



The Desert Voice

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

September 23, 2009



**Shoot, Move,
Communicate**

DV

Table of Contents

Page 4

Navy Chiefs Promoted

Page 5

335th Holds First Conference

Page 6

Deliberate Assault Course

Page 8

Cyber War



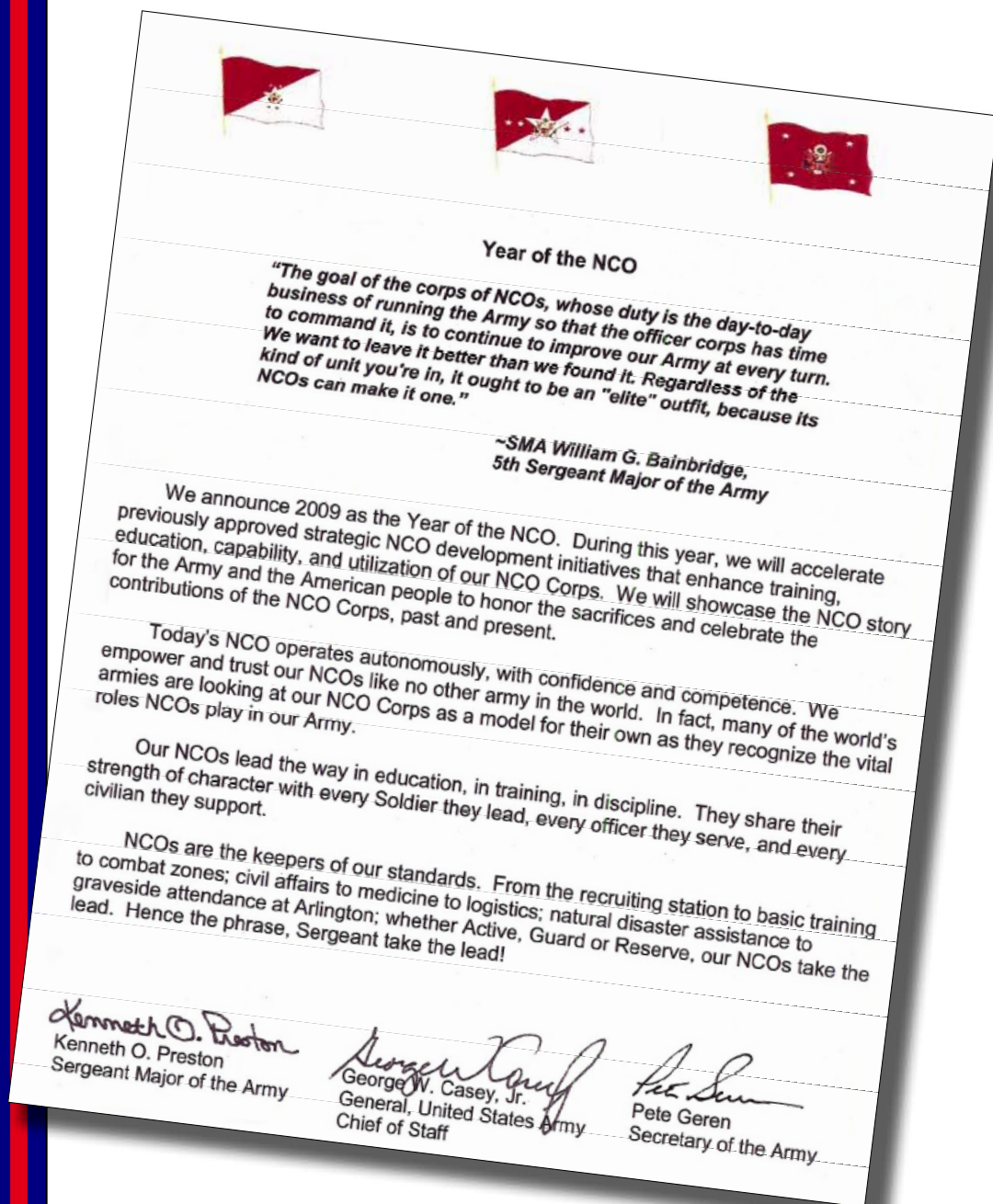
On the cover

See full story on Page 6

Cpl. James K. Klabunde, a crew chief for Amphibious Assault Vehicle Platoon, India Company, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, 22nd Marine Expeditionary Unit, and native of Milwaukee, stands security while Marines load a notional casualty into an Amphibious Assault Vehicle. (Official Marine Corps photo by Cpl. Justin M. Martinez)

Contact us

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



DV

The
Desert
Voice

Volume 30, Issue 61

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 U.S. Army Central Public Affairs Office. This magazine is published by Al-Qabandi United, a private firm, which is not affiliated with USARCENT. All copy will be edited. The Desert Voice is produced weekly by the 20th Public Affairs Detachment.

