



The Expeditionary Times

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Sgt. Mark Morrison, vehicle commander with Company E, 1st Combat Arms Battalion, 163rd Infantry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Deer Lodge, Mont., native, performs a maintenance check on day two of a convoy mission Jan. 13 at Contingency Operating Station Kalsu, Iraq.

Preparation key to convoy support mission

STORY AND PHOTOS BY
SGT. GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers with Company E, 1st Combined Arms Battalion, 163rd Infantry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), prepared

for success on their convoy mission Jan. 12 at Contingency Operating Base Adder, Iraq.

Their mission marked a 30-day milestone for the 1-163rd Inf. Regt., since officially assuming its mission in Iraq.

1st Lt. Barbara Conner, platoon leader with E Co., and a Helena, Mont., native, said that the purpose of the mission was to move commodities

using both Kellogg, Brown and Root contractors and local national trucks from point A to point B, and that the 1-163rd Inf. Regt.'s mission was to provide security for the convoy.

Conner described the preparation that led to the success of the mission.

"We had several days in preparation for this, and of course all the training prior to this," Conner said. "We have mission briefs where we coordinate and make sure that all of our information is correct within the Internet systems and with our battalion. Make sure their TOC (Tactical Operations Center) is set up to support us."

"Then we compile all of that into a mission brief, give that to the battalion, and work on maintenance. Vehicles require a lot of maintenance and preparation for this. We also make sure we have enough Class I (food) and logistics support."

Conner explained how the Soldiers prepared the day before the mission.

"We give an OP (operations) ORDER to all of the Soldiers involved in the mission, including extra people to make sure that we have coordination with everything that they need, everything that's expected of them," Conner said.

"Then again we work on maintenance and preparing the vehicles for the next day. We also do a test fire that day. Then we lock everything up and make sure they [the Soldiers] get enough sleep; it's really imperative to our mission because we're out on the road so much. We have to make sure we're alert and aware, so we have a sleep plan. We wake up and again prepare the vehicles, and we do three inspections prior to the day of the mission."

Sgt. Mark Morrison, a vehicle commander with E Co., and a Deer Lodge, Mont., native, described his role in preparing for the mission.

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JBB honors Dr. Martin Luther King Jr. with celebration

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Management for R and R Leave

CAPT. MARK JOHNSTON
CHAPLAIN

13TH COMBAT SUSTAINMENT SUPPORT BATTALION



I do a lot of counseling. Most Chaplains do, I suppose. People often ask me how I put up with all the complaints? The reality is that very, very few Soldiers come into my office to complain. Usually by the time they get to me the problems are serious. I am reminded of the words of the astronauts on Apollo 13 after an oxygen tank had exploded and blew off the side of the spacecraft they said, "Houston, we have a problem." Boy, did they! When Soldiers come to me and say they have a problem, it is usually because something has exploded in their lives.

One of the occasions when such "explosions" occur is R and R leave. Soldiers often return to Iraq in a worse mental state than when they left to go on leave. Instead of Rest and Relaxation they often get Regret and Realization. Part of this is inevitable as Soldiers deal with issues that have been brewing in their absence. However, I think that if we as leaders would make Soldiers more aware of what will likely occur while on leave, then they might be better prepared when they get home. Here are some areas where Soldiers can be better mentally prepared for leave:

1. Children- often spouses have been waiting for the return of the Service Member to deal with issues such as discipline and school performance. Children will often wait for the return of the parent who has been away to act out. There may be meetings with school officials and others that have been delayed until the Soldier is home.

2. Finances- many Soldiers are expecting that the extra money they are making while deployed is being saved only to find that their spouse has either used the money to pay off debt or, more commonly, used the money to make a purchase without the Soldier's knowledge. Other times money may have been used in a completely legitimate manner (to pay bills, expenses related to children or health issues, other family emergencies) but the Soldier's expectation was that there would be extra money available.

3. Alcohol and drugs- if a Soldier or a Soldier's spouse was having issues with alcohol or drugs prior to deployment and the Soldier's spouse was part of that issue, then those issues will still be there over R and R.

4. Resentment- spouses and children and other Family members may use the Soldier's R and R time as a chance to voice their discontent with the Soldier's time away from home. Instead of being greeted with love, the Soldier may get the cold shoulder or even harsh words about how the Family members have been neglected while the Soldier was

away. Many Family members have little or no concept of the demands made of Soldiers and of the fact that we do not determine where we go or how long we stay away. Many Family members believe, despite the facts, that the Soldier has chosen to be away or will be told that it was poorly timed for them to be away during Family emergencies, etc.

5. Routine- some Soldiers seem to forget that all the regular activities have continued at home while they have been away. School continues for the kids, grass has to be mown, the house has to be cleaned, the car has to have the oil changed, the clothes have to be washed, the dog has to be fed, etc. Soldiers cannot realistically expect that all of this will come to an end once they come home and that everything is put on hold. Routine tasks continue.

6. You aren't the only one needing a rest- Along the same lines, spouses may be waiting for the Soldier to come home so they can dump responsibilities on the Soldier for a while so the spouse can have a break. Spouses may see leave not as a time for the Soldier to rest but as a time when they get a break. More than once I have heard a Soldier say that as soon as he walked in the door his wife was standing there with her bags packed and a note that says "welcome home. The house and kids are all yours. I've had them for 6 months. See you in two weeks."

7. Intimacy- we have to help Soldiers realize that all their fantasies are NOT going to come true over R and R leave. The sooner they get such ideas out of their heads the better leave will be.

8. Divorce and separation- Often R and R is seen by a spouse as the "perfect" time to file for divorce. I am not sure that we can prepare Soldiers for this but leaders need to be aware that it happens and it can be devastating.

9. Schedule- often the timetable in the mind of the Soldier is completely different than that of his or her Family. While the Soldier may be expecting to spend quiet evenings with the spouse or children, Family members and friends may have other expectations. On the other hand, some Soldiers may be expecting to spend time with their friends away from home which may cause considerable resentment with Family members.

10. Return to theatre- Soldiers, you do have to come back. Just that fact can cause problems both in the mind of the Soldier and in the minds of Family members. Young children can be especially pointed in their questioning the Soldier's return. Thinking about all the work that has piled up while the Soldier was away can also be depressing.

While this list does not cover all the issues that may arise during R and R leave it may serve as a guide for those in a supervisory capacity to help Soldiers manage their expectations and return from R and R rested and ready to return to duty.

EXPEDITIONARY TIMES

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

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The Weekly Standard: History of Inspector General

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



In 1777, Benjamin Franklin recruited the first effective Inspector General, Frederick William Augustus (Baron) von Steuben for the American Army. Von Steuben was a Prussian officer, recruited when Major General Thomas Conway resigned after having difficulty getting along with those in the American Army, including General George Washington. Von Steuben entered the Prussian Army at seventeen and became an infantry officer. In 1761, he received the rank of Captain. After his discharge from the Prussian Army, he served as a chamberlain at the court and received knighthood and the title of Freiherr (Baron). In 1775, he fell into financial distress and needed to claim bankruptcy. During this period, he was unable to secure work in the French and Austrian military. He later became friends with Benjamin Franklin, who suggested he work with the American Army in an effort to combat his financial woes. Benjamin Franklin altered Von Steuben's resume to reflect a former Lieutenant General and not a former Captain, since he felt Congress would be more likely to accept him with a higher rank.

Congress created the Inspector General of the Army in

1777 and determined the position would review the troops and ensure that discipline was observed, that all Soldiers were treated with justice and that Soldiers were instructed in exercise maneuvers. General Von Steuben began his work as an Inspector General on a trial basis reporting to General George Washington in February 1778. He was General George Washington's expert drillmaster. Von Steuben proved himself with outstanding work and accomplished the task of training the Soldiers at Valley Forge for success on the battlefield.

