

DV The Desert Voice

Third Army/United States Army Central June 24, 2009
"Ready Tonight ... Sustain The Fight ... Shape The Future"



ARIFJAN TESTED



ASG-KUWAIT

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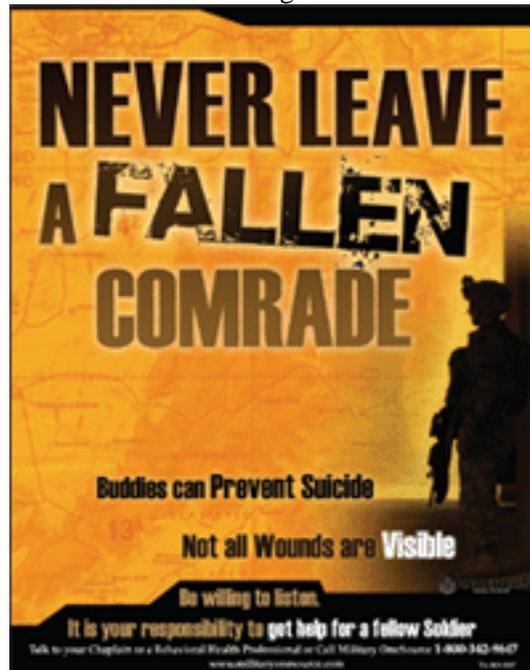
Suicide Prevention

A recent Army-wide “stand down” for suicide-prevention training will be followed by chain teaching that must be completed by July 15, 2009. The centerpiece of the recent stand-down training was an interactive video called “Beyond the Front.” Suicide-prevention tools can be found at the U.S. Army Center for Health Promotion and Preventive Medicine’s Suicide Prevention webpage and at the Army G-1 Commander Toolkit website.

Commander’s Tool Kit

Suicide prevention, like all leadership challenges, is a Commander’s program and every leader’s responsibility at all levels. The success of the Army Suicide Prevention Program rests upon proactive, caring and courageous people who recognize the imminent danger and then take immediate action to save a life. Active engagement of everyone can help to minimize the risk of suicide within the Army to stop this tragic and unnecessary loss of human life. Suicide prevention is everybody’s business in The Army.

The Commander’s Tool Kit is designed to assist Leaders at all levels as they implement their Suicide Prevention Program. This Took Kit was developed so that leaders can incorporate these resources into existing training or create new training. However, this Tool Kit is not meant for leaders only, all Soldiers are encouraged to use the materials. **A**



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On the cover

Personnel in 45th Fires Brigade, PMO, Fire department, 336th EOD and 437th Medical Company participate in a Force protection exercise, June 12. For the full story see page 6. (Photo by Staff Sgt. Anthony Taylor)

Contact us

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

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<http://www.youtube.com/user/dvidshub?blend=2&ob=1>

DV

The Desert Voice



Have A Healthy Week!



Many people have health or fitness goals they hope to achieve during deployment. Don't know where to start? Here are 5 simple ways to be healthier this week.

Don't skip breakfast. Eating breakfast gets your metabolism going in the morning, refuels your muscles after a morning workout and helps prevent overeating later in the day. Breakfast is a great time to increase your whole grain (oatmeal, cereal), fruit and low-fat dairy (milk, yogurt) intake.

Do more cardio. Cardiovascular exercise is beneficial for weight loss, weight maintenance; and decreases your risk for cardiovascular disease, hypertension, diabetes, cancer, depression and more. The current recommendation is for at least 30 minutes of cardiovascular exercise on most days of the week. This includes jogging, walking, biking, swimming, racquetball, tennis, volleyball, rowing, using the elliptical machine and many more activities. Mix up your routine to keep it interesting, but increase your time spent exercising if at all possible.

Eat more vegetables. Most people do not eat the recommended 3-5 servings per day. Vegetables are low in



Capt. Kate Schrumm R.D.
U.S. Army Central Surgeon's Office

calories, high in fiber; and packed with nutrition. They are your best friend for losing weight and fighting chronic disease. Choose vegetables that are rich in color like beets and carrots. Fill at least half of your plate with vegetables at lunch and dinner.

