

# EXPEDITIONARY TIMES

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Vol. 2, Issue 3

## Policies save Lives

AF/Army working together to find PAR/ UXOs

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Remembering Dr. King at JBB

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## 2009 Financial Highlights

- Annual pay raise for military members: Members can expect to see a 3.9 percent increase in their basic pay effective Jan. 1. See the DFAS website for the updated pay tables. <http://www.dfas.mil>

- Basic Allowance for Housing (BAH): For new housing allowance rates, <http://perdiem.hqda.pentagon.mil/perdiem/bah.html>

- Basic Allowance for Subsistence (BAS): New rates for subsistence, officers will be \$223.04 and enlisted will be \$323.87 per month.

- Thrift Savings Plan: The new 2009 contribution limit for the TSP will be \$16,500.

For frequently asked questions on the TSP program, <http://www.tsp.gov/curinfo/qsas-limits.html>

- 2008 W-2s are expected to be available on myPay website, Jan. 23. However, for those that arrived in December will need a corrected W-2 that reflects the Combat Zone Tax Exclusion entitlements. The corrected W-2's will be available mid-February.

## Al Asad Workshop, page 5



U.S. Army photo by Spc. Kiyoshi C. Freeman

Spc. Daniel R. Bulles, a Logistics Training and Advisory Team instructor, 584th Maintenance Co., 101st Airborne Div., from Fort Campbell, Ky., works with Iraqi mechanics on disassembling a humvee starter at the Al Asad 3rd Line Maintenance Workshop, Camp Mejid, Iraq, Dec. 20. On Dec. 15, the Iraqis officially took over responsibility for the workshop from civilian contractors.

# Iraqi school welcomes Sustainers to start "Read Iraq" program

STORY AND PHOTOS BY  
MASTER SGT. CARL MAR  
287th Sust. Bde. P A

CONTINGENCY OPERATING  
BASE ADDER,  
Iraq – Relationships are built one step at a time. For 287th Sustainment Brigade



Civil Military Operations section, that process might be best described as one word at a time. That was the objective of their "Read Iraq" program -- teaching English to Iraqi students by reading to them at Al Ashyabb School in Dhi Qar province on Jan. 12.

The "Read Iraq" program is a CMO project which places volunteer Soldiers, assisted by interpreters, in Iraqi school rooms to read children's stories. The

students are learning English as a second language. The children learn how to pronounce words correctly and about Western culture. Al Ashyabb is the first school to take advantage of the program in southern Iraq," said Sgt. 1st Class Alexander Parker, 287th CMO Operations Sergeant.

"We performed a practice run at the Al Habib school two weeks earlier and from that experience learned that we needed to choose readers that have a natural knack for reading to children. The ability to use body language to suggest meaning of the words is as important as the ability to read clearly," said 287th CMO chief Lt. Col. Clint Moyer.

"Many Soldiers volunteered to do the reading, but we chose the ones that showed they could bond with the children. They appeared comfortable while

reading and they used their hands and facial expressions to support what they were saying," he said.

It was no surprise then that the two Soldiers reading at Al Ashyabb school that day were members of large families.

Brigade Supply Specialist Spc. Cassandra Miller, 20, from Newton, Kan. has four brothers and three sisters, four of whom are younger than her. She joined the Kansas Army National Guard while a senior at Newton High School and, after graduation, worked as an administrative clerk for the Kansas Guard recruiting command.

On Monday, she read to a class of 20 children, ranging in age from 4 to 11. Individually, the children had been learning English from one to four years.

"I read to them from two books, one about training a pet

dog, and another one about farm animals," she said. "The kids appeared to know a lot of the animal names and were happy to join in when I growled 'grrrrr' and barked 'arf! arf!'"

"After reading, we wrote the English and Arabic alphabets on the chalk board and sounded out each letter. Then the children wanted me to write down my name in English, which I did but in single letters. They asked me to write it again, but the next time in cursive. When I did that, they 'oohed' and 'aahed' and said that it was beautiful. They said the cursive form of English looked more like their Arabic form of writing."

"They also knew how to tell me their names and ages in English. Two children knew English well enough we could under-

See READ IRAQ, Page 4

### 332 ESFS Blotter

8 Jan. – 15 Jan.

**MINOR VEHICLE MISHAP:**  
A civilian operator contacted security forces in reference to a minor vehicle mishap. He stated that while attempting to make a u-turn on Victory loop, he backed into another vehicle causing minor damage. The driver of the other vehicle tried to warn the backing vehicle by blowing his horn. He could not avoid the contact and received minor damage to his vehicle

**UXO FINDING:**  
Base personnel called the law enforcement desk to report a possible IDF impact. A patrol responded and secured the area while EOD responded. EOD determined the UXO to be a 57mm mortar, removed the mortar and the area was secured.

**PATROL AND FIRE RESPONSE:**  
Base personnel contacted JDOC and reported a fire in H5 housing. A patrol was dispatched along with the fire department. The patrol assisted with a cordon while the fire department extinguished the fire.


**SUSPICIOUS PACKAGE:**  
A complainant call JDOC to report a suspicious package at Bldg# 9070. Patrols were dispatched and determined the package was not dangerous. The response was then terminated.

**LOSS OF UNSECURED GOVERNMENT PROPERTY:**  
A complainant called to the law enforcement desk to report the loss of his chemical warfare bag. He stated that he placed the bag under his bed in October when he arrived here. On 10 January he discovered the property was missing. He stated that he had three different roommates during that time

**VEHICLE MISHAP:**  
A vehicle operator came to the law enforcement desk to report a vehicle mishap. He reported that while at the West BX, he was backing the vehicle, turned quickly and backed into the concrete barrier. Damage consisted of a small dent in the right rear fender and bumper.

NIPR- 443-8602  
SIPR- 241-1171  
Email- PMOdesk@iraq.centcom.mil

### Soldiers Charged for Lost /Damaged Equipment



DEPARTMENT OF THE ARMY  
HEADQUARTERS, 3<sup>d</sup> SUSTAINMENT COMMAND (EXPEDITIONARY)  
JOINT BASE BALAD  
APO, AE 09391

14 Jan 09

### 3<sup>d</sup> ESC FLIPL Report

Unit leadership must ensure that proper accountability for sensitive items. They should ensure SOPs are in place and enforced.

Item	Description	Action	Cost
ASV and humvee	During a convoy an ASV was towing a humvee. Upon braking, a Soldier lost control and both vehicles were rolled.	No one charged	\$398,964.50
Warlock Duke	Lost accountability of three each warlock dukes; two were found.	No one charged	\$12,219.00
AN/PAS-13 Thermal Site	Four each thermal sites were evacuated by contract maintenance. Two sights were mistakenly sent to the SSA and processed as excess. The other 2 sights were lost in shipping.	No one charged	\$41,536.00
M4	Soldier left his weapon on the fender of his vehicle. The convoy departed and the weapon was lost.	Soldier Charged	\$587.00
RT-1523F (C)/U	Radio was signed for and shipped to Kuwait as part of a training package. When equipment was returned to unit, radio was missing.	No one charged	\$8,158.00

ACofS G4  
Joint Base Balad, Iraq  
DSN: 318-433-2023

### Sustaining the Line!

ACCOUNTABILITY ALERT

ACCOUNTABILITY ALERT

### Soldiers Charged for Lost /Damaged Equipment

# EXPEDITIONARY TIMES

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  - 16th Sustainment Brigade
  - 371st Sustainment Brigade
  - 287th Sustainment Brigade
  - 332nd Air Expeditionary Wing
  - 555th Engineer Brigade
  - 304th Sustainment Brigade
  - CJSOTF-AP
  - Task Force 34

**Mission Statement:** The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all Servicemembers, partners, and Families of the 3<sup>d</sup> Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

# Hooah of the Week



U.S. Army photo by Spc. Kelly Anne Beck

Maj. Lakeysia Harvin is congratulated by Col. Jarrold M. Reeves, 3<sup>d</sup> Sustainment Command (Expeditionary) deputy commander for being selected this week's "Hooah of the Week." Harvin is a Gainesville, Fla., native and the 3<sup>d</sup> ESC chief of military justice, claims and operational law officer.

## "How to nominate a Hooah of the Week"

The "Hooah of the Week" program is a recognition and reward for excellence in the 3<sup>d</sup> Sustainment Command (Expeditionary) at Joint Base Balad. It is for any Soldier, Airman, Marine, Sailor or Coast Guardsmen assigned or attached to Headquarters and Headquarters Company, 3<sup>d</sup> ESC. Brig. Gen. Michael J. Lally, 3<sup>d</sup> ESC commanding general and Command Sgt. Maj. Willie C. Tennant Sr., 3<sup>d</sup> ESC command sergeant major, choose the "Hooah Soldier" each week.

The awardees are recognized at the end of the battle update assessment, or the BUA, on Thursdays and presented:

- Certificate of Achievement
- CG's coin
- 3<sup>d</sup> ESC T-shirt
- Telephone calling card
- One day off (coordinated with the Soldier's leadership)
- A privilege to drive or ride in an MRAP
- A telephone interview opportunity by a radio station in his/her hometown

Nominations must be returned to Sgt. 1st Class Caprice Walker by 1:00 p.m. on Wednesdays.

For any questions, to request a nomination form or to submit a service member's name for nomination, e-mail: [caprice.walker@iraq.centcom.mil](mailto:caprice.walker@iraq.centcom.mil). If other units within the 3d ESC have similar program feel free to submit photos of your award winners via e-mail for publication to: [expeditionarytimes@iraq.centcom.mil](mailto:expeditionarytimes@iraq.centcom.mil)

# READ IRAQ *Continued from Page 1*



**Sgt. Teresa Perrin, a patient administrator for the 287th Brigade Surgeon staff, puts on a sad face while reciting a children's story in English for students at Al Ashyabb school.**



**Spc. Cassandra Miller sits with the Al Ashyabb school children, Jan. 12, as part of the "Read Iraq" program. Miller, a supply specialist with the 287th Sustainment Brigade, read children books to the school children.**

stand one another with only a little help from the interpreter," she said.

The reading was a heart-warming event for her. "When the kids told me that they loved me, I wanted to cry," said Miller. "I loved doing the reading so much, I want to do it again."

Sgt. Teresa Perrin is a patient administrator for the 287th Brigade surgeon staff and is from Junction City, Kan., and deployed to Iraq with her husband Staff Sgt. McKindree Perrin, a member of the 287th Brigade Personal Security Detachment.

"The 14 or 15 kids were a tough crowd," said Perrin. "They were 1st and 2nd graders and hadn't started learning English yet. By the looks on their faces I could tell they were probably thinking 'who's this crazy lady?' But overall I think it was a good experience for all of us."

"We had fun. In my first book I read to them about animals on a farm. I'd say the animal's name and then they'd repeat it first in English, then in Arabic.

If they said it right, I'd give them a lollipop."

"My second book was about a fox trying to steal grapes. The fox story was probably the best received. That's because the children found similarities about it to a popular Iraqi story about a fox which goes on a religious journey."

"The last lesson I gave was about Kansas. I brought out pictures of things which represent our state – a buffalo, sunflowers, cows, and a tornado. The tornado got them really excited," said Perrin.

Reflecting later on her classroom presentation, Perrin said, "I loved it. I thought it was a tremendously awesome experience. It feels good to give something back to the Iraqi people, and I want to go on more missions. I'm going to ask if I can go again."

Al Ashyabb school was built with the assistance of the 7th Sustainment Brigade and opened in November 2008. The 287th Sustainment Brigade continues to assist the school.

## Sustainers help place Flags across Iraq

By STAFF SGT. REX TRAN  
UPAR, 419th CSSB,  
10th Sust. Bde

CAMP TAJI, Iraq – Everyone has seen the photograph of the five Marines and a Navy corpsman raising the flag on Iwo Jima. It became a symbol of World

War II and received notoriety and fame. The recent movie "Flags of our Fathers" depicts the story of those men.

More than 50 years later, Soldiers here are writing their own history. Soldiers of the 536th Maintenance Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, built 70

flagpoles.

The 536th Maint. Co. was notified that a shipment of 70 flag poles to Iraq could not be delivered due to bad weather in the United States. Therefore, the Soldiers in the unit were given a mission to fulfill a very important mission in supporting the Government of Iraq's independence. Like all

Soldiers, they came up with a solution and began building the flag poles from scratch. Working approximately 24-hours, they completed 70 flag poles and equipped them with pulleys and tie downs to raise the Iraqi flags.

With the help of the American Soldiers, the Iraqi people, their government and military

are becoming self sufficient and taking back their country.

Whether it's a symbol or a sign, a flagpole cemented into a ground in Iraq was probably built by Soldiers of the 536th Maint. Co. The flagpoles may be rusted and a little rough around the edges, it still signifies a future for Iraq, as well as, the Soldiers.



