



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

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Induction



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**Unit returns
facilities to Gol**

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Staff Sgt. James Bass, a gunner with the 103rd Sustainment Command (Expeditionary) Personnel Security Detachment, prepares his weapon before travelling back to Joint Base Balad, Iraq, March 8 during the PSD's final mission.

PSD completes final escort mission

STORY AND PHOTOS BY
SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The 103rd Sustainment Command (Expeditionary) Personnel Security Detachment embarked on its final mission March 6. It was a three-day escort mission to various sites throughout Baghdad and other areas around Iraq.

"It was great that it was our last mission," said 1st Lt. Kyle Reed, the officer in charge of the PSD

and a Tampa, Fla., native.

However, Reed went on to say that it was also a sad event because it would be the last mission for a group of Soldiers that had developed into a "close-knit" team.

There was no shortage of testimony from the members of the team to support Reed's assertions of the bond between them.

"We've got a good team," said Staff Sgt. Michael Kellaris, a driver with the PSD. "They're good guys, the kind of guys you can trust."

The foundations for this teamwork and trust were built while the PSD members were completing additional pre-deployment training at Fort Hunter Liggett, Calif., and Fort Hood, Texas,

said Kellaris, a Des Moines, Iowa, native.

The PSD is comprised completely of volunteers, and a majority of those Soldiers work with the command staff of the 103rd ESC, said Reed.

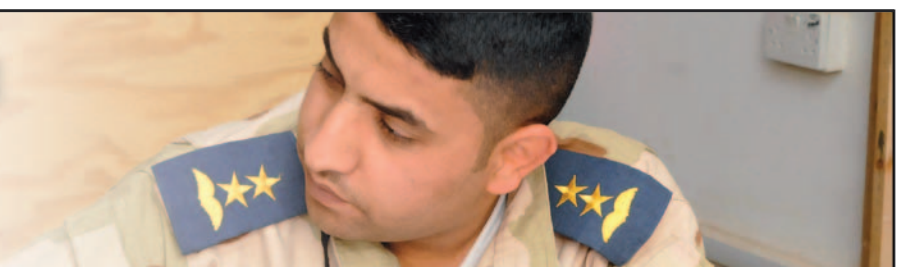
Being a part of this team essentially causes its members to perform double-duty because when they come back from a mission, they still have to perform their other jobs, he said.

During pre-mobilization, Brig. Gen. Mark Corson, the commanding general of the 103rd ESC, requested that this "internal PSD" be stood up to facilitate ground movement for 103rd key leaders, said Reed.

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Iraqi Airmen learn basics about first aid treatment

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Everyone needs a good laugh

COL. LANCE KITTLESON
103RD ESC COMMAND CHAPLAIN



“Father and son love sunflower seeds, and the son is the spitting image of his dad.”

I have to confess that I love puns. Those witty plays on words and phrases that confuse for a second and then delight

— once you get the hidden meaning.

At our daily shift change, the Chaplain is the first to start out the short handoff between the day and night shifts of the operations center, the nerve center of the unit. I couldn't help myself one morning recently when I shared that there had been a serious incident during the night in the dining facility. Apparently, a butcher had backed into a meat grinder and got a little behind in his work.

The room erupted with laughter. The chief of staff laughed as he said jokingly “Chaplain, you're fired.” I replied, “Roger, sir. Does that mean I can sleep in every morning?”

“No” was the answer, but that stupid pun lifted some of the tension in the room that day.

Not everyone likes puns and, unfortunately, not everyone likes to laugh. They are not bad people, just a little too focused. They are good, conscientious, but take life, work and even faith so very seriously that a little levity seems to

be a bridge too far for their innermost being.

But in a combat zone where life is already taken seriously, where the consequences of not doing your job well or poor leadership could mean the loss of lives, trust me, the problem is not taking life seriously enough. The problem is that we are too stressed out.

Perhaps a good laugh will do more for Soldiers than pouring out pearls of wisdom from the ages. I believe so.

Though the Bible does not record Jesus laughing per se, I cannot imagine a God who gives us the ability to laugh would not himself be able to cut loose with a rib snorting chuckle at a great, clean joke. Can you?

So while there is much to cry and be very serious over in life, as a Child of God, please do the church, and even troops in Iraq a favor. Don't forget to laugh, to enjoy a smile and even a pun or two every once in a while.

Enjoy one like “The John Deere manure spreader that is the only piece of equipment that the company won't stand behind,” or “I wondered why the baseball was getting bigger, then it hit me.”

If you are chuckling now, then you are like the father and son who loved sunflower seeds and the son is the spitting image of his dad. For then you may just be the spitting image of your Heavenly Father whose joy and laughter resound within his children.

Go in peace, and have a few laughs along the way.

DINING FACILITY ADVISORY COUNCIL MEETING



It's that time again!

Bring your feedback and ideas so that we can look into making our DFACs better.

JOINT BASE BALAD

WHO: DFAC Customers

WHEN: 17 Mar 2011/0930 HRS

WHERE: AUDIE MURPHY ROOM (DFAC 1)

WHY: HELP IMPROVE THE QUALITY OF SERVICE OFFERED TO OUR CUSTOMERS

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Clayton.Lowry@blab.afcent.af.mil

EXPEDITIONARY TIMES

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

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The Weekly Standard: Consequences of debt

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



Whether you use credit cards, owe money on a loan, or are paying off a mortgage, you are a "debtor." Consumer debt can be used to make a Soldier's life more comfortable, but comes with the responsibility to repay the debts promptly. Failure to do so damages your credit rating, and the Army's public image.

AR 600-15 (Indebtedness of Military Personnel) prescribes Department of the Army policy, responsibilities, and procedures for handling debt claims against Soldiers.

The Army has no legal authority to force Soldiers to pay consumer debts. However, if a Soldier fails to resolve unpaid debts promptly or complaints of repeated failure to pay debts are received, AR 600-15 directs commanders to consider the following actions:

- (1) Making the failure a matter of personal record.
- (2) Denial of reenlistment (enlisted personnel).
- (3) Administrative separation from service.

(4) Punishment under the Uniform Code of Military Justice (UCMJ) under article 92, 123, 133, or 134 of the UCMJ.

AR 600-15, paragraph 2-1, lists the actions the commander must take upon receiving a debt complaint. Upon receipt of a debt complaint, the commander will review the case to ensure the creditor meets all the criteria listed in AR 600-15, paragraph 4-3. If so, the commander must notify the Soldier of the debt complaint; inform the Soldier of their legal rights and duties, including the right to free legal assistance; explain that failure to resolve unpaid debts may result in administrative or punitive actions; review all available facts including the Soldier's defenses, rights and counterclaims; and help the Soldier in settling or liquidating the debt.

Your debt may also affect your job security. Soldiers with large amounts of debt may result in the loss of their security clearance. Many military occupational specialties require a security clearance, and the loss of it will reflect on evaluations hindering chances of promotion.

Deployed Soldiers are in a unique position to pay off debt since they are earning more money than when they are

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not deployed. Many also have fewer costs while deployed. Paying off debt is a good use of that extra money. Who knows, having fewer bills may be like giving yourself a pay raise, and who doesn't want a pay raise?

Combat Stress: Farewell to the 85th CSC team

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Ahhh! The time has finally come. We successfully completed our deployment, and the 85th Medical Detachment Combat Stress Control team is bidding farewell to Joint Base Balad. Though it has been a memorable year, we are all excited to redeploy and reunite with our Family and friends.