Get more sleep. Adults need 7-8 hours of sleep per night. According to the National Institutes of Health, lack of sleep not only makes us tired, moody and less focused during the day, but can increase our risk of heart disease, hypertension, diabetes and obesity. Hormone changes that occur with lack of sleep weaken our immune system and make us crave sweets and carbohydrates. Make an effort to get to bed earlier this week.

Stop drinking your calories. Check the labels of what you are drinking. Many people consume 500-600 calories/day just from liquids like Gatorade, juices, sodas, coffee and energy drinks. Eating your calories is a better way to get adequate fiber and a larger variety of nutrients. Choose skim milk or water with some added calorie-free flavor like Crystal Light or electrolyte packets over calorie dense, low nutrient beverages. **A**

Safe Carrying and Lifting

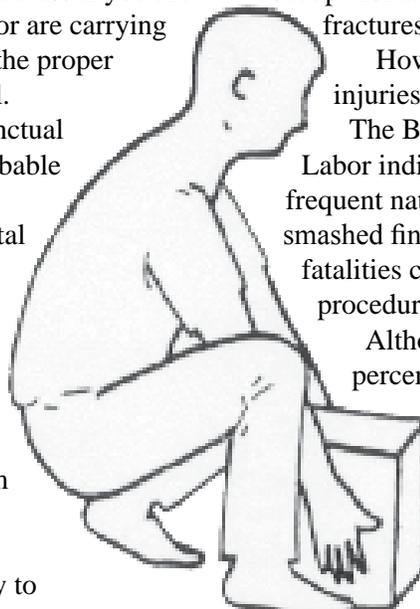
Lift yourself with knowledge. Regardless if you are lifting folders of the DA Form 31 or are carrying patients into the triage room; knowing the proper lifting and carrying procedures are vital.

Many people may believe their instinctual movement will compensate for any probable injury, but lifting and carrying injuries account for a large percentage of nonfatal work cases.

The Bureau of Labor Statistics, U.S. Department Labor indicated the part of the body most often affected by work injuries was the trunk (including the shoulder and back) accounting for 33 percent of all injuries and illnesses from 2006 to 2007.

Consequently, utilizing the proper techniques will reduce your opportunity to become one of these statistics.

Is it spring, sprang or sprung? When one thinks of



occupational and recreational injuries, one may think of fractures, lacerations or even bruises or burns.

However, these overt injuries are not the only injuries incurred during work and play.

The Bureau of Labor Statistics, U.S. Department Labor indicated sprains and strains were the most frequent nature of injuries and illnesses; however, smashed fingers, eye injuries, head injuries and even fatalities can result from improper lifting and carrying procedures.

Although the number of cases had decreased 5 percent from 2006, compared to a 2 percent decline for all injuries, there are many incidents that can be prevented if one improves their technique in accordance with their physical stamina and the environmental constraints.

Therefore, practicing the proper lifting and carrying techniques are essential for the physical longevity of your most valuable tool;

your body. **A**

Task Force AVCRAD holds "Biggest Loser" contest



"Biggest Loser" contestant Pfc. Jaime Lopez uses a curl machine during his workout.

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

"Basically what's happening here is a change of lifestyle," said Staff Sgt. Steven Marquez, unit environmental officer, 1106th Aviation Classification and Repair Depot.

Task Force AVCRAD is sponsoring a "Biggest Loser" TV show-style challenge to encourage Soldiers to maintain Army physical fitness and height and weight standards.

"Trying to keep Soldiers fit is a challenge," said Command Sgt. Maj. Ronald Cabrera, TF AVCRAD. "We tried to think of something creative to give them something to strive for."

Cabrera proposed the idea during pre-deployment training and kicked off the competition a few weeks into the deployment by recording the start height, weight and body mass index of all the contestants. There are 15 Soldiers from the TF AVCRAD participating in the competition in both Kuwait and Iraq.

"The pounds start to creep up on you faster than you realize and one day you get on the scale and you're 30 pounds heavier," said Staff Sgt. Lashandra Washington. "For me, it's a personal goal to work this year to lose weight, get healthier and learn to eat right."

Less than two months into the

deployment, some contestants are already starting to see results.

"[The weight's] coming down and I feel better, but the reality of it is, it's harder than it has ever been in my lifetime for me to drop weight simply because of my metabolism," said Marquez.

Cabrera and

Sgt. Maj. Carlos Fernandez, non-commissioned officer in charge,

"It's a personal goal to work this year to lose weight, get healthier and learn to eat right."

