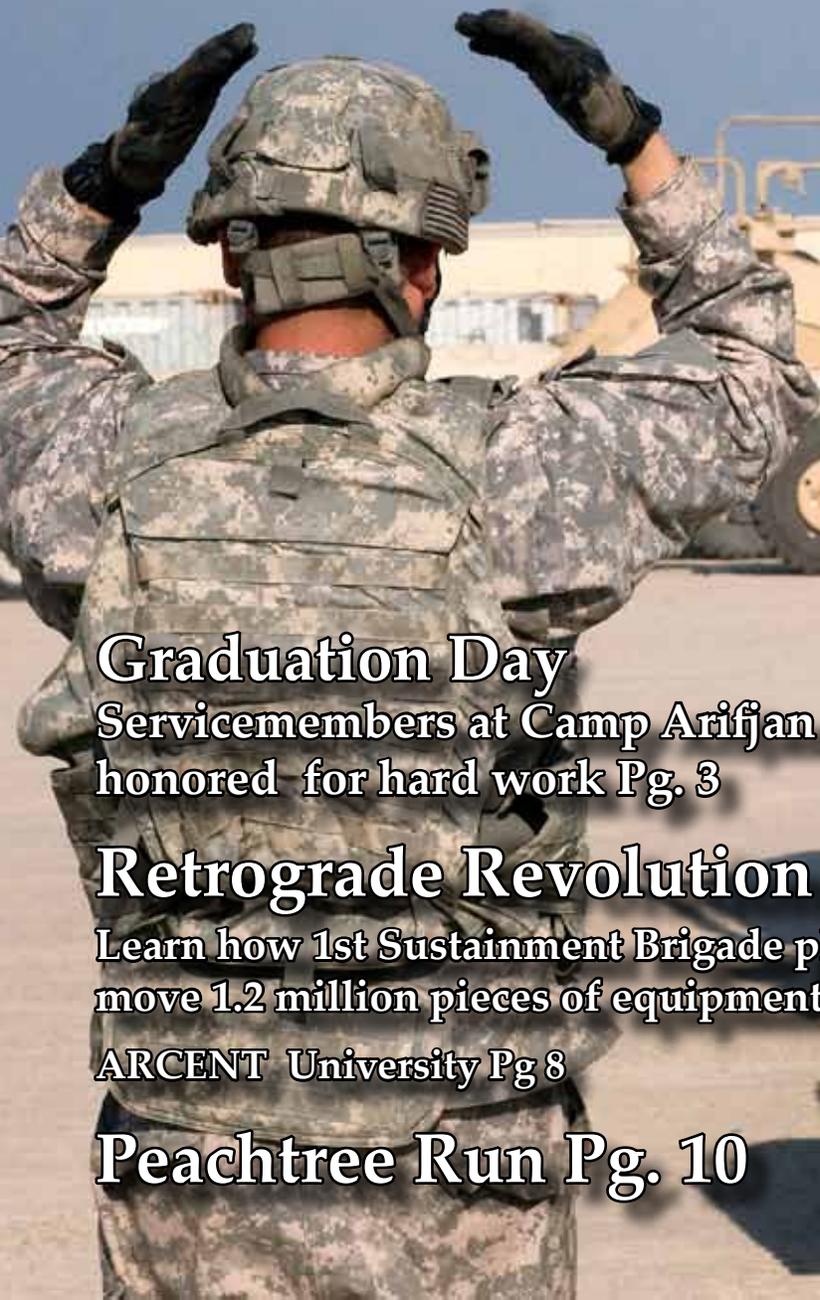




The Desert Voice

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

July 21, 2010



Graduation Day

Servicemembers at Camp Arifjan
honored for hard work Pg. 3

Retrograde Revolution

Learn how 1st Sustainment Brigade plans to
move 1.2 million pieces of equipment Pg. 4

ARCENT University Pg 8

Peachtree Run Pg. 10

DV

Table of Contents

Graduation Day	3
Revolutionizing the Retrograde Process	4
Senators visit Third Army	6
ARCENT University	8
Peachtree run	10
New Scanners speed up the flight process	12

On the cover



A Soldier ground guides a Heavy Equipment Truck to park and stage a convoy in Arifjan, Kuwait.

Contact us

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

Command Corner

Keeping the Standard



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

In Third Army/USARCENT, our main focus is Mission, Soldiers and Teamwork.

We must also ensure the standards of Third Army are upheld daily.

As the summer rolls along, many new Servicemembers are arriving daily in Kuwait, Fort McPherson, as well as Shaw Air Force Base. With this high turnover, it's imperative sponsors and leaders pass along the standards and traditions set forth in the Third Army Standards Book.

The policies in the Standards Book complement the Army regulations and are designed to foster a safe environment with unit and Soldier discipline. Leaders and Servicemembers at every echelon are required to review, understand and enforce the procedures and policies outlined in the handbook.

Everyone is a leader and responsible for making on-the-spot corrections when they encounter team members not adhering to the standard. Never walk by a problem without making a correction. If a problem can't be corrected on the spot, report it to your chain of command or the appropriate agency and then follow up to ensure it's resolved.

Each generation bears their own cultural characteristics and standards of behavior. But we need to be careful we don't let trends and expectations replace adherence to, and enforcement of, Third Army standards.

For some young Soldiers, the Army might be the first time in their lives they are in an environment of discipline. They may not know what right looks like and are looking for guidance and leader mentorship to help them mature in the Army culture. Engaged leaders are the key to teaching new Servicemembers the Third Army culture and norms so they quickly become productive members of the team.

For further guidance, you may refer to the most current edition of the Standards Book on the Third Army's homepage, conveniently located under the "Featured Links" tab on the right side of the page or the following link <http://www.kuwait.army.mil/>.

Thank each of you for your service to our nation, unwavering commitment to accomplishing our Mission, mentoring and caring for our most treasured resource; Servicemembers, and fostering a positive environment for cooperation and Teamwork.

Patton's Own!

