

EXPEDITIONARY TIMES

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Joint Base Balad Tax Center

Taxes are prepared and filed for all Soldiers, Airmen, Sailors, Marines and Coast Guard, as well as DOD/DA/DAF Civilians; and for those filing a Form 1040EZ, 1040, or 1040A, as well as Schedules A, B, C and D.

The JBB Tax center is open from Feb. 2 to April 30, 2009; Monday, Tuesday, Thursday and Friday 0800-1700 hrs; Saturday: 1600-2300 hrs; Closed: Wednesday and Sunday

The center is located at: 332 EMSG Building (Mission Support Group/JBB Info Center), directly across the street from DFAC 2

For more information, e-mail: Tech Sgt. Jerol Boyce at jerol.boyce@blab.afcent.af.mil, Spc. Jaclyn Mims at jaclyn.mims@blab.afcent.af.mil or call DSN: 443-8304 or stop by during business hours.

Personnel may be referred to a paid preparer for any tax returns that are complicated, or involve filing multiple forms and schedules.



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

From left to right: Texas National Guardsman Capt. David Alderman, of El Paso, Texas, Spc. Richard Roberts, of Gordandale, Texas, Spc. John Falcon, of Las Cruces, NM., Spc. Kristin, of Eden Bath, Maine, and Spc. Michael Leslie, of Dallas, Texas, compete in the litter carry event of the 3^d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. The Soldiers, who are from the 2nd Battalion, 142nd Infantry Regiment, traveled to JBB from Al Asad Air Base to compete against 22 other teams in 7 total events.

Sustainer Challenge challenges sustainers

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq — Soldiers from across Iraq gathered here March 18-19 to compete in the 3d Sustainment Command (Expeditionary)'s Sustainer Challenge competition, a team-based event designed to test the limits of physical endurance, combat skills and team spirit.

More than 130 participants from 21 battalions competed in seven events, including a five-mile road march in full combat gear, weapons qualification, a timed humvee tire



change, a physical fitness test and modern Army combatives tournament. The challenge was designed to promote team building and esprit de corps centered on events representing the forty warrior tasks and 11 battle drills every Soldier is expected to know.

Brig. Gen. Michael J. Lally, the 3d ESC commanding general, said the most successful teams were those that worked together. He said the Army today - just like the U.S. Army throughout its history - has fought and won battles as teams, not as individuals.

"The team that can shoot, move, fight, maintain and win together will come out on top," Lally said to the participants at the beginning of the competi-

tion.

Each team consisted of five competitors and one coach, and was required to include an officer, a female and a Soldier at least 30 years old.

Command Sgt. Maj. Willie C. Tennant, Sr., the 3d ESC senior noncommissioned officer said every participant learned something through the training process and during the two days of competition. He said every participant came out a better Soldier than when they started.

"Every task we did the last two days had something to do with combat operations," Tennant said. "We took the foun-

dation of what the Army has asked every Soldier to do and packaged it for this competition."

Tennant said the competition was designed to be a team concept. The goal wasn't to find the strongest or fastest team - it was to find the team that worked the best together, he said.

"It gives Soldiers an opportunity to refine Soldier skills, work with teammates and evaluate their skills as an overall Soldier," Tennant said.

Three individual awards were given to Soldiers who stood out from their peers. The Warrior Ethos Award was giv-

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own the EDGE
Composite Risk Management

Soldiers Charged for Lost /Damaged Equipment

DEPARTMENT OF THE ARMY
HEADQUARTERS, 3^d SUSTAINMENT COMMAND (EXPEDITIONARY)

JOINT BASE BALAD
APO, AE 09391

11 MAR 09



3^d ESC FLIPL Report

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

Item	Description	Action	Cost
DIG Assist: MC70	Trucks were signed for and TMR'd but the equipment inside was never accounted for. It is unclear if the equipment was actually inside the vehicle when they signed for them.	No one charged	\$1,500.00
AN/PAQ 4C INFRARED AIMING LIGHT	Soldier lost his AN/PAQ 4C, two days later the destroyed item was discovered at the North ECP clearing barrel.	Soldier charged	\$460.00
TRUCK TOR: HETS M1070P1	Multiple vehicles involved. Four vehicle accident due to the sudden stop by the lead vehicle. Soldiers had been on the road for 13 hrs when the accident took place.	No one charged	\$127,425.75

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Joint Base Balad, Iraq

DSN: 318-433-2023

Sustaining the Line!

Soldiers Charged for Lost /Damaged Equipment

Soldiers Charged for Lost /Damaged Equipment

Soldiers Charged for Lost /Damaged Equipment

EXPEDITIONARY TIMES

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3^d ESC Commanding General, Brig. Gen. Michael J. Lally

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^d 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.

Chaplain's Corner

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

-God (Jeremiah 33:3)

There are two prayers that anyone can pray, any time, anywhere. They are: "Thank you God!" and "Help me LORD!" One prayer reflects our gratitude to God for His many blessings while the other recognizes our need for God's intervention when we are in a desperate situation.

The God of the Bible is a God who cares about His people. In this world there are going to be trials and tribulations. It would be nice if God insulated us from the evils of this world, but He doesn't. We experience pain and suffering and disappointment and heartache just like everyone else. But for the person of faith there is hope.

God promises to be with us in the midst of all that we are going through. He tells us that if we call out to Him, He will answer. There are no conditions, no prerequisites. His response is not based on how good we are, how faithful we are or how religious we are. It is entirely dependent on how desperate we are!

The proud person doesn't ask for help. The self-sufficient person doesn't ask for help. The person who has it all going on, doesn't ask for help. But the hurting person asks for help. The lost person asks for help. The confused person asks for help.

Help is available. All we have to do is ask. Call on God and He will answer.

Submitted by CH (CPT) Peter Strong
Brigade Chaplain
304th Sustainment Brigade

Hooah of the Week



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

Maj. Scott S. Romero is congratulated by Brig. Gen. Michael J. Lally, 3rd Sustainment Command (Expeditionary) commanding general, for being selected this week's "Hooah of the Week." Romero, who is from Virginia Beach, Va., and a reservist with the 70th Regional Readiness Command, Detachment 30, works as the 3d ESC's Counter Improvised Explosive Device Officer. Romero was recognized for his outstanding work performance in reducing the effects of IEDs on sustainer Soldiers.



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Looking back on six years of OIF

BY STAFF SGT. DILIA AYALA
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – Marking the six-year anniversary of Operation Iraqi Freedom March 19, Airmen in the 332nd Air Expeditionary Wing take a moment to reflect on previous deployments here and the progress that's been made since 2003.



U.S. Air Force photo by Tech. Sgt. Erik Gudmundson

The setting sun silhouettes the air traffic control tower at Joint Base Balad, Iraq, in 2008. The 332nd Air Expeditionary Wing at Balad runs the tower and is a forward-deployed Air Force wing in support of Operation Iraqi Freedom.

Some take note of the physical changes in the base, the hardened facilities and the concrete T-wall barriers, while others think back on how far Iraq has come in the last six years.

Deployed here for the second time since 2005, Maj. (Dr.) Chris Connaughton, 332nd Expeditionary Medical Group colorectal surgeon, reflected on his first deployment here.

"The last time I was here, we were in the old green tents and we upgraded to the newer beige tents," said the surgeon, who's deployed here from Lackland Air Force Base, Texas. "This time, of course we have the hospital (Air Force Theater Hospital). Overall, the capabilities are very similar as far as what types of surgeons we have, what type of equipment is used. It's more amazing what we could accomplish in the tents as op-

posed to what we are doing now in this fixed facility."

Fellow surgeon Lt. Col. (Dr.) Jerry Pratt, 332nd EMDG cardiothoracic surgeon, also recalled his time here during a past deployment in 2007.

"A lot of the tents have disappeared since then," said Pratt. "There's a lot more construction. The operating rooms were sort of what we have here in the hospital except they were in connexes (metal storage containers). They were set up a lot like they are now, but what we have here is about a third bigger than those operating rooms."

"Before, it was a lot dirtier, and the wind would blow through the walls," continued the Midlothian, Va., native deployed here from Travis AFB, Calif. "You could hear the helicopters constantly. If it was 120 degrees outside, it was 90 to 100 degrees in the tent. We were kind of in an austere environment at that time."

Six years later, the quality of life on JBB has also improved.

"The facilities are definitely better than the last time I was here," said Staff Sgt. Daniel Wentz, 332nd Expeditionary Logistics Readiness Squadron vehicle maintainer, deployed here for the second time since 2005. "Our maintenance facilities have really improved. We used to work out of one HAS (hardened air shelter) on the flightline; now, we've actually spread out into three or four different buildings where we work, and we have a lot better equipment."

Another change noticed by Airmen previously deployed here is a difference in their sense of safety.

"Before, there wasn't that sense of safety that you have now," said Pratt. "There were no overhead barriers in the operating rooms. The mortars could come through the roof at any point and time. I think it's safer here now."

Wentz, who hails from Cuttstown, Penn., and is deployed here from Eielson AFB, Alaska, agreed.

"There are a lot less attacks now," he said. "We used to have an IDF (indirect fire attack) on average, one or two a day. Now it's a lot less."

The downward trend is also reflected in the large decrease in the number of trauma patients admitted to the AFTH.



Courtesy photo

Medical personnel treat emergency-room patients at Balad Air Base, Iraq, Nov. 4, 2004.

"The biggest difference between now and my previous deployment is the significant decrease in the number of casualties," Connaughton said. "When I was here the first time, sort of toward the beginning of OIF, we were getting somewhere between 15-25 major traumas per day. Now it's surprising if we get more than a couple a day, one or two maybe."

In addition to infrastructure and security changes in the last six years, there has been a notable change in the relationship between U.S. forces and the Iraqi people.

"The biggest difference between now and my previous deployment is the significant decrease in the number of casualties," Connaughton said.

In an effort to enhance health care in Iraq, doctors here are currently working with local physicians.

"We are currently working on a program to interact with local-national physicians," said Connaughton. "It's more of a knowledge-sharing sort of venture. We will certainly be trying to educate them on what we are doing, but also they'll be telling us what their capabilities are. They really don't have any difference in their knowledge base than we do as far as



U.S. Air Force photo by Staff Sgt. Joshua Hower

A C-130 Hercules passes by the temporary air control tower nicknamed the "tree house," as it taxis down the runway in 2004. The tower was set up here to sustain flying missions while crews renovate the existing tower.

"Our relationship with the local nationals has also dramatically improved," said Pratt. "They come to the gate all the time to get help because they feel that they get better health care here than they would at the local hospitals."

"I think we are making a big difference," he continued. "I think the fact that we treat everybody the same way we treat our own has a lot to do with it. When I was here last, we treated a sheik's son and after that, in his section in the western province, there were no more improvised explosive devices that went off. We still hear stories that if we help this individual or family things get better in that area."

"We've made a dramatic impact, saving a lot of people who otherwise may have not been saved," he added. "I think in the long run it's had an impact on the locals as to how they feel about us. It is my hope that all this will continue to further our relationship with the local na-

things they are trying to accomplish from a medical and surgical standpoint."

There have been both triumphs and tragedies in the course of OIF. According to the Department of Defense, 4,260 U.S. servicemembers to date (March 16, 10 a.m. EST) have made the ultimate sacrifice for their country while serving in OIF. Of those, 47 served as part of the 332nd AEW here at JBB. The memorial in front of the wing headquarters building stands as a testament to the fallen Airmen.

