

DESERT VOICE

March 29, 2006

Serving the U.S. and Coalition Forces in Kuwait



**Only the
strong
survive**

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Volume 27, Issue 36

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Graphic by Sgt. Robert Scott

Integrity is the sixth Army Value of seven. The others are loyalty, duty, respect, selfless service, honor and personal courage.

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On the cover

Pfc. Evan Richardson

An infantry Soldier from the 2nd BCT, 1st AD, rushes through the three- to five-second rush lane of the EIB test.



Fit or Fat: The choice is yours

Command Sgt. Maj.

Franklin G. Ashe

Third U.S. Army/ARCENT/CFLCC

Command Sergeant Major

I'm nothing short of puzzled when I go to the gym and see fit people pumping iron, running on the treadmill or going head-to-head in an intense game of racquetball; then I see people who are teetering on the edge of being overweight raiding the dessert bar in the dining facility, loafing around the community center or taking unfair advantage of the fast food stands.

As I've traveled around the area of responsibility, I've noticed an increasing amount of servicemembers and civilians who are overweight. I've watched several people steadily gain weight while deployed because they haven't taken advantage of the situation around them.

For every opportunity we get to let ourselves become out of shape, we have twice as many opportunities to get in shape. For every excuse we make to forgo working out, there are twice as many reasons why we should.

We all have a choice to make when it comes to our health and fitness, especially here in a deployed environment. With so many obstacles that can be found in the path to fitness, from the large helpings we're offered at the dining facility to the unpredictable hours of our work schedule, we're forced to make a conscious effort to stay in shape.

Servicemembers are required to stay physically fit. Physical fitness is one of the few things in the Army you can achieve on your own, almost anytime you want to, whether it's knocking out some extra pushups, going for a run or going over to the gym to lift some weights.

Whether you're in uniform or civilian clothes, remember, you're representing the United States of America. The way you look

forms an impression for the citizens of our host nations. What they think about you becomes synonymous with what they think about Americans in general.

If you wear a U.S. military uniform, you're required to look like a professional. A fit appearance is a professional appearance.

If you're a person who's not physically fit, whether you're overweight or not, it is important that you use this time during deployment to set long-term fitness goals.

Being overweight can open the door to numerous health problems. It increases your chances of developing certain diseases such as diabetes and heart disease. High blood pressure, clogged arteries and a higher risk of stroke all stem from being overweight.

Having excess body weight also puts you at a disadvantage in this environment because the heat makes it even more difficult for your body to cope. Being overweight can also have adverse affects on your joints and your mobility as well. Imagine doing maneuvers in full body armor with this added interference.

I realize, for some people, staying in shape is harder than it is for others. That just means you have to apply more determination. Some people are overweight because it's passed down to them genetically. Overcoming this type setback is challenging but there are things you can do that will help.

As I've gotten older, I've had to come to terms with the fact that I gain weight more easily. I have to be more careful about what I eat and I have to try to keep a steady fitness routine going. I've also found that I feel better when I don't overeat and when I exercise regularly. I sleep better. I have more energy throughout the day and I feel better about myself as well.

I've also seen people who have set and accomplished their fitness goals. I talked to one person who lost nearly 80 pounds while he was deployed. An accomplishment of that magnitude takes a high level of motivation

and it's something to be proud of.

Several people have come over here, taken advantage of this environment and lost a lot of weight. They've gotten themselves back

into shape and are feeling good about themselves. They go home feeling like they accomplished more than just their mission and challenged themselves while deployed.

As a Soldier, Sailor, Airman or Marine and as an American serving overseas you're viewed by the public as more than an individual.

No matter where you are in the world, you're representing much more than yourself. You represent the entire military. Servicemembers should carry themselves with distinction and a sense of purpose because your actions and appearance are reflections on your unit, your leadership and your branch of service. Every time someone fails to do the right thing, it makes us look weaker in the eyes of our supporters as well as those of our enemies.

Remember, you're obligated to stay fit because you're part of a team that expects you to be there when they need you. Staying fit is one way to win the confidence of that team.