Within months of his hard work to improve training, discipline and the organization of the Army he was officially appointed and promoted to Major General. Congress then appointed two Inspector Generals under Von Steuben, creating the first Inspector General Organization. Major General Von Steuben's work was difficult. When he accepted the position, he did not know English but learned quickly. Besides meeting daily challenges, he met quite a lot of resistance from Colonels during his efforts to decrease abuse, neglect and ensure disciplines. However, he was admired by many to have great moral character and conduct, as well as intelligence. According to history, Major General Von Steuben created the "Blue Book", which is still available to this day. The Blue Book is a basic reference guide for military training. He also

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set the precedent for all future Inspector Generals. After the war, congress gave him a life annuity and New York State gave him land in Remsen, NY. He lived in a log home on his property until his death in 1794. In 1804, his remains were placed at a memorial, which is known as "Sacred Grove" in Remsen. To this day, Major General Von Steuben is recognized as inspiration for the Inspector General Organization and the "Father of the Inspector General System".

Combat Stress: Learning to control your anger

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Do you feel like your anger is getting out of control? Do you feel guilty for getting angry and negatively reacting to a situation? Anger is a strong feeling of displeasure aroused by a perceived wrong and a natural human emotion that individuals experience when they feel wronged or threatened. Physiologically, you may experience increased blood pressure, increased heart rate or a reddened face. You will not be able to control the initial physiological change, but you can control the way you think, react and behave due to the angry emotion. This article will discuss anger management skills that can help you take control of your anger.

Who controls your anger? You control your anger! This is the first concept you

must understand and embrace. Accept that you alone can control your anger. Next, you need to recognize that your thoughts can control your anger. When a situation happens, how do you think about it? Do you have negative or positive thoughts? For example, you are driving down the highway and someone cuts you off. Do you think the guy is a jerk or do you give him the benefit of the doubt and think maybe he is rushing to the hospital? Likely, you will never know why the guy cut you off. Do you let it ruin your day by thinking negative thoughts or do you brush it off because you have no control over it? Pay attention to what and how you think about a situation, and learn to control your anger by controlling your thinking.

If you do experience anger, you need to choose how much and how long you want to be angry. You can control how frustrated you get, how long you allow the feelings

to last, and how you behave while having these feelings. Are you going to be angry for twenty minutes, two weeks or the entire deployment? Are you going to be rude to anyone that crosses your path? Sadly, some people choose to stay angry for long periods of time, and they try making everyone around them feel as miserable as they feel. They allow anger to control them, and it becomes a negative influence in their lives.

Learn anger management techniques and practice them. Some common techniques include: releasing your anger by taking deep breaths, reminding yourself that you can handle the situation, engaging in physical activity, participating in a leisure activity or a hobby, venting to someone, and learning to laugh at yourself. You may have to physically change your environment and learn to avoid compromising situations that you know will make you angry. Decide how you will respond to a situation, and take personal

responsibility about how you respond. Be motivated to change, and be willing to respond differently. Evaluate your attitude, and encourage empathy and trust. Stop the negative thinking, and change the negative behaviors. For example, instead of breaking dishes when you get angry, go for a walk.

Gandhi once said, "If everyone in the world practiced an eye for an eye and a tooth for a tooth soon the whole world would be blind and toothless." Anger can build up over time and seriously effect your relationships, your career, and your physical and mental health. Don't let anger control you. Take control of your anger, and learn techniques that will help you during emotionally charged situations. If you are interested in attending an anger management class, the Combat Stress Control Clinic, located in the Joint Medical Clinic, offers a class every Wednesday at 1400. Seats are limited to six personnel per week.

Platoon Sgt. brings knowledge, experience to unit

STORY AND PHOTO BY
1ST LT. RONNIE PATRICK
319TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— Many Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd



Sustainment Command (Expeditionary), are serving their first deployment, while several others are previous veterans bringing valuable knowledge to the unit.

Sgt. 1st Class Thomas Simmons, line haul platoon sergeant with the 319th Trans. Co., and an Orangeburg, S.C., native, knows the value of bringing previous experience as line haul platoon sergeant to current and future deployments. Simmons has brought valu-

able logistical convoy knowledge from his previous deployments to the 319th Trans. Co.

"It's important to keep track of those lessons learned," Simmons said. "They have always proved to be useful for me during the course of my Army career. It's been a tremendous tool in helping me become a better mentor and leader throughout my years of being an NCO (non-commissioned officer)."

He recalls his first deployment during the initial invasion of Iraq, and commented on how Iraq has made leaps and bounds in terms of progress since the early years of the war.

"A lot of the challenges we're facing now were non-existent in the beginning of the war," Simmons said. "For example, the challenges we face now in Operation New Dawn are almost entirely different than in Operation Iraqi Freedom I. Overall, things



(Left): Sgt. 1st Class Thomas Simmons, line haul platoon sergeant with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orangeburg, S.C., native, motivates his platoon before heading out on mission Jan. 5 at the convoy staging lanes on Contingency Operating Base Adder, Iraq.

have definitely changed for the better. I believe the Iraqi citizens are ready to step up to the plate, take charge, and began shaping their own future."

Soldiers perform annual weapons gauging

STORY AND PHOTO BY
1ST LT. DERRICK SMITH
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq—

Soldiers working in the armament shop of the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), conducted yearly weapons gauging for their company Jan. 10 at Contingency Operating Base Adder, Iraq.

The armament shop provides direct support for all small arms weapons systems for several companies on COB Adder. This includes ensuring that their unit's weapon systems are functioning properly and within tolerance. This significantly decreases the number of malfunctions with the weapon systems when they travel off the base and are used for missions.

"Gauging weapons is very important," said Spc. Salvatore Inga, small arms repairer with the 632nd Maint.

Co., and a Brooklyn, New York, native.

"We [armament shop] have to make sure that the ammunition will flow through the barrel correctly so it will not blow up when the Soldier pulls the trigger."

The armament shop Soldiers gauges hundreds of weapons including M9 pistols, .50 Caliber machine guns, M240B machine guns, M249 Squad Automatic Weapons, and M16 assault rifles in one day.

"The armament shop is very good at what they do," said Sgt. 1st Class Dominic Saunders, a platoon sergeant with the 632nd Maint. Co., and a Baltimore native. "You can tell the Soldiers are very enthusiastic about being able to provide maintenance on all of the weapons in our company."

Spc. Salvatore Inga, a small arms repairer with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Brooklyn, New York, native, conducts yearly weapons gauging for his company Jan. 10 at Contingency Operating Base Adder, Iraq.



Training, drills help protect convoy escort team

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELL
3-116 CALVARY REGIMENT

JOINT BASE BALAD, Iraq— When an improvised explosive device exploded, Spc. Patrick Wilbern saw an orb of bright light.

"We were driving down the road and all of the sudden I see this huge ball of light," said Wilbern, a driver with Oregon's 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

"It was overwhelming. Just the force of being hit," he said. "I felt a tremendous pressure come down on me."

Wilbern's crewmate, Spc. Stefan Stevenot, a Portland, Ore., native, heard a big boom. Then he glimpsed a massive flash.

Wilbern, Stevenot and Capt. Noah Siple — all members of The Dalles' Company A, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) were moving down an Iraqi highway earlier this month on a convoy escort mission when someone triggered an IED aimed directly at their vehicle.

All three Soldiers walked away from the incident with only minor injuries. Yet the ambush reinforced the fact that Iraq remains a dangerous place for American service members.

"I was surprised," said Capt. Noah Siple, commander of A Company, 3rd Battalion, 116th Cav., and a Caldwell, Idaho, native. "It was an adrenaline rush that didn't wear off for about two hours."

Quick action by the crew of the vehicle proved to be the difference, Siple said.

"It is a cool thing, as a leader, to know your guys did everything they were supposed

to," he said.

Since August, 3rd Battalion Soldiers trained on how to identify, avoid and react to an IED attack. All three crewmembers said they responded to the attack using the skills honed during months of preparation in the U.S.

"The training kicked in without delay," Wilbern said.

Even as the light from the initial flash of the IED was still washing over the MRAP, Stevenot asked if Siple and Wilbern were okay. Wilbern said his crewmates' actions proved to be pivotal in a crisis situation.

"Stevenot did everything perfect. He didn't swerve," Wilbern said.

All three crewmembers said the MRAP saved their lives.

"It (the MRAP) took the blast and kept going," Wilbern said.

By the time the area was cleared the adrenaline evaporated for the crew.

"I didn't realize my back was in pain until 30 to 45 minutes later, coming back home," Wilbern said.

He added that while the training was essential to the crew's survival, preparing for an IED ambush is impossible.

"You are never ready. There is no real way to react until you are blown up," he said.