While much has changed here since the beginning of OIF, one thing remains the same: Airmen here remain committed to combat excellence and focused on mission accomplishment.

"I was looking forward to coming back to Balad to see how much it's changed," said Wentz. "Balad and Iraq have come a long way since my previous deployment and will continue to progress as time goes on."



U.S. Air Force photo by Senior Airman Tiffany Trojca

The Air Force Theater Hospital opened August 2007; the emergency room pictured here is the first stop for trauma injuries from around the country. Currently, the 332nd Expeditionary Medical Group here maintains a 98 percent survivability rate thanks to early treatment and quick transport.

Never lase a friendly force

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Sgt. Chris M. Horvath, a truck commander with B Troop, 3rd Squadron, 124th Cavalry Regiment, was headed north bound on a supply route during a convoy escort mission when he was hit.

He wasn't hit by an enemy with small arms fire; he was lased by a fellow Soldier with a green laser system.

Coalition forces use many different types of laser systems varying in power from safe (5 megawatts of energy) to extremely hazardous (105 mw). The lasers are a non-lethal weapon used as an escalation of force tool during convoy operations.

Horvath, of McKinney, Texas, said he saw the laser pass through the window twice. He and other Soldiers in his truck had severe migraines for 48 hours but felt lucky because they didn't have permanent eye damage.

Recently, Brig. Gen. Michael J. Lally, the 3^d Sustainment Command (Expeditionary) commanding general, stated that safety and force protection of Soldiers is paramount. He said green laser incidents can be prevented with proper training, complete awareness and direct leadership involvement from all leaders within the 3d ESC.

The word laser means light amplified by stimulated emission of radiation. The laser burns whatever it comes in contact with, especially soft tissue like eyes, said Capt. Russell Harris, the B Troop commander and native of Denison, Texas.

"Soldiers in my unit affected by lasers have suffered temporary blindness, headaches and blurred vision," Harris said.

Since November of 2008, the 3^d ESC has experienced 12 green laser incidents involving 14 Soldiers and varying degrees of injury. Three Soldiers required medical evacuation out of Iraq and one Soldier is now blind in one eye.

A message from the acting Surgeon General Rear Admiral Steven K. Galson of the U.S. Public Health Service Commissioned Corps said there has been an increase of friendly-on-friendly laser eye incidents reported in Iraq. The report states the incidents appear to occur when units first arrive in theater.

Harris said he had never heard of eye laser incidents prior to arriving in Iraq until last December. He said he feels there is a lack of training for Soldiers on the dangers of lasers.

Harris said laser incidents can be eliminated through knowledge and ongoing training from their units. Soldiers should never intentionally point the laser at anyone except an aggressor.

Galson said laser safety should be briefed during the rules of engagement and escalation of force procedures.

"The intent of the laser is to assist the

gunner with stand-off distance and to warn non-military vehicles as they encroach upon Coalition convoys," Harris said.

Horvath said Soldiers need to remember that lasers are weapons and should never be used against Coalition forces.

The SG report said lasers are dangerous at all times but the effects can differ from day to night time. During the day, a laser may look like a photoflash and persist for a few minutes. During nighttime operations, the viewing of lasers may impair a Soldier's night vision for up to 30 minutes.

Commanders and leaders must ensure their personnel are thoroughly familiar with laser hazards, Galson said.

Harris said the best defense to a crew member being lased is to avert their eyes and contact the person employing the laser to discontinue its use.

"The incident should be reported immediately to the Soldier's unit," Harris said. The unit needs to conduct remedial training to ensure the Soldier employing the laser system is aware of the proper usage as a non-lethal weapon and should never be used on friendly forces."

The SG report states all major laser incidents in Iraq have been investigated and none were attributed to enemy activity. All laser injuries have been accidentally self-inflicted or were attributed to improper laser use of friendly forces.

"We are all U.S. Soldiers, you would never point your rifle at another Soldier, don't point your laser," Horvath said.

"It's a weapon too."

Green Laser Safety Instructions

- Commanders must ensure that all personnel utilizing these lasers are properly trained.
- Treat Green lasers as weapons, not toys. Never intentionally point the laser at anyone except an aggressor.
- Maintain awareness of mirrored surfaces to avoid reflecting the beam back at friendly forces.
- Never shine the laser at someone's face.
- Include laser safety in the unit standard operating procedures.
- Include laser safety precautions when briefing rules of engagement and escalation of forces procedures.
- Do not purchase class three B lasers through non-official channels.

Sustainers train safely in MRAPs

BY SPC. KELLY ANNE BECK
304th Sust. Bde.

JOINT BASE BALAD, Iraq – The Mine-Resistant Ambush-Protected vehicle is used by many 3^d Sustainment Command (Expeditionary) Soldiers during convoy operations in Iraq today.

When Soldiers are properly trained to operate the vehicle, it can serve as a strong asset to units throughout Iraq. However, if the MRAP drivers are not properly trained it could result in damage to the vehicle, injury or death.

"First and foremost these requirements are given to ensure the Soldier's safety," said Jason C. Irvin, a native of Hughes Springs, Texas, and senior in-

structor of the MRAP driver's course. "If we give them the best training possible, then they will become the best Soldiers."

Drivers must have a civilian driver's license and complete a 40-hour, four-day equipment training course that includes lessons on how to operate common components in MRAPs, how to drive the vehicle and roll-over training.

"It's just as important for Soldiers to know how to maintain MRAPs as it is for them to know how to drive them safely," said Herb Brotherhood, a native of Copperas Cove, Texas, and the site leader for Regional Support Activity Balad, an MRAP site that helps oversee the Soldier's training.

Training begins in a classroom atmosphere. Soldiers are taught to identify the components of an MRAP and become familiarized with the specific parts and functions of the vehicle. Soldiers are taught how to perform a proper maintenance

check and services on the MRAP.

Brotherhood said it is very important for Soldiers to remember what type of vehicle they are driving because no matter how easy the vehicle is to steer, it's important to always keep the training in mind.

"Although it's an extremely heavy vehicle, it can be misleading because it's fairly easy to drive and operate," Brotherhood said. "Soldiers tend to forget what they are driving and start driving too fast. That's when the chance of a roll-over increases."

During the training, Soldiers are required to drive 75 miles during the day and drive 50 miles at night using night vision devices. Soldiers also drive on unimproved and improved terrain to ensure they are prepared for the different roads in Iraq, said Maj. Thomas J. Harzewski, a native of Pecos, N.M., and the force modernization chief for the 3^d ESC.

"Everything we do in our training is to help prepare Soldiers for what they might face on the road," Brotherhood said. "We put the most emphasis on safety because these vehicles have precious cargo and we want our Soldiers to complete every mission safely."

Harzewski said although the Soldiers are given training to avoid roll-overs, they are also trained how to respond to them.

Brotherhood said one of the main causes for roll-overs is the speed Soldiers are traveling at when they make turns.

"These vehicles can weigh up to seventy thousand pounds, that's almost the weight of an 18-wheeler back home, and it's very different from driving some of the smaller cars Soldiers are used to driving," Brotherhood said.

"Our mission," Irvin said, "is to teach Soldiers the skill set and knowledge to safely return from their missions."



287th Sustainment Brigade, COB Adder
<http://www.287susbde.com/>



General Technical improvement

BY 1ST LT. SCOTT DETLING
371st Sust. Bde.

AL ASAD, Iraq - Thirty-one Soldiers and Marines graduated from a General Technical score improvement course at Al Asad hosted by the 371st Sustainment Brigade. This big day arrived after four weeks of intensive classroom work and volunteer tutor support.

The brigade recognized Staff Sgt. Luis Rangel from the 345th Combat Support Hospital as honor graduate. Col. Daniel Tack, the 371st Sust. Bde. commander, presented each graduate with a certificate of completion. Their walk across the graduation stage fol-

lowed congratulatory and motivational remarks by the commander.

The GT score can determine a service member's pathway through higher-skilled military occupational specialties. A score of 110 and above opens the door to a higher skilled MOS and also provides an avenue to becoming an officer or warrant officer.

Since its inception, the brigade's GT improvement class has improved the scores of 99 percent of its participants. Better yet, 55 percent of graduates have achieved scores over the targeted 110. Three Soldiers in Headquarters Company, 371st Sustainment Brigade, have achieved scores of 110 or higher. This current batch of graduates marks the sixth successful class during the 371st Sustainment Brigade's tenure at Al Asad.

The key to the brigade's success has been the procured testing rights and the experience of its administrators.

"Before we had our own testing rights, our students could complete the course here at Al Asad but we had to send them off to Kuwait or Joint Base Balad for testing," said GT Manager Master Sgt. Gary Cook. "It has been fantastic for our students that we can complete everything here. It's a full-fledged one-stop school!"

"We've got ten very dedicated instructors and five tutors, too," Cook continued. "It's an all-volunteer corps of educators. We couldn't do any of it, though, without Sgt. 1st Class Sheila Parrish. She is the backbone of the GT improvement course."

Sgt. 1st Class Sheila Parrish had experience running the JBB improve-

ment course and orchestrates the Al Asad school's many "moving parts." She is also responsible for charge of the students of the basic Noncommissioned Officer Course at Al Asad.

"The next improvement class begins on March 9, and we've got additional preparations to make," Parrish said. "I've got to find five instructors to make a commitment to four weeks of class. With the educational legacy the 371st Sustainment Brigade has established here, my task should not be that difficult."

Classroom sizes have increased since the school's August 2008 establishment. At the start, ten to twelve students participated. By January 2009, the numbers have grown to between 30 and 33 class members, an upsurge of 300 percent in over six months.

Joint Base Balad opens tax center

BY STAFF SGT. STEPHEN LEE
UPAR, 304th Sust. Bde.

JOINT BASE BALAD, Iraq - Time to pull out the dusty shoebox from underneath your bed filled with receipts and bank statements. It's tax season, and Joint Base Balad has its own Tax Center to help deployed service members file their tax returns. The best part is it's free to all service members and Department of Defense civilians.

The JBB Information Center is located adjacent to Dining Facility 2 on Joint Base Balad. There, Soldiers can get assistance with filing their federal and state tax returns. The all-volunteer workforce is comprised of service members and civilians from all over JBB who

attended extensive Volunteer Income Tax Assistants tax training. All tax representatives have been certified on 2009 tax laws and procedures for helping service members and DoD, Department of the Army, and Department of the Air Force civilians maximize their return. The Tax Center is open Monday, Tuesday, Thursday and Friday from 8 a.m. - 7 p.m. and on Saturdays from 4 p.m. - 11 p.m.

The VITA program is a product of the Volunteer Return Preparation Program was formulated after the Tax Reform Act of 1969. In 2000, emphasis for the program shifted to completing and filing forms online. This process is known as e-filing. After a client e-files, the status of their return can be checked online within a few days. Depending on how the client chooses to receive their return, they could have their refund in as little as ten days. The volunteers don't have the abil-

ity to process complex tax returns, but they can process basic returns and help clients with simple tax questions.

This is the third anniversary of the Tax Center here on JBB and the staff is eager to help service members and civilians alike. To date, according to Spc. Jaclyn Mims of the 224th Military Intelligence Battalion, the center has processed 221 returns. They have assisted clients in receiving over \$300,000 total in returns and saved them more than \$30,000 in tax-preparation fees. The all-volunteer workforce worked diligently to get the maximum return amount for its clients and vows to continue to do so.

