

# DV The Desert Voice

United States Army Central

January 14, 2009

"Always First... Anytime, Anywhere, Patton's Own!"



## Customs Check!



# MLK Observance Message

# DV

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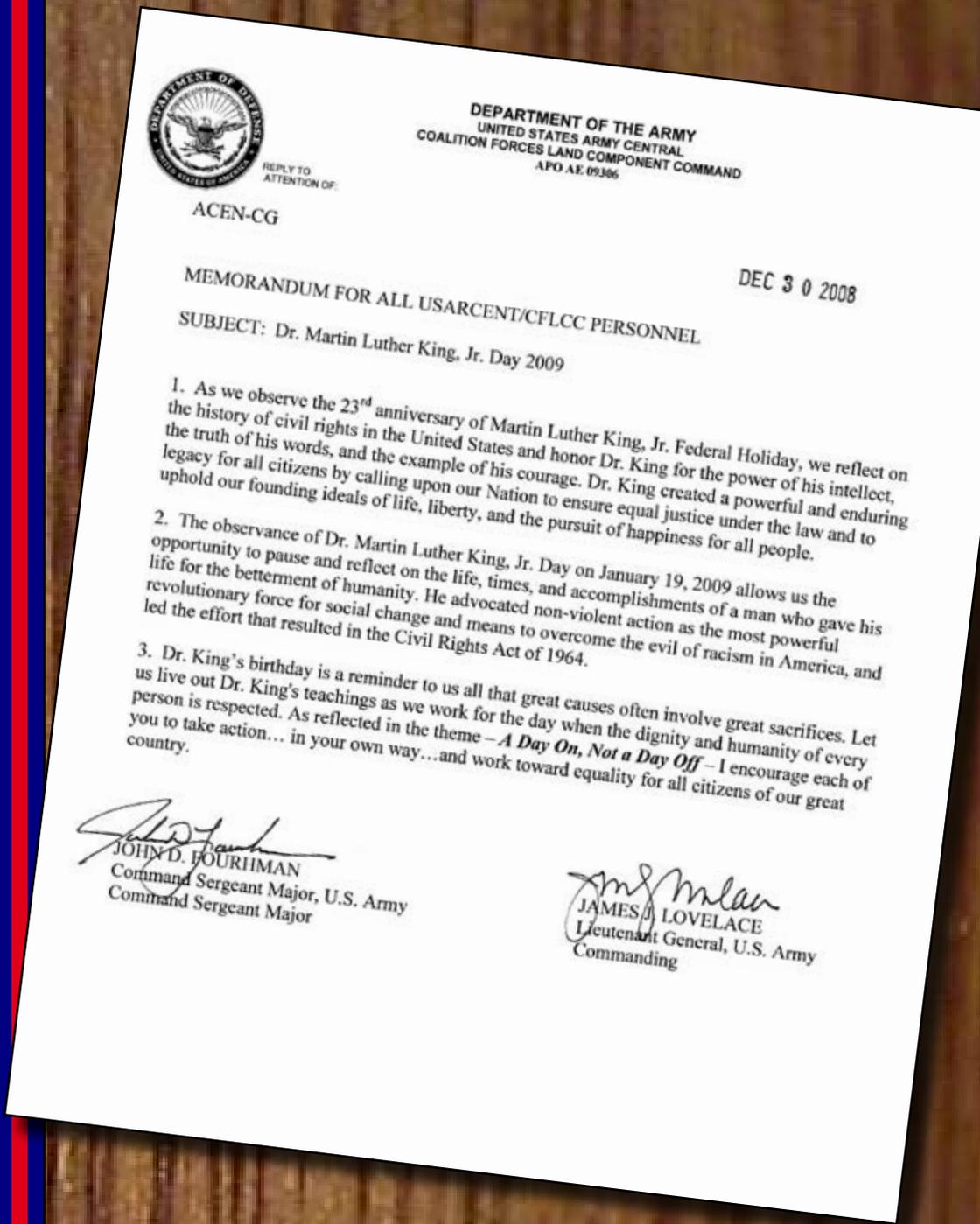
**4th SB conduct combatives training**

**On the cover**

Pfc. David Bussler, 4th Infantry Division, goes through the Customs process at Camp Patriot, Kuwait before he goes on rest and recuperation leave. For the full story, see page 4. (Photo by Pfc. Howard Ketter)

### 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).



REPLY TO ATTENTION OF:

ACEN-CG

DEPARTMENT OF THE ARMY  
UNITED STATES ARMY CENTRAL  
COALITION FORCES LAND COMPONENT COMMAND  
APO AE 09306

DEC 30 2008

MEMORANDUM FOR ALL USARCENT/CFLCC PERSONNEL

SUBJECT: Dr. Martin Luther King, Jr. Day 2009

1. As we observe the 23<sup>rd</sup> anniversary of Martin Luther King, Jr. Federal Holiday, we reflect on the history of civil rights in the United States and honor Dr. King for the power of his intellect, the truth of his words, and the example of his courage. Dr. King created a powerful and enduring legacy for all citizens by calling upon our Nation to ensure equal justice under the law and to uphold our founding ideals of life, liberty, and the pursuit of happiness for all people.
2. The observance of Dr. Martin Luther King, Jr. Day on January 19, 2009 allows us the opportunity to pause and reflect on the life, times, and accomplishments of a man who gave his life for the betterment of humanity. He advocated non-violent action as the most powerful revolutionary force for social change and means to overcome the evil of racism in America, and led the effort that resulted in the Civil Rights Act of 1964.
3. Dr. King's birthday is a reminder to us all that great causes often involve great sacrifices. Let us live out Dr. King's teachings as we work for the day when the dignity and humanity of every person is respected. As reflected in the theme - *A Day On, Not a Day Off* - I encourage each of you to take action... in your own way...and work toward equality for all citizens of our great country.

JOHN D. FOURHMAN  
Command Sergeant Major, U.S. Army  
Command Sergeant Major

JAMES J. LOVELACE  
Lieutenant General, U.S. Army  
Commanding

Volume 30, Issue 26

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**DV**  
The  
Desert  
Voice



# Eating more meals means more weight: The thermodynamic effect of foods



**D**id you know that eating more frequently should be one of your strategies to losing weight?

Two common mistakes when dieting are skipping meals or eating large infrequent meals.

Doing either of these slows down the metabolism. Having a slow metabolism makes it more difficult to lose weight.

Skipping meals puts the body in a starvation state, which then burns lean muscle mass protein for energy and conserves body fat.

Instead, try eating 4-6 times a day. Take the foods you normally eat in one day and split them up 6 ways. This will change your perception of hunger by eating only until you are not hungry at one sitting.

Each eating episode is like exercising, since it increases your metabolism.



Lt. Col. Danny Jaghab  
U.S. Army Central Surgeon's Office

Consuming and digesting foods also burn calories. This is called the thermodynamic effect of food. The composition of the meal plays an important role in this metabolic process. 25 percent of the calories in protein are used in digestion and metabolism versus 10 percent of the calories in carbohydrates and 3 percent in fat.

When a mixed meal, containing varying amounts of carbohydrates, protein, and fat is consumed, 8% of its calories are burned. The average person burns over 9,125 calories a year by just eating food.

By not skipping meals, and eating higher protein foods, 4-6 times a day, your hunger will be controlled, your eating habits will be improved, your metabolism will be increased and your weight loss efforts will be easier. **A**



## In the blink of an eye

**I'm** sure you're familiar with the saying, "The blink of an eye." It's a term usually used to describe something that happens very fast.

In the recent Preliminary Loss Reports (PLR's), you will find that we have lost Soldiers in Privately Owned Vehicles (POV) accidents in which speed and other factors reduced their reaction time to "the blink of an eye."

When operating a POV, reaction time, the time it takes for the brain to recognize a hazard and react to it, is measured in feet. Needless to say, the brain's recognition and response can be impeded by other factors such as fatigue, alcohol and drugs.

Total stopping distance consists of three components: Reaction Distance, Brake Engagement Distance and Physical Force Distance.

I encourage you and your Noncommissioned Officers to assess your command culture and look for ways to address the challenges of Soldier off-duty indiscipline, especially with regard to speed, alcohol, and fatigue.

Thanks for all you do to protect our Soldiers and their Families.

Army Safe is Army Strong! **A**



Col. Glenn W. Harp  
Deputy Commander  
U.S. Army CRC

# Navy Customs ... keeping the U.S. secure

Article and photo by  
Pfc. Howard Ketter  
20th Public Affairs Detachment

**S**ervice members travel to the U.S. every day for redeployments, rest and relaxation, and emergency leave from Camp Patriot, Kuwait.

