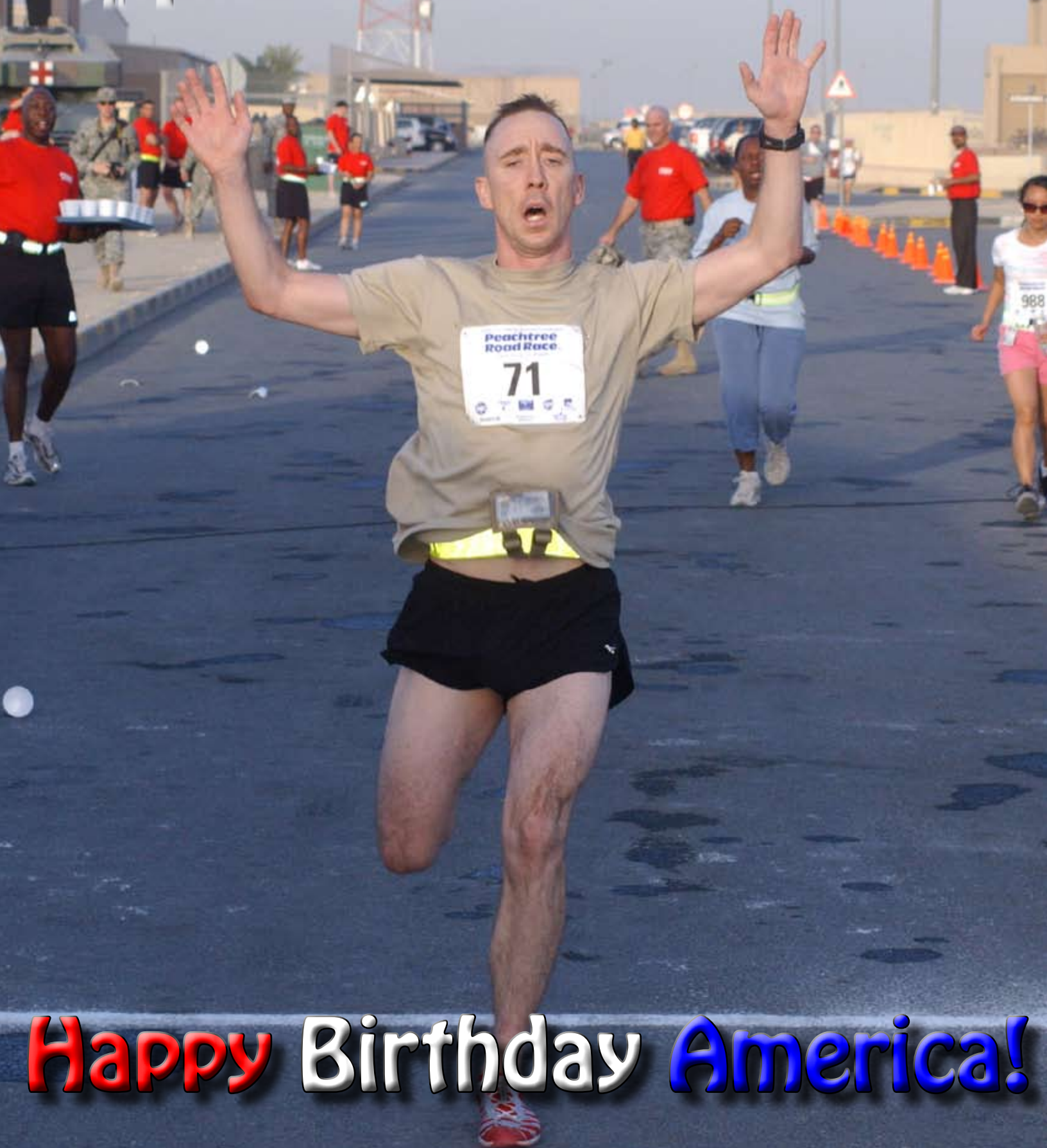


DV The Desert Voice

United States Army Central
"Transforming to Full-Spectrum Operations"



July 9, 2008



Happy Birthday America!

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Laughter, exercise and healthy diet are some ways to deal with stress.

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Paratrooper overcomes potential career-ending injuries.