Many service members are unfamiliar with tax laws and exclusions that apply to deployed service members. Many of these laws can help service members get a larger refund or possibly reduce the amount of tax due. According to the Internal Revenue Service's website,

combat pay earned while in a combat zone or while hospitalized as a result of combat wounds, may be excluded from your earned income. Also, payments made for student loans while in a combat zone may be eligible for exclusion. There are many different exclusions and benefits for service members, and one of the 35 volunteers, such as Tech. Sgt. Jerry Boyce of the 332nd Expeditionary Wing, can help filers identify them.

Sgt. 1st Class Millicent J. Martin, 304th Sustainment Brigade special projects noncommissioned officer in charge, a resident of Tacoma, Wash., is excited to help service members with their returns. Martin volunteered for the VITA Tax Center because she wanted to do something for the Soldiers and their Families. "In this environment, the mission is our primary focus, yet, it is still important for Soldiers to feel that their needs matter."

SAFETY



SURE SEAR SAFETY

M240-Series Machine Gun...



Safety Topic of the Week

Courtesy of PS Magazine. For service members using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online: <https://www.logsa.army.mil/ps-mag/psonline.cfm>

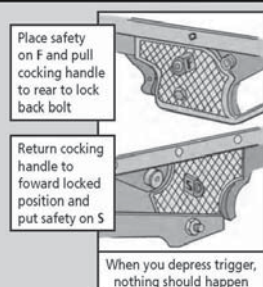
It's easy enough to tell if the sear is still up to the job. After clearing your M240, move the safety to F (fire) and pull the cocking handle completely to the rear to lock back the bolt. Then return the cocking handle to the forward locked position. Place the safety in the S (safe) position and depress the trigger. Nothing should happen.

Next move the safety to F and hold the cocking handle to the rear while you fully depress the trigger. Then ease the bolt forward until it locks. You should not be able to move the safety to S.

If your M240 flunks this test, it shouldn't be fired. Tell your armorer. He needs to check it out.

The reason sears wear out fast is because gunners don't pull the trigger fully to the rear when firing and don't release the trigger fully when they've finished firing. So remember to pull the trigger completely back to keep the sear healthy.

Another good health tip for the sear is to store your M240 with the safety on F and the bolt locked forward.



I was a rock band roadie in Iraq

BY SGT. PAUL NOLLETTE
UPAR, 181st Bde. Support Battalion

CONTINGENCY OPERATING BASE Q-WEST, Iraq — As part of the events and communications team here, I am called upon to be part of base morale, welfare and recreation events. Sometimes these missions are a chore, sometimes they are exciting, but they are always a learning experience.

I have escorted Indy racecar drivers to the post exchange, watched over Comedy Central comedians as they slept, set up garbage cans and fire extinguishers at a flea market, and provided warming beverages at an early morning fun run. None of these prepared me for my latest mission as a roadie for the rock band "Quietdrive."

Quietdrive is a pop rock and punk band based out of Minneapolis, Minn. They have been together since 2002 and have toured in the U.S., Europe, Japan and now Iraq. They have had their music in the American Top 40, and their song "Time After Time," a cover of a Cyndi Lauper song, is featured on the soundtrack of the 2006 feature film, "John Tucker Must Die."

My night as a roadie started with

picking the band up at the airport. They came with 900 pounds of drums, guitars, speakers and other equipment.

Along with four other Soldiers — Sgt. 1st Class Shawna Snodgrass, morale, welfare and recreation noncommissioned officer in charge; Staff Sgt. Martin Chen, helpdesk noncommissioned officer in charge, department of public works; Sgt. Christian Gabriel, projects noncommissioned officer in charge, DPW, and Spc. Phillip Stosser, cable technician — were assigned to move their equipment from the airport to the MWR indoor theater where they would be performing.

The entire band pitched in and helped load equipment. In very short order the gear was stowed safely on the truck and the band members were on the VIP bus. When we arrived at the theater, everyone again helped unload the equipment.

Then the real activity started. Speaker covers were pulled off and then the speakers were mounted on their stands. Microphone stands were telescoped into position at various points around the stage.

"Do you think I can get a rug for my drums?" asked the drummer, Brandon Lanier.

At the time I was wondering why he needed a rug. As the flurry of activity continued, I went in search of a rug. The staff at the MWR quickly found

a rug and it was brought to the stage. Brandon directed where it should be placed. I finally had to ask what the rug was for. He told me that it keeps the drums from scooting across the floor and out of reach as he plays. Like I said, you learn something new with every mission.

Another learning point was the hundreds of feet of cable that a band needs for all their equipment. The cable was housed in several large black duffel bags. We opened the bags and Robert Conner, the band's sound engineer, directed us in stringing cables from every microphone, drum — there were five just for the drums! — guitar, speaker, mixer, and power outlet.

They had obviously done this before, because each cord had a place and a path to follow and the band walked amongst these trip hazards as if they were not there.

After all the equipment was set up, our job as roadies was done until after the concert. They started their sound check and for about 20 minutes we were serenaded by guitar riffs, drum solos, and the words "check, check, one, two, check," sung in a variety of notes.

At one point, Druo Hastings, Quietdrive's bass guitarist, was trying to fix some "tinny" sound he was hearing when he played. I, of course, couldn't hear anything tinny. The sound crew must have been able to hear it, because

in short order they had a smiling Druo bumping his way through the rest of his sound checks. And then the music began.

They played well. Some songs I recognized and others were new to me. I enjoyed it all. As I looked around the theater, I could see heads bobbing and knees pumping in time to the music.

Quietdrive played for just under an hour. Once they were done, they signed pictures and greeted Soldiers. We call this part the "meet and greet."

After everyone left, we assisted the band in tearing down the equipment. This time all the cables needed to be coiled and stowed into the duffel bags, guitars nestled into their cases and microphones put back into their boxes.

Everyone again lent a hand and the chores were done quickly. We drove the band and their equipment back to the airport. We only had to wait about 20 minutes before the helicopters showed up. Loading the equipment onto the helicopters was done in the same manner as everything else to this point, as a team effort. At 10 p.m. we waved goodbye to the band members of Quietdrive and my night as a rock band roadie came to an end.

The total time the band was here at Q-West was 3 1/2 hours, but the memory of meeting a rock band and being part of their roadie crew will last a lifetime.

A big move made easy at Abu Ghraib

BY CAPT. MIKE VINCENT
1st Bn., 161st Inf. Regiment

ABU GHRAIB, Iraq — 1st Lt Joel Berkowitz, the 2nd Platoon, Charlie Company "Crazy Horse" convoy commander never imagined himself leading a convoy through the Abu Ghraib district of Baghdad. However, the lieutenant couldn't have imagined anything better.

The convoy contained \$6 million worth of industrial generators under his responsibility and critical to the 3^d Sustainment Command's (Expeditionary) mission of sustaining Coalition forces at Camp Taji.

As the radio sounded and the glow of computer monitor filled the small cab of his Mine-Resistant Ambush-Protected vehicle Berkowitz gave the

order: "Crazy Horse 24 RED CON 1, Scout 1 move out."

The power station being moved from Abu Gharib to Taji consisted of eight, 2-megawatt generators, along with associated cabling and distribution systems, and 8 kilometers of 15-ft. high fences. For a move of this size, an estimated 67 flatbeds and eight Heavy Equipment Transports were used. The transfer of the power station from Abu Gharib to Taji will result in Taji's power production increasing by 33%.

As vehicles peeled off the staging area and moved into position, the massive, 20-ton containerized generators on flatbed trucks, waited for their position in the convoy and the order to move. The yard managers assured Berkowitz the generators would pass under the myriad of overpasses and highway signs scattered the road to Taji. The impact of a generator against an overpass would be catastrophic and could cost millions of dollars in

repairs. It would also put the convoy in a very dangerous situation being stuck in a Baghdad neighborhood in the middle of the night.

To mitigate this risk, the Soldiers of 2nd platoon employed a seemingly unlikely method of assuring each overpass was high enough to allow the convoy to pass. Each scout MRAP vehicle placed a post with a glow stick attached at the tip on its turret. This post was measured alongside each load to ensure it would clear the underpasses. As the scout vehicle approached an underpass, the gunner would observe the tip of the glow stick. If it impacted the underpass, the load could not pass and the convoy would have to be turned around. If it cleared, the convoy could pass. The convoy began its move.

About an hour into the convoy, the first scout vehicle approached an extremely low overpass. Staff Sgt. Eli Koemstedt, the 2nd Platoon lead

scout radioed the convoy: "This is as low as it gets, hold on". A minute that seemed like hours passed. Then Koemstedt radioed: "Hug the left side of the road under the highest point of the underpass. We have about two inches." Each truck slowly moved to the left and passed underneath. Success. A collective sigh of relief could be heard up and down the convoy as the lights of Camp Taji approached.

As the lead convoy vehicles waited for the delivery of generators, a group of crew members gathered. "Just another day in the life of Crazy Horse" explained Staff Sgt. Candido Villalobos. "We'll be at it again tomorrow."

Just then, the dark silhouette of 1st Lt. Berkowitz approached: "We're outta here, report RED CON status when you're up." The convoy crews scrambled to their vehicles and the engine rumble sounded once again. A familiar order broke the silence: "Crazy Horse 24 RED CON 1, Scout 1 move out".

Do you have a story idea?

Contact the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

Two Soldiers inducted into Sergeant Audie Murphy Club

STORY AND PHOTO BY
CAPT. NATALIA MERCEDES-WILLIAMS
18th CSSB PAO

JOINT BASE BALAD, Iraq — Two Soldiers from the 18th Combat Sustainment Support Battalion, stationed at Contingency Operating Site Mar- ez-East, became members of the prestigious Sergeant Audie Murphy Club here Feb. 19.

The SAMC is a means of recognizing those noncommissioned officers who have significantly contributed to the development of a professional NCO Corps and combat ready Army. Members exemplify leadership characterized by personal concern for the needs, training, development and welfare of Soldiers and their Families.

One of the inductees, Sgt. 1st Class JennyAnne Canlas, a native of Virginia Beach, Va., said she was proud to join the ranks of outstanding NCOs.

"It is an honor to be among an elite group of noncommissioned officers," Canlas said. "I want to strive to be



Staff Sgt. Elbert Baltrip (left), Headquarters and Headquarters Company, 18th Combat Sustainment Support Battalion, and Sgt. 1st Class JennyAnne Canlas, HHC, 18th CSSB, were inducted into the Sergeant Audie Murphy Club at Joint Base Balad Feb. 19.

the best leader I can be, make a difference, always lead, train Soldiers, and to take pride in the NCO Corps. Becoming a member of the SAMC is a

commitment to set an example and to hold the highest standards of leadership."

Canlas said this board was not like other Army boards.

"It was not a traditional board," she said. "It is based on your leadership and your experience as a leader. It's not about how you can quote a regulation, or about trying to impress them on what you think they want to hear, but it is how you lead and take care of Soldiers."

Staff Sgt. Elbert Baltrip, a native of Houston, Texas, said SAMC members are not average noncommissioned officers.

