

Safety measures



Oregon Guardsmen provide force protection at entry control points

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Recognition run



JBB recognizes March as American Red Cross Month

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Hot skills



546th metal workers fire up Phoenix art

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13th ESC ships bullets from Iraq to Afghanistan

STORY AND PHOTO BY
SPC. NAVEED ALI SHAH
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq — Beans and bullets, as the old Army adage goes, keep the U.S. military running strong.

As the responsible drawdown of forces and equipment escalates following the Iraqi Parliamentary elections in March, 13th Sustainment Command (Expeditionary) Soldiers are ensuring the proper retrograde of ammunition in conjunction with troop levels.

"There are four different actions that are currently being taken with excess ammo. It is shipped back to Kuwait, where it can be stored and used at a later date in other areas of operations; it will be sent to (Operation Enduring Freedom) if needed; if it is unserviceable, it is demilitarized in country; or if requested, it will be sold to the Iraqi Army through Foreign Military Sales," said Master Sgt. Jarrett Roemer, the

Spc. Anthony Zavala, an ammunition specialist with the 63rd Ordnance Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a New York City native, loads belts of ammunition to be shipped to Afghanistan in support of Operation Enduring Freedom, March 11 at Joint Base Balad, Iraq.

13th ESC support operations ammunition noncommissioned officer in charge.

Provider Soldiers in Iraq are hard at work shipping bullets, among other things, to Afghanistan in support of OEF. By sending ammunition to Afghanistan, the benefit is twofold, said Roemer, a Floresville, Texas, native.

First, the Soldiers on the frontlines in support of OEF receive the tools they need to take the fight to the enemy, he said.

"Some of the ammo we have is important to OEF, because some of it is in short supply in Kuwait and we may have more than we need due to years of ammo being pushed into Iraq," said Roemer. "Kuwait only re-
SEE AMMO ON PAGE 4



Adder celebrates Women's History Month

STORY AND PHOTO BY
PFC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq — The 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) hosted a Women's History Month observance on March 8, which was International Women's

Day, at Contingency Operating Base Adder, Iraq.

International Women's Day is a global celebration of the economic, political and social achievements of women past, present and future.

Women's History Month is something to be celebrated universally, not just by women, said Command Sgt. Maj. Elizabeth Shockley, the senior enlisted adviser with the 36th Sustainment Brigade out of Temple, Texas, the guest speaker and a Richardson, Texas, native.

"Women are everywhere in our lives," she said. "They are someone's mom, someone's sister, someone's little girl, someone's auntie or grandmother. Women have been a huge source of inspiration for people throughout time."

Shockley said women sometimes face different obstacles than men in the military.

"It is very hard coming up as a female Soldier," she said. "You have to get past that stigma of wanting to prove yourself in every circumstance. I would encourage

young female Soldiers to find that comfort of who they are and what they find important, and strive to always ... live the Army values."

On Nov. 14, 2008, General Ann E. Dunwoody became the first female four-star general in the Army. Shockley said Dunwoody is a great example of a female leader, and that women should follow her example and strive to be in leadership positions.

"(Women should) always strive to improve their education and their training, so that they
SEE WOMEN ON PAGE 4

Balad Blotter March 5 - March 11

MAJOR VEHICLE ACCIDENT:

The complainant telephoned the Joint Defense Operations Center and reported a vehicle accident. Patrols were briefed and dispatched. The first patrol arrived on the scene and determined the accident to be a major vehicle accident. The second arrived on the scene and initiated a statement of suspect/witness/complainant with the operator. The operator said that as he was backing the vehicle up the left rear side of the vehicle struck the side of the location. The operator said he was driving approximately three miles per hour when he struck the side of the stall. Witness one said she was standing at her vehicle when she heard a loud noise. Witness one stated he saw the operator rubbing against the stall door of the location and ran over to try and stop him. Witness one said by the time she reached the vehicle, the operator had already stopped. Witness two said he was a passenger in the vehicle when the operator rubbed up against the stall door at the location. Damage to the vehicle consisted of scrapes on the left side of the vehicle. The back fender and step was pulled off and hanging by a bracket. Damage to the location consisted of several scratches to a metal stall wall and a bent garage-door track that would not allow the door to close. The second patrol took thirteen digital photographs of the damage.

LARCENY OF GOVERNMENT PROPERTY:

The complainant approached the law enforcement desk and reported that a possible larceny had occurred at the 278th Armored Cavalry Regiment motor pool. The complainant said property was missing and the passenger door lock was cut from a vehicle. The complainant said the unit conducted a search of all vehicles, residents, and work areas with negative results. The complainant also said after searching the previous parking area he discovered a cut lock hasp that resembled the missing one. No further witnesses or investigative leads at this time.

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Chaplain's Corner: have you found your oasis?

BY CAPT. WANDA I. ACEVEDO
13TH ESC CHAPLAIN



When I found out that I was coming to Iraq, the first image in my mind was that of a desert. Perhaps it was because everything I knew about this country was based on the pictures and videos seen on the news in which all they seemed to talk about was the sand and the high temperatures. What I did not know at the time was that this deployment to the desert was also the beginning of a journey through my own inner deserts.

The changes and trials that we experience throughout our life during a deployment are like discovering a desert. Deserts in our emotional or spiritual life are places that perhaps we never thought we would encounter in our inner self.

Places that used to flourish with fresh grass and flowers and fruits, now seem desolated and dusty. It may seem that while I had my closest friends, family and loved ones near me before, now I feel lonely. While before I had all the commodities and privacy of my own home, now I live in a containerized housing unit.

Today, you and I work more hours and days than we ever imagined. Soon, tiredness and the pressure of adapting to the environment and the long work hours can begin to consume us. We might begin to question our mission and even our purpose in life.

Why am I here? What is the point? These and other questions show up in your desert and it might seem that the only thing you can see is the cracked ground under your feet.

It is precisely when we arrive at this point that we should rejoice about being in this particular desert. It may seem contradictory, but it is true.

Allow me to explain.

The ground in Iraq may seem deserted, and yet, it is a very fruitful one. The Tigris and Euphrates rivers give this land a special gift. During the rainy

season the rivers overflow into the ground and make it ready for sowing. Even after the rain is gone it is not uncommon to see oasis throughout this land. The same is true of your inner deserts. You can always find an oasis in your desert. This journey may seem just as bad as traveling in Iraq, and yet you will find that each desert has oasis in which we can stop and rest and be refreshed in our journey. A well-used oasis can better prepare us to give better fruits.

Even camels need to find water to continue their journey. "The self is limited. It has only so much energy. If it is not renewed, then depletion will take place. Too often we don't avail ourselves of the type of activities that truly renew us. When this occurs we run a greater risk that we will unnecessarily lose perspective and burn out," Robert J. Wicks said in page 46 of "Riding the Dragon."

We need to find our own oasis, our renewal zones, in the journey through this desert. Do a quick check to see whether you are taking time to stop at your personal oasis for a refreshing time. Here are some suggestions:

- Take short walks by yourself.
- Take time to meditate.
- Enjoy spiritual and recreational reading.
- Find opportunities to laugh.
- Exercise.
- Enjoy hobbies.
- Communicate with Family and friends (phone, Skype, snail mail, etc.).
- Listen to your favorite music.
- Engage in projects that help you renew.

You will only find an oasis in the desert, so take the opportunity while you are here to reinforce or discover your renewal zones. God promises to help us in this process.

"See, I'm doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland." NIV Is 43:19

EXPEDITIONARY TIMES

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36th Sustainment Brigade
90th Sustainment Brigade
96th Sustainment Brigade
41st Infantry Brigade Combat Team
155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
194th Engineer Brigade

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13th ESC Commanding General, Brig. Gen. Paul L. Wentz

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and Families of the 13th 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.

The Weekly Standard: emergency leave

By SGT. 1ST. CLASS ALEXANDER ARCE
13TH ESC ASSISTANT INSPECTOR GENERAL



When requesting emergency leave, a Soldier must request it through their chain of command to their Unit Commander, who is defined as the controlling authority for the unit leave-control log. This is normally a Lieutenant Colonel or above. The unit commander is the approving authority for emergency leave, the number of days granted, and the leave destination. Emergency

leave is processed in accordance with Army Regulation 600-8-10, Chapter 6.

Soldiers may be authorized emergency leave for up to 30 days for emergency situations within their immediate family or a person "in loco parentis." The immediate family includes parents, stepparents, siblings, stepsiblings and the only living relative of the Soldier or the Soldier's spouse. A person "in loco parentis" is defined as a person who stood in the place of a parent to the Soldier or the Soldier's spouse 24 hours a day, for at least a five-year period before the Sol-

dier or the Soldier's spouse became 21 years of age. The Soldier must sign a statement verifying "in loco parentis" status.

When considering if your situation constitutes an emergency, consider some of these guidelines: the death of an immediate family member, a serious situation involving accident, illness, or required major surgery that cannot be postponed due to urgency of the emergency condition, a situation in which the Soldier's presence will contribute to the welfare of a terminally ill member of the immediate family, when the projected date of

death is within the month and when severe or unusual hardship would be encountered if a Soldier failed to return home because of a personal disaster such as a hurricane, tornado, or flood. Childbirth without complications is not considered an emergency.

If you need to combine rest and recuperation leave with emergency leave, it must be approved by both the unit commander and the Army Central Command personnel office's R&R team. No other agency, individual, Scheduled Airline Ticket Office, or rear detachment are authorized to approve a duty-status change.

Joint Base Balad (13th ESC): DSN 433-2125
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Maj. Christopher Minor (Deputy)
Master Sgt. Roy Thacker (NCOIC)

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Taji (278th ACR): DSN 834-3079
Master Sgt. Richard Faust

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Maj. Jeffrey Copek - DSN 833-5915
Master Sgt. Marta Cruz - DSN 883-1710

Al Asad (96th Sust. Bde.): DSN 440-7049
Sgt. 1st class Alexander Arce
Master Sgt. Richard Faust

Legal issues: divorce law

By CAPT. MELVIN RAINES II
13TH ESC CHIEF, LEGAL ASSISTANCE



The divorce process is started by filing a petition for divorce in court. Every state and county has different forms, rules, and filing fees that apply to such a filing. Accordingly, it is often a good idea to use legal professionals who are familiar with the specific rules of the city in which the divorce is to be filed. After filing the divorce petition with the court, every state has a waiting period. This period could be as short as 20 days, or as long as one year, depending on the state and the type of divorce.

During the course of the case, the parties should attempt to reach an agreement on certain subjects, including the division of marital property, allocation of marital debts, spousal support, child support, and child custody. This can be a simple matter of reaching what is known as a "marital settlement agreement." However, if the parties cannot agree, then they will be required to dispute the matter

in court, a process which tends to be very lengthy and expensive. A divorce case can be handled for less than \$500 when the parties agree on all issues. However, the process can cost tens or even hundreds of thousands of dollars when parties have extensive issues on which they can not agree.

At the end of the waiting period, assuming all requirements have been met, the court will issue a decree of dissolution. This document has the legal effect of ending the marriage.

It is important to notify the finance office about this, because it could change your entitlement to certain types of family support pay.

There is no requirement for separation, legal or otherwise, before getting a divorce.

Until the service member is fully, legally divorced, it is unlawful for them to date or have sexual relations with anyone other than their spouse.

One spouse does not give the other spouse a divorce. The court gives the divorce.

Most divorces are based on the no-fault concept, which means that a divorce will be granted if one spouse

claims that there are irreconcilable differences. One person can get divorced even if the other person wants to remain married, and even if that other person does everything possible not to cooperate with the process.

In almost every case, people seeking a divorce would be well served to pay a visit to the chaplain. You do not need to be religious to do this and are never forced to visit the chaplain if you do not desire to do so. However, most Chaplains have training and experience in helping married couples improve communication skills and take other steps to help save a marriage.

One resource offered to Soldiers before they deploy and redeployed, is the "Strong Bonds" marriage retreat. The program usually consists of a very nice weekend retreat and is sure to benefit any marriage. Contact your unit chaplain for further information on this program or to get more information on ways to strengthen marriages in general.

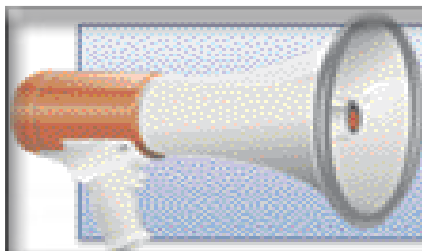
For further assistance, please feel free to contact the Legal Assistance Office at DSN 318-433-2836.