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

Third Army Commanding General
Lt. Gen. William G. Webster
Third Army Command Sgt. Maj.
Command Sgt. Maj. John D. Fourhman
Third Army Public Affairs Officer
Col. Gerald O'Hara
Third Army Public Affairs Sgt. Maj.
Sgt. Maj. Brian Thomas
Third Army Deputy PAO (FWD)
Lt. Col. Martha Brooks

203rd Public Affairs Detachment Commander
Capt. Tracey Frink
20th Public Affairs Detachment Sergeant
Sgt. 1st Class Jennifer Rothfus
203rd Public Affairs Detachment
Print Team
Sgt. Daniel Lucas
Sgt. David Nunn
Spc. Monte Swift
Spc. Brandon Babbitt

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



Calories Burned



Adjusting the ratio of calories we eat and calories we burn is the key to weight maintenance, loss or gain. While you may think you burn most of your calories during physical activity that is not usually the case. Most people burn between 100-600 calories per workout, but we eat much more than that each day.

The majority of our calorie burn comes from our Basal Metabolic Rate.

This is the number of calories needed to run your brain and body if you were to lie in bed all day awake, but not eating or exercising. If you are at a healthy weight, you can estimate this number by multiplying your weight in pounds by 10. An individual who weighs 175 pound burns about 1750 calories per day just running their body. Your BMR is affected by age, gender, body composition and genetics. Adding muscle mass will increase the calories you burn at



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

rest. This can help prevent the slow adult weight gain that often occurs as our metabolism decreases.

About ten percent of our calorie burn comes from digestion. Every time you eat, your body uses energy to digest. This is called the Thermic Effect of Food. Maximize this burn by eating every 3-4 hours. This will also prevent you from getting too hungry between meals or overeating later in the day.

The third place we burn calories is with physical activity. This is the part of our calorie expenditure that we can control. Adding just 10 minutes of jogging or 20 minutes of walking to your daily routine can help you burn an extra 100-150 calories per day. If you keep your calorie intake constant, that is enough to lose 10 pounds gradually over a year. If you eat 100 extra calories per day without added exercise that will become a 10 pound weight gain. **A**

Seatbelts save lives

ARCENT recently experienced another non-tactical vehicle rollover on the Kuwaiti highways. The rollover occurred after the driver lost control of his vehicle when his rear tire blew out. At the speed the vehicle was traveling, this could easily have resulted in fatalities. But fortunately, both occupants were wearing their seat belts and sustained only minor injuries.

Expect the unexpected - like a catastrophic flat tire. Always, ALWAYS wear your seat belt. Some *TIPS* for highway driving include: Plan ahead to drive within the speed limit, assure *ALL* personnel are wearing their seat belts, secure all loose equipment - heavy flying objects can kill during accidents, monitor tire wear - conduct vehicle walk arounds and scheduled PMCS, ensure you have emergency numbers saved in your cell phone, minimize

driving distractions - don't use cell phones while driving. All of these tips can help keep you safe on the highway. **A**



Ready Tonight
Sustain the Fight
Shape the Future
Third Army/U.S. Army Central

Every time a bell rings

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



The Base Chapel was the site of a special military ceremony as the Navy personnel pinned anchors on 10 new Chief Petty Officers. For the sailors, it was an important day as they became senior non-commissioned officers.

"Today is about the Chiefs, for the Chiefs and done by the Chiefs," said Command Master Chief Stephen Murray, the host of event. "Now these 10 new Chiefs will walk out of this promotion ceremony with anchors on their collar, and at the same time will have more responsibilities on their shoulders in regards to taking care of sailors."

The guest speaker, Capt. Lynn Welling, the Commanding Officer of the Medical Corps Expeditionary Medical Facility Kuwait. He stressed his appreciation for the enlisted corps, and in

Navy Chiefs get their anchor



ABOVE AND BELOW: Newly promoted Navy Chief Petty Officer Emeterio Donato at a pinning ceremony at the base Chapel. Donato, Navy Corpsman with the EMFK, and 10 others were promoted to a senior non-commissioned officer.

particular the Chiefs.

"The Chiefs make up the backbone of the fleet," said Welling. "To this day, my Chiefs are still training me. Chiefs get the results that count."

Welling went on to warn the new Chiefs about always keeping their professionalism and discipline. He also stressed the importance of bringing new ideas and energies to the Fleet in order to guide and develop young sailors.

