



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

Vol. 4 Issue 35

January 12, 2011

www.armyreserve.army.mil/103rdESC

Maintenance



**Chief supports
Soldiers, trucks**

Page 4

NCO's



**Leadership goes
beyond HETs**

Page 5

Morale



**Chaplain makes a
special visit**

Page 7



Sgt. Jose Perez, Spc. Efren Rivera, and Staff Sgt. Lliad Velazquez, Mobile Redistribution Team members with the 110th Combat Sustainment Support Battalion, 224th sustainment Brigade, 103rd Sustainment Command (Expeditionary), are Puerto Rico natives, who work together to inventory and move equipment from a container Dec. 13 at the mobile redistribution team fixed site yard on Contingency Operating Base Adder, Iraq.

MRT supports drawdown, help clean Iraq

STORY AND PHOTO BY
1ST LT. NATHAN LAVY
224TH SUSTAINMENT BRIGADE

**CONTINGENCY OPERATING BASE
ADDER, Iraq**— Soldiers with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), in a collaborative effort, are making a difference on the “War on Excess” with its Mobile Redistribution Team on Contingency Operating Base Adder, Iraq.

The MRT was created as a key component of Operation Clean Sweep and the Responsible Drawdown of Forces. The MRT assists units with the removal of non-mission essential, non-property book, non-theater property equipment excess.

“The fixed redistribution site has been opera-

tional since October and was established in support of Operation Clean Sweep II,” said Capt. Vanessa Marrero, a support operation effects officer and MRT officer-in-charge with the 224th Sust. Bde., and a San Diego, Calif., native. “The MRT can operate as contact teams consisting of two to four Soldiers or up to 10 Soldiers depending on the type of mission. These Soldiers have the capability to identify the proper disposition of equipment; MOS’s (military occupational specialty) include, but are not limited to, automated logistic specialists, vehicle repairers, transportation management coordinators, supply specialists, and ammunition specialists.”

Chief Warrant Officer 4 Keith Glenn, the MRT fixed site and mobile team officer-in-charge with the 110th Combat Sustainment Support Battalion, 224th Sust. Bde., and a Lilburn, Ga., native, has the primary job of oversight of the MRT fixed site yard and its daily operations.

“It’s [MRT yard] taking items out of hidden areas and putting them back into the system,” Glenn said. “It’s reducing the actual footprint of the material. We’re trying to consolidate and it is a collaborative effort. You’re reducing transportation dollars, transportation assets; here we have consolidated our efforts and expedited equipment from the COB’s.”

The MRT yard can process around \$2 million of supply on a weekly basis with about 500 items, said Staff Sgt. Jonathan Pierce, the operations noncommissioned officer for the fixed site with the 632nd Maintenance Company, 110th CSSB, and an Elgin, Ill., native. The MRT yard Soldiers work together and are from various units in the 224th Sust. Bde.

“Currently there are 43 military [MRT personnel] and 13 civilians,” Pierce said. “The

MRT cont. page 6



**Physical Readiness
Training, newest change**

Page 8

Where do you read your

Expeditionary Times?

Joint Base Balad :
318-483-4603

COB Adder:
318-833-1002

COB Taji:
318-834-1281

Al Asad Air Base:
318-440-4103

COB Speicher:
318-849-2501

**For distribution, contact
the 103rd ESC PAO at
Joint Base Balad, Iraq**

e-mail: escpao@iraq.centcom.mil

Ignore this sign to your own peril

COL. LANCE KITTLESON
COMMAND CHAPLAIN
103RD ESC



That's what should have read just below the sign "Uneven steps! Be careful."

While climbing steps to the second floor of a command building in southern Iraqi, I discovered to my peril that it pays to 'pay' attention to signs.

I glanced at it going up the steps with a double café mocha from the Green Bean in hand, when my combat boot had not cleared a step that was higher than the rest, and suddenly I found myself lurching forward in a free fall, instinctively trying to protect my precious drink. Shins can heal, but once mocha is spilled it is all over, but the shouting. I succeeded, for the most part, in only having some mocha splattering over my hand and ACU shirt.

I eventually righted myself out of the stumble and surveyed the damage, while taking a quick glance around to see if anyone saw and snickered at my faux pas. Thankfully, for my ego's sake, I couldn't hear or see anyone laughing out loud, but then again it is usually not too wise to laugh at an O-6 in situations like this. Still, being human, Colonels can be as uncoordinated as anyone else.

As I pondered my misstep, I wondered if, in the grand scheme of things, our journey through time is not like these uneven steps here in Iraq. We know better, but we still expect life to be orderly, for our journey to be uniform and go according to Holye, according to our planned timetable. So we move forward into a New Year blithely expecting all of our calculated steps to fall right in line.

And when an 'uneven step', or an unexpected event crowds its way into our lives and upsets the mocha, the espresso or the cup of tea in our hand, (I would have thrown beer, wine and peppermint schnapps in there, but, of course, you know what GO #1 says about that] it throws all our plans for a loop and we find ourselves fighting valiantly in self-defense to steady our souls and lives.

Uneven steps abound around us. A job loss when redeploying, a medical diagnosis for a loved one or even

ourselves, a wayward child, a disappointment from trusted family and friends, a marriage in danger of dying or has died through a divorce and the list could go on into infinity; all uneven steps, all unwelcomed, and all very much a part of life in a broken world.

The point is not that there shouldn't be any 'uneven steps' in life. Like it or not, there ARE and there are PLENTY of them. This is a broken, hurting world with broken, hurting people. Yes, some stumbles can be avoided by good judgment and decision making, but others simply come at us no matter how good of a decision is made. "Stuff Happens" as the old, paraphrased saying goes.

But the good news in all this is that we never have to be alone when we hit those uneven, rough patches of life.

One of my favorite life stories is of a father and a small boy walking across a rough pasture. The unevenness of the ground caused the boy to stumble and fall repeatedly. Finally, he looked at his father and said, "Dad, I think that if I hold your hand, I may stumble, but I won't fall."

For me and many, that hand comes in the form of faith in a higher power who loves, cares and walks with us. For others it is a friend here or back home, another human being who you'd trust your life to. Whatever form your Battle Buddy takes, it doesn't matter just as long as you are not trying to go through life solo without any outside support. Few are capable of that without crashing and burning. Lean on those friends or your faith when those unexpected twists and turns of life throw you for a loop. Use the Chaplains of JBB and Adder and elsewhere, the Behavioral Health and Combat Stress professionals. Never try to go it alone when there is so much and such good help around you.

Make no bones about it. The uneven steps of 2011 will come. The only question is when and how hard they come. But if you have a solid grip on the solid rock or on another caring human being, you will get through it and be stronger for it.

So, maybe there should be a sign on the inside of every CHU door that reads before you leave to go to work: 'Caution: Uneven Steps Ahead. Hold on tight to your double Café Mocha with one hand and to someone else with the other. Ignore this sign to your peril.'

Have you got a story to tell?

The 103rd ESC PAO is looking for Soldiers who have deployed before for interviews and photographs of Joint Base Balad and Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

EXPEDITIONARY TIMES

103rd ESC Commanding General, Brig. Gen. Mark W. Corson

Expeditionary Times is authorized for publication by the 103rd Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. government, including the Department of Defense or Operation Iraqi Freedom.

Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes.

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,500 papers.

The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 103rd ESC, APO AE 09391. Web site at www.dvidshub.net.

103rd ESC PAO, Managing Editor
Maj. Angel R. Wallace
angela.wallace@iraq.centcom.mil

103rd ESC PA NCOIC
Sgt. 1st Class Raymond P. Calef
raymond.calef@iraq.centcom.mil

103rd ESC Operations NCO
Sgt 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

103rd ESC Layout and Design
Spc. Matthew Keeler
Matthew.Keeler@iraq.centcom.mil

103rd ESC Staff Writers
Spc. Zane Craig
zane.craig@iraq.centcom.mil

Spc. Emily A. Walter
emily.walter@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
224th Sustainment Brigade
14th Movement Control Battalion
3rd Combined Arms Battalion, 116th Cavalry Regiment
1st Combined Arms Battalion, 163rd Infantry Regiment
332nd Air Expeditionary Wing

For online publication visit:
www.dvidshub.net
keyword: Expeditionary Times

Contact the Expeditionary Times staff at:
escpao@iraq.centcom.mil

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 103rd 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: Harvard business' leadership

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



It is said that teaching a subject is the best way to learn it. Therefore, I am going to try and teach what I am learning in the Advance Operations Course. As part of this course I read a great article on leadership. And since we are all leaders in the Army we should study leadership in order to be the best. The article, 'Leadership That Gets Results' by Daniel Goleman, in the March-April 2004 issue of Harvard Business Review, is very applicable to any leadership situation and I will use it to write the next two Weekly Standard columns.

Goleman's research showed that different leadership styles have different effects on organizational climates. Why is this important? The climate in a unit goes hand in hand with the unit's morale and the morale of a unit affects Soldiers performance. Low unit morale may even contribute to a Soldier committing suicide. Goleman was able to show quantitatively (with numbers) how each style affected the organization's climate as we will see below. There are six leadership styles: Coercive, Authoritative, Affiliative, Democratic, Pacesetting, and Coaching and the following table provides a summary of each style.