Where to begin? It is difficult to sum up a year of deployment full of joys and triumphs, as well as bumps and bruises. It is a unique character-building experience to be far away from family and friends yet surrounded by remarkable people with amazing stories. We were fortunate to have a tight-knit group of people who truly cared about each other. As a team, we ran 5K's, had *BLINK* tournaments, played Taboo, attended concerts, went to movies, enjoyed the pool, and closed the week with a Saturday cheer. We completed hundreds of patient encounters, educated thousands of Soldiers, Sailors and Airmen, and provided support and encouragement to each other.

We thank the leaders that entrusted their Soldiers to our care, the units that invited us to teach, and the individuals who sought our services. We attempted to keep every Soldier "in the fight," while understanding that at times, that was not possible. We are thankful that we were afforded the opportunity to spread our messages through the weekly Expeditionary Times articles, and we hope they have been helpful



and informative. We are thankful for the opportunity to serve, the support of friends and Family, and for the friendships that we forged.

The 98th Medical Detachment Combat Stress Control from Fort Lewis, Washington, will assume control of the mental health needs for United States Forces Iraq-North. We ask that you give them your support as we transition out, and

we will try to make it a seamless transition.

In closing, we would like to leave you with an Irish Blessing: "May flowers always line your path and sunshine light your day. May songbirds serenade you every step along the way. May a rainbow run beside you in a sky that's always blue. And may happiness fill your heart each day your whole life through."



"TOGETHER WE CAN HELP"

VOLUNTEERS NEEDED FOR RELAY FOR LIFE!



You may not have a team participating in Relay For Life, but there are still opportunities to help. If you sing, dance, play an instrument, or would just like to assist, we need you!

Contact SFC Lawson for entertainment at rhonda.lawson@iraq.centcom.mil

Or

CPT Shanks for volunteering at lessie.shanks@iraq.centcom.mil

JOINT BASE BALAD, IRAQ
MARCH 26-27, 2011
AT HOLT STADIUM



Safety Bulletin

Plug-in Air Freshener CHU Fire



Recently a Containerized Housing Unit (CHU) burned due to a fire that started from the improper use of a plug-in type Air Freshener. The CHU occupant had plugged the 110 Volt Air Freshener into a 220 Volt outlet by using a plug adapter. The Air Freshener ultimately overheated and started the fire which consumed the contents.

The Fire Department responded quickly, was able to stop the fire from spreading to adjacent CHUs and luckily no one was injured in this accident. This fire did however, result in over \$6500.00 in U.S. Government property damage, loss of personal property and loss of the living space.

Plug-in type Air Fresheners are NOT authorized for use in Iraq due to the danger they pose when improperly used and being unattended in close proximity living quarters.







NCOs recognized for exceeding standards

STORY AND PHOTOS BY
SPC. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— In the U.S.



Army, the noncommissioned officer is known as the core and the drive of the Soldiers. To accomplish the mission, the NCO leads the way in and out, and

is referred to as the backbone of the army. The NCO maintains and teaches the standards of professionalism and leadership in the Army. He/she not only leads by example but it also teaches it's Soldiers how to lead. No one in the Army's history has achieved more or exceeded these standards like Sgt. Audie Murphy, who was said to have earned every medal that the U.S. military had to offer during his time in service.

By exceeding the initial NCO standards, Murphy set new ones that only the most professional, dedicated, determined, and disciplined leaders of the NCO Corps could achieve. Because of the level of commitment it takes to reach Murphy's standards, this prestige's achievement is only for the elite and is honored by an induction into the Sergeant Audie Murphy Club. Just as Murphy did, through hard work, professionalism, courage and never giving up, three Soldiers exceeded the normal standards and were inducted in the club at the SAMC Induction Ceremony at the East Morale and Welfare and Recreation facility March 7 at Joint Base Balad, Iraq.

All three inductees, Sgt. 1st Class Rhonda Lawson, a public affairs officer with Headquarters and Headquarters Company, 3rd Sust. Bde., and a New Orleans native; Staff Sgt. Danyael Thomas, the battalion S1 noncommissioned officer-in-charge with the 240th Combat Sustainment Battalion, 3rd Sust. Bde., and a Chabourn N.C., native;



Staff Sgt. Danyael Thomas, the battalion S1 noncommissioned officer-in-charge with the 240th Combat Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Chabourn N.C., native; Staff Sgt. Shaniqua Stokley a military justice paralegal NCO with the 3rd Sust. Bde., and a Brooklyn, N.Y., native; and Sgt. 1st Class Rhonda Lawson, a public affairs officer with the 3rd Sust. Bde., and a New Orleans native, were all inducted into the Sergeant Audie Murphy Club Mar. 7 at the SAMC induction ceremony at the East Morale, Welfare and Recreation Center at Joint Base Balad, Iraq.

and Staff Sgt. Shaniqua Stokley, a military justice paralegal NCO with the HHC, 3rd Sust. Bde., and a Brooklyn, N.Y., native, are with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and were inducted for leading and demonstrating what it takes to be an exceptional NCO.

The SAMC, led by Lt. Gen. Crosbie Saint and his Command Sgt. Maj. George Horvath, started out small at Fort Hood, Texas, in 1986. Now the club has matured into an Army-wide goal that many Soldiers strive to achieve.

"This club is awesome and I'm glad to be a part of it now," said Thomas. To get into this club, it takes hunger, drive, deter-

mination and never giving up. Also, I was surrounded by people [who were] going to take care of me and show me the things that I needed to know in order to take care of other people."

It takes a great NCO to teach Soldiers how to become one of the elite. The inductees all have had outstanding leaders and Soldiers to help them along the way to becoming better leaders.

"It takes a lot of support from those around you," said Stokley. "My Soldiers supported me through times that I couldn't be the battalion paralegal I needed to be so my NCOs stepped up and filled in the slack. And at times I couldn't fill in as the platoon

sergeant, so my Soldiers came in and filled in the slack. So I think it takes a big support group, as well as dedication and your leadership abilities to get you to where I am today." Lawson agreed with Stokley.

"I had so many people who supported me on the way," said Lawson. "It really showed me how much our unit cares about us."

To be considered to be a candidate for the SAMC, all three inductees presented dedication and leadership abilities throughout their entire military careers. They were leading Soldiers prior to their induction, and will continue to do so for the rest of their career.

"If you are already leading your Soldiers, getting into the regulations to make sure that you are telling them the right things while being an example to them by doing the right things, then you are already halfway there," said Lawson. "The rest of it takes some dedication, and this was something that I really wanted and it paid off."

The Army recognizes and honors its Soldiers for their exceptional duties. While accepting the honors of being inducted, all three Soldiers did not forget recognizing everyone who led them and taught them how to lead others.

"To have my leadership abilities recognized by people that have been in the military longer than I have been alive is truly a humbling honor," said Stokley. "This is the proudest moment of my Army career."

After placing all of the hard work and effort toward leading Soldiers and committing themselves to achieve, beyond the standards, all three candidates agreed that this was the highlight to their military career.

"This is something that I wanted to accomplish since I became a sergeant, but because of things like deployments, I never had the opportunity to do it," said Lawson.

"So when the opportunity was presented to me, I jumped on it, so today I can honestly say this is the proudest moment in my Army career."

MRT workers responsible for equipment clean-up

STORY AND PHOTO BY
CAPT. KEITH STUTTS
13TH CSSB

JOINT BASE BALAD, IRAQ— The 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), assumed mobile redistribution team operations in 2010.

The battalion provides MRT support for United States Division-North and United States Division-Center, providing mission support for more than 93 forward operating bases, contingency operating bases and joint security stations, focusing on coordinating, synchronizing, reconnaissance, and executing retrograde operations.