On the cover

Sgt. Christopher McDermott, Task Force AVCRAD, raises his hand in triumph as he finishes in first place during the Peach Tree Road Race on Camp Arifjan, Kuwait, July 4. For the full story, see page 6.

Photo by Spc. Wes Landrum

Contact us

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

A message from the President

I send greetings to all Americans on Independence Day.

More than two centuries ago, bold and courageous visionaries pledged their lives, their fortunes, and their sacred honor in signing the Declaration of Independence. Guided by ancient and eternal truths, our forefathers proclaimed to the world that liberty was the natural right of all mankind and in doing so began one of the greatest chapters in human history. On the Fourth of July, our country commemorates the great achievements of these heroes and reaffirms its unwavering confidence in the power of freedom.



It was the desire for freedom that inspired our Founding Fathers, and it is the belief in the universality of freedom that guides our Nation. On this occasion, we pay special tribute to the men and women of our Armed Forces, both past and present, who have answered freedom's call and defended the values that make America the greatest country on earth.

May God bless America.

George W. Bush



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DV
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Safety Corner: Stress management

Story by

Col. Jonathan Fruendt

USARCENT Command Surgeon

Knowing the symptoms of stress can help alleviate its negative effects. This week's article looks at ways to deal with stress.

These suggestions can work, whether dealing with day-to-day stress or combat stress.

- Laughter is good medicine. Find times to laugh and see the humor in life.

- Seek out social support. Research shows that companionship – time spent with friends and battle buddies sharing thoughts and feelings – makes you feel better and has a significant effect on your health.

- Express your emotions. Writing and talking about your feelings and emotions has been shown to be an effective way of releasing tension and relieving stress.

- Become a positive thinker. Positive thinking – a kind of “cognitive restructuring” – involves paying attention to the negative messages we often send ourselves, and turning them around to be more positive. Recognize and help others recognize accomplishments and

achievements.

- Exercise regularly. Moderate exercise, at a level that is safe, comfortable, and enjoyable, is one of the best ways to reduce stress and improve your mood.

- Eat healthy, nutritious food and stay hydrated. Avoid foods with lots of salt and sugar, limit caffeine and alcohol, drink plenty of water and concentrate on a low-fat mix of vegetables, fruit, and grain products.

- Get adequate rest and sleep

- Learn to relax. Learned relaxation techniques lower your heart rate, breathing rate, and blood pressure and has an added benefit of reducing your stress all day long.

