



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

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Safety



Soldiers stay mindful of dangerous roads

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Quarterly boards challenge NCOs

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Training aids Soldiers in defeating fire

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A Mine Resistant Ambush Protected vehicle from Company D, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), moves out on a convoy escort mission. Many hours of planning and preparation go into every convoy escort mission

Planning key to successful convoy missions

STORY AND PHOTOS BY
STAFF SGT. PAT CALDWELL
3RD BATTALION, 116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq— For the men and women of the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), it is all about the roads.

Good roads, bad roads, narrow roads or pathways pockmarked with vestiges of an eight-year war. Empty roads that stretch into the horizon; highways packed with traffic that twist and turn and then shoot straight into the Iraqi desert like asphalt

daggers.

The corridors the Soldiers of Task Force Viper travel every day while guarding convoys are at best, an ample serving of the mundane and, at worst, a unique form of risk.

For every Convoy Escort Team, the focus narrows. Abstract issues such as politics and foreign policy evaporate. The roads bestow their own logic; the rules are simple, the risk always present.

Countless man-hours of planning are front-loaded into every convoy escort mission and while the hand of humans is evident, it would be hard to escape the realization that simple luck plays a far more significant role.

Every road transmits its own array of exclusive guidelines and procedures. Some roads are more

dangerous than others. In the end the Soldiers of the 3rd Battalion secure their only real significant letter of transit when they reach the end of another mission.

Capt. Noah Siple calls them “Road Warriors.” Siple, a Caldwell, Idaho, native and the commander of Company A, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), said his Soldiers are a special collection of men and women from across Oregon.

“They are living the life of a road warrior. They have to be self-sufficient,” Siple said of his Soldiers in Company A.

That distinct form of self-sufficiency plays into

Planning cont. page 6



Competition puts Soldiers to the test at COB

Speicher

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

e-mail: escpao@iraq.centcom.mil

Appreciating life during deployment

CAPT. BRANDT KLAUITTER
CHAPLAIN
14TH MOVEMENT CONTROL BATTALION



I think it goes without saying that deployment is a time to do without. For those deployed it is a time to do without so many of the familiar surroundings of home and without many of the freedoms and comforts enjoyed previously; for those deployed and those left behind, it's a time without the presence of loved ones to accompany us through the daily routine and the ups and downs of life. Yet, rather than dwelling on all of the things and people we don't have, and therefore must do without, is it possible that deployment can also be a time of appreciation?

G.K. Chesterton once wrote, "The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them." In other words, if we can't appreciate that which we do have, what's the use of having more? With this in mind I ask the question, "Do you take time to stop and appreciate the little joys and blessings in your life?" This might be the quiet moment in the morning with a cup of coffee just before the day jumps into full swing. This might be that daily or weekly phone call on Skype when you not only chat, but even get to see your loved one's smile. What about those emails, letters and cards that you look forward to or the care packages that give evidence to so much thoughtfulness and kindness? It would be truly tragic if self-pity and separation robbed any of us of our ability to appreciate the many blessings that we do have! In fact, if anything, deployment

can offer each of us a chance to grow in appreciation of a great many things.

I realize that those of you reading this are at many different stages of deployment. My unit, 14th Transportation Battalion, is now just about out the door and by the time you read this I am hopeful that the dust, heat, mud and separation of deployment will have been filed away in the mind's vast database of memories. Nevertheless, I know that this deployment has taught me something of appreciation. Having witnessed so many of the moving pieces required to make the mission happen, I can only say that I have grown in appreciation of very many things. There's the competent leadership that guides us along. There are the pilots, drivers, mechanics, logisticians, lawyers, doctors, gunners, and engineers that do their jobs each and every day. They ensure that we get to the places we need to be, that we can operate as safely as possible, and that we have all the things (and more) that we need in order to complete the mission. There are also the many Soldiers, Airmen, Sailors and Marines that go unnoticed as they quietly do what they're told—whether it's sitting up through the night pulling staff duty, emptying trash cans or maintaining equipment. Day in and day out, seeing these things at work has only left me with a great appreciation for the men and women I serve with in the Armed Forces.

Whatever it is, then, deployment can truly be a time for appreciation. Appreciation for the many professionals with whom we serve, appreciation for things left behind and those things we do have, appreciation for a great many things—not the least of these being the gifts of life, health, and our loved ones—all of these truly being gifts from the Giver of every good and perfect gift.



EXPEDITIONARY TIMES

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

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

103rd ESC Deputy PAO,
Capt. William Marquez
william.marquez@iraq.centcom.mil

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

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

103rd ESC Marketing NCO
Sgt. 1st Class Robert Barker
robert.barker@iraq.centcom.mil

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

103rd ESC Staff Writers
Sgt. Stephen Scott
stephen.e.scott@iraq.centcom.mil

Spc. Zane Craig
zane.craig@iraq.centcom.mil

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

Spc. Edwin Gray
edwin.gray@iraq.centcom.mil

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

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keyword: Expeditionary Times

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

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The Weekly Standard: Don't Ask Don't Tell Repeal

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



The law concerning same sex relationships in the military is changing. The current law commonly referred to as Don't Ask Don't Tell (DADT) was signed by President Clinton in 1993. Congress has since approved a new law and President Obama has signed it into law. However, it is not as simple as that; the Don't Ask Don't Tell policy is still in effect with only a few modifications. The new law has an implementation timeline in it requiring our leadership to first certify that the appropriate regulations have been reviewed and drafted and that implementation of repeal regulations "is consistent with the standards of military readiness, military effectiveness, unit cohesion, and recruiting and retention of the Armed Forces". Then a 60 day waiting period has to pass before the new law takes effect.

So what changes once the new law takes effect? Not much if you think about it, since there have been same sex relationships in the military ranks for a long time. First we must remember our Army Values: Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage. This is our baseline, our foundation, our core. They define who we are, what we do, and what we stand for. With that, let's look at the top 10 things you need to know:

1. **Accessions & Separations Policies:** Sexual orientation will continue to be a personal and private matter.
2. **Standards of Conduct Apply Equally to Everyone:** All Soldiers will be held to the same standard of conduct.
3. **Personal Privacy:** Commanders may not establish practices that physically segregate Soldiers according to sexual orientation.
4. **Moral and Religious Concerns/Freedom of Speech:** There will be no changes regarding any Soldier's free exercise of religious beliefs, nor are there any changes to policies concerning the Chaplain Corps and its duties.
5. **Benefits:** There are no changes to eligibility standards for military benefits at this time. The Defense of Marriage Act (DOMA) prohibits same-sex partners of military members from claiming status as a dependent.
6. **Equal Opportunity:** Sexual orientation will not be placed alongside race, color, religion, gender and national origin as a class under the Military Equal Opportunity (MEO) Program and therefore will not be dealt with through the MEO complaint process.
7. **Duty Assignments:** There are no changes to assignment policy.
8. **Medical Policy:** There are no changes to existing medical policies.
9. **Release and Service Commitments:** There will be no new policy to allow for release from service commitments for Soldiers opposed to repeal of DADT.

I.G. Contacts

Joint Base Balad (103rd ESC):
DSN 433-2125

Lt. Col. Jeffrey Schneider (*Cmd*)
Maj. Erik Verhoef (*Deputy*)
Master Sgt. Arnett Cooper (*NCOIC*)

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

Speicher (103rd ESC):
VOIP 433-2125

10. **Collection and Retention of Sexual Orientation Data:** Sexual orientation is a personal and private matter. Commanders are not authorized to request, collect, or maintain information about the sexual orientation of Soldiers. This article is not all inclusive and many Soldiers will have questions about this. A training plan is coming your way that will help answer questions and I will also address the topic next week.

Combat Stress: The Tobacco Cessation

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Has tobacco addiction taken control of you? Do you want to stop smoking cigarettes or stop chewing tobacco but are unsure how? Overcoming any addiction is difficult. The first step in overcoming your tobacco addiction is to determine why you smoke or chew. Ask yourself, "What physical, emotional or social benefits do I gain from tobacco?" Once you understand why you smoke or chew it will be easier to determine how and what you need to change in order to stop.

