

DV *The Desert Voice*

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



August 6, 2008



Greetings from Kenya

DV Table of Contents

Page 4

Alexander relinquishes command of ASG-KU to Hoffman.

Page 5

4th Sustainment Brigade fields new Army Combat Shirt.

Page 8

Intelligence officer holds seminars on money management.

On the cover

Sgt. 1st Class Stephanie Widemond, broadcast non-commissioned officer, U.S. Army Central, interviews Kenyan Army 2nd Lt. Justine Obare. For full story, see Page 6.

*Photo by Sgt. Edward Guevara Jr.
Desert Voice staff writer*

Correction

AIK and OIF Menu pullout in July 30 Desert Voice have been revised in this issue.

Contact us

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



Pest Control: Violation against General Order 1B

At the most recent Environmental Quality Control Committee meeting, the command group stated that any civilian or military personnel violations against General Order 1B, will be enforced to the fullest extent. General Order 1B, prohibited activities of U.S. Department of Defense personnel present within the U.S. Army Central area of responsibility, prohibits activities to include adopting as pets or mascots, caring for, or feeding any type of domestic or wild animal.

Specifically, if any civilian interferes with Army Support Group-Kuwait Environmental Pest Management operations by; releasing animals from traps, feeding and/or watering animals, or tampering with traps in any way; will be removed and barred from access to ASG-KU camps. If military personnel engage in the above activities they will be subject to full Uniformed Code of Military Justice charges.

ASG-KU EQCC requests you use the following procedures when sighting any animal on an ASG-KU installation:

1. DO NOT feed or water strays.
2. DO NOT approach the animal at any time.
3. DO NOT release any trapped animals that you come upon.
4. DO call Directorates of Public Works for animal sightings and/or trapped animals; DPW will dispatch Pest Management, which monitors set traps every morning. New traps set during the day are monitored throughout the day. Animals that are trapped are not abused under this schedule.

Points of contact for pest management are DPW at Camp Arifjan call 430-3108; Camp Virginia call 906-6103; Camp Buehring call 828-2146; Life Support Area call 442-0019 and Camp Patriot call 430-3108. ♣

Patton's Own!



Courtesy Photo

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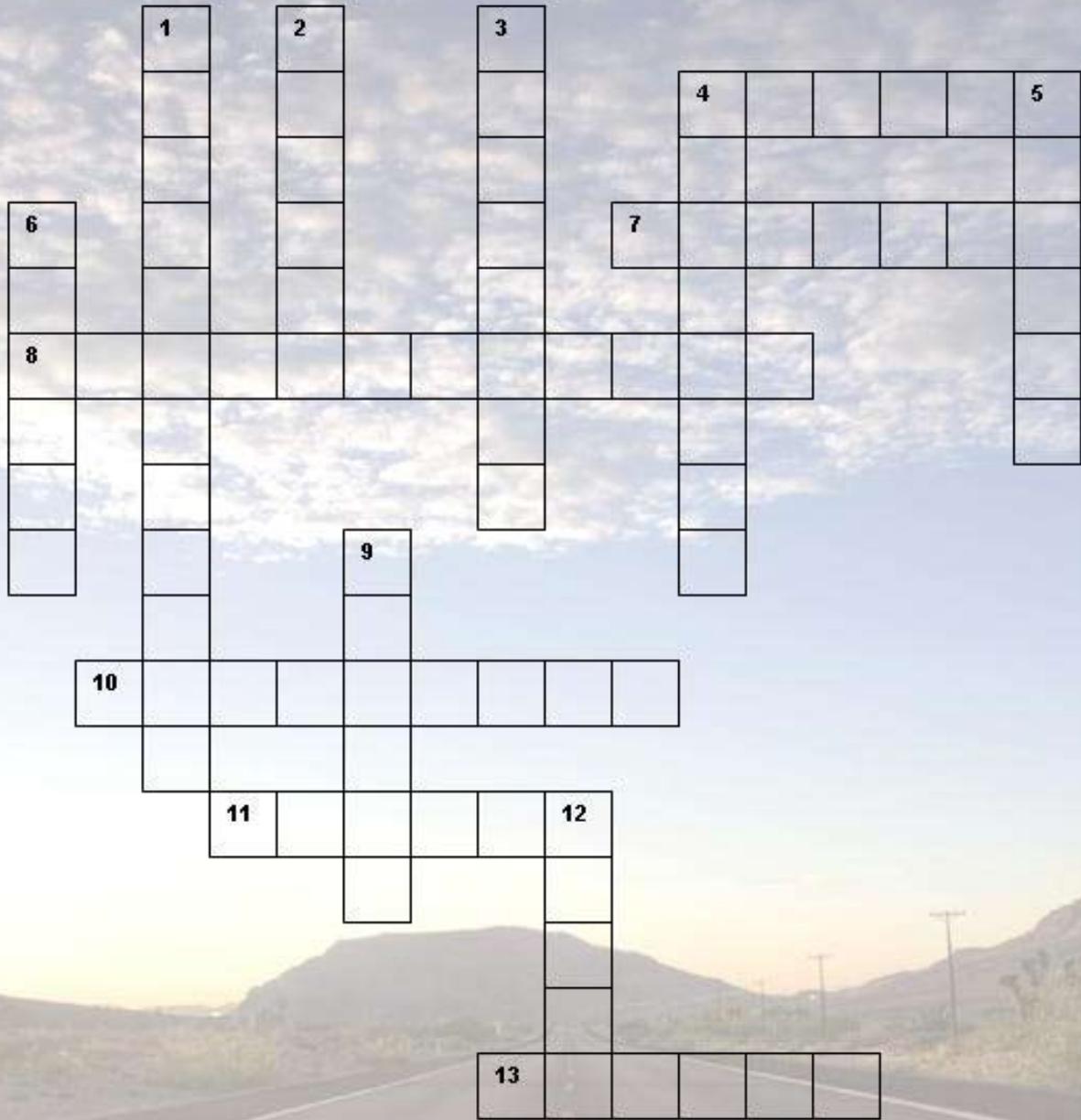
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DV
The Desert Voice

Safety Corner: Safe Driving Crossword Puzzle



ACROSS

- 4. Use your ____ at least 5 seconds before changing lanes
- 7. Check behind your vehicle before ____
- 8. Avoid ____ such as using a cell phone or talking with passengers while driving
- 10. Increase your ____ distance as you increase speed
- 11. A yellow light does not mean go ____
- 13. Expect the other driver to do something ____

DOWN

- 1. Never change lanes in an ____
- 2. Adjust your ____ before driving
- 3. Tires must be properly ____
- 4. Term for looking ahead and using mirrors to constantly check traffic
- 5. Turn on your ____ when it rains
- 6. During bad weather you should ____ speed
- 9. If you feel this, stop and take a break
- 12. Use the ____ lane except when passing

Answers located on page 11.

"Wrangler" Brigade lassos combat fashion

Story and photos by
1st Lt. Lindsey Rowland
109th Gun Truck Company

Soldiers of the 4th Sustainment Brigade stationed here are heading out for combat in style with the new Army Combat Shirt, added to their combat gear as the latest and greatest uniform addition.

The 'Wrangler' Brigade purchased

roughly 4,000 shirts, for Soldiers whose main focus is to transport vital supplies throughout its area of responsibility.

The 109th Transportation Company, along with other units in the brigade, began receiving the new shirts in July.

"Now we look even more awesome," said Sgt. Gerald Wright, truck commander, 109th Transportation Company, from Mannheim, Germany and St. Paul Park, Minn., native. "I have not seen a whole lot of Soldiers in theater wearing the ACS, it looks like we were one of the first ones to get the new shirt."

The ACS comes complete with no-seam shoulders, to minimize rubbing with body armor; built-in elbow pads, made of super-fabric abrasion dots; flame resistant zippers and for comfort, no-seam side panel construction that allows air to filter through the material.

The shirt also comes with zippered pockets for secure storage and adjustable hook and loop wrist closures.

The ACS is worn in place of the flame-resistant Army Combat Uniform jacket under the new Individual Outer Tactical Vest.

"The ACS shirt is more streamlined like the IOTV," said Spc. Braden Baxter, a gunner with the 109th Transportation Company. "They are less bulky, [have] fewer pockets, and much more comfortable," added the Phoenix native.

The ACS features three new innovative flame-resistant fabrics: Breeze, Helium and Blaze.

