

# DV The Desert Voice

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



November 26, 2008



TRIBUTE  
TO ALL  
NATIONS



# A message from the president



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**On the cover**

Lt. Col. Joel Harris, commander, 1st Support Battalion, and Command Sgt. Maj. Randy Osweiler prepare to lay a wreath at the base of the Multinational Force and Observer's memorial to fallen veterans. (Photo by Sgt. Christopher Selmek)

## Contact us

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

**T**hanksgiving is a time for families and friends to gather together and express gratitude for all that we have been given, the freedoms we enjoy, and the loved ones who enrich our lives.

We recognize that all of these blessings, and life itself, come not from the hand of man but from Almighty God.

Every Thanksgiving, we remember the story of the Pilgrims who came to America in search of religious freedom and a better life. Having arrived in the New World, these early settlers gave thanks to the Author of Life for granting them safe passage to this abundant land and protecting them through a bitter winter.

Our Nation's first President, George Washington, stated in the first Thanksgiving proclamation that "It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor."

While in the midst of the Civil War, President Abraham Lincoln revived the tradition of proclaiming a day of thanksgiving, asking God to heal our wounds and restore our country.

Today, as we look back on the beginnings of our democracy, Americans recall that we live in a land of many blessings where every person has the right to live, work, and worship in freedom.

Our Nation is especially thankful for the brave men and women of our Armed Forces who protect these rights while setting aside their own comfort and safety.

Their courage keeps us free, their sacrifice makes us grateful, and their character makes us proud. Especially during the holidays, our whole country keeps them



President George W. Bush  
President of the United States

and their families in our thoughts and prayers.

Americans are also mindful of the need to share our gifts with others, and our Nation is moved to compassionate action. We pay tribute to all caring citizens who reach out a helping hand and serve a cause larger than themselves.

On this day, let us all give thanks to God who blessed our Na-

tion's first days and who blesses us today. May He continue to guide and watch over our families and our country always.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November 27, 2008, as a National Day of Thanksgiving.

I encourage all Americans to gather together in their homes and places of worship with family, friends, and loved ones to strengthen the ties that bind us and give thanks for the freedoms and many blessings we enjoy.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-first day of November, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

GEORGE W. BUSH



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# Use Army values for holiday eating

**Loyalty**

Bear true faith and allegiance to enjoying your holiday without obsessing about gaining weight. Be loyal to your exercise plan to compensate for excessive holiday calories.

**Duty**

Fulfill your obligations to eat slowly. The process of feeling full involves satiety signals transmitted from the stomach to the brain, which takes 20 minutes. To avoid eating gluttonous amounts of food, take your time eating.

**Respect**

Respect the plan you create to avoid overeating on days before and after celebratory gatherings. Avoid typically habitual snacking to save calories for those extraordinary holiday foods.

**Selfless Service**

Place the welfare of your family and friends first by making meal times a celebration of reflective expression rather than just over extended eating.

**Honor**

Live up to all the Army values. Avoiding excessive alcohol saves calories and lives. Being deployed is a great time to do this.

**Integrity**

Do what is right, focus on weight maintenance over the holidays rather than weight loss. Being realistic and using your "moral compass" or inner voice to eat right to maintain weight is more important at this time than trying to lose weight.

**Personal Courage**

Make a "New Day" resolution everyday; take responsibility for your eating and activity levels, accepting both your accomplishments and shortcomings.



## U.S. Army Central Safety

# GOT TIREAD?

- ✓ Never use Radial tires on Bias rims. Eight bolt rims are to be used with Bias tires only. Twelve bolt rims can be used with either Bias or Radial Tires.
- ✓ When using a Bias tire on a Radial rim, use a Bias Runflat as listed in the TACOM MAM #07-010.
- ✓ When changing from Radial to Bias tires, all four tires and run flats must be changed at the same time.
- ✓ Do not mix Radial and Bias tires on the same vehicle.
- ✓ Replace tires when they reach their wear limit.
- ✓ Use only approved bias or radial tires. See TACOM MAM #05-021.



ARMY STRONG

USARCEN



Leading on the Edge

# MFO remembers Soldiers of all nations



**Fijian Pvt. Emenoni Sovalevu (left), Canadian Leading Seaman Jaclyn Hunter and Australian Cpl. David Henderson, stand in ceremonial guard over the memorial that various contingents of the Multinational Force and Observers have laid wreaths symbolizing their remembrance, on North Camp, Sinai, Egypt, Nov. 11.**

Article and photo by  
Sgt. Christopher Selmek  
**Task Force Sinai Public Affairs**

**T**he Multinational Force and Observers of North Camp, Sinai, Egypt, commemorated Veterans Day, Nov. 11.

The ceremony consisted of all troop-contributing nations on Memorial Square and an honor guard standing vigil around a monument of a crescent, a Star of David and a cross, representing three major religions: Islam, Judaism and Christianity.

“I think it’s great that we all can come together,” said Sgt. Aaron Amos, headquarters support company, 1st Support Battalion. “Some days are different for other people, but it’s awesome that we all can get together on our Veterans Day and some other contingent’s Veterans Day.”

Originally Americans celebrated Veterans Day on Nov. 11 to commemorate the end of combat operations in World War I, but now it celebrates those who have served in every war. Many other nations have alternative days of honoring the sacrifice of their veterans.

Canada, the Republic of the Fiji Islands, France and the United Kingdom

celebrate Remembrance Day; In Israel, they observe Yom Hazikaron; Egyptians honor their armed forces on Oct. 6; Australian and New Zealand Army Corps Day is observed April 25.

“All over the world a kind of remembrance day is observed,” said Norwegian Maj. Gen. Kjell Narve Ludvigsen, force commander, MFO, who presided over the ceremony. “Different dates and names are used, but the meaning is the same. Nations honor those who gave their life so that all others can live in peace and have a brighter future. The MFO nations have different ways to demonstrate their gratefulness to fallen Soldiers, Sailors, Airmen and Marines, and the veterans who fought alongside them.”

“It’s a significant day in the history of the world. To be there, a part of the ceremony, is quite moving,” said Australian Cpl. David Henderson. “We still have a different remembrance day in Australia, where we commemorate a different battle in Anzac Cove, but we use that to honor our veterans from all wars. We need to appreciate the sacrifice previous generations have made so we can enjoy the lifestyle we have today.”

Everyone involved in the ceremony was happy to have the opportunity to

do it, seeing the remembrance less as a duty than a tribute.

“Usually we just get picked, but I was happy to do it,” said New Zealand Cpl. Terraina Hollis. “It’s important to remember those who passed. They went through different challenges and a different war than anything we’re doing now. Today we are trying to keep the peace, and we have them to thank for giving it to us.”

“As a fellow Soldier and a Canadian, I think it’s important we remember the sacrifices others have made so that we can be where we are today,” said Canadian Leading Seaman Jaclyn Hunter.

For others, the ceremony was very personal.

“To me it was very emotional, especially since I’ve had friends who have died in Iraq,” said Spc. Yvencia Guerrier, headquarters and headquarters detachment, Task Force Sinai. “As the chaplain was praying, tears were just coming out of my eyes for my friends who died, so this is a good way to remember Soldiers and this is a good way to honor all the different contingents who have lost Soldiers as well.”

Ludvigsen recognized his fellow peacekeepers serving with him here, today, as well as those who had gone before.