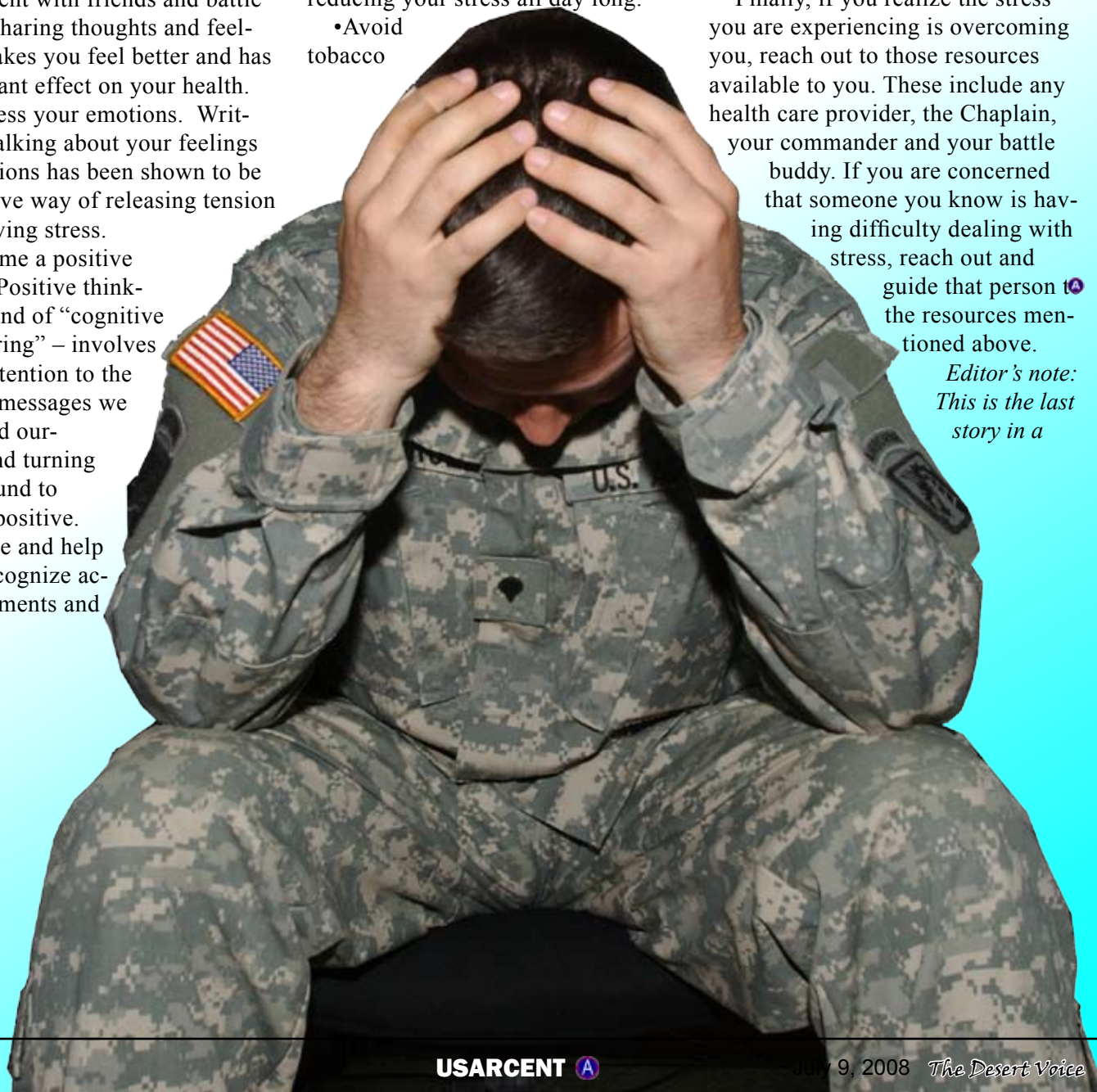
- Avoid tobacco

use and keep alcohol consumption in check.

Military One Source has a Stress Quiz on its website that can help you identify how much stress you are experiencing. Watching for warning signs – and answering a few simple questions – can help you decide whether you're coping well with stress or need to pay more attention to managing the stress in your life. Go to www.militaryonesource.com for the quiz and for additional information on stress management. Information on combat stress can be found at www.usachppm.agpea.army.mil.

Finally, if you realize the stress you are experiencing is overcoming you, reach out to those resources available to you. These include any health care provider, the Chaplain, your commander and your battle buddy. If you are concerned that someone you know is having difficulty dealing with stress, reach out and guide that person to the resources mentioned above.

*Editor's note:
This is the last
story in a*





22 Soldiers reenlist by raising their right hand to protect and defend the constitution, on July 4 during a reenlistment ceremony at Camp Arifjan, Kuwait.

Photo by Pfc. Christopher T. Grammer

Soldiers reenlist to celebrate independence

Story by
Pfc. Christopher T. Grammer and
Pfc. Kimberly A. Johnson
Desert Voice staff writers

Soldiers raised their right hands and took the Oath of Reenlistment at Camp Arifjan, Kuwait on the anniversary of the United States' independence from foreign power.

The 22 Soldiers reenlisted into the military to solidify their dedication, and service to their country as well as to ensure stability for their Families and a proper retirement for a few.

"We're celebrating our independence and the reason we have that independence is because of Soldiers like these during times of war," said Sgt. Maj. Mark W. Mayo, a command career counselor for U.S. Army Central.

The Soldiers reenlisting are deployed in support of Operations Iraqi Freedom and Enduring Freedom. They live the Army value of selfless service and expressed their commitment to serve.

"The greatest part of being a Soldier is being able to serve my country and help fight for freedom," said Sgt. Susan Hanudel, 37th Infantry Brigade Combat Team S1.

The Ceremony opened with a few words by Lt. Gen. Jim Lovelace, USARCENT commanding general, who spoke of the importance of having good non-commissioned officers in today's Army and of the Constitution which embodies the freedoms that

Soldiers continue to defend. He also spoke of the influence military life has on those who serve.