Sexual Assault Response Coordinator

From the Joint Base Balad Sexual Assault Response Coordinator Team: Consent is a choice in which an individual agrees by free will to engage in sexual acts. The fact that a person is in a relationship or was in a relationship does not mean the person automatically consents to sexual activity. Your JBB SARC team is available 24 hours a day, seven days a week. Call the JBB sexual assault response coordinator at 443-7272 or contact via pager 443-9001, 159 for help. Army members should seek assistance with their unit victim advocate or deployed-SARC; you may also call 433-7272 or 443-9001, 122/135 for assistance.

Correction

In the March 10 edition of the Expeditionary Times, the editorial titled, "Sergeant's time: comprehensive Soldier fitness," should have listed Sgt. Christopher Isaac's unit as the 159th SOC. The Expeditionary Times regrets this error.



Give a Shout Out!

Tell your family and friends how much you miss them.

Send a brief message to: expeditionarytimes@iraq.centcom.mil Subject line: "Shout Out"

AMMO: responsible drawdown of equipment is in conjunction with troop levels

AMMO FROM PAGE 1

ceives ammo once a quarter by vessel. So if they run low and we can support OEF from Iraq, it eliminates the Warfighter having to possibly wait on a longer resupply."

Second, shipping supplies directly from Iraq helps keep extra trucks and troops off the roads, potentially saving lives, he said.

"By sending the ammo straight from Iraq, you alleviate the need for

the ammo to be shipped to Kuwait," said Roemer.

"More than 2,400 short tons of ammunition have been retrograded, demilitarized, or shipped to Afghanistan since the 13th ESC took over logistical operations for the Iraqi theater in August," said Chief Warrant Officer 3 Denise Miceli, the 13th ESC support operations ammunition technician and a Chicago native. She said approximately 400 short tons of ammunition have

been shipped to Afghanistan thus far.

Roemer said despite how much ammo they have already moved, they still have a ways to go.

"The goal for the 13th, when it comes to the subject of retrograde, is by the end of our tour to have removed about 4,200 short tons of ammo from Iraq," he said.

The responsible drawdown of troops and equipment takes a lot of work behind the scenes, but Soldiers on the

front lines of logistics operations here in Iraq know the importance of their mission, said Pfc. Candace Moore, an ammunition stock control and accounting specialist with the 63rd Ordnance Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th ESC.

Moore, a Lake Charles, La., native, said, "I'm proud of the work we do, because I'm part of something big and not a lot of people can say that."

WOMEN: 'Women's History Month is something to be celebrated'

WOMEN FROM PAGE 1

too can be in positions of leadership," she said. "That is where other female Soldiers will get their sources of inspiration. We need to keep seeing women in leadership positions, and General Dunwoody is an outstanding example of that in the U.S. Army."

Staff Sgt. Manny Rodriguez, the equal opportunity representative and operations noncommissioned officer with A Company, 412th Aviation Support Battalion, 12th Combat Aviation Brigade out of Ansbach, Germany, sings with the Tallil Gospel Choir, who performed during the ceremony. She said she tries to set a good example of what a woman should be to her children.

"I think that a woman should have some form of foundation," she said. "I consider my foundation (to be) God, so I pray a lot and my children pray a lot."

Rodriguez said the ceremony was a good way to recognize females in the military.

"Being a woman and a mom in the military, I think that it is good for women to get some sort of recognition for the things that they do," she said. "I consider myself a part of history every day."

At the conclusion of the event, the winners of the art, poetry and writing contests presented their work, and each was presented with an Army Achievement Medal for their contribution.



Spc. Kriztine L. Mancilla, a petroleum supply specialist with the 40th Quartermaster Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Schofield Barracks, Hawaii, and an Anchorage, Alaska, native, shares the inspiration for her winning illustration in the art competition at the women's history month observance, March 8 at Memorial Hall at Contingency Operating Base Adder, Iraq.

TELL YOUR FAMILY AND FRIENDS HOW MUCH YOU MISS THEM
E-mail: escpao@iraq.centcom.mil

Oregon Guardsmen provide force protection at entry control points

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

VICTORY BASE COMPLEX, Iraq – The Soldiers of A Troop, 1st Squadron, 82nd Cavalry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) are keeping Victory Base Complex, Iraq, safe by manning the base's entry control points 24 hours a day.

ECP 13 is the busiest checkpoint on base, housing a badging office on site, as well as checking vehicles, personnel and military convoys moving on and off base.

Pfc. Alexander J. Miller, an armored infantry cavalry scout with A Troop, said he works both shifts at the checkpoint.

"The checkpoint has different tiers," said Miller, a Canby, Ore., native, "At each tier they go through different steps to be able to get on base."

Miller said the first point of contact with entering personnel is the initial stop sign.

"The signs are posted in both Arabic and English several times," he said. "If they do not stop, we have to use our escalation-of-force procedures."

Miller said his troop works hand-in-hand with the Ugandan soldiers at the ECP's.

"The Ugandans take their job very serious," he said. "I was very impressed at how hard they work, and I



Sgt. Mark Benson, a force protection noncommissioned officer at entry control point 13 with A Troop, 1st Squadron, 82nd Cavalry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a La Crosse, Wis., native, scans the eyes of a local national March 8 before allowing him to enter Victory Base Complex, Iraq.

like working with them."

During the elections, it wasn't quite as busy, said Miller.

"The convoys weren't rolling out for a few days and there was a curfew issued in Baghdad from 12 a.m. until

6 a.m.," he said. "I'm sure it will pick up again after the election is over."

Sgt. Shawn R. Brooks, the sergeant of the guard at ECP 13 with A Troop, said he supervises the operation of the ECP, enforces policies and is there for whatever else the Soldiers might need of him.

"We get a lot of high-ranking officers that come through the checkpoint, and no matter who comes through, all policies must be enforced," he said. "So I am here to back up the junior-enlisted Soldiers as they enforce the policy."

Brooks said traffic is usually heavy at the ECP during the day. The nights can be

interesting too, he said, like the time a man unsuccessfully tried to bring a monkey on base.

Miller said his troop has to remember and enforce a lot of rules and regulations while working on the ECP.

"It gets very stressful here, especially during the elections and certain religious holidays," he said.

Miller said the badging office can get busy as well.

"Sometimes we have 40 or 50 people waiting to go into the badging office, and it takes time to go through all the processes," he said. "Sometimes the people get very frustrated and agitated ... so we have to be very careful when that situation comes up."

Miller said local nationals have to be X-rayed and pass a retinal eye scan before they enter VBC.

"After the scan is complete, the computer will tell if the person can proceed or not," he said.

Brooks said security measures were increased during the elections as a precaution, but nothing highly irregular was done.

"We have stepped our threat levels up," he said. "We will continue to hold this posture, stay flexible and provide force protection."



Pfc. Alexander J. Miller, an armored infantry cavalry scout with A Troop, 1st Squadron, 82nd Cavalry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Canby, Ore., native, talks to an Iraqi child while his family member goes through the screening process March 8, at entry control point 13 at Victory Base Complex, Iraq.

Mississippi Guardsman embodies Army value of respect

STORY AND PHOTO BY
CAPT. MURRAY SHUGARS
2/198TH CAB

CONTINGENCY OPERATING BASE Q-WEST, Iraq — A Mississippi Army National Guard Soldier received a command sergeant major's award during a ceremony Feb. 15 at Contingency Operating Base Q-West, Iraq.

Sgt. Kyle R. Stegall, a vehicle commander with C Company, 2nd Battalion, 198th Combined Arms, 155th Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Sugarland, Texas, native, was acknowledged for embodying the Army value of respect.

To honor outstanding service at the end of the deployment, the senior non-commissioned officers of the battalion recognized seven Soldiers throughout the battalion, each of whom embody one of the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage, said Command Sgt. Maj. Perry Campbell, the senior enlisted adviser for 2nd Battalion.

"This is an NCO-driven effort to honor Soldiers who stood out during the deployment," said Campbell, a Senatobia, Miss., native. "The NCOs wanted to remind every Soldier in the battalion that outstanding service is not always the result of a single act. It is the everyday practice of upholding the Army values."

First Sgt. John Moyer, the first sergeant for C Co., said Stegall embodies respect because he lives by the golden rule.

"Respect is treating people as they should be treated, and treating them as you would like them to treat you," said Moyer, a Tutwiler, Miss., native. "Sergeant Stegall is a leader who gives respect, who treats fellow Soldiers with dignity, and he inspires the same from them. This is not just the golden rule; it is at the core of military discipline and cohesion."

Moyer said he is proud to serve with Soldiers like Stegall.

"Sergeant Stegall is a person dedicated to excellence," he said. "I've known him since he first joined the company, when he began as a student at the University of Mississippi in Oxford, majoring in finance. He is very tactically and technically sound, but he inspires other Soldiers more because of the respect he shows them."

"I have watched (him) achieve the rank of sergeant in only four years, and his abiding respect and esteem for the Army and for fellow Soldiers has been a key to his rapid ascent. Soldiers like Sergeant Stegall give old warriors like me hope for the future of the armed forces."

Stegall is an example to all the Soldiers around him, said Staff Sgt. Michael D. Hammons, a convoy commander with C Co. and a Bolivar, Tenn., native.

"Sergeant Stegall commands the respect of everyone around him because he respects himself," said Hammons. "He carries and conducts himself well. Look up the definition of respect in Webster's and you're likely to find his name at the end of it."

Hammons said Stegall has also dis-



Sgt. Kyle R. Stegall, a scout gun truck commander with C Company, 2nd Battalion, 198th Combined Arms, 155th Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Sugarland, Texas, native, and Sgt. Victoria M. Moffett, a gun truck commander with A Company, 106th Brigade Support Battalion, attached to the 2/198th CAB and a Collins, Miss., native, receive command sergeant major's awards for embodying the Army values of respect and selfless service, respectively, during a ceremony Feb. 15 at Contingency Operating Base Q-West, Iraq.

tinguished himself regularly on the unit's missions.

"We had a 10-day mission that turned into a 30-day mission, and sergeant Stegall was the lead scout truck commander," he said. "He didn't complain and didn't look to get out of that duty. His truck physically led all those missions, and he found us a route out of a tight situation more than once. His

crew would follow him anywhere and so would the entire convoy, because we trust and respect him."

Stegall said he was surprised by the recognition.

"This is a pretty big honor," he said. "It feels strange to be singled out in front of everybody like this ... This recognition could have gone to a lot of guys in the company."

Container inspector recognized as Warrior of the Month

STORY AND PHOTO BY
1ST LT. RICHARD PARADISO
159TH SOC

JOINT BASE BALAD, Iraq — Spc. Roy Hickman, a container inspector with the 159th Seaport Operations Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and Richmond, Va., native, was recently recognized as the company's warrior of the month.

Hickman is an outstanding Soldier who goes above and beyond his duties as a container inspector, said Sgt. 1st Class Andre Wills, the container repair yard noncommissioned officer in charge with the 159th SOC and an Indianapolis native.

"Specialist Hickman continuously works at maximum effort here in the

container repair yard," said Wills. "If we ever have an issue with any container or local national, Spc. Hickman is always on call to resolve it, ready to get his hands dirty at a moment's notice. He is a highly valued member of our team."

Hickman said he is proud to be able to work with the local nationals.

"I love what I do," said Hickman. "It gives me an opportunity to interact with the Iraqi people on a daily basis. I have a truly unique experience here. Other Soldiers may interact with Iraqis on occasion, but I have the pleasure of seeing their diligence and efforts every single day."

Capt. Philip McDowell, commander of the 159th SOC and a Charlottesville, Va., native, said he was an obvious choice for warrior of the month.

"His efforts are recognized by everyone in the company," he said. "Whether it's a small job, like making a workout plan, or something as large as meeting a monthly deadline of 2,000 containers

inspected monthly, Hickman is always prepared for the task at hand."

Hickman said he gets his motivation from his family and his leaders.

"I try to do my best in everything that I do, so I can provide the best life for my wife and children," he said. "I couldn't get half the work done that I do without the help of my teammates, and Sergeant First Class Wills is great to work for; our motivation is never low."

McDowell said Hickman excels at his job.

"(Hickman) ensures that all of our



Soldiers from the 159th Seaport Operations Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) load containers onto a truck at the container repair yard at Joint Base Balad, Iraq.

containers are deemed seaworthy, while at the same time maintaining a strictly professional working relationship with the local national contract employees," he said. "He truly represents Warrior Pride."

Oregon quick reaction force team provides perimeter security for VBC

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

VICTORY BASE COMPLEX, IRAQ – The Soldiers of B Troop, 1st Squadron, 82nd Cavalry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) quick reaction force team provide security for entry-control points at Victory Base Complex, Iraq, and support base defense operations center events on a daily basis.

Their tasks include conducting both interior and exterior perimeter checks, area reconnaissance and foot patrols.

Spc. Brandon B. Delfino, a dismount member of the QRF and a Bend, Ore., native, said his platoon is on standby status every other day, prepared for anything that might occur on VBC.