“To observe Remembrance Day is to dedicate ourselves to the cause of peace,” said Ludvigsen. “To everyone in the MFO, I thank you for your service on this special day. We must continue to perform our important role as peacekeepers to the best of our ability as a tribute to those who have gone before us. In doing so, we show that we believe what our predecessors worked so hard to achieve is worth protecting.”

At 11 a.m., Ludvigsen requested the assembly join him in a moment of silence. The assembly observed two minutes of silence as they reflected on the importance of this occasion. **A**

# WRU provides TLC to wounded warriors

Article and photo by  
Pfc. Alicia C. Torbush  
Desert Voice Staff Writer

The Warrior Return Unit's mission is to maximize the quality of life for coalition forces while they convalesce from an injury or illness sustained while in theater.

The WRU is a detachment of the Troop Medical Clinic that provides servicemembers a place to stay, relax and recover.

"The goal of the WRU is to treat troops who get sick or injured in theater and return them to their units," said Lt. Colleen Mahon, division officer, WRU.

Mahon and the other staff members provide case management, wound care, transportation to and from the TMC as well as accountability to a servicemember's chain of command.

"The biggest thing is making sure patients have what they need to return to duty," said Petty Officer 3rd Class Edward Kelley, administrative personnel, WRU.

The Expeditionary Medical Facility-Kuwait staffs physical therapists as well as corpsmen to accommodate the physical therapy needs of servicemembers deployed to the area of operation.

"One of the nice things is that we have moved physical therapy down here," said Mahon, a Seldon N.Y., resident. "Many of the servicemembers we see have orthopedic injuries. Now, they are able to walk just a couple of buildings down instead of having to go to the TMC."

The WRU is intended to be a short-term medical holding facility for troops with illness or injuries to stay until they are well enough to return to their unit and regular duties, said Mahon.

"The WRU does not actually provide medical care in these buildings," added Mahon. "[The WRU is] a place to stay, hang out and recover."

"It's a great place that accommodates our needs until we can heal and return to our units," said Petty officer 2nd Class Patrick Martin, a wounded warrior temporarily assigned to the WRU.

Martin also expressed a desire to return to his regular duties as leading petty officer in the engine room on the USS Carter Hall.

Currently, the WRU is undergoing renovations that will allow an increase in the number of servicemembers it can accommodate. They are also adding 15 new computers and two Defense Switched Network phone lines for servicemembers to use during their stay.

"On average we have 40 to 50 patients, who stay about eight to 10 days," said Mahon. "For fiscal year 2008 we had an 81 percent return-to-duty rate."

Because of the high success rate, the WRU is often visited by high-ranking individuals, added Mahon.

"It is nice to hear the commands be so proud of what we do and thankful that we can take care of their troops here and get them back to duty, get them back to the fight," said Mahon. 



Spc. Kent Eshelman (left), a resident of Onsted, Mich., and Navy Petty Officer 2nd Class Patrick Martin, of Tacoma, Wash., enjoy a videogame at the Warrior Return Unit.

# KUWAITI APPR



*Army Sgt. Michael Perez, (left), and Maj. Thomas S. Waddle move in on a Kuwaiti player looking to pass the ball during the soccer game at Kuwaiti Appreciation Day, Camp Arifjan, Kuwait, Nov. 22.*

# December 2008 Menu

December 5, 2008

LUNCH  
 CREAM OF POTATO SOUP  
 CHICKEN BEAGON BAHAR  
 SHRIMP MALAY CURRY  
 CHICKEN BIRYANI  
 STEAMED RICE  
 VENDI BHAJI (VEGETABLE OKRA)  
 GOBI MASALA (CAULIFLOWER)  
 COTTAGE CHEESE AND TOMATO SALAD  
 CHEF'S SALAD

DINNER  
 CREAM OF POTATO SOUP  
 SCALLOPED HAM & POTATOES  
 YANKEE POT ROAST  
 TOSSED GREEN RICE  
 MASHED POTATOES  
 SWEET PEAS  
 SEASONED CORN  
 BROWN GRAVY  
 COTTAGE CHEESE AND TOMATO SALAD  
 CHEF'S SALAD  
 NATURAL PAN GRAVY

Taco Bar

December 6, 2008

LUNCH  
 KNICKERBOCKER SOUP  
 BBQ ROAST PORK  
 PEPPER STEAK  
 MASHED POTATO  
 RICE PILAF  
 SEASONED MIXED VEGETABLE  
 SEASONED BUTTER BEANS  
 BROWN GRAVY  
 POTATO SALAD  
 THREE BEAN SALAD  
 HOT ROLL

DINNER  
 MONGOLIAN BBQ (CHICKEN, BEEF & SHRIMP W/ ALL FIXINGS)  
 STEAMED RICE  
 EGG ROLLS  
 EGG DROP SOUP  
 SZECHUAN SPICY NOODLES  
 TERIYAKI SAUCE  
 POTATO SALAD  
 THREE BEAN SALAD  
 DINNER SALAD

Nacho Bar

December 7, 2008

LUNCH  
 CREAM OF BROCCOLI SOUP  
 GRILLED CHICKEN BREASTS  
 HERBED BAKED FISH  
 WILD RICE  
 DUCHESSE POTATOES  
 SEASONED PEAS & CARROTS  
 OKRA & TOMATO GUMBO  
 CHICKEN GRAVY  
 TOSSED CALICO SALAD  
 WALDORF SALAD  
 HOT ROLL

DINNER  
 CREAM OF BROCCOLI SOUP  
 BRAISED PORK RIBS  
 ROAST TURKEY  
 ROSEMARY POTATO WEDGES  
 BUTTERED NOODLES  
 CORN O'BRIEN  
 CLUB SPINACH  
 TURKEY GRAVY  
 TOSSED CALICO SALAD  
 WALDORF SALAD  
 HOT ROLL

Veggie Bar

December 12, 2008

LUNCH  
 CRACKERS  
 DOUBLY GOOD CHICKEN SOUP  
 CHICKEN CHOWMEIN  
 SAVORY LAMB ROAST  
 ISLANDER RICE  
 MASHED POTATO  
 MIXED VEGETABLES  
 GINGER GLAZED CARROTS  
 BROWN GRAVY  
 PASTA SALAD  
 KIDNEY BEAN SALAD  
 HOT ROLL

DINNER  
 CRACKERS  
 DOUBLY GOOD CHICKEN SOUP  
 CREOLE PORK CHOPS  
 SALMON STEAK W/BUTTERED LEMON SAUCE  
 PAPRIKA BUTTERED POTATOES  
 BUTTERED FETTUCCINI NOODLES  
 RATATOUILLE  
 BUTTERED CAULIFLOWER  
 VEGETABLE GRAVY  
 KIDNEY BEAN SALAD  
 PASTA SALAD  
 HOT ROLL

Taco Bar

December 13, 2008

LUNCH  
 CRACKERS  
 VEGETABLE WITH BEEF SOUP  
 ROAST FRESH HAM  
 HONEY GINGER CHICKEN  
 STEAMED RICE  
 OVEN GLO POTATOES  
 GRILLED ZUCCHINI  
 SEASONED SUCCOTASH  
 CHICKEN GRAVY  
 CHEF'S SALAD  
 MIXED FRUIT SALAD  
 DINNER ROLLS

DINNER  
 CRACKERS  
 MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)  
 STEAMED RICE  
 EGG ROLLS  
 EGG DROP SOUP  
 SZECHUAN SPICY NOODLES  
 CHICKEN GRAVY  
 TERIYAKI SAUCE  
 CHEF'S SALAD  
 MIXED FRUIT SALAD  
 DINNER ROLLS