Every day we have the ability to choose. Do you want to be fit or fat? I hope, for your sake and for the image of the military and our country, you'll do the right thing. — Third ... Always First.



**Command Sgt. Maj.
Franklin G. Ashe**



Spc. Brett Bassett
Soldiers from the U.S. Army Special Operations Support Command (Airborne) move a re-supply bundle on March 23, 2003 destined for Special Forces teams working in Iraq in support of Operation Iraqi Freedom.



Ex Proelio Supravit (It rises from battle)

Sustainment Brigade enhances logistics push to SOF units

Spc. Robert Adams
Assistant Editor

For the conventional Army, transformation is an in-depth process, but for Special Operations Forces, it occurs without leaving the battlefield. Nowhere is this more evident than the Combined Forces Land Component Command in Kuwait.

What used to be one large SOF support element has now transformed into a distributed architecture which provides SOF units with their own support slice and deploys elements to coordinate Army support and sustainment.

After receiving provisional status Dec. 2, Sustainment Brigade (Special Operations) (Airborne) leaders started shaping its structure using personnel from the previous Special Operations Support Command. The brigade had deployed the first support cells under the new structure by Jan. 19.

“We identified gaps in SOF logistics, got provisional status, started the training process and, a month later, deployed the first

two cells,” said Maj. Brian Fowler, Army SOF Support Cell–Afghanistan.

The current structure includes a mission support cell located at Fort Bragg, N.C., five ARSOF liaison elements located across the world with theater armies, ARSOF Support Cells and a distribution management center.

The Sustainment Brigade can send out small to large ASC, based on the environment and SOF unit needs, to provide proactive support.

“We seek out work,” said Lt. Col. Dave Johnson, Army SOF Liaison Element chief with CFLCC headquarters in Kuwait.

“If we waited for the SOF units to request assistance, it would be too late,” he said.

The Sustainment Brigade likes to explain this proactive support approach using the wheelbarrow metaphor, Johnson said.

Your son, a scout, is building a brick shed, moving two bricks at a time. You have a wheelbarrow next to you. Do you wait for him to know that a wheelbarrow exists and submit a request, or do you generate the requirement by

showing him where it is and how it works? To do this you have to be watching like a hawk.

The cells coordinate logistics plans and Army common combat support, combat service support and combat health service for SOF in Iraq, Afghanistan and the Horn of Africa.

An ASC focuses in on four major areas while supporting units.

- ♦ The first is distribution and movement which involves transportation of people, equipment and supplies to ensure they arrive at the correct place and time.
- ♦ The second is sustainment which involves getting the correct resources to the correct people.
- ♦ The third is materiel management which involves constantly looking to see what resources are out there and keeping those resources combat ready in order to optimize time and money.
- ♦ The fourth is information management which involves a collaboration of people and technology to synchronize logistics effects.

“The Sustainment Brigade has developed a comprehensive set

of metrics to evaluate work load and ensure the right size cell is at the right place with the right skill set,” Johnson said.

Under operational control of the ALE, in direct support of the Combined Forces Special Operations Command, an ASC works with the Sustainment Command (Expeditionary), the resource provider for deployed SOF.

The ASC also coordinates with the supported units which include Combined Joint Special Operations Task Force, Civil Affairs, Psychological Operations, Coalition SOF, Joint SOF units and other special mission units.

“The transformed Sustainment Brigade integrates and synchronizes the effort throughout the world from the tactical to strategic echelons providing CFLCC, U.S. Army Special Operations Command, and CFSOCC with logistical situational awareness,” Johnson said.

He added, “Together CFLCC and the Sustainment Brigade continue to push the envelope of SOF conventional integration.”

Troops 'consider the call'

Staff Sgt. Rodney Jackson

CFLCC PAO

A weekend chaplaincy vocational awareness workshop, Consider the Call, was held at Camp Arifjan March 17-19.

The three-day event incorporated small-group discussions, testimonials, dialogue and mentoring to discover whether attendees want to become a part of the Armed Forces ministry.