Breeze and Helium fabrics are used in the neck and torso portions that are covered by body armor. They are designed to be cooler and allow for more ventilation. Both materials are adaptable, lightweight, flexible, breathable and have moisture wicking capabilities.

The third fabric, Blaze, provides top

of the line flame and heat protection on areas not covered by body armor. This material is heavier and highly wicking.

"The shirt helps keep the core body temperature down, which reduces the possibility of becoming a heat casualty," said Command Sgt. Major Erik R.R. Frey, 4th Sustainment Brigade, whose brigade supply office spearheaded the ordering of the new combat shirts.

"This is a great piece of kit for our men and women and will help cut down on the severity of flash burns in the event of an IED attack," added Frey.

"There is a significant difference in keeping you cool between the ACS and the flame-resistant ACU," said Sgt. Shannon Hernandez, gun truck commander and Monument, Colo., native. 



Spc. Braden Baxter (left) and Private 1st Class David Slaughter, 109th Transportation Company, Mannheim, Germany, show off the new Army Combat Shirt. Fielding priority for the ACS will be determined by Department of the Army.

Command Sgt. Major Erik R.R. Frey, 4th Sustainment Brigade, listens to a pre-convoy briefing while wearing the new Army Combat Shirt issued to Soldiers throughout the brigade.

ASG-KU welcomes new commander

Story by
Spc. Elayseah Woodard-Hinton
Desert Voice staff writer

The U.S. Army Area Support Group-Kuwait welcomed a new commander, July 28, during a change of command ceremony at the Zone 1 Gym on Camp Arifjan.

Col. Christopher K. Hoffman assumed command from Col. John S. Alexander, who is retiring after 24 years of service.

ASG-KU is responsible for supporting U.S. Army Central as the implementing authority to the Defense Cooperation Agreement with its host nation in providing safe and secure base camps for tenants and rotational units and in supporting coalition and joint reception, staging, onward movement and integration.

Hoffman and Alexander were both acknowledged by Brig. Gen. Harold G. Bunch, deputy commander, 1st Theater Sustainment Command, for their hard work, dedication to service and professionalism.

"Today is indeed a special day," said Bunch. "Especially because we are celebrating a change of command between professional Soldiers in a country we are proud to be serving."

Hoffman commanded 2nd Squadron, 2nd Armored Cavalry Regiment, in Baghdad. He served twice at Hohenfels, Germany, as a battalion senior task force observer and controller, and then as the deputy commander of the Joint Multinational Readiness Center.

Hoffman was commissioned through the ROTC program at the University of North Carolina at Charlotte. His military education includes Armor Officer basic and advanced course, Airborne, Air Assault and Ranger schools. He also attended Command and General Staff College at Fort Leavenworth, Kan., and Army War College at Carlisle Barracks, Pa.

His awards and decorations include a Bronze Star with oak-leaf

cluster, a Meritorious Service Medal with five oak-leaf clusters and an Army Achievement Medal with three oak-leaf clusters.

Although Hoffman holds a range of military education and experience, he is taking on the command with enthusiasm about learning his new role and responsibilities.

"I don't know, what I don't know," said Hoffman. "I come to [the unit] with an open mind to listen, to learn and to work together as a member of the team."

As ASG-KU welcomed their new



Deputy Commander Brig. Gen. Harold G. Bunch, 1st Theater Sustainment Command, receives the Area Support Group-Kuwait guidon from outgoing commander, Col. John S. Alexander at Camp Arifjan, Kuwait, July 28.



Photos by Sreekumar Gopinathan

Incoming commander, Col. Christopher K. Hoffman, addresses guests, during his change of command ceremony at Camp Arifjan, Kuwait, July 28.

commander, they bid farewell to Alexander who relinquished command and is retiring. During his more than two decades of service, Alexander has attended several challenging military courses including the Special Forces Officer Qualification Course at Fort Bragg, N.C.

Some of Alexander's assignments include the operations directorate at the Pentagon, chief of current operations for the Joint Special Operations Command at Fort Bragg, N.C., the director of the U.S. Army special operations agency and the chief of the special operations division on the U.S. Army staff.

Alexander spoke of the hard work and many positive changes that the ASG-KU has gone through before and during his command; yet, he said he couldn't be more thrilled with the fact that Hoffman would take on his previous role.

"I am very proud of everything we've done to this point; but, at the same time I am really proud to be able to hand that to somebody like you," said Alexander. **A**

U.S. & Kenya Armies participate in p

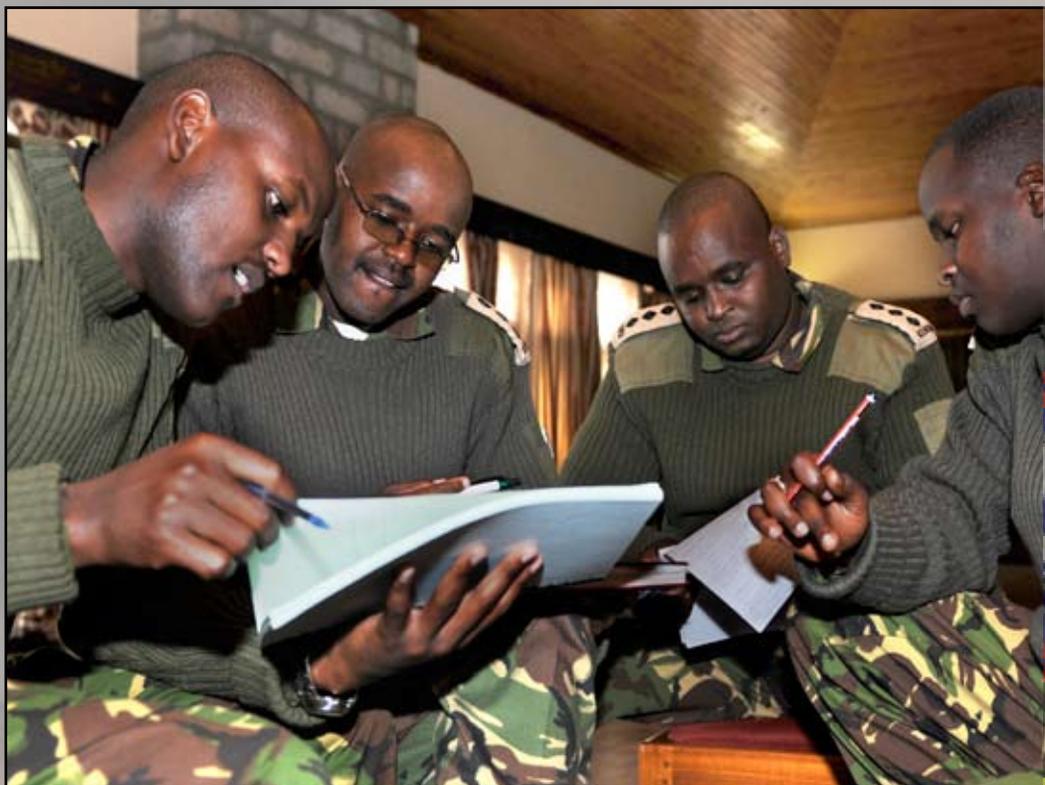
Story and photos by
Marine Sgt. Edward Guevera, Jr.
Desert Voice staff writer

Kenya has stepped-up its effort to build the capacity to conduct public affairs operations and build working relationships with the media.

After recent allegations against them in regards to human rights violations on their Western border and a history of minimal interaction with the media, the Kenya Army's commanding general, Lt. Gen. Augustino Njoroge, took advantage of his country's established working relationship with the U.S. military to try and improve communication with the local media. He invited a team of public affairs professionals from U.S. Army Central to visit Kenya and share their experiences and methods of working with the media with approximately 20 Kenya Army officers selected to help establish an Army public affairs structure aimed at supporting media facilitation and engagement.

"After Western Kenya's experience, the media is wanting to know more," said Kenya Army Maj. Antony Mutuku, the lead officer for the group. "This training comes at an opportune time."

The goal was to continue building upon its military relationship and interoperability with the Kenya Army



Participants in the U.S. and Kenya public affairs information exchange study pursue previously prepared by U.S. Army Central. PAG is used to provide background facts and messages the command has determined it would like to get out to the particular event or incident, and contact information for further guidance from higher public affairs offices.

and establish a common understanding of the media's importance to each nation's military operations with the hope that further public affairs endeavors could be pursued, according to public affairs officials.

