



# The Expeditionary Times

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## Escort Team



**Soldiers' deployment anything but simple**

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## Logistics



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Sgt. 1st Class Heriberto Culebro, a supply noncommissioned officer with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Imperial, Calif., native, discusses the technical aspects of an electrical panel with Master Sgt. Scott Witt, a transportation supervisor noncommissioned officer with the 224th Sust. Bde., and a Paso Robles, Calif., native, at the Convoy Support Center Feb. 12 at Contingency Operating Base Adder, Iraq.

## Convoy support center to aid Operation New Dawn

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

**CONTINGENCY OPERATING BASE ADDER, Iraq**— Soldiers with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been collaborating with multiple organizations to build a comprehensive

Convoy Support Center on Contingency Operating Base Adder, Iraq.

The CSC will be the last major stopping point for every convoy going north or south into Kuwait until U.S. Forces close COB Adder and exit Iraq.

“My role in the project was to oversee the establishment of the CSC,” said Lt. Col. Peter Kim, the deputy commander of the 224th Sust. Bde., and a Cerritos, Calif., native.

Kim continued to explain why CSC Adder was created.

“It’s been a multi-year project,” Kim said. “The convoys that had previously gone to both Cedar and Scania for rest stops and to replenish fuel are no longer able to do that [since their closures], so the plan was to establish the Convoy Support Center in Adder and in Kalsu to take the places of those.”

Capt. Philip Thomas, CSC officer-in-charge with the 224th Sust. Bde., and a San Diego, Calif., native, described his role as the CSC program manager.

“My role for the mission is to be an advocate and also to provide oversight and direction on behalf of the 224th Sust. Bde. who has been tasked to establish a Convoy Support Center within Southern Iraq.”

Thomas said that several organizations came together for the project.

“We have multiple players in this scenario,” Thomas said. “The 1st Special Troops Battalion out of Kuwait has been helping us run the Internet; the Air Force construction team has been doing electrical work and HVAC [heating, ventilation, and air conditioning], and the 119th Field Artillery is going to do some construction. Then we have the 328th Engineers who built the test fire

**Convoy cont. page 6**



**Mechanics, transporters compete for best**

**crew**

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# The real truth behind resilience

LT. COL. GEORGE HOLSTON  
GARRISON CHAPLAIN  
103RD ESC



One of the buzz words floating around the armed services these days is “resilience.” Every commercial break on the Armed Forces Network will have some type of message encouraging all of us to strengthen our resilience, and to seek help when we find that our own resources aren’t meeting the need at the moment. An important message in light of the alarming suicide and addiction rates among service members, both deployed and at home.

A couple of weeks ago the Joint Base Balad community was blessed to have Dave Roever, visit for a couple of days. He spent his time, as he always does, speaking to service members, and visiting the wounded in the local hospital. Dave Roever’s story is one of resilience and awareness that our lives are held in the hands of a greater power than we can begin to imagine. Dave was severely burned when a white-phosphorus grenade exploded in his hand during a fire fight in the Vietnam War. He went through a painful recovery process that left him permanently scarred. Instead of becoming bitter and enraged, he discovered how deep, how broad, and how wide the love of God is. Through the unconditional love of his wife, he learned that there are people who loved him for the person he is, not a self-idealized projected image. He became aware of his deep-love for our country and the people who choose to go into harm’s way. In short, he discovered that he already possessed within himself what he needed to lead a resilient life, and to recover from the wounds of war.

In the morning session, Dave spoke with the chaplains and chaplain assistants stationed on JBB. He spoke openly of the pain of his injuries both immediately after he was burned, and during the recovery process. He acknowledged the chronic pain with which he lives because of the scars. “We all have scars,” he commented, “some are on the outside like mine, but many more are on the inside. It’s what we do with those scars that make the difference.” In other words,

we are known by our scars, and they can become a source of inner strength (resilience), or they can become an excuse for giving up on life.

In the evening session, Dave, again, told his story to a full Provider Chapel audience. We sat enraptured for over an hour while he spoke of his experience with war, his struggles in recovery, and his awareness that the primary sustaining forces in his life are the love of God and the love of his wife of more than 30 years. He told us of his visit to the Theater Hospital on JBB and his time with the soldiers being treated there or awaiting transportation to Germany. Then he told us about meeting a young Iraqi boy being treated for severe burns. Dave mentioned that he was afraid that the scars on his face would frighten the child. Instead of being frightened, this burned child reached up and gave Dave a hug as though to say “we burnt patients understand each other.” Many in the audience were in tears (including this chaplain) when he told us of this profound encounter. Dave said, “I went over to see if I could minister to that young boy, and he ministered to me.” Dave went on to say that meeting this child was the highlight of his trip to JBB. The point here is that when one makes an effort to do something for another, we often gain the greater benefit.

So, what does this have to do with resilience? Simply this, resilience is internal, not external. It’s impossible for me to make another person resilient – that is, able to bounce back in the face of adversity and stress. What I can do, however, is help another discover within themselves their own resources for resilience. So, my parting questions are these. What, and where are your scars? How have they become the way in which people know you? Do you allow your scars to open doors for meaningful relationships with you, or do you use them as an excuse to descend into isolation and bitterness? Who do you love, and is that love greater than yourself? Does that love encourage you to be the best possible ‘you’ that you can become? Finally, what are you doing for others? As St. Francis of Assisi wrote: “Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.”

## Shout Out!

Dearest Lynn,

By the time you read, this I will be home for R&R (because I’m bringing it with me).  
Happy Valentine’s Day and Happy Birthday! I love you more and more each day!

Lt. Col. George Holston, Garrison Chaplain, 103rd ESC

# EXPEDITIONARY TIMES

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

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**Mission Statement:** The Expeditionary Times Staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and Families of the 103rd Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

# The Weekly Standard: The leadership of Lee Cockerell

MAJ. ERIK VERHOEF  
103RD ESC DEPUTY IG



This week's article is from notes I took while attending a leadership seminar with Lee Cockerell, the former Executive Vice President of Operations for the Walt Disney World Resort. He also spent time in senior leadership positions with the Hilton and Marriott hotels and is currently a public speaker and leadership consultant.

One of the topics Mr. Cockerell covered was spending time in four boxes or areas of life every day. Those boxes are Technical Competencies, Management Competencies, Technologically Competencies, and Leadership Competencies.

- **Technical Competency.** This means ensure you have the technical skills to do the job. Ensure you have the training necessary but also ensure you take time for self development. Most technical skills are almost handed to you by the Army during MOS and leadership training. But what about your writing skills or your spreadsheet skills. Again the Army provides free training for such skills but it is up to you to get it.

- **Management Competency.** This means getting organized and learning the art of understanding the priorities of work. Develop a system of organization and use it until it becomes a habit. Mr. Cockerell suggested using a paper based system as opposed to an electronic one. The verdict is still out on that for me but it obviously worked very well for him since he was able to manage an organization with over 60,000 people spread out over multiple countries.

He also stressed that we need to do things today that will affect our lives 20 or 30 years from now. Some examples are doing PT to ensure health in the future or saving for retirement.

- **Technology Competency.** This means keeping up



U.S. Army photo by Maj. Angel Wallace

**Key leaders within the 103rd Sustainment Command (Expeditionary) receive valuable guidance on how to be a leader instead of being just a manager when Mr. Lee Cockerell visited Joint Base Balad, Iraq, Feb. 16.**

with technology. Leaders need to ensure they understand the technology the Soldiers are using. Technology is ever evolving and growing and it is imperative to stay current. Neglecting to keep up with technology will hinder advancement in the military and future employment upon retirement.

- **Leadership Competency.** This means learning to motivate people to want to do their job while treating people right. This is a hard task and therefore requires studying and learning. The military provides a good base, but to really get good at this, further self study is required.

It was interesting to hear Mr. Cockerell relate a life changing story about his leadership style. One day he went visit a hotel manager in a big city. On the day he arrived the

manager fell ill. Later that afternoon Mr. Cockerell learned that the manager had fainted because he was afraid of him. He had a reputation of being a hostile leader and his nickname was Doberman. Mr. Cockerell had been getting results for years with his hostile style but at what cost? This incident caused him to reflect on his style and he realized he needed a change. He quickly adjusted and has been even more successful with a more respectful leadership style.

Most of what Mr. Cockerell said was not new, but it is always good to be reminded of the basics. It is important to ensure we do things to prepare ourselves for the future. In this day and age it is imperative, as not doing so will leave us behind.

