

DV *The Desert Voice*

United States Army Central

January 28, 2009

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



EOD: MILITARY BOMB SQUAD



President's Proclamation

National Day of Renewal and Reconciliation

DV

Table of Contents

Page 4

PMO explains consequences of violating GO 1-B

Page 5

Air Force EOD uses various strategies to stay mission ready

Page 8

Balloons extend communication capabilities

Page 9

539th focuses on safety and teamwork

On the cover

Air Force Staff Sgt. Evan Knight talks with a member of the Japanese military during a joint training exercise.

For the full story, see page 5.
(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.



Barack Obama
President of the United States

As I take the sacred oath of the highest office in the land, I am humbled by the responsibility placed upon my shoulders, renewed by the courage and decency of the American people, and fortified by my faith in an awesome God.

We are in the midst of a season of trial. Our Nation is being tested, and our people know great uncertainty. Yet the story of America is one of renewal in the face of adversity, reconciliation in a time of discord, and we know that there is a purpose for everything under heaven.

On this Inauguration Day, we are reminded that we are heirs to over two centuries of American democracy, and that this legacy is not simply a birthright -- it is a glorious burden.

Now it falls to us to come together as a people to carry it forward once more.

So in the words of President Abraham Lincoln, let us remember that: "The mystic chords of memory, stretching from every battlefield and patriot grave to every living heart and hearthstone all over this broad land, will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by the authority vested in me by the Constitution and laws of the United States, do hereby proclaim January 20, 2009, a National Day of Renewal and Reconciliation, and call upon all of our citizens to serve one another and the common purpose of remaking this Nation for our new century.

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

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Heat injury prevention

part 1: fluid balance



It is not too early to start to think about strategies to prevent heat injuries for your troops. A recent hydration study conducted in Kuwait showed that 60 percent of 314 Soldiers tested, at rest, were dehydrated in the month of October when temperatures were in the 70s and 80s. Imagine how dehydrated our Soldiers might be in April or May.

Maintaining adequate hydration before, during, and after physical activity is one of the most important practices for optimizing performance, readiness and protecting health and well-being. In a warm environment, being slightly dehydrated can lead to decreased performance and heat injuries. Losing just 1 percent of your body weight of fluids (1.5 pounds in a 150 pound person) without replacing these fluids can adversely affect your body. Fluid and electrolytes need to be replaced before, during and after physical activity to replace sweat losses.

Fluid balance is met by either matching or exceeding



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

the fluids normally lost through respiration and fluid excretion in the urine and stools.

Fluid balance is regulated by hormonal mechanisms that reduce urination to preserve water and sodium levels when excessive losses occur through sweating. When sweating occurs, the water in your blood is decreased, which concentrates the sodium levels in your blood. This concentration of sodium levels stimulates the thirst response.

Therefore when you feel thirsty you are already dehydrated. Profuse sweating can result in substantial electrolyte loss, especially sodium and chloride, the two minerals found in greatest concentrations in sweat. If these minerals are not replaced in foods and beverages, severe muscle cramping can occur.

Maintaining proper fluid balance by staying hydrated is the premise to preventing heat injury. Read this series next week to find out what your daily fluid requirements are to prevent heat injury. **A**

LOSSES

Pedestrian Safety

Less than 100 days into the fiscal year, five Soldiers lost their lives after being struck by a vehicle while on foot – that's two less than the total number of Soldier pedestrian fatalities in FY08. While we currently don't have all the details for this year's pedestrian fatalities, here is what we do know:

- *All five fatalities occurred during the hours of darkness; four of them between 2300 and 0600 hours.
- *Four of the five accidents occurred off duty; three of which involved Soldiers attempting to cross a roadway.
- *Historically, alcohol has been a factor in many of the fatal pedestrian accidents.

Remind our Soldiers, whether they are drinking or not, to never assume drivers can see them or will stop for them. Emphasize the importance of wearing clothing that can be seen during limited visibility or make themselves visible through some other means, using designated crosswalks, obeying traffic signals, and using extra caution when exiting a vehicle or conducting emergency maintenance on a vehicle along roadways. Arming Soldiers with knowledge about pedestrian hazards will allow them to protect a buddy who is not capable of making the best decisions for their safety and themselves.

Your efforts to promote responsible drinking are key to preventing alcohol-related mishaps and losses across the Army. Thank you for all you do to keep Soldiers safe.




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

Health & Safety

Violators of GO 1-B prosecuted



Sgt. 1st Class Pablo Canales, provost sergeant, Provost Marshal's Office, displays a variety of confiscated alcohol seized from mail packages that come through the Joint Military Mail Terminal from either southern Iraq or the U.S.

Article and photos by
Pfc. Alicia Torbush
20th Public Affairs Detachment

General Order 1-B is a general order that prohibits certain activities and behaviors for U.S. Department of Defense personnel, including servicemembers and civilians, within the U.S. Central Command area of responsibility.

Under GO 1-B, the introduction, purchase, possession, sale, transfer, manufacture, or consumption of any alcoholic beverage within Kuwait is

“For most cases it is an honest mistake. Friends and family members are trying to do their servicemembers a favor. It is a matter of servicemembers educating their family and friends.”

Lt. Larry Arbuckle
Provost Marshal
Camp Arifjan, Kuwait

illegal; violations of the order can result in punitive action.

According to Marc Pitbladdo, chief investigator, Provost Marshal Office, over 180 bottles of alcohol and other contraband were seized from the Joint Military Mail Terminal in January alone.

The consequences of an alcohol violation can range from receiving an Article 15 to investigation by the Criminal Investigations Division or the FBI.

“The more alcohol involved, the greater the consequences,” said Sgt. 1st Class Pablo Canales, provost sergeant.

According to GO 1-B, persons subject to the Uniform Code of Military Justice may be punished by administrative action or even confinement. Civilians and contractors in the AOR may face criminal prosecution or adverse administrative action.

Civilians sending contraband to servicemembers in Kuwait can also face criminal prosecution if the FBI

becomes involved.

Detecting the presence of alcohol being sent into Kuwait via the postal service begins at the JMMT.

“Packages arrive at the JMMT for inspection,” said Lt. Larry Arbuckle, provost marshal. “The suspicious packages are set aside until a warrant can be obtained for the package to be opened.”

After a warrant is obtained and the contents are inspected, the contraband items are removed from the package, a letter stating the reasons the package was searched is placed inside and the package is resealed and delivered to its destination, explained Arbuckle.

“For most cases it is an honest mistake,” said Arbuckle. “Friends and family members are trying to do their servicemembers a favor. It is a matter of servicemembers educating their family and friends.”

Regardless of the intent, possession of alcohol in the CENTCOM AOR is illegal and violators will be prosecuted. **A**

Air Force EOD, protecting servicemembers everyday

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

In the civilian world they would be referred to as a bomb squad, but in the Middle East, ordnance disposal is the responsibility of explosive ordnance disposal units.

The 386th Expeditionary Civil Engineer Squadron EOD is the crew behind the explosions heard in their Middle Eastern location every Friday.