"An important component of this event was the mutual sharing of information which led to knowledge and understanding of how effective public affairs operations can contribute to mission accomplishment," said Col. Thomas Nickerson, the USARCENT public affairs chief.

The information exchange included topics such as the nature of news - what people want to know and what the media reports; media facilitation - what the media wants to know and how to help them get the answers to their questions; and media interviews - coordinating and preparing subject matter experts to address media inquiries.

Prepared with a week's worth of public affairs discussions, the officers were excited to learn that, with the help of the U.S. Embassy's press attaché, they would have the opportunity to engage in another information exchange with the people they were trying to understand: the media.



Maj. Amanda Azubuike, media officer, U.S. Army Central, discusses with the Kenya Army officers about the definition of news and how a public affairs officer's job is to inform the public and tell the military story.

August 2008 Menu

August 5, 2008

Lunch:
Baked Ziti w/ Chicken
Breaded Fried Pork Chops
Steamed Rice
Oven Browned Potatoes
Seasoned Peas & Carrots
Seasoned Succotash
Brown Gravy
Hot Rolls

Dinner:
Chicken Kiev
Grilled Liver & Onions
Rissolo Potatoes
Steamed Rice
California Blend
Seasoned Spinach
Brown Gravy
Hot rolls

August 6, 2008

Lunch:
Roast Pork Loin
Swedish Meatballs
Seasoned Herbed Linguini
Roasted Potatoes
Fried Cauliflower
Carrots Almandine
Brown Gravy
Hot Rolls

Dinner:
Grilled Steaks
Baked Lobster Tails
Fried Scallops
Fried Shrimp
Seasoned Broccoli
Seasoned Corn
Vegetable Fried Rice
Mushrooms & Onions
Hot Rolls

August 7, 2008

Lunch:
Fried Catfish
BBQ Chicken
Ham Hocks
Candied Yams
Baked Mac & Cheese
Corn on the Cob
Southern Style Collard Greens
Cornbread
Hushpuppies

Dinner:
Beef Stew
Baked Turkey Wings
Steamed Rice
Buttered Potatoes
Peas w/ Onions
Seasoned Wax Beans
Brown Gravy
Hot Rolls

August 12, 2008

Lunch:
Chicken Fajitas
Beef & Beans Burritos
Cheese Enchiladas
Spanish Rice
Refried Beans
Hacienda Green Beans
Enchilada Sauce
Tortilla Bread

Dinner:
Breaded Pork Chops
BBQ Beef Cubes
Steamed Rice
Roasted Pepper Potatoes
Cauliflower w/ Cheese Sauce
Peas w/ Mushrooms
Brown Gravy
Hot Rolls

August 13, 2008

Lunch:
Yankee Pot Roast
Turkey Nuggets
Orange Rice
Duchess Potatoes
Seasoned Asparagus
Seasoned Mixed Vegetables
Brown Gravy
Hot Rolls

Dinner:
Grilled Steak
Steamed Crab Legs
Fried Scallops
Southern Style Green Beans
Seasoned Corn
Dirty Rice
Mashed Potatoes
Mushrooms & Onions
Natural Pan Gravy
Hot Rolls

August 14, 2008

Lunch:
Fried Chicken
BBQ Ribs
Ox Tails
Baked Mac & Cheese
Candied Yams
Corn on the Cob
Southern Style Collard Greens
Cornbread
Brown Gravy

Dinner:
Turkey Ala King
Cajun Baked Fish
Yellow Rice
Mashed Potatoes
Glazed Carrots
Broccoli Au Gratin
Chicken Gravy
Hot Rolls

August 19, 2008

Lunch:
Beef Cordon Blue
Roast Pork
Herbed Fettucini
Steamed Rice
Seasoned Succotash
Grilled Squash
Brown Gravy
Hot Rolls

Dinner:
Tempura Fried Fish
Savory Baked Chicken
Rissolo Potatoes
Steamed Rice
California Blend
Seasoned Spinach
Brown Gravy
Hot rolls

August 20, 2008

Lunch:
Roast Turkey
Polish Sausage w/onions and green peppers
Steamed Rice
Savory Bread Dressing
Harvard Beets
Fried Cabbage w/ Bacon
Turkey Gravy
Hot Rolls

Dinner:
Grilled Steak
Baked Lobster Tails
Fried Shrimp
Dirty Rice
Potatoes Au Gratin
Seasoned Green Peas
Seasoned Cauliflower
Sautéed Mushrooms and Onions
Hot Rolls

August 21, 2008

Lunch:
Fried Fish
BBQ Chicken
Ham Hocks
Candied Yams
Baked Mac & Cheese
Corn on the Cob
Southern Style Collard Greens
Cornbread
Hushpuppies
Brown Gravy

Dinner:
Jaeger schnitzel
Prime Rib
Steamed Rice
Buttered Potatoes
Peas w/ Onions
Seasoned Carrots
Brown Gravy
Hot Rolls

August 22, 2008

Lunch:
Stuffed Cabbage Rolls
Chicken Tetrazzini
Steamed Rice
Mashed Potatoes
Broccoli Combo
Mixed Vegetables
Brown Gravy
Hot Rolls

Dinner:
Turkey Ala King
Grilled Pork Chops
Rice Pilaf
Mashed Potatoes
Green Bean Casserole
Corn O'Brien
Brown Gravy
Hot Rolls

August 27, 2008

Lunch:
Grilled Bratwurst
Braised Beef & Noodles
Steamed Rice
Duchess Potatoes
Fried Cabbage
Savory Style Beans
Brown Gravy
Hot Rolls

Dinner:
Grilled Steak
Steamed Crab Legs
Fried Scallops
Dirty Rice
Potatoes Au Gratin
Seasoned Broccoli
Seasoned Succotash
Sautéed Mushrooms and Onions
Au Jus Gravy
Hot Rolls

August 28, 2008

Lunch:
Fried Chicken
BBQ Ribs
Ox tails
Candied Yams
Baked Mac & Cheese
Corn on the Cob
Southern Style Collard Greens
Cornbread

Dinner:
Santa Fe Glazed
Chicken Breasts
Pork Adobo
Steamed Rice
Oven Browned Potatoes
Fried Cauliflower
Glazed Carrots
Brown Gravy
Hot Rolls

August 29, 2008

Indian Lunch:
Chicken Beagon Bahar
Shrimp Malay Curry
Chicken Briani (Rice)
Steamed Rice
Vendi Bhaji (Vegetables)
Gobi Masala (Cauliflower)

Dinner:
Dijon Baked Pork Chops
Pepper Steak
Mashed Potato
Rice Pilaf
Seasoned Mixed Vegetables
Seasoned Butter Beans
Brown Gravy
Hot Rolls

August 30, 2008

Lunch:
Beef Stir Fry
Egg Rolls
Chinese Five Spice Chicken
Shrimp Fried Rice
Szechwan Spicy Noodles
Oriental Stir Fry Cabbage
Szechwan Sauce

Dinner:
Tarragon Baked Fish
Cajun Meatloaf
Oven Brown Potatoes
Buttered Carrots
Seasoned Asparagus
Brown Gravy
Hot Rolls

Menu Key

Green: Healthy Choices

Red: Specialty Meals

OIF Dining Facility

August 1, 2008/August 29, 2008

Lunch:
 Vegetarian Vegetable Soup
 Crackers
 Tuna Noodle Casserole
 Chicken Fried Steak
 Cream Country Gravy
 Steamed Rice
 Seasoned Carrots
 Seasoned Broccoli
 Mushroom Gravy

Dinner:
 Vegetarian Vegetable Soup
 Crackers
 Jambalaya
 Fried/Baked Chicken
 Jambalaya Seasoned Rice
 Baked Potato w/ Sour Cream
 Seasoned Green Beans
 Oriental Stir Fry
 Brown Gravy

Pasta Bar
Mongolian BBQ Night

(Day 16 of 28)

August 2, 2008/August 30, 2008

Lunch:
 Chicken Noodle Soup
 Crackers
 Roast Turkey
 BBQ Ribs
 Savory Bread Dressing (Mix)
 Mashed Potatoes
 Seasoned Mixed Vegetables
 Collard Greens
 Turkey Gravy
 Cranberry Sauce
 Rice Pilaf
 Candied Yams
 Biscuits