Nacho Bar

December 14, 2008

LUNCH  
 CRACKERS  
 MINESTRONE SOUP  
 BAKED FISH W/ GARLIC BUTTER  
 SPAGHETTI W/ MEAT SAUCE  
 OVEN-GLO POTATOES  
 ITALIAN STYLE BAKED BEANS  
 HOT SPICED BEETS  
 GARLIC BREAD  
 POTATO SALAD  
 JELLIED ORANGE & CRANBERRY SALAD  
 HOT ROLL

DINNER  
 CRACKERS  
 MINESTRONE SOUP  
 TURKEY NUGGETS  
 MAMBO PORK ROAST  
 GEORGIA RICE  
 VEGETABLE STIR FRY  
 SEASONED BRUSSELS SPROUTS  
 TURKEY GRAVY  
 POTATO SALAD  
 JELLIED ORANGE & CRANBERRY SALAD  
 HOT ROLL

Veggie Bar

December 15, 2008

LUNCH  
 CRACKERS  
 VELVET CORN SOUP  
 BBQ PORK LOIN  
 CHICKEN POT PIE  
 MEDITERRANEAN BROWN RICE  
 O'BRIEN POTATOES  
 GINGER GLAZED BABY CARROTS  
 CUT GREEN BEANS  
 CHICKEN GRAVY  
 CREAMY CUCUMBER RICE SALAD  
 SPINICH AND APPLE SALAD  
 HOT ROLL

DINNER  
 CRACKERS  
 VELVET CORN SOUP  
 HAMBURGER YAKISOBA  
 GRILLED ITALIAN SAUSAGE W/ PEPPER  
 EGG FRIED RICE  
 POTATO CAKES  
 PEAS & MUSHROOM  
 MIXED VEGETABLES  
 BROWN GRAVY  
 CREAMY CUCUMBER RICE SALAD  
 SPINICH AND APPLE SALAD  
 HOT ROLL

BBQ Bar

December 20, 2008

LUNCH  
 CRACKERS  
 SHRIMP GUMBO SOUP  
 TOMATO MEAT LOAF  
 PORK CHOPSUEY  
 STEAMED RICE  
 MASHED POTATOES  
 LAYONNAISE CARROTS  
 SWEET PEAS W/ MUSHROOMS  
 BROWN GRAVY  
 MACARONI SALAD  
 COUNTRY STYLE TOMATO SALAD  
 DINNER ROLLS

DINNER  
 CRACKERS  
 SHRIMP GUMBO SOUP  
 MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)  
 STEAMED RICE  
 EGG ROLLS  
 SZECHUAN SPICY NOODLES  
 TERIYAKI SAUCE  
 MACARONI SALAD  
 COUNTRY STYLE TOMATO SALAD  
 HOT ROLLS

Nacho Bar

December 21, 2008

LUNCH  
 CRACKERS  
 MIDWESTERN TOMATO SOUP  
 CANTONESE SPARE RIBS  
 FRIED CHICKEN  
 VEG FRIED RICE  
 MASHED POTATOES  
 BROCCOLI COMBO  
 MIXED VEGETABLES  
 CHICKEN GRAVY  
 VEGETABLE SLAW W/ DRESSING  
 JELLIED PEAR SALAD  
 HOT ROLLS

DINNER  
 CRACKERS  
 MID WESTERN TOMATO SOUP  
 LEMON BAKED TROUT  
 CHILI CONQUISTADOR  
 ORANGE RICE  
 SCALLOPED POTATOES  
 SEASONED MIXED VEGETABLES  
 STEWED TOMATO  
 CHICKEN GRAVY  
 VEGETABLE SLAW W/ DRESSING  
 JELLIED PEAR SALAD

Veggie Bar

December 22, 2008

LUNCH  
 CREAMED CARROT SOUP  
 BEEF POT PIE  
 CHICKEN CURRY  
 WHITE RICE  
 DUCHESSE POTATOES  
 BUTTERED FRENCH BEANS  
 SEASONED SLICE CARROTS  
 BROWN GRAVY  
 POTATO SALAD  
 SPRING SALAD  
 HOT ROLLS

DINNER  
 CRACKERS  
 CREAMED CARROT SOUP  
 KNOCKWURST W/ SAUERKRAUT  
 VEAL PARMESAN  
 CHICKPEA RICE  
 FRANCONIA POTATOES  
 RATATOUILLE  
 SEASONED CORN  
 BROWN GRAVY  
 TAMALES  
 POTATO SALAD  
 SPRING SALAD

BBQ Bar

December 23, 2008

LUNCH  
 MEXICAN ONION CORN SOUP  
 CHICKEN FAJITAS  
 BEEF & BEAN BURRITOS  
 CHEESE ENCHILADAS  
 SPANISH RICE  
 REFRIED BEANS  
 SEASONED SWEET CORN  
 ENCHILADAS SAUCE  
 TORTILLA BREAD  
 FRIJOLE SALAD  
 MARINATED BLACK BEAN SALAD  
 DINNER ROLLS

DINNER  
 MEXICAN ONION CORN SOUP  
 BRAISED LIVER W/ ONIONS  
 SHRIMP SCAMPI  
 AZTEC RICE  
 MASHED POTATOES  
 HACIENDA CORN & BLACK BEANS  
 GRILLED ZUCCHINI  
 FRIJOLE SALAD  
 MARINATED BLACK BEAN SALAD  
 BROWN GRAVY  
 DINNER ROLLS

Pasta Bar

December 28, 2008

LUNCH  
 NEW ENGLAND CLAM CHOWDER  
 CHICKEN CACCIATORE  
 SAUERBRATEN  
 FRIED RICE  
 SCALLOPED POTATOES  
 PEAS & ONIONS  
 CAULIFLOWER W/ CHEESE SAUCE  
 BROWN GRAVY  
 PINEAPPLE MARSHMALLOW COLE SLAW  
 TOSSED CALICO SALAD

DINNER  
 NEW ENGLAND CLAM CHOWDER  
 TAMALES  
 CHICKEN CORNED BLEU  
 ORANGE RICE  
 ROASTED POTATOES  
 FRENCH FRIED OKRA  
 SEASONED GREEN BEANS  
 BROWN GRAVY  
 PINEAPPLE MARSHMALLOW COLE SLAW  
 TOSSED CALICO SALAD

Veggie Bar

December 29, 2008

LUNCH  
 CRACKERS  
 CHICKEN NOODLES SOUP  
 SPICY ITALIAN PORK CHOPS  
 CHICKEN ALFREDO  
 BUTTERED LINGUINI  
 STEAMED RICE  
 ITALIAN STYLE BAKED BEANS  
 SEASONED MIXED VEGETABLES  
 ZESTY ROTINI PASTA SALAD  
 COTTAGE CHEESE & TOMATO SALAD  
 DINNER ROLLS

DINNER  
 CRACKERS  
 CHICKEN NOODLES SOUP  
 BAKED HAM STEAK  
 SPAGHETTI W/ MEAT BALL  
 ROASTED PEPPER POTATOES  
 CLUB SPINACH  
 SEASONED GREEN BEANS  
 CHICKEN GRAVY  
 ZESTY ROTINI PASTA SALAD  
 COTTAGE CHEESE & TOMATO SALAD  
 DINNER ROLLS

