

# DV The Desert Voice

United States Army Central  
"Always First ... Anytime, Anywhere... Patton's Own!"

March 4, 2009



*Building  
for the  
Future*



# USARCENT BRAC

**U.S.** Army Central is currently poised in the center of a nation in transition.

The pending relocation to Shaw Air Force Base in Sumter, S.C., is one transition that will have some impact on everyone in USARCENT and has been in planning prior to Base Realignment and Closure decision.

So far the Department of the Army has committed to over \$150 million to provide for USARCENT's smooth transition to Shaw by Sept. 15, 2011.

The Army identified Fort Gillem and Fort McPherson, located in Atlanta, Ga., as high priorities in "A Bill to Make Recommendations to the President Under the Defense Base Closure and Realignment Act of 1990, Final Selection Criteria".

These proposals were adopted and became part of the November 2005 legislation commonly known as BRAC 2005. Under this legislation, all operational functions must stop at these locations by September 2011.

USARCENT began actively planning for BRAC in May 2005, when the first reports identifying a possible relocation were released.

The planning addressed two interrelated activities; the construction of new facilities for the Soldiers, civilians and Family members at Shaw Air Force Base and the logistics required to remain operational while major elements of USARCENT made the physical transition.

Several significant construction related events in support of the relocation to Shaw AFB have been completed.

The Department of the Army adopted a construction standard for all echelons above brigade, which provides the overarching requirements for the new headquarters building.

Construction will include a new headquarters building, and buildings for the

Motor Maintenance Facility and Headquarters, Headquarters and Headquarters Company, the USARCENT storage and a Troop Medical Clinic.

A Residence Community Initiative package to provide all new family housing at Shaw AFB is currently being created.

Concurrently, the Assistant Chief of Staff for Installation Management transferred BRAC base support funding to the Air Force to build a Child Development Center Annex, Transient Lodging, Library Addition, and a new Gym Annex next to the new USARCENT HQ.

The Air Force and Fort Jackson will provide most of the Base Support for USARCENT.

These funds will also be used to design and renovate an unaccompanied personnel housing facility. Construction is scheduled to begin in June 2009 and to be completed by July 2011. All facilities are scheduled to be complete before September 2011.

The current plan would use the 4th Battlefield Coordination Detachment as the initial advanced party followed in the summer of 2010 by a dedicated USARCENT transition team.

The various permanent change of station options are currently under evaluation to determine the best balance of mission readiness and impact on servicemembers and families.

The Fort McPherson Web Site at <http://www.mcpherson.army.mil/> has a link that provides Garrison level details on their ongoing BRAC related activities.

The Sumter community has established a welcome page on their community web site at <http://www.thirdarmysumter.com/>.

Finally, the USARCENT Command is organizing a Town Hall meeting in March to provide information and address specific concerns. **A**

# DV

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*Maj. Gen. Rhett Hernandez, U.S. Military Training Mission to the Kingdom of Saudi Arabia, and Saudi Northern Area Commander, Maj. Gen. Ahmed Saeed Al Shehri, shake hands during a gift exchange presentation for Friendship One 2009 in Saudi Arabia, Feb. 22. For the full story see page 8. (Photo by Spc. Elayseah Woodard-Hinton)*

## Contact us

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

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**USARCENT Commanding General**  
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Command Sgt. Maj. John D. Fourhman  
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Staff Sgt. Jarod Perkioniemi  
**20th Public Affairs Detachment Officer**  
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**Spc. Elayseah Woodard-Hinton**  
Pfc. Howard Ketter  
Pfc. Alicia Torbush

# DV

The  
Desert  
Voice

# USARCENT enlists technology in fight to stay fit

Article and photo by  
Staff Sgt. Jonathan Wiley

**USARCENT Public Affairs Office**

**W**hile we are fighting the War on Terror, many Soldiers are fighting the battle of the bulge – the bulging belly that is.

Unfortunately, Soldiers are not immune to the problems that infect American society as a whole, and obesity has been a national epidemic for decades now.