Each MRT is comprised of four to six Soldiers who have the ability to properly identify each class of supply for disposition instructions, said Staff Sgt. Lewis Shoulder, MRT noncommissioned officer-in-charge with the 289th Quartermaster Company, 13th CSSB, and a Killeen, Texas, native.

The 13th CSSB has managerial oversight for two fixed-MRT yards, one at Joint Base Balad and the other at Victory Base Complex. Each yard is designed to sort, segregate and process excess cargo received from mobile missions, and then prepare for onward movement to Kuwait or Sierra Army Depot, located in California.

Each yard processes about 100 containers and receives 60 containers monthly. The 13th CSSB has retrograded more than 3,000 containers out of Iraq and returned more than \$239 million back into the Army supply system.

Each fixed-MRT yard is augmented with contract workers who have supply service activity expertise. There are 25 workers at VBC and 13 workers at JBB, originally from Panama and Honduras. Their responsibilities are to help the Soldiers sort, segregate, and process excess equipment.

The additional support also provides the battalion with the capability to deploy more MRTs throughout Iraq. The 13th CSSB has the ability to strategically relocate workers from yard to yard to fulfill mission requirements as needed.

"I am extremely proud to be a part of such a great operational unit for this historical mission," said Kevin Peart, site lead with the 13th CSSB, a Newark, N.J., native.

He added that the contract for the Honduran and Panamanian workers will end Sept. 15, 2011. Nigda Guerrero, from Panama, has been a worker here for 14 months, and said she feels that working in the yard is making a difference in Iraq.

"Working in the yard is hard work, but I don't mind," said Jose Salinas, a worker and a Honduras native.

Iraqi local nationals are part of a new augment to the fixed-MRT yard at JBB, a Layla Engineer Skyline Company contractor. The purpose for hiring local nationals is to encourage Iraqi economic expansion, promote a habitual relationship between Iraqis and U.S. Forces, and provide a stable income to provide for their families. The experience working in the yard has been very rewarding, said 18-year-old Ali Almgdmai, the youngest in the yard.

"I support eight family members by working here in the yard," he said.

U.S. Forces working with local nationals help build relationships between the workers.

"Iraqis have seen that Americans are providing humanitarian services to them," said Wissam Shiak, Iraqi supervisor and Alhatamiy villager. "There is little to no work in our village, so each worker is very thankful for being afforded the opportunity to work and do our part in cleaning up our country. Each worker's goal is to work so that they can provide for their families."

The Soldiers and civilians get along very well, said Spc. Rochelle Stokes with the 289th QM Co., and a Houston native. Stokes added that the work in the yard is very different and hard at times, but with the additional support of the workers it really makes a difference.

Spc. Heather Saturday, a rough terrain cargo handler with the 289th QM Co., and a Clarksville, Tenn., native, said it was very surprising to see how everyone in the yard works together as a team to accomplish the mission.

Seven years of accumulated equipment is what the MRTs are cleaning up. The 13th CSSB will be leaving behind a historical milestone for years to come.



An Iraqi local national worker separates items with Soldiers assigned to the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) for turn-in at the fixed mobile redistribution team yard at Joint Base Balad, Iraq. The battalion provides MRT support for United States Division-North and United States Division-Center, providing mission support for more than 93 forward operating bases, contingency operating bases and joint security stations, focusing on coordinating, synchronizing, reconnaissance, and executing draw-down operations.

PSD cont. from page 1

Staff members being transported on this mission included Command Sgt. Maj. LeRoy Haugland, the senior enlisted leader of the 103rd ESC, and Sgt. Maj. Timothy Sallach, the logistics sergeant major with the 103rd ESC. They were conducting an operational environment circulation.

"Our internal PSD helped make it a special trip for me," said Haugland, a Cresco, Iowa, native. "I was very pleased with their professionalism."

For the PSD, this statement was repetitively familiar.

"I've heard nothing but 'we wish we would ride with you guys all the time' just because of the quality and professionalism of these Soldiers," said Reed. "It's amazing. I just feel lucky to be a part of it."

In spite of the many compliments this team has received for its proficiency and attention to detail, Kellaris insists the key to their success has been their camaraderie.

"The guy in the turret, the guy who's driving, the guy who's sitting there beside you; you have to know these guys are your brothers," said Kellaris. "Regardless of background, this is [a] Family, and you're always going to look out for Family."

Sgt. 1st Class Michael Lensch, the PSD noncommissioned officer-in-charge, echoed Kellaris' sentiment as he discussed the Family he left behind during the unit's deployment.

"It does fill the void a little bit from being away from our Families that we are such a



Members of the 103rd Sustainment Command (Expeditionary) Personnel Security Detachment put on their gear before travelling back to Joint Base Balad, Iraq, March 8 during the PSD's final mission.

close group," said Lensch, a Des Moines, Iowa, native.

During this final mission, evidence of the dual philosophies that drive the PSD could

be seen in the interaction between its team members.

Tuesday evening, when its final convoy came to a halt in Balad, so did the mission

of the 103rd ESC PSD. However, this won't alter the bond that has been built, or the sense of accomplishment and pride in the mission that its members shared.

Service members recognize Black History Month

STORY AND PHOTOS BY
SPC. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— As service members joined together to celebrate Black History Month, they were greeted by an individual appearing to be former boxing heavyweight champion Muhammad Ali at the Black History Month celebration at the East Morale, Welfare and Recreation facility Feb. 26 at Joint Base Balad, Iraq.

As if he was walking toward the ring to box, he wore red boxing gloves and black trunks with red stripes down the side, bouncing on his tip toes, swinging his gloves in an upper cutting motion, chanting, “I’m the greatest and I’m so pretty. I float like a butterfly and sting like a bee.”

Even though it wasn’t really Ali, service members listened to every word and laughed, as if Ali had said it in the late 60’s (in his prime). Instead, however, it was Sgt. Willie Bullard, a joint network node noncommissioned officer-in-charge with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), simply casting as Ali in a part of the celebration called “Who am I.”

“Who am I,” was a part of the celebration set to educate and test service members’ knowledge by matching eight impersonations of icons in black history with the icon being impersonated.

Along with Bullard imitating Ali, seven other performers personified historical icons, including: Dr. Daniel Hale Williams, the first African American physician to perform the first successful open heart surgery operation; judge Constance Baker Motley, the first black woman to serve as a federal judge; and Althea Gibson, the 1950s female tennis player who broke color barriers in national and international tennis competitions; and entrepreneur Madame C.J. Walker, the first female African American millionaire in America. Walker invented the Walker System, a successful line of hair products specifically for African American women.

Other impersonations included pilot Eugene Bullard, an American volunteer with the French Army and the first and only black military pilot in World War I; President Barack Obama, the 44th president of the United States and the first African American elected to that position; Rosa Parks, the civil rights activists known for her refusal to surrender her seat to a white bus passenger in Alabama in 1955.

Many service members said it’s important to celebrate Black History Month or any culture’s history together because it helps educate and inform one another of other cultures and beliefs.

“I think it’s an awesome opportunity to bring everybody together to educate and inform,” said Lt. Col. Lucila Ibarra, the equal opportunity advisor and deployed sexual assault response coordinator with the 103rd ESC, and a Waukegan, Ill., native. “Also, everyone is on the same level. No one is higher or better. We are on the same level.”