## Combat Stress: The clarification of values

MAJ. LORIE FIKE  
85TH COMBAT STRESS CONTROL



Do you know what you value? This question may be easy for some individuals to answer, while others may struggle. Wikipedia defines value as something's degree of importance with the aim of determining what action or life is

best to do or live. To determine what you value, you must first decide what is most important to you. Do you value a healthy family, a loving spouse, a true friendship? Do you value honesty, integrity, or hard-work? If you are not sure what you value, perhaps it is time to do some soul searching. It is difficult to uphold and live your values if you do not truly know what they are.

Rokeach believes there are terminal and instrumental values. Terminal values refer to important and desirable life-

time end-states. Examples of terminal values include: inner peace, true friendship, wisdom, mature love, and security. Instrumental values are preferable character traits and modes of behavior, such as self-control, ambition, honesty, independence, and imagination. Rokeach believes that our instrumental values help us achieve our terminal values. Terminal values help us experience the emotional state that we prefer, which ultimately makes our life meaningful and worthwhile.

Typically, individuals will have a set of values they embrace, but everyone's core values will not be the same. For instance, you may value a low-key casual environment and your supervisor may value a fast-paced efficient work environment. Your spouse may value promptness, and you may feel it is acceptable to arrive late to events. These polar opposites can cause conflict in personal and professional relationships if you fail to communicate what you value and understand what others value. It is also important to realize that your values may not always be in line with the needs

and expectations of the organization or individuals you are involved with. You may have to re-evaluate your terminal and instrumental values and determine if you can continue to work in an environment or continue a relationship that is out of sync with your values.

Now that you understand the importance of values clarification, I encourage you to explore your terminal and instrumental values. Make a conscious effort to uphold and live your values. Be mindful that your values remain in harmony with your actions, as this is the key to achieving inner peace and life satisfaction.

Additional information can be found by Googling 'values clarification' or by visiting the following websites:

[www.itp.edu/resources/crc/pdf/values.pdf](http://www.itp.edu/resources/crc/pdf/values.pdf)

[www.smartrecovery.org/.../Values\\_and\\_Goals\\_Clarification.pdf](http://www.smartrecovery.org/.../Values_and_Goals_Clarification.pdf)

Rokeach, M. (1973). *The Nature of Human Values*. New York: The Free Press.

## Racecars provide team building opportunity for Soldiers

STORY BY  
STAFF SGT. SHEDRIC MASON,  
2ND DET., 8TH ORD. CO.

### CONTINGENCY OPERATING BASE

**ADDER, Iraq**—These guys love fast cars and it shows. The Soldiers of the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command



(Expeditionary), have been racing their high-speed, remote-controlled cars on a track they constructed at the Ammunition Supply Point on Contingency Operating Base Adder, Iraq.

The enjoyment derived from this pastime provides these Soldiers with memories of family and activities they enjoy at home.

There are currently three racers using the track, but the excitement of the racers has prompted several other Soldiers, including Staff Sgt. Cynthia Mason, a platoon sergeant with the 2nd Det., 8th Ord. Co., and a Glen-

dale, Ariz., native, to purchase remote-controlled vehicles of their own.

"I think it is good for the morale of the Soldiers," Mason said. "Seeing them come together on a project like this, maintaining and improving the track is a good team building activity."

Almost every Soldier who is not engaged in the mission will stop to watch the high-speed vehicles dash hurriedly around the track. When the races are done, everyone pitches in to ensure that the track is ready for the next race.

"It's their little NASCAR race track," said Sgt. Lorraine Sian, ammunition stock control sergeant with the 2nd Det., 8th Ord. Co., and a West Covina, Calif., native. "It keeps the participants motivated while we are at work. It's a fun activity that practices great team building skills."

This enthusiasm is not confined to the Soldiers of the ASP. The company that the vehicles were purchased from provides additional support for the cars and racers, ensuring that the 'wheels keep turning.' Let the good times roll.





**Sgt. Kenvee Parker, noncommissioned officer-in-charge of automated logistics at the 540th Quartermaster Company, 13th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of St. Louis, Mo., helps process work for a customer of the 540th Qm. Co.**

## Soldier's struggle that became an inspiration

STORY AND PHOTOS  
SGT. GAELIN LOWERS  
3RD SUSTAINMENT BRIGADE

**JOINT BASE BALAD, Iraq**— She took the easy way out, she said. She sat next to her bed and pulled out her medications, taking a massive dose of Prozac, sleeping pills, pain killers, and Bacardi rum, and then laid down

hoping to die.

“And I did,” said Sgt. Kenvee Parker, a noncommissioned officer in charge of automated logistics with the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of St. Louis, Mo. Parker could not find much that she wanted to live for back in 2007. She was struggling with a failed marriage, the death of a loved one, depression, troubles at work and multiple deployments.

Her story is one all too common for many service members, yet hers is a little different. It has a silver lining. Parker is alive, still an NCO in the U.S. Army, and is doing better than ever. Her family loves her and her three daughters, Brittanea, 20, Ashlea, 15, and Charu, 11, love how she has changed her life around. Her story is an inspiration to service members and women everywhere.

“I remember it like it was yesterday,” she said.

In 2007, Parker was deployed to Forward Operating Base Warhorse with the 15th Brigade Support Battalion, 2nd Brigade Combat Team, 1st Cavalry Division out of



**Sgt. Kenvee Parker, noncommissioned officer in charge of automated logistics at the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of St. Louis, Mo., does a praise dance during the Strong Women at War event Jan. 20 at Joint Base Balad, Iraq.**

Fort Hood, Texas.

“During that deployment I had a lot of anger because I had just recently gotten divorced from my husband of 15 years,” said Parker. “He just couldn’t take the deployments anymore and he had started to cheat on me. I was also going through anger management, which was making things worse for me.”

Parker, who was also fighting with keeping her weight down at the time, then

had a run-in with a lower ranking Soldier. He was on his third strike in the Army and had stopped trying to conform, she said. The Soldier showed up unshaven and refused to conduct physical training with the unit. The Soldier then cursed at Parker. She had enough.

“I hit him,” she said. “The slap was heard throughout the gym. Being an NCO, I knew better, but I was in a bad place during that time, so I received a letter of reprimand.”

Parker was dealing with one trouble after another, and it showed no signs of slowing down. In May 2007, Parker received a Red Cross message.

“My mother was in the hospital again, but this time, it was worse,” she explained. “They didn’t tell me how worse, but I already knew. I knew before I ever got home.”

Parker’s mother had suffered a massive brain aneurism and heart attack. Three years prior, her mother had made Parker, along with her sisters and brother, promise that they would never put her on life support, but when Parker returned home, that is exactly what she found.

“I get home to find her hooked up to everything possible,” she said. “So now I am angry that not only I had to come home under these circumstances, but they have done exactly what she made us promise not to do.”

Parker, who was the beneficiary on her mother’s will, had final say over her mother’s life. So, keeping with her mother’s wishes, on May 8, 2007, Parker made the tough decision to officially unplug her mother from life support.

“It was the hardest decision I have ever had to make,” she said. “[My family] didn’t want to do it. They thought I was everything but a child of God that day.”

Immediately after, Parker went back to Fort Hood, Texas and went into a serious state of depression. She started drinking heavily. The doctors had her taking sleeping pills and antidepressants. She wasn’t reporting to work like she was supposed to. She said she went through her stage of hating herself, feeling guilty because she

**Struggle cont. page 10**



# Mechanics work to keep ordnance company rolling

STORY AND PHOTO BY  
STAFF SGT. SHEDRIC MASON  
2ND DET., 8TH ORD. CO.

## CONTINGENCY OPERATING BASE

**ADDER, Iraq**— If it is broken, then they will fix it. The maintenance section Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), are always working to ensure their detachment's equipment is mission ready.

No job is too small and no task too big for these mechanics, who ensure all the wheels keep turning and do so safely. There are six light wheeled vehicle mechanics attached to the 2nd Det., 8th Ord. Co., in support of their ammunition mission at COB Adder. They are constantly providing proper maintenance, checks and services to 5-ton trucks, humvees, 6K forklifts, 10K forklifts, palletized load systems, and rough terrain container handlers.

Their hard work and ingenuity even solved a potential safety issue with the 5-ton's truck doors. Soldiers driving the trucks had difficulty opening the doors

easily. This was solved with the fabrication of a new door-opening mechanism fixing the latch, and making the doors more reliable and operational.

"We were unable to get an adequate replacement part for the 5-ton doors, so we made it work," said Spc. Derek Vincent, a light wheeled mechanic with the 2nd Det., 8th Ord. Co., and a Battle Creek, Mich., native.