“Our mission is to provide force protection, investigate suspect packages and we also take care of a lot of [Unexploded Ordnances],” said Master Sgt. Thomas G. Smith, flight chief, 386th ECES EOD.

Smith said that his team receives calls from U.S. forces and foreign nationals who find submunitions in the open desert.

“We get calls from Special Forces Viper Teams and even local Bedouins,” said Smith.

When the 386th gets a call, they go out and assess the site. Once the UXO is identified, they either take it to their range to dispose of it or evacuate the area and dispose of it in place.

“We blow most submunitions in place, but a lot of times they’re just buried scrap metal and we just leave them alone,” said Smith.

The team detonates UXOs at a range every Friday between 7:30 a.m. and 11:30 a.m.

“We chose one day to do routine detonations so that servicemembers would know that it’s us and not an attack,” said Airman 1st Class Gerald Bruno, EOD technician, 386th ECES EOD.

Bruno, who is on his first deployment, said their training is mentally tough and very worthwhile.

“We have to be well trained, because we are affiliated with another EOD team who works in the field. If one of them gets hurt, we have to step up to replace them,” said Bruno.

The team constantly trains, reading EOD publications and going over what Bruno calls “things you need to be outside the wire.” They read several storyboards and come up with random scenarios as a part of the training.

Bruno said that the team hasn’t had any improvised explosive device calls so far, but the team still trains to be able to handle the situation if it were to occur.

“An IED can be as complex as a person’s imagination and resources,” said Bruno.

The 386th ECES EOD is also training their Security Forces comrades to search vehicles and they are working with the military working dog handlers as well.

Whether disposing of UXOs or training to counter IEDs, the 386th ECES EOD team is constantly working to ensure the safety of servicemembers in the Middle East. 



Staff Sgt. Evan Knight and Senior Airman Eric Eliot, explosive ordnance disposal technicians, 386th ECES EOD, inspect an unexploded ordnance before getting ready to dispose of it in the Middle East.

26th MEU conducts bilateral

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

The 26th Marine Expeditionary Unit and Kuwaiti military forces fired their weapons side by side during a theater support cooperation exercise Jan. 15.

The five-day bilateral ground based exercise incorporated naval elements, fix and rotary wing aircraft, tanks, infantry and Special Forces. Collaboration between so many components toward a single objective is standard

operation procedure for Marines but is a brand new concept for the host nation.

“We’ve made history here,” said Chief Warrant Officer Shawn Dixon, chemical, biological, radiological, nuclear defense officer and exercise coordinator, command element, 26th MEU. “Host nation forces got an opportunity to experience how Marines typically fight.”

According to Dixon, the event served several purposes. It increased interoperability between the host nation and U.S. forces while boost-

ing the efficiency of a coalition force. The exercise also added cohesiveness between the U.S. and Kuwait, in an attempt to improve regional stability.

“This is the first time Kuwaitis utilized their assets this way,” said Dixon, a Poca, W.Va. native. “They were very impressed with the MEU’s capabilities and were very enthusiastic about incorporating some of these techniques into their own operation.”

These intentions became apparent when the coalition event was visited by several VIPs. Chief of Staff of the Kuwait Armed Forces, Air Marshal

Members of the Kuwaiti Armed Forces tactically exit an Amphibious Assault Vehicle Jan. 15. The vehicle was utilized during a theater support collaboration live fire exercise between 26th Marine Expeditionary Unit and host nation forces.



February 2009 Menu

THU, 05 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS CHICKEN W/RICE SOUP BBQ CHICKEN SOUTHERN FRIED CAT FISH CHICKEN MACARONI CANDIED YAMS SOUTHERN STYLE GREENS HASLELY BUTTERED CARROTS HUSH PUPPIES CHEF'S SALAD COTTAGE CHEESE & TOMATO SALAD DINNER ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS CHICKEN W/RICE SOUP BAKED LASAGNA POLISH SAUSAGE W/ SAUTEED ONIONS & GREEN PEPPER LYONNAISE RICE SEASONED PEAS & CARROTS STEWED TOMATOES GARLIC BREADS CHEF'S SALAD COTTAGE CHEESE & TOMATO SALAD DINNER ROLL
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SOUL FOOD

FRI, 06 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS CREAM OF POTATO SOUP CHICKEN BEAGON BAHAR SHRIMP MALAY CURRY CHICKEN BIRYANI STEAMED RICE VENDI BHAJI (VEGETABLE (OKRA)) GABI MASALA (CAULIFLOWER) POTATO SALAD THREE BEAN SALAD DINNER ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS CREAM OF POTATO SOUP HEM & SCALLOPED POTATOES YANKEE POT ROAST TOSSED GREEN RICE SWEET PEAS SEASONED CORN BROWN GRAVY POTATO SALAD THREE BEAN SALAD DINNER ROLL
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INDIAN LUNCH

SAT, 07 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS SEITZ VEGETABLE SOUP BBQ ROAST PORK PEPPER STEAK MASHED POTATO RICE FLAT SEASONED MIXED VEGETABLE SEASONED BUTTER BEANS BROWN GRAVY TOSSED CALICO GARDEN SALAD WALDORF SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS MONGOLIAN BBQ (CHICKEN, BEEF & SHRIMP W/ ALL FIXINGS) STEAMED RICE EGG DROP SOUP SECHWAN SPICY NOODLES TERIYAKI SAUCE TOSSED CALICO GARDEN SALAD WALDORF SALAD DINNER ROLL
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MONGOLIAN BBQ

SUN, 08 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS CREAM OF BROCCOLI SOUP GRILLED CHICKEN BRAISED PORK RIBS HERBED BAKED FISH WILD RICE DUCHESSE POTATOES SEASONED PEAS & CARROTS OKRA & TOMATO GUMBO CHICKEN GRAVY WESTY ROTINI PASTA SALAD FRESH COCKTAIL GELATIN HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS CREAM OF BROCCOLI SOUP BRAISED PORK RIBS ROAST TURKEY MASHED POTATOES BUTTERED NOODLES CORN O'BRIEN CLB SPINACH TURKEY GRAVY ZESTY ROTINI PASTA SALAD FRESH COCKTAIL GELATIN HOT ROLL
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VEGGIE BAR

FRI, 13 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS DOBERLY GOOD CHICKEN SOUP CHICKEN CHOWMEIN SAVORY LAMB ROAST STEAMED RICE MASHED POTATO MIXED VEGETABLES GINGER GLAZED CARROTS BROWN GRAVY CHEF'S SALAD MIXED FRUIT SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS DOBERLY GOOD CHICKEN SOUP CREOLE PORK CHOPS LEMON BAKED FISH PAPRIKA BUTTERED POTATOES BUTTERED FETTUCCINI NOODLES RATATOUILLE BUTTERED CAULIFLOWER VEGETABLE GRAVY CHEF'S SALAD MIXED FRUIT SALAD HOT ROLL
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TACO BAR

