

DV *The Desert Voice*

United States Army Central

January 07, 2009

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



**Baghdad
here we
come!**



Ethical standards...

DV

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On the cover

Paratroopers assigned to 3rd Brigade Combat Team, 82nd Airborne Division close in on a building during a close quarters combat training, at Camp Buehring, Kuwait. For the full story, see page 4. (Photo by Staff Sgt. Alex Licea)

Contact us

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

I am writing on the topic of ethics because it's something that I feel I need to share. This is not inspired by something that someone in our command did wrong, but by some information I received during my own annual ethics training. This training was a good refresher and made me realize that this is information that all of us leaders must know... regardless of rank.



Lt. Gen. Jim Lovelace

U.S. Army Central, commanding general

As leaders, it's our responsibility to remain **physically, mentally, and ethically ready** at all times. It's our responsibility to know the standard and enforce the standard. A fairly simple rule of thumb is to simply... **do the right thing.**

I would like to share a few general principles that all of us must adhere to and be reminded of on a routine basis. These guiding principles will ensure that the public has complete confidence in the integrity of our command, the U.S. Army, and the federal government.

Public service is a public trust. We must place loyalty to the Constitution, federal laws, and ethical principles above our own private gain. We must endeavor to avoid actions that create even the appearance of violating the law or ethical standards. Furthermore, we must be committed to an Equal Opportunity program and a culture that does not discriminate because of race, color, religion, sex, national origin, age, or handicap.

In performing our duties, we will **put forth an honest effort.** Tax payers provide our pay and resources. We must provide an honest day's work and prevent the waste and abuse of government resources. If you have knowledge regarding waste, fraud, abuse, or corruption, it's your duty to report it to the appropriate authorities.

We will act impartially and **not give preferential treatment** to any private company or organization. This means we will not endorse certain businesses or charities or provide government resources and personnel to private organizations.

We will **protect and conserve government property.**

Government property should be used for official purposes only... government equipment is not to be used for personal business. Violations can be punished criminally in accordance with the UCMJ or federal law.

We will not have **financial interests that conflict with the performance of our official duties.** It is illegal to use government information to further or own private interests.

We will not **solicit or accept any gift from any person seeking to do business** with the federal government. Also, we will not make unauthorized promises of any kind that bind the Government. Finally, we must remember that we cannot speak for or obligate the government to private companies, the media, or foreign nations without proper authorization.

These are a few basic principles we must adhere to in the performance of our duties... there are others that may pertain to specific situations. Leaders face complicated situations every day, when in doubt contact a staff judge advocate for assistance.

We are all part of a great team... all professionals doing the right thing. In short, live the Army Values and embrace a high ethical standard.

Thank you for your service and your commitment to integrity, honesty, and ethics in the workplace. **A**

Patton's Own!

DV
The Desert Voice

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What is Calorie Density?



The calorie density of a food is a measurement of the average calories per weight in grams or ounces of that food.

It is the caloric value of each bite, and can be used to compare the number of calories in equal amounts of different foods to make better food choices.

For example, just 4 ounces of cashews has 652 calories, compared to 4 ounces of blueberries that have 65 calories. That means that eating 56 cashews (4oz) has the same number of calories as eating 840 (40oz) blueberries.



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

All too often these high dense calorie foods are not as plentiful in vitamins, minerals, phytochemicals and antioxidants as foods that are calorie dense. Higher calorie dense foods are almost always higher in fat and/or sugar.

The biggest factor in determining calorie density is the water content of a food. Water increases volume of a food without adding calories. When eating lower calorie dense foods, you can consume greater volumes of food, resulting in a fuller feeling without the added calories. **A**

Calorie density range from:



Best calorie choice: Very low in calories per gram with 0.0-0.6 calories per gram



Good calorie choice: Low in calories per gram with 0.6-1.5 calories per gram



Average calorie choice: High in calories per gram with 1.5-4.0 calories per gram



Poor calorie choice: Very high in calories per gram with 4.0-9.0 calories per gram

In your DFAC the best and good choices would align with the "Green" labeled foods, while the average calorie choice foods would be labeled amber and the poor calorie choices labeled red. Get "Fit to Fight" and Go Green!



Drive to arrive...