Tobacco cessation is stressful both physically and mentally. Many individuals will experience withdrawal symptoms such as craving, tension, irritability, lightheadedness and increased coughing. Plan ahead and problem solve how you will handle possible scenarios that could thwart your cessation efforts. Be prepared with replacement options

such as low calorie gum or candy when tobacco cravings hit you. Increase exercise and find other leisure activities to engage in that will keep your mind off tobacco. Many individuals will have trigger situations that tempt them to smoke or chew. Determine what your triggers situations are and make a plan to target and avoid your triggers.

Now that you have decided that tobacco cessation is the right decision for you, you need to decide on a Quit Date and decide on a method. There are three primary methods you can try. First, you can go cold turkey. You stop smoking or dipping all together. Another method is tapering. Tapering involves reducing the amount of tobacco you use over about a one week time frame until you reduce the amount to zero cigarette or chewing tobacco. Lastly, you can try postponing. Postponing involves delaying the time at which you start to smoke or chew each day. For instance, you postpone your first cigarette until 8 a.m. on Monday, then until 10 a.m. on Tuesday, 12 p.m. Wednesday and continue until you have no more time left in the day to smoke. Once you have success-

fully stopped smoking or chewing, live tobacco free. Do not be tempted to try just one, because one leads to two which leads to four which eventually leads to a pack a day.

In conjunction with the methods above, nicotine replacement, such as gum or patches, or prescription medications like Zyban are also an option. Over the counter options are available at the PX. However, Soldiers, Sailors, Airmen and civilian personnel may attend a smoking cessation class and attend an appointment with a prescribing provider to obtain nicotine replacement products or prescription tobacco cessation medications. If you are interested in attending a class, the Combat Stress Control Clinic, located in the Joint Medical Clinic, offers the Smoking/Tobacco Cessation class every Saturday at 0900. Seats are limited to six personnel per week so please call the CSC clinic at 483-3385 in advance to reserve your seat.

Additional resources on Smoking/Tobacco cessation are available at www.cdc.gov/tobacco, www.surgeongeneral.gov/tobacco/ or www.tobacco-cessation.org/.

Soldiers, civilians work together in support of Allied Trade

STORY BY
CHIEF WARRANT OFFICER 2 CLARENCE ANDERSON
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—



Accomplishing a mission that requires a partnership between Soldiers and civilians can present some challenges. However, when both parties have a common goal to accomplish, the results become rewarding for all.

Soldiers with the Allied Trades support section from the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have supported multiple units from the Army, Air Force, and various contracting companies since beginning its mission on Contingency Operating Base Adder, Iraq.

The Allied Trades support section has fabricated multiple security gates for the COB Adder mayor cell, entry control points, living areas and the Post Exchange. The section has also repaired and fabricated a variety of military vehicles and repaired main components for the local ice plant and

incinerator. They have also completed intricate plaques and improved outer tactical vest stands for various units.

"Not only was this work conducted by the Soldiers, but the civilians played a huge part in our fabrication mission on COB Adder," said Staff Sgt. Darrell Dekiserre, an Allied Trades support supervisor with the 632nd Maint. Co., and a Los Angeles, Calif., native. Dekiserre ensures that his section completes the mission in a collaborative environment.

"The Allied Trades shop consists of seven Soldiers and four civilian contractors successfully completing over 850 fabrications and repairs during their tenure in Iraq," Dekiserre said.

"The vast level of knowledge and experience the contractors possess is priceless. They've played a vital role in the completion of many of the large jobs throughout the base. The Soldiers and contractors have different levels of experience, and they all work together sharing knowledge and teaching each other the metal trades of welding and machining. As a supervisor, it's my responsibility to ensure everyone under my supervision is treated fair with respect and dignity."

Ibrahim Ahmed, a civilian contractor with Olgoonik Logistics, and a Woodbridge, Va., native, contributed to the

overall success of the mission with his metal working abilities.

"My commitment to supporting my country in a time of need has always been embedded in my heart from day one," Ahmed said.

"As a previous combat veteran during my time in the military, I knew that once I separated from the military, I still had a chance to make a difference regardless of what type of uniform I wore. Immediately upon separating from the military, I attended welding school for a year and decided to put my skills to use with an organization that would appreciate my skills. Since I had previous experience working with the military, I knew they could use my assistance once again."

Once he was hired to provide assistance to his country, he was faced with a different type of challenge to conquer.

"Prior to coming to COB Adder as a civilian, I wasn't sure how the Soldiers would accept me in comparison to my previous assignments (Camp Ramadi and Mosul)," Ahmed said. "Once I was assigned to the Allied Trades support section, I felt right at home. These Soldiers welcomed me with open arms and ensured that I had the proper tools to complete any job when called upon. I truly believe that our relationship will continue to improve as time progresses."



(LEFT TO RIGHT) 1st Lt. Robert Carlson, a Vernon, Conn., native; Sgt. David Boyer, a Milmont, Pa., native; Spc. Daniel Muriel, a Bronx, N.Y., native; Spc. Paul Leblanc, a Clairmont, N.H., native; Sgt. Karl Pollock, a Rindge, N.H., native; and Sgt. Stephen Rhodes, a Brooklyn, N.Y., native, of the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) observe and help a Tractor Line Haul Truck hasty hook up to another Tractor Line Haul Truck.

Transporters remain mindful of safety at full speed

STORY AND PHOTOS BY

SGT. BRIAN C. LEE

220TH TRANSPORTATION COMPANY

CONTINGENCY



OPERATING BASE SPEICHER, Iraq—

Within the last seven months, the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), has completed more than 125 missions.

Safety was paramount in order to accomplish this milestone. The first and last 90 days of any deployment are very crucial. This is the time when Soldiers can become complacent. By reinforcing the safety standards such as three-point contact and the use of a ground guide, the 220th Trans. Co is determined not to fall into complacency.

The 220th Trans. Co. conducted a Safety Stand Down Jan. 23 at its motor pool to reinforce safety standards and prevent future injuries, both on and off COB Speicher. Six stations focused on various aspects of safety, including how to safely tow a vehicle with a recovery vehicle, an Tractor Line Haul Truck hasty hook up to another Tractor Line Haul Truck operating a Palletized Load System truck load, operating a Heavy Equipment Transport trailer, tie down and securing loads on a HET trailer, and how to egress out of a HET tractor during emergencies.

Soldiers were required to wear their reflector belts, gloves, and Advanced Combat Helmet at all times. Each station had approximately 12 Soldiers who rotated



1st Lt. Mitter, executive officer for the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a Randolph, Mass, native, egresses or practices escaping out of a heavy equipment transport's back window during the 220th Trans. Co.'s safety training.

every hour at the sound of the loud horn.

Soldiers may find it easy to drive a vehicle such as a HET, but it is more challenging to safely operate the attached trailer. Staff Sgt. Roger Daniel, a Queens, N.Y., native, and Sgt. Amanda Sugai, a Gloucester, Mass., native, taught this portion of the training.

"This is a bit more complicated than an M915 trailer," Daniel said. "One set of wheels out of alignment could compromise

your safety."

A HET trailer has 40 tires.

Tying down and securing cargo is a major part of a motor transport operator's duty. Failure to properly secure a load could cost Soldiers their lives, and possibly the lives of others. Additionally, knowing the cargo's weight will determine compatibility to the trailer.

"If you use short cuts, and don't take your

time to secure your loads, you could cause collateral damage to not just military equipment and personnel, but also civilians," said Pfc. Martin Cleveland, a Portland, Maine, native.

While on the road, Soldiers are sometimes faced with malfunctions and vehicle breakdowns. The instructors at the vehicle recovery station, Cpl. Joshua Baslow, a Sunapee, N.H., native, and Cpl. Eric Donovan, a Los Angeles, Calif., native, explained that this training helps to speed up their recovery process, which should be done within 15 minutes.

"The less time we spend on the side of the road, the safer we all are," said Barstow.

Some breakdowns can be fixed at the operator's level. The information the operator provides via radio or communications equipment can help determine the source of the problem. This allows them to make the decision whether or not to tow the vehicle, which requires them to expose themselves to unnecessary risks.

"Safety is definitely our primary focus right now," said Staff Sgt. Kwesi King, a Brooklyn, N.Y., native "The proof is in the pudding."

He knows far too well the damage complacency can cause within this time frame. During his last deployment, King lost a fellow comrade during the first 90 days, and another was paralyzed for life during the last 90 days.