SAT, 14 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS VEGETABLE WITH BEEF SOUP BEEF POT PIE W/ BECUI HONEY GINGER CHICKEN STEAMED RICE OVEN OLO POTATOES GRILLED EUCCHINI SEASONED SUCCOTASH CHICKEN GRAVY POTATO SALAD JELLIED CRANBERRY & ORANGE SALAD DINNER ROLLS 	<ul style="list-style-type: none"> DINNER CRACKERS MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS) STEAMED RICE EGG ROLLS EGG DROP SOUP SECHWAN SPICY NOODLES TERIYAKI SAUCE POTATO SALAD JELLIED CRANBERRY & ORANGE SALAD DINNER ROLLS
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MONGOLIAN BBQ

SUN, 15 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS MINESTRONE SOUP BAKED BEANS SPAGHETTI W/ MEAT SAUCE OVEN OLO POTATOES ITALIAN STYLE BAKED BEANS HOT SPICED BEETS JARLIC BREAD CREAMY CUCUMBER RICE SALAD SPINACH & APPLE SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS MINESTRONE SOUP CHICKEN SHASHLIC ARABIC LAMB ROAST CHICK PEA RICE OKRA TOMATO GUMBO CAULIFLOWER POLONAISE HUMMUS SALAD FATUSH SALAD FITTER BREAD DINNER ROLL
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ARABIC DINNER

MON, 16 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS VELVET CORN SOUP BBQ PORK LOIN CHICKEN POT PIE MEDITERRANEAN BROWN RICE O'BRIEN POTATOES GINGER GLAZED BABY CARROTS CUT GREEN BEANS CHICKEN GRAVY SALSA PASTA SALAD MARINATED BLACK BEAN SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS VELVET CORN SOUP HAMBURGER YAKISOBA GRILLED ITALIAN SAUSAGE W/ PEPPERS & ONION EGG FRIED RICE POTATO CAKES MUSHROOM MIXED VEGETABLES BROWN GRAVY SALSA PASTA SALAD MARINATED BLACK BEAN SALAD HOT ROLL
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President's Day

SAT, 21 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS SHRIMP GUMBO SOUP TOMATO MEAT LOAF PORK CHOPS W/ STEAMED RICE MASHED POTATOES LYONNAISE CARROTS SWEET PEAS W/ MUSHROOMS BROWN GRAVY VEGETABLE SLAW W/ CREAMY DRESSING JELLIED PEAR SALAD DINNER ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS SHRIMP GUMBO SOUP MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS) STEAMED RICE EGG ROLLS SECHWAN SPICY NOODLES TERIYAKI SAUCE VEGETABLE SLAW W/ CREAMY DRESSING JELLIED PEAR SALAD HOT ROLL
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MONGOLIAN BBQ

SUN, 22 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS MID WESTERN TOMATO SOUP CANTONESE SPARE RIBS FRIED CHICKEN VEG FRIED RICE MASHED POTATOES BROCCOLI COMBO MIXED VEGETABLES CHICKEN GRAVY POTATO SALAD SPRING SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS MID WESTERN TOMATO SOUP LEMON BAKED FISH CHILI CONQUISTADOR ORANGE RICE SCALLOPED POTATOES SEASONED GREEN BEANS STEWED TOMATOES POTATO SALAD SPRING SALAD CHICKEN GRAVY HOT ROLL
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VEGGIE BAR

MON, 23 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS CREAMED CARROT SOUP BEEF STROGANOFF CHICKEN CURRY WHITE RICE BUTTERED NOODLES SEASONED FRENCH BEANS SEASONED ELICE CARROTS BROWN GRAVY FRIJOLE SALAD MARINATED BLACK BEAN SALAD HOT ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS CREAMED CARROT SOUP KNOCKWURST W/ SAUERKRAUT VEAL PARMESAN CHICK PEA RICE FRANCONIA POTATOES RATATOUILLE SEASONED CORN BROWN GRAVY FRIJOLE SALAD MARINATED BLACK BEAN SALAD HOT ROLL
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BBQ BAR

TUE, 24 FEBRUARY 2009

<ul style="list-style-type: none"> LUNCH CRACKERS MEXICAN ONION CORN SOUP BEEF FAJITAS CHICKEN & BEAN BURRITOS CHEESE ENCHILADAS SPANISH RICE REFRIED BEANS SEASONED SWEET CORN ENCHILADAS SAUCE TORTILLA BREAD GARDEN COTTAGE CHEESE SALAD CUCUMBER & ONION SALAD DINNER ROLL 	<ul style="list-style-type: none"> DINNER CRACKERS MEXICAN ONION CORN SOUP BRAISED LIVER W/ ONIONS SHRIMP SCAMPI AZTEC RICE MASHED POTATOES & BLACK BEANS GRILLED EUCCHINI BROWN GRAVY GARDEN COTTAGE CHEESE SALAD CUCUMBER & ONION SALAD DINNER ROLL
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MEXICAN LUNCH

OIF Dining Facility

February 1, 2009

Lunch:

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

Dinner:

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

February 2, 2009

Lunch:

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

Dinner:

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

February 3, 2009

Lunch:

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

Dinner:

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

February 4, 2009

Lunch:

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

Dinner:

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

February 9, 2009

Lunch:

- Tomato Soup
- Crackers
- Swiss steak w/ Tomato Sauce
- Baked/Fried Pollock
- Macaroni and Cheese
- Devil'd Oven Fries
- Seasoned Green Beans
- Glazed Carrots
- Brown Gravy
- Tartar Sauce
- Lemon Wedges

Dinner:

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

February 10, 2009

Lunch:

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

Dinner:

- Cream of Broccoli Soup
- Crackers
- Breaded Pork Chops
- Lasagna /Spinach Lasagna/ Eggplant Parmesan
- Garlic Bread
- Steamed Rice
- Mashed Potatoes
- Herbed Broccoli
- California Blend Vegetable

February 11, 2009

Lunch:

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

Dinner:

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

February 12, 2009

Lunch:

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

Dinner:

- Bean w/ Bacon Soup
- Crackers
- Texas Style Corned Beef
- Fried/Baked Pollock
- Baked Macaroni & Cheese
- Steamed Rice
- Succotash
- Vegetable Medley
- Tartar Sauce
- Lemon Wedges
- Seafood Cocktail Sauce
- Cheese Biscuit
- Brown Gravy

February 17, 2009

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

February 18, 2009

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
- Crab Salad
- Lemon Wedges, Tartar Sauce
- Seafood Cocktail Sauce

February 19, 2009

Lunch:

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

Dinner:

- Cream of Mushroom Soup
- Crackers
- Nachos
- Beef Fajitas
- Enchiladas
- Chicken Fajitas
- Burritos
- Taco Bar
- Chicken Quesadilla
- Oven Browned Potatoes
- Mexican Rice
- Seasoned Mixed Vegetables
- Pinto Beans
- Refried Beans

February 20, 2009

Lunch:

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

Dinner:

- Bean and Bacon Soup
- Crackers
- BBQ Beef Brisket
- Breaded Pork Chops
- Mashed Potatoes
- Jefferson Noodles
- Brown Gravy
- Broccoli Combo
- Orange Carrot Almandine
- Sautéed Mushrooms & Onions

February 25, 2009

Lunch:

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

Dinner:

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

February 26, 2009

Lunch:

- Chicken Noodle Soup
- Cracker
- Baked Salmon
- Grilled Pork Chops
- Oven Glow Potatoes
- Noodles
- Jefferson
- Stewed Tomatoes
- California Blend Vegetables
- Onion Gravy
- Apple Sauce
- Lemon Wedges
- Tartar Sauce

Dinner:

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

February 27, 2009

Lunch:

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

Dinner:

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

February 28, 2009

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 Brisket
- Cornish Hen
- Turkey Cutlets (Baked and Breaded)
- Baked Potatoes
- Steamed Rice
- Steamed Broccoli
- Succotash
- Sour Cream

***Menu Subject To Change**

February 2009 Menu

February 5, 2009

- | | |
|-----------------------------|--------------------------------|
| Lunch: | Dinner: |
| • Cream of Mushroom Soup | • Cream of Mushroom Soup |
| • Crackers | • Crackers |
| • Roast Turkey | • Fried & Lemon Baked Pollock |
| • Prime Ribs | • Lasagna/ Spinach |
| • Mashed Potatoes | • Lasagna/Egg Plant Parmesan |
| • Sweet Potatoes | • Garlic Roasted Potatoes |
| • Steamed Broccoli | • Steamed Rice |
| • Seasoned Mixed Vegetables | • Seasoned Succotash |
| • Seasoned Dressing | • Harvard Beets |
| • Turkey Gravy | • Onion Gravy, Parmesan Cheese |
| • Au Jus | |
| • Cranberry Sauce | |
| • Hot Rolls | |

February 6, 2009

- | | |
|-----------------------------|-----------------------------|
| Lunch: | Dinner: |
| • Bean w/w Bacon Soup | • Vegetarian Vegetable Soup |
| • Nachos | • Salisbury Steak |
| • Beef Fajitas | • Rotisserie Chicken |
| • Enchiladas | • Mashed Potatoes |
| • Chicken Fajitas | • Seasoned Noodles |
| • Burritos | • Green Beans |
| • Taco Bar | • Seasoned Carrots |
| • Chicken Quesadilla | • Chicken Gravy |
| • Oven Browned Potatoes | |
| • Spanish Rice | |
| • Seasoned Mixed Vegetables | |
| • Pinto Beans | |
| • Refried Beans | |
| • Enchilada Sauce | |

February 7, 2009

- | | |
|-------------------------------|-----------------------------------|
| Lunch: | Dinner: |
| • Vegetarian Vegetable Soup | • Bean w/ Bacon Soup |
| • Crackers | • Crackers |
| • Trout Fried & Baked | • Yakisoba Hamburger w/ Spaghetti |
| • Beef Pot Roast | • Grilled Pork Chops |
| • Mashed Potatoes | • Cheese Tortellini |
| • Fried Rice | • Spicy Potato Wedges |
| • California Blend Vegetables | • Seasoned Cauliflower |
| • Gallico Corn | • Turnip Green |
| • Brown Gravy | • Brown Gravy |
| • Lemon Wedges, Tartar Sauce | |

February 8, 2009

- | | |
|-----------------------|-----------------------|
| Lunch: | Dinner: |
| • Chicken Noodle Soup | • Chicken Noodle Soup |
| • Crackers | • Crackers |
| • Roasted Pork Roast | • Cornish Hens |
| • Chili Mac | • Meatloaf |
| • Oven Brown Potatoes | • Mashed Potatoes |
| • Corn on Cob | • Rice Pilaf |
| • Peas and Carrots | • Herbed Broccoli |
| • Brown Gravy | • Succotash |
| • Applesauce | • Brown Gravy |
| • Cornbread | |

February 13, 2009

- | | |
|-----------------------------|------------------------------|
| Lunch: | Dinner: |
| • Vegetarian Vegetable Soup | • Vegetarian Vegetable Soup |
| • Crackers | • Crackers |
| • Tuna Noodle Casserole | • Jambalaya |
| • Chicken Fried Steak | • Fried/Baked Chicken |
| • Cream Country Gravy | • Jambalaya Seasoned Rice |
| • Steamed Rice | • Baked Potato w/ Sour Cream |
| • Seasoned Carrots | • Seasoned Green Beans |
| • Seasoned Broccoli | • Oriental Stir Fry |
| • Mushroom Gravy | • Brown Gravy |

February 14, 2009

- | | |
|--------------------------------|--|
| Lunch: | Dinner: |
| • Chicken Noodle Soup | • Cream of Mushroom Soup |
| • Crackers | • Crackers |
| • Roast Turkey | • Breaded Pork Chops |
| • BBQ Ribs | • Mongolian BBQ-Shrimp, Chicken, Beef, Pork Stir Fry |
| • Savoury Bread Dressing (Mix) | • Fried/Steamed Rice |
| • Mashed Potatoes | • Garlic Mashed Potatoes |
| • Seasoned Mixed Vegetables | • California Blend Vegetables |
| • Collard Greens | • Fried Cabbage |
| • Turkey Gravy | • Brown Gravy |
| • Cranberry Sauce | • Applesauce |
| • Rice Pilaf | |
| • Candied Yams | |
| • Biscuits | |

February 15, 2009

- | | |
|-------------------------------|----------------------------|
| Lunch: | Dinner: |
| • Cream of Mushroom Soup | • Chicken Noodle Soup |
| • Crackers | • Crackers |
| • Chili Con Carne | • Crab Cakes w/ Condiments |
| • Trout Baked & Fried | • Prime Ribs |
| • Steamed Rice | • Mashed Potatoes |
| • Seasoned Noodles | • Steamed Rice |
| • Hacienda Corn & Black Beans | • Spring Blend Vegetables |
| • Fried Cauliflower | • Pinto Beans |
| • Brown Gravy | • Brown Gravy |
| • Tartar Sauce | • Horseradish |
| • Lemon Wedges | • Lemon Wedges |
| • Seafood Cocktail Sauce | |

February 16, 2009

- | | |
|--------------------------|---------------------------|
| Lunch: | Dinner: |
| • Cream of Broccoli Soup | • Cream of Broccoli Soup |
| • Crackers | • Crackers |
| • Braised Beef Cubes | • Salisbury Steak |
| • Rotisserie Chicken | • BBQ Style Ribslets |
| • Mashed Potatoes | • Spicy Potato Wedges |
| • Seasoned Noodles | • Baked Macaroni & Cheese |
| • Red Beans & Rice | • Seasoned Peas |
| • Turnip Greens | • Seasoned Succotash |
| • Black-Eyed Peas | • Beef Gravy |
| • Chicken Gravy | |
| • Cornbread | |