Following Welling, the new Chiefs walked to the front of an audience full of military members of all branches. There, their sponsors pinned them with the anchor, and congratulated them on their promotion.

Following the ceremony, new Chief Petty Officer Elizabeth Plettner a member of the Expeditionary Medical Facility Kuwait of Fresno, Calif., expressed how nervous and exhilarated she was during the promotion ceremony.

"Being a Chief is a special honor that I never want to take for granted and as long as I do my job and take care of people, the rest will fall in line," said Plettner. 



Third Army Hosts 335th Signal Command's first conference



Attendees from Multi National Forces-Iraq, Multi National Corps-Iraq, USFOR-A, 7th TTSB(Afghanistan), 160th TSSB (Kuwait), 50th SIG BN (Afghanistan), 57th ESB (Afghanistan), 54th SIG BN (Kuwait), COMMS-I (Afghanistan, Iraq and Kuwait), RCERT-SWA, ARCENT, 392nd Signal Battalion (CONUS), 16th TIN (CONUS) and 335th Signal Command (Theater)(Provisional) pose to conclude a memorable reunion.

*Article by
Capt. Laiza M. Correa and
Master Sgt. Manny Serenil
Photos by
Sgt. 1st Class Haymon Parker
335th SC*

On September 4 and 5 2009, the 335th Signal Command (Theater) (Provisional) held its first annual Commanders' Conference, in the Southwest Asia Theater of Operation. The 335th SC (T) (Prov) is headquartered at Camp Arifjan, Kuwait with two subordinate brigades in the Third Army Area of Operation.

Brig. Gen. James T. Walton, Commander 335th SC (T) (PROV), welcomed his staff and Brigade commanders and their staffs, by thanking them for their hard work and dedication to providing communications to the war fighters in both Iraq and Afghanistan.

Lt. Gen. Webster, Third Army Commander, was the guest speaker at the conference and remarked that the Signal community has, "one of the two toughest jobs in the Army" because signaleers are "expected to fix everything electronic, no matter what it is." He added that "people want to push a button and send a message to hundreds of people or call from a cell phone and expect to communicate."

During the conference, attendees received briefings by representatives from Multi-National Corps – Iraq who spoke about the responsible drawdown in Iraq and how the Signal community is assisting. The biggest challenge for the Signal community in Iraq is assisting with the closing of Forward Operating Bases and simultaneously adding communication capabilities to the expanding bases.

U.S. commanders in Afghanistan

briefed the group on the current challenges they are facing in their Area of Operations and how they are better prepared by their experiences in Iraq. They added that in many ways, Afghanistan is more challenging than Iraq, but the Soldiers were focused and dedicated, accomplishing every mission given them, no matter how big or small.

The conference participants found the chance to network with their counterparts beneficial. Col. Tim Mitchell, 335th SC (T)(Prov) Chief of Staff and former Team leader for Team Iraq, said, "having everyone from Iraq, Afghanistan, and Kuwait in one room has allowed for the sharing of ideas and lessons learned that will benefit us all." The conference ended with a group photograph and Brig. Gen. Walton thanking everyone for their hard work and service. **A**

22nd MEU finishes training...



*Article and photos by
Marine Cpl. Justin M. Martinez
22nd MEU Public Affairs Office*

A storm rolled through Kuwait, but it didn't bring water to replenish and hydrate the earth. Mother Nature had nothing to do with the deadly metal downpour that demolished the local desert. The havoc that rained down came from the combined force of the major subordinate elements of the 22nd Marine Expeditionary Unit.

Marines with India Company, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, 22nd Marine Expeditionary Unit, with the support of aviation, mortars, artillery, tanks and Amphibious Assault Vehicles, participated in a Deliberate Assault Course training exercise at a training area near Camp Buehring, Kuwait.

As Marines awoke in the cool dry air, they dusted away the overnight sand that sprinkled their sleeping bags and readied for the day's events.

The calm breeze began to pick up as India infantrymen wearing digital cammies and tan protective gear, scrambled into the troop compartments of green, brown and black AAVs.

The AAVs' engines revved and whined as the lumbering vehicles cut a wake through oceans of sand toward their objective. In the distance, a rumble of explosions like distant thunder foretold an approaching deluge of steel rain.

"First, Sierra Battery launched some rounds down range to soften up the target for a bit," said Gunnery Sgt. Shawn C. Souders, the pla-

toon sergeant for the AAV Platoon and native of Chester, Pa.

The 155mm shells from Sierra's M777 Howitzers pummeled the ground, kicking up clouds of sand where the high-explosive rounds impacted.

Following Sierra's steel rain, Weapons Company's 81mm Mortar Platoon hurled rounds downrange as an AH-1W Super Cobra from Marine Medium Tiltrotor Squadron 263 (Reinforced), sliced through the air, striking with rockets and guns to further scour the desert for threats.