Dinner:
 Cream of Mushroom Soup
 Crackers
 Breaded Pork Chops
 Mongolian BBQ-Shrimp, Chicken, beef, pork stir fry
 Fried /Steamed Rice
 Garlic Mashed Potatoes
 California Blend Vegetables
 Fried Cabbage
 Brown Gravy
 Applesauce
 (Day 17 of 28)

Chinese Bar

August 3, 2008/August 31, 2008

Lunch:
 Cream of Mushroom Soup
 Crackers
 Chili Con Carne
 Trout Baked & Fried
 Steamed Rice
 Seasoned Noodles
 Hacienda Corn & Black Beans
 Fried Cauliflower
 Brown Gravy
 Tartar Sauce
 Lemon Wedges
 Seafood Cocktail Sauce

Dinner:
 Chicken Noodle Soup
 Crackers
 Crab Cakes w/ Condiments
 Prime Ribs
 Mashed Potatoes
 Steamed Rice
 Spring Blend Vegetables
 Pinto Beans
 Brown Gravy
 Horseradish
 Lemon Wedges
 (Day 18 of 28)

Soul Food Night Meal

August 4, 2008

Lunch:
 Cream of Broccoli Soup
 Crackers
 Braised Beef Cubes
 Rotisserie Chicken
 Mashed Potatoes
 Seasoned Noodles
 Red Beans & Rice
 Turnip Greens
 Black-eyed Peas
 Chicken Gravy
 Combread

Dinner:
 Cream of Broccoli Soup
 Crackers
 Salisbury steak
 BBQ Style Riblets
 Spicy Potato Wedges
 Baked Macaroni & Cheese
 Seasoned Peas
 Seasoned Succotash
 Beef Gravy

(Day 19 of 28)

Pasta Bar

August 8, 2008

Lunch:
 Vegetarian Vegetable Soup
 Crackers
 Chicken Cordon Bleu
 Creole Macaroni
 Baked Macaroni & Cheese
 Mashed Potatoes
 Collard Greens
 Calico Corn
 Brown Gravy

Dinner:
 Bean and Bacon Soup
 Crackers
 BBQ Beef Brisket
 Breaded Pork Chops
 Mashed Potatoes
 Noodle Jefferson
 Brown Gravy
 Broccoli Combo
 Orange Carrot Almondine
 Sautéed Mushrooms & Onions

Pasta Bar
Mongolian BBQ Night

(Day 23 of 28)

August 9, 2008

Lunch:
 Tomato Soup
 Crackers
 Honey Glazed Cornish Hens
 Roast Beef
 Baked Potato
 Mashed Sweet Potatoes
 Honey Dijon Vegetables
 Cauliflower Parmesan
 Sour Cream
 Horseradish Sauce

Dinner:
 Vegetarian Vegetable Soup
 Crackers
 Oriental Peppers Steak
 Breaded Scallops
 Macaroni & Cheese
 Steamed Rice
 Brown Gravy
 Japanese Vegetable Stir Fry
 Peas w/ Onions

Chinese Bar

(Day 24 of 28)

August 10, 2008

Lunch:
 Chicken w/ Rice Soup
 Crackers
 Beef Stroganoff
 Grilled Ham Steak
 Seasoned Noodles
 Deviled Oven Fries
 Stewed Tomatoes
 Seasoned Green Peas

Dinner:
 Chicken w/ Rice Soup
 Crackers
 Spaghetti w/ Meatballs
 Pork Ribs & Sauerkraut
 Mashed Potatoes
 Brown Gravy
 Herbed Broccoli
 Mixed Vegetables

Soul Food Night Meal

(Day 25 of 28)

August 11, 2008

Lunch:
 Cream of Broccoli Soup
 Crackers
 Fried & Baked Chicken
 Prime Rib w/Au Jus Sauce
 Mashed Potatoes
 Deviled Orange Rice
 Chicken Gravy
 Green Beans Combo
 Mexican Corn

Dinner:
 Cream of Broccoli Soup
 Crackers
 Beef Pot Roast
 Gen. Tso Chicken
 Chicken & Broccoli
 Veg Lo Mein
 Shrimp Lo Mein
 Steamed Rice
 Parsley Seasoned Potatoes
 Fried Cauliflower
 Beets in Orange-Lemon Sauce

(Day 26 of 28)

Pasta Bar

August 15, 2008

Lunch:
 Cream of Mushroom Soup
 Crackers
 Pork Adobo
 Salisbury steak
 Steamed Rice
 Mashed Potatoes
 Seasoned Peas & Carrots
 Black-eyed Peas
 Brown Gravy

Dinner:
 Cream of Mushroom Soup
 Crackers
 BBQ Beef Brisket
 Rotisserie Chicken
 Red Beans Rice
 Spicy Potato Wedges
 Seasoned Carrots
 Herbed Broccoli
 Chicken Gravy

Pasta Bar
Mongolian BBQ Night

(Day 2 of 28)

August 16, 2008

Lunch:
 Vegetarian Vegetable Soup
 Crackers
 Crab Cakes
 Cornish Hens
 Cheese Tortellini
 Rice Pilaf
 Calico Corn
 Seasoned Green Beans
 Parmesan Cheese
 Corn Bread

Dinner:
 Bean & Bacon Soup
 Crackers
 Sweet & Sour Pork
 Turkey Cutlets (Baked and Breaded)
 Baked potatoes
 Steamed Rice
 Steamed Broccoli
 Succotash
 Sour Cream

Chinese Bar

(Day 3 of 28)

August 17, 2008

Lunch:
 Tomato Soup
 Crackers
 Roast Beef
 Italian Style Veal
 Mashed Potatoes
 Seasoned Egg Noodles
 Steamed Peas
 Fried Cabbage
 Brown Gravy
 Sautéed Mushrooms & Onions

Dinner:
 Vegetarian Vegetable Soup
 Cracker
 Spaghetti w/ Meat Sauce
 Fried/Baked/Blackened Trout
 Macaroni & Cheese
 Oven Brown Potatoes
 Corn on the Cob
 Seasoned Carrots
 Collard Greens
 Brown Gravy
 Parmesan Cheese
 Garlic Bread

Soul Food Night Meal

(Day 4 of 28)

August 18, 2008

Lunch:
 Chicken w/ Rice Soup
 Crackers
 BBQ Ribs
 Fried/Baked Chicken
 Mashed Potatoes
 Cheese Tortellini
 Blacked Eyed Peas
 Collard Greens
 Chicken Gravy
 Crab Salad
 Combread

Dinner:
 Chicken w/ Rice Soup
 Crackers
 Pork Roast
 Braised Beef & Noodles
 Potatoes Au Gratin
 Rice Pilaf
 Harvard Beets
 Seasoned Cauliflower
 Mushroom Gravy
 Applesauce

(Day 5 of 28)

Pasta Bar

August 22, 2008

Lunch:
 Bean w/w Bacon Soup
 Nachos
 Beef Fajitas
 Enchiladas
 Chicken Fajitas
 Burritos
 Taco Bar
 Chicken Quesadilla
 Oven Browned Potatoes
 Spanish Rice
 Seasoned Mixed Vegetables
 Pinto Beans
 Refried Beans
 Enchilada Sauce
 Queso Sauce

Dinner:
 Vegetarian Vegetable Soup
 Salisbury Steak
 Rotisserie Chicken
 Mashed Potatoes
 Seasoned Noodles
 Green Beans
 Seasoned Carrots
 Chicken Gravy

Pasta Bar
Mongolian BBQ Night

(Day 9 of 28)

August 23, 2008

Lunch:
 Vegetarian Vegetable Soup
 Crackers
 Trout Fried & Baked
 Beef Pot Roast
 Mashed Potatoes
 Fried Rice
 California Blend Vegetables
 Calico Corn
 Brown Gravy
 Lemon Wedges, Tartar Sauce

Dinner:
 Bean w/ Bacon Soup
 Crackers
 Yakisoba Hamburger w/ Spaghetti
 Grilled Pork Chops
 Cheese Tortellini
 Spicy Potato Wedges
 Seasoned Cauliflower
 Turnip Green
 Brown Gravy

Chinese Bar

(Day 10 of 28)

August 24, 2008

Lunch:
 Chicken Noodle Soup
 Crackers
 Roasted Pork Roast
 Chili Mac
 Oven Brown Potatoes
 Corn on the Cob
 Peas and Carrots
 Brown Gravy
 Applesauce
 Combread

Dinner:
 Chicken Noodle Soup
 Crackers
 Cornish Hens
 Meatloaf
 Mashed Potatoes
 Rice Pilaf
 Herbed Broccoli
 Succotash
 Brown Gravy