During this crucial 90-day period, Soldiers will continue to use the knowledge and skills obtained through past missions and safety refresher training. Missions on the roads of Iraq may have slowed down, but the mission of bringing Soldiers back home to their Families safely is at full speed.

Administrative specialist receives CAB for actions

STORY AND PHOTO BY
CAPT. ANGELA CERVELLI

240TH COMBAT SUSTAINMENT SUPPORT BATTALION.

ALASAD AIR BASE, Iraq—Spc. Caleb Dufrene, administrative specialist with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lockport, La., native, was awarded a Combat Action Badge during an awards ceremony outside the 240th CSSB headquarters Feb. 1 at Al Asad Air Base, Iraq.

Dufrene was pinned with the CAB by Lt. Col. Skip Adams, commander of the 240th CSSB, and a Nokesville, Va., native.

On January 25, Spc. Dufrene was enroute from Contingency Operating Station Kalsu to Al Asad Air Base, when an Improvised Explosive Device detonated on the vehicle he was riding in.

"Shrapnel hit the side of the vehicle," said Dufrene. "I heard a loud noise and knew immediately what it was."

1st Sgt. Randy Hart, first sergeant for the headquarters and headquarters company of the 240th CSSB, and a Jena, La., native, was riding in a vehicle behind Dufrene's vehicle.

"During the convoy, I heard a loud noise about 50 meters to my right and I saw an explosion and noticed an IED had detonated," Hart said.

Also riding in the convoy was Command Sgt. Maj. Romeo Montez, senior enlisted advisor of the 240th CSSB, and a Dallas, Texas, native.



Spc. Caleb Dufrene, administrative specialist with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lockport, La., native, receives a Combat Action Badge from Lt. Col. Skip Adams, commander of the 240th CSSB, and a Nokesville, Va., native, Feb. 1 at Al Asad Air Base, Iraq.

Soldiers win NCO, Soldier of the Quarter Boards

STORY AND PHOTO BY
CAPT. ANGELA CERVELLI
240TH CSSB

AL ASAD AIR BASE, Iraq—Three Soldiers with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), won noncommissioned officer of the Quarter or Soldier of the Quarter at the boards Feb. 1 at Al Asad Air Base, Iraq.

Spc. Ivan Calderon, a mechanic with the 240th CSSB Joint Distribution Center, and a Bronx, N.Y., native, competed and won the Soldier of the Quarter board competition.

Calderon was motivated to go to the board to earn his promotable status.

"I was told that if I wanted to be promotable, I would have to go to a Soldier of the Month board, and I got hooked," Calderon said. "It feels great that all the studying and all the practicing paid off, and to know you earned the respect of those appointed over you when they tell you you've done a great job."

Calderon also added that he prepared for the board by making a study guide and by studying with his friend and battle buddy.

Sgt. Ronald Conley, a deployments/redeployments operations NCO with the 240th CSSB, and an Eighty Four, Pa., native, competed and tied for NCO of the Quarter.

Conley said he was motivated to participate in the board by his family and by his desire to improve himself.

"I studied every moment I had," Conley said. "Now that the battalion board is finished, I'm studying again for the brigade board, and I'm doing physical training twice a day to prepare for the Army Physical Read-



Spc. Ivan Calderon, a mechanic with the 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Bronx, N.Y., native, assembles an M-16 rifle during the Soldier of the Quarter competition after assembling and donning his protective gas mask Feb. 1 at Al Asad Air Base, Iraq.

iness Test."

Conley explained the significance of going to the boards.

"It's important to go to boards as part of the military tradition, and overall, you better yourself, and it's an opportunity to show your senior leaders what you are made of when it comes to your level of study and discipline," Conley said.

"The most satisfying moment during the deployment was when my Soldier, (then specialist) Sgt. Barry Collins, won the Soldier of the Month board, then went to the promotion board and picked up E-5,"

Conley said.

Sgt. Barry Collins, deployments/redeployments operations NCO with the 240th CSSB, and a Blairsville, Ga., native, also competed and tied for NCO of the Quarter.

Like Conley, Collins studied every free moment he had.

"The hardest part of the board was answering multiple questions while putting together the weapons," Collins said. "I think I did equally well in the weapons section and the question section of the board and I enjoyed each part the same. Soldier of the Month and Quarter Boards are important

because it gets Soldiers ready for promotion boards."

Command Sgt. Maj. Romeo Montez, command sergeant major of the 240th CSSB, and a Dallas, Texas, native, said that Conley was an underdog at the start of the competition.

"Sgt. Conley really impressed the board members at the NCO of the Quarter board," said Montez, who served as the board president. "I'm proud of all he has overcome. He has truly risen to the occasion, and we look forward to seeing him move on to more boards. He is truly a superstar."

Computer operations Soldier becomes a professor

STORY AND PHOTO BY
SPC. DANIELLE LAGUNAS-VALLES
749TH CSSB

CONTINGENCY OPERATING BASE



ADDER, Iraq— There are many opportunities that arise for Soldiers here, whether it is educational or just something to do for fun in one's

spare time. Staff Sgt. Eric Callagher, sustainment automation support management office non-commissioned officer-in-charge with the 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Citrus Heights, Calif., native, is taking hold of every opportunity that presents itself at Contingency Operating Base Adder, Iraq.

Callagher decided to continue his educational efforts and challenge himself by becoming a professor at the University of Maryland University College. Callagher will be teaching the IFSM 201 class, which is an introduction to computer-based systems, at the COB Adder Education center. This computer-based class is scheduled to begin 22 March. The class will be held every Tuesday and Thursday for eight weeks from 7 p.m. to 10 p.m.

Callagher explained why he decided to go through with this endeavor.

"Now, at 45, I feel that it is my purpose to return to school to inspire the next generation of thinkers," Callagher said. "I am eager to develop future professionals, scientists, and colleagues who will travel through life in search of greatness. I also feel that teaching is a noble profession – a service to humanity."



Staff Sgt. Eric Callagher, a sustainment automation support management office noncommissioned officer-in-charge with the 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Citrus Heights, Calif., native, chose to be a professor at University of Maryland University College while deployed at Contingency Operating Base Adder, Iraq.

Callagher is someone who has not stopped pursuing greatness in his education. He started working towards his bachelor's degree in geology with a concentration in hydrology shortly after his return from being stationed in Hawaii with the Marines in 1990, at Pierce College in Woodland Hills, Calif. In 1991, he continued his education at California State University Stanislaus in Turlock, Calif. Several years later, Callagher enrolled at Sonoma State University.

He said that while working on his bache-

lor's degree in 2000, he made his final school change and best academic choice when he enrolled in the University of San Francisco.

He enrolled as an information technology major and completed both his Bachelor of Science and Master of Science degrees at USF.

Callagher is still interested in pursuing his education once he returns home from deployment. He is considering attending UMUC or Carnegie Mellon to study for his Doctorate degree in information systems

security. This will be Callagher's first major experience as a teacher, and he is very eager to mentor college level students.

"While my approach to teaching is not developed, I will experiment with three basic principles: inspire a creative mindset, embrace change, and expect projects to be relevant," Callagher said regarding his teaching abilities. "I believe my decision to teach is a life-changing goal and it is a personal challenge. I am excited to get started."

Planning from page 1

another key attribute of the 3rd Battalion: its Cavalry heritage.

According to 3rd Battalion commander, Lt. Col. Phil Appleton, the rich tradition of the U.S. Cavalry plays a pivotal and often overlooked role in his unit's success.

"Within the battalion there is a sense of drive, professionalism and pride," Appleton said. "The Cavalry spirit is alive and well. It is a sense of independence that requires a person to have initiative and perseverance."

Appleton said the 3rd Battalion is very much a reflection of specific values connected to the region of Oregon it represents.

"Eastern Oregon is populated by rugged, tough people. They are the types that join the battalion," he said.

Many of the Soldiers in the battalion acknowledge they have a serious commitment secured in the past through the Cavalry tradition.

Sgt. Jack Evers, a former La Grande, Ore., resident who now lives in Portland, said the fact the 3rd Battalion calls eastern Oregon home pays dividends in terms of cohesion.

"Everyone has a connection to each other. The guys are from the same area. And there are different occupations, from brick-layer to communications specialist," Evers, an assistant convoy commander in Baker City, Ore.'s Company F said.