"Now that you have served, you can never go home the same," Lovelace said. "Your service has changed you forever."

After the Oath of Reenlistment was read each Soldier stepped forward to receive their copy and be congratulated by Lovelace.

For some of the reenlisting Soldiers the Army is much more than just a job and a college education.

"Since joining the Army I'm a completely different person," said Rainsville, Ala. native Sgt. Carlton Price, 111th Quartermaster Company mortuary affairs. "I have more honor, self respect and more respect for others."

The more than a million servicemembers in the United States

military make up only about .3 percent of the total U.S. population. This fact sets these reenlisting Soldiers apart from the general public not only

due to the fact that they enlisted in the first place but that they are willing and able to do so during a time of war.

"This is a great moment to me as an American," said Mayo. "The world is a better and safer place because of what these guys do." **A**

"The world is a better and safer place because of what these guys do."

Sgt. Maj. Mark W. Mayo

U.S. Army Central
Command Career Counselor



Spc. Justin Nelson, a native of Bridgeport, Texas studies a map in preparation to make a report to a higher command during a simulated event at the U.S. Army Central Noncommissioned Officer and Soldier of the Year competition in Atlanta June 23-27.

USARCENT names most outstanding warriors of 2008

*Story and photo by
Staff Sgt. Jonathan Wiley
USARCENT Public Affairs*

FORT MCPHERSON, Ga. – It takes a special breed to be a warrior in U.S. Army Central. It takes a person who is always ready at a moment's notice to do whatever is required to accomplish the various and challenging missions necessary to keep the nation safe in a tumultuous 21st-century world.

To be the best of this highly distinguished unit is an honor that Staff Sgt. James Garlitz, a finance noncommissioned officer with the 1st Sustainment Command (Theater), and Spc. Justin Nelson, an intelligence analyst with Special Troops Battalion, USARCENT, can claim.

After three rigorous days of competition that challenged every aspect of their training, skills and abilities, Gar-

litz, a native of Annapolis, Md., and Nelson, a native of Bridgeport, Texas earned the titles of USARCENT NCO and Soldier of the Year for 2008 at Fort McPherson, Ga., June 27.

"To be selected as the NCO and Soldier of the Year takes a real commitment to excellence, a dedication to professionalism and a drive to win," said Command Sgt. Maj. John D. Fourhman, USARCENT's command sergeant major. "It also takes leaders at the unit level to be coaches and mentors to the Soldier before and during the competition."

During the event, the warriors took an Army Physical Fitness Test and a written examination on general military topics, completed a weapons qualification range, negotiated a day and night land navigation course, were evaluated in a number of critical Warrior tasks and battle drills and appeared before a board of sergeants major who

evaluated their knowledge, appearance and military bearing in a number of key areas.

"I feel like I have left every board I went to smarter than when I went into it. All of the boards I have gone to, I've learned something that will help me in life and in my career," Garlitz said.

Garlitz said the stiff competition of the other participants kept him sharp throughout event.

"I have to say that at every portion of the competition I was pushed to be even better than my standard of excellence would have been because I was constantly worried about somebody else doing better in this or that. I was thinking if I wasn't perfect, somebody else was going to win," he said.

Garlitz and Nelson will go on to represent USARCENT and compete at the U.S. Army Forces Command 2008 NCO and Soldier of the Year competition at Fort Hood, Texas, in July. 

Thousands run Peachtree

Story by
Spc. Wes Landrum
Desert Voice staff writer

The sun was just barely rising over a dusty horizon when the horn sounded. Servicemembers and civilians with U.S. Army Central took off from the start line, some at a faster pace than others. The Peachtree Road Race had

started in Kuwait.

While more than 55,000 would run through the skyscraper-lined streets in Atlanta, Ga., during the 39th annual 10 kilometer Peachtree Road Race, more than 1,200 people at Camp Arifjan, Kuwait, started their 4th of July festivities on the right foot. Over 3,000 more participants ran the race in Iraq and Afghanistan.

"The Peachtree Road Race is a big deal ... it's the largest 10k race in the world ... and it takes place at our home base in Atlanta," said Lt. Gen. Jim Lovelace, USARCENT commanding general. "Not only is it a great physical challenge, it's a way for our Soldiers and civilians to connect with thousands of others back home."