Stevenot said he was grateful his crew walked away relatively unharmed.

"We were happy to be alive," he said.

AT RIGHT: Spc. Patrick Wilbern, driver, a native of The Dalles, Ore., talks with Capt. Noah Siple, commander of Alpha company, a native of Caldwell, Idaho, both with 3rd battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), during a recent convoy mission.





U.S. Army photo by 1st Lt. Nathan Lavy

Lt. Col. David Ceniti, commander of the 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Sacramento, Calif., resident, salutes alongside the outgoing commander, Lt. Col. David Scheideler, commander of the 110th Combat Sustainment Support Battalion, 224th Sust. Bde., and a Beatrice, Neb., native, in Memorial Hall Jan. 12 at Contingency Operating Base Adder, Iraq.

Goldminers to continue the support mission

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

CONTINGENCY OPERATING BASE ADDER, Iraq—



Service members gathered to witness the transfer-of-authority ceremony between the Headquarters and Headquarters Company, 110th Combat Sustainment

Support Battalion, and the Headquarters and Headquarters Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), in Memorial Hall Jan. 12 at Contingency Operating Base Adder, Iraq.

Soldiers with the 749th CSSB's "Gold Miner" battalion assumed their mission of providing the administrative, logistical, munitions, transportation and maintenance support required for all units passing through the 749th CSSB area of operations.

"I want to take a few moments to recognize and thank the Liberty team [110th CSSB], who has served extremely well during this very turbulent time, and added a very indelible mark during this chapter in history," said Col. Lisa Costanza, commander of the 224th Sust. Bde., and a Long Beach, Calif., native.

"They have undergone several task organization changes through their RIP TOAs [relief-in-place/transfer-of-authority processes], units being off-ramped, the impact of RDoF [responsible drawdown of forces], and regardless of the challenges and obstacles put in front of this team, they have done extremely well and have quite a long list of contributions."

During Costanza's remarks, she praised



U.S. Army photo by Sgt. Glen Baker

Lt. Col. David Scheideler, commander of the 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Beatrice, Neb., native, and Command Sgt. Maj. Edward Andrews, command sergeant major of the 110th CSSB, and a Martin, Ga., native, case their battalion colors signifying the completion of mission at the transfer of authority ceremony with the Headquarters and Headquarters Company, 749th Combat Sustainment Support Battalion, in Memorial Hall Jan. 12 at Contingency Operating Base Adder, Iraq.

the unit's successful management of convoy movements, ammunition supply point operations, fuel and subsistence, and their resilience in their mission.

Costanza told the 794th CSSB that their bar has been set, acknowledging that the race will be long and hard, and will pose many challenges for the incoming unit to overcome.

On Feb. 5, the Soldiers with Georgia's National Guard "Liberty" Battalion, headquartered in Tifton, Ga., were mobilized in support of Operation Iraqi Freedom and Operation New Dawn. The battalion's history dates back to 1966, and has proudly served in a National Training Center rotation, Hurricane Katrina recovery efforts, OIF, and now OND.

"This is an exciting day as the 110th CSSB hits the end of their mission and prepares to return home to Tipton, Ga.," said Lt. Col. David Scheideler, commander of the

110th CSSB, and a Beatrice, Neb., native.

"The 749th CSSB from Benicia, Calif., takes the reins and begins their mission with a whole new set of challenges. The outstanding leadership team of Lt. Col. [David] Ceniti and Command Sgt. Maj. [Paulo] Vaka has highly trained and motivated Soldiers.

The 749th [CSSB] is prepared to accept and accomplish every mission asked of them. I know I am leaving the Soldiers and the leadership of our subordinate companies in excellent hands, knowing that Soldier care and mission success are foremost on their list of priorities."

Scheideler spoke to the key role the 110th CSSB played in the transition from OIF to OND, accepting every mission and accomplishing every task no matter how complex.

"The 110th made a difference, and your missions were profound," concluded Scheideler. "You have become a very impor-

tant part of military logistics history, and the citizens of both the United States and Government of Iraq owe a debt of gratitude to you. The 110th performance and sacrifices throughout this deployment were crucial to the development of a sovereign, stable and safer Iraq."

The Soldiers with the 110th CSSB will now return home with their heads held high, knowing their mission is complete with a job well-done.

Today, the Soldiers with California's National Guard, headquartered in Benicia, Calif., assume command of this vital mission. The 749th CSSB's history dates back to 1947 when it served in the 49th Infantry Division. In keeping with the California gold rush history as well as the honors and lineage of the 49er Goldminer Division, the 749th CSSB has adopted the same Goldminer nickname; this connects the battalion to its past service in the 49th Infantry Division, as well as the California gold rush history.

"Today's ceremony marks the transfer of authority for the 110th CSSB to the 749th CSSB," said Lt. Col. David Ceniti, commander of the 749th CSSB, and a Sacramento, Calif., native. "For the Goldminer Battalion, Operation New Dawn is its first deployment in its 63-year existence. Over the past several days, I have visited each company who serves in various ongoing missions and operations, and have found the Soldiers in these companies doing an outstanding job. I am equally impressed to see Guard, Reserve, and active duty quartermaster, transportation, and ordnance Soldiers working side by side as one team of sustainers.

"The 749th will now pick up the torch where the 110th left off, and will continue to push forward in order to complete our sustainment mission," he said.

Transportation Soldiers build success with PT

STORY AND PHOTO BY
SPC. CHRISTIANA BANKOLE
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

“Hitting the pavement and sweating it out, that’s what Roadwarriors are all about!” yelled Soldiers with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary). Several Soldiers with the 15th Trans. Co., have been participating in the company’s Physical Training program to get more out of their physical training during their deployment at Contingency Operating Base Adder, Iraq.

The 15th Trans. Co. PT program has been in gear since October 2010 with Staff Sgt. Kevin Green, headquarters platoon sergeant with the 15th Trans. Co., and a Stuttgart, Ark., native, and Staff Sgt. John Sellen, 1st platoon sergeant with the 15th Trans. Co., and a Dayton, Ohio, native, as the instructors who oversee the Soldiers fitness schedules. They give their Soldiers the PT they need through a combination of muscular endurance exercises, cardio, spin class, and good, old-fashioned running, all of which is alternated Monday through Saturday evenings.

Half of the Soldiers participating in the program have excelled on their physical fitness and have managed to come off the program since October, after meeting their personal goals. Capt. Stacey Jelks, commander of the 15th Trans. Co., and a Bloomingdale, Ill., native, said she feels satisfied to know her program has been successful so far.

“The instructors are doing an outstanding job,” Jelks said. “They have really put a lot of heart and soul into making this [company] a physically fit unit. As a commander, this makes me very happy.”

The program is for those individuals who are having difficulty meeting either the Army Physical Fitness Test and/or height and weight standards, or the former 220+, now 250+ company score standard. For those remaining with the program, Sellen said they should remain encouraged.

“I don’t want the Soldiers to be discouraged because the results are not as fast as they would like it to be,” Sellen said.

Spc. Eric Brown, a heavy wheeled vehicle operator with the 15th Trans. Co., and a Rapid City, S.D., native was formerly on the program and said the program has assisted him with overall fitness, as well as boosting his APFT score.

“I like the program,” Brown said. “My two mile run has improved by two minutes, and has promoted weight loss for me.”

Green said he is glad to inspire the



Pfc. Joshua Burwick, a heavy wheeled vehicle operator with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lakeland, Fla., native, works on the bench press at the House of Pain gym during remedial PT Jan. 11 on Contingency Operating Base Adder, Iraq.

Soldiers to meet the criteria of the program so they can achieve and receive promotions, awards and advancements in their military careers.

“My main goal is to push these Soldiers to pass the APFT test and weight and tape so they can receive awards down range,” Green said.

The Soldiers of the 15th Trans. Co. have come a long way in the area of physical fitness.

Jelks said with hard work and effort, every Soldier should be able to score a 250 on the APFT test, and the Roadwarriors will continue to exceed the standard, as a cohesive unit.

Preparation from page 1

“I make sure the vehicles are ready,” Morrison said. “I had to inspect the trucks and make sure there are no big problems, make sure everything’s good to go so we don’t break down on the road, and make sure my crew’s ready.”

Morrison said that he likes going on convoy missions.

