DV The Desert Voice
United States Army Central
"Transforming to Full-Spectrum Operations"
July 30, 2008

Yours Truly... U.S.M.C.

Table of Contents

Page 5

Military public affairs practicioners from around the world particpate in ARCENT information exchange

Page 8

Local SAMC Chapter inducts new NCOs

Page 10

Transportation Soldier recieves $80,000 Green-to-Gold scholarship

On the cover

Lance Cpl. David R. Wyble, ammunition team chief, 15th Marine Expeditionary Unit, sets a time fuse on a 155mm artillery round. For the full story, see page 6.

Photo by Staff Sgt. T.G. Kessler
15th Marine Expeditionary Unit

Correction

July 23 Desert Voice cover photo was taken by James Hinnant, PAO, 401st AFSB

Contact us

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

Dignity and Respect ...

It Really Makes A Difference!

It's more than a salute. It's more than the positions of attention and parade rest. It's more than saying "yes sir, no ma'am" or "yes sergeant , no sergeant."

The vital linkage between the individual and his or her role as a team members begins and end with dignity and respect.

This makes understanding how our attitudes, actions and words affect others in our environment extremely important; and the willingness to take responsibility for those attitudes, actions and words to the point of changing when others are offended by them.

It's essential that individuals are afforded the opportunity to experience a work and living environment that commits itself to ensuring their growth, development, ideas, suggestions and contributions are valued. The organization is just an entity. Its members instill the values that create the organization, which provides them the distinct honor of stating "One Team, One Fight" with confidence.

Developing and maintaining an excellent organization is hard work. However, as leaders, and everyone is a leader, from the lowest ranking person to the highest, we all have a responsibility to ensure dignity and respect is practiced, preached and enforced. In doing so, it becomes the "pre-mission" task that precedes the successful commitment of troops in combat, therefore solidifying success on the battlefield.

The treatment of others with dignity and respect is not a one-way street; seniors and subordinates alike should exercise it when interacting with military personnel, civilians, contractors and the host nation.

Dignity and respect is a vital element in building strong relations, which are essential to mission accomplishment.

The Desert Voice

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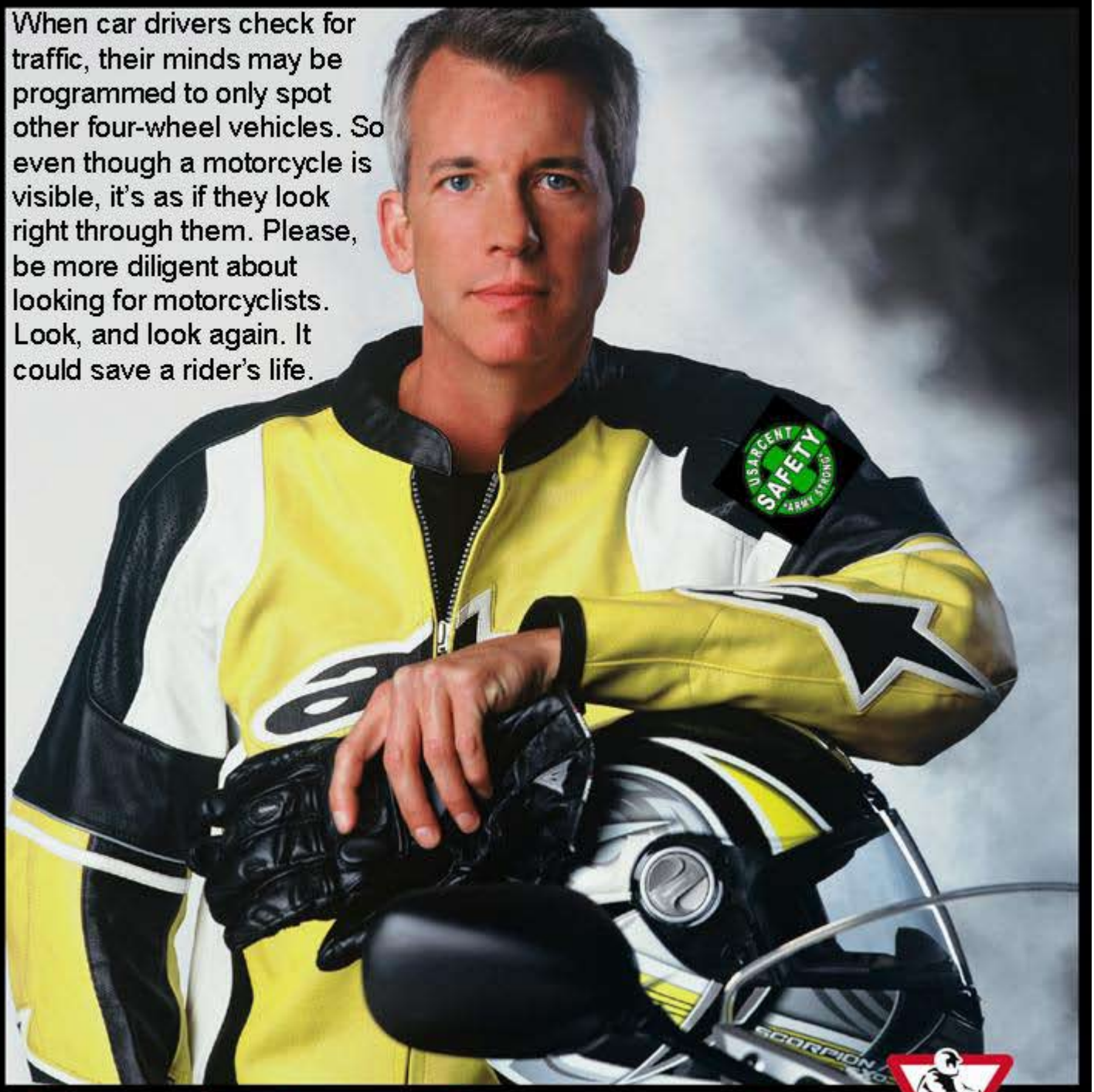
FOUR DEADLY WORDS: I DIDN'T SEE HIM.