The event kicked off with a prayer and fellowship dinner at the Zone 6 dining facility March 17, where 56 potential chaplain candidates got to know each other, event leaders and small-group leaders.

The group met for breakfast the next morning and traveled to the Kuwait Naval Base beach for a day of fun-filled events.

The group ranged from private first class through major from the Army, Navy and Air Force, said Chaplain (Lt. Col.) Alan W. Boaz, Camp Arifjan's Zone 1 and 115th Area Support Group-Kuwait chaplain.

"The Marines borrow their chaplains from the Navy," he said jokingly.

Boaz explained that the Navy assigns chaplains to the Marine Corps.

The servicemembers arrived at KNB just in time for a surprise baptism. After a melodious rendition of *Amazing Grace* on bagpipes by Spc. Ian Parker, chaplain assistant, Chaplain (Maj.) John T. Hamilton, KNB chaplain, baptized two servicemembers while the group applauded and yelled shouts of congratulations.

The group then went on a faith walk to the beach led by both chaplains, while Parker played the bagpipes for part of the trip.

Once at the beach the group enjoyed volleyball, horseshoes, touring an Army ship, food and fellowship.

"It was nice and refreshing to fellowship with people that have the same belief as you," said Spc. Andrew C. Schaller, Navistar security team. "The workshop offered great information that an individual can't find on their own."

Navistar doesn't have an ocean next to it, Schaller said. The beach fellowship was a great getaway.

"It was an eye opener and I really liked it said," Cpl. Jay Mudrak, a mechanic at Navistar. "I came here for the chaplain assistant aspect, but the event really enlightened me on chaplaincy and gave me more to think about."

Twice during the day, the group split up



Photos by Staff Sgt. Rodney Jackson

The attendees of the chaplaincy workshop play volleyball at the Kuwait Naval Base during a day of fun-filled events.

into smaller groups. The small-group leaders, area chaplains, began a mentoring relationship to help the participants recognize if God is calling them to ministry, and how they should address that part of their future.

The group members spoke individually and shared their personal experiences of being called to the ministry.

The servicemembers came from as far as Iraq.

Staff Sgt. Sharon D. Browne-Burrell, supply specialist, came from Camp Taji, Iraq.

Browne-Burrell is an Army reservist and seminary student nine credit hours shy of graduating. She was activated with the 80th Division from Richmond, Va.

"I love the ministry," she said. "I am the senior leader for the gospel service choir at my church."

"I was 90 percent sure of becoming a chaplain before this event," said Spc. Ted Kopec, Navistar convoy security.

He said the deployment to Kuwait has given him the time he needed to slow down and think about the decision.

"Being deployed pulled me from a hustle-and-bustle environment that would have made me procrastinate and probably back out of the decision to become a chaplain," he said.

"The small-group leader set a great example and was the biggest blessing," Kopec said. "It was great getting to observe and learn from him."

"This weekend really put my life on track," he said. "This was a good Christian event, not an 'Army' thing. It was a Christian



Spc. Ian Parker plays *Amazing Grace* on the bagpipes before two servicemembers are baptized at KNB.

environment; all of the other activities were just a bonus."

More than 50 percent of military chaplains come from the ranks of the U.S. military.

The first chaplaincy workshop was organized in Korea and was a success, Boaz said. This event is ground breaking for Kuwait and there are hopes that it will be a model for an Iraq program.



Photos by Spc. Michael R. Noggle

Spc. Andrew Erhart, Company B, 2nd Battalion, 6th Infantry, positions a landmine during the Expert Infantryman Badge test at Camp Buehring Thursday. After 38 Soldiers were eliminated the first day, there was no room for error during any event.

No room for weak **2nd BCT, 1AD Infantry Soldiers to**

Spc. Michael R. Noggle
CFLCC PAO/11th PAD

Three days, 40 events, zero mistakes.

That's what it takes to be among the elite infantry Soldiers in the United States Army.

Soldiers from the 2nd Brigade Combat Team, 1st Armor Division, strived for that achievement by putting their skills to the test for the Expert Infantryman Badge at Camp Buehring Thursday through Saturday.

