

DV *The Desert Voice*

United States Army Central

February 11, 2009

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



A shared learning
experience



Year of the NCO message

DV

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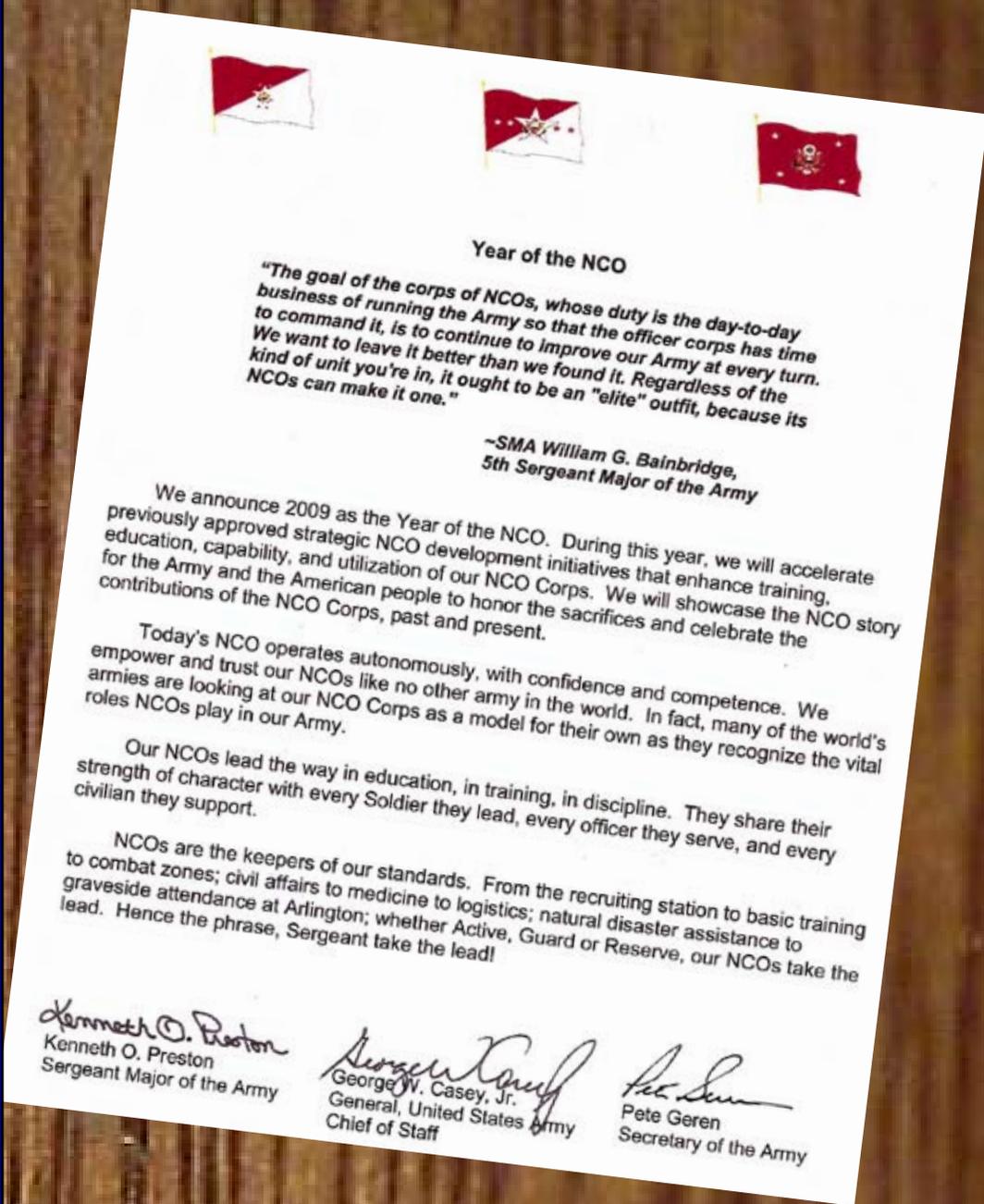
Musical entrepreneurs pursue their dreams while in Kuwait

On the cover

Spc. Andrew Hamrick instructs an AMIDEAST student how to operate the Falcon Decontamination System during a volunteer outreach program. For the full story see page 5. (Photo by Sgt. 1st Class Linda L. Johnson)

Contact us

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



Year of the NCO

"The goal of the corps of NCOs, whose duty is the day-to-day business of running the Army so that the officer corps has time to command it, is to continue to improve our Army at every turn. We want to leave it better than we found it. Regardless of the kind of unit you're in, it ought to be an "elite" outfit, because its NCOs can make it one."