When car drivers check for traffic, their minds may be programmed to only spot other four-wheel vehicles. So even though a motorcycle is visible, it's as if they look right through them. Please, be more diligent about looking for motorcyclists. Look, and look again. It could save a rider's life.



Please look out for motorcyclists.

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Newly promoted inducted into NCO Corps

Story and photos by
Spc. John D. Ortiz
4th Sustainment Brigade

Forty-five servicemembers assigned to the Joint Logistics Task Force 28 were formally inducted into the noncommisioned officer corps during a joint Army and Air Force NCO induction ceremony at the Zone 1 chapel here.

The task force consists of the 28th Transportation Battalion from Mannheim, Germany, two Air Force truck detachments and five companies from various locations throughout the U.S. and Germany.

"It is a privilege to be able to induct the newly-promoted NCOs into the NCO Corps," said Army Command Sgt. Major Gilbert Adkins, 28th TB. "From the corporal rank to the command sergeant major rank, we are all here to welcome them into the Corps."

"As a noncommissioned officer I will pass on the lessons I have learned through my time spent in the military," said Army Sgt. Amy E. Andrews, administrative sergeant, 1844th Transportation Company.

"The values of respect and earning the respect of fellow Soldiers has and will continue to be one of the most important building blocks that form the foundation of strong and confident Soldiers," she said.

"Becoming a NCO is a huge responsibility, we are all leaders and mentors to new and young Soldiers and Airmen," said Air Force Staff Sgt. Michael C. Ross, truck driver, 424th Medium Truck Detachment.

In the joint service, both Air Force and Army sergeants were inducted into the Corps, symbolic of the joint mission that the U.S. military is accomplishing.

"It is one team, one fight," said Ross. "Every NCO, no matter what the service, has to be dedicated to the troops underneath his charge and help them progress in the military and in life."

Each member agreed to set the standard, as each servicemember recited their service's NCO creed, which tasks the new servicemembers into leading the best trained, most professional, and most respected military in the world.

