

DV The Desert Voice

United States Army Central

January 21, 2009

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



Security Train-Up!





Psychological Health, Traumatic Brain Injury Outreach Center Opens

The Department of Defense today announced the opening of a 24-hour outreach center to provide information and referrals to military service members, veterans, their families and others with questions about psychological health and traumatic brain injury.

The new center, which is operated by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), can be contacted around the clock, 365 days a year, by phone at (866) 966-1020 and by e-mail at resources@dcoeoutreach.org.

"We're providing 24/7 support to assist callers with questions regarding psychological health and traumatic brain injury," said Brig. Gen. Loree K. Sutton, M.D., director of DCoE. "Getting the best possible information and tools, hassle-free, will empower and strengthen warriors and their families to successfully manage what can be confusing and disturbing circumstances."

The center can address everything from routine requests for information about psychological health and traumatic brain injury, to questions about symptoms a caller is having, to helping callers find appropriate health care resources.

DCoE promotes resilience, recovery and reintegration of service members facing psychological health and traumatic brain injury issues, and works to advance research, education, diagnosis and treatment of these conditions.

"If we need to research a question, we'll do the legwork and quickly reconnect with callers," Sutton said. "We welcome feedback on how we can better meet the needs of those we are so privileged to serve."

The DCoE outreach center is staffed by behavioral health consultants and nurses, most with master's degrees. In addition to answering questions, staffers refer callers to contact centers in other parts of the Department of Defense, other federal agencies, and outside organizations when appropriate. Other contact centers also refer callers to the DCoE outreach center.

The center serves members, leaders and healthcare providers of the Army, Navy, Air Force, Marines, Coast Guard, National Guard, Reserve and all uniformed services, along with veterans of all the services. The families of service members and of veterans are also served by the new center.

More information is available at <http://www.dcoe.health.mil>.



DEFENSE CENTERS OF EXCELLENCE



DV

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On the cover
Members of the Kuwaiti Counter Terrorist Force participate in a bilateral training exercise at the U.S. Embassy. For the full story, see page 6. (Photo by Marine Sgt. Michael Knight)

Contact us

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

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DV
The
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Super Foods!



When choosing foods to be “Fit to Fight”, not all foods are created equally.

When 525 Registered Dietitians across the country were asked to list the most nutritious foods they unanimously listed the following eight “super foods” on their list:

First eat a diet full of fruits and vegetables. Each color in fruits and vegetables is a testimony of the abundance of phytochemicals and protective antioxidants that they have. These properties fight free radicals in the body that can alter DNA and cause disease.

Second, every week, eat fish that contains omega – 3 fatty acids. These oils reduce triglyceride levels in the blood. Dark colored flesh fish and salmon all have a lot of mega 3 fatty acids. So does flaxseed oil, walnuts and soybeans.

Next, eat legumes of all types to include beans, peas and lentils in your daily diet. They have soluble fiber which



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

helps lower blood cholesterol and break up plaque in your arteries that cause heart disease.

Oatmeal is a super food because it contains the soluble fiber beta glucan, which lowers cholesterol and boosts your immune system.

Foods with soy contains soy protein which helps lower “bad” LDL cholesterol.

Olive oil contains monounsaturated fats that lowers cholesterol. Other sources of these fats are avocados and nuts.

Blueberries contain antioxidants and vitamin C, which protect the arteries from damage from free radicals. Other sources are pineapple, strawberries, kiwi and oranges.

Lastly bananas are a super food because they are rich in potassium, which can help lower blood pressure.

Make sure you are selecting these super foods when making healthy choices at the DFAC. By doing that you will be “Fit to Fight.” 



Fire Safety

DO

- Understand the fire evacuation plan
- Sound the alarm
- Evacuate the area
- Alert the chain of command
- Know the location of and how to use available fire extinguishers

DON'T

- Smoke in bed
- Overload electrical circuits
- Throw cigarettes or ashes into trash cans
- Store flammable material near sources of ignition



Safety awareness a top priority in 09

Article by
Brig. Gen. William T. Wolfe
Combat Readiness Center

As we close out the 1st quarter of fiscal year 2009, I would first like to thank each of you for your continued engaged leadership and support of our Soldiers, Family Members and civilians.

