

The Expeditionary Times

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Vol. 4 Issue 46

March 30, 2011

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U.S. Army photo by Spc. Sean McGuire

Capt. Amanda Milner, company commander for Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and native of Hartford City, Ind., stands in front of her formation March 17 during a transfer of authority ceremony at the Morale, Welfare and Recreation center at Al Asad Air Base, Iraq, between the outgoing 240th Combat Sustainment Support Battalion, which will soon return to Fort Lee, Va., and the 189th CSSB. The 189th CSSB is currently conducting operations ranging from deployment and redeployment operations and the running of a Joint Distribution Center.

TOA ceremony brings relief for CSSB

STORY BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

AL ASAD, Iraq— With duffel bags filled with gear, deployment orders, an issued weapon, body armor and a question in their mind of where the next year of their lives will take them, many Soldiers answered the call of deployment by stepping off a C-130 aircraft as others stepped on. So often that has been the basis of coming and going with deployments in Iraq. As one unit leaves another steps in to relieve them of their duties. A Transfer of Authority ceremony is held to acknowledge the unit going home while highlighting the capabilities of those replacing them that are eager to take on the mission.



On 17 Mar. the 189th Combat Sustainment Support Battalion relieved the 240th CSSB of their mission at Al Asad Air Base at the TOA ceremony held in the Morale and Welfare Recreation Center, Al Asad, Iraq.

The 240th CSSB's flag was slowly rolled up and tucked inside its case, while the 189th CSSB unfurled their colors to represent the change in unit ownership of the mission from the 240th CSSB to the 189th CSSB.

The 189th CSSB anticipates being assigned with the duties that assist in reposturing U.S. Forces in order to meet the timeline slated through December 2011.

"We are proud of being a part of Operation New Dawn. We are officially doing all the missions that the previous company was taking care of, and I feel like the mission is very important," said Capt. Amanda Milner the Head-

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Soldiers practice MEDEVAC

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Positivity goes a long way

1ST LT. JOCK JOHNSON
3-116 CAV. REGT. CHAPLAIN



The longer I am in Iraq, the more I am reminded of a story I first read in one of those sappy e-mails. You know the type; the ones that make a sentimental statement that make us all feel good by adopting that fuzzy story which somehow, by itself, will change the world. It is usually followed with 'Please send this to your closest 500 friends in 10 minutes or you will suffer seven years' bad luck and will be destined to sip strained soup through a straw' or some such statement.

The story actually originated in "Chicken Soup for the Soul" and was written by John W. Schlatter. It goes as follows:

'Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all of the books he was carrying along with two sweaters, a baseball bat, a glove, and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. Since they were going the same way, he helped to carry the burden.

'As they walked, Mark discovered the boy's name was Bill, that he loved video games, baseball, and history, that he was having a lot of trouble with his other subjects and that he had just broken up with his girlfriend. They arrived at Bill's home first, and Mark was invited in for a soda and to watch some TV. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home.

'They continued to see each other around school and had lunch together once or twice. They ended up at the same high school where they had brief contacts over the years. Finally, the long-awaited senior year came, and three weeks before graduation, Bill asked Mark if they could talk. Bill reminded him of the day years ago when they had first met.

"Do you ever wonder why I was carrying so many things from school that day?" Bill asked. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's pills, and I was going home to commit suicide. But after we spent some time together I realized that if I had, I would have missed that time and so many others that might follow. So you see, Mark, when you picked up my books for me that day, you did a lot more. You saved my life."

Is this a sentimental story? Yes. Does it have meaning for us? Yes. The Army is all about Soldier resiliency, but how do we see that on a personal level? I know that on a personal level, just accentuating the positive with a 'hello' and smile in the morning makes a difference to me. Starting my day with a frown seems to set the tone in a direction that just

'Starting my day with a frown seems to set the tone in a direction that just brings me down.'

-1st Lt. Jock Johnson

brings me down.

I think one of the things deployments does is grind at you. Let me explain. You're away from your family and friends, you may or may not have a CHU-mate that agrees with you, and the work load can either be a 24/7 frenzy or monotonous boredom. One minute you may be relaxing and the next diving for cover because of indirect fire.

In this constantly stressful environment, I am amazed at how well everyone does, but it does grind at you. Now add the little things. You know, they really are irritants, not major issues or life-shattering by themselves, but combined with everything else, they are hard to deal with. You have the potential to change all of that by the way you act and by wearing a friendly smile.

Before you go, however, let me give you the rest of the story, as Paul Harvey would say. The story was real but the names were changed to protect the innocent. The author John Wayne Schlatter, sometime after he wrote the story, commented on some words of praise a fan gave him about the story. He said:

"I wrote 'The Simple Gesture for Chicken Soup For The Soul Vol.1.' I feel complimented that you put in on the Internet in an effort to help other people. You might like to know the whole story.

'The two boys met in 1973 at Oak Jr. High where I was teaching. They remained very close friends and were the best man in each other's weddings.

When I met them they were my students, they became my friends and eventually we grew into a brotherhood. I spoke at both of their weddings. One is a minister and the other is a highly successful businessman. They have come through many storms and their friendship has helped them sail to safe ports."

Who knows about a simple act of kindness; it may just last a lifetime or can save a lifetime that was about to end.

EXPEDITIONARY TIMES

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

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Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes.

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,500 papers.

The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 103rd ESC, APO AE 09391. Web site at www.dvidshub.net.

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332nd Air Expeditionary Wing

For online publication visit:
www.dvidshub.net
keyword: Expeditionary Times

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

The Weekly Standard: Meet the new IG team

MAJ. DARREN ANTAL
310TH ESC COMMAND IG



Greetings to all. On behalf of 310th ESC inspector general team, I would like to commend the outgoing 103rd ESC's IG team on the great job they have done over the last year and thank them for their service and support to all service members and civilians throughout their sphere of activity. I would also like to take this opportunity to personally thank them for the great job they have done in setting us up for success in our first few weeks on the ground.

In the next few days, the Transfer of Authority (TOA) between the outgoing 103rd ESC and the 310th ESC will be complete. Therefore, I am using this article to introduce myself and our IG team. The 310th IG team will consist of one detailed inspector general, Maj. Darren Antal, who serves as the command's inspector general, and three assis-

tant inspectors general; IG NCOIC Master Sgt. Diane James, Master Sgt. Cynthia Messerschmidt and Sgt. 1st Class Maleah Johnson, who are all currently located here at Joint Base Balad.

Our IG team has years of experience in the IG field, considering an IG is detailed for a three-year tour. Master Sgt. James and I have more than 3.5 years of IG experience and are the original IGs first assigned to the 310th ESC when the unit stood up, which means we have each been extended for a fourth year as an inspector general.

The verdict is still out as to whether or not this was a reward or punishment!

We are all successful graduates of The Inspector General School (TIGS), and Master Sgt. James recently attended and graduated from the DOD Joint IG course prior to our deployment. Further, I successfully negotiated and graduated from the DAIG Combatant Command IG course.

We were fortunate to get both Master Sgt. Messerschmidt, who has more than two years of IG experience from the 416th

Engineer Command, and Sgt. 1st Class Johnson, who has almost two years of IG experience coming to us from the 377th TSC.

In closing, I would like to remind all Soldiers and Civilians; to include family members, that contacting the IG is their right. However, the IG should be a Soldier's last stop after everything else has failed. Bottom line: Before you tell it to the IG, don't forget the following:

- Be sure you have a problem, not just a peeve
- Give your chain of command a chance to solve the problem
- If you need IG help, contact your local IG first
- Be honest and don't provide misleading information
- IGs are not policy makers
- IGs can only recommend, not order, a resolution
- IGs can only resolve a case on the basis of fact
- Don't expect instant action on your request; be patient
- Be prepared to take 'no' for an answer

"Droit Et Avant" - Be right and then go forward.

Combat Stress: Set goals to battle complacency

CAPT. PATRICIA FRANCE
98TH COMBAT STRESS CONTROL



Complacency can be defined as "self-satisfaction accompanied by unawareness of actual danger or deficiencies."

We regularly experience complacency in our personal lives and at our jobs. The key to battling complacency is being aware of its existence and taking measures to offset any negative consequences.

The places we feel most familiar with can be the most dangerous, because the threat is not so obvious to us. When we feel confident that the environment is stable, we often forget things are subject to change and become unsafe in an instant. This is true with the current state of affairs; as U.S. forces leave Iraq, we are in a constant state of change.

One way to battle complacency is through goal setting. Setting goals is more than simply scribbling down some ideas on a piece of paper. Our goals need to be complete and focused.

Goal setting also leads to having lower amounts of stress. An important key is to set your goals so they are attainable; do not set goals that are out of reach.

Our stress management class discusses goal setting, among other topics. If interested in attending, please call 483-3385 at Joint Base Balad to reserve your seat. Space is limited to six people per group.

Additional information regarding complacency can be found on the Internet, and many books are available on the topic as well.

For more information on Combat Stress Center events, contact Capt. Patricia France at 443-2977.

Goal-Setting Road Map

1. **Set your sights.** Make sure the goals you are working for are long-term goals you really want.
2. **Identify your current status.** Target your strengths and weaknesses to develop a plan.
3. **Determine how you are going to accomplish your goal.** Pick four or five main areas you can focus your energy on. These are your short-term goals.
4. **Make a plan.** Identify tasks that you can complete to accomplish your short-term goals.
5. **Commit yourself to your goals.** Print out a goals sheet and post it on your wall as a visual reminder.
6. **Be flexible.** Don't throw away a goal when you encounter a challenge; keep moving forward. Don't become frustrated; keep focused on your goal.

Ammo specialists join 'Super Bullets' on COB Adder

STORY AND PHOTO BY
STAFF SGT. SHEDRIC MASON
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—



Leaders and Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), recently welcomed three new ordnance Soldiers to the Ammunition

Supply Point on Contingency Operating Base Adder.

Spc. Andrew McAllister, an Atlanta, Ga., native, Spc. Xavier Rice, a Radcliff, Ky., native, and Sgt. Michael Kingsland, a Buffalo, N.Y., native, are the newest members of the "Super Bullet" team. These ammunition stock control specialists, who recently arrived with the 4th Sust. Bde., provide assistance in completing the various tasks that make the ASP mission successful on a daily basis.

As this is the first deployment for both Rice and McAllister, Rice said he hopes the experience will help expand his knowledge of his military occupational specialty.

McAllister agreed, saying that he enjoyed working at the ASP because "the workflow is the right mix of paperwork, ammunition, accounting and physical labor."

Chief Warrant Officer 2 Ryan Hammonds, the Ammunition Supply Point accountability officer, and a Craigsville, W.Va. native, said that the deployment was a great opportunity for the Soldiers to learn and that they are able to "see and work with different types of ammunition."

"They are truly an asset to the team," said Hammonds about the three Soldiers.



Spc. Andrew McAllister, a native of Atlanta, Ga., Spc. Xavier Rice, a native of Radcliff, Ky., and Sgt. Michael Kingsland a native of Buffalo, N.Y., all Soldiers with the 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), stand in front of the 2nd Detachment, 8th Ordnance Company, at the ammunition supply point, Contingency Base Adder, Iraq.



Chief Warrant Officer 3 Toby McGhee, the officer-in-charge of the Property Book Office for the 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a native of Hopkinsville, Ky., poses with fellow PBO Soldiers, Sgt. 1st. Class Enrique Torres, the noncommissioned officer-in-charge, Sgt. Eric Meza, a PBO NCO, and Spc. Reasad Doha, a PBO clerk, March 21 at Contingency Operating Base Adder, Iraq. McGhee and his PBO shop are currently deployed in support of Operation New Dawn.

‘Wrangler’ leader proves age is just a number

STORY AND PHOTO BY
SPC. SEAN MCGUIRE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE

ADDER, Iraq— Chief Warrant Officer 3 Toby McGhee, the officer-in-charge of the property book office for the 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Hopkinsville, Ky., native, has defied stigmas about age and experience during his time in the Army.

At 32 years old, he’s logged nearly 13 years in uniform, six of which were spent on the enlisted side reaching the rank of staff sergeant before becoming a warrant officer.

“My friend and I were the youngest warrants to have ever gotten selected in the quartermaster corps,” he said. “Others had the perception that I was very young and had to prove myself. I feel that I know what I’m doing and I’ve always taken pride in that.”

McGhee enlisted in 1998 at as a unit supply specialist and immediately went to airborne school after basic combat training.

“My mentality when I joined was to be independent,” said McGhee. “When I came

in, I didn’t know anything about the Army. I just knew that guys wore uniforms.”

In 2003, McGhee and some friends volunteered to deploy in support of Operation Iraqi Freedom. He said it was a chaotic time for him because he had so much responsibility and dealings in millions of dollars of equipment.

“I was made the property book noncommissioned officer for the Army material command logistics support element,” said McGhee. “I had no officer above me. It was just me and I was responsible for requesting replacement vehicles for battle losses from Kuwait to Joint Base Balad.”

Even though it was tough, McGhee knows he was better for it.

“I had never handled things at such a high level before,” he said. “I benefited greatly from it, and it gave me a different view of logistics.”

He received a bronze star for his work during the deployment. McGhee’s mentor at the time, an ordnance officer, convinced him that the warrant corps would offer him more control over his career.

“Initially, I didn’t want to go warrant,” he said. “In fact I really didn’t know what I wanted to do but he really sold me on the idea.”

McGhee put in his packet not thinking

he’d be selected, because the Army had just recently decided to lower the selection requirement to five to seven years in service. It had previously been 10 to 12 years.

“The quartermaster corps was the first to start recruiting at five to seven years,” McGhee said. “A friend and I were basically guinea pigs.”

Since becoming a warrant officer, he has deployed to Afghanistan and has been a member of the “Wrangler” brigade for the last two years.

The Wranglers are currently deployed in support of Operation New Dawn with the mission of sustaining and reposturing of forces throughout Iraq.

McGhee and his property book office maintain accountability of the unit’s property book holdings across theater. He knows the tempo in his office will speed up this summer as they help the brigade and its subordinate units close out.

“We won’t have anyone to transfer things over to when we leave,” he said. “Our job will be to put everything our units have into the system so United States Forces-Iraq can tell us what to do with it. We’ll be the last stop for units to clear out of theater.”

Even with so much responsibility, McGhee said he has total confidence in his team.

“We built a good team before we came here,” he said. “We know what needs to get done and at the end of the day, it’s all the same job.”

Looking to the future when the Wrangler team’s tour is over, McGhee wants to continue experiencing new things in the Army.

“When I was at Fort Lee, Va., for the advanced warrant officer course in 2008, I was asked to become an instructor for the basic course geared towards new warrant recruits,” he said. “So I look forward to having an opportunity to teach there.”

Even if he doesn’t get that opportunity, McGhee said he enjoys getting a variety of experiences.

“Being in a sustainment brigade has been good and has given me a different view of how the Army operates,” he said. “I just want to continue leaping around and seeking new experiences.”

McGhee figures he’s on a downhill slope toward 20 years of service, and when that day comes, he’ll evaluate whether or not he’s still enjoying his work and then think about retirement.

“Right now I’m not even thinking about it,” he said. “I don’t know what I’ll do when I get out, but I know I’ll more than likely be working.”

Daughter finds comfort in nearby family

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

CONTINGENCY OPERATING BASE SPEICHER, Iraq—



Not many Soldiers close off a conversation with another command post by saying, 'Love you, Mom.'

That farewell, however, is a familiar one for a mother-daughter duo in the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

Capt. Carmen Nicely and her daughter, Spc. Christina White, are in a unique position in Iraq. Both Soldiers are members of the same battalion and work in the often high-stress environment of the command post.

White functions as a battle noncommissioned officer for the 3rd Battalion's C Company at Contingency Operating Base Speicher. Meanwhile, Nicely functions as a battle captain for the battalion Tactical Operations Center situated on JBB.

The two are in contact almost daily, especially when significant acts occur out on the roadways where 3rd Battalion Soldiers escort convoys.

"It is really neat," Nicely said. "I get to say, 'Hey, can you give me an update on a spot report?' Then I can say, 'I'll talk to you later. Love you.'"

The common bond between mother and daughter was evident recently when Nicely traveled to COB Speicher to help Christina celebrate another key milestone; her promo-



Capt. Carmen Nicely traveled to Contingency Operating Base Speicher to promote her daughter Spc. Christina White from the rank of private first class to specialist. The two Soldiers are members of the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

tion to specialist.

Nicely walked into the command post, stood before her daughter and pulled her rank as a private first class off her Army Combat Uniform jacket. She then placed the rank of specialist on and hugged her. Like any parent, Nicely said she was very proud of her daughter.

"Just to see her face when I walked into the room was worth it," Nicely said. "She is so deserving. I'm happy to be a part of it."

Nicely's arrival at the C Company command post was a surprise to White but a pleasant one, she said.

"Getting to see her is a present in itself," White said. "My mom is like my best friend."

White comes from a military family. Her mother is a captain and her father is also an officer in the Iowa National Guard. However, White said she wasn't initially interested in the military.

"At first, my opinion of the military was I hated it," she said. "Then, I realized it was something to help me out in the future. It also opened my eyes to diversity."

Nicely said her own experience in the military helped her emotionally when her daughter decided to enlist. Nicely entered the U.S. Army as an enlisted Soldier before going to Officer Candidate School. She said she was very familiar with the challenges associated with a military career and encouraged her daughter to give her best.

"[The military] has been good for me and I've learned a lot by being a Soldier," Nicely said. "Why not try it? Struggle makes people stronger."

Nicely said she can see the positive effect the military made in her daughter's life.

"She's obviously more confident and she has matured very quickly and taking her job seriously," Nicely said.

The fact that her mother is on a base in Iraq is not the only unique aspect to White's tour. She is also married to a Soldier in C Company. She married Cpl. Thomas White in September, just before the battalion left Oregon for its deployment training. Cpl. White is a truck commander in C Company's 2nd Platoon.

Spc. White said she is happy that both her mother and husband are nearby while she serves her tour in Iraq.

"I don't get a lot of mail," she said. "I don't get a lot because my Family is here. My significant other is here and my mom is at a nearby base."

Company commander reflects on past tour

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

TIKRIT, Iraq — What goes around comes around.



Capt. Seth Musgrove is more familiar with that adage than most, especially when it comes to Iraq.

One night six years ago, far away from his home, Musgrove, who is a La Grande, Ore., native, drove over an improvised explosive device.

Musgrove, then a lieutenant in the Oregon Army National Guard, and his crew walked away from the attack that shredded his Humvee with only minor injuries. Musgrove recognized his luck, acknowledged the power of the IED, and then went back to work as a platoon leader in Ontario's Guard outfit in Kirkuk, Iraq.

Fast-forward to February 2011. Musgrove is back in Iraq. Now, though, he is no longer a platoon leader but the commander of the same Ontario unit he served with in Iraq in 2005.

On a convoy mission to Kirkuk, Musgrove traveled down the same road past the same place where he was struck by an IED in 2005. And there, on the road,

Musgrove saw the still-scarred asphalt from that nighttime attack.

"We drove over the spot; I couldn't fathom I was back there again," Musgrove said.

Musgrove conceded there is more than just a touch of déjà vu regarding his latest deployment to Iraq. While his outfit, C Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is situated on familiar ground in central Iraq, a lot has changed since the unit's first tour in 2005.

One key difference for Musgrove's unit, consisting of mostly Soldiers from southeastern Oregon and western Idaho, is that it is no longer tasked with finding insurgents. Now its mission is simpler: escorting logistical convoys that trek across central Iraq.

The mission is a critical one for obvious reasons, Musgrove said. Even as the U.S. military conducts a reposturing of forces in Iraq, resources from food to equipment must still be moved from one location to another.

There remains a certain level of risk for Soldiers who spend most of their time out on the highways of Iraq escorting convoys.

"We are on the road a lot and it is still dangerous," Musgrove said. "There is a constant threat."

Each convoy mission the company

performs demands a large commitment of planning and resources in terms of manpower, Musgrove said. As commander, he must focus on an array of issues and then analyze the information and try to anticipate all of the scenarios a particular convoy escort team may encounter on the road. In the end, his focus always narrows to the Soldiers.

"They are the first thing on my mind as they go out the wire," he said.

The tempo for C Company has increased since it arrived in Iraq. The company has conducted more than 160 convoy escort missions in the past months.

"I kind of had a suspicion we'd be busy," he said.

Musgrove also said that the company tackled the fast-paced tempo with enthusiasm.

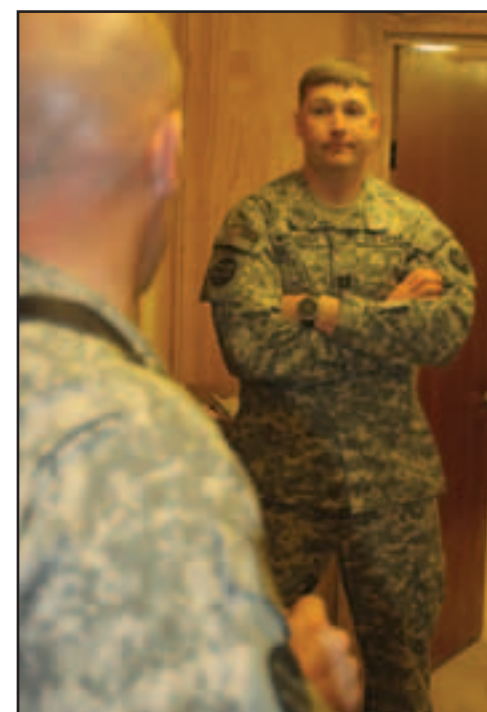
"The company has performed admirably," he said. "They've done an outstanding job. Morale is high and they are still motivated."

Musgrove said he faced his own transformation as a leader when he deployed to central Iraq.

"As a platoon leader, you don't have the big picture as you do as a commander," he said.

He said, in the end, success for his unit rests on fundamentals.

"We must stay vigilant. Keep rested. Focus on attention to detail," Musgrove said.



Capt. Seth Musgrove, commander of C Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), listens to 3rd Battalion commander Lt. Col. Phil Appleton at the C Company command post in January. Musgrove led a platoon during the 3rd Battalion's first deployment to Iraq in 2005 and survived two IED attacks.

Two sets of brothers serve in same company

STORY AND PHOTOS BY
SPC. SPRING SMITH
1-163RD COMBINED ARMS BN.

CONTINGENCY OPERATING BASE ADDER, Iraq—

A Soldier's comrades are like Family in many ways. They train together, deploy together, and go through some of the greatest and most stressful days of their lives together.

For four Soldiers in Bravo Company, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), this is especially true, because the unit has two pairs of brothers serving together.

Staff Sgt. Evin Hansen, a Florence, Mont., native, has been in the Montana National Guard for nine years and is on his second deployment. His brother, Spc. Kiel Hansen, also of Florence, has been in the military for almost three years. This is his first deployment.

Kiel Hansen said he joined the Army because he wanted

to serve his country alongside his brother and other people from their hometown.

"It is an honor to be here serving with my brother and it is a great experience," he said.

Even though there is a difference in rank between the two, Evin said there is no awkwardness because he is not in his brother's direct chain of command; they serve in two different convoy escort teams.

"It does make it easier knowing there is Family you can talk to every day, but it doesn't affect my mindset," he said. "It's a unique experience that most people don't get, and serving is a Family tradition."

The Hansens have a long military history within their Family; their father served in Vietnam.

Spc. Hansen Paskell, a Kalispell, Mont., native, joined the Montana National Guard as a combat medic in 2007. His younger brother, Spc. Kyle Paskell, joined as an infantryman while Hansen was doing his Advanced Individual Training. This is the first deployment for both Soldiers.

"One of the main reasons I joined was because my brother had a baby on the way," said Kyle. "I wanted to be able to

support him and watch his back."

He said he knew they would serve together because there is only one infantry unit in Montana. Now they serve alongside each other in the same platoon and even in the same squad.

Hansen said he enjoys having his younger brother serve with him, because he doesn't see his brother very often when they are home. Being here together allows them to see more of each other.

"It's good to see my brother doing something very positive with his life, and working with him is going to be one of the definitive memories I will have of our relationship," he said.

Both of the Paskells' parents have had siblings deploy, but this is the first time their children have deployed.

"They are having mixed feelings," said Hansen. "They feel nervous and scared, but they're also proud."

Like the Hansens, the Paskells say that deploying together doesn't affect their mindset or their ability to complete their mission.

"No matter what might be going on, he will always be my brother and I will always love him," said Kyle.



Staff Sgt. Evin Hansen and Spc. Kiel Hansen, brothers with the B Company 1st Combined Arms Battalion-163rd Infantry Regiment, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and natives of Florence, Mont. take time out from convoy support mission preparation on Contingency Operating Base Adder, Iraq.



Spc. Hansen Paskell and Spc. Kyle Paskell, both infantrymen and brothers with the B Company 1st Combined Arms Battalion-163rd Infantry Regiment, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and natives of Florence, Mont., pause for a photograph on Contingency Operating Base Adder, Iraq.

Soldiers keep in touch through social media

STORY AND PHOTO BY
STAFF SGT. STEVEN ADAMS
749TH CSSB

CONTINGENCY OPERATING BASE ADDER, Iraq—

The development of social media and other forms of rapid mass communication has changed the way the world communicates, and deployed Soldiers

are not excluded from these changes.

While service members previously relied on writing letters home, modern communication methods often allow for nearly constant contact.

Staff Sgt. Eric Callaghan, the sustainment automation support management office noncommissioned officer-in-charge with Headquarters and Headquarters Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd

Sustainment Command (Expeditionary), described the methods he uses to keep in touch with his wife.

"I use different things depending on what I'm doing," he said. "If it's personal, I write a letter. If we're doing taxes, I use e-mail."

Service members are not allowed to use many services such as Facebook and Skype on government work computers, but Internet access is often available in living quarters and Morale, Welfare and Recreation facilities.

"I'm old-school, I just use the phone," said Sgt. 1st Class Todd Cole, a battle captain with the company and an Orange County, Calif., native.

Even during recent years, Soldiers have not always had choices when communicating with people from home. Staff Sgt. Gregory Crowe, a battle noncommissioned officer with the 749th CSSB HHC, and a Long Beach, Calif., native has deployed to Iraq multiple times.

Often, he said, he did not have access to the Internet.

"The technology improvement has been awesome," he said. "We used to have to wait hours at call centers just to use the phone for 15 minutes."

Capt. Jayson Markham, a battle captain with the 749th CSSB HHC and a Fullerton, Calif., native said he uses the Internet to communicate with his wife and two children.

"I don't use Skype," he said. "I use Yahoo, because when everyone else is online it seems to be faster."

The reason why service members communicate has remained constant through the years; to stay connected to Family and friends.

Sgt. 1st Class Jorn Guilbert, the company's battle NCOIC and a Fajardo, Puerto Rico, native uses Skype to contact his wife and three daughters.

"I use Skype so I can see a little piece of home," he said.



Staff Sgt. Nicholas Baranovic, an intelligence analyst with Headquarters and Headquarters Company, 749th CSSB, a Cape Girardeau, Mo., native, communicates with his family back home by using Skype.

Finance unit helps sharpen Soldiers' focus

STORY AND PHOTOS BY
SGT. JENNIFER SARDAM
EXPEDITIONARY TIMES STAFF

BAGHDAD—Since arriving in Iraq in December, Soldiers with the 1153rd Financial Management Detachment, 24th Financial Management Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have worked hard to resolve military pay issues that Soldiers throughout Victory Base Complex and Forward Operating Base Union III may have.

"I feel like I'm a part of history," said Staff Sgt. Kimberly Stevenson, chief of military pay for the 1153rd FMD at the Camp Liberty Finance Office on VBC. "We're National Guard, and so there's something very deep in your heart that you feel privileged to be a part of something like this."

As Soldiers who share the same deployed environment and personal concerns as their customers, 1153rd FMD personnel are well aware of the stress that financial difficulties can create.

"You almost take it personally when they're having a pay problem, because you really do want to help," said Stevenson.

This understanding is evident to many who visit the Camp Liberty Finance Office, where pay personnel strive to provide a timely response for their customers.

"From the time a Soldier comes in with a pay issue, we make every attempt to resolve that within 72 hours," said Stevenson, a Saint Augustine, Fla., native.

However, she added, the goal is to try to answer pay questions immediately when possible. For some military pay staff, that means occasionally sacrificing down-time to get the job done.

"We do get stressed out when we don't know how to help a Soldier or resolve it quickly enough," said Stevenson. "But I know every one of my Soldiers feels the same way. At 6 o'clock at night you don't want to talk about work because you just want to relax for a few minutes, but you go back and work it 'til 10 o'clock trying to fix it."

Soldiers can also do their part to assist the process by addressing pay concerns as soon as they surface.

"You can put it off so much, but it adds up," said Stevenson, who has 12 years of experience working in military pay. "Pay, to me, is the most important thing. That keeps the mortgage going...and the family happy."

Many of the major finance issues that bring Soldiers in for assistance come from not properly addressing problems early on, said Stevenson.

"We see a lot of that here such as people not getting the [Basic Allowance for Housing] that's due to them, because they didn't turn in the appropriate paperwork," she said. "Some of these are taking a long time to resolve, but it does feel good once you complete that for the Soldier."

She recommends that Soldiers stay educated on the basics of their pay, starting by logging on regularly to MyPay, an online self-service tool from the Defense Finance



Spc. David Street, a Keystone Heights, Fla., native with the 1153rd Financial Management Detachment, 24th Financial Management Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), assists a customer at the Finance Office on Camp Liberty, Iraq, Mar. 21. The 1153rd FMD, a Florida Army National Guard unit based out of Saint Augustine, Fla., covers a split-operations mission at Victory Base Complex which includes Camp Liberty and Forward Operating Base Union III; by fulfilling its most critical role of resolving service members' pay problems, the detachment helps to ensure Soldiers stay mission-focused.

and Accounting Service, to read their Leave and Earnings Statements.

"I had one Soldier come in, and he hadn't looked on MyPay for a couple of months, and one day he looked, and he hadn't been paid for two months," said Stevenson. "What he thought was a simple problem was a really big problem, because his [expiration term of service] hadn't been put into the system."

Despite the convenience of direct deposit, Soldiers should still check their pay regularly to ensure it is accurate.

"We always tell people look at your LESs," said Spc. Cayce Hickey, a Soldier with the 1153rd FMD who serves as the customer service noncommissioned officer-in-charge for military pay at the Camp Liberty Finance Office. "I go into my bank account twice a month and make sure that pay is there. I know what [the amount] should be. If it's not that, then that's when I go and I start asking questions."

If there is an issue, researching the problem in order to resolve it means tracking down paperwork and contacting various unit personnel offices, and that keeps the military pay staff of the 1153rd FMD the busiest, said Stevenson.

Soldiers can help to streamline this process by being personally prepared at the start of a deployment.

As part of getting ready to leave, they should have all affairs in order, review any paperwork, and bring copies of important documents, said Sgt. Jason Johnson, a certifier in the disbursing section of the 1153rd FMD at the Camp Liberty Finance Office.

"[Before deployment], a lot of units are really distracted with pay issues and also

other personnel stuff," said Johnson, a native of Palm Coast, Fla. "We're finding out they don't have their stuff together, and [some] Soldiers have had issues since 2008."

Continuing to communicate with the finance staff along the way helps the service member to avoid many pay issues altogether.

"If you have a child, come let us know," said Hickey, a Keystone Heights, Fla., native. "If you move duty stations, come let us know. If you have any significant life changes, come in and let finance know. Even if we just tell you that we don't need to know

that, at least you're not putting yourself in debt or missing out on money that you're eligible to get."

Many of the finance Soldiers realize the effect of their daily duties on deployed service members.

"It's very important, because no one [works] for free," said Johnson. "If we're taking care of their needs, or they have a problem, and they perceive that we are working hard to resolve it and get them some answers, they're going to be more focused on their mission."



A Soldier addresses a pay concern with Spc. David Street at the Finance Office on Camp Liberty, Iraq, March 21. The 1153rd Financial Management Detachment, a Florida Army National Guard unit, covers a split-operations mission at Victory Base Complex which includes Camp Liberty and Forward Operating Base Union III.

Get Him to the Chopper

PSD rehearses MEDEVAC SOPs with newest bird

The aid and litter team led by Sgt. James Cassidy, a Savannah, Ga., native, and Spc. Thomas Bradfield, a Winnebago, Ill., native, are both from 512th Quartermaster Company, 352nd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), takes the casualty to the medical evacuation helicopter during a training event March 24 at Joint Base Balad, Iraq.

STORY AND PHOTOS BY
1ST LT. BLAIR GRIMES
512TH QUARTERMASTER COMPANY

JOINT BASE BALAD, Iraq—The personnel security detachment with the 512th Quartermaster Company, 352nd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), out of Hunter Army Airfield, Ga., teamed up with the medical evacuation section on Joint Base Balad, Iraq, to train on the latest MEDEVAC procedures