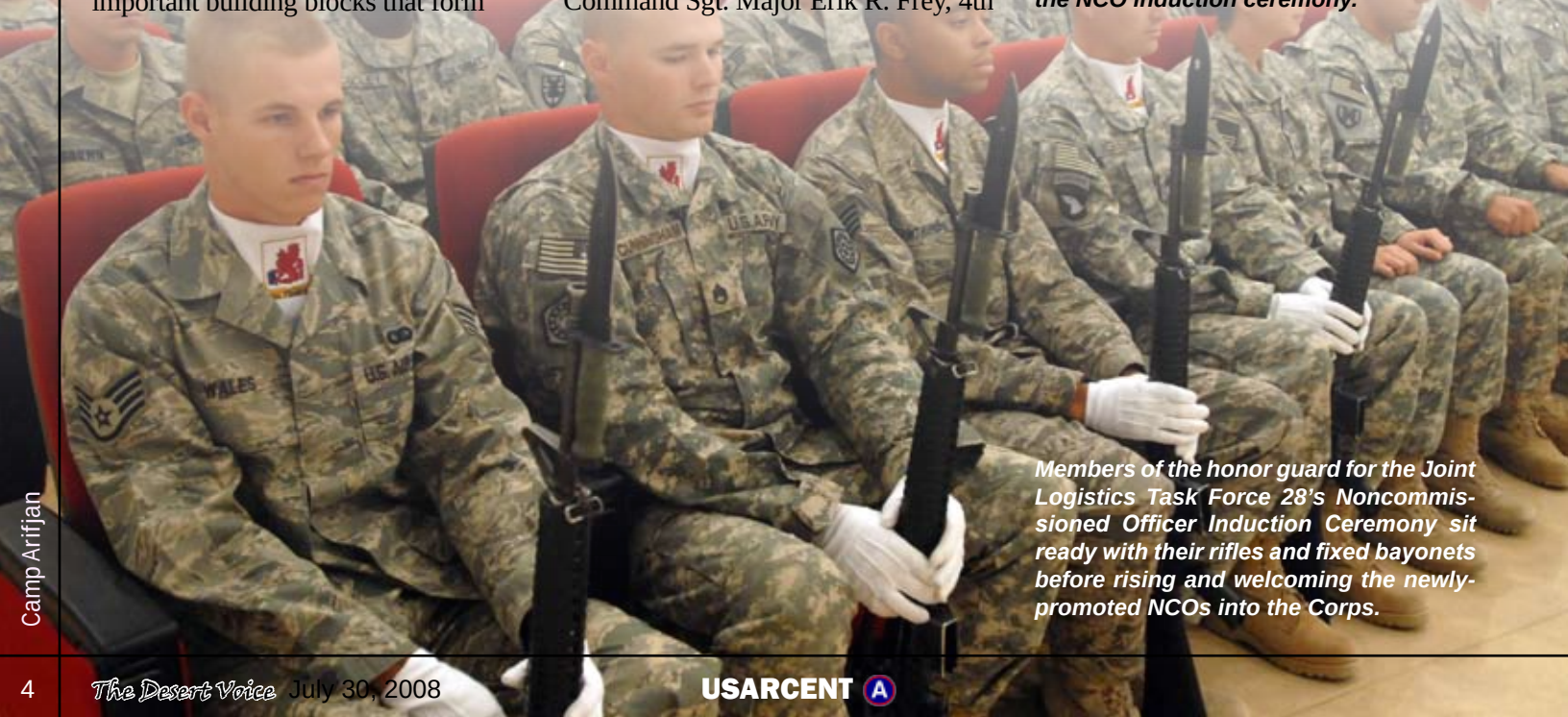
Servicemembers merged in a common purpose, as senior NCOs watched with pride, new NCOs showed their professionalism, and junior troops listened with admiration.

"The job of a NCO in the United States Military is without peer. There is no better job anywhere, in or out of the military," said guest speaker, Army Command Sgt. Major Erik R. Frey, 4th Sustainment Brigade.

"While it is important that you are inducted into the Corps, it is even more important that you now assume the role of a NCO leader in your formation," he said.

"Strive to be an example and carry on the legacy that is learned and forged on an anvil of experience, sacrifice and dedication to duty," said Frey.

Command Sgt. Major Erik R. Frey, 4th Sustainment Brigade, addresses newly–recognized Airmen and Soldiers during the NCO induction ceremony.



Members of the honor guard for the Joint Logistics Task Force 28's Noncommissioned Officer Induction Ceremony sit ready with their rifles and fixed bayonets before rising and welcoming the newly-promoted NCOs into the Corps.

Camp Arifjan

USARCENT PAO hosts information exchange

Story and photos by
Maj. Tom Alexander, Jr.
USARCENT PAO

U.S. Army Central public affairs office hosted a multi-lateral information exchange between Kyrgyzstan and Tajikistan military public affairs personnel, in Atlanta, Ga., July 14-18.

"[Kyrgyzstan and Tajikistan] have common borders and very good military relations," said Col. Murat Ashirbekou, chief press service, Kyrgyzstan Ministry of Defense.

USARCENT hosted 12 public affairs professionals, four from Tajikistan and eight from Kyrgyzstan, during a five-day event that focused on enabling both, the Kyrgyzstan and Tajikistan public affairs partners, through education and sharing lessons learned about strategic communications.

"This information exchange was important because we learned lessons and effective practices from each other," said 1st. Lt. Khayriniso Komilova, chief press service, Tajikistan National Guard.

"The more military personnel are educated, the better they will be," added Komilova.

The information exchange is the second in a series of Theater Security Cooperation events with both Kyrgyzstan and Tajikistan. The USARCENT PAO section sent a delegation to Tajikistan in December 2007 and Kyrgyzstan in May 2008.

"This information exchange is simply an extension of the critical military to military relationship building between our public affairs professionals and Central Asian public affairs professionals," said Lt. Col. Martha Brooks, public affairs chief, USARCENT Plans and Operations. "We plan to continue our efforts toward enabling our coalition partners to interact with the mass media and conduct operational public affairs to gain information dominance in the global war on terrorism."

Lt. Col. Mark Derber, branch chief, Central Asia and South Asia, commented on the multilateral exchange.

"Without a doubt, our public affairs section has effectively developed a strong, vibrant program," said Derber. "Not only is a strong institutional relationship beginning to form, but personal relationships are also developing, which is a key component of this program."

"On any given day during the exchange, one could find the Tajik and Kyrgyz participants intermixed and sharing ideas and experiences about public affairs topics," said Derber.

1st Lt. Khayriniso Komilova, chief, Tajikistan Press Service, discusses video camera techniques with Lt. Col. Asroriddin Sharofiddinov, photographer, Tajikistan Press Service, during the ARCENT public affairs information exchange in Atlanta, July 15.

