



The Expeditionary Times

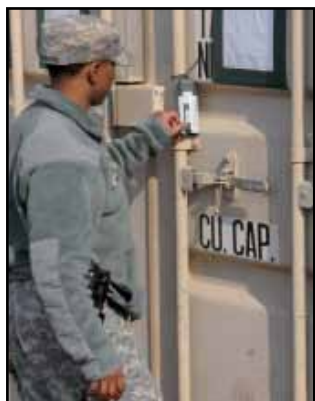
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Transporters



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support to mission**

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**Brought together
during deployment**

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An Iraqi soldier serving with Maintenance Company, 49th Brigade, 12th Iraqi Army Division, loosens nuts and bolts during a service of an armored High-Mobility Multi-Purpose Wheeled Vehicle at Kirkuk Iraqi Military Base, Jan. 20, 2011. U.S. Soldiers of 1st Advise and Assist Task Force, 1st Infantry Division, assisted Iraqi trainers teaching Iraqi mechanics to conduct routine maintenance of their vehicles.

Iraqi maintenance unit trains with U.S. advisors

STORY AND PHOTOS BY
PFC. ALEXANDRA MCCHESENEY
1ST INFANTRY DIVISION

KIRKUK IRAQI MILITARY BASE, Iraq—Iraqi noncommissioned officers and warrant officers issued commands as their mechanics worked to change the tire on an armored High-Mobility Multi-Purpose Wheeled Vehicle at Kirkuk Iraqi Military Base Jan. 20.

Soldiers of Company A, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, from Fort Riley, Kan., supervised the training of the Iraqi mechanics as part of U.S. forces' mission to advise, train, and assist Iraqi Army units in support of Operation New Dawn.

"The objective of the training is to allow the 12th Iraqi Army Division to become self-sustaining when it comes to logistics and maintenance," said Maj. Edward Huddleston, the Operations Officer for the 101st BSB, 101st AATF.

"The 12th Iraqi Army Division's logistics and transportation units have come a long way in just the few months that we've been advising them," said Huddleston, a Springfield, Ill. native. "Already they are recovering vehicles on their own when they break down. They used to just wait for us to help them, now they do it themselves."

U.S. Soldiers of 1st AATF taught Iraqi soldiers to maintain their vehicles and equipment as part of an ongoing effort by 101st BSB to improve 12th IA Div.'s logistics and maintenance capabilities.

Soldiers of 101st BSB regularly support the Security Transition Team Soldiers providing additional resources and subject matter experts to assist the soldiers of the Iraqi logistics battalion.

Iraqi mechanics watched and learned as senior Iraqi NCOs and warrant officers showed the proper way to change fuel filters and half-shaft bolts on a drive shaft of a humvee's front differential.

According to the U.S. advisory team, Maj. Hashen, commander of the Iraqi Maintenance Company, 49th Brigade, 12th IA Div., transformed the unit into a cohesive and effective support element.

"Maj. Hashen has done really great things with this company, and I'm excited every day to work with him," said Staff Sgt. Zebulon Dannar, a member of the 12th STT advisory team. "His leadership reflects in the attitude of this company's soldiers."

The Iraqi soldiers are proud of their unit and perform for their commander, said Dannar, who

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**Soldiers at COB
Speicher train in
martial arts**

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Long term Vs. short term goals

CAPT. CHARLENE CHENEY
CHAPLAIN
261ST MULTIFUNCTIONAL MEDICAL BATTALION



Many celebrate January 1st, not only as the new year, but also as an opportunity to make resolutions that will hopefully make our lives, in the upcoming year, better than the previous year. For some, the middle of January is a time of frustration because the goals that were once a source of exciting hope transform into a source of disappointing frustration. As you strive to live out your new years resolution, please remember to be kind to yourself. If you feel that you have already failed at keeping your new resolution embrace that observation as an opportunity to re-evaluate your expectations of the goal. Sometimes people have realistic goals but unrealistic expectations about how and when the goal should be achieved. Sometimes people make the mistakes of creating goals that are too overwhelming or too energy and time consuming to carry out until the beginning of the next new year. Some goals that we set for ourselves may seem easy, but are hard to commit to simply because they go against our already well established patterns of behavior. Instead of making grand sounding resolutions, consider making a series of small achievable, realistic goals or small measurable goals. After you reach your realistic goal, set another small reachable goal. Continue this process until you achieve your desired result. You know, better than anybody, what limitations and abilities you possess. Respect your limitations and abilities as you plan to execute your resolution for the new year. Keep in mind that the goal of a resolution is not to reach a state of perfection, but rather to create observable self – improvement over a long period of time. This type of slow, committed behavior change empowers a lifestyle change, something more beneficial and significant than a new year's resolution.

Tips for Continuing New Years Goal:

(Adapted from http://www.ehow.com/how_4607327_news-years-resolutions-attainable.html)

1. Always remember working on bettering yourself should be a life long resolution and not just a new year's resolution. Don't be so hard on yourself if you are not able to live out your goal the way you initially desired or expected. Use failed attempts at resolutions as tool and opportunities to become aware of what does and does not work for you. If one way does not work for you or suit your needs, find another way to reach your goal.

2. Give careful consideration to your New Year's resolutions. Do not go with the first resolutions that come to mind. It might seem like a good idea to go with one of

the common resolutions such as losing weight or paying off debt, however, those resolutions might not be the best choices for you. Think about what you truly want to achieve during the new year.

3. Consider making smaller new year's resolutions to help you achieve a larger goal. You are more likely to keep your new year's resolutions if they are designed to be a step towards a larger dream or goal. For example, instead of making a resolution to lose 25 lbs. in the new year, make a resolution to lose a few extra pounds in the first few months of the new year.

4. Talk about your potential resolutions with family and/or friends. They can help you to pinpoint the most ideal resolutions for you. Talk to your loved ones who are the most open and honest with you. They are more likely to give you an objective opinion on which resolutions you are most likely to attain and to determine which resolutions would be most beneficial to you in the new year.

5. Choose a New Year's resolution that you feel that you can keep. If your New Year's resolution for the past 3 years has been to pay off your credit card and it has not yet happened, then that might not be the best resolution for you. Give serious thought to which goals you feel in your heart you can achieve rather than those resolutions that you have your heart set on achieving.

6. Verbalize your prospective resolution or resolutions to yourself and to friends. Saying your goals out loud will help you to set out on a path to achieving those goals. Letting others in on the secret of what resolutions you have chosen will help you want to achieve those resolutions.

7. Enlist the aid of a support group or network. The operative word in the last sentence is "support". Please, be mindful that there is a difference between a support group and a sabotage group/ network. If you notice that people that you share your goals with are unnecessarily negative, not supportive or affirming, or not encouraging of your new endeavor, do not give up on your goal; give up on sharing your goal with them.

8. Remember that all things are possible with the help of God! Much success on achieving your goals for the new year and new year!

Remember; Do not be too hard on yourself if you cannot keep your New Year's resolution. Even if you only partly reach your goal, you should feel a sense of satisfaction. You can always try again next year

Correction

From the trivia section for issue 36; Geddy Lee is the lead bassist for the band Rush, not the drummer

EXPEDITIONARY TIMES

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

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The Weekly Standard: Facebook and AR 600-20

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



What does AR 600-20, Army Command Policy, have to do with Facebook or other social networking sites? The answer lies in inappropriate relationships. Often when we discuss inappropriate relationships in the Army we think of romantic ones where an officer has a romantic relationship with an enlisted Soldier. However, even two fishing buddies or two Remote Control (RC) Car enthusiasts can have an inappropriate relationship as defined by AR 600-20. Paragraph 4-14b. (1) of AR 600-20 states that Relationships between Soldiers of different rank are prohibited if they – Compromise, or appear to compromise, the integrity of supervisory authority or the chain of command.

The crux of the matter depends on how that relationship between two Soldiers of different ranks affects the Army. Does a Company Commander or First Sergeant fishing regularly with one of the Squad Leaders constitute an inappropriate

relationship? Do the Platoon Leader and a couple of his Soldiers going down to the RC race car track every weekend constitute an inappropriate relationship? The answer to both questions is not easy but as soon as these relationships compromise or even appear to compromise the chain of command the answer is yes. These Soldiers have crossed the line.

It is very easy for these types of relationship to appear to comprise the chain of command. Does the squad leader get all the great assignments and passed over for the less desirable details? Do the Soldiers with the RC car hobby get favorable treatment from the LT? You can see how these things can quickly get out of hand.

So what does this have to do with Facebook? The answer lies in the inappropriate relationship section of AR 600-20. As a leader you may need to consider your personal Facebook policy. There are two options: either accept all subordinate Soldiers in your command as Facebook friends or ignore them all. Either way it protects the leader from accusations of favoritism among his subordinates based on social network sites.