“It makes the time go by faster,” Morrison said. “It’s away from the base. I just like being out there – different scenery. We see lots of camels, and when we go down the highways, you’ll see the little shops they have. They sell gas along the road. Little kids nag you and try to get you to throw them things. It’s pretty neat.”

Staff Sgt. Clinton Carlton, alternate convoy commander with E Co., and a Bozeman, Mont., native, said the 1st CAB, 163rd Inf. Regt. Soldiers trained to prepare for their missions.

“We had about three months of training at Camp Shelby, Mississippi,” Carlton said. “We did a bunch of training missions for mock convoys and we did a bunch of Class I activities to help prepare for this.”

Carlton described some of the benefits of going on a mission.

“What I like most is being more in control of your surroundings and the camaraderie with your fellow Soldiers,” Carlton said. “It’s a good time being able to just talk with them, drive, look around, and actually see Iraq instead of being on the FOB [Forward Operating Base] the entire time. There’s a mosque north of Baghdad that’s pretty lit up and nice. The main colors they use are blue and purple; it almost looks like a casino.”

Spc. Anthony Young, a medic with E Co., and a Missoula, Mont., native, explained



Staff Sgt. Thomas Burt, convoy commander with Company E, 1st Combat Arms Battalion, 163rd Infantry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Bozeman, Mont., native, gives a convoy briefing prior to returning from a mission Jan. 13 at Contingency Operating Base Adder, Iraq.

what he did to prepare for the mission.

“A few days before we do our mission, we make sure the maintenance is ready,” Young said. “I have to use medical supplies; I restock. I make sure all trucks are set with their CLS [Combat Life Saver] in case something does happen and that they have the right medical equipment on hand. My task is to be a dismount if anything happens. For anybody on the convoy, I’m responsible

for their health, to treat them, and see if we need to take them anywhere.”

Sgt. 1st Class James Winters, platoon sergeant with E Co., and a Helena, Mont., native, described how previous experience helped prepare the Soldiers for success.

“This platoon was a distribution platoon, so they had convoy experience, so it was a pretty easy transition,” Winters said. “We got some people from other units before we left.

For the last year we trained on all the warrior tasks. Once we got to our mob [mobilization] site, we started doing convoy training. Most of these guys have done convoys before. I want these guys to have this experience. It’s going to help them with their career.”

As night fell and the dust settled, the Soldiers of E Co., 1st CAB, 163rd Inf. Regt. accomplished their mission and all returned safely to COB Adder.

Drill, ceremony competition helps motivate Soldiers

STORY BY
CAPT. ANGELA CERVELLI
240TH CSSB

AL ASAD AIR BASE, Iraq— Soldiers from various sections within the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), competed for first place at the 240th CSSB Drill and Ceremony competition Jan. 13 at Al Asad Air Base, Iraq.

Six teams made up of 240th CSSB Soldiers competed at the D&C competition. Each team executed a regular D&C phase with mandatory commands and was graded on the accuracy and execution of commands.

“The D&C competition for me was very rewarding,” said Staff Sgt. Kareem Mills, night battle non-commissioned officer with the 240th CSSB operations section, and a Brooklyn, N.Y., native. “Seeing the Soldiers that I work with in the S3 [operations section] compete to win, shows a high level of discipline, motivation, and dedication toward the history of drill and ceremony.”

Winners of the competition received medals with purple ribbons.

“The D&C competition was fun and I really enjoyed being out there with my fellow Soldiers,” said Spc. Charmaynn Howard, administrative specialist with the 240th CSSB, and a Bronx, N.Y., native.

The second phase of the competition was the freestyle event. Each of the teams were



U.S. Army photo by Sgt. Scot Britton

Staff Sgt. Brandon Wingo, a joint distribution center non-commissioned officer with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Augusta, Ga., native, leads Soldiers from the JDC during the drill and ceremony competition Jan. 13 at Al Asad Air Base, Iraq.

graded on creativity and synchronization.

“I really enjoyed our unit’s drill and ceremony competition,” said Sgt. Melissa Betts, human resource non-commissioned officer with the 240th CSSB, and a Portsmouth, Va., native. “It gave the Soldiers a chance to show their D&C abilities and how creative they can be for the freestyle event.”

The freestyle event was the most antici-

pated and most entertaining event. Soldiers used dance moves, singing, and marching to show off their creativity.

“The 240th drill and ceremony competition was a great opportunity for section cohesion, and allowed our Soldiers the opportunity to get recognized for a job well done,” said Sgt. Earl Grater, operations section non-commissioned officer with the 240th CSSB,

and a Pottstown, Pa., native.

“The D&C competition was a great event; we had a lot of fun competing. It would be excellent to have another one with a bigger environment. Winning isn’t always everything - it’s the only thing the S-1 [administrative] shop will accept,” said Spc. Caleb Dufrene, administrative specialist with the 240th CSSB, and a Lockport, La., native.

Airmen support mission for movement control

STORY BY
1ST LT. BIANCA KANNATEY-ASIBU AND
MASTER SGT. CHRISTOPHER BRYSON
56TH MOVEMENT CONTROL TEAM

Joint Base Balad, Iraq— A little known part of the logistical mission on Balad is conducted in a small, nondescript building situated next to the runway. This building is where the Sherpa operations are run. Sherpas are short, take-off aircrafts that transport high priority cargos such as blood, medical supplies, and helicopter and Unmanned Aerial Vehicle (UAV) parts throughout Iraq.

Overseeing this enterprise is Senior Airman Ryron Allen from Langley Air Force Base, Va., and Airman 1st Class Nieko Jessup from Dover AFB, Del. Allen and Jessup are Joint Expeditionary Task airmen stationed with the 56th Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), an Air Force-staffed Army unit. The terminal is maintained 24 hours a day with a small crew that processes and loads over 8,000 passengers and 3,000 cargo pallets per year.

This crew has taken on the responsibility of transporting mission critical, time sensitive and life-saving materials throughout Iraq with little notice. On a daily basis, they prepare flight manifests for missions and inspect cargo for air worthiness.



U.S. Army photo by Mr. Mike Drake

Airman 1st Class Nieko Jessup, a joint expeditory airman stationed with the 56th Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Killeen, Texas, native, prepares cargo for movement via a Sherpa aircraft. Preparation includes weighing and determining dimensions of the cargo to ensure a proper load plan for the aircraft.

As the principal hub for Sherpa missions in Iraq, the 56th MCT Sherpa Operations continually runs low on pallets. As a result, the 56 MCT selected Allen to manage Joint Base Balad’s Sherpa Pallet Program. Allen is responsible for coordinating the return of mission critical pallets to JBB from locations

that do not have Movement Control Teams. He establishes good contact information with the end user to ensure prompt return of these assets to Balad for future use. Another part of Allen’s mission is to ensure that units across Iraq are fully aware of the shortage of these assets and know who to contact if

pallets are not being utilized in their area of responsibility.

Without the combined efforts of Allen and Nieko to manage Sherpa operations and maintain available pallets, this critical mission would not be the resounding success that it is.



We cannot walk alone, 'Anybody can serve'

Lt. Col. Lucila Ibarra, the senior equal opportunity advisor with the 103rd Sustainment Command (Expeditionary), welcomes service members to the 2011 Dr. Martin Luther King, Jr. Day celebration held Jan. 20 at Joint Base Balad, Iraq.

STORY AND PHOTOS BY
SGT. GAELN LOWERS
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— “Anyone can be great, because anybody can serve. You don’t need a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love.”

These words were spoken by Command Sgt. Maj. Clifton Johnson, command sergeant major of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a Lima, Ohio, native and keynote speaker at the Dr. Martin Luther King Jr. Day Celebration Jan. 20 at Joint Base Balad, Iraq.

His words were from an excerpt in King’s famous “Drum Major Instinct” speech given Feb. 4, 1968, which encouraged his congregation to seek greatness, but to do so through service and love.

The excerpt also embodied this year’s MLK theme, “Anybody can serve,” said Sgt.

‘To me, it means regardless of your level of education, your race, your gender, anyone can make a positive change toward equality,’

—Sgt. 1st Class Talisha Brown

1st Class Talisha Brown, equal opportunity advisor with the 3rd Sustainment Brigade, 103rd ESC and a Baton Rouge, La., native.