Approach	Coercive	Authoritative	Affiliative	Democratic	Pacesetting	Coaching
Style in a phrase	Demands immediate compliance.	Mobilizes people toward a vision.	Creates harmony and builds emotional bonds.	Forges consensus through participation.	Sets high standards for performance.	Develops people for the future.
When the style works best	In a crises, to kick start a turnaround, or with problem Soldiers.	When changes require a new vision, or when clear direction is needed.	To heal rifts in a team or to motivate people during stressful circumstances.	To build buy-in or consensus, or to get input from valued Soldiers.	To get quick results from a highly motivated and competent team.	To help an employee improve performance or develop long-term strengths.
Impact on Climate	Negative	Most positive	Positive	Positive	Negative	Positive

In the year I have been an IG I have frequently discussed command climate and had to determine if a command climate was bad or not. I had to determine if Army regulations like AR 600-20 Army Command Policy, and AR 600-100 Army Leadership were violated. This is never an easy task. Goleman says an organization's climate is defined by six key factors: Flexibility, Responsibility, Standards, Rewards, Clarity, and Commitment.

Flexibility	How free Soldiers feel to innovate without worrying about red tape.
Responsibility	How responsible Soldiers feel towards the unit.
Standards	The level of standards Soldiers set for themselves.
Rewards	The sense of fairness about performance feedback and aptness of rewards.
Clarity	The understanding Soldiers have about the mission.
Commitment	The level of commitment Soldiers have to the unit and its mission.

This last table will show how all this research came together.

The higher the positive number the better the leadership style influenced the command climate in a positive manner. The negative numbers show how a leadership style brought the climate down. The figures show the correlations between the leadership style and its effect on a specific climate factor. For instance, the coercive leadership style is four times more detrimental to flexibility than the Pacesetting style; the Authoritative style is almost twice as beneficial to flexibility as the Coaching style.

From the graph we can see that the Authoritative style has the most positive effect on climate and therefore morale but that does not mean a leader should only employ that style. An effective leader should learn and employ multiple styles and employ them as the situation dictates. Even the Coercive and Pacesetting styles have their place as we will see in next week's column. Next week I will delve into each leadership style so we can learn to be better leaders.

You can download the article Leadership that gets Results by Daniel Goleman here;
<https://www.jbb.iraq.centcom.mil/provider/specialstaff/IG/IG%20Document%20Library/Leadership%20that%20>

	Coercive	Authoritative	Affiliative	Democratic	Pacesetting	Coaching
Flexibility	-.28	.32	.27	.28	-.07	.17
Responsibility	-.37	.21	.16	.23	.04	.08
Standards	.02	.38	.31	.22	-.27	.39
Rewards	-.18	.54	.48	.42	-.29	.43
Clarity	-.11	.44	.37	.35	-.28	.38
Commitment	-.13	.35	.34	.26	-.20	.27
Overall impact on Climate	-.26	.54	.46	.43	-.25	.42

I.G. Contacts

Joint Base Balad (103rd ESC):
DSN 433-2125
Lt. Col. Jeffrey Schneider (*Cmd*)
Maj. Erik Verhoef (*Deputy*)
Master Sgt. Arnett Cooper (*NCOIC*)

Adder/Tallil (224 SB):
DSN 433-2125

Speicher (103rd ESC):
VOIP 433-2125

Combat Stress: Be S.M.A.R.T. when setting goals

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Are you stressed out because you feel there is not enough time in the day? Are you constantly scrambling because you forgot an important tasks or deadline? You may benefit from learning about time management skills. Wikipedia defines time management as a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects and goals. Let's explore some effective techniques that may help you manage your time.

First, you need to be aware of how you spend your time. Are you making coffee three times a day, visiting with co-workers for two hours a day, or reading un-important e-mails? If you are not sure, complete an activity log for 2-3 days. To ensure the activity log captures how you are honestly spending your time, be very specific. Include a breakdown of each activity and how many minutes you engaged in that activity. Once the activity log is complete, analyze how you are spending your day. Determine if you are spending your day on high priority versus low priority items and note how

often you are interrupted or distracted. Once you determine how you spend your time, make a plan to address the unproductive tasks. Have a strategy to minimize distractions and manage interruptions. For example, close your door, inform others of your need for un-interrupted time, or turn off your e-mail for 2 hours. Learn to schedule high priority or challenging tasks when you perform the best and have the most energy. Dedicate blocks of time to complete high priority tasks. If you notice you are slipping back into old unproductive habits, conduct weekly reviews to ensure you remain productive. Be prepared to make subtle or drastic adjustments as needed.

Next, you may need to get organized. Arrange your work space to promote efficiency. Place the most commonly used items where they are easy to access while putting items that are seldom used higher on shelves or lower in the drawers. Try to keep your desk organized and put items back in their place. You will avoid wasting valuable time looking for items if you designate a specific place for each item.

Learn how to prioritize your tasks. Create a to-do list with the most important task first and the least important task last. Don't forget to cross off the task when it is complete. This practice will give you a sense of accomplishment and a visual

reminder of what you have completed. A list also provides a visual cue to ensure you do not forget about a task that needs to be completed. Determine what needs to be done today, next week or next month and learn to postpone unnecessary activities. Use a daily planner and a long-term planner. Place important activities in the planner as soon as you are aware of them. Planners help you remember important events, and they help you avoid scheduling conflicts. It is also important to delegate. You cannot do everything yourself. Invest time in team building and empower your team members to assist you.

Lastly, the proper mindset is crucial in your ability to be productive and to maintain good time management skills. Stay motivated. Determine what motivates you, and create an environment that supports those needs. Getting started can often be the most daunting part of the task, therefore invest time now to discover what motivates you to initiate a task. If you discern the secret now, it may save you hundreds of hours in the future. Think positively. Believe that you can manage your time and complete the required tasks. As you take positive steps to manage your time, you may discover that your stress level decreases while your productivity increases.

SLCR team effort to help keep COB War Paint clean

CAPT. VENSON WALKER
13TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE WAR PAINT, Iraq—A shower, laundry and clothing repair team provides daily laundry operations for approximately 500 Soldiers and civilian contractors stationed at Contingency Operating Base War Paint, Iraq.

The SLCR team with the the 540th Quartermaster

Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is one of a few teams in Iraq performing these duties. As most SLCR teams were replaced by contractors on larger bases, a few teams remain useful for remote locations throughout Iraq, said Sgt. Sonny Sanchez, the War Paint laundry facility noncommissioned officer-in-charge, and a Charlotte, Texas, native.

One SLCR team can provide uniform and shower maintenance for 1,500 to 3,000 Soldiers at a base, he said. An SLCR team is comprised of six Soldiers, and uses the Laundry

Advance Drying System, an industrial sized washing machine with a user interface able to monitor the status and problems that may occur during the washing process, said Sanchez. It takes roughly five hours from the time clothes are turned in to wash, dry and fold them, he said, and most Soldiers retrieve their laundry within 24 hours.

The laundry point processes approximately 250 bundles a day, said Spc. Joshua Butler, a textile service specialist with the 540th QM Co., and a Hagerstown, Md., native.

The SLCR team puts 20 to 25 bundles into the LADS, roughly 200 pounds of laundry to make up each load, he said.

Soldiers continue to maintain heavy workload

STORY AND PHOTO BY
CW3 ROBERT DEVINNEY
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—



Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been completing many highly specialized tasks at Contingency Operating Base Adder, Iraq.

Many of the 632nd Maint. Co. Soldiers have taken their rest and recuperation leave, and the unit has passed the halfway mark of their deployment in Iraq.

Current and past mission support keeps the Soldiers busy with conducting convoy security, securing entry control points, conducting recovery missions, and working in their various sections—whether it is general maintenance, repairing electronics, shaping metal to make products, or repairing weapons systems.

“We are still going at it with a heavy workload, Soldiers at the scrap yard,” said Pvt. Jose Francogonzalez, light wheeled vehicle mechanic with the 632nd Maint. Co., and a Puerto Rico native.

“Amidst the many months we have been here, a glimpse of going home has not compromised mission readiness, and we continue to push ever forward,” said Spc. William Ward, a light weight vehicle mechanic with the 632nd Maint. Co., and a Newnan, Ga., native.



Pvt. Jose Francogonzalez, light wheeled vehicle mechanic with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Puerto Rico native, is advanced from the rank of Pvt. E-1 to Pvt. E-2, Sept. 1 at Contingency Operating Base Adder, Iraq.

Warrant keeps Soldiers, trucks on the road

STORY AND PHOTOS BY
STAFF SGT. PATRICK CALDWELL
116TH CALVARY REGIMENT

JOINT BASE BALAD, Iraq—



It is safe to say Chief Warrant Officer 2 John Bales keeps eastern Oregon's Army National Guard unit on the road.

The former Wallowa County, Ore. resident is the maintenance officer for the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

“I ensure the equipment is repaired to standard, and ensure parts are requisitioned,” he said.

Yet Bales, really carries the responsibility for a large inventory of trucks and weapons that must always be ready. If it rolls in the 3rd Battalion, Bales knows about it and how to fix it.

“I manage all the maintenance,” Bales said. “It keeps me busy.”

Bales, who grew up in Joseph, Ore., said he directs more than 20 other mechanics scattered across central Iraq at different forward operating bases.

“I have daily communication with those FOB's to ensure their daily maintenance,” he said.

Bales' job is a crucial one. Because the Army is a mechanized force, maintenance is as critical as ammunition or food.

While his unit has only been at Joint Base Balad for a little over a month, Bales said his mechanics hit the ground running.