Recognizing the importance of overall health and fitness to Soldier readiness, Lt. Gen. James Lovelace, commander, U.S. Army Central, has called in some reinforcements to help USARCENT Soldiers combat bad habits and get back on the right track for fitness.

Lt. Col. Danny Jaghab, dietitian, USARCENT, has been with the command for three months now, at the special request of Lovelace.

“General Lovelace requested a dietitian position for this command,” said Jaghab. “That’s really unprecedented at this level. It took a lot of vision and foresight on his part to prioritize Soldier wellness enough to say a dietitian can make a difference here.”

Readers of the *Desert Voice* will recognize Jaghab’s name from the regular column he contributes to the publication which offers advice and tips on how to stay healthy.

In addition to dispensing knowledge to the troops on overall health and wellness, Jaghab has begun to leverage technology against the war on unhealthy eating and habits as well.

Three pieces of advanced medical equipment will soon be available to USARCENT troops: the Metacheck, which can be described as a metabolic rate analysis system; the Bioelectric Impedance Monitor, which is a more accurate method of measuring body fat composition; and the accelerometer, which is like a pedometer on steroids.

USARCENT Soldiers in Atlanta got a chance to benefit from the Metacheck. Jaghab, who normally

is in Kuwait, came to Atlanta to administer the test to Soldiers.

This deceptively, simple looking device can tell someone how many calories they burn in a 24-hour period in quick, 10-minute test. A user simply breathes into a tube for 10 to 12 minutes, and then receives a read out of how efficient their metabolism works.

“It’s very helpful in determining how many calories each individual needs throughout a day,” said Brett Jones, director of sales, KORR Medical Technologies. “Armed with this knowledge, a dietitian can tailor an ideal diet for an individual to lose weight at a proper rate until they reach their optimum weight.”

Besides the Metacheck, USARCENT Soldiers will also have access to the Bioelectric Impedance Monitor, which will help them determine their body fat composition much more accurately than the tape test that is currently used. As any Soldier who has been taped knows, three different people administering the tape test can result in three different sets of measurements and results. The Bioelectric Impedance Monitor remedies this by taking

human error out of the equation with the application of science.

Finally, USARCENT Soldiers who are in Kuwait will have access to accelerometers, devices which are attached to a person’s boots or sneakers.

“The accelerometer measures the amount of activity people do and the rate they do it. Soldiers can use this to increase their activity as needed,” said Jaghab.

Soldiers who are flagged for their weight will be given them first.

Jaghab said in the near future, accelerometers will be available to USARCENT Soldiers forward and their family members. Family members and their Soldier will be able to create a social networking site and log on and monitor each other’s progress. Of course, in addition to monitoring, they can encourage and challenge each other to reach their fitness goals. Think of it as “The Biggest Loser,” USARCENT style.

For this and other developments on what USARCENT is doing to help its Soldiers stay healthy, look for Jaghab’s columns in the *Desert Voice*. Jaghab can also be reached in Kuwait at 430-6429. [A](#)



**Sgt. Maj. Kenneth L. Eady, G-4, U.S. Army Central receives a metabolic test with the Metacheck.**

# Servicemembers naturalized in ceremony



**Fourteen servicemembers, from 12 different countries, denounce their allegiance to their former countries as they officially make themselves U.S. citizens, at a Naturalization ceremony held at Zone 1 MWR, at Camp Arifjan, Kuwait Feb. 25**

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

**F**ourteen servicemembers pledged their allegiance to their new home country at the Zone 1 Morale Welfare and Recreation center, at Camp Arifjan, Kuwait, Feb. 25.

U.S. Army Central headquarters staff, 1st Theater Sustainment Command and the U.S. Citizenship and immigration services, held a naturalization ceremony making servicemembers, who joined the U.S. military from 12 other countries,

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***“Becoming a U.S. citizen opens doors to serve my country in many different ways. It gives me the opportunity to become a Police Officer, which is what I want to do in my life, the opportunity to re-enlistment in the future, and will allow me to live the American way of life.”***

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Sgt. Tim Chatlos  
Fresno, Ca.  
Mexico

official citizens of the U.S.