Staff Sgt. Lashandra Washington
1106th Aviation Classification and Repair Depot
Camp Arifjan, Kuwait

Theater Aviation Maintenance Program, Iraq have some incentives for the Soldiers who lose the most weight during the contest.

"It's a little bit easier to meet the goal when you have a group of people rather than going in by yourself," said Staff Sgt. Freddy Cortez safety NCO.

The contest will end a February 2010 when all of the contestants will be weighed and measured and have their BMI taken again. **A**



Lopez warms up as part of his exercise routine that he started to lose weight during the "Biggest Loser" contest.

DDDK welcomes new commander



Marine Brig. Gen. Peter J. Talleri, commander, Defense Distribution Command, passes the guidon to Army Col. Vernon L. Beatty, incoming commander, Defense Distribution Depot, Kuwait, after taking it from outgoing commander, Army Col. Clayton T. Newton. The passing of the guidon symbolizes the transfer of authority from one leader to the next.

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

The Defense Distribution Depot Kuwait welcomed a new commander at a change of command ceremony that was held at DDDK, June 1.

Army Col. Vernon L. Beatty, Jr. assumed command of DDDK from Army Col. Clayton T. Newton who took over command in July 2007.

“Col. Beatty is qualified in both service and education to assume this command,” said Marine Brig. Gen. Peter J. Talleri, commander, Defense Distribution Command. “He has a strong background in logistics and history of service in his family.”

Beatty is assuming command of DDDK after serving as director of the Army Initiatives Group, Logistics Branch, Headquarters Department of the Army G4. He has also served as commander of the 710th Main Support Battalion, 10th Mountain Division; 123rd Main Support Battalion; aide-de-camp to the commander and chief of the Emergency Support Operations Center at the Defense Logistics Agency Defense Supply Center after a year in training with Wal-Mart Stores, Inc. as part of the Training with Industry program. Beatty enlisted in the Army as a combat engineer in 1981.

He attended Ohio State University and received his

Master’s degree in business administration from Central Michigan University.

His awards and decorations include the Bronze Star, Afghanistan Campaign Medal, Southwest Asia Service Medal with two Bronze Stars, Kuwaiti Liberation Medal, Kosovo Liberation Medal NATO Medal with two Bronze Stars, a Ranger Tab, Senior Parachutists Badge, Rigger Badge, and Air Assault Badge.

DDDK was established in 2004 and is the Defense Distribution Center’s only facility in Southwest Asia. According to material published by DDDK, the primary mission of DDDK is to a forward stock positioning support and quick distribution of supplies to forces in the area of operations.

The ceremony ended with the symbolic passing of the guidon and guests were invited to say their goodbyes to the outgoing commander and bid welcome to the new commander. **A**

“Col. Beatty is qualified in both service and education to assume this command. He has a strong background in logistics and history of service in his family.”

Marine Brig. Peter J. Talleri
Commander
Defense Distribution Center

Kuwait

FORCE PROTECTION EXERCISE JUNE 2009

Article by
Pfc. Howard Ketter
20th Public Affairs Detachment

Soldiers alongside the Provost Marshall Office, Combat Support Associates personnel, firefighters and Explosive Ordinance Disposal conducted a Force protection exercise at Camp Arifjan, Kuwait, June 12.

The Area Support Group-Kuwait Force protection office put together a scenario that took place in Zone 6, involving the 45th Fires Brigade, PMO, Fire department, 336th EOD detachment and medics from the 437th Medical Company.

“The exercise was rehearsed and well planned out,” said Lt. Col. Robert E. Sowards, officer in charge of the exercise, ASG-KU Force Protection. “We conduct quarterly force protection exercises on Camp Arifjan.”

The exercise kicked off at approximately 8:30 a.m. with a large explosion.

“A [vehicle borne improvised explosive device] attacked and destroyed ECP 2, which required re-routing of traffic and treatment of 12 to 18 casualties,” said Sowards. “The tower also spotted vehicles outside the perimeter.”

Soldiers from Headquarters and Headquarters Battery, 45th Fires Brigade set up traffic control points to direct traffic flow in and out of Zone 6. They also had Soldiers overseeing the exercise as observer/controllers.