Staff Sgt. Gualberto M. Ramos, a Logistics Training and Advisory Team instructor, 584th Maintenance Co., 101st Airborne Div., from Fort Campbell, Ky., teaches Iraqi mechanics how to disassemble and reassemble humvee starters at the Al Asad 3rd Line Maintenance Workshop, Camp Mejid, Iraq, Dec. 20. This was the first day of training for the intermediate portion of the Iraqis' humvee maintenance course.

## Iraqi Army takes over Sustainer mission in Anbar

STORY AND PHOTOS BY  
SPC. KIYOSHI FREEMAN  
*Expeditionary Times Staff*

CAMP MEJID, Iraq – After nine months of training, the Repair and Maintenance Company from the Iraqi Army's

Al Asad location command assumed authority over the Al Asad 3rd Line Maintenance Workshop here from civilian contractors.

In his speech at the transfer of authority ceremony, Iraqi Lt. Col. Ibrahim, Al Asad Repair and Maintenance company commander, thanked the civilians for all their hard work over the past two years maintaining vehicles for the Iraqi Army, a \$27 million maintenance contract.

Now, however, Ibrahim and his men are responsible for all third line vehicle maintenance – consisting of replacing major items, like transmissions and engines – to sustain IA operations in Anbar province, and western Iraq.

"It's important because it's their first step at becoming self-sufficient," said 1st Lt. Isaura I. Ramirez, the Logistics Training and Advisory Team officer in charge, 69th Transportation Co., from Guaynabo, Puerto Rico. "Before, the contractors were running things completely."

A team of logisticians who train and work with their Iraqi

counterparts, the LTAT's priority, she went on to say, is to bring the Iraqi mechanics "up to a level where they can maintain their own vehicles." This process – divided into beginner, intermediate, and advanced course work – began with humvees, which are only one of over 150 makes and models of vehicles in service with the IA.

Since the 371st Sustainment Brigade, 3<sup>d</sup> Sustainment Command (Expeditionary), took on their mentoring mission back in August, the LTAT has contributed approximately 2,880 man hours of training time.

According to Staff Sgt. Gualberto M. Ramos, the noncommissioned officer in charge, 584th Maintenance Co., 101st Airborne Div., from Fort Campbell, Ky., the biggest challenges are the language barrier and the experience level of some of the Iraqi students.

"Some of these (IA) Soldiers have no mechanical background whatsoever, so we have to take our time, have a lot of patience for them," Ramos said.

Things usually become clearer for the students when they go from classroom instruction to hands-on training, he said.

Before the training regimen was instituted, Ibrahim said he



Staff Sgt. Wendell Griffin, of Edwards, Miss., a quality control advisor, Headquarters and Headquarters Co., 548th Combat Sustainment Support Battalion shows Iraqi mechanics how to perform a quality check on a humvee at the Al Asad 3rd Line Maintenance Workshop, Camp Mejid, Iraq, Dec. 20. The Iraqis are currently undergoing intermediate training on humvee maintenance.

had no mechanics who were truly proficient at their jobs. Now, thanks to the efforts of advisors like Ramos, there are 10 mechanics Ibrahim said he could rely on, a figure that will rise as more Iraqis complete training.

Supply, though, is still an obstacle for the Al Asad 3rd Line Maintenance Workshop, which has trouble acquiring all of the parts and equipment it needs to be truly self-sufficient, Ibrahim said. An obstacle that is only further compounded by the many vehicles they are

required to maintain.

In his speech, Col. Daniel L. Tack, commander, 371st Sustainment Brigade, addressed these concerns and pledged his support, saying the LTAT mission and the 3rd Line maintenance Workshop have become a top priority for him.

"There are more challenges to overcome, but I assure you our LTAT team will be by your side," he said. "Our ultimate goal is handing the full authority over to Iraq."

Even after the training phase is eventually complete,

the LTAT will continue its mission in an overwatch, advisory capacity, until the Iraqis are truly ready to stand up on their own, Ramirez said.

"With us being here as an advisory team, letting them know how stuff is supposed to be done . . . We can be a little more secure in knowing that once we actually leave Iraq, they're going to be able to self-sustain themselves," Ramos said. "It feels like we're actually making a difference."

# Continuing Progress as the “Year of the NCO” Approaches

By SGT. MAJ. JAMES W. RED  
DIVISION COMMAND, MND-C  
10TH MOUNTAIN DIVISION

CAMP VICTORY, IRAQ—We have had great progress within the professional maturity of the noncommissioned officer corps since the global war on terror began. Our noncommissioned officers evolved to a level of excellence unmatched by any other war-fighting organization in the world. This makes the Army theme “Year of the NCO” for 2009 very appropriate.

When the Warrior Ethos and Soldier’s Creed were introduced, they provided all the direction needed to help transform a mindset consistent with a more prompt and modular approach in our war-fighting units. The warrior-first mentality had a profound impact on how we approach training and on the expectations we place on our noncommissioned officers. It helped develop the confidence and spirit needed to face the enemy and endure the challenges of combat.

One of the most powerful evolutions derived from the warrior-first mentality is the universal focus on a common warrior skill set. All Soldiers, regardless of military occupa-

tional specialty, must be able to perform basic war-fighting tasks required to fight and win on the battlefield.

Today, we have Soldiers in low-density military occupational specialties that are as confident and competent in their war-fighting skills as combat arms Soldier. The days of “I only work in the motor pool” are over. Everyone is a warrior first.

There is nothing uncommon about seeing artilleryman entering buildings and clearing rooms. Nothing uncommon about logisticians responsible for commanders’ personal security details. Food service specialist providing convoy security and tankers conducting dismounted patrols in an urban environment.

Today we see the most diverse and flexible Task Forces ever assembled. Task Force Mountain has consisted of cavalry, armor, mechanized infantry, light infantry and fires brigades performing as maneuver forces. Each brigade conducts operations unique to their traditional role, and they do so admirably.

The noncommissioned officer is the force behind this transformation. They are responsible for the development of our Soldiers’ individual, crew and team-level tasks. They understand the importance of

inspiring and motivating Soldiers, even in tasks outside their scope of expertise. I see the success of their actions every day during battlefield circulations. I have conducted dismounted and mounted patrols with every unit within our Task Force and it’s absolutely amazing to witness the level of professionalism we have in our Army.

Our renewed focus and mentality helped shape our core competencies as warriors and strengthened our mental and physical toughness. It developed the spiritual foundation needed to have the will to fight under the most adverse conditions. It prepared Soldiers during the day-to-day patrols in 120-degree heat on the streets of Baghdad wearing full armor, or those patrolling at elevations in the Himalayas of Afghanistan, where it seems only animals go to die. This toughness, this drive, has been our way of life for the last seven years. Our noncommissioned officers have instilled these strengths within our Soldiers with confidence through competence.

The Army Force Generation process has increased our ability to sustain proficiency in our war-fighting requirement and attain a level of mastery while deployed in theater. This is a significant change from what we used to experience during the peaks and valleys of the

“band of excellence.” The aggressive operation tempo we have endured the last five years has seasoned our noncommissioned officers to a level of war understanding higher than ever before.

This is thanks to our new training requirements which have become a lot more demanding and sophisticated as well. A Soldier’s weapon is no longer just a weapon; it is a system. Noncommissioned officers train their Soldiers to exploit their system regardless of job specialty. Today, our Soldiers conduct reflexive firing drills as part of their short-range marksmanship. They conduct tactical rifle ranges instead of just the standard qualification tables of old. Another variable with a profound impact has been the Army’s emphasis on combat training. All Soldiers train on these critical tasks as part of their common warrior skill set. These paradigm changes have had a huge impact on our entire Army. All our Soldiers now have the ability and spirit to close with the enemy and destroy him with the confidence and discipline of a true professional.

Another profound evolution in our noncommissioned officers is the level of expectations placed on them. It is much higher now than ever before during my career. With

the fight taking place at the squad and platoon levels in two theaters of conflict, every noncommissioned officer is critical in achieving success and saving lives. This requires them to perform at the highest level of potential within their roles. There’s no micromanaging and no suppression of their initiative. They are required to make decisions that can determine the life or death of the warriors they lead. They are doing things that far exceed what was required of them in the past. They understand governance, economic development and the importance of reconstruction. They associate with provincial leaders, sheikhs, village elders, school principals. They get to know them personally and talk to them professionally. They’re credible in the eyes of these leaders, and that says a lot about them.

The level of personal and professional maturity of our noncommissioned officer corps is nothing short of remarkable. We have come a long way in the last seven years during the Global War on Terror and the transformation of our Army. We have the best noncommissioned officers of any war-fighting organization in the world. That’s why we’re the backbone of our Army and why it’s clearly appropriate to make this year’s theme the “Year of the NCO”.

## READ THIS!

Tell us what you THINK about the \*new\* *Expeditionary Times*!

Write a “LETTER TO THE EDITOR”

- Likes/dislikes
- Changes
- Story ideas
- Base policies
- Soldier-related events
- Tell the CG your thoughts
- Serious inquires only

**[expeditionarytimes@iraq.centcom.mil](mailto:expeditionarytimes@iraq.centcom.mil)**



# JBB force protection training & policies save lives

By SPC. AMANDA TUCKER  
Expeditionary Times Staff

## JOINT BASE BALAD, Iraq —

Service members on base must stay vigilant for unexploded ordnance, which are not always found

at the time they are thrown, dropped or launched onto the base, said Tech Sgt. Josh Gidcumb, a native of Salem, Ore., and an explosive ordnance disposal team leader for the 52nd EOD Flight, from Spangdahlem, Germany.

According to Gidcumb, a UXO is simply a munition that

didn't function because something went wrong with the internal fusing components.

"Sometimes, some fuses (are) very sensitive and all it does is take a little nudge with your foot (to set it off)," Gidcumb said.

Recently, a UXO was found in the burn pit. Another was found while base contractors were tearing down and replacing some barriers at an entry control point here. These are two of many cases proving that UXOs are a reality here and on other camps; and must be dealt with appropriately.

Everyone should also be aware that under General Order number 1B, "possessing, touching, or using without legal authority any unexploded

ordnance of any kind" is prohibited. Under the same article, "ordnance is defined as any destructive or explosive material, including, but not limited to, bombs, rockets, missiles, grenades, mines, booby traps, flares, and ammunition of any caliber."

When the "incoming" alarm is sounded, the first reaction a Soldier takes is to seek cover or assume a prone protection position. Once the "all-clear" is sounded, service members are allowed to carry on with their daily schedule, but the all-clear, does not mean there is no unexploded ordnance in the area.

"Most people can ... identify a UXO but ... there is sometimes some confusion on what to do next," said Airman 1st Class

Jacob John, a native of Baton Rouge, La., and the emergency manager for the 332nd Expeditionary Civil Engineer Squadron.

This is the purpose for many service members on base, being properly trained on post attack reconnaissance and to be carried out immediately after an attack.

PAR is a term used by the Air Force to describe the process for searching UXOs while the Army uses the term UXO sweeps. The two services are working together on base, unifying procedures to make effective and efficient searches for UXOs.

"I think it helped a lot," said Sgt. 1st Class Charles Hibbs, the senior paralegal for the 3<sup>d</sup> Sustainment Command (Expedi-

tionary). "We operate in a joint environment. Its good to know we both use the same terms and we both trained together."

Part of the training includes learning how to properly use PAR kits which helps identify, mark and cordon off UXOs. These kits consist of flashlights, chemical light sticks, surveyors tape, a radio, a map or diagram of PAR routes and responsibility areas.

A chart is used to determine how far a perimeter should be set based on the size of the depression the UXO makes on impact.

In case a UXO is found, don't touch the UXO. Evacuate, guard and cordon the area, and call EOD.

# 840th DDSB speeds up re-deployment process

By SPC. AMANDA TUCKER  
Expeditionary Times Staff

## JOINT BASE BALAD, Iraq —

The 840th Deployment Distribution Support Battalion provides support to re-deploy-

ing units in Iraq, Afghanistan and Kuwait using three functional areas of operation: Coast Guard redeployment assistance inspection detachment work teams, redeployment support teams and the transportation coordinated automated information management system support cell.

The first area, the Coast Guard RAID teams, are charged with assisting redeploying units with the proper shipment of hazardous materials to make sure it

is in compliance with all federal and international regulations.

"Our unit and the Coast Guard RAID teams before us have, substantially, reduced the amount of money that the Army has had to spend on fines because of delayed and frustrated cargo," said Petty Officer Chris J. Bentley, a redeployment assistance inspection detachment worker for the 840th DDSB and Tacoma, Wash., native.

The service members on the RAID team check for hazardous material by inspecting the DD Form 2890 and 2781; they are papers for shipping and documentation that states everything is packed in accordance with regulations. After checking the paperwork, they ensure emergency response guides and material safety data sheets are also available in the containers, while inspecting them to verify they are properly contained and

labeled.

"I feel like we're really able to help them get stuff put away and packed up quickly and give them a little piece of mind on the way out," said Bentley.

The two-man team on Joint Base Balad has checked approximately 40 containers and six to eight individual pieces of rolling stock or vehicles since arriving in theater in November.

Other responsibilities of the team are to process outgoing equipment by dividing the units they support between them. The TC-AIMS support cell supports battalion or smaller units, while the re-deployment support team supports brigade combat teams. The re-deployment support team flies to where the BCT is located while the TC-AIMS support cell has the smaller units bring the data to them.

Both of these sections use the TC-AIMS and transportation

information processing system to track containers moving through theater.

TC-AIMS takes the equipment list and prints out military shipping labels, which includes the data information on the gear, to get the equipment back to the states. Spc. Raymond G. Bunce, a transport coordinator manager for the 840th DDSB and his team processed approximately 3,000 pieces of equipment out of theater since arriving in country two months ago.

"When they see the (unit) patch come they know they're going to be going home soon," said Bunce, a Phoenix, Ariz., native. "It makes me feel like I'm really doing something."

TIPS, the other system used by the 840th DDSB, uses radio frequency tags which are placed on containers to track equipment as it moves throughout theater. The tags run on a 3.6

volt battery and can be picked up by a radio frequency identification tag interrogator within a 300-foot radius.

According to Sgt. Aaron R. Davis, a movement noncommissioned officer for the 840th DDSB, and Goochland, Va., native, they processed up to 4,000 labels and burned 1,500 tags at one time.

In addition to helping establish the tracking of the equipment throughout its journey, the 840th DDSB has reduced the time it takes for units to leave country. By moving the headquarters from Kuwait to Joint Base Balad, the unit has reduced deploying units' dwell time in Kuwait from 60 to 90 days down to approximately 31 days.

"We are the rock stars of the transportation world," said Davis.

# Mosul redeployment center exceeds expectations

By CAPT. MATTHEW JOY  
UPAR, 18th CSSB

## MOSUL AIRFIELD, Iraq —

Ever since the 18th Combat Sustainment Support Battalion Soldiers set up a redeployment center here in August 2008, they have pushed over 500 pieces of equipment, 200 storage containers and more than 1,000 personnel for redeployment.

The Mosul Redeployment Center has exceeded expectations, said Lt. Col. Christopher

Roscoe, commander of the 18th CSSB.

"When we assumed the mission from our predecessor, redeployment support was not a part of our mission," said Roscoe. "But our transportation team recognized a need, and realizing we had the capability, engaged a target of opportunity. They immediately executed and it's proven a benefit for all units in Multi-National Division-North."

Before the center opened, Mosul never had a military-operated redeployment capability, as the contractor operated facility closed in 2005. The unit movement officers frequently traveled back and

forth between Mosul and Joint Base Balad.

"Everything administrative regarding UMO operations had to be completed in Balad," said Sgt. 1st Class Patrice Elmes, movement control specialist, and a Lacey, Wash., native. "If data-loads went without any issue, it still required at least two separate trips for the UMOs."

"Now they do everything here," Elmes said of the Mosul one-stop shop. "We even provide Hazmat (hazardous materials) certification, and blocking and bracing classes, if the unit's need it."

Elmes and Sgt. Guillermo Martinez, a cargo specialist

and a Mayaguez, P.R. native, set the redeployment center with programs like Transportation Coordinators' Automated Information for Movements System II (TC-AIMS II) and radio frequency identification tag burning capabilities, to support units in MND-N.

"By setting up the redeployment center, we're not only alleviating the headaches that naturally go along with the duty, but we're also mitigating risk. Freeing up air and ground transportation assets by reducing unnecessary travel across the battlefield," said Martinez.

The shipping of equipment, containers and personnel is challenging, but rewarding,

said Elmes.

"In the end, it's all about helping the units," said Elmes. "I've been on the other end, struggling with the load plans, the railhead, port or airfield operations and I know how stressful it can be. Like we say in transportation, nothing gets done until something moves."

"Indeed, we were fortunate to deploy with our TC-AIMS system, which wasn't necessary for the mission," Roscoe said. "However, now that the redeployment center is operational, it is difficult to imagine not having it. It is an important part and we will work hard to ensure it lasts beyond our time in Mosul."

Shoulder to Shoulder

# NO SOLDIER STANDS ALONE

Prevent suicide. Be willing to help.



It is your responsibility to stand by your fellow Soldier.

Talk to your Chaplain or Behavioral Health Professional or call Military OneSource 1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)



<http://chppm.amedd.army.mil>

# DOD suicide prevention conference under way

BY MICHAEL TOLZMANN  
*Defense Media Activity  
San Antonio*

SAN ANTONIO (AFNS) -- An Army staff sergeant who had lost Soldiers in the war zone was called a coward, a wimp and a wuss from a leader when he mentioned he might need psychological help.

It is this type of stigma from toxic leadership that can kill, and that is being examined by scientists, clinicians and specialists in an attempt to eliminate it, said Army Brig. Gen. (Dr.) Loree K. Sutton, who is the Army's highest ranking psychiatrist.

Dr. Sutton described the staff sergeant's real experience during her opening remarks of the 2009 Department of Defense/Veterans Affairs Annual Suicide Prevention Conference being held Jan. 12 through 15 in San Antonio. More than 750 people -- specialists from the military, VA, and civilian social workers, chaplains, researchers, and family members effected by suicide -- gathered with a common goal of finding ways to reduce suicide.

"The secretary of Defense and chairman of the joint chiefs have both emphasized, 'seeking help is a sign of profound courage and strength. Truly, psychological and spiritual health are just as important for readiness as one's physical health,'" said Dr. Sutton, who is the special assistant to

the assistant secretary of Defense for Health Affairs and Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury director.

Dr. Sutton said a Soldier's ethos of never leaving a fallen comrade behind applies to those with wounds you can't see. She encouraged others to be kinder than necessary, because everyone is battling some kind of

problem, and to reach out and intervene

early. She said she is concerned with a recent rise in suicide in the Army and Marine Corps.

The four-day conference is filled with breakout session workshops and training focusing on a myriad of suicide-related topics such as crisis

negotiation of a suicide in progress, resilience as it relates to suicide prevention, or overall VA suicide prevention strategies and mental health initiatives.

One Soldier, husband



band and father who experienced the effects of suicide through the loss of his own son, spoke to the conference Jan. 12.

Army Maj. Gen. Mark Graham has spoken openly about mental health, particularly post-traumatic stress disorder. In 2003, his 21-year old son, Kevin, a top ROTC cadet, hung himself after battling depression.

General Graham said his son feared the repercussion of disclosing

his mental health for his career in the Army. His oldest son, Jeff, was killed by an improvised explosive device in Iraq in 2004.

General Graham said he and his wife have chosen to continue to serve "in memory of our sons. Both of my sons died fighting different battles."

General Graham, the commanding general for the Army's Division West and Fort Carson, Colo., asked, "Who is that person who has wounds that you can't see? Should they be ashamed? Are they less of a man or woman? I can think of few subjects more important than this one."

He said people need to talk about the challenges and stigma associated with mental health and thoughts of suicide.

"Leaders, be compassionate. Soldiers, it's OK to get help," General Graham said. "Untreated depression, PTSD or TBI deserve attention. Encourage those who are afflicted to seek help with no embarrassment."

He said suicide can afflict anyone, regardless of rank, stature or wealth.

The general emphasized the "ACE" program for Soldiers -- Ask your buddy, Care for your buddy, Escort your buddy -- and said DOD and VA officials have a national suicide hotline at 800-273-TALK (8255).

"Don't be afraid to intervene and save a life," General Graham said. "Just being with someone can make a difference."

## Dealing with deployment stress

BY SPC. BRIAN A. BARBOUR  
*Expeditionary Times Staff*

JOINT BASE BALAD, Iraq - Most Soldiers have heard about battle stress, a mental injury that occurs from combat. Though this stress exists and is less common, many Soldiers in Iraq experience a different stress known as deployment stress.

Capt. Peter Talley, a psychologist with the 1835th Medical Detachment Combat Stress Control Team, describes deployment stress as a stress that occurs when a deployed Soldier becomes affected by all types of stress indicators. These can include loss of personal freedom, separation from family, being assigned to do a job not trained for, working long hours or having too much down time.

"It's one thing to be 7,000 miles from home and feel you have a mission and accomplishing something. It's another thing to be 7,000 miles from home and just saying, 'What's the purpose of this?'" Talley says. "A lot of these Soldiers come in feeling like they're not doing the mission they were trained for."

Other Soldier problems that cause stress is when situations occur back at home with the family and the Soldiers are unable to take care of the problem. They don't have much of an influence and that's a huge stressor, Talley says.

Some symptoms of deployment stress can range from change in sleep patterns, loss of concentration or attention, changes in appetite, being easily irritated or angered, and feelings of hopelessness or worthlessness.

"There are a lot of effective treatments for battle stress and deployment stress," Talley says. "What soldiers might need is a little bit of rest and relaxation to recharge their batteries."

Soldiers need to frequently learn some new skills, such as stress management or conflict resolution skills. They may need to learn how to manage or enhance their sleep schedule. The Patriot Clinic here offers classes for Soldiers to help with their mental fitness. The clinic has specialized doctors and nurse practitioners, or can prescribe medications if needed. Long-term counseling is also available to address the core issues which developed prior to deployment.

"What happens over here is that for a lot of us, the things that we were able to deal with reasonably well stateside,

things that may have been long lasting problems but not major issues, can take on major proportions here," Talley says.

Talley adds these issues happen because coping mechanisms are no longer available to Soldiers. Stateside, service members might go to a bar for a beer with buddies after work, or just get into their car and go for a drive. They can't do that in Iraq.

Also friends, family, and spouses are not here for support; they are usually the Soldiers' first support system in helping them to deal with issues.

Talley continues, all those old ways of coping are gone and what we need to do is find ways for them to deal with these old tensions using new methods that can be accommodating in theater. If left untreated, he says, deployment stress can eventually lead to depression.

Lt. Col. Gwen Chiaramonte, a social worker with the 1835th Medical Detachment Combat Stress Control Team, says it's important to find different hobbies and activities to do. She suggests finding one new thing to do on base each week.

"Try to find pleasurable things to do that engage your mind," Chiaramonte says.

"Down time is great when you have things to fill it with but downtime isn't so good when you're alone in your CHU with your thoughts."

Chiaramonte recommends finding things to do where you can meet new people. She suggests finding activities where Soldiers are around people outside their unit and who they can make friends with.

The 1835th Medical Detachment Combat Stress Control Team has teams at Joint Base Balad, forward operating base Warhorse and Contingency Operating Base Adder. The teams have psychologists, psychiatrists, and social workers to treat Soldiers suffering from mental health illness. These CSCT send specialized teams twice a month to visit smaller FOBs and COBs in their area. The teams teach classes and conduct counseling for Soldiers.

Combat Stress Clinics in Iraq are available to all Soldiers, and meet their mental health needs.

"Some Soldiers still have a sense of hesitancy and embarrassment about coming to combat stress. It usually evaporates once they're here, because they look around and see a bunch of other normal Soldiers like themselves," Talley says.

# 542nd SMC Soldiers Win Over Little Hearts and Minds

STORY AND PHOTO BY  
MASTER SGT. CARL MAR  
287th Sust. Bde. P A

CONTINGENCY OPERATING BASE ADDER, Iraq – A convoy of 542nd Supply Maintenance Company trucks left Contingency Operating Base Adder to begin another round of refueling and inspecting water pumps in the Iraqi countryside on Dec. 24.

These maintenance specialists from Fort Lewis, Wash., have been conducting such missions two to three times per week. This day marked their 99th mission. Although routine, the Soldiers also have an opportunity to make a difference, especially in some Iraqi children's lives. Because it was Christmas Eve, the Soldiers came prepared.

"It's just a little thing we do," said Staff Sgt. Land Gallagher, convoy commander and native of Fayetteville, Ark. "We give candy and little gifts to the kids at our last stop. Although, when I say 'we,' it really means Pvt. Quarles. He's the one doing it. It's his show and the rest of us help him out."

"I say it's a little thing because it doesn't compare to what else we're doing here in Iraq to rebuild the country. But it makes a lot of kids happy. I think it gives them a better impression of us. Eventually the kids grow up and when they do, our hope is they'll think of us as their friends," he said.

"You might say that it's our little contribution in the effort to winning the [Iraqis'] hearts and minds -- but every little bit helps, right?" he said.

The convoy arrived at the first pump stop and only the station manager and his young son were there to greet them. Their adobe hut home was reminiscent of biblical times, with a chicken-wired framed animal pen nearby. Inside, a dozen sheep and goats lay quietly in the late morning sun; outside a small donkey tied to a stake. On the other side of the pump house is a white-washed, brick building which houses both office space and a home for the manager, but according to Gallagher, "the manager prefers living in the hut."

"I don't know why. He just does," he said.

As the technicians inspected the pump and filled the generator's fuel tank, Soldiers from the convoy unloaded a crate of bottled water, and candy for the manager's son. Smiling, the boy carried the supplies back into his hut.

The second pump station, there were two employees at work with no buildings and animals in sight. The pumps turned on and spewed jets of water from one canal into another. Although a beauti-



**Pfc. Ronnie Quarles entertained Iraqi children with his version of "Joy to the World." He and his unit, the 542nd Supply Maintenance Company, befriended the children while conducting maintenance missions on a Euphrates River water pump station.**

ful sight, the station invoked no signs of Christmas, so the Soldiers conducted their business and left.

Rolling up into the third pump stop, it appeared the same as the previous station. However, as the convoy neared the station, the Euphrates River came into view. The pump, perched on the river bank, drew water directly from the Euphrates and fed into canals. The canal supplies the water to the cities, farmers, and southern Iraq. On the far side of the river is a large village, but only a few people were outside. At the pump, the station staff and a few young men greeted the maintenance convoy. It was quiet for 15 minutes.

Fifteen minutes is all it took for children to walk or run to the station from the local homes scattered near the river. More than 20 children of all ages, some accompanied by parents, began to meet the maintenance convoy. When a crowd formed around one particular truck, a loud voice boomed "Merry Christmas! A Merry Christmas to all!"

The voice belonged to Pfc. Ronnie Quarles, a 26-year-old from Virginia Beach, Va. Wearing his protective vest and helmet he looked bigger and appeared as bold as his loud greeting. From the bed of his 5-ton truck, he threw handfuls of candy to the kids gathered below. The crowd became aggressive as each child scattered in competition for the small prizes.

"Hmmm, not many kids today," said

Gallagher as he assessed the crowd. "There's usually a lot more."

After the large box of candy was emptied, Quarles opened another box and began distributing pencils, writing tablets and other school items. When he started singing an off-key rendition of "Joy to the World," the kids responded with laughter and apparent comments on his singing ability. Several more boxes were opened and the contents were given out: costume jewelry, socks, toothpaste, tooth brushes, soaps, combs, and other toiletries.

"We've given out coats and clothes, toys, shoes -- lots of them -- even a bicycle before today," said Sgt. Mitchell Harrison, truck commander, who stood beside Quarles on the truck bed and assisted in handing out the gifts. "Shoes are what the kids like best, I think. They always cause the most excitement," he said.

Harrison, whose hometown is Le Seour, Minn., said that pens were also a prized commodity. Every child, especially the young ones wanted them. They moved from Soldier to Soldier and asked in English, "Give pen?" or simply "Pen?" Or, they asked with their eyes while pointing to a pen on the Soldier's uniform. The kids also said "candy," "thank you," "please" and other English words. Some of the older children knew English well enough that they conversed with the Soldiers on many different topics. They evidently knew these Soldiers well.

After seeing the magnitude of the 542nd team's, "little thing" with the Iraqi children, one was curious to learn how it began and how they were able to sustain the large effort.

"It started with one of my first missions out here," said Quarles. "There were just a few kids then and they asked for anything I could give them. They're such beautiful children, I couldn't say 'no.' I have two little girls of my own and these kids remind me of how much I love them and want to protect them. If I could, I'd take them all back to the States with me."

"I emptied my pockets that first time. Afterwards, I cleared my living quarters for anything

that I could give and then began asking Soldiers around me for anything they could give. Everyone in the unit helped and that's why what's happening here isn't just my project - it's a unit project," he said.

Quarles wrote home to his church and other assistance groups back in Virginia Beach. He told them what he was doing and asked for their help. He also began telling the web public about his work with the children in a personal web blog at [www.myspace.com/four444/](http://www.myspace.com/four444/).

"The word spread and soon we were receiving donations from everywhere," he said. "To date, we've gotten packages from donors in 23 states -- no, make that 24 because today's drop off is from Ohio, and that's a new one. And three countries -- the Netherlands, Sweden and Italy. The donations are growing because after each mission, I upload pictures from that day to my blog. That way, people who donate get to see that their gifts actually go to the kids. Other people see that happening, and that also makes them want to get involved."

The 542nd SMC has several months of duty in Iraq before it redeploys home, but Quarles has already thought about how to continue helping the children after he and his unit leaves. He contacted their replacement unit and explained what he and his fellow Soldiers do in addition their water pump missions. He is optimistic that the new unit will continue the efforts which he started.

# Dr. Martin Luther King Jr. Holiday



U.S. Army photo by Spc. Amanda Tucker  
The Martin Luther King birthday observance 5K run started at 6:30 a.m. at Joint Base Balad Holt Stadium, Jan. 15.

More than 850 service members participated in the Martin Luther King birthday observance 5K run.



Act

U.S. Army photo by Spc. Amanda Tucker



Celebrate

U.S. Army photo by Spc. Amanda Tucker  
Sgt. Freddie L. Scott, the noncommissioned officer in charge paralegal for the 304th Sustainment Brigade, from of Riverside, Calif., and Chambersburg, Penn., native leads the H-6 Gospel Explosion choir in "Ride on King Jesus" during the Martin Luther King birthday observance luncheon at Joint Base Balad, Jan. 15.

"A great American has really done something for America," said Command Sgt. Maj. Willie C. Tennant Sr., the senior noncommissioned officer for the 3<sup>rd</sup> Sustainment Command (Expeditionary) during the Martin Luther King birthday observance luncheon at Joint Base Balad, Jan. 15.



U.S. Army photo by Spc. Amanda Tucker

# Martin Luther King Jr.'s



By Tomeka Barnes

Administrative Assistant, MRAP-Balad



*T*o remember as defined by Webster is to be mindful of or to keep in mind as deserving of affection or recognition. Therefore, remembering Martin Luther King Jr. is vital to preserving our legacy. A legacy is handed down from an ancestor or from the past. It's because of this rich legacy we are the people we are today. Dr. King's presence still resonates, the wisdom through his speeches still resounds, and his prayers are still being answered.

Dr. King was often a visitor of my hometown, Albany, GA. My aunt and uncle were arrested with him. They spent countless hours in jail singing songs like, "aint gonna let nobody turn me around, turn me around, ..... keep on a walking, keep on a talking, walking up the King's highway." My uncle still reminisces about how they were spat on, and beaten for trying to get service at a downtown diner.

Yes, racial prejudices are still prevalent. And though the method of warfare has changed the scars of discrimination still has its depth. It's 2009, and we don't get spat on, or hosed down anymore. The tactics are more subtle. We now have the right to vote, but our votes get miscounted or the ballots are often tampered. There are no longer sit-ins to get served at restaurants, but we are often ignored while waiting to be served. And no matter what neighborhood, we can afford to live in; we are still the "black people" down the street. We are still being judged, "on the color of our skin rather than the content of our character".

We were taught the key is education. Learn more, work harder, be on time, be better, be stronger, and don't cry! "Take a licking and keep on ticking." However, we are not timepieces equipped for abuse. We are people, and subject to our emotions. We don't have the stamina, patience, or maturity to stand as Martin Luther King, and many others. Are we not equipped with the same mental stability? Or is it we haven't tapped into the reservoir of reserve. The younger generation is easily angered and patience is considered a p-a-t-i-e-n-t in a hospital room.....

tal room.....

As children we were taught to be seen and not heard. We grew up with limited resources, and education was often optional, due to us having to work. We were bound by the laws of the land and not given a choice of free expression. Martin invoked the power to dream. He dared us to make a difference in the world we live in. He was world renown for being a local hero. The battles he fought and won were in our neighborhoods.

Dr. King's motivation was based on the premise of faith. Martin Luther King Jr. helped us to realize that faith without works is dead. The boycott in Alabama required faith and works. Those people sacrificed by walking miles, for us to have the privilege of choice seating. Yes, we have to continue to believe, but we must act by taking modern day stands that will benefit us in the future. We may never march on Washington, but we must never hesitate to right the wrongs. We may never be Ivy League graduates but we must continue to teach our children, about the struggles, we've had to overcome. We must not hesitate to take risks that will influence future generations. What if Martin would have chosen just to pray about Rosa Parks? We have to pray and work!

Though we have reason to celebrate, it is no time to relinquish our dreams. It's not the time to bask in the glory of victory, by taking the day off. Each day we are granted an opportunity to be more purposeful than the day before. Let us use the legacy of Dr. King, build upon the wisdom of Obama, and correct ourselves. Our mentality has been warped with negativity... You won't never be nothing, you're just like your father, you are good for nothing..... those thoughts have become ingrained in our youth. Dr. King's teaching was just the opposite. Our minds can carry us to higher heights or we can allow our thinking to take us to the deepest depth. It's an individual choice. We are in charge of one life, our own!

The seed of change lives within us and we can choose to procreate or let the seed die.

# Dr. Martin Luther King Jr.'s Birthday Observance



By Airman 1st Class Jessica Guinn

332nd Expeditionary Aircraft Maintenance Squadron/Viper Aircraft Maint. Unit

*M*artin Luther King Jr. once said, "If a man hasn't discovered something that he will die for, he isn't fit to live." I think many of us have come to a place in our lives where we questioned what our purpose in life was. Some say that purpose may be to provide for one's family, or to become educated to better the world in some way or another. There are also those who vow to make a difference in the lives of others through civil service & volunteer work. Whatever that purpose may be, we can all take a bit of wisdom from one of history's greatest civil rights leaders Dr. Martin Luther King Jr.

On the 15th of January 1929, Michael Luther King Jr. was born, later changing his first name to Martin. He was wholly educated, receiving his doctorate degree in 1955, as well as winning the Nobel Peace Prize when he was just 35. Throughout his years he served both God and country. Whether he was serving as pastor in church, writing a book, or protesting, Martin Luther King Jr. did so with courage and love. When speaking during one of his last sermons about the end of his mortal life, Dr. King stated, "I want you to say on that day, that I did try in my life...to love and serve humanity." He was assassinated two months later in Tennessee. Fifteen years later, President Ronald Reagan signed a bill into law, making the third Monday of January the holiday that we now remember as Martin Luther King Day.

During this national holiday we should not think of it as just another day off. We need to take time to, "Remember, Celebrate, Act!" Remember Dr. King's values of truth, justice, courage and compassion. Celebrate the life of freedom that so many people enjoy today. Celebrate the man who braved threats and beatings so that his vision could become a reality. Finally, act. Don't waste the day relaxing because you have some additional time for yourself. Imitate Dr. King's strength of unconditional love and follow in his footsteps. Continue to serve and volunteer wherever there are people that may need some assistance. Act like your equality and freedom is important.



Celebrate Diversity

By Tech. Sgt. Marcus L. Baker

41st Expeditionary Rescue Squadron

*D*r. Martin Luther King Jr. lived and worked for equality. His society and cultural acts are only paralleled by a select group of individuals throughout history, even fewer when dealing with race and equality. His death was ultimately the sacrifice for his vision. He died for peace, love, and the belief that all men are created equal. Today, we celebrate the life, dream, and works of Dr. Martin Luther King Jr.

"Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent." Dr. King knew that peace was not going to be easy nor would it happen quickly. He saw the need for people to answer the laborious call that all ethnicities need to become one human race. He knew that this call had to be answered by people of character and it had to be from every culture and ethnicity. He knew it would take a strong mind and body to overcome the many transgressions of hatred.

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence." Dr. King shows us that anything that is for the benefit of all should be done to the best of our abilities. We should not lift up our voices only mildly, for a faint voice can not be heard amongst the many. It should be one unified, joyful voice that can drown out all hatred and fear. Dr. King was driven by his love for his fellow man, and we too should be driven by this love.

"I have decided to stick with love. Hate is too great a burden to bear." Hate is what has consumed the fuel and fire of hatred and has so readily stifled the growth of diversity and peace. Hate is often the centerpiece that keeps ethnicities from each other. Love is not the easiest choice to make, but it is the one that will keep the dream alive and growing. Love is what will draw all the nations of man together in harmony and understanding. Dr. King taught peace and love for one another. It is inherent upon all of us to be bearing the cross of love for one another. We need to be a driving force for promoting his vision of love and equality.

"We must learn to live together as brothers or perish together as fools." His vision and passion calls for a celebration of diversity, not a tolerance of one another. For too long we have been asked to tolerate diversity. Tolerance can only move us so far and forced tolerance can only breed contempt for one another. A celebration in diversity can be the root to change. A difference of opinion and culture is one of the primary staples which makes our country so great. Change does not happen unless there is a difference of opinion, followed by an acceptance of the opinion. We should be rejoicing in this diversity, not merely tolerant of one another. We should be using each day and moment to be helping our fellow man.

"Take the first step in faith. You don't have to see the whole staircase, just take the first step." The first step towards a life changing moment maybe begins with each of us. The first step is always the most critical, because it is the only way to a second or third step. Taking the first step comes down to the moment were faith in love and diversity, eclipses the fear of hatred and contempt. Dr. King took a leap of faith when he talked about his dream of an equal society. His leap of faith has been followed by many and felt all.

Dr. King saw his vision for peace and equality as a labor of love. He has placed a call upon society. It is a call for unconditional equality and love, instead of disparity and hate. This call is not for a call to arms, but to wrap each other with loving arms. It is to embrace one another and to see the character of the individual not merely the color of their skin. This call is not just for one race within society to bear. It is for all cultures and ethnicities, for without them all working together there will never truly be equality.



# I.A.M. STRONG<sup>SM</sup>

INTERVENE



ACT



MOTIVATE

## Sexual Harassment and Assault Prevention

### INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

### ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

### MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)

# Sustainers learn together; serve together

STORY AND PHOTO BY  
SGT. CRYSTAL G. REIDY  
*Expeditionary Times Staff*

JOINT BASE BALAD, Iraq – Lt. Col. M.

David Waddell, the deputy support operations officer from 3<sup>d</sup> Sustainment Command (Expeditionary) and native of Ashland, Ky., and Maj. Jackson L. Ball, deputy chief, material readiness branch from 3<sup>d</sup> ESC and native of Sterns, Ky., have worked together since June 2008 but didn't realize they had so much in common until they discovered they were both Eastern Kentucky University Alumni.

Prior to their promotion ceremony held here on Dec. 31, the two officers found they have more than just a love of ECU; they both graduated from the ECU Reserve Officers' Training Corps and commissioned as Infantry officers.

"It's amazing we have so many commonalities associated with ECU but we graduated seven years apart," Ball said. Waddell graduated in 1992 and Ball graduated in 1999.

Waddell chose ECU because of the reputation of the ROTC program. He was the first in his family to go to college and commission as an officer.

"ECU is a great school because it has

a small town environment but has the same opportunities as bigger universities," Waddell said.

"It is nice because the people you meet on day 1 are usually the people you graduate with," Ball said.

Ball said he didn't join ROTC upon enrolling at ECU. He noticed the other students he lived with at Keene Hall participating in the ROTC program.

"They were on the Ranger Challenge team doing physical training and shooting weapons," Ball said. "I started getting involved with them because it looked fun."

Ball entered the ROTC program during the fall of his second year at ECU and said the program directed him toward success.

"It started because Master Sgt. (retired) Scott Hatfield from the ROTC program saw a civilian college kid doing PT and hanging out with the cadets and knew the Army would be good for me," Ball said. "Ten years later, I'm still here."

"Hatfield played a key role, along with other noncommissioned officers, in guiding me and taking the extra time to ensure my success," Ball said.

Waddell said the ECU community loves the ROTC program and it is the cornerstone of the university.

"It's a small college, but there is no difference in the quality you receive," Waddell said. "The ROTC stood our



Lt. Col. M. David Waddell, the deputy support operations officer from 3<sup>d</sup> Sustainment Command (Expeditionary) and native of Ashland, Ky., and Maj. Jackson L. Ball, deputy chief, material readiness branch from 3<sup>d</sup> ESC and native of Sterns, Ky., outside of their work area at Joint Base Balad on Jan. 8. The two officers worked together every day since June 2008 and both are graduates of Eastern Kentucky University.

ground with major universities and was above the standard in many ways."

Waddell said the lessons they learned in ROTC set him up for success as an officer. He said it instilled the community minded ideas and Army values early on.

"I learned a lot of leadership styles and principles I use in my role as an officer today," Ball said.

Waddell said the human dynamic is the same as the Army because they worked in close, small groups and that carries over to squads, platoons and companies in the Army. He said you learn to be part of a team.

"ECU ROTC is like our fraternity. You sweat and bleed together training, knowing one day you would be commissioned together," Waddell said.

# Sustainer is One lucky guy

SGT. ALEX SNYDER  
*Expeditionary Times Staff*

JOINT BASE BALAD, Iraq – He's been called Bruce Wayne, Lucky and The Million Dollar Baby.

His name is Sgt. Wayne Leyde, and he has experienced what some could call a string of good luck over these last few years. When asked about it though, he responds: "Actually, I don't believe in luck. I think I'm thoroughly blessed."

Leyde, a team leader with the 1st Battalion, 161st Infantry Regiment from Spokane, Wash., and an investment banker in civilian life, made the news in February when he purchased a winning lottery ticket after a chance stop at a convenience store.

Leyde purchased a number of tickets and scratched a few of them right away, though none of them were winners.

Later that night however, just before bed, Leyde decided to scratch one last ticket. This one was a winner. The prize? One million dollars.

"At that point, there was about three seconds of dead silence and then I exploded out of bed and had to go wake everybody up," Leyde says.

But Leyde's "luck" has extended beyond monetary gain.

Leyde, who is now on his third tour in Iraq, says he's had several close calls with the enemy. During his second deployment, which he describes as the toughest of his two previous deployments, Leyde personally experienced

***"I would have  
to say Sergeant  
Leyde is probably  
one of the luckiest  
guys I've met."***

-- Staff Sgt. Matthew Stayrook  
1st Bn., 161st Inf. Regt.

six improvised explosive device attacks on his vehicle.

One such attack came in July 2006 when he was part of an armored convoy near Iskandariyah, a city southwest of Baghdad. On this particular night, Leyde's convoy halted after the first tank in the convoy spotted a suspicious hole near the road.

Using a clearing method known as "recon by fire," the first tank shot into

the hole to clear it of any possible threat. When nothing happened, the hole was deemed clear. The first tank scooted to the left of the hole and Leyde's tank was told to follow.

As his tank passed the hole, Leyde, who was filling in as the track commander, leaned over the edge of his turret with a spotlight to make sure the hole was actually clear.

"For some reason," Leyde says, "something hit me that said, 'this is probably the silliest thing you have ever done,' so I started to jerk back."

As Leyde jerked back, an IED exploded, blowing the spotlight out of his hands, ripping his glasses off his face and pushing him against the side of the tank. Leyde's tank, not badly damaged, rolled on.

Although his right ear bled for nearly an hour, Leyde says he experienced no hearing loss and no lasting injury.

Recently, Leyde was traveling north on a convoy when he discovered an IED before it detonated. Moments before he saw the black square object sitting in the road, Leyde says there was a strange feeling in the truck.

"We had a gut feeling that something wasn't right ... It really up'd our situational awareness," Leyde says.

Leyde's vehicle slowed down, identified the threat and began backing away from the device, which was about 20

meters away when something exploded.

"The minute we threw our truck in reverse," Leyde says, "... they detonated it."

But the main charge didn't blow. The blasting cap – the device used to set off the main charge – had been pulled free of the IED. When the insurgents detonated the bomb, the main charge sat unexploded.

Leyde expresses doubt the IED would have done much to his vehicle, he says it probably would have given everyone in the vehicle a headache.

Though Leyde says he doesn't believe in luck, Staff Sgt. Matthew Stayrook, a squad leader for 1st Bn., 161st Inf., sees it a bit differently.

"I would have to say Sergeant Leyde is probably one of the luckiest guys I've met," Stayrook says, adding: "He's definitely the best scout we have in our company, and I'd roll with him any time."

Leyde says after he won the lottery he was given the option of getting out of the Army. He says he had made the decision to deploy before winning the lottery and decided to stick to it.

"I'm coming back, for the most part, for the guy on my left and right. That's the reason why I'm here," Leyde says. "I don't think any amount of money would ever change my mind."

# Country stars Laura Lynn and Lucas Hoge rock Q-West

BY MAJ. SCOTT COOLEY  
UPAR, 181st Brigade  
Support Bn.

CONTINGENCY OPERATING  
BASE Q-WEST,  
Iraq — Country music performers Laura Lynn and Lucas Hoge performed for Soldiers at the Morale, Welfare



and Recreation center here Jan. 6.

They performed songs by Johnny Cash, Reba McEntire, Jo Dee Messina and others. One of the highlights of the show was a solo acoustic performance by Hoge of the song "POW 369," written by Stephen Dale Jones and made famous recently by Darryl Worley.

Toward the end of the concert, Laura called for members

of the audience to join the band on-stage to help sing the ever-popular Lynyrd Skynyrd song, "Sweet Home Alabama."

Following the concert, Lynn, Hoge and members of the band stayed to sign autographs and visit with many of those in attendance.

"I thought they were very entertaining," said 1st Lt. Alan Conway, provost marshal officer. "They played a wide variety of songs, and they were

very friendly. It was a great show."

Sgt. 1st Class Shawna Snodgrass, who works in the communication and events section of the Mayor Cell at COB Q-West, said that the band was great to work with.

"They were very excited to be out with Soldiers, and they put on a fantastic concert," Snodgrass said.

While on COB Q-West, band members were given

the chance to see some of the new Army vehicles designed to safeguard Soldiers as they escort convoys, and had the opportunity to fire several weapon systems.

They also got to watch a controlled detonation, which included various captured explosives, conducted by Capt. Daniel Thoman and his explosive ordnance teammates, Staff Sgt. Eugene Pittman and Sgt. Mark Kergan.

# Stepbrother and Sister Unite for the First Time in Iraq

STORY AND PHOTO BY  
SPC. KELLY ANNE BECK  
Expeditionary Times Staff

CONTINGENCY OPERATING  
BASE SPEICHER, Iraq -- She may outrank him, but he's still the typical protective older brother

and she the little sister. She playfully rolls her eyes thinking she can take care of herself while her smile reveals her appreciation. It seems they've known each other a lifetime, but they only met a month ago.

Sgt. Ray Miramontes is a native of San Bernardino, Calif., and a truck commander for California Army National Guard's Delta Company, 1-185th Armor Battalion who supports the 3<sup>d</sup> Sustainment Command (Expeditionary). He spoke to his stepsister once, ten years ago, but hadn't yet met her in person.

When Staff Sgt. Mercedes Warren, a native of Spring Ranch, Texas and network operations shift lead for Task Force Odin from Ft. Hood, Texas, heard from her other sibling that her stepbrother, Miramontes, was also deploying to Iraq, she hoped she could get the chance to finally meet him.

Weeks later, they discovered they'd both be stationed at contingency operating base Speicher. They couldn't wait

to meet. After a few e-mails, they found out he would arrive in Iraq a month after her.

"I got an e-mail from him saying, 'Hey sis, I hope you're the right one I'm calling sis...' and then e-mails started for a couple weeks and then we met for dinner," Warren said.

After arguing about what time they should meet for dinner, he says 4:00p.m. and she says 5:00p.m. Miramontes had a smile on his face remembering the first time they met.

"I saw her and something inside me just told me, that's her," said Miramontes. "So I yelled out her name, 'Mercedes!' and then we started to get to know each other better, or for the first time actually."

Warren admits she was a little nervous on the way to meet her stepbrother, but the moment she saw him and sat down to eat with him, he felt like Family.

Miramontes and Warren said they feel blessed because most Soldiers overseas are away from their Families, but for them, the long distance is ironically, what brought them together.



Sgt. Ray Miramontes from the California Army National Guard's Delta Company, 1-185th Armor Battalion who supports the 3<sup>d</sup> Sustainment Command (Expeditionary) and Staff Sgt. Mercedes Warren, network operations shift leader for Task Force Odin from Ft. Hood, Texas, are stepbrother and sister who met for the first time in Iraq at contingency operating base Speicher. The two had only spoken once before on the phone ten years ago.

Miramontes' father married Warren's mother while living in Germany. Since Miramontes rarely spoke to his father, he never had an opportunity to meet Warren. But knowing he had a stepsister he'd never met, weighed heavily on his heart.

"Our paths led us here, we've both had our different paths up to now, but somehow the result was we came here to a combat zone in Iraq and this is where we end up meeting," said Miramontes.

Though they both worry about each other, they agree that having each other here

helps.

"I have a Family member down the street versus all the way back in the states," said Miramontes.

While Miramontes tends to be more outspoken, Warren's actions speak for her. She looks at him admiringly as he speaks, laughs at his jokes and listens intently when he talks about her. He adores her and she respects him.

They display classic characteristics of siblings even a little good-hearted sibling rivalry when rank gets brought up.

"I'm proud of her no mat-

ter what," said Miramontes. "I don't see rank as an issue, she's still my younger sister so I'm still going to give her a hard time; I don't care if she's a colonel. I'm her older brother, I'll still give her a hard time," joked Miramontes.

It's been said that Soldiers in combat zones tend to become as close as Family, but it's evident Miramontes and Warren are Family.

"I want to make sure we stay in touch, that's my sister," said Miramontes putting his arm around her and kissed her forehead; She smiled and nods her head in agreement.

# WARRIOR CARE

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IF YOU ARE WOUNDED, ILL, OR INJURED,  
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"THERE IS NO HIGHER PRIORITY FOR THE DEPARTMENT OF DEFENSE,  
AFTER THE WAR ITSELF, THAN CARING FOR OUR WOUNDED WARRIORS."

SECRETARY OF DEFENSE ROBERT M. GATES



### ARMY WARRIOR CARE

WARRIOR CARE AND TRANSITION PROGRAM: [HTTP://WWW.ARMY.MIL/WARRIORCARE](http://www.army.mil/warriorcare)

ARMY WOUNDED WARRIOR PROGRAM: [HTTP://WWW.AW2.ARMY.MIL](http://www.aw2.army.mil)

WOUNDED WARRIOR RESOURCE CENTER: (800) 342-9647

# WE STAND TOGETHER

# JBB Religious Service Schedule

**PROTESTANT**

**TRADITIONAL**

Sunday 0730 Air Force Hospital Chapel  
0930 Provider Chapel  
1030 Freedom Chapel (West side)  
1100 Castle Heights (Bldg 4155)  
1730 Gilbert Memorial Chapel  
(H-6)  
2000 Air Force Hospital Chapel

**HISPANIC SERVICE**

Saturday 1930 Provider Chapel

**GOSPEL**

Sunday 1100 MWR East building  
1200 Freedom Chapel (West side)  
1230 Gilbert Mem. Chapel (H-6)  
1900 Provider Chapel

**CONTEMPORARY**

Sunday 0900 MWR East building  
1030 Gilbert Mem. Chapel (H-6)  
1400 Castle Heights (Bldg 4155)  
1900 Freedom Chapel (West side)

Wednesday 2000 Gilbert Mem. Chapel (H-6)

**LITURGICAL**

Sunday 1500 Gilbert Chapel (H-6)

**SEVENTH DAY ADVENTIST**

Saturday 0900 Provider Chapel

**CHURCH OF CHRIST**

Sunday 1530 Castle Heights (Bldg 4155)

**CHRISTIAN SCIENCE**

Call the Provider Chapel

**LATTER DAY SAINTS (MORMON)**

Sunday 1300 Provider Chapel  
1530 Freedom Chapel (West side)  
1900 Gilbert Mem. Chapel (H-6)

**ROMAN CATHOLIC MASS**

Saturday 1700 Gilbert Mem. Chapel (H-6)  
(Sacrament of Reconciliation Sat 1600 or by appointment)  
2000 Freedom Chapel(West side)  
Sunday 0830 Gilbert Mem. Chapel (H-6)

1100 Provider Chapel  
1100 Air Force Hospital Chapel  
Thursday 1100 Air Force Hospital Chapel  
Mon, Wed, Fri 1700 Gilbert Mem. Chapel (H-6)

**JEWISH SHABBAT SERVICES**

Friday 1700 Gilbert Mem. Chapel (H-6)  
Saturday 0800 Gilbert Mem. Chapel (H-6)  
1700 Gilbert Mem. Chapel (H-6)

**ISLAMIC PRAYER**

Friday 1230 Provider Chapel

**PAGAN/WICCAN FELLOWSHIP**

Thursday 1900 Eden Chapel  
Saturday 1900 Eden Chapel

**GREEK ORTHODOX**

Sunday 0900 Provider Annex

For more information, call  
Gilbert Chapel: 433-7703  
Provider Chapel: 433-2430  
Freedom Chapel: 443-6303

Losses

➔ A Soldier drowned on November 21 in Iraq. The Soldier was participating in a dismounted reconnaissance patrol along a river when another Soldier from his unit slipped into the water. As unit members were attempting a rescue, the Soldier fell in and submerged disappearing from view.

➔ A Soldier was killed in a vehicle accident November 25 at approximately 0045 local in Pensacola, Fla. The Soldier was operating his 2007 Chevrolet Heritage High Roof station wagon when he completed a u-turn and started going the wrong way on a divided highway bridge. The Soldier's vehicle hit a Ford Ranger pickup truck head on. Speed and alcohol were factors in this accident.

**Safety Reflection**  
• Decisions made while impaired often result in preventable accidents which cost Soldiers their lives.

➔ A Soldier was killed in a vehicle accident November 26 at approximately 0200 local near Fayetteville, N.C. The Soldier was operating her 1998 Honda Civic when she lost control of the vehicle, exited the roadway and crashed. The Soldier had signed out on leave at 0045 that morning.

**Safety Reflection**  
• Leaders addressing risk factors identified during a TRIPS assessments, and intervening to ensure Soldiers implement proper safety controls, helps Soldiers take personal responsibility for their off-duty safety.

➔ A Soldier died November 29 as a result of a swimming accident that occurred November 25 on Fort Lewis, Wash. The Soldier was in a pool and failed to surface from swimming underwater.

**Safety Reflection**  
• In a recreational environment, Soldiers, Families and friends are key to accident prevention.

➔ A Soldier was killed in a motorcycle accident November 25 in Richmond, Va. The Soldier was operating his motorcycle when he began to weave, hit a curb, and crashed. The Soldier was wearing a helmet.

**Safety Reflection**  
• When operating a motorcycle, inattention or distraction is deadly.

Got RISK?

<https://erc.army.mil>

PURS Preliminary LOSS REPORTS for the week of November 21-28, 2008

5 U.S. SOLDIERS DIED IN ACCIDENTS

ARMY SAFE IS ARMY STRONG

# Sudoku

The objective is to fill the 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Level: Very Hard

	5				7			9
		8						4
			5	3				6
			4				5	
	2						1	
	9				8			
3				1	6			
7						2		
5			8					4

Last weeks answers

2	9	3	6	8	1	4	5	7
1	6	7	2	4	5	3	8	9
8	4	5	9	7	3	1	2	6
4	3	1	8	5	7	6	9	2
7	2	6	3	9	4	8	1	5
9	5	8	1	2	6	7	4	3
3	1	4	5	6	2	9	7	8
6	8	2	7	1	9	5	3	4
5	7	9	4	3	8	2	6	1



## Upcoming sports on AFN

Wednesday 1/21/08

Ohio State @ Illinois, Live 3 a.m. AFN/sports  
Washington Capitals @ Ottawa Senators, Live 3:30 a.m. AFN/xtra  
Tennessee @ Vanderbilt, Live 5 a.m. AFN/sports  
Vancouver Canucks @ San Jose Sharks, Live 6:30 a.m. AFN/xtra  
Australian Open Tennis Championships 2009: Early Round Coverage Day # 3, Live 11:30 a.m. AFN/sports  
North Carolina State @ Duke, Tape Delayed 9 p.m. AFN/sports

Thursday 1/22/09

Villanova @ Connecticut, Live 3 a.m. AFN/sports  
Atlanta Thrashers @ Philadelphia Flyers, Live 3 a.m. AFN/xtra  
Clemson @ North Carolina, Live 5 a.m. AFN/sports  
Cleveland Cavaliers @ Portland Trail Blazers, Live 6 a.m. AFN/xtra  
Australian Open Tennis Championships 2009: Early Round Coverage Day # 4, Live 11:30 a.m. AFN/sports  
Virginia Tech @ Wake Forest, Tape Delayed 8 p.m. AFN/sports  
Baylor @ Kansas State, Tape Delayed 10 p.m. AFN/sports

Friday 1/23/09

West Virginia @ Georgetown, Live 3 a.m. AFN/xtra  
Boston Celtics @ Orlando Magic, Live 4 a.m. AFN/sports  
Winter X Games 13: Snowmobile Speed & Style Final; Skiing SuperPipe Men's Final; Snowboard Big Air Final, Live 5 a.m. AFN/xtra  
Washington Wizards @ Los Angeles Lakers, Live 6:30 a.m. AFN/sports  
USC @ Washington, Live 7 a.m. AFN/xtra  
Australian Open Tennis Championships 2009: Early Round Coverage Day # 5, Live 11:30 a.m. AFN/sports  
UCLA @ Washington State, Tape Delayed 5 p.m. AFN/sports  
Purdue @ Minnesota, Tape Delayed 10 p.m. AFN/sports

Saturday 1/24/09

Australian Open Tennis Championships 2009: Early Round Coverage Day # 6, Live 3 a.m. AFN/sports  
Dallas Mavericks @ Detroit Pistons, Live 3 a.m. AFN/xtra  
Winter X Games 13: Snowmobile SnoCross Round 1; Snowboard SuperPipe Women's Final; Snowmobile Next Trick, Live 5:30 a.m. AFN/xtra  
Cleveland Cavaliers @ Golden State Warriors, Live 6:30 a.m. AFN/sports  
San Francisco @ Santa Clara, Live 7 a.m. AFN/prime pacific  
Villanova @ South Florida, Live 8 p.m. AFN/xtra  
Maryland @ Duke, Live 8 p.m. AFN/sports  
Auburn @ Arkansas, Live 9 p.m. AFN/prime atlantic

Kansas @ Iowa State, Live 10 p.m. AFN/sports  
Memphis @ Tennessee, Live 11:30 p.m. AFN/prime atlantic

Sunday 1/25/09

Wisconsin @ Illinois, Live 12 a.m. AFN/sports  
Connecticut @ Notre Dame, Live 3 a.m. AFN/xtra  
Oregon State @ Stanford, Live 6 a.m. AFN/prime atlantic  
Washington Wizards @ Portland Trail Blazers, Live 6 a.m. AFN/sports  
Baylor @ Oklahoma, Tape Delayed 9 a.m. AFN/xtra  
Xavier @ LSU, Tape Delayed 6 p.m. AFN/xtra  
Louisville @ Syracuse, Live 8 p.m. AFN/xtra  
Dallas Mavericks @ Boston Celtics, Live 9 p.m. AFN/sports  
Florida @ Vanderbilt, Live 9:30 p.m. AFN/prime atlantic  
Winter X Games 13: Skier X Men's & Women's Finals; Snowmobile Freestyle Elimination; Skiing Slopestyle Elimination & Final; Mono Skier X Final, Live 10 p.m. AFN/xtra  
San Antonio Spurs @ Los Angeles Lakers, Live 11:30 p.m. AFN/sports  
Michigan State @ Ohio State, Live 11:45 p.m. AFN/prime atlantic

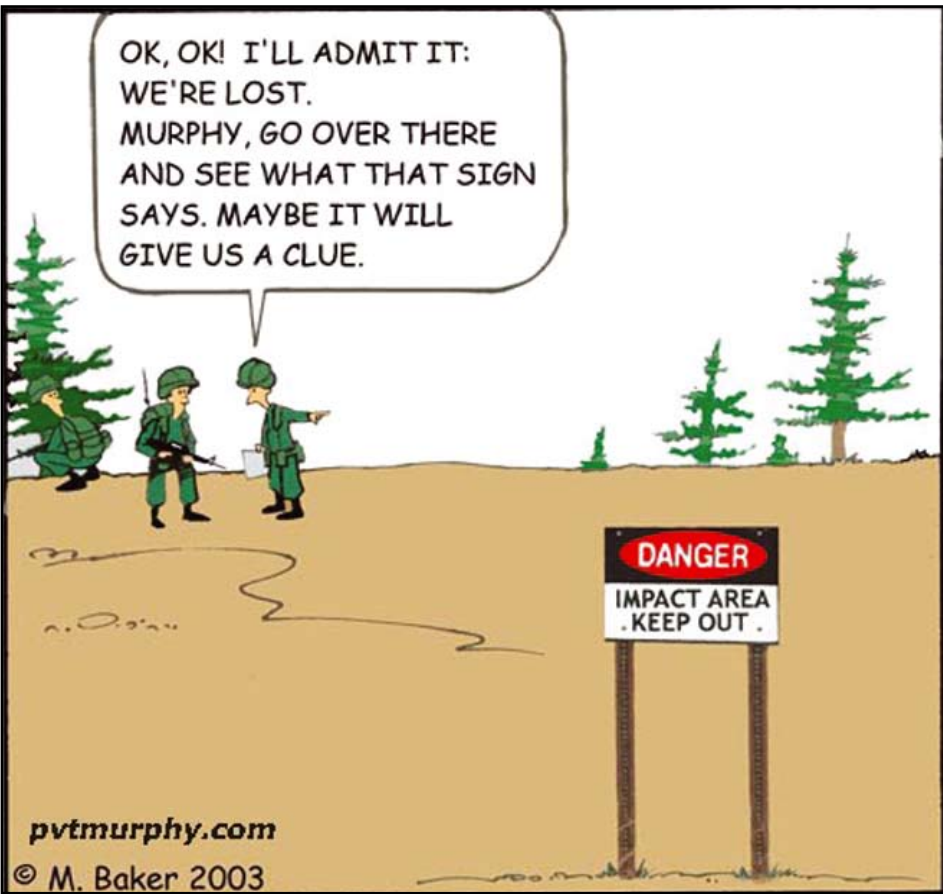
Monday 1/26/09

Virginia Tech @ Miami, Live 2 a.m. AFN/prime atlantic  
Houston Rockets @ Detroit Pistons, Live 2:30 a.m. AFN/xtra  
Georgia Tech @ Clemson, Live 3:45 a.m. AFN/prime atlantic  
Los Angeles Clippers @ Golden State Warriors, Live 5 a.m. AFN/sports  
Winter X Games 13: Snowmobile Freestyle Final; Snowboard SuperPipe Men's Final, Live 5 a.m. AFN/xtra  
Navy @ Army, Tape Delayed 8 a.m. AFN/xtra  
57th NHL All-Star Game: Western Conference vs Eastern Conference, Tape Delayed 10 p.m. AFN/xtra  
Pittsburgh @ West Virginia, Tape Delayed 7 p.m. AFN/xtra

Tuesday 1/27/09

Marquette @ Notre Dame, Live 3 a.m. AFN/sports  
Houston Rockets @ New York Knicks, Live 3:30 AFN/xtra  
Oklahoma @ Oklahoma State, Live 5 a.m. AFN/sports  
Texas A&M @ Kansas, Live 5 a.m. AFN/xtra  
Portland Trail Blazers @ Los Angeles Clipper, Live 6:30 a.m. AFN/xtra  
Australian Open Tennis Championships 2009: Men's & Women's Quarterfinals, Live 11:30 a.m. AFN/sports  
Atlanta Hawks @ Miami Heat, Tape Delayed 5:30 p.m. AFN/sports  
Super Bowl XLIII on AFN/sports - Media Day: NFC or AFC, Live 10:30 p.m. AFN/sports

## PVT. MURPHY'S LAW



## Iraq according to Opet



THEN & NOW

2009



U.S. Army courtesy photo

2003

Soldiers at Joint Base Balad wait in a line to enter a Mobile Kitchen Trailer for some hot meal in July 2003.

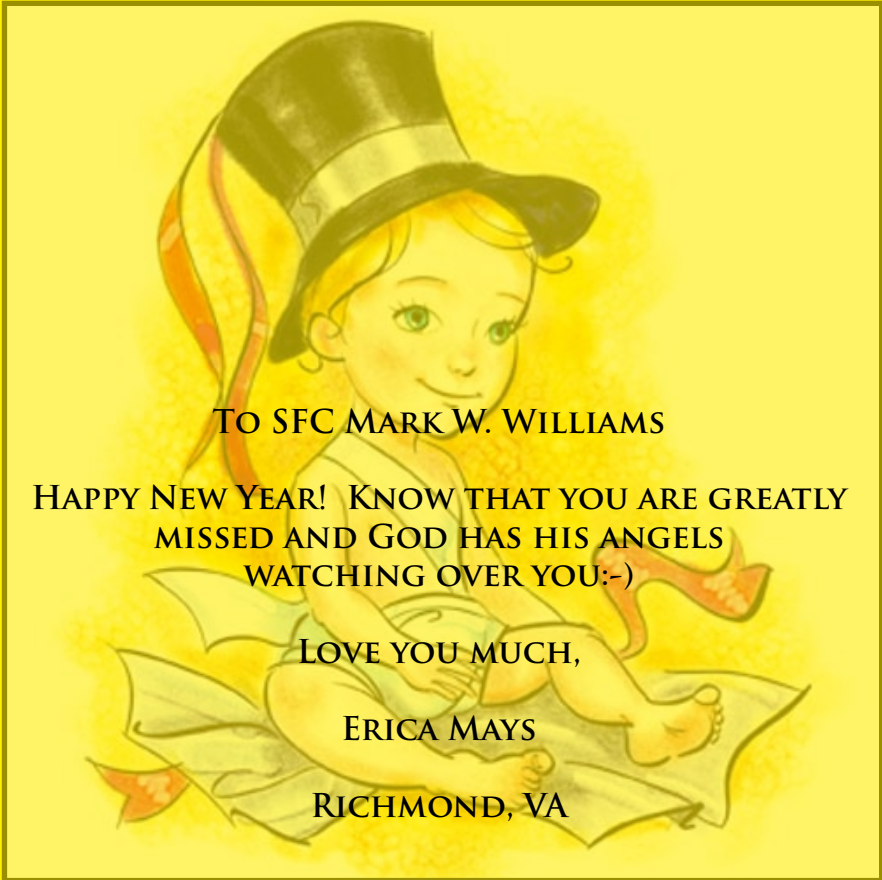


U.S. Army photo by Spc. Brian A. Barbour

In 2009, Service Members and contractors stand outside at DFAC #1, hidden behind the protective barriers, an improvement from the 2003 dinning-facilities.

Shout Outs!

Happy Birthday!



TO LT. COL. JOHN W. HORNICK JR.,  
3D ESC SAFETY OFFICER  
FROM YOUR WIFE, BETH IN HARDEEVILLE,  
S.C., AND YOUR FAMILY IN SAVANNAH, GA.  
AND SWOYERSVILLE, PA.

Photo Illustration by Spc. Mario A. Aguirre

# JB BALAD ACTIVITIES

<b>INDOOR POOL</b> Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., Sat., - 6:30 p.m. AquaTraining: Tue.,Thu.,- 7:30 p.m., 8:30 p.m.	Mon., Wed., Fri.- 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m. Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat.,- 8-10 p.m.	Thursday- 7:30 p.m. Poetry Night: Thursday-8 p.m. 6-ball tourney: Thursday- 8 p.m. Caribbean Night: Friday- 8 p.m. Chess & Dominoes Tourney: Friday- 8 p.m. Salsa Class: Saturday- 8:30 p.m. Poker: Saturday- 7:30 p.m.	<b>Tue., Thu.,- 2 p.m.</b> Boot Camp: Sunday- 8:45 a.m. Tue.,Thu.,- 7 p.m. Power Abs: Mon., Tue., Thu., - 8 p.m. Friday- 9 p.m. CC Cross Fit: Monday-Saturday- 10:30 p.m. Cross Fit: Mon., Wed., Fri.,- 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu.,- 7 a.m., 3 p.m. Sunday- 5:45 a.m., 7 a.m., 3 p.m. P90x: Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m., 12 a.m. Soccer: Tue., Thu.,- 8 p.m. Yoga: Wednesday- 8 p.m. MCAP Level 1: Friday- 8 p.m. 5 on 5 Basketball:	<b>Saturday- 8 p.m.</b> <b>H6 RECREATION CENTER</b> Bingo: Sunday- 8 p.m. Texas Hold'em: Mon., Fri.,- 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday- 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday- 8:30 p.m. Spades: Wednesday- 2 a.m., 8:30 p.m. Salsa: Wednesday- 8:30 p.m. 9-ball: Thursday- 2 a.m., 8:30 p.m. Karaoke: Thursday- 8:30 p.m. Dominos: Saturday- 8:30 p.m. Darts: Saturday- 8:30 p.m. <b>WEST RECREATION</b>	<b>CENTER</b> Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday- 8 p.m. Ping-pong tourney: Tuesday- 8 p.m. Foosball tourney: Tuesday- 8 p.m. Jam Session: Tuesday- 7:30 p.m. 8-ball tourney: Wednesday- 8 p.m. Guitar Lessons: Thursday- 7:30 p.m. Game tourney: Thursday- 1 p.m., 8 p.m. Enlisted Poker: Friday- 1 p.m., 8 p.m. Officer Poker: Saturday- 1 p.m., 8 p.m. Squat Competition: Saturday- 8 p.m.	6 on 6 volleyball tourney: Friday- 7 p.m. Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midgett Toning Class: Tue., Thu., - 7 p.m. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun.,- 1 p.m. Gaston's Self-Defense Class: Fri., Sat.- 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu.,- 8:30 p.m.
<b>EAST FITNESS CENTER</b> Open Court Volleyball: Sunday- 6 p.m. Aerobics: Mon., Wed., Fri.- 5:30-6:30 a.m. Yoga Class: Mon., Fri.- 6-7 a.m. Step Aerobics: Mon., Wed., Fri.- 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri.- 7:15-8 p.m. Brazilian Jui-Jitsu:	<b>EAST RECREATION CENTER</b> 4-ball tourney: Sunday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Karaoke: Monday- 8 p.m. Swing Class: Tuesday- 8 p.m. Table Tennis: Tuesday- 8 p.m. 9-ball tourney: Wednesday- 8 p.m. Dungeons & Dragons:	<b>H6 FITNESS CENTER</b> Spin: Sunday- 9 a.m. Mon., Wed., Fri.,- 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., -5:45 a.m., 9 a.m., 8:30 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m.			<b>WEST FITNESS CENTER</b> 3 on 3 basketball tourney: Saturday- 7:30 p.m.	<b>CIRCUIT GYM</b> Floor hockey: Mon., Wed., Fri.,- 8-10 p.m

# SUSTAINER REEL TIME THEATER

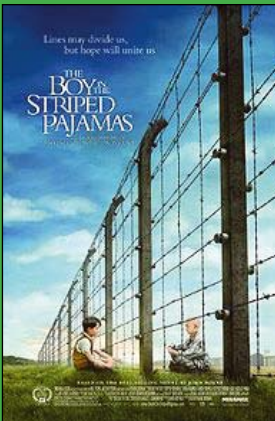
## Bride Wars



Emma (Anne Hathaway) and Liv (Kate Hudson) are best friends, and since they were young, they have always wanted to be married in the Plaza Hotel in the month of June. Planning to marry their respective husbands to-be, everything seems to be going perfectly--the dates are set, their dresses are beautiful, and the maids of honor, each other, are as joyful as can be. However, when the pair of friends receive the bad news that their weddings were planned for the same day, the pre-wedding bliss is ruined. With neither willing to give up her dream wedding, Liv and Emma declare themselves to be engaged in the most heated and dangerous kind of war known to man known as Bride Wars.

## The Boy in the Striped Pajamas

Bruno is an eight-year-old German boy who leads a very comfortable life in Berlin during the Second World War. His father is a high ranking Nazi officer, and things change when the family has to move due to his father's new post. In his innocence, Bruno sees the nearby concentration camp as a 'farm' and wonders why its inhabitants are always wearing striped pajamas. Eventually Bruno becomes friends with a Jewish boy his own age who lives on the other side of the fence.



## Movie Times

<b>Wednesday, January 21</b> 5 p.m. LIVE CONCERT Lonestar & Greg Vaccariello	<b>Thursday, January 22</b> 5 p.m. Punisher: War Zone 8 p.m. The Boy In The Striped Pajamas	<b>Friday, January 23</b> 2 p.m. Nothing Like The Holidays 5 p.m. Four Christmases 8:30 p.m. Bride Wars	<b>Saturday, January 24</b> 2 p.m. Four Christmases 5 p.m. Bride Wars 8 p.m. Nothing Like The Holidays	<b>Sunday, January 25</b> 2 p.m. Bride Wars 5 p.m. Nothing Like The Holidays 8 p.m. The Day The Earth Stood Still	<b>Monday, January 26</b> 5 p.m. The Day The Earth Stood Still 8 p.m. Bride Wars	<b>Tuesday, January 27</b> 5 p.m. Bride Wars 8 p.m. Four Christmases
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(Schedule is subject to change)

## NOTORIOUS

Notorious is a biographical film about the life of hip hop star The Notorious B.I.G. / Biggie Smalls, who is played by newcoming rapper Jamal Woolard. It features Angela Bassett as his mother Voletta Wallace, Derek Luke as Biggie's manager Sean "Puffy" Combs, and Anthony Mackie as rap rival Tupac Shakur. Other roles include Naturi Naughton as Lil' Kim and Antonique Smith as wife Faith Evans.



## Four Christmases



Four Christmases is a Christmas-themed romantic comedy film about a couple who go see all four of their divorced parents in one day. The film is produced by Spyglass Entertainment released by New Line Cinema on November 26, 2008, the day before Thanksgiving, and distributed by Warner Bros. Pictures. It stars Vince Vaughn and Reese Witherspoon as a San Francisco, California, couple pressured into visiting all four of their divorced parents' homes on Christmas Day.

# PHOTOS AROUND IRAQ

Brig. Gen. Ghas-son, Iraqi army, shakes the hand of U.S. Army Capt. Charcillea Barrett, to show his appreciation and support with coordinating the blood-drive to help Baswari Medical Services. This activity was designed to gain the trust of the Baswari people in Basrah, Iraq, on Dec. 31, 2008.



U.S. Navy photo by Mass Communication Specialist 2nd Class Andre McIntyre



U.S. Army photo by Spc. Neil Stanfield

Iraqi government officials and Iraqi students attend the opening ceremony for Huda Girl's School while Iraqi Police, 1st Battalion 34th Brigade, 9th Iraqi Army Division (Mechanized) and U.S. Soldiers from 1st Battalion, 14th Infantry, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division Baghdad, provide security in Tarmiyah, Iraq, Jan. 5.



U.S. Army photo by Spc. Karah Cohen

An Iraqi soldier assesses the water pump filtration system in Basra, Iraq on Jan. 1.



U.S. Navy Photo by Petty Officer 1st Class Wendy Wyman

An Iraqi policeman points out a checkpoint to U.S. Army Sgt. Mick Bliss from 2nd Platoon, 230th Military Police Company, 793rd Military Police Battalion, 18th Military Police Brigade during patrol of a local market with Iraqi police in Eskin, Iraq on Jan. 5.




US Army photo by Spc. Brian A. Barbour

Air Force Maj. Henry E. Close III with the 332nd Air Expeditionary Wing / HC shows excitement as he charges across the finish line in the 12 mile road march at Joint Base Balad, Iraq on Jan. 10. The road march, put on by the 101st Human Resources Company, gave certificates to those competitors completing the march in less than 4 hours and meeting the Air Assault road march standards.

# NEWS AROUND IRAQ

## Bridge contract signing ensures increased opportunities

 BASRA, Iraq – Commercial and residential traffic is expected to increase in Basra sometime next year now that a deal for a new bridge crossing the Shat Al Arab river was signed at Basrah International Airport Jan. 9.

The Contracting Company, Ibn Majid, signed the agreement with the Iraqi government to replace a pontoon bridge near At Tannumah.

Ian Elliot of Mott McDonald; Sayad Galy Muttar, Basrah Provincial Reconstruction Council Chairman; Maj. Shawn Beauchamp, Multi-National Corps contracts representative; Abd Al Mutalib, modeer for Ibn Majid; Mazin Samad, Director General of Roads and Bridges; and U.S. Navy Capt. Robert Lansden, Multi-National Division Southeast Civil-Military Operations Chief, attended the signing.

The estimated \$11.6 million bridge will be built north of the present At Tannumah pontoon bridge that crosses the Shat Al Arab river by Al Ashshar in Basra.

The new bridge was designed by Iraqi engineers and will be built by the local state owned company Ibn Majid.

Ibn Majid is located near the Hyyanyiah, an area of past militia activity and presently an area of high unemployment. An Ibn Majid spokesperson said they will employ locally for the bridge project.

“This bridge will help Al Maqil Port access to business that will benefit everyone in Basra, and it will help Basra people transfer their goods to both sides of the river,” said Al Mutalib.


A section of the bridge was designed to rise to a safe distance to permit the flow of ships on the river. The present pontoon bridge limits access to ports north of the bridge. The new bridge will have a number of additional improvements over the present pontoon bridges to include heavier commercial traffic access, increased safety features and a life span of more than 20 years.

“The pontoon bridges at At Tannumah are strangling the trade at Al Maqil Port,” said Lansden.

The bridge will also have another lasting effect on the residents of Basra with employment and skill development IBN Majid and its employees.

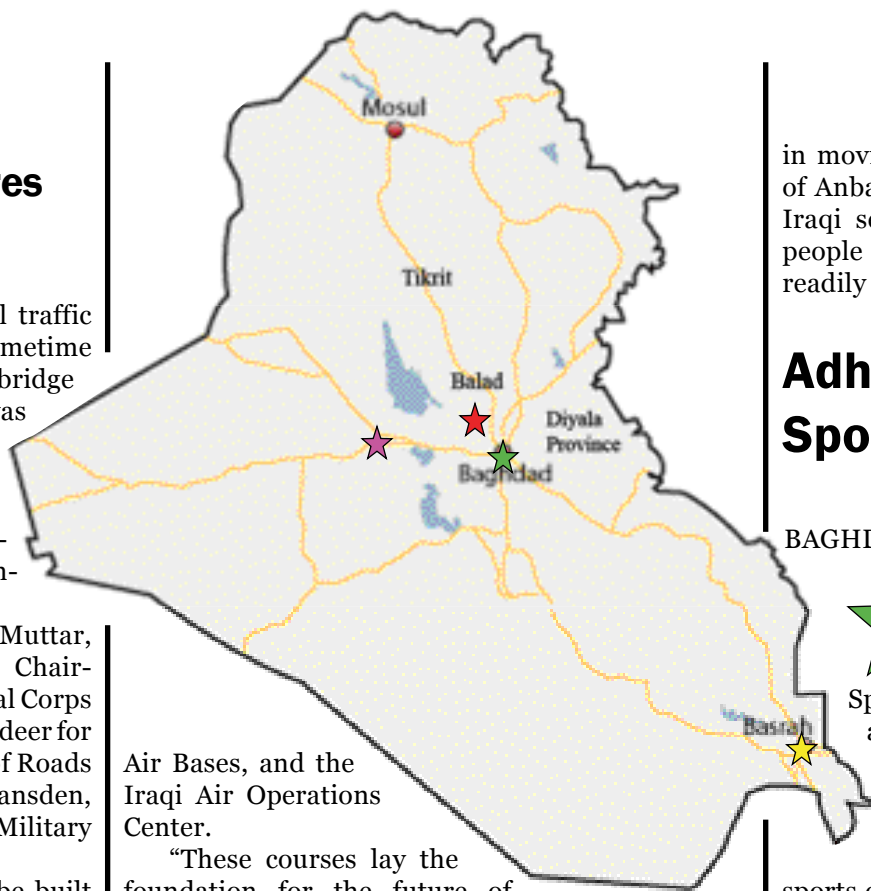
The bridges funding comes from the Iraqi Commanders Emergency Response Program funds and is backed by the Basra Provincial Council.

## First class of communicators in Iraqi Air Force graduates

 CAMP TAJI, Iraq – The first class of communicators in the new Iraqi Air Force graduated in a ceremony at the Iraqi Air Base here Jan. 5.

22 IqAF warrant officers graduated from the Network Course and 20 from the Radio Course, more than doubling the number of communications noncommissioned officers in the IqAF.

The courses provide the basic technical skills for each career field and prepare NCOs to contribute to the mission when they report to their Communications Squadrons. The graduates will be stationed at Taji, New al-Muthana, Kirkuk, Basrah, and Al Kut




Air Bases, and the Iraqi Air Operations Center.

“These courses lay the foundation for the future of Iraqi Air Force communications capabilities,” said U.S. Air Force Capt. Kevin Harvey, deputy A6 (Communications) for the Coalition Air Force Training Team of the Multi-National Security Transition Command – Iraq.

Brig. Gen. Ahmed, Director of Communications for the IqAF, said, “I wish to convey to you the greetings and congratulations from the IqAF commander to mark the graduation of the first IqAF Communications recruit class. I urge my brothers, the graduates, to look to the future of a great Iraq and to uplift the services and advancement of your country in building Air Force institutions. I’m pleased to take the opportunity on this occasion to express my appreciation and gratitude to all who participated in this success, The Air Force Training School teaching staff, Taji Air Base command, the Coalition (friends) and IqAF A6 staff.”

## MNF-W signs over Camp Fallujah to Gol control

 CAMP FALLUJAH, Iraq – Maj. Gen. Martin W. Post, deputy commanding general Multi-National Force – West, and Mawafek Mohammed Al-Kumanji, director of real estate, officially signed over Camp Fallujah to Government of Iraq control today in a ceremony at the camp.

Camp Fallujah is the latest in a series of bases turned over to Iraq by MNF-West including bases in al-Qaim, Habbaniyah, the Haditha Dam, Ramadi and several smaller combat outposts throughout the Anbar province.


Camp Fallujah was home to nearly 8,000 service members from combat and service support units in February when the Camp Pendleton, Calif. based I Marine Expeditionary Force took charge of al-Anbar.

In addition, MNF-West also removed over 32,000 concrete and dirt barriers, 95,000 metric tons of scrap metal, and 900 containerized housing units – ultimately more than 6,400 tractor trailer loads. The project was completed on January 10.

In accordance with the recent Security Agreement, the closing of Camp Fallujah is another step

in moving Coalition units outside the urban areas of Anbar. MNF-West remains ready to support the Iraqi security forces in providing security to the people of Fallujah and Anbar, a role the ISF has readily and successfully assumed.

## Adhamiyah’s al Talaba Sports Complex opens

 BAGHDAD – After the doldrums of any circumstance, hope is restored in new beginnings.

In the Qahira community, in Baghdad’s Adhamiyah district, the Talaba Sports Center was reopened to the public Jan. 9 after an extensive refurbishing project Iraqis and Coalition forces undertook to improve the impoverished Shi’a neighborhood.

“There are approximately 80,000 residents that live in Qahira, and this is the only sports complex in the area,” said Muhammad Madlom, Neighborhood Advisory Council chairman, “So, it is a good achievement for Coalition forces – and it is good they focus on and care about sports for youth because these guys are the future of this country. It will have a huge psychological impact on them as well as influence them for the good as they participate in sports.”

“When we took over this area, we assessed all of the areas to see what nonlethal missions we could conduct to fight off a lethal threat. And what we did was target an area that we thought needed the most help,” said Capt. John Spencer, 1st Combined Arms Battalion, 68th Armor Regiment, 3rd Brigade Combat Team, 4th Infantry Division, Multi-National Division – Baghdad.

He said Qahira is an important neighborhood because it contains a preponderance of lower-income Shi’a and had, at one time, a substantial militia that campaigned against the government of Iraq.

Opening a sport center such as this, he explained, will have a huge impact on the community, which helps to counteract propaganda.

“If you create just a little bit of happiness for them, you’ll create a lot of happiness within the community, which shows forward progression toward a better life,” Spencer said.

The Talaba Sports Complex was a huge undertaking. The refurbishment was funded through the Commanders Emergency Relief Program, and manpower was provided by area residents.

The project included repairing the gym floor, roof, stadium seating, kitchen, bathrooms, locker rooms, light fixtures, electrical systems and the parking area. The scope of work also included cosmetic issues, such as painting and cleaning the inside and outside walls.

“The project ended up costing \$187,300 of CERP funds and took approximately 60 days to finish the project,” said 1st Lt. Brendan McNichol., who serves with the 1-68 AR, 3rd BCT.

Among the facility’s amenities, said Spencer, is a basketball court that can also be used as an indoor soccer arena. It is one of two gyms in the area that measures up to Olympic standards.

The sport center, which will be used predominantly by six schools in the area, is open to children of all ages. The complex, he added, has been well received by residents of the area.

# Sustaining the Line



U.S. Army photo by Spc. Brian A. Barbour

**1st Lt. David Redman**, an Everett, Wa. native and platoon leader in Alpha Company, 1st battalion, 161st Infantry Regiment, heads towards the finish line of a 12 mile road march at Joint Base Balad, Iraq, Jan. 10. Redman, who finished 2nd place with a time of 2hr.-18min and the first Army Soldier to complete the road march, said he ran the whole 12 miles. "I figured if I kept running I'd get it done faster," says Redman.



U.S. Army photo by Staff Sgt. Carson Morris

**Sgt. Monty Scranton**, a native of Owensboro, Ky., assists **Spc. Daniel Bebee**, a native of Jasper, Texas, **Pfc. Earl Holeness**, a native of the Bronx, N.Y., and **Spc. Jack Baxter** of Lincoln, Neb., with an engine replacement on a M-932A2 5-Ton vehicle while working with the 62nd Quartermaster Company, 398th Combat Sustainment Support Battalion, 10th Sustainment Brigade. The vehicle is one of 125 direct support job orders for the Stryker maintenance section team they completed since the beginning of their deployment. The MST Stryker Soldiers are assigned with the 503rd Maintenance Company and serving a 15-month tour here in support of Multi-National Division - Baghdad.



U.S. Army photo by Spc. Kiyoshi C. Freeman

**TOP:** Soldiers with the 50th Engineer Company, from Fort Leonard Wood, Mo., unload their gear from a truck at Joint Base Balad, Iraq, Jan. 13. The unit, newly arrived in theater, was moving into transient housing here.



U.S. Army photo by Sgt. Alex Snyder

**LEFT:** **Spc. Ben Ashworth**, a Soldier with Delta Company, 1st Battalion, 161st Infantry Regiment from Spokane, Wash., paints a mural for his company, the "Spartans," at Joint Base Balad, Iraq, on Jan 1. Ashworth completed the mural in two weeks.