Lucky 7



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

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

Col. Gerald O'Hara
Third Army Public Affairs Officer

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Servicemembers, scholars shape their future in Kuwait

Story and photos by
Pfc. Dan Rangel
Third Army Public Affairs

Twenty three Servicemembers were recognized during Camp Arifjan's first official college graduation-recognition ceremony held in the Zone-One chapel July 10.

Maj. Gen. Randy E. Manner, Third Army's deputy commanding general in Kuwait, and Command Sgt. Maj. John D. Fourman, U.S. Army Central Command's and Coalition Forces Land Component Command's were present at the ceremony to show their appreciation for the Servicemember's hard work and commitment.

During his comments, Maj. Gen. Manner challenged the graduates to accomplish a new mission.

"I want you to persuade at least two other people to enroll in courses so they can also benefit from the life-long process and gift of learning," said Maj. Gen. Manner.

University of Maryland, University Campus-Europe's vice president and director, Allan J. Berg, Ph.D., J.D., was also present to offer his support and some words of encouragement.

Berg quoted former chairman and CEO of the Lockheed Martin Corp., Norman Augustine, who is currently serving as chairman of the Review of United States Human Space Flight Plans Committee.

"As important as your new degree is to your future, there's something



Pfc. Alvin D. Shaul (left), now a graduate of Excelsior University's bachelor's degree program, is congratulated by the special guests and speakers of Camp Arifjan's first official graduation-recognition ceremony held in the Zone-One chapel July 10. He is one of several Servicemembers to be recognized for shaping their future by completing their degree during the last year.

far more important—that's your reputation," Berg said. "I've seen so many colleagues, friends and clients ruin their careers because of an indiscretion. These are good and intelligent people who made an error in ethical judgment. Ethical lapses are like water over a dam—you can't take it back."

Berg praised the virtues of integrity as he gave other bits of advice to the recent graduates.

"Ethical mistakes endure for a lifetime. Protect your reputation. You only get one of them," Berg said. "In most fields of endeavor; motivation will beat mere talent every time."

Citing an insightful

quote by Augustine, Berg revealed secrets to a successful career.

"It's not useful to spend too much time planning out the rest of one's life," Berg said. "The problem with this kind of planning is that there are simply too many uncontrollable variables in life to permit detailed, long-range planning. It's, of course, important to have goals and plans, but it's more important to prepare for opportunities that may take you in a very different direction."

Berg also noted that in previous generations, there was one career in life—it started at age 22 and ended at age 65. Statistics

say 15-year-old children today will have five distinct careers in their lives, three of which will be from spontaneous changes that result from unexpected life events.

For those seeking to get ahead, Berg gave another bit of advice.

"It's important to focus on present responsibilities and not worry so much about looking ahead," Berg said.

All of the speakers gave a clear message; through education, people can shape the future. As Berg said, "You must continue with your learning and your education throughout your life." 



Flatbed and heavy equipment transport vehicles with the 1st Sustainment Brigade, 1st Theater Sustainment Command, Third Army, are lined up as part of the Durable Express convoy that travels to fifteen out of the 21 Retrograde Property Assistance Team yards to load and transport retrograde cargo out of Iraq. The 1st Sustainment Brigade is responsible for moving 1.2 million pieces of equipment back to Kuwait as part of the largest modern military logistics mission since World War II, named "Nickel II", supporting the Responsible Drawdown of Iraq and the Build-up of Afghanistan.

1st Sustainment Brigade revolutionizes the retrograde process throughout the Army

*Story and photos
Spc. Ryan Hohman
Third Army Public Affairs*

As Third Army continues to conduct the Responsible Drawdown of Iraq, one of the main tasks they are faced with is moving the left-over equipment that has been used over the last seven years to sustain military operations in Iraq back to Kuwait.

Soldiers of the 1st Sustainment Brigade, 1st Theater Sustainment Command, Third Army, were tasked with finding a predictable and flexible way to ship left over equipment, known as retrograde, back to Kuwait as part of the largest modern-military-logistics mission since World War II, dubbed "Nickel II."

This will be no easy task with over 1.2 million pieces of equipment located on 21 Retrograde Property Assistance Team yards throughout Iraq.

"As we looked at the Phase IV of



Spc. Jamie Jones who serves as a driver with 2nd Heavy Equipment Transportation Company, 164th Transportation Battalion, 1st Sustainment Brigade, 1st Theater Sustainment Command, Third Army, performs preventive maintenance combat services on a heavy equipment transport vehicle before he takes part of the Durable Express convoy.

the Responsible Drawdown of 'Nickel II' we determined that we needed to come up with a new concept, so we could pick up all of the retrograde across Iraq," said Col. Donnie Walker, commander, 1st SB.

By examining how the convoys were previously structured, 1st SB

was able to design a new way to transport the retrograde out of Iraq, thus creating the "Durable Express".

"The Durable Express was created collectively by my brigade staff to be the first logistics convoy designed specifically to meet retrograde cargo requirements," said Walker. "It's



Sgt. John Arnold and Spc. Jamie Jones who both serve with 2nd Heavy Equipment Transportation Company, 164th Transportation Battalion, 1st Sustainment Brigade, 1st Theater Sustainment Command, Third Army, stage flat bed and heavy equipment transport vehicles as part of the Durable Express convoy that travels to fifteen out of the twenty-one Retrograde Property Assistance Team yards to load and transport retrograde cargo out of Iraq.

unique because it's a tailor-able and predictable package based off of the retrograde that needs to be moved out of Iraq to Kuwait."

The Durable Express allows the brigade to tailor a convoy with multiple flatbed and heavy equipment transport assets based off of the needs of the movement control teams in Iraq.

Setting up the convoy is only half of the work required to bring the equipment down.

"We drive over 700 miles to all of the forward operating bases (FOB) throughout Iraq," said Sgt. John Arnold, convoy commander, 2nd Heavy Equipment Transportation Company, 164th Transportation Battalion. "When we arrive at the FOBs, the retrograded equipment is quickly loaded onto the vehicles and logged to ensure all of the equipment is properly tracked."

Once loaded, the convoy is able to quickly move out until it reaches fifteen out of the 21 Retrograde Property Assistance Team yards to load and transport cargo out of Iraq. The heat and long hours prove to be no challenge to the Soldiers of 1st SB.