Initiative is a crucial ingredient to the

success of the convoy escort teams. Because of its distinctive mission in central Iraq, the 3rd Battalion must depend on the resourcefulness of its junior leaders according to the unit's operations officer, Maj. Martin Nelson, of Pendleton, Ore.

"We rely on their leadership to prepare, plan and execute the mission," Nelson said.

The pace can be a grueling one. Each convoy escort team spends hours preparing for even the simplest mission. And most missions, while seemingly routine, are never effortless.

Each company in the battalion, along with the battalion leadership, must deliver a choreographed production every time a convoy escort team goes out on a mission.

"There is a huge effort to track, manage and coordinate thousands of Soldiers in the operational environment every day. We do a lot of planning and coordinating every day," Nelson said.

While the mission is all about the roads, it is also very much about meeting deadlines, Nelson said.

"You start putting the pieces together. Then you have to line up all the start times. If you are going to have a helicopter fly to cover for a convoy, for example, we have to know exactly when to start," he said.

During every convoy escort mission, 3rd Battalion leaders must also evaluate and examine the level of potential danger.

"We understand it (the risk) well before we leave. But at some point you have to start the mission and you have to accept the risk,"



Maj. Martin Nelson, operations officer for the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Pendleton, Ore., native, said that before a convoy escort from his battalion even prepares to leave Joint Base Balad, Iraq, there is a lot of planning and coordination that must happen first.

Nelson said.

Appleton summed up the battalion's mission in local terms.

"Imagine Wal-Mart's transportation facility in Hermiston. Instead of seeing single trucks on Interstate 84, they would conjoin, say, 15 trucks. We'd meet them at a big parking lot. We'd inspect the trucks and then escort them through the Blue Moun-

tains as if bandits were going to rob them," he said.

While U.S. Forces are no longer taking an active combat role in Iraq, there are still individuals committed to creating chaos, Nelson said.

The ones who must ride down the roads every day understandably take a more subtle view of the level of risk.

Smash Mouth gives 'all star' show at COB Adder

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

CONTINGENCY OPERATING BASE



ADDER, Iraq— The rock group Smash Mouth performed for more than 300 service members and civilians at Memorial Hall Feb. 13

at Contingency Operating Base Adder, Iraq.

The concert gave the attendees an opportunity to relax and have fun.

Capt. Ajyman Johnson, safety officer with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Sacramento, Calif., native, explained how the concert benefitted the Soldiers.

"I believe that it [the concert] boosted morale," Johnson said. "It gave them [Soldiers] a chance to unwind after working hard all week. I believe that a lot of them looked forward to it. Smash Mouth was around when I was younger. I really enjoyed it."

Smash Mouth was formed in San Jose, Calif., in 1994. Band members include Steve Harwell, lead vocals, and a Santa Clara, Calif., native; Sean Hurwitz, lead guitar, and a Los Angeles native; Michael Klooster, keyboards, and a San Jose, Calif., native; Paul De Lisle, bass guitar, and a Los Angeles native; and Randy Cooke, drums, and a Seattle native. Major hits include "Walkin' on the Sun," "All Star," "Then the Morning Comes," and "I'm a Believer."

Capt. Steven Maughan, supply officer with the 1st Combined Arms Battalion, 163rd Infantry Regiment, 224th Sus. Bde., and a Lincoln, Mont., native, said that his favorite song was "All Star," the last song Smash Mouth performed.



Steve Harwell, lead singer of the rock group Smash Mouth, and a Santa Clara, Calif., native, and Sean Hurwitz, lead guitarist, and a Los Angeles native, entertain more than 300 service members and civilians at a concert in Memorial Hall Feb. 13 at Contingency Operating Base Adder, Iraq.

"It was awesome," Maughan said about the concert. "Smash Mouth and me go way back — '97, '98. I thought it was great to have the guys come out here and boost the morale of our Soldiers. It gave them a chance to relax, let their hair down and just have a good time."

Spc. Denise Bennett, a heating, ventilation and air conditioning specialist with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sus. Bde., and a Montreal, Canada, native, had a special experience at the concert.

"When the lead singer took my video camera around, it was totally cool," Bennett said. "I was so honored that he did that, and I can't wait to see the footage later. I got two guitar picks." I really appreciate the band coming out. It raises people's morale and it gives a change of pace out here."

Soldier flag-football team remains undefeated

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), filled up the sidelines at the football field during a game Feb. 11 at Contingency Operating Base Adder, Iraq.

Their cheers and words of encouragement boosted the already high morale of the undefeated 2nd Det., 8th Ord. Co. "Bullets" flag football team.

The Bullets are already 4-0 score through the start of this season. The team consists of Soldiers from every work section and of every rank - some of whom have been playing together since before their current deployment in support of Operation New Dawn. The Bullets played The Panthers, winning score of 16-0.

"It's fun to play on a team with this level of on-field chemistry," said Spc. Derek Vincent, a light wheeled mechanic with the

2nd Det., 8th Ord. Co., and a Battle Creek, Mich., native.

Team captain Spc. Sean Mackey, an all-wheeled mechanic with the 2nd Det., 8th Ord. Co., and a New Boston, Mich., native, constantly motivates his fellow team members on and off the field. He shares his previous flag football experiences with the team and helps execute plays on the field.

Other Soldiers in the detachment provide support and create a positive atmosphere to the game.

"I love to cheer for my detachment," said Spc. Tiffany Isenberg, ammunition specialist with the 2nd Det., 8th Ord. Co., and a Huntingdon, Pa., native. "Our flag football team is doing an amazing job representing the detachment. Unit members actively run up and down the field, enjoying themselves, and cheering for the Bullets."

Staff Sgt. Shedric Mason, a maintenance management sergeant with the 2nd Det., 8th Ord. Co., and a Mobile, Ala., native, said that he enjoyed the game.

"Watching their football games is fun," Mason said. "The team's constant ability to see and stop the other team's plays is phenomenal."

Flag football is a beneficial sport for the Soldiers. The Soldiers are able to stay active outside of regular physical training and



U.S. Army photo by Sgt. 1st Class Cedric McCabe

Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), form a flag football team huddle during a game Feb. 11 at Contingency Operating Base Adder, Iraq.

enjoy something they love. Combining high-adrenaline activities and organized teamwork provides opportunities to accomplish

missions outside of the normal duty day. The Soldiers are not only motivated to complete their mission at work, but also on the field.

Provider Challenge t



U.S. Army photo by Sgt. Gaelen Lowers

Team Bravo for the Special Troop Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), pick up the pace during the 5-mile ruck march event for the Provider Challenge Feb. 19 at Contingency Operating Base Speicher, Iraq.



U.S. Army photo by Spc. Zane Craig

Sgt. Jason Emmele, command group noncommissioned officer-in-charge with the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a New Braunfels, Texas, native, competes in the five-minute, timed pushup segment of the Provider Challenge.

STORY BY
SGT. GAELLEN LOWERS
3RD SUSTAINMENT BRIGADE

CONTINGENCY OPERATION BASE SPEICHER, Iraq— Forty 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) Soldiers competed in the Provider Challenge Feb. 19 at Contingency Operating Base Speicher, Iraq.

The day-long competition pitted eight teams from the brigade's four different battalions against each other in a competition comprised of seven events designed to test Soldiers' skills, abilities, physical toughness and mental endurance.

"This competition will separate the men from the boys, and the women from the girls," said Command Sgt. Maj. Clifton Johnson, command sergeant major for the 3rd Sustainment Brigade, a native of Lima, Ohio, and creator of the challenge, to the competitors before the competition began. "If you came to Speicher thinking you were bad, [the competition] is going to do one of two things for you: it's going to tell you that you aren't bad, or validate that you are, indeed, bad."

He continued by saying that the brigade has held a competition such as the Provider Challenge every time it has deployed.

The challenge began at dawn with a push-up contest. Each team took turns doing as many push-ups as possible within five minutes. The 13th Combat Sustainment Support Battalion's Bravo Team recorded 671 push-ups, winning the event.

The teams then moved to a litter carry, where each team carried one of their team members on a medical litter 400

meters and over a small obstacle, competing for the best time. The winning time was 1 minute, 36 seconds by 13th CSSB's Bravo Team.