“My main focus was to be sure that the Soldiers were hydrated and well taken care of,” said Sgt. Messiah L. Irizarry, HHB, 45th Fires Brigade, who was an O/C for the exercise. “Zone 6 responded with urgency and they were all over it, the exercise went well.”

Simultaneously, another scenario kicked into action. The Zone 6 dining facility was attacked by mortars.

The Camp Arifjan kennel deployed 11 military working dog teams out to investigate.

“As soon as there is an incident like this, we send out dog teams to search for any secondary devices,” said Chief Petty Officer Brian H. Waters, kennel master, Camp Arifjan. “We also send them to other vital areas throughout the base to respond to incidents as needed.”

Arifjan Firefighters alongside the 437th medics assessed and evacuated several simulated casualties from both locations. The casualties, played by CSA security personnel, had make-up and simulated injuries and blood to make the exercise more realistic, giving the medics and firefighters a variety of injuries to assess and treat. They were all moved to the Tactical Activity Center in Zone 6, which was staged as the casualty collection point for the exercise.

“I appreciate the response of all the units on Camp Arifjan,” said Sowards. “The motivation of the Soldiers was good and we identified a lot of things we needed to work on, which was the intent of the exercise.” 





Photos by Staff Sgt. Anthony L. Taylor

Soldiers from the 437th Medical Company provide aid to a mock-casualty during a Force Protection exercise at Camp Arifjan, Kuwait, June 12. The exercise was to test the base's response time to a mock-attack.



Camp Arifjan

Naval Mobile Construction Battalion 11

Article and photos by
MC1 Nichoilas Lingo
NMCB 11 Public Affairs Office

The Seabees have long been established as the premier construction force of the U.S. military. Their long-standing tradition of “We Build, We Fight” is instilled in each constructionman from the very day they step into the world of the Seabees. Yet no warrior can perform at their peak level without the proper tools.

The Seabees have long awaited an update to their Table of Allowance and that day has arrived for the ‘Bees of Naval Mobile Construction Battalion 11.

The discussion and planning stages have been in the works for years for the development of the Scalable, Modular, Agile, Responsive TOA, or S.M.A.R.T.

“The actual planning stages began several years ago, but the actual packing of the materials and gear began back in January for this set-up,” said Frisly G. Garcia, manager, 22nd Naval Construction Regiment Non-CESE TOA.

The new S.M.A.R.T. P-25 will provide a reduced footprint and ease transport for equipment to forward deployed Naval Construction Force units.

The current off-load of equipment in Rota, Spain, will provide the re-established forward deployed location of Camp Mitchell, Spain, the proper equipment needed to support missions in Europe and Africa Commands and anywhere else the Seabees may be called on to support.

The new TOA is expected to make movement for the Naval Construction Force less strenuous for operational

planning.

“Instead of planning every operation from ground zero, pulling from an entire TOA, we’re now able to pull from one of the construction modules,” said Lt. Cmdr. Joseph Harder, NMCB 11 Detachment Rota Officer in Charge, “From that sub-group of equipment we can decide what to scale down and what to scale up.”