“We have to be ready to get anywhere in no more than 15 minutes,” said Delfino. “We do foot patrols and we mainly check the walls for breaks or tunnels, the visibility of the towers and we get to mingle with the population around VBC.”

Spc. Peter S. Powers, a driver with the 1-82nd Cav. and a Hillsboro, Ore., native, said the team does interior perimeter patrols several times between the day and night shift.

“We look for ... anything that force protection would need to address,” he said.

First Lt. Justin G. Howland, a platoon leader for B Troop and a La Grande, Ore., native, said he is responsible for the overall planning, execution and after-action reviews of all operations involving the QRF.

As the patrol leader for dismounted and mounted missions, Howland said he ensures the commander’s intent is met in monitoring for breaches and avenues of approach at VBC.

“We do occasionally meet with the locals,” he said. “We are the face of VBC for the community surrounding its walls. I think they support what we’re here for and most are receptive to our generosity.”

Howland said during election week they were at a heightened state of alert, but not actively doing anything out of the ordinary.

“The QRF mission will be a vital mission until we pull out,” he said. “Whether it’s by contract or support, as long as there is force protection there will be a QRF element.”

Staff Sgt. Bejan P. Rejaian, the non-commissioned officer in charge of B Troop’s QRF team and a Salem, Ore., native, said he disseminates any information to the other section sergeants and ensures that the readiness level and accountability are always maintained.

“I maintain contact with all QRF personnel, make sure they are properly equipped, and their vehicles and weapons are completely up to standard,” he said.

Rejaian said they taught a 40-hour class to the Save Our Country corporation’s tower guards. These contractors assist with force protection at VBC, and will take over security after the upcoming drawdown of U.S. forces.

“It was a chance for us to get them up to U.S. forces’ standards on battle drills, individual weapons systems and proper reporting,” he said.



Spc. Daniel P. Martin, a medic with B Troop, 1st Squadron, 82nd Cavalry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Blythe, Calif., native, establishes communication with the lead M1151 Humvee during an interior perimeter patrol March 6 at Victory Base Complex, Iraq. Martin is part of the quick reaction force team that conducts several patrols around VBC daily.

This is Rejaian’s second deployment to Iraq, and he said he was surprised the country arrived at this phase so early.

“I was here for the last election,” he said. “The infrastructure of Baghdad was bad and the security forces were tremendously different. Now the basic security and infrastructure has improved beyond

what I thought (it could) in this short of time.”

Howland said he has enjoyed the deployment and the Soldiers he works with care about the mission.

“They always have a sense of purpose and a sense of mission,” he said. “I am proud to work with them.”

36th Soldiers remember the Alamo

BY PFC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers with the 36th Special Troops Battalion out of Temple, Texas, held a memorial to commemorate the Battle of the Alamo, March 6 at Contingency Operating Location Adder, Iraq.

The battle was a 13-day siege that began Feb. 24, 1836, when the first units of Mexican General Antonio Lopez de Santa Anna’s army reached Bexar, modern day San Antonio, and ended March 6, 1836, with the slaying of all the Alamo’s defenders.

First Lt. Beverly Hutchins, a personnel management officer with the 36th STB, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a San Antonio, Texas, native, was the master of ceremonies for the event.

“We are here today to remember the Battle of the Alamo,” she said. “You may be aware that the facts of the 13-day siege are highly contested even today, but what everyone can agree on is that a few stood against many.”

The defenders of the Alamo were not just European settlers. They embodied the true diversity of America, including people of both Mexican and African American descent, said Hutchins. It is because of this diversity that many historians refer to these Americans living in Mexican Texas as Texans, she said.

During the ceremony, Hutchins read a letter written Feb. 24, 1836, by Lt. Col. William Barrett Travis, commander of the Texian forces defending the Alamo, to the people of Texas and to all Americans.

“The enemy has demanded a surrender at discretion, otherwise, the garrison are to be put to the sword if the fort is taken,” she read. “I have answered the demand with a cannon shot and our flag still waves proudly from its walls. I shall never surrender or retreat.”

The Battle of the Alamo is seen by many as a story of courage in the face of overwhelming odds.

Master Sgt. Jeffrey G. Scott, the non-commissioned officer in charge of plans and operations for the 36th STB and a Fort Worth, Texas, native, said he feels the lesson of the Alamo is having the

courage to fight for what one believes is right.

“Even though they were almost certain that they were not going to survive, they thought it was right and they were willing to lay down their lives for it,” he said.

Scott said he felt honored to be a part of the ceremony remembering the courage of the fallen Soldiers of the Alamo.

“Like the Texans of 1836, the Texans of 2010 stand in defense of liberty and freedom,” said Hutchins, “and like Lieutenant Colonel Travis and the defenders of the Alamo, we are guided by the Code of Conduct which reads, ‘I will never surrender of my own free will.’ Just as Santa Anna’s army did at the Battle of San Jacinto, let our enemies now tremble upon hearing the words, ‘Remember the Alamo!’”

Chaplains train to support deployed service members

STORY AND PHOTO BY
SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Army and Air Force chaplains and their assistants, from Joint Base Balad, Iraq, attended a monthly career-development course to better ready themselves to aid as spiritual counselors, March 5 at Provider Chapel at JBB.

The training focused on pastoral counseling and was led by guest speaker Maj. Terry Romine, the family-life chaplain with the 3rd Infantry Division headquartered at Contingency Operating Base Speicher, Iraq, and one of three family-life chaplains currently deployed in support of Operation Iraqi Freedom.

Pastoral counseling is an integration of pastoral training with behavioral health, said Romine, a Hoxie, Ark., native. The idea is to give chaplains what they need to help Soldiers find the type of help they are seeking, he said.

The training is designed to enhance their knowledge and to teach them new techniques for assisting Soldiers seeking help in the deployed environment, said Lt. Col. Garry Losey, deputy command chaplain with the 13th Sustainment Command (Expeditionary) and a Chicago native.

Family life is a specialized career field, which requires a master's degree in education, said Losey. The chaplain-to-chaplain training expands their understanding using skills from the fami-



Army and Air Force chaplains from units all over Joint Base Balad, Iraq, gather during a monthly chaplain's training class March 5 to discuss techniques to aid the service members they support.

ly-life focus, which emphasizes the full spectrum of the Soldiers' life and well-being, he said.

"We're training our chaplains who are not family-life qualified, to give them better skill sets in how to counsel, how to work with clients ... we want to better meet the needs of our Soldiers," he said. "They are bringing their knowledge, their education ... so that we may be better equipped to help."

Romine said research has shown that Soldiers prefer to consult with chaplains as their first source of professional help, due to the security of the chaplain corps' strict confidentiality policy.

"We want chaplains to be able to have the skills that can help Soldiers work through personal problems," he said.

These problems may arise from issues at work, sadness, depression, anger, grief, marital or relationship stress, or any other major factor that affects them negatively, said Romine.

"Often it's a path," he said. "They see the chaplain if they're having some issues, and the chaplain can recommend they see behavioral health."

Romine said Soldiers can be hesitant to seek help, which is why it is important for chaplains to always remain ca-

pable of understanding their clients and provide a confidential means to express their worries and concerns.

"We want to relate to the Soldier," he said. "We want to connect, we want to attend and we want to pay attention to what they're feeling and saying, so they will feel comfortable and safe talking to us."

Romine said there is a major concern among chaplains, of the heightened stress factors facing Soldiers separated from family and loved ones in a combat environment.

"We want to be able to offer a place for Soldiers to deal with that and have a place to talk about it," he said. "That helps to reduce their stress, or find coping mechanisms to deal with stress."

The chaplain corps has made it their mission to aid service members overseas with counseling and training, as well as spiritual and moral support, said Losey.

Both Army and Air Force chaplains from units around JBB regularly attend the monthly training, to better serve their respective branches.

"This is really a joint event between the Army and the Air Force, where we get training on how to touch the lives of Soldiers and Airmen," he said.

Losey said the 13th ESC has dedicated its chaplain corps to the mental and spiritual support of service members deployed in Iraq.

"They will have the best (counseling) we can give them to help them through their time here," he said, "to get them back home not only physically safe, but emotionally and mentally prepared."

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Providers support movement-control operations in Diyala Province

STORY AND PHOTO BY
SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers with the 858th Movement Control Team are responsible for the quality control of cargo being transported through Joint Base Balad, Iraq, and its surrounding bases.

At the traffic-control point at JBB, the 858th MCT tracks the time and movement of military convoys, route clearance teams, patrols and private security companies entering and exiting the base, said Capt. Timothy Wolters, commander of the 858th MCT, 49th Transportation Battalion, 13th Sustainment Command (Expeditionary).

Traffic-control points act as the first check-in for convoys moving cargo into theater, said Wolters, a Mount Pleasant, Mich., native. The 858th manages military, as well as American and foreign-national civilian convoys in the staging lanes of the convoy support center, he said.

The 858th MCT supports the largest area of operation of any MCT in Iraq, said 1st Lt. Randell Krug, the unit's mobility officer and a Bad Axe, Mich., native. As an area support MCT, the



A civilian contractor watches over an outbound KBR, Inc. convoy leaving the Convoy Support Center March 9 at Joint Base Balad, Iraq. The 858th Movement Control Team, 49th Transportation Battalion, 13th Sustainment Command (Expeditionary) tracks and coordinates the movement of inbound and outbound cargo in the Diyala Province of Iraq.

858th provides movement control operations for roughly 10 bases in the Diyala Province, he said.

More than half the cargo moving from the north and east to the south will pass through JBB, said Krug.

The 858th MCT can get that equipment moved anywhere in Iraq, said Wolters.

"The biggest thing is to help any unit get their equipment moved," he said.

"Whether it be something you strap to a pallet, the 40-foot (containers), or vehicles."

Since its time in theater, the 858th MCT has sent out two mobile teams to coordinate movement operations for redeploying units in the Diyala Province area, one at Contingency Operating Location Warhorse and another at COS Caldwell, said Wolters.

"They supervised the upload of

cargo and verified what cargo was on what convoys," he said. "They sent that information back to (JBB) so we could track it when it came through here. We had visibility on it until it went down to Kuwait."

The 858th MCT is slated to transfer authority of their mission to the 512th Transportation Detachment out of Fort Buchanan, Puerto Rico, in late March, said Krug.

Cedar II to Adder move ahead of schedule

BY PFC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq – After five years, the process of moving convoy support operations on Camp Cedar II, Iraq, to Contingency Operating Base Adder, Iraq, as part of the responsible drawdown of U.S. forces in Iraq is now in its final stages.

Maj. Gilbert M. Spring Jr., the brigade engineer with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Temple, Texas, said COB Adder will be the central hub for all convoys to and from Kuwait.

"This is the facility for southern

Iraq," said Spring, a Lufkin, Texas, native. "There is nothing between here and Kuwait. Everything going into Kuwait is going to come through here before it goes down there. This is the last stopping point going south; it is also the first stopping point going north."

The goal of combining the two bases and having one central hub for United States Division – South is to lessen the amount of personnel required to run convoy operations, said Spring.

"We are now taking an advisory role in Iraq, not an occupational role," he said. As we do that, the requirement for the number of Soldiers to be here is less. We are trying to work with their government, to make it stable for a free democracy."

Spring said the scale of the project is large because the convoy support

center on Adder is being built as a level-three facility.

A level-three facility is the top tier for CSCs; it requires housing, maintenance and all of the necessary equipment and facilities to support troops constantly moving through the site.

One of the biggest projects involved with moving operations over to COB Adder is moving the living structures. Almco Group is the company contracted to carry out the move.

Nazar Abd-Al-Jabbar, the project manager with Almco group and a Baghdad native, said he is pleased with the progress made so far and is actually a month ahead of schedule.

He said there are about 170 people working on the project including technicians, drivers, escorts, workers, safety personnel and engineers.

Almco is contracted to move 846

living structures, 27 laundry and ablution units, 60 tents, 7500 T-walls, 1,000 Texas barriers and 500 Jersey barriers.

The company began work Jan. 5 and has so far moved all of the Jersey Barriers, more than 150 of the Texas Barriers, 1300 T-walls and 372 living structures, said Nazar.

"Three months ago we started ... moving the trailers from Cedar (II)," he said. "We move, everyday, between 15 and 25 trailers, and (roughly) 50 T-walls."

Spring said Nazar and his team are swift workers and are always exceeding expectations.

"It is going quite well," he said. "Cooperation has been very good. The contractor is ... actually often times waiting on us. He is very energized, and ready to get it done."

Missouri unit transforms old mail building into a customer-friendly postal operation

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq – Members of 1st Platoon, 387th Human Resource Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Bethany, Mo., began their deployment in October with an extra mission, to transform a building that did not meet Department of Defense postal regulations into a functioning, efficient postal center.

The 387th took over postal operations from a Marine detachment at Al Asad Air Base, Iraq, and spent the next five months making renovations to the inside and outside of the building.