"We can't let unavailability of parts stop us," said Spc. Adam Flanagan, a light wheeled mechanic with 2nd Det., 8th Ord. Co., and an Exeter, R.I., native. "Sometimes we have to make it ourselves."

These mechanics have become an essential part of the ammunition mission in support of Operation New Dawn. Without serviceable equipment, the mission would not be efficiently and effectively succeed.

**Spc. Derek Vincent, a light wheeled mechanic with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Battle Creek, Mich., native, provides maintenance on a 5-ton truck door, Feb. 1 at Contingency Operating Base Adder, Iraq.**



# Equal opportunity course helps educate Soldiers

STORY AND PHOTO BY  
2ND LT. PATRYK KORZENIEWSKI  
565TH QUARTERMASTER COMPANY

## JOINT BASE BALAD, Iraq

Four Soldiers with the 565th Quartermaster Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), participated in an equal opportunity course Jan. 24-29 at Joint Base Balad, Iraq.

Attending Soldiers learned what the five protected classes were in the Army; race, color, gender, religion and national origin.

The class consisted of large and small group discussions and exercises. In one particular exercise, Soldiers were given chips and told to trade them with one another.

These chips had a certain value and the goal was to have the highest value at the end of a trading session. After the trading ended, the Soldiers were placed into groups depending on the value of their chips. Soldiers were then treated a certain way based on their group. The Square Group, who had the highest chip count, or the implied "upper class" were treated the best, followed by the Circle Group or "middle class" and the Triangle Group "lower class", were treated the worst of the three groups.

The game provided insight as to how people may react to certain situations based on their social class. For example, in the Triangle Group, some understood what resources were available and was able to improve their situations. While others felt hopeless and believed their situations would never change. The Circle Group on the other



**Sgt. 1st Class Talisha Brown, equal opportunity advisor with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Baton Rouge, La., native, discusses the types of sexual harassment during the equal opportunity course Jan. 24 at Joint Base Balad, Iraq.**

hand fought to maintain a happy medium so that they would never fall below the poverty line. And the Square Group fought to maintain their status and often stacked the cards in their favor.

"I was really surprised I had won [distinguished graduate]," said Staff Sgt. Melvin Baezramos, hazardous material and fuel noncommissioned officer-in-charge with the 565th Qm. Co., 749th CSSB, and a Puerto Rico, native, the distinguished graduate for the Equal Opportunity Leaders course. "I had been losing on points but my presen-

tation took me over the top. It was a good class, I learned a lot. There was a lot to do in one week's time. I am not a big reader so this was a big change for me. The project was difficult, it was a lot to put together in a short amount of time but I had a lot of help."

Sgt. 1st Class Frank Cash, operations non-commissioned officer with the 565th Qm. Co., 749th CSSB, and a Puerto Rico, native, said, "It was a really good exercise. We saw what it was like to be treated differently for something we had no control of."

The completion of the class required an

oral presentation to be given in front of the other classmates. Soldiers learned a lot about different cultures and people who made a difference breaking down barriers.

The presentation was not easy for everyone. One Soldier had never used a computer before. When told how to find information on his topic by "Googling it," the Soldier said, "You don't understand sarge, I don't even know what Google is." Thankfully, his battle buddies squared him away and he managed to put together a presentation.



# Escort teams work to keep convoys secure in Iraq

STORY AND PHOTO BY  
1ST LT. SETH CHURCH  
632ND MAINTENANCE COMPANY

## CONTINGENCY OPERATING BASE



**ADDER, Iraq**— A team of Soldiers with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), live a unique life by being part of a Convoy Escort Team at Contingency Operating Base Adder, Iraq.

Many Soldiers within the borders of COB Adder operate and perform functions that are a part of a basic daily routine. However, CET Soldiers who conduct convoy security operations, often dealing with changing schedules, conditions, locations and situations on the road. The 632nd Maint. Co. performs many important missions, one of which is its CET. Charged with ensuring the safety of commodity and logistics trucks on the road, the CET prepares and trains for each upcoming mission.

On an early January morning, the CET Soldiers were up and moving at a time of day when many people were still asleep, in order to prepare for an escort mission to Contingency Operating Location Kalsu, Iraq. Sgt. Jesus Campos, acting assistant convoy commander with the 632nd Maint. Co., 749th CSSB, and a Vallejo, Calif., native, is charged with ensuring the Soldiers and vehicles are ready for the road. Everything from radio communications to satellite tracking systems and frequency jammers are tested to ensure they work.

“It’s crucial that all of the communica-



**Soldiers with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), leave the staging lanes on convoy mission, Jan. 28 on Contingency Operating Base Adder, Iraq.**

tion devices and Counter IED [Improvised Explosive Device] equipment are functioning correctly,” said 1st Lt. James Schafer, executive officer with the 632nd Maint. Co., 749th CSSB, and a Dardanelle, Ark.,

native. “Each mission presents challenges and learning experiences for the team to grow and develop from. After each mission, the team conducts an after action review to identify strengths and weaknesses in order

to help improve their performance, tactics, techniques and procedures. Overall, the CET has been a huge success and continues to demand the best from the Soldiers who operate within this ever-changing lifestyle.”

## Convoy from page 1

pit. We have the 3rd Advise and Assistance Brigade, 4th Infantry Division, and USD-South [United States Division – South], who selected the safest place to be constructing the sites and got it approved, and then we have ourselves who are spearheading and providing the contracting and administrative action.”

Sgt. 1st Class Heriberto Culebro, a supply noncommissioned officer with the 224th Sust. Bde., and an Imperial, Calif., native, described the individual construction projects of the CSC.

“For one, the permanent retail fuel site is going to be able to process over 1,200 trucks a day, which should store about 60,000 gallons at its fuel stock at the retail fuel site, and it’s going to make the throughout [the flow of vehicles] so much smoother,” said Culebro, a CSC project team member.

Culebro also said that the CSC contains living areas with rest-overnight tents for military personnel, and containerized housing units for more than 1,500 civilian and military personnel living on COB Adder.

Thomas went on to explain the numerous units and organizations who have contributed to the project.

“Garrison [224th STB, 224th Sust. Bde.] is getting the dig permit and trying to get us resources,” Thomas said. “We have the U.S. Army Corps of Engineers running the power plant along with Fluor Corp. You have all

these contractors here servicing them. You have the Movement Control Team who’s also consulting us on efficient traffic flow through the site. So if you look at this whole project, it’s a collaboration of a lot of people. I don’t know who we haven’t touched. Even EOD [explosive ordinance disposal] had to clear the old test fire pit to move it. We have 2135th MEDEVAC who we worked with relocating their dust off. We’ve been interacting with almost everyone here to get this one thing done.”

Culebro explained how he collaborates with various organizations.

“I go out and coordinate with entities that are working in cohesion to get this CSC Adder fully established and completed,” Culebro said. “I play a role in making contact with the key personnel; the staff. I do the best I can to get them all to collaborate to get these different projects completed.”

Master Sgt. Scott Witt, a transportation supervisor noncommissioned officer with the 224th Sust. Bde., and a Paso Robles, Calif., native, described his role as the CSC project team leader.

“My job has been to take the project leaders, Sgt. 1st Class Calebro, Sgt. 1st Class (Robert) Atwood, and Sgt. 1st Class Jay Watson, and keep them tasked going in the direction of what priorities are first as far as the project; making sure we accomplish things in a given set of time to a standard that’s expected,” Witt said.

Witt said he likes the diversity of the project. “I like the different people and



**Capt. Philip Thomas (SECOND FROM RIGHT), Convoy Support Center officer-in-charge with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a San Diego, Calif., native, discusses progress and statuses of various projects with service members and CSC Adder team members Feb. 17 at the CSC on Contingency Operating Base Adder, Iraq.**

different types of projects, coming in contact with the different folks from the different elements as far as the Army and civilian side. I’ve met quite an array of people.”

Kim said that the 224th Sust. Bde. worked with many entities on the CSC project in a collaborative effort.

“The biggest thing we were able to do was establish a collaborative working environment with various players with the CSC; that includes the movement control team, the convoy support teams from 1st Sustainment

Brigade and 1st Theater Support Command that support the Kuwait convoys that come up here, as well as the other tenants that live on the south side of Adder,” Kim said. “Although we don’t have direct command and control of those elements, we were able to find ways that we could help them and they could help us; mutually beneficial to the operation of the overall convoy support center and our ability to support the Soldiers that come up and down in convoys. I think that’s the biggest legacy that we’ll leave.”