The Peachtree Road Race began in 1970. The idea for the race was born a year earlier as members of the Atlanta

Track Club traveled to Fort Benning, Ga. for their annual Independence Day run. While on the way home, a suggestion was made that Atlanta should have its own race. Approximately 110 people ran on July 4, 1970.

For the elite runners, the race is a chance at prize money and one of the most prestigious titles on the international circuit. For the "weekend warriors" at the middle—or farther back—in the pack, it's a day to have fun running with friends and family, maybe achieve a personal best time, and earn their own prize: a Peachtree Run T-shirt.

Runners on Arifjan may not be traveling from Lennox Square to Charles Allen Drive but that does not mean their run is not important. Lovelace said being able to run in the race is a big morale boost to those

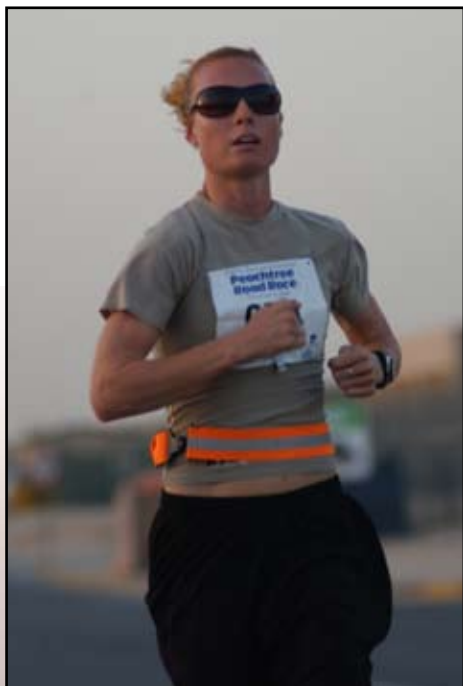


Photo by Pfc. Christopher Grammer

Australian Army Pvt. Vicki O'Rourke, runs in the Peachtree Road Race on Camp Arifjan, Kuwait, July 4. O'Rourke took second place overall and first in the women's division with a time of 38 minutes, 48 seconds.



ee Road Race in Kuwait

who compete and it's a challenge that the servicemembers and civilians of USARCENT love to tackle.

"To run a 10K in 88-degree temperatures at 5 a.m. is no easy task," he said. "These runners will complete the course, earn the coveted shirt and have bragging rights for all they have accomplished."

Sgt. Christopher McDermott, 1108th Aviation Classification Repair Activity Depot, took first place for the men. He finished with a time of 35 minutes and 51 seconds. Eric Szabo, Naval Expeditionary Logistics Support Group, finished second. The Anaheim, Calif., native crossed the finish line third overall and second for the men at 40 minutes and 51 seconds.

"I was just glad to come out here and run a clean, smart race. It's an honor to come out here and say, 'I'm

Runners sprint across the finish line at the 10 kilometer Peachtree Road Race at Camp Arifjan, Kuwait, July 4. The run was part of the larger annual race held in Atlanta, Ga. More than 1,100 runners participated in the race here.

the fastest runner out here,'" McDermott, of Glendale Heights, Ill., said. "There were 1,100 people running today. For me to be the best is a feather in my cap."

Australian Army private Vicki O'Rourke, of Darwin, Australia, placed second overall and first for the women with a time of 38 minutes and 48 seconds. Stonesville, Ohio native

1st Lt. Yvette Richard, 2nd Transportation Company, finished second in the women's category with a time of 42 minutes and 46 seconds – more than four minutes faster than her third place finish a year before.

"I was just trying to prove myself as a good athlete," O'Rourke said. "I thought, 'It was a race. Why not go win it?'" **A**



Photo by Spc. Giancarlo Casem



Runners take off from the start line to begin the 10 kilometer Peachtree Road Race at Camp Arifjan, Kuwait, July 4. The run was part of the larger annual race held in Atlanta, Ga. More than 1,100 runners participated in the race here.

Photo by Spc. Giancarlo Casem

U.S. Army Central celebrates the Fourth



Photos by Spc. Giancarlo Casem

Pvt. Jonathan Fontenot, performs a song he wrote himself during a talent show competition.