“To me, it means regardless of your level of education, your race, your gender, anyone make a positive change toward equality,” she added.

The celebration started with a brief history of King and his accomplishments, followed by the poem, “What Has Become of the Dream,” read by Kieron Lindsey, a contractor for Kellogg, Brown and Root at JBB. The audience then watched a video presentation of King’s “I Have a Dream” speech in Washington, D.C., Aug. 28, 1963.

The JBB Gospel Choir sang “Trouble Don’t Last Always,” followed by a performance by the JBB Praise Dancers.

Johnson recounted the day that King was assassinated. He also told of why King was a great man, not just to him or the nation, but to the world.

“Dr. King was a hero in my eyes, and in the eyes of many Americans that came before me, as well many that will come after me,” he said. “I stand here today as a brigade level command sergeant major, my son now owns a business in Colorado, and my daughter is a lawyer in Atlanta because of the many sacrifices that Dr. King, and

many alongside him, made for civil rights.”

Dr. Martin Luther King, Jr. Day is the first national holiday to honor an individual black American. He was the youngest person to ever receive the Nobel Peace Prize, and was a revolutionary and deserves to be honored and celebrated, said Brown.

“Martin Luther King helped change America,” he added. “He brought to the world’s attention how unfairly blacks were treated. He had the help of millions of Americans, but his strong leadership and unprecedented power of speech gave people the faith and courage to keep working peacefully even when others did not, which led to new laws that ended the practice of keeping people of different backgrounds apart.”

Martin Luther King, Jr. Day is celebrated on the third Monday of January and celebrates the life and achievements of an influential American civil rights leader, said Johnson.

“America has come a long way as far as what Dr. King’s vision was for us,” he added. “And a great example of what he envisioned America being when he used phrases such as being ‘color blind,’ being unified and speaking with one voice, they all exemplify the United States Armed Forces.”

'America has come a long way as far as what Dr. King's vision was for us,'

-Command Sgt. Maj. Clifton Johnson



Sgt. Jacqueline Goodwin, administrative assistant with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a native of Oklahoma City, Okla., and mistress of ceremony for the Dr. Martin Luther King, Jr. celebration, gives a brief history of King and the importance of the celebration.



Chaplain (Capt.) Franklin Caldwell with the 840th Transportation Battalion, plays the keyboard during the Dr. Martin Luther King, Jr. celebration. Besides the keyboard, several other instruments were used to give the service members a chance to experience some live music at the show.



Sgt. 1st Class Zandra Parker, the noncommissioned officer-in-charge of personnel with the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Rembert, S.C., dances with the Joint Base Balad Praise Dancers.

Operations plays large role in mid-tour success

STORY BY

SGT. 1ST CLASS JEMSE CRUZ
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE



ADDER, Iraq—

Soldiers in the operations section of the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), contribute greatly to the company's overall mission by providing truck transportation management to sustainment operations and United States Forces – Iraq.

The operations section, or “OPS” as it is known by the Soldiers, say they are honored to serve and support the 110th CSSB Support Operations by providing a high quality group of knowledgeable operations personnel at the company level to manage missions for the truck company. Each Soldier has previous deployments, thousands of miles driven and has led numerous Soldiers. These Soldiers provide mission preparation and the structure needed to facilitate some of the most demanding logistical convoy movements in Iraq.

“I’m fortunate to be part of this team, knowing that I also contributed as a wheeled vehicle driver in Operation Iraqi Freedom 2007 to 2008,” said Sgt. Chuck Bethea, the night shift operations sergeant with the 15th Trans. Co., 110th CSSB, and a Jacksonville, Fla., native. “This job allows me to see both sides of the whole operation, both planning and executing.”

The company's drivers spend many hours preparing for convoy movements being conducted throughout Iraq. While on the



U.S. Army photo by Spc. Derrick Barlow

1st Lt. Daniel Reep (left), operations officer with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Oxford, Miss., native, swears in Sgt. Chuck Bethea, the night shift operations sergeant with the 15th Trans. Co., and a Jacksonville, Fla. native, during a re-enlistment ceremony on the roof of the company headquarters building Dec. 11 at Contingency Operating Base Adder, Iraq.

road, the 15th Trans. Co. “Road Warriors” are routinely gone from days to weeks at a time until their mission is accomplished.

Before every convoy departs the COB, there is a lot of coordination that has to be done. From paperwork and phone calls, to meeting with customers and preparing the vehicles for the loading process, OPS personnel are there coordinating everything necessary to achieve the most effective

convoy movement for a safe, successful mission. So far, the company has completed a little less than 75 logistical support missions, resulting in more than 180,000 accident free miles driven throughout Iraq.

“You’d be surprised by the amount of coordination that has to be made before a single truck goes outside the wire,” said Spc. Derrick Barlow, dispatcher with the 15th Trans. Co., 110th CSSB, and a Brady,

Texas, native.

OPS played an important role during the 2010 mission, providing transportation support during Operation Iraqi Freedom and Operation New Dawn. As the new year begins, 15th Trans. Co., 224th Sus. Bde. Soldiers have reached the halfway point of the deployment and continues to maintain focus to manage the missions rolling out across Iraq.

Friends, Soldiers brought together during tour

STORY BY

SGT. 1ST CLASS BENJAMIN WLAYSEWSKI
A Co., 1-163RD CAB

CONTINGENCY OPERATING BASE



ADDER, Iraq— What makes a year-long deployment away from family and friends a little more manageable? Friends. Two Soldiers with 1st Platoon, Alpha

Company, 1st Combined Arms Battalion, 163rd Infantry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), help each other through their deployment at Contingency Operating Base Adder, Iraq.

Pfc. Bryan Harris, a driver for his Convoy Escort Team, and Pfc. Rob Haderlie, a gunner for his CET, are both with A Co., 1st CAB, and are Bozeman, Mont., natives. They have known each other since their freshman year at Belgrade High School in Belgrade, Mont.

After their graduation, each of them wanted to join the Army, but different situations in each of their lives made it unfeasible at that time. They continued to live as close friends in the Belgrade area for years, and as

circumstances changed, they both enlisted in the Montana Army National Guard together. They attended basic training together in the same company at Fort Benning, Ga. Besides being in the same platoon, they even ended up being roommates.

While Harris was able to deploy right away with the unit, Haderlie had to overcome medical and training hurdles before he could finally rejoin his friend in Iraq. Haderlie said many times throughout his hardships, “I wouldn’t miss this deployment for anything.”

Harris is happily married to his wife, Vanessa, who resides in Bozeman, and they were married just prior to the unit’s annual training.

“My wife and I miss each other very much, but are both equally proud to have something to do with serving our country—both as a military spouse and as a deployed Soldier,” Harris said. “Her support and ability to handle the additional stress at home made the deployment much easier for me. She understood better than most since both her father and brother had served in the military.”

During his free time on COB Adder, Harris communicates with his wife and family through e-mail and letters, works

out, plays basketball, and rests for the next mission.

Haderlie is engaged to Christa, who also resides in Bozeman, and their wedding is tentatively set for June of 2012. He said that he is anxious to get home and be married, but he concentrates on the mission at hand. He said he is thankful for an understanding fiancée and a supportive mom. His fiancée’s father served in the Navy. During Haderlie’s free time, he also communicates with loved ones back home, hangs out with Harris at

the gym, and prepares himself and his equipment for upcoming missions.

Harris and Haderlie both said they have pride in their ability to serve their country and observed that it is a good thing to already have a deployment under their belt so early in their careers. They look forward to finishing the company’s mission and returning home to their loved ones. For now, they are content to take each mission one day at a time and enjoy the opportunity to serve together as friends.

Please join the 103d Chaplains in the 4 Chaplains 5K Memorial Run

103RD SUSTAINMENT COMMAND
EXPEDITIONARY

3 Feb 11,
0600
@ Holt
Stadium

four
Chaplains
five
k

3 Feb 11,
0600
@ Holt
Stadium

CONTACT SGT CHAD MCDERMOTT FOR MORE DETAILS:
CHADMCDERMOTT@IRAQ.CENT.COMMIL OR 433-2113

Transporters help sustain force in Operation New Dawn

STORY AND PHOTO BY
1ST LT. RONNIE PATRICK JR.
319TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), currently serve as one of the main transportation units supporting the responsible drawdown in southern Iraq, for Operation New Dawn at Contingency Operating Base Adder, Iraq.