BBQ Bar

December 30, 2008

LUNCH  
 MEXICAN ONION CORN SOUP  
 BEEF FAJITAS  
 CHICKEN & BEAN BURRITOS  
 CHEESE ENCHILADAS  
 SPANISH RICE  
 REFRIED BEANS  
 SEASONED SWEET CORN  
 ENCHILADAS SAUCE  
 TORTILLA BREAD  
 MEXICAN POTATO SALAD  
 THREE BEANS SALAD

DINNER  
 CRACKERS  
 MEXICAN ONION CORN SOUP  
 TUNA TERAZZINI  
 JAMICAN RUM CHICKEN  
 GARLIC CHEESE POTATOES  
 SEASONED BROCCOLI  
 ENCHILADAS SAUCE  
 BROWN GRAVY  
 MEXICAN POTATO SALAD  
 THREE BEANS SALAD  
 DINNER ROLLS

Pasta Bar

December 31, 2008

LUNCH  
 EGG DROP SOUP  
 BRAISED BRATWURST  
 TURKEY ALA KING  
 ROSEMARY POTATO WEDGES  
 SZECHUAN SPICY NOODLES  
 CORN O'BRIEN  
 CLUB SPINACH  
 SEASONED GREEN BEANS  
 TURKEY GRAVY  
 CUCUMBER & ONION SALAD  
 JELLIED CRANBERRY & ORANGE SALAD

DINNER  
 EGG DROP SOUP  
 GRILLED STEAK  
 BAKED LOBSTER W/ CHEESE  
 FRIED SHRIMPS  
 TOSSED GREEN RICE  
 BAKED POTATOES  
 SWEET PEAS  
 STEAMED BROCCOLI  
 SAUTEED ONIONS & MUSHROOM  
 BUTTER SAUCE  
 NATURAL PAN GRAVY  
 CUCUMBER & ONION SALAD

Chinese Bar

# Menu Key

**Green: Healthy Choices**

**Red: Specialty Meals**

# OIF Dining Facility

December 1, 2008 **December 29, 2008**

Lunch:  
 Cream of Broccoli Soup  
 Crackers  
 Fried & Baked Chicken  
 Prime Rib w/Au Jus Sauce  
 Mashed Potatoes  
 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

**Pasta Bar**

(Day 26 of 28)

December 2, 2008 **December 30, 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  
 Rissole Potatoes  
 Italian - Style Baked Beans  
 Seasoned Carrot Slices  
 Bread Dressing  
 Mashed Potatoes  
 Turkey Gravy  
 Cranberry Sauce

**Taco Bar**  
**Indian Night**  
**Meal**

(Day 27 of 28)

December 3, 2008 **December 31, 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

**Potato Bar**  
**Steak Night**

(Day 28 of 28)

December 4, 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

**Fajitas Bar**

(Day 1 of 28)

December 8, 2008

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

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

**Pasta Bar**

(Day 5 of 28)

December 9, 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

**Taco Bar**  
**Chinese Night**  
**Meal**

(Day 6 of 28)

December 10, 2008

Lunch:  
 New England Clam Soup  
 Crackers  
 Swedish Meatballs  
 Baked Ham  
 Steamed Rice  
 Scalloped 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

**Potato Bar**  
**Steak Night**

(Day 7 of 28)

December 11, 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

**Fajitas Bar**

(Day 8 of 28)

December 15, 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 Outlet, Chicken Fried and Baked  
 Steamed Rice  
 O'Brien Potatoes  
 Peas w/ Mushrooms  
 Seasoned Corn  
 Turkey Gravy

**Pasta Bar**

(Day 12 of 28)

December 16, 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

**Taco Bar**  
**Arabian Night**  
**Meal**

(Day 13 of 28)

December 17, 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

Dinner:  
 Seafood Dinner:  
 New England Clam Soup  
 Crackers  
 Ribeye Steak  
 Lobster  
 Breaded Shrimp  
 Crab Bites  
 Onion & Mushrooms  
 Rice Pilaf  
 Baked Potatoes w/ Sour Cream  
 Seasoned Green Beans  
 Corn on the Cob  
 Brown Gravy

**Potato Bar**  
**Steak Night**

(Day 14 of 28)

December 18, 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

**Fajitas Bar**

(Day 15 of 28)

December 22, 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  
 Cornbread

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

**Pasta Bar**

(Day 19 of 28)

December 23, 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 Suey  
 Oven Brown Potatoes  
 Steamed Rice  
 Seasoned Carrots  
 Cauliflower Au Gratin  
 Brown Gravy

**Taco Bar**  
**Oriental Night**  
**Meal**

(Day 20 of 28)

December 24, 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

**Potato Bar**  
**Steak Night**

(Day 21 of 28)

December 25, 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

**Fajitas Bar**

(Day 22 of 28)

**\*Menu Subject To Change**

# December 2008 Menu

December 5, 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)

December 6, 2008

Lunch:  
 Vegetarian Vegetable Soup  
 Crackers  
 Crab Cakes  
 Cornish Hen  
 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)

December 7, 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)

December 12, 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)

December 13, 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)

December 14, 2008

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

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)

December 19, 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)

December 20, 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**

December 21, 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**

December 26, 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  
 Jefferson Noodles  
 Brown Gravy  
 Broccoli Combo  
 Orange Carrot Almandine  
 Sautéed Mushrooms & Onions

**Pasta Bar**  
**Mongolian BBQ Night**

(Day 23 of 28)

December 27, 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)

December 28, 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)

# Menu Key

**Green: Healthy Choices**

**Red: Specialty Meals**

# AIK Dining Facility

December 1, 2008

LUNCH  
CHICKEN NOODLES SOUP  
SPICY ITALIAN PORK CHOPS  
CHICKEN ALFREDO  
BUTTERED LINGUINI  
STEAMED RICE  
ITALIAN STYLE BAKED BEANS  
**SEASONED MIXED VEGETABLES**  
PICKLED GREEN BEAN SALAD  
GERMAN COLE SLAW  
DINNER ROLLS  
ASST PASTRY & CAKES

**BBQ Bar**

DINNER  
CHICKEN NOODLES SOUP  
CHICKEN CORDON BLEU  
SPAGHETTI W/ MEAT BALLS  
ROASTED PEPPER POTATOES  
CLUB SPINACH  
SEASONED GREEN BEANS  
CHICKEN GRAVY  
PICKLED GREEN BEAN SALAD  
GERMAN COLE SLAW  
ASST PASTRY & CAKES

December 2, 2008

LUNCH  
MEXICAN ONION CORN SOUP  
BEEF FAJITAS  
CHICKEN & BEAN BURRITOS  
CHEESE ENCHILADAS  
SPANISH RICE  
REFRIED BEANS  
SEASONED SWEET CORN  
ENCHILADAS SAUCE  
TORTILLA BREAD  
ITALIAN STYLE PASTA SALAD  
**MARINATED BLACK BEAN SALAD**

**Pasta Bar**

DINNER  
CRACKERS  
MEXICAN ONION CORN SOUP  
TUNA TETRAZZINI  
JAMICAN RUM CHICKEN  
GARLIC CHEESE POTATOES  
**SEASONED BROCCOLI**  
GINGER GLAZED CARROTS  
BROWN GRAVY  
ITALIAN STYLE PASTA SALAD  
**MARINATED BLACK BEAN SALAD**

December 3, 2008

LUNCH  
EGG DROP SOUP  
GRILLED HAM STEAK  
CHICKEN ALFREDO  
STEAMED RICE  
MASHED POTATOES  
TANGY SPINACH  
**SEASONED CARROTS**  
NATURAL PAN GRAVY  
JELLIED PEAR SALAD  
CUCUMBER ONION SALAD