"My Soldiers are fully motivated,



Col. Donnie Walker, commander, 1st Sustainment Brigade, 1st Theater Sustainment Command, Third Army, discusses with the importance of the Durable Express mission with his Soldiers before they take part in a Durable Express convoy that travels to fifteen out of the twenty-one Retrograde Property Assistance Team yards to load and transport retrograde cargo out of Iraq.

and their determination to accomplish this mission is unlike anything I have ever seen, said Arnold. "They may get tired and frustrated, but they give everything they can so we accomplish the mission every time."

With the hard work of the 1st SB, history is being made as all of the retrograde from Operation Iraqi Freedom is pulled out of the country at an

unprecedented rate.

"I often tell my Soldiers they may not realize it right now, but many years from now you will be part of our nation's history," said Walker. "It's their grandchildren and their great-grandchildren that will read about them and what they were able to accomplish as OIF became Operation New Dawn." 

Third Army leadership meets Senators, gives tour

Story and photos by
Sgt. M. Benjamin Gable
Third Army Public Affairs

Sen. Robert Casey (D-PA), Sen. Edward Kaufman (D-DE) and Sen. Jeanne Shaheen (D-NH), accompanied by Lt. Gen. William G. Webster, Third Army commanding general, visited with Servicemembers during a tour of Camp Arifjan Sunday.

The visit provided the congressional delegation members with an opportunity to meet with military and government dignitaries while receiving updates on current operations in Third Army Area of Responsibility. Each delegate serves on the foreign relations committee and discussed issues in the Middle East regarding the Responsible Drawdown of Iraq and the Build-up of Afghanistan.

The group met with military leadership both here and in Saudi Arabia the previous day, as part of their fact-finding tour. The group plans to also visit Iraq, Israel and the West Bank.

The congressional delega-



Sgt. Steven Fernandez, infantryman, 1-64 Transportation Battalion, Massachusetts Army National Guard, briefs Senators from Delaware, Pennsylvania and New Hampshire on various vehicles and their capabilities during their visit to Camp Arifjan, Kuwait, July 4. The congressional delegation also met with Third Army key leadership to discuss current logistics missions supporting the Responsible Drawdown of Iraq and the Build-up of Afghanistan. Third Army provides warriors in Iraq and Afghanistan the supplies they need, before they need them, in order to sustain the fight.

tion also wanted to greet the hard-working men and women who drive the Third Army mission and Camp Arifjan.

“It’s also an opportunity for us to see the troops and say ‘Thank You’ for their hard work and sacrifice,” said Shaheen. “It’s important for everyone to understand the sacrifices they make and the professionalism they show on a daily basis.”

Sgt. James Alexander, motor-transportation non-commissioned officer, 64th Transportation Company, helped lead the congressional delegation through various

vehicles and equipment. The group discussed front line missions in Iraq as well as vehicles capabilities.

The Senators were given hands-on tours of the M1151A1 truck, the mine-resistant ambush protected vehicle, or MRAP, and the heavy equipment transporter, or HET, among others.

According to Alexander, the Senators were very supportive and took great interest in the vehicles and their capabilities.

“They asked us questions on our missions and specifics about our jobs,” said Sgt. Alexander.

After the brief classes, the Congressmen met constituents from their respective home states. They spoke with these Soldiers about issues important to them back home. Many posed for photos with their representatives and received coins and autographs.

Upon leaving the site, the senators were treated to a dinner at the “Lucky Leaders Conference Center” with Lt. Gen. Webster, along with key leadership within Third Army, before making their way to the airfield to catch a flight to Iraq and continue their tour. **A**

The Desert Vision

is on the Command Information Channel

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

Third Army, KAZBRIG Soldiers Conduct Four-day Infectious Disease Information Exchange

*Story and photos by
Sgt. 1st Class Jonathan Wiley
Third Army Public Affairs*

A team of Soldiers from Third Army met with members of the Kazakhstan Brigade to conduct a four-day Infectious Disease Information Exchange at the KAZBRIG Headquarters, June 7-11.

The intent of the seminar was to share information on current lessons learned throughout history within the preventive medicine field, focusing on infectious diseases and the roles and responsibilities of field sanitation teams, said Maj. Lalini Pillay-Clarke, Third Army/U.S. Army Surgeon's Office.

The exchange opened with a presentation by Col. Dennis Brown, Deputy Surgeon, Third Army / U.S. Army Central, on the importance of field sanitation teams on the battlefield. Brown stressed the critical role these teams play in reducing disease and non-battle injuries to provide their commanders with effective, productive Soldiers.

The four-day event included topics such as arthropods and diseases, food service management, waste disposal, water supply, heat and cold injury and a demonstration of how to properly treat military uniforms using individual dynamic absorption kits.

"Exchanges such as these are critical to the Third Army mission of increasing interoperability between our forces and those of our

partner nations in the U.S. Central Command area of responsibility," said Brown. "This event has helped to build a strong foundation to fos-

ter a positive growing relationship between Third Army's medical team and the KAZBRIG medical community," he added. **A**



Maj. Kevin Bass, a field preventative medicine officer, Third Army / U.S. Army Central, discusses methods used to sanitize a military uniform in the field with medical colleagues from the Kazakhstan Brigade during a four-day Infectious Disease Information Exchange conducted by Third Army and KAZBRIG at the KAZBRIG headquarters. The purpose of the exchange was to promote interoperability between U.S. and Kazakh forces and prepare KAZBRIG for Exercise Steppe Eagle 2010 and future participation in coalition operations.



Maj. Kevin Bass, field preventative medicine officer, Third Army / U.S. Army Central, reviews a field sanitation tip card with a Kazakh medical colleague from Kazakhstan Brigade during a four-day Infectious Disease Information Exchange conducted by Third Army and KAZBRIG at the KAZBRIG headquarters. The purpose of the exchange was to promote interoperability between U.S. and Kazakh forces and prepare KAZBRIG for Exercise Steppe Eagle 2010 and future participation in coalition operations.



Keep the Army Green!

The Pollution Prevention Branch
Environmental Health & Safety
Directorate can help!