“We were here fixing equipment right off,” he said. “It was a run trying to get back to a walk.”

Before deployment Bales said his job

focused on tank and Bradley Fighting Vehicle repair. When the 3rd Battalion deployed to Iraq though, it left its tanks and Bradley's behind. Now, the job centers on repairing the new Mine Resistant Ambush Protected vehicles that the 3rd Battalion Guardsmen utilize to protect convoys.

Bales said there is a big difference between working on tanks and MRAPs.

“They (MRAPs) are not as challenging as the tanks and Bradley's,” he said. “Those systems are a lot more complex.”

Bales said the MRAP is a solid truck.

“They are more electrically complex but for the type of vehicle thrown into the war, they are pretty good,” he said.

Every 3rd Battalion truck or MRAP that arrives on Joint Base Balad must go through maintenance before it goes anywhere else. Each vehicle is different, Bales said, as is each mechanical problem.

“Leaks, the air conditioning doesn't work, the weapon system doesn't work,” he said. “Sometimes the tires are flat, or they have bent axles or blown engines.”

The pace of trucks coming into Bales' maintenance bay on Joint Base Balad is steady, he said.

“We probably see 30 trucks a day and bring in probably ten out of them for some kind of maintenance,” he said.

Bales is familiar with Iraq. He served with the 3rd Battalion when the unit deployed to Iraq in 2004. Back then, he conceded, the atmosphere was different.

Bales is no stranger to the military either. He left Joseph, Ore. for the U.S. Army when he was 17, a decision he said he does not regret.

“I don't think I'd be where I am today if it wasn't for the military and for my family,” he said.



Chief Warrant Officer 2 John Bales (right), the maintenance officer for the 3rd Battalion, 116th Cavalry, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Joseph, Ore., native, talks with two of his mechanics at the maintenance bay for the 3-116th Cav. Reg. earlier this month. Bales manages the maintenance for the battalion while it is stationed at Joint Base Balad, Iraq.



Staff Sgt. Robert E. Short, a Pittsburg, Penn. native and motor transportation operator with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), goes over some last minute checks before heading out on a mission.

HET, Staff Sgt. Short are a great fit for mission

STORY AND PHOTOS BY
STAFF SGT. CONSTANCE OBERG
394TH CSSB

CONTINGENCY OPERATING BASE SPEICHER, Iraq—



“Great guy,” “favorite NCO,” “awesome to work with,” “very professional,” “trust him one hundred percent when we are on the

road.”

Those are just some of the comments that could be heard at the staging lanes from Soldiers with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

The Soldiers are talking about their commodity manager, Staff Sgt. Robert E. Short, a Pittsburgh, Penn. Native, and motor transportation operator with the 220th Trans. Co.

“Best E-6 I have ever meet, old school though,” said Spc. Kevin McGuire a Shelton, Con., native, and motor transportation operator with the 220th Trans. Co. “I trust him when I am with him out on the road. He is very intelligent with the [Heavy Equipment Transportation].”

The Soldiers are all part of the platoon that go out on missions in the HET vehicle. During their training at Fort Riley, Kan., this was the first experience that many of the Soldiers acquired prior to coming to theater. The training included loading tanks, and familiarizing themselves with everything on the vehicle.

“I would not want to go outside the wire with anyone else but Staff Sgt. Short, he

knows his job and I trust him,” said Spc. Bow Green, a Warren N.H. native and motor transportation operator with the 220th Trans. Co. “If one of his Soldiers has an issue he fixes it himself.”

Staff Sgt. Short has been deployed four times, with three of them being a motor transportation operator, and has traveled all over Kuwait and Iraq on missions. He has over nine years of experience with driving HETs, and loves sharing that knowledge with his platoon.

“When we first arrived they were just starting to learn, but as the months go on the crew really has picked up on driving the

HETs.” said Short.

“I like being out in the motor pool working on vehicles, when we first heard that we were getting the HETs, a lot of the Soldiers were not sure how much they would get to do with them,” added Spc. Benjamin Turner, a Statesboro, Vt. native and motor transportation operator with the 220th Trans. Co.

According to Green, there is an operator and a driver; an operator can operate the entire system of the truck, where as the driver just drives.

“There are a lot of moving pieces and a lot of parts that can break,” added Spc. Scott

D. Mitchell, a Skowhegan, Maine native, and motor transportation operator with the 220th Trans. Co. “Flat tires are one of the biggest problems we encounter.”

The trailer has 40 tires on it, which helps balance the weight out for the cargo that is being transported. The tractor is made for pulling heavy loads; it can carry anything from a tank to a connex.

When the Soldiers are not out on missions, they find themselves in the motor pool performing preventive maintenance checks and services on their vehicles for the next time they are out on the road.

“On some of the missions we run a recovery vehicle, which is just the truck,” said Spc. Matthew Smyrski, an Ira, Vt. native, and motor transportation operator with the 220th Trans. Co. “When we run longer missions we have a bobtail with one recovery system which is the bobtail and trailer connected.”

“When a vehicle breaks down on a mission we don’t waste any time, we hook it up to the wrecker or load it onto one of the trailers that we have,” he continued. “We disconnect the broken down truck or trailer and hook the recovery bobtail up to the previous trailer with the load. The truck that is broken down is hooked up to the maintenance wrecker that runs with our convoys. We are able to do that in about fifteen minutes.”

“Working on the HETs is fun for me,” said Spc. James S. Behen, a Burlington Vt. native, and motor transportation operator with the 220th Trans. Co. “HETs are not made to travel fast, it is a slow haul. A lot of things can break down so you are sometimes on a mission longer due to having to stop and fix the issues.”

“It is awesome working with Staff Sgt. Short; he is like that kind of dad that you want to impress,” Behen added.



Spc. Benjamin Turner, a Statesboro, Ver., native, Spc. James S. Behen, a Burlington, Ver., native, Spc. Scott D. Mitchell, a Skowhegan, Maine, native, Spc. Matthew Smyrski, a Ira, Ver., native, and Spc. Bow Green, a Warren, N.H. native, all Motor Transportation Operators with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) conduct preventive maintenance on their truck prior to heading out on a mission.

394th CSSB Soldiers to save Army money

STORY AND PHOTO BY
STAFF SGT. CONSTANCE OBERG
394TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE SPEICHER, Iraq— Soldiers with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, and 103rd Sustainment Command (Expeditionary), maintenance shop were recently recognized for their efforts to save the Army close to \$1 million.

With the continuing drawdown of troops, buildings are constantly being cleaned out and equipment being thrown away.

Spc. Pat P. Julch, a light wheel vehicle mechanic with the 394th CSSB, and a Sioux City, Iowa, native, came across some generators at one of the life support areas, so he inquired about the generators that were broken, and was told to turn them in.

“In order to turn them in, you have to do a really good technical inspection on them,” said Spc James Peavler, a light wheel mechanic with the 394th CSSB, and a Yutan, Neb., native. “All the fluids need to be drained then they need to be cleaned really well prior to turning them in.”

According to Peavler, it took about a week to clean all of the generators, with some of the Soldiers doing the maintenance, while others took care of the necessary paperwork to get them to the right personnel.

All of the Soldiers in the maintenance shop had a hand in preparing the 28 pieces of equipment that was abandoned, to get ready to be turned in.

The generators will be rebuilt and sent to Afghanistan to assist the troops there.



Pfc. Matthew Henrich, a Wisner, Neb. native and generator repair specialist; Spc. Robert Beedle, a Omaha, Neb. native; Spc. James Peavler, a Yutan, Neb. native; Spc. Patrick Julch, a Sioux City, Iowa, native; Staff Sgt. Barry Mahnke, a North Platte, Neb. native, and Sgt. Alex Diskin, a Omaha, Neb. native, and all light wheeled mechanic specialists with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, and 103rd Sustainment Command (Expeditionary) maintenance shop, were given Certificates of Achievement for assisting Army Material Command Logistics Support Element USD-N with the transport of the twenty eight pieces of equipment.

MRT from page 1

Soldiers outside [in the yard] do all the paperwork, they evaluate each item that goes into each multipack (tri-walls/white boxes constructed above a pallet), and from there it goes into my office, then my guys will fed-log (the system will assign a dollar value to the item) it. If we cannot find it, we will look up manufacturer’s data, de-militarized codes, recovery codes, class codes, then the Soldier will place it on the multipack to ship it to the SSA (supply support activity) or wherever its destination is.”

Besides saving the government money, removing excess equipment and supplies from Iraq, the yard places many serviceable items back into the Army’s supply system or back to the units from which it originally came.

“When we run into serial numbers items, we run them back through RPAT (Redistribution Property Assistance Team), and they go through the theater provided equipment property book and validate the serial numbers,” Glenn said. “And if there was ever a commander looking for that equipment or there was a Financial Liability Investigation of Property Loss done, they actually try to contact that commander and get the property back to him, or reimburse him the dollars that were taken from him.”

The organizations involved in the daily operations of this MRT fixed site yard are the U.S. Navy-Joint Force, U.S. Air Force RPAT, 402nd AFSB, 15th Trans. Co., 110th CSSB, 632nd Maint. Co., 224th Sust. Bde., United States Forces – Iraq, Defense Logistics Agency, contractors, and Soldiers from other miscellaneous units on COB Adder.



Staff Sgt. Cordell Frazier, a team leader with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Nashville, Tenn., native; and Spc. Josh Goodman, a Mobile Redistribution Team yard worker with the 319th Trans. Co., and a Miami, Fla., native, sort and inventory bulk wires Dec. 13 at the MRT fixed site yard on Contingency Operating Base Adder, Iraq.