"These are all individual skills that the infantryman has to conduct in day-to-day conditions," said Command Sgt. Maj. Michael Eyer, 1st Battalion, 6th Infantry Regiment command sergeant major. "It is very important for each Soldier to conduct every skill to standard."

To be recommended for the EIB, prior to the competition, Soldiers in the infantry field must complete a 12-mile road march in three hours, score 70 points in each event on their

physical fitness test and qualify as an expert marksman on an M-16 rifle.

For the first time in a deployed environment, the brigade challenged its Soldiers to enter the competition and be among the elite. Each participant had to complete 40 infantry common task tests, such as throwing a grenade, weapon handling, first aid and call-to-fire field artillery, among others.

"It's a lot more mental toughness than physical," said Spc. Trevor Young, Company B, 2nd Bn., 6th Inf.

"There are no shortcuts in these events; everything must be done in a sequence," he said.

After the first day, 38 participants were eliminated, the majority of them failing on the hand grenade task.

"Grenades have become one of the harder tasks because it is physically demanding and a skill that can be lost if you don't do it frequently," Eyer said.

"Everything must be done in sequence and that's what takes them apart from the others," said Sgt. 1st Class Jon Otero, mine lanes supervisor. "We have to be strict during the testing."

"If you were on the streets of Fallujah or Ramadi, you wouldn't want to make any mistakes," Eyer said. "So it is important that a Soldier knows his task before going into battle."

Spc. David Kearney, Co. A, 2nd Bn., 6th Inf., said he agrees that this event allowed him to hone those skills.

"You weren't familiar with this stuff three weeks prior to the training leading to the event," he said. "Now you're proficient and confident on the basic skills."

To make things easier, squads of Soldiers would quiz one another before entering the testing zone. Once they entered the test, there was no turning back.

"It's not a competition, it's about helping



Pfc. Evan Richardson
A Soldier throws a dummy grenade in a bunker during the hand grenade course.



Pfc. Brett Tribble, Co. B, 2nd Bn., 6th Inf., throws a dummy grenade into a vicinity of enemy targets. Some of the Soldiers participating in the EIB event had trouble with the grenade that eventually cost them the badge.

Test for EIB

each other out and for everyone to succeed,” Kearney said.

“It’s very important that someone is there to watch over them,” Eyer said. “Soldiers are very young nowadays and they tend to think they know everything. Then they get up on the test line and freeze.”

At the end of the three-day test period, those who met the challenges were rewarded the EIB.

Perhaps more importantly, they were given a chance to familiarize themselves with important infantry skills.

“It’s a mark of perfection,” Eyer said. “At the end of testing, you have a well-rounded Soldier who has been through a lot of physical and mental strain to get there.”

“This will definitely help you out when you go into combat,” Kearney said. “You shouldn’t have to second-guess yourself on whether it’s the right way to do something, you should already know it.”



(Left) Pfc. Jacob Paxson, dons his Nuclear, Biological and Chemical mask during the NBC portion of the EIB event. Soldiers were required to don their mask then simulate injecting atropine into their leg. **(Above) Spc. Andrew Erhart** wires a land mine explosive during his testing stages for the event. Soldiers were required to low-crawl 15 meters and place the device. After successfully placing the device, the Soldier then had to recover it to receive a go for the event.

Leading from the front ...

NCO motivates others through fitness

Spc. Janine Coogler

CFLCC PAO/11th PAD

With the overwhelming number of television shows, movies and video games, it's no wonder people have a hard time putting fitness into their daily agendas.

People can find excuses or, as they often prefer, "reasons" not to work out. It is too cold, windy, or hot. Whatever the excuse, they push their fitness into the back burner and wonder how to maintain a fit and healthy body.

Sgt. 1st Class Maurice Greening, Coalition Forces Land Component Command battlefield spectrum manager, does not have this problem. Throughout his military career he sought and found time to keep healthy, maintain his fitness and motivate Soldiers along the way.

"Most people look at working out as a punishment, it is the total opposite for me," Greening explained. "It is my escape, where I get a peace of mind and relax."