# Married Soldiers brought closer during deployment

STORY AND PHOTO BY  
SPC. CHRISTIANA BANKOLE  
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), are continuing to gain the support of their spouses and loved ones stateside as the “Roadwarriors” roll through their eighth month of deployment in support of Operation New Dawn at Contingency Operating Base Adder, Iraq.

Some Soldiers are fortunate enough to be able to have that support at their side as well. Sgt. William Monroe, a heavy equipment transporter with the 15th Trans. Co., and a Norfolk, Va., native, and Spc. Lisa Monroe, a heavy wheel vehicle operator with the 15th Trans. Co., and a Ozark, Ala., native, married Sept. 18, 2010, have three children, and serve together in Iraq.

William said the experience of deploying alongside his wife is a blessing he will not take for granted.

“I’m able to be with my loved one during a stressful time and place,” William said. “We’re able to [resolve issues] better face-to-face, [versus] a couple that’s apart because of the deployment.”

Lisa agrees with her husband. Even in a combat zone, their bond is strong.

“No matter what the issue is, or how people perceive our relationship, our love is sustainable anywhere,” Lisa said.

Sgt. Angel Rivera, a heavy wheeled vehicle operator with the 15th Trans. Co.,



**Sgt. William Monroe, a heavy equipment transporter with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Norfolk, Va., native, and Spc. Lisa Monroe, a heavy wheeled vehicle operator with the 15th Trans. Co., and an Ozark, Ala., native, are married and stand together outside their motorpool Feb. 6 at Contingency Operating Base Adder, Iraq.**

and a Bronx, N.Y., native, and Cpl. Jermeika Rivera, a supply noncommissioned officer-in-charge with the 15th Trans. Co., and a Tallahassee, Fla., native, serve together and have been married since March 18, 2010, and have two children.

Jermeika said she is fortunate to be on the same deployment cycle as her spouse.

“With all these deployments, spouses hardly ever see each other, it would be hard to start a family,” Jermeika said. “Marriages in dual-military couples may be deemed more challenging.”

Staff Sgt. George Warren, a platoon sergeant with the 15th Trans. Co., and a Hampton, Va., native, and Staff Sgt. Antonia Silva-Warren, truckmaster with the 15th Trans. Co., and a Chicago, native, have been married since Aug. 7, 2006, and have two children together. One of the lessons the Warrens are taking away from this deployment is appreciation and re-acquaintance.

“I believe being deployed together has brought us much closer,” George said. “Here in combat, we are forced to talk to each other and seek out our issues, and as a result, get to

know each other all over again.”

Antonia does contend however, that a lot of maturity and tolerance comes with marriage in combat.

“I would recommend any dual-military couple deploying together if they are mature enough,” Antonia said.

For the dual-status military couples in the 15th Trans. Co., marriage comes with challenges, whether stateside or in Iraq. However, love is a word that goes beyond definition, where vows are equally as important as the Army values in combat.

## ‘Shot through the heart’ 14K held on Valentines

STORY AND PHOTO BY  
SPC. ZANE CRAIG  
EXPEDITIONARY TIMES STAFF

### JOINT BASE BALAD, Iraq—



The 14th Movement Control Battalion hosted the Shot Through the Heart 14k Valentine’s Day run Feb. 14 at Holt Stadium, Joint Base Balad, Iraq.

More than three hundred service members and civilians braved the pre-dawn chill to participate in the event, which began at 5:14 a.m., in honor of the holiday and the host unit.

“The main inspiration for us to host this event is the fact that Valentine’s Day is the 14th and we are the 14th Trans.,” said Capt. Elizabeth Sutey, coordinator of the event and a highway traffic division chief, 14th MCB, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Fairfax, Va., native.

The run took place two days into the unit’s Relief In Place, where they are training their replacements and looking ahead to their transfer of authority ceremony in ten days.

“It’s a nice way for us to finish our deployment, with a fun event for the whole JBB community sponsored by us,” said Sutey.

Sutey and her team of five noncom-

missioned officers began planning for the Shot Through the Heart 14k in November, ordering T-shirts, coming up with a theme and initializing coordination among all the entities required to bring the event to life. More than 25 volunteers at three water points, were handing out T-shirts and keeping the runners on track and ensured a safe and enjoyable run for all participants.

“A big thank you to all the volunteers who were all out here at 0415 this morning getting set up,” said Sutey.

The group of service members and civilians who participated was enthusiastic as they gathered at the start line waiting for the national anthem, the invocation and the cue to begin the race.

“I’m ecstatic about the turnout. I did not expect it, it’s early, it’s a longer run than a 5k or even 10k, and it’s pretty cold out for Iraq,” said Sutey.

“But I can’t wait to see them cross the finish line,” she added with a smile.

A medal was awarded to the top three male and female finishers, while everyone who finished received a T-shirt.

“It feels good to finish first, my goal was to finish in under 50 minutes and I did,” said Staff Sgt. Bill Lewis, Joint Defense Operations Center Platoon Sgt., 1st Battalion 174th Air Defense Artillery Regiment, United States Forces-Iraq, and a Cincinnati



**At the sound of “Go”, the runners are off. The 14th Movement Control Battalion sponsored a 14k run for Valentine’s Day, Feb. 14 at Holt Stadium, Joint Base Balad, Iraq.**

native.

Lewis said that Valentines Day isn’t one that he likes to celebrate anyway, so he couldn’t imagine a better way to celebrate than to win a 14k for his unit.

While not exactly most people’s ideal way of starting Valentine’s Day, running with members of our military family is a unique and invigorating way to feel the love on this holiday.



# Rodeo fosters esprit de c



Spc. Crystal Pons (LEFT), a heavy wheel vehicle operator with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lakeland, Fla., native, and Staff Sgt. Larry Harrington (RIGHT), a heavy wheel vehicle operator with the 319th Trans. Co., and a Lakeland, Fla., native, placed first in a tire flip event, part of a maintenance rodeo competition Feb. 11 in their company motor pool on Contingency Operating Base Adder, Iraq.



Mechanics and heavy vehicle transporters with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), remove and swap front tires on a 915A3 truck in a maintenance rodeo competition Feb. 11 in their company motor pool on Contingency Operating Base Adder, Iraq.

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

## CONTINGENCY OPERATING BASE ADDER,

**Iraq**—Mechanics and heavy vehicle transporters with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), came together to compete in a maintenance rodeo competition Feb. 11 in their company motor pool on Contingency Operating Base Adder, Iraq.

Hosted by the company's maintenance section, the competition served not only as a way to bring its Soldiers from various sections and platoons together, but to give them a break from their regular routines.

"The event was held to build camaraderie between sections," said Staff Sgt. Joshua Heyward, motor sergeant with the 319th Trans. Co., and a Hephzibah, Ga., native, who organized and presided over the event. "We got to take a break from what we normally do; overall it was a good turnout, pretty good."

Soldiers competed in three events: remove and swap front tires on a 915A3 truck, flip an M984A1 tire for a known distance, and a five ton tow bar drag for a known distance.

"It's great when you can get all the Soldiers in your unit working together as a team," said Capt. Nancy Sison, commander of the 319th Trans Co., and a New Orleans native. "They work together on the road."



# Corps with transporters



**1st Lt. Jonathan Turner (LEFT), a platoon leader and convoy escort team platoon leader with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Pittsburgh, Pa., native, and 1st Lt. Will Burke (RIGHT), a line haul platoon leader with the 319th Trans. Co., and a Corvallis, Mont., native, compete in a tow bar drag event in a maintenance rodeo competition Feb. 11 in their company motor pool on Contingency Operating Base Adder, Iraq.**

The trucks cannot roll out without maintenance; truck drivers and mechanics working together.”

Winners of each event received a 319th Trans. Co. Mechanics Coin of Excellence. Heyward commissioned the creation of the coins in 2010 to commemorate the success of his platoon and to remind the Soldiers what they accomplished during their time at COB Adder.

“The tow bar drag was my favorite event; [During the tire swap] mud got on the nuts, we were fighting the bolts all the way, and the tow bar was heavy,” said Spc. Tremain Pryor, a heavy wheel vehicle operator with the 319th Trans. Co., and a Savannah, Ga., native, who received a coin for his efforts. “We had a lot of fun; we don’t do something like this every day. It was motivating.”