LEARN THE DRAWDOWN

The 840th Transportation Battalion is hosting Integrated Booking System/Container Management Module Training 8 a.m. to 12 p.m. every Sunday at the battalion headquarters, 7119 Eagle Dr. (near bus stop #62) at Joint Base Balad.

You will need to make reservations for the class by calling 318-483-4241.

Chaplain makes special visit to Soldiers in Iraq

STORY AND PHOTO BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE SPEICHER, Iraq—

The priest, dressed in a simple tan robe, began to say Mass for three Soldiers in front of a TV with a coffee table for an altar. As more Soldiers trickled in, he beckoned them to take a seat in one of the couches arranged in an arc around the altar.

Lt. Col. Richard Piontkowski, deputy command chaplain with the 103rd Sustainment Command (Expeditionary), and a Grand Island, Neb., native, celebrated Catholic Mass Dec. 27 in the Morale, Welfare and Recreation building at the Bayji Oil Refinery in Iraq.

Due to the limited number of priests in Iraq, Soldiers with C Company, 127th Infantry Regiment, 4th Infantry Division, rarely have the opportunity to attend Mass. A Protestant chaplain visits approximately twice per month, however.

They partner with the Iraqi Security Forces to protect the oil refinery, which produces about 70 percent of Iraq's oil.

"We respond to any significant activity involving convoys that go back and forth



Chaplain Lt. Col. Richard Piontkowski, deputy command chaplain, 103rd Sustainment Command (Expeditionary) and a Grand Island, Neb native, celebrated Mass Dec. 27 in the Morale, Welfare and Recreation building at the Bayji Oil Refinery.

from Speicher to Mosul," said 1st Lt. John Bockstanz, executive officer with C Co., 127th Inf. Regt., and an Emmaus, Pa., native.

Bockstanz said this was the first time he received communion in the six months he has been deployed. He said that priests have visited, but not during a time he was available to attend the Mass.

"It was good to be able to come to Mass, it really brought me back home," said Pfc. Phillip Graff, a gunner with the 127th Inf. Regt., and a Ft. Myers, Fla. native.

Graff said the service felt more meaningful with the handful of guys from his unit than it would have among dozens of people he doesn't know.

The Mass celebrated the Feast of the Holy Family. Piontkowski encouraged the men to fulfill their obligations to their families and to be the ones to add holiness to their families, imperfect as they may be.

"Sometimes it's hard to remember what the holidays are about up here," said Bockstanz.

Attending Mass with members of their close-knit unit family helped these soldiers connect spiritually with their faraway loved ones.

"The isolation up here builds really strong community ties within the company. You really get to know everyone," said Bockstanz.

Piontkowski's visit, however, will linger in the minds of the Soldiers who attended,, strengthening their ties to their home and to the military family at the Bayji Refinery.

'Iron Strong' a welcome addition for COB Adder

STORY BY
1ST LT. MADISON MATAKAS
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), serve as staff members at the new "Iron Strong" Soldier's Resiliency Center on Contingency Operating Base Adder, Iraq.

Spc. Tiffany Zackery, a supply specialist with the 15th Trans. Co., and a Bossier City, La. native, serves on the staff at the new Soldier Resiliency Center which opened Dec. 4 on COB Adder.

The main purpose behind this "Soldiers only" center is to establish a comprehensive, stress-free zone where service members from all U.S. military branches can partake in the amenities free of charge, including music download cards and snacks.

The five pillars, which the Resiliency Center's mission is centered around, include spiritual, emotional, physical, social, and family. Soldiers while in theatre can strengthen these attributes and thereby increase their mission readiness.

Zackery, who is assigned as a representative from the 15th Trans. Co. "Road-warriors" assisting in the 24-hour operations

at the Resiliency Center, provides basic knowledge to Soldiers inquiring about what the center has to offer.

"My responsibilities include giving tours to [first time] incoming Soldiers and ensuring they have their questions answered and they are taken care of."

Zackery said that there is never a wait time to use anything, adding that she likes the 'Soldier only' concept of the place. Some of the rooms available for use include a fitness room with Wii game consoles, a mediation room for problem solving, a pool table for individual and tournament play, a movie room, and a massage room for relaxation and peace.

Soldiers now have a place to go after work or between shifts to unwind and in turn focus on the core elements of the program, appreciating that the facility was established to provide the Soldiers a stress-free environment that they can call their own.

Spc. Miranda Hards, a Sabetha, Kan., native, and Spc. Bryan Williams, a Sanford, N.C., native, heavywheeled motor vehicle operators with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), use computers with Webcam capability to stay in touch with family back home Dec. 18 in the "Iron Strong" Soldier's Resiliency Center on Contingency Operating Base Adder, Iraq.



ESC Soldiers lead the way, practicing new Army PRT program



STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—"If you're not puking you're not trying," shouted the drill sergeant from his perch high above the runners struggling around the track at Holt Stadium, Joint Base Balad, Iraq at sunset after a long duty day.

Staff Sgt. Steven Barrett, former drill sergeant and current training Non-commissioned officer with Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary) and an Omaha, Neb. Native, led a session of the Army's new Physical Readiness Training.

Every day for the next nine weeks, Soldiers of the 103rd ESC will come together to conduct PRT to improve their physical condition, unit camaraderie, and Army Physical Fitness Test scores.

PRT is currently in the process of being implemented Army-wide to replace the outdated Standardized Physical Training.

"The 103rd ESC is currently in the crawl phase of implementation," said Barrett.

"We are in week one of a nine-week

program culminating in our 100 percent APFT in March," he said.

Army Training Circular 3-22.20 states that military leaders have always known that the effectiveness of Soldiers depends largely upon their physical condition. The developers of PRT recognize the current reality that the Army contains a wide variety of specializations that require equally varied types and levels of physical fitness.

"The goal is for each unit to be physically ready to do their job. Therefore, a cavalry scout unit will have a much more rigorous PRT training schedule than an ESC," said Barrett.

Barrett and his PT cadre, composed of junior enlisted Soldiers from the 103rd ESC, have spent approximately 40 hours over the past two weeks scheduling, teaching each other by rehearsing the exercises, doing site reconnaissance and building the confidence needed to lead a group through new terrain.

"Before we implemented PRT as a unit, group PT was much less organized and now it's much easier for people to stay moti-

vated because we have a routine planned and laid out in a calendar they can access on the 103rd website," said Sgt. Tyler Smith, intelligence analyst, 103rd ESC, and a Des Moines, Iowa, native.

Smith is one of several soldiers who volunteered time as a PT cadre and sacrifices more than one hour of personal time every day to help implement PRT to the 103rd ESC, he said.

"I can trust and have trusted my PT cadre with any part of the program," said Barrett.

Barrett and the members of his cadre provide a fitness environment where 103rd ESC Soldiers encourage each other to improve their physical condition and engage in friendly competition to motivate each other to boost their performance.

"If we're motivated, they're motivated," said Spc. Melissa Johnson, repair parts manager and PT cadre, 103rd ESC, and a Des Moines, Iowa, native.

"For me it's very personal because I was performing below standard at PT and in six months I brought myself up to get an above

average score," she said.

There is a less intimidating vibe working out with a group of peers encouraging you than going to a gym and possibly feeling intimidated by strangers there who are clearly much more comfortable in that environment, said Johnson.

As a member of the junior enlisted PT cadre, the Soldiers lead the preparation drill at the beginning of each session, Barrett walks around the formation observing and sometimes correcting Soldiers' technique and offering encouragement and motivation.

The change from the older versions of PT to the new PRT is not a radical departure from what Soldiers are used to seeing. The main difference is the increased flexibility leaders have to adapt the routine to the needs of their specific unit.

"The SPT would improve the physically unfit to get them up to standard, but for people who came in already scoring high it would bring their score down, not to below passing, but their physical readiness would actually decrease," said Barrett. "I've become completely sold on and excited about the PRT."

According to Barrett and the PT cadre, PRT is improving the motivation and performance of the 103rd ESC Soldiers currently participating in the nine-week program.

'If you're not puking you're not trying,'

-Staff Sgt. Steven Barrett

Physical Readiness Training



PRT is improving the motivation and performance of the 103rd ESC Soldiers currently participating in the nine-week program. The test of this program's success will come in March with the results of the Army Physical Fitness Test.