The ceremony began with an invocation by Chaplain (Lt. Col.) Milton Herring, 311th Expeditionary Sustainment Command.

Following the invocation, was the National Anthem, sung by Staff Sgt. Toni Nelson, 1st Theater Sustainment Command, and a video presentation of “Faces of America,” a short video about immigration to America.

Maj. Gen. Charles Anderson, deputy commanding general, USARCENT, was the keynote speaker for the ceremony.

Anderson spoke on how proud he was to see servicemembers joining the nation that they serve.

Mr. Sonny Busa, consular chief of section, U.S. Embassy, Kuwait, spoke about how he is also a naturalized citizen.

“The most important right of being an American is the right to vote,” said Busa, after sharing a story with the audience about how he and a group of U.S. Marines rescued three Americans from a conflict in Ethiopia.

Then the candidates stood and were

introduced to the audience. They were ordered to raise their right hand and denounce their citizenship to their individual native countries.

After officially becoming U.S. citizens, the 14 candidates marched onto the stage one at a time and introduced themselves and stated what country they were born.

Their original countries included Morocco,

Panama, Mexico, Philippines, Guyana, Sudan, Ecuador, Micronesia, Colombia, South Korea and Laos.

Sgt. Fernando Martinez, who now resides in Fresno, Ca., said that it’s his pleasure to become a citizen of a great nation.

“Becoming a U.S. citizen opens doors to serve my country in many different ways,” said Martinez. “It gives me the opportunity to become a Police Officer, which is what I want to do in my life, the opportunity to re-enlistment in the future, and will allow me to live the American way of life.”

The servicemembers received certificates and shook hands with the official party, while many people in the audience took photos and cheered for their fellow servicemembers.

The ceremony closed with the pledge of allegiance, led by Airman 1st Class, Seung Kim, who was originally from South Korea.

Once the pledge was recited, servicemembers gave hugs and laughed, celebrating with their comrades; honoring them for officially becoming citizens of the U.S. **A**

# Accomplishments honored during Black History Month



Photo by Spc. Dustin Roberts

**Maj. Kingston Lampley, air advisor, Iraqi Air Force Air Operations Center, addresses the audience of servicemembers during Black History Month observance at Camp Liberty, Iraq, Feb. 22. Lampley, a native of Newark, N.J., spoke about the accomplishments of many successful African Americans, including President Barack Obama, the 44th U.S. president.**

Article by  
Marine Sgt. Michael Knight  
USARCENT PAO

One great milestone for this generation of Americans is the election of America's first African-American "commander in chief." Barack Obama was sworn in as president 11 days before February, also recognized as Black History Month.

"The election of Barack Obama signifies this country's ability to move forward and uphold true American ideals," said Capt. Donald Burgess, operational law attorney, U. S. Army Central. "It was only a few decades ago, especially in the south, that intellectual talents of African Americans would be rejected and their ability to succeed would be impeded."

Black History Month celebrates the accomplishments and contributions of African-Americans in the fields of medicine, law, science, history and many other societal contributions.

It was initiated in 1926 by Carter

G. Woodson, known as the "Father of Black History." However, it was originally called "Negro History Week." In 1976, the 200th anniversary of U.S. independence, the week was extended to one month, allowing for more inclusion of activities and programs.

According to an article by Deloris Cox, from "Workers World" website, Woodson chose the second week in February because both Abraham Lincoln and Frederick Douglass were born in that month. Woodson saw them as two men who had significantly influenced the lives and social conditions of African Americans.

Lincoln was the U.S. president who signed the Emancipation Proclamation in 1863, leading to the abolition of slavery. Douglass, the son of an enslaved woman and her white master, was an activist for women's rights and an advisor to President Lincoln. Douglass is known for the phrase, "If there is no struggle, there is no

progress."

Some individuals take every opportunity, not just February, to ensure that the struggles are never forgotten.