Bottom line, the state of our Safety program across the force remains sound and the overview of the 1QFY09 accident statistics shows that your efforts are continuing to make a positive impact on shifting the Safety climate and culture in our formations and reducing preventable accidents.

While we have closed out one quarter and have moved beyond the holiday period we can't afford to lessen our guard on the enemy of risk. As you look ahead, I ask that you remain vigilant to protect against risk and drive down unnecessary losses in order to sustain our "Band of Brothers and Sisters."

I would like to pass on a few key points for you to consider as we enter second quarter FY09.

The leading category of accident fatalities remains driving mishaps. Looking at last quarter's accidents, you will see that 31 Soldiers died in off-duty accidents compared to 16 on-duty. POV accidents claimed all of those 31 Soldiers lives. We have had 30 percent fewer motorcycle accidents in first quarter FY09 compared to first quarter FY08. Overall, the statistics show there is still much work that needs to be done to protect our Soldiers from needless off-duty fatalities.

Tragic accidents, such as the one that claimed the life of a Soldier from Fort Rucker's 1st Aviation Brigade, are avoidable. As leaders, we must continue to look for ways to prevent our Soldiers from being injured or killed in off-duty driving accidents. Speed and alcohol were a factor in this Soldier's indiscipline actions, which

resulted in the loss of the Soldier and the life of an innocent civilian as well.

The same can be said for the Tripler Army Medical Command Soldier who was killed after his motorcycle collided with another vehicle at a speed in excess of 100 mph. Although the Soldier was wearing PPE, and had completed the Army's Motorcycle Foundation Course, they were essentially of no significance at this high rate of speed. This Soldier's indiscipline actions also claimed the life of an innocent civilian.

Both of these egregious acts should make you ask yourself as leaders, "Am I doing everything that I can do to protect the Soldiers in my charge from similar needless acts of unacceptable indiscipline on and off-duty?" Likewise, we cannot allow ourselves to be seduced by positive statistics. One fatality is one too many.

Safety complacency is simply our

worst enemy both on-duty and off-duty-it is a significant threat to the readiness of our Army.

Engaged leadership, peers, and Families, in conjunction with Soldiers taking responsibility for their own and their "Band of Brothers and Sisters" safety, is paramount to drive down accidental off-duty losses.

Our Army simply cannot afford to give accidents the opportunity to strike again; we must remain vigilant to preserve our force.