Each and every servicemember exiting theater must go through a screening process by U.S. Navy Expeditionary Logistics Group, better known as Navy Customs.

“All of us hold the responsibility of seeing that the mission is carried out under the command of Capt. Marcus McCance,” said Chief Petty Officer Michelle K. Ramlow, Yeoman, NAVELSG- FWD India.

This group’s mission is to successfully expedite military personnel who are redeploying or traveling on R&R through the customs process; ensuring restricted items do not enter the U.S.

“We ensure all gear returning with servicemembers complies with United States customs regulations for re-entry into the U.S.,” said Ramlow.

The process begins with servicemembers arriving at Camp Patriot and being processed and manifested for flights through the U.S. Army Theater Gateway staff.

“Every passenger gets several briefings and one of those is a customs brief that tells them what they can and cannot bring into the U.S.,” said Petty Officer 1st Class Christopher Boudreaux, NAVELSG-FWD India. “Once they have been given an amnesty brief, they are brought out to my area and given another similar brief. We are servicemembers too, so we know that when you’re getting ready to go home the last thing on your mind is what contraband could possibly be in your bag.”

After several briefs and the chance to remove any contraband from their belongings, servicemembers then go through the scanning process. Upon entering the customs tent they place their bags on a conveyor that goes through an X-ray scanner monitored by one of the Navy staff. Servicemembers are then scanned with a metal detection wand.

“Sometimes we get people coming out of Afghanistan or Iraq, who were carrying hundreds of rounds while on missions, that may have accidentally left some brass in one of their many uniform pockets,” said Boudreaux.

Then servicemembers are sent to individual stations where a member of the Navy Customs staff will go through everything in their luggage.

“We know it is frustrating to have to repack all of your gear, especially in a timely manner, but it’s our job to do a thorough search and we check everything,” said Boudreaux.

Once all of their luggage is checked, servicemembers repack and move on to the next area where they put their

bags that aren’t carry-on luggage. The Customs staff has a special box that is a replica of the overhead bins on aircraft. Each traveling servicemember must be able to fit their carry-on luggage into one of the bins or they must put the bag into the cargo hold of the plane.

“We try to make this process as easy going as possible for the servicemember,” said Boudreaux.

Once they’re done separating their carry-on and cargo hold luggage, servicemembers and their carry-ons are scanned one more time.

Once they are finished they are released to a freedom area, where they are staged until their flight is ready. The freedom area is made up of several tents with televisions, pool tables and other recreational activities. It also has a coffee shop and pizza kiosk.

“I know my Sailors believe in this mission and are outstanding at accomplishing their task of enforcing the rules and regulations of U.S. Customs,” said Ramlow. “We received the best training possible to set us up for success.”

“The best part of working here in Customs is the gratitude you receive from servicemembers for sending them home safely,” said Boudreaux. **A**



**Petty Officer Third Class Isaac Middleton, yeoman, U.S. Navy Expeditionary Logistics Group, gives an amnesty brief to Soldiers during the Customs process at Camp Patriot, Kuwait.**

# Camp Virginia Marines coordinate transportation

Article and photo by  
Sgt. Edward R. Guevara Jr.  
**USARCENT Public Affairs Office**

Long waits in terminals; long rides on buses and airplanes; lots of loading, unloading and reloading bags; repetitive head counts; and going through customs. It's all part of unit deployments to and from Iraq.

Multi National Force- West, currently operated by I Marine Expeditionary Force (Forward), uses Movement Coordination Center Kuwait, which has Marines stationed throughout the country, to assist Marines transiting through Kuwait with these processes. MCC-K Marines stationed here are responsible for coordination, reception, staging and onward movement of all MNF-W forces from the continental U.S. to the Iraqi theater of operations and from Iraq back to CONUS, according to Chief Warrant Officer Brice W. Thomas, officer in charge, Camp Virginia Detachment,

MCC-K.

"This entails coordinating with movement control agencies in Iraq and CONUS," said Thomas Oxnard, Calif., native.

They also work with the Army and contracted services to provide transportation and basic life support such as chow and billeting here.

According to Thomas, his Marines provide the force protection and convoy security between here and the airfields in conjunction with an Army-run movement control team. The majority of their efforts and responsibility is ensuring each unit's Marines understand what's going on for safety and security and ensures each unit is where they need to be when they need to be for movement.

Approximately a dozen escort teams get briefed every 12 hours to ensure everyone knows what's going on and everyone is getting enough rest before going on the road again, according to Cpl. John H. Baker, air

liaison element escort.