"To this day, my mom sits with all the youth at family gatherings, telling stories and showing old photos," said Spc. Michael D. Conner, information management officer, USARCENT. "As [African-Americans], she wants to make sure we never forget where we came from. I took it for granted as a kid, but now that I'm older I understand the importance of remembering the struggles endured to get me where I am today."

Black History Month is not only a time to

remember important people but it's also a time to recognize significant events. It commemorates several civil rights movements from the years 1896 through 1968.

The month also gives recognition to the fact that African-Americans have fought in every major U.S. war, including the Revolutionary War, the War of 1812 and the Civil War.

According to Cox, Black History Month provides an important opportunity to shed an even brighter spotlight on the legacy of oppression and injustices in the form of political, economic and social inequalities that African-Americans still face today and to push forward with the struggles to win full equality.

"Black History Month is not just a celebration of black people's heritage but it helps to remind us of the struggles of America as a nation," said Sgt. Joshua Kahele, Marine Air Ground Task Force Plans Chief, Movement Control Center-Kuwait. 

# USARCENT Soldiers train on battle skills

Article and photo by  
Marine Sgt. Michael Knight  
USARCENT Public Affairs Office

**S**oldiers from U. S. Army Central spent the day polishing skills that could help save lives on the battlefield, at Camp Beuhring, Kuwait, Feb. 19.

“The training today was an opportunity to hone our skills and work on things many of us haven’t done in a very long time,” said Sgt. Maj. Jerry Staff, Operation, Coalition Forces Land Component Command.

The training began with a Blue Force Tracker refresher course and ended with enhanced weapons handling, utilizing the Engagement Skills Trainer.

According to Wesley Brooks, Instructor, Engineer Solution Products. The BFT is a situational awareness tool that allows the Soldier to see friendly and enemy forces in his surroundings 24 hours a day, seven days a week.

The BFT course was a four-hour, in depth instruction of the entire computer and Global Positioning System.

“Since all our tactical vehicles have the BFT, it’s very important that all the occupants understand how to use this system effectively,” said Maj. Edwin Corona, Anti Terrorism Force Protection Officer, CFLCC. “This training

helps us to maintain our proficiency.”

After the BFT course, the group put their hands on air-powered rifles in a dimly lit room, where they trained on the Engagement Skills Trainer.

The rifles have a pressurized air hose attached that gives off realistic recoil when firing. The trainees fire the weapons at a large screen that displays several enemy engagement scenarios.