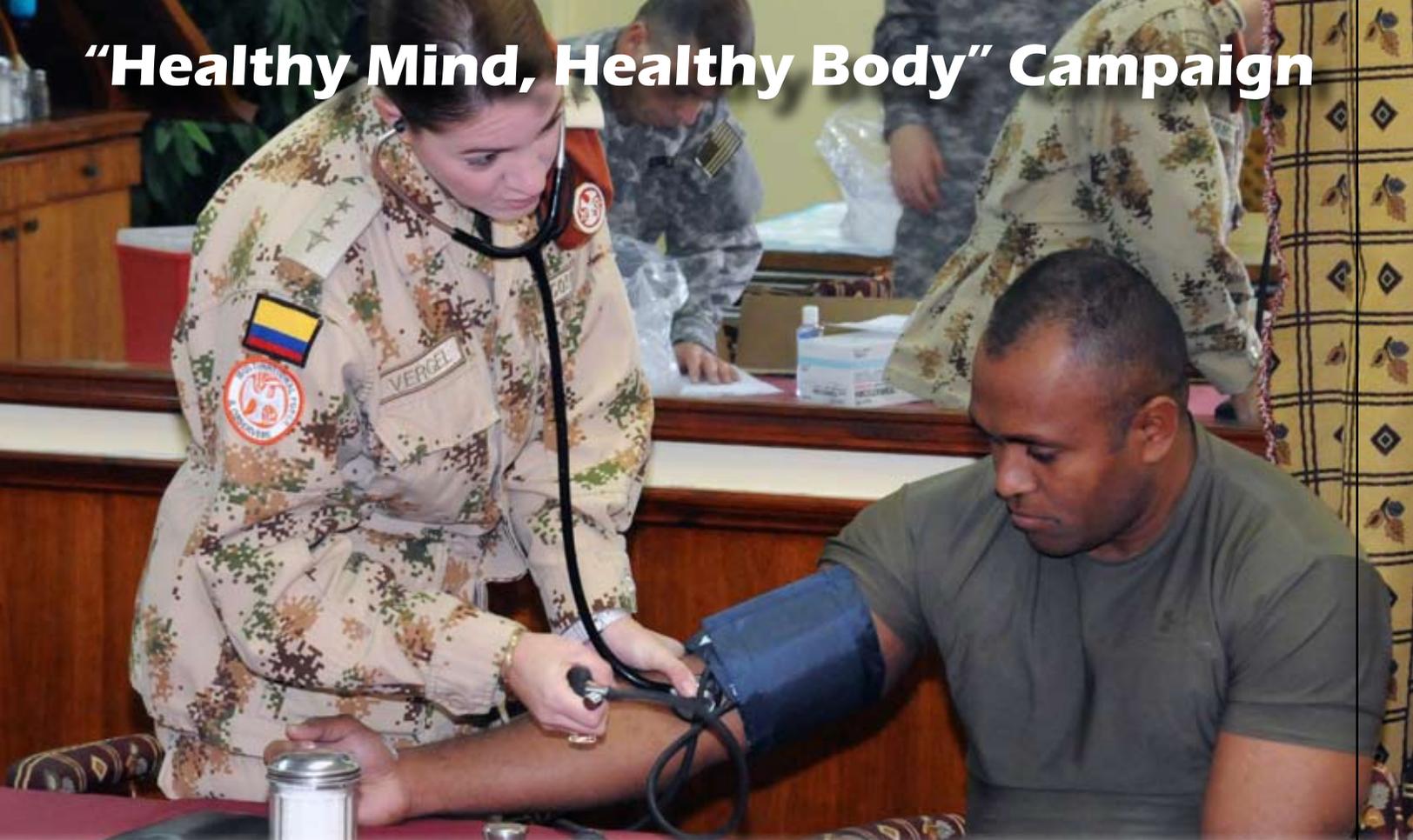
I welcome your input on best practices you are seeing work out in the force and welcome you to visit and use our "new" web site that will be launched next week at <https://safety.army.mil>.

I solicit your comments and suggestions as we continue to update our web site along with our tools to better serve you and our Soldiers, Family Members, and civilians. 

Year-to-date comparison

	1st Qt FY 08	1st Qt FY 09
Total Fatalities	47	47
POV	31	31
Personnel Injury	4	6
AMV	6	7
AVN	3	2
ACV	0	1
Fire & Explosive	3	0
On duty	15	16
Off duty	32	31
POV Breakdown		
Automobile/Sedan	10	16
Motorcycle	10	7
Truck	2	3
Van	1	1
ATV	1	0
Jeep, SUV, Utility	7	4
Total	31	31

“Healthy Mind, Healthy Body” Campaign



Colombian Capt. (Dr.) Damiana Vegel checks Fijian Chief Petty Officer Aisake's Fesaitu blood pressure during the blood pressure and cholesterol screening offered by Medical Company, 1st Support Battalion, Jan. 8 at the Multinational Dining Facility.

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

Medical personnel from the North Camp Dispensary and Medical Company, 1st Support Battalion, gave cholesterol screenings and blood pressure checks to Soldiers from at least eight different nations, Jan. 7.

The screening was part of the Multinational Force and Observers' "Healthy Mind, Healthy Body" Campaign.

January's theme, health awareness, was the first part of a five pronged approach to health including stress management, nutrition, exercise and spiritual health.

The creators of the program hope to focus on each topic in six-month cycles, with the sixth month devoted to a health screening fair.

"This is the spearhead project of the Force Medical Element, Physical Training Instructors and Nutritional Services for the education of the MFO beneficiaries on nutrition, exercise, health, stress management and spirituality, emphasizing interactive participation," said Lt. Col. Richard Petri, outgoing force surgeon. "Our mission is to provide outstanding educational opportunities to our clients resulting in life changes of the whole individual, the Mind, the Body and the spirit."

