibitions pertaining to pornography shall not be interpreted to apply to medical reference materials or other diagrams or photos intended for an official purpose. The prohibitions contained in this paragraph shall apply to content delivered through the internet, regardless of the source of the internet service.

G. Photographing or filming military installations access points, gates, guard towers, checkpoints, or any security measures, as well as possessing, distributing, transferring, copying, or posting, whether electronically or physically, visual images depicting the same, except as required for official duties and/or with the express permission of the person responsible for security is prohibited.

H. Taking or retaining any found or seized currency for personal use is prohibited. Such currency will be identified, collected, recorded, secured, and stored until it can be delivered to the appropriate authority.

I. Possessing, touching, or using without legal authority unexploded ordnance of any kind is prohibited. "Ordnance" is defined as any destructive or explosive material, including, but not limited to, bombs, rockets, missiles, grenades, mines, blasting caps, detonating cord, booby traps, flares and ammunition.

J. Intentionally pointing any firearm, weapons system, flare, or pyrotechnic device, loaded or unloaded, at another individual except as required in the execution of official duties is prohibited. This prohibition includes "quick draw" games, "trust" games, and any other similar activity even if undertaken in jest or with the consent of all parties involved.

K. Carrying concealed firearms unless authorized by proper authority is prohibited. Firearms will be visible at all times. Blouses will not conceal pistols worn on the belt. General Courts-Martial Convening Authorities are authorized to establish procedures to grant exceptions to this rule.

INDIVIDUAL DUTIES: All persons subject to this General Order are charged with the individual responsibility to know and understand the prohibitions contained herein.

UNIT COMMANDER RESPONSIBILITY: Commanders, Security Assistance Office Chiefs, and military and civilian supervisors are charged with ensuring that all personnel are briefed on the prohibitions and requirements of this General Order.

CONFISCATION OF OFFENDING ARTICLES: Items determined to violate this General Order may be considered contraband by command or law enforcement authorities if found in the CENTCOM AOR. Before destruction of contraband, Commanders or law enforcement personnel will coordinate with their servicing Judge Advocate. Military customs and other pre-clearance officials will enforce this General Order in their inspections of personnel prior to departure from the CENTCOM AOR and return to home station.

EFFECTIVE DATE: This General Order is effective 17 MAY 2010



Safety

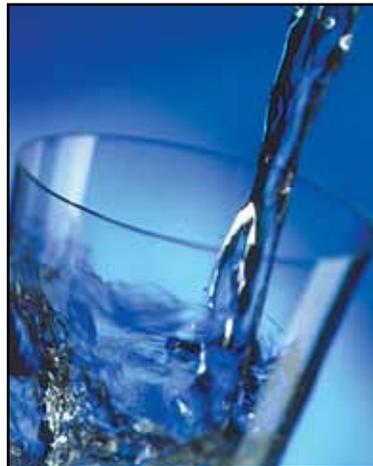


2010 Safe Summer Campaign

Story by
Master Sgt. Angela Clemente
Third Army Safety NCOIC

As we enter into warmer weather, Soldiers need to be reminded of the seasonal risks they will soon encounter. Experience has shown that there is a significant increase in off-duty accidents and injuries during this period.

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Commanders and supervisors must ensure every individual who may be exposed to unaccustomed environmental conditions, is informed of the potentially serious results of heat injuries and how to recognize and treat those injuries if they occur. By increasing awareness, it will decrease your susceptibility to them. The season demands engaged leadership and personal responsibility. Soldiers must act responsibly, and leaders need to remain engaged in assessing and controlling risk, and enforcing standards while executing the mission.



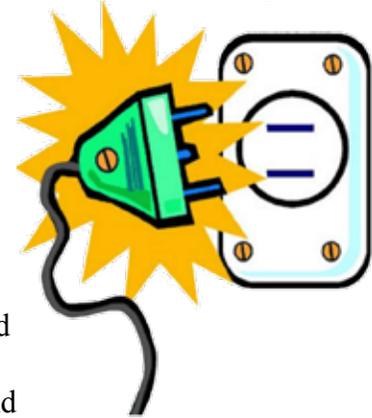
At any given time, the Army has Soldiers on medical restriction, hospitalization, or worse, because of accidents, which usually result from hasty decisions or poor judgment. As Soldiers, risk is a necessary part of our profession, but as professionals, we must manage that risk. Our training, good judgment and common sense will



minimize risk significantly. Accept no unnecessary risks. This applies to all activities, on and off-duty.