Soul Food Night Meal

(Day 11 of 28)

August 25, 2008

Lunch:
 Tomato Soup
 Crackers
 Swiss steak w/ Tomato Sauce
 Baked/Fried Pollock
 Macaroni and Cheese
 Deviled Oven Fries
 Seasoned Green Beans
 Glazed Carrots
 Brown Gravy
 Tartar Sauce
 Lemon Wedges

Dinner:
 Tomato Soup
 Cracker
 Pulled Pork BBQ & Buffalo Shredded Chicken
 Turkey Cutlet, Chicken Fried and Baked
 Steamed Rice
 O'Brien Potatoes
 Peas w/ Mushrooms
 Seasoned Corn
 Turkey Gravys

(Day 12 of 28)

Pasta Bar

***Menu Subject To Change**

August 2008 Menu

August 5, 2008

Lunch:
 Chicken w/ Rice Soup
 Crackers
 Spaghetti w/ Meatballs
 Roast Pork Loin
 Steamed Rice
 Grilled Potato Cakes
 Seasoned Corn
 Seasoned Green Beans
 Brown Gravy
 Parmesan Cheese
 Garlic Bread
 Applesauce

Dinner:
 Chicken w/ Rice Soup
 Crackers
 Breaded/Baked Catfish
 Pork Chop Suedy
 Oven Brown Potatoes
 Steamed Rice
 Seasoned Carrots
 Cauliflower Au Gratin
 Brown Gravy

(Day 20 of 28)

Taco Bar
Indian Night Meal

August 6, 2008

Lunch:
 Chicken Noodle Soup
 Crackers
 Jagerschnitzel
 Meatloaf (Beef & Turkey)
 Mashed Potatoes
 Noodle Parmesan
 Black-eyed Peas
 Broccoli Cauliflower Medley
 Mushroom Gravy

Dinner:
 Chicken Noodle Soup
 Cracker
 T-Bone Steak
 Breaded Shrimp
 Onion & Mushrooms
 Red Beans & Rice
 Baked Potato w/ Sour Cream
 Seasoned Green Beans
 Corn on the Cob
 Brown Gravy
 Crab Salad
 Lemon Wedges, Tartar Sauce
 Seafood Cocktail Sauce

(Day 21 of 28)

Potatoe Bar
Steak Night

August 7, 2008

Lunch:
 Cream of Mushroom Soup
 Crackers
 Ground Beef Yakisoba w/ spaghetti
 Rotisserie Chicken
 Oven Browned Potatoes
 Georgia Rice
 California Blend Vegetables
 Succotash
 Brown Gravy

Dinner:
 Cream of Mushroom Soup
 Crackers
 Nachos
 Beef fajitas
 Enchiladas
 Chicken Fajitas
 Burritos
 Taco Bar
 Chicken Quesadilla
 Oven Browned Potatoes
 Mexican Rice
 Seasoned Mixed Vegetables
 Pinto Beans
 Refried Beans
 (Day 22 of 28)

Fajitas Bar

August 12, 2008

Lunch:
 New England Clam Soup
 Crackers
 Chili Macaroni
 Baked Salmon
 Aztec Rice
 Mashed Potatoes
 Brown Gravy
 South of the Border Broccoli
 Peas w/ Onions
 Lemon Slice

Dinner:
 New England Clam Soup
 Crackers
 Roast Turkey
 Stuffed Green Peppers
 Rissolo Potatoes
 Italian - Style Baked Beans
 Seasoned Carrot Slices
 Bread Dressing
 Mashed Potatoes
 Turkey Gravy
 Cranberry Sauce

(Day 27 of 28)

Taco Bar
Chinese Night Meal

August 13, 2008

Lunch:
 Chicken Noodle Soup
 Crackers
 Veal Parmesan
 Roast Pork
 Steamed Rice
 Cheese Tortellini
 Fried Cabbage
 Hacienda Corn & Black Beans

Dinner:
 Chicken Noodle Soup
 Crackers
 T-Bone steak
 Crab Legs
 Breaded Shrimp
 Baked Potatoes
 Pasta Provincial
 Corn on the Cob
 Green Beans Creole
 Sour Cream

(Day 28 of 28)

Potatoe Bar
Steak Night

August 14, 2008

Lunch:
 Chicken noodle soup
 Cracker
 Baked Salmon
 Grilled Pork Chops
 Oven Glow Potatoes
 Noodles Jefferson
 Stewed Tomatoes
 California Blend Vegetables
 Onion Gravy
 Apple Sauce
 Lemon Wedges
 Tartar Sauce

Dinner:
 Chicken Noodle Soup
 Crackers
 Beef Prime Rib
 Chicken Cordon Bleu
 Garlic Roasted Potatoes
 Rice Pilaf
 Steamed Peas
 Seasoned Corn
 Turkey Gravy
 Cranberry Sauce

(Day 1 of 28)

Fajitas Bar

August 19, 2008

Lunch:
 Cream w/ Broccoli Soup
 Crackers
 Baked/Fried Pollock
 Swiss steak w/ M&O
 O'Brien Potatoes
 Steamed Rice
 Oriental Stir Fry
 Steamed Broccoli
 Mushroom Gravy
 Apple Sauce
 Tartar Sauce

Dinner:
 Cream of Broccoli Soup
 Crackers
 Jambalaya
 Meat Loaf
 Jambalaya Seasoned Rice
 Mashed Potatoes
 Seasoned Corn
 Seasoned Tomatoes
 Brown Gravy

(Day 6 of 28)

Taco Bar
Arabian Night Meal

August 20, 2008

Lunch:
 New England Clam Soup
 Crackers
 Swedish Meatballs
 Baked Ham
 Steamed Rice
 Scallop Potatoes
 Glazed Carrots
 Spring Blend Vegetables
 Cheese Biscuits
 Pineapple Sauce

Dinner:
 New England Clam Soup
 Crackers
 T-Bone Steak
 Breaded/Baked Catfish
 Onions & Mushrooms
 Steamed Rice
 Baked Potato w/ Sour Cream
 Seasoned Green Beans
 Corn on the Cob
 Brown Gravy
 Crab Salad
 Lemon Wedges, Tartar Sauce

(Day 7 of 28)

Potatoe Bar
Steak Night

August 21, 2008

Lunch:
 Cream of Mushroom Soup
 Crackers
 Roast Turkey
 Prime Ribs
 Mashed Potatoes
 Sweet Potatoes
 Steamed Broccoli
 Seasoned Mixed Vegetables
 Seasoned Dressing
 Turkey Gravy
 Au Jus
 Cranberry Sauce
 Hot Rolls

Dinner:
 Cream of Mushroom Soup
 Crackers
 Fried & Lemon Baked Pollock
 Lasagna/Spinach Lasagna/Egg Plant Parmesan
 Garlic Roasted Potatoes
 Steamed Rice
 Seasoned Succotash
 Harvard Beets
 Onion Gravy/Parmesan Cheese
 Applesauce
 (Day 8 of 28)

Fajitas Bar

August 26, 2008

Lunch:
 Cream of Broccoli Soup
 Crackers
 Roast Turkey
 Seafood Newburg
 Mashed Potatoes
 Bread Dressing
 Seasoned Green Peas
 Corn O'Brien
 Mushroom Gravy
 O'Brien Potatoes
 Cranberry Sauce
 Candied Yams

Dinner:
 Cream of Broccoli Soup
 Crackers
 Breaded Pork Chops
 Lasagna /Spinach Lasagna/Eggplant Parmesan
 Garlic Bread
 Parmesan Cheese
 Steamed Rice
 Mashed Potatoes
 Herbed Broccoli
 California Blend Vegetable
 Brown Gravy

(Day 13 of 28)

Taco Bar
Orinental Night Meal

August 27, 2008

Lunch:
 Cream of Broccoli Soup
 Crackers
 Egg Rolls
 Gen. Tso Chicken
 Chicken & Broccoli
 Vegetable Lo Mein
 Shrimp Lo Mein
 Asian Style Riblets
 Spicy Potato Wedges
 Steamed/Fried Rice
 Oriental Stir Fry
 Seasoned Mix Vegetables

Seafood Dinner:
 New England Clam Soup
 Crackers
 Rib eye
 Lobster
 Breaded Shrimp
 Crab Bites
 Onion & Mushrooms
 Rice Pilaf
 Baked Potatoes w/ Sour Cream
 Seasoned green Beans
 Corn on the Cob
 Brown Gravy
 (Day 14 of 28)