*~SMA William G. Bainbridge,
5th Sergeant Major of the Army*

We announce 2009 as the Year of the NCO. During this year, we will accelerate previously approved strategic NCO development initiatives that enhance training, education, capability, and utilization of our NCO Corps. We will showcase the NCO story for the Army and the American people to honor the sacrifices and celebrate the contributions of the NCO Corps, past and present.

Today's NCO operates autonomously, with confidence and competence. We empower and trust our NCOs like no other army in the world. In fact, many of the world's armies are looking at our NCO Corps as a model for their own as they recognize the vital roles NCOs play in our Army.

Our NCOs lead the way in education, in training, in discipline. They share their strength of character with every Soldier they lead, every officer they serve, and every civilian they support.

NCOs are the keepers of our standards. From the recruiting station to basic training to combat zones; civil affairs to medicine to logistics; natural disaster assistance to graveside attendance at Arlington; whether Active, Guard or Reserve, our NCOs take the lead. Hence the phrase, Sergeant take the lead!

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

George W. Casey, Jr.
George W. Casey, Jr.
General, United States Army
Chief of Staff

Pete Geren
Pete Geren
Secretary of the Army

DV

The
Desert
Voice

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Heat injury prevention

part 3: Daily electrolyte needs



Many Soldiers drink high calorie beverages under the auspices of needing the electrolytes that they contain. Before doing so, consider the following.

Electrolytes are mostly lost during sweating. The two electrolytes lost most are sodium and chloride. There are also lower levels lost of potassium, magnesium and calcium. Because everyone loses sodium in sweat differently, some Soldiers may be prone to a sodium deficiency from sweating profusely in a very warm environment. Similar to fluid requirements, electrolyte requirements are extremely individually based.

Large losses of sodium can result in a sodium deficit in the blood, a condition called hyponatremia. A symptom of this condition is muscle cramps. The current Dietary Reference Intake recommendations for sodium are 1.5 grams – 2.3 grams per day. That is equal to 1-1.5 teaspoons of salt. More sodium may be needed for highly active individuals and those who lose large amounts of sodium by excessive sweating. Most Americans obtain at least 2 grams of sodium a day from eating a typical American diet, even when they don't add salt to their foods. Most all foods have sodium in it naturally.

Soldiers can lose 4-10 liters or more of fluids from



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

sweating. If you are sweating excessively, hydrating with a sports drink containing carbohydrates and electrolytes before, during and after exercise is optimal to replace electrolyte and fluid losses, and provide energy. Replacing lost sodium after exercise can also be achieved by consuming food, in combination with rehydration beverages.

When dehydrated after physical activity, fluid and electrolyte replacement is a critical factor in helping you recover quickly, both physically and mentally. Plain water is ineffective at restoring hydration because it decreases the osmolality of your blood, which suppresses thirst and increases urination. With a decreased thirst response, one normally doesn't drink enough to be rehydrated properly. When sodium is provided in fluids or foods, urination production is decreased and hydration occurs quicker.

If you are not sweating excessively and are trying to avoid the added calories, water and a low fat salted snack will do just fine. Adequate hydration before, during and after physical activity is extremely important to replace sodium and chloride. Learn how to hydrate before during and after exercise in next week's series on preventing heat injuries. **A**

Whether the Army Owns It or You Do. . .

THINK WEAPONS SAFETY!

TTREAT every weapon as if it is loaded.
HHANDLE every weapon with care.
IIDENTIFY the target before you fire.
NEVER point the muzzle at anything you don't intend to shoot.
KEEP the weapon on safe and your finger off the trigger until you intend to fire.

