

DV

Desert Voice Magazine

Serving U.S. and Coalition Forces in Kuwait

December 12, 2007



Hide and Seek

DV Contents

Page 4

598th Transportation Terminal Group transfers responsibility in ceremony

Page 5

Unit passes milestone during deployment, receives award for feat

Page 8

Army and Navy personnel wage war ... on the football gridiron

Page 10

Top five ways to eat healthy in a deployed environment

On the cover

Staff Sgt. Hendrix Scanlan, Scout Platoon, Headquarters and Headquarters Company 3rd Battalion 7th Infantry, Third Infantry Division, a native of Pago Pago, Samoa, stands over a simulated insurgent drop box he discovered outside the search house on Camp Buehring, Kuwait.

Photo by Staff Sgt. Jacob McDonald

There was an error on page 2 of the Dec. 5 Desert Voice. The American Red Cross does not provide financial assistance or counseling in a deployed environment.

Farewell, happy holidays

The holiday season is a time for reflection as well as celebration. As we enter the 2007 holidays, whether you are traveling home or spending the holidays here, make safety a priority.

The death or serious injury of one of our own is made all the more tragic when it happens during this season. Let's not let that happen; know that you've done everything you can—all the smart things, all the right things—that will allow you and your folks to welcome the new year healthy and ready

to continue the important work you do for our nation.

Know as well that you will be in the thoughts and prayers of those whom your service allows to spend a safe and peaceful holiday with their Families and loved ones.

Next week, in a change of command ceremony, Third Army will formally bid farewell to a great Soldier, mentor, and leader: the 49th commanding general of Third Army/U.S. Army Central, Lt. Gen. R. Steven Whitcomb.

In his 38 months in command—a full 17 months longer than Patton commanded “Patton’s Own”—Lt. Gen. Whitcomb has seen and accomplished much. In addition to overseeing the reception, staging, onward movement and integration of hundreds of thousands of U.S. and coalition personnel as they prepared for operations in Iraq, he has led the transformation of Third Army/USARCENT to a new structure with significantly increased roles and missions.

Lt. Gen. Whitcomb established and executed the first two Land Forces symposia for ground forces commanders in the region and led us through two Bright Star exercises, and has strengthened relationships with foreign countries all over the Central Command Area of

Responsibility. Equally as important, he leaves a legacy of caring for troops and Families.

Rich in military history, the change of command ceremony predates the Norman conquest of England and represents a formal, symbolic passing of responsibility, authority and accountability of command from one leader to another. During this ceremony, as the steward of the Third Army Colors, I will pass the Colors to Lt. Gen. Whitcomb, who



Command Sgt. Maj. Franklin G. Ashe
Third Army Command Sergeant Major

will then pass the Colors to Gen.

George W. Casey,

the Chief of Staff of the Army, and he will pass them to Lt. Gen. Lovelace, a public and symbolic gesture of the peaceful transfer of command from one commander to another.

The ceremony also provides the outgoing leader an opportunity to say goodbye to those who have been under his or her command and for the new commanding officer to meet personnel. It says much about our country and our military that we routinely perform changes of command in this peaceful and ceremonial way, and that is a point for reflection itself.

Join me next week in bidding a fond farewell to Lt. Gen. Whitcomb and in welcoming our new commanding general, Lt. Gen. James J. Lovelace. Lt. Gen. Lovelace is an outstanding Soldier and general, well-qualified to lead Third Army in the challenges that lie ahead.

Thanks for all you do for Third Army and for our country. Your hard work and efforts are not taken for granted, and they are particularly worthy of thanks during this upcoming holiday season.

“Third ... Always First.”

Volume 29, Issue 28

The Desert Voice is an authorized publication for members of the Department of Defense. Contents of the Desert Voice are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the Third Army Public Affairs Office. This newspaper is published by Al-Qabandi United, a private firm, which is not affiliated with Third Army. All copy will be edited. The Desert Voice is produced weekly by the 50th Public Affairs Detachment.

Find us online at www.arcent.army.mil.