A 5-mile ruck march came directly after, where each team carried a 35-lb. ruck sack. The 13th CSSB's Bravo Team again dominated with a time of 1 hour, 12 minutes, 46 seconds.

"The ruck march was the hardest event," said Sgt. Lawrence Lee, Jr., supply sergeant for headquarters and headquarters company, Special Troops Battalion, 3rd Sust. Bde., and a native of Pensacola, Fla. "Everyone on the team was at different levels of endurance and each member had to finish together, so regardless of the individual's time, they had to wait for the rest of their team."

His teammate, Staff Sgt. Hilaria Taylor, noncommissioned officer-in-charge of supply for HHC, STB, 3rd Sus. Bde., and a native of Los Angeles, agreed.

"It was painful and the longest five miles I ever walked, but at the same time it was fun because we keep pushing each other and we came in as a team," she said.

The ruck march ended at the weapon's range, where two of the seven events took place. First, each team was timed and graded on the disassembly and reassembly of the M16 rifle and the M249 machine gun. They were then graded on a weapon's qualification.

The teams later swapped out their boots for running shoes for the 2-mile run. Like the ruck march, they were required to start and finish the race together. This time, the 394th Combat Sustainment Support Battalion's Alpha Team placed first with a time of 18 minutes, 36 seconds.

Tests Soldiers' mettle

'This competition will separate the men from the boys, and the women from the girls'

-Command Sgt. Maj. Clifton Johnson



U.S. Army photo by Sgt. Gaelen Lowers

Members of Team Bravo for the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), race against the clock to disassemble and reassemble a M249 Squad Automatic Weapon (SAW) during the Provider Challenge

The final event of the competition was a tire exchange for the High Mobility Multipurpose Wheeled Vehicle, better known as a Humvee. Each team's five contestants worked together to remove a tire from the vehicle and replace it with a spare. The best time came from the 394th CSSB's Bravo Team with 5 minutes, 8 seconds.

In the end, only one team could walk away with first place, and that team was 13th CSSB's Bravo Team.

"We came into the competition with the mindset that we were going to come in first," said Spc. Courtney Pollard, standard army ammunition system modernized noncommissioned officer for the 8th Ordnance Company, 13th CSSB, and a native of Gadsden, Ala. "There was no point, after all we've done for a month and a half, for it all to go to waste. We had to leave with something."

Coming in third place was the 13th CSSB's Charlie Team, with the 394th CSSB's Alpha Team receiving second.

"This was a great competition, and I am proud of each and every one of you," Johnson said to the competitors after all the events were complete. "Competition is good. You will be in competition all of your lives. You will compete for awards, you will compete for promotions, you will compete for a lot of things for the rest of your lives. So we love competition."

During the final ceremony, Brig. Gen. Mark Corson, commanding general for the 103rd ESC, and a native of Maryville, Mo., said he was pleased with the way the competition turned out and that he was proud of all the hard work from each of the Soldiers who participated.

"I was really happy to see you have this opportunity," he said. "It's great to see Soldiers getting out and having some fun. It's important to go and have some fun, but more importantly, it was good to see everyone going out there practicing and demonstrating Soldier skills. Those technical and tactical skills that are necessary for us to maneuver and operate in an operational environment, sustain the force and do what we do."



U.S. Army photo by Spc. Zane Craig

Spc. Susan Avina (MIDDLE), a chemical equipment repair specialist, 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Sheboygan, Wis., native, awaits the results of the M16 range qualification portion of the Provider Challenge.



U.S. Army photo by Spc. Zane Craig

Soldiers sprint with other competitors during the two-mile run portion of the Provider Challenge, hosted by the 394th Combat Sustainment Support Battalion, Feb. 19 at Contingency Operating Base Speicher, Iraq

Soldiers compete for 'closest to the pin'

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), tested their golfing skills in a competition Feb. 13 at the Tallil Golf Range on Contingency Operating Base Adder, Iraq.

Sustainment Soldiers from various sections and echelons of command from the headquarters and headquarters company, 224th Special Troops Battalion, 224th Sust. Bde., from Long Beach, Calif., came together in the spirit of competition for the event - some picking up a golf club for the first time in their life.

The event was organized by Lt. Col. Renee MacDonald, the executive officer of the 224th Sust. Bde., and a Sacramento, Calif., native.

"It was a beautiful day; there were many Soldiers who had the first opportunity of ever swinging a golf club," MacDonald said. "Everybody had the opportunity to test their skills and possibly learn some new skills. The competition went quite well. It was interesting seeing who chose which yardage to shoot at: the 100-yard marker or the 150-yard marker. Everyone had a great time."

MacDonald, in addition to her full-time career in the California Army National Guard, is a Ladies Professional Golf Association member, and she has been part of the teaching division since 1996. She teaches at a local (Sacramento area) golf course in California to every age group and to Soldiers.

"It was a great opportunity to teach Soldiers, to see people have a good time, to

try something new, and the people that had played before did very well," MacDonald said. "I think anyone really interested in golf and wanting to do well should find a local professional at their local course and take a few lessons and see if it's their sport. It's a great sport for every age group."

Spc. Chris Stafford, an intelligence analyst with the 224th Sust. Bde., and a Buena Park, Calif., native, thought the event was great.

"It was nicely set up; there were mats, clubs, and food," Stafford said. "I thought I did well. I haven't played in two years. It was cool to see the support of the command."

Spc. Erika Prada, a medic with the 224th Sust. Bde., and a San Bernardino, Calif., native, received lessons from MacDonald and played in the event.

"[MacDonald] was really helpful. This was the first time I've ever golfed," Prada said. "It was fun [and] a good day to relieve stress. It is fun after you get the hang of it, and it doesn't matter how you hit it."

"I think a lot of these types of MWR [morale, welfare and recreation] events are great to encourage Soldiers to get together," MacDonald said. "It's a great morale building event, just trying something new - [Soldiers] taking a little off time to take their mind off being in Iraq."

Lt. Col. Renee' MacDonald (LEFT), the executive officer of the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a Ladies Professional Golf Association member, and a Sacramento, Calif., native, provides swing tips to a Soldier during the Closest to the Pin Challenge, a Morale, Welfare, and Recreation golf competition event Feb. 13 at the Tallil Golf Range on Contingency Operating Base Adder, Iraq.



Soldiers test physical, mental limits in Provider Challenge

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—

Bravo team of the 13th Combat Support Sustainment Battalion won the Provider Challenge sponsored by the 3rd Sustainment Brigade, and hosted by the 394th Combat Sustainment Support Battalion, Feb. 19 at Contingency Operating Base Speicher, Iraq.

Seven teams of five Soldiers each competed in seven events. The 13th CSSB sent three teams, the 3rd Sus. Bde. sent two, the 394th CSSB sent one, and the 3rd Battalion, 116th Cavalry Regiment sent one team.

The competition began with the push-up event before dawn and proceeded smoothly into the 300-meter litter carry. The five-mile ruck march ended at the rifle range, where teams went to qualify after the timed disassembly and assembly of weapons. The two-mile run started at the range and ended at the 394th CSSB's headquarters for the final

event of the day, changing a tire on a humvee.

After a two-hour break to eat and perform personal hygiene, the competitors gathered at the North Morale, Welfare and Recreation center for an award ceremony to hear the results of the challenge.

"I always said we were going to win the challenge since I figured out who was on our team," said Spc. Christopher Soto, an all wheel mechanic with the 289th Quartermaster Company, 13th CSSB, 3rd Sus. Bde., 103rd Sustainment Command (Expeditionary), and a Killeen, Texas native.

With a great deal of confidence and even more preparation and hard work, Soto's team won the Provider Challenge.

"We started training around New Year's, after the battalion tryouts," said Sgt. Shawn Jepsen, ammunition specialist with the 289th Qm. Co., 13th CSSB, and a Folsom, Calif., native.

Jepsen and Soto participated in the Saber Challenge in December, and won a place on one of the Provider Challenge teams at the 13th CSSB's tryouts. When training began, the two teams from the 13th CSSB were not aware of each other's intensity of training.

"Midway through training, the leadership decided to pull our three reserve teammates

and two from the other team to create a third 13th CSSB team, so we didn't have any extras to fill in case one of ours had to drop out. It ended up working to our advantage, though, because that team came in fourth," said Jepsen.