As part of the five-day event, the international delegation was given an assignment to produce still and video imagery of their tour of the Dr. Martin Luther King Historic District.

"This project helped us to better understand American history," said 1st Lt. Aisulu Sadyxova, chief of press service, Kyrgyzstan Drug Control Agency. "Through our still and video images we tried to show our respect for Dr. King and the respect of the American people for this famous civil rights leader."

The information exchange concluded with an after action review, where Kyrgyzstan, Tajikistan and USARCENT public affairs personnel addressed the vital importance of continuing their public affairs programs with other Central Asian and South Asian public affairs professionals.

"We foresee more opportunities in the future for additional information exchange events that will continue to offer a forum to improve our effectiveness and abilities as public affairs professionals," said Brooks.

India Battery welcomes Kuwa

Story and photos by
Staff Sgt. T.G. Kessler
15th Marine Expeditionary Unit

Silence is golden, or so the old saying goes. That is true of course, unless your job is to upset the silence in a cataclysmic way. If silence then becomes the enemy, the ear-splitting sound of high explosive artillery rounds piercing the already smoking hot air is the sound of victory.

Raining down steel destruction on targets miles away with pinpoint accuracy could be described by a Marine artilleryman as the way of "standing by to support Marines in the field at a moment's notice."

In the quiet calm of Kuwait's vast emptiness, a place of blistering hot sunlight where the hot air stings the nostrils with every breath and burns the eyes with every breeze, the Marines of India Battery, Battalion Landing Team 2/5, 15th Marine Expeditionary Unit rolled out six of their M777 155mm Howitzers to conduct vital sustainment training to keep their warrior ethos sharp and their skills sharper.

India Battery endured temperatures in excess of 120 degrees, surprise dust storms, late nights and early reveilles to ensure mission success during the iteration.

Weather and long days aside, the training operation was still a success according to 1st Lt. Robert Regedanz, the executive officer for India Battery. The purpose of the training, Regadanz said is to refine and practice their artillery skills and to implement several changes to their standard operating procedures that would enable them to become better artillerymen.

"With the mission they've been doing, they're very motivated. The 15th MEU gave us a great package of ammunition; the Marines know that and they're excited about being out here and being able to train," said Regedanz, a 26 year-old native of Fort Wayne, Ind.

"In this open space, without a lot of restrictions, it is a good environment to train with artillery," said Regadanz. "We can shoot, move and communicate and have a good time doing it."

Kuwait provided a perfect opportunity to keep perishable skills intact, he explained. As it happens, the extreme conditions of the Kuwaiti desert gave the battery a perfect opportunity to use some old skill sets that can get rusty over time.

"The digital side of the weapon has made it very easy to get it in place. When that system sometimes fails because of heat conditions in the desert we have to go back to our old ways of doing things. Like any skill, it's perishable with time. We have been out here doing some of that training," said Regadanz.

Despite some of the setbacks, however, India Battery still managed to fire off almost 200 rounds in roughly a day and a half.

Cpl. Nathaniel J. Chaney, the assistant chief for Gun 3, India Battery, explained that since their deployment the unit has not had too much time shooting and

The crew of Gun 3, India Battery, Battalion Landing 2/5, 15th Marine Expeditionary Unit, rush to get their M777 15mm Howitzer reloaded and ready to fire during a training exercise in Kuwait.

Camp Buehring

AIK Dining Facility August 2008 Menu

Menu Key **Green: Healthy Choices**

August 1, 2008

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 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
Rissole 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 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 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

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

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

Rice Pilaf
Steamed Peas
Seasoned Corn

Chicken Gravy

Succotash
Sour Cream

Seasoned Carrots
Collard Greens
Brown Gravy

Harvard Beets
Seasoned Cauliflower
Mushroom Gravy

August 16, 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

Chinese Bar

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

August 17, 2008

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

Soul Food Night Meal

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

August 18, 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
Horseradish Sauce

Pasta Bar

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

August 19, 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

Taco Bar
Indian Night Meal

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

August 20, 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

Potatoe Bar
Steak Night

August 21, 2008

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

Fajitas Bar

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

August 22, 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

Pasta Bar
Mongolian BBQ Night

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

August 23, 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
Turkey Gravy

Chinese Bar

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

August 24, 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 Vegatables

Soul Food Night Meal

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

August 25, 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

Pasta Bar

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

August 26, 2008

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

Taco Bar
Indian Night Meal

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

August 27, 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

Potatoe Bar
Steak Night

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

August 28, 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

Fajitas Bar

Dinner:
Chicken Noodle Soup
Crackers
Crab Cakes w/ Condiments
Prime Ribs
Mashed Potatoes
Steamed Rice
Spring Blend Vegetables
Pinto Beans
Brown Gravy
Horseradish