In 1955, the thought of blacks and whites

sitting next to each other enjoying each other’s company was unperceivable. Many laws in the South prevented such a friendship, but many say now, due to history and the Civil Rights Movement, Americans welcome the idea of a more diverse future.

“We must embrace diversity rather than merely tolerating it,” said Brig. Gen. Mark Corson, commander of the 103rd ESC, and a Maryville, Mo., native. “I could argue that ultimately the Civil Rights Movement, led by Martin Luther King [Jr.], may have changed the nature of our country, and ultimately may have set the conditions that will save the future of our nation.”

Fifty-seven years later, the embracement of diversity in America was displayed at the celebration as a diverse group of service members joined together to celebrate and learn more about black history.

“I think it’s wonderful that we had such a big turn out,” said Chief Warrant Officer 2 Limari Williams, an information systems division chief with the 103rd ESC, and an Atlanta native. “We had to pull out more chairs, and that’s a wonderful thing. I think as we continue to integrate the races and merge the nationalities, down the line, we won’t call Americans by whatever their nationality is.”

The underlying theme of this Black History Month event is that America should not only learn about black history but about all American’s ethnic background.

“Italian Americans, Asian Americans, Native Americans, we are all really just Americans,” said Williams. “We pledge alle-



Sgt. Willie Bullard, a joint network node noncommissioned officer-in-charge with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), acts out the role as Muhammad Ali at the Black History Month celebration in the East Morale, Welfare and Recreation facility Feb. 26 at Joint Base Balad, Iraq.



Brig. Gen. Mark Corson, commander of the 103rd Sustainment Command (Expeditionary), presides over the Black History Month celebration at the East Morale, Welfare and Recreation facility Feb. 26 at Joint Base Balad, Iraq.

giance to the same flag, and I am an American first.”

Rosa Parks was arrested for standing up against racial segregation by remaining seated at the front of a bus. Martin Luther King, Jr., devoted his life to leading the Civil Rights Movement toward equal opportunity. So many more black history icons fought like Muhammad Ali, and fought to help the state

of diversity in America. Learning about their accomplishments is still helping to create a more multi-cultural future for all races.

“As an African American, I think that it is important that we understand our history,” said Williams. “I think if it had not been for the contributions of African Americans throughout the history of our nation, we would not be the nation we are today.”



Col. Lisa Costanza, commander of the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Long Beach, Calif., native, and Command Sgt. Maj. Vickie Dunlap-Jones, senior enlisted advisor of the 224th Sus. Bde., and a Sacramento, Calif., native, prepare to case their unit's colors at their transfer-of-authority ceremony March 9 in Memorial Hall at Contingency Operating Base Adder, Iraq.

Sustainment brigade passes the torch

STORY AND PHOTO BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq—



In a crowded Memorial Hall March 9 at Contingency Operating Base Adder, Iraq, the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), colors were wrapped up and covered to signify the end of their mission in Iraq during their transfer-of-authority ceremony.

Col. Lisa Costanza, commander of the 224th Sust. Bde., and a Long Beach, Calif., native, and Command Sgt. Maj. Vickie Dunlap-Jones, senior enlisted advisor of the 224th Sus. Bde., and a Sacramento, Calif., native, saluted their flag one last time before they covered it before the eyes of their unit's Soldiers.

When the 224th Sus. Bde. initially arrived in Iraq and cross-trained with the 36th Sus. Bde., the unit they replaced, the mission was a bit different than the one that they are handing over to their replacements.

"When I came in and transferred authority from the other brigade, I had approximately 3,500 Soldiers," said Costanza. "I have less than 1,700 now, and it's all part of the responsible drawdown of forces."

What made the 224th Sus. Bde. mission more difficult was that they absorbed the sustainment mission for both the southern and central regions of Iraq.

"When I came here on my PDSS [pre-deployment site survey], there was actually two brigades doing the job," said Costanza. "We have half the resources, and still just as big a mission. So I'm incredibly proud of what my Soldiers have done."

A PDSS is a visit by an incoming commander to see firsthand what his or her unit's mission and tasks are going to be, said Costanza.

With the current planning and preparations leading to the December 2011 deadline for troops in Iraq, the fact that a single brigade took over for two continues to present challenges.

"Granted that some of our mission has been reduced and

we do not need to transport as much fuel or as much food, we still have those same missions," said Costanza.

Besides the sustainment mission, the 224th Sust. Bde. accomplished other important missions as part of their time in country, said Costanza.

Unlike, the 224th Sus. Bde.'s predecessors, their special troops battalion took over the mission of running the garrison mission, also known as the mayor's cell, said Costanza.

"The garrison did what is called 'a partial return,'" said Costanza. "We have the 70th Iraqi Air Force, which just moved onto COB Adder, so Lt. Col. [Nicole] Balliet and her team actually prepared areas for them to move in, and they are living and working right here beside us."

The 224th Sust. Bde. also helped build a convoy support center, which will become crucial to supporting convoys that transport across southern and central Iraq, said Capt. Philip Thomas, convoy support center officer-in-charge with the 224th Sus. Bde., and a San Diego native.

The 4th Sust. Bde. is the unit replacing the 224th Sust. Bde., and is led by Col. Ron Kirklin, a Killeen, Texas, native, and Command Sgt. Maj. Erik Frey, a Fort Hood, Texas, native. They unveiled their own colors at the TOA ceremony, representing the 4th Sus. Bde.'s assumption of responsibility for the mission.

Unlike Costanza, Kirklin was not given a chance to visit Iraq on a PDSS because they were originally slated for a different mission, said Kirklin.

"Originally, there was a different brigade that was going to be backfilling us [but] they got re-missioned, so Col. Kirklin and his Wrangler team got very short notice that they were coming to Iraq," said Costanza.

Changing missions requires a great deal of extra work and preparation.

"We were tasked with the theater redistribution mission down in Kuwait, but we received a change of mission," said Kirklin. "So, we adjusted to that change of mission, we came here, and we are ready to get to work."

For Kirklin, this will be his third tour in Iraq.

"This [tour] is different, because there is an [end goal], and we are all working toward that goal together," he said. "I think the Soldiers understand that, and the leaders understand. And you can see the changes taking place throughout

theater, and as I travel around, I can see that... the equipment and personnel is starting to move, and it's a huge difference since last time I was here.

"The 224th is a great organization," added Kirklin. "They are well led, and well trained. Part of our success for this TOA is because of the conditions that they set before we got here, and for the last two weeks."

For the Soldiers of the 224th Sus. Bde., with their mission coming to a close, it's time for them to begin to look forward to going home.

"I'm really excited to re-integrate with my family," said Chief Warrant Officer 2 Sandy Andrade, mobility warrant officer with the 224th Sus. Bde., and a Sacramento, Calif., native. "This is my second combat tour, and every time you go home it's different."

Other Soldiers are more than a little excited at the prospect of relaxing with their families after a year.

"I'm pretty excited to see my wife, Suzanne, and my son, Nathan," said 1st Lt. Steve Kim, entry control point OIC with the 224th Sus. Bde., and an Irvine, Calif., native. "I'm honestly looking forward to the internalization of all that has happened in a year, and getting a chance to really relax."

To the commanders of these brigades, the importance of Soldiers going home is not lost to them.

"I'm glad to be going home," said Costanza. "I'm proud to have served here, because it is an important mission. But, to take my Soldiers home to their Families is great."

Costanza added that deployment can sometimes be more difficult on Families because of the constant worrying that comes with long separation.

"When we talk about a team, we talk about our Families," said Kirklin. "I would also like to thank the Families from the Wrangler brigade, and I would also like to thank the Families from the 224th, and...from the entire Army for the sacrifices that they give day in and day out."