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Combat Stress: Learning to control your anger

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Do you ever feel like your emotions are out of control? Do you feel as if you don't know what emotion you are experiencing or how to handle it? Perhaps you would benefit from learning more about emotional intelligence. Wikipedia defines emotional intelligence as a self-perceived ability to identify, assess, and control your emotions. We experience situations everyday that trigger a multitude of emotions such as happiness, excitement, anger or disappointment. Beginning to understand what emotion you are experiencing and learning to regulate your emotions will heighten your emotional intelligence. Once

you learn to understand and regulate your emotions, you can learn to sense and understand others' emotions.

With practice, investment and insight you can become more emotionally mature. You will be able to identify your emotions and regulate them according to the situation. Emotional maturity allows individuals to maintain self-control and perform during difficult situations, bond with others, display patience, think before acting, take personal responsibility, care about others and empathize with others' concerns. Research indicates that emotionally mature individuals will have more success in leadership positions, sales jobs, and relationships.

An important part of emotional intelligence is an individual's ability to empathize with others. Empathy is the ability to recog-

nize another's feelings, identify with these feelings, and have the capacity to see things from that point of view. Empathy is a sign that an individual is self-aware, has a healthy self-identity, possesses self-love, and feels self-worth. Conversely, a lack of empathy is a sign that an individual lacks concern and thinks only of himself. He advocates for his own issues while discounting the needs of others. The absence of empathy denotes emotional immaturity, and such individuals typically have difficulty feeling love and relating to others.

Social awareness is another cornerstone of emotional intelligence. It is important to be aware of the problems that different societies face and to be conscious of the hardships they endure. Some individuals are oblivious to their impact on others. They may upset someone and then be appalled that

the person reacts to them negatively. You can improve your social awareness by paying attention to what you say and how you act. It does matter. Learn to be more accepting and avoid judging others. Understand that everyone has strengths as well as limitations, and it is important to allow others to have their own thoughts and feelings.

Emotional identification and emotional maturity can assist you in developing healthy relationships, effective leadership, and successful educational and job endeavors. It is important to take ownership of your feelings and emotions without violating the rights of others. Make a conscious effort to heighten your emotional intelligence by understanding and regulating your emotions, learning to be empathetic, and exhibiting social awareness. It just may change your life and make a lasting impact on others.

Education center offers degree opportunities for Soldiers

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

**CONTINGENCY OPERATING BASE
ADDER, Iraq—**

Soldiers with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been working toward their college degrees at the education center on Contingency Operating Base Adder, Iraq.

Staff Sgt. Antonia Silva-Warren, a Chicago, Ill., native, and Staff Sgt. LaCerisha Johnson, a New Orleans, La., native, both squad leaders with the 15th Trans. Co., 794th CSSB, are just two of the many Soldiers who have been studying at the education center to complete their degree.

Silva-Warren, has been going to the education center during her down time to work on her pre-requisite courses toward her four-year degree.

"It is important to me to have my education as I progress through my Army career, as it will enhance my leadership skills in work-related activities," Silva-Warren said.

The education center is open to all service members on COB Adder for educational assistance in degree completion or work-related certification.

The center's amenities include personal computers and assistance from on-site personnel.

"It has been helpful to have personnel there to assist me with navigation through the on-line applications and systems, as I am not too computer savvy," Johnson said.

Chief Warrant Officer 2 Bobby Pitts, maintenance officer with the 15th Trans. Co., 794th CSSB, and a Richmond, Ky., native, explained how he benefitted from the education center.

"I like that the center is flexible with its hours, especially for those wanting instructor-lead classes. Furthermore, the trainers and operators at the center helped tremendously with my degree outline to ensure I stay on track," Pitts said.



(LEFT) Chief Warrant Officer 2 Bobby Pitts, maintenance officer with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Richmond, Ky., native, works on his studies alongside another Soldier Jan. 13 at the education center on Contingency Operating Base Adder, Iraq.

Driton Dalipi, an Army Learning Center operator, and a Gjilan, Kosovo, native, said that he has been pleased to assist and guide Soldiers through the online education process.

The education center has been well

received by Soldiers stationed at COB Adder over the years. Soldiers have a place to go after work or between shifts to further their education and strengthen their subject-matter expertise, thus becoming better leaders for their units and the U.S. Army.



LEFT AND CENTER: Spc. Camille Wallingford, redeployment support team specialist for the 840th Transportation Battalion, 594th Transportation Brigade, Surface Deployment and Distribution Command, 1st Theater Sustainment Command, and a native of Atlanta, Ga., and Staff Sgt. Ryan Debieu, noncommissioned officer-in-charge of the RST for the 840th Trans. Bn., and a native of New Orleans, La., inspect a container and then watch as it is loaded up for

Transporters committed to Operation New Dawn

STORY AND PHOTOS
SGT. GAELAN LOWERS
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— While companies, battalions, brigades and divisions have transitioned in and out of the Iraqi theater of operations, there has been one battalion that will be here until the last

Soldier leaves.

“We will not leave until Operation New Dawn is over,” said Command Sgt. Maj. Quillar Ransom, command sergeant major for the 840th Transportation Battalion, 594th Transportation Brigade, Surface Deployment and Distribution Command, 1st Theater Sustainment Command, and a Los Angeles, Calif., native. “Until everybody in Iraq redeploy, the 840th Trans. Bn. will be here.”

This is because the 840th Trans. Bn. is an enduring unit. Soldiers and leaders transition in and out of the unit, but the unit’s colors are never cased, and they remain on JBB. The 840th Trans. Bn. has been a fixture in Iraq because their mission is a very important one, particularly to Soldiers within six months of redeployment. The unit is specifically designated to help other units redeploy their troops and organizational equipment from theater back to their home stations.

“We are the only one of our kind in this theater,” said Ransom. “The skill set that we provide on the battlefield is so valuable. It is not easy for a unit to say, ‘Here are 50,000 troops and all of their equipment. Now let’s go home.’ That is a very difficult process.”

The process is pretty streamlined, added Lt. Col. David Banian, commander of the 840th Trans. Bn., 594th Trans. Bde., 1st TSC, and a Foxboro, Mass., native.



‘Until everybody in Iraq redeploy, the 840th Trans. Bn. will be here.’

- Command Sgt. Maj. Quillar Ransom

“We provide all the necessary elements to help a unit redeploy,” he said. “All we need them to do is pack.”

Within 180 days of a unit’s scheduled transfer of authority and redeployment, the 840th Trans. Bn. will contact the unit and provide them with the knowledge and the know-how to get redeployed, said Ransom. They will start them down the path of getting all the paperwork and equipment together for a proper redeployment.

Once a unit is 120 days out from redeployment, the 840th Trans. Bn. will conduct a redeployment training team brief, which brings together five elements of the rede-

ployment process, said Banian. The briefing consists of the Coast Guard, who handles the regulated waste materials that will be shipped back to the states; customs officers, who check all cargo; the 14th Movement Control Battalion, who move the equipment; the 402nd Army Field Support Brigade, who own all of the equipment that doesn’t leave theater; and the 840th Trans. Bn.

“We bring in this total package of what it takes to go home,” said Banian. “We will issue a [fragmentary order] directing units to attend the brief, but we often have a good turnout just because Soldiers want to know what it takes to get home.”

The unit takes this knowledge and gets to work on setting dates and times within their unit to have all equipment packed and ready for pickup.

“This is what we do,” said Ransom. “We are going to help you redeploy. Even if you don’t know how to do it, even if you don’t want to help yourselves, we are going to redeploy you responsibly, the right way.”

Although the 840th Trans. Bn. is centrally located at JBB, many units are not stationed in Balad, and instead, are located on other forward operating bases throughout the country. This is when the 840th Trans. Bn.’s Deployment Distribution Support Teams will take on the mission of their entire battalion.

“We have three DDSTs embedded with each of the divisions,” said Banian. “There’s one in [United States Division]-North, one in USD-Center and one in USD-South. Those eight-or-nine-person teams support every unit in their footprint.”

Ransom said the DDSTs are an extension of their battalion in each of the three areas of operation. Wherever the unit is in Iraq, the 840th Trans. Bn. will travel and help them, when they need to redeploy.

Although the battalion as a whole is very small, less than 100 personnel, the job they perform and the area they support is massive, Ransom continued. The battalion is projected to move more than 63 percent of all the equipment in Iraq before it ships out of country.

“We are very small but a very important and powerful battalion, because we provide such a unique skillset to the battlefield,” Ransom said. “You would think that someone with such an enormous responsibility would be a big unit, but we’re not, we’re very small. We have a great group of very motivated and very talented transporters who are excited about their jobs.”