Bravo team's training consisted of ruck marches with up to 70 extra pounds of equipment, pushups, disassembly and reassembly of weapons everyday, qualifying on the ranges at COB Speicher and Joint Base Balad, and extensive running while wearing body armor to build endurance.

"Our company gave us the opportunity to train from 0800 to 1000 Tuesday, Thursday and Saturday, so we were able to balance training for the Provider Challenge with our regular mission," said Soto.

When the time came to put their training to the test, the members of Bravo team agree their intense training paid off.

"Our team's performance was stellar. I couldn't have asked for a better team. We were cohesive, and when we got into the competitive spirit with the adrenaline pumping, we couldn't be stopped," said Jepsen.

Spc. Courtney Pollard, ammunition specialist with the 8th Ordnance Company,

13th CSSB, and a Gadsden, Ala., native, was the lone female on the team and called the competition exhilarating.

"Everything came down to Spc. Pollard and how she performed during the ruck march," said Sgt. Jason Emmele, Command Group noncommissioned officer-in-charge for the 13th CSSB, and a New Braunfels, Texas, native, and the group's team leader.

Bravo team gained an early lead during the march, which kept increasing. According to Soto, they were so far ahead, the other teams looked like ants.

For winning the Provider Challenge, each member of Bravo Team, 13th CSSB, received an Army Commendation Medal, a four-day pass, a gold 1st place medal, a Gerber knife, flashlight, a battalion and brigade coin, and a hat. The team as a whole received a glass trophy.

"I am the proudest brigade command sergeant major in the Army," said Command Sgt. Maj. Clifton Johnson, command sgt. maj. and senior enlisted advisor of the 3rd Sus. Bde., 103rd ESC, and a Lima, Ohio, native. "This kind of competition helps Soldiers get to a level even they didn't know they could reach and it meant a lot to see all the Soldiers finish."

Fuelers react quickly to extinguish fire at Camp Taji

STORY AND PHOTO BY
SGT. 1ST CLASS JEFF TROTH
COMBAT AVIATION BRIGADE, 1ST ID

CAMP TAJI, Iraq— When your office is next to 60,000 gallons of fuel, the last thing you want is a fire. But, for the Taji Forward Arming and Refueling Point, the alarm “FIRE ON THE FARP” rang out Feb. 4.



Spc. Derrick Rasmussen had just come on shift at the FARP, which is operated by Company A, 601st Aviation Support Battalion, when he heard helicopters landing to refuel. He started heading to the refueling point, as he had done every day of his year-long deployment to Iraq. But this time something besides the landing Black Hawks caught his eye.

“I spotted smoke that was blowing across the FARP,” Rasmussen said. “At first I thought it was just a burn pit, but after taking a closer look I realized that we had a fire on the FARP.”

He ran to the radio room so they could notify the fire department, then Rasmussen headed to the break room where he knew the rest of those on shift would be and hollered “FIRE ON THE FARP.”

“The next thing I know, about a dozen guys all kicked into action,” said Rasmussen, a native of Mitchell, S.D. “Some headed toward the fire. Myself and some others headed to the pad to let the (helicopter) crew chiefs know there was a fire.”

As a normal safety precaution at the FARP, all passengers must disembark the helicopter as it refuels. But this would not be a normal refueling.

“I went to the birds to get them off the FARP because it is a safety hazard having them and their passengers on the ground when there is a fire,” said Sgt. Jeremiah Pringle, a native of Columbia, S.C. “We got the birds off the pads and then we started



Fuelers at the Taji Forward Arming and Refueling Point normally spend their days refueling Black Hawks and other helicopters. On Feb. 4, their attention was not on the helicopters, but a fire that had broken out on the FARP.

unhooking the hoses so the fire wouldn’t spread.”

Sgt. Roger Jaramillo, the FARP’s fire marshall, was one of those that went straight to the fire, which was between two concrete walls; with a straight shot to a fuel pump about 15 to 20 feet away. On the other side of one of those concrete walls was a fuel bladder holding thousands of gallons of fuel.

Positioned along the center of the FARP are several compressed air foam fire suppression systems, called Tri-Maxes. Jaramillo went to one and headed to one side of the concrete wall.

“Spc. (Salvador) Cruz was on the other side of the fire with a fire extinguisher trying

to extinguish it, while I sprayed into the fire with the Tri-Max from the other side,” said Jaramillo. The two working together had quickly extinguished the fire.

The Soldiers all agree that although it seemed like it took awhile to put the fire out, only a couple of minutes had passed between the alarm being sounded and the fire being extinguished. The Taji Fire Department showed up right after they had put it out, but all that remained were a few embers.

“Everybody took the initiative in separate areas,” said Jaramillo. “We didn’t have a clutter of people in one area and no one in another.”

According to Pringle, fuelers learn early

in their training what to do if a fire breaks out, and the most important thing is to get passengers and helicopters away from the FARP. Here in Iraq, they have practiced what they should do if there was a fire at the FARP.

The FARP personnel are part of the Enhanced Combat Aviation Brigade, 1st Infantry Division, from Fort Riley Kansas. The brigade is the U.S. Army’s sole aviation brigade in Iraq and is scheduled to redeploy to the states this spring.

“The most exciting part of the day was seeing our team coming together and attacking the problem as one unit,” said Rasmussen.

Commander puts focus on jobs after deployment

STORY BY
STAFF SGT. PAT CALDWELL
3-116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq— When the Soldiers of eastern Oregon’s 3rd Battalion, 116th Cavalry, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), return home after their tour of duty at Joint Base Balad, Iraq, they will collide with an array of programs to help reintegrate them into a civilian way of life.

But there is one challenge that may be more difficult for them to overcome: finding jobs.

While plenty of attention is focused on helping Soldiers deal with Post Traumatic Stress Disorder and other factors associated with overseas duty; lack of employment is one of those problems often recognized, but has more difficulty being solved.



In December, Oregon’s jobless rate hovered at 10.4 percent while the unemployment rate in several eastern Oregon counties ran the gamut between 16 percent for Grant County, and 10 percent in Union County.

The commander of the 3rd Battalion, Lt. Col. Phil Appleton, admitted the unemployment outlook may appear daunting, especially for men and women absent from the workforce for more than a year.

That is why Appleton and the 3rd Battalion’s senior enlisted advisor, Command Sgt. Maj. Bill Wyllie, are already molding a plan to help Soldiers find jobs when they return home.

Appleton said often the picture of a Soldier is one-dimensional. He said, though, that each Guardsman functions and succeeds based on three critical pillars.

“There are three legs that support a Guardsman. The Guard, his employer and his Family,” Appleton said.

A key piece of Appleton and Wyllie’s plan revolves around preparing now, for work in the autumn even as 3rd Battalion

Guardsmen conduct convoy escort missions in central Iraq.

“We have to sit down and question Soldiers about their long-term employment plan. Are they going to school? If so, are they aware of their GI bill benefits? Are they underemployed? Is the job they are working in lacking in longevity?” Appleton said.

He added that despite the unemployment rate, there are jobs for his Guardsmen because of what he calls intangibles.

“And here is why: Our Soldiers are dependable, they know how to show up on time and follow instructions and they know how to lead and follow. These are the intangibles. You don’t have to hope with our Soldiers,” he said.

Appleton said Wyllie will spearhead an effort during the next few months to talk with Guardsmen who will most likely be unemployed when they return home later this year. They will be asked to put together a resume. When a Soldier finishes with the resume, a group of officers and senior noncommissioned officers in the 3rd Battalion will go

through each document to polish it.

Appleton’s plan doesn’t stop there.

“I’m also talking about job interviews with Soldiers while they are here, over the phone,” he said.

“Going on unemployment is not something we are going to discuss. Unemployment is only an emergency fall back if we are unsuccessful in finding employment for the Soldier,” he said.

Appleton said the ambitious job outline he and Wyllie are preparing actually comes back to taking care of Soldiers.

“The sergeant major and I care about our Soldiers. I’m willing to accept losing Soldiers so they can gain employment. If they get a job in another state, that is just something I have to accept,” he said.

Yet he said he isn’t too concerned with watching his Soldiers leave the 3rd Battalion even if they secure employment in a nearby state.

“They will want to stay in this unit because they understand this unit takes care of its own,” he said.