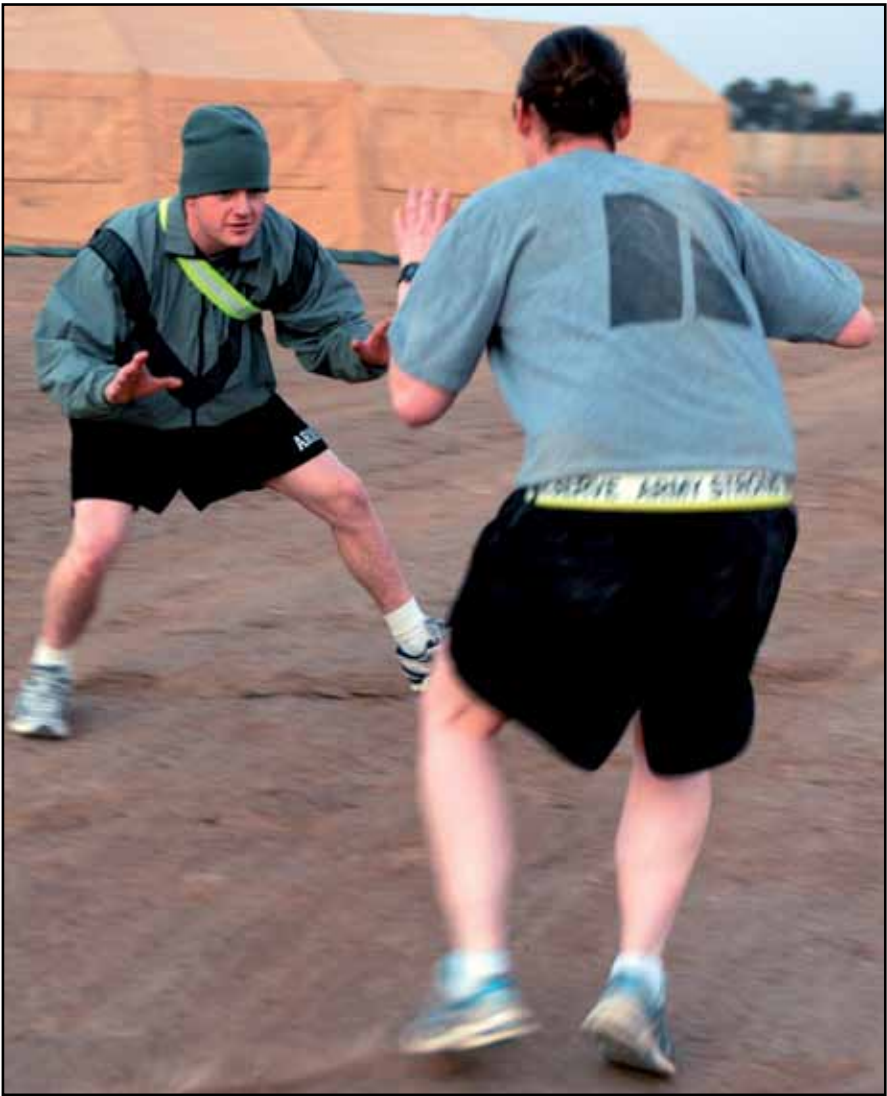
TOP: Spc. Paul Rochelle, help desk technician with the 103rd Sustainment Command (Expeditionary), and a Council Bluffs, Iowa, native, leads the formation in series of PRT exercises. The Soldier in woolen hat and gloves, is Sgt. Jeremy Manges, Iraqi Business Industrial Zone non-commissioned officer in charge, with the 103rd ESC, and a Des Moines, Iowa, native, pushes in formation during PRT training. "I like the training because it focuses on muscles groups that other PT did not," he said. "It's different but you get a better workout. Also, it works muscle groups, that are important to be worked out because ethey prevent injury."

OPPOSITE PAGE: Spc. Melissa Johnson, repair parts manager and PT cadre, 103rd ESC, and a Des Moines, Iowa, native. leads a group of 103rd ESC Soldiers through a running and conditioning drill. PRT allows an instructor to focus specifically on parts of the body depending on the unit and their mission. Whether a unit needs to focus on upper-body strength or leg endurance, PRT gives the flexibility that SPT did not

CENTER RIGHT: Spc. Melissa Johnson, repair parts manager and PT cadre, 103rd ESC, and a Des Moines, Iowa, native, shuffles opposite another one of the Physical Readiness Training cadre during one of the conditioning drills. Exercises like this shuffle help work more than one type of muscle group at a time.

BOTTOM RIGHT: Spc. Paul Rochelle, help desk technician with the 103rd Sustainment Command (Expeditionary), and a Council Bluffs, Iowa, native, leads the formation in series of PRT exercises. The squatting motion helps stretch both the muscles in the legs and the lower abs.

CENTER BOTTOM: Spc. Paul Rochelle, help desk technician with the 103rd Sustainment Command (Expeditionary), and a Council Bluffs, Iowa, native, leads the Soldiers in a different exercise within the new PRT list of drills. The development of the program is managed by Staff Sgt. Steven Barrett, training non-commissioned officer with Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary) and an Omaha, Neb. Native, who also used to be a drill Sgt. "I can trust and have trusted my PT cadre with any part of the program," said Barrett.



Webcams help Soldiers to connect with family

STORY AND PHOTO BY
1ST LT. WILL LIEBHABER
3-116TH CAVALRY REGIMENT

CONTINGENCY

OPERATING

STATION

DIAMONDBACK,

Iraq—

When Sgt.

Brandon Gregory,

truck commander

for Delta Company,

3rd Battalion, 116th

Cavalry Brigade Combat Team, 3rd Sustain-

ment Brigade, 103rd Sustainment Command

(Expeditionary), and native of Kalama,

Washington, watched his three children

open their presents on Christmas day, it was

the next best thing to actually being home

with them.

For Gregory, like many soldiers with

Company D, 3-116th Cav. BCT, it was

their first Christmas away from their loved

ones back home. Although this is his fourth

deployment, it is Gregory's first deployment

since he adopted three young children.

"I was so happy to be able to watch my little

ones open their gifts from Santa, and I could

also see how much they had grown," he said.

Staff Sgt. Miguel Munoz, convoy

commander and native of Portland, Oregon,

is on his second tour in Iraq and was already

prepared to spend Christmas on his webcam. He was eager to watch his girlfriend and family open presents and send their holiday greetings.

Increases in internet availability and improvements in reliability now mean that it is easier than ever for deployed Soldiers at Contingency Operation Station Diamondback to communicate with family.

"When I was here during the first invasion we had very little communication back home. You had to write a letter, and now I get to e-mail or talk to my family every day," he said.

In addition to better internet, the increase in webcams has also brought Soldiers closer to home. While still not the same as being there in the room, Gregory was glad that he could watch his young children opening their presents and see them playing with their new toys, he said.

Sgt. 1st Class Aaron Carter's family had a slightly different take on using his webcam. He opened the presents his family sent to him on the webcam so they could see his reaction.

"It made Christmas a little more special," said Carter, operations sergeant and native of Salem, Ore.

It was just a small way that Carter's family could feel closer to him during the



Sgt. Brandon Gregory, truck commander for Delta Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Kalama, Wash., native, uses his webcam enabled computer to chat with his wife back home after Christmas.

holiday season.

While there is no doubt that spending the holidays away from friends and family is

tough on any Soldier, small improvements in communication each holiday season are something to be thankful for.

8th Ord. Co. continues aid with resupply missions

STORY AND PHOTO BY
1ST LT. RYAN PRETE
13TH CSSB

JOINT BASE BALAD,

Iraq—

With the

drawdown of U.S.

forces across Iraq,

ammunition is becoming

an even more valu-

able commodity every

day. The 8th Ordnance

Company, 13th Combat

Sustainment Support Battalion, 3rd Sustain-

ment Brigade, 103rd Sustainment Command

(Expeditionary), maintains a large portion of

the ammunition in theater.

Since late October, the Joint Base Balad,

Iraq ammunition supply point has consis-

tently been receiving emergency resupply

requests from units throughout Iraq ranging

in size from a pallet to an entire 20 foot mili-

tary van.

Emergency resupply operations have

required the Superbullet team to remain

flexible and ready to execute at a moment's

notice since arriving on ground in late

October. The ammo handlers of 1st Platoon

completed 13 emergency shipments within

the first three weeks of assuming control of

the ammo supply point mission, and have

completed more than 25 resupply missions

to date.

"Speed, accuracy, teamwork and rehearsal

are the keys to success when it comes to

emergency shipments," said Chief Warrant

Officer Darrell Crim, ammunition account-

able officer for the 8th Ord. Co., 13th CSSB.

The process of emergency resupply starts

when the ASP receives a shipping order



Spc. Ashley Nichols, ammunition specialist 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Parkersburg, West Virginia, prepares ammunition for shipment Dec. 27 at the Joint Base Balad, Iraq's ammunition resupply point.

that is identified as urgent. Key personnel and material handling assets are quickly organized and prepared to pull, count and palletize all of the requested munitions.

All of the sections play an important role in preparing a shipment for immediate delivery.

"Condensing a two or three-day process into only a few hours requires a great deal of coordination and teamwork across all the sections," said Sgt. Shane Kaiser, pre-pull section chief for the 8th Ord. Co. "When

an emergency request comes in, it means that everyone stops what they are doing and focuses on that one load, because it needs to be counted, staged, palletized and moved."

"Above all, it needs to be right the first time," said Kaiser.

They remain motivated, even after working countless hours because their mission is a vital one.

"The bottom line is that someone out there needs what we have, and they need it right now," said Crim. "These Soldiers take a

great deal of pride in their work and knowing that they have helped to take the fight to the enemy."

The Soldiers are working to become more proficient at palletizing and operations with material handling equipment in an effort to improve both operational efficiency and delivery time. They successfully conducted their first night operation a few weeks ago by loading several pallets of 155mm howitzer rounds into two CH-47's bound for Marez, Iraq.

Leaders serve up food, holiday cheer for Soldiers



STORY AND PHOTO BY
CAPT. ANGELA CERVELLI
240TH COMBAT SUSTAINMENT SUPPORT BATTALION

AL ASAD AIR BASE, Iraq – Leaders from the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), served a Christmas meal to their Soldiers Dec. 25 at Al Asad Air Base, Iraq.