**Chinese Bar**

DINNER  
EGG DROP SOUP  
GRILLED STEAK  
**STEAMED CRAB LEGS**  
FRIED SCALLOPS  
TOSSED GREEN RICE  
**BAKED POTATOES**  
SWEET PEAS  
SAUTEED ONIONS & MUSHROOM  
BUTTER SAUCE  
NATURAL PAN GRAVY  
JELLIED PEAR SALAD  
CUCUMBER ONION SALAD

December 4, 2008

LUNCH  
CHICKEN W/RICE SOUP  
BBQ CHICKEN  
SOUTHERN FRIED CATFISH  
CHEESE MACARONI  
CANDIED YAMS  
SOUTHERN STYLE GREENS  
PARSLEY BUTTERED CARROTS  
HUSH PUPPIES  
MACARONI SALAD  
**COUNTRY STYLE TOMATO SALAD**

**Potato Bar**

DINNER  
CHICKEN W/RICE SOUP  
BAKED LASAGNA  
LYONNAISE RICE  
SEASONED PEAS & CARROTS  
STEWED TOMATOES  
GARLIC BREADS  
POLISH SAUSAGE W/ SAUTEED ONIONS & GREEN PEPPER  
MACARONI SALAD  
**COUNTRY STYLE TOMATO SALAD**

December 8, 2008

LUNCH  
BEEF W/ VEGETABLE SOUP  
HONEY GINGER CHICKEN  
GARDEN COTTAGE CHEESE SALAD  
ZESTY ROTINI PASTA SALAD  
ZESTY MEAT LOAF  
ISLANDER'S RICE  
MASHED POTATOES  
CALICO CABBAGE  
TORTILLA BEANS  
BROWN GRAVY  
HOT ROLLS

**BBQ Bar**

DINNER  
BEEF W/ VEGETABLE SOUP  
NEW ENGLAND BOILED DINNER  
BAKED HAM STEAK  
ORANGE RICE  
SCALLOPED POTATOES  
**SEASONED GREEN BEANS**  
STEWED TOMATO  
GRILLED ZUCCHINI  
GARDEN COTTAGE CHEESE SALAD  
ZESTY ROTINI PASTA SALAD  
HOT ROLLS

December 9, 2008

LUNCH  
MEXICAN ONION CORN SOUP  
CHICKEN FAJITAS  
BEEF & BEAN BURRITOS  
CHEESE ENCHILADAS  
SPANISH RICE  
REFRIED BEANS  
SEASONED SWEET CORN  
ENCHILADAS SAUCE  
TORTILLA BREAD  
MEXICAN COLE SLAW  
BROCCOLI SALAD  
DINNER ROLLS

**Pasta Bar**

DINNER  
MEXICAN ONION CORN SOUP  
BRAISED LIVER W/ ONIONS  
SHRIMP SCAMPI  
AZTEC RICE  
MASHED POTATOES  
HACHIENDA CORN & BLACK BEANS  
GRILLED ZUCCHINI  
BROWN GRAVY  
MEXICAN POTATO SALAD  
BROCCOLI SALAD  
DINNER ROLLS

December 10, 2008

LUNCH  
EGG DROP SOUP  
BRAISED BRATWURST  
TURKEY SLAKINS  
ROSEMARY POTATO WEDGES  
SZECHUAN SPICY NOODLES  
CORN O'BRIEN  
CLUB SPINACH  
TURKEY GRAVY  
MACARONI SALAD  
**CUCUMBER & ONION SALAD**  
DINNER ROLLS

**Chinese Bar**

DINNER  
EGG DROP SOUP  
GRILLED STEAK  
BAKED LOBSTER W/ CHEESE  
FRIED SHRIMP  
**TOSSED GREEN RICE**  
**BAKED POTATOES**  
SWEET PEAS  
**SEASONED BROCCOLI**  
SAUTEED ONIONS & MUSHROOM  
BUTTER SAUCE  
**CUCUMBER & ONION SALAD**  
MACARONI SALAD  
DINNER ROLLS

December 11, 2008

LUNCH  
CRACKERS  
TOMATO NOODLE SOUP  
BBQ CHICKEN  
SOUTHERN FRIED CHICKEN  
CHEESE MACARONI  
CANDIED YAMS  
SOUTHERN STYLE GREENS  
PARSLEY BUTTERED CARROTS  
CORN BREAD  
GERMAN TOMATO SALAD  
**SPRING SALAD**  
DINNER ROLLS

**Potato Bar**

DINNER  
CRACKERS  
TOMATO NOODLE SOUP  
BAKED STUFFED FISH  
EL RANCHO STEW  
**STEAMED RICE**  
MASHED POTATOES  
CAULIFLOWER AU GRATIN  
GLAZED CARROTS  
GERMAN TOMATO SALAD  
**SPRING SALAD**  
BROWN GRAVY  
DINNER ROLLS

December 16, 2008

LUNCH  
CRACKERS  
MEXICAN ONION CORN SOUP  
BEEF FAJITAS  
CHICKEN & BEAN BURRITOS  
CHEESE ENCHILADAS  
SPANISH RICE  
REFRIED BEANS  
SEASONED SWEET CORN  
ENCHILADAS SAUCE  
TORTILLA BREAD  
SALSA PASTA SALAD  
MARINATED BLACK BEAN SALAD

**Pasta Bar**

DINNER  
CRACKERS  
CREAM OF MUSHROOM SOUP  
NEW ENGLAND BOILED DINNER  
BRAISED FRIED PORK CHOP  
FRIED RICE  
LYONNAISE POTATOES  
STEAMED CABBAGE  
SEASONED BEANS  
BROWN GRAVY  
SALSA PASTA SALAD  
MARINATED BLACK BEAN SALAD  
HOT ROLLS

December 17, 2008

LUNCH  
EGG DROP SOUP  
SHRIMP JAMBALAYA  
GINGER POT ROAST  
MASHED POTATOES  
CAULIFLOWER AU GRATIN  
GLAZED CARROTS  
BROWN GRAVY  
PINEAPPLE MARSHMALLOW COLE SLAW  
PICKLED GREEN BEAN SALAD  
DINNER ROLLS

**Chinese Bar**

DINNER  
EGG DROP SOUP  
GRILLED STEAK  
**STEAMED CRAB LEGS**  
FRIED SCALLOPS  
**TOSSED GREEN RICE**  
**BAKED POTATOES**  
SWEET PEAS  
SAUTEED ONIONS & MUSHROOM  
BUTTER SAUCE  
NATURAL PAN GRAVY  
PINEAPPLE MARSHMALLOW COLE SLAW  
PICKLED GREEN BEAN SALAD

December 18, 2008

LUNCH  
CRACKERS  
CHICKEN W/RICE SOUP  
BBQ CHICKEN  
SOUTHERN FRIED CAT FISH  
CHEESE MACARONI  
CANDIED YAMS  
SOUTHERN STYLE GREENS  
CORN ON THE COB  
CORN BREAD  
HUSH PUPPIES  
ZESTY ROTINI PASTA SALAD  
**CARROT, CELERY & APPLE SALAD**  
DINNER ROLLS

**Potato Bar**

DINNER  
CHICKEN W/RICE SOUP  
BAKED STUFFED PORK CHOP  
BEEF POT PIE W/ BISCUIT  
**STEAMED RICE**  
NOODLES JEFFERSON  
SOUTHERN STYLE GREEN BEANS  
BUTTERED SWEET CORN  
BROWN GRAVY  
ZESTY ROTINI PASTA SALAD  
**CARROT, CELERY & APPLE SALAD**