Sgt. 1st Class Simmons, a platoon sergeant with 319th Trans. Co., and an Orangeburg, S.C., native, and Sgt. William Williams, a heavy wheel vehicle operator with 319th Trans. Co., and a Tampa, Fla., native, placed first on the tire swap event with a time of 9 minutes, 40 seconds. Sgt. Jeffrey Killingsworth, a squad leader with 319th Trans. Co., and an Augusta, Ga., native, and Pryor placed first in the tow bar event, finishing in 13 seconds. Staff Sgt. Larry Harrington, a heavy wheel vehicle operator with 319th Trans. Co., and a Lakeland, Fla., native, and Spc. Crystal Pons, a heavy wheel vehicle operator with 319th Trans. Co., and a Lakeland, Fla., native, placed first in the tire flip event, finishing in 54 seconds.

“It was a good time seeing Soldiers doing their assigned jobs and I enjoyed seeing my platoon compete against the maintenance platoon,” said 1st Lt. Will Burke, a line haul platoon leader with the 319th Trans. Co., and a Corvallis, Mont., native.



**Pfc. Omar Rosario, a mechanic with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Tampa, Fla., native, removes and swaps front tires on a 915A3 truck in a maintenance rodeo competition Feb. 11 in their company motor pool on Contingency Operating Base Adder, Iraq.**



# Iraqi battalions test logistical proficiency

STORY AND PHOTO BY  
SGT. SHAWN MILLER  
109TH MPAD

## GHUZLANI WARRIOR TRAINING

**CENTER, Iraq**— The smell of fresh baking bread drifted from the command cell area of the Ghuzlani Warrior Training Center as a small group of Iraqi soldiers mixed batches of dough and prepared the daily meals for comrades of 2nd Battalion, 11th Brigade, 3rd Iraqi Army Division. Iraqi cooks rushed back and forth between their small kitchen and their generator-powered bakeries, preparing the large pots of food independent of U.S. assistance.

As part of the collective training concept of Tadreeb al Shamil, or All-Inclusive Training, Iraqi battalions attending the GWTC learn the combat skills necessary to win on the battlefield and the logistical support critical to keeping the units in the fight.

Support Company, 2nd Bn., 11th Bde., provides food, maintenance, supplies, intelligence and medical attention to more than 500 Iraqi jinood (Arabic for soldiers).

“Without logistics, you’re not going to get much done,” said Sgt. Michael Wallin, cavalry scout and maintenance instructor assigned to Troop A Combat Ready Team, 1st Squadron, 9th Cavalry Regiment.

Part of “Long Knife” 4th Advise and Assist Brigade, 1st Cavalry Division, deployed to Contingency Operating Site Marez outside Mosul, Wallin and U.S. Soldiers of 1st Sqdn., 9th Cav. Regt., serve as mentors and instructors at the adjacently located GWTC.

A large part of educating the Support Company jinood is stressing the importance of developing proper logistical plans in order to ensure mission completion, noted Wallin.

Wallin, a resident of Houston, led Iraqi



**Iraqi soldiers assigned to Support Company, 2nd Battalion, 11th Brigade, 3rd Iraqi Army Division, review intelligence information during a class at the Ghuzlani Warrior Training Center, Feb. 10, 2011. Support Company soldiers train on logistics, intelligence and supply missions during the battalion's 25-day training cycle as well as feeding and providing quarters for fellow Iraqi soldiers participating in Tadreeb al Shamil at GWTC.**

truck crews through the process of preventive maintenance, checks and services for their vehicles, and the procedures for requesting new parts to keep the vehicles mission ready.

Wallin said the maintenance techniques learned during the classes will enable Iraqi jinood to maintain the battalion’s ability to train and complete tactical missions in their own operating environments.

As U.S. forces continue the advise, train and assist mission in support of Operation New Dawn, the instructors at GWTC are allowing Iraqi unit leadership to assume more of an active role in their own training,

particularly with the Support Company.

At the vehicle maintenance area, Wallin and a handful of U.S. Soldiers offered guidance as the Iraqi mechanics methodically worked through washing and fixing their trucks.

“As the (Iraqi) battalion commander is observing his combat training, he is also watching his support elements in their training and seeing how well they can do,” said 1st Lt. Jeremiah Yaden, an operations officer assigned to headquarters troop, 1st Sqdn., 9th Cav. Regt.

All the support entities combined make

the combat units stronger, Yaden said, and provides Iraqi jinood confidence that their battalion can and will provide for the IA units in the field.

If a unit cannot provide food, vehicle parts and supplies, the Iraqi jinood will not be able to function effectively during combat, he remarked.

While Iraqi infantry companies conduct the 25-day training cycle, U.S. forces continue to train and mentor Iraqi jinood of support company, testing the Iraqi unit’s capabilities in providing mission support to Iraqi forces during Tadreeb al Shamil.

## Struggle from page 4

had unplugged her mother, and she was mad at God, because she didn’t feel she had that right to take a life.

“My own daughter told me that she hated me,” Parker said. “For your child to tell you that she hates you, it’s like stabbing you in the heart.”

It was during that time that Parker resolved to take her own life.

“And unlike everybody else’s story where they say they saw a white light and God spoke to them, I’m going to tell you the complete opposite,” she said. “I saw black. I felt so much pain and hurt. That wasn’t Heaven. That was not Heaven.”

Parker’s ex-husband found her in her bed and immediately took her to the hospital at Fort Hood. The hospital pumped her stomach and revived her. Parker was awake for all the pain.

“That was the worst pain I had ever felt,” she said. “It was worse than childbirth. I couldn’t remember what I had done, but I knew that I was alive and I was mad. I was mad because I wanted to die and they didn’t let me.”

After being released from the hospital, Parker was admitted into the psychiatric ward

at Fort Hood. She closed off from the world. She stopped talking. She stopped eating. She said she didn’t want to see anybody; not her kids, her husband, not anyone.

Then, she said, God sent her an angel named Mrs. Rodriguez, who, every night, would bathe, feed and read scripture to Parker.

“The day I came to, I woke up screaming. I was hollering and screaming at the top of my lungs. They were going to strap me back down and she told them, ‘No, leave her alone.’ She stood there and calmed me down and asked me, ‘Are you ready now? We’re waiting on you.’ She got me up and bathed me, then gave me my clothes. She asked again, ‘Are you ready now, because, we’re still waiting on you.’”

That was the day that Parker saw the light, she said. That was the day that Parker decided to turn her life around. That was also the day she found out she was being kicked out of the Army.

“I had an emotional breakdown,” she said. “There isn’t anything wrong with me now. I can’t believe that you all want to throw me out after all these years. I’m not supposed to breakdown?”

She decided to fight for her job, for herself and for her future. She enrolled herself in the

Army Substance Abuse Program to prove that she had stopped using alcohol and drugs. She stopped taking the antidepressants, the sleeping pills, and stopped drinking alcohol, because now she would have to prove that she was fit to be a Soldier.

Two weeks before Christmas 2007, she had a court martial hearing and stood in front of a board to fight for her future in the Army.

The board reviewed her packet, talked to her, reviewed her letters of recommendation and talked to the people who were there on her behalf. Then they convened to determine the fate of Parker and her future in the military.

“After about 20 minutes, the board called everyone back into the courtroom and their verdict was that I was human. I had a Major stand up and apologize for even putting me through all of this,” she explained.

“You could see the change in me. My husband said to me, ‘It’s like I married a whole other person.’ My middle daughter came to me and said, ‘Mama, I love how you have changed so much.’”

Parker has since dedicated her life to the Lord, whom she accredits her recovery from her depression. She attended a promotion board and became promotable. She has regained the respect and admiration of her

Family and her children. She even re-married her husband in 2008.

Parker is heavily involved in all aspects of the church, including being on the usher board, being a part of the choir, joining the women’s fellowship and teaching a Women’s Ministry service once a week. She plans on reenlisting soon and trying to go to Warrant Officer School.

Members of her women’s fellowship praise her story and are inspired by what they hear from her.

“Her transformation is amazing,” said Maj. Ulekeya Hill, officer in charge of the Logistical Civil Augmentation Program for the 3rd Sustainment Bde., and a native of Vienna, Ga. “Most people that encounter the things in life that she has gone through are not always able to overcome them, but her ability to overcome these things and share them with others inspires a lot of people. If she can get through these many challenges, then my challenges don’t seem that big.”

Parker takes pleasure in every day now and enjoys sharing her story with others.

“I thank the Lord every day for helping me turn my life around,” she said. “I enjoy life now. Helping other people makes me feel so good and I hope my story can help someone through their tough times.”



# Movement control team prepares for journey home

STORY BY

CAPT. JENNIPHER CANNAN

261ST MOVEMENT CONTROL TEAM

## VICTORY BASE COMPLEX, Iraq—

The smallest Army Movement Control Team in Iraq, the 261st MCT, 14th Transportation Battalion (Movement Control), 103rd Sustainment Command (Expeditionary) began their own redeployment preparation after assisting thousands of customers in cargo movement and sustainment in-transit visibility, serving as the only ground MCT in United States Division-Center Baghdad Province.