"It's good for them, as infantrymen, to see that there are other Marines that do other jobs," said 1st Lt. Matthew K. Seglem, the executive officer for India and native of College Station, Texas. "To see pilots, the artillery Marines, the mortar Marines -- Marines we don't really interact with on a daily basis -- to see them in action supporting what we do on the ground is a good opportunity."

In a final gust of obliteration, three camouflage tanks blew through the deep sand, their sights set simultaneously on the same subject. Flame billowed out of the tanks' main guns raining death on the demolished objective. The firing continued for several minutes



Marines with India Company, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, 22nd Marine Expeditionary Unit, assault an objective during a deliberate assault course rehearsal at a training area near Camp Buehring, Kuwait.

UNIFORM STANDARDS

NAVY

AIR FORCE



SUNGLASSES ON HEAD

IDENTIFICATION TAGS EXPOSED



BANGS TOUCH THE EYEBROW

ROLLED WAIST AND LOOSE REFLECTIVE BELT



NAVY PERSONNEL ARE AUTHORIZED TO WEAR BOTH STYLES OF SHORTS



HAIR HAS A WELL-GROOMED APPEARANCE

THIRD ARMY STANDARDS BOOK AND SPECIFIC BRANCH REGULATIONS!
REFLECTIVE BELTS WHILE IN PT UNIFORM.
ATTIRE, DURING HOURS OF LIMITED VISIBILITY.
E IN CIVILIAN ATTIRE AND PT UNIFORMS (NOT ENGAGED IN PT).



THIRD ARMY PT U

ARMY

MARINES

HAIR
EXTENDS
BELOW
COLLAR

ROLLED
SLEEVES

[NO-GO]

NO SOCKS

NON-RUNNING
SHOE

[NO-GO]

H
I
P
P
O

T-S
UNT
OR

BLA
WIT

[GO]

SOCKS WORN
ABOVE ANKLE
BONE

AUTHORIZED
RUNNING SHOES

[GO]

T-SHIRT
IN ALL T
ARON

WHITE S
WITHOUT

ALL PHYSICAL TRAINING UNIFORMS WILL BE WORN IN ACCORDANCE WITH
SERVICEMEMBERS ARE REQUIRED TO WEAR
REFLECTIVE BELTS ARE ALSO REQUIRED IN ALL A
IDENTIFICATION BADGES WILL BE WORN ABOVE THE WAIST WHILE

UNIFORM STANDARDS

NAVY

AIR FORCE



SUNGLASSES
ON HEAD

IDENTIFICATION
TAGS EXPOSED



BANGS TOUCH
THE EYEBROW

ROLLED WAIST
AND LOOSE
REFLECTIVE BELT



NAVY PERSONNEL
ARE AUTHORIZED
TO WEAR BOTH
STYLES OF SHORTS



HAIR HAS A
WELL-GROOMED
APPEARANCE

WITH THIRD ARMY STANDARDS BOOK AND SPECIFIC BRANCH REGULATIONS!
REFLECTIVE BELTS WHILE IN PT UNIFORM.
ATTIRE, DURING HOURS OF LIMITED VISIBILITY.
WEAR IN CIVILIAN ATTIRE AND PT UNIFORMS (NOT ENGAGED IN PT).



THIRD ARMY PT U

ARMY

MARINES

HAIR
EXTENDS
BELOW
COLLAR

ROLLED
SLEEVES

[NO-GO]

NO SOCKS

NON-RUNNING
SHOE

[NO-GO]

H
I
P
P
O
N

T-S
UNT
OR

BLA
WIT

[GO]

SOCKS WORN
ABOVE ANKLE
BONE

AUTHORIZED
RUNNING SHOES

[GO]

T-SHIRT
IN ALL T
ARON

WHITE S
WITHOUT

ALL PHYSICAL TRAINING UNIFORMS WILL BE WORN IN ACCORDANCE WITH
SERVICEMEMBERS ARE REQUIRED TO WEAR
REFLECTIVE BELTS ARE ALSO REQUIRED IN ALL A
IDENTIFICATION BADGES WILL BE WORN ABOVE THE WAIST WHILE

with a BANG!

as AAVs advanced forward.

A beam of sunlight pierced the shadows of the troop compartment in the AAVs, illuminating the chaos that lay beyond the protective shell of the vehicle.

"We set up a support-by-fire position for them," said Cpl. Nicholas C. Whatton, an AAV crewman from Point Pleasant, N.J. "We sent our 50-cal rounds down range. Once we were out of rounds we dropped ramp and deployed the infantry."