Third Army Commanding General
Lt. Gen. R. Steven Whitcomb
Third Army Command Sgt. Maj.
Command Sgt. Maj. Franklin G. Ashe
Third Army Public Affairs Officer
Col. Thomas Nickerson
Third Army Dep. PAO (FWD)
Lt. Col. Norman Johnson

50th Public Affairs Detachment Commander
Maj. Jeffrey Pray
50th Public Affairs Detachment NCOIC
Staff Sgt. Jacob McDonald
Desert Voice Editor
Spc. Giancarlo Casem
Desert Voice Staff Writers
Spc. Wes D. Landrum
Pfc. Christopher T. Grammer



DV
Desert Voice
Magazine

Road Safety everyone's responsibility

Story by Sgt. 1st Class Paul Tuttle
1st TSC Public Affairs

Accidents involving U.S. personnel and vehicles on the roads of Kuwait took a recent up-turn swing, and it is incumbent upon everyone to help reduce them.

U.S. vehicles and personnel were involved in 62 accidents from September to November this year, according to the 1st Sustainment Command (Theater) Safety Office, resulting in more than \$650,000 in damage.

Twelve servicemembers were injured and one was killed during this same period.

The Safety Office also cited driver-related actions among the most common contributing factors. Poor or bad driving decisions, overconfidence in the driver's abilities, being in a hurry, fatigue and fear or excitement were the top five factors.

Alert, safe driving and vehicle care can significantly reduce the monetary amount of damage to vehicles and property and the immeasurable cost of injury and loss of life due to them.

These easily performed, simple tasks can help reduce property damage and the catastrophic injuries typically suffered in a high-speed accident:

Inspect your vehicle before leaving camp:

- Check fluid levels, particularly the oil level. Make sure the engine coolant is within the lines on the reservoir and check the windshield washer fluid level.
- Look at the tires. You don't need a tire pressure gauge to know if a tire is low on air (and don't forget the spare). Check for cuts or defects in the tread and sidewalls.
- Check windshield wiper blades for dirt and wear.
- Make sure all lights, turn signals and blinkers work properly.
- Clean the windshield and glass.
- Look for leaking or dripping fluids.

Always wear seat belts – all passengers – front and rear. This



Courtesy photo

Americans have been involved in several accidents within the last two months. All drivers are urged to be mindful of their surroundings when on the roads in Kuwait.

one act can do the most to reduce injury or death in an accident.

Reduce speed in congested areas or when encountering heavy traffic.

Reducing speed even five kilometers per hour can significantly lessen damage and injuries sustained in an impact.

Don't tailgate. Increased separation from the vehicle in front will allow time to apply appropriate measures in case of an emergency or careless driving on the part of another driver.

Be aware of road conditions. Road surfaces change dramatically with blowing sand or the upcoming rainy season. Adjust driving accordingly when oil rises to the road surface during rain, or when sand drifts across the highway.

Two people must be in the vehicle when traveling off post, one of which must be an E-5. The second individual must always be alert for dangerous situations and assist the driver.

Both are responsible for the safe operation of the vehicle. A second pair of eyes may see something the driver cannot, and can warn him or her of an imminent hazard.

Reduce driver distractions.

Animated discussions may pass the time quickly, but can distract a driver, reducing his or her ability to react to a hazard.

Situational awareness provides an edge. A driver shouldn't focus solely on what is directly in front of him or her.

The driver must be aware of what is happening much further down the road. Faster speeds demand that the driver increase the distance he or she looks to spot potentially dangerous situations.

Drivers must also be aware of what is happening behind and next to him or her. Scanning mirrors frequently can alert a driver should a speeding or aggressive driver bear down on them.

Stay out of the left lane except when passing. After passing a slower vehicle, move to the right as soon as possible.

Watch entrance and exit ramps carefully for inattentive or aggressive drivers. Vehicles in the left lane may make sudden, unpredictable cuts across traffic to take an exit, or drivers entering the road may shift to faster moving lanes without accelerating to the proper speed to merge safely.

Don't drive when fatigued. Change drivers on long trips to reduce weariness whenever possible.

Changing to safe and responsible driving habits and ensuring vehicles are in tip-top shape can do the most to reduce accidents and prevent injuries and the loss of life. Don't become a statistic during the holiday season. 