Call: 6-604-7612 Bldg. T-823, Zone 7, Camp Arifjan

Bring in: Old pallets, cardboard, paper, plastic bottles and used toner cartridges



Staff Sgt. Earling Prioleau, a multimedia graphic illustrator with Third Army, uses a multi-tool to guide fiberoptic threads through protective tubing July 13 at the U.S. Army Central Signal University, Camp Arifjan, Kuwait. At ARCENT University, Servicemembers from all career fields are offered free communications courses that increase that mission enabling capabilities as well as Soldier readiness.

Soldiers sustain the fight at the ARCENT University

Story and photos by
Spc. Eric Guzman
Third Army Public Affairs

Servicemembers working in support of the Responsible Drawdown of Iraq and the Build-Up of forces in Afghanistan have many opportunities available to them to increase their job proficiency and aide them in career progression.

At the U.S. Army Central Signal University, Camp Arifjan, Kuwait,

Soldiers from all career fields gather for a variety of communications-gearred classes. These classes focus on enhancing and expanding the skill sets of the Soldiers entrusted with Sustaining the Fight and carrying on Third Army's mission while deployed forward at Camp Arifjan.

"I want to make sure people know about the communications classes here, they're here for everybody," said Sgt. 1st Class Samuel Daniels,

noncommissioned officer in charge of ARCENT University. "Even for those without a background in communications; Soldiers can find that knowledge here."

ARCENT University courses are worth promotion points and certificates honored in the civilian sector. The school is flexible in its scheduling and even offers a night course for those unable to attend during the day.

"The classes are free and we provide them with the books they need," said Daniels. "It's open to all career fields; there is no reason not to come."

Even with the demanding hours and potentially overwhelming workload that conventionally accompanies deployments, those attending ARCENT University can succeed if they put forth the effort.

"Some of the classes are challeng-



Chief Warrant Officer 1 Jack Gordon, a signal support systems support technician from the 146th Signal Company, guides fiber optic thread through a protective cable with the assistance of Spc. Dion Brown, an information systems operator and maintainer with the Deployed Support Command at the U.S. Army Central Signal University, Camp Arifjan, Kuwait, July 13. At ARCENT University, students are offered cost-free communications focused classes that improve mission readiness and job proficiency.

ing, but they really allow the students to see how networks work,” said Jerone Johnson, an instructor at ARCENT University. “I want to make sure all the students that come here leave on the same level. I want them to be able to do what they learn here with me, without me.”

Students at ARCENT University are offered many hands on lessons throughout the duration of their classes, allowing for strong student-teacher interaction. The dialogue shared between students and instructors promotes a stronger grasp of the concepts taught to the students in their respective classes.

“The instructors are very knowledgeable. For every question we ask, he has gobs of information for us,” said Warrant Officer Jack Gordon, a signal support systems support technician, 146th Signal Company. “I came here expecting to learn a new skill set and my wishes were met.”

For those interested in furthering their education at ARCENT University, more information can be found by calling Sgt. 1st Class Samuel Daniels at (318) 430-5986 (DSN.) 

Sgt. Todd Burgess, a nodal network systems maintainer and operator for the 146th Signal Battalion, threads fiber optic cables together at the U.S. Army Central's Signal University, Camp Arifjan, Kuwait July 13. Students attending ARCENT University are offered access to myriad communications courses free of charge, enabling them to learn new skills and improve mission readiness with minimal resistance.





Ready Set Go

Servicemembers, Department of Defense Employees and civilian contractors participated in the annual July 4th Atlanta Journal-Constitution Peachtree Road Race 10K while stationed at their headquarters at Fort McPherson, Ga., and forward in Kuwait took the opportunity not only to test their physical endurance but also to celebrate Independence Day. Third Army spear-heads the largest modern military logistics mission since World War II, nicknamed "Nickel II", supporting the Responsi



Despite the rising hot desert sun, Servicemembers, Department of Defense Employees and Civilian contractors test their physical endurance as they race to the finish of the July 4th Atlanta Journal-Constitution Peachtree Road Race 10K while stationed at Camp Arifjan, Kuwait.

Soldiers Celebrate the Fourth Of July at the Camp Arifjan Peachtree Run

Photos by Spc. Ryan Hohman
Third Army Public Affairs



Runners were offered bottles of water by volunteers during the run to ensure they could stay properly hydrated throughout the race.

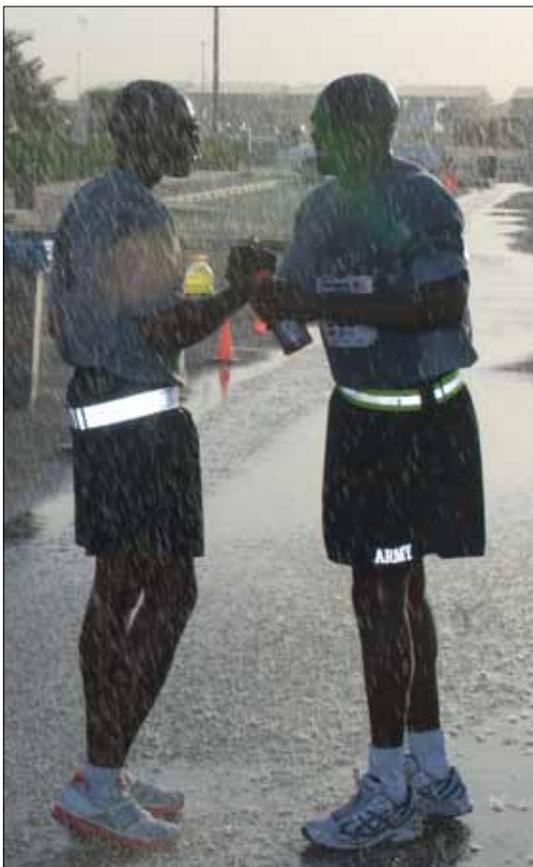


Race 10K based out of Atlanta, Ga. Third Army personnel build camaraderie with their teammates and celebrate the Drawdown of Iraq and the Build-up of Afghanistan.