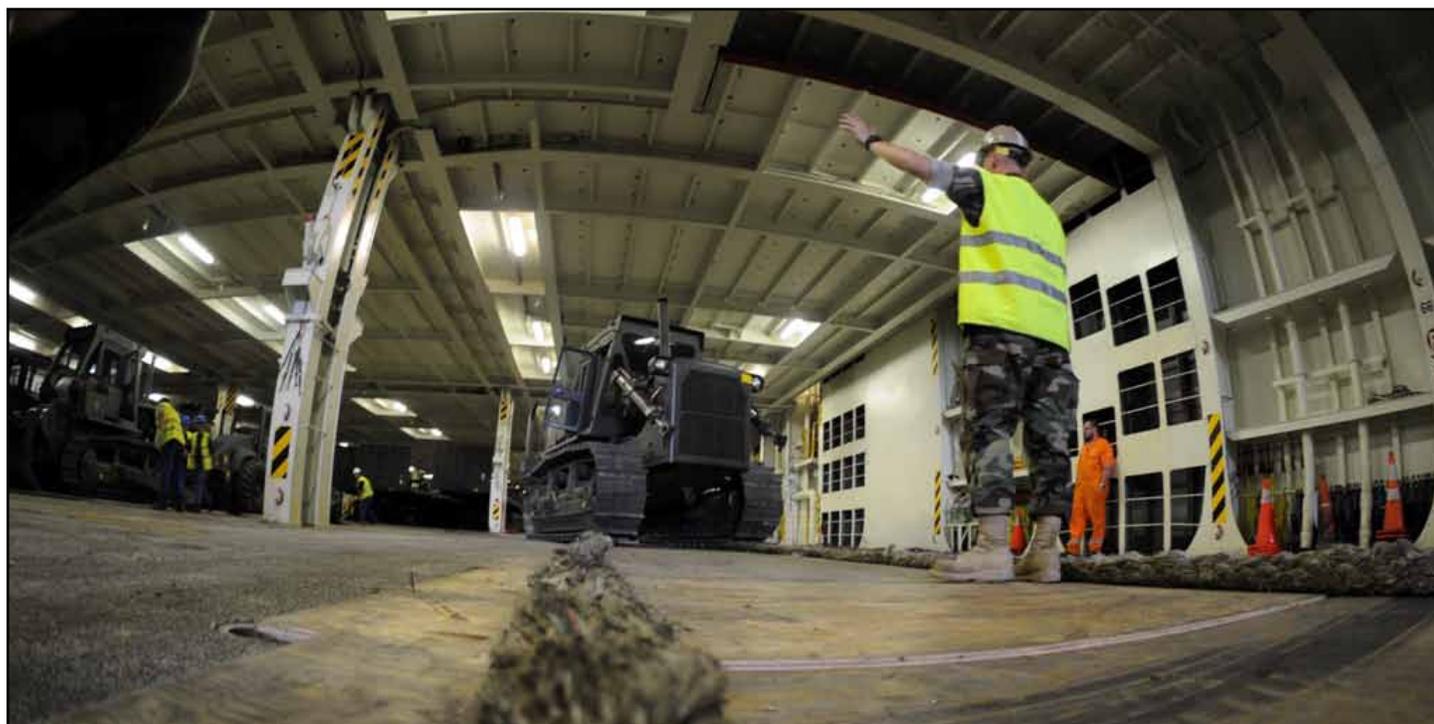
The new TOA’s improved module format vastly increases the speed and ease that smaller units can be outfitted and geared-up for deployments.

With the retrograde of the Seabees main body site from Camp Arifjan, Kuwait and the return of the Seabees to Camp Mitchell, the timing for the off-load of the new TOA came at an opportune time.

Approximately 40 Seabees were flown in days before the off-load to ensure there were enough operators and mechanics on location to support the evolution. During the three-day movement, 324 pieces of Civil Engineer Support Equipment and 176 containers were off-loaded from the Mobile Vessel Alliance New York.

“It’s really great to see this equipment; it’s all new and it’s all modernized,” added Equipment Operator Constructionman Christopher Ruel. “We’ve been doing the best with what we have for years, now we’ll be able to make things happen so much more efficiently. I’m really happy to be moving this off the ships and putting it to good use.”

“Across the board the new TOA is a lot more modernized,” added Harder, “A lot of the equipment in the new TOA is suited for the types of missions we’re involved



Construction Mechanic 1st Class Jeremy Petroski ground guides a piece of Civil Engineer Support Equipment off of the MV Alliance New York. The new equipment will help re-establish Camp Mitchell as a main body site for forward deployed Seabee units and will better outfit NCF units for deployment to EUCOM and AFRICOM.

1 offload new TOA

in, these upgrades allow us to use the right tools for the jobs we do.”

The upgrades to the TOA provide better safety features, improved stability and operational capability as well as some comforts that were missing before, such as climate control.

“This is a big step forward for the entire Naval Construction Force that all started with the basic needs for our Seabees,” added Harder. “This is a tremendous financial investment and huge success story for the NCF. It’s a big deal to be a part of this process and to be able to see all this planning come to fruition.”

The Seabees will have a fresh start in Spain with a brand new set of tools at the ready, to continue to win the hearts and minds and provide the best combat construction support available.

The Seabees of NMCB 11 are currently deployed to Horn of Africa, Afghanistan, Kuwait and Iraq in support of Operations Iraqi and Enduring Freedom. 



Seabees from Naval Mobile Construction Battalion 11 load a piece of Civil Engineer Support Equipment on a trailer for transport to Camp Mitchell, Spain.