Soldiers awarded the Purple Heart for actions

STORY AND PHOTO BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary) and a Maryville, Mo., native, awarded two Soldiers from the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd ESC, the Purple heart and a Combat Action Badge after their Mine-Resistant Ambush-Protected vehicle was attacked during a convoy mission.

"Today is not a happy day to give you the Purple Heart," said Corson. "I am privileged to do so, but it's not a happy thing to do. The two medals that you do not want are the Purple Heart and the POW [Prisoner of War] medal."

Staff Sgt. Christopher Gibson, assistant convoy escort team leader, and a Baker City, Ore., native, and Spc. Adam Clinton, gunner, and an Annisa, Ore., native, both were injured due to direct enemy engagement.

"I was about to push send on a report when my buddy [Clinton] over here said, 'oh crap'" said Gibson. "I looked over at him and then looked back just in time to see something fly over the top of the vehicle and then an explosion."

After the explosion, Gibson said that his training took over and he reacted.

"A couple of seconds go by, I look over at Clinton, checked to make sure he was ok, and then told him to go and get out [of the MRAP]," said Gibson. "When it happened there was no thought process, and the training kicked in."

These Soldiers are part of a convoy escort team that protect convoys on a daily basis.

"I don't think people understand that everything from medical supplies, to fuel in your vehicles, it flows through the body of USF-I [United States Forces- Iraq] on those sustainment convoys, and what protects those sustainment convoys and what gets them through day after day, are the convoy escort teams," said Corson.

Both Soldiers suffered minor injuries as a result of the attack, but Clinton was the most exposed to the explosion.

Thanks to my eye protection, I only suffered some cuts to the face, said Clinton. "It's true that eye protection does work to save your eyes."



Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, awards the Purple Heart to Staff Sgt. Christopher Gibson, assistant convoy escort team leader with 3rd battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd ESC, and a Baker City, Ore., native, for his actions after his Mine-Resistant Ambush-Protected vehicle came under attack during a convoy mission.

"They [Commanders, and leaders] tell you to wear that stuff [eye protection] for good reason, and not just because it might be mandatory, but because it will save your life," said Clinton.

Even with the drawdown of U.S. forces in Iraq and the change to an advise and assist role, Soldiers still drive through dangerous areas.

"You guys are really the epitome of what makes us great, because despite the challenges that we face, and despite the fact that there are people who want to hurt us, you are out there doing your duty all the time," said Corson.

What could be the most remarkable part of these two Soldiers' story is the aftermath of the attack?

"You got off the helicopter and walked in all bloody and broken, but unbowed and that's a testament," said Corson. "The whole thing, as sad as it was, it's truly a testament to the valor, fortitude, good judgment, wisdom and maturity that you guys bring to the fight."

At first chance, Gibson called his wife to

let her know the news of what happened to him, he said.

"I have a really sick sense of humor," said Gibson. "I was in pain, and I know the best way for my wife to handle stuff is to make her laugh, so I made a joke out of it. I said, 'So I know this is going to ruin your day, but I got blown up.'"

In a really high pitched squeal, Melissa Gibson his wife, asked if he was joking, he said.

Gibson was able to explain to her that he was all right, and that everything was ok, he said.

When Clinton was able to call his family, he called his dad, he said.

"The first person I called was my dad, and I told him that I had gotten into an accident and that I was ok," said Clinton. "He asked if everything was ok, and I know that he was concerned but he was very supportive of me."

Now that he has been awarded the Purple Heart, Gibson doesn't believe he will do anything different, he said.

"It's an honor to get it, I don't know that I

did anything special to get it as far as getting wounded in combat compared to others who got it," Gibson said. "[The way] I was raised, you do not do stuff for the notoriety, you do stuff because it is the right thing to do."

Clinton explained that doing his duty was important. "Getting an award or not, it means a lot to be able to serve your country, ...just being out there for your country means a lot," said Clinton.

The two Soldiers are stationed at Contingency Operating Base Speicher, but will be staying at JBB for a couple weeks until they are cleared to return to duty and their team. For Gibson, he hopes it means sooner than later, he said.

"I'm a busy body, and I would like to get back to work," said Gibson.

Before the small ceremony was over, Corson remarked on the dedication of the Soldiers and their desire to return back to their trucks and their job.

"What that says is that the bad guys can come and blow us up, but we will still come back and do what we do, and what the [enemy does] does not matter," Corson said.

Training, quick reaction help protect MRAP crew

STORY BY
STAFF SGT. PAT CALDWELL
3-116TH CAV. REGT.

JOINT BASE BALAD, Iraq Sometimes the difference between life and death can be a few inches.

Three Soldiers from eastern Oregon's Company C, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) discovered how

true that old adage is when they survived a close call during a combat related incident that impacted their vehicle in central Iraq.

Staff Sgt. Christopher Gibson, a Baker City, Ore., native, along with Spc. Adam Clinton, a Nyssa, Ore., native, sustained minor injuries while a third man, Pfc. Nathan Schad, Willamina, Ore., emerged unhurt from the ambush.

Gibson and Clinton received the Purple Heart Jan. 20 at Joint Base Balad, while Schad was awarded the Combat Infantryman's Badge and an Army Commendation Medal at Contingency Operating Base

Speicher, Iraq.

Gibson admitted he and his crew were fortunate.

"A couple of inches one way or the other and I wonder if I'd still be here," he said.

He and his crew were conducting a convoy escort mission when an unidentified person tossed a grenade at their Mine-Resistant-Ambush-Protected vehicle.

"We were extremely lucky, or blessed," he said.

The discipline of the crew was critical, said Lt. Col. Phil Appleton, commander of 3rd Battalion, 116th Cav. Regt.

"They reacted the way we trained them," Appleton said.

Capt. Seth Musgrove, commander with C Company, 3rd Battalion, 116th Cav. Regt. and a La Grande, Ore., native, agreed that the actions of his crew were appropriate.

Appleton said as the American military operation in Iraq winds down, self-discipline by Soldiers in the field is more important now than ever before.

"We have to understand, and this crew did understand, that we have to show some restraint to avoid unnecessary casualties," Appleton said.

Senior leaders hold ruck march encourage morale

STORY AND PHOTO BY
SGT. 1ST CLASS RHONDA LAWSON
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— “You doing all right, First Sergeant?” Command Sgt. Maj. Clifton Johnson, command Sgt. Maj. of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lima, Ohio, native, yelled as he made his way to the rally point.

“Fired up, sergeant major!” replied 1st Sgt. LaShay White, first sergeant of 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd ESC, and a Mobile, Ala., native. She was only a step behind him, and maintained that distance throughout the entire ruck march.

“Fired up times two!” she said.

For her, it wasn’t just a statement, as she was one of the first to finish the 3rd Sustainment Brigade, 103rd ESC’s Senior NCO five-mile ruck march held Jan. 28. The event, hosted by Johnson, the 3rd Sust. Bde. senior enlisted advisor, included nearly every promotable sergeant first class and higher in the brigade.

“Every rotation I’ve ever been on, I’ve done a senior leader ruck march,” said Johnson, currently on his third deployment to Iraq. “It’s for esprit de corps, it’s for motivation, a challenge for my leaders, and it allows them to go out there and challenge the Soldiers.”

For White, this was the type of challenge that is important for all senior leaders.

“I think it’s awesome,” White said. “You get to assess where you are before you get out there in front of the Soldiers.”

Command Sgt. Maj. Jason Runnels, command Sgt. Maj. and senior enlisted advisor of the 14th Movement Control Battalion, 103rd ESC, and a native of Baton Rouge, La., agreed, adding that the event also added an element that some senior leaders don’t get a chance to do very often.

“I thought it was a good esprit de corps, and team-building event for the senior leaders,” he said. “It allows you to communicate and talk with one another. You can exchange information while you’re getting some exercise at



Command Sgt. Maj. Clifton Johnson, command Sgt. Maj. and senior enlisted advisor of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a native of Lima, Ohio, and Command Sgt. Maj. Jason Runnels, command Sgt. Maj. and Senior enlisted Advisor of the 14th Movement Control Battalion, 103rd ESC, and a native of Baton Rouge, La., lead the brigade on a five-mile Senior Leader ruck march Jan. 28 at Joint Base Balad, Iraq. This is the third time the brigade has hosted this event.

the same time.”

The route, which began in front of the brigade headquarters, took the group on various types of terrain from sidewalks, to roads to uneven terrain. Despite the changes in terrain, Johnson said the intent was for the group to start strong and finish together.

“I think they did great,” said Johnson. “They were challenged; I didn’t want to waste their time.”

He added that the event also served as an early train-up for the brigade’s upcoming 12-mile ruck march, which they will complete before redeploying this spring. The goal, Johnson said, is to finish it within the 18th Airborne Corps Fit-to-Fight standard of four hours or less.