The Marines stormed out of the AAVs and took up position behind a small berm circling a training village. In teams, the warriors flooded over the edge and into the makeshift town.

A few moments after the grunts entered the town, the call came that a Marine had been hit. A notional chest wound was taking a toll on the Marine and he needed to be evacuated for further care.

"As the corpsman in the AAV platoon, I know my job is to save lives, and although the casualty might have been notional I know my job was the same," said Petty Officer

3rd Class David T. Spanding, the hospital corpsman for the AAV Platoon, and native of Rockford, Mich.

The MV-22B Osprey, came in kicking up a large cloud of sand as a team of four moved the casualty to the safety of the aircraft.

As the aircraft lifted, the Marines secured their objective. The combined force of the 22nd MEU, supporting the main effort of India Company, brought a rain of metal death to the desert and showed how combined arms work together as whole to shoot, move, communicate and devastate a challenger.

The 22nd MEU, led by Col. Gareth F. Brandl, is a scalable, multi-purpose force of more than 2,200 Marines and Sailors. The unit is composed of its Ground Combat Element, BLT 3/2 (commanded by Lt. Col. Robert C. Fulford); Aviation Combat Element, Marine Medium Tiltrotor Squadron 263 (Reinforced) (commanded by Lt. Col. Paul P. Ryan); Logistics Combat Element, Combat Logistics Battalion 22 (commanded by Lt. Col. Gary F. Keim); and its Command Element. 



Marines with India Company, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, 22nd Marine Expeditionary Unit, carry a notional casualty to an MV-22B Osprey from Marine Medium Tiltrotor Squadron 263(Reinforced), 22nd MEU, during the deliberate assault course at a training area near Camp Buehring, Kuwait.



Article by
Rebecca J. Murga
160th Signal Brigade PAO

The 160th Signal Brigade's Theater Network Operation Security Center is one of six Army TNOSCs across the globe with a diverse and complex mission.

Located in Kuwait, and responsible for the South West Asia region, the 160th Signal Brigade TNOSC has oversight of the network and system components that are providing the war-fighter with command and control capabilities in Afghanistan, Iraq, Kuwait and Qatar.

Department of Defense designated cyberspace as a warfighting domain in 2008, but cyber warfare is rarely seen or heard about. The 160th Signal Brigade is constantly fighting cyber adversaries attempting to break into Army and joint networks in order to infiltrate and destroy its networks and steal classified information in an attempt to use that information against the warfighter on the ground. It is the role of the TNOSC, along side the battalions in the brigade, to fight this never-ending cyber war.

Comprised of four sections, all working together to protect and defend the network, the TNOSC's mission is to conduct network operation and security management on the

SWA Army Land Warnet Theater information grid. Equally as complex as the mission, the diverse workforce comprised of Soldiers, civilians, and contractors make the organization unique with numerous challenges.

A TNOSC is separated into different sections in order to deal with different aspects of the fight. The action request control center also known as the watch floor, where the entire network is monitored. The Information Assurance and computer network defense section is responsible for tracking information assurance and vulnerability assessment compliances. This section ensures that any vulnerability identified is corrected.

The theater-wide sensor grid for intrusion detection system works by monitoring hackers, foreign nation states, or hostile actors trying to attack government systems. The TNOSC is able to track and detect when the enemy attempts to break into the network.

The other two sections are the system operation section and the network operation section, doing everything from allowing you to log onto your computer by controlling domain controllers; to provide enterprise services such as exchange for e-mail domain name resolutions.

While juggling network operation and security management, the TNOSC is also taking on a few projects to

include: upgrading firewalls in theater; fielding of the Host Base Security Systems; taking on a whole new network known as the Combined Enterprise Regional Information Exchange System; and ensuring seamless communications with the Air Force, Navy, Marine, and coalition partners.

Due to the vast area of operation of the brigade, simple tasks like upgrading firewalls in theater become somewhat complex. While in the United States you would be able to drive to a tech control facility to replace old hardware or software, in the middle of a war zone that task tends to be a bit more difficult due to force protection concerns.

“The lifestyle replacement of computers and equipment takes a bit longer and is more of a logistical undertaking,” said Lt Col. Greg Doubek, director of the South West Asia TNOSC.

In addition to monitoring the local networks, the SWA TNOSC has also taken on CENTRIX, otherwise known as the coalition network. As the United States is not the only contributing force on the war on terror, this system allows other nations the ability to communicate seamlessly.