598th hands over the baton in transfer ceremony

Story and photo by
Staff Sgt. Anishka Calder
1st TSC Public Affairs

The 598th Transportation Terminal Group held a transfer of authority and casing/uncasing ceremony at a port in Kuwait Nov. 24.

The 598th TTG, headquartered in Rotterdam, Netherlands, relinquished authority to the 599th TTG, out of Oahu, Hawaii, symbolizing their completion of their mission in support of Operations Iraqi and Enduring Freedom, and 599th TTG's start of their mission.

Col. Mark A. Westbrook was succeeded by Col. Susan A. Davidson, a native of Dade City, Fla., after a six-month deployment, and will return to Rotterdam.

Westbrook thanked everyone for their support, including the Soldiers and civilians who worked on his team, and the Family members who supported them during their deployment.

"This has been without a doubt, my most rewarding seven months in my 25-year career. I hate to see it come to an end," Westbrook said.

"I would like to express my gratitude for the sacrifice our family members have made during our deployment. We may recruit Soldiers, but we retain Families. They also serve and sacrifice, and to them I want to say thank you."

Westbrook, who was assigned to Fort Eustis, Va., with Davidson as lieutenants, had high praises for her and the job she will do with the 599th TTG.

"Sue comes here with a remarkable reputation. She is extremely talented, intelligent, professional, and more importantly, compassionate," said Westbrook. "Sue takes care of Soldiers. She is the perfect person, at the perfect time, to lead this fantastic organization to the next level."

Davidson's previous assignment was the director, Logistics Officers Assignment Branch for Captains,



Col. Mark A. Westbrook, the outgoing commander for the 598th Terminal Transportation Group, out of Rotterdam, Netherlands, and Command Sgt. Maj. James E. Rid-dick, the outgoing sergeant major for the 598th TTG, case the 598th colors during the Transfer of Authority ceremony with the 599th TTG, out of Oahu, Hawaii, at a port in Kuwait Nov. 24.

at Human Resources Command, Alexandria, Va. Prior to that she served as deputy G3, XIII Corps Support Command, Fort Hood, Texas.

Her other assignments include: joint mobility operations officer, United States Transportation Command, Ill.; executive officer and support operations officer, 524th Corps Support Battalion, Group S4, 45th Corps Support Group, Hawaii; Army Reserve advisor, 78th Infantry Division, Fort Dix, N.J. and a group plans officer, an operations officer and chemical officer while assigned to 7th Transportation Group, Fort Eustis.

Her wartime experience includes commanding the 870th Transportation Company, Fort Eustis, Va., during their 11-month deployment in support of Operation Desert Shield and Operation Desert Storm.

She also commanded the 49th Movement Control Battalion, Fort Hood, during Operation Iraqi Freedom.

Davidson was selected while in that command to deploy to Iraq to serve on the Hack Study in support of the commanding general, Multi-National Force Iraq.

Davidson holds a Masters of Military Art and Science in advanced

Military Studies, a Master of Arts in National Security and Strategic Studies, and a Bachelor of Science degree in Chemistry.

Her military education includes the Chemical Officer Basic Course, Fort Leonard Wood, Mo.; Transportation Officer Advanced Course, Fort Eustis; Combined Arms and Services Staff School, Fort Leavenworth, Kan.; the Air Command and Staff College, Montgomery, Ala.; Support Operations Course, Phase II, Fort Lee, Va.; and the Navy War College, Newport, R.I.

Maj. Gen. Kathleen Gainey, the commander for the Surface Deployment and Distribution Command, outlined the lasting impact that the 598th TTG had on the ongoing war on terrorism, and of the high expectations that she has of the 599th TTG.

"It's only been a short time-frame, but you all (598th) have done an incredible amount," Gainey said. "They (598th) are being followed by an equally great team with the 599th coming in. They are no strangers to deployments; they are no strangers to operating in a remote area. They are going to bring in equally great ideas and equally great procedures that will take us to the next level and spiral us up ... this is one team, one fight." 

Servicemembers reach landmark safety achievement

Story and photo by
Staff Sgt. Anishka Calder
1st TSC Public Affairs

Safety is of paramount importance to any business or organization, and the military is no different. Much emphasis is placed on ensuring that service members work in a safe environment and practice appropriate safety measures.