“It gives the guys an idea of what it feels like,” Johnson said, “but most of these guys have been doing this their whole careers.”

Iraqi from page 1

hails from Chadron, Neb.

Hashen supervised the training as the commander, putting his NCOs and warrant officers in charge of teaching mechanics specific tasks.

“A good unit must empower its NCO and its warrant officers,” said Hashen.

“Having worked with the American Forces in 2005 and 2007, I see this as a great strength of (the U.S.) Army,” he said. “Before in the Iraqi Army too much was centered on the officers—giving the NCOs and warrant officers more training and more authority is something that we have adopted from the Americans.”

In addition to supervising the training, Hashen said he would like the advisory team to provide tactical training for the maintenance company support teams.

“I am very grateful for the training and support that the Americans have given us here,” said Hashen. “We will do whatever we have to do to accomplish the mission.”

“In the past we would have a flat tire and no jack to lift the vehicle. So we would pile rocks under the axle and dig a hole deep enough under the wheel to remove it,” Hashen said. “Now, with American help, we have more resources and training and our job is easier—but we will still do everything in our power to keep our vehicles operational.”



Major Hashen, commander, Maintenance Company, 49th Brigade, 12th Iraqi Army Division, discusses future training requirements for his unit, at Kirkuk Iraqi Military Base Jan. 20, 2011. U.S. Soldiers of 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, visited the KIMB to observe Iraqi training and assist with planning for future training events.

Women unite for support during deployments

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

JOINT BASE BALAD, Iraq— For Spc. Takia Andrews, a high priority work order and pass clerk with the supply support activities section for the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Ocilla, Ga., native, and Spc. Racurica York, final inspector with the container repair yard for the 512th Quartermaster Co., and Belzoni, Miss., native, spending the holidays deployed to Iraq was one of the toughest times that they have both experienced.

Both are on their first deployment and both have young children at home whom they miss very much, said York. They both felt as if those feelings of loneliness and separation from family were feelings that were unique to them.

“We said to ourselves that we couldn’t be the only ones to feel this way,” York said. “We were amazed at the amount of people that wanted to share their stories, so we decided to bring them all together in a celebration of strong women at war.”

The Strong Women at War celebration, held Jan. 21 at Joint Base Balad, Iraq, was dedicated to those women who have made a difference on the front lines and behind the scenes during war time, said Andrews. All of the speakers and performers at the ceremony had a story to tell or words of wisdom to share.

“This program was to reassure women that we are not at war alone,” said Andrews. “This is our first deployment. This is our first time missing birthdays, Christmases, Thanksgivings and other important events. There are other women in the military that have missed these same significant events, and you shouldn’t feel guilt for missing these things.”

Andrews added that someone else, either higher or lower ranking, may have been through the problems that other

women face while deployed.

“This program showed women that what they are experiencing is perfectly normal,” she said.

The program included inspirational poems and songs recited and sung by Soldiers, Airmen and civilians at JBB. Many women volunteered to speak about their experiences in the military and the hardships they have faced when dealing with deployments and life.

Sgt. Kenvee Parker, the noncommissioned officer-in-charge of automated logistics with the 540th Quartermaster Company, 13th CSSB, and a Saint Louis, Mo., native, told her story about her life’s trials and tribulations. How, at the age of 36, she said, she overdosed on sleeping pills, Prozac and Bacardi rum, but was saved and able to turn her life around.

“My story is only four years in the making,” she said during her speech. “At 36, I committed suicide and died. I did not see the light everyone says they see. I saw complete darkness, pain, and felt such agony and despair. I felt hell at its worst without dying. When God intervened and brought me back, he poured a new spirit into me. He told me that He had a plan for my life and my Family’s life.”

Parker’s story was one of many shared during the Strong Women at War celebration. Many spoke of the courage it takes for a wife, a mother, a daughter, or an aunt to join the military knowing that they might head to war one day.

“It takes a strong woman to raise their right hand and say, ‘I will defend my country at all costs,’” said Andrews. “It takes an even stronger woman to pack up home, kiss your spouse and children goodbye, and just hope and believe you will see them again. We all left home with no guarantee that we would return the same.”

“The reason why we wanted to do this program is to reassure women that they are not at war alone,” Andrews added. “There are many people within this room that have been through the same trials and tribulations that we are going through today. I want to thank each and every one of them for what they do and for paving the way for other strong women at war.”



Staff Sgt. Twanna Baines, United States Division – South liaison officer at JBB for Headquarters and Headquarters Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, and a native of Winnfield, La., does a mime dance to show her support for deployed women during the Strong Women at War celebration Jan. 21 at Joint Base Balad, Iraq.

En Vogue performs show for Soldiers at COB Adder

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Over 300 Service members were treated to a concert performed by the rhythm and blues group, En Vogue, on Jan. 17 in Memorial Hall at Contingency Operating Base Adder, Iraq, affording them the opportunity to relax and have some fun.

1st Lt. Scott Patterson, maintenance control officer with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lewiston, Maine, native, said that En Vogue’s music inspired him.

“Fantastic,” said Patterson, who was dancing even after the concert ended. “I love their vocals. It’s amazing that somebody can hold the vocals for that long and have so much soul and rhythm behind everything that they do - plus she inspires me to dance.”

Patterson said that Soldiers’ spirits were lifted by the performance.

“I think it brought up the morale,” said Patterson, who received one of the loudest applause when he was invited on stage and sang to the group. “It raised their [the Soldiers] spirits and made them feel a little



Terry Ellis a member of the rhythm and blues group En Vogue, and a Houston, Texas, native, shakes hands with service members during their performance Jan. 17 in Memorial Hall at Contingency Operating Base Adder, Iraq.

bit more at home here – just enough and more than they need to get them through.”

En Vogue group members Terry Ellis and Maxine Jones performed as a duet; Cindy Herron was unable to perform due to a family emergency.

En Vogue was formed in 1989 in Oakland,

Calif. Major hits include “Whatta Man,” “My Lovin’ (You’re Never Gonna Get It),” and “Free Your Mind.”

Spc. Lance Lowe, paralegal specialist with the 224th Sust. Bde., 103rd ESC, and a Fresno, Calif., native, said that he and his fellow 224th Sust. Bde. Soldiers had a great

time at the concert.

“It was really, really fun,” Lowe said. “It was a throwback for all the older 224th [Sust. Bde.] members; they got to have fun and relive the old days. For everybody that enjoys R&B, it was fun. We came out here to dance and have a good time.”

Soldiers earn yellow belt

'It builds self confidence, it is a great way to learn self defense, and Soldiers can take with them after they leave here,'



1st Lt. Robert Carlson, first platoon leader with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Vernon, Conn., native, demonstrates a kick during his Tae Kwon Do class.

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq—



Soldiers have been meeting at the Morale Welfare and Recreation building on Contingency Operating Base Speicher three nights a week to learn Tae Kwon Do, a modern martial art from Korea characterized by its fast, high spinning kicks.

Tae Kwon Do is a non-aggressive and ethical system of self defense. Training also involves a variety of techniques, to include punching, kicking, dodging, jumping, parrying and blocking.

1st Lt. Robert Carlson, first platoon leader for the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Vernon, Conn., native, the instructor for the class, said he became interested in Tae Kwon Do after receiving a coupon for three free lessons from his father for Christmas.

Carlson has been involved in Tae Kwon Do for more than 19 years after taking the initial, free lessons. He attended private lessons at Master Hwang's School of Tae Kwon Do. He is now sharing his passion for the sport with others.

"Billy Olundsen, my instructor for Tae Kwon Do, was very motivating and a little intimidating at first, but I received a lot of praise from him so I continued for many years," said Carlson. "During high school, though, I was involved in a lot of sports and my academics took up a lot of my time, so I took time off for awhile from Tae Kwon Do, but went back in 2002 to get my black belt."

In 2003 Carlson went with the Peace Corps to Mongolia to teach English, and he found himself teaching Tae Kwon Do to the students there. While there, the support that Carlson received from his former instructors had him wanting to continue to teach while serving overseas during his deployment.

Carlson is still receiving support from back home, which made the classes white-to-yellow belt ceremony possible.

"Master William Oulundson, a seven-degree black belt who has been teaching since 1980 and who also was my instructor, provided the yellow belts and the study guides for the students," he said.

Spc. Vladislav Zinovyev, a motor transportation operator with the 220th transportation company, a native of Russia, said he wanted to take the class to do something different.



learning Tae Kwon Do

and it is something these

st Lt. Robert Carlson.

“Lieutenant Carlson suggested Tae Kwon Do, and I would like to keep the training up when I go back to the United States. Eventually I would like to be a policeman,” said Zinovyev.

Carlson said he feels that the Soldiers can benefit both mentally and emotionally.