Regional Mobile Phone Companies

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



For the last couple of weeks I have discussed the four largest mobile phone companies in the U.S. regarding services they offer and both positives and negatives that each company brings to the table. I utilized Root Wireless, a company that specializes in wireless coverage mapping and provides unbiased data collection and mapping to aid consumers in their purchasing decisions, as a tool to utilize in investigating the pros and cons of these major players in this market.

These four companies are Verizon, AT&T, Sprint Nextel, and T-Mobile. There are many other smaller companies across the country that offer exceptional service with competitive plans and attractive products which I will examine today, in order for you, the consumer, to consider all of your options prior to starting/changing a mobile plan.

U.S. Cellular is one of the top regional carriers in the country, based out of Chicago and serving customers in 26 states from the Midwest, Southeast, and the Northwest. It has nationwide service; however, the native coverage is only in the home area. You will be roaming on Verizon's network in other areas. They do offer roaming options on Nationwide plans.

They offer an unlimited calling plan, however, as a CDMA carrier, international coverage is limited. Most plans include free incoming calls from any phone number at any time. They offer prepaid plans, as well as Android and BlackBerry smartphones. For an extra fee, you can get free mobile-to-mobile minutes with other U.S. Cellular subscribers. Like Verizon Wireless, U.S. Cellular uses BREW instead of Java for gaming and other applications.

Opinions ranged from "best in the Midwest" to "Zero percent customer satisfaction." Consumer Reports recently rated U.S. Cellular as number one in customer satisfaction in the entire industry.

MetroPCS is another player in the regional category of mobile phones users. They offer services select markets; Georgia, Florida, Texas, Michigan, Massachusetts, New Hampshire, New York, New Jersey, Pennsylvania, Nevada, and California.

Based out of Dallas, they too are a CDMA carrier like U.S. Cellular, and offer unlimited minutes as a feature of all its calling plans. It doesn't require a contract from customers, and doesn't place restrictions on the time of day you call. However, many services like voice mail and caller ID can cost extra. Like other regional carriers, MetroPCS coverage roams onto other carrier networks outside its home area. It does offer smartphone and touch-screen handsets. Available features include e-mail, messaging, wireless Internet, 3G, push-to-talk, and a mobile mapping service from MapQuest.

The last large regional carrier I will discuss is Cricket Communications, a subsidiary of Leap Wireless International founded in 1999. Cricket offers service in a number of communities in 25 states. Similar to MetroPCS, Cricket caters to budget-minded users. You don't have a contract nor get credit check if you are a new customer. Every Cricket monthly plan offers unlimited anytime minutes; however, other basic features such as voice mail, caller ID, and call waiting are not always included. You'll be using another carrier's network when roaming, similar to the two aforementioned companies.

Cricket offers BlackBerry and Android smartphones and most of their plans include free long distance. Also, you'll be using another carrier's network when roaming. Cricket offers 3G, but does not offer push-to-talk.

Opinions on Cricket varied from "can't find better deals anywhere," to "it is absolutely horrible." Next week I will look at the latest and greatest in new cell phones and compare their features and costs.

Word on the Street

What has been the most memorable moment of your deployment?



"My most memorable moment of this deployment was when I saw Saint Elijah's Monastery in Mosul."

Spc. Oliver Justin, administrative chaplain assistant with the 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native.



"The most memorable moment of this deployment was when one general [Brig. Gen. Mark Corson] and several colonels played musical chairs at the units Christmas party."

Sgt. 1st Class Michelle Bowman, senior human resource administrative non-commissioned officer with the 103rd Sustainment Command (Expeditionary), and a Fort Riley, Kan., native.



"My most memorable moment of this deployment was putting together a zip line for the Iraqi children [for Iraqi Kids Day]."

Major Erik Verhoef, Deputy IG with the 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native.



LEARN THE DRAWDOWN

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

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

THEATER PERSPECTIVES

“We support the elected democratic government in Iraq, and we condemn any attempt to change power through violence or chaos.”

-The official spokesperson for the American Embassy in Baghdad, Aaron Snipe, asserted his country’s support to the democratic process in Iraq.

“This year’s budget is very positive, where it would change peoples’ situation to the better, as it supports infrastructure projects, electricity, agriculture, education and many other issues that would improve the peoples’ living conditions.”

-Speaker of the House, Osama al-Nujaifi’s statement during a press conference conducted after the parliament session.

“This village has never had any kind of medical facility, and now they will be able to seek medical attention right in their own neighborhood,”

-Sgt. James Taggart, a field artilleryman assigned to Battery A, 5th Bn., 82nd FA Regt. regarding a ribbon cutting ceremony commemorating the official opening of the Al Quba Medical Clinic on 24 Feb.

“The operations here run very smooth because of the teamwork between ITAM Air, contractors and the Iraqi Air Force trainees. As a collective team, we all strive for the same goal of ensuring Iraqi sovereignty while providing quality air traffic control services to our customers.”


-Master Sgt. Bryan Herrington, Ali’s chief air traffic controller deployed from Kadena AB, Japan supports the Iraq Training and Advisory Mission - Air, which is tasked to ensure their Iraqi Air Force partners are trained and equipped to gradually take over the ATC towers at key bases throughout the country in the coming months.

“The Iraqi intelligence dedication to the mission and to improvement made it easy for us to train and assist them in the right direction. They’ve made huge steps. They take the training to heart that we’ve provided and apply it to everyday operations.”


-Capt. Michael Werre, 721st AEAS intelligence air advisor who is deployed from Davis-Monthan Air Force Base, Ariz.

ARMY’S DEVELOPMENT OF SMARTPHONES


“Does the Army have an app. for that?”, they might soon. Reports put the initial tester or pilot project of the Army smartphone from finishing their official results. The Army is working along with the Defense Information Systems Agency (DISA) to create a single app. store for Army-specific smartphone software. Soldiers and other employees of the Army have created about 150 apps so far, both for training and operations, said Lt. Gen. Michael Vane, who leads the Army’s Capabilities Integration Center. Although most of the mobile industry buzz is focused on iPhone and Android at the moment, he said the Army is trying to make sure it doesn’t get anchored down to any one platform.




Dominance
With the aid of smartphones, the Army hopes to alert or coordinate updated information to squads of Soldiers in the field, the same way it does with air-craft and seacraft.




Dispersion
The Army has yet to commit to issuing smartphones to individual Soldiers, and will base the outcomes of the test pilots verses the cost-estimates for such a consideration.



Iphone, Android, etc?
Since the smartphones will need to be able to handle different applications, and undergo weathering and hazard tests, the test patterns of these Smartphones is still on going.



Long term
The Army is working on a smartphone that is stable both on and off the battle-field, or can be for both military and personal use.



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

Level: Easy

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

TEST YOUR KNOWLEDGE SPACE TRIVIA

1. How long does it take light from the sun to reach the earth?
2. What powers the sun?
3. Which planet is closest to the sun?
4. How old is the earth?
5. Which planet spins the fastest?
6. How long is a Martian year?
7. What is the name of the most recently discovered planet?
8. What star other than the sun is closest to the earth?