The Marines run a rigid schedule, but must be flexible to adjust for delays that are beyond their control.

"Weather kills us," said Baker, a San Diego native. "It causes cancelled flights and delayed buses."

Baker also stated, when they need local police escorts for convoys on major highways, they must adjust their schedule to accommodate the law enforcement's time table.

All of these logistical requirements MCC-K meets are mostly handled by non-logisticians.

"Almost all of the Marines here are individual augments," said Thomas. "They could be from any occupational specialty, but are filling this requirement based on their rank. Seven of them are activated reservists."

In the coming months, these Marines will turnover their responsibilities with MNF-W's new operational unit, II MEF. **A**



**Multinational Force-West Marines load their carry-on gear onto a bus that will transport them between the camps in Kuwait. Camp Virginia's Marines coordinate and assist in executing these movements in country.**

# RC car enthusiasts sto



Photos by Staff Sgt. Watson W. Martin

Civilian contractor Tony Henry, nicknamed "Darkside," starts his car before a race at Camp Arifjan, Kuwait. Henry works with the 228th Signal Company in Army Central Command



Silhouettes of the Cobra Crossing RC Club, whose motto is "Fighting Terror One Lap at a Time" stand on top of a metal storage container while controlling their truggy remote controlled vehicles at sunset.

# RC Club in Kuwait

Article by  
Maj. Carol McClelland  
1st TSC Public Affairs Office

The Americans brought their decked-out vehicles with elaborate paint jobs, spare parts and plenty of fuel to race at 40 mph on a wide open dirt track in the desert. But the cars are only one-eighth the size of real cars and deployed Soldiers and contractors are the “drivers.”

Nitro gas powered “RC” cars and trucks are remote controlled and are a fast-growing hobby in both the U.S. and Kuwait. Several deployed military members with nicknames like “Driveshaft” and “Clutch” found they had a common interest in this hobby and decided to start a club in Kuwait. Surrounded by sand, they figured they had enough space to build a track.

Sgt. Martin Sherrell, 228th Signal Company in U.S. Army Central, began doing on-line research several months ago to find out how to build a track. He received permission from the camp leadership then he and other enthusiasts began collecting scrap parts.

They asked for wood scraps, got a condemned metal storage container, and attached stairs that were part of

a fuel tank for generators not being used anymore, Sherrell explained. They also signed for two generators to provide light during nighttime races, requested sandbags, and set up several splintered wood tables, which on this day were being used to fine tune vehicles.

Sherrell has a lot of experience with the small cars. He’s been racing them for 14 years. The Oklahoma City, native, is assigned to Kuwait for one year.

He’s seen the desert weather turn from hot and humid to cooler temperatures with fewer dust storms. Using the outdoor track, the controllers must modify their cars to beat other members of the club.

Staff Sgt. Watson Martin, a 311th Sustainment Command (Expeditionary) Soldier and Halifax, Va., native, came to watch the speedy cars, see the 3-foot high jumps and talk to the racers, after which he decided to buy a RC car.

“I like tinkering with mechanical and electrical gadgets so I thought this was an affordable hobby that I should try while I’m deployed,” said Watson. “Plus, all the work to build the track is already done.”

The completed track sits in an open

area behind warehouses and includes dips and hard-packed dirt mounds for jumps and plenty of curves outlined by filled sandbags.

Among the 40-member RC club, there are three different classes: buggy, truggy and monster truck. A truggy is a cross between a truck and a buggy; it has the handling and design-characteristics of a buggy but is closer in size to the truck.

“Speed is nothing without control,” noted Sherrell, who said he used to drive the RC cars in Oklahoma in front of the restaurant he managed when business was slow. “It takes a lot of hand and eye coordination. That’s why when you get to 35 to 40 years old, the 9 and 10-year olds start kicking your butt.”

After many hours on the job, club members agreed that driving their RC cars is a welcome break from the deployment.

“This is great because it gives us something to do and bonds us all together,” said Cornelius Bennett with Army Systems.

The Cobra Crossing RC Club meets behind the Zone 1 track next to the softball field, Thursday’s and Saturday’s at 6 p.m. All are welcome to watch or participate. **A**



Some of the members of the Cobra Crossing RC Club, made up of deployed Soldiers and civilian contractors, pose with some of their RC cars in Kuwait.