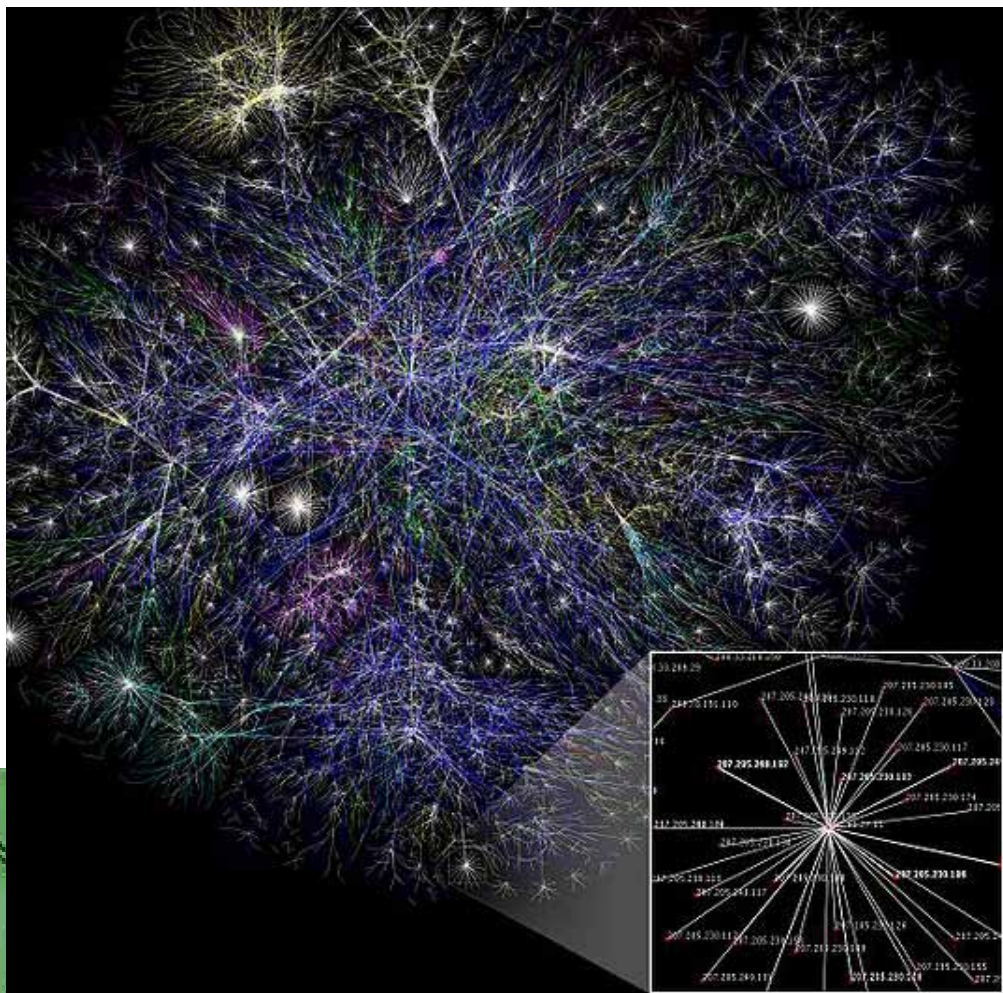
Though the techniques used by the 160th Signal Brigade TNOSC ensure a safe and secure network, Doubek speaks highly of the personnel of the TNOSC and proclaim they are the reason for their success.

“Operating, maintaining and

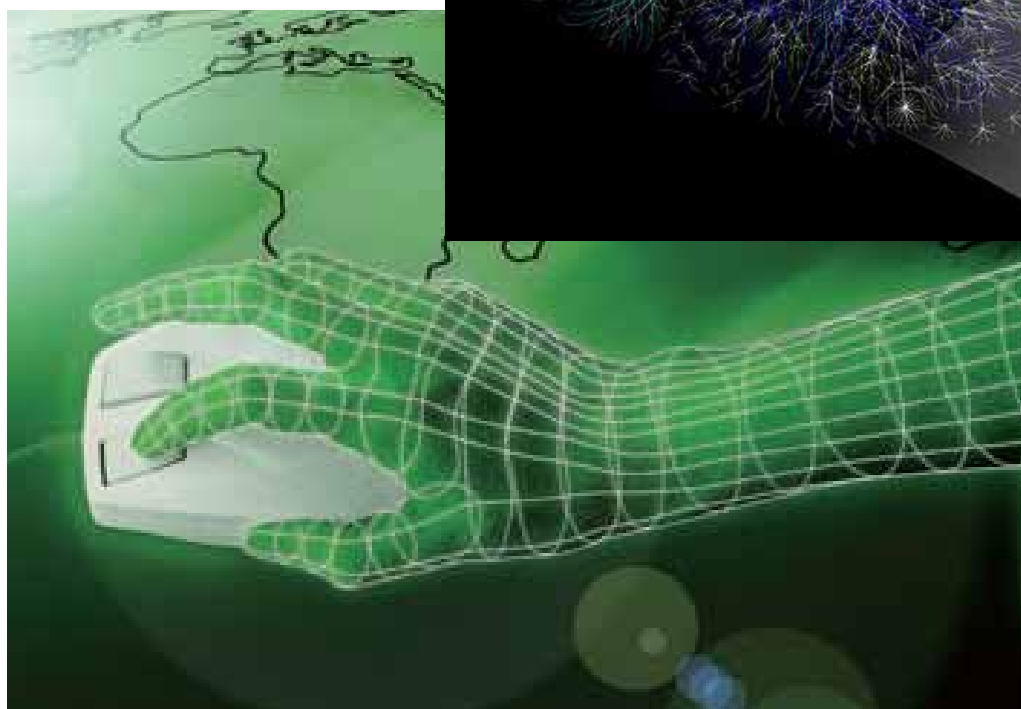
defending the network is really about the people who work for the TNOSC,” said Doubek