"There are a lot of different risk factors for cardiac disease, some which are preventable and some which aren't,"

said the new head of the program, Capt. John Reaume, acting Force Surgeon. "My thought is to identify as many of the preventable risk factors as possible and give people the education they need to live a healthy lifestyle while they're here."

The Soldiers from the Medical Company screened personnel from Canada, Colombia, Egypt, the Republic of the Fiji Islands, Hungary, Norway, Uruguay and the U.S. over the course of two hours at the North Camp Dining Facility.

"I was about to go on leave, but I'm glad I stopped by to be checked again and they discovered my very high blood pressure," said Fijian Chief Petty Officer Aisake Fesaitu. "The medical care I have received here has been very good, because prevention is better than treatment, and you never know what lies ahead on the road of life."

"We had one Soldier whose blood pressure was so high that he was very close to having a stroke, and we were able to identify him and treat him immediately at the medical facility," said Reaume. "It's been proven that health screenings can identify risk factors, and I think we've already proven how helpful it can be here."

"If you do something for a few days, you might not keep on doing it," he said. "But if you do something for a few weeks, or a few months, and keep on doing it, it becomes much more likely that it's going to become an ingrained habit. That's what we're looking for, because it's your responsibility to maintain a healthy lifestyle." **A**

Egypt

Joint training takes over U.S. B



Kuwait

U.S. Marines, Kuwaiti National Guard and Counter Terrorist Force conduct security orientated exercise

Article and photos by
Marine Sgt. Michael Knight
U.S. Army Central PAO

A bilateral training exercise was recently conducted at the U.S. Embassy in Kuwait.

The purpose of this phase of the exercise was to test Embassy internal defense standard operating procedures as well as the host nation reaction forces, said Brig. Gen. Charles Hudson, USMC, Chief Office of Military Cooperation - Kuwait.

"This was the largest training event that I know of, to take place at any U.S. Embassy," said Hudson. "The participation with the host nation's military is a unique opportunity."

Fleet Antiterrorism Security Team is a special unit of the Fleet Marine Corps Force, stationed in Norfolk, Va. The unit has several platoons deployed in various locations around the world. Their primary responsibility is to reinforce U.S. Embassies in a time of crisis.

According to Hudson, they are strategically placed so they can be anywhere in their area of responsibility within hours.

"FAST is usually called upon to protect embassies," said FAST Platoon Commander, Capt. Bobby Lee, USMC.

In addition to reinforcing embassies, FAST units are utilized to protect a variety of vital U.S. assets. They provide protection for nuclear submarines during refueling, cargo ships against pirates and perform guard duty at missile silos.

"We are prepared for most situations. However, the sight of Marines

in and around an Embassy acts more as a visual deterrent to the enemy," added Lee.

"The KNG came in very professional and knowledgeable in their tactics," said Lee, a Corpus Christy, Texas., native.

"It was fun," said Lance Cpl. Zane A. Woodard, infantryman, FAST, and Ringgold, Ga., native. "It was interesting to see how the military of another country operates."

The embassy assault lasted about two hours and ended with a large fire fight between the opposition force and friendly forces utilizing blank ammunition.

FAST participation in the exercise was coordinated by Embassy Kuwait's Regional Security Office, which is made up of federal agents from the U.S. Department of State's Diplomatic Security Service, the security and law enforcement arm of the State Department. In addition to the mock attack on the Embassy, FAST Marines will be conducting an extensive week long bilateral training with Kuwaiti National Guard.

"Both FAST and the Kuwaiti National Guard did a fantastic job today and, although not as flashy, the bilateral training following today's assault on the Embassy is the heart of this entire exercise and will go a long way toward solidifying and building upon the already strong and strategic relationship that the U.S. Government enjoys with Kuwait," said Diplomatic Security Special Agent Mark Sullo, the overall exercise coordinator.

"The training exercise was extremely beneficial to us and the Embassy," said Lee. 