“It builds self confidence, it is a great way to learn self defense, and it is something these Soldiers can take with them after they leave here,” added Carlson.

Both Spc. Jesse James Weber, with 1st Battalion, 27 Infantry Regiment, and a Richland Center, Wis., native, and Sgt. Jeff Lambert, and a counter intelligence specialist with the 141st Military Intelligence Battalion, and an Aurora, Colo., native, got involved with Tae Kwon Do because of the mental and physical discipline it provides.

“I always had an interest in martial arts; it is a good physical fitness program,” said Weber. “I plan on staying with martial arts after I get back to the States and attend college.”

Lambert agreed, stating he too wanted to learn martial arts, and that it has been a great way to pass the time on the deployment.

“One of the hardest things is having Soldiers find ways to fill up their down time on a deployment; Soldiers need something to take their mind off of being separated from their families, and I feel this helps relieve stress and gives them something to do to feel productive,” said Carlson.

So that is exactly what these three Soldiers have been doing for six hours a week, focusing on sparring and learning formal patterns of movement.

“There is a certain number of movements that the students have to memorize and demonstrate,” said Carlson. “They also have to know certain one steps and sparing moves, and they need to demonstrate certain basic kicks and punches, a total of four each to move from white to yellow belt.”

According to Carlson, it takes two to three months for a white belt student to transition to a yellow belt. He feels that during that time it gives a student a lot of self confidence and discipline. It teaches commitment that hopefully they will take with them when they head back home.

“Discipline is the way of the enlightened warrior,” said Carlson. “Discipline is what separates people maturity wise, to be effective you have to discipline yourself and take a hard look at yourself, set your goals, decide what you want.”

Carlson said he feels some people use others to motivate and guide them; he encourages others to find some way to cultivate discipline in their lives, even if it is as simple as joining a class. Tae Kwon Do not only teaches commitment, but it keeps the body in good shape.



ABOVE: (Back Row) Spc. Vladislav, Zinovyev, a motor transportation operator with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Russia, and Sgt. Alex Diskin a Headquarters and Headquarters Company motor noncommissioned officer with the 394th CSSB, (Front Row) Spc. Jesse James Weber, with the 1st Battalion, 27th Infantry Regiment, and a Richland, Wis., native, and Sgt. Jeff Lambert, counter intelligence specialist with the 141st Military Intelligence Battalion, and an Aurora, Colo., native, perform a series of punches and blocks.



LEFT & RIGHT: Soldiers practice the arts of Tae Kwon Do through striking, kicking, blocking, and parrying.



Soldier plays key-role as wheeled vehicle mechanic

STORY AND PHOTO BY
WARRANT OFFICER LARRY CUNNINGHAM,
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— A Soldier with the automotive section of the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), has been playing a key role in the mission readiness of wheeled vehicles at Contingency Operating Base Adder, Iraq.

Spc. Lavell Ravenell, a wheeled vehicle mechanic with the 632nd Maint. Co., 749th CSSB, and a Jamaica, N.Y., native, is serving his second deployment in Iraq. Ravenell is responsible for maintenance on vehicles ranging from high mobility multi-purpose wheeled vehicles to Mine-Resistant-Ambush-Protected vehicles.

"I like my job and I enjoy the challenges that everyday missions bring," Ravenell said. "I am glad that I have the group of Soldiers to work with that I do. It makes my job easier when you get along with the ones that you work with."

Ravenell works under the supervision of Staff Sgt. Shilonda Moore, an all-wheeled mechanic with the 632nd Maint. Co., 749th CSSB, and a Lansing, Mich., native. Moore is directly responsible for ensuring that all



Spc. Lavell Ravenell, a wheeled vehicle mechanic with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Jamaica, N.Y., native, performs maintenance on a piece of equipment Jan. 17 at Contingency Operating Base Adder, Iraq.

of her Soldiers work in a safe environment.

"I supervise an awesome team of

mechanics and civilians that go the extra distance to get the job done," said Moore,

who was previously stationed out of Ft. Stewart, Ga and is on her third deployment.

Soldiers continue on mission at Al Asad Air Base

STORY BY
SPC. KILLIAN NAUGHTON
535TH MOVEMENT CONTROL DETACHMENT

Al Asad Air Base, Iraq— In August 2010, the Soldiers of the 535th Movement Control Team began their deployment to Iraq. They came from different states, different units, different

MOS's, and different backgrounds. Some had been deployed to Iraq or Afghanistan numerous times already; others came fresh out of Advance Individual Training (AIT). However, all came motivated and ready to accomplish the mission tasked to them: to provide in-transit visibility of air and ground movements throughout the Iraq Joint Operations Area (IJOA).

The unit arrived at Al Asad Airbase in early September 2010. The 535th Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), divided their operation into 3 sections—Ground, Air, and Foreign National Yard. The Ground Operations section manages paperwork and coordinates support required for all convoys, and is the unofficial 'hub' for MCT operations at Al Asad. Verification of cargo on both corps and theater convoys (intra- and inter-theater convoys), issuing March Credits, briefing convoy commanders on pertinent intelligence, and convoy clearance numbers are just a few responsibilities tasked to the ground operations section.

The Air Operations section is tasked with the Sherpa mission, consisting of smaller

aircraft responsible for delivering small loads of cargo and passengers throughout Iraq. They also coordinate rotary wing flights, as well as working closely with the Air Force's fixed wing mission to move personnel and cargo in and out of Al Asad.

In the FN Yard, the MCT uploads and downloads cargo for theater convoys. They work directly with military and civilian personnel. When need be, they utilize their interpreters for communicating with foreign national drivers. They take care of the drivers, making sure that they are escorted to billeting and chow while they wait for their next convoy. Always working with speed and diligence, the FN Yard gets the job done and has given the 535th MCT an outstanding reputation among the various convoy units.

In December 2010, the 535th MCT was called on to cover down for another unit by sending some of their soldiers to two different locations in northern Iraq: Marez and Habur Gate. At both locations, the soldiers are the sole managers for tracking ground operations. Just 18 months ago, each of these locations had a full MCT handling operations; today, a few Soldiers at each location handle the mission typically a full size unit would do.

In Mosul, the MCT handles TMR's and functions as a convoy support center for military and civilian personnel running convoys. All equipment to be moved by ground is recorded on a Transportation Movement Request (TMR) and allocated to a convoy. The Mobile MCT makes sure TMR's are processed correctly, and tracks all movement of equipment until it reaches its final destination and is received by the

appropriate personnel. Since Mosul is a larger, it frequently receives distinguished visitors in transit. The MCT sees to it that these guests are set up with quarters and personally escorts them to the dining facility and anywhere else they wish to go.

The Habur Gate MCT receives, stages, and monitors onward movements of all drivers and vehicles located along the Turkish border. The tankers that push south are filled with the fuel that sustains all of Iraq. Since the drivers are from different countries, the MCT utilizes interpreters in their communications with them. The interpreters must check in and out with the MCT daily.

With half the deployment complete, Soldiers can look back and see how far they have come as individuals. Already, several Soldiers have been promoted since their arrival in August. Some have spent their off

time taking online college courses, while others have started a workout regimen to lose weight and improve their PT scores. Some even study AR's and FM's in preparation for the boards. Each soldier can be satisfied in knowing that they have bettered themselves during this deployment. There are only a few months left before the 535th MCT rolls out; with that goal not that far away, the Soldiers continue to work together and stand out as a unit.

They were brought together less than a year ago, but wherever they go, they leave a good impression. In spite of their differences and various levels of experience, the 535th MCT has become a great team. The unit cohesion is so strong that each individual knows without a doubt that no matter what happens to them, they can always count on someone to be there for them to share a good cry or a laugh.



Sergeant Major trains Soldiers on customs, border clearance

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Utilizing his civilian-acquired skills, the 224th Sustainment Brigade support operations sergeant major, with the 103rd Sustainment Command (Expeditionary), provided Customs Border Clearance Agent training for Soldiers Jan. 24-25 at Contingency Operating Base Adder, Iraq.

Over 30 Soldiers with the 3rd Advise and Assist Brigade, 4th Infantry Division, received CBCA training, qualifying them to inspect and certify redeploying Soldiers' equipment and vehicles heading back to the United States.

"What this training provides is for U.S. military, non-branch specific, the opportunity to search and inspect equipment, duffel bags, TUFF boxes, and connex's [containers], to include aircraft," said Sgt. Maj. Jorge Ortiz, support operations sergeant major with the 224th Sust. Bde., 103rd ESC, and an El Centro, Calif., native. "They are looking for the same things that I look for at the border."

Ortiz is a Supervisory Customs and Border Protection Officer at the Calexico, Calif., port-of-entry, previously being on its anti-terrorism contraband enforcement team.