In March 2010, the 261st MCT from Fort Bragg, North Carolina, deployed 18 Soldiers, taking over for a 30 person element in two operation locations; the Central Receiving and Shipping Point Section and Foreign National Staging Yard.

The MCT Soldiers within the CRSP submit and coordinate Transportation Movement Requests, provide in-transit visibility of cargo, and serve as the liaison between customers, convoy commanders, and multiple cargo and staging yards on Victory Base Complex. They were the “eyes and ears” for the 14th Movement Control Battalion, located at Joint Base Balad, by tracking deployment, redeployment, operational, and sustainment cargo through Baghdad Province.

In the summer of 2010, at the height of the Responsible Draw Down of Forces, the CRSP Platoon from 169th Seaport Operations Company, Fort Eustis Virginia, transitioned to the 403rd Inland Cargo Transfer Company. At the same time, the 402nd Army Field Support Brigade, Joint Expeditionary Team Airmen in the Redistribution Property Assistance Team yard conducted their Relief in Place. During these critical 90 days, the 261st not only assisted and ensured these new units were prepared for success, but played an essential role in decreasing



U.S. Army photo by Spc. Steven Ross

**Spc. Jarvis Love, a movement specialist with the 261st Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Dublin, Ga., native, stands on top of a Heavy Equipment Transporter (HET) after loading one of the hundreds of Mine Resistant Ambush Protected vehicles that are part of 1st Sustainment Brigade Convoys rolling through Victory Base Complex, Iraq. These MRAPs are headed south to Kuwait for redistribution to either Afghanistan or the United States.**

military presence within USD-C. Providing continual aid, facilitation, and coordination in the consignment of cargo, vehicles, and supplies, relieving Baghdad Province demobilizing units of equipment.

In conjunction with moving cargo, the 261st coordinated, monitored, and managed traffic movement through VBC providing in-transit visibility of sustainment trucks carrying valuable cargo such as Class I, Class III (Fuel), and other various multiclass commodities. The 261st personnel prioritized commodity shipments and maintained

constant communication with customers on the status of their trucks movement. They ensured trucks were staged for onward movement prior to the convoy commander arriving to the Staging Lanes, and provided convoy commanders with up-to-date route information and march credits before leaving.

When the 373rd Combat Sustainment Support Battalion redeployed and the 3rd Brigade Support Battalion, 1-3 Advise and Assist Brigade assumed the direct support distribution mission for USD-C Baghdad

Province. The 261st immediately set out and created a non-doctrinal partnership enabling the support of entirety of Baghdad Province, partnered Iraqi Security Force units, and Department of State personnel. This relationship ensured transportation coordination support was both targeted and tailored to the mission and the United States Forces – Iraq priorities of movement.

Now, a year later, the 261st will pass the reigns to the 142nd MCT, from Fort Totten, NY. Ahead of the 142nd MCT lies the final push out of Iraq.

# Training, equipment prove crucial to Soldiers' safety

STORY BY

STAFF SGT. PAT CALDWELL

3-116TH CAVALRY REGIMENT

## JOINT BASE BALAD, Iraq—

Sixty days into its second deployment to Iraq, a single reoccurring theme is becoming evident with 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

The theme is a simple one: training and equipment saves lives. That premise was hammered home again this past week when a Mine Resistant Ambush Protected vehicle operated by Soldiers from the 3rd Battalion's Company C triggered an improvised explosive device on a stretch of Iraqi highway.

“We weren’t expecting it,” said Pfc. Chris Aguilar, an MRAP driver from Salem, Ore.

Along with Aguilar, Pvt. Justin Buff-

ington, a Corvallis, Ore., native, and Sgt. Nick Southard, an Elgin, Ore., native, were inside the vehicle when the IED was activated. Southard was the truck commander while Buffington held down gunner duties. For all three men, though, the brush with an IED proved all the long days and nights of training at Gowen Field, Idaho, in Aug. and at Camp Shelby, Miss., last autumn was worth it.

“You think it is boring training. But as soon as [the IED strike] happened, it kicked in,” Aguilar said.

Buffington agreed, adding, “It only has to happen once for it to be worth it. We knew what we had to do.”

Southard, the truck commander, said his crew reacted precisely the way they were trained.

“They did a great job,” he said of Buffington and Aguilar. “They exceeded. I think they did the right, exact thing.”

Southard said he was not as surprised as his crewmates by the strike.

“I figured it would be sooner or later,” he said.

In a similar incident in early January, an MRAP crew from the 3rd Battalion's Company F, reacted to an IED blast based on the months of training. The truck, operated by truck commander Staff Sgt. Tony Cox, a Redmond, Ore., native; Pfc. Chris Soderholm, the driver and a Baker City, Ore., native, and gunner Spc. Maximillian Miller, a Dundee, Ore., native, hit an IED during a night mission. Cox, a former Seaside, Ore., native, said the MRAP they were operating and the protective equipment Soldiers use saved their lives.

“It could have been a lot worse. These vehicles are the real deal,” Cox said.

Cox said his crew immediately fell back on the months of training to overcome the IED strike.

“I don’t have to tell these guys what to do. They knew. No one failed themselves,” he said.

The commander of the 3rd Battalion, Lt.

Col. Phil Appleton, said he was not surprised training played such a critical role in both incidents.

“Often when the Soldiers are doing their training they don’t realize the value until they are in a crisis situation,” he said.

Appleton said he understands the train-up last summer and in the fall impacted Guard members and their Families. However, without the preparation, the battalion would face a different, and more dangerous, paradigm in Iraq.

“As a leader you have a responsibility to lead and you know the things you need to train on and prepare your Soldiers for. So you make them do it again and again,” he said.

All six members of the 3rd Battalion involved in the separate IED strikes returned to duty. Aguilar and his crew do not have to be sold on the effectiveness of the training and the equipment.

“It (the equipment and training) saves you,” he said.





## Good, bad of cell phone companies

SGT. 1ST CLASS RAY CALEF  
EXPEDITIONARY TIMES STAFF



Last week we looked at the two largest carriers in the United States for cell phone traffic, AT&T and Verizon. I utilized Root Wireless, a company that specializes in wireless coverage mapping and providing unbiased data collection and mapping to aid consumers in their purchasing decisions, as a tool to utilize in investigating the pros and cons of the major players in this market.

This week, I will continue through the industry and offer information in order for everyone to make as informed a decision as they can regarding cell phone carriers. Sprint Nextel is the third largest carrier in the U.S. market after their 2005 merger with Nextel, and the second largest Code Division Multiple Access carrier. CDMA and Global System for Mobile Communications are the two main competing network technologies for mobile phone carriers.

The GSM Association is an international organization founded in 1987, dedicated to providing, developing, and overseeing the worldwide wireless standard of GSM. CDMA, a proprietary standard designed by Qualcomm in the United States, has been the dominant network standard for North America and parts of Asia.

Think of the competition as similar to the VHS-Beta debate back in the early 1980's, for those of us old enough to remember it. Essentially, both decent technologies, but eventually, one came out on top and became the industry standard. This may happen in the mobile phone market as well.

Sprint Nextel was the second major carrier to offer a 3G network, and like Verizon and AT&T, it is limited, available mostly in urban areas. Their Nextel phones offer a set of business-friendly features, including a second line to a handset. Also, the carrier pioneered push-to-talk technology with its Direct Connect (aka Walkie-Talkie) service, a staple of the Nextel network.

They carry smartphones like the Android, Palm, and BlackBerry; and, offer plans with extended night and weekend hours. Sprint was also the first U.S. carrier to introduce a 4G network. Currently, it offers a handful of 4G handsets, modems and laptop cards, though the 4G service isn't nationwide.

Its user's opinions have varied. They say it has the "best bang for your buck" and "flawless service," as well as complaining of "hideous service and billing, with stores manned by zombies". Take that for what it is worth. As an aside, I used to have a Nextel phone for one year and enjoyed the "Walkie-Talkie" feature.

T-Mobile is the fourth largest mobile company in the U.S. and the second-largest GSM carrier. T-Mobile was the formerly VoiceStream Wireless in 2001 when Germany's Deutsche Telekom acquired VoiceStream. T-Mobile operates one of the smaller U.S. networks of the big four carriers, but it has roaming agreements with AT&T and other smaller operators. In 2008, it launched its 3G network and last year it introduced a contract-free service.