After enlisting in the Army as a visual information equipment operator, Greening began playing semi-pro football with the Fayetteville Ruffriders in North Carolina and later in a German football league.

The experience allowed Greening to enjoy the sport he loves, kept him fit and allowed him to compete.

"It's amazing that I had the time to work fulltime and do all the other sports," Greening said. "I'd wake up early to do unit PT, go to work then after work go to football practice. I played the games on the weekends."

In addition to semi-pro football, Greening played all the intermediate unit-level sports.

Introduced to sports at an early age, Greening said he developed his desire to compete very early.

"No matter your age, there is



Photos by Spc. Janine Coogler

Sgt. 1st Class Maurice Greening initiates cable curls as a part of his workout regimen. He works out one muscle group a day after doing 25 minutes of cardiovascular exercises.

always that desire to win and to be the better athlete," Greening explained. "Just as in sports or training, I try to be the best Soldier and strive for perfection."

As his career progressed, Greening had less free time to do as many sports, but he made time to stay fit and find ways to compete and help Soldiers.

As a drill sergeant, Greening shared his love of fitness with new Soldiers.

"My biggest thrill was to take a young civilian and get him in shape," he explained. "It was great to mold the civilians into Soldiers."

"Greening is a very influential person," said Sgt. 1st Class Roderick Johnson, CFLCC battlefield spectrum manager. "He has the drill sergeant background, always trying to motivate Soldiers to work, in the field and in the gym."

He assisted a unit in the 335th Theater Support Command with a physical training program, Johnson said. He gave guidance and advice for a workout schedule and led ability-group runs.

"Greening works out all the

time," Johnson said. "And it has benefited him, at 34 he is probably in the same shape as he was at 20."

Greening works out five to six days a week. He said he works one major muscle group a day and at least 25 minutes of cardiovascular exercises.

"With all the exercises I do, I make sure to stay hydrated and eat a lot of protein," Greening said. "My goal is simply to stay fit and keep healthy as I get older."

In addition to keeping healthy, Greening said maintaining fitness is important to him because he wants to be able to keep up with three children.

Working to instill the importance of fitness and to keep his children active, Greening said he bonds with his children through athletics.

"At home, we play almost every sport possible," he said. "I want to be able to be out there with them as I get older."

Looking back on his career



Greening curls a straight bar to work his biceps.

and extracurricular activities, Greening said it might seem like he has found more than 24 hours in the day to complete all his activities. "It is all a matter of setting priorities and making the time to do it."

Leading from the front, Greening motivates Soldiers through his dedication to push forward and work on his career, mind and body.



Photos by Spc. Debralee P. Crankshaw

Spc. Jimmy Ramos, 458th Ordnance Company forklift driver, moves boxes of NBC equipment to be sorted. Soldiers usually sort through \$200,000 - \$300,000 of equipment daily.

NBC equipment provided at a moment's notice

Spc. Debralee P. Crankshaw
CFLCC PAO/11th PAD

Recently the Army was able to save approximately \$13 million in equipment by setting up a Joint Services Light-weight Integrated Suit Technology site at Camp Arifjan.

"This not only saves the Army money, but also the American taxpayer," said Sgt. 1st Class John Wilson, JLIST noncommissioned officer in charge.

"That includes us, not now since we're here, but it will when we go home," he said.

This site, opened in December, sorts Nuclear, Biological and Chemical equipment for training and provides reserve equipment for units in Iraq and Afghanistan. All unserviceable equipment is sent to the United States for use in training and serviceable equipment is sorted and stored as contingency equipment.

"These are war reserves for units up north," said 2nd Lt. Tekeisha Alexander, JSLIST officer in charge. "By recuperating this equipment, these units can get it quickly

instead of having to wait a week for the gear to ship."

The equipment was stored during Desert Storm and had been misplaced because it was not in the property book.

"When it's needed it will be there for the Soldiers up north," Wilson said. "Now it's accounted for... we can put it in their hands at a moment's notice."