LEFT: Third Army volunteers set up a water station at the finish line for the participants of the annual July 4th Atlanta Journal-Constitution Peachtree Road Race 10K. BOTTOM: Petty Officer Third Class Peter Kengere, who works in supply at the Expeditionary Medical Facility, Kuwait, grabs a cup of water as he finishes the 10K run. "I love that I was able to take part in this race," Kengere, who is an immigrant from Kenya that earned his citizenship three years ago, said. "Being an American means so much to me."

Go!



TOP: Runners were given t-shirts at the end of the race so that they could remember their hard work. LEFT: Soldiers celebrate under the jet stream of water strayed from a fire truck that was used to cool the runners at the end of the race.



Customs scanners improve troops' redeployment process

Story and photos by
Maj. Ellis Gales Jr.
1st Theater Sustainment
Command Public Affairs

Soldiers, Marines, Sailors and Airmen look forward to going home on R&R and redeployment from various locations throughout the Middle East and can look forward to avoiding the 100 percent 'baggage dump' required for customs inspections.

That process is now being streamlined thanks to new body and baggage scanner systems at Camp Virginia and Ali Al Salem in Kuwait. The new system will cut customs times in half while maintaining security standards for the troops returning home.

The time troops spend in the customs holding area used to be five to six hours according to Navy Lt. Cmdr. Scott Wooden, commander, Company B, Navy Expeditionary Logistics Support Group Forward. The scanners have reduced that time to between two and three hours.

The scanner performance is equivalent to 15 - 20 customs inspectors.

"By leveraging technology and modernizing our procedures, we were able to meet regulatory requirements while concurrently taking care of our redeploying troops and civilians," said



TOP: Navy customs inspectors examine baggage using a new customs scanner system while Soldiers wait in line at Camp Virginia, Kuwait, July 3. The scanner performs the workload of 15 - 20 inspectors and may cut time spent in customs by half, while maintaining military security standards.

LEFT: A U.S. Navy customs inspector scans redeploying Soldiers during a customs inspection prior to redeployment July 3 at Camp Virginia, Kuwait. The Soldiers are the first group to experience the enhanced inspection process which includes new X-ray scanners designed to maintain military security standards while decreasing time in customs.

Lt. Col. James Mullen, the Third Army Provost Marshal.

"Our goal is to minimize the amount of time and pain required to go through customs," added Wooden.

Until recently, 100 percent of troops returning to the U.S. could carry up to four bags, consisting of a duffel bag in each hand, ruck sack on the back and a small carry-on bag, to a customs inspector who directed them to dump each bag on a table. The inspector then searched through the contents looking for prohibited items before the troop carried the belongings in a plastic container to a separate table to repack the bags.

The scanners, use the same X-ray technology used at airports worldwide,

and can detect knives and other metallic objects prohibited on flights.

The first group of Soldiers experienced the enhanced customs process with the new scanner system at Camp Virginia before returning home, July 3.

"It was a lot easier...to just walk through...they scanned everything, they scanned us," said Sgt. Alana Coleman of the Mississippi National Guard. "It wasn't as time-consuming."

The 1st Theater Sustainment Command, which oversees the redeployment and R&R process, created the passenger processing site at Camp Virginia to supplement the main site at Ali Al Salem. The majority of troops still process

BAGS Next Page

Veterans meet Troops, get glimpse of retrograde equipment

Story and photos by
Sgt. M. Benjamin Gable
Third Army Public Affairs

Past leadership from various military ranks embarked on a fact-finding mission during their latest visit to the Middle East.

Former Servicemembers Thomas Tradewell, commander-in-chief, Veterans of Foreign Wars of the U.S., retired Vice Adm. Norb Ryan, Military Officers Association of America president and Clarence Hill, National Commander, American Legion, visited Camp Arifjan for briefings and a tour of Area Support Group – Kuwait, July 13.

The veterans visited the Third Army area of responsibility (AOR), including Camp Arifjan, to gain a better understanding and awareness of the current U.S. Forces-Iraq mission and ongoing operations.

The distinguished veterans toured the Responsible Drawdown site, maintenance yard and a Patriot Missile site, among other places during their tour.

The group's first priority however, was a "Troop Stop" in which they re-

ceived up close and personal briefings on military vehicles.

Soldiers with the 1171st Transportation Company, Tennessee Army National Guard, helped lead the veterans around and into the M1070 Heavy Equipment Transporter, the M1151A1 truck and the Mine-Resistant Ambush Protected vehicle, or MRAP.

According to 1st Sgt. Kevin Nelson, 1171st Transportation Company, this was a great opportunity to show the visitors equipment used today to further Third Army's historic mission of moving retrograde equipment from Iraq.

"Our Soldiers enjoy showing others their capabilities and what they do on their missions," Nelson said. "It's an opportunity to show our guests the level of effort that's put in to daily operations."

The tour continued the following day with an aerial viewing of Kuwait.

The veterans flew via helicopter over the Kuwait Naval Base, the seaport of debarkation, as well as Camp Virginia. They were



A Soldier with the 1-64th Transportation Battalion, (left) gives Clarence Hill, National Commander, American Legion, a detailed look at the inner workings of the M1070 Heavy Equipment Transporter during a tour at Camp Arifjan Kuwait, July 13. Hill, along with Norb Ryan, Military Officers Association of America president and Thomas Tradewell, commander-in-chief, Veterans of Foreign Wars of the U.S., also met with key leadership within Third Army to discuss current logistics missions supporting the Responsible Drawdown of Iraq and the Build-up of Afghanistan.

also given ground tours of the MRAP facility and the Naval Air Ambulance Detachment. While on the ground, they also visited with Active Army, Army National Guard and Army Reserve Troops.

According to Tradewell, the extended tour of Third Army's AOR was very informative.

"We've made visits here in years past," said Tradewell. "We learned a lot about the logistics to keep the Troops supplied to complete the mission."

Tradewell will also take the knowledge gained here

to the VFW national convention in August where more than 5,000 members will be in attendance.

There he will discuss concerns affecting today's Soldiers as well as their commitment to the Third Army's current mission.