Statistics show that travel on interstates is safer than two lane roads. However, the accident rate for travel on roads where high speed is possible, increases the fatality rate significantly. When driving on the roads, make sure you wear seatbelts, obey the speed limit, don't drive when you are fatigued, and take rest breaks if necessary.

Electrical malfunctions are a major contributor to fires in the workplace and living areas during the summer months. Electrical equipment should be checked regularly for signs of trouble such as damaged cords or worn insulation. Never overload circuits, and remember that only qualified and authorized personnel should carry out electrical repairs and maintenance. However, everyone is responsible for being alert to the signs of electrical malfunction. Make sure that monthly fire and electrical safety inspections are conducted in your area by designated Fire Wardens. Also be sure to observe any smoking restrictions. Smoke only in designated areas since smoking in unauthorized areas has resulted in serious fires.



The challenge to you during the 2010 Safe Summer Campaign is to engage with those around you, educate your Soldiers and take steps to solidify the "Band of Brothers and Sisters" concept that unifies the Army Team. Act like Teammates: look out for and protect one another, share insights and ensure that no one becomes a fallen comrade because of ignorance. **A**

Chaplain's Corner



Working with All Your Heart

Story by
Chaplain (CPT) Michael Cox
Third Army STB

When people ask what I want for my children, I usually reply, “to be a meaningful member of society.” By that I mean for them to be self-supporting, ethically sound, involved in their community and to practice their faith. If they do these things they will be successful in my eyes and hopefully people will see them as individuals of good character. Sure, it would be nice if they won the lottery.

There are several things people look at when they determine what type of person we seem to be. We have to be careful when dealing with peoples’ opinion of us. These opinions can be influenced by many things, some of which are outside our span of control. Many perceptions come from the things we say or things we do. If we care about what kind of person we are, then it should reflect in all areas of our lives. Our job is one of them.

While I personally do not believe that labor is the most important area of our lives, it is significant. Work is how we earn an income to support ourselves and our families. Work is a way we can express our character and impact the lives of others. These people in turn develop an idea of who they think we are.

If we had the perfect job with the perfect pay, and if



it could be at the perfect time and place of our choosing, if our coworkers, bosses, and employees were the best people to work around, it would not be difficult to work at a level where people say, “WOW,” that person is amazing!”

But who am I kidding? Most people spend years working their way to that perfect job. Some people never find it. It’s when we find ourselves in difficult times with difficult people that our character drives how we perform or tasks. The person we want to be should be a stronger influence than the surrounding circumstances.

Enjoy when times are good, and work diligently through the difficult times. You will be able to look back and see something about yourself. The people around will also be able to form an opinion of you. You can help make that opinion a positive one. **A**

The Desert Voice

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Health



The **DOs** and **DON'Ts** of Physical Fitness Tests

Most people dread their physical fitness test. If not for fear of failure, then fear of pushing to your physical and mental limits. If you really give it your all, you are expecting to be a little tired and sore. Here are some tips to help you do your best:

DO - hydrate the day before. You don't need to drink 4 gallons of water the morning of the test, but make sure your urine appears light yellow and not like apple juice the night before and morning of the test.

DON'T - try to "cram" for it. You should be able to pass your PT test on any day of the year. Test yourself monthly to make sure you are maintaining your fitness. On the day of the test, you should be confident that you have trained adequately. Make sure you are running farther than the mileage of the test so the distance seems easier.

DO make sure you know what foods will agree with you by eating them the day and night before a regular PT session. The added adrenaline and nerves of an APFT can make your gastrointestinal track knot up. If you tend to get hungry during the test, have a small snack when you first get up. This should be something that is mostly carbohydrate, low-fat and low-fiber like a banana or crackers.

DON'T - dehydrate or starve yourself to make weight. It will hinder your performance and put you at risk for heat injuries. You should be able to pass your height/weight and body fat standards every day of the year.

DO - **WARM- UP!** Get to the test early and jog around. You should be sweating before you start, but not just from the outside temperature! If you start "cold", the oxygen delivery to your muscles has to catch up with your increased activity. By the time that happens, you might be half-way through the pushups.



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

Diet and Kidney Stones

Risk factors for kidney stones include genetics, environment, weight, diet and fluid intake. They occur when metabolic wastes processed by the kidneys form crystals in the urinary tract. While they normally pass without the individual's awareness, they can cause severe pain if they block the flow of urine.

There are several types of kidney stones with the most common stones containing calcium oxalate or uric acid. Men tend to have a higher risk of kidney stones than women and the risk for both genders increases with age. Obesity has also recently been linked to an increased incidence of this problem. Among the deployed population, inadequate hydration, diets high in sodium, increasing weight and/or diets high in oxalate or uric acid are likely the primary controllable risk factors for kidney stones.