February 21, 2009

- | | |
|-----------------------------|-------------------------------|
| Lunch: | Dinner: |
| • Tomato Soup | • Vegetarian Vegetable Soup |
| • Crackers | • Crackers |
| • Honey Glazed Cornish Hens | • Oriental Peppers Steak |
| • Roast Beef | • Breaded Scallops |
| • Baked Potato | • Macaroni & Cheese |
| • Mashed Sweet Potatoes | • Steamed Rice |
| • Honey Dijon Vegetables | • Brown Gravy |
| • Cauliflower Parmesan | • Japanese Vegetable Stir Fry |
| • Sour Cream | • Peas w/ Onions |
| • Horseradish Sauce | |

February 22, 2009

- | | |
|------------------------|--------------------------|
| Lunch: | Dinner: |
| • Chicken w/ Rice Soup | • Chicken w/ Rice Soup |
| • Crackers | • Crackers |
| • Beef Stroganoff | • Spaghetti w/ Meatballs |
| • Grilled Ham Steak | • Pork Ribs & Sauerkraut |
| • Seasoned Noodles | • Mashed Potatoes |
| • Devilish Oven Fries | • Brown Gravy |
| • Stewed Tomatoes | • Herbed Broccoli |
| • Seasoned Green Peas | • Mixed Vegetables |

February 23, 2009

- | | |
|----------------------------|-------------------------------|
| Lunch: | Dinner: |
| • Cream of Broccoli Soup | • Cream of Broccoli Soup |
| • Crackers | • Crackers |
| • Fried & Baked Chicken | • Beef Pot Roast |
| • Prime Rib w/Au Jus Sauce | • Gen. Tso Chicken |
| • Mashed Potatoes | • Chicken & Broccoli |
| • Orange Rice | • Vegetable Lo Mein |
| • Chicken Gravy | • Shrimp Lo Mein |
| • Green Beans Combo | • Steamed Rice |
| • Mexican Corn | • Patsley Seasoned Potatoes |
| | • Fried Cauliflower |
| | • Beets in Orange-Lemon Sauce |

February 24, 2009

- | | |
|--------------------------------|-----------------------------|
| Lunch: | Dinner: |
| • New England Clam Soup | • New England Clam Soup |
| • Crackers | • Crackers |
| • Chili Macaroni | • Roast Turkey |
| • Baked Salmon | • Stuffed Green Peppers |
| • Aztec Rice | • Rissolo Potatoes |
| • Mashed Potatoes | • Italian-Style Baked Beans |
| • Brown Gravy | • Seasoned Carrot Slices |
| • South of the Border Broccoli | • Bread Dressing |
| • Peas w/ Onions | • Mashed Potatoes |
| • Lemon Slice | • Turkey Gravy |
| | • Cranberry Sauce |

Specialty Meals

Monday: Pasta Bar

Tuesday: Taco Bar

Wednesday: Potato Bar & Steak Night

Thursday: Fajita Bar

Friday: Pasta Bar & Mongolian BBQ Night

Saturday: Chinese Bar

Sunday: Soul Food Night

AIK Dining Facility

SUN, 01 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
NEW ENGLAND CLAM CHOWDER	NEW ENGLAND CLAM CHOWDER
CHICKEN ADOBO	CHICKEN
STUFFED GREEN PEPPERS	SHASHLIK
STEAMED RICE	ARABIC LAMB ROAST
MASHED POTATOES	CHICK PEAS RICE
PEAS & ONIONS	OKRA TOMATO GUMBO
CAULIFLOWER W/ CHEESE SAUCE	CAULIFLOWER POLONAISE
BROWN GRAVY	HUMMUS SALAD
GERMAN COLE SLAW	FATUSH SALAD
PICKLED GREEN BEAN SALAD	PITTER BREAD
DINNER ROLL	

MEXICAN LUNCH

MON, 02 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
CHICKEN NOODLES SOUP	CHICKEN
SPICY ITALIAN PORK CHOPS	NEW ENGLAND BAKED HAM
CHICKEN ALFREDO	STEAK
BUTTERED BENGUINI	CHILI MAC
STEAMED RICE	ROASTED PEPPER POTATOES
ITALIAN STYLE BAKED BEANS	CLUB SPINACH
SEASONED MIXED VEGETABLES	SEASONED GREEN BEANS
ITALIAN STYLE PASTA SALAD	CHICKEN GRAVY
MARINATED BLACK BEAN SALAD	ITALIAN STYLE PASTA SALAD
DINNER ROLL	MARINATED BLACK BEAN SALAD
	DINNER ROLL

BBQ BAR

TUES, 03 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
MEXICAN ONION CORN SOUP	MEXICAN ONION CORN SOUP
MEXICAN JACK CASSEROLE	TUNA TERAZZINI
CHICKEN & BEAN BURRITOS	JAMICAN RUM CHICKEN
CHEESE ENCHILADAS	GARLIC CHEESE POTATOES
SPANISH RICE	SEASONED BROCCOLI
REFRIED BEANS	GINGER GLAZED CARROTS
SEASONED SWEET CORN	BROWN GRAVY
ENCHILADAS SAUCE	CUCUMBER & ONION SALAD
TORTILLA BREAD	JELLIED PEAR SALAD
CUCUMBER & ONION SALAD	DINNER ROLL
JELLIED PEAR SALAD	
DINNER ROLL	

PASTA BAR MEXICAN LUNCH

WED, 04 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
BRANDED BRATWURST	GRILLED STEAK
HAMBURGER	STEAMED CRAB LEGS
YAKISOBA	FRID SHRIMP
ROSEMARY POTATO WEDGES	TOSSED GREEN RICE
CORN O'BRIEN	BAKED POTATOES
CLUB SPINACH	SWEET PEAS
SEASONED GREEN BEANS	STEAMED BROCCOLI
MACARONI SALAD	SAUTEED ONIONS & MUSHROOM
COUNTRY STYLE TOMATO SALAD	BUTTER SAUCE
BROWN GRAVY	NATURAL PAN ORAVY
DINNER ROLL	MACARONI SALAD
	COUNTRY STYLE TOMATO SALAD
	DINNER ROLL

STEAK & LOBSTER NIGHT

MON, 09 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
BEEF W/ VEGETABLE SOUP	BEEF W/ VEGETABLE SOUP
HONEY GINGER CHICKEN	BAKED SALMON
ZESTY MEAT LOAF	HONEY GLAZED HAM
MASHED RICE	ORANGE RICE
CALICO CABBAGE	SCALLOPED POTATOES
LIMA BEANS	SEASONED GREEN BEANS
BROWN GRAVY	STEWED TOMATO
MEXICAN COLE SLAW	BROWN GRAVY
BROCCOLI SALAD	MEXICAN COLE SLAW
HOT ROLL	BROCCOLI SALAD
	HOT ROLL