Each of the veterans makes it their responsibility to reinforce their confidence and optimism of the all-volunteer military. By understanding what they've done for us in the past, the veterans can each help provide whatever is needed for the increasing demands Soldiers face in the future. **A**

BAGS from Pg. 12



A redeploying Soldier sends his ruck sack through the new scanner system at a U.S. Navy customs inspection prior to loading for the plane July 3 at Camp Virginia, Kuwait.

through Ali Al Salem, which began using the scanners June 25.

"Compared to February when I came through for R&R, the customs process takes a fraction of the time, is painless and extremely more efficient," said Capt. Gabriela Araiz, postal officer for 912th Human Resource Company. "I no longer dread having to fly out of there."

More than 500,000 troops departed the Middle East through Kuwait while either redeploying or returning for R&R in 2009. The processing sites can

expect to see an increase in personnel flow in the upcoming weeks as troop numbers in Iraq decrease to 50,000.

"No more dumping bags!" exclaimed an excited Soldier about the new scanner systems.

The speed that we can process passengers with this new technology is amazing, said Capt. Emil Ganim, Third Army/U.S. Army Central customs officer. We owe it to the troops who put their lives on the line for their country to get them home as soon as possible. **A**



Health



Weight Control... It's All About Energy Balance!

Story by
 Capt. Steven Jackson, PhD, RD
 ARCENT Dietitian

Maintaining proper body weight, to support overall health and stay within Service standards, and can be challenging for many of us. My goal today is certainly not to downplay how tough it can be to lose weight, but rather to illustrate the concept of energy balance, which is the key to whether a person's weight goes up, goes down, or stays the same over time. Once you understand energy balance, you will appreciate why your body weight changes, and hopefully this will take the mystery out of some weight control issues. Please read on...



Capt. Steven Jackson
 Third Army Dietitian

1. Energy Balance is simply the relationship between the number of calories a person consumes, and the number of calories he/she burns off. The origin of those calories (be it from carbohydrate, protein, or fat) does not make any difference.

2. Energy Balance drives body weight. If you consume more calories than you burn off ("positive energy balance"), then you will gain weight. If you consume fewer calories than you burn off, then you will be in "negative energy balance" and lose weight. If your caloric intake is equal to (or "balanced" with) the number of calories you burn, then your weight will not change.

3. Weight control is like a "24-hour ledger sheet". Credits to the ledger (calories consumed) are positive, and debits to the ledger (calories burned) are negative. If you want to lose weight, the ledger must be negative...in other words, eat fewer calories than you burn! Lose weight slowly, and shoot to lose 1-3 pounds per week.

While the key to weight control is calories, I'll discuss the importance of a varied diet for health and fitness in future articles. Hope you'll come along for the ride! 



I.A.M. STRONGSM

INTERVENE * ACT * MOTIVATE

Sexual Assault and Sexual Harassment Prevention

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 strongest...together.

www.preventsexualassault.army.mil
 Military OneSource • 1-800-342-9647



Photo by : Pfc. Dan Rangel

Piece “O” Cake

Col. John Sullivan (right), incoming commander of the 595th Transportation Brigade, and deputy commander, Lt. Col. Henry P. Johnson (left), cut the cake at a reception held July 6 after a change-of-command ceremony. The 595th sustained the fight by providing surface deployment command and control, and distribution operations to meet national security objectives in the USCENTCOM Area of Responsibility.

Three Month Extension of Current Puerto Rico Birth Certificates Enacted to Provide Transition to New, More Secure Documents

The Government of Puerto Rico has approved an amendment that extends the validity of current Puerto Rico birth certificates for three months, through Sept. 30, 2010, to provide a transition period as the Island gears up to begin issuing new, more secure certificates starting July 1, 2010, announced Nicole Guillemard, executive director of the Puerto Rico Federal Affairs Administration (PRFAA).

The purpose of the extension is to provide those Puerto Rico-born -- who may need a birth certificate for an upcoming transaction -- a three-month window to apply for and receive the new document during which time their current birth certificate will still be valid, Guillemard explained.

“Puerto Rico is issuing new birth certificates starting July 1 to combat fraud and protect the identity and credit of all people born on the Island. Our goal with the three-month extension is to provide a smooth transition, especially to assist Puerto Ricans born in the Island who currently reside stateside, as they apply for the new, more secure birth certificates,” Guillemard said.

Guillemard said PRFAA has been working with federal, state and community partners to provide information about Puerto Rico’s

birth certificate law.

The Government of Puerto Rico has taken a number of steps to be ready for those applying for the new certificates, she said. Earlier this year, PRFAA launched an information outreach campaign aimed at states with large Puerto Rican populations. In May, the Government launched an on-line application process through the E-Government website - www.pr.gov – to provide convenience and ease-of-use for those applying for the new certificate.

In addition, Puerto Rico’s Demographic Registry recently hired 47 temporary workers to join the agency’s personnel to work on new birth certificate applications, and the agency is extending work week hours, and adding Saturday hours, to speed processing of applications.

Last year, Puerto Rico enacted the new law which calls for issuing new, security-enhanced certificates beginning July 1, 2010 to address the unlawful use of Puerto Rico-issued birth certificates to commit identity theft and fraud.

The law was based on collaborations with the U.S. Department of State and the U.S. Department of Homeland Security and addresses a concern specific to Puerto Rico, where in the past, many common

official and unofficial transactions unnecessarily required the submission, retention, and storage of birth certificates.

As a result, hundreds of thousands of original birth certificates were stored without adequate protection, making them easy targets for theft. This left Puerto Rico-born citizens vulnerable to identity theft, ruined credit, stolen Social Security benefits, and increased “random” security checks at airports, among others. In addition to issuing new birth certificates, the new law expressly prohibits any public or private entity in Puerto Rico from retaining an original birth certificate to end this practice.

Guillemard underscored that only those who need a birth certificate for a transaction or official purpose need apply right away. Those who want to obtain a copy for their records can do so at a later date to avoid an unnecessary rush of applications.

Instructions on how to apply, as well as information on Puerto Rico’s birth certificate law, can be found at: www.prfaa.com/birth-certificates/ and www.prfaa.com/certificadosdenacimiento/.

The new birth certificates will be issued through the Puerto Rico Health Department’s Vital Statistics office. **A**



Safety



Run over by a Blackhawk ?