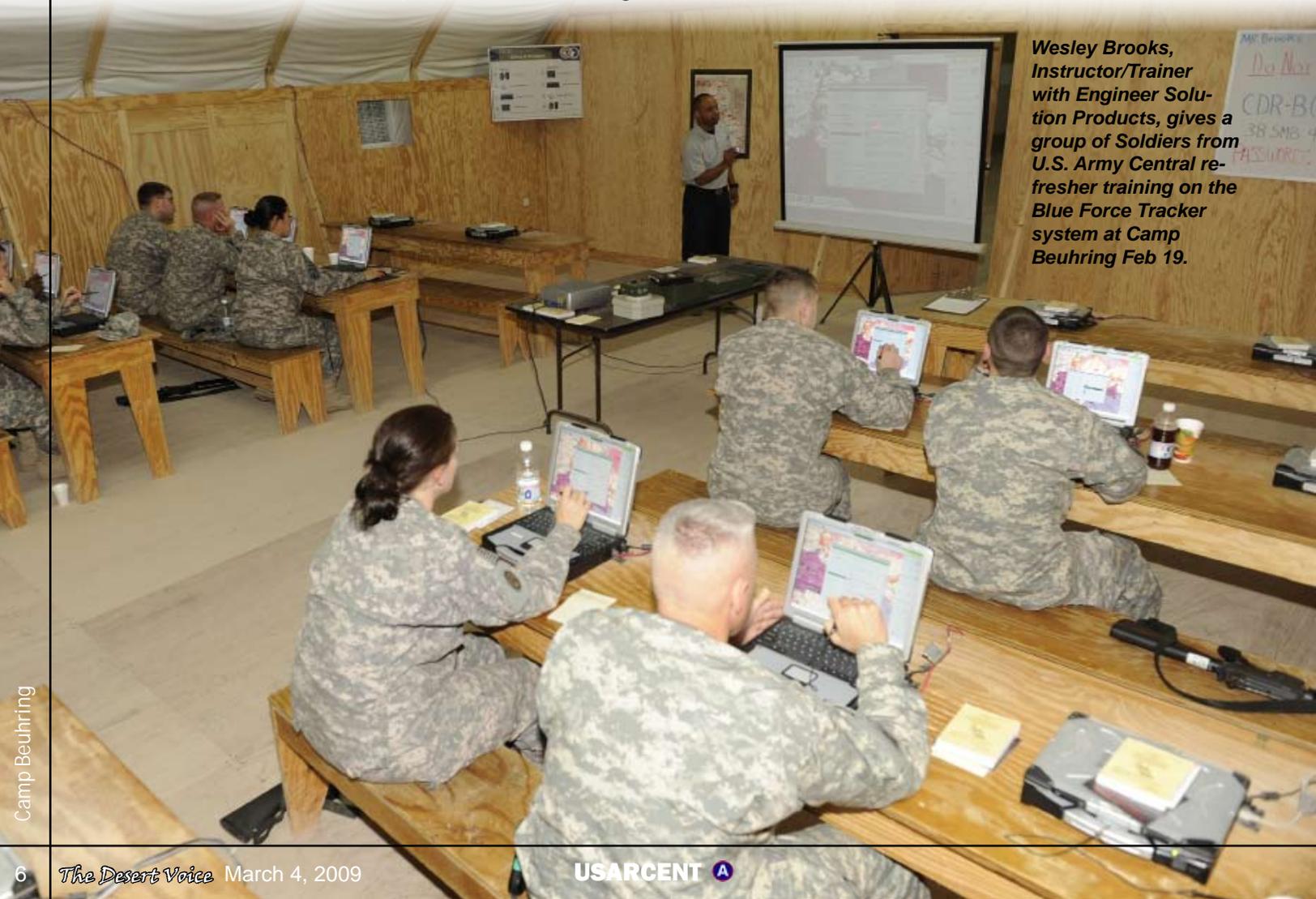
“The EST course is a great tool to help build team cohesion and to prepare us for any future operations we may face as a unit,” said Staff.

The EST instructor then critiqued the performance of the group, giving them tips on how to improve on engaging the enemy in combat.

According to Staff, the training facilities at Camp Beuhring are an excellent tool to help prepare the Soldiers headed to areas of support for Operations Iraqi and Enduring Freedom.

“It was fun,” said Spc. Casey Love, Air Missile Defense operator, CFLCC. “The training today tested a lot of reflexes that tend to lay dormant when working in an office environment.”

For information on training availability, contact Capt. Anthony A. Wheeler at 438-3542. 



**Wesley Brooks, Instructor/Trainer with Engineer Solution Products, gives a group of Soldiers from U.S. Army Central refresher training on the Blue Force Tracker system at Camp Beuhring Feb 19.**

# Snipers compete with British Royal Marines

Article by

Marine Cpl. Jason D. Mills

26th MEU Public Affairs Office

It's not easy to hit a small target bobbing along in the current as your helicopter shudders around you 200 feet in the air. With the added pressure of international competition, things can get really difficult.

Two snipers from the 26th Marine Expeditionary Unit's sniper platoon participated in, and won, a sharpshooting competition against two British Royal Marine Commando snipers while aboard USS San Antonio, Feb. 5.

Both forces were in the Gulf of Aden supporting anti-piracy operations when they took the opportunity for this good-natured professional contest.

"It is unclear who's idea it was to have the competition, the U.S. Marines or the British Royal Marine Commandos, but both groups were more than willing to participate," said Gunnery Sgt. Jeffery Benkie, sniper platoon sergeant.