“Despite a reduction in forces, and the end of combat operations, there is still plenty of equipment to be withdrawn from Iraq during 2011,” said Staff Sgt. John Jenerou, truck master with the 319th Trans. Co., 110th CSSB, and an Ann Arbor, Mich., native.

The tasks and missions have been far from simple for the unit. The company’s Soldiers have operated at full capacity during a high operational period during their time in theatre. The unit has hauled more than 5,000 tons of equipment and has traveled nearly 300,000 miles in Iraq using heavy equipment transport vehicles since the beginning of their deployment.

Another part of the 319th Trans. Co. mission, aside from supporting Operation New Dawn, also has Soldiers operating in other important logistical centers around COB Adder. This allows for increased effi-



Sgt. 1st Class Derryl Brown, 1st Sgt. of the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orangeburg, S.C., native, inspects his vehicle before heading out on a mission with his Soldiers Jan. 11 at the convoy staging lanes on Contingency Operating Base Adder, Iraq.

ciency in conducting logistical convoy operations throughout the southern and central regions of Iraq, as well as missions to further transport equipment out of the country,

saving overall mission time and manpower.

“The Soldiers in 319th TC [Trans. Co.] have consistently demonstrated their outstanding operational capacity, motivation

and perseverance with each mission since day one,” said Sgt. 1st Class Derryl Brown, 1st sergeant of the 319th Trans. Co., 110th CSSB, and an Orangeburg, S.C., native.

Soldiers participate in special ceremony for combat patch

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELLI
3-116TH CALVARY REGIMENT

JOINT BASE BALAD, Iraq— Tradition plays a big role with any military outfit, and eastern Oregon’s Army Guard unit is no exception.

Earlier this month, members of the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), participated in a time-honored event called a patch ceremony at Joint Base Balad, Iraq.

During the ceremony, Lt. Col. Phil Appleton, battalion commander, and a native of Silverton, Ore., placed the 3-116th Cav. Reg. unit insignia on the right arm of Guardsmen serving on their first deployment.

The event is a historic ritual for Guardsmen, Appleton said. Ordinarily each Soldier wears the patch of his or her unit on the left arm. When a unit is deployed to combat, each Soldier earns the privilege of wearing the unit patch on their right arm.

“It is a defining moment when they wear the patch,” said Appleton. “People will see they’ve deployed and gone to combat.”

Appleton, a former Union County resident, said the right arm patch is significant.

“I remember back when I was a Joe in 1986,” he reminisced. “Guys with combat patches were seen as a different kind of soldier. They were combat vets.”

The 3rd Sus. Bde. is spread across central Iraq with its headquarters situated at JBB. Each unit in the battalion will conduct a patch ceremony this month.

Appleton said he was pleased to be able to bestow the right shoulder patch of the 116th Cav. Reg. to the men and women of the battalion.

“It felt great, especially when the majority of the troops were privates and specialists,” he said.

Appleton conceded the demographics of the 3rd Bn. are different than during the unit’s first deployment in 2004.

“During the first deployment a lot of the guys wearing the (right) patch were older soldiers,” he said. “Now, these young kids will take this experience and remember it the rest of their lives.”

Staff Sgt. Chris Hamby, noncommissioned officer in charge of the theater operations center for the 3-116th Cav. Reg. and native of Athena, Ore., said the right combat shoulder patch secured substance for him when he was a boy.

“Ever since I was a kid and saw the 1st Infantry Division patch on my grandfather’s uniform, I felt like I owed him and my country to do what we do,” he said “The



Lt. Col. Phil Appleton, commander of the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Silverton, Ore., places a “snake patch” on the right shoulder of Sgt. Matt Henneke, electronic and communications technician for the 3-116th Cav. Reg., and native of La Grande, Ore., during a patch ceremony at Joint Base Balad, Iraq.

significance of the patch I have is that I feel like my debt is paid.”

Command Sgt. Maj. Bill Wyllie, the command sergeant major for the 3-116th Cav. Reg., 3rd Sus. Bde. and native of John

Day, Ore., said the ceremony resonated with Guardsmen.

“The thing I saw was that as I shook their hands, there was pride in their eyes,” Wyllie said.



The advantages of having an SLR camera: part 4

SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF



In last week’s article we determined that we had \$1,000 to spend on a digital single lens reflex camera and we needed 12 megapixels based on our current and potential use. Our research indicates that the three cameras that we have to chose from are the, Nikon D90, the Olympus E30 and the Pentax K-r.



All cameras list on www.bhphotovideo.com for under \$1,000. So let’s start comparing these cameras. But first a caution statement, be sure that you are comparing the correct camera features with every camera. Don’t get carried away by an extra “selling” feature that you really are not going to need or use. There are several “common denominators” when it comes to digital SLR’s; the first we already determined, megapixel rating, needs to be the same for all cameras to be a fair comparison. Second will be the camera’s ISO [International Organization for Standardization]. Third is the cameras frame rate, how many frames per second the camera captures. All cameras have an ISO rating, just as we learned in last week’s article all lenses have an “f-number” value. But what is ISO? And what does it do? ISO is the camera’s sensitivity to light. The higher the ISO, the more sensitive the camera is to light. For example, if you intend to take photos of sunsets, and night scenes, you want a camera with a high ISO rating in order to capture the limited light that is available. If all your photos are going to be in the day time, in full sunlight, then a lower ISO rating will meet your needs. Still unsure what ISO is and what it does. Let’s use a chart.

The chart shows ISO ratings from 100 to 3200. Using this chart let’s look at our cameras and see how they compare. Starting with the Nikon D90 it is rated at 3200 ISO. The Olympus E30 has an ISO rating of 3200. And lastly, the Pentax K-r ISO rating is 25,600. I know what you are thinking about right now, I just want to take some pictures. I don’t care about these ISO ratings, f-number values, megapixels, focal length, and so on. This is turning into a science project and my head is hurting. I don’t want to think about all this, I just want to put some images on Facebook.

100	200	400	800	1600	3200
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Take a deep breath. Lets further explain ISO. Look at the chart above, notice anything about the numbers? One hundred, 200, 400, 800, 1600, 3200; what is happening with each step? The numbers are doubling, correct? So back to our math and science lesson, ISO 200 is twice as sensitive to light as ISO 100; ISO 400 is twice as sensitive to light as ISO 200, and so on up the scale. Has the light bulb gone off, look at the chart, ISO 1600 is half as sensitive to light as ISO 3200, ISO 800 is twice as sensitive to light as ISO 400, and 3200 ISO is twice as sensitive to light as ISO 1600.

The thing to remember is the chart does not stop at 3200, take the Pentax K-r, it has an ISO of 25,600, so using the equation we just learned, it is eight times more sensitive to light than either the Nikon D90 or the Olympus E30. But does this make it the better buy? That is something we will continue to explore, so take some aspirin, relax and continue your research. I will try and not make your head hurt in my next column and keep the math to a minimum.

Correction

In the Jan. 19 issue, the story “Battalion hosts NCO induction at COB Adder”, was written by Sgt. Lorraine Sian, and the photo was taken by 1st Lt. Michael Beagle, both with 8th Ordnance Detachment, 224th Sustainment Brigade.

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

Word on the Street

If you could go to any place in history, where would you go?



“I would go back to ancient Rome and be in the Praetorian Guard that protected the emperor because I have always felt like a warrior at heart.”

Cpl. Novo Robertsan, movement noncommissioned officer with the 961st Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Staten Island, N.Y., native.



“If I could go any where There is no place I’d rather be than here at Joint Base Balad. I live totally in the present.”

Sgt. Ryan Guarnere, convoy support center noncommissioned officer-in-charge with the 961st Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Clementon, N.J., native.



“If I could go any where, I would go back to when Ozzfest came to New Jersey because I love the music and I’ve never been to Ozzfest before.”

Sgt. Ernest Paluszak, transportation movement requirement noncommissioned officer-in-charge with the 961st Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Wallington, N.J., native.

THEATER PERSPECTIVES

“In moments of sheer devastation, it’s critical that we have relief efforts to support the people. But at the end of the day, people need dignity, and dignity comes from creating your own destiny.”