Story by
 Capt. Deborah I. Gatrell and
 Chief Warrant Officer 4 Cynthia F. Hudgens
 Army Safety News

Common sense. Sometimes it isn't as common as we'd like to think. Failure to follow established standing operating procedures (SOPs) — or to just review and update them regularly (especially after an accident) — can result in avoidable tragedy.

Washing a helicopter is not an inherently dangerous task; moving one can be. On Sept. 11, 2008, a Soldier in Kuwait was run over by a towed Black Hawk. It isn't every day you hear about someone being run over by a helicopter. This was not your run-of-the-mill accident and we might be tempted to call it a fluke. However, just six weeks earlier in July, another Soldier from a different unit was run over on the same airfield in an eerily similar incident. In that case, the Soldier decided to approach the aircraft from the left to speak with someone riding in the cabin while it was being towed. The Soldier lost situational awareness of his proximity to the rotating wheel and his trouser leg got caught in it, pulling his left leg inboard of the turning wheel. The aircraft then ran over his ankle, causing a 90-degree break and dislocating his kneecap.

Members of the unit responsible for the Soldier injured in the September accident were aware of the July incident. So how did it happen again so soon?

In the September incident, a Soldier was riding in the cabin of the UH-60 while it was being towed down the flight line from the wash rack to the maintenance hangar. He was not an official member of the towing crew; nevertheless, he decided

to hitch a ride to avoid the long walk down the ramp from the tower to the maintenance hangar.

The tug driver conducted the towing brief, but stated he did not see the Soldier board the aircraft. That's understandable since the towing bar is hooked to the tail wheel to pull the aircraft backward; hence the stabilator completely blocks the tug driver's view of the cabin when he's looking toward the aircraft. In addition, the tug driver's attention was to the tug's aft to ensure clearance.

The Soldier was sitting on the cabin floor with his legs dangling out the right side of the aircraft. The cabin floor was wet from the aircraft wash, so he shifted his position forward to a drier part of the floor. The turning wheel caught his trouser leg, pulling him from the aircraft and under the main landing gear, which rolled over his lower left leg, crushing it, and separating the sole from the bone of his right foot.

The real question is why was this Soldier in the helicopter in the first place? The SOP dictates only the individual "riding brakes" should be in a towed aircraft. Was there appropriate supervision? Should appropriate procedures and supervision been more strongly reinforced after the July incident?

As Leaders, we are responsible for identifying hazards and implementing control measures to mitigate risks. After the July incident, leadership directed that wing walkers remain at their stations outside the rotor tip caps. If anyone needed to speak with an individual inside the aircraft, they

would need to get the attention of the tug operator to bring the aircraft to a complete stop before proceeding inboard. The Naval Air Ambulance Detachment, co-located in Kuwait, was directed by its SOPs to have wing walkers equipped with whistles to alert the tug driver since he is facing away from the aircraft.

Studies have shown it takes a person four to eight seconds to react to an emergency, two to four seconds to recognize something is wrong and two to four seconds to do something about it. No one can react fast enough to yell, "Stop!" to the tractor driver until it's too late. The main landing gear is at the forward edge of the cabin area and in two seconds, even at a slow walking speed, it will roll half to a full cabin length.

It is important to note that when an aircraft is being towed backward, the entire cabin area is a danger zone because the wheel is turning toward the cabin instead of away from it. It is counterintuitive and doesn't register with those who don't have much experience with aircraft beyond riding in the back as a passenger.

What it boils down to is indiscipline. The wing walkers were trying to help a buddy out by giving him a ride and brain dumped the pre-towing brief administered by the tug driver, the noncommissioned officer in charge (NCOIC) of the towing crew. This accident occurred on the day the Soldier was to fly home on leave. Consequently, this was the end of his deployment, taking him out of the fight for months. The Soldier had emergency surgery and will endure a long rehabilitation program.

Incidents like this are painful reminders why safety discipline is such an important part of our daily lives as Soldiers. We should always learn something from the mistakes of others. When we fail to learn from others, we frequently end up learning those hard lessons for ourselves. Evidently, lessons were not learned because two weeks later, a third towing accident occurred at the same airfield at night by a transient unit heading to Iraq. **A**

Chaplain's Corner



Story by
Chaplain (LTC) Steven Michalke
USARCENT Deputy Command Chaplain

While other Nations have built their governments upon shaky foundations, only to see those foundations crumble, America stands without equal as a beacon of hope and freedom in a hurting world. Our Founding Fathers delivered to us a system of government that has enjoyed unprecedented success: we are now the world's longest ongoing constitutional republic. Well over two hundred years under one form of government is an accomplishment unknown among contemporary nations.

In 1984, political scientists Donald Lutz and Charles Hyneman at the University of Houston wrote a paper regarding the research they had done to determine the sources that most influenced the development of American political thought during our nation's founding period. Over the course of ten years, they analyzed some 15,000

items of American political commentary published between 1760 and 1805, the Founding Era. This research paper, "The Relative Influence of European Writers on Late Eighteenth-Century American Political Thought," was published in *The American Political Science Review*, published in 1984.

The researchers isolated 3,154 direct quotes made by the Founders over this period of time and identified the source of those quotes. The researchers discovered that 34 percent of the Founders' quotes came directly out of the Bible. Baron Charles de Montesquieu, a French legal philosopher, was quoted 8.3 percent of the time. Sir William Blackstone, a renowned

English jurist whose *Commentaries on the Laws of England* were highly accepted in America, was next at 7.9 percent of the Founders' quotes, and John Locke, an English philosopher, was fourth with 2.9 percent.

While it is true that three-fourths of the biblical citations in the 1760 to 1805 sample came from reprinted sermons (one of the most popular types of political writing during these years), and only 9 percent of all citations came from secular literature, it is a reflection of the powerful role of the Bible upon the thinking of the Founding Fathers.

Our Founding Fathers knew the power and purpose of the Bible and prayer. From our nation's beginning through times of war and tragedy, we have been called to pray that the hand of Almighty God might show forth His mercy and intervene with His grace toward America.

"My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrims' pride. From every mountainside let freedom ring!"