Aggressive driving tendencies:

- Express Frustration:** Taking out your frustration on your fellow motorists can lead to violence or a crash.
- Fail To Pay Attention When Driving:** Reading, eating, drinking or talking on the phone can lead to crashes.
- Tailgate:** This is a major cause crashes that can result in serious deaths or injuries.
- Make Frequent Lane Changes:** If you whip in and out of lanes to advance ahead, you can be a danger to others.
- Run Red Lights:** Do not enter an intersection on a yellow light. Remember flashing red lights mean stop.
- Speed:** Going faster than the posted speed limit, being a "road racer" and going too fast for the road conditions.

When confronted with aggressive drivers:

- Get Out Of The Way:** First and foremost make every attempt to get out of their way.
- Put Your Pride Aside:** Do not challenge them by speeding up or attempting to hold your own in your lane.
- Avoid Eye Contact:** Eye contact can sometimes enrage an aggressive driver.
- Gestures:** Ignore gestures and refuse to return them.
- Report Serious Aggressive Driving:** You or a passenger may call the police, but if you are driving pull over first.

Life in the fast lane:

- Concentrate:** Don't allow yourself to become distracted while driving, focus on the road.
- Relax:** Listen to the radio or your favorite music, it can calm your nerves and help you relax.
- Identify Alternate Routes:** Map out an alternate route, you may find it less congested.
- Use Public Transportation:** It can give you some much needed relief from life behind the wheel.
- Just Be Late:** If all else fails, just be late.

Paratroopers fine tune war-fighting skills

Article and photo by
Staff Sgt. Alex Licea
3rd BCT Public Affairs Office

82nd Airborne Division sets its sights on Baghdad

When it comes to training for an urban environment, its all about building muscle memory according to Sgt. 1st Class Milton Terrell.

For his Paratroopers, assigned to 1st Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, training on close quarters combat skills became a day long affair going well into the evening hours.

The training suited what these troops will likely encounter; conducting combat operations in a congested area. Using makeshift houses called 'glasshouses', the training focused on close quarters marksmanship, room searching and clearing techniques. Urban combat operations, such as in Baghdad, make this training a must.

"It's about continuing to build the confidence in these troopers and get-

ting them accustom to working with one another as a team," said Terrell, a platoon sergeant with Headquarters and Headquarters Company, 1-505 PIR.

Unit leaders also focused on the importance of judgment and distinguishing a hostile force from an innocent bystander. Many paratroopers know this an important element of the training.

"You need to take a pause, look for the hostile intent and make smart decisions," said Pfc. Erik Hilbert, a native of Brewster, Mass. "Being here [Kuwait] is a great training environment for us because we know Iraq is not too far away. It makes it more real."

Despite a sharp decline in violence in Iraq made by Iraqi Security Forces and Coalition Forces, senior military leaders continue to stress the security

gains, made after the troop surge, are fragile.

Recent bombings in the cities of Baghdad and Kirkuk have brought back the fact that Iraq is still a very volatile nation and these paratroopers trained like it.

"This training is vital going into a combat zone," said Terrell. "We can't stress it enough." ^A

"It's about continuing to build the confidence in these troopers and getting them accustom to working with one another as a team"

Sgt. 1st Class Milton Terrell
Platoon Sergeant
1st Battalion, 505th Parachute Infantry Regiment



Paratroopers assigned to Headquarters and Headquarters Company, 1st Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division conduct close quarters combat drills during a training exercise, Dec. 12 at Camp Buehring, Kuwait. Paratroopers of the 3rd Brigade Combat Team, 82nd Airborne Division are in Kuwait conducting combat training events as they prepare to head to Iraq in support of Operation Iraqi Freedom.

2-43 ADA participates in Kuwaiti exercise

Article by
Capt. Walter Galan
2-43 Air Defense Artillery

U.S. Army Soldiers from 2nd Battalion, 43rd Air Defense Artillery participated in a combined air defense exercise with the Kuwaiti 46th Air Defense Battalion at Camp Arifjan, Kuwait.

The exercise, called Operation Nation Shield, involved the Soldiers of 2-43 ADA at all stages from the initial planning to the after action review. They also deployed a battalion communication relay group to the Kuwait Battalion Headquarters to establish and maintain interconnectivity between the respective command groups and control nodes.

The exercise began with an alert and recall of the Kuwaiti air defense battalion, an event where all Soldiers are recalled to their

respective headquarters to prepare for deployment. The operation called for a deployment of all Kuwaiti Patriot air defense forces. The air defense crews from the batteries of 2-43 ADA were also

involved in the recall. After linking up with their Kuwaiti counterparts, the Soldiers embedded with the Kuwait fire units for the remainder of the exercise.

Finally, 2-43 ADA Soldiers played a critical role in establishing multiple lines of communication to facilitate planning and participation of U.S. Soldiers in the Kuwaiti simulations and scenarios. This addition established a communications bridge between the two nations, providing a shared early warning air picture to all involved.

In total, 2-43 provided command and control for the five Kuwaiti Patriot firing batteries and one U.S. Patriot battery involved in the exercise.

"I enjoyed learning about the Kuwaiti military customs and culture," said Spc. Edward Hudgins, a launcher crewman with B Battery, 2-43 ADA. "It was also good to learn about the Kuwaiti tactics techniques and procedures for emplacing and operation of Patriot equipment."

The Kuwaiti units were evaluated on common Patriot Missile System tasks throughout the exercise.

They were graded on tasks like march order, emplacement and air battle management. While U.S. forces were not evaluated, they were integrated in the Kuwaiti manning rotation, giving them a better appreciation for how the Kuwaiti fire units conducted air defense operations.

On hand for the event were several senior leaders from the Kuwaiti Air Defense Battalion including two officers from the 46th Air Defense Battalion. These Kuwaiti officers were accompanied by Maj. Bill Dowling and several oth-

er officers from the 11th Air Defense Artillery "Imperial" Brigade.

"This exercise has and will be vital in the refining of our tactics, techniques and procedures," said Lt. Col. Kelly Spillane, the 2-43 ADA commander. "Over the past year our two battalions have been conducting monthly exercises, which included the exchange of fire control and launching station crews at the battery level. I am very pleased with the growth of our combined training initiatives and the confidence we are building amongst our respective units. It's important that we take advantage of these training opportunities in the event that we have to fight as a combined air defense team."

The exercise was described as an overwhelming success by both the U.S. Army officials and Kuwaiti officials. This exercise measured the abilities of the Kuwaiti air defenders and provided the Soldiers of 2-43 ADA

with an opportunity to witness their Kuwaiti counterparts in action. The goal is to make this combined exercise an annual event between U.S. and Kuwaiti forces. **A**



Maj. Bill Dowling, operations officer, 2-43 Air Defense Artillery and a Albuquerque, N.M., native, shakes hands with Lt. Col. Fahad al-Ajmi of the Kuwaiti 46th Air Defense Battalion during Operation Nation Shield, an annual air defense exercise conducted in various locations around Kuwait. (Photo by Army Capt. Sam Pearson)

Camp Arifjan

1st TSC Civil Affairs train Iraq MiTT

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

Fame is a word normally associated with movie stars, musicians, athletes, maybe even a political official, but in the world of military civil affairs Lt. Col. Jack McLaughlin is one step from stardom. This sort of fame wouldn't appeal to just anyone, especially when the requests for appearance land you in the middle of Iraq.

It's not the most favorable spot for most people, but McLaughlin jumped at the opportunity to share his knowledge and see the progress in an area he had visited during previous deployments.

His implied fame and travel to Iraq was the result of an article he had been quoted in years prior.

"When I was in Air Command and Staff College [McLaughlin] was quoted a couple times in an article on counterinsurgency," said Maj. Ryan H. Whittemore, executive officer and civil affairs advisor for a Military Transition Team in Mosul, Iraq. "This article was kind of a must read in regards to counterinsurgency and civil affairs training."

Whittemore knew McLaughlin from their days as artillerymen, so he contacted his renowned former battery commander.

"I told him I was headed to Mosul and asked if he was familiar with the area," said Whittemore. "I found out that he was, and he was back in Kuwait."

McLaughlin, civil affairs officer-in-charge for 1st Sustainment Command (Theater), had spent a year in Talafar, a town just outside of Mosul during a civil affairs mission about three years ago. He offered to fly to Mosul and give Whittemore and his colleagues a class on civil affairs in Iraq.

"The thing with civil affairs is that it takes a while to see positive results from your actions," said McLaughlin. "This was an opportunity to share some civil affairs knowledge and I was able to really see the effects of our work since I was last here three years ago."

Whittemore's MiTT team was not the only attendee of McLaughlin's class, other MiTT teams were extended an invitation.

"When I found out [McLaughlin] was flying up for [officer professional development], I jumped right on it," said Marine Cpt. Ryan Barnes, civil affairs advisor for 3rd Brigade, 1st Division, Iraqi Army. "I learned a little bit about civil affairs at Expeditionary Warfare School, the Marine equivalent of Captains Career course, but I was glad to get this training by someone with experience in the area."

McLaughlin has spent over four years in the Middle East since the war began and is also practiced in reading,

speaking and understanding Arabic.

"He was able to come down here and associate theory with practical experience," Whittemore said. "I think it helped because he was former artillery. He was able to put it in a language we would understand."

Barnes, also an artilleryman, had been having some success with his unit's civil affairs mission so far, but was grateful for the extensive content McLaughlin provided.

"I haven't done a lot of research on the funding aspect, and the class really opened my eyes on how the financing process works," said Barnes. "It's better to know as much as possible about how the whole process works in order to present it to the command properly."

McLaughlin spoke on everything from presenting projects to a command, to common courtesies and dialect in the region.

"[Civil affairs] is definitely a practiced art," Whittemore said. "Getting the opportunity to learn from Lt. Col. McLaughlin's training and experience in this area will be beneficial to our mission here." ^A



Lt. Col. Jack McLaughlin, civil affairs officer-in-charge for 1st Sustainment Command (Theater), gives a class on civil affairs and counterinsurgency in Mosul, Iraq Dec. 28.

Mind over matter in weight loss

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

Many people will begin the new year with resolutions dealing with their health and wellness.

However, for one Soldier, it did not take a new year to make this resolution, but a desire within to improve himself and to become a better leader for his Soldiers.

"I found myself playing with my kids outside a lot before we deployed and I was getting tired, physically," said Staff Sgt. Hector Soto, supply sergeant, D Battery, 2nd Battalion, 43rd Air Defense Artillery. "I got tired of being that guy. I got tired of being tired."

Before deploying to Qatar, Soto's doctor suggested he lose 25 pounds, which would possibly add five years to his life.

"My goal was to come here and lose 20 pounds," said Soto. "I ended up doing that and I figured why not try and

lose 40, why not try to lose 50 and now I am trying to lose 100 out here."

Soto weighed 319 pounds when he deployed in January 2008.

Eleven months later, Soto was 238 pounds and continues to work towards his goal of losing weight and inches.

"I was 13 percent over body fat with a 52 inch waist, I was really embarrassed about it," said Soto. "Now I'm 3 percent under body fat and I'm not finished yet."

Since losing the weight, Soto has used this new found determination and drive in other areas of his life.

"I was able to start college for the first time while I was out here," said Soto. "I've earned 24 college credits, which I've never did. A lot of it was me holding myself back.

Right now I have the attitude like nothing's going to stop me. I want to do everything."

Soto admits that it was his leaders and family who pushed him to make the initial steps to change his lifestyle and continue to do better.

"First sergeant George was a big part of that. If it was not for him here and my wife at home, I'd probably wouldn't even be given an opportunity to be where I am at right now," added Soto.

Although, Soto has always had a passion for his job and pride in being a noncommissioned officer, he has become even more focused on trying to motivate Soldiers who may be struggling in the same areas he has overcome.

"I am really good at what I do, I am passionate about what



Soto has been successful in losing over 80 pounds and promoted to staff sergeant in the course of 11 months, something he did not think was possible until making healthy lifestyle changes during his deployment.

I do, I love my Soldiers," said Soto. "I got tired of them running back for me at the end of formations when I should be running back for them."

Understanding that he has challenges he still must overcome, Soto continues to take action and lead by example.

"You have to be realistic with your goals," said Soto. "To be honest, I couldn't do 10 minutes on the treadmill without falling out and losing my breath. Now I am running outside for about an hour at a time. I went from not running at all, to taking other Soldiers out for a run who need help."

Soto is happy to help and give tips to Soldiers who are looking to lose weight or improve their physical fitness; but ultimately, the desire and will to do this has to come from within.

"It's mental and it's a complete lifestyle change," said Soto. "Once you get there you can't stop, either you maintain or you push harder." **A**



Courtesy photos

When Staff Sgt. Hector Soto deployed to Qatar in Jan. 2008, he was more than 300 pounds and felt that he would remain a sergeant for the remainder of his military career.

Couples learn lessons along the way

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

Being away from a spouse for extended periods of time is one of the biggest sacrifices married servicemembers face, even in dual military marriages.

Some of the unique issues military couples deal with, that cause these separations, are deployments and permanent change of station.

Lt. Col. Linnie Cain, Jr. and his wife, Maj. Andrea V. Hopson-Cain, G4, U.S. Army Central, who have been married since 2005, quickly discovered some of these challenges even after clearing many hurdles to get married while they were both deployed.

“The big issue that we’ve had a problem with in the past is PCSing at the same time,” said Linnie. “I got PCS’d to Atlanta six months before she did; and it was lucky she came in six months, because they told me they would try to get her there within a year.”

Although it has been a challenge to obtain PCS orders at the same time, so far, the couple has been fortunate to deploy to the same base.

Married since 2007, Lt. Col. Eric P. Olson, G1, US-ARCENT and his wife, Maj. Laura Geldhof-Olson, Joint Special Operations Command, have not been as fortunate to deploy to the same location. Much of their initial time dating and as husband and wife has been spent separated from one another.

“Two of our first three years together have been apart,” said Eric. “That’s just a challenge of all dual military couples.”

Both couples admit that although dual military marriages

can sometimes be a challenge, they both emphasize communication and planning as key to making things work.

“We have to do prior planning,” said Andrea.

Although the Cain’s are both currently deployed to Camp Arifjan, due to the nature of the environment and conflicting work schedules, the two rarely see each other on a consistent basis, so they try to stay connected by setting time aside for each other.

“I get caught up in going to work and going home, going to work and going home,” said Linnie. “When I get home, the last thing I want to do is go to a movie, but those are the things you just have to write down and stick to.”

The Olson’s must work to communicate in different ways since Eric is currently deployed to Kuwait and Laura is stateside at Fort Bragg, N.C., and expecting their first child.

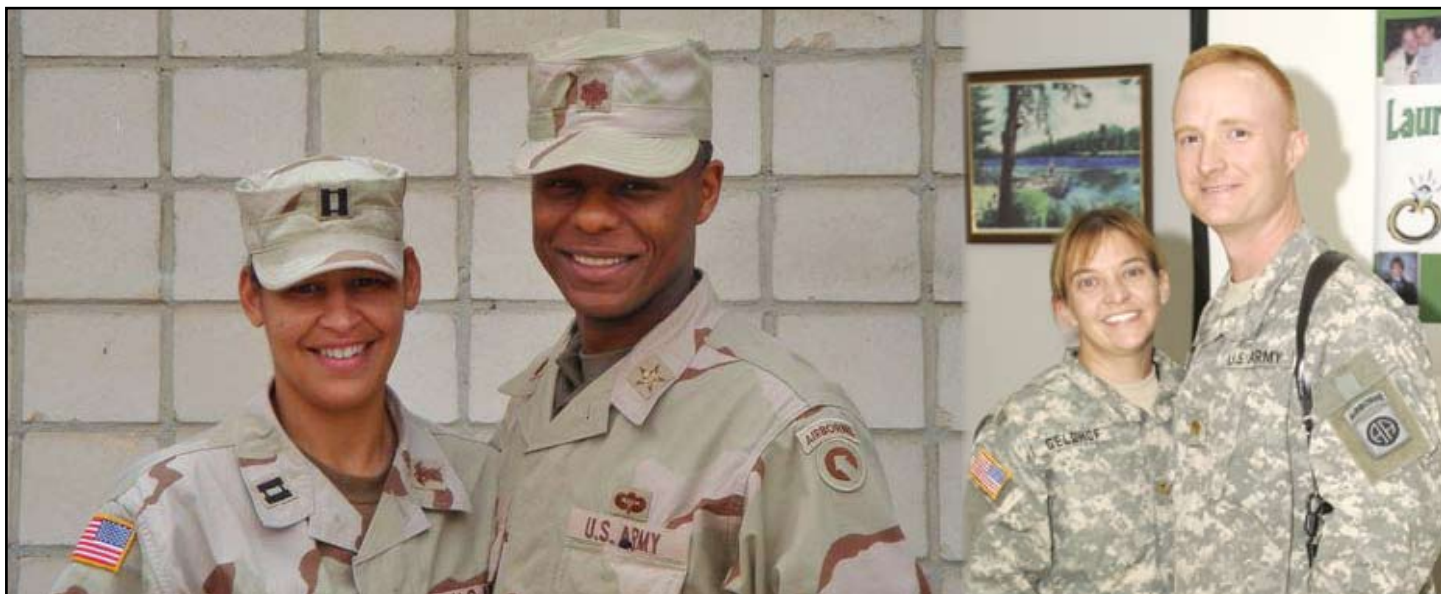
“We actually communicate on e-mail a lot,” said Eric. “Every day we write each other little notes on e-mail.”

The couple also has a routine to ensure that they can speak to each other every day.

“I’m usually her wake up call,” said Eric. “[Approximately] 2:30 in the afternoon here is 6:30 eastern standard time back at Fort Bragg, so we talk just for a few minutes. I think most couples are like that where they have a certain time of the day or time of the week that they call and that’s our time.”

Marriage, regardless of a couple’s lifestyle, takes work. Fortunately these two couples have found ways to overcome obstacles; but, they also have an understanding that they will continue to face challenges along the way.

“It’s a challenge,” said Linnie. “It’s a balancing act and you have to work on it.” **A**



Pre-dated photos of Lt. Col. Linnie Cain, Jr. and his wife, Maj. Andrea V. Hopson-Cain in 2005, left, and Lt. Col. Eric P. Olson and his wife, Maj. Laura Geldhof-Olson in 2006. Both couples have withstood many challenges and changes throughout their time together through communication, persistence and love

Courtesy photos

40th ESB participates in Chaplain's Retreat

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

Soldiers with the 40th Expeditionary Signal Battalion, deployed to Iraq, were able to enjoy a break from the day-to-day stresses of being in a deployed environment while attending a Chaplain's retreat at Camp Arifjan, Kuwait and Kuwait City.

Three retreats were offered to suit Soldiers' various statuses, one for married Soldiers, one for single Soldiers and the final for grades E-5 and up.

All of the retreats have the same primary focus of teaching communication skills, but each retreat is specifically geared toward the group of Soldiers in attendance.

The first retreat was focused on

"A Soldier who has things going well at home is a better Soldier here."

Capt. Vincent Garcia
Battalion Chaplain
40th Expeditionary Signal Battalion

communication with spouses and relationship strengthening skills.

"Any time we help Soldiers with tools that strengthen their relationships, they love that stuff," said Capt. Vincent Garcia, battalion chaplain, 40th ESB.

The second retreat was for single, junior enlisted Soldiers and focused on communications with leadership.

And the third and final retreat was for noncommissioned officers and focused on more effective communication between leaders and subordinates.

All three retreats put a lot of emphasis on suicide prevention.

"The goal of the retreat is to give Soldiers valuable lessons to help them deal with the stresses of being deployed and to give them a break from the monotony of work," said Garcia, a resident of Phoenix.

"It just feels good to get away from



During the Chaplain's Retreat, Capt. Vincent Garcia, battalion chaplain, 40th Expeditionary Signal Battalion, gave Soldiers a presentation about working with others. One of the three retreats took place at Camp Arifjan, Kuwait, Nov. 18.

work for a week," said Pfc. Quang Nguyen and a resident of Houston.

The retreats also taught Soldiers the skills they need to communicate better with family back home or comrades in their unit.

"A Soldier who has things going well at home is a better Soldier here," said Garcia.

"I came to relax and clear my mind," said Spc. Joshua Hammond.

Hammond went on to say that he recently experienced a death in his family and the retreat was a good place to start the healing process.

The retreat included a trip to the Hilton Resort in Kuwait City on the second day of briefings to give Soldiers a chance to see some of the city and culture of Kuwait.

Soldiers who chose to attend the retreats were able to gain knowledge and get some rest and relaxation. **A**



Soldiers with the 40th ESB listen as Garcia presents a slide show titled "Working with a Jerk." The presentation was a tool used to help Soldiers improve their communication skills with their co-workers during the Chaplain's retreat, at Camp Arifjan, Kuwait, Nov. 18.

U.S. Army NCO History Pt. 7 Korea and Vietnam Wars

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

In the immediate years following World War II, a strong emphasis was placed on education for noncommissioned officers and junior Soldiers to help with their career progression.

In December 1949, the first class attended the 2nd Constabulary Brigade's NCO school in Germany. Eight years later, the U.S. Army-wide standards were established for NCO academies in accordance with Army Regulation 350-90. By 1959, over 180,000 Soldiers had attended an NCO academy.

The Army also emphasized the need to advance education outside the military and in 1952 the Army Education Program was born, which allowed credits for academic education to be attained by Soldiers. The program was also designed to help Soldiers attain high school and college diplomas.

The U.S. Army was drawn into a conflict on foreign soil when North Korea invaded South Korea in 1950, after failed attempts to re-unify Korea under a central government.

The United States backed South Korea, while the North Korean Army gained support from China and the Soviet Union.

During the conflicts of the Korean War, the NCO Corps found themselves leading units through deep eroded hills, narrow valleys, deep gorges and thick ridges, advancing mainly in squad size elements.

The Korean War was also the first time the Army entered a war as an integrated force, with black and white Soldiers fighting side-by-side in the same units.

After three years of conflict, primarily around the 38th parallel, a cease-fire was established in July 1953.

The NCO Corps saw the addition of

two new ranks in 1958, the ranks of E8 and E9. They were created to "provide a better delineation of responsibility in the enlisted structure."

Conflict broke out in 1959 with communist North Vietnam attacking South Vietnam.

The first American ground troops were sent to Vietnam in 1965, where they encountered a conflict unlike any they had been subjected to before. Battles took place without any clear front lines, and with the dense jungle surroundings it became hard to tell friend from foe.

Due to the terrain and types of missions, many operations were carried out at a squad or platoon

sized element, forcing NCOs to lead Soldiers into combat with a decentralized sense of command control.


In the U.S., the Army, realizing the potential for a long drawn out war and need for more qualified NCOs, created the Noncommissioned Officers Candidate Course. It was a 10-week course conducted at Fort Benning, Fort Knox or Fort Sill. Upon graduation the Soldier was promoted to E5 and the top 5 percent received a promotion to E6. Initially, this program was received with mixed feelings, as it was perceived to undermine the prestige of the NCO Corps and the journey a NCO take to join its ranks.

In 1966, Sergeant Major William O. Wooldridge was selected as the first sergeant major of the Army, with the responsibility of being a consultant and advisor to the chief of staff.

The next year, Army Chief of Staff Harold K. Johnson, who had selected SMA Wooldridge, established the position of command sergeant major, to act as an assistant to the commander at the battalion level and above.

In the midst of the Vietnam War, the Army continued to push NCO development with the creation the Noncommissioned Officer Education System. The first three NCOES's were Basic Noncommissioned Officer Course, Advanced Noncommissioned Officer Course and Sergeants Major Academy.

In April 1975, North Vietnam captured Saigon and a year later the war ended as North and South Vietnam were reunified. U.S. military operations ceased in the region, two years earlier in 1973 with the passing of the Case-Church Amendment by Congress.

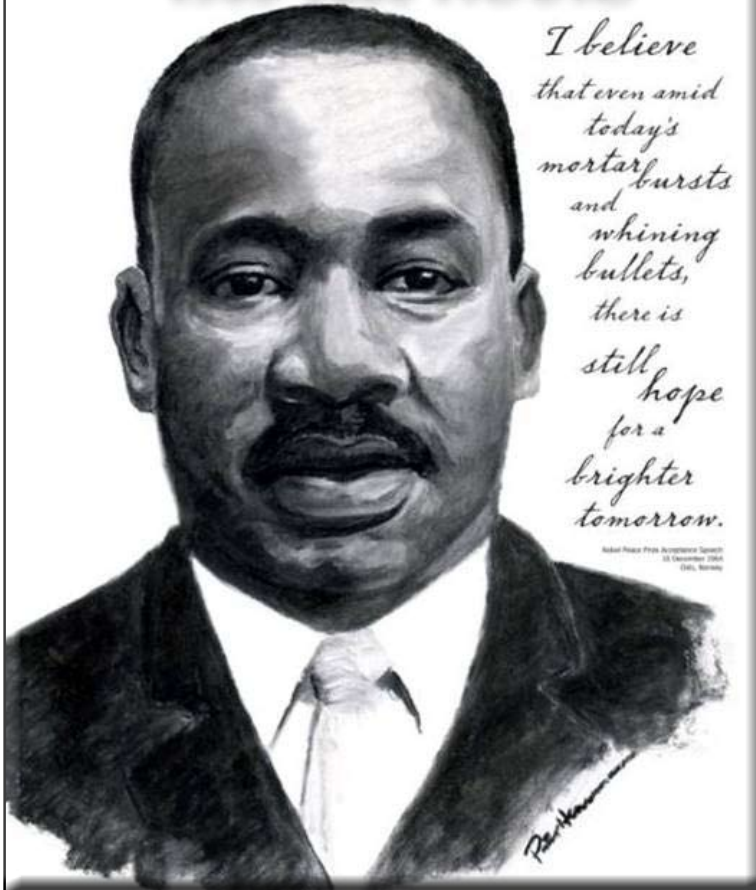
After fighting the spread of communism in Korea and Vietnam, while being in a state of readiness with the ongoing Cold War, the NCO Corps would not be called back into a full scale war until the early 1990's during Desert Storm. 

Soldier Spotlight

SGT David Bleak
Med. Company, 223rd Infantry
Regiment, 40th Infantry Div.
Medal of Honor Awarded for
actions at Minari-gol, Korea on
June 14, 1952.

Citation: ... entering the trench he closed with the enemy, killed 2 with bare hands and a third with his trench knife. Moving from the emplacement, he saw a concussion grenade fall in front of a companion and, quickly shifting his position, shielded the man from the impact of the blast. Later, while ministering to the wounded, he was struck by a hostile bullet but, despite the wound, he undertook to evacuate a wounded comrade. As he moved down the hill with his heavy burden, he was attacked by 2 enemy soldiers with fixed bayonets. Closing with the aggressors, he grabbed them and smacked their heads together, then carried his helpless comrade down the hill to safety.

DR.
MARTIN LUTHER KING JR.
OBSERVANCE
ZONE 1 CHAPEL
JANUARY 15, 2009
1500-1600 HOURS



Just One Question ...

What do you feel has been your greatest achievement?



"Being a good father to my daughters. My daughters tell me I'm better than Superman."

Staff Sgt. Clifton Booker
G4, Ammunition
Houston, Texas



"Graduating high school, because my first three years I had a 1.0 something GPA and my senior year I graduated with a 4.0."

Lance Cpl. Brandon Barth
MAGTF planner
Bakersfield, Calif.



"Getting accepted to Graduate school."

PS2 Dessislava Ivaylova Davis
S1, EMFK
Bulgaria

Why I Serve:

Staff Sgt. Ricky Bell
HHC DPW; ASG-KU



The Dallas, Texas native explains why he chose to join the military.

"To me it's an honor. I like it and I feel good about what I do. To serve my country enables my friends and family to do the things they want to do in life."



"Being a faithful husband and good daddy."

Master Sgt. Erik Boxell
USARCENT Reserve Affairs
Fort Wayne, Ind.



"Making a better life for me and my son by being in the military."

Pfc. Crystal Provencio
G1, PASR
Orlando, Fla.

What's happening around USARCENT



Photo by Spc. Elayseah Woodard-Hinton

New Year's Party

Servicemembers brought in the new year at the Zone 1 Morale, Welfare and Recreation Center on Camp Arifjan, Kuwait, Dec. 31. The night offered dancing, food and games for all who attended.



Photo by Sgt. Crystal Carpenito

TMC Mass Casualty Drill

Seaman Nathan D. Harper, corpsman, Troop Medical Clinic, lifts an actor during a mass casualty drill here Jan. 3. This drill has been designed to inaugurate the clinic's newest staff members, showing them the clinic and hospital's procedures during mass casualty incidents. Harper is scheduled to return to his parent unit in Iwakuni, Japan within a month.

29th IBCT Uncasing

The 29th Infantry Brigade Combat Team Commander, Col. Bruce Oliveira (left) and Command Sgt. Maj., Edgardo Coronado, uncased the brigade colors during a ceremony in Zone 6 on Camp Arifjan, Kuwait, Dec. 27.



Photo by Marine Sgt. Edward R. Guevara Jr.