“Everyday we’ve got dedicated U.S. Soldiers and contractors dedicated and working to protect and defend the war fighting networks that our war-fighters, who are engaged in combat, are relying on us to get that message through.”

In theater, notice is not paid to the communication systems until it actually goes down, which is what the TNOSC is set on preventing. They understand the importance of their mission and recognize their ability to provide that communication to the war-fighter commanders to win wars. **A**



ABOVE: Partial map of the Internet based on the January 15, 2005 data found on opte.org. Each line is drawn between two nodes, representing two IP addresses. The length of the lines are indicative of the delay between those two nodes. This graph represents less than 30% of the Class C networks reachable by the data collection program in early 2005.



NEWS IN BRIEF

WEBSITE TO OPEN SIGN-UPS FOR POST 9/11 GI BILL TRANSFER TO SPOUSES AND CHILDREN

It's official. The Defense Department signed off yesterday on policies and procedures servicemembers will use to transfer their unused Post-9/11 GI Bill benefits to their spouses or children, a Pentagon official said today.

Eligible servicemembers will be able to register their immediate family members to receive those benefits when a new Defense Department Web site goes live June 29, according to Bob Clark, the Pentagon's assistant director for accessions policy.

Defense officials are asking those whose families won't use the benefits for the upcoming fall semester to hold off registering until mid-July so applicants who need immediate attention get processed first.

The Post-9/11 GI Bill takes effect Aug. 1, offering a two-fold benefit, Clark said. It gives the military a tool to help encourage recruiting and retention, while allowing career servicemembers the first opportunity "to share the benefits they've earned with those they love," he said.

To prepare for the anticipated response in the run-up to the Aug. 1 effective date, the department will launch a secure Web site next week so servicemembers can register any immediate family members to receive their unused benefits, Clark said.

"What we are doing is queuing up requests and approvals for the many family members that we expect to be going to school this fall" with hopes of using their spouse's or parent's Post-9/11 GI Bill benefits, he said.

The site, <https://www.dmdc.osd.mil/TEB/>, will be accessible using a common access card, Defense Department self-service user identification or a Defense Finance and Accounting Service personal identification number.

ARMY TO FOCUS ON SOLDIERS' RESILIENCY

With Soldier suicides reaching what Army leadership is calling "alarming numbers," a renewed emphasis is being placed on the mental well-being of Soldiers, the Army's second-in-command said Sept. 13.

"We have a force that is much more resilient than I ever thought it was going to be, but it is much more stressed," Gen. Peter W. Chiarelli, the Army's vice chief of staff, told an audience here at the National Guard Association of the

United States conference.

"In recent years, we've seen an increase in the number of Soldiers -- both active and reserve components -- struggling with depression, anxiety and post-traumatic stress disorder," he said.

The Department of the Army has confirmed 111 Soldier suicides as of early September. Additionally, there have been 54 confirmed suicides in the Army National Guard and Army Reserve.

He added that there have been increases in violence, alcohol and substance abuse, and destructive or reckless behaviors.

"The challenge facing the Army today is the overall well-being of the force," Chiarelli said. "And that force includes the families."

The Army's aim is to increase Soldiers' overall resiliency and to make them aware that there are programs to help.

They will now assess and intervene early in the process to identify and mitigate issues before they become significant concerns.

"We realize we must become proactive if we want to be successful in the challenging environment we find ourselves in today."

ARMY BEINGS SEARCH FOR NEXT RISING STAR

Soldiers all over the world are once again competing in Operation Rising Star to find the best singer in the Army.