Staff Sgt. William Woodward, the postal operations platoon sergeant with the 387th HRC and a Princeton, Mo., native, said when they arrived, the building's physical security was not in accordance with DOD regulations.

"The first improvement was adding bars to all the windows and steel doors at the exits, to bring it up to standard on physical security," he said.

Woodward said all the materials used in the renovations were gathered at Al Asad, from either the logistics supply yard or the Defense Reutilization and Marketing Office.

The renovations were put on hold

between mid-November and December for the holiday rush.

"Our mission comes first, so of course we had to focus on getting mail on and off Al Asad," he said. "After that, we started working on smaller renovations projects."

Woodward said when he initially walked in the door at the post office, it was the least efficient postal operation he had seen during his four deployments.

"We bring a few things to the table with our civilian skill sets," he said. "We put those to work and made it an efficient and customer-friendly operation."

Woodward said the biggest renovation was the expansion of the main lobby, now double its original size.

"This building wasn't set up for a retail type of facility like a post office," he said. "There were two rooms adjoining the existing lobby not being used, so we ... knocked down some walls, and then framed and trimmed them out."

They also constructed new retail postal finance windows to make it look more like an actual post office, he said.

"Even before we actually took over, we began to look at how to improve the situation here," said Staff Sgt. Kenneth Riley, the postal supervisor with the 387th HRC and a Tarheel, Mo., native. "Whether it was the building or customer service, our gears were already started."

Riley said they worked many long



Pfc. John O'Donnell, a gunner with A Troop, 141st Brigade Support Battalion, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Vancouver, Wash., native, mails a foot locker home in preparation for his re-deployment back to the U.S. March 11, at Al Asad Air Base, Iraq. Members of 1st Platoon, 387th Human Resource Company, 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) spent five months renovating the postal office, which included doubling the size of the lobby.

hours for almost two months straight to get the job done.

"We were working day and night," he said. "We had to run the post office during the day, and couldn't swing sledgehammers when customers were there. We sometimes worked past midnight doing all the refurbishing and cleaning."

Riley said all the work they have done and are continuing to do is aimed at improving the operation.

"We're proud of the final outcome," he said. "No matter where we go, we are making our working areas and our living areas better."

Woodward said no matter what he asked of his Soldiers, they were eager and willing to do it.

"I appreciate that they applied themselves and put in the hard work that was necessary to make this mission successful," he said.

Quartermaster Soldiers keep service members' uniforms looking sharp

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE TAJI, Iraq – Missions in Iraq can take a toll on service members' uniforms, but a group of Soldiers work every day to keep them presentable and in good repair at Contingency Operating Base Taji, Iraq.

The renovation shop, run by the 263rd Quartermaster Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), repairs uniforms at no cost to Soldiers.

Sgt. Veronica Porotesano, a laundry, showers and textile specialist with the 488th Quartermaster Company out of Fort Polk, La., attached to the 263rd

QM Co., said they do the renovations to support Soldiers.

"We only work on uniforms," said Porotesano, a San Jose, Calif., native. "When you have a uniform that is torn, a zipper that is broken or Velcro that needs repaired, you bring them over here."

The 263rd has been advertising their mission to other commands, to let Soldiers know they can get their damaged uniforms fixed for free and returned in a timely manner.

"When they come over here, they are surprised that it is a 24-hour turnaround," said Porotesano. "(At other facilities) it usually takes longer."

Word has spread around COB Taji, and Porotesano and her team are seeing more customers. She said her team repairs about 20 items a day.

Porotesano said her team is proud of the service they provide, and that Soldiers leave knowing their uniforms look professional and well maintained.

Spc. Anton L. Pakkung, a laundry, showers and textile specialist with the 488th and a Houston native, said his favorite part of the job is making sure customers leave the shop with a smile.

"I like to see the customer leave happy, and when they come back they tell (us we) are doing a good job," he said.

Pakkung said he enjoys helping Soldiers look their best.

Porotesano said the service also allows Soldiers to save money and improves their morale.

She said her favorite part of the job is helping her Soldiers by sharing her technical skills and teaching them.

"Over here, we're just happy to serve



Spc. Anton L. Pakkung, a laundry, showers and textile specialist with the 488th Quartermaster Company out of Fort Polk, La., attached to the 263rd Quartermaster Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Houston native, patches up a torn military uniform March 11 at Contingency Operating Base Taji, Iraq.

everybody," she said. "To make sure we do our job the best that we can, and to make people happy for a little bit before they go home."

JBB recognizes March as A

STORY AND PHOTOS BY
SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – More than 800 volunteers and supporters attended a ceremony marking March as American Red Cross Month, March 6 at Joint Base Balad, Iraq.

“In 1943, during World War II, President Franklin D. Roosevelt became the first president to proclaim March as Red Cross Month, and called on Americans to ‘rededicate themselves to the splendid aims and activities of the Red Cross,’” said Air Force Col. Mark Koeniger, commander of the 332nd Expeditionary Medical Group, 332nd Air Expeditionary Wing and a Springfield, Va., native.

Koeniger said Roosevelt’s proclamation has become a tradition that has continued for the past 67 years, and he read it to declare March 2010 as Red Cross Month at JBB.

Every day, through its network of chapters, stations and more than one million volunteers, the American Red Cross is there to save the day when disaster strikes at home or abroad, said Koeniger.

“It is there when someone needs life-saving blood or the comfort of a helping hand,” he said. “At Joint Base Balad, our local chapter relays military families’ emergency messages to the service members serving here.”

The Red Cross has been established in Iraq since 2003, said Kenneth Romero, the JBB Red Cross Station manager. Iraq has two American Red Cross stations, one at JBB and the other in Baghdad. With four personnel assigned to each location, the Red Cross provides 24-hour support for deployed service members, he said.

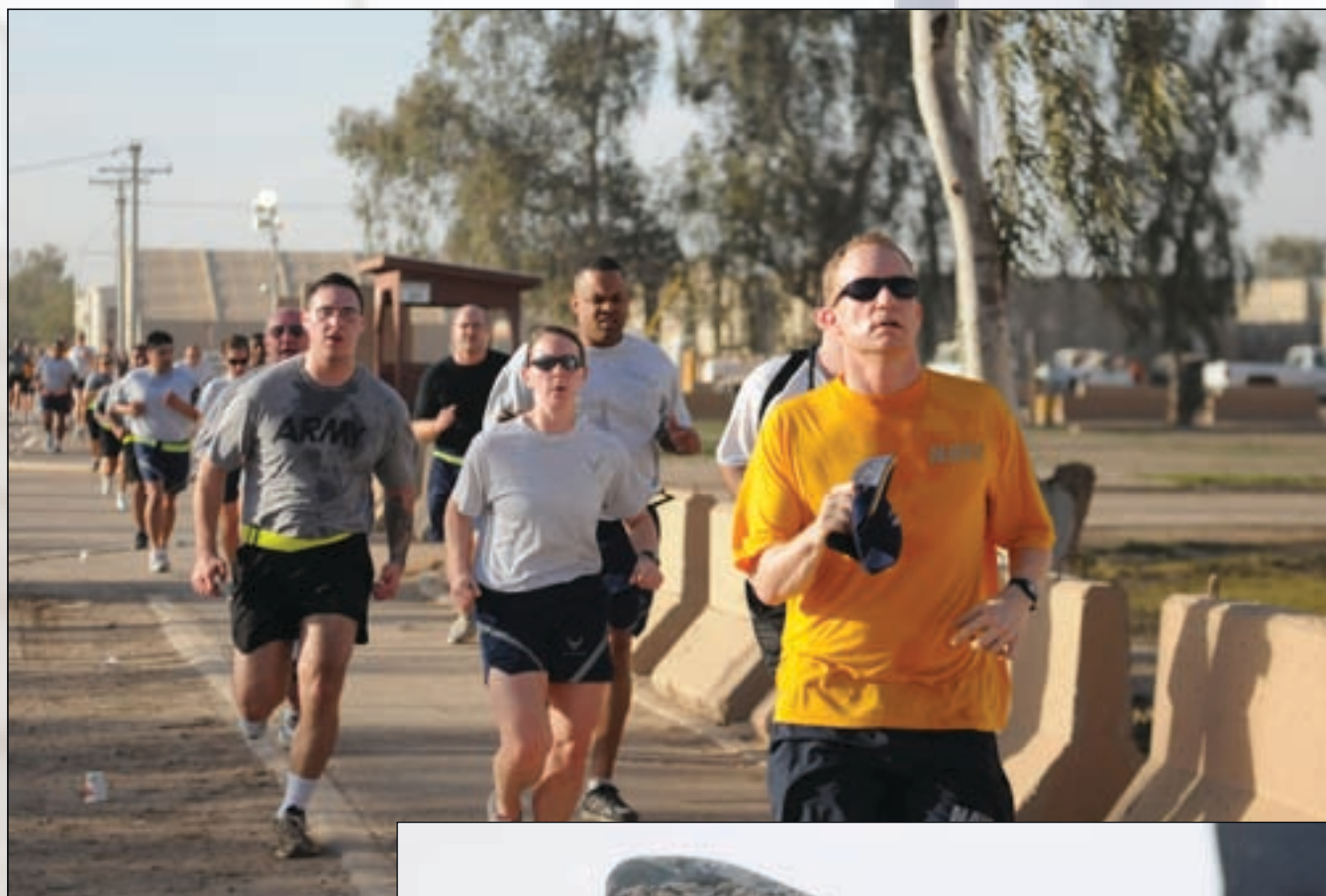
Each year the president declares March as Red Cross Month, and the Red Cross Station at JBB wanted to hold an event to recognize the occasion, said Romero, a Denver native.

“We held our own celebration here at Joint Base Balad, to use Red Cross Month as an opportunity to bring

awareness of (the) Red Cross and the services we provide,” he said. “We came in with the idea to do something fun for the Soldiers, Airmen and (other) military members at Joint Base Balad.”

Roughly 100 volunteers from the 13th Sustainment Command (Expeditionary), 332nd Air Expeditionary Wing and other members of the JBB community volunteered to assist with the event, said Romero.

“We had all branches of service helping out with this event,” he said.



(Above) More than 800 service members and civilians took part in the Joint Base Balad American Red Cross Station 5K, March 6 at JBB, Iraq.



(Above) Air Force Col. Mark Koeniger, commander of the 332nd Expeditionary Medical Group, 332nd Expeditionary Wing, and a Springfield, Va., native, reads off a proclamation declaring March Red Cross Month at a ceremony held March 6 at Joint Base Balad, Iraq.



(Left) Members of the Joint Base Balad Honor Guard stand at attention prior to the ceremony proclaiming March as American Red Cross Month, March 6 at JBB, Iraq.

American Red Cross Month

Though the Red Cross provides morale and comfort services, their primary mission is to provide emergency communication between service members and their loved ones at home, said Romero.

"If you're a U.S. citizen over here supporting the military, Red Cross is here to serve as that link," he said.

If there has been a death or an illness in the Family, or some other urgent situation, the Red Cross will verify that situation and get accurate information to the service member in country, said Romero.

The Red Cross has always been a strong supporter of deployed Soldiers, said 1st Sgt. Francis Halmsteiner, the senior enlisted adviser for Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary) and a Graham, Wash., native.

They bridge the communication gap by providing phone cards and computer access for service members to talk to Family and loved ones back home, said Halmsteiner.

The Red Cross has become a strong foundation for Soldiers' morale, similar to the United Service Organizations, he said.

"The Red Cross benefits Soldiers, in case anything happens in the rear to Family members," he said.

Halmsteiner said he is responsible for more than 350 Soldiers that fall under HHC, including the Guardsmen and reservists who augment the 13th ESC staff. He said he has dealt with more than 40 Red Cross messages during the 13th ESC's time in theater.

An emergency does not only pertain to a death in the family, but also to a birth of a child, he said.

In some cases, Soldiers are authorized emergency leave to go home to assist their families during the time of emergency. The approval process can be completed and the Soldier headed home within 24 hours, he said.

Romero said it is the Red Cross' secondary mission to bring a sense of home and comfort to deployed personnel. With a fresh pot of coffee, a book to read and 24-hour internet access, the Red Cross does its best to support those serving overseas, he said.

The Red Cross Station at JBB features the Legacy Room, which is dedicated to special-life events for expecting fathers who are unable to be home, said Romero. The Legacy Room allows them to witness the birth of their children via the internet, he said.

"New dads can stand by their wives virtually, as they welcome a new child into the world," he said.

The military community depends on the American Red Cross and, because it is not a government agency, the Red Cross depends on support from the public to continue its humanitarian work, said Koeniger.

"I encourage all Americans to support this organization and its noble humanitarian mission," he said.

Service members and civilians show proper respects during the playing of the U.S. national anthem at a ceremony to declare March as Red Cross Month March 6 at Joint Base Balad, Iraq.