December 19, 2008

LUNCH  
CRACKERS  
CHICKEN CORN CHOWDER SOUP  
BAKED LASAGNA  
CHICKEN PARMESAN  
ITALIAN ROASTED POTATOES  
**ASPARAGUS**  
CORN O'BRIEN  
CHICKEN GRAVY  
GARLIC TOAST  
MARINATED CARROT SALAD  
CUCUMBER & ONION SALAD  
HOT ROLLS

**Taco Bar**

DINNER  
CRACKERS  
CHICKEN CORN CHOWDER SOUP  
LEMON BAKED TROUT  
PEPPER STEAK  
MASHED POTATO  
**RICE PILAF**  
**SEASONED MIXED VEGETABLE**  
SEASONED BUTTER BEANS  
BROWN GRAVY  
CUCUMBER & ONION SALAD  
MARINATED CARROT SALAD  
HOT ROLLS

December 24, 2008

LUNCH  
EGG DROP SOUP  
BEEF STEW  
BAKED TANDOORI CHICKEN  
**STEAMED RICE**  
BUTTERED MASHED POTATOES  
CREAMY STYLE CORN  
SAVORY BAKED BEANS  
BROWN GRAVY  
GARDEN COTTAGE CHEESE SALAD  
**CUCUMBER & ONION SALAD**  
DINNER ROLLS

**Chinese Bar**

DINNER  
EGG DROP SOUP  
GRILLED STEAK  
**STEAMED CRAB LEGS**  
FRIED SCALLOPED  
**TOSSED GREEN RICE**  
**BAKED POTATOES**  
SWEET PEAS  
**STEAMED BROCCOLI**  
SAUTEED ONIONS & MUSHROOM  
BUTTER SAUCE  
NATURAL PAN GRAVY  
**CUCUMBER & ONION SALAD**  
GARDEN COTTAGE CHEESE SALAD

December 25, 2008

ENTREE  
**ROAST TURKEY**  
STEAMSHIP ROUND  
HONEY GLAZED CORNISH HENS  
BEEF PRIME RIB  
BAKED HAM  
RICE PILAF  
CANDIED YAMS  
SAVORY BREAD DRESSING  
VEGETABLES  
CORN ON THE COB  
HONEY GLAZED CARROTS  
SALADS:  
**COTTAGE CHEESE & PEACH SALAD**  
POTATO SALAD  
**FRUIT COCKTAIL GELATIN**  
SOUP:  
FRENCH ONION SOUP  
BREADS:  
HOT DINNER ROLLS  
FRENCH BREAD  
CORN BREAD  
DESSERT:  
PIES  
CHEESE CAKE  
BLACK FOREST CAKE  
EGG NOG  
SPARKLING WINE

December 26, 2008

LUNCH  
CRACKERS  
NUTTY SPLIT PEA SOUP  
INDONESIAN STYLE BEEF & NOODLES  
**HERBED BAKED CHICKEN**  
PARSLEY POTATO  
ORIENTAL STIR FRY CABBAGE  
**FRENCH STYLE CUT GREEN BEANS**  
CHICKEN GRAVY  
**GERMAN TOMATO SALAD**  
THREE BEAN SALAD

**Taco Bar**

DINNER  
CRACKERS  
NUTTY SPLIT PEA SOUP  
VEAL PAPRIKA STEAK  
CHALUPA  
BUTTERED FETTUCCINI  
LYONNAISE POTATOES  
SEASONED CARROTS  
BUTTERED WAX BEANS  
BROWN GRAVY  
**GERMAN TOMATO SALAD**  
THREE BEAN SALAD

December 27, 2008

LUNCH  
CRACKERS  
NAVY BEAN SOUP  
HUNGRIAN GOULASH  
TEMPURA FISH  
BUTTERED EGG NOODLES  
PAPRIKA MASHED POTATO  
SEASONED GREEN BEANS  
CALICO GARBAGE  
BROWN GRAVY  
MACARONI SALAD  
**FRUIT COCKTAIL JELLIED SALAD**

**Nacho Bar**

DINNER  
CRACKERS  
NAVY BEAN SOUP  
MONGOLIAN BBO (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)  
**STEAMED RICE**  
EGG ROLLS  
SZECHUAN SPICY NOODLES  
TERIYAKI SAUCE  
MACARONI SALAD  
**FRUIT COCKTAIL JELLIED SALAD**

\*Menu Subject To Change

# ECIATION DAY

Story and photos by  
Sgt. Nathan W. Hutchison  
1st Sustainment Command PAO

**T**he red carpet was rolled out here for Kuwaiti royal family members and dignitaries for an evening of sports and dining during Kuwaiti Appreciation Day Nov. 22.

The celebration, designed to show appreciation for the support from Kuwait and its residents from 1991 to our current operations with the war on terrorism, included a soccer game between a Kuwaiti and US team followed by a formal dinner with the distinguished guests.

Lt. Gen. James J. Lovelace, commanding general, U.S. Army Central, welcomed the guests and expressed our Military's gratitude for their hospitality and support.

"It's a real pleasure to have our friends, our comrades, our hosts here today," said Lovelace, "The Kuwaiti people have been gracious hosts and supporters of U.S. Military operations: a staging point for forces and equipment rotating in and out of theater, and I cannot overstate our appreciation for your hospitality."

Kuwaiti Maj. Gen. Khalil Y. Al-Shamali, Deputy, Operations, Ministry of Interior, commended the efforts by the U.S. troops in preparation for the celebration as well the general's gestures of hospitality and camaraderie.

"This feeling is overwhelming because it makes me feel like we are united as joint forces," said Al-Shamali. "We are working together

for the safety of Kuwaiti and U.S. forces as well as that of the people of both countries."

Lovelace praised the commitment and strong relationship that has grown between the US and Kuwaiti people.

"Our work together over the years has been powerfully important to the security of the region," said Lovelace. "We have continued to share ideas, further our relationships, and work towards a common vision of the future."

The celebration continued with a soccer game between a Kuwaiti team represented by members of their national squad and the "Blue Devils," a team comprised of the 311th Sustainment Command and 1st Sustainment Command Soldiers.

After an intense game the Kuwaiti team walked away with a 3-0 win. The two teams exchanged a signed soccer ball, and through the language gap praised one another's skill on the soccer field.

This was the second game between the two teams, now tied with one win apiece. The future is certain to hold more celebrations with both teams anticipating a tie breaker.

Although the U.S. team took a loss on the soccer field the celebration was a success, and the already firm relationship between the US and Kuwait was further strengthened.

"As I look at the Kuwaiti and U.S. flags flying together I see them as a part of one, and I hope to forever see our countries' friendship grow," Al-Shamali added. "May God bless the U.S. forces and bring them safely to their families." <sup>A</sup>



# Junior Marine pursues excellence

Article and photos by  
Cpl. Jason D. Mills  
26th MEU Public Affairs

To a lot of people, leadership is just a word, an idea. But to Lance Cpl. Dustin Saltsman, leadership is more than a word; it's a way of life.

Despite his relatively unassuming demeanor, the basic engineer electrical equipment system technician is anything but ordinary.

In just a few months, the New York native went from having a gray belt in the Marine Corps Martial Arts Program to being a green belt instructor, a title usually reserved for noncommissioned officers and takes more than 170 hours of training to attain.