As the sun descended, their colors wrapped, the 224th Sus. Bde. mission at COB Adder has come to close. But the hard work and the dedication they contributed will endure beyond their departure.

"I'm glad my Soldiers are going home," said Costanza. "Like I told them at our going away, 'Iraq will be a better place, and my Soldiers will be better for being here.'"

Learning the ropes



Members of the Iraqi Air Force practice removing staples during first aid training from medics with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder, Iraq.



First Lt. Vijay Soprey (center), a physician's assistant with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Baltimore native, assisted by Spc. Nomar Alvarez (left), a medic with the 224th Sust. Bde., and a Los Angeles native, shows six members of the Iraqi Air Force how to clean a wound at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Six members of the Iraqi Air Force received first aid training from medics with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder.

Four fixed-wing warrant officers, one private, and the clinics director received the training from 1st Lt. Vijay Soprey, a physician's assistant with the 224th Sust. Bde., and a Baltimore native. The training provided the technicians an introduction to first aid skills needed to assist the clinic's small, two-person staff.

"This training benefited the Iraqi forces because they were non-medical personnel," said Soprey. "We gave them a basic overview of what to expect, how to manage [patients] and take care of them in the best manner to avoid complications, further injury or death."

Soprey was assisted by Spc. Nomar Alvarez, a medic with 224th Sust. Bde., and a Los Angeles native, and together they provided translated slides with medical information and pictures to the Iraqi airmen.

"The primary topic was acute wound management with a focus on lacerations, abrasions, and puncture wounds," said Soprey. "We started out [teaching] basic lacerations, how to identify them, what needs to be transferred out, what needs to be moved to a higher level of care, and examples of things that affect the airway, breathing, and circulation. We discussed how to

identify these."

Later, Soprey and Alvarez went through hands-on examples of their topics, including how to treat and stop bleeding; puncture wounds, gun-shot wounds, blisters, and how to clean a wound.

"Based on the slides we provided, we made models to associate with the injuries that were taught," said Alvarez, who gave examples. "I thought they would help given the language difference. It went well. [First] Lt. Soprey has lots of medical knowledge. Their facial expressions really showed they enjoyed the training."

The Ali Base Clinic Director, 1st Lt. Muhammad Ali, a Nasiriyah, Iraq, native, said the training will really benefit him and the clinic.

"Today was very useful," he said. "There was an awesome instructor that presented the material. He had the knowledge of what he was teaching. This is really important for our future operations and for the technicians [IAF warrant officers]; they now know what to do in the future if those kinds of wounds happen. I think the [technicians] will support the [medical staff] when we have an exercise or missions. Some days we have up to 10 patients and it's just me and Ali [IAF private who participated] working in the clinic. Now we will have some assistance with patients."

Muhammad said he appreciates the support he has received so far from U.S. Forces and welcomes future training.

"We look forward to any upcoming training that could benefit us as far as dealing with burn victims, head injuries, and fractures; we need more knowledge," said Muhammad. "We are at the beginning of our operations; we have started from zero, and we are looking to the future for more medical personnel, more equipment and more space."

Iraqi Airmen receive hands-on first aid training from U.S. Army medics.



Six members of the Iraqi Air Force receive first aid training from medics with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder, Iraq.



An Iraqi Air Force fixed-wing warrant officer technician practices cleaning a wound with Spc. Noman Alvarez, a medic with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Los Angeles native, during first aid training at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder, Iraq.



‘Their facial expressions really showed they enjoyed the training.’

-Spc. Noman Alvarez

Six members of the Iraqi Air Force receive first aid training from medics with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., at the IAF-run Ali Base Clinic Feb. 23 at Contingency Operating Base Adder, Iraq. The training included hands-on work with cleaning and treating burns and wounds.

Unit signs tenancy agreement with Iraqi Air Force



STORY AND PHOTO BY
PFC. AMY LANE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq—

As American troops prepare to withdraw from Iraq, they are passing more and more responsibilities on to the Iraqi forces. An important part of this is providing space and facilities for them to expand.

In preparation for the expansion of the Iraqi Air Force, the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), turned over part of Contingency Operating Base Adder when they signed a tenancy agreement March 2, passing approximately 18 buildings to Squadron 70 of the IAF.

"This is an important milestone," said Capt. Kevin Co, of the 224th Sust. Bde. "This is a major part of the process in passing the base over to the Iraqis."

Iraqi forces must pass an inspection by the Ministry of Defense in order to complete the eventual base turnover. One requirement to pass is acquiring more facilities.

"This tenancy agreement brings us one step closer to assisting the Iraqis in establishing security in their country," said Lt. Col. Nicole Balliet, of the 224th Sust. Bde., who signed the agreement.

Lt. Col. John Hickey, commander of the incoming special troops battalion, 4th Sustainment Brigade, 103rd ESC, was present at the signing.

"This is the beginning of our partnership with Iraqi forces as we prepare for our transfer-of-authority from the 224th Sustainment Brigade," said Hickey.

"And it signifies the beginning of what will ultimately be the complete transfer of the base when we complete the mission," he added.

Lt. Col. Nicole Balliet, with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), signs a tenancy agreement with an Iraqi Air Force official March 2 at Contingency Operating Base Adder, Iraq. The agreement, which turns over approximately 18 buildings to the Iraqi Air Force, will allow them to expand.

Maintenance Soldiers prepare for transition home

STORY AND PHOTO BY
1ST LT. THOMAS N. MCKAY
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— As the weather starts to warm up, the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is beginning to cool down. After ten months of hard work, it's time to start preparing to head back to Fort Stewart, Ga.

There are many things that must be accomplished to facilitate a smooth transition for the replacing unit and to make sure that the company can leave theater. One crucial task is the packing and shipment of equipment and supplies.

"The Army has very specific standards about what we can and cannot ship home and how it must be packed," said Staff Sgt. Michael Blocker, a senior construction equipment repairer with the 632nd Maint. Co., and a Gleason, Wis., native.

Blocker, a qualified container inspector, is making sure the unit's containers are ready to be shipped. He is responsible for inspecting several units' containers before they leave Iraq to ensure their safety and reliability. Though Blocker cannot be the official inspector for his own company's containers, he can oversee the process of loading them and identify faults in order to ensure the official inspections go smoothly.



Staff Sgt. Michael Blocker, with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), examines a container in the company's yard.

"It's not particularly complicated, but it is very important to identify any faults and correct them before the containers are

shipped," he said.

The company has more than 20 containers to ship back to the United States. Every

container has to have a specific load plan, and the equipment inside must be properly secured.

Flag football serves as morale-booster for team

STORY AND PHOTO BY
SGT. MITCHELL D. PEARSON
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— The love for sports can offer satisfaction and ease for Soldiers deployed in support of Operation New Dawn, and the Soldiers with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have had their share of competition with other units.

Soldiers of the 15th Trans. Co., known as the Roadwarriors, have participated in numerous sporting events, including the current flag football tournament.

This has allowed both the Soldiers and leadership to build morale and team spirit. With ongoing missions, the Roadwarriors have to pull together with limited participants to make a team.

Staff Sgt. Kevin Green, the company's headquarters platoon sergeant and a Stuttgart, Ark., native, believes the Soldiers take the game seriously.

"Sometimes there's just a small amount of troops here to play football," he said. "However, the Soldiers who are here allow fun and the desire to win to go hand in hand."

Staff Sgt. George Warren, 3rd platoon sergeant with 15th Trans Co. and a Hampton, Va., native, has confidence in his teammates.