August 29, 2008

LLunch:
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

Pasta Bar
Mongolian BBQ Night

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

August 30, 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

Chinese Bar

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

OIF Dining Facility August 2008 Menu

Menu Key **Green: Healthy Choices** **Red: Specialty Meals**

August 1, 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
Mongolian BBQ Night

August 2, 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

Chinese Bar

August 3, 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

Soul Food Night Meal

August 4, 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

Pasta Bar

August 5, 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 Almandine
Sautéed Mushrooms & Onions

Taco Bar
Indian Night Meal

August 6, 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

Potatoe Bar
Steak Night

August 7, 2008

LuLunch:
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

Fajitas Bar

August 8, 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
Mongolian BBQ Night

August 9, 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

Seafood 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

Chinese Bar

August 10, 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 Provencial
Corn on the Cob
Green Beans Creole
Sour Cream

Soul Food Night Meal

August 11, 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

Pasta Bar

August 12, 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

Taco Bar
Indian Night Meal

August 13, 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

Potatoe Bar
Steak Night

August 14, 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

Fajitas Bar

August 15, 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
Cornbread

Dinner:
Chicken w/ Rice Soup
Crackers
Pork Roast
Braised Beef & Noodles
Potatoes Au Gratin
Rice Pilaf

Pasta Bar
Mongolian BBQ Night

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 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
Rissole 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 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

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

it to the 'gun show'

then, he has started trying to train his Marines for any possible scenario.

Many of the Marines on his crew are inexperienced, with only a small number of field operations under their belts, adding to the value of the training.

"We're just trying to get the Marines trained up with artillery since it's been a while since we've shot," said Chaney, a 23 year-old native of Hannibal, Mo. "It's been about two or three months before we came over here,"

"We formed the battery in June and [the junior] Marines have been doing pretty good and learning pretty quickly."

Focusing on the fundamentals is one of the keys to success for training his gun crew, said Chaney. To do this, the crew has been performing dry-fire drills, among other things, to ensure they are dropping rounds on target with accuracy and efficiency.

"We'll do dry-fire missions where we don't put any rounds in the tube and get the gunners and [assistant] gunners time behind the sights and run through basic cannoneer drills [to get the Marines trained]," explained Chaney.

Chaney admitted the weather has played a small part in the training of his Marines. The constant dust storms have had an affect on both his gun and his gun crew. With dust flurries being kicked up with the slightest of breezes the maintenance on the gun had to be stepped up to make sure it stays clean.

"[The blowing sand] messes with our breaches and we have to keep up on maintenance and make sure everything stays clean because earlier we had problems priming the gun because of all the sand getting in there," explained Chaney.

For Lance Cpl. David Wyble, ammunition team chief, just being able to train here in Kuwait is motivation enough.

Wyble is completely unfazed by the austere training conditions. Kuwait is obviously very different from the mild Southern California environment that West Coast Marines are used to.

"I can't speak for anyone else, but for me, I love [training here]. It's something different, something new. You don't get this kind of terrain in the United States, especially with the sandstorms," said Wyble.

For Wyble, being in a field environment is less of a hassle than it is just a good time.

"You work your butt off at this job but it all pays off when you put the rounds down range. It's better than fireworks," said Wyble, a 25 year-old native of Tulsa, Okla.

Lance Cpl. David R. Wyble, a native of Tulsa, Okla., and an ammunition team chief with India Battery, Battalion Landing Team 2/5, 15th Marine Expeditionary Unit, carries a 155mm artillery round to his M777 Howitzer.

Camp Buehring

Soldiers 'lead from the front' as ...

Sergeant Audie Murphy Club inducts six NCOs

Story and photos by
Pfc. Alicia Torbush
***Desert Voice** staff writer*

"History has proven that Soldiers will follow good leaders in dangerous situations," said Command Sgt. Maj. Kevin J. Thompson, Headquarters and Headquarters Company 160th Signal Brigade, Camp Arifjan, Kuwait.

Thompson, a proud member of the Sergeant Audie Murphy Club, was the guest speaker at the Area Support Group-Kuwait's SAMC Chapter induction ceremony, held at Camp Arifjan, July 24.

The Sergeant Audie Murphy Club was established to recognize and pay tribute to Murphy and NCOs who exemplify and demonstrate "Audie Murphy-like" characteristics and abilities.

Audie L. Murphy is considered to be a legend in his own time. He enlisted in the Army during World War II after being rejected by both the Marine Corps and Army paratroopers.

He was war hero who exemplified what a leader should be while he was serving in the 15th Infantry Regiment, 3rd Infantry Division. He fought in North Africa, Sicily, Italy, France and Germany and earned a battlefield commission to lieutenant for his courage and leadership abilities. Murphy earned every medal for valor that America gives as well as three French medals and a Belgian medal. He is the highest decorated Soldier in U.S. history.

"It is through success and failure that we develope as leaders," said Thompson.