One group of Sailors reached a record for their number of days without a lost-time accident.

According to Lt. Col. Stephen Hadley, the safety director for the 1st Sustainment Command (Theater), a lost-time accident occurs when an individual loses more than one day from work due to an accident.

Sailors assigned to the Navy Expeditionary Logistics Support Group Foxtrot reached that milestone with a record 300 days in the month of October. The group, stationed out of Tacoma, Wash., is a Reserve unit deployed to Kuwait in support of Operation Iraqi Freedom.

Master Sgt. Warren Whiting, a safety noncommissioned officer from the 1st TSC, is also responsible for enforcing the safety standards of the 1st TSC.

"I receive safety and accident reports from our subordinate units and give these units advice on safety issues that they may have," said Whiting, 44, a native of Houston. "We have monthly safety meetings when we all come together and exchange safety ideas for the month, put out safety updates, and try to work out solutions for their safety issues."

According to Chief Petty Officer Gregory R. Michael, the environmental compliance and safety officer for the NAVELSG-F, their responsibility as an office is two-fold, with safety playing a large role.

"The major part of that is making sure that everybody stays safe, reminding them of safety, holding safety stand downs, and putting safety out in front of them so that they



Brig. Gen. Michael J. Schweiger, deputy commanding general for support for the 1st Sustainment Command (Theater), celebrates with Sailors from the Navy Expeditionary Logistics Support Group Foxtrot safety team during a cake-cutting ceremony highlighting the team's achievement of over 300 days without a lost-time accident.

remember that we have to be safe because we all want to go home with all our fingers and toes and in one piece," Michael said. "The other aspect is the environmental aspect, making sure that we don't have any spills in our work areas."

The NAVELSG-F safety team consists of six personnel who are responsible for the overall safety of individuals who work at a port in Kuwait downloading and uploading tons of equipment whenever a ship arrives. Teamwork between the two brought about the safety milestone.

"It's a significant achievement," said Hadley. "We have to remind ourselves that we are in a deployed area. It's not like being at home, and so there are a lot of hazards and associated risks on a day-to-day basis. When you have a unit that has a great safety performance like that, it should be recognized."

"This achievement says that safety did our job. We kept everybody safe," said Michael, a native of Graham, Wash. "I attribute that to the great bunch of guys who I work with, doing their job and making sure that everybody remains safe."

Whiting compared the achievement of the NAVELSG-F safety team to the civilian sector of the workplace.

"At home, in civilian jobs, we have people who will have accidents which result in people missing time off work. Missing time off work means that someone else has to pick up their load and carry it," said Whiting. "But these guys have done their job without having other people carrying extra load, and they've been doing it for the past 300 days and more."

The achievement the NAVELSG-F reached is a testament that safety is an important part of getting the mission accomplished in a timely manner. Each individual has to play his part in ensuring that a safe work environment is being maintained so that everyone redeploys home without injuries.

"If we don't practice safety, we would probably have more accidents that would cause someone to get hurt or even killed," Whiting said. "We cannot afford to lose any person due to an accident, a preventable accident at that."

"Ultimately you are responsible for your own safety," Hadley said. 



Photo by Staff Sgt. Jacob McDonald

Sgt. Joseph Reeves, Sniper platoon, HHC 3-7 Infantry, a native of Yakima, Wash., and Pvt. Keegan Walsh, a scout with HHC 3-7 Infantry, a native of Sherman, Texas, inspect a bag in the garage at the search house at Camp Buehring, Kuwait.

Marne Soldiers prepare for Iraq... one room at a time

Story by Spc. Giancarlo Casem
Desert Voice editor

His hands were slightly trembling, beads of sweat trickled down his forehead, and off his nose. He strained hard to make out what was in front of him. Was it simply a lamp with faulty wiring or something more sinister – an improvised explosive device?

After a very tense moment, Sgt. Taylor Elliott, from Headquarters and Headquarters Company, 3rd Battalion, 7th Infantry Regiment 3rd Infantry Division, was relieved the lamp just had faulty wiring. However he was even more relieved that it was just a part of house-searching training at Camp Buehring, Kuwait, Nov. 8.