Potatoe Bar
Steak Night

August 28, 2008

Lunch:
 Bean w/ Bacon Soup
 Crackers
 Ham Pit Baked
 Swedish Meatballs
 Seasoned Egg Noodles
 Garlic Roasted Potatoes
 Spring Blend Vegetables
 Cauliflower Au Gratin
 Brown Gravy
 Applesauce
 Corned Bread

Dinner:
 Bean w/ Bacon Soup
 Crackers
 Texas Style Corned Beef
 Fried/Baked Pollock
 Baked Macaroni & Cheese
 Steamed Rice
 Succotash
 Vegetable Medley
 Tartar Sauce
 Lemon Wedges
 Seafood Cocktail Sauce
 Cheese Biscuit
 Brown Gravy
 (Day 15 of 28)

Fajitas Bar

Menu Key

Green: Healthy Choices

AIK Dining Facility

August 1, 2008

Lunch:
Indian Lunch:
Chicken Beagon Bahar
Shrimp Malay Curry
Chicken Briani (Rice)
Steamed Rice
Vendi Bhaji (Vegetables)
Gobi Masala (Cauliflower)

Dinner:
Baked Turkey & Noodles
Salisbury Steak & Onions
Mashed Potato
Rice Pilaf
Seasoned Carrots
Sprouts Superba
Brown Gravy
Hot Rolls

August 2, 2008

Lunch:
Beef and Broccoli
Egg Rolls
Chicken Teriyaki
Steamed Rice
Szechwan Spicy Noodles
Oriental Cabbage Stir Fry
Szechwan Sauce

Dinner:
Meatloaf
Knockwurst w/Sauerkraut
Mashed Potatoes
Noodles Jefferson
Seasoned Mixed Vegetables
Seasoned Asparagus
Brown Gravy
Hot Rolls

August 3, 2008

Lunch:
Roast Beef Cordon Blue
Savory Baked Chicken
Duchess Potato
Baked Mac & Cheese
Lyonnais Green Beans
Corn on the Cob
Brown Gravy
Hot Rolls

Dinner:
Hamburger Yakisoba
Blackened Fish
Fried Rice
Oven Browned Potatoes
Seasoned Squash
Seasoned Blackeyed Peas
Chicken Gravy
Hot Rolls

August 4, 2008

Lunch:
Baked Lasagna
Chicken Parmesan
Italian Roasted Potatoes
Ratatouille
Corn O' Brien
Brown Gravy
Garlic Toast

Dinner:
Caribbean Chicken
Shrimp Creole
Islander's Rice
Paprika Seasoned Potatoes
Calico Cabbage
Peas w/ Carrots
Chicken Gravy
Hot Rolls

August 8, 2008

Lunch:
Braised Beef & Noodles
Chicken Pot Pie
Grilled Italian Sausage w/onions and green peppers
Steamed Rice
Seasoned Noodles
Seasoned Squash
Seasoned Peas
Brown Gravy
Hot Rolls

Dinner:
Chicken Pot Pie
Lemon Baked Salmon Steak
Mashed Potatoes
Steamed Rice
Seasoned Mixed Vegetables
French Fried Okra
Chicken Gravy
Hot Rolls

August 9, 2008

Lunch:
Sukiyaki
Egg Rolls
Szechwan Chicken
Steamed Rice
Szechwan Spicy Noodles
Oriental Stir Fry Cabbage
Sweet and Sour Sauce

Dinner:
Shrimp Jambalaya
Grilled Pork Chops
Steamed Rice
Mashed Potatoes
Orange Carrots Amandine
Sprouts Superba
Chicken Gravy
Hot Rolls

August 10, 2008

Lunch:
Roasted Lamb Chops
Fried Chicken
Duchess Potato
Baked Mac & Cheese
Lyonnais Green Beans
Corn on the Cob
Brown Gravy
Hot Rolls

Dinner:
Paprika Veal Steak
Baked Tuna & Noodles
Rice w/ Parmesan Cheese
Paprika Seasoned Potatoes
Black-Eyed Peas
Seasoned Broccoli
Brown Gravy
Hot Rolls

August 11, 2008

Lunch:
Spaghetti w/ Meatballs
Chicken Parmesan
Italian Roasted Potatoes
Ratatouille
Corn O' Brien
Brown Gravy
Garlic Toast

Dinner:
Caribbean Chicken
Shrimp Creole
Islander's Rice
Paprika Seasoned Potatoes
Calico Cabbage
Peas w/ Carrots
Chicken Gravy
Hot Rolls

August 15, 2008

Lunch:
Indian Lunch
Chicken Beagon Bahar
Shrimp Malay Curry
Chicken Briani (Rice)
Steamed Rice
Vendi Bhaji (Vegetables)
Gobi Masala (Cauliflower)

Dinner:
BBQ Roast Pork
Pepper Steak
Mashed Potato
Rice Pilaf
Seasoned Mixed Vegetables
Seasoned Butter Beans
Brown Gravy
Hot Rolls

August 16, 2008

Lunch:
Beef Stir Fry
Egg Rolls
Chinese Five Spice Chicken
Shrimp Fried Rice
Szechwan Spicy Noodles
Oriental Stir Fry Cabbage
Szechwan Sauce

Dinner:
Shrimp Jambalaya w/rice
Prime Rib of Beef
Oven Brown Potatoes
Buttered Carrots
Seasoned Asparagus
Brown Gravy
Hot Rolls

August 17, 2008

Lunch:
Steamship Round of Beef
Fried Chicken
Duchess Potato
Baked Mac & Cheese
Seasoned Broccoli
Corn on the Cob
Brown Gravy
Hot Rolls

Dinner:
Roast Fresh Ham
Yakisoba
Mashed Potatoes
Steamed Rice
French Fried Cauliflower
Black-eyed Peas
Brown Gravy
Hot Rolls

August 18, 2008

Lunch:
Baked Lasagna
Chicken Cacciatore
Italian Roasted Potatoes
Egg Plant Parmesan
Corn O' Brien
Garlic Toast

Dinner:
Lemon Baked Fish
Grilled Ham Steaks
Steamed Rice
Spicy Potato Wedges
Seasoned Peas & Carrots
Buttered Brussel Sprouts
Chicken Gravy
Hot Rolls

August 23, 2008

Lunch:
Cantonese Spare Ribs
Egg Rolls
Szechwan Chicken
Shrimp Fried Rice
Szechwan Spicy Noodles
Oriental Stir Fry Cabbage
Sweet and Sour Sauce

Dinner:
Shepherd's Pie
Apple Glazed Ham
Mashed Potatoes
Steamed Rice
Buttered Lima Beans
California Blend
Brown Gravy
Hot Rolls

August 24, 2008

Lunch:
Steamship Round of Beef
Fried Chicken
Duchess Potato
Baked Mac & Cheese
Lyonnais Green Beans
Corn Combo
Brown Gravy
Hot Rolls

Dinner:
Honey Glazed Duck
Lemon Baked Fish
Rice Pilaf
Parsley Buttered Potatoes
Cauliflower Combo
Seasoned Mixed Vegetables
Brown Gravy
Hot Rolls

August 25, 2008

Lunch:
Spaghetti w/ Meatballs
Chicken Alfredo
Italian Roasted Potatoes
Italian Style Beans
Corn O' Brien
Garlic Toast

Dinner:
Mongolian BBQ (Chicken & Beef)
Steamed Rice
Egg Rolls
Egg Drop Soup
Szechwan Spicy Noodles
Teriyaki Sauce

August 26, 2008

Lunch:
Chicken Schnitzel
Sauerbraten
Grilled Potato Cakes
Steamed Rice
Buttered Lima Beans
German Sauerkraut
Seasoned Mixed Vegetables
Chicken Gravy
Hot Rolls

Dinner:
Beef Pot Pie
Baked Stuffed Flounder
Steamed Rice
Oven Browned Potatoes
Seasoned Brussel Sprouts
Seasoned Peas & Carrots
Brown Gravy
Hot rolls

*Menu Subject To Change

Public affairs information exchange



“An important component of this event was the mutual sharing of information which led to knowledge and understanding of how effective public affairs operations can contribute to mission accomplishment”

Col. Thomas Nickerson
Public Affairs Officer
U.S. Army Central Command

Kenya Army officers inquire about how the U.S. military handles public affairs. Col. Thomas Nickerson, public affairs chief, U.S. Army Central, brought four other public affairs specialists from the U.S. military to exchange information on public affairs concepts and methodology with Kenya’s military.