Amber Chand, Co-founder of Prosperity Candle, a Massachusetts-based company, explaining her businesses support to a widow with four sons living in Baghdad. Chand’s Indian family was ejected from Uganda in 1972 after Idi Amin seized power, and used her personal experiences to give struggling women around the world the tools to start their own companies selling candles on local and international markets.

“I feel so proud because I love my country and I was able to help to bring some happiness to our people who are watching us and wanting us to win the game.”

Iraq’s Nashat Akram, the star midfielder for the Lion’s, and a key member of the side that won the tournament four years ago, celebrates the 1-0 victory against the United Arab Emirates team on Jan. 16.

“I’m now able to struggle with artistic quality-getting the music right- rather than logistics or mere survival. This last year we put on 23 full-orchestra concerts around the country. In those days I was hoping for one chamber-music performance a month somewhere in town.”

Karim Wasfi, director and chief conductor of the Iraqi National Symphony Orchestra, discussing progress in Iraq and safety improvement for the symphony since 2008

“It’s a much different Iraq today than it was then. ... It was evident by the political leaders, it was evident by the people in the streets, it was evident by the shops that were open.”


Statement made by U.S. Sen. Jon Tester, D-Mont, last Wednesday after meeting with military brass, Montana troops and Iraq political leaders including Ayad Allawi and Prime Minister Nouri al-Maliki, as well as Christians who had been targeted by attacks.

“I am very proud for the Iraqi Navy to be able to take Patrol Boat 301 out on operations, under their control, with minimal coalition participation. This is a huge step towards the Iraqi Navy taking over the security responsibility for their territorial waters.”

Statement from Coalition Naval Advisory Training Team Director, Rear Adm. Kelvin N. Dixon, on Iraq’s maritime security forces recent completion of its first 24-hour patrol in the Persian Gulf aboard its newest patrol boat.

PURPLE HEART MEDAL

The Purple Heart medal was originally known as the “Badge of Military Merit”. It was created by General George Washington on August 7th, 1782. The General, desiring to cherish a virtuous ambition in his soldiers, as well as to foster and encourage every species of military merit, directed that whenever any singularly meritorious action is performed, the author of it shall be permitted to wear on his facings over the left breast, the figure of a heart in purple cloth or silk, edged with narrow lace or binding. Not only instances of unusual gallantry, but also of extraordinary fidelity and essential service in any way shall meet with a due reward.

A detailed image of the Purple Heart Medal, showing the purple ribbon, the gold-colored heart-shaped frame, and the profile of George Washington inside.

AWARDED IN THE NAME OF THE PRESIDENT OF THE UNITED STATES, THE PURPLE HEART IS PRESENTED TO ANY SOLDIER WHO, WHILE SERVING AFTER 5 APRIL 1917, IN THE ARMED FORCES OF THE UNITED STATES HAS BEEN INJURED OR KILLED, OR WHO MAY BE EXPECTED TO DIE AFTER BEING WOUNDED.

- THE ORIGINAL BADGE OF MILITARY MERIT WAS ONLY AWARDED TO THREE REVOLUTIONARY WAR SOLDIERS
- DURING ROBERT L. HOWARD CAREER IN THE UNITED STATES ARMY HE WAS AWARDED THE MEDAL OF HONOR, TWO DISTINGUISHED SERVICE CROSSES, A SILVER STAR, FOUR BRONZE STARS, AND EIGHT PURPLE HEARTS.
- WORLD WAR 2 : 1,076,245 PURPLE HEARTS WERE AWARDED
- AFGHANISTAN WAR: 7, 027 PURPLE HEARTS HAVE BEEN AWARDED (AS OF JUNE 5, 2010)
- IRAQI WAR: 35, 321 PURPLE HEARTS HAVE BEEN AWARDED (AS OF JUNE 5, 2010)

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

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

Level: Easy

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

TEST YOUR KNOWLEDGE BIOLOGY TRIVIA

1. What is the average life of a human eyelash?
2. What is the lightest organ in the human body?
3. What color blood do Horseshoe crabs have?
4. The human body has less muscles than this insect?
5. What percentage of the human brain is made up of water?
6. While humans sleep, we generate enough power to power a _____ watt light bulb?
7. The human body contains how many miles of blood vessels?

1. 3-5 months 2. the lungs 3. blue 4. caterpillar 5. 75-80 percent 6. 25 7. 60,000

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)

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

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

LUTHERAN (LCMS)

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. 26, 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.

EAST FIT-NESS CENTER

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.

Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m.

Chess & Dominoes Tourney: Friday 8 p.m.

Salsa Class: Saturday 8:30 p.m.

Poker: Saturday 7:30 p.m.

8-ball tourney: Monday 8 p.m.

Karaoke: Monday 8 p.m.

Swing Class: Tuesday 8 p.m.

Table Tennis: Tuesday 8 p.m.

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.

Power Abs: Mon., Tue., Thu.,

Caribbean Night: Friday 8 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., 3 p.m.

Monday 5:45 a.m., 7 a.m., 3 p.m.

Monday 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 Basket-ball: Saturday 8 p.m.

Sunday 8 p.m.

Green Bean Karaoke: Sun., Wed., 7:30pm

9-ball tourney: Monday 8 p.m.

Friday 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.

Guitar Lessons: Thursday 7:30 p.m.

Salsa: Wednesday 8:30 p.m.

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

Karaoke: Thursday 8:30 p.m.

Dominos: Saturday 8:30 p.m.

Darts: Saturday 8:30 p.m.

WEST REC-REATION CENTER

3 on 3 basket-ball tourney: Saturday 7:30 p.m.

6 on 6 volleyball tourney: Friday 8-10 p.m.

8-10 p.m.

8-10 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 basket-ball tourney: Saturday 7:30 p.m.

6 on 6 volleyball tourney: Friday 8-10 p.m.

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UPCOMING SPORTS ON AFN

Wednesday 1/26/11

COLLEGE BB: Florida @ Georgia, 3 a.m., AFN Sports
NBA: NBA Tonight, 8:30 a.m., AFN Sports
NFL: Game RePlay, AFC/NFC Championship Game, 4 p.m., AFN Sports
COLLEGE FB: College Footbnnal Live, 11:30 p.m., AFN Sports

Thursday 1/27/11

COLLEGE BB: North Carolina @ Miami (FL), 3:30 a.m., AFN Sports
NBA: San Antoni Spurs @ Utah Jazz, 5:30 a.m., AFN Sports
NHL: NHL Overtime, 10 a.m., AFN Xtra
X GAMES: 2011 Winter, 8 p.m., AFN Sports

Friday 1/28/11

NFL: Live, Midnight AFN Sports
NBA: Miam Heat @ New York Knicks, 4 a.m., AFN Sports
COLLEGE BB: Vanderbilt @ Mississippi State, 3 p.m., AFN Sports
COLLEGE BB: UCLA @ Arizona, 5 p.m., AFN Sports

Saturday 1/29/11

NFL: Live, Midnight AFN Sports
NBA: Orlando Magic @ Chicago Bulls, 4 p.m., AFN Xtra
COLLEGE BB: Georgetown @ Villanova, 8 p.m., AFN Sports
NFL: NFL Live, 7:30 p.m., AFN Xtra

Sunday 1/30/11

X GAMES: 2011 Winter, midnight., AFN Xtra
COLLEGE BB: Kansas State @ Kansas, 3 a.m., AFN Xtra
NBA: Miami Heat @ Oklahoma City, 9 p.m., AFN Sports
NBA: Boston Celtics @ Los Angeles Lakers, 11:30 p.m., AFN Sports

Monday 1/31/11

COLLEGE BB: Indiana @ Michigan State, \ 2 a.m., AFN Xtra
NHL: 2011 All-Star Game, 10 a.m., AFN Sports
NFL: AFC vs NFC, Pro Bowl, 2:30 p.m., AFN Sports
NBA: Mami Heat @ Oklahoma City Thunder, 6 p.m., AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': NFL Conference Champions

By SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



I was 3-1 last week in my divisional picks, and go figure the game I lost was the New England-New York Jets, which was considered by many as close to a lock as any of the playoff games, given New England's 45-3 romp a couple of months ago. The Jets righted the ship with a dominating defensive performance and enough offense to walk out of Foxboro with an impressive win. They now find themselves in only their third American Football Conference Championship game of all time, and you have to think their detractors are shrinking week by week.