ARMY STRONG. <https://safety.army.mil> **ARMY SAFE IS ARMY STRONG**

NCOs prepare to live the creed



Three junior Soldiers from 311th Expeditionary Sustainment Command deliver the Soldiers request to a group of new NCOs during their induction ceremony at the Zone 1 Chapel on Camp Arifjan, Kuwait, Jan. 30.

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

The 311th Expeditionary Sustainment Command, held a noncommissioned officer induction ceremony at the Zone 1 Chapel on Camp Arifjan, Kuwait, Jan. 30.

The ceremony was held to recognize the passing of 31 Soldiers into the ranks of the NCO Corps.

NCO induction ceremonies are an important rite of passage for Soldiers who have made a commitment to lead junior Soldiers and support commissioned officers; however, as pointed out in a speech given by Command Sgt. Major William Hardwick during the ceremony, 2009 presents additional meaning to this time honored tradition.

"I could not think of a better opportunity to start 2009, the Year of the NCO, than with this ceremony for the candidates sitting before me," said Hardwick, 420th Movement Control

Battalion. "Over the next year, the Army will develop new programs that will help to enhance the training opportunities, the educational opportunities and the capabilities of the NCO Corps."

Becoming an NCO means more than receiving higher rank, more pay or respect. The role holds a great responsibility to Be, Know and Do, meaning NCOs must at all times set an example by doing the right things, and remain knowledgeable in their technical and tactical skills so they can teach and mentor their troops.

Because NCOs are promoted from the ranks, they are able to pass on their knowledge and experience to the Soldiers they lead, which is something Sgt. Donald George, a 311th Soldier who was inducted at the ceremony, said he felt was time for him to do.

"It was time for me to step up and become a leader," said George. "I'd been in the Army 7 years, seen a few things and been around."

During the ceremony, Command Sergeant Major Edgardo A. Coronado, 29th Infantry Brigade Combat Team, spoke on how it was not enough for NCOs to know the NCO creed, but they must also apply and live by it, a thought that George also wrote about during his Warrior Leaders Course training.

"I wrote a paper on living the creed during WLC," said George, "And I figured since [Coronado] said that at the ceremony, then I was on the right path." ^A

"I could not think of a better opportunity to start 2009, the Year of the NCO, than with this ceremony for the candidates sitting before me."

Command Sgt. Major William Hardwick
420th Movement Control Battalion

Kuwaiti students visit Arifjan

Article by
1st Lt. Leticia Ortiz
160th Signal Company

On Jan. 31 Kuwaiti students from the America-Mideast Educational and Training Services Program visited Camp Arifjan, Kuwait.

AMIDEAST is an after school program where students learn English and participate in events to help their community and is one of the many local programs ASG Kuwait works with in order to build good will capital.

The students spent the day with Soldiers, Airmen and Sailors from the 92nd Chemical Company, 217th Ordnance Company and the Area Support Group K9 Division as well as volunteer Soldiers, NCOs and Officers from other units.

The purpose of the children coming to Camp Arifjan was for them to gain a better understanding of the English language, help them with their communication skills, learn about U.S. Forces and what they do while here in Kuwait.

“One of the goals of the program is to teach the students about American culture and to foster good host nation relations,” said Darwin Cotton, access coordinator, U.S. Embassy. “This program helps dispel any preconceived myths about the U.S. military.”

The students were welcomed by Lt. Col. Luis Jones, Chief of Staff, ASG Kuwait. Throughout the day the students learned what it is like to put on a full chemical suit, fire water from the Falcon Denomination System and climb inside both the M93 Reconnaissance vehicle and

Quick Reaction Force Humvee.

“They are smiling and laughing and like when we show them things,” said Spc. Lillian Carvajal of 92nd Chemical Company. “It’s a good thing, and I wish we could show them more.”

The students also got the opportunity to meet with EOD representatives and learn about the teams’ robots. Spc. Brandon Colbert and Cpt. Eric Waddell, from the 217th Ordnance Company, explained what the robots are used for and were available to answer any questions the students had. Waddell assisted a few of the students as they donned the bomb suit to feel what it is like to wear and work in the heavy protective gear. Students were also able to operate the robots.