T-Mobile offers unlimited calling and data plans like the other three major carriers, but has a myFaves feature which gives you unlimited calling minutes to any five numbers on any network, even landlines, somewhat similar to Verizon's "Friends and Family" option. Since they are a GSM carrier and a subsidiary of Germany's Deutsche Telekom, T-Mobile has extensive international roaming and thousands of Wi-Fi hot spots in the United States and Europe.

Of the major carriers, T-Mobile has received the highest customer service rating by J.D. Power and Associates for several consecutive years. Opinions range from "best service with least amount of problems" and "the least evil cell phone company" to "irresponsible and unethical".

## Word on the Street

### What are you looking forward to on this deployment?



**"I'm looking forward to trying new things and seeing what I'm good at."**

Spc. Matthew Countryman, a power generation equipment repair specialist with the 238th Support Maintenance Company, 13th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Cleveland, Okla., native.



**"I'm looking forward to the experience so I can leave here and go active duty. It's a better experience for me and my children."**

Spc. Nicole Escalante, a chemical equipment repair specialist with the 238th Support Maintenance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an El Paso, Texas, native.



**"I'm looking forward to doing my job, getting the mission accomplished, and going back home to my loved ones. I'm proud to be here because my brother was here in 2003".**

Spc. Mario Aranda, a utilities repair specialist with the 238th Support Maintenance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Phar, Texas, native.

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

103RD SUSTAINMENT COMMAND  
EXPEDITIONARY

26 Feb  
11, 0600  
@ Holt  
Stadium

four  
Chaplains  
5k

26 Feb  
11, 0600  
@ Holt  
Stadium

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



# THEATER PERSPECTIVES

**“Management is how to do things, and Leadership is about how to be... Will they follow you?”**

-Mr. Lee Cockerell, gives the 103rd Expeditionary Sustainment Command’s key leaders some words of advice on leadership, while visiting Joint Base Balad, Iraq, Wed. Feb, 16th.

**“Our time is limited, our work is demanding, and our troops are still very much engaged in the mission,”**

-Gen. Lloyd J. Austin III, USF-I commanding general, addressed the audience in a transfer of authority ceremony in the Al Faw Palace, Feb. 8. The XVIII Airborne Corps, based out of Fort Bragg, N.C., took control of day-to-day operations from III Corps, based out of Fort Hood, Texas, as the core component of United States Forces-Iraq.

**“The Iraqi nation has turned a corner. What I see is more lights on, more commerce taking place, more traffic on the road, people moving around to do business.”**

-Col. Frank Muth, Commander for the Enhanced Combat Aviation Brigade, 1st Infantry Division, reflected on his Brigade’s deployment as he traveled on their final flight mission. The brigade’s Apache aircraft provided security above Iraqi cities while the country held its second set of parliamentary elections last March.

**“I burden the citizens the responsibility of taking care of their country, their political system, and the responsibility of never giving the opportunity to those with bad intentions to ever return once again through the gate of demands and rights that are legitimized for the Iraqi people.”**

-Prime Minister Nuri Kamal al-Maliki, at a press conference in Baghdad, suggested that recent protests were a positive development for Iraq which represented individuals rights in a democratic nation.

**“Educational and cultural exchanges are an important part of a normal bilateral relationship with any country in the world... The Fulbright Scholarship program is where Iraqi professionals go to the United States and study for a year and then return back to Iraq with technical and subject matter expertise that they can use in their fields.”**

-Mr. Aaron Snipe, spokesman, U.S. Embassy - Baghdad in an interview with Al Rasheed Tv

## COMMAND SGT. MAJ. RAYMOND CHANDLER

Early in Feb of 2011, Army Chief of Staff, Gen. George Casey, chose Command Sgt. Major Raymond Chandler to succeed Sgt. Maj. Kenneth Preston as the 14th Sgt. Maj. of the Army. Preston has held the rank since Jan., 2004, and is the longest tenured SMA in history. Chandler was selected by Case from a half dozen nominees. Chandler will officially take over the duties as SMA on March 1, 2011.



**Origins:**  
First entered the Army in Sept., 1981, graduated as an amour crewman from One Station Unit at Fort Knox, Ky.

**Service record:**  
Has served in all tank crewman positions, and has been on multiple tours as a troop, squadron, and regimental master gunner. Served as a 1st Sgt., a Sgt. Maj., and a Command Sgt. Maj. for several units and assignment.

**Education:**  
Completed all levels of noncommissioned officer courses, along with a Bachelor of Science Degree in Public Administration from Upper Iowa University.

**United States Army Sergeant Major Academy:**  
In 2009, appointed as the first enlisted in the academy's history, and the 19th Commandant of the USASMA by Gen. Martin Dempsey.

**Awards:**  
Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Distinguished Order of Saint Martin, Honorable Order of Saint Barbara



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

Level: Easy

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

# TEST YOUR KNOWLEDGE MEDICAL TRIVIA

1. What does “CPR” stand for in medical emergencies?
2. What do cosmetic surgeons remove 200,000 pounds of from Americans on average per year?
3. What do doctors look at through an ophthalmoscope?
4. What’s most likely to occur when your diaphragm goes into spasms?
5. What’s the medical term for low blood sugar?
6. What was Friedrich Serturner the first to extract from opium and use as a pain reliever?

1. Cardiopulmonary resuscitation 2. Fat 3. The eye 4. Hiccups 5. Hypoglycemia 6.Morphine

# 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. 23, 2011

# JB BALAD ACTIVITIES

<b>INDOOR POOL</b> Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Sunday 7:30 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon, Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m.	Hold'em: Mon., Fri., 2 p.m., 8 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 2 a.m., 8:30 p.m. Salsa: Wednesday 8:30 p.m. 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 Basketball: Saturday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. Darts: Saturday 8:30 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7:30 p.m. Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m.
<b>EAST REC- REATION CENTER</b> 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	<b>EAST REC- REATION CENTER</b> 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.	<b>H6 FITNESS CENTER</b> Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 8:45 a.m. Tue., Thu., 7 p.m. Power Abs: Mon., Tue., Thu.,	<b>H6 RECRE- ATION CENTER</b> Bingo: Sunday 8 p.m. Texas	<b>WEST REC- REATION CENTER</b> Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	<b>WEST FIT- NESS CENTER</b> 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	<b>CIRCUIT GYM</b> Floor hockey: Mon., Wed., Fri., 8-10 p.m.



# UPCOMING SPORTS ON AFN



Wednesday 2/23/11

NFL: Live, Midnight, AFN Sports  
COLLEGE BB: Illinois @ Ohio State, 3 a.m., AFN Sports  
NBA: Atlanta Hawks @ Los Angeles Lakers, 7 a.m., AFN Xtra  
NHL: New Jersey Devils @ Dallas Stars, 11 a.m., AFN Sports

Thursday 2/24/11

NBA: Los Angeles Clippers @ New Orleans Hornets, 5:30 a.m., AFN Sports  
NBA: NBA Tonight, 9 a.m., AFN Xtra  
NHL: San Jose Sharks @ Pittsburgh Penguins, 11 a.m., AFN Sports  
World Golf Championships 2011: 10 p.m., AFN Sports

Friday 2/25/11

NBA: NBA Tip-Off, 3 a.m., AFN Sports  
NBA: Boston Celtics @ Denver Nuggets, 6:30 a.m., AFN Sports  
NFL: Total Access, 2011 Scouting Combine, 4 p.m., AFN Sports  
COLLEGE BB: Gonzaga @ St. Mary's, 6 p.m., AFN Sports

Saturday 2/26/11

NHL: New York Rangers @ Washington Capitals, 3 a.m., AFN Xtra  
NFL: Total Access, 2011 Scouting Combine, 10 a.m., AFN Sports  
COLLEGE: Basketball Final, 5:30 p.m., AFN Sports  
World Golf Championships 2011: 10 p.m., AFN Sports

Sunday 2/27/11

NBA: NBA Action, 3 a.m., AFN Sports  
NHL: Minnesota Wild @ Anaheim Ducks, 6 a.m., AFN Prime Pacific  
NBA: Atlanta Hawks @ Golden State Warriors, 3 p.m., AFN Sports  
COLLEGE BB: St John's @ Villanova, 10 p.m., AFN Xtra

Monday 2/28/11

NBA: Atlanta Hawks @ Portland Trail Blazers, 6:30 a.m., AFN Sports  
COLLEGE BB: Pittsburgh @ Louisville, 3 p.m., AFN Sports  
NFL: Total Access, 7 p.m., AFN Sports  
MLB: Spring training, 11 p.m., AFN Sports



# ARTS & ENTERTAINMENT

## 'The Sports Lounge': NBA at the all star break

By SGT. 1ST CLASS RAY CALEF  
EXPEDITIONARY TIMES STAFF



With the focus since Aug. on baseball and football, there has not been much discussion in this column regarding basketball. The National Basketball Association has been in somewhat of a revival the last few years since the retirement of Michael Jordan, and the resurgence of the Celtics-Lakers rivalry has been in no short order a large part of that revival.