"There's two stories to it," explained Benkie. "One is the Brits



Photos by MC2 Joan E. Kretschmer

**Corporals Adam Harb and James Gosney, both snipers with the 26th Marine Expeditionary Unit, seek out a target on the ocean's surface more than 200 yards away. Two snipers from the 26th Marine Expeditionary Unit's sniper platoon participated in, and won, a sharpshooting competition against two British Royal Marine Commando snipers while aboard the USS San Antonio, Feb. 5.**

challenged us and then the other story is the Admiral challenged the Brits. So, I never was able to get a solid answer on that one."

The shooters fired on several different targets from a helicopter, each target floating at least 200 yards away and 200 feet below in the current.

"The size of the target was probably about a five gallon paint jug," said Benkie.

Each shooter had 25 rounds, which they could fire from a weapon of their choosing, and the shooters could use any position or support they wanted to while inside the helicopter. Shooters earned two points if the round struck within a foot of the target, five points for a hit and 20 points if that hit sank the target.

"It's a little different shooting out of a helo than it is shooting on the ground," said Cpl. James Gosney, the Marine spotter during the competition. "Because you've also got the rotor wash to take into consideration. Nobody really knows what effect that has. So you have to make your corrections based off the first shot."

Gosney and his teammate, Marine sniper Cpl. Adam J. Harb, came out on top 38 to 30.

Benkie explained that after the shooters were done firing they got a chance to meet their challengers when the British Royal Marines landed on the USS San Antonio for a brief meeting and congratulatory handshake.

Gosney said his favorite part of the event was after the actual shoot when he had the opportunity to meet up and compare weapons and ideas with the British snipers.

"We landed after the shoot and talked for about 10 or 15 minutes and that was the best part of the shoot," said Gosney. "I think they learned a few things from us and we definitely learned a few things from them."

"You know, in our work situation, we don't have a whole lot of chance to talk to people from other countries on our level, especially other snipers," said Gosney

"That was really worthwhile, they are really good guys," added Benkie. "It was very informal, but very educational at the same time." 



**Harb with a British Royal Marine Commando after participating in the shooting competition.**

# U.S. and Saudi forces extend



**Soldiers from the Kansas National Guard land in Saudi Arabia for the Friendship One 2009 bilateral training exercise. FS One 09 is a force-on-force field training exercise to enhance logistical support and interoperability between U.S. and Royal Saudi Land Forces. This is the first large scale exercise between the two countries since the 1991 Gulf War.**

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

Over the next few weeks, National Guard Soldiers from the U.S. along with U.S. Army Central servicemembers, will work side-by-side with Royal Saudi Land Forces to strengthen military interoperability and relations between the two nations through a field training exercise called Friendship One 2009.

“[Friendship One] has multiple facets to it; but most important, it’s a great opportunity to help with interaction with a foreign army to be able to build a friendship with them and a relationship that will be long lasting,” said Lt. Col. Anthony Mohatt, battalion commander, 2nd Battalion 137th Combined Arms Battalion, Kansas National Guard.

All exercise participants have arrived in Saudi Arabia and will begin

training the first week of March; however, some training has already taken place for U.S. and Saudi advanced party elements who are responsible for receiving, staging, training and supporting exercise participants. This training included opportunities for observer controller trainers, to begin to familiarize themselves with different radio and Multiple Integrated Laser Engagement Systems that will be used in the field exercises.

Several events have also taken place allowing the U.S. and Saudi Forces to integrate and show their enthusiasm for this opportunity.

One such event included a gift exchange presentation, which was instrumental in expressing each country’s friendship.

Maj. Gen. Rhett Hernandez, U.S. Military Training Mission to the Kingdom of Saudi Arabia and Saudi Northern Area Commander, Maj. Gen. Ahmed Saeed Al Shehri, addressed the 2/137th and RSLF Soldiers who

attended the presentation in support of the exercise.

“This is a historic exercise,” said Hernandez, “It’s been 17 years since the Royal Saudi Land Forces and the United States Army Soldiers have trained side-by-side together. You are now part of history and when you are part of history, you want to make more history, so I look forward to the training you will conduct together.”