Soldiers from various units including the 849th Quartermaster Co., 458th Ordnance Company and 1072nd Transportation Company sort through one to two 20-foot containers a day, totaling \$200,000 - \$300,000 of equipment per container.

The site began with the mission of sorting 104 containers and have completed 80 in the three months they've been functioning.

"They like to make a competition out of it," Alexander said. "They see who can sort the most every day. It keeps them motivated."

"It's a tough mission for them because it's pure labor," said 1st Sgt. Edwin Starks, 849th Quartermaster Co. first sergeant. "They're glad to be doing the mission - they see the end state and it makes them want to keep it up."



Ramos separates NBC equipment to be stored as reserves for units in Iraq and Afghanistan.

Mongolian representative assists in troop rotation

Spc. Janine Coogler

CFLCC PAO/11th PAD

After completing his mission in Iraq, Mongolian Col. Sosorbaram Chimeddorj, Mongolian national senior representative, came to Kuwait to assist in the rotation of the Mongolian contingent March 6.

He worked with Task Force Gator to prepare for the contingent's transportation issues, logistic and movement plans, said Maj. Greg Willingham, TF Gator country officer.

"After preparing for inbound troops and ensuring they have everything they need to conduct missions, he focused his planning on the outgoing troops and returning home," Willingham said.

Flight schedules for Mongolian troops are constantly changing, Chimeddorj said. "It has been an effort to make sure the incoming troops and their equipment arrived and safely made it to their camp."

During the planning process Willingham and Chimeddorj worked together to ensure incoming troops received enough time with outgoing troops, Chimeddorj said.

Chimeddorj worked diligently for six months in Baghdad to maintain the presence of the Mongolian contingent through assisting in planning and conducting meetings to explain what the Mongolians needed to complete missions, Willingham said.

Chimeddorj worked with the Coalition

operations and Coalition representatives to establish a voice for Mongolia.

"I had the chance to work with many Coalition countries and U.S. military," he said.

He added, "We all came together as one to complete missions and move forward."

Under the command of the Polish contingent, the Mongolian contingent provides force protection and security of a camp in Iraq.

The Polish commanders have given great reviews regarding the Mongolian soldiers, Willingham said. They are known to be hard-working infantry soldiers.

Within the past two years, the Mongolian contingent has had to show its muscle and protect the camp from insurgents trying to attack, Chimeddorj said.

In addition to providing security, the Mongolian contingent moved its area of responsibility to a different camp.

Although the Mongolian contingent is not in charge of the camp, specific planning had to be in place to ensure their safety, Chimeddorj said.

Representing his country and working as a liaison officer, Chimeddorj participated in the decision and planning process and facilitated in providing communication from Mongolian general staff officers and coalition planners in Baghdad.

Chimeddorj facilitates anything dealing with the Mongolian contingent process.

Did you know?

- ♦ By the early 1930s, the People's Revolutionary troops were reorganized into the People's army, consisting of cavalry, artillery, aviation and armored brigades.

- ♦ Mongolia's armed forces have become more compact and professional since military service is voluntary.

- ♦ The Mongolian army participates in peacekeeping, combat international terrorism and gives humanitarian assistance in the face of disaster and other threats to human life.

- ♦ The Khalkha make up 90 percent of the ethnic Mongol population. The remaining 10 percent include Durbet Mongols and others in the north and Dariganga Mongols in the east.

- ♦ Although it was the predominant religion before 1990 communist regime was suppressed, only one showcase Tibetan Buddhist Lamaism monastery remains in Mongolia and Buddhism reappeared.