The day ended with a demonstration by the ASG K9 Unit. Demonstrators showed the students how the dogs are trained to act aggressively when commanded, protect their handlers, perform as escorts and to sniff out dangerous objects.

“We like to show our audience what the dogs are capable of,” said Staff Sgt. Eric Magnuson, U.S. Air Force.

During the day, the volunteers also had an opportunity to learn about the Kuwaiti children, who they found were not much different from the teenagers in the U.S. During lunch, many students expressed the desire to become doctors, businessmen and even music teachers.

“By speaking with these kids I think that many of them have the drive they need to accomplish their goals as long as they remain focused,” said Sgt. 1st Class Linda Johnson, 160th Signal Brigade.

“The volunteer outreach program was started in April of 2008,” said 1st Lt. Erika Couturier, ASG-KU organizer for the event. “ASG Kuwait initiated a volunteer and charitable activities program as a means of fostering the relationship with the Government and people of Kuwait.”

This program is important because it allows Kuwait’s future leaders to see first-hand why U.S. Forces are here.

“I hope the kids got a better understanding of what we do and that we are here for the safety and protection of others,” said Seaman Sara Sargent, U.S. Navy. **A**



Sgt. Marcus Blano-Taylor, 92nd Chemical Company, tells AMIDEAST student about the M93 Reconnaissance Vehicle during a volunteer outreach program hosted by ASG-KU on Camp Arifjan, Kuwait, Jan. 31. (Photo by Sgt. 1st Class Linda L. Johnson)

South Camp lifeguards k



Spc. David Reish and Spc. Bret Thomas, lifeguards at Herb's Beach in South Camp, rescue Spc. Anthony Paulino during a training simulation.



Spc. Nathan Walker simulates Cardio-pulmonary Spc. David Reish and Spc. Bret Thomas stabilize Spc. Anthony Paulino at Herb's Beach, Camp, Egypt.

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

It's good to be a lifeguard; at least according to those Soldiers whose responsibility it is to watch over the seemingly untroubled waters of South Camp.

Being a Lifeguard is a position unique to the Multinational Force and Observers that can not be found at any other U.S. Army duty station. But for those few lucky enough to get the job while they're on duty with Task Force Sinai, there is potential for sightseeing as well as relaxing in the sun. And yet, it's not all fun and games.

"We've only been out here a few

months, so we haven't had to make any saves yet," said Sgt. Douglas Weil, 1st Battalion, 145th Armor Regiment and senior lifeguard on duty at Herb's Beach. "Still, you've got to stay on your toes and be ready for anything, just in case there's any lives that need saving."

Simply being certified as a lifeguard is an ordeal that begins with a one-mile swim test, utilizing three different strokes, just to be accepted into the course. Lifeguards on South Camp have all received Red Cross training before arriving in theater and practice their medical training daily.

"Training was about a week long," said Sgt. Anthony Paulino, 1st Battalion, 145th Armor Regiment. "First

we had to pass a swim test so that we could get into the course. After that, we had to go through Cardio-Pulmonary Resuscitation class and learn how to do many different types of saves."

"The initial swim test was the hardest part of the lifeguard training," said Sgt. Sean Burnham, 1st Battalion, 145th Armor Regiment. "The schooling was pretty fun though, and we all learned our job would be a lot more complex than the stereotypical 'sit on the beach and do nothing' that most people think it would be."

A typical day at the beach for lifeguards involves swimming one-mile every morning before the beach even opens, then conducting a police call of any garbage that has washed up on

Keep swimmers safe



Resuscitation on Spc. Anthony Paulino, while on the stretcher, during a training exercise, South Camp.

“Training was about a week long. First we had to pass a swim test so that we could get into the course. After that, we had to go through Cardio-Pulmonary Resuscitation class and learn how to do many different types of saves.”

Sgt. Anthony Paulino
Lifeguard
1st Battalion, 145th Armor Regiment



shore.

At the same time Herb Bray, 26-year MFO employee and South Camp morale officer, checks the reef for any dangers that may have appeared overnight. The beach is named in his honor.