Public affairs guidance information, the public about a recent command or



Five senior editors from national print and broadcast media met with the Kenya officers in an informal panel to explain their jobs and culture. The meeting quickly turned into a discussion of how to improve relationships for the mutual benefit of the military and the media.

“The panel discussion was a meaningful step forward,” Nickerson said. “The media and Kenya Army began the process of understanding each other and the important role they each play in educating and informing the public.”

This was the first in a scheduled series of information exchanges between the two countries to discuss public affairs strategies and techniques. [A](#)



Sgt. 1st Class Stephanie Widemond, broadcaster, U.S. Army Central, attaches a microphone to Kenya Army Maj. Antony Mutuku. Widemond interviewed the Kenya Army officers on camera for a story about the event that will be released to U.S. military news organizations. This also allowed the officers to get familiar with on-camera interviews.

“MANAGING YOUR MONEY”

Intel officer informs servicemembers on finances

Story and photos by
Maj. Carol McClelland
1st TSC PAO

A colonel in the 1st Theater Sustainment Command has money on his mind.

Army Col. George Fields, the Chief of Intelligence, or G2, has been teaching a free “Managing Your Money” class here in his spare time. More than 400 students have attended his six week-long class to learn more about increasing their own finances.

“All I did was sit down and listen to a guy one day who showed me what he was doing” said the colonel as he explained how he became interested in what he calls, “becoming financially free.” Interested in looking at life after his Army career, Fields signed up for a business seminar and wanted to know more about the speaker, a former Army cook who had \$10 million in the bank by age 43.

“He talked about using common sense principles, so I started applying them to my own finances,” Fields said. But Fields didn’t stop there. He wanted to share the knowledge he learned with other military members.

“Most Soldiers don’t learn about money until they get into trouble. There’s no class on how to grow your money,” he said. At Camp Arifjan, Fields created a class that taught Soldiers how to do just that.

The tall, financially savvy colonel from Brooklyn, N.Y., said some of his pupils are overwhelmed when they begin. But he said he uses a fun and casual approach to teach practical applications.

“I show them what they didn’t see before. No one should care more about your money than you,” he stated.

Using simple terms, he talks to attendees about IRAs, 401Ks, mutual funds, stock market investments and how to develop strategies that will help students meet their financial

goals. He said one of his goals is to teach military members to start developing discipline that will help them make life-financial decisions.

“We talk about stocks. There are lots of people weary of the market. But look at the things you buy. What do you eat or use for your laundry detergent? What do your parents buy? Where do you go?” Fields asked. Then he walks the class through what everything means. But he’s quick to note that he won’t tell them what to invest in. He focuses the class on doing the research and making their own decisions.

“It’s like putting a puzzle together and your finished product is your financial freedom,” said Fields, who described researching investments as fun.

By the time the class is complete his students embrace a paradigm shift believing they don’t have to have a lot of money to invest and number two, that they can be their own financial broker.

One student, who attended the class in April and returned for more during the June and July course, said he gained insight on investments during the first course but wanted to go back for more to apply what he learned.

“I’ve been deployed so many times but haven’t been able to save. I needed to learn more about how to save than how to spend,” said Army Staff Sgt. Reginald Wright, 4th Sustainment Brigade public affairs, who’s on his fourth deployment. “I learned a lot from the classes and liked how he fused humor into them.”

“You just have to get comfortable with the terms and develop the mindset of ‘I can,’” said Fields, whose undergraduate degree is in political science and masters is in human resources. “It’s taking all the PhD level wording out and bringing it down to the PFC level of understanding, and get everyone excited on how to grow money. They can embrace a whole



Col. George Field, chief of intelligence, 1st Theater Sustainment Command.

different lifestyle.”

After teaching two hour classes nearly every Sunday since last August, Fields has a number of financial followers who run ideas past him for sanity checks or tell him about their investment results, an article they’ve read or a new financial book recommendation. He’s had e-mails from as far away as Djibouti.

Participation is encouraged from all-ranks, all-branches of service and were only advertised by word-of-mouth. From employees of investment companies to “closet investors,” military members get excited about sharing their insights and their new level of understanding, Fields said. His classes grew each week with individuals taking what they learned in class then returning the following week with investment results.

But as he moves up to his new position as U.S. Army Central’s intelligence director, Fields said it’s time for him to step down from teaching and let some of the people who started out as students take over the class. **A**



Pfc. Jarren Rhodes, 645th Personnel Service Company, Oklahoma City, Okla., who is currently attached with the 441st Medical Company, navigates through one of the virtual training courses on the interactive driving simulator.

"Let the games begin" Soldiers train on virtual driving simulator

*Story and photos by
Spc. Elayseah Woodard-Hinton
Desert Voice staff writer*

Soldiers from the 645th Personnel Service Company of Oklahoma City, Okla., who are currently attached to the 441st Medical Company, had an opportunity to play while they worked during a driver's training course offered at Camp Buehring, Kuwait, July 30.

The day's training consisted of two parts, virtual training and on road training.

The virtual training allowed the Soldiers to experience driving tactical and non-tactical vehicles in a controlled simulated environment. The students were given various scenarios to conquer on the system.

"What we have now are four simulators that we can use to simulate driving a HMMWV, an ambulance or NTV," said Matt Pope, instructor, Army Safety Drivers Training.

The simulators are set up much like an arcade driving game. Each simulator consists of one driver's

seat, a steering wheel and a gas and break pedal. To provide an even more realistic feel, the driver is surrounded by three wide screen televisions that are set up to mimic the windows in a real vehicle. Each monitor provides an elaborate panoramic view to help the driver practice situational awareness while navigating through the animated terrain.

Although it is a virtual course in a controlled environment, where vehicle rollovers do not cause damage and an ambush does not end in fatalities, the scenarios each student is faced with, along with feedback given during after action reviews, could help prepare and reduce these types of situations from occurring in real life.

The training proved to be beneficial for the small group from the 645th, whose military occupation specialty are that of a 42A, human resources specialists. The four Soldiers are tasked with driving armored M997 Maxi-Ambulances, while attached with the 441st Med. Co. This will be the first time most of them

have driven a HMMWV.

"This is just the beginning of the training today," said Staff Sgt. Angel Santini, a native of Puerto Rico, who was one of the four Soldiers in the day's training.

Santini explained that once training on the simulators was complete, the group would spend the afternoon driving an actual M997.

Pfc. Jarren Rhodes, of Edmond, Okla., who was also part of the training, said he had no idea what to expect before taking the driving course; however, after training on the simulator, he felt like he had more insight on some of the things that might happen.

The HMMWV driver's training course proves that "video games" can be used for more than a source of entertainment. Both Santini and Rhodes both felt the training was beneficial and fun.

"It's good training, it's designed to help people become more familiar with their surroundings, builds good situational awareness and also builds team work," said Pope. 

Elections are around the corner...

preparation is key!

Article by
Brig. Gen. Rueben D. Jones
Human Resources Command

With the presidential primaries behind us, I want to maintain the focus and momentum of the voting program to ensure our servicemembers and civilians are able to have their vote counted in the General Election and the postal system is key to our success.

I want to make you aware of some critical voting and postal information disseminated to commanders, voting assistance officers and postal personnel so they can posture the deployed theater for the expeditious processing and movement of absentee ballots to and from the U.S. Army Central Command area of responsibility.

Mail transportation at forward operation bases currently takes an average of six to 10 days to send or receive mail to and from main military post offices in the CENTCOM AOR. However, the average mail transportation time to and from some FOBs is 30 to 45 days. The specific areas with significant mail transportation delays are FOBs in Afghanistan.

Mail support and transportation delays at FOBs will have a significant impact on the ability to move absentee ballots to and from the theater in a timely manner.

A total of 18 states are holding their primary elections for federal offices as late as Oct. 4. Based on the mail transportation data, it will take 60 days for Soldiers and civilians at FOBs to receive, complete and mail their absentee ballots. The recommended mailing date for absentee ballots for the Operations Enduring and Iraqi Freedom theaters is Oct. 7.

Forty-eight out of 55 states and territories will mail out the absentee ballots to overseas voters late summer, which means servicemembers and civilians will not get their ballots in time. In past elections, some state election offices have mailed out absentee ballot as late as the day before the election.