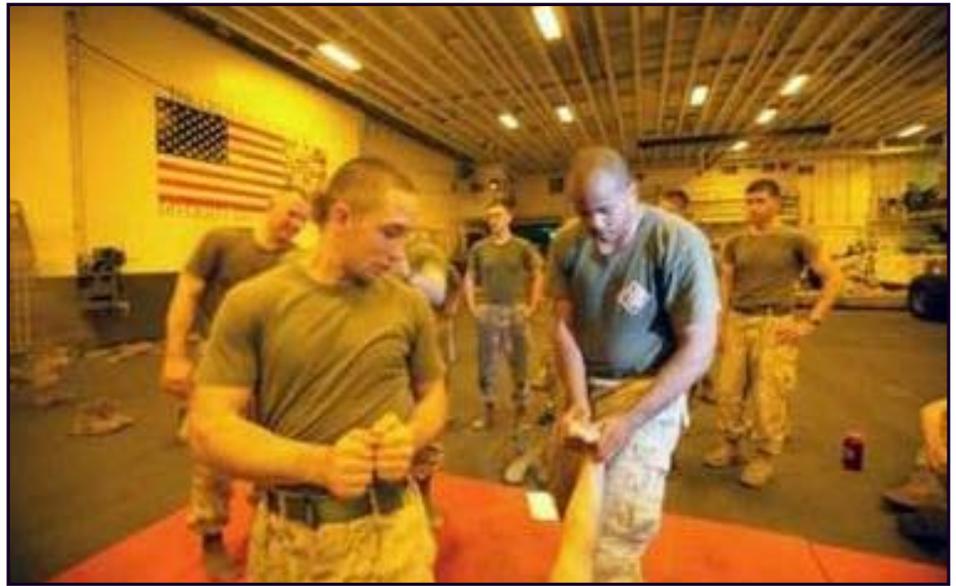
Saltsman earned this latest belt underway aboard USS Iwo Jima, after the 26th Marine Expeditionary Unit set sail late August.

MCMAP, a combat system developed by the Marine Corps in 2001, combines existing new hand-to-hand and close quarters combat techniques with morale and team-building functions.

The program uses a system of colored belts similar to that of most martial arts. The different levels of belts are tan, gray, green, brown and black; the program also includes green belt instructor, brown belt instructor,



Saltsman leads a group of Marines in physical training during a Marine Corps Martial Arts Program class.



Lance Cpl. Dustin Saltsman (left), 26th Marine Expeditionary Unit and green belt instructor, demonstrates to Sgt. Garfield Shealy the proper procedure when executing a counter to a front choke aboard USS Iwo Jima.

black belt instructor and five higher degrees of black belt.

MCMAP instructors can train other Marines up to their current belt level, and certify Marines at one level below their belt level. A green belt instructor can therefore certify others for tan and gray belts.

Upon earning green belt instructor, Saltsman immediately began assisting with MCMAP training aboard USS Iwo Jima.

Despite the long-grueling hours of training he kept a positive attitude.

"I thought it was fun; actually, it was a great time," said Saltsman.

According to Saltsman, had it not been for the course, he would have never had the chance to meet such a diverse group of people aboard the ship.

Of course Saltsman's positive attitude isn't surprising. He is no stranger to overcoming adversity.

"When I was six, I was told I would never walk again," he said. "I went to one doctor and he told me that I was never gonna walk again, there was nothing he could do. We went and got a second opinion and a couple months later I went and got surgery on my left hip."

A little more than two years later Saltsman was not only walking, but

playing sports – a testament to Saltsman's spirit of perseverance.

"It's pushing yourself to the limit," he said. "Knowing that people can tell you that you will never make it and overcoming that adversity."

Even though he often teaches those who outrank him, Saltsman has maintained his humility.

"Since getting to know Saltsman, he has continued to impress me as a solid junior leader of Marines," said Gunnery Sgt. Adam Wilner, 26th MEU electronic key management system chief and MCMAP instructor. "Not only is he performing as an NCO, I think he is doing it better than Marines with years more experience. As a [staff NCO] I have seen Marines that I thought would perform well in front of their peers and seniors flop. And now I have a [lance corporal] teaching his leadership in a very competent and professional manner."

Leadership might not come as natural to everyone, but Saltsman has some advice to those who are wary of taking that first step.

"Anybody can be a leader," he explained. "It should be common sense. People shouldn't have to tell you to do your job. You should just get out there and do it." **A**

# USARCENT holds safety conference

Article and photo by  
Pfc. Alicia Torbush  
Desert Voice Staff Writer

U.S. Army Central held a semi-annual safety conference at the Zone 1 Chapel on Camp Arifjan, Kuwait, Nov. 13.

The conference was held to communicate to leaders messages of safety that are applicable to the season and events that are ongoing here, according to Col. Will G. Merrill, safety director, USARCENT.

The conference started with a slide show that reviewed fiscal year 2008's severe motor vehicle accidents.

2008 showed an overall decrease in the number of accidents and accidental fatalities from the previous year.

Another topic discussed was mid-tour leave and redeployment safety.

Merrill discussed the importance of preparing a servicemember to return home and remain safe in a new environment.

He recommended that a servicemember returning home not drive within the first 48 hours due to the body's natural circadian rhythm.

According to the Medical College of Wisconsin's health link website, circadian rhythms are regular changes in physical and mental characteristics that occur in the course of a day that are controlled by the body's biological clock.

The difference in time zones can affect a servicemember's circadian rhythm and cause fatigue.

According to the National Sleep Foundation, drowsy drivers cause an estimated 100,000 police-reported crashes each year. Fatigue-related crashes are more likely to result in fatalities.

A tool for leaders to use while helping servicemembers plan for mid-tour leave and redeployment is the U.S. Army Combat Readiness Center, which can be found at <https://crc.army.mil>.

During the conference, Merrill briefly highlighted a safety video competition currently sponsored by the CRC.

Following Merrill's presentation, Master Sgt. Richard C. Burnette, a Reserve Officers' Training Corps instructor at Old Dominion University, Norfolk, Va., told his story of surviving an improvised explosive device blast while providing security in Baghdad.

Burnette credits his unit leaders and experience for his survival that day.

"Because I was wearing my equipment that day, I am standing here talking to you right now," said Burnette. "This goes back to my commander and sergeant major; they were relentless in us wearing our safety equipment. Without it I would be dead; I was about eight feet from the point of detonation."

Closing comments were made by USARCENT



**Chief Warrant Officer Daren Johnson, safety officer-forward, USARCENT, gives Maj. Joseph A. Merkle a chance to try his motorcycle riding skills using the Safe Motorcyclist Awareness and Recognition Trainer at Camp Arifjan, Kuwait Nov. 13.**

Commanding General, Lt. General James J. Lovelace, who emphasized the importance of leaders setting a safe example for their Soldiers.

"Protecting the force is exacting a standard," said Lovelace, who spoke of the importance of every servicemember, down to the most junior rank, having a mindset of safety.

Attendees were invited to try the safety programs available such as the Safe Motorcyclist Awareness and Recognition Trainer and the car control skid trainer, which trains drivers to recognize a situation and react instinctively to correct a skid and avoid an accident.

For more information about the competition, see the CRC's website above. [A](#)

# U.S. Army NCO History

## Pt. 2: War of 1812 & Mexican-American War

Compiled by

Staff Sgt. Jarod Perkioniemi

**Desert Voice Detachment Sgt.**

In the years following the American Revolutionary War, the noncommissioned officer corps continued to evolve and adapt with time.