“It [the event] was a great way to show the Soldiers our appreciation,” said 1st Lt. Alan Sanfratella, supply officer with the 240th CSSB, and a Ft. Lauderdale, Fla., native.

The 240th CSSB leaders wanted to share some of their spare time to remind everyone that they care, and they wanted to have the opportunity to give a holiday greeting to every person they could.

“Being afforded the opportunity to serve Soldiers during the holidays sends the message that the leaders care,” said 1st Sgt. Randy Hart, with Headquarters and Headquarters Company, 240th CSSB, and a Jena, La., native. “Soldiers expect leaders to perform at the level inherent with their rank; however, it’s the little things leaders do that remain with the Soldier long after they have departed the organization.”

“As the unit 1st sergeant, it’s extremely important that leaders represent the 240th CSSB in the finest fashion,” he said/

This Christmas was the first one away from home for some of the Soldiers and other service members at Al Asad.

“This Christmas meal was one that any grandmother would have been proud of,” said Capt. Jason Webster, chaplain with the 240th CSSB, and a Roxboro, N.C., native.

The holiday meal boosted unit morale, said 1st Lt. Julianna Regis, deployment/redeployment operations officer with the 240th CSSB, and a Phoenix, Ariz., native. “The Christmas meal was a wonderful way to continue to build team cohesion within the unit during the holidays.”

Chief Warrant Officer 2 Teddy Monton, support operations plans officer with the 240th CSSB, and a San Diego, Calif. native, explained what the holiday meal meant to him.

“It’s part of a long-standing tradition in the U.S. military where senior leaders serve junior Soldiers during meal on holidays,” Monton said. “Senior Soldiers, including commanders, command sergeant’s major and 1st sergeants take time during this holiday to show their appreciation for the troops by serving and greeting them during the holiday meal at each dining facility.”

“Soldiers are our greatest resource,” said Monton. “I am a Soldier, and Soldiers want to see their leaders up front showing that they really care.”

Command Sgt. Maj. Romeo Montez, senior enlisted advisor with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Dallas native, serves a Christmas meal to troops Dec. 25 at Al Asad, Iraq.

Idaho Soldier keeps unit motivated on first deployment

STORY BY
2ND LT. CHRISTIAN HALL
3-116 CAVALRY REGIMENT

JOINT BASE BALAD, Iraq— Spc. Riley Mullin, convoy escort platoon member with Golf Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Pocatello, Idaho, native, loves his job in the Idaho Army National Guard.

A childhood dream of serving his country and trying to make the world a better place drove Mullin to make the hard

choice of joining the military in early 2008; a challenging decision that has caused him to be separated from his loving wife, Morgan.

He is motivated by the fact that what he does makes a difference and protects those he serves with, he said.

Mullin is a jack of all trades, as are many of his military brothers and sisters. He is a certified tank mechanic, communications specialist, and logistics operator. Mullin has proven to be an asset in each of his assigned tasks, inspiring diligence and hard work.

Ever ready to serve, Mullin has been a motivator to those around him, working all hours of the night to ensure that those that are going “outside the wire” have all that they need to successfully accomplish their mission. Additionally,

Mullin is assigned to a crew in the convoy escort platoon where his versatility and motivation are indispensable.

Upon his return, Mullin is looking forward to a career in the military, attending college to obtain a degree in forestry, and enrolling in the Warrant Officer Candidate School or Officer Candidate School in order to pursue a career in Army aviation or military communications, he said.

Mullin says that he has enjoyed the new experiences of riding a camel and drinking fresh camel’s milk in Kuwait, along with many other military experiences. He is looking forward to returning home to his family and the intellectual conversations he has with his wife, he said

Mullin maintains that he has been filled with a sense of purpose serving those around him.

Soldier team works together for success in New Year

STORY AND PHOTO BY
STAFF SGT. KELLY ANDERSON
635TH MOVEMENT CONTROL TEAM

CONTINGENCY OPERATING BASE BASRAH, Iraq — Located in the southern part of Iraq is a two-man team providing support for the 36th Infantry Division. Though small in number, Staff Sgt. Kelly Anderson, a Tacoma, Wash. native, and Sgt. Joel Leopard, a Anderson, S.C., native, with the 635th Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary) get a whole lot done.

The two MCT personnel on COB Basrah make up the United States Division-South support team that provides not only support to the Division headquarters, but to all units on the COB. This is a unique mission for an MCT because they also assist and advise the 36th ID Transportation Office in all transportation matters.

“What I enjoy most about this mission is the chance to always learn something new. I have been doing transportation for my entire career and I am always learning something new with each deployment,” says Anderson.

Division support team duo’s vast responsibilities include processing and tracking Transportation Movement Requests

for COB Basrah, Bucca, and Umm Qasr within Iraq which includes provisions for Iraqi theater visibility for all high priority or high visibility cargo moving throughout the operational environment with the use of reports and coordination with their higher command, the 14th Movement Control



For vehicles that need the additional support the Materials Handlong Equipment is available to Soldiers of the 635th Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), to ensure the loading of cargo goes smoothly at Contingency Operating Base Basrah, Iraq.

Battalion. During this deployment cycle the team picked up an additional responsibility to assist Kellogg, Brown and Root with processing cargo at the Joint Distribution Center yard.

Sgt. Leopard works in the Division Operations Center providing logistics support to the 36th ID. His responsibilities include ensuring that the command post of the Future is kept updated on the latest route statuses, as well as providing updates to the 36th ID commanding general through nightly briefings. “This is my third deployment. I am always eager to learn and it has been a great experience to work with many different levels of leadership in the U.S. Army,” says Sgt. Leopard.

In addition, they also provide convoy support for all convoys that come through COB Basrah. This ranges from ensuring the cargo is ready for pick up, to arranging for billeting for the convoy personnel. They also are on the ground during the upload and downloading procedures to assist in any issues that may arise.

“I am proud of the work that my team in Basrah has accomplished, always reaching beyond their scope of duties to ensure that their battle buddies are fully taken care of,” said Capt. Marshall, 635th MCT commander. Anderson and Leopard, are keeping up the high standards of logistical support for the 36th ID. They are constantly proving “nothing happens until something moves”.



The advantages of having an SLR camera: part 2

SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF



It has been two weeks since my first column on Single Lens Reflex Cameras. So I want to start by refreshing everyone on the foundation for having an SLR; that of course is the ability to have interchangeable lenses. This allows the photographer flexibility for lenses that fit his needs, whether it is a landscape scene or a birthday party. But my intent is to not rehash my initial article, but to continue educating you on SLR cameras.

I closed that article by saying that the first thing you must do when deciding to purchase a digital SLR, is to determine how much money you are willing to spend. So let's break the cameras down in three different categories. Category 1: Budget – digital SLR camera's costing less than \$600, typically do not have a lot of features, but still produce quality photos. Category 2: Consumer – digital SLR camera's costing under \$1,000, have higher megapixel rating and more camera features. Category 3: Pro-Sumer (advanced amateur), costing between \$1,000 and \$3,000 the main difference being camera speed and camera features.

So before we go any further let's define megapixel and what it means in regard to the purchase of a camera. The term megapixel is used to show a camera's resolution. But what is a megapixel exactly? A megapixel is one million pixels. A pixel is a dot of information in a photograph; digital photo contains millions of pixels or dots, therefore, Mega = Millions (pixel). For example, a 10 megapixel image contains approximately 10 million pixels. A 14 megapixel image contains approximately 14 million pixels. A digital SLR camera's megapixel value is in direct correlation to the quality of the image it captures.

This chart shows the "acceptable" photograph print size in relation to megapixels.

So what does this all mean? Sort of simple, the more megapixels a camera offers the better the quality; right? Very true, but before you drop some hard earned cash you may want to ask yourself a few more questions. How many megapixels do I really need? How am I going to use the camera, printing photos that I take, or am I just going to take pictures to email friends?

How you answer these questions will dictate how much money you may want to spend regarding the camera's megapixel value. If you just intend to email friends and family, and occasionally print a photo that you have taken. Then a six or eight megapixel camera may suit your needs. But if you intend to photograph landscapes, print and frame them for sale, then maybe a 12 megapixel camera is what you need.

Now that you determined how much money you have to spend and what the primary purpose of the camera will be, the next step is to figure out which category you will be shopping in; Budget, Consumer, Pro-Sumer. Truth be told, you can spend \$600 on the Canon Rebel XSi 450D, 12 megapixel camera in the budget category, or spend \$850 on the Sony A500 12 megapixel camera in the consumer class, or spend \$1,200 on the Nikon D90 12 megapixel camera in the Pro-Sumer group.

What is the difference you ask; they are all 12 megapixel camera's, why should I spend \$600 more for the Nikon D90 when I can get the same number of megapixels in the Canon Rebel XSi 450D. The answer is simple, camera features, along with what I will coin as "the sturdiness" of the camera; what the camera is made of, plastic, metal or a combination.

Next week, we will continue with the ongoing theme; how to get the most out of your camera for the money you have to spend.

Word on the Street

What is your favorite winter activity back home?



"My favorite winter activity to do back home is to take my son sledding because he enjoys it so much."

Sgt. Nathan Claude, a supply sergeant with the Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary) and a Maxwell, Iowa native.



"My favorite winter activity to do back home is hanging out with my friends, sledding and snowboarding. Just anything fun I can do with my friends to get out of the house and get a workout."

Sgt. Peter Delaney, a human resource specialist with the Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary) and an Albia, Iowa native.