"There was a couple of times that I was really glad it was training because it was really uncomfortable moving stuff around," said Elliott, a native of Sand Springs, Okla. "It definitely boosted confidence quite a bit."

Elliott's scout platoon, a member of the 3rd Infantry Division's 4th Brigade Combat Team, will not be doing this type of mission regularly, but the training is still vital said, Staff Sgt. Nicolas Garcia, HHC 3rd Bn. 7th Inf. Regt.

"This training is very important for Soldiers," said Garcia, a native of Villalba, Puerto Rico. "I don't think we'll be doing this up there, but the missions always change. We could end up doing it one day, so we have to be ready."

Elliott and Garcia's mission for the

training session was to properly search a suspected terrorist compound. Their particular area of responsibility was a child's bedroom. Garcia's team of five Soldiers slowly and meticulously searched the doorway and the area behind the door before advancing. They used flashlights and mirrors to look behind crevices.

During the training, Garcia gave commands to his Soldiers, reminding them of what to look for and to note anything of suspicion. As soon as they were in the room, they all visually scanned it for anything suspicious.

As the team carefully searched through drawers and beds, they began to uncover numerous contraband items. With each item discovered, they took pictures to document its location and the



item was confiscated, tagged and bagged.

"This is the whole kit and caboodle on how we actually get the bad guys sent to jail," Elliott said.

After the team finished the room, the instructor showed them a secret door which they missed behind a curtain.

"I should have found that," Garcia exclaimed. "I knew there was something weird about that wall, I was there, and I should have seen that."

Although everyone in his team has had prior deployments, the training was still valuable because the training is kept fresh and new, Elliott said.

"(Our experience) helps us a lot, it gives us a better idea of what to look for and what is suspicious," he said. "On the other hand, a lot of the mission has changed, so it is kind of a hindrance too. You get cocky, so you have to look at it as a new experience. It is really important to keep yourself in check." 



Photo by Spc. Giancarlo Casem

Third Infantry Division Soldiers search a bedroom for weapons, explosives and other dangerous material during training at the search house on Camp Buehring, Kuwait.



Photo by Staff Sgt. Jacob McDonald

Staff Sgt. Hendrix Scanlan, Scout Platoon, HHC 3-7 Infantry, a native of Pago Pago, Samoa, inspects a stack of tubes outside the search house on Camp Buehring, Kuwait. The search house trains Soldiers on what to look for when searching for weapons and contraband in Iraq.



Photo by Petty Officer 1st Class Matthew Magee

The Navy officer's team has a quick huddle before running their next play. The Navy officers beat the Army officers 7-6 in the first Army/Navy Flag Football game at Camp Arifjan, Kuwait, Dec. 1.

Navy Upsets Army at Camp Arifjan Kuwait

By Petty Officer 1st Class Victor Jeffries
Navy Customs Battalion Tango
Public Affairs

On a sand-blown field at Camp Arifjan Kuwait, the Navy officers' football team beat Army officers on their own turf, 7-6., Dec. 1.

The Navy team fielded senior officers Rear Adm. Mark Harnitchek, "Two Star," Navy Capt. Ron MacLaren "Big Mac" of the Golf Forward Headquarters and Cmdr. Mark Schwartzel of the Navy Customs Battalion Tango on defense, with a host of other officer shipmates.

The offense was led by Navy Quarterback Lt. Cmdr. Joseph Ehle of the Expeditionary Medical Facility, running back Marine Maj. Maurice Sanders and on tight end Navy Lt. Robert Pierce.

The Army came out of the blocks

in the first quarter running the option offense. The team moved the ball up and down the field, but hurt themselves with infractions and penalties.

At the end of the first quarter,

Army's offense was able to drive the ball down the field.

They scored the first touchdown of the game with a four-yard pass from Army quarterback Chief Warrant Officer Dejuan Fountain to wide receiver Maj. Fredericka Harris. Harris, a female offensive player, was told she is the first female

Ehle said he could not believe that the team would overcome the extreme pressure build-up in the weeks prior to the game. He was very thankful that running back Sanders came out to lend a helping hand. He said the Marine really kept the Army defense off balance.