BBQ BAR

TUE, 10 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
MEXICAN ONION CORN SOUP	MEXICAN ONION CORN SOUP
CHICKEN FAJITAS	BRANDED LIVER W/ ONIONS
BEEF & BEAN BURRITOS	SHRIMP SCAMPI
CHEESE ENCHILADAS	AZTEC RICE
SPANISH RICE	MASHED POTATOES
REFRIED BEANS	HACIENDA CORN & BLACK BEANS
SEASONED SWEET CORN	GRILLED ZUCCHINI
ENCHILADAS SAUCE	BROWN GRAVY
TORTILLA BREAD	MACARONI DALAD
MACARONI DALAD	CUCUMBER & ONION SALAD
CUCUMBER & ONION SALAD	DINNER ROLL
DINNER ROLL	

MEXICAN LUNCH

WED, 11 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
TUNA TERAZZINI	GRILLED STEAK
JAMICAN RUM CHICKEN	STEAMED LOBSTER TAILS
GALIC CHEESE POTATOES	FRID SHRIMP
SEASONED BROCCOLI	TOSSED GREEN RICE
STEAMED CARROTS	BAKED POTATOES
BROWN GRAVY	SEASONED SWEET PEAS
GERMAN TOMATO SALAD	STEAMED BROCCOLI
SPRING SALAD	SAUTEED ONIONS & MUSHROOM
DINNER ROLL	BUTTER SAUCE
	GERMAN TOMATO SALAD
	SPRING SALAD
	DINNER ROLL

STEAK & LOBSTER NIGHT

THU, 12 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
TOMATO NOODLE SOUP	TOMATO NOODLE SOUP
BBQ RIBS	BAKED STUFFED FISH
SOUTHERN FRIED CHICKEN	EL RANCHO STEW
CHEESE MACARONI	STEAMED RICE
CANDIED YAMS	MASHED POTATOES
SOUTHERN STYLE GREENS	STEAMED CAULIFLOWER
PARSLEY BUTTERED CARROTS	GLAZED CARROTS
CORN BREAD	BROWN GRAVY
PASTA SALAD	PASTA SALAD
KIDNEY BEAN SALAD	KIDNEY BEAN SALAD
DINNER ROLL	DINNER ROLL

SOUL FOOD

TUE, 17 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
MEXICAN ONION CORN SOUP	MEXICAN ONION CORN SOUP
MEXICAN JACK CASSEROLE	NEW ENGLAND BOILED DINNER
CHICKEN & BEAN BURRITOS	BREADED FRIED PORK CHOP
CHEESE ENCHILADAS	FRIED RICE
SPANISH RICE	LYONNAISE POTATOES
REFRIED BEANS	STEAMED CABBAGE
SEASONED SWEET CORN	SEASONED GREEN BEANS
ENCHILADAS SAUCE	BROWN GRAVY
TORTILLA BREAD	COLE SLAW
COLE SLAW	PICKLED BREEN BEAN SALAD
PICKLED BREEN BEAN SALAD	HOT ROLL
DINNER ROLL	

MEXICAN LUNCH

WED, 18 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
SHRIMP JAMBALAYA	GRILLED STEAK
GINGER POT ROAST	STEAMED CRAB LEGS
MASHED POTATOES	FRIED SCALLOPS
CAULIFLOWER AU GRATIN	TOSSED GREEN RICE
STEAMED CARROTS	BAKED POTATOES
BROWN GRAVY	SWEET PEAS
ZESTY ROTINI PASTA SALAD	SAUTEED ONIONS & MUSHROOM
CARROT, CELERY, & APPLE SALAD	BUTTER SAUCE
HOT ROLL	NATURAL PAN GRAVY
	ZESTY ROTINI PASTA SALAD
	CARROT, CELERY, & APPLE SALAD
	DINNER ROLL

STEAK & CRAB NIGHT

THU, 19 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
CHICKEN W/RICE SOUP	CHICKEN W/RICE SOUP
BBQ CHICKEN	BAKED PORK CHOP
SOUTHERN FRIED CAT FISH	BRANDED BEEF CUBES
CHEESE MACARONI	STEAMED RICE
CANDIED YAMS	NOODLES
SOUTHERN STYLE GREENS	JEFFERSON
CORN ON THE COB	SEASONED GREEN BEANS
CORN BREAD	BUTTERED SWEET CORN
FRESH PUPPIES	BROWN GRAVY
MARINATED CARROT SALAD	MARINATED CARROT SALAD
CUCUMBER & ONION SALAD	CUCUMBER & ONION SALAD
DINNER ROLL	DINNER ROLL

SOUL FOOD

FRI, 20 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
CHICKEN CORN CHOWDER SOUP	CHICKEN CORN CHOWDER SOUP
BAKED LASAGNA	LEMON BAKED TROUT
CHICKEN PARMESAN	PEPPER STEAK
ITALIAN ROASTED POTATOES	MASHED POTATO
ASPARAGUS	RICE PILAF
CORN O'BRIEN	SEASONED MIXED VEGETABLE
CHICKEN TOAST	SEASONED BUTTER BEANS
GARLIC GRAVY	BROWN GRAVY
MACARONI SALAD	MACARONI SALAD
COUNTRY STYLE TOMATO SALAD	COUNTRY STYLE TOMATO SALAD
HOT ROLL	HOT ROLL

INDIAN LUNCH

WED, 25 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
EGG DROP SOUP	EGG DROP SOUP
BEEF STEW	GRILLED STEAK
BAKED TANDOORI CHICKEN	STEAMED LOBSTER TAILS
STEAMED RICE	FRIED SCALLOPS
BUTTERED MASHED POTATOES	TOSSED GREEN RICE
CREAMY STYLE CORN	BAKED POTATOES
SAVORY BAKED BEANS	SWEET PEAS
BROWN GRAVY	STEAMED BROCCOLI
ITALIAN STYLE PASTA SALAD	SAUTEED ONIONS & MUSHROOM
MIXED FRUIT SALAD	BUTTER SAUCE
DINNER ROLL	NATURAL PAN GRAVY
	ITALIAN STYLE PASTA SALAD
	MIXED FRUIT SALAD
	DINNER ROLL

STEAK & CRAB NIGHT

THU, 26 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
CHICKEN W/RICE SOUP	CHICKEN W/RICE SOUP
BBQ CHICKEN	VEAL PAPRIKA STEAK
SOUTHERN FRIED CAT FISH	CHICKEN TERAZZINI
CHEESE MACARONI	STEAMED RICE
CANDIED YAMS	SEASONED GREEN BEANS
SOUTHERN STYLE GREENS	CALICO CABBAGE
PARSLEY BUTTERED CARROTS	BROWN GRAVY
FRESH PUPPIES	GERMAN TOMATO SALAD
GERMAN TOMATO SALAD	THREE BEAN SALAD
THREE BEAN SALAD	DINNER ROLL
DINNER ROLL	