Photo by Marine Sgt. Sara A. Carter

Marine Cpl. Denise Rosales, Marine Central G4, prepares to take a bite out of a watermelon during MARCENT's watermelon eating contest.



of July



(Left) Other Independence Day activities at Camp Arifjan included a softball tournament.



Master Sgt. Michael Pitruzzello of Chester, Conn., runs in the 30th Annual Four on the Fourth Run at Camp Arifjan, Kuwait. Pitruzzello, started the run simultaneously with his wife back home in Chester. Pitruzzello has been participating in the run since 1995, and this is his first time competing from overseas.



Fourth of July activities included carnival games (left), a hot dog eating contest (above) and a talent show (right).



Paratrooper runs Peachtree after devastating accident

Story by
SpC. Wes Landrum
Desert Voice staff writer

Staff Sgt. Richard Bradley, 1st Sustainment Command (Theater) G4, waited patiently at the start line for the horn to sound starting the 2008 Peachtree Road Race at Camp Arifjan, Kuwait, July 4.

Once the horn sounded, Bradley took off running at a quick pace. He didn't want to win the race. He just wanted to finish because, for Bradley, just being able to run is a blessing.

On April 11, 2003, Bradley leapt from a C-130 over Fort Bragg, N.C., on a night jump. Something went wrong.

"I was a little wrapped up and was twisted in my risers. I inspected my canopy and thought everything was fine," Bradley said. "Then, I got tangled up with another jumper, lost my air and, at about treetop level, fell at full speed.

Still attached to the paratrooper was his M249 Squad Automatic Weapon inside its case. When he landed, he landed on the weapons case side of his body. Bradley said he knew it was bad when he hit the ground.

"I broke my hip, pelvis, femur and the first lumbar vertebra," he said. "As I fell, I was thinking '[God] forgive me for all the wrong I've done in this world,' because I thought my life was over."

On the ground, Bradley began doing his own medical assessment. He started his own combat lifesaver check by patting his body down checking for injuries. Then he tried to move.

"Before the paramedics got to me I was laying on my side. I tried to move and it was like pouring milk on Rice Krispies ... snap, crackle and pop," Bradley said. "I could feel my leg and spine and heard the cracking sound. I knew my leg and my back were broken."

Bradley was taken to Fort Bragg's Womack Army Medical Center where doctors immediately went to work. Bradley endured a total of six surgeries over a two year period – the first of



Bradley

which took place the morning after the accident to repair the shattered femur.

"They put (a nail) in my femur with two anchor screws attached around the knee and four screws up around the hip," the 1st TSC Soldier said.

However, when that surgery was finished, something was not right with Bradley's left leg. "When they finished, there were pieces of the femur missing because they were too small for the nails to go through. In the end, my leg was three centimeters shorter than the other leg. Later on, I would go through three more surgeries on my leg to correct the length discrepancy. [Doctors] would re-break the leg and add synthetic bone to it to help it grow."

Next came his back. Bradley said doctors knew it was broken but could do nothing at the hospital because none of the doctors there were qualified to operate on his back. He was instead flown to Eisenhower Army Medical Center at Fort Gordon, Ga., where he endured his second operation in a month.

Doctors extracted a rib from Bradley's body, inserted it under his shattered vertebra and fused the rib and two vertebrae together.

Two months later, Bradley was discharged from the hospital and faced an uncertain future. Doctors had told him his military career was over. Bradley, however, would not accept it.

"The prognosis was I would not recover well enough to continue being a Soldier," Bradley said. "That prognosis drove me to continue being a Soldier. I was basically being told I could not do it."

Less than a year after the accident, Bradley proved he belonged in the military. Sporting a noticeable limp

and a bad pelvis, Bradley performed an Army Physical Fitness Test. Doctors said Bradley had been in the best shape of his life before the April accident. It was that knowledge that kept him going.

"I don't drink or smoke," Bradley said. "Because I was in great shape, doctors said my body was healing faster."

Bradley said he does not know what happened on the PT test. He said it was like the healthy parts of his body compensated for the injured parts.

"I just found that my abdominal muscles work in a different way – where my spine normally bends lower – now it bends higher up. There's no pain in my sit-ups. Push-ups are just as good or better than they were before I got hurt," he said. "The running, however, was pretty painful. It definitely tested the hardware in my leg."

The road back was long and winding, Bradley said. He said his faith in God and the support he received from his family helped him get through the ordeal.