"I've been doing my job for over 15 years," Ortiz said. "Working at the land border ports of entry is like being a police officer in a city, but without having probable cause. If I suspect you have something, I do not need a search warrant to search you. We do what is called selectivity; we select certain travelers based on trends. We use our targeting techniques, indicators, and our questioning and searching techniques to see if people are legit. We also deal with vehicles, conveyances, and the railroad. We are looking for terrorists, narcotics, illegals [individuals], stolen vehicles, ammunition, guns, and money."

Ortiz is the only qualified instructor in Iraq. "To be a CBCA, you must be a non-commissioned officer and above, and you have to go through a criminal background check," Ortiz said. "Trained Soldiers have

the full authority to do the inspections, and they can only do it overseas in all the countries that fall under CENTCOM [Central Command] - which is much of the Middle East where U.S. Soldiers are operating in. The certification is valid for the duration the Soldier is deployed."

Ortiz's training included one day of classroom instruction and one day of hands-on practical instruction.

Sgt. Tommy Leath, a support operations maintenance non-commissioned officer with Headquarters and Headquarters Company, 64th Brigade Support Battalion, 3rd Advise and Assist Brigade, 4th Infantry Division, and a Chicago, Ill., native, participated in the training and shared his thoughts.

"The training has been outstanding," Leath said. "I learned a lot from the classroom portion. The hands-on training was the best part because we're actually out here doing it... We want to make sure there is no ammo, rounds, weapons, or brass that aren't authorized, and if there are any war trophies. He [Ortiz] was a great instructor - very knowledgeable. He explained to us that this is what he does as a civilian, and it was very helpful."

The trainees were able to participate and assist in a live inspection conducted by three trained CBCA Soldiers at the "Iron Strong" 3rd AAB headquarters compound on the second day of their training. Ortiz was on scene to provide guidance and helpful instruction to the trainees.

"I'm glad there was hands on," said Sgt. Marcus Burke, a tank commander with 1st Battalion, 8th Infantry Regiment, 3rd AAB, and a Cleveland, Ohio, native. "The most interesting part of the training was actually doing it [an inspection]."

Staff Sgt. Nicky Cruzfargus, a fueler with 1st Bn., 8th Inf. Regt., 3rd AAB, and a San Juan, Puerto Rico, native, was another trainee assisting in inspections of the Soldiers gear and equipment. He shared his thoughts on the hands-on portion of the training.

"The training was excellent because we learned a lot of stuff relating to rules that protect the United States," Cruzfargus said. "With this kind of training you show the Soldiers the right way to conduct an inspection before you redeploy back to the States. When we saw the pictures and videos that the instructor showed, we never expected to



RIGHT: Sgt. Maj. Jorge Ortiz, the support operations sergeant major of the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an El Centro, Calif., native, provides guidance to Sgt. Marcus Burke, a tank commander with 1st Battalion, 8th Infantry Regiment, 3rd Advise and Assist Brigade, 4th Infantry Division, and a Cleveland, Ohio, native, as he completes forms during an inspection of Soldiers equipment as part of his Customs Border Clearance Agent training class Jan. 25 at Contingency Operating Base Adder, Iraq.

see all the crazy stuff people try to hide and bring back home. We are looking for illegal stuff, like war trophies, ammunition, items that are prohibited, like soils, trademarked items and stuff like that. The instructor is squared away; he's an outstanding instructor and he did a really great job."

During his training, Ortiz explains why he loves his job. "The best part of my job is that it's like a soap opera; everyday is not the same, people come across drunk, bleeding, or a bat [baseball] in their [car] windshield from fighting, people running or being chased," Ortiz explained.

Ortiz said he was happy he could provide

this training and said it was a unique opportunity to be available to be an instructor in Iraq.

"I'm glad I got the exception to policy to train the Soldiers here," Ortiz said. "To get a uniform CBCA agent to come here takes a lot of time, logistics, and coordination to make it happen. It's unique that I am here because I am qualified to train as an instructor. I'm going to be able to help several units in their redeployment process."

Ortiz will be providing CBCA training again for the Soldiers of 1st Battalion, 147th Aviation Regiment on COB Adder the first week of February.

Soldiers continue civilian education while deployed

STORY BY
SGT. LORRAINE SIAN
2ND DET., 8TH ORD. CO.

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been taking advantage of the benefits of the Army's Tuition Assis-

tance Program (TAP) by working towards earning a degree while deployed at Contingency Operating Base Adder, Iraq.

GoArmyEd is an on-line portal that allows deployed Soldiers to access the TAP and pursue their educational goals.

Soldiers can request for tuition assistance on-line anytime for classroom, distance learning, and eArmyU on-line college courses. There are many regionally-accredited colleges and universities with over 1,000 available degree plans available.

Non-commissioned officers with the 2nd Det., 8th Ord. Co., asked their Soldiers what they wanted to accomplish while deployed at COB Adder. They set their professional and

personal self-development goals through eArmyU. Many Soldiers realized that they wanted to make the most out of their deployment by pursuing a college degree. They are using their free time wisely to improve themselves while still focusing on their ongoing mission.

Staff Sgt. Shedric Mason, motor sergeant with the 2nd Det., 8th Ord. Co., 749th CSSB and a Mobile, Ala., native, is currently enrolled in Central Texas College to complete a bachelor's degree in network system administration and military management science. Mason plans to use his degree to further his civilian and military career.

"It is an opportunity for any deployed

Soldier to obtain a college degree because we are away from everyday distractions," said Spc. Kristie Hatch, an ammo supply point standard Army ammunition system-modernization specialist with the 2nd Det., 8th Ord. Co., 749th CSSB, and a New Bern, N.C., native. "When I have free time, I am constantly searching for the right college for me in pediatric nursing."

It is highly encouraged for Soldiers to stay active and use their time wisely while in theater. By signing up for tuition assistance, Soldiers can use the GoArmyEd portal for educational needs and it puts them one click closer to obtaining an education anywhere they are, anytime they want it.



The advantages of having an SLR camera: part 5

SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF



Here we are again, ready for this week's lesson on digital single lens reflex cameras. We have explored a lot of this to date, focal length, megapixel rating, f-number, ISO, frame rate and some other terminology that is beneficial in understanding your purchase. So let's get right to it. Let's put these cameras side by side and see how they stand with one another. As referenced in an earlier article, www.bhphotovideo.com is the choice of reference. All comparison comes from this website. To keep all comparisons on a level playing field we will be looking at the three main "common denominators", megapixel rating, ISO rating, and frame rate. It is an added benefit that the cameras we are looking at are sold as a "camera kit", meaning they come with a lens or two.

The Nikon D90 costs \$919.00 with B&H Photo. It is packaged as a kit, with a Nikon f/3.5-5.6 18-105mm zoom lens, 12.3 megapixels, ISO 3200, 4.5 frames per second.

The Olympus E30 costs \$899.95 with B&H Photo. It is packaged as a kit, with an f/3.5-5.6 14-42mm zoom lens, 12.3 megapixels, ISO 3200, 5 frames per second.

The Pentax K-r costs \$826.43 with B&H Photo. It is packaged as a kit, with two lenses, an f/3.5-5.6 18-55mm zoom lens and f/4-5.8 55-300mm zoom lens, 12.4 megapixels, 6 frames per second.

So what are we looking at? Since I like to keep things simple let's start with the camera its self. All cameras are equivalent with their megapixel rating; the only difference is the Pentax K-r with a 12.4 megapixel rating as compared to the Nikon D90 and Olympus E30 with 12.3. There is no noticeable difference in picture quality between 12.3 and 12.4 so we are going to ignore the difference and treat them all the same.

How about frame rate? The Pentax K-r has a frame rate of 6 frames per second. The Nikon D90 4.5 frames per second. And the Olympus E30 5 frames per second. There is a distinct difference between the cameras, the Pentax K-r beats the Nikon D90 by 1.5 frames and the Olympus by 1 frame per second faster.

Next let's look at ISO [International Organization for Standardization], the Pentax K-r ISO rating is 25,600, the Nikon D90 ISO rating is 3200, and the Olympus E30 is also rated at 3200 ISO. So the choice is obvious, the Pentax beat both the Nikon and the Olympus with an ISO rating eight times greater.

And lastly the lenses that are packaged with each camera; the Pentax K-r comes with two lenses, an f/3.5-5.6 18-55mm zoom lens and f/4-5.8 55-300mm zoom lens. The Nikon D90 with a Nikon f/3.5-5.6 18-105mm zoom lens and the Olympus with an f/3.5-5.6 14-42mm zoom lens. The choice seems obvious; the Pentax K-r wins again, packaged with two lenses that will handle any situation from a wide angle at 18mm to a standoff distance requiring a 300mm lens.