"I have much confidence that my peers in this game we're playing will help each other to win the championship," he said.

Spc. Tywain Courtland, a supply specialist with 15th Trans Co., and a Montgomery, Ala., native, feels many lessons are learned in the game of football.

"The sports we have come together to play has built a strong bond within the company," he said.



The Soldiers with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), take a break during flag football to coordinate their next move in the tournament Feb. 19 at Contingency Operating Base Adder, Iraq.

Female fighter wins her first bout at Adder's Fight Night

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

CONTINGENCY OPERATING BASE

ADDER, Iraq— A Soldier with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), won her debut bout at Fight Night Feb. 19 in Memorial Hall at Contingency Operating Base Adder, Iraq.

Sgt. Maria Vasquez, a food services noncommissioned officer, and a New Haven, Conn., native, took on a female fighter outweighing her by 45 pounds.

The fight ended in the third round by a technical knockout. Memorial Hall erupted with cheers as Vasquez's arm was raised as

the winner of the fight.

As Soldiers continue to conduct daily operations around southern Iraq, it is easy to overlook a very critical skill set that enables service members to protect themselves.

"Combatives is very important in the military," said Spc. William Ward, a wheeled vehicle mechanic with the 632nd Maint. Co., and a Newnan, Ga., native. "I wanted to see how far along my training has taken me so far in this deployment."

Several Soldiers with the 632nd Maint. Co. competed during the event.

For many service members, fight nights are effective in both improving self defense skills and taking their minds off their daily operations.

"This was a great way to boost morale for the company," said Staff Sgt. Brian Sharkey, a platoon sergeant with the 632nd Maint. Co., and a Philadelphia native. "Our Soldiers fought hard, and I am very proud of the way each and every one of them fought."



U.S. Army photo by Sgt. Glen Baker

Sgt. Maria Vasquez, a food services noncommissioned officer with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a New Haven, Conn., native, raises her hand for winning her bout at Fight Night recently at Contingency Operating Base Adder, Iraq.

Ziggurat of Ur continues to leave Soldiers in awe

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

CONTINGENCY OPERATING BASE ADDER, Iraq

While standing near the 6 Pazzi restaurant, one can see the ancient Ziggurat of Ur, near Contingency Operating Base Adder. Built in the 21st century BC, the Ziggurat of Ur is a famous location to visit for Soldiers while on deployment in Iraq.

Spc. Ruby Uribe, a material management specialist in the support operations supply and services shop with the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and Bakersfield, Calif., native, visited the historical site recently, and was in awe of its history.

"I was intrigued by the history behind these foundations

and the state of the remaining structures despite how long they have been around," said Uribe.

Uribe is on her first deployment and felt that going to see the Ziggurat would be a good experience to learn about something new. An Iraqi named Dhaif spoke during the tour about the history behind the multiple structures.

Dhaif is the third-generation historian from his family to give tours of the Ziggurat.

"The whole history was so interesting," said Uribe. "What stood out to me the most was when he talked about the burial rituals and how they buried up to 70 people in one tomb. It's so different than what our burial rituals are today. It makes you think about how much things have changed over time."

The tour not only consists of seeing the famous Ziggurat, but also seeing the remains of the Prophet Abraham's home. Abraham is the father of the Abrahamic religions.

"Abraham's house was the best part of the tour," added Uribe. "It's amazing that the structure has been there for so long and it's still standing; it was just a beautiful site."



Sgt. Edward Matthey, a radio telephone operator and a Miami, Fla. native; Sgt. Maj. Scott Waterhouse, an operations noncommissioned officer and a Concord, Calif., native; and Spc. Ruby Uribe, a material management specialist and a Bakersfield, Calif., native, all with the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), visit the Ziggurat of Ur recently near Contingency Operating Base Adder, Iraq.



Top-selling mobile phone brands

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



I will be continuing my series on all things regarding mobile phones, the final column in a six-part series on the cell phone industry and also to announce this is my final Help column, as others will be sharing some of their knowledge with you. Stay tuned into my sports column though, as I have a few more before the 310th ESC comes in.

Last week I touched on the iPhone as well as the Blackberrys, the best selling phones in the country. The androids, affectionately known as “droids,” are not necessarily considered phones so much as an operating platform; Android is an open-source software stack for mobile phones that includes an operating system, middleware, and key applications.

A software stack is simply a software subsystem designed to deliver a fully functional “solution;” for example, to develop a web application, the designer needs to use an operating system, web server, database and programming language.

Android was founded in 2003, and is currently the third best-selling smart phone, and tops in platform design, garnering 31% of market share in the U.S.

Google Inc. purchased the initial developer of the software, Android Inc., in 2005. Android’s mobile operating system is based upon a modified version of the Linux kernel. The Android operating system can also be used as an operating system for cell phones, netbooks and tablets, TV and other devices.

The first phone to run the Android operating system was the HTC Dream, released on October 22, 2008. In early 2010, Google collaborated with HTC to launch its flagship Android device, the Nexus One, followed later in 2010 with the Samsung-made Nexus S.

Verizon Wireless has created their own name for Android phones, which they have dubbed “Droid.” This line of phones has historically been the best Verizon could offer, at least until Verizon picked up the iPhone. The top Android phone on Verizon is the Droid X by Motorola.

The Droid X offers a larger touch screen than most at 4.3-inches, the largest in their phone lineup. They also offer an 8-mega pixel camera, the largest in their lineup. The phone was built for capturing high quality video and images. It has a powerful processor and 8GB of built-in storage and the ability to add up to 32GB to that. The Droid X is currently running Android 2.2 with an upgrade to 2.3 coming. It retails for \$149.99 on contract.

After careful consideration, the Samsung Galaxy S Fascinate stood out as the top runner-up. The Fascinate offers a screen that is currently unique to Samsung’s Galaxy S line of phones. Using a high-quality 4-inch “Super AMOLED” screen and a Gorilla Glass cover, the Fascinate’s screen works great in direct sunlight and is nearly indestructible compared to other cell phone screens. This is especially handy on those bright summer days when you do not have the benefit of cover to allow you to see the screen.

It runs with Samsung’s 1GHz Hummingbird processor and sports a 16GB micro SD card. The phone is powered by Samsung’s visually optimized TouchWiz user interface on top of Android. TouchWiz is a social-focused user interface on every Galaxy S device, including their tablet, the Samsung Galaxy Tab.

Bottom line? There are tremendous mobile phones available for the choosing. They carry the latest up-to-date software, all of the fancy applications many folks like to use these days, and are offered by companies that have user-friendly plans that take advantage of many incentives to capture an ever increasing, competitive market. You’ve been armed with information... choose wisely!

Word on the Street

Who do you think will win the NCAA tournament?



“I think BYU looks like the toughest team right now. I think they will win.”

Maj. Myron Bell, executive officer with the 53rd Movement Control Battalion, 103rd Sustainment (Expeditionary), and a Wichita, Kan., native



“I’d like Kansas to win it all because they have a good group of guys who have been together for a while.”

Sgt. Quincy Smith, a supply sergeant with the 329th Transportation Detachment, 53rd Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and a Lumberton, N.C., native



“To win the tournament, I’d like UCLA. They have a well rounded team.”

Spc. Wayne Diaz, S4 clerk with the 53rd Movement Control Battalion, 103rd Sustainment (Expeditionary), and a Brooklyn, N.Y., native

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THEATER PERSPECTIVES

“They proved that they could accomplish their assigned mission on their own... That capability has been one of our main goals from the beginning.”