Remembering the past, building a future



Servicemembers and civilians, such as Minister Allister Coleman, pictured above, performed skits and monologues during an observance for Dr. Martin Luther King Jr., held at the Zone 1 Chapel on Camp Arifjan, Kuwait, Jan. 15.

Article and photo by
Spc. Elayseah Woodard-Hinton
20th Public Affairs Detachment

The Area Support Group-Kuwait Equal Opportunity Community, hosted an observance for Dr. Martin Luther King Jr. at the Zone 1 Chapel on Camp Arifjan, Kuwait, Jan. 15.

The event was held to celebrate King's 80th birthday and to recognize his contributions to the civil rights movement, a movement aimed at abolishing racial discrimination in the U.S.

"Dr. King never wanted to be the center of attention, he wanted the attention to be on equality and justice for all," said Master Sgt. Michael J. Coleman, headquarters and headquarters company, ASG-KU.

The event focused on educating its guests on both Dr. King and other prominent figures, such as Henry David Thoreau, Rosa Parks, Gandhi, President Lyndon B. Johnson, Joan Baez and Dr. King's wife, Coretta Scott King, who have played a role in fighting for equality and human

rights throughout history.

Servicemembers and civilians role played as these figures to help signify their influences.

"We always want to bring to every observance something new to the table," said Sgt. 1st Class Gwendolyn Beauford, equal opportunity leader, headquarters and headquarters company, ASG-KU. "We don't want to forget, we want to add to the history of these people that paved the way for us."

Guest speakers, Chaplain (Col.) Richard C. Quinn and Capt. Samsul Alam, 27th Financial Management Company, spoke of how citizens of all nations must continue to work together to ensure that discrimination is abolished and human rights are obtained for people all over the world.

"Let's open our minds to building ourselves a beautiful future as Dr. King dreamed," said Alam.

The observance illustrated how King has helped play a key role in gain equaling rights for African Americans through the civil rights movement and peaceful demonstrations; but it also focused on the fact that there is still much to be done in the world today. 

MVP in Military Transition Team mission

Article and photos by
Sgt. Nathan Hutchison
1st TSC Public Affairs Office

What makes a person the Most Valuable Player on a team? When you hear 'team player' what comes to mind?

For one Military Transition Team in Mosul, Iraq, the MVP award goes to the person who keeps them fed, fueled and fit to fight.

Sgt. 1st Class Brad A. Martin, a Memphis, Mo., native, was originally trained as a truck driver, but when he was reassigned to a MTT, his job changed.

"Martin's basic job on the team is working as the logistics noncommissioned officer," said Master Sgt. John L. Ada, intelligence NCO for their MiTT in Mosul. "Primarily he has two main focuses: welfare, finding food and amenities we need to carry out our mission; and with his Iraqi Army counterpart he plays a critical role in getting their logistics system up and running."

Martin had to use his nearly 20

years of military experience rather than job-specific training to make his mission a success.

"Being a people person is a good trait to have in this job," said Martin. "You have to have the initiative to go out, research and actually talk to the [supply] folks."

This 'people person' trait also worked with Martin's teammates who appreciate the way he handles his job.

"The best thing he does to accomplish all of this is through contacts and getting to know people," said Maj. Ryan H. Whittemore, executive officer and civil affairs advisor for the MiTT. "He has a working relationship with the weapons guy, maintenance guy, welder and ammo guy; everybody we get support from."

According to Ada, Martin's initiative goes farther than research and talk.

"If he sees something is not getting done, he'll take over and make sure it gets done," said Ada. "Lots of times someone will ask him about something and he's already started the process or he's already fixed it. He's



Sgt. 1st Class Brad A. Martin, logistics noncommissioned officer for his Military Transition Team in Mosul, Iraq, mounts and inspects his truck's 240B machine gun before heading to the Forward Operating Base for supplies Dec. 30.

already three or four steps ahead of the person asking for something."

This dedication makes Martin an important part of the team. His support provides supplies for safety along with sustainment.

"He takes care of a lot of the force protection stuff," said Whittemore. "He's gone above and beyond to get us ammo and equipment for all kinds of training."