Service members sign the Heroes' Wall outside the Joint Base Balad American Red Cross Station March 6 at JBB, Iraq. The Red Cross held a daylong event to celebrate Red Cross Month.



Soldiers rehearse to react during mass casualty exercise

STORY AND PHOTO BY
MAJ. TIMOTHY OHLHAVER
36TH SUST. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE

ADDER, Iraq – Soldiers participated in a mass casualty exercise, as part of post-wide readiness training Feb. 26 at Contingency Operating Base Adder, Iraq.

The exercise was a chance for Post Action Reconnaissance teams to test their skills in a real-world scenario.

“PAR teams go out and scout their designated sectors, looking for casualties, unexploded ordnance or anything out of the ordinary after we’ve been hit,” said Sgt. Jamie Parkinson, a combat lifesaver instructor with Headquarters and Headquarters Company, 1st Battalion, 186th Infantry Regiment, 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Medford, Ore., native.

Parkinson said he applied moulage, or artificial wounds, to the acting casualties to help create a more realistic training environment.

“We do the moulage so that (PAR team members) can see the injuries better than if they were just looking at a (piece of) tape or something that said ‘shrapnel here,’” he said. “It’s amazing what you see when they (PAR Team) come across a patient that’s bleeding all over the place. PAR team members tend to immediately go for the most blood-letting injuries, even though these are not necessarily the casualty’s most severe injury.”

After casualties were treated on the scene, they were transported to the nearest casualty collection point.

“After the PAR teams get injured Soldiers to the casualty collection points, they need to do their (airway, breathing, and circulation checks), and trans-



Pvt. Michael Provis, a supply clerk with Headquarters and Headquarters Company, 121st Brigade Support Battalion, 4th Brigade, 1st Infantry Division and a Brooklyn, N.Y., native, acts as a casualty and is cared for by an Air Force medic during the mass casualty exercise Feb. 26 at Contingency Operating Base Adder, Iraq.

port them to a higher echelon of care,” said Master Sgt. Juan Casillas, an exercise observer with the 36th Sustainment Brigade medical operations staff, 13th ESC and a New Braunfels, Texas, native.

Capt. Mark Stampehl, the 36th Sust. Bde. field surgeon and a Houston native, said he had hoped to see well-trained Soldiers utilizing the techniques they had been taught during the exercise.

“They should instantaneously rec-

ognize the environment, identify the casualties, apply the appropriate treatments as needed and quickly move (the casualties) on to the next stage of treatment,” he said.

Overall, Stampehl said the exercise was a success.

“It simulated a mass casualty situation with different levels of injuries, and we had the appropriate levels of care for each injury. I think we had a lot of excellent responses,” he said. “(There are)

definitely some points we need to continue to train on, but that’s the point of this diagnostic exercise.”

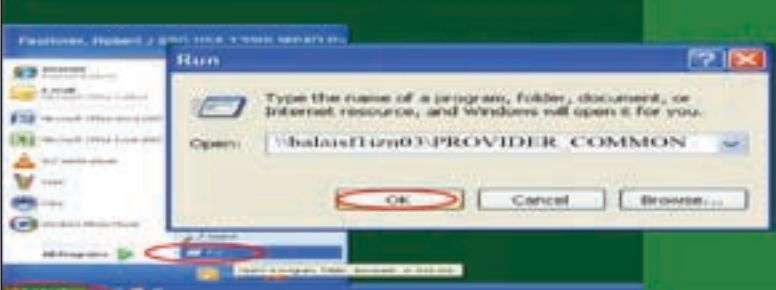
Casillas said the Soldiers involved were well equipped and prepared to react accordingly.


“I believe this exercise did exactly what we wanted to accomplish,” he said. “I think there were a lot of good lessons learned. The PAR teams had a lot of good reactions and I think we’re going to have good training in the future.”

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--Select "Provider Common" in the left hand column

Force protection uniform postures

	IBA	Kevlar	Uniform	Conduct PT
<div>U1</div> 	Accessible within 10 minutes.	Accessible within 10 minutes.	DCU/ACU/ service equivalent. PT uniform allowed for PT or off duty and can be worn in DFAC/PX.	No restrictions.
<div>U2</div> 	Worn when outdoors for specified time or event.	Worn when outdoors for specified time or event.	DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.	Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.
<div>U3</div> 	Worn outside hardened facility.	Worn outside hardened facility.	Same as U2. DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.	Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.
<div>U4</div> 	Worn.	Worn.	Same as U3, but with ballistic goggles and combat earplugs.	Not authorized.

Maintenance company repairs the Army's eyes and ears

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE TAJI, Iraq – Soldiers with the 3666th Support Maintenance Company out of Phoenix have been tasked with the mission of repairing the mission-essential equipment that serves as the eyes and ears of units in the field, at the communications and electronics shop at Contingency Operating Base Taji, Iraq.

Sgt. David R. Cline, the computer detection system repairer noncommissioned officer in charge with the 3666th SMC, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), said the shop repairs Blue Force Trackers and administers their hard drive updates, repairs night-vision goggles, scopes, maintenance-control devices, laptop test equipment and nuclear, biological and chemical equipment.

Cline, a Scottsdale, Ariz., native, said his Soldiers work to complete repairs as quickly as possible, so units can continue



Cpl. Christopher O. Hamilton, a special electronics systems repairer with the 3666th Support Maintenance Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Phoenix, tests night-vision goggles March 2 at the communications and electronics shop at Contingency Operating Base Taji, Iraq. Hamilton, a Sallisaw, Okla., native, repairs NVGs and scopes to assist units who conduct nightly missions.

their missions with full capabilities.

Spc. Gilbert D. Talag, a special electronics systems repairer with the 3666th SMC and a Union, N.J., native, said he

works primarily with NVGs.

It is a job that requires great attention to detail, he said.

"I work on (the NVGs) as if I were to

go out on the mission," he said. "I think about the next Soldier that will use them."

Cpl. Christopher O. Hamilton, also a special electronics systems repairer with the 3666th, said the NVGs require extra attention because they are a necessity for Soldiers operating in conditions of limited visibility.

Hamilton, a Sallisaw, Ok., native, said the team can push out about 50 NVGs per week.

Cline said another important mission for the unit is updating the hard drives of the Blue Force Trackers. The software is constantly changing, so hard drives must be updated every few months. The process takes roughly an hour to complete, he said, and the shop can update 10 units at a time.

Pfc. Andre J. Williams, a production control clerk with the unit and a White Plains, N.Y., native, said he turns in equipment brought to the shop that is no longer repairable, processing it through the system and out of the country as part of the upcoming drawdown of equipment from Iraq.

"Over the past couple of days, (we've) turned in over \$400,000 worth of equipment," he said.

'I Volunteer, Sir' Soldiers back in the saddle again

BY CAPT. JON-ROY SLOAN
2/278TH ACR

JOINT BASE BALAD, Iraq – Troopers from 2nd Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) assumed control of convoy security missions from Soldiers of 1st Battalion, 155th Heavy Brigade Combat Team, 13th ESC at a transfer of authority ceremony March 9 at Joint Base Balad, Iraq.

The ceremony marked the end of operations for the Mississippi Army National Guard Soldiers with 1-155th HBCT, and the culmination of a year-long deployment preparation process for the Tennessee Army National Guardsmen with 2-278th ACR.

Lt. Col. Jeffrey P. Van, the 1-155th HBCT commander, told the incoming Soldiers to pay strict attention to details, as small problems can very quickly become big ones that will detract from mission effectiveness.

"Soldiers from the 1-155th HBCT are glad to see their mission come to an end

and return to their families back home," said Van.

Lt. Col. John G. Krenson, the 2-278th ACR commander, said the transition with the Mississippi Soldiers started even before the 1-155th's deployment, as both units remained in contact during their mobilization and throughout their mission.

Krenson said he appreciated the support and professional transition facilitated by the officers and Soldiers from 1-155th.

"They have set us up for success," he said.

In his address to his Soldiers, Krenson asked them to remain focused on their mission.

"There are three lines of command emphasis," he said. "The war outside the wire, where we must protect convoys as well as share the road with the local nationals; the war inside the wire, where we must maintain our professionalism and discipline; and lastly the retrograde movement, as combat operations in Iraq continue to wind down."

This deployment is the second for the 2-278th ACR to Iraq in support of Operation Iraqi Freedom. Their first was in Diyala Province during OIF III, 2004-2005.



U.S. Army photo by Maj. Raul E. Marquez

Lt. Col. John G. Krenson, the 2nd Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) commander and a Nashville, Tenn., native, and Command Sergeant Major Vincent Roach, senior enlisted adviser for 2-278th ACR and a Greenbrier, Tenn., native, uncases their squadron colors during a transfer of authority ceremony March 9 at Joint Base Balad, Iraq. The 2-278th assumed control of convoy security missions from 1st Battalion, 155th Heavy Brigade Combat Team, 13th ESC.

546th metal workers fire up Phoenix art

STORY AND PHOTOS BY
SGT. 1ST CLASS TAD BROWNING
36TH SUST. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE
ADDER, Iraq – Soldiers with the 546th Maintenance Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Support Command (Expeditionary) are using their metal working skills to create art pieces at Contingency Operating Base Adder, Iraq.

The metal workers of the 546th Maint. Co. spend most of their time providing mission-essential fabrication services to the brigade, and are trained to handle a variety of assignments, like two metal stands they created for the 36th Sust. Bde. and the 36th Special Troops Battalion, presented to both units March 1 at COB Adder.

Spc. Nathan Mast, a metal worker with the 546th and a Grand Rapids, Mich., native, said the metal shop has worked on armor kits, general fabrication and provided support to six maintenance companies.

“We have a lot of resources at our disposal,” he said. “We have a lot of metal, a lot of skill and quite a few tools. Anything that can’t be done by one person can probably be done by someone else in our group. We’re pretty versatile.”

The metal stands, created by several Soldiers, features elements of the 36th Sust. Bde.’s unit patch in a polished guidon stand designed to hold three flags. The stand has a three-dimensional look, featuring a phoenix under a star,



Spc. Nathan Mast, a metal worker with the 546th Maintenance Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Grand Rapids, Mich., native, uses a cutting torch while fabricating a toolbox March 6 at Contingency Operating Base Adder, Iraq.

in front of wavy lines surrounded by metallic flames.

Mast said the phoenix stands were a collaborative effort between everyone in the shop.

“We all pretty much combined our ideas and hashed it out with the (non-commissioned officers) of the 36th Sust. Bde.,” he said. “It came out really well.”

Spc. Curtis Carothers, a machinist with the 546th and a Cornell, Wis., native, said they do a lot of math and brainstorming to figure out how to fabricate and create their finished products.

“They give you a part and you have to figure out how to make it yourself,” he said. “There is a lot (to be said for) having background knowledge of fabrication. Not a lot of blueprints with what we’re doing, just parts.”

Mast said the biggest chal-

lenges in making the guidon stands were the intricate details required and using available tools to make it look professionally clean and polished.

“The challenge after that was to find a way to make a base that wasn’t too heavy,” he said. “When things start getting made out of metal, the weight just adds up and you have to build support and find a way to make it moveable.”

The stands turned out to be very heavy, between 80 and 100 pounds, he said.

Spc. Benjamin Moody, a Soldier cross-training to become a welder with the 546th and a Green Cove Springs, Fla., native, started in the shop a couple of months ago, with a background in small-engine repair.

He said he thinks the project came out looking good.

“The hard part was the phoenix itself, with the flames coming out,” said Moody. “Instead of putting the flames inside the bird itself, we decided to create a 3D look. The small pieces and the tight corners were hard to make, but I enjoyed it very much. I hope we get to do more of it before we leave.”



Pfc. Benjamin Moody, a metal worker with the 546th Maintenance Company, 732nd Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Green Cove Springs, Fla., native, uses a plasma torch to cut metal plates March 6 at Contingency Operating Base Adder, Iraq.

Tallil, El Paso hold concurrent marathons

BY CAPT. VERONICA JORDAN
36TH SUST. BDE.

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers from the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) participated in the International Michelob Ultra Iraq Marathon and Spira Half Marathon Feb. 27 at Contingency Operating Base Adder, Iraq.

More than 600 soldiers, airmen and civilians gathered with 4th Brigade, 1st Armored Division out of Fort Bliss, Texas, to participate in the event.

The marathon was held concurrently with one in El Paso, Texas, organized by the El Paso Marathon Foundation, whose mission is to organize first-class marathons that promote health and fitness in the community, bring tourism to the region of El Paso and provide support to local and national non-profit organizations.

The first 36th Sust. Bde. Soldier to finish the race was Staff Sgt. Erick Cabrera, the non-commissioned officer in charge of the COB Adder carpentry

shop and a Killeen, Texas, native. First Lt. Issa Hahn, the electronic warfare officer with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Harker Heights, Texas, native, was the first to finish the race in her age bracket.