So what do we really have? Placed in preference base on features from camera one to three, here is how things look. Number one is the Pentax K-r beat the others in higher ISO, frame rate, and lens variety. Number two is a tossup between the Nikon D90 and the Olympus E30 based on what's more important, frame rate or lens. I personally will suffer with a half less frame rate to gain the flexibility of an f/3.5-5.6 18-105mm zoom lens. So that puts the Olympus E30 as a very close third choice, only because of being less flexible with its f/3.5-5.6 14-42mm zoom lens, but having a higher frame rate.

But is that all there is to it? Would I recommend laying down \$826.43 on the Pentax K-r and forget the other two based on the above scenario? I sure wouldn't. There are many other things that you need to explore on your own. Read some reviews, talk to people who know something about cameras, go to the camera shop and try them. See which feels better; which one has the controls where you like them. Check out the other features available on each camera, decide if it is something you are going to use. There are still many unanswered questions, only you can decide what best fits your need. My columns were designed to give you a basic knowledge and understanding of what to look for if you chose to upgrade from a digital "point and shoot" to a digital single lens reflex camera. Keep in mind my first article; the main advantage is the availability of interchangeable lenses. With more lenses come more photos; from more photos come more memories. Regardless of what brand of camera you settle on, have fun, take lots of photos and enjoy yourself, which is what has inspired me during my entire career, the love of photography and the enjoyment it brings to me and others.

This ends my series "The advantages of having a single lens reflex camera", I hope you learned something or possibly found a new hobby to enjoy.

Word on the Street

What is your advice to a Soldier deploying to Iraq?



"My advice to a deploying Soldier is to make sure that all your ends are covered with your friends, and family. Always prepare for the worst, but expect the best."

Sgt. Brandi Brooks, human resource noncommissioned officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Harrisburg, Pa., native.



"My advice to a deploying Soldier is not to get complacent while you are here, to always stay vigilante and mindful of yourself and your friends."

Staff Sgt. William Baynard, property book noncommissioned officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Brooklyn, N.Y., native.



"My advice to a deploying Soldier is to have a hobby other than work and to stay in close-contact with your family."

Capt. Keith Jordan, an environment warfare officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Austin, Texas, native.

THEATER PERSPECTIVES

“During my first tour, we provided security for the ISF on these (humanitarian aid) drops. Now, the ISF looks out for us.”

Capt. Devin Hammond, commander of Company B, 3rd Bn., 7th Inf., Regt., whose first tour to Iraq was in 2005, said he has seen the kind of growth the Iraqis have undergone firsthand.

“We focus on driving M1A1s to drive Iraq forward into the future and for the betterment of the people of Iraq,”

said Iraq Army Jundi Anwar Hakim Khidher Al-Janabi, a tank commander with the 9th Armd. Div., out of Camp Taji.

“This year, our civilians will forge a lasting partnership with the Iraqi people, while we finish the job of bringing our troops out of Iraq. America’s commitment has been kept; the Iraq War is coming to an end,”

Remarks from President Barack Obama, in his State of the Union address on 25 Jan., noting that US troops were on schedule to finish their deployment in Iraq this year.

“Today was a great example of [Iraqi Security Forces] demonstrating their capability to conduct these operations autonomously. It reduced the amount of safe havens that the enemy may think that they have in western Mosul.”

Statement by U.S. Army Maj. Jason Carter, executive officer of Task Force Spear, about an operation that took place on Jan. 19, when U.S. and Iraqi troops swept through Mosul’s Al Harmat neighborhood. Iraqi soldiers, who played the lead role, established a security cordon, while the Americans served as advisers.

“No democracy can be established without a media that offers constructive criticism,”

said Salim Mashkour, of The Iraqi Communications and Media Commission board of trustees, when communicating the government’s belief in duty to help journalists maintain their living standards so they can focus on their work.

2011 IRAQI FOOTBALL ASSOCIATION

On January 23, the Iraq national football team lost to Australia 1-0 in extra-time for the quarter finals at the 2011 Asian Football Confederation Asian Cup. The winner of the cup automatically qualifies for the FIFA (International Federation of Association Football confederation cup. Four years ago, it was Iraq that defeated Australia 3-1 in the group stage of the Asian Cup. . In November of 2009, FIFA had suspended the Iraq Football Association(IFA) because of potential government interference, but was later lifted in March of 2010 as the Iraqi National Olympic Committee and the International Olympic Committee helped to restore the IFA to full strength.



FOUNDED 1948, AND AFFILIATED IN 1950

IRAQ HAS HAD 6 APPEARANCES IN THE ASIAN FOOTBALL CONFEDERATION

QUALIFIED FOR THE 2004 SUMMER OLYMPIC GAMES; THEY DEFEATED PORTUGAL, COSTA RICA, AND AUSTRALIA,

IN 2005, IRAQ WON THE GOLD MEDAL AT THE WEST ASIAN GAMES

IN 2007, IRAQ WON THE 2007 ASIAN FOOTBALL CONFEDERATION ASIAN CUP, BECAME THE 2007 AFC TEAM OF THE YEAR, AL-AHRAM'S 2007 TEAM OF THE YEAR, AND WORLD SOCCER MAGAZINES 2007 TEAM OF THE YEAR

IRAQ QUALIFIED FOR THE 2009 FIFA CONFEDERATIONS CUP, THAT TOOK PLACE IN SOUTH AFRICA IN JUNE 2009

Sudoku

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

Last week's answers

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

Level: Easy

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

TEST YOUR KNOWLEDGE FOOD TRIVIA

1. What milk product did the U.S. Agriculture Department propose as a substitute for meat in school lunches, in 1996?
2. What was the name of Cheerios when it was first marketed 50 years ago?
3. What animals milk is used to make authentic Italian mozzarella cheese?
4. What is the literal meaning of the Italian word linguine?
5. What's the groundnut better known as?
6. What type of lettuce was called Crisphead until the 1920s?

1. Yogurt 2. Cheerios 3. The Water Buffalo 4. Little tongues 5. The Peanut 6. Iceberg Lettuce

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 Feb. 2, 2011

JB BALAD ACTIVITIES

INDOOR
POOL

Swim Lessons:
Mon., Wed.,
6 p.m.

Tue., Thu., Sat.,
6:30 p.m.

Aqua Training:
Tue., Thu.,
7:30 p.m.,
8:30 p.m.

EAST 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 Fight-
ing Combative
Training:

Tue., Thur.,
Sat.,
8-10 p.m.

Chess & Domi-
noes 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.

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.

P90x:
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.

5 on 5 Basket-
ball:
Saturday
8 p.m.

H6 RECRE-
ATION
CENTER

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

9-ball tourney:
Monday
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 vol-
leyball
tourney:
Friday
8-10 p.m.

Ping-pong
tourney:
Tuesday
8 p.m.

Foosball
tourney:
Tuesday
8 p.m.

Jam Session:
Wednesday
7:30 p.m.

8-ball tourney:
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 vol-
leyball
tourney:
Friday
8-10 p.m.

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
Marital 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 2/2/11

NFL: Live, Midnight, AFN Sports

NBA: Orlando Magic @ Chicago Bulls,
4 a.m., AFN Xtra

COLLEGE BB: Georgetown @ Villanova,
8 p.m., AFN Sports

COLLEGE BB: Minnesota @ Purdue,
9 p.m., AFN Prime Atlantic

Thursday 2/3/11

COLLEGE BB: Syracuse @ UConn,
3 a.m., AFN Sports

COLLEGE BB: Final, 1 p.m., AFN Sports

NFL: Total Access at the Super Bowl,
2:30 p.m., AFN Sports

COLLEGE FB: Live, 11:30 p.m., AFN Sports

Friday 2/4/11

NFL: Live, Midnight AFN Sports

NBA: Miam Heat @ Orlando Magic,
4 a.m., AFN Sports

COLLEGE BB: Michigan @ Ohio State,
11 a.m., AFN Sports

COLLEGE BB: Notre Dame @ DePaul,
1 p.m., AFN Sports

Saturday 2/5/11

NFL: Live, Midnight AFN Sports

NHL: Buffalo Sabres @ Pittsburgh Penguins,
9 a.m., AFN Prime Freedom

NFL: At the Super Bowl, 2:30 p.m., AFN Sports

NFL: NFC Championship RePlay,
5:15 p.m., AFN Sports

Sunday 2/6/11

COLLEGE BB: Gamesday, 4 a.m., AFN Sports

COLLEGE BB: Kentucky @ Florida,
5 a.m., AFN Sports

NBA: Atlanta Hawks @ Wasington Wizards,
11 a.m., AFN Xtra

NHL: Pittsburgh Penguins @ Washington Capitals,
8:30 p.m., AFN Prime Atlantic

Monday 2/7/11

SUPER BOWL: Pittsburgh Steelers vs Green Bay
Packers, 2:30 a.m., AFN Sports

COLLEGE BB: Ohio State @ Minnesota,
6 a.m., AFN Xtra

SUPER BOWL: Replay, Noon, AFN Sports

SUPER BOWL: Replay, 8 p.m., AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': NFL Conference Champions

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Back in August when I started this column I predicted the New England Patriots vs. the Minnesota Vikings in Super Bowl XLV. At the time, the Patriots were a long shot; I picked them mostly because of their quarterback and their coach. The Vikings were picked by many to win the NFC, so I wasn't being a complete Homer picking them.