Lt. Cmdr. Amy Lyons, who is a graduate of the U.S. Naval Academy, gave an outstanding performance as an offensive lineman and said it was the most fun she has ever had playing flag football.

Pierce, also a Naval Academy graduate who played tight end for Navy, caught three passes in the game. Pierce said the Army/Navy flag football game was the beginning of a great tradition here at Camp Arifjan.

Navy players said they look forward to the game in 2008. They would like the Army to know that despite the outcome of any game between the two services, everyone is on the same team. Flag football builds unit cohesion among all players. Navy enlisted did not fare as well as the officers. They lost to Army 18-6. 



Photo by Pfc. Christopher T. Grammer

Seaman Nichole Slimp smiles while cheering at the 1st Army/Navy Flag Football Game Dec. 1 at Camp Arifjan Kuwait.

Soldier who scored a touchdown in Kuwait in an Army Navy game. "This one (touchdown) was for the girls. Wow, the Marine, he could not guard me," she said.

After the touchdown, the Navy defense picked up the pace and shut the Army offense down for the rest of the game.



Photos by Pfc. Christopher T. Grammer

Jeffery Simpson, quarterback for the Army enlisted team looks for an open receiver down the field during the first Army/Navy Flag Football game at Camp Arifjan, Kuwait, Dec. 1.



A receiver for the Navy enlisted team jumps up to catch a pass but is heavily guarded by the Army enlisted defense.

Army rides strong defensive effort to victory

By Spc. Wes Landrum
Desert Voice editor

The Army Black Knights and the Navy Midshipmen met in Baltimore for the 108th time on the gridiron Dec. 1. At Camp Arifjan, Kuwait, the Army and Navy gathered to play a football game of their own.

While the officer's game was a defensive struggle, the enlisted game was more one-sided. Army scored on three of their first four possessions in the first half and held Navy's offense in check en route to an 18-6 victory. Staff Sgt. Jeffery Simpson, player and coach for the Army squad from Third Army/ U. S. Army Central, credited the win to determination and revenge.

"We had to come out and win this one," he said. "We did not want to go down 0-2."

Navy got the ball to open the game. Navy was able to move the ball but Army's defense stiffened and forced fourth down. Navy decided to go for it. Navy's quarterback tried to complete a short pass and was intercepted. Spc. Bryan Fields, an ammunition stock control specialist with 1st Sustainment Command (Theater) said the defensive stop boosted Army's already high motivation level.

"We were pumped up before the game. We were pumped up during the game and we were pumped up after the game," he said.

Two plays later, Simpson hit Spc. Gerald Ramsay, on a post corner route for a touchdown. The point-after-touchdown was no good and Army led Navy 6-0. The defense, anchored by Frederick Fowler, held Navy in check the whole game.

Army tacked on more points midway through the second quarter when Simpson once again completed a long pass play to Ramsay. Ramsay outran the Navy defenders down the sideline into the endzone. Once again, the PAT was no good and Army led 12-0.

With another play, the Army scored the last of their points. On third down from the Navy 20-yard line, Simpson launched a pass to Michael Brim, who saw the pass was too high and leaped up and caught it landing on his tip toes in the back of the endzone. Army led at the half, 18-0. The second half saw Army substituting players and running the football. Navy got on the board late in the second half with a touchdown run of their own. McNeill said his enlisted team wanted to open it up but played right

into Army's hands.

"I wanted to pass first and then run the ball," he said. "I don't know if our quarterback had jitters or what. We did not play well."

Lt. Col. Chris Fry, Sr., coach for the Army's officers team, said playing games like this is beneficial to all because it gives everyone enthusiasm to fight as a team. Simpson and McNeill agreed morale received a huge boost.

"You get to interact with people you would not get to interact with," Simpson said.