Cabrera said that participating in the half marathon was a great opportunity to conduct a personal test of his physical and mental fitness.

“In the end you always feel like you could have pushed yourself a little more,” he said. “This being the first time I have run such a distance, I am content with my time, but I am looking forward to the Boston Marathon to see if I can knock a couple minutes off my average minutes per mile.”

Staff Sgt. Imelda Quiroz, a purchasing specialist with the 36th Sust. Bde. and an Arlington, Texas, native, said she ran the race because it was a once-in-a-lifetime opportunity. “Most people can't even say they have run 13 miles,” said Quiroz. At the end I was a little sore for the first couple of days, but I felt good all through the run. I feel great about myself, and if I had not ran in the race I would be regretting it to this day.”



U.S. Army photo by Sgt. 1st Class Tad Browning

Five Finger Death Punch rocks Q-West

STORY AND PHOTO BY
STAFF SGT. ROB STRAIN
15TH SUST. BDE.

CONTINGENCY OPERATING BASE Q-WEST, Iraq – Five Finger Death Punch, a heavy-metal band from Los Angeles, met with Soldiers and played a live show March 5 at the outdoor theater at Contingency Operating Base Q-West, Iraq.

The tour marks their first visit to Iraq, but they have been to Kuwait to perform for Soldiers before, said Ivan Moody, the band's singer. They felt privileged to have this opportunity, he said.

“We don't get a lot of visitors up here,” said Col. Larry Phelps, the commander of the 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Greenville, Ala.,

native. “Every now and then we get an opportunity to get some folks that are really dedicated to America's Soldiers, Sailors, Airmen and Marines.”

Soldiers often ask the band about their flight or how the food was, but on tours like this, it isn't about the band, said bassist Matt Snell.

“We're here for you guys,” Snell said. “Don't worry about us, we're fine.”

The concert did more than just give Soldiers something to do on a Friday night.

“I think the morale of the Soldiers is boosted tremendously,” said Lt. Col. Paula Lodi, commander of the 15th Sust. Bde.'s Special Troops Battalion and a Franklin, Mass., native. “They come all the way from the states, donate their time, donate their talent and show the troops they have the support of (people) back home.”

The band earned some new fans with their performance.

“I (had) never heard of them before,”



Five Finger Death Punch guitarist Jason Hook plays a guitar solo for cheering Soldiers during a concert March 5 at Contingency Operating Base Q-West, Iraq.

said Spc. Jeffrey Stewart, an intelligence analyst with the 15th Sust. Bde.

“But now I'm a fan ... I'm definitely a big fan of them.”

Do you have a story idea?

Contact us at:

escpao@iraq.centcom.mil



Sudoku

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

Last week's answers

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

Level: Hard

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

TEST YOUR KNOWLEDGE

1. In Peter Pan, what are Hook’s last words?
2. What was William Golding’s follow up to The Lord of the Flies?
3. Which novelist was the cousin of actor Christopher Lee?
4. Whose novel, published at the very end of the 19th century, produced the most-filmed horror character of the 20th century?
5. In which decade was The Lord Of The Rings first published?

1. Floreat Elona 2. The Inheritors 3. Ian Fleming 4. Bram Stoker (Dracula) 5. 1950s

JB BALAD WORSHIP SERVICES

TRADITIONAL - Sunday

0200 Air Force Hospital Chapel
1030 Freedom Chapel (West side)
1400 Air Force Hospital Chapel
2000 Air Force Hospital Chapel

GOSPEL - Sunday

1100 MWR East Building 1200 Freedom Chapel (West Side)
1230 Gilbert Memorial Chapel (H-6)
1900 Provider Chapel

CONTEMPORARY - Sunday

1030 Gilbert Memorial Chapel (H-6)
1100 Castle Heights (Bldg. 4155)
1900 Freedom Chapel (West Side)

Wednesday

2000 Gilbert Memorial Chapel

LITURGICAL (Episcopal, Anglican, Presbyterian) - Sunday

1700 Provider Chapel

SEVENTH DAY ADVENTIST - Saturday

1000 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 Memorial Chapel (H-6)

MASS - Sunday

0830 Gilbert Memorial Chapel (H-6)

1100 Provider Chapel

1230 Air Force Hospital

Thursday

1100 Air Force Hospital

Wed., Fri.

1700 Gilbert Memorial Chapel (H-6)

*Saturday

1600-1645 Gilbert Memorial Chapel (H-6) Confessions or by appointment

JEWISH SHABBAT SERVICES- Friday

1800 Gilbert Memorial Chapel (H-6)

PAGAN/WICCAN FELLOWSHIP - Thursday

1900 Provider Annex

Saturday

1900 The Bat Cave

GREEK ORTHODOX - Sunday

0900 Provider Annex

GENERAL - Sunday

0900 Provider Chapel 0900 Freedom Chapel

FOR FURTHER INFORMATION PLEASE CALL:

Gilbert Chapel: 443-7703

Provider Chapel: 483-4107

Freedom Chapel: 443-6303

JB BALAD ACTIVITIES

INDOOR POOL

Swim Lessons: Mon., Wed., - 6 p.m.
Tue., Thu., Sat., - 6:30 p.m.

AquaTraining: Tue., Thu., - 7:30 p.m., 8:30 p.m.

EAST REC- NESS CENTER

Open Court Volleyball: Sunday- 6 p.m.
Monday- 8 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 Jiu-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 REC- REATION CENTER

4-ball tourney: Sunday- 8 p.m.
8-ball tourney: Monday- 8 p.m.

Karaoke: Mon., Wed., Fri., - 2 a.m., 8 a.m.
2 p.m., 7 p.m., 9 p.m.

Table Tennis: Tue., Thu., - 5:45 a.m., 9 a.m., 8:30 p.m.

Plastic Models Club: Wednesday 7 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.

Boxing: Monday- 7 p.m.

Boxing: Sunday- 4 p.m.

Boot Camp: Sunday- 8:45 a.m.

Power Abs: Mon., Tue., Thu., - 8 p.m.

Texas

CC Cross Fit: Monday- Saturday- 10:30 p.m.

Cross Fit: Mon., Wed., Fri., - 5:45 a.m., 7 a.m., 3 p.m.

Poker: Tue., Thu., - 7 a.m., 3 p.m.

Sunday- 5:45 a.m., 3 p.m.

Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.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 RECRE- ATION CENTER

Bingo: Sunday- 8 p.m.

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- 9-ball: Thursday- 2 a.m., 8:30 p.m.

Karaoke: Thursday- 8:30 p.m.

Dominoes: Saturday- 8:30 p.m.

Darts: Saturday- 8:30 p.m.

WEST REC- NESS CENTER

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

6 on 6 volleyball tourney: Saturday- 7:30 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 REC- NESS CENTER

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

6 on 6 volleyball tourney: Saturday- 7:30 p.m.

WEST REC- NESS CENTER

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

6 on 6 volleyball tourney: Saturday- 7:30 p.m.

WEST REC- NESS CENTER

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

6 on 6 volleyball tourney: Saturday- 7:30 p.m.

WEST REC- NESS CENTER

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

6 on 6 volleyball tourney: Saturday- 7:30 p.m.

Friday- 7 p.m.

Aerobics: Monday, Wednesday, Friday- 7 p.m.

Body by Midgett Toning Class: Tue., Thu., - 7 p.m.

Dodge ball Game: Tuesday- 7:30 p.m.

Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m.

Gaston's Self-Defense Class: Fri., Sat.- 7 p.m.

Open court basketball: Thursday- 7 p.m.

Open court soccer: Mon., Wed., - 7 p.m.

Zingano Brazilian Jui Jitsu: Tue., Thu., - 8:30 p.m.

CIRCUIT GYM

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

Monday 03/22/10

2010 Transitions Championship: Final Round, Tape Delayed 1 a.m. AFN/sports
Spring Training: New York Yankees @ Philadelphia Phillies, Live 11 a.m. AFN/sports
NHL on VERSUS: Pittsburgh Penguins @ Detroit Red Wings, Live 5 p.m. AFN/ xtra
Memphis Grizzlies @ Sacramento Kings, Live 8 a.m. AFN/ xtra

Tuesday 03/23/10

Phoenix Suns @ Golden State Warriors, Tape Delayed 5 a.m. AFN/sports
Boston Celtics @ Utah Jazz, Tape Delayed 7:30 a.m. AFN/ sports
Spring Training: Atlanta Braves @ New York Mets, Live 11a.m. AFN/sports

Wednesday 03/24/10

Charlotte Bobcats @ Washington Wizards, Tape Delayed 1 a.m. AFN/sports
Spring Training: Philadelphia Phillies @ Atlanta Braves, Live 11 a.m. AFN/sports
NBA Wednesday: Denver Nuggets @ Boston Celtics, Live 5 p.m. AFN/sports

UPCOMING SPORTS ON AFN

Thursday 03/18/10

Atlanta Hawks @ Toronto Raptors, Tape Delayed 1 a.m. AFN/sports
Memphis Grizzlies @ Houston Rockets, Tape Delayed 5 a.m. AFN/sports
2010 NCAA Men's College Basketball Tournament - First Round: Teams TBD, Live 10 p.m. AFN/sports
2010 NCAA Men's College Basketball Tournament - First Round: Teams TBD, Live 7:30 p.m. AFN/ sports

Friday 03/19/10

2010 NCAA Men's College Basketball Tournament - First Round: Teams TBD, Live 10 a.m. AFN/sports
2010 NCAA Men's College Basketball Tournament - First Round: Teams TBD, Live 12:30 a.m. AFN/sports
2010 NCAA Men's College Basketball Tournament - First Round: Teams TBD, Live 7:30 p.m. AFN/sports
New York Islanders @ Anaheim Ducks, Live 8 p.m. AFN/ prime Pacific

Saturday 03/20/10

2010 NCAA Men's College Basketball Tournament - Second Round: Teams TBD, Live 11 a.m. AFN/prime Atlantic
2010 NCAA Men's College Basketball Tournament - Second Round: Teams TBD, Live 1:30 p.m. AFN/sports
2010 NCAA Men's College Basketball Tournament - Second Round: Teams TBD, Live 6 p.m. AFN/xtra
New Orleans Hornets @ Utah Jazz, Live 7 p.m. AFN/xtra

Sunday 03/21/10

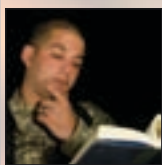
Golden State Warriors @ Memphis Grizzlies, Tape Delayed 3 a.m. AFN/xtra
Boston Celtics @ Dallas Mavericks, Tape Delayed 6 a.m. AFN/ xtra
New York Islanders @ Los Angeles Kings, Tape Delayed 8:30 a.m. AFN/xtra
2010 NCAA Men's College Basketball Tournament - Second Round: Teams TBD, Live 10 a.m. AFN/sports



Arts & Entertainment

Tracy Morgan, more than meets eye

BY STAFF SGT. ROBERT E. FAFOGLIA
EXPEDITIONARY TIMES STAFF



While I read a great deal, non-fiction has never been my strong suit. Of all non-fiction, I would have to say biographies, auto or not, have always been my least favorite. However, after a week of listening to a guy in my office snort and laugh his way through Tracey Morgan's "I Am the New Black," I figured I better find out what all the fuss was about.

You may or may not know Tracey Morgan. He is one of the stars of

the Emmy Award-winning show "30 Rock," where he plays a character very similar to himself. He was a cast member on "Saturday Night Live" and "Martin." You can even find him on the big screen, in movies like "The Longest Yard" and "Cop Out."

What many don't know is his struggle to reach the top, and the hard work and determination that have kept him there.

Morgan takes the reader on a no-holds-barred, in-your-face backstage tour of his life and career. Along the way he points out some startling sites, such as his Vietnam-veteran father, who died early and left a bruise on the young Morgan's heart and psyche.

Then there's his childhood, where he learned to use comedy as a weapon of sorts—defending himself and his siblings, and even sometimes striking out at those who wronged him. Oh, and on your left you might notice his troubled adult years, with such highlights as his alcohol problem, his failed marriage and his battle with diabetes.

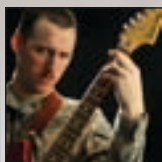
With such obstacles to overcome, you might expect pages riddled with cynical, biting commentary and a deep sense of "feeling sorry for one's self." Morgan, however, rises above. He tells a tale of a boy, a teen, a man, who learned to develop his talents in ways that worked for him. He tells of his struggle with alcohol, drugs, sex and

fame, and his triumph – sometimes still a work in progress – over the his personal demons. He introduces us to his children, whom he has remained close to in spite of his recent divorce.