“After breakfast, we set up the kayaks with an oar and rescue tube just in case we have to rescue someone,” said Paulino. “We unlock the gate and wait for people to start coming down, and then some lifeguards watch the water while others man the shack to sign out equipment.”

South Camp has five full-time lifeguards, plus an additional 14 who rotate in an out when they aren’t stationed at an Observation Point. All

are familiar with various methods of saving a drowning victim. They can also perform CPR, use various pieces of lifesaving equipment, and know the quickest route to drive the ambulance to the South Camp medical facility.

“Once the beach opens we do physical training, practice first aid, CPR, and saves when we have downtime, and no one is in the water,” said Burnham.

Lifeguards also learn the best way to deal with wildlife in the sea. In addition to keeping an eye out for sharks, there is always the danger of poisonous mollusks within the reef, jellyfish and the occasional ill-tempered fish.

“Lionfish are about the scariest

thing you’ll come across out here in the Red Sea,” said Spc. Dan Bamford, 1st Battalion, 145th Armor Regiment. “We walk out every morning just to make sure there’s none of them around, but they mostly only come out at night and don’t like the sunlight too much.”

Despite the dangers there are also opportunities for snorkeling and getting away from the office, and most lifeguards find the experience enormously rewarding.

“I became a lifeguard because I love the outdoors and wanted to learn more about the medical field,” said Weil. “When I’m not running the gym I like to come down to the beach, and that is definitely the better job.” 

441st Med. Co. teach first aid basics

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

Where there is smoke there is usually fire, and where there is fire there is usually a need for medical assistance.

At least that is the theory behind the medical first responders training conducted with Kuwaiti National Guard firefighters at Camp Tahreer, Kuwait.

“The goal of this course is to give them a basic knowledge of responding to an emergency call,” said Staff Sgt. Christina M. Ison, ground ambulance, 441st Medical Company. “They have never had any medical experience besides what we provided them this week. As a firefighter, you are going to respond to medical calls.”

The four-day class included basic life saving techniques that will allow the firefighters to sustain patients before emergency medical technicians arrive.

“[Firefighters] are usually first on scene,” said Sgt. Travis R. Korenek, 441st MC. “Our job here is to basically give them the foundation into medical aid.”

Korenek was able to aid the Kuwaiti soldiers with his medical training and experience, and his civilian job added credibility to his training.

“At the beginning of the class I let them know that I am a firefighter back home, so I know where they’re coming from,” said Korenek. “I do the same job, fighting fires, but the only difference in the United States is that we can also

do medical.”

Ison said because the firefighters are not certified EMTs, they were also educated on what medical procedures they are allowed to perform. They are only allowed to give basic treatment, but knowing how to apply bandages to stop bleeding could mean the difference between life and death for a casualty.

“In the span of four days we were able to teach them to preserve life, limb and eyesight...for that I think they did really well,” Ison said. “The last day was a culmination of the four days of training, putting it into a practical exercise, and letting them get hands on [experience] from the start of a call to packaging a patient and getting them ready for transport.”

The firefighters were given mock calls during the practical exercise, they responded to preset scenes on the camp and had to react to both fire and medical issues, just as they would in real life.

The medical team presented the firefighters a certificate of training, and tasked their former students to continue training and practicing what they had learned.

Col. Hashem Refaie, Commander of the Kuwaiti National Guard Combat Support Command, said he was honored to have the 441st medics train his firefighters, and that he looks forward to strengthening the bond between the KNG and their American counterparts.

“It was a fast class, but it was a foundation,” Korenek said. “Hopefully they will expand on that, and eventually get their EMT basic.” ^A



Sgt. Travis R. Korenek, ground ambulance, 441st Medical Company, prepares one of the acting casualties with a fake head wound during the live first response exercise at Camp Tahreer, Kuwait, Jan. 29.