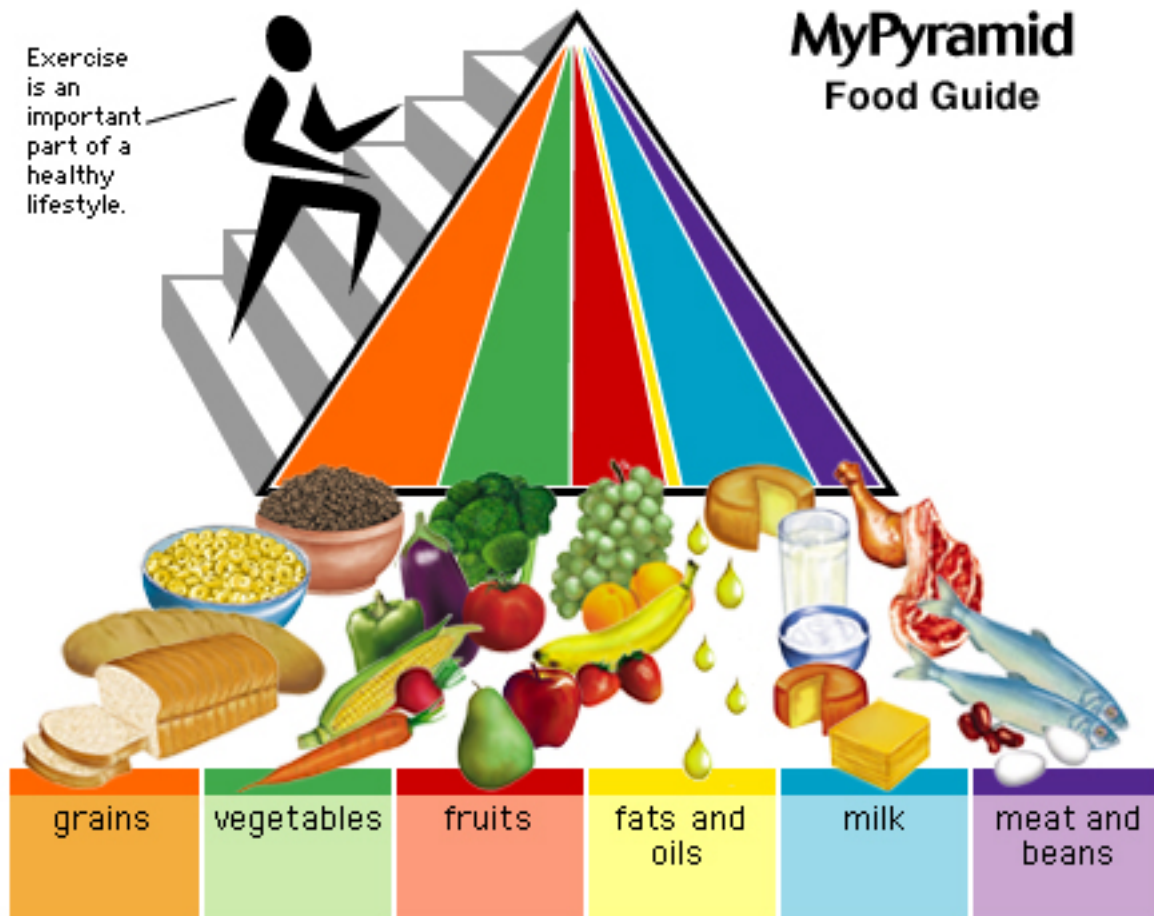
"When the dust is settled, we can look at each other, Army and Navy alike, and say 'You're my brother and I am honored to fight alongside you,'" McNeill said. **A**



James Garlitz, safety for the Army enlisted team, runs the ball down the sidelines during the first Army/Navy Flag Football game at Camp Arifjan, Kuwait, Dec. 1.

Exercise is an important part of a healthy lifestyle.

MyPyramid Food Guide



You are what you eat

Eating healthy key to staying healthy

By Pfc. Christopher T. Grammer
Desert Voice staff writer

Staying healthy is just as important in a deployed environment as it is back home. Servicemembers need to eat healthy to stay fit and ready to fight.

In Kuwait, servicemembers have the luxury of being able to eat food from some of their favorite food franchises. This boosts morale, but lacks the nutritional value our troops need to be healthy.

Another obstacle to health is the availability of dietary supplements and energy drinks. Dietary supplements such as Hydroxycut or Ripped Fuel have not been evaluated by the Food and Drug Administration and have been linked to hospitalizations and seizures, said Lt. Cdr. Paul D. Allen, a registered dietician with Emergency Medical Facility Kuwait.