"Let Freedom Ring!"

God Bless America! 

Transfer of Authority



Lt. Col. Shana E. Peck, commander, 3rd Battalion, 2nd Air Defense Artillery, uncases the unit's colors during a transfer of authority ceremony at Al Dhafra Air Base, United Arab Emirates, July 14. The "Lethal Strike" battalion, from Fort Sill, Oklahoma, assumed authority from 1st Battalion, 7th Air Defense Artillery and stands ready to perform air and missile defense operations within the Third Army's area of responsibility to help ensure the Responsible Drawdown of Iraq and Build Up of Afghanistan.

Photo by : Staff Sgt. Robert Adams

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Don't be This Guy!

The consequences of disobeying general order number one can put you in hot water and risk your safety, the safety of those around you or end your military career! Why take the risk?

Go home with honor,
Obey the no alcohol Standard!



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

NCO Spotlight

Staff Sgt. Victoria Clementin
Third Army



“Do everything that you can to help somebody,”

Staff Sgt. Victoria Clementin has been in the Army 11 years and says the best part of deployment in Camp Arifjan is going to the movie theater, but she misses her husband and 8-year-old daughter in Atlanta. To get through difficult times, Staff Sgt. Clementin attends nondenominational Christian services three or four times a week. “Do what you can to improve your body and your spirit,” Staff Sgt. Clementin says.

Just One Question ...

What does Selfless Service mean to you?



“Selfless service is making those sacrifices that I have to so that at the end of the day I can say to myself, ‘I have done all I can for the Soldier’.”

Mr. Jack Dugan
Deputy for R2TF, AMC



“Selfless service means doing the right thing at all times, even if it means hurting your image or losing a relationship.”

Senior Airman Pablo Velez
DCMA



“Selfless service is not worrying about taking credit as long as the warfighter is taken care of.”

Lt. Col. Randy Currie
AFCENT LNO to ARCENT



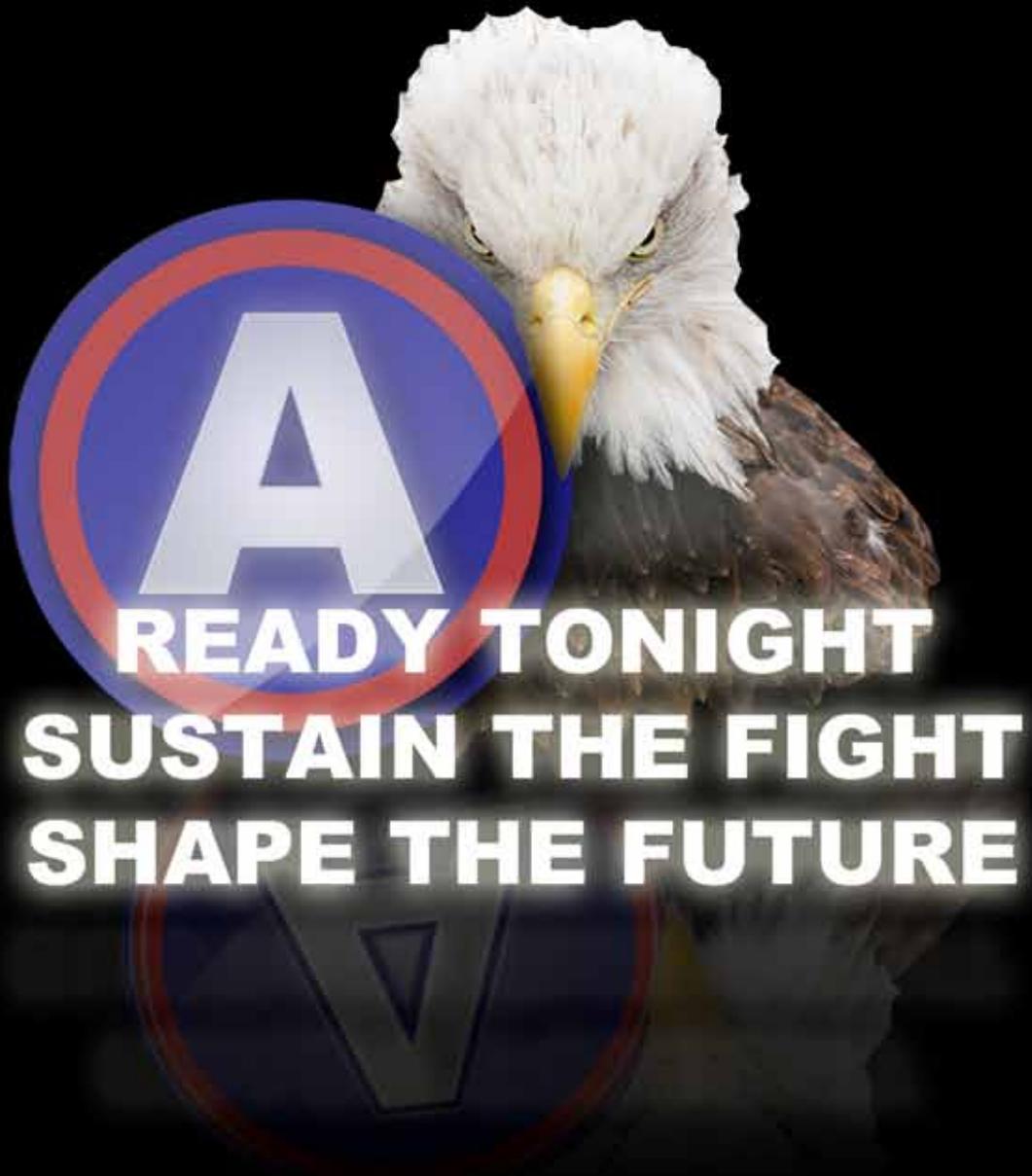
“Making sure Soldiers have all that they need to complete their missions.”

Sgt. Daniel A. Bernal
I MEF FWD , MCC-K



““Selfless service is people doing things like volunteering.”

Pvt. Kameisha Ayala
1st SUS BDE



**READY TONIGHT
SUSTAIN THE FIGHT
SHAPE THE FUTURE**