"SAMC members stand-up to challenges and are not afraid to do so," Baltrip said. "This club is for true leaders who enjoy mentoring Soldiers and subordinate NCOs."

But Baltrip said the SAMC is not for everyone.

"If a SAMC member encourages another NCO to try and become a member, it is because he or she sees the potential in that individual and knows that individual would represent the club well," Baltrip said.

Transportation Soldiers step up to challenge

BY 1ST LT. CHARLES YORK
233d Transportation Co.,
391st CSSB

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Transportation Soldiers here stepped up to compete in the 3^d Sustainment Command (Expeditionary) "Sustainer Challenge."

Ten Soldiers from the 233rd Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, consistently trained for the 3^d ESC's competition at Joint Base Balad.

With a collective 200 miles worth of

road marching, a weapon system disassembly and reassembly time of less than one minute, countless rounds fired on the range and over-achieving physical fitness test scores, these Soldiers believe they did their best to train for the competition.

On Jan. 17, 2009, the ten Soldiers volunteered to put their Soldiering skills to the test with the goal of representing the 391st CSSB in the competition. The train-up for the competition incorporated several tasks including combat medical aids, combatives, humvee tire changes, weapons marksmanship, rigorous physical training, and miles of road marching.

Staff Sgt. Carman Boyd, heavy wheeled vehicle operator, 233rd Trans.

Co., and Columbus, Ga., native, showed her skills during the train up.

"It feels great to get back to the basics, sometimes we all need a refresher and the chance to increase our proficiency in our basic Soldiering skills," Boyd said.

Out of the ten Soldiers who trained for the competition, only four from the company traveled to Balad to compete. Each battalion team who competed in the event had to meet certain criteria. The team had to consist of one female, one Soldier at least 30 years old, one who was combat lifesaver certified and one officer.

1st Lt. John Ferrell, executive officer, 233rd Trans. Co., from Pasadena, Calif., was the officer selected for this compe-

tition.

"The team has come a long way since we first started," Ferrell said. "I remember when it took us over five minutes to disassemble and reassemble one of our weapon systems. Now we have it down to an art, with our best time just at 29 seconds."

All of the Soldiers who participated in the training were recognized by the 391st CSSB Commander, Lt. Col. Ronald Pacheco, and received a certificate of achievement and a battalion coin.

Every Soldier who came out to the training put forth a tremendous effort and when asked, every one of them said their experience was definitely worthwhile.



16th Sustainment Brigade "Knights" at COB Q-West
<http://www.16sustainment.army.mil/>



Department of State Joint Exercise with Contingency Operating Base Adder Commands

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

CONTINGENCY OPERATING BASE ADDER, Iraq – On Feb. 28, the Tallil, Iraq, Regional Security Office, an element of the U.S. Department of State, conducted a Joint Training Exercise with Department of Defense personnel on Contingency Operating Base Adder.

Headed by Special Agents of the State

Tallil, according to SA John Keith, his group protects not only diplomats but the individuals that they're meeting with. "This includes people from the Department of State such as the PRTs [Provincial Reconstruction Team], Department of Defense personnel, Iraqi nationals and anyone involved in the process of diplomacy."

In the Saturday afternoon scenario, one limo in a motorcade was hit with an Improvised Explosive Device. RSO team members in the other vehicles were then evaluated on their medical response to the injured in the damaged vehicle.

In a 30-minute scene on the scale of



A RSO team member treats Spc. Danielle Smith, a medic with the 287th Sustainment Brigade, who portrays an injured victim of a motorcade hit by an Improvised Explosive Device. The scenario was part of a Joint Training Exercise between the Department of State Regional Security Office and Department of Defense personnel held at Contingency Operating Base Adder, Feb. 28.

In all, between 40 and 50 RSO members participated in the training exercise along with 20 Army and Air Force personnel.

"Our medics identified a training gap in our ability to liaison with our military partners," said Assistant RSO SA James Ulin, who organized the training. RSO teams needed more experience, he said, in coordinating with the Army and Air Force for dust-off, combat surgical hospital, fire department, and Rescue Air Mobility Squad (RAMS). The RSO ground security detail also needed more experience in working with its own RSO air helicopter assets, he added. Practice in integrating all these different elements, said Ulin, would produce "a polished product that

can respond to critical incidents outside the wire."

Besides the RSO team members, other players in the joint exercise were the COB Adder Mine Resistant Ambush Protected Site Lead and Ali Base RAMS team. The 287th Sustainment Brigade Convoy Training Academy provided the IED lane and medics from the 287th Sust. Bde. Warrior Medical Training School played the injured victims.

"I think everyone feels that the training was very realistic," said Ulin. "We did everything the way we would do it for a normal mission. We did it beginning with our liaisons – to have them involved in the mission plan and the mission brief."

"As a result, we'll be able to better communicate with our military partners. We will know who each other is when we go outside the wire for a critical incident response. Then it will not be the first time that we've done it together. In real world we have already practiced it together on base."



United States Air Force RAMS team members use a saw to cut through a vehicle door during a Joint Training Exercise with Department of State personnel, Feb. 28, at Contingency Operating Base Adder.

Department's Diplomatic Security Service, RSOs are responsible for providing security services to U.S. diplomatic facilities and personnel around the world. In

a Hollywood production, the medics cut off one side door of the car, pulled out six victims, treated their injuries and evacuated four survivors on RSO helicopters.



The Department of State Regional Security Office provides security for U.S. diplomatic missions around the world. In the photo above, RSO team members train on their medical skills during a Joint Training Exercise with Department of Defense personnel at Contingency Operating Base Adder, Feb. 28.



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Wednesday, 1 April
0530 pre-run brief
& opening remarks
0600 starter's gun
Holt Stadium,
Joint Base Balad

JAG exchanges gavel for a pistol

BY LT. COL. RENEE A. ROUSE
304th PAO

JOINT BASE BALAD, Iraq – Lt. Col.



Jeff Wallace is a reserve Soldier who has made an interesting transition in order to serve at Joint Base Balad. He exchanged a judge's gavel for a 9-millimeter pistol.

Wallace, who is the command judge advocate for the 304th Sustainment Brigade here serves as a circuit court judge for the State of Oregon in civilian life. As a judge, he sits on all types of cases ranging from traffic violations to murder trials. As a JAG officer, he is the primary legal advisor to brigade commander Lt. Col. Norman B. Green.

"My role as a judge is to listen to all the evidence and then make a decision, based upon the law," said Wallace, who at age 59 is due to retire at the end of his current deployment. "My role as

the brigade judge advocate is to provide the brigade commander and subordinate commanders with timely and accurate legal advice, so that they can make an informed decision. It's a different role for me than when I am an Oregon judge. Here, I have a client, the commander, and the government."

Wallace has served over 30 years in the Oregon Army National Guard and Army Reserve, but this is his first opportunity to be deployed. He has served as a state court trial judge in Oregon since 1993, when he was first elected to the position.



U.S. Army photo by Staff Sgt. Stephen Lee

Lt. Col. Jeffrey M. Wallace, Judge Advocate General for 304th Sustainment Brigade has been in the Army Reserves for over 30 years. In the civilian sector, Lt. Col. Wallace serves as Circuit Court Judge for the State of Oregon.

"My judicial district is located in rural northeastern Oregon, near the Columbia River," Wallace said. "We actually have two other judges in my judicial district who are also JAGs with the Oregon Army National Guard. One of them was deployed to Afghanistan in 2006, and another, who just retired as a judge, is currently serving on active duty with the Oregon Army National Guard. We have quite a tradition of service."

In addition to his duties as brigade judge advocate, Wallace is the deputy staff judge advocate at the Consolidated Legal Center

here. He assists the 3d Sustainment Command (Expeditionary) staff judge advocate in supervising the other JAGs and paralegals at the legal center.

"We handle all types of legal matters at the legal center, says Lt. Col. Wallace. "Everything from military justice, administrative law and claims to legal assistance and trial defense. You might consider it a one-stop legal center."

When he was first told of his deployment last April, Wallace looked at it as an opportunity to "pay back" his country for all of the benefits and training he had received over the course of his 30-year career. all worked together for years."

"I had never been deployed before," Wallace said, "and thought that this would be an opportunity to end my military career on a high note. I can always go back to being a judge, but I would never again have the chance to serve in a combat theater. It was an opportunity that would only come once for me."

Volunteer Soldiers serve with family

BY SGT. BEAU STEFKA
10th Sust. Bde., Public Affairs



CAMP TAJI, Iraq – Deployments to Iraq and Afghanistan are difficult for mothers of Soldiers. This impact is more pronounced if that mother also has a husband deployed alongside her son.

Soldiers with the Tennessee Army National Guard's 776th Maintenance Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade here have something special within their ranks of Soldiers.

Of the 198 Soldiers in the unit deployed to Iraq, eight share common ground not only in Tennessee, but wherever they go. Four Soldiers in the unit deployed side-by-side with their fathers for Operation Iraqi Freedom 09-11. For two of the father/son pairs, this will be their second deployment together to Iraq.

Sgt. 1st Class Charles Hudgins, a resident of Hohenwald, Tenn., and the recovery team motor sergeant, and his step-son, Pfc. Robert Klein, a convoy vehicle recovery team wrecker driver,

work separate shifts but try to chat with each other in passing. They catch each other in the chow hall and sit and talk about the day's experiences during down time.

"I would be right there in the trucks with him on the convoys if the company would let me. Hudgins said I know my job is important, but I'd like to be right there with him," Hudgins said.

Sgt. 1st Class Marion Klinghard, of Summertown, Tenn., works as the ground support equipment section sergeant and his son, Spc. A.J. Klinghard, a generator mechanic in the GSE section working for his father.

"It is easier working for someone you have known your whole life, because you can tell when they are getting worked up and you know when to back off and give them some space and time to cool off," A.J. said. "On the other hand, Family members are easier to talk to and easier to ask a question when you need help with something."

The Klinghards were very cautious before A.J. signed up for the Tennessee Army National Guard; they wanted to make sure father and son would be in the same unit, just in case they deployed. This being their second deployment together, they seem to have a great understanding of what it takes

to be a good working team. The Klinghards get together in the evenings or early in the mornings to conference call Family back in Summertown.

The father and son team of Chief Warrant Officer 2 Gregory Tester, a specialized maintenance technician and his son 1st Lt. Gregory Tester, the shop officer for 776th Maint. Co., from Elizabethton, TN said they work so much here in Iraq the only quality time they get is walking back and forth to the dining facility, working out at the gym and walking to work.

"Confidence and respect are the two things that make our relationship so strong," Gregory said. "My son knows his stuff and I have learned many things from him, he is so knowledgeable it makes it easy to learn."

"Spending quality time together in Kuwait and Iraq has consisted of many games of spades and countless games of pool at the Moral Welfare Recreation halls," said Pfc. Nicolas Batts, a light wheel mechanic. Batts serves with his stepfather, Sgt. Chris Teet, a track mechanic. Both are residents of Centerville, Tenn.

"It is great to have Family around when you need a release from the stress of work," Teet said. Communication with the Family is even more important

now that there are two men out of the house. Teet and Batts said they get together send instant messages and web cam to the Family back home in Centerville, so their Family can see them and talk at the same time.

After talking to each father, they had the same to say about how their wife feels about her husband and son being deployed at the same time.

"This deployment is twice as hard on my wife with both of us deployed to Iraq, but on the other hand, she has some peace of mind knowing that I am here watching over our son," Marion said.