Perhaps the most impressive game of the weekend was Green Bay's dismantling of Atlanta, the National Football Conference's No. 1 seed and the favorite to make the Super Bowl from the NFC. This one was a laugh, as Aaron Rodgers completed 31-36 passed for 366 yards and three touchdowns. The Packers did what they wanted to against the Falcons, and their defense shut down Matt Ryan and any

late game heroics hoped for by Falcon fans. The final tally was 48-21, and it wasn't that close save for an Atlanta touch-down via kickoff return.

The Packers will play the Chicago Bears in what is the National Football League's longest running rivalry. The Bears stopped the upstart Seahawks in impressive fashion, jumping to a 21-0 halftime lead and coasting to a 35-24 win and not allowing Seattle to make a comeback as they did the week before against the defending Super Bowl Champion Saints. The game was played in snow, affecting the field conditions as Soldier Field was reduced to clods of sod and mud at the end. That could play a factor for this week's NFC Championship since the Bears own home-field. The NFL is monitoring the grounds crew and their preparation.

The Steelers will play in their 8th AFC Championship game in the last 17 years after defeating their arch-nemesis 31-24. The Ravens jumped out to a 14-3 lead after forcing a couple of turnovers, but Pittsburgh returned the favor in the second half, turning three Baltimore turnovers into three touchdowns and coasting to the AFC Championship.

That sets up Championship weekend in Pittsburgh and Chicago. First up are the Packers-Bears, meeting for the

183rd time since they battled in the 1920's. The only time they played in the playoffs before was in 1941, when the Bears beat Green Bay 33-14 after the two teams tied atop their division with 10-1 records. For the first time since I can remember, the visiting team is the favorite according to Vegas odds makers. The Packers are giving 3 and a half points to the Monsters of the Midway, which is crazy if you think about it. Visions of Rodgers stellar performance last weekend have been dancing in the heads of many folks.

Looking at it somewhat objectively (I am a Vikings fan, it is my duty to despise both teams), I am going with Green Bay. The Bears will play tough for awhile, but the Packers will take it 28-17.

In the AFC, look for the Steelers to end the Jets season in the Championship game once again, similar to last year. The Jets appear to be a team of destiny; however, they are playing against a better defense, which will be the difference in Pittsburgh.

That sets up a Packer-Steeler clash in Super Bow XLV. Together those teams have won 9 Super Bowls between them. And, an old-school, hard fought, defense versus defense game.

The American, the sweet life of George Clooney

By SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



The American, starring George Clooney and directed by Anton Corbijn, is a film adaptation of the 1990 novel 'A Very Private Gentleman' by Martin Booth. It was released in September 2010 in the States and purchased by me last week.

Jack, the main character played by Clooney, is an assassin. It seems there are a surplus of movies about professional assassins in relation to the low number of people who must be assassins in real life. There just aren't enough assassinations carried out to justify the amount of movies with professional assassins, at least high-profile assassinations.

Jack takes refuge in a small town in Italy after his Swedish girlfriend is killed. His associate, Pavel, lands him a new job building a custom Ruger Mini-14 sniper rifle for a sexy

female assassin. While working on the project, he befriends a priest, Father Bennedetto, and a prostitute, Clara.

After visiting Clara as a customer several times, their relationship deepens to the point where they go on a date. During the date, Jack notices he's being followed and of course it is an assassin trying to kill him, but Jack ambushed and killed the other assassin. After that incident, he becomes suspicious of Clara when he notices a gun in her purse.

The rest of the movie comes down to whether Clara or the beautiful assassin, Mathilde, he is working for is plotting to kill him. The climactic scene occurs at a village religious procession in pools of blood as several characters die.

This movie is called the American because that is how the Italian villagers refer to Jack. It is apt because he is the only American in the movie to include the director. This means the film has many qualities that make it more similar to a European rather than a Hollywood movie. This is good in some ways and bad in others.

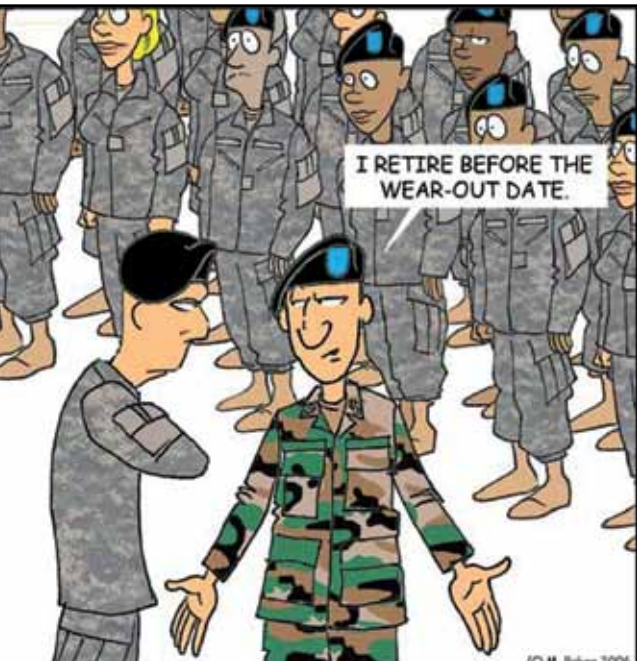
The American has the slower pace and more brooding quality typical of a European movie. There is action, but it seems almost incidental to long shots of Italian scenery or people absorbed in thought. I found my own mind wandering repeatedly due to the slow pace.

The story the movie tells is interesting but the focus on atmosphere at the expense even of dialogue did not hold my attention. It is a beautifully shot movie, with skillful acting that is restrained and not overdone which I like. Another bonus to the European style of production is the lack of Puritanism about their scenes.

I recommend The American if you go in expecting the slower pace and not a fast-paced action thriller as I was. It almost seemed like they pitched this movie to Clooney by telling him he can chill at his house in Italy, meet some hot European women, and as a bonus, you don't even have that many lines to remember. That's the Dolce Vitta.

Not a thriller, more like a 3 out of 5, on the Craig scale.

PVT MURPHY'S LAW



Reel Movie Times
Wednesday January 26
5 p.m. The Green Hornet (PG-13)
8 p.m. Love & Other Drugs (R)

Thursday January 27
5 p.m. Love & Other Drugs (R)
8 p.m. The Green Hornet (PG-13)

Reel Movie Times
Friday January 28
9 p.m. No Strings Attached (PG-13)

Saturday January 29
5 p.m. No Strings Attached (PG-13)
12 p.m. No Strings Attached (PG-13)

Reel Movie Times
Sunday January 30
2 p.m. No Strings Attached (PG-13)

Sunday January 31
8 p.m. No Strings Attached (PG-13)

Reel Movie Times



Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, recently visited Soldiers from the 394th Combat Sustainment Support Battalion; 220th Transportation Company; 370th Transportation Company; C Co., 3rd Combined Arms Battalion, 116th Cavalry Regiment; B Co. Det., 125th Financial Management Company; and the 1/18th Postal Platoon at Contingency Operating Base Speicher. Corson said his main reason for the visit was to let Soldiers and Airmen know this deployment is what you make of it; he appreciates what the Soldiers are doing, and that everyone's job is essential to the mission, sustainment doesn't take care of itself, it gets done because Soldiers and Airmen are doing their job everyday to make it work.



Lt. Col. David Scheideler, commander of the 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Beatrice, Neb., native, presents battalion commander coins to 16 Soldiers of the 565th Quartermaster Company, 110th CSSB, Jan. 6 at Contingency Operating Base Adder, Iraq. These Soldiers were each given a coin for outstanding work by raising the organization equipment rate from 45% to 95% in less than 30 days.



(LEFT TO RIGHT) Sgt. Shafon Griggs, promotions clerk; Sgt. Willie Bullard, noncommissioned officer-in-charge of the joint nodal network; Sgt Earl Stevens, nuclear, biological and chemical noncommissioned officer-in-charge; Spc. Jason Moore, help desk technician; and (IN BACK) color guard sergeant, Staff Sgt. Lynell Odie, noncommissioned office in-charge of noncommissioned evaluations reports, collectively belong to the Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and perform as color guard during the Dr. Martin Luther King Jr. celebration on Jan. 20 at Joint Base Balad, Iraq.