Lt. Col. John Melloy, 321st Air Expeditionary Advisory Squadron commander, comments on progress with U.S. advisors working directly with the Iraqi Air Force that have trained more than 25 Iraqi pilots since 2008

“This isn’t their first time working on the trucks. We’re focusing more on trying to get their system on how they order parts, how they fix parts, how they get their tools and teaching them easier ways we know on how to fix the problems they have.”

Spc. Brooke Lohuis, a mechanic assigned to Task Force 225, Brigade Support Battalion, 2nd Advise and Assist Brigade, communicates the focus on the 25-day training cycles to get Iraqi mechanics ready to assume independent operations

“The protest does not threaten the democratic process in the country.”

Iraqi Prime Minister Nouri Al-Maliki said Thursday evening, giving his support to popular protests as a constitutional right enshrined in the political process

“As we know, the U.S. Army is going to pull out from Iraq, so we need to be our own army and be dependent on ourselves.”

Staff Sgt. Ayad, a 5th Iraqi Army Division instructor at Kirkush Military Training Base

“I am determined to improve and support these relations to serve the interests of people in both countries.”

The new Iraqi Ambassador to Jordan, Dr. Jawad Hadi Abbas, stated in a report from al-Iraqiya TV

ALL EYES ON CRISIS IN JAPAN

As Japan trembled during the aftermath of a catastrophic, 8.9-magnitude earthquake that struck last week, several organizations quickly sprung into action in efforts to mitigate the physical and emotional shockwaves sure to plague the country’s communities for the foreseeable future. Per requests from Japanese officials, the U.S. military is doing its part to help where needed. Natural disasters are not new but their effects will always pose challenges; help from across the globe is Japan’s most valuable asset.

In times of crisis...the U.S. Military stands ready

Six Marine ships already in the region were ordered to Japan to provide assistance, if called upon:

- Aircraft carrier **Ronald Reagan**
- Amphibious assault ship **Essex**
- Dock landing ships **Germantown**, **Tortuga** and **Harpers Ferry**
- Amphibious command ship **Blue Ridge**

Service members stationed in Japan were preparing to deliver aid if called upon, as of 3 p.m. March 11

Airmen at Yokota Air Base provided accommodations for 599 passengers from commercial aircraft that were diverted to the installation shortly after the earthquake

Fleet officials ordered ships in San Diego to remain in port, with sailors standing by to tend lines the morning of March 11

In Hawaii, the Coast Guard ordered cutters to sea and relocated its helicopters and fixed wing aircraft. All commercial ports were closed pending damage assessments

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

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

Level: Hard

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

TEST YOUR KNOWLEDGE

- What is the salted roe of a sturgeon called?
- What gives green pasta its color?
- What part of a cola tree is used to flavor beverages?
- What does the abbreviation UHT stand for?
- Which vegetable is a green variety of banana, used as a staple food in the tropics?
- What type of flowers produce vanilla pods?
- Where were the first European coffee houses opened?

1. Caviar 2. Spinach 3. Nuts 4. Ultra heat treated 5. Plantain 6. Orchid 7. Vienna

JBB Worship Services

CONTEMPORARY

Sun. 9 a.m. Provider Chapel
9:30 a.m. Gilbert Chapel
Wed. 8 p.m. Gilbert Memorial Chapel

GENERAL

Sun. 9 a.m. Provider Chapel

GOSPEL

Sun. 11 a.m. MWR East Building
11 a.m. Gilbert Chapel
7 p.m. Provider Chapel

LITURGICAL

Sun. 5 p.m. Provider Chapel
5 p.m. Gilbert Chapel

SEVENTH DAY ADVENTIST

Sat. 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sun. 1 p.m. Provider Chapel
7 p.m. Gilbert Chapel

CHURCH OF CHRIST

Sun. 3:30 p.m. Provider Chapel

MUSLIM PRAYER

Fri. 12 p.m. Provider Chapel

ROMAN CATHOLIC MASS

Sun. 8 a.m. Gilbert Chapel
11 a.m. Provider Chapel
12:30 p.m. Provider Chapel
12:30 p.m./5 p.m. Hospital Chapel
Tues.-Thurs. 11:30 a.m. Provider Chapel
5 p.m. Gilbert Chapel (Tues. only)
Fri. 5 p.m. Gilbert Chapel
Sat. 8 p.m. Freedom Chapel (West side)

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

JEWISH SHABBAT SERVICES

Fri. 6 p.m. Gilbert Chapel

PAGAN/WICCAN FELLOWSHIP

Thurs. 7 p.m. Provider Chapel Annex
Sat. 7 p.m. The Shack (Bldg 7556)

FOR INFORMATION, PLEASE CALL:

Warrior Support Center: 483-4108
Gilbert Chapel: 433-7703
Provider Chapel: 483-4115
Freedom Chapel: 443-6303

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.	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.	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., 8:30 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 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dart: 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: Tuesday 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. WEST FIT-NESS REACTION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m., Friday 8-10 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7:30 p.m. Game: Wednesday 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.
EAST REC-REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. 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.	EAST REC-REATION CENTER 8 p.m. 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., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 2 p.m. Boot Camp: Sunday 8:45 a.m. Tue., Thu., 7 p.m. Power Abs: Mon., Tue., Thu.,	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.	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.	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.	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.



UPCOMING SPORTS ON AFN



Wednesday 3/16/11

COLLEGE BB: Men's College Basketball Tournament, Live 1:30 a.m., AFN Sports
COLLEGE BB: Men's College Basketball Tournament, Live 4 a.m., AFN Sports
NHL: Carolina Hurricanes @ Buffalo Sabres, Delayed 10 a.m., AFN Sports
NBA: New York Knicks @ Indiana Pacers, Live 3 p.m. AFN Sports

Thursday 3/17/11

NBA: Oklahoma City Thunder @ Miami Heat, Live 3 a.m. AFN Xtra
NHL: Washington Capitals @ Detroit Red Wings, Delayed 3 p.m., AFN Sports
COLLEGE BB: Live. 11:30 p.m. AFN Prime Pacific

Friday 3/18/11

COLLEGE BB: Men's College Basketball Tournament, Live 7:30 a.m., AFN Sports
COLLEGE BB: Live 4 p.m. AFN Sports
COLLEGE BB: Live 6 p.m. AFN Xtra
COLLEGE BB: Live 7 p.m. AFN Sports
COLLEGE BB: Live 9 p.m. AFN Prime Pacific

Saturday 3/19/11

COLLEGE BB: Live 4:30 a.m. AFN Sports
MLB: 30 Clubs In 30 Days: Detroit Tigers, Delayed 9 a.m. AFN Xtra
MLB: 30 Clubs In 30 Days: St. Louis Cardinals Delayed, 7 p.m., AFN Prime Atlantic
NASCAR: Scotts Turf Builder 300, Live 9 p.m. AFN Xtra

Sunday 3/20/11

COLLEGE BB: Live 4:30 a.m., AFN Xtra
WRESTLE: NCAA Division I Wrestling Championships, 10 a.m. AFN Xtra
NBA: Boston Celtics @ New Orleans Hornets, Delayed 5 a.m. AFN Xtra
COLLEGE BB: Live 9:30 p.m. AFN Sports

Monday 3/21/11

COLLEGE BB: Live 2:30 a.m. AFN Sports
COLLEGE BB: Live 4:30 a.m., AFN Xtra
GOLF: BNP Paribas Open: Men's & Women's Finals, Delayed 9 a.m. AFN Sports
UFC: Shogun vs Evans, Delayed 10 a.m. AFN Xtra
MLB: Boston Red Sox @ Philadelphia Phillies, Live 8 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': March Madness begins

By SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



The madness has started in earnest this week with what is affectionately dubbed "championship week," the culmination of nearly every conference in the country's tournaments that decide who gets automatic bids to the NCAA's tournaments and who gets left out for the NIT, or no tourney at all.