**From www.ubmongolia.html,
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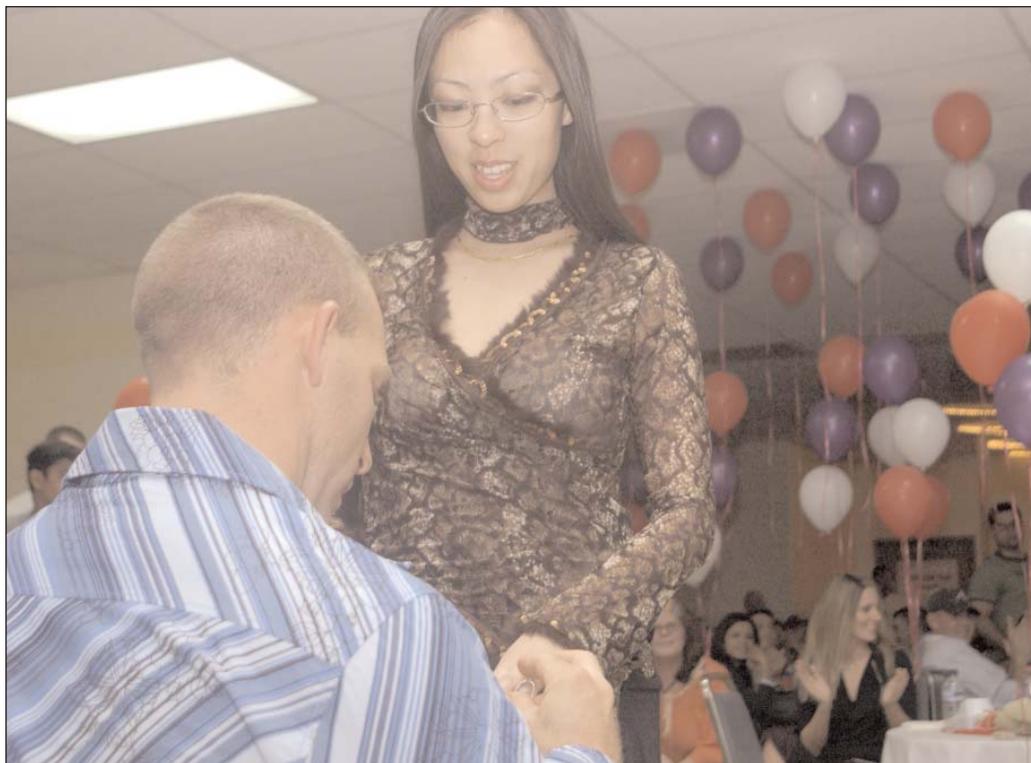
Will she say yes?

Spc. Marcos Alices Kinch

Staff Sgt. Donovan Tate, Zone 1 Dining Facility food operation sergeant, proposes to his girlfriend Linda Lee, a Combat Support Associates employee, at the Zone 1 Community Center Friday. He shared this special moment with friends and servicemembers at the Latin Dance Night in the Mirage.

At the end of the night, the mood changed when the disc jockey played a slow song. In front of everybody, Tate got on his knees and proposed to his girlfriend of six months.

She said yes.



Community

happenings for March 29 through April 5

All Al Salem

For information call 442-2005

Arifjan

Wednesday

Operation Hardwood team tryouts, 7 p.m., through Friday, Zone 1 Fitness Center
Old-school Night, 7 p.m., Zone 1 Community Center

Country Night, 7 p.m., Zone 6 stage

Thursday

Ballroom dance class, 8 p.m., Zone 1 Community Center

Kickboxing Extreme, 6 p.m., Zone 6 Fitness Center

Country Night, 7 p.m., Zone 1 Community Center

Old-school/R&B Night, 7 p.m., Zone 6 stage
Brazilian Jujitsu, 7 p.m., Zone 6 Fitness Center