Whittemore said Martin was placed on the team once they reached Fort Raleigh, N.C., for training. [A](#)

"Being a people person is a good trait to have in this job. You have to have the initiative to go out, research and actually talk to the [right] folks."

Sgt. 1st Class Brad A. Martin
Military Transition Team
Mosul, Iraq



Martin poses with his unit, Military Transition Team in Mosul, Iraq. The MiTT is stationed out of Fort Raleigh, N.C.

U.S. Army NCO History Pt. 9

OEF, OIF and the future of the NCO

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

On Sept. 11, 2001, the entire nation watched as terrorists struck the World Trade Towers in New York, the Pentagon in D.C. and attempted to use another plane to strike the White House.

A few days after, President George W. Bush addressed the world, calling for aid in fighting against terrorism, beginning with the destruction of terrorist camps and infrastructures in Afghanistan.

A month later, U.S. and British forces started bombing Afghanistan, as Operation Enduring Freedom officially began. In November 2001, the first forward operation base was established in Afghanistan by U.S. and allied forces.

In January 2002, troops were sent to the island of Basilan, Philippines, to support the Armed Forces of the Philippines by ridding the island of terrorist forces.

Later, in October 2002, Camp Le Monier was established in Djibouti, Africa, to reduce the risk of potential terrorist organizations in the Horn of Africa and to aid in humanitarian missions.

In March 2003, noncommissioned officers were also placed on the front lines in Iraq, as Operation Iraqi Freedom began. By December, U.S. forces captured Saddam Hussein, ending his reign of terror over Iraq.

NCOs became responsible for quickly training their Soldiers on the various types of IEDs and shoot/don't shoot drills, as it became difficult to distinguish who was friend or foe. Unlike previous conflicts where NCOs were leading Soldiers against another nation's Army, they now found themselves fighting against individuals, who were not wearing a distinctive uniform, but blended themselves into the crowd, making it harder to distinguish who was a

threat. Urban guerilla warfare also became a prominent means of combat as raids and attacks were carried out placing NCOs in the midst of heavily populated areas, surrounded by noncombatants.

With the new style of warfare taking place, a new field manual for operations was introduced in February 2008, FM 3-0.

FM 3-0 also focused on the transformation of the Army into Full-Spectrum Operations, in which NCOs find themselves filling logistical, theater support cooperation, and reception, staging and integration onward movement roles, in addition to the traditional combat jobs.

In addition to new FMs, NCO training has been re-evaluated and changed to support the current operations being conducted across the globe.

In 2005, the Army changed its Primary Leadership Development Course to reflect a new curriculum, which include lessons learned in Iraq and Afghanistan, a reinforced focus on weapon immersion and an emphasis on small-team leadership; and also changed the name to reflect the overall change in philosophy to the Warrior Leaders Course.

As NCOs continue to lead troops in combat operations supporting OEF and OIF, the role of the NCO Corps has continued to evolve and change back in America.

In the streets of America NCOs are looking for the next qualified applicant to join the Army, as NCOs act as Recruiters, helping maintain the Army's strength. Currently, there are 9,414 NCOs working as Recruiters to ensure that the Army is at full strength.

After an applicant joins the Army, and arrives at basic training, they are met by another select group of NCOs who train, prepare and mentor new Soldiers for what to expect in their Army career, the Drill Sergeant. "This we'll defend" is the inscription worn on the badge of Drill Sergeants as a

symbol of the determination, devotion and consistent readiness of the American Soldier. Drill Sergeants have nine weeks to mold and prepare the new Soldier in the basic fundamentals of Soldiering before sending them to their advanced individual training, where they again are met by NCOs who instruct them on the specifics of their career field.

Senior NCOs also act as Battle Staff NCOs, which are the driving force in interlacing vital information from various sections in the command to maintain an overview of the fight.

Besides being the primary trainers of new and veteran Soldiers, NCOs are the primary testers of new equipment prior to being approved for mass distribution. Some of these projects include the Land Warrior Integrated Modular Fighting System, the javelin anti-armour missile, the XM25 semiautomatic, the XM312 machine gun and the SM3300 grenade launcher.