Most of all, Morgan speaks with the voice we have all come to love, the one that makes us laugh. Even through his struggles, he finds the funny. That drive, that determination, that ability to see the sun when surrounded by clouds, that is what helped define Tracey Morgan as an undeniable force in the entertainment world, what makes his book so readable (and I highly recommend it), and what ensures that he will be making us chuckle for years to come.

'Wilco will love you, baby'

BY SGT. KEIT S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF



"Wilco will love you, baby."

That's how the band hits you with the opening track to their seventh studio album, "Wilco

(the album)."

It's generally frowned upon in the music world when a band writes a song with the title containing the band name, but there are a couple of times when it works. This is one of those times. Belle and Sebastian's "Belle and Sebastian" is the other.

To me, frontman Jeff Tweedy and company are coming out immediately and thanking fans for taking care of them all of these years.

Followers of the band will undoubtedly remember in 2001 when Wilco was

dropped from their label after some executive didn't think he could sell what many called their masterpiece, "Yankee Hotel Foxtrot." Basically the label paid for the recording and then gave the album back to the band and released them from their contract. Wilco put the music on the internet, and what resulted was an outpouring of support from fans and a bidding war from labels. Check out the documentary, "I am Trying to Break Your Heart," which deals with this entire ordeal as well as the expulsion of long-time member Jay Bennett, who died this past year.

Wilco has since released three more albums and won multiple Grammy awards. They have become one of the most acclaimed bands in America and because of major-label marketing. Wilco succeeds because of their fans.

After more than 15 years, the alt-country turned experimental-rock band seems

to have gotten past line-up changes, drug problems and abusive record labels to find their comfort zone.

"Wilco (the album)" has less rock and less chaotic noise than previous releases but the songwriting is as strong as ever. Tweedy would be just as successful as a country or folk musician if he wasn't obsessed with punk rock and shaking things up.

Their latest release is mainly mellow and sounds like pop Americana. Drums are big, but guitars generally take a back seat to the pedal steel and piano.

Tweedy's voice is raspy and emotional, as usual, but the backing vocals sound bigger and remind me of Brian Wilson.

I love most of the tracks on this album, but a few stick out above the rest.

"You and I" is a beautifully soft duet between Tweedy and singer-songwriter Feist, who seems to be making her rounds

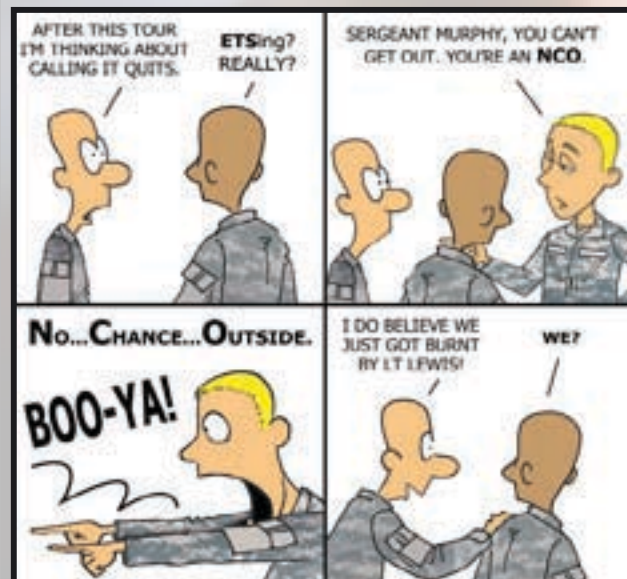
lately, appearing in duets with Ben Gibbard and Grizzly Bear for a couple songs on the "Dark Was the Night" compilation album. "You and I" is a love song between strangers who want to get close without dropping their guard too much.

The first single of the album, "You Never Know," pushes the record forward with pulsing pianos and Tweedy preaching to his younger fans, "Come on children, you're acting like children, every generation thinks it's the end of the world." This is definitely one of their more radio-ready tracks.

My absolute favorite track is "I'll Fight." Acoustic and electric guitars and an organ provide a poppy setting for Tweedy's promise to his fans: you fought for me and now I'll fight for you.

I really think that's what this whole album is about. Wilco has dealt with their problems and now they're ready to help with yours.

PVT MURPHY



Sustainer Reel Time Theater

Wednesday, March 17

5 p.m. Legion
8 p.m. When In Rome

Thursday, March 18

5 p.m. When In Rome
8 p.m. Alice In Wonderland

Friday, March 19

2 p.m. The Lovely Bones
5 p.m. The Tooth Fairy
8:30 p.m. Green Zone

Saturday, March 20

2 p.m. The Tooth Fairy
5 p.m. Green Zone
8 p.m. Edge Of Darkness

Sunday, March 21

2 p.m. Green Zone
5 p.m. Edge Of Darkness
8 p.m. The Tooth Fairy

Monday, March 22

5 p.m. The Lovely Bones
8 p.m. Edge Of Darkness

Tuesday, March 23

5 p.m. The Tooth Fairy
8 p.m. Green Zone

Wednesday, March 24

5 p.m. Green Zone
8 p.m. The Lovely Bones



PHOTOS AROUND IRAQ

U.S. Army photo by Spc. Jillian Munyon

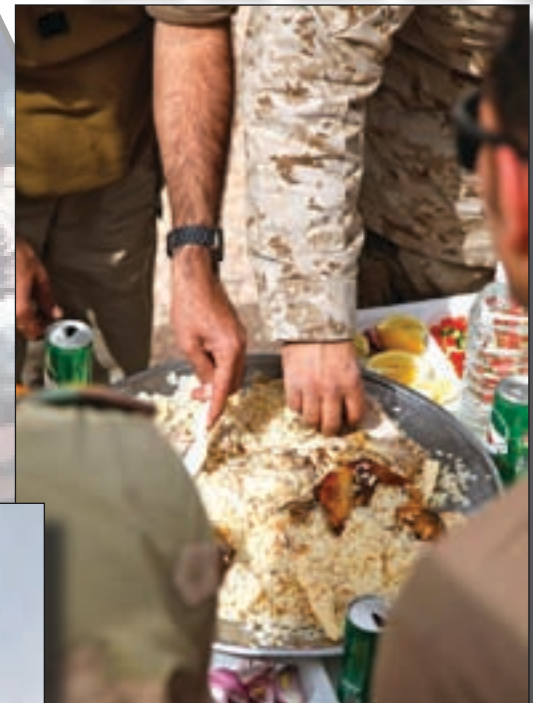


(Above) Iraqi Police from the Riot Control Company stand in formation Feb. 25 in Mosul, Iraq. The Riot Control Company is being trained by the U.S. Army's 114th Military Police Company, 49th Infantry Brigade.

U.S. Army photo by Spc. Advin Ila-Medina



(Right) A Soldier with 1st Platoon, A Company, 2nd Battalion, 3rd Infantry Regiment prepares an armored Stryker vehicle for a mission Feb. 24 at Camp Taji, Iraq. The Soldiers' mission was a key leadership engagement to discuss security issues around the Taji Market regarding the March elections.



U.S. Army photo by Spc. Christopher Wellner

(Above) Soldiers and Marines enjoy a meal prepared for them at the local Iraqi Police station with fellow Iraqi Army Soldiers Feb. 24 near Fallujah, Iraq. Coalition Forces went to speak with local citizens during a cordon and search, with the goal of securing the area prior to and throughout the upcoming elections.



U.S. Army photo by Pfc. Shane Samuels

(Above) Sgt. Emily Burgess with the 1st Infantry Division Cantigny Brass Band out of Jewell, Kan., teaches an Iraqi girl how to play the French horn Feb. 26 at an Arts Festival in Kut, Iraq. The festival consisted of Iraqi stage art, paintings, and photography.



Staff Sgt. Pedro Villalobos, a squad leader with the Red Platoon, Combined Security Force, makes his way across the emergency response unit compound as part of the quick response force rehearsals March 1 in Kirkuk, Iraq. CSF rehearsed QRF duties to better assist Coalition Forces with security issues on election day.

U.S. Navy photo by Mass Communication Specialist 2nd Class Matthew D. Leistikow

NEWS AROUND IRAQ

Security paved way to successful Iraqi elections

BAGHDAD — As Iraqi forces celebrate what their leaders are calling a resounding victory for a safe and free Iraq, U.S. Division-Center leaders are praising their Soldiers for their strategic role in assisting them.

Despite an early morning attempt by terrorists to disrupt the elections, the Iraqi people resolved themselves to get out and vote.

American leaders watched as well-trained and determined Iraqi Security Forces stopped terrorists at every turn from scaring voters away from polling sites — a force that they had been involved in training and assisting and a force they were still involved with assisting.

“The security was tight,” said Guy DiDomenico, a U.N. field security specialist, while touring a polling site in Mansour. He explained that around 8:30 a.m., polling was slow. However, many more voters arrived between 10 a.m. and noon.

Compared to the 2009 elections, where he was also present, DiDomenico said security improved greatly this year and that the polling locations appeared much more organized, with more people working at them.

Watching from more than 300 meters away as their ISF counterparts handled the security at the polling sites, U.S. Soldiers said they were impressed by the process.

“The ISF did a good job,” said Cpl. Andrew Canvasser, a military policeman with MP Platoon, Headquarters and Headquarters Company, 4th Stryker Brigade Combat Team, 2nd Infantry Division. “The ISF used a show of force to keep order,” he said, explaining that both Iraqi Army and the police were present at the polling sites. “[They] did a good job minimizing [the] threat as much as they could.”

Meanwhile, back on Forward Operation Base Constitution, the location of the 6th Iraqi Army Division Joint Operations Center, 4th Brigade Soldiers and leaders carefully monitored the security situation alongside their Iraqi partners. Together, the two military forces shared intelligence about the situation on the ground, coordinated the use of U.S. intelligence, reconnaissance and surveillance equipment, and received updates from the field.

“The JOC was instrumental in ensuring that Iraqi and U.S. forces were synchronized, updated on each others’ activities, and allowed us to quickly and effectively maneuver ISR assets at the request of our partners,” said Col. John Norris, commander of the 4th SBCT. “The JOC has proven to be a valuable tool and an asset that will continue to be used by our ISF partners long after we have gone.”

Even though the threat of violence against voters by insurgents was high and the sound of explosions could be heard in the distance throughout the morning, the ISF remained committed to providing a safe and secure environment for voters.

“As anticipated, [al Qaeda in Iraq] attempted to disrupt the elections, but the determination of the Iraqi people and the ISF has prevailed, and Iraq is moving forward,” said Norris.

DiDomenico said the successful turnout showed a lot of resolve on the part of the Iraqi people.

“I give a lot of credit to the Iraqi people for going



out and voting even though there’s real danger out there,” he said. “It’s a sight to see people voting.”

As they watched the ISF operate at ground level, Capt. Justin Kennedy, the battle captain and an AH-64D Apache attack helicopter pilot with 4th Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, watched from the air.

“When we were out there, there wasn’t a single time today, when we looked at an Iraqi check point, that the Iraqi Security Forces weren’t doing their job,” said Kennedy, a Belton, Texas, native. “It was an ultimate full-circle experience. Getting to be here during the surge, during the most violent period in Iraq, and then to fly out here today and look down from my aircraft and see everybody voting with no violence going on ... it was like a 180-degree [turn-around].”

As he continued to observe the situation, voting continued in central Baghdad as Soldiers with 2nd Brigade Combat Team, 10th Mountain Division provided support to the Iraqi Security Forces in eastern Baghdad.

The U.S. support included intelligence, surveillance and reconnaissance assets, early-warning capabilities, combined command-and-control nodes, and quick-reaction forces that remained positioned to respond if requested by the ISF.

“The purpose of our security operations was to ensure that the voters have freedom of maneuver to go to the polls,” said Maj. Dennis Ifurung, executive officer with 1st Battalion, 89th Cavalry Regiment. “We ensured that there were no illegal checkpoints, no possible [car bombs] or gatherings that would hinder voter turnout or enable intimidation and persuasion.”

To the west of their position, Soldiers from 3rd Brigade Support Battalion waited for a call from the ISF, prepared to deliver consequence -management packages and assist the ISF with palletized barriers.

Their leaders said the fact that they were not called was a testament to how successful the ISF was in securing the city.

“Today, we’ve been prepared in case we need to respond to any assistance the Iraqi Army needs us to provide; whether it be security or consequence-management packages to help secure an election site,” said 1st Lt. Micheal McCrory, with A Company, 3rd BSB, and a Cumming, Ga., native. “If the Iraqi Army needs us, we’re going to be there, but if we don’t get called up, it means that we’ve done our job training

the Iraqi army these last few years to be ready.”

Other Soldiers on standby said they were eager to assist the Iraqis in more overwatch missions in the future but said they were glad to remain in the wings today if they were not needed.