In addition to being part of history, Soldiers of the 2/137th will be able to share their first-hand experience from previous deployments to help with the field training portion of the operation.

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***“It’s a great opportunity to help with interaction with a foreign army to be able to build a friendship with them and a relationship that will be long lasting.”***

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Lt. Col. Anthony Mohatt  
Battalion Commander  
2nd Battalion, 137th Combined Arms Battalion

# hands in Friendship One 2009

“Many of the Kansas National Guard Soldiers have been in Iraq and have participated in combat operations in Iraq,” said Lt. Col. Tony Carbone, U.S. advisor to the RSLF’s 6th Brigade, U.S. Military Training Mission. “They are well trained in being able to execute this type of exercise.”

Much of the day-to-day focus of the exercise will be on maneuver capability and interoperability along with logistical coordination and support between the two nations. The exercise will also give both countries an opportunity to exchange ideas and learn new operational tactics while improving military relationships.

“The offer was given to us a year ago and we jumped at it,” said Mohatt. “We thought it was a great opportunity to come out and do this.” 



*Maj. Brian Peterson, operations observer controller/trainer, 2nd battalion, 1st Squadron, 299th Cavalry Regiment, looks at a Jaguar radio with a Royal Saudi Land Force Soldier in a training session during Friendship One 2009, Feb. 21.*

**Soldiers from the Kansas National Guard, participating in Friendship One 2009, receive training on the Multiple Integrated Laser Engagement Systems that will be used during the field training portion of the exercise. The MILES training took place in Saudi Arabia, Feb. 23.**



# Artist puts time in music and military



**Staff Sgt. Diya F. Shakoor, 539th Transportation Company, raps over a track during a recording session in Zone 6 Morale, Welfare and Recreation.**

Story and photos by  
Pfc. Howard Ketter  
20th Public Affairs Detachment

**T**here is an artist who has put as much of his time into his music career as he has his military career stationed here on Camp Arifjan, Kuwait.

Staff Sgt. Diya F. Shakoor, 539th Transportation Company, has served in the U.S. Army for over eight years. He is currently a maintenance platoon sergeant, who works at the 539th motorpool in Zone 6.

He is also known as Mr. Digo among several military and civilian fans.

"I've been making beats and rapping since 1998," said the Maryland native Hip Hop artist. "I was listening to other artists and felt that I could do much better."

Shakoor said he is not the average hip hop artist though.

"I'm not cliché at all, and I have a strong metaphoric presence," he explained.

"I'm in the street deeper than pot-

holes," said Shakoor, metaphorically describing his reputation and style of rap.

He started out in a group with his brother and other Soldiers. Shakoor was separated from his original crew before long because the Army sent him to another duty station.

"My hunger separates me from the rest of my old group members, I love music," said Shakoor.

He began to produce records and sending them to his brother to copyright and distribute. His latest release, "Wrongful Thinking", has sold over 10,000 copies in Washington D.C. and surrounding areas.

"I'm going to hustle my music at the lowest level and hope to blow up," said Shakoor. "One day someone is going to recognize my hustle."

Shakoor has performed live shows here at Camp Arifjan for talent shows. He has also done shows in the states at his various duty stations. He has shared the stage with mainstream Hip Hop artist Scarface.

"I was at [Scarface's] concert and he began to call people on stage who could rap," said Shakoor. "I spit a freestyle and took pictures with him; it was fun."

Shakoor said he enjoys the feeling of performing and is looking forward to doing more shows in and out of theater.

"I have a large fan base, from Soldiers I've met and the people they introduce my music to," said Shakoor.

He has deployed three times and still managed to make six records since he has been in the Army.

He is currently working on his latest project called *International Man of Mystery*.

Shakoor said he hopes to meet and distribute his music among the Soldiers and servicemembers of Camp Arifjan and Iraq.

"I live here on Arifjan and go on mission sometimes into Iraq, that's how I plan to distribute," Shakoor explained.