Soldiers/artists becoming entrepreneurs



Spc. Roeman Sheppard (left) and Spc. Charles Goodloe, Hip Hop and R&B artists perform at a talent show on Camp Arifjan, Kuwait. The Soldiers have begun their own independent music label while in the Army. (Photo by Spc. Elayseah Woodard-Hinton)

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

What do big names like Sean “Diddy” Combs and Curtis “50 Cent” Jackson have in common with a few Soldiers stationed at Camp Arifjan, Kuwait? They are all musical entrepreneurs and Hip Hop/Rhythm and Blues artists who all started with a team and a dream.



Goodloe, who is wearing the group's custom made trademarked logo shirt, records songs with Sheppard in their room or the Morale, Welfare and Recreation recording room in Zone 6.

Spc. “Roeman-Roshawn” Sheppard and Spc. Charles “Cash” Goodloe, along with the help of Sgt. Mshawi “Ike-love” Ikner, have put together an independent record label in order to pursue their dreams.

“Cash (Goodloe) has a wall of dreams,” said Sheppard. “When I first met him, I asked him how he was going to get those.”

Sheppard, who sings soul and R&B, found out that he had met a music producer, while inquiring about a wall of several luxurious items posted in Goodloe’s office. The duo became friends and put their heads together as business partners, beginning RSCG Records.

“RSCG is our initials put together, Roeman Sheppard and Charles Goodloe,” said Goodloe.

‘Cash’ and ‘Roshawn’ met at Fort McPherson, Ga., where they are both stationed. They were working on getting RSCG off the ground, between May and June 2008, when they were deployed to Camp Arifjan, Kuwait. While in Kuwait, they ran into several talented Soldiers, including ‘Ike-love’ who now serves as their promotional manager, DJ and talent scout.

“When I met ‘Ike-Love’, we were talking and found out that we live right down the street from each other,”

said Sheppard.

“All of our songs are copyrighted and our names are all trademarked,” said Sheppard. “We’re official, and right now we’re looking for new artists.”

Looking for new artists was not hard for the deployed entrepreneurs. They found numerous talented artists within Camp Arifjan and have others awaiting their return to Atlanta to do business.

“We’ve found a few dedicated artists, right here on Camp Arifjan, who are going to become a part of the RSCG team,” said Sheppard.

Spc. Selena Johnson of Charlottesville, Va., a writer and rap artist, is another part of the RSCG crew who is looking to follow her dreams in music.

“I think the military has a lot of talent,” said Goodloe. “It’s so diverse and the people come from all walks of life.”

This year RSCG is planning to put out several mix-tapes and the label is also working on a project called ‘The Poet Society’.

Like RSCG there are several artists on Camp Arifjan who are also pursuing their dreams in the arts such as music, poetry, dance, instrumental and singing, and will be featured in future editions of the Desert Voice. **A**

Force beat Patriots in MLK championship game

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

The Force beat the Patriots in the ladies' championship basketball game at the Zone 1 gym on Camp Arifjan, Kuwait, Feb. 3.

It was the championship game in the second annual Martin Luther King Basketball Tournament that began Jan. 18.

Four teams participated in a round robin and double elimination format until the championship game.

"This event is held to encourage and provide an outlet to the female Soldiers and civilians to showcase their talents and abilities, while recognizing Dr. Martin Luther King and his accomplishments," said Mr. Kevin McKenna, sports supervisor, Morale, Welfare and Recreation.

In the first quarter, during a hard fought, defensive match, the Force jumped out to small lead over the Patriots.

Though the Patriots kept it close by sinking the shots they needed to, at halftime they trailed the Force 14-12.

"The teams are pretty evenly matched," said Chief Warrant Officer Tane D. Cotton, a Force fan. "The Force hasn't lost a game, and the only game that the Patriots lost was against the Force."

During the second half, amid shouts and cheers from the crowd, the game continued to be close, with both teams scoring back-to-back. The Force was unable to pull away from the Patriots who kept hitting key shots at the most

opportune time, while playing a solid defensive game.

Finally with just under six minutes left in the game, the score started to open up as the Force took a six point lead, and never looked back.

In the end, the Force proved to be the better team beating the Patriots 35-26.

"We played well, fought hard, and won the game," said Cpl. Celeste M. Joseph, driver, U.S. Marine Corps Central Command, and the Force's power forward.