SOUL FOOD

FRI, 27 FEBRUARY 2009

LUNCH	DINNER
CRACKERS	CRACKERS
NUTTY SPILT PEA SOUP	NUTTY SPILT PEA SOUP
INDONESIAN STYLE BEEF & NOODLES	HUNGARIAN GOBLASH
HERBED BAKED CHICKEN	CHALUPA
PARSLEY POTATO	LYONNAISE POTATOES
ORIENTAL STIR FRY CABBAGE	SEASONED CARROTS
FRENCH STYLE CUT GREEN BEANS	BUTTERED WAX BEANS
CHICKEN GRAVY	BROWN GRAVY
MACARONI SALAD	MACARONI SALAD
FRUIT COCKTAIL GELATIN	FRUIT COCKTAIL GELATIN
DINNER ROLL	DINNER ROLL

TACO BAR

SAT, 28 FEBRUARY 2008

LUNCH	DINNER
CRACKERS	CRACKERS
NAVY BEAN SOUP	NAVY BEAN SOUP
LEMONI	MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)
TEMPURA FISH	STEAMED RICE
PAPRIKA MASHED POTATO	EGG ROLLS
SEASONED GREEN BEANS	SECHWAN SPICY NOODLES
CALICO CABBAGE	TERIYAKI SAUCE
GARLIC BREAD	PINEAPPLE
BROWN GRAVY	MARSHMALLOW COLE SLAW
PINEAPPLE	COLE SLAW
MARSHMALLOW COLE SLAW	TOSSED CALICO GARDEN SALAD
COLE SLAW	GARDEN SALAD
TOSSED CALICO GARDEN SALAD	DINNER ROLL
DINNER ROLL	

BBQ

*Menu Subject To Change

training exercise in Kuwait

Fahad Al-Amir and Marine Brig. Gen. Charles Hudson, Office of Military Cooperation Chief, were among the visitors.

Upon completion of the exercise, Al-Amir expressed his satisfaction of the seamless performance to both the Kuwaiti troops and Marines.

“It was a bit surprising how well the Marines and Kuwaiti troops got along,” said Sgt. Ronald J. Lienhardt, machine gunner, Echo Company, Battalion Landing Team, 2nd Battalion, 6th Marine Regiment. “The Kuwaitis’ eagerness to learn made it very easy to

work together.”

The Marines primary role was to instruct, but they were also able to learn some things from the Kuwaiti troops.

“The Kuwaiti troops encouraged repetition,” said Staff Sgt. Robert L. Scott, machine gun team leader, BLT 2/6, 26th MEU. “Typically Marines complain about doing scenarios over and over. That trait in the host nation troops revealed tremendous improvements in their techniques throughout the five days. In the end, they performed phenomenally.”

According to Dixon, the training evolution did have some challenges. The language barrier and a few cultural differences created some complications. However, through perseverance, the Kuwaiti forces successfully learned some important tactic techniques and procedures that can greatly improve their military.

“They are anxious to engage in future exercises because of the proven unique capabilities of a MEU,” said Dixon. “The hope is to make this an annual event.” 



Chief of Staff of the Kuwaiti Armed Forces, Air Marshal Fahad Al-Amir speaks to a group of Marines from the 26th Marine Expeditionary Unit Jan. 15, during a theater support collaboration exercise between the MEU and host nation forces.

Balloons extend communication range

Article and photos by
Gunnery Sgt. Bryce Piper
26th MEU Public Affairs

Approximately 20 Marines from the 26th Marine Expeditionary Unit recently took an opportunity to learn about a new tool to extend the range of deployed communications.

The Marines attended a class explaining the system Jan. 12 and got hands-on training over the following several days.

The Combat SkySat High Altitude Operational Payload system could allow Marines, in the near future, to extend the range of some communications by more than 100 times, said Arizona Air National Guard Detachment 2 Commander, Lt. Col. Patty Tuttle.

SkySat merges modern high-tech communication equipment with technology hundreds of years old: balloons. By floating relay equipment as high as 80,000 feet on a helium balloon, SkySat can extend the range of military radios, like the handheld PRC-148, from three or four miles up to 500 miles.

By elevating the system using balloons, SkySat also allows communicators to overcome terrain features like mountains and valleys by changing the operator's line of sight, which could be of particular benefit to Marines in rough terrain like Afghanistan, said Tuttle.

"This is such a tactical mission enabler," said Tuttle. "It can really add to a commander's abilities. It can help troops on the ground. It can help pilots in the air – anyone who needs communications. We're excited to get it out and with [the Marines] and get it deployed."

According to Tuttle, given the ranges SkySat makes possible, communication is rarely affected by wind direction. Still, the system can be somewhat directed with the use of vents and ballast. It's also portable; the entire system is mobile and fits in the bed of a pickup truck, allowing com-

manders to extend communications at will in almost any area.

Tuttle also explained that SkySat's equipment payload is expendable. After use, controllers on the ground command the balloon to release the communication equipment, which floats to the ground by parachute. No secret or classified equipment is housed in the payload, so it doesn't have to be recovered after deployment. If it is recovered, it can be sent back to the manufacturer to be reset for future use.

Currently the system is used only by the Air Force, but the tactical benefits were not overlooked by 26th MEU leaders.

"A commander's ability to extend long-range communication on the ground is key," said 26th MEU Executive Officer Lt. Col. Wes Capdepon. "And this is an asset that will allow us to extend communication over nearly any terrain and distance. This is a viable means to extend communication."

Increased communication will multiply the MEU's ability to perform missions with accuracy and control, Capdepon said.

"Clear communication is one of the most important things for leaders in the field," he stated. "But it's also important for their commanders. Without good communication, the commander's message to his Marines in the field could get lost, inferences could be lost. As such, the commander's intent could be lost."

"This gives the MEU a unique capability to provide long-range communications," said Maj. Roman Vitkovitsky, the MEU's communications officer.

Several of Vitkovitsky's Marines attended the course along with Marines from all the MEU's Major Subordinate Elements. With the ability to extend classified and unclassified voice and data, Vitkovitsky and his Marines agreed SkySat is a true force multiplier. **A**



Arizona Air National Guard Master Sgt. Jake Martinez shows the SkySat payload to 26th Marine Expeditionary Unit Command Officer Col. Mark Desens and 26th MEU Operations Officer Lt. Col. Walter Sopp as the SkySat balloon inflates behind them.



Martinez and Air Force Tech. Sgt. Craig Armstrong, attach the payload to SkySat's latex balloon.



Armstrong and Lt. Col. Patty Tuttle, release the SkySat High Altitude Operational Payload system while leaders from the 26th Marine Expeditionary Unit observe the launch.

Road warriors from the Arctic work as a team

Article by
Pfc. Howard Ketter
20th Public Affairs Detachment

A team from one of the coldest places on earth is currently taking on the challenge of protecting other servicemembers and themselves in the Middle East.

The 539th Transportation Company, from Fort Wainwright, Alaska, is conducting convoy security missions while stationed at Camp Arifjan, Kuwait.

These Soldiers work together every day to ensure the safety of the unit and that their missions are executed efficiently. There are several components of the 539th that are vital to the company's overall mission, including the mechanics and the drivers.

"We get to do way more here than we do in the rear," said Pfc. Richard Benavidez, mechanic.