"My favorite activities during the winter back home are hunting deer and riding my four-wheeler. It's something to do besides work."

Pfc. Brendon Guler, armorer with the Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary) and an Ottumwa, Iowa native.

THEATER PERSPECTIVES

“[Christians] are an important component in Iraq and we want them to stay here and participate with their fellow Iraqis in the political process and in the reconstruction of Iraq.”

Statement from the minister of displacement and migration, Dindar Nijman, when calling on the Christians to not leave Iraq

“When we provide military equipment, whether it’s M1 tanks, helicopters ...,we don’t just provide the equipment, we actually provide an entire parts package, training for those who operate the equipment, and just as important, training for those who maintain the equipment.”

During an interview with an AFP Reporter, the spokesman for USF-I, Brig. Gen. Jeffrey Buchanan, discusses the training focus for Iraqi sustainment capabilities

“The frontier dividing us will be rendered obsolete. It will, of course, exist on the map as a political frontier, but the permeability will be such that the goods, people, information and investments will travel easily and on a constant basis.”

Turkey’s General Consul in Erbil, Aydin Selcen, responds on his vision in the next three years for Kurdish-Turkish relations and their combined heritage

“We in the national unity government will not let the army be politicized, and it will be for all, not for a specific faction.”

Statement by Commander-in-chief Prime Minister Nuri al-Maliki on Jan. 6, during the Iraqi Army’s 90th Anniversary celebration of its 1921 founding.

“We believe that Iraq’s stability is a condition to achieve stability in the entire region, thus; we stand side-by-side with Iraq with all of our power to help rebuild, reconstruct and face the difficult challenges.”

Jordanian government spokesperson, Ayman Al-Safadi, stated during a joint press conference conducted with the official spokesperson for the government of Iraq, Ali Al-Dabbagh.

GENERAL MARTIN E. DEMPSEY

With Gen. George Casey set to retire in April 2011, Gen. Martin E. Dempsey has been nominated by Secretary of Defense, Honorable Robert M. Gates, as the next Chief of Staff of the Army. Dempsey currently leads the U.S. Army Training and Doctrine Command (TRADOC). During his time as commander, he has overseen the development of several doctrines including the publication of the Army Capstone Concept. He was promoted to TRADOC commander in December of 2008.



- THREE MASTERS DEGREES TO INCLUDE A MASTER OF SCIENCE IN NATIONAL SECURITY AND STRATEGIC STUDIES
- SERVED IN SUPPORT OF OPERATIONS DESERT SHIELD/ DESERT STORM, AND TWO TOURS IN SUPPORT OF IRAQI FREEDOM
- PROMOTED TO GENERAL ON DEC. 8, 2009
- SERVED AS DEPUTY COMMANDER AND ACTING COMMANDER FOR U.S. CENTRAL COMMAND
- AWARDED THE DEFENSE DISTINGUISHED SERVICE MEDAL (WITH OAK LEAF CLUSTER) AND DISTINGUISHED SERVICE MEDAL (WITH OAK LEAF CLUSTER)
- HAS BEEN STATIONED IN GERMANY, SAUDIA ARABIA, IRAQ, AND THE UNITED STATES

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

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

Level: Hard

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

TEST YOUR KNOWLEDGE MUSIC TRIVIA

1. Who played the heavy metal guitar on Michael Jackson’s Beat it?
2. What Beatles single lasted longest on the charts, at 19 weeks?
3. Who sang the song, “Renegades of Funk”?
4. What is the drummer of Rush, Geddy Lee’s real name?
5. Which member of Pink Floyd appeared on all of their albums?
6. What is the lead singer of Avenged Sevenfold, M. Shadows’s real name?

1. Eddie Van Halen 2. Hey Jude 3. Rage Against the Machine 4. Gary Lee Weinrib 5. Nick Mason 6. Matthew

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)
7 p.m. Freedom Chapel (West side)
Wednesday 8 p.m. Gilbert Memorial Chapel

GENERAL

Sunday 9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12:30 p.m. Gilbert Memorial Chapel
7 p.m. Provider Chapel

LITURGICAL (Lutheran Setting)

Sunday 5 p.m. Provider Chapel
5 p.m. Gilbert Memorial Chapel (H-6)

LUTHERAN

Sunday 8 a.m. Provider Chapel Annex

TRADITIONAL

Sunday 2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sunday 1 p.m. Provider Chapel
7 p.m. Gilbert Memorial Chapel

ROMAN CATHOLIC MASS

Sunday 8:30 a.m. Gilbert Memorial Chapel
11 a.m. Provider Chapel
12:30 pm. Air Force Provider Chapel
Saturday 8 p.m. Freedom Chapel (West side)
Mon-Fri 11:30 a.m. Provider Chapel

Confessions: Sunday 8-8:30 a.m. Gilbert Memorial Chapel or by appointment

JEWISH SHABBAT SERVICES

Friday 6 p.m. Gilbert Memorial Chapel (H-6)

PAGAN/WICCAN FELLOWSHIP

Thursday 7 p.m. Provider Chapel Annex
Saturday 7 p.m. The Shack (Bldg 7556)

* For holiday services, refer to page 12

FOR MORE INFORMATION
PLEASE CALL:

Gilbert Chapel 433-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

*Current as of Jan. 12, 2011

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.	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. Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 4:30 a.m., 4 p.m., 10 p.m. Midnight 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. Texas	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Sunday 5:45 a.m., 7 a.m., 10 p.m. Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. Saturday 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 8 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dominos: Saturday 8:30 p.m. Darts: Saturday 8:30 p.m.	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 FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Monday 8 p.m. Friday	7 p.m. Aerobics: Mon., Wed., 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.
---	--	--	---	--	--	---



UPCOMING SPORTS ON AFN



Wednesday 1/12/11

NHL: Philadelphia Flyers @ Buffalo Sabres, 3:30 a.m., \ AFN Xtra
NHL: Toronto Maple Leafs @ San Jose Sharks, 6:30 a.m., AFN Xtra
COLLEGE BB: Texas @ Texas Tech, 11 a.m., AFN Sports
NFL: Game RePlay, Team’s TBD, 5:15 p.m., AFN Sports

Thursday 1/13/11

COLLEGE BB: Pittsburgh @ Georgetown, 3 a.m. AFN Sports
COLLEGE BB: Louisville @ Villanova, 3 a.m. AFN Xtra
NBA: Dallas Mavericks @ Indiana Pacers, 11 a.m. AFN Sports
NFL: NFL RePlay, Teams TBD at 4 p.m., AFN Sports

Friday 1/14/11

NFL: Live, Midnight AFN Sports
NBA: Orlando Magic @ Oklahoma City Thunder, 4 a.m., AFN Sports
NBA: Washington Wizards @ Minnesota Timberwolves, 11:30 a.m., AFN Sports
COLLEGE BB: Loyola Marymount @ Portland, 7 p.m., AFN Sports

Saturday 1/15/11

NHL: Vancouver Canucks @ Washington Capitals, 3 a.m., AFN Prime Pacific
NBA: Portland Trail Blazers @ Phoenix Suns, 6:30 a.m., AFN Sports
NBA: Milwaukee Bucks @ Philadelphia 76ers, 3 a.m., AFN Sports

Sunday 1/16/11

NHL: Chicago Blackhawks @ Nashville Predators, 4 a.m., AFN Prime Atlantic
NBA: Dallas Mavericks @ Memphis Grizzlies, 11:30 a.m., AFN Xtra
NBA: Cleveland Cavaliers @ Denver Nuggets, 6:30 p.m., AFN Xtra
NHL: Ottawa Senators @ Washington Capitals, 11 p.m., AFN Prime Atlantic

Monday 1/17/11

COLLEGE BB: Penn State @ Ohio State, 1:30 a.m., AFN Xtra
NHL: St. Louis Blues @ San Jose Sharks, 6:30 a.m., AFN Xtra
NFL: AFC/NFC Divisional game, 9 p.m., AFN Xtra

ARTS & ENTERTAINMENT

'The Sports Lounge': It's that Brady time of year

BY MAJ. BRIAN BOWMAN
332 AIR EXPEDITIONARY WING



Tom Brady will join the immortals this postseason when the New England Patriots win the Super Bowl.

The list of immortals – quarterbacks who have won four Super Bowls – is short: Terry Bradshaw, Joe Montana. Both were 4-0 in the big game.

Brady is 3-1, the blemish being the only loss his Patriots suffered after a perfect 18-0 2007 regular season and play-offs. Brady was hardly to blame, throwing the go-ahead touchdown with 2:42 left. New England's defense couldn't hold it against the New York Giants, as Brady watched helplessly on the sidelines.

The Patriots' defense is average, though improving. Ditto their special teams. New England does boast a better running game this year. But mostly, it is the guy behind center who makes this franchise special (no disrespect to Patriots coach Bill Belichick). There's nothing about this year's Patriots that screams, "Champion," except Brady is their quarterback.

Brady is 33 and likely has four or five good seasons left in him. He is one of only two starters left from New England's first Super Bowl championship in 2001, so if he wins this year it is with a completely different group than his early days.

Bradshaw had fellow Pro Football Hall-of-Famers Lynn Swann and John Stallworth to throw to; Montana had HOFer Jerry Rice. Brady has ... hmmm ... Wes Welker? Doesn't have quite the same ring to it, does it? I remember Jerry Rice (Heck, I remember Swann and Stalworth). Wes Welker is no Jerry Rice. No knock on Welker, just a point amplifying Brady's greatness.