# Operation 200: Soldiers re-enlist on New Year

Article by

Sgt. 1st Class Linda Johnson and 1st Lt. Leticia Ortiz  
160th Signal Brigade PAO

The 40th Expeditionary Signal Battalion held a mass re-enlistment ceremony entitled “Operation 200” at the Palace of Al Far, Camp Victory, Iraq, Dec. 31.

The New Year’s ceremony began at 2330 with an invocation given by Chaplain Capt. Vincent Garcia, 40th ESB.

The national anthem was played by the 10th Mountain Band Brass section and at 0001 hours 125 Soldiers rose as Lt. Col. Linda Jantzen, commander of the 40th ESB, issued the reaffirmation. Three Soldiers were selected to tell why they chose to re-enlist in the Army.

“Re-enlisting on New Year’s is important because it’s symbolic to starting anew, doing something else that you love for another year...when I decided to re-enlist it was to take further advantage of the opportunities the Army has afforded me and to give my little girl the opportunity to see things I wasn’t able to see as a child,” said Spc. Tavares Thomas.

The goal of Operation 200 was to reenlist 200 Soldiers on New Year’s. With 125 in attendance, eight of which attended via video teleconference from Afghanistan. The event was viewed as a huge success.

“Even though it wasn’t quite what we envisioned it was a phenomenal success,” said Maj. David Lambrecht, executive officer for the 40th ESB. “Lt. Col. Jantzen said it best in her speech ‘if you want to reach the moon you have to shoot for the stars.’ With 125 re-enlistments the battalion

will have exceeded the retention goal for the entire FY09 in the first quarter alone, which is a great credit to the whole reenlistment team.”

The week began with the arrival of Soldiers and guests from all over theater including Commanders Brig. Gens. James T. Walton, 335th Signal Command; Scott E. Chambers, 261st Signal Brigade and Gregory L. Brundige, Multi-National Force-Iraq CJ6. This ceremony required a lot of work and coordination, in which there were plenty of volunteers.

Thirty Soldiers worked together to hang the large American flag and others worked to ensure all the necessary arrangements were made to support the event. Sgt. David Ostrum, 40th ESB re-enlistment NCO and Staff Sgt. Lisa Cowboy, 40th ESB career counselor, worked tirelessly to ensure all the records and contracts were correct and ready by the time of the ceremony.

“The whole event turned out great,” said Cowboy. “With lots of careful records scanning it was a really good feeling to be able to get every Soldier what they wanted whether it was a bonus or a specific duty assignment.”

The Soldiers had their individual photos taken in the infamous Saddam Hussein chair inside the palace; they also had the opportunity to send greetings back home to their families and friends. Each of the Soldiers received a battalion coin, American flag, certificate and a t-shirt to commemorate the event.

The ceremony concluded with a New Year’s Prayer and benediction by Garcia and the singing of the Army song. 



Lt. Col. Linda Jantzen, commander of the 40th Expeditionary Signal Battalion, administers the Oath of Enlistment to 125 Soldiers in the unit during a mass re-enlistment ceremony in the Al Faw Palace, Camp Victory, Iraq at midnight on Jan. 1.

Photo by Sgt. 1st Class Linda Johnson

# “Getting It Done” through combatives

Article and photo by  
Sgt. John Ortiz  
4th Sustainment Brigade PAO

**B**ruises, bandaged arms, and ice packs; the scene repeats itself over and over again as Soldiers standing by to go head-to-head with instructors to clinch their level one combatives certification.

Command Sgt. Maj. Erik R.R. Frey, 4th Sustainment Brigade, stated the purpose of the Modern Army Combatives Program is to train Soldiers in combative skills and develop a train-the-trainer program.

“Everyone thinks a combatives course is all about getting beat-up for a week, but that’s not the truth,” said Sgt. 1st Class Oran J. Spradley, the primary combatives instructor for the brigade. “Adding the program is designed to produce confident instructors who will take these basic techniques back to their units, and train their Soldiers.”

As part of the Army’s Chief of Staffs initiative to have all Soldiers trained in Level 1 combatives, the Senior Enlist Advisor has taken the lead role in training the “Wrangler” Brigade Soldiers.

“The purpose of combatives training is to instill confidence and fighting skill that can only be gained through engagement with an opponent in a combative situation,” said Frey. “Hand-to-hand combat training is a fundamental building block for preparing our Soldiers for current and future operations. Wrangler Combative training will provide this critical capability.”