“I think it’s excellent that we are not in the front, and that we are assisting, because it shows that we have done our job in training the ISF,” said Spc. Brandon Cleary, with A Co., 3rd BSB and a Tuscaloosa, AL, native. “We’ve been over here for a decent amount of time and I think it’s finally showing. A mission like this is historical. For the first time the Iraqi people are able to vote on their own free will.”

As they waited to be called in for support, Soldiers from 4th Battalion, 31st Infantry Regiment, provided 45th Brigade, 11th Iraqi Army, multiple ISR video feeds for the election at a joint command and control center. The unit also provided six quick-reaction teams strategically placed throughout the area by the Iraqi Army.

As the polls closed in the northern area of Baghdad, officials attributed the ISF for higher-than-anticipated voter turnout as the local population filled polling stations. “Overall, supporting the national elections has solidified for us the IA’s ability to conduct security operations and track units on the ground,” said 1st Lt. Drew Kitchen, an Iraqi Army operations coordinator.

If Iraqis filled the polling stations in northern Baghdad, they swelled them in Iraq’s Al Anbar province, where advise-and-assist paratroopers with 1st Brigade, 82nd Airborne escorted three election-site monitoring teams with United Nations Assistance Mission for Iraq to polling sites in Ramadi, the Ramadi-Fallujah corridor and the Hit/Haditha area.

According to the Anbar Operations Command, the ISF had discovered 20 improvised explosive devices and removed them in a 30-hour span prior to Election Day. Eight more detonated on Election Day with only one minor injury.

U.S. Forces standing by for assistance were never called upon by Iraqi Security Forces, however, Capt. Richard Jones, commander of B Company, 2nd Battalion, 504th Parachute Infantry Regiment, said his company provided security and transportation for the Ramadi and Fallujah area UNAMI teams. His men did exactly what was needed, he said.

“They deserve praise,” he said. “They worked hard today. They have been working hard this whole deployment, and we’re proud of them.”

Newest Iraqi Army bomb disposal experts hit streets

BAGHDAD — Iraqi Army students graduated from the Iraqi Army Bomb Disposal School Level IV training course at the Besmaya Combat Training Center Feb. 25 in Baghdad. The 18 students completed seven weeks of intense training that focused on identifying, deactivating, handling and disposing of explosive devices.

The improvised explosive device defeat course gives students the skills to understand how IEDs function and ways to defeat them. The intense classroom and practical exercises emphasize a commitment to save lives, defend Iraq and its citizens, and


instill pride and professionalism in its soldiers.

"I am honored to graduate from this school," said Areef Salah Aashur, the honor graduate of the course. "It will aide in my efforts in providing a safe and secure Iraq."

The soldiers will now return to their respective bomb-disposal companies and take charge as team leaders.

Since its inception, the Iraqi Army Bomb Disposal School has graduated more than 1,800 students. An additional 1,000 students are expected to graduate from various courses taught there this year.

Iraqi sniper instructors make every shot count

 TAJI, Iraq – Senior noncommissioned officers representing all of the Iraqi Army Divisions graduated from the Sniper Instructor Preparation Course at the Senior Non-Commissioned Officers Academy late February at Camp Taji, Iraq. The 13 students trained for three weeks in a course designed to provide Iraqi NCOs with the basics of sniper instruction.


The students began training Feb. 1 in a classroom environment where they learned and practiced various weapons skills including maintenance, principles of firing, engagement methods and rules of engagement. This was the first course that the Iraqi staff planned, prepared and conducted with minimal U.S. guidance.

"The professionalism and passion displayed at all levels has been inspiring. These newly trained non-commissioned officers will be a real benefit to the Iraqi Army," said Sgt. Maj. David Allen, the senior enlisted advisor to the Iraqi NCO Academy.

Iraqi Army Col. Alaa, the NCO Academy Commander, spoke to the students about the importance of their training and the way ahead for the Iraqi Army.

"This course is a strong indicator that the Iraqi Army is ready to take full responsibility for its military forces," he said.


Iraqi waterborne-operations class graduates

 BAGHDAD – The Baghdad River Patrol Training Center held its first waterborne-operations graduation of the year here March 1 in Baghdad. The graduates, one from Babylon and 10 from the Baghdad River Patrol Directorate, completed six weeks of intensive training.

The waterborne-operations class began with instruction in basic boat operations and tactical waterborne operations. Graduates learned basic skills including docking and conducting routine maintenance of the police patrol boat. Training progressed to performing formations, tactical maneuvers and familiarization with the weapons systems commonly used in waterborne operations. Proficiency in each of these skills must be mastered and demonstrated prior to earning graduation certificates.

The Baghdad River Patrol Training Center conducts several other classes for Iraqi Police Waterborne Units such as Dive Search and Recovery and Outboard Motor Maintenance classes. Students from various provinces throughout Iraq have graduated from the Baghdad River Patrol Training Center, assuming the duties of protecting Iraqi waterways.

Iraqi Army females graduate basic training

 BAGHDAD – The third Iraqi Female Basic Combat Training class graduated at Old Al Muthana Air Base March 3 in Baghdad. These soldiers, from various provinces throughout Iraq, learned fundamental military skills such as marching, weapons handling and marksmanship.

The 65 soldiers completed six weeks of rigorous training in anticipation of this day. Although their primary jobs will be administrative in nature, the first duties the women will perform will be in support of election security.


"We celebrate this graduation and thank the U.S. advisors for their assistance," said Lt. Gen. Hussein Dohi, Chief of Staff Assistant of Training, in his opening speech. He stressed the importance of this graduating class and said that he is very proud of the graduates. "They will do great things," he said.

Each graduate was called to the front of the formation and given flowers and gifts. Once the Legal Directorate delivered the oath, a cheerful roar broke out among the ranks as the female soldiers chanted and danced in celebration of their achievements.

"We are proud of our female soldiers," said Maj. Gen. Simar Al Bash, Basic Training Tactical Center Director.

Since the first course was conducted in June 2009, 190 females have completed the training. The Iraqi Army plans to open a special center for Female BCT at Old Al Muthana in the future.

Iraqi senior NCOs complete advanced training

 TAJI, Iraq – Noncommissioned officers from various units of the Iraqi Ground Forces graduated from the Senior Non-Commissioned Officer Course at the Regional Training Center Feb. 28 at Camp Taji, Iraq. This was the fifth SNCO course taught by Iraqi instructors and assisted by NATO advisors.

In this course, the 27 students enhanced their knowledge in senior NCO studies including military leadership, military law, information technologies, and staff procedures.

"They (NCOs) are a vital part of the military team," said Maj. Gen. Giuseppe Spinelli, deputy commander of the NATO Training Mission – Iraq. "What they have learned in their studies here will make the difference in fighting and winning the struggle in the defense of freedom and democracy."


The 45-day course was designed and supported by NTM-I, in collaboration with United States Forces – Iraq, to strengthen the NCO corps of Iraqi Security Forces, develop mid-level leadership and provide Iraqi senior NCOs with an outline of duties, responsibilities, operational and administrative leadership principles.

Col. Alaa, the Senior Non-Commissioned Officer school commander, emphasized the growing importance of the NCO corps in Iraqi Forces.

"On behalf of the school I'd like to express gratitude to our NATO colleagues for the huge efforts they invest in the training of Iraqi Forces NCOs," he said.

The top students and their instructors were awarded with certificates of appreciation during the official ceremony.

Iraqi mortar men deliver lethal, close-range firepower

 BESMAYA, IRAQ – More than 140 Iraqi Army soldiers from the 1st, 7th, and 11th IA Divisions graduated from the 81 mm mortar course Feb. 25 at the Besmaya Combat Training Center. The four-week course trained soldiers in three separate and specialized groups: forward observers, fire direction center and mechanical, all of which are part of an indirect fire team.

During the course, the forward observers learned skills including map reading, calling for and adjusting indirect fire, and occupying an observation post.

"The things I learned as a forward observer will help me protect my family and country," said Pvt. Dhia Mohamed Abdullah, from 3rd Battalion, 29th Brigade, 7th IA Division, "I'm proud of graduating ... It's a good feeling."

The fire direction center students learned how to compute firing data using M-16 plotting boards and how to use the boards as firing charts. They also participated in specialized training on developing surface danger zone diagrams and safety diagrams that help them safely conduct live fire exercises.

Mechanical training focused on placing the mortar into action, pre-fire safety checks, and bore sighting a mortar for deflection and elevation. Additionally, the students learned how to lay a mortar for direction using a compass, misfire procedures, and how to properly handle ammunition.


"Before I came to the course, I knew nothing of mortars," said Pvt. Omar Khaled Sabar, from 3rd Battalion, 29th Brigade, 7th IA Division. "Now I feel that I can lead my platoon when I go back to my home station."

Collective training included reconnoitering mortar firing positions, advance-party procedures and both day and night occupation procedures. The students put all of their new skills into action during their final training event, a full-scale live-fire exercise.

During the graduation ceremony, the top officer, soldier and platoon were recognized for outstanding achievement. Sabar was named the course honor graduate and received a gift for his accomplishment.

"It was a surprise that I did not expect, but I'm definitely happy," he said.

Iraqi medics complete emergency-care course

 AN NUMANIYAH, Iraq – Fourteen Soldiers with the 8th and 17th Iraqi Army Divisions graduated from the Basic Medical Course Feb. 17 in An Numaniyah, Iraq.

The Soldiers completed both classroom and hands-on instruction that covered basic medical skills and patient care.

These skills will allow them to fill the roles of combat medics, medical staff and unit medical advisers for the Iraqi Army.

Some of the skills covered in this seven-week course included preventive medicine, casualty assessment, airway management, stabilizing cervical spine injuries and triage.

"The course has given you all the knowledge and experience to conduct your duties as a medic," he said. "Once you return to your unit, you must apply what you have learned to serve the Soldiers in your unit. Soldiers deserve the best care that we can provide for them, and it is your duty to serve them."

Phantom Support



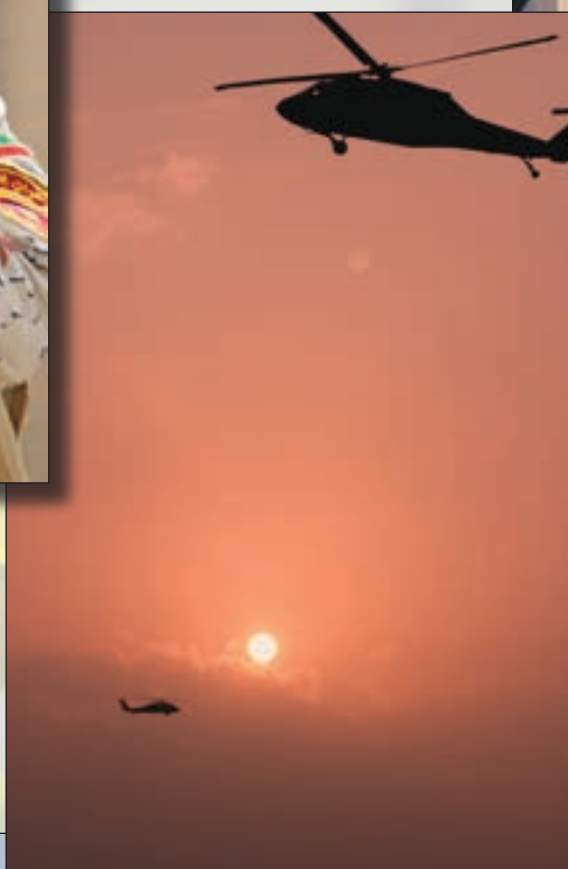
U.S. Army photo by 1st Lt. DesiRee L. Nicely

(Above) An Iraqi Army Soldier displays his voting finger to Soldiers with the Tennessee Army National Guard's C Company, 1st Squadron, 278th Armored Cavalry Regiment out of Henderson, Tenn. The Iraqi Soldier voted in Ninawa Province during the special elections along with other security personnel who were permitted to vote prior to the regular parliamentary elections held on March 7.



U.S. Army photo by 1st Lt. Vince Lewis

(Above) Pfc. Marc Jones, a radar technician with the 1st Maintenance Company, 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Port Huron, Mich., native, makes cuts on a piece of a trophy he is crafting by hand.



U.S. Army photo by Spc. Cory Grogan

Black Hawk helicopters fly over the Ziggurat of Ur Feb. 14 during the 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) tour of the area.



U.S. Army photo by Staff Sgt. Rob Strain

(Above) Soldiers from C Battery, 1st Battalion, 14th Field Artillery, Task Force Leader fire a rocket from a high-mobility artillery rocket system launcher at a known enemy position Mar. 2 from Contingency Operating Location Q-West, Iraq. The launch was the first fire mission for the members of C Battery at COL Q-West.

Soldiers with the 41st Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) stop along the road to refuel a Mine-Resistant Ambush-Protected vehicle Feb. 22 while traveling through a dust storm in Iraq.



U.S. Army photo by Spc. Anita VanderMolen