1. Approximately 8 minutes and 18 seconds 2. Fusion 3. Mercury 4. about 4.5 billion years old 5. Jupiter 6. The orbital period of Mars is 686.9726 days 7. Quasar 8. Proxima Centauri

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 March 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.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST REACTION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 5:45 a.m., 8:30 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECREATION CENTER Bingo: Sunday 8 p.m. Texas	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Sunday 5:45 a.m., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 5:45 a.m., 8:30 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 8 p.m. Saturday 8 p.m.	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 8 p.m. 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.	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 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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UPCOMING SPORTS ON AFN



Wednesday 3/2/11

NBA: Houston Rockets @ Portland Trail Blazers
6 a.m., AFN Xtra
COLLEGE BB: Alabama @ Florida,
11 a.m., AFN Sports
COLLEGE BB: Ohio State @ Penn State,
1 p.m., AFN Sports
MLB: Baseball Tonight, 11:30 p.m., AFN Sports

Thursday 3/3/11

NFL: NFL Live, Midnight, AFN Sports
NBA: Phoenix Suns @ Boston Celtics,
4 p.m., AFN Sports
NHL: San Jose Sharks @ Pittsburgh Penguins,
11 a.m., AFN Sports
MLB: Baseball Tonight, 8 p.m., AFN Sports

Friday 3/4/11

NBA: Orlando Magic @ Miami Heat,
4 a.m., AFN Sports
NBA: Denver Nuggets @ Utah Jazz,
6:30 a.m., AFN Sports
NHL: Detroit Red Wings @ San Jose Sharks,
4 p.m., AFN Sports
Outside the Lines: First Report, 11 p.m., AFN Sports

Saturday 3/5/11

NHL: Columbus Blue Jackets @ Calgary Flames,
5 a.m., AFN Prime Pacific
COLLEGE: Basketball Final, 8:30 a.m., AFN Xtra
NFL: Total Access, 8 p.m., AFN Xtra
COLLEGE BB: Kansas @ Missouri,
8 p.m., AFN Sports

Sunday 3/6/11

COLLEGE BB: Gameday, 4 a.m., AFN Prime Atlantic
COLLEGE BB: Georgetown @ Cincinnati,
1 p.m., AFN Sports
NBA: Chicago Bulls @ Miami Heat,
9 p.m., AFN Sports
NBA: Los Angeles Lakers @ San Antonio Spurs,
11:30 p.m., AFN Sports

Monday 3/7/11

NBA: Boston Celtics @ Milwaukee Bucks,
5 a.m., AFN Sports
PGA: 2011 Honda Classic, Final round,
10:30 a.m., AFN Xtra
NHL: Teams TBD, 6 p.m., AFN Xtra
MLB: Spring training, 9 p.m., AFN Sports

ARTS & ENTERTAINMENT

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

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Last week in my discussion on the L revival of the NBA, I referenced college basketball once, and in doing so, stated that the NBA has nothing on the scholastic set. There was a reason for that. College basketball, specifically March Madness, is perhaps the greatest three weeks of 1) basketball, and 2) television of the entire year. What's that? Not sure what March Madness is?

Let me expound with some personal experience. March Madness is the National Collegiate Athletic Association's men's basketball championships. For me, the fact that I have a bar in my home that is centered on sports is reason enough for excitement regarding this event. Couple that with the fact that I get the DIRECTV NCAA March Madness package, in full high-definition, and we have a reason to celebrate.

Every year we (other basketball junkies) get together and enjoy chicken wings and various other accoutrements and partake in the festivities of this event. The two most impor-

tant days are the Thursday and Friday on the first weekend. 68 teams now make up the tournament, with "play-in" games on Monday and Tuesday to get to 64. Thursday there are 16 games and Friday there are 16 games...basketball heaven for us junkies. They start around 11 am and run until around 11 pm. The DIRECTV package gets me every single one of these games. My fingers hurt at the end of the day from so much channel surfing.

We then do the same thing on Friday, and to a lesser extent Saturday and Sunday. Saturday starts with 32 teams left, with eight more games on the slate for each day. At the end of the day Sunday you have your "sweet sixteen", set to do battle the following week on Thursday through Sunday. The results in the final four teams set to do battle the following weekend, "Final Four" weekend.

It is all high drama, high stakes. It's not like the NBA, NHL, or Major League Baseball, competing with "playoffs" like the best three out of five or four out of seven. It is one and done. Play a bad game, miss a key shot, make a mistake, and you're going home. It puts a premium on mental toughness and proper coaching and game-planning in order to advance, and even then, it does not guarantee your ticket to

the Final Four.

This year promises to be yet another incredible, unpredictable ride to the finish. Last year's Final Four brought what folks call a "mid-major" to the NCAA Championship game for the first time in recent memory. Tiny Butler out of Indianapolis was a half-court shot off the back of the rim at the buzzer within upsetting mighty Duke in the final last year, an improbable run for the Bulldogs. With more and more talent developing and attending mid majors, you will most likely see more of the same in tournaments going forward. George Mason comes to mind with their run to the Final Four in 2006.

There have been 4 different number one teams voted on in the last 5 weeks of the Coaches poll. Duke, the current No. 1, Ohio State, and Kansas have traded spots during that time. Others making noise in the top 10 have been Texas and Pittsburgh.

The conference tournaments begin in earnest the second week of March, leading up to the tourney selection show on CBS on March 13. Stay tuned as I guide you through predictions and upset picks these next few weeks. So get those brackets ready, it's going to be a wild ride.

Even 10 stories tall, Jack Black needs more help

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



Gulliver's Travels, the newest film that Attempts to follow the story, 'Travels into Several Remote Nations of the World, in Four Parts. By Lemuel Gulliver, First a Surgeon, and then a Captain of Several Ships', a book written by Jonathan Swift. The story was written in 1726, amended later in 1735, following Gulliver as he travels the sea in search of fun and adventure. Swift wrote the story to poke fun at the stories being written at the time, and criticize many other such 'adventure' stories of the time. Ironical that this current film pokes more fun at itself than other films.

The movie centers on Lemuel Gulliver, played by Jack Black, a hapless mail room clerk for a giant newspaper who is too shy to speak to anyone, and is blissfully happy to just

exist in his tiny bubble of loneliness. Enter Dan, played by T.J. Miller, a new mail room clerk who becomes Gulliver's boss after two days on the job, and apparently the only person in Gulliver's life to motivate him to try and make more of his life. So Gulliver digs deep and stumbles into the office of the girl that he loves, Darcy Silverman played by Amanda Peet, to ask her out on a date. Unfortunately in an awkward scene where Gulliver's courage disappears, he blindly grabs a form to become a travel column-writer.

A couple forged papers earn him a plane ticket and the lead to the Bermuda Triangle to cover a story. Add some water effects, a little computer graphics, the slapstick of Black trying to navigate a boat (by himself no less); And, we get our first look at what we have been waiting for, a giant Gulliver and hundreds of tiny people, or Lilliputians. Apparently, the directors were willing to pay more money to the actors and actresses of the Lilliputians then they were for the lead actor in this film. Billy Connolly, Emily Blunt, Jason

Segel, Catherine Tate, and Chris O'Dowd all play parts as the little people of Lilliputian and perform on camera better than the oversized Gulliver.

As in most Jack Black movies, he is a coward who has to lose before he ever truly builds his courage. Unfortunately for the viewer, even with other characters who are six inches tall, Black is never serious or mature enough for you to take him seriously. Even when he is trying to aid his buddy, Segel, Black never shows the same level of control or maturity that is needed to make this film believable. There is just something about Black's character's in the past that do not support him as a serious or dramatic type of actor, such as 'Tropical Thunder' and 'Nacho Libre'.

I'm not saying that there is not humor in this film. What I'm saying is that its attempt to find that lean line between drama and comedy is lost in a sea of lame attempts at humor. I give GT a 1 out of 5, because I think that Billy Connolly is a great actor and the only one who takes this move seriously.

PVT MURPHY'S LAW



Wednesday March 2
5 p.m. The Fighter (R)
8 p.m. Big Mommas: Like Father, Like Son (PG-13)
Thursday March 3
5 p.m. Big Mommas: Like Father, Like Son (PG-13)
8 p.m. The Dilemma (PG-13)
Friday March 4
6 p.m. True Grit (PG-13)
9 p.m. Hall Pass (R)
Saturday March 5
2 p.m. Country Strong (PG-13)
5 p.m. Hall Pass (R)
8 p.m. True Grit (PG-13)
12 a.m. Hall Pass (R)
Sunday March 6
2 p.m. Hall Pass (R)
5 p.m. True Grit (PG-13)
8 p.m. The Fighter (R)



Steve Harwell, lead singer of the rock group Smash Mouth, and a Santa Clara, Calif., native, takes a photo using a service member's camera from the stage while the audience cheered, during a performance in Memorial Hall Feb.13 at Contingency Operating Base Adder, Iraq.



(RIGHT) Brig. Gen. James V. Young Jr., commander of the Military Intelligence Readiness Command, places rank on newly promoted Staff Sgt. Justin Lee Morales, motor transport operator with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and Latham, N.Y., native.



Spc. Courtney Pollard, standard army ammunition system modernized non-commissioned officer for the 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a native of Gadsden, Ala., carries her 35-pound rucksack during the 5-mile ruck march event for the Provider Challenge Feb. 19 at Contingency Operating Base Speicher, Iraq.