Shakoor says he expects the worst and hopes for the best, and that's what keeps him going.

"The Army is a great place to distribute my music because there are people here from all over the world," Shakoor explained. "Plus 'rap money' doesn't last forever and I love being an NCO in the Army, therefore I'm going to continue to serve and just keep music as my side hustle." **A**



**Shakoor sets up his microphone before a recording session. The Baltimore native has been rapping and making beats since 1998 and is currently working on his latest record *International Man of Mystery*.**



Military Saves is a DoD-wide financial readiness campaign to persuade military service and family members, as well as the wider military community, to reduce debt and save money thereby ensuring personal financial readiness and positively impacting the nation's personal/household savings rates.

Military Saves encourages: Developing a personal financial plan, establishing good credit, saving a portion of each paycheck, enrolling in SGLI, TSP, and (when eligible) SDP

All four Services and the U.S. Coast Guard participated in the campaign in 2007 and 2008, enrolling more than 25,000 individuals and stimulating more than 100,000 positive financial actions such as putting money in savings or investment accounts. More than 80 credit unions and military banks participated in a wide variety of activities to promote personal financial readiness.

For more information <http://www.militarysaves.org/>

## Just One Question ...

"How do you plan to stay cool during the upcoming summer months?"



"I'm going to be at home this summer, so I'm going to be in my air-conditioned house"

Staff Sgt. Ashley Fobb  
1184th DDBS  
Army Guard Reserve  
Mobile, Alabama



"Drink lots of water and lots of Gatorade."

PO 1st Class Carlos Evans  
Operations Specialist  
Command Task Group 56.5  
Phoenix, Ariz.



"Thinking back in the days in Jamaica, spend alot of time indoors and hydrate, hydrate, hydrate!"

Capt. Tenn Chowfen  
TF 44th MEDCOM  
Property Book Officer  
Tampa, Fla.



"This is my first time here so I honestly don't know. So I'll just take the advice of those who are experienced."

Spc. Rebecca Vondra  
Paralegal  
1st TSC  
Emporia, Kan.



"Hydrate as much as possible, stay indoors and only go outside when necessary."

Sgt. Arthur Campbell  
VTC Scheduler  
ARCENT G6  
Albuquerque, N.M.

## NCO Spotlight:

Staff Sgt. Brian Cameron  
Team leader; 66th Engineers, 2/25 SBCT



Cameron says he joined the Army in August 2001 to experience something different throughout the world.

He became an NCO when he saw his leadership set the example for him. He decided he wanted to "lead from the front."

Cameron is currently at the end of his second deployment.

"Keep your motivation up, don't let the small things get to you, and always move forward."

# What's happening around USARCENT



## Ground Breaking!

Photo by Petty Officer 1st Class Nicholas Lingo

(Left) Engineering Aid Constructionman David Ho of Naval Mobile Construction Battalion 11 conducts a concrete cylinder break test to measure the load bearing capacity of a power plant pad that was poured in Camp Buehring, Kuwait.



Photo by Sgt. 1st Class Linda Johnson

## SOQ Competition

(Above) A 160th Signal Brigade Soldier conducting land navigation at the Soldier of the Quarter competition that took place at Camp Buehring, Kuwait, Feb. 16-18.



Photo by Pfc. Howard Ketter

## The Award Goes To ...

Sgt. Eric Seaver, 56th Signal Battalion, is presented with a Combined Federal Campaign-Overseas award by Mr. Bruce Dreger, head coordinator, CFC-O, and Col. Christopher Hoffman, commander, Area Support Group-Kuwait, during the CFC awards ceremony held in Zone 1 Morale Welfare and Recreation center at Camp Arifjan, Kuwait, Feb.27.



Photo by Pfc. Howard Ketter

## No Diggity!

Grammy Award-winning R&B group Blackstreet perform for service-members in Zone 6 at Camp Arifjan, Kuwait, Feb. 25. The group perform songs such as, "Don't Leave Me", "Money Can't Buy Me Love", "Before I Let You Go", and "No Diggity."