Five years later, Bradley crossed the finish line at the Peachtree Road Race in 54 minutes. The paratrooper admitted it felt good to run the 6.2 mile race.

"54 minutes is a good time," he said. "It just felt good being out there." 



An X-ray shows screws fastening a portion of Bradley's vertebrae.

“Edge of the Bench”

by Maj. Gen. Chuck Anderson
USARCENT deputy commanding general

Momentum

Water boils at 212 degrees, but at 211 degrees it is just hot water. Just think one extra degree can make a difference between hot water or boiling water that can produce steam and move heavy objects like a train or ship. That one degree is a result of momentum.

Momentum is the most powerful of all change agents. Momentum is created by consistent accomplishment, and coupled with a positive command climate produces a winning attitude which manifests personal and professional growth inside the organization.

Leaders must set the conditions through example, that encourage, create and command change in the organization. If the atmospherics are right, momentum will be irreversible.

As your organization continues to move forward you will build leaders and profit immeasurably from your investment in their growth. So don't overlook the value of momentum.

Take a look at the momentum in your organization. Is your



unit changing to meet the demands placed on it? Is your unit changing to be the best in mission accomplishment and taking care of Soldiers and Families? If not, create momentum,

set near and long term goals and by all means, invest in your people and their Families. Take a look around and you can see the momentum in U.S. Army Central. We are transforming to a Full Spectrum Operations Capable organization with a talented and well equipped stable of enablers. The USARCENT Team ... a joint team of teams ... is about winning, accomplishing the mission, and investing in its Soldiers and civilians.

Remember, everyone is a leader and capable of moving the organization toward a pattern of accomplishment.

With momentum your unit can overcome obstacles, create a positive climate, and develop leaders. Back to my opening paragraph...one extra degree in temperature or less than 0.5 percent can make a difference.

Well, so can you.

Just One Question ...

“What healthier foods would you like to see in the DFACs?”



“I would like to see more of a variety of fruit.”

Sgt. Teri Martinez
2nd Trans Co.
Operations Clerk
Phoenix



“More brussel sprouts.”

1st Lt. Shaun Kelley
2nd Trans Co.
Operations Officer
Enunclaw, Wash.



“Everything is to standard. No major changes.”

Staff Sgt. Omar Maldonado
1st Marines Special Operations Battalion
Supply logistics
San Juan, Puerto Rico.



“Now that they have a milkshake bar, they could add a fruit smoothie .”

Master Sgt. George O'Brien
424 Medium Truck Detachment
Truck master
Columbia, Md.



“Actual navel oranges.”

Petty Officer 1st Class Derrick Rouse
Fwd. Deployed Preventative Med. Unit
Health and sanitation inspector
Hampton, Va.

Why I serve: Chief Petty Officer Michael Segarra Fwd. Deployed Preventative Med. Unit NCOIC



The Burbank, Calif., native explains why he chose to join the military.

“The first Gulf War prompted me to join. I wanted to do my part. For more than 18 years, it's been very rewarding.”

What's happening around USARCENT ...

An American tradition



Photo by Spc. Giancarlo Casem

A servicemember throws a football through a hole for a chance to win prizes at a Fourth of July carnival at Camp Arifjan, Kuwait, July 4. For more photos go to page 8.

A chance of a lifetime



Photo by Spc. Giancarlo Casem

Archbishop Camillo Ballin, the archbishop of Kuwait, addresses servicemembers from the Camp Arifjan Catholic community at the Holy Family Cathedral in Kuwait City, July 4. The servicemembers attended a mass conducted in Arabic and discussed topical issues with the archbishop concerning Christians in a Muslim country.

Five servicemembers, one from each branch of the uniformed services, pay tribute to America's Independence with a 50 gun salute at Camp Arifjan, Kuwait, July 4.



Photo by Spc. Giancarlo Casem

Chief Warrant Officers Jacob Dingle, U.S. Army Central Food Service Advisor (center), and Charles Hunter, Area Support Group – Kuwait Food Service Technician, serve Mongolian-style stir fry to servicemembers at the Zone 2 dining facility, July 3. USARCENT food services are looking for ways to provide a better dining experience for servicemembers in Kuwait.

In honor ...



Photo by Pfc. Kimberly Johnson