Inducted into this prestigious club was Sgt. 1st Class Marlon Green of the 54th Signal Battalion, Sgt. 1st Class Ronrico Hayes and Staff Sgt. Rigaud Julen, both with the 92nd Chemical Company; Staff Sgt. Christopher Hirata and Staff Sgt. Tamara Stewart, both with the 2nd Transportation Company; Staff Sgt. Lilana Rodriquezcobena, 8th Human Resources Service Center; Staff Sgt. Momar Samb, 109th Transportation Company; and honorary inductee Command Sgt. Maj. C.W. Mitchell, Brigade Troop Battalion, 4th Sustainment Brigade

"As a leader our attitude must remain constant," said Thompson. "If it isn't, then you have an obligation to make it right."

The inductees received the U.S. Army Central SAMC Medallion, an Army Commendation Medal, a commanding general star note, a SAMC certificate of membership, a coin of excellence and a SAMC plaque.

"It is through success and failure that we develope as leaders."

Command Sgt. Maj. Kevin J. Thompson
Headquarters and Headquarters Company
160th Signal Brigade

Newly inducted SAMC members bow their heads for prayer during the ceremony July 24 at Camp Arifjan

Command Sgt. Maj. Kevin J. Thompson, Headquarters and Headquarters Company, 160th Signal Brigade, gives a speech at the Sgt. Audie Murphy Club induction ceremony held July 24 at Camp Arifjan.

DFAC questions answered by the chief chef

Story by
Chief Warrent Officer Charles Hunter
Food Services

Everyday I hear the same questions over and over again, "Why can't I eat with real silverware at all of the dining facilities?", "Why does the food taste different at different places?" and my favorite "Why can't I have Gatorade in a bottle anywhere I eat?"

I plan to answer all of those questions and more, but first we need to discuss the two different types of dining facilities found in Kuwait, Assistance in Kind and Operation Iraqi Freedom.

There are three AIK DFACs in Kuwait, one in Camp Arifjan, Camp Buehring, and Life Support Area, Kuwait. These facilities are a gift from the Kuwaiti Government, featuring high ceilings with hardwood and tile floors, and real plates and silverware. They are contract operated by the Kuwait Pearls Catering Company and supervised by the Kuwait Ministry of Defense, the ASG-Kuwait Host Nations, and the ASG-Kuwait, directorate of logistics, food service section.

The AIK DFACs purchase the food that is served from the local Kuwaiti economy. All of the food suppliers are inspected and approved by the U.S. Army Veterinary Corps to ensure the products are safe for consumption. However, in some cases the raw ingredients may not be available in the United States, and may have a slightly different taste than what we are used to back home. The food is then prepared in accordance with military regulations using approved menus and served in portions consistent with TM 10-412. These are the same portion sizes you receive when back home in the garrison environment. Therefore, even if you ask for extra portions, you won't be receiving any.

Despite the intent for AIK facilities to be fully stocked from the Kuwaiti economy, there are a few items that are authorized, but are not readily available locally. Therefore, we have a tool available to ensure a "common level of services" between the AIK and OIF DFACs. This tool allows for the purchase of items like Pop Tarts, T-Bone steaks, and Gatorade. Be aware that the AIK facilities are moving to Gatorade from the fountain just like OIF, meaning that when the bottles are gone, they are gone.

The seven OIF DFACs are located on each of the camps in Kuwait. These facilities are temporary structures that are wholly owned and operated by the contract company Tamimi Global. These DFACs are designed to meet the needs of the Army, while keeping costs to the government as low as possible. This is why plastic ware is served in the OIF Dining Hall. Contract oversight and technical monitors are provided by the ASG Kuwait, DOL, food service section.

Most of the food that is prepared in the OIF DFACs originates from the United States and is prepared in accordance with the approved 28-day CONOPS menu. Since the food comes from the U.S., the contractor is only required to prepare it and to maintain the facilities they provide for us. An important distinction is that regulations allow for increased portion sizes in specific training and combat situations. Which means that if you ask for a little more in the OIF DFAC, the employees are going to give it to you.

Another service offered in the OIF DFACs that is not offered in AIK is the midnight meal. This meal is served from 11:30 p.m.-1 a.m. and offers a limited combination of the breakfast and lunch meals.

Those of us living in a camp with both types of DFACs will know from the first step through either door, that there is a distinct difference between the AIK and the OIF facilities. Now you know what a few of those differences are, and that no matter which DFAC you chose to eat in, you will receive a nutritious meal.