NEWS IN BRIEF

PENTAGON RELEASES DETAILS OF HOMEOWNER ASSISTANCE PROGRAM EXPANSION

One of the first acts of the 111th Congress was the passage of the American Recovery and Reinvestment Act. Included in the legislation was \$555 million in funding for a program to help military personnel forced to sell their homes in the midst of the current real estate crisis.

The Pentagon recently released the much-anticipated Homeowner Assistance Program expansion guidance. Here are the rules:

Eligibility:

Homeowners must have lost at least 10 percent between the purchase price and sale price of the home, and the home must be in an area that suffered at least a 10 percent decline in housing prices.

The home's value must not exceed a cap that ranges between \$417,000 and \$729,750, depending on location.

The move must be farther than 50 miles. Homeowners under PCS orders or affected by base realignment and must have purchased the homes before July 1, 2006.

Base Realignment and Closure homeowners must sell their houses, on the local market or to the government, by Sept. 30, 2012.

Reimbursement for losses:

Wounded warriors, wounded defense or Coast Guard civilians and surviving spouses would receive a cash payment for the difference between their home's sale price and 95 percent of its prior fair-market value.

Those in communities where it is proven that the market declined because of a BRAC announcement would receive 95 percent of the home's prior fair-market value.

Other BRAC and PCS homeowners would receive up to 90 percent of the home's prior fair-market value.

Government purchase/mortgage payoff:

The government will buy the home only if the homeowner can't sell it after 120 days on the market at a price deemed appropriate by the Army Corps of Engineers.

Wounded warriors, wounded defense and Coast Guard civilians and surviving spouses unable to sell their homes will be able to sell to the government for 90 percent of the home's prior fair-market value.

For BRAC and PCS homeowners, the government would pay 75 percent of the home's prior fair-market value.

There are three HAP field offices. To find out which services your area and for more information, visit their website at <http://hap.usace.army.mil>.

CEREMONY RECOGNIZES NCOS IN CONGRESS

Association of the United States Army President and Army retiree, Gen. Gordon R. Sullivan, attended a ceremony held at Fort Myer, Virginia that recognized 10 members of the 111th Congress who have served as NCOs.

As part of the Army's celebration of the Year of the Noncommissioned Officer, Secretary of the Army, Pete Geren; Army Chief of Staff, Gen. George W. Casey Jr.; and Sgt. Maj. of the Army Kenneth O. Preston paid tribute to the 10 representatives in attendance, as well as four others not in attendance and three senators who served as NCOs.

Each congressman was given a token of appreciation from Geren, as well as a coin from Preston.

Preston thanked all the veterans in the audience.

"Members of Congress who are here today began a lifetime of service to our nation as noncommissioned officers in the United States Army," Preston said. "As we celebrate 2009 as the Year of the NCO, we all know that the noncommissioned officer corps was not formed overnight ... and our army today is the best Army in the world because of the competence of these mid-level leaders."

To see detailed information about these and other former soldiers serving in Congress, visit the AUSA webpage, www.ausa.org. Click on the Government Affairs link, then on "Army Veterans in Congress, 2009."

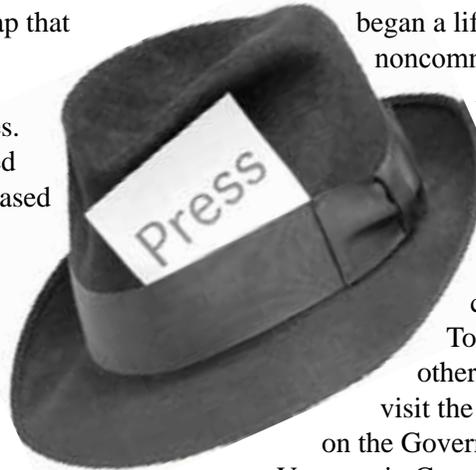
UNIT HIGHLIGHTS

The 14th Human Resources Sustainment Center, Operations and Planning section is responsible for the train up and planning for approximately 107 human resource units around theater and in the U.S.

Their mission is to assist the HRSC director in the planning, integration, coordination and synchronization of all HRSC staff operations and integrate with Theater Sustainment Command staff elements in the management of theater-wide Human Resources operational requirements.