The Patriots gave credit to their opponent after the game acknowledging them as the superior team in the finals.

"We came out knowing they were a hot team that play well together," said Staff Sgt. Damien Chandler, head coach for the Patriots. "They were the better team tonight."

Following the game, the players and coaches shook hands with their opponenets in a show of great sportsmanship, and afterwards they were presented tokens and plaques to commemorate the event. 

"This event is held to encourage and provide an outlet to the female Soldiers and civilians to showcase their talents and abilities ..."

Kevin McKenna
Morale, Welfare and Recreation
Sports Supervisor



The winning team, the Force, holds up the coins that were presented to commemorate the second annual Martin Luther King Basketball Tournament. The Force beat the Patriots 35-26, in the championship game.

Camp Arifjan Tax Center

LOCATION: Zone 6 next to the Zone 6 Post Office.

HOURS: 27 January 2009 through 16 April 2009 Monday–Saturday 0900-1630 (closed from 1130-1300 for lunch) and Sunday by appointment.

CLIENTS: Service Members and DA Civilians. Retirees by appointment.

SERVICES: Federal and state income tax return preparation and e-filing.

WHAT TO BRING WITH YOU: ID card; W-2s; 1099s (if applicable); Social Security number and birth date for filer and all dependents; last year's tax return (if at all possible); a voided check or deposit slip; and a POA from your spouse if "Married Filing Jointly." If you qualify to itemize, please bring all relevant documents.

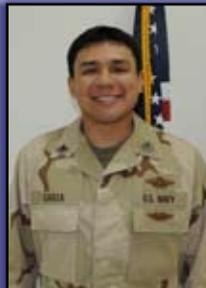
Just One Question ...

What one thing from home do you wish was available on base?



"A restaurant with healthier food. Something different from the DFAC, pizza and hotdogs."

Capt. Sakinah Jewett
Chief AG Ops.
ARCENT, G1
Columbus, Ga.



"I stay in an open bay in the I-building and wish the quarters were separated by rank and weren't an open bay."

Petty Officer 2nd Class Jeffrey Garza
Mental Health Tech.
EMFK H Detachment
San Antonio, Texas



"Being able to check out musical instruments for a week at a time would be a good thing."

Master Sgt. Dan Hill
Air Trans.
Centcom Deployment Distro. Ops. Ctr.
Carbondale, Ill.



"Paper towels in the bathroom. Drying your hands on toilet paper drives me bananas."

Sgt. Joshua Jones
Food Inspector
218th Med. Det. (VS) (FWD)
Modesto, Calif.



"I think a lot of my expectations have been met. I think this base goes above and beyond providing everyone's needs."

Chief Petty Officer Charlene Bradley
Info. Systems Leading Chief
Navy Exp. Logistics Support Group
Rock Hill, S.C.

NCO Spotlight:

Staff Sgt. Radha Embry
S4 NCO, Special Troops Battalion, USARCENT



Staff. Sgt. Radha Embry joined the Army because of her belief in patriotism for her country.

She has taken on several roles to do what was needed to meet mission requirements, served at a variety of locations and has deployed twice.

Embry is also a proud mother of two boys, De'land and Cohen.

"Be observant and be humble, even when you are asked to do something you didn't join the Army to do."

What's happening around USARCENT



Aerobics, Kickboxing and Step

Servicemembers and civilians take advantage of a total body workout during the AKS class offered in the Zone 1 Gym on Camp Arifjan Kuwait Wednesdays at 1730. The high impact class offers one hour of cardio and a variety of music to enjoy while working out.

Photo by Spc. Elayseah Woodard-Hinton

CAMEL RIDE SCHEDULE

OPERATIONAL HOURS:

SUMMER (APRIL, MAY, SEPT) 1700 - 2000 HRS

WINTER (OCTOBER - MARCH) 1500 - 1800 HRS

	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
BUEHRING	7	3	7	5	9	6	6	3	1
VIRGINIA	12	10	14	12	16	13	13	10	8
LSA	19	17	21	19	23	20	20	17	15
ARIFJAN	26	24	28	26	30	27	27	24	22