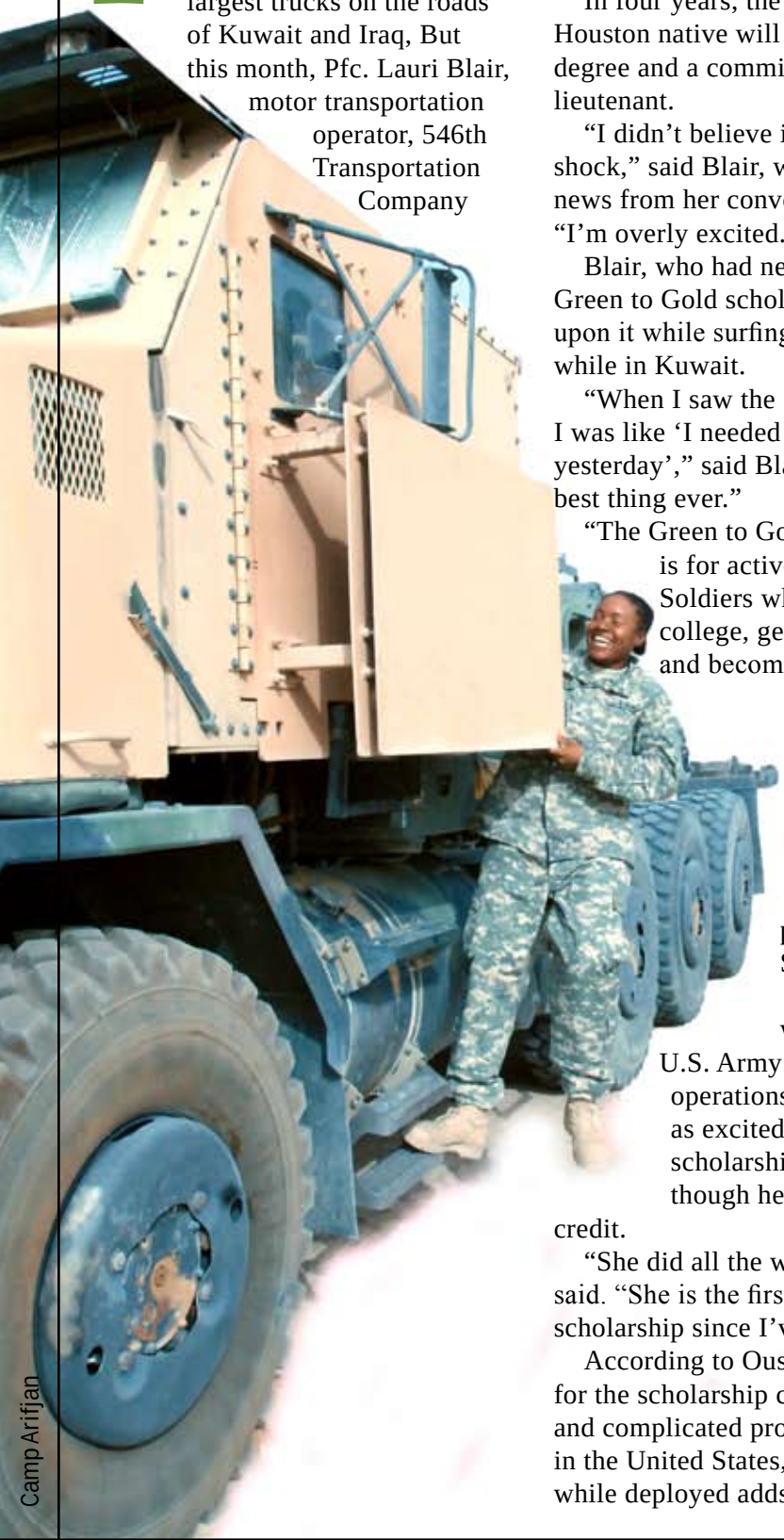
	AIK - Kuwaiti Gift to U.S.	OIF - Operation Iraqi Freedom
Type of Contract	Full Spectrum	Food Preparation
Contractor	Kuwait Pearls Catering	Tamimi Global Company
Building Ownership	Kuwaiti Govt	Contractor
Building Type	Permanent Structure	Temporary Structure
Type of Flatware	Plates and Silverware	Plastic Ware
Food Source	Local Purchase	From the U.S.
Menus	Approved by KMOD	28-Day CONOPS Menu
Portion Size	Standard Portions	Varied Portions
Midnight Feeding	No	Yes

Camp Arifjan

Truck driver earns $80,000 scholarship

Story and photos by
Sgt. Track Ellingsen
311th Sustainment Command

For the last year, most of her time has been spent driving one of the Army's largest trucks on the roads of Kuwait and Iraq, But this month, Pfc. Lauri Blair, motor transportation operator, 546th Transportation Company found out, after a lengthy application process, that she has been awarded a four-year, $80,000 scholarship, that will cover her expenses while she attends classes at Hampton College in Hampton, Va., under the Army's Green to Gold program.



Camp Arifjan

In four years, the 23-year-old Houston native will emerge with a degree and a commission as a second lieutenant.

"I didn't believe it. I was in shock," said Blair, who received the news from her convoy commander. "I'm overly excited."

Blair, who had never heard of the Green to Gold scholarship, stumbled upon it while surfing the internet while in Kuwait.

"When I saw the opportunity, I was like 'I needed my degree yesterday'," said Blair. "This is the best thing ever."