Cherri Klinghard, wife of Marion and mother to A.J. said: "This is not my husband's first deployment with the Soldiers from the Tennessee National Guard, so I am confident my husband is fine. Also now that while my son is there, he has his father and his father's friends to look after him as well during his deployment."

"Christmas and birthdays have been tough without them here," Cherri continued. "I feel like they are missing many things here at home, but I am confident they are doing the right thing for our country. We are so proud of you and we will be here when you get back, stay safe and come home soon."


Task Force Muleskinner


10th Sustainment Brigade, Camp Taji

<http://www.taskforcemuleskinner.army.mil/mm.asp>



Flag raising ceremony benefits Kansas Soldiers memorial

STORY AND PHOTO BY
MASTER SGT. CARL MAR
287th Sust. Bde. Public Affairs

CONTINGENCY OPERATING BASE ADDER, Iraq – On March 3, the 287th Sustainment Brigade, an Army National Guard unit from Wichita, Kan., held a special U.S. flag raising ceremony here to benefit the Gage Park Memorial in Topeka, Kan.

The memorial is dedicated to the Service of American Soldiers who served: World War I, World War II, Korean War, Vietnam War, and the Global War on Terrorism.

Participating in the ceremony was the 287th Sust. Bde. Commander Col. Robert Schmitt, 287th Sust. Bde. Support Operations Chief Lt. Col. David Lee, 287th Sust. Bde. Information Technology Systems Manager, Chief Warrant Two Scott Sackrider, and 287th Sust. Bde. Command Administrator Sgt. Timothy Shull. Schmitt personally helped fold the flag and signed its certificate of authenticity.

The flag and certificate were sent to Kansas where it is scheduled to be pre-

sented to a World War II veteran as part of a dedication ceremony for the newly completed World War II section of the Gage Park Memorial on May 3.

The request for the U.S. flag was made by Sackrider's brother, Grant Sackrider,

who resides in Dover, Kan. Grant is a member of the Gage Park Memorial board of directors. The public can go to www.gageparkmemorial.org to learn more about the memorial and the World War II dedication ceremony in May.



On March 3, the 287th Sustainment Brigade, an Army National Guard unit from Wichita, Kan., held a special U.S. flag raising ceremony on Contingency Operating Base Adder to benefit the Gage Park Memorial in Topeka, Kan. The flag is scheduled to be presented to a World War II veteran on May 3 as part of a dedication ceremony for the newly completed World War II section of the memorial. Standing from left to right: Chief Warrant Two Scott Sackrider, Sgt. Timothy Shull, Col. Robert Schmitt and Lt. Col. David Lee.

**Stressed?
Relax and
go see a
movie.**



**See page 21 for
movie schedule**



DOD National Theme:
*"Women Taking the Lead to
Save Our Planet."*



Presents
Women's History Month
Observance



MWR East Facility
27 March 2009 at 1130 to 1300 hours

Guest Speaker : **CMSgt Carol A. Sanders**

ELRS Chief Enlisted Manager
332nd AEW

Lunch will be provided
Essay Awards Presentations
Choir: Women of Gospel Explosion
Poem Presentation

Contact: MSG Tuynuykua Jackson, 3d ESC HR/EO Advisor @ 433-2527,
MSG Joseph Newton 332nd AEW EO Director @ 443-8459,
SFC Sidney Karneke 555th EN BDE EO Advisor @ 483-4645,
SFC Lisa Paxton 304th SB EO Advisor @ 433-2917,
SSG DaMon Walker 51st ESB BN EOL @ 483-2217,
LTC James-Michael Yates, TF 34 EO PM @ 483-4589,
SSG Matthew Moseley, BN EOL 330th Trans BN, 483-2027



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

Soldiers from the 398th Combat Service Support Battalion Staff Sgt. Daniel J. Hewett, Staff. Sgt. Janelle Jackson, Sgt. Brent Jefferson, Sgt. Antonio Lopez, and team coach Master Sgt. Steven Russel, placed first in the 3rd Sustainment Command (Expeditionary) Sustainer Challenge held at Joint Base Balad, Iraq, March 18-19. The 398th CSSB Soldiers, who are based at Camp Liberty, Baghdad, competed against 21 teams in seven events over two days for the first place title.

First place team

10th Sust. Bde.
398th CSSB, Rockville, Md.

1st Lt. Timothy Koenig
Staff Sgt. Janelle Jackson
Staff Sgt. Daniel Hewett
Sgt. Antonio Lopez
Sgt. Brent Jefferson
Coach - Master Sgt. Steven Russel

Second place team

10th Sust. Bde.
10th STB, Fort Drum, N.Y.

Capt. Saul Arroyo
Capt. Sara Zerr
Sgt RickieJohnson
Spc. Ryan Borjas
Pfc. Shelby Lytle
Coach - Staff Sgt. Katie Kuiper

Third place team

16th Sust. Bde.
391st CSSB, Bamberg, Germany

1st Lt. Zachary Pfannenstiel
Staff. Sgt. Carmen Boyd
Sgt. Ahmad Mahmoud
Sgt. Ronald Marshal
Spc. Mathew Garcia
Coach - Sgt. 1st Class Eric Helmer



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

Brig. General Michael J. Lally, the 3rd Sustainment Command (Expeditionary) commanding general, presents Spc. Shawn R. Jepsen with an award for being selected 3rd ESC Individual Male Overall Champion for Sustainer Challenge 2009 at an awards ceremony on Joint Base Balad, Iraq, March 19. Jepsen, a soldier with the 664th Ordnance Company, 157th Combat Service Support Battalion, participated in the challenge that included 22 different teams, each consisting of five soldiers and a coach.



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

Brig. General Michael J. Lally, the 3rd Sustainment Command (Expeditionary) commanding general, presents Capt. Sara Zerr with an award for being selected 3rd ESC Individual Female Overall Champion for Sustainer Challenge 2009 at an awards ceremony on Joint Base Balad, Iraq, March 19. Zerr, an officer with the 10th Sustainment Brigade Troops Battalion out of Fort Drum, N.Y., participated in the challenge that included 22 different teams, each consisting of five soldiers and a coach.



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SUSTAINER CHALLENGE *Continued from Page 1*

en to Chad Touchet, from the 330th Transportation Battalion, for best representing the spirit of teamwork throughout the competition.

The other two individual awards went to the best all-around male and female champions based on the individual points they received in the litter carry, physical fitness test and combatives.

The male award went to Spc. Shawn Jepsen from the 157th Combat Sustainment Support Battalion, 10th Sustainment Brigade. The female award went

to Cpt. Sara Zerr from the 10th Sust. Bde.

The winner of the team competition was Rockville, Md.'s 398th Combat Sustainment Support Battalion, 10th Sust. Bde.

Command Sgt. Maj. Ronald C. Merritt, the senior NCO for the 398th CSSB, said the unit's success was due to their commitment and diversity. He said their team consisted of military occupational specialties such as mechanic, chaplain assistant and small arms NCO.

"Their varied backgrounds, experience and their ability to bring all that knowledge together to train and compete made each other stronger," Merritt said, a native of Chicago, Ill., "The combination of everything worked out for them during this competition."

Each participant of the winning team, including the coach received an Army Commendation Medal, a gold medallion, a certificate of achievement and a commander's coin for excellence.



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

ed A. Touchet from Houma, La., rests for a after completing the weapons knowledge of the 3d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. Touchet, a communications non-commissioned officer for the Headquarters and Logistics Detachment, 330th Transportation Battalion from Fort Bragg, N.C., was presented the Warrior Spirit Ethos Award for his preparation, and team spirit.



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

Sgt. James N. Stosh, of Tampa, Fla., grades Spc. Michael B. Leslie, of Dallas, Texas, on his push-ups as he participates in physical training test event of Sustainer Challenge at Joint Base Balad, Iraq, March 18. Stosh, a wheeled vehicle mechanic with the 330th Transportation Battalion from Fort Bragg, N.C., counted out 82 push-ups for Leslie, an infantryman running convoy security missions with the 2nd Battalion, 142nd Infantry Regiment, a Texas Army National Guard unit.



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

members from the 699th Maintenance Company from Fort Irwin, Calif., compete for time in the humvee event under the close eye of evaluators at the 3d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18.



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

Teammates Sgt. 1st Class Anilyn M. Armstrong, of San Diego, Calif., and Pfc. Adam J. Lillo, of Eau Claire, Wis., change socks after completing a 5-mile road march during the 3d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. Armstrong, the combat service support automation management office noncommissioned officer in charge with the 16th Special Troops Battalion, and Lillo, a network extension switch operator for Bravo Company, 16th Sust. Bde., make sure they have dry feet before continuing on with the weapons familiarization and firing event of the challenge.



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

Spc. Kristin Eden, of Bath, Maine, (top) uses the mounted position to dominate Staff Sgt. Jannelle Jackson L. Jackson, of Alexandria, Va., during the Army combatives event of the 3^d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 19. Eden, who is a member of the 2nd Battalion, 142nd Infantry Regiment, and Jackson a member of the 398th Combat Service and Support Battalion, competed against each other in the last of seven events where Soldiers test their Army combatives abilities.

SUSTAINER



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

Soldiers compete for score in the weapons firing event of the 3^d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. Each team had two Soldiers selected to fire the M-16 (or M-4) rifle and M-9 pistol from the standing position at a target for score.



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

Sgt. Ahmad M. Mahmoud, of Houston, Texas, and Sgt. Ronald Marshall, of New Orleans, La., use each other's support to rest in between events at the 3^d Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. The 391st Combat Service Support Battalion Soldiers were waiting their team's turn to compete in the humvee tire change after finishing the 5k road March and weapons familiarization and firing events earlier that morning.

CHALLENGE

Competitors in the 3^d Sustainment Command (Expeditionary) Sustainer Challenge start the 2-mile run during the physical training test event at Joint Base Balad, Iraq, March 18. 22 teams from each battalion in the 3^d ESC participated in the two day event which included a 5k road march, weapons familiarization and firing, humvee tire change, litter carry and Army combatives.



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

SUSTAINER



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

Teammates 1st Lt. Kimberly R. Spires, of Austin, Texas, Spc. Stephen D. Oates, of Mesquite, Texas, and Sgt. Troy D. Johnson, of Dallas, Texas, get pumped up before the start of the 5-mile road march during the 3rd Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. Spires, a platoon leader in Charlie Company, 949th Brigade Support Battalion, Oates, a combat medic with Charlie Company 3rd Battalion, 133rd Field Artillery Regiment, and Johnson, a truck commander for Co. C, 3rd Bn., 133rd FA Regt., competed with teammates against 21 other six-member teams during the two-day event.



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

Spc. Mario D. Yardbough, of Memphis, Tenn., gets timed by an evaluator as he performs first aid on another Soldier with a simulated bleeding extremity during the litter carry event of Sustainer Challenge at Joint Base Balad, Iraq, March 18. Yardbough, a small arms repair specialist with the 699th Maintenance Company from Fort Irwin, Calif., competed with his team in the litter carry which was designed to test a Soldier's endurance and knowledge of basic first aid.