Specific dietary modification for kidney stones depend on the type of stone that occurs in that individual. Once a physician has identified the type of stone, a Registered Dietitian should be consulted to review what type of dietary modifications are recommended. High fluid consumption is recommended regardless of the type of stone.

All of the bottled water including the mineral water contains low amounts of Sodium - between 10-25 mg per Liter - and at a maximum, 40 mg of Calcium per Liter. When compared to regular foods and beverages, these levels are much lower and would therefore play little if any role in the risk of kidney stones. Drink up!

To prevent kidney stones, focus first and foremost on adequate hydration. If you experience a kidney stone, try to catch it when it is passed so that a physician can identify the type of stone and you can make appropriate dietary modifications if needed. **A**





By Staff Sgt. Mark Bennett



ONE

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The Desert Vision

is on the Command Information Channel

Find photos taken by our journalists on dvidshub.net at: <http://www.dvidshub.net/THIRDARMY>
<http://www.dvidshub.net.units/203PAD>

and on the shared drive at
 I:\ARCENT\CFLCC PAO Photos Movies\PAO Photo Library

Find out what's going on in all branches who serve Third Army by watching the Command Information Channel on your local broadcast station.



Emergency Numbers

911 Emergency DSN – 911/112
From cell phone 2389-9911
Camp Arifjan
DSN 430-3160 / PMO 430-1343
Arifjan Cell 6682-2120
Camp Buerhing
DSN 438-3224 / PMO 438- 3325
Buerhing Cell 9720-5396
Camp Virginia Emergency DSN 832-9111
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
SPOD DSN 825-1314
SPOD Cell 9720-5982
KNB DSN 839-1334

Officer Spotlight

Petty Officer 2nd Class Anthony Whitfield
 Admin Specialist CDDOC



“Do your job, take care of your troops, and get your education to better yourself.”

Petty Officer 2nd Class Whitfield grew up in Baltimore as the only son of five kids growing up in a single-parent home. After going to college to study computers, he was looking to make some changes in his life and decided to follow many of his family members footsteps and joined the Navy. Whitfield says he enjoys the Navy and plans on staying in to support his two children. Some of his future goals are to get his Master’s Degree and pursue becoming an officer.

Just One Question ...

WHAT IS YOUR FAVORITE TYPE OF TRAINING WHILE DEPLOYED?



“Working with the different branches is a good way of training as we learn from each other.”

Master Sgt. Juliet Diggs
 CDDOC
 Chicago



“As a former artillery officer, I prefer hands on training with firing rounds down range.”

Capt. John Williams
 Third Army Current Ops
 Angier, N.C.



“We do exercises at the S-POD and Kuwait Naval Base, which works out great for sealift training.”

Capt. Allie Milligan
 Military Sealift Command
 Brunswick, Maine



“As a cook, I’d say keeping up with the Container Kitchen in case we have to prepare meals down range.”

Spc. Richard Harris
 95th Training Brigade
 Little Rock, Ark.



“I think Cultural Awareness Training is my favorite because it is important to know about the people of the region you are working with.”

Cpl. Roger Farley
 MARCENT
 Center Ridge, Ark.

Around Third Army

Department of Defense civilians take part in Executive Leadership training at Camp Buehring, Kuwait, as part of a course for future DOD leaders. Third Army Hosted the training at Camp Buehring's training village and surrounding areas. The training included realistic Mine Resistant Ambush Protected vehicle training, Combat Life Saver training, Improvised Explosive Awareness training and weapons training (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment).



(From left to right) Army Master Sgt. Robert Greenlief, 3rd Medical Deployment Support Command Training Noncommissioned Officer/Quota Manager, Navy Hospital Corpsman Petty Officer 1st Class Jeremy Franco, Defense Medical Readiness Training Institute, and Army Master Sgt. Kenneth Pennock, 8th Medical Brigade Intelligence/Operations NCO, guide three Jordanian Soldiers as they simulate an evacuation drag during a Combat Life-saver Seminar held at the Peace Operations Training Center in Zarqa, Jordan, April 18-22. Third Army held the bilateral seminar with the Jordanian military as part of its theater security cooperation program which fosters relationships between the more than 20-countries in its area of responsibility (Courtesy photo).

Members of the Area Support Group-Kuwait's fire department show Brig Gen. Adel Al-Sadoun, logistics and supplies operations commander, Kuwait Army, the necessary tools the department uses to fight fires. Third Army supports ongoing training missions with their Kuwaiti counterparts as a way of building friendly relations (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment).