Friday

Latino Night, 7 p.m., Zone 1 Community Center

Hip-Hop Night, 7 p.m., Zone 6 stage

Saturday

Hip-Hop Night, 7 p.m., Zone 1 Community Center

Brazilian Jujitsu, 7 p.m., Zone 6 Fitness Center

Sunday

Reggae Night, 7 p.m., Zone 1 Community Center

Salsa Night, 7 p.m., Zone 6 stage

Tuesday

Ballroom dance class, 8 p.m., Zone 1 Community Center

Kickboxing Extreme, 6 p.m., Zone 6 Fitness Center

Brazilian Jujitsu, 7 p.m., Zone 6 Fitness Center

For more information call

430-1205/1302

Buehring

Wednesday

Weekly fun run, 10k, 5:30 p.m., Green Beans

Thursday

Pool tournament, 9-ball, 7 p.m., Recreation Center

Friday

Bingo Night, 7 p.m., Events tent

Saturday

Dominoes tournament, 3 p.m., Palms
Softball league, through April 30

Sunday

Darts tournament, 4 p.m., Recreation Center
Strend competition, 5 p.m., gym

RC monster truck races, 6 p.m., Udayri Speedway

Monday

Spoons tournament, 7 p.m., Oasis

Tuesday

Coffee house, 8 p.m., Oasis

Wednesday

Weekly fun run, 5 p.m., Zone 2 Green Beans
Texas Hold 'em tournament, 7 p.m., Oasis

For more information call

828-1340

Kuwait Naval Base

Wednesday

Step Class, 6 p.m., Aerobics Room

Jumbo Jenga tournament, 7 p.m., Recreation Center

Hip-Hop Night, 9 p.m., Aerobics Room

Thursday

Latin Dance Night, 7 p.m., Aerobics Room

Hip-Hop Night, 9 p.m., Aerobics Room

Friday

Spin Class, 6 p.m., Aerobics Room

Bingo Night, 7 p.m., MWR stage

Hip-Hop Night, 9 p.m., Aerobics Room

Saturday

Tae Kwon Do, 6 p.m., Aerobics Room

Hip-Hop Night, 9 p.m., Aerobics Room

Sunday

Hip-Hop Night, 9 p.m., Aerobics Room

Monday

Spin Class, 6 p.m., Aerobics Room

Hip-Hop Night, 9 p.m., Aerobics Room

Tuesday

Latin Dance Night, 7 p.m., Aerobics Room

Hip-Hop Night, 9 p.m., Aerobics Room

Wednesday

Step Class, 6 p.m., Aerobics Room

Hip-Hop Night, 9 p.m., Aerobics Room

For more information call

839-1063

LSA

Saturday

Hack and Slash show, 7 p.m.

For more information call

859-1060

Navistar

Wednesday

Pingpong, 8 a.m., MWR tent

Pinochle, 8 a.m., MWR tent

Tekken Tag, 8 a.m.

Thursday

Pingpong, 8 a.m., MWR tent

Pinochle, 8 a.m., MWR tent

Tekken Tag, 8 a.m.

Friday

Hack and Slash show, 7 p.m.

Pingpong, 8 a.m., MWR tent

Pinochle, 8 a.m., MWR tent

Tekken Tag, 8 a.m.

For more information call

844-1137

Spearhead/SPOD

For information call 825-1302

Victory

Wednesday

Spa Day, 9 a.m., MWR dayroom

Thursday

Classic Rock and Country Night, 7 p.m., MFT

Sunday

New Movie marathon, 11 a.m., MFT

Monday

Spa Day, 9 a.m., MWR dayroom

1,000-pound club contest, 3:30 p.m., gym

Tuesday

Spa Day, 9 a.m., MWR dayroom

Wednesday

Spa Day, 9 a.m., MWR dayroom

For more information call

823-1033

Virginia

Wednesday

Basketball, 5 vs. 5, 6 p.m., Basketball court

Country Night, 8 p.m., Dusty Room

Thursday

Horseshoes, 7 p.m., Community Center

Karaoke Night, 8 p.m., Dusty Room

Friday

Pingpong, 7 p.m., Community Center

Salsa Night, 8 p.m., Dusty Room

Saturday

R&B, Hip-Hop Night, 8 p.m., Dusty Room

Sunday

Hack and Slash show, 7 p.m.

Old-school Jams, 8 p.m., Dusty Room

Wednesday

Country Night, 8 p.m., Dusty Room

McDilly show, 7 p.m.

For more information call

832-1045

completeness

wholeness

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unity

in·teg·ri·ty (ĭn-tĕg' rĭ-tē) *n.* 1. steadfast adherence to a strict moral or ethical code; 2. the state of being unimpaired; soundness; wholeness; 3. the quality or condition of being whole or undivided; completeness.