I know that operational requirements, limited transportation resources and weather significantly impact the ability to provide mail support to various FOBs on a regular basis. To focus and synergize our voting and postal efforts for a maximum effect, I recommend prioritizing the use of internal transportation assets. My staff has worked with the CENTCOM postal staff on a message that will

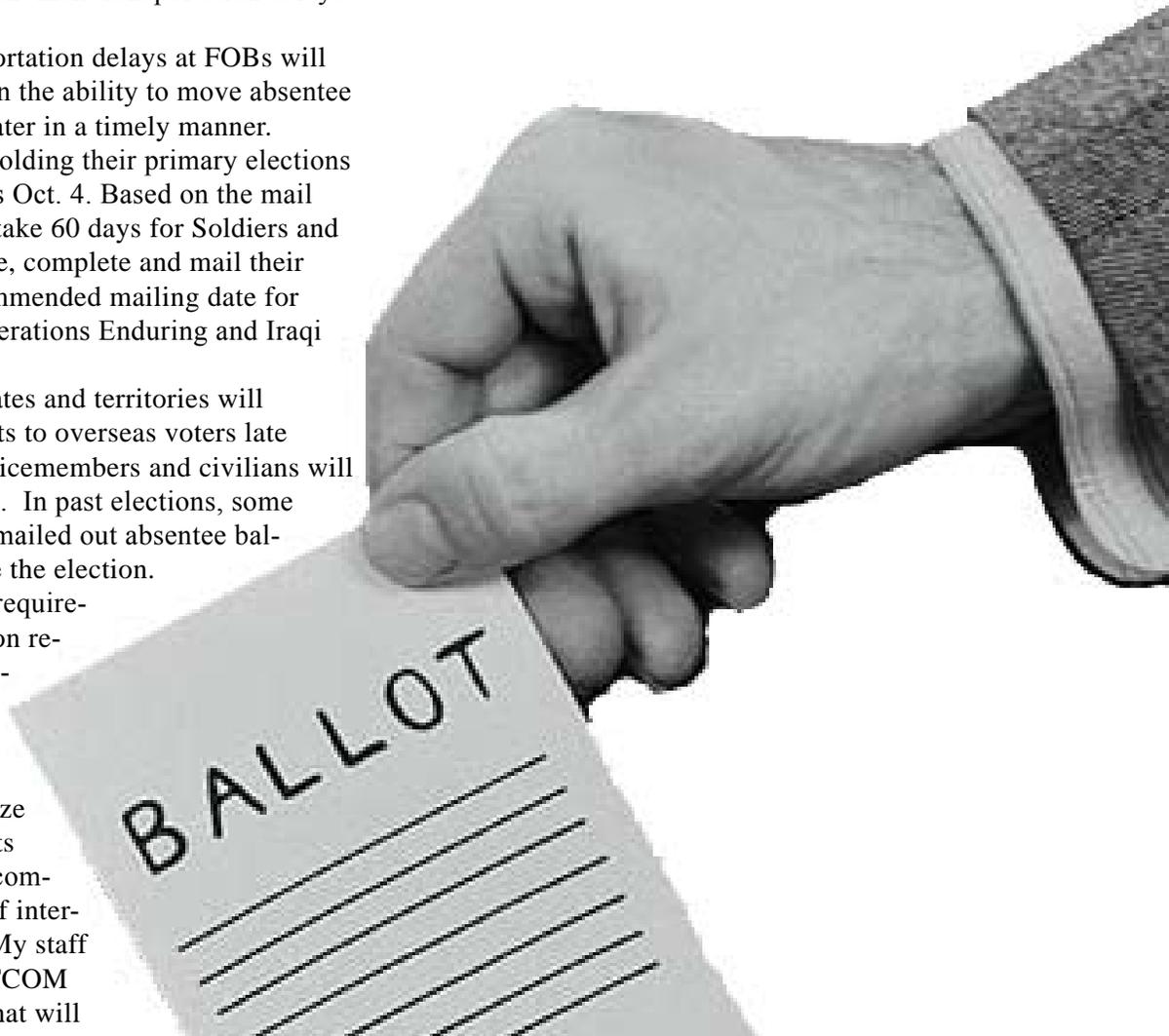
come from CENTCOM on Aug. 1, going out to the U.S. Transportation Command, senior combatant commanders and Coalition Joint Task Force commanders, regarding the priority of mail support and transportation from Sept. 1 through Nov. 30, 2008 to ensure absentee ballots are processed and transported in a timely manner.

I recommend unit commanders use every available means of transportation daily to ensure absentee ballots are moved to and from all locations to main post offices and transportation locations, during this time period.

All servicemembers and civilians, that are from one of the 18 states with late state primaries, must complete the Federal Write-in Absentee Ballot to ensure their vote is counted.

We recommend continuously informing and educating voters on the key mailing dates to ensure their ballots are received before the states' deadlines.

We stand ready to support as we move forward this election season. 



Empowerment

by Maj. Gen. Chuck Anderson
USARCENT Deputy Commanding General

One of the most common attributes you find with those who demonstrate positive leadership is the empowerment of people to plan, prepare and execute the tasks assigned to the organization.



With opportunity must come the freedom to operate outside their comfort zone and create worthwhile change for the organization.

What does empowering your people really mean? I'm sure you have worked for those who must see and practically must do everything and then there is the dichotomy, the one who powers down so much he has essentially "powered off."

Empowering others does not mean you don't provide guidance, ask for a brief-back or a periodic azimuth check. You still need to huddle with the team to ensure the ball is moving in the right direction.

In clear terms, empowerment is when you provide three things to your subordinates – opportunity, freedom, and security.

Leaders provide opportunities for subordinates to use their talents and creativity to make the organization better.

Last and most importantly, the security or better stated, the leader's confidence to back your teammates, especially when the plan does not unfold as predicted, is essential for this construct to work.

Empowering your organization multiplies the velocity, the participation, and ownership of the organization and its overall purpose. Empowering the individual is the leaders investment in his organization.

Your reward for empowering is that the value to your people and organization will be in multiples. In the end, you as the leader will grow. As clearly stated by Harvey Firestone, "it is only as we develop others that we permanently succeed."

Empowering others is a win, a win for everyone. Go for it. **A**

Just One Question ...

"How are you continuing your education while deployed?"



"I am using Rosetta Stone online to improve my language skills."

Maj. Nickie Morris
Inspector General staff
U.S. Army Central
Brooklyn, N.Y.



"I'm enrolled in the sergeant major academy."

Master Sgt. Natalie Mosley-Carter
311th Exp. Sustainment Command
G-6
Houston, Texas



"I am studying the regulations and manuals for my next advancement exam."

Petty Officer Annette Willis
Defense Logistics Agency
Support Team
Oklahoma City, Okla.



"I am taking classes. I've taken three [total], online and in classrooms."

Petty Officer Javier D. Reyes
Anesthesia
Expeditionary Medical Facility, Kuwait
Navarre, Fla.



"I am using Full Spectrum Operations JKO training and maintaining proficiency in my duties by reading professional journals."

Lt. Col. Shane Ousey
USARCENT Future Operations
Deputy Chief Officer
Columbia, S.C.

Why I serve: Cpl. Denise Rosales Marine Central Command, Kuwait Embark NCO



The Los Angeles, Calif., native explains why she chose to join the military.

"To make somebody of myself, to show my brothers that I could do it and to set an example for them."

ACROSS 4), signal 7), backing 8), distractions 10), following 11), faster 12), stupid
DOWN 1), intersection 2), mirror 3), inflated 4), scanning 5), lights 6), reduce 9), drowsy 12), right
Kuwait

What's happening around USARCENT ...

Farewell

Col. John S. Alexander, and wife, Maria, accept a U.S. flag for his 24 years of service during his July 28 retirement ceremony at the Zone 1 Gym at Camp Arifjan.



Photo by Spc. Elayseah Woodard-Hinton

Salsa anyone?

Servicemembers and civilians dance during the Puerto Rico Constitution Day celebration at Camp Arifjan, July 25.



Photo by Pfc. Howard Ketter

Did you know ...

U.S. Army Central, operates primarily in Northern Africa and Central and Southwest Asia. The area of responsibility encompasses an area of approximately 6.5 million square miles consisting of 27 countries populated by more than 650 million people speaking 12 major languages and representing seven major religions.

1918-2008 "Patton's Own"
Celebrating 90 Years of Service to the Nation