CHALLENGE



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

Sgt. Shannon L. Callihan from Sequim, Wash., is watched by event evaluator Spc. Todd C. Brink, of Spokane, Wash., and member Bravo Company, 1st Battalion, 161st Infantry Regiment, as she assembles a 249 Squad Automatic Weapon during the weapons familiarization event of the 3rd Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. Callihan, a squad leader and truck commander for H Troop, 1st Squadron, 303rd Cavalry Regiment, was tested on how quickly she could disassemble, re-assemble and perform a functions check on the weapon.



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

Sgt. Justin Koth, a member of the 669th Maintenance Company from Fort Irwin, Calif., and part the 100th Brigade Support Battalion, closes in on the finish line of the 5-mile road march with his team during the 3rd Sustainment Command (Expeditionary) Sustainer Challenge at Joint Base Balad, Iraq, March 18. The road march was the first of seven events the 22 participating teams competed in.

Speicher Soldiers grapple in combatives tourney

BY 1ST LT. MARSHAL R. PEARSON
391st Combat Sust. Support Bn

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Sustainment Soldiers put their grappling skills to the test in a combatives tournament here Feb. 17.

Soldiers from several companies of the 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, and Bravo Co., 16th Special Troops Battalion, pitted their training and skills against exhaustion and a live opponent at the tournament.

Spc. Corey Mills, a signal system support specialist, Headquarters and Headquarters Co., 391st CSSB, said he enjoyed the chance to test his skills with a new opponent, providing him the opportunity to encounter different techniques.

"Modern Army combatives is the one that I have enjoyed the most," said Mills, a native of Quanah, Texas. "I eventually want to become Level IV-certified, which will provide me with skills to conduct the most complex maneuvers."

Sgt. 1st Class Justin Hroblak, first sergeant, HHC, 391st CSSB, and two other senior noncommissioned officers — Sgt. 1st Class Eric Helmer and Sgt. 1st Class Travis Smith — spent their down time instructing and certifying Soldiers within the unit. Since time spent on training is limited due to daily missions, the certifications

took over three weeks to complete. Soldiers participating in the training had no problem dedicating three hours a day for this training.

Spc. Isabel Cadmilema, human resources specialist, HHC, was the only female to compete in the tournament. The 22-year-old competed with males in her same weight class.

"I want to continue to progress in modern Army combatives even after I leave the 391st CSSB and transfer to my new unit in Japan," Cadmilema said.

The headquarters company has been conducting classes instructing Soldiers and certifying 63 percent in Level I combatives and 42 percent in Level II combatives. Battalion leaders felt it was a good idea to ensure most of their Soldiers are at least certified so they will be ready to defend themselves if needed while supporting the battalion's mission.

During Modern Army Combatives, Soldiers prepare to use different levels of force in an environment where conflict may change from low intensity to high intensity over a matter of hours. Hand-to-hand combatives training can save lives if an unexpected confrontation occurs. More importantly, combatives training can help instill courage and self-confidence.

With competence comes the understanding of controlled aggression and the ability to remain focused while under duress. Training in combatives includes hard and arduous physical training that is, at the same time, mentally demanding and carries over to other military pursuits.



U.S. Army photo by Sgt. Keith M. Anderson

Spc. Jason Snell (orange band), 70th Transportation Co., 391st Combat Sustainment Support Battalion, attempts to secure an arm bar on Spc. Jerry Fikes, personal security team, Bravo Co., 16th Special Troops Battalion, 16th Sust. Bde., in a lightweight division match at the 391st CSSB's combatives tournament at Contingency Operating Base Speicher Feb. 17.



U.S. Army photo by Sgt. Keith M. Anderson

Spc. Jesse Jarnagin, personal security team member, Bravo Co., 16th Special Troops Battalion, 16th Sustainment brigade, takes down fellow PST member Sgt. David Miller, during the 391st Combat Sustainment Support Battalion's "Firepower for Land power" combatives tournament at Contingency Operating Base Speicher, Iraq, Feb. 17. Jarnagin, a 23-year-old from Bellbrook, Ohio, won the lightweight bracket with four wins and no losses.



U.S. Army photo by Sgt. Keith M. Anderson

Spc. Abdur Khan secures a double leg takedown on Spc. Joseph Muir, 1st Cargo Transfer Co., 391st Combat Sustainment Support Battalion, during 391st CSSB's combatives tournament at Contingency Operating Base Speicher Feb. 17. Khan, a 28-year-old from Beltsville, Md., won the middleweight division. "It felt great," Khan said. "I felt relieved because it was a lot of pressure."

Controlling an Iraqi Trucking Company yard

STORY AND PHOTO BY
1ST LT. EDDIE WALKER
51st Trans. Co., 30th CSSB

CAMP LIBERTY, Iraq – The 110th Quartermaster Company holds the unique mission of command and control over the Iraqi Trucking Company yard in Baghdad.

The primary mission of Soldiers who work in the ITC Yard is to ensure local nationals are able to deliver throughout the Multi-National Division-Baghdad area of operation. Operations in the ITC yard benefit not only the battalion, but also the Soldiers who work in the yard as well. Many are getting a firsthand look at Iraqi culture.

One position that Soldiers hold in the yard that allows a closer relationship with local nationals is the duty position of loadmaster. Those selected to be loadmasters are only the most dependable Soldiers and are hand-picked by the company commander. Their primary job is to ensure the ITC trucks take the proper supplies to surrounding forward operating bases and bring back the correct back-haul equipment while verifying the proper documentation.

Through their loadmasters, the 110th QM Co., 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade has made huge strides in establishing positive working relationships between Army officials and

local nationals. With limited supervision, loadmasters work with the battalion support operations section and with points of contact from surrounding FOBs to ensure each location receives the proper loads. Loadmasters are responsible for ensuring that critical supplies such as water and fuel are delivered on time and in the correct quantities.

The delicate relationship between loadmasters and local nationals is one of the most important within the battalion's mission set. Their relationship has been instrumental in the battalion's successful distribution mission.

"The loadmaster relationship is all about good communication," said Sgt. Kevin Francois, a native of Trinidad, Wisc.

The loadmasters provide direct supervision and give guidance which helps shorten the cultural gap between Soldiers and local nationals. The respect between Loadmasters and ITC drivers is clearly evident.

Sgt. Patrick Tate, of Mobile, Ala., feels that loadmasters shine a positive light on the military and encourage local nationals to work with Soldiers because, "...the local nationals are able to see us (loadmasters) directly work with them and for them, they see our professionalism and dedication as we assist with their loads and their trucks."

When asked about being a loadmaster, Spc. Mitchell Wiggins, of Boaz, Ala., said: "It's a good change of pace from my normal job as a mechanic, yet I feel like I make a difference, I try to

make it as fun as possible while trying to bring the Soldiers and local nationals together."

The company currently has nine loadmasters to fulfill its current operational tempo.

In only six months, loadmasters and local nationals have combined efforts to successfully complete 393 missions, driving an estimated 22,776 miles without incident.



The 110th Quartermaster Company, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade loadmasters pose after their daily mission briefs at the company Feb. 25. Pictured from back to front, left to right: Spc. Mitchell Wiggins, of Boaz, Ala.; Spc. Willie Shubert, of Palm Bay, Fla., and Sgt. Kevin Francois, of Trinidad, Wisc.; Spc. Charles Dukes, of Waycross, Ga.; Sgt. Robert Clark, of Orange Park, Fla.; Sgt. Sayied Muhammed, of Philadelphia; Sgt. Roberto Marquez, of El Cajon, Calif., and Spc. Jovani Norris, of South Bend, Ind.

MAINTENANCE & SUPPLY

Use *Two Jack Stands* and *Chock the Wheels*



Warnings and cautions in the technical manuals are there to protect users from injury or death. When the standard is ignored, Soldiers are at risk. Please remind your readers to go by the book. Army safe is Army strong!

CWH
Senior Maintenance/Logistics Officer
US Army Combat Readiness/Safety Center
Fort Rucker, AL

READERS, YOU CAN'T BE REPAIRED AS EASILY AS YOUR VEHICLE, SO MAKE SURE YOU USE HYDRAULIC JACKS THE RIGHT WAY.

AND REMEMBER TO INSPECT THE JACKS USING THE GUIDANCE IN TB 43-0142, SAFETY INSPECTION AND TESTING OF LIFTING DEVICES.



Maintenance and Supply Topic of the Week

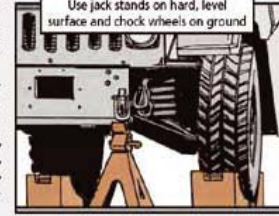
Courtesy of PS Magazine. Soldiers using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online: <https://www.logsa.army.mil/psmag/psonline.cfm>

Dear Bonnie,

A Soldier was recently killed in a maintenance-related accident in Afghanistan. The mechanic was performing maintenance on the front brake calipers of an up-armored M1114 HMMV sitting on two "bottle-jacks" and one jack stand when the vehicle shifted and fell on him. The Soldier was taken to a local medical facility where he died.

There is a right way to support a vehicle. Use two jack stands and chock the wheels. The warning summary in TM 9-2320-387-24-1 spells out safe procedures very clearly. It says:

Hydraulic jacks are used for raising and lowering, and are not used to support vehicle. Never work under vehicle unless wheels are blocked and it is properly supported. Injury or damage to equipment may result if vehicle suddenly shifts or moves.



JBB Religious Service Schedule

PROTESTANT

TRADITIONAL

Sunday 0200 Air Force Hospital Chapel
0930 Provider Chapel
1030 Freedom Chapel (West side)
1100 Castle Heights (Bldg 4155)
1400 Air Force Hospital Chapel
1730 Gilbert Memorial Chapel
2000 Air Force Hospital 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)

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)

Sunday 2000 Freedom Chapel (West side)
0830 Gilbert Mem. Chapel (H-6)
1100 Provider Chapel
1100 Air Force Hospital Chapel
1100 Air Force Hospital Chapel
1700 Gilbert Mem. Chapel (H-6)
Monday - Friday 1130 555th Eng. Bde. Bldg 7200

JEWISH SHABBAT SERVICES

Friday 1700 Gilbert Mem. Chapel (H-6)
Saturday 0930 Gilbert Mem. Chapel (H-6)
1700 Gilbert Mem. Chapel (H-6)

ISLAMIC PRAYER

Friday 1230 Provider Chapel

PAGAN/WICCAN FELLOWSHIP

Thursday 1900 The Shack
Saturday 1900 The Shack

GREEK ORTHODOX

Sunday 0900 Provider Annex

HISPANIC CHURCH SERVICE

Saturday 1930 Provider Chapel

For more information, call

Gilbert Chapel: 433-7703
Provider Chapel: 433-2430
Freedom Chapel: 443-6303
AF Hospital Chapel: 443-2547/2546

JB BALAD ACTIVITIES

INDOOR POOL

Swim Lessons:
Mon., Wed., - 6 p.m.
Tue., Thu., Sat., -
6:30 p.m.
Aqua Training:
Tue., Thu., - 7:30 p.m.,
8:30 p.m.

EAST FITNESS

CENTER

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:
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.

EAST RECREATION

CENTER

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:
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.

H6 FITNESS CENTER

Spin:
Sunday- 9 a.m.
Mon., Wed., Fri.- 2
a.m., 8 a.m. 2 p.m., 7
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.
Tue., Thu., - 2 p.m.
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.
MACP Level 1:
Friday- 8 p.m.
5 on 5 Basketball:
Saturday- 8 p.m.