Benavidez, who works on the M-1151 Humvee, said since the trucks are constantly on the road, mechanics in the motor pool get more opportunities to work on different parts of the vehicles and though the Soldiers had new things to learn, they hit the ground running.

"We began working the first night we got here," said Benavidez. "Our drivers are trained to maintain and fix vehicles also, so the workload was a little easier."

The unit trains constantly, whether it is safety courses or learning to drive, maintain and fix the mine resistant ambush protected vehicle.

"Soldiers in our unit are being sent, a few at a time, to Camp Buehring, Kuwait to learn about the MRAPs," said Benavidez.

The mechanics of the 539th are also trained and qualified to go out on missions with the drivers.



Members of the 539th chat during a company barbecue held to boost morale on a rare occasion where most members were not on the road (photos by Spc. Elayseah Woodard-Hinton).

"We try to keep our Soldiers' morale up, so we take our mechanics out with us periodically so that they can experience what it's like to be out on the road," said Sgt. Marcus Young, team leader. "It's fun; we're grunts on wheels."

The drivers' job involves escorting convoys throughout Iraq, providing protection, scouting several routes, inspecting suspicious roadside items and maintaining communication with other convoys.

"We're armed with a .50 caliber [machine gun], which is mounted on top of our vehicle and we all carry [M16A2 rifles]," said Katlyn Lopez, driver.

Lopez and Young both stressed the importance of safety equipment. Their team suffered a flare malfunction while out on a mission and their equipment kept them from being hurt.

"The safety gloves that me and my gunner were wearing saved both of us from being seriously injured," said Young.

According to Young, the Soldiers are constantly trained and reminded to wear safety gear on and around their vehicles as well as using three points of contact when climbing on them.

"We work hard to keep our Soldiers as safe as the convoys we protect," said Young.

Lopez said their work doesn't end with escorting convoys. Drivers also conduct pre-maintenance checks and services and help fix the vehicles to ensure that they are ready for the next mission.

"We turn wrenches with our mechanics too, though it's not mandatory; we're a team," added Lopez.

The Soldiers of the 539th are dedicated to keeping their Soldiers safe and well trained so that they can return to the 49th state as a team, just as they came. **A**



Pfc. Kenneth Miller and Spc. Brian Pangburn, drivers, 539th Transportation Company, repair a vehicle in the unit's motor pool on Camp Arifjan, Kuwait. The drivers of the 539th are trained to drive and repair their vehicles.

Team spirit displayed from afar



Sgt. 1st Class Garland J. Murray responds to a question from a news reporter in Philadelphia during a live interview Jan. 16, 2009. Murray, an Eagles fan from Philadelphia, is currently deployed to Kuwait with 4th Sustainment Brigade (photo by Sgt. Nathan W. Hutchison).

Article by
Sgt. Nathan W. Hutchison
1st Sustainment Command
(Theater)
John D. Ortiz
4th Sustainment Brigade

For two Soldiers who were able to take advantage of an opportunity to cheer on their favorite hometown team with a live television interview; their experience ended not in joy, but in sorrow.

Philadelphia football fans, Sgts. 1st Class David C. Groce and Garland J. Murray, praised their hometown football team from the desert sands of Kuwait to not only ensure a win but a trip to Tampa Bay and Super Bowl XLIII.

“Normally in a Soldier’s life, you’re not afforded the opportunity to go on live television, rooting for your home team and saying ‘hey’ to all your family, friends, and other fans back home,” said Groce, 4th Sustainment Brigade Mortuary Affairs noncommissioned officer in charge.

Viewing the game eight time zones away didn’t make the seven point loss any easier to swallow.

“I’m still an Eagles fan and will always be an Eagles fan,” said Groce. “I think the Eagles got a raw deal on a couple of calls, especially in the fourth quarter. But that’s the way the game is played.”

“I’ll be rooting for the east now with the Steelers in the Super Bowl,” said Groce. “Even though I wished the

Eagles could have pulled it off.”

Murray said they would rather watch the game back in Philadelphia, but being able to show their support on live television means a lot, and an experience he will take away.

“Seeing the game, it was pretty disgusting. The damage was done in the first half by the Cardinals’ offense. But you know, there is always another year, and another trip to the big game,” said Murray.

Like Groce, Murray will be cheering for the Pittsburgh Steelers, but for different reasons.

“I have to keep it in Pennsylvania,” said Murray. “I am a Pennsylvania fan and will always root for teams that are from there,” adding, “it’ll be nice for the Steelers to beat the Cardinals.”^A

Camp Arifjan

Looking to continue your education while deployed?



The Camp Arifjan education center web page has the information you need to help get you started.



For course information, announcements, calendar of events, contacts and much more visit:

<http://arfja0nasgks601/arifjan/DIS/EDCenter/default.aspx>

Just One Question ...

What does "Good Order and Discipline" mean to you?



"Good order and discipline is what you need to get the mission accomplished. That's what we're all about, accomplishing the mission."

Lance Cpl. Jacob Beebe
26th Marine Expeditionary Unit
Elsworth, Wis.



"Following orders from your leadership, knowing and following all of your policies and regulations."

Senior Airman Curtis Wilkins
355th Logistical Readiness Squadron
Tucson, Ariz.



"Obeying orders and paying proper respect to authorities, subordinates and peers."

Sgt. Ibelice Ruiz
F Company 2-43rd Air defense Artillery
Fort Bliss, Texas

Why I Serve:

Pfc. Datasha Shenaurt
90th HRC/USARCENT G-1



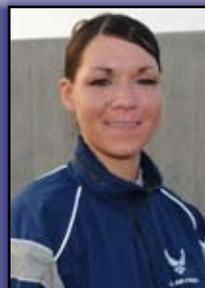
The Wichita, Kan. native explains why she chose to join the military.

"I serve because my mother is my role model and I figured if she could do it, so can I."



"Good order and discipline is doing the right thing when you're not being watched; it's having integrity."

Cpl. Adam Cooper
3-5 Engineer Regiment, UK Army
Yorkshire, England



"Discipline is being told what you need to do. Being focused, well rounded, motivated, and putting effort into anything you do."

Airman 1st Class Sarah E. Sellers
70th MTD
Las Vegas, Nev.

What's happening around USARCENT

Admiral Visits Sailors

Adm. Jonathan W. Greenert, commander, U.S. Fleet Forces Command, visits Sailors at the Warrior Transition building on Camp Arifjan, Kuwait, Jan. 21. The Sailors are returning to the U.S. after tours in Iraq and Afghanistan.



Photo by Pfc. Alicia Torbush

Lonestar rocks Kuwait

Michael Britt, lead guitar, and Cody Collins, lead vocalist, of the country music group Lonestar, perform for servicemembers at the Zone 6 stage on Camp Arifjan, Kuwait, Jan. 20.



Photo by Pfc. Alicia Torbush



Photo by Sgt. Nathan Hutchison

Inaugural event

Servicemembers wait for an opportunity to represent military men and women deployed to Kuwait, via satellite, during the Commander-in-Chief's Ball, Jan. 20.