So here is a list of teams we have from the smaller conferences who have finished their tourneys and have their automatic qualifiers: the Belmont Bruins, North Carolina-Asheville Bulldogs, Northern Colorado Bears, Old Dominion Monarchs, Butler Bulldogs, St. Peters Peacocks, Indiana State Sycamores, Long Island Blackbirds, Morehead State Eagles, Wofford Terriers, Arkansas-Little Rock Trojans, Gonzaga Bulldogs, and the Oakland Golden Grizzlies.

Gotta love some of those nicknames huh? The biggest upset in those tourneys was in the Colonial League semifinals, where Virginia Commonwealth knocked off 2006 qualifier George Mason, who was then upset by Old Dominion in the championship. All projections still show George

Mason making the NCAA's. Butler will return to the NCAA's after winning the Horizon League tourney championship, and will try to re-create their magical run to the NCAA championship game to nearly win it. With a 23-9 record and not nearly having the horses they did last year, that seems highly unlikely, but this is March Madness, right?

The big conferences play this week (as well as some smaller ones) and have already kicked off in the Big East, which is projected to have an NCAA-record 11 teams invited to the dance. Eleventh seeded Marquette has already knocked off six-seed West Virginia, and will try to advance past three seeded Louisville. With 16 teams in the Big East, Marquette would have to win five games in five days, and knock off teams seeded higher than them in four of those games to get the automatic bid. A tall order.

My prediction is Pittsburgh. They are playing good ball right now and have the easiest road to the final. I think they will play Notre Dame, the two seed in the conference, in the championship.

Moving to the Southeastern Conference, I am going to go with a long shot in Vanderbilt making it to the title game with a semifinal upset of Florida, but see them losing to Kentucky

in the championship. The Big 12 has some great teams as well, and semi-final match ups between Texas and Texas A&M, as well as Kansas and Kansas State, would be huge grudge matches showcasing rivalry games. My pick here is Texas winning the title, upsetting Kansas in the championship and getting the league's automatic bid.

In the Pacific Ten Conference, look for a match-up of one and two seeds, Arizona and UCLA respectively. These two teams have been the class of a somewhat weak conference this year, and expect to see Arizona take the title in the Staples Center in Los Angeles. (Caveat: UCLA will have a big home-court advantage if this holds true)

The Big Ten has been somewhat unpredictable this year as well. Ohio State has been the class of the conference, with only two losses and stays as the number one team a few times. I am going out on a limb and predicting the Boiler-makers of Purdue to upset OSU in the final. Bank on it.

Lastly, look for Duke to once again win the Atlantic Coast Conference tourney, with a hard-fought win over North Carolina. But another caveat: look out for North Carolina in the NCAA's. They are playing well with freshman phenom Harrison Barnes leading the way.

'Hall Pass' features standard plot, predictability

By SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



"Hall Pass," released Feb. 25, stars Owen Wilson as Rick, a somewhat straight-laced real estate broker, and Jason Sudeikis as Fred, a seemingly brash insurance salesman. Rick and Fred are best friends, who have both been married for a very long time.

The vintage of their marriages is made evident in the fact that they both seem to have lost the spark in their relationships, and they lust after every semi-attractive woman they cross paths with.

Jenna Fischer and Christina Applegate play wives who are fed up with their husbands' wandering eyes and attention. In an effort to give their husbands some perspective on being married versus being single, they give Rick and Fred a week off from marriage, a "hall pass."

Rick is a little apprehensive at first, but Fred sees this

as a golden opportunity to get back in the action. The only problem with this is that they mistakenly think they have a snowball's chance in Panama of hooking up with the attractive young ladies they were drooling over. This fact made me question the point of this movie at all.

It may just be me, but I felt like Rick was one of the lamest characters I've seen in a movie. At one point, he's in what appears to be a trendy nightclub, and he's wearing a short-sleeved, Wal-mart brand button-up shirt tucked into a pair of Dockers. He looked like he was auditioning for Revenge of the Nerds 2011. I'm sure the point was for this character to be the straight-edge man because Fred provided a majority of the humor, but I've seen crisped rice patties with more flavor.

However, you don't go to see a movie like this for an intricate plot, well developed characters, or realistic situations. You go to see this movie to see how much outrageousness they can pack in between the standard beginning and the cookie-cutter ending. Actually, though, the ending had

some funny moments intertwined with the prerequisite mush. When you measure it on that scale, it adds up to time well spent.

Conversely, if you're offended by sexually suggestive or shock value comedy, or if you like your movies to have a purpose besides random hilarity, then you should probably skip this one.

The bottom line is: If you enjoy comedies in the mold of "The Hangover" or "Superbad," you will probably enjoy this movie.

The plot itself is generic, but the unexpected comedic situations are what make this movie, and others like it, enjoyable. It's not groundbreaking in its approach, but you will leave the theater laughing with your friends about a line you found entertaining or a scene that made you think, "Who in the world comes up with something like that?"

I give this movie three stars because it's effective for what it is. It won't be the funniest movie you've ever seen, but it's funny enough that you will walk away smiling.

PVT MURPHY'S LAW



Reel Movie Times	
Wednesday March 16	
5 p.m.	The Rite (PG-13)
8 p.m.	The Green Hornet(PG-13)
Thursday March 17	
5 p.m.	The Green Hornet(PG-13)
8 p.m.	Rango (PG)
Friday March 18	
6 p.m.	Sanctum (R)
9 p.m.	Mars Needs Moms (PG)
Saturday March 19	
2 p.m.	Sanctum (R)
5 p.m./Midnight	Mars Needs Moms (PG)
8 p.m.	No Strings Attached (R)
Sunday March 20	
2 p.m.	Mars Needs Moms (PG)
5 p.m.	No Strings Attached (R)
8 p.m.	Sanctum(R)
Monday March 21	
5 p.m.	Sanctum (R)
8 p.m.	Mars Needs Moms (PG)
Reel Movie Times	



U.S. Army photo by Capt. Keith Stutts

Spc. Heather Saturday, part of the mobile redistribution team with the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), offloads a 40-foot container for processing at the fixed-MRT yard at Joint Base Balad, Iraq.



(Left to right) Sgt. 1st Class Rhonda Lawson, a public affairs officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a New Orleans native; Staff Sgt. Danyeal Thomas, the battalion S1 noncommissioned officer-in-charge with the 240th Combat Sustainment Battalion, 3rd Sust. Bde., and a Chabourn N.C., native; and Staff Sgt. Shaniqua Stokley a military justice paralegal NCO with the 3rd Sust. Bde., and a Brooklyn, N.Y., native, were all inducted into the Sergeant Audie Murphy Club March 7 at the SAMC induction ceremony at the East Morale, Welfare and Recreation Center at Joint Base Balad, Iraq.

The Expeditionary Times staff welcomes photo and story submissions.

If you have a story idea or would like to submit your own work, please contact us at:
escpao@iraq.centcom.mil



Robert Romeo Betts, a civilian material control manager and force protection transportation site manager from Fort Bragg, N.C., recites a self-written poem for Black History Month at the East Morale, Welfare and Recreation facility Feb. 26 at Joint Base Balad, Iraq.