H6 RECREATION

CENTER

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.
WEST RECRE-
ATION CENTER
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.

WEST FITNESS

CENTER
3 on 3 basketball
tourney:
Saturday- 7:30 p.m.

6 on 6 volleyball
tourney:
Friday- 7 p.m.
Aerobics:
Monday, Wednesday,
Friday- 7 p.m.
Body by Midgett Ton-
ing 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.

CIRCUIT GYM

Floor hockey:
Mon., Wed., Fri., -
8-10 p.m.

Sudoku

Level: Very Hard

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.

Last weeks answers

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

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



UPCOMING SPORTS ON AFN

Wednesday 3/25/09

Detroit Pistons @ Chicago Bulls, Live 3:00 a.m. AFN/sports
Detroit Pistons @ Chicago Bulls, Live 5:30 a.m. AFN/sports
Detroit Tigers @ New York Mets, Live 8 p.m. AFN/sports

Thursday 3/26/09

Boston Celtics @ Orlando Magic, Live 3 a.m. AFN/sports
Utah Jazz @ Phoenix Suns, Live 5:30 a.m. AFN/sports
Denver Nuggets @ New Orleans Hornets, Tape Delayed 4 p.m. AFN/sports
New York Yankees @ Philadelphia Phillies, Live 8 p.m. AFN/sports

Friday 3/27/09

March Madness: 2009 NCAA Men's College Basketball Tournament - First Round: Teams TBD (Region TBD), Location TBD, Live: AFN/sports 2 a.m., 4:30 a.m., 10 a.m., 2:30 p.m., 7 p.m. & 9:30 p.m. -- AFN/prime atlantic 2 a.m. & 4:30 a.m. -- AFN/xtra 2 a.m., 4:30 a.m., 7 p.m. & 9:30 p.m.
2009 NIT Tournament - Second Round: Teams TBD, Tape Delayed 7 a.m. AFN/xtra

Saturday 3/28/09

March Madness: 2009 NCAA Men's College Basketball Tournament - First Round: Teams TBD (Region TBD), Location TBD, Live: AFN/sports 2 a.m., 4:30 a.m., 10 a.m., 2:30 p.m., 8 p.m. & 10:30 p.m. -- AFN/prime atlantic 2 a.m., 4:30 a.m. & 10 p.m. -- AFN/xtra 2 a.m., & 4:30 a.m. Edmonton Oilers @ Anaheim Ducks, Live 5 a.m. AFN/prime pacific
New York Rangers @ Pittsburgh Penguins, Live 8 p.m. AFN/xtra
Toronto FC @ Columbus Crew, Live 11 p.m. AFN/xtra

Sunday 3/29/09

Los Angeles Kings @ Nashville Predators, Live 1 a.m. AFN/prime atlantic
New York Knicks @ Charlotte Bobcats, Live 2 a.m. AFN/xtra
Columbus Blue Jackets @ St. Louis Blues, Live 3:30 a.m. AFN/prime atlantic
Phoenix Coyotes @ San Jose Sharks, Live 5:30 a.m. AFN/xtra
Indiana Pacers @ Chicago Bulls, Tape Delayed 10 a.m. AFN/xtra

Milwaukee Bucks @ Miami Heat, Tape Delayed 12:30 a.m. AFN/xtra

Carolina Hurricanes @ New Jersey Devils, Tape Delayed 4:30 p.m. AFN/xtra
Washington Capitals @ Carolina Hurricanes, Tape Delayed 4 p.m. AFN/xtra
Buffalo Sabres @ New York Rangers, Tape Delayed 6:30 p.m. AFN/xtra

March Madness: 2009 NCAA Men's College Basketball Tournament - Second Round: Teams TBD (Region TBD), Location TBD, Live: AFN/sports 7 p.m. & 9:30 p.m. -- AFN/xtra 9:30 p.m. -- AFN/prime atlantic 9 p.m. & 11:30 p.m.

Monday 3/30/09

March Madness: 2009 NCAA Men's College Basketball Tournament - Second Round: Teams TBD (Region TBD), Location TBD, Live: AFN/sports 12 p.m. -- AFN/xtra 12 p.m.
Nashville Predators @ Detroit Red Wings, Live 12 a.m. AFN/prime atlantic
Miami Heat @ Detroit Pistons, Tape Delayed 6 a.m. AFN/xtra
San Antonio Spurs @ New Orleans Hornets, Live 3 a.m. AFN/sports
Colorado Avalanche @ Anaheim Ducks, Live 3 a.m. AFN/prime atlantic
Dallas Mavericks @ Cleveland Cavaliers, Tape Delayed 7:30 a.m. AFN/xtra
Los Angeles Lakers @ Atlanta Hawks, Tape Delayed 10 a.m. AFN/xtra

Tuesday 3/31/09

New Jersey Devils @ New York Rangs, Live 2 a.m. AFN/xtra
Dallas Stars @ Phoenix Coyotes, Live 5 a.m. AFN/xtra
Orlando Magic @ Miami Heat, Tape Delayed 10 a.m. AFN/sports
Milwaukee Bucks @ New Jersey Nets, Tape Delayed 3:30 p.m. AFN/sports
New York Knicks @ Utah Jazz, Tape Delayed 8 p.m. AFN/sports



This Week in History

March 25

- 1996 - The European Union's Veterinarian Committee bans the export of British beef as a result of mad cow disease (BSE).

March 26

- 1945 - World War II: In Iwo Jima, US forces declare Iwo Jima "secure."

March 27

- 1970 - The Concorde makes its first supersonic flight.

March 28

- 1990 - President George H. W. Bush posthumously awards Jesse Owens the Congressional Gold Medal.

March 29

- 2004 - The Republic of Ireland becomes the first country in the world to ban smoking in all work places, including bars and restaurants.

March 30

- 1981 - President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by John Hinckley, Jr.

March 31

- 1774 - American Revolutionary War: The Kingdom of Great Britain orders the port of Boston, Massachusetts closed in the Boston Port Act.



PVT. MURPHY'S LAW



Eastern Orthodox Services

For the Great Fast

Divine Liturgy
Every Sun 0900 ~ 1030

PreSanctified Liturgy
Wed 1900 ~ 2130
Mar 4, 11, 18, 25
Apr 1, 8, 15

Holy Week and Pascha

Apr 15 Unction 1900
Apr 16 Passion Gospels 1900
Apr 17 Royal Hours 1200
Lamentations 1700
Apr 18 St Basil Liturgy 0900
Great and Holy Pascha 2100

Eastern Orthodox Priest Chaplain Henry Close 433-2429
All services at Provider Chapel Annex

TOBYHANNA FRA

We are located at Bldg 6828 Victory Loop N
behind the Education Center at JBB

DSN: 312-987-5130, OPTION 1
EXT 6363/6364 HIT "F"

TYAD_FRA_Balad@mmcs.army.mil

Computer
Repair



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- Desktops
- Printers
- HP copiers
- Digital Senders
- LCD Monitors
- UPS
- Cisco Switches



We exchange:

- Batteries
- A/C Adapters
- Keyboards



We DX:

- HIIDE, PRC 112, HCLOS, TBC, CAISI

Printer
Repair

Exchanges
and DX



****GOVERNMENT EQUIPMENT ONLY!****

To open an account with us, just bring a signature card and an assumption of command letter.

“Caring for the Warfighter’s Soul”

Joint Base Balad Protestant Easter Schedule

Ash Wednesday Service – Feb. 25
1900 - Gilbert Memorial Chapel (H6)
Good Friday Service – Apr. 10
2100 - Gilbert Memorial Chapel (H6)
Easter Sunrise Service, Apr. 12
0600 - Holt Stadium

JBB Catholic Lent & Easter Schedule

Ash Wednesday – 25 February
1130 - Provider Chapel
1700 - Gilbert Memorial Chapel (H6)
2000 - Freedom Chapel
Lenten Penance Services
Friday, 19 March, 1900, Provider Chapel
Tuesday, 31 March, 1900, Gilbert Memorial Chapel (H6)
Holy Thursday
1900 - Gilbert Memorial
2000 - Freedom Chapel
Good Friday
1130 - Provider Chapel
1900 - H6 Chapel

2000 - Freedom Chapel
Easter Vigil – 11 April
1900 - Gilbert Memorial Chapel (H6)
Easter Sunday – 12 April
0830 - Gilbert Memorial Chapel (H6)
1100 - Provider Chapel
1100 - Hospital Chapel
2000 - Freedom Chapel

JBB Purim and Passover

Purim:
Service - 9 March 2009, 1700
Festival Dinner – 9 March 2009, 1800
Where: Gilbert Memorial Chapel, Multi-faith Room

Passover:
First Night Seder - 8 April, 1600-2000
Second Night – 9 April, 1600-2000
DFAC-1, Audie Murphy Room, RSVP

For more information, call
Gilbert Memorial Chapel: 443-7703

SHOUT OUT!!!

TELL YOUR FAMILY AND FRIENDS HOW MUCH
YOU MISS THEM

Contact the Expeditionary Times for more information.

E-mail: expeditionarytimes@iraq.centcom.mil

**SHOWTIME AT JBB
TALENT SHOW**

SAT 4 APRIL @ SUSTANIER THEATER
2000-2200HRS

*****Live Entertainment*****

Sing, dance, play instruments, comedy, poetry???

Come show your talent on the mic

All participants receive prizes!!!!Grand prizes will be presented to top 3 winners by Ms. JBB Shepard

POC:
SrA Marquita Finley
Marquita.Finley@blab.afcent.af.mil

SPC Samuel Benson
samuel.benson@iraq.centcom.mil

Raphael Pettigrew
aboutbusiness88@gmail.com

SPC Marcus Rogers
marcwayne07@yahoo.com

After party 2200-0100 Town Hall w/ DJ Dot Com!!!

Email: ShowtimeatJBB@yahoo.com

Supporters USC***MWR***American Red Cross***AFN***AAFS***

SUSTAINER REEL TIME THEATER

Movie Times

Wednesday, March 25

5 p.m. Notorious
8 p.m. Race to Witch Mountain

Thursday, March 26

5 p.m. Race to Witch Mountain
8 p.m. Bride Wars

Friday, March 27

2 p.m. Paul Blart: Mall Cop
5 p.m. Taken

8:30 p.m. I Love You Man

Saturday, March 28

2 p.m. He's Just Not That Into You
5 p.m. I Love You Man
8 p.m. Taken

Sunday, March 29

2 p.m. I Love You Man
5 p.m. Paul Blart: Mall Cop
8 p.m. He's Just Not That Into You

Monday, March 30

5 p.m. Taken
8 p.m. Paul Blart: Mall Cop

Tuesday, March 31

5 p.m. He's Just Not That Into You
8 p.m. I Love You Man

(Schedule is Subject to Change)

He's Just Not That Into YOU



Ken Kwapis' adaptation of Greg Behrendt and Liz Tuccillo's best-selling self-help book *He's Just Not That Into You* follows the love lives of a dozen or so characters. Ginnifer Goodwin stars as Gigi, a young woman attempting to understand the mixed signals she gets from the men she's dating. She gets advice from a bar owner (Justin Long) who prides himself on understanding the ins and outs of the dating scene. Gigi's co-worker Janine (Jennifer Connelly) finds herself involved in a major redecorating project with her husband, Ben (Bradley Cooper). Unbeknownst to Janine, Ben contemplates an affair with Anna (Scarlett Johansson), an attractive woman trying to make a career as a singer. Another of Gigi's friends at work, Beth (Jennifer Aniston), enjoys a successful, healthy relationship with Neil (Ben Affleck), but storm clouds hover over them as he has no interest in getting married.