In February 1812, Congress ordered the creation of a 50,000-man volunteer army. When war was declared on Great Britain in June 1812, there were roughly 7,000 men in the regular service; many were under the command of senior officers who lacked experience in combat or leading troops.

It fell on the NCO corps, specifically corporals, who were the primary trainers at the time, to prepare the Soldiers for combat against the British.

For two years, war raged across America with the Battle of New Orleans being the last military conflict in January 1815.

The Treaty of Ghent was signed in Paris in December 1814 ending the War of 1812; yet, with communications taking a great amount of time to reach their destination, both armies were unaware the war had ended.

After the war, Congress and the War Department continued to institute new programs and publications to enhance the NCO corps.

The War Department first acknowledged the NCO chevrons in 1821.

Sergeants major and quartermaster sergeants wore a worsted chevron on each arm above the elbow; sergeants and senior musicians, wore one on each arm below the elbow and corporals wore one on the right arm above the elbow. The practice lasted until 1829.

In 1824, at Fort Monroe, Va., the first school for centralized Soldier instruction was opened. Instead of training officers and NCOs

### Unit Spotlight

First Regiment Missouri  
Mounted Volunteers  
Mexican-American War  
Total Force: Eight Companies  
from different counties totaling  
856 Soldiers.

-Responsible for capturing Sante Fe and repelling a Mexican attack while being vastly outnumbered at El Paso.

-During battle at Chihuahua, the Regiment killed 300 troops, wounded 500 and took 40 prisoners while only losing one Soldier.

-When they completed their duty they covered over 3,000 miles, defeating two Mexican Armies and the Navajo Native Americans without ever being paid and often being undersupplied.

individually, the school focused on training entire units. Though it was suspended from time to time, this became the precursor for all centralized modern technical training Soldiers now receive.

A year later, in 1825, the first attempt at a systematic method for NCO selection was made. Unless overriding considerations came up, regimental commanders were expected to accept the company commanders' recommendations for company NCOs.

In 1829, *The Abstract of Infantry Tactics* was published and provided new instructions for training NCOs.

The main goal of the publication was to ensure that all NCOs possessed "an accurate knowledge of the exercise and use of their firelocks, the manual exercise of the Soldier and of firing and marching."

A sixth rank, ordnance sergeant, was added to the NCO ranks in 1832.

It was a specialized rank designated to those with the duties of receiving and preserving the ordnance, arms, ammunition and other military stores of the post that he was assigned.

Dragoon regiments, which were considered elite mounted rangers, were created by Congress in 1833.

To show their elite status, Dragoons reintroduced the chevron, with the chevron pointing down on their uniform, for use by NCOs.

In an effort to add more prestige to the NCO corps, a distinctive sword was adopted in 1840. To this day, the model 1840 NCO sword remains in use during special ceremonial occasions.

With the annexation of Texas in 1845, along with America's desire for more land, the Mexican-American war began in 1846.

During the war, the U.S. raised 115,000 troops, of which 73,000 were volunteers. The volunteers often elected their officers and NCOs by popular vote based on public standing or previous military experience.

NCOs often led small detachments against the Mexican Army and Indians to discourage attacks on settlers.

During the war, in 1847, the chevron again was adjusted, this time worn in inverted "V" direction. It would stay this way until the 1850's when the War Department would again make changes to the NCO and their uniforms.

The Mexican-American War officially ended with the Treaty of Guadalupe Hidalgo in February 1848.

After the war, the United States gained over 500,000 square miles to expand, creating a larger area of responsibility for the NCO to defend.

After the Mexican-American War, very few changes occurred for the NCO. It wasn't until 13 years later when the Civil War began that the Army would call upon its "backbone" to lead it in one of the darkest hours in American history. **A**

# 2008 Holiday Mailing

## Deadline

### First Class Mail (Letters and Cards)

Mailed from APO\*: December 6, 2008  
Mailed from the U.S.: December 4, 2008

### Priority Mail

Mailed from APO\*: December 6, 2008  
Mailed from the U.S.: December 4, 2008

### Parcel Airlift Mail

Mailed from APO\*: November 19, 2008  
Mailed from the U.S.: December 1, 2008

### Space Available Mail

Mailed from APO\*: November 19, 2008  
Mailed from the U.S.: November 21, 2008

### Parcel Post Mail

Mailed from APO\*: November 19, 2008  
Mailed from the U.S.: November 21, 2008

\* *Army Post Offices in Iraq, Afghanistan and Kuwait*



## Just One Question ...

"Why do you celebrate Thanksgiving?"



"I celebrate Thanksgiving mainly for tradition, and it keeps family together and strong."

Spc. Dominic Ochoa  
A Co. 1-148th  
Fort Worth, Texas



"I love to celebrate Thanksgiving because there's always good food."

Pvt. Trent Robinson  
539th Transportation Co.  
Camden, S.C.



"My family always celebrates Thanksgiving to give thanks for everything we have, and it's a perfect time for the family to get together."

Spc. Audrey Boyd  
4th Sustainment Brigade  
Stafford, Va.

## Why I Serve:

Lt. Cmdr. Troy A. Emmerich  
CDDOC; Military Sealift Command Liaison Officer



The Fall River, Wis., native explains why he chose to join the military.

"I always wanted to join as a child. I was brought up in a home with a lot of prior service, and I had a chance to attend the Merchant Marine Academy, so I took it."



"Thanksgiving is a good time for camaraderie and mom's cooking."

Petty Officer 2nd Class Carl S. Landis  
Emergency Medical Facility -Kuwait  
Cleveland, Ohio



"I am thankful the Lord has provided me with my home and my family in a country that is safe from government intervention and tyranny."

Sgt. Daniel Lycett,  
1498 Transportation Co.  
San Diego, Calif.

# What's happening around USARCENT

## Presidential Visit

Former U.S. president Bill Clinton takes a moment to speak to servicemembers during his visit to Kuwait, Nov. 17. Clinton was invited to Kuwait as the keynote speaker for a symposium organized by the National Bank of Kuwait.



Photo by Sgt. Tracy Ellingsen



Photo by Sgt. Tracy Ellingsen

## Town Hall Meeting

Maj. Gen. Alan D. Bell, Deputy Chief of the U.S. Army reserve, and Brig. Gen. William D. Frink, Jr., commander of the 311th Sustainment Command, participate in a virtual convoy trainer at Camp Buerhing, Kuwait. Bell was touring Kuwait and Iraq to conduct town hall meetings and check on quality of life issues for the 12,000 Army Reserve Soldiers currently deployed to the Middle East.

### Common gift items that have restrictions on mailing

(To see a complete and detailed list of non-mailable items, ask the APO staff)

- Perfumes
- Aftershave
- Fingernail polish and Fingernail polish remover
- Aerosols (any)
- Rocks of any composition
- Sand & Soil
- Marble – exceptions are souvenirs from the BX/PX
- Perishable foods
- Live or dead plants
- Live or Dead animals or insects
- Animal products
- Machine guns (real or replica)
- Toy guns
- BB guns or Air Guns
- Batteries



- Cuban cigars
- Lighters
- Tobacco products
- Fixed blade knives
- Ceremonial/decorative swords
- Bayonets
- Imitation items are limited to one like type per person.
- Antiques or Fine Art, Collectibles or Works of Art with a value in excess of \$500
- Precious metals and stones
- Watches or jewelry with an individual value over \$100
- Counterfeit or pirated goods or materials
- Currency of any country