Instituting a combatives programs was not without its fair share of obstacles to overcome. Obtaining the right equipment to ensure safety along with finding a home for the program were paramount to the success of the training, stated Spradley.

“Command Sgt. Maj. Frey and I really wanted to make the program available to 4th Sustainment Brigade



**Staff Sgt. Carla Williams, punches Sgt. Alisha Ahrens, as Command Sgt. Maj. Erik R. R. Frey, 4th Sustainment Brigade, looks on as a referee. The combatives program was instituted by Frey, to provide Wranglers the ability to learn hand-to-hand combat.**

Soldiers,” said Spradley. “We did what we had to do to get it up-and-running.”

Spradley stated that hand-to-hand combat is the main focus of the program, but with additional equipment such as pugil equipment, to sharpen bayonet skills, to groin protectors, the combatives tent is stocked with equipment needed to conduct different types of combatives while ensuring Soldiers have the best protection money can buy.

Realistic training is a core concept of the program with a serious training atmosphere and grueling physical demands that often times leave Soldiers drenched in sweat, sore, and covered in bumps and bruises.

“Even after leaving the tent, Sol-

diers come back the next night with big smiles on their faces,” said Spradley. “I do not know too many places where you get you butt kicked all night, and return each night happy to be there.” **A**

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**“The purpose of combatives training is to instill confidence and fighting skills that can only be gained through engagement with an opponent in a combative situation.”**

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Command Sgt. Maj. Erik R. R. Frey  
4th Sustainment Brigade

# U.S. Army NCO History Pt. 8 Post Vietnam, 1980s and 90s

Compiled by  
Staff Sgt. Jarod Perkioniemi  
20th PAD Detachment Sgt.

After the creation of the Noncommissioned Officer Education System in 1971, NCOs continued to see growth in their professional development schooling with the creation of the Primary Leadership Development Course.

PLDC was created to emphasize training, duties and responsibilities for newly promoted NCOs and those about to be promoted into the NCO ranks.

At Fort Bliss, Texas, the US Army Sergeants Major Academy became the core location for which all NCOES courses were written.

In addition, the academy also operated three separate NCO courses for specific positions in the NCO Corps. The courses were the First Sergeants Course, the Operations and Intelligence Course and the Personnel and Logistics Course.

In 1986, the Army for the first time established a prerequisite for promotion with the creation of MILPO Message Number 86-65.

The message made it mandatory for all NCOs to attend PLDC before being promoted to sergeant; now its required for promotion to staff sergeant.

The Army now has mandated that all NCOs attend Basic Noncommissioned Officers Course prior to being promoted to sergeant first class and attend Advanced Noncommissioned Officers Course prior to promotion to master sergeant.

A new Sergeants Major Academy was built in 1987, again confirming the strong emphasis on a well educated NCO Corps. It was a \$17 million structure that allowed the expansion of the Academy to offer new courses and more NCOs a chance to further their career.

Four years later, in 1991, the first publication of the NCO Journal was produced. The publication was a year

in the making, with the original titles being Sergeants Business and NCO Call, before it finally became the NCO Journal.

The NCO Journal, which was a result of the NCO Profession Leader Task Force, is a professional publication for NCOs and is the second largest Army publication.

Amidst continued progress in NCOES's and NCO development, the 1980s and 90s saw NCOs engaged in numerous conflicts across the globe. Unlike previous large-scale, drawn out wars such as World War I and II, the Korean and Vietnam War, these conflicts were on a much smaller scale.

Only a few countries were involved in the conflicts and the amount of time fighting significantly reduced versus previous wars.

In addition, in a majority of these conflicts, NCOs found themselves leading troops into peacekeeping missions to help build relationships over a long period of time instead of traditional combat missions.

Conflict first broke out in June 1982 after Israel invaded southern Lebanon. The initial Israeli objective was to push the Palestine Liberation Organization 40 kilometers back north away from the border.

The U.S., along with the British, French and Italians, which were known as the Multinational Forces in Lebanon, would send servicemembers into the region to help restore peace between Israel and Lebanon.

A year later, in October 1983, the U.S. invaded Grenada, which was the first major military operation since the Vietnam War. The conflict began after the assassination of Grenadian Prime Minister Maurice Bishop.

Besides helping restore the pre-revolutionary constitution to the people of Grenada, NCOs would also lead a rescue search for American students located at a local University. The entire conflict would last less than two months.