And at 33 ... I predict this won't be his last title.

So, who are the other nine pretenders trying to prevent the inevitable? Let's take a look, with predictions.

AFC

New York Jets at Indianapolis (Jan. 8) – Two pretenders, neither of whom will survive Pittsburgh, who awaits the winner. Colts 28, Jets 21

Baltimore at Kansas City (Jan. 9) – The visiting Ravens are the one team who maybe – just maybe – could stop Brady if they survive this game and head to New England. Ravens

16, Chiefs 13

Bye teams – Patriots, Steelers. As for the Steelers, their corners aren't good enough to stop Brady.

NFC

New Orleans at Seattle (Jan. 8) –The 7-9 Seahawks have one of the worst pass defenses in the NFL. This will be child's play for Saints QB Drew Brees. Saints 34, Seahawks 17

Green Bay at Philadelphia (Jan. 9) – The best game of the first weekend. The winner of this one will beat the Chicago Bears the following week. Which Packers team will show up? Don't trust 'em ... Eagles 24, Packers 21

Bye teams – Bears, Atlanta Falcons – Never have two teams with the respective byes ever inspired me less than these two. Neither is going to Dallas for the Super Bowl. I'd like the Eagles to reach the Super Bowl, but I could see a case for the Saints and Packers, too.

It's too bad the hottest team right now in the NFC, the Tampa Bay Buccaneers, didn't get in at 10-6 while the Seahawks "won" their division at 7-9.

But that's a whole other column. Enjoy the playoffs.

Next week, check back for next weeks playoff update and which players have earned the right to be MVP of 2010.

Little Fockers, third time is not a charm for this series

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



Little Fockers is the third installment of the Meet the Parents series following Meet the Parents, 2000, and Meet the Fockers, 2004.

Little Fockers features the same cast as the other films in the series with the additions of Jessica Alba, Harvey Keitel and Laura Dern. It was directed by Paul Weitz instead of Jay Roach, who directed the other two films.

As the name implies, Little Fockers focuses on Gaylord and Pam Fockers' five year-old twins, Henry and Samantha. All the action takes place in the run-up to their birthday party.

Greg and Pam are so focused on their children and earning money to pay for them that they have little time for each other. Greg's career forces him to spend a good deal of time with Andi Garcia, played by Jessica Alba, promoting

a new erectile dysfunction pill, sometimes late at night in a hotel bar.

When Jack Byrnes comes to visit for the party, this arouses his suspicions and he employs his skills as a spy to try to catch Focker in the act. Of course, given the sappiness and predictability of the movie, there is actually nothing inappropriate going on.

Jack in this movie is having heart problems and is interested in securing his legacy and has become fixated on his family's genealogy. He asks Greg to become his successor as head of the family, Godfather style. This is interesting, as the Byrnes family is supposed to be Irish.

At the party, of course, everything neatly comes together and Jack realizes the error of his paranoid ways and Greg's purity of heart. In the final scene, the whole family with both sets of grandparents is back together celebrating Christmas when the elder Fockers drop the bombshell that they are moving in next door. I sincerely hope that if this is an attempt

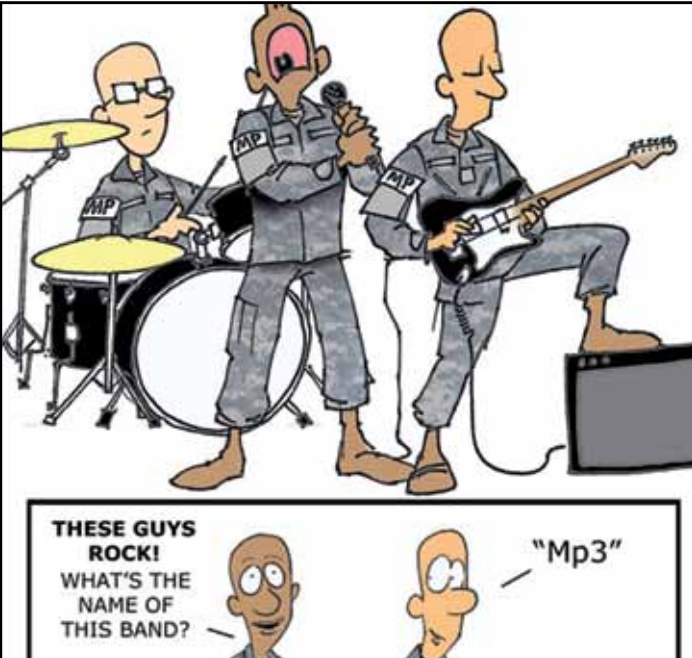
to open the door to another sequel, someone has the wisdom to slam the door shut.

To be fair, there were many laugh-out-loud funny parts to the movie and many hilariously awkward situations. These jokes and situations look familiar, though, as they were all in the other two movies.

Contrary to the impression my perspective here might convey, I have no problem with sequels per se. Often they more fully develop a great story. But in this case, the sequel was not justifiable in terms of artistic merit, but only in adding to the bottom line of the production and distribution companies. I have no problem with them earning money, but I do think they should reciprocate by making a movie worth watching.

I can't honestly say I regret watching it. It was free, it made me laugh and I had nothing better to do at that particular time. I was also curious about the final (hopefully) installment of the series after liking the first two.

PVT MURPHY'S LAW



HURT FEELINGS REPORT			
For use of this form, see FM 22-102; the proponent agency is TRADOC			
DATA REQUIRED BY THE PRIVACY ACT OF 1974			
CITY:	5 USC 501, Departmental Regulations; 10 USC 2013, Secretary of the Army and E.O. 9297 (GDSN)		
FILE PURPOSE:	To assist whiners in documenting hurt feelings, and to provide leaders with a list of soldiers who require additional NCO leadership, and extra duty.		
IF USED:	For subordinate leader development (IAW FM 22-102). Leaders & whiners should use this form as necessary. Disclosure is voluntary, but repeated disclosure may result in a DA Form 779-1A, Report of Will To Wall Counselor.		
PART I - ADMINISTRATIVE DATA			
REPORTER'S NAME (Last, First, MI)	B. RANK/GRADE	C. SOCIAL SECURITY NUMBER	D. DATE OF REPORT
LOCATION		F. NAME & TITLE OF THE PERSON FILING OUT THIS FORM	
PART II - INCIDENT REPORT			
FEELINGS WERE HURT	B. TIME OF HURT/FEELING	C. LOCATION OF HURT/FEELING INCIDENT	D. NCO OR OFFICER SYMPATHETIC TO
OF REAL MAN/WOMAN WHO HURT YOUR SENSITIVE		F. RANK/GRADE	G. ORGANIZATION (if different from I)
E. INJURY (Mark all that apply)			
WAS THERE THE WORDS OF HURT/FEELING SPOKEN ABOUT?		2. IS THERE PERMANENT FEELING DAMAGE?	
<input type="checkbox"/> LEFT <input type="checkbox"/> RIGHT <input type="checkbox"/> BOTH		<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE	
3. REQUIRE A "TISSUE" FOR TEARS?		4. HAS THIS RESULTED IN A TRAUMATIC BRAIN INJURY?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MULTIPLE		<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> MAYBE	
F. REASON FOR FILING THIS REPORT (Mark all that apply)			
<input type="checkbox"/> I am thin skinned <input type="checkbox"/> I didn't sign up for this <input type="checkbox"/> I want my money			
WHAT'S THIS?			
IT'S THAT DANG SGT MURPHY BEING A COMEDIAN! AND I HAD A LEGITIMATE COMPLAINT TOO!			

Reel Movie Times
Wednesday January 12
5 p.m. True Grit (PG-13) (1st Run)
8 p.m. Harry Potter Deathly Hallows (PG-13)
Thursday January 13
5 p.m. Unstoppable (PG-13)
8 p.m. True Grit (PG-13) (1st Run)
Reel Movie Times
Friday January 14
6 p.m. The Next Three Days (PG-13)
9 p.m. Burlesque (PG-13)
Saturday January 15
2 p.m. Skyline (PG-13)
5 p.m. Burlesque (PG-13)
8 p.m. The Next Three Days (PG-13)
Reel Movie Times
Sunday January 16
2 p.m. Burlesque (PG-13) (1st Run)
5 p.m. The Next Three Days (PG-13)
8 p.m. For Colored Girls (PG-13)
Reel Movie Times

We Succeed



U.S. Army photo by Staff Sgt. Constance A Oberg

Sgt Glenn Shannon, a Bellevue, Neb. native and an automated logistic specialist with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is all smiles as he walks in with children from the Tikrit Orphanage to the Morale, Welfare and Recreation center for Iraqi kids day at Contingency Operating Base Speicher, Iraq.



U.S Army photo by Sgt. Gaelen Lowers

Capt. Sophia Obamije, officer-in-charge of general support in the support operations section of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Bogota, N.J., and, Capt. Nick Linse, officer-in-charge of military intelligence for the 3rd Sust. Bde., native of Plum City, Wis., enjoy the 3rd Sust. Bde. commander's New Year's reception Jan. 2 at Joint Base Balad, Iraq.



U.S Army photo by Sgt. Gaelen Lowers

Sgt. Jamian Ross, container repair yard Soldier with the 298th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Cheltenham, Md., reaches for a layup during the Holiday Classic basketball tournament at Joint Base Balad, Iraq.