"They are a short term answer to a long term problem," Allen said.

Energy drinks may help a servicemember stay awake when working late but the amount of caffeine in these drinks is about two times as much as a cup of coffee, depending on the brand. Caffeine is the second worst gastric irritant next to alcohol.

"We are responsible for what goes in our mouths," Allen said.

Allen recommends that servicemembers follow what he calls his "top five." The five things Allen recommends for a healthy diet are first to limit calorie containing beverages with the exception of milk. Avoid cheese and egg yolks, which are extremely high in saturated fat and cholesterol. Try not to eat so many fried foods or better yet just avoid them altogether. No added fats, which includes salad dressings or adding mayonnaise to a tuna sandwich. And lastly try to resist

the temptation to eat desserts.

"Healthy eating is easy to do if we engage our brain," Allen said. "Be conscious of what we are eating."

Though eating right is a big part of being healthy it is not the only thing servicemembers need to do to stay in good health.

Even though skipping breakfast to get a little more sleep sounds like a good idea, everyone needs to eat three meals a day to have the energy needed to stay active at work.

Physical training is important and keeps our troops in shape. Make sure to exercise at least five times a week.

Try to get at least eight hours of sleep a night so that you have the energy and focus to make it through the day.

"All the pieces of the puzzle together make us the best fighter, the best Soldier, sailor, airman or Marine that we can be," Allen said. 

Cell Phone & DSN Policy Notice

Government Cell Phone Policy:

- >Government cell phones are to be used for official calls only
- >Do not use government cell phones to make personal phone calls
- >Personnel that make personal calls on government cell phones will pay for personal calls via a statement of charges to finance
- >Land line/DSN lines should be used if available
- >Every cell phone call costs the government
- >NOTE: Calling a DSN line from a government cell phone for personal calls is not authorized - air time is still charged to the cell phone

Defense Switched Network Morale Phone Calls
Reminder: Camp Arifjan policy states that: MWR or morale calls on DSN capable phone lines are limited to 30 minutes per morale call. These calls are limited to one morale call per day

Excessive use of DSN calls prevents official calls from being made

Just One Question...

"What is your favorite Christmas Song?"



"Nat King Cole's 'The Christmas Song.'"

Senior Chief Arthur Davis,
Naval Expeditionary Logistics Support Group
Bristol, Conn.



"Silent Night."

Petty Officer 2nd Class Ophelia Mitchell-Simmons,
Naval Expeditionary Logistics Support Group
Pensacola, Fla.



"I would have to say 'Grandma got run over by a Reindeer.'"

Sgt. Timothy Wolfe,
316th Expeditionary Sustainment Command,
Hershey, Pa..



"I don't really have one favorite. I enjoy a lot of them."

Marine Sgt. Floyd Harper,
Marine Corps Logistics Command,
Jacksonville, Fla.



"Oh Holy Night."

Spc. Naomi Cranfield,
519th Signal Company, 160th Signal Bde.,
Camp Patriot

Why I serve:

Pvt. Michael P. Quirk
1st Cavalry Division
Mechanized Infantry



The Evansville, Ind. native explains why he chose to join the military.

"To serve my country. My uncle was over here and he told me about what he did when he was over here and that inspired me to join."

Whats happening around Kuwait...

Running to remember



Photos by Staff Sgt. Jacob A. McDonald

Runners participate in the Pearl Harbor Day Run Friday at Camp Arifjan, Kuwait. Pearl Harbor Day is a time to remember the lives of U.S. servicemembers lost during the surprise attack of Pearl Harbor, Hawaii, by the Japanese on Dec. 7, 1941.



ARMY STRONG



Until Every One Comes Home.™

THE SERGEANT MAJOR OF THE ARMY

Hope & Freedom
TOUR 2007

KENI THOMAS
LEEANN TWEEDEN
SHERYL UNDERWOOD
DARRYL WORLEY



64th
USO
TOUR



LAURA BEKE
BECCA GAMBEL
JENNIFER NIX
DARA MCFARLANE

DATE:

TIME:

PLACE:

FRI 14 Dec 1800 hrs Camp Arifjan Z6 Stage