We all know how things turned out. The Vikings limped home to a 6-10 season and tied for last in the NFC North. Brett Favre was injured much of the year and when he wasn't, he was never able to capture the magic of 2009, arguably his greatest season ever as a professional. The Vikes fired their coach midway through the year and are essentially starting over, although a salty defense may make the transition a tad easier.

The Patriots were a couple of games away and nearly everyone's pick to win the AFC when the playoffs began. Tom Brady had not lost a game at home since the Titanic sunk

and their defense was starting to play well. I was beginning to look like somewhat of a seasoned prognosticator until the Jets spoiled that party with a huge upset in Foxboro.

That brings us to last weekend's NFC and AFC Championship games. I picked both of them correctly in the last edition of this paper. The NFC Championship featured a matchup of the longest running rivalry in the NFL, the Bears and Packers for all of the NFC marbles at Soldier Field. The game turned out nearly how I predicted it...which was 28-17 Green Bay. The actual score was 21-14 Packers, who jumped out to a 14-0 lead and 21-7 with about six minutes to go in the game. The game had an aura about it, almost a pre-determined feel that Green Bay would win from the start.

Let's face it; they are the better team right now. Chicago had a nice season, but they simply were not that great. A win over Seattle in the playoffs (who ended with a losing record) and a weak strength of schedule showed most people that they were doing it with mirrors most of the year. Couple that with the fact that Jay Cutler had been sacked nearly 60 times in the regular season, and it adds up to a win for the NFL. I have a feeling the Bears would have been squashed by any AFC representative in the Super Bowl.

The Steelers, thankfully in my opinion, shut the door on the Jets, the brash talking upstarts who were fresh off upsets of the Colts and the Pats, both on the road. The Steelers jumped to a 24-0 lead and never looked back, although New York made it interesting, pulling within 5 points in the closing minutes. But when their stellar defense needed a stop at the end, Big Ben Roethlisberger turned them away with two key completions to end it.

That sets up a "super" matchup for Super Bowl XLV in Dallas and their spanking new stadium on February 6th. 100,000 fans will be there, which will make it the most attended game since Super Bowl XXVII, when 98,374 watched Dallas destroy Buffalo 52-17 at the Rose Bowl. The record attendance was Super Bowl XIV played at the same venue, when 103,985 saw Pittsburgh capture its fourth title in six years, 31-19 over the Rams.

Next week? An in-depth look at the matchups between the Steelers and Packers.

For those still teary-eyed about their respective teams performance can tune into the Pro-Bowl this weekend from sunny Hawaii. And, with the prospective player lockout looming, this could be the last time to see the best of the best.

The Green Hornet, a movie missing something special

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



I wanted to like this movie. I walked into the theatre with my mind set that this could and would be a good comic-based movie. Unfortunately, as soon as the film began I could tell that was not going to happen.

There is nothing that The Green Hornet does wrong, it's just there is nothing that it does right. Seth Rogen, famous for his comedic characters in '40 Year Old Virgin' and 'Knocked Up', portrays the main character of Britt Reid. Reid is the spoiled son of the owner of the largest newspaper in Los Angeles. Early in the movie, the audience finds out that Reid's mother died while he was young and must grow up with a father who is more concerned with his paper than his family. Reid's father dies from an allergic reaction to a

'bee sting' and leaves the paper in Reid's hands.

Reid then meets Kato, his father's mechanic. Kato, played by Jay Chou, might be the only real reason to see this movie. Almost every scene that involves Kato turns into some sort of martial arts display of how he can bend, jump, or kick. Chou is better known as one of the most popular pop singers in Taiwan, and will no doubt draw his fans to come watch this film. And, probably inflate the numbers a bit in the process.

Alright, these two characters join together to become bad guys but are really good guys. To do this, they go to the streets in a sleek armored car to attack drug dealers and common criminals. So to be a bad guy is to attack other bad guys? If they wanted to be bad guys, shouldn't they have robbed a bank or staged some kind of bad act? Instead they just follow the cookie cutter good-guy philosophy of protecting the weak and taking down the bad guys.

Another problem is that these characters do not develop

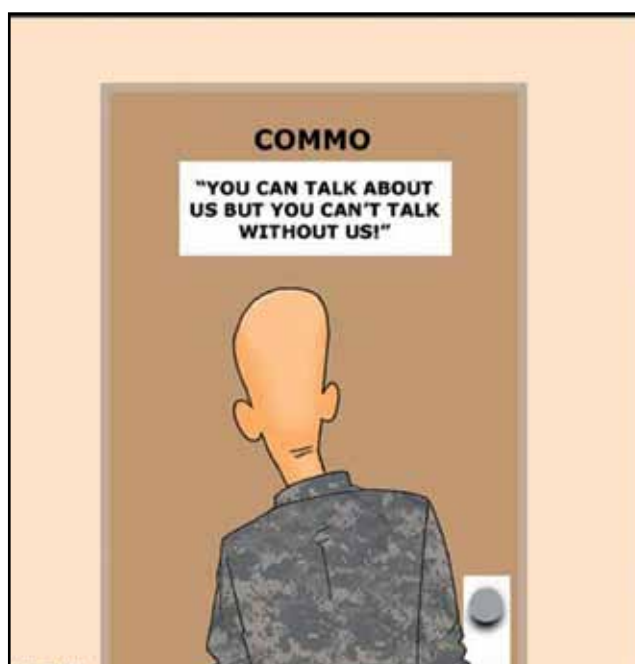
over the film. The entire movie Reid is constantly getting beat upon by the bad guys until Kato shows up to save him. Now, I'm not a smart man, but weeks if not months pass during the entire movie. Wouldn't you think that Reid would learn some kind of new moves or begin to wear some kind of armor or something? Nope. To help cover this major hole in the movie, they give Reid a sleeping-gas gun in hopes that no one will notice that Reid is still pathetic.

Like I said in the beginning, I really wanted to enjoy this film. Rogen is a great comedian who does makes a couple comments that bring out a few laughs, but they cannot overcome the rest of the time when he is getting kicked around.

If somehow this film grosses enough money to draw a sequel, then I can look forward to one thing: Enjoying a most-likely still out of shape Rogen getting beat upon for at least 70 minutes.

The Green Hornet gets 3 out of 5 because Kato saves this film from being miserable.

PVT MURPHY'S LAW



Reel Movie Times
Wednesday February 2
5 p.m. TRON: Legacy (PG)
8 p.m. The Tourist (PG-13)

Thursday February 3
5 p.m. The Tourist (PG-13)
8 p.m. No Strings Attached (R)

Reel Movie Times
Friday February 4
6 p.m. Little Fockers (PG-13)
9 p.m. The Rite (PG-13)(First Run)

Saturday February 5
2 p.m. The Next Three Days (PG-13)
5 p.m. The Rite (PG-13)(First Run)
8 p.m. Yogi Bear (PG)
12 p.m. The Rite (PG-13)(First Run)

Sunday February 6
2 p.m. The Rite (PG-13)(First Run)
5 p.m. Yogi Bear (PG)
8 p.m. Little Fockers (PG-13)



U.S. Army photo by Staff Sgt. Pat Caldwell

MIDDLE: Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, offers a speedy recovery to (RIGHT) Staff Sgt. Christopher Gibson, assistant convoy escort team leader, and a Baker City, Ore., native, and (LEFT) Spc. Adam Clinton, gunner, and an Annisa, Ore., native, both part of the 3rd battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd ESC, after awarding both Soldiers the Purple Heart and Combat Action Badge on Jan. 20 at Joint Base Balad, Iraq.



U.S. Army photo by Sgt. Glen Baker

Soldiers with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), dance to the music of the R&B group En Vogue during the group's performance Jan. 17 in Memorial Hall at Contingency Operating Base Adder, Iraq.



U.S. Army photo by Sgt. Gaelen Lowers

Spc. Racurica York, a final inspector at the container repair yard with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Belzoni, Miss., lights a purple candle that represents the struggle against domestic violence against women. The candle was part of the Strong Women at War ceremony held Jan. 21 at Joint Base Balad, Iraq.