Coupled with the fact that Boston and Los Angeles have met twice the last three years in the finals and with the off-season news of the game's preeminent king, LeBron James, moving to Miami and joining all-stars Chris Bosch and Dwayne Wade on a Heat lineup. Most people gave the title to the Heat by default after the deal was made, and you have a ratings bonanza and record attendance at many NBA venues.

My personal trek through the NBA from child to adulthood was marked by a similar upheaval. It was a childhood hero of Lew Alcindor, aka Kareem Abdul Jabbar and the Milwaukee Bucks, who won a title in 1971 when I wasn't

yet 10 years old. That idolatry did not extend into my twenties, as a decade later I was an avowed Larry Bird and Celtic lover, mainly because of Bird's versatility as a 6-9 forward.

Repeatedly my childhood hero went against my adult hero in the 1980's, what is now coined as the greatest rivalry in NBA history, the Celtics-Lakers. It is this background that fueled my fire as a fan, and when that rivalry died (at the end of the 1987 season), so did my enthusiasm for the NBA. Except for Michael Jordan, recognized as the games best of all time, there were never the ratings as during the 1980's and the height of Celtics-Lakers magic.

With the advent of more teams, the game became watered down, as did the product. The Bulls won six titles, yes, but against whom? Again, it was more of a ho-hum atmosphere pervading the NBA at the time (unless of course you were a Bulls fan) as witnessed by TV ratings and arena attendance figures.

Which brings us to today. Kobe is the Michael, albeit James is certainly in the mix regarding that title. Rivalries are becoming more intense, and ratings are through the roof, as well as attendance figures. Is it better than March Madness and College Basketball? Nope. But it has enjoyed

a revival, and it is all about rivalries. They fuel the fire in the NBA.

The All-Star game is next week, and the NBA has some tremendous races going on. The Eastern Conference has some runaway teams competing for best record. The Celtics currently hold a percentage point lead over the Heat of Miami, with the Bulls right behind. Other contenders are Orlando, Atlanta, New York, Philadelphia, Indiana, and Charlotte.

The problem is the Knicks are almost .500, and the rest of them are below .500. Watch for the Celtics, Heat, or Bulls to represent the East in the NBA Finals.

The Western Conference is much better balanced, with better overall teams. San Antonio has a sterling 46-10 record, and look to be the best team in the NBA. Dallas, the Lakers, and Oklahoma City are all within three games of each other, and all could represent in the NBA finals.

Portland, New Orleans, Denver, Utah, and Memphis round out the contenders, all with winning records. Because of the balance, many teams could make it from the West. I have a feeling that road will travel through San Antonio.

Tune in next week for a look at some college hoops.

## Cage, Perlman knightly in Season of the Witch

By SPC. MATTHEW KEELER  
EXPEDITIONARY TIMES STAFF



The action, adventure, and medieval type film has been done before. In some cases, the results turn out really well, with 'Kingdom of Heaven.' A solid movie about knight's defending Jerusalem during the crusades. Whether it was great acting on the part of Orlando Bloom, or solid directing by Ridley Scott; the movie was a success because there was more depth in these characters than just knight's fighting during the crusades. Unfortunately, where there is good, there must also be bad. In that case, we have Season of the Witch.

Nicholas Cage, who seems to come out with a new movie in a different genre every year, plays the role of Behmen, a knight who leaves the crusade after seeing the wasted results for him and his friend, Felson, played by Ron Perlman. Both

knight's quit the crusade to travel home and live out their lives in a more peaceful way... When you team two actors like Perlman, and Cage together in a film, peaceful is the last thing that you would expect.

During their travels back home both knight's are given a choice between imprisonment for abandoning the crusade or help ferry a suspected 'witch' to a location so she can be exorcised. These two knights sign on to join the quest, under the idea, "how hard can it be to transport a young girl from point A to point B?" And, like some cookie-cutter script all sort of hell-raised creatures try to impose the small band to stop the witch from reaching the church.

Ok, this film is not all that bad, and not one that I would voluntarily walk out of the theater on. Instead there is some real charm and replay value that appears on screen. The problem that people who see this film might misunderstand is that it is not a great action film. From the first sword fight, through racing horses, rickety bridges, and killer dogs;

Nothing about these scenes are truly works of art.

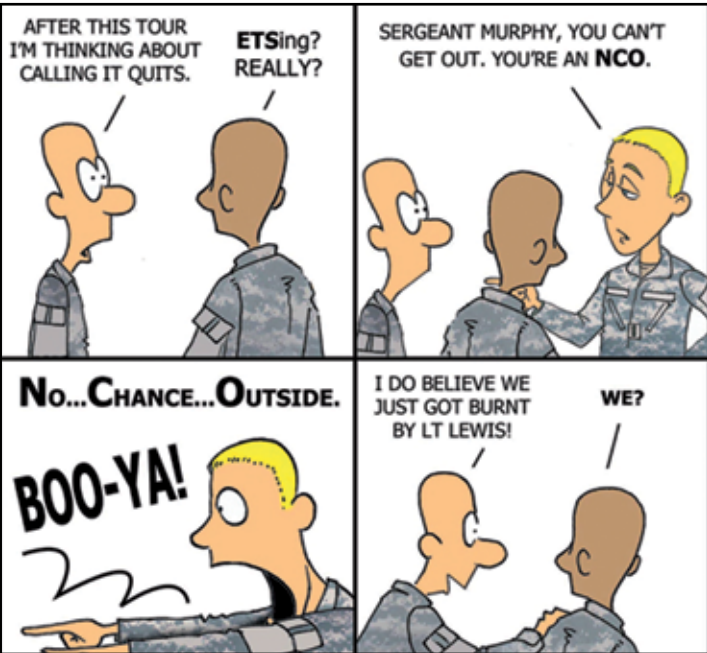
The last quality of this film is the on screen relationship between the Behmen, and Felson. When these characters first take screen they grow before your eyes into men of flesh and bone. The charm in their actions and body language give you more a sense of what type of men lived during the age, than a movie twice the length could explain.

It's a real credit to Cage, and Perlman, two actors known more for their endeavors and explosions than their on screen acting, offer the audience a true almost buddy-knight experience. And, for every ounce of bad-fighting, over the top violence, or senseless gore; there are long stretches of great dialogue.

Maybe, this is a sign that Perlman and Cage can forgo the bullets and the bloodshed and focus more on dramatic films for a time.

With all that said, "Season of the Witch", receives a 3 out of 5, for its lasting quality compared to other films this year.

## PVT MURPHY'S LAW



Wednesday February 23
5 p.m. Gulliver's Travels (PG-13)
8 p.m. Just Go With It (PG-13)
Thursday February 24
5 p.m. Season Of The Witch (PG-13))
8 p.m. Just Go With It (PG-13)
Friday February 25
6 p.m. The Fighter (R)
9 p.m. Big Mommas: Like Father, Like Son (PG-13)
Saturday February 26
2 p.m. The Dilemma (PG-13)
5 p.m. Big Mommas: Like Father, Like Son (PG-13))
8 p.m. The Fighter (R)
12 p.m. Big Mommas: Like Father, Like Son (PG-13)
Sunday February 27
2 p.m. The Fighter (R)
5 p.m. The Dilemma (PG-13)





Soldiers of the 261st Movement Control Team, 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), compete during a warrior skills competition in June 2010. The 261st MCT prepares to redeploy as their tour comes to a close.



Soldiers jog to cross the finish line during the 14th Movement Control Battalion sponsored 14k run for Valentine's Day Feb. 14 at Holt Stadium, Joint Base Balad, Iraq.



An Iraqi cook with Support Company, 2nd Battalion, 11th Brigade, 3rd Iraqi Army Division, mixes a fresh batch of bread dough at the Ghuzlani Warrior Training Center, Feb. 10, 2011. Support Company soldiers prepare fresh bread and cook meals daily for more than 500 comrades training at GWTC. As part of the total training concept of Tadreeb al Shamil, Arabic for All Inclusive Training, Support Company soldiers provide food, maintenance, intelligence and logistical support to the IA battalion, independent of U.S. Forces' assistance, sustain IA warfighting units training to become proficient for future operations.