In December 1989, 27,000 U.S. servicemembers invaded Panama to remove Manuel Noriega, after a rigged Presidential election in which Noriega proclaimed himself "President for Life" over Panama.

A few days after the invasion, Noriega surrendered and was flown back to the United States to face trial.

1990 saw NCOs in Saudi Arabia after Saddam Hussein invaded Kuwait. Operation Desert Shield was initiated as a defensive measure to stop the Iraqi Army from potentially invading Saudi Arabia.

On Feb. 24, 1991, after a month of air strikes, NCOs led Soldiers against the Iraqi Forces in the largest armored battle in the history of warfare. The operation was such a huge success that less than 100 hours after the initial attack, President George Bush Sr. ordered a cease-fire.

A humanitarian aid mission forced NCOs back into conflict in Somalia from 1992-1993. Mass famine stuck the nation, as a result of Gen. Mohamed Farrah Aidid and his soldiers preventing poverty stricken civilians getting food to eat.

The U.S., along with the United Nations, intervened to aid the local populous. Unknown to them at the time, the guerilla warfare fought in the streets of Mogadishu and surrounding cities would be a prelude to the type of warfare NCOs would face in the 21st Century during Operations Iraqi and Enduring Freedom.

The U.S. again assumed the role of peacekeeper and helped prevent "ethnic cleansing," after conflicts broke out in Bosnia in 1994 and in Kosovo in 1999.

To this day, Soldiers remain in both countries as part of North Atlantic Treaty Organization peacekeeping missions.

After participating in numerous conflicts across the globe, each with its own unique lessons, the NCO Corps looked toward the new millennium with high hopes for the future. 

# Had A Close-Call?

Studies in several industries indicate that there are between 50 and 100 Close-Call for every accident. Essentially, a close-call is an accident that almost happened. Close-calls and accidents have the same causes, so studying close-calls can help us understand safety problems and make corrective changes before an accident takes place! this program is designed to collect information for analysis and the development of controls to lessen the likelihood of accidents.

Send your close-call reports to:

- Your Supervisor
- Your Unit Safety Officer

For more information go to the Army Combat Readiness Center website.



## Just One Question ...

"What is your favorite DFAC food?"



"The nachos on the hot line at the Oasis. That is the best because the nachos taste like Doritos."

HM3 Albert Abney  
Troop Medical Clinic  
Chicago, Ill.



"The Mongolian barbecue is the best night. The line is always out the door."

Senior Airman Warren Simmons  
424 MTD  
Greensboro, N.C.



"I like Mexican lunch because it's almost like the Mexican food we have at home. We strive to get the food to taste like home."

Sgt. 1st Class Juanita Wickham  
129th Transportation Company  
Hays, Kan.



"The roasted chicken at the Zone 2 DFAC. It has really good flavor."

Staff Sgt. Blanca Duran  
311th ESC  
Palmdale, Calif.



"The yogurt. It's different from yogurt in the States."

HM1 Danielle Devero  
EMFK  
Gurnee, Ill.

## Why I Serve:

Staff Sgt. Joshua Johnson  
AMD OPS; NCO



The Atlanta, Ga., native explains why he chose to join the military.

"My family has many generations in the military. It's a family tradition."

# What's happening around USARCENT

## Combat Fitness

Marines from the 26th Marine Expeditionary Unit Command Element start their 880 yard run portion of the Combat Fitness Test conducted during sustainment training at Camp Buehring, Kuwait, Jan. 03. The 26th MEU is currently deployed to the U.S. Central Command Area of Operation as part of its 2008-2009 deployment.



Photo by Marine Sgt. Jacob Chase



Photo by Sgt. Nathan Hutchison

## Mission Continues

It may be the winter season, but the heat from the sun and trucks moving equipment to Iraq keeps Pfc. Greg M. Drake mission focused. Drake, an Oklahoma National Guard Soldier with 271st Brigade Support Battalion, works at a Kuwait/Iraq border gate on Christmas day.

## Send Your Loved Ones A Valentine's Day Greeting



Monday, January 19	0900-1200	Camp Arifjan MWR Stage
Tuesday, January 20	1300-1600	Camp Virginia PX/Food Court
Wednesday, January 21	0900-1200	Camp Arifjan Zone 1 Food Court
Thursday, January 22	1300-1600	LSA Food Court
Friday, January 23	0900-1200	Camp Arifjan MWR Stage
Saturday, January 24	1300-1600	KNB PX