In 2009, the NCO Corps has been formally recognized for all its efforts.

"The Secretary of the Army and I have declared [this year], the year of the noncommissioned officer," said Army Chief of Staff, Gen. George W. Casey. "This is to recognize the role that our NCO Corps has played in holding this Army together and leading it to victory in this long war. I firmly believe that we would not be here today without the role that our NCOs have played every day."

Now in its 234th year, the NCO Corps has been through numerous conflicts in defense of freedom and the nation.

From fighting for Independence against the British, to fighting family and friends during the Civil War, stopping the Nazis in World War II, preventing the spread of communism in Korea and Vietnam, to now fighting the global war on terrorism, the NCO Corps has always been there when its country needed it the most, continually solidifying itself as the "backbone" of the Army. 

ARMY TEN-MILER

AUSA ★ KBR

Interested in competing in this years Army Ten Miler on any of the Fort McPherson or Fort Gillem teams?

Individuals must take part in a ten-mile time trial or submit a documented 15K or longer distance race time taken since October 2008.

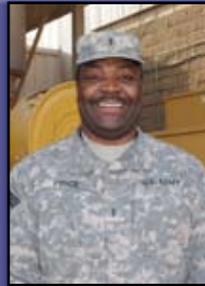
The time trial will be held at Hediken Field, on March 12, at 0630. Males should be able to run the ten-mile distance in 70-75 minutes and females in 80-85 minutes.

Interested individuals should contact the following personnel and provide: your name, rank, unit, duty number and email.

- FORSCOM Maj. Robert Glenn**
(roger.a.glenn@us.army.mil)
- USARC Maj. Mark Woommavovah**
(mark.woommavovah@us.army.mil)
- First Army Lt. Col. Bruce Jenkins**
(bruce.jenkins@first.army.mil)
- USARCENT Lt. Col. Kyle Kolthoff**
(kyle.kolthoff@arcent.army.mil)

Just One Question ...

What tips can you give to service-members interested in promotion?



"I encourage all NCOs to attend our monthly meetings to help facilitate their career advancement if they want to become a warrant officer."

Chief Warrant Officer J.T. Price
311th ESC
Los Angeles, Calif.



"I tell my enlisted to make sure they have all their [military education] taken care of and actively seek improvement so they can advance."

Master Sgt. Robert Williams
311th ESC
Los Angeles, Calif.



"Never stop growing and learning. Knowledge is credibility."

Sgt. 1st Class Ed Parkins
C3 Training, CFLCC
Rockford, Ill.

Why I Serve:

SPC. Charlie Smith
1st Sustainment Command (Theater)



"I love being in the Army. I joined to fight for my country and the educational benefits."



"Make sure you act above the rank in which you are given and be prepared to take on the role of that rank."

Lance Cpl. Alison Perkins
HMM 264
New York, N.Y.



"It's never too late to expand your horizons or make a change. I went to OCS after being on the enlisted side for 10 years."

Maj. Karen Faught
1st TSC
Claremore, Okla.

What's happening around USARCENT

MLK Celebration

HM3 Albert Abney recites a poem during the Martin Luther King celebration held at the Morale, Welfare and Recreation Center on Camp Arifjan, Kuwait, Jan. 18. Abney was the winner of the evening's poetry contest.



Photo by Spc. Elayseah Woodard-Hinton

Olympian Visit

Olympic champions, Laura Wilkinson, Shannon Miller, Joey Cheek and Angelo Taylor visited servicemembers at the Zone 6 Community Center on Camp Arifjan, Kuwait, Jan. 16. The visit was part of the Morale, Welfare and Recreation, Olympic Champions Tour 2009.



Photo by Spc. Elayseah Woodard-Hinton

Arifjan Talent



Photo by Spc. Elayseah Woodard-Hinton

Finalists in the Showtime at Arifjan talent show wait to hear the 1st, 2nd and 3rd place winners for the event held on Camp Arifjan, Kuwait, Jan. 17. The show gave servicemembers an outlet to display their various talents ranging from playing instruments, singing, dancing and poetry.