The section, located in building 506, Camp Arifjan, conducts planning for the entire 14th HRSC and provides human resource related planning guidance for 1st TSC. The enlisted Soldiers in the unit have accomplished putting together and organizing an exercise structured around HR duties in theater to train units coming into theater.

For more information on this section, they can be found under the staff sections link on the 1st TSC portal. Or you can contact them at 430-6618. 



NATURALIZATION CEREMONY

27 JUNE 2009

Camp Arifjan

Zone 1 Chapel

@ 0930

NCO Spotlight:

Sgt. David Eddy

Administrative NCO, USARCENT SGS



"Listen to your NCO leaders and never be afraid to ask questions."

Eddy saw ROTC Soldiers perform drills when he was in sixth grade and decided he wanted to join the Army. He finally joined on June 2, 2005 as an Infantry Soldier. He was stationed at Fort Drum, N.Y. and deployed to Bagdad, Iraq. He decided to PCS to Fort McPherson to be closer to his hometown, Nashville, Tenn. Eddy wants to continue his education and work in the technology field after he retires from the Army.

Just One Question ...

Why is communication with your chain of command important?



"Good communication is important because it allows the chain of command to be aware of expectations and helps missions run smoothly."

GM1 (SW) James Wolfe
Squad Leader
NAVELSG (Fwd) India
Chicago, Ill.



"Proper communication saves the lives of Soldiers if they are willing to listen."

Sgt. Jaswanti Chander
Redeployment NCOIC
49th AG 90th HRC
Sacramento, Calif.



"Communication is important because it allows leaders to make informed decisions and lets them help Soldiers before a situation gets out of hand."

Maj. Theodore West
HHC Commander
U.S. ARCENT
San Jose, Calif.



"Knowing what is needed to accomplish the mission."

Tech Sgt. Anthony Krebs
Vehicle Operator
424th Medium Truck Detachment
Luray, Va.



"You want to let everyone know what is going on as far as health and safety are concerned. Those are all the important factors."

Sgt. Josilyn Hines
Postal Supervisor
81st Military Mail Terminal
Portsmouth, Va.

Remembered Through the Bonds of Service

Article by
Pfc. Alicia Torbush
20th Public Affairs Detachment

A young Soldier walks through the airport on his way home for his mid-tour rest and recuperation. He has spent the past several months patrolling the streets of Baghdad and is looking forward to spending the next couple of weeks with his family and being away from the turmoil of the seemingly endless deployment.

As he mounts the escalator that will carry him upward to baggage claim and freedom, the top of an elderly man's white hair comes into view. The further the Soldier ascends, the more he can see of the older gentleman; and then the welcome home banner comes into view. The gentleman is wearing a shirt with the word "VETERAN" embroidered across the front and waving an American flag to welcome troops coming home from war.

Curious about the gentleman's story, the young Soldier stops to ask which war the man had served.

"I have served in them all," replied the veteran. "I am a veteran of all wars. I fought in the battles that took place during the American Revolution to secure our country's freedom in its infancy. I fought my brother in the Civil War that split our nation. I served my country in the trenches during World War I and on the naval ships of World War II. I fought with many brave men and women in Vietnam, Panama and Korea. I have faced the unseen enemy in the Middle East. I have stood beside the families of friends, brothers and sisters who paid the ultimate price for the freedoms that are so often taken for granted. I am a veteran. Just like you I have chosen to serve and represent the country that I love, so that others after me can enjoy the same freedoms that those before me fought and died to secure. Together we all form the bond that ensures the security of our country. Through the years we have all stood together to serve, to give our lives for the country that has given so much to us. In each of us who chooses to serve, the spirits of those who paid the price for our freedom live on. We are the living memorials of those who paid the price to keep this country strong."

As the young Soldier listened to the gentleman talk, he understood that he was as much a part of the history of service as the present and the future. He realized that he represented all servicemembers from all times. In that moment, the young Soldier felt a kinship with the veteran who taught him about the bonds that are forged throughout the battlefields of time.

The pride and honor of service goes hand in hand with remembering those who have gone before and mentoring those who will follow.

Through the bonds that service creates, we remember those who have served and those who are serving. The remembrance is continuous in the heads that bow in prayer over the loss of a brother or sister on the battlefield, in the empty table in the chow hall for those fallen in combat and in the inner strength that each servicemember finds to "soldier on" despite the grueling obstacles they face day-to-day.