"The Green to Gold scholarship is for active duty enlisted Soldiers who want to go to college, get their degree, and become an officer," said Lt. Col. Shane Ousey, a former ROTC instructor who provides briefings at Camp Arifjan about the program. Soldiers."

Ousey, who works in the U.S. Army Central future operations cell, is almost as excited about the scholarship as Blair, even though he gives her all the credit.

"She did all the work," he said. "She is the first one to get a scholarship since I've been here."

According to Ousey, applying for the scholarship can be a lengthy and complicated process when done in the United States, but applying while deployed adds another level of complexity.

Pfc. Lauri Blair, motor transportation operator, 546th Transportation Company.

"We're on the road, then we're back for a couple days, then we're on the road again," said Blair, who sits behind the helm of a heavy equipment transport system, which weighs 41,000 pounds and is capable of towing up to 70 tons.

Blair's company has taken her off the roads as she awaits her release from active duty so she can begin classes in Virginia.

"I think it's going to be a challenge," she said. "I am ready for a bigger challenge."

Blair plans on majoring in financial management at Hampton, known for its strong ROTC program.

"It's one of the top-ranked schools for everything I wanted," said Blair, who hopes to improve her own leadership skills while a cadet at Hampton.

After her four years of college are over, 2nd Lt. Blair will return to active duty where she says she will continue her education, both in and out of the classroom.

"A lot of people that are [successful in their] companies got their leadership training right here in the military," she said. "I want to be a general some day."

Where is your fitness program taking you?

Army Center for Health Promotion and Preventive Medicine

Your exercise program should:

Be Progressive
The intensity of your exercise session must be gradually increased to safely and effectively improve your physical performance.

Be Regular
Regular exercise sessions improve performance and reduce your chances of getting a sports injury on the weekends because of too little activity during the week.

Provide Overload
In order to improve you must gradually push yourself beyond the normal demands placed on your body.

Provide Variety
Spread the stress of exercise over the entire body by varying the types of exercises you do throughout the week. Variety also keeps up motivation.

Allow Recovery
Rest between activities, good sleep habits, and proper nutrition help the body rebuild. A general rule of thumb is to allow 48 hours between similar workouts.

Be Specific
The activities you perform during your exercise sessions should be specific to your goals.

Be Precise
Perform all muscle strengthening exercises slowly while holding your trunk straight and firm. The quality of your training may be more important than the quantity.

Why I serve:

Sgt. Maj. Regina H. Willingham
U.S. Army National Guard Bureau
G-1 Sgt. Maj. for Army National Guard

The Columbia, S.C. native explains why she chose to join the military.

"The reason I joined the military is because of the challenages from my seven brothers and sisters."

Just One Question ...

"What are some things that you did to prepare for deployment?"

"Got my finances straight and took care of things around the house-- the honey-do-list."

Staff Sgt. Jason Crow
387th TOE
Container Management NCO
Anniston, Ala.

"Financially I made sure the family was set and I had to make sure my boss had enough notice to prepare for my absence."

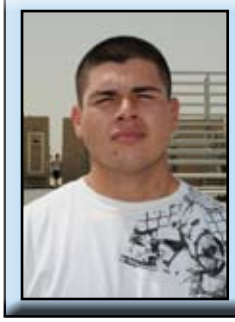
Chief Michaek Bewley
Customs Missions
Navy Expeditionary Logistics Support Grp
Davenport, Iowa

"I spent alot of time with my family and prayed. I did a lot of mental preparation."

Petty Officer 3rd Class Eryka Waters
Expeditionary Medical Facility Kuwait
Surgical Tech
Fayetteville, N.C.

"I established online accounts so I could access them."

Air Force Lt. Col. Mark Oechsle
Theater Logistics Command Post
Shift Chief
Great Falls, Mont.



"We did alot of field training exercises at Fort Stewart, Ga."

Pvt. Roberto Gutierrez
92nd Chemical Company
Chemical Operations techinician
La Mirada, Calif.

What's happening around USARCENT ...

ADA Re-Up

Soldiers from 2nd Battalion, 43rd Air Defense Artillery, stand before Brig. Gen. Robert Woods, commanding general, 32nd Army Air and Missile Defense Command, during a reenlistment ceremony at Camp Arifjan, Kuwait, July 19.

Photo by Spc. Elayseah Woodard-Hinton

Photo by Marine Sgt. Edward Guevera, Jr.

PAO in Kenya

Sgt. 1st Class Stephanie Widemond, broadcast journalist, U.S. Army Central, shares video samples of stand-up interviews with a small group of Kenyan Army troops during a 10-day public affairs information exchange between USARCENT and the Kenyan Army, July 23, Kahawa Baracks Nairobi, Kenya.

Did you know ...

Third Army was born November 7, 1918 in Chaumont, France, when the General Headquarters of the American Expeditionary Forces issued General Order 198, which organized the Third Army and announced its headquarters staff.

"Third ... Always First"

1918 - 2008

Celebrating 90 Years of Service to the Nation