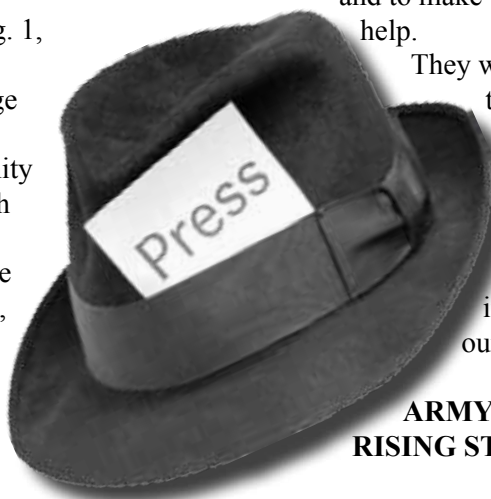
The annual American Idol-style competition is open to active-duty, National Guard and Reserve servicemembers and military dependents over 18.

Preliminary rounds are currently going on in Germany, Italy, South Korea, Japan, Iraq and the U.S., according to the Operation Rising Star Web site.

During the early rounds, expert judges and audience members will pick winners.

Then, judges will assess videos of the winners' performances to select 12 finalists, who will travel to the States in November for the semifinals and finals, which will air live on the Pentagon Channel.

The winner of the Armywide Operation Rising Star competition will get a trip to Los Angeles to record a three-song CD in a professional recording studio. 



Emergency Numbers

Camp Arifjan

DSN 430-3160/ Arifjan Cell 6682-2120

Camp Buerhing

DSN 438-3224 Buerhing Cell 9720-5396

Camp Virginia

DSN 832-2559 /Virginia Cell 6705-9470

LSA

DSN 442-0189/ LSA Cell 6682-2467

K-Crossing

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

KCIA/APOD

Cell 6706-0165-DSN 825-1314

SPOD

Cell 9720-5982

KNB

DSN 839-1334/ KNB Cell 6691-4967

NCO Spotlight

Sgt. 1st Class Scott Dillon

Plt. Sergeant, Charlie Battery 239 (Artillery)



"I love all the cool stuff and high speed equipment the Army provides its troops with."

This platoon sergeant joined the Wyoming National Guard in 1996 at age 17. Sgt. 1st Class Dillon says he gets a sense of identity and brotherhood being in the military. The Lovell, WY native, who is on his second deployment, has stayed in the Guard through the years because he feels it puts his life in forward motion. His advice to younger Soldiers is to think ahead to the future and try to progress your career.

Just One Question ...

"What is your favorite food at the chow hall?"



"Cookies and Cream ice cream is all I eat."

Staff Sergeant Jose Ashby
513th Transportation Co.
Durham, N.C.



"The fruit because I am very health conscience."

Army Sgt. Tomeka Barnes
210 Finance Mgt. Co.
Jackson, Miss.



"I like the chicken because I can prepare it the way I want to."

Coast Guard Petty Officer 3rd Class
Chris Medeiros
Port Security Unit 301
Warwick, RI



"Fresh foods from the Mongolian BBQ."

Army Spc. David Wilmot
594th Transportation Co.
Athens, Ga.



"My favorite food is the Surf and Turf every Wednesday night."

John Worshan
Civilian Employee
Camp Arifjan Security Escort
Clarksville, Tenn.

What's happening around Third Army

22nd MEU Complete Training

Amphibious Assault Vehicles from AAV Platoon, India Company, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, 22nd Marine Expeditionary Unit, swim to the USS Fort McHenry from Kuwait Naval Base, Sept. 14, 2009. The 22nd MEU was ashore in Kuwait for more than a month conducting sustainment training while serving as the theater reserve force for U.S. Central Command.



Photo by Marine Cpl. Theodore W. Ritchie



Photo by Sgt. Daniel Lucas

20th PAD Finish Tour

The 20th PAD has completed a 15-month tour at Camp Arifjan as the Third Army Public Affairs Office. They ran the Desert Vision magazine and the Desert Voice video production along with the many other projects and duties. They are currently doing a left seat right side by their replacements, the 203rd PAD.

Running for the Airforce

Air Force Capt. Phillip Hardin, Third Army G-2 Staff Weather Officers runs a 26-mile Marathon in honor of the Air Force Anniversary on a treadmill at the Zone One Fitness Center. Capt. Hardin ran the marathon at the exact time his friend, Master Sgt. Mark Millen, ran the marathon at Wright-Patterson Air Force Base in Ohio.

"In spirit, I feel like I am right there with my friend back in the states," said Hardin "Even though I'm on a treadmill and he is over there, I see it as we are running it together."



Photo by Spc. Brandon Babbitt