Taken



Bryan Mills has only recently given up his government career as what he calls, a "preventer" to be near his daughter Kim, who lives with Bryan's ex-wife Lenore and her new husband. To make ends meet, Bryan joins some former colleagues for special security details (like guarding a pop diva), but most of his time and energy are spent re-connecting with Kim.

But, when Kim requests his permission to spend time in Paris with a friend, he reluctantly consents. Bryan's worst fears are realized when Kim and her friend Amanda are suddenly abducted - in broad daylight - from the Paris apartment at which they've just arrived. Moments before Kim is dragged away by the as yet unseen and unknown assailants, she manages to phone Bryan, who begins to expertly piece together clues that will take him to the darkness of Paris's underworld, and to the City of Light's plushest mansions.



PHOTOS AROUND IRAQ



U.S. Air Force photo by Senior Airman Eric Harris

An Iraqi soldier from the 8th Division, Iraqi Army, provides security while his fellow soldiers load into a UH-60 Blackhawk during air assault and medical evacuation training on Camp Echo, Iraq, March 12. The soldiers train constantly to maintain their combat readiness.



U.S. Army photo by Staff Sgt. James Selesnick

U.S. Army Capt. Frank Rodriguez of Alpha Troop, 5th Squadron, 73rd Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, and an Iraqi Army commander prepare to move their Soldiers toward an objective during a joint operation in Rusafa, eastern Baghdad, Iraq, on Feb. 28.



U.S. Army photo by Sgt. Jacob H. Smith

U.S. Army 1st Sgt. Daniel Murphy of Allentown, Pa., assigned to Charlie Company, 1st Battalion, 111th Infantry Regiment (Associators), 56th Stryker Brigade Combat Team, 28th Infantry Division, Pennsylvania National Guard, Multi-National Division-Baghdad, discusses security procedures with his Soldiers during a pre-patrol brief prior to heading out on a mounted patrol around the city of Tarmiyah, Iraq, March 14.



U.S. Army photo by Staff Sgt. James Selesnick

U.S. Army Staff Sgt. Keith Pendleton (right) of Alpha Company, 5th Squadron, 73rd Cavalry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, pauses at a halt during a joint operation with the Iraqi Army in Rusafa, eastern Baghdad, Iraq, on Feb. 28. The Soldiers are searching for weapons caches and targeted insurgents.

NEWS AROUND IRAQ

Marshland village to receive a 'Mudhif' style school

BASRAH, Iraq – Marshland children will soon benefit from its first school that will be built in a traditional style, partially out of reeds by an Iraqi company following the signing of a contract at the Basrah Contingency Operating Base March 8.

The new school will serve from 150 to 300 students between the ages of 6 and 12 and will be built at Rota village, which is in a remote marshland area northeast of Al Qurna.

"What is unique about this project is that the school will have all the facilities for a modern day education, but it addresses the traditional heritage of the marsh Arabs within that area," said Peter Hunt, a project officer from Mott McDonald. "The school will be built in part from reeds that come from the marshes, harvested by the marsh Arabs and will be woven into this school."

The school has the support of the Basrah director general of education, who will be providing four teachers for the school. Basic math, reading and writing will be taught at the school.

"The project is the result of a coordinated effort between Coalition forces and the Iraqi Army assessing needs with local sheikhs who asked for a school," said U.S. Navy Capt. Robert Lansden, chief of civil military operations, Multi-National Division-South-east.

The school's basic design is patterned after the mudhif, a large communal house made of reeds, paid for and maintained by a local shaykh, for use by guests or as a gathering place. The school will have a main hall, four classrooms, washing area with 10 common toilets, two sinks, a single male and a single female toilet and two general purpose rooms. There is also land reserved nearby for a children's playing area.

The contracted \$392,965 building is funded by the Iraqi Commander's Emergency Response Program.

Al Majerah Group Company is a private sector general contracting and trade company with experience in many provinces in Iraq working with the Iraqi government, non-governmental organizations and Multi-National Force – Iraq.

The school building is scheduled to be completed at the end of May and should be ready to provide services shortly afterward.

"I hope it will be one of many buildings that will reflect the noble culture of the marsh Arabs," Hunt said.

Rusafa officials celebrate school renovation

MUSTANSIRYA, Iraq – District leaders, school administrators, Iraqi Security Forces and Multi-National Division – Baghdad paratroopers celebrated the completion of a school renovation March 3 in the Rusafa District of eastern Baghdad.

Faysal Jasim Mohammad, Rusafa deputy district council chairman, along with Al-Moutasam kindergarten officials, commemorated the reopening of its school with a party. Mohammad cut a ceremonial ribbon to officially reopen the school.

Following cheers and applause, attendees walked

through the school to see the improvements made.

ISF, along with paratroopers assigned to the 5th Squadron, 73rd Cavalry Regiment, attended the event as a sign of partnership with the district of Rusafa and its citizens.

The construction of a new art facility was the main project in the school's revitalization efforts. Other refurbishments were made to plumbing, electrical systems, classroom doors. New windows were installed and the facility was painted.

The new art facility is a sign that Iraqi education officials are continuing efforts to develop educational programs outside of general subjects.

"This is a great thing that we are seeing, this school being renovated in our district," said Alaa' Radey, an official from the Rusafa ministry of higher education. "This is a sign of progression in our educational systems, with the grand opening of this school's art facility. This is a great thing not just for Rusafa and Baghdad, but for all of Iraq."

Paratroopers assigned to 5th Sqdn., 73rd Cav. Regt., were impressed with the school and its renovations.

"The turnout of people today is phenomenal," said Sgt. 1st Class Donald Workman, assigned to the non-lethal effects section of the 5th Sqdn., 73rd Cav. Regt. "This is the best school opening yet, and it's a good sign that great things are coming to Iraq."

The Department of Education for Rusafa's district one is currently planning several projects for the future, including building more than 30 new schools across the district and renovating more than 70 existing schools.

Kalamat Village now has fresh drinking water

FORWARD OPERATING BASE DELTA, Iraq – Thanks to an Iraqi Commander's Emergency Response Program water filtration project, residents of Kalamat Village now have clean drinking water at the flick of a switch right in the heart of their village.

Previously, village residents had to travel eight kilometers on dusty dirt roads to fill plastic containers with drinking water in nearby Badra.

"We want to thank Coalition forces and the Iraqi company that provided the filtration system," said Jameel Bashar, a Kalamat resident. "Now we can

drink really good, clean drinking water."

The project began when a civil affairs team visited the village and asked the shaykh how they could help. That team was replaced by Civil Affairs Team 641, who continued the effort.

"This village needed a lot of help, and the sheikh explained the difficulties of getting drinking water to the village, especially when it rains in the winter, which sometimes washes out the road," said Capt. Eric Currence, CAT 641 commander.

To commemorate the completion of the \$59,000 project, Currence and Bashar, the sheikh's brother and representative for the village, cut the ribbon on the facility March 9.

"The system filters 1,000 liters per hour," said Ra'ad Anhi, system operator.

"This is just another example of Iraqis helping Iraqis with the coalition's help," Currence said.

U.S. military makes last payment to Sons of Iraq

FORWARD OPERATING BASE WARRIOR, KIRKUK, Iraq – More than a thousand Iraqis stand patiently outside of a gated compound.

Three neatly aligned tables are set up inside the gates. Each table is manned by both Iraqi Army and U.S. Soldiers. Large stacks of Iraqi money rest on the tables awaiting the hands of the hard-working members of the Sons of Iraq.

This was the sight in the city of Sudayra in the province of Kirkuk, Iraq, March 2, where the U.S. military made its last payment to the members of the SoI. The Government of Iraq will assume full responsibility of payments April 1.

U.S. military members played the role of observers as Iraqi soldiers handled making the payments to the SoI.

"This is a great step in the right direction," said Sheikh Farhan, a leader of the SoI in the Sudayra region. "Each day the Government of Iraq is growing stronger, and we are becoming more independent."

"By taking over payments, Iraq is showing us that they are truly taking over from Coalition forces," said Sheikh Razzaq, and SoI member.

"This is one of the many milestones that the GoI is hitting day by day," said Cpt. Justin Michel, commander, Company A, 1st Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division. "This transfer is a necessary step that the GoI is taking to show its citizens that it is taking the lead on more programs."

As security improvements continue in the region, transferring control of the SoI to the GoI is another step in enabling the GoI to control the violence in Iraq.

"The SoI and IA have done a great job so far at improving security," Michel said. "I think that will continue to build upon the foundation they have now and the region will steadily become safer."

"We can reduce violence together," Razzaq said.

Though the U.S. military will no longer be responsible for making SoI payments, they will not be completely removed from the process in the coming months.

"Just because the IA is going to be in control doesn't mean we are going to be gone altogether," said Lt. Col. David Lesperance, commander, 1st Bn, 8th Cav. Regt., 2nd BCT, 1st Cav. Div. "The IA, SoI and CF are going to be working side-by-side in the coming months to ensure that the transition goes well."



Sustaining the Line



U.S. Army photo by Sgt. Keith M. Anderson

Command Sgt. Maj. James Spencer, command sergeant major, 16th Sustainment Brigade, welcomes incoming Command Sgt. Maj. Johnny Godbee, command sergeant major, 16th Special Troops Battalion, 16th Sust. Bde., into the fold during a frocking ceremony in the brigade's tactical operations center at Contingency Operating Base Q-West March 13.



U.S. Army photo by Spec. Joe Caldera

Spec. Paul Cuellar, a native of Fort Worth, Texas, has been working at a local movie and supply shop. As part of the Iraqi Business Initiative, he provides escort and force protection in order to encourage Iraqi self-reliance. During his time at the shop, Cuellar has made new friends with the shop workers, giving a great impression of U.S. Soldiers to the local population. Bravo Company, 949th Brigade Support Battalion, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade is pleased with Soldiers like Cuellar who are friendly and great in dealing with others. He has a great attitude and makes others smile with his witty jokes. It is easy to understand why he continues to make a great impression with those he works with and encounters on a day-to-day basis.



U.S. Army photo by Sgt. Bridgette L. Fleming

Spec. Jose Z. Gomez, an Echo Company, 949th Brigade Support Battalion, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade Soldier from Lubbock, Texas, and Staff Sgt. John Castillo, a Delta Co., 949th BSB, 553rd CSSB, 10th Sust. Bde. Soldier from Lovelady, Texas, work together to put a motor in an Armored Service Vehicle, here Feb. 20. Although the Soldiers are in different companies, they work together to maintain Echo Co. and Delta Co. vehicles.



U.S. Army photo by Sgt. Bridgette L. Fleming

Staff Sgt. John Castillo, a motor sergeant from Lovelady, Texas, works on replacing the motor of an Armored Service Vehicle, here Feb. 20. In addition to mechanical work for Echo Company and Delta Co., 949th Brigade Support Battalion, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade, Castillo coordinates with Delta Co. convoy commanders to ensure that tactical vehicles like the ASV remain serviceable. It is not hard to overlook the importance of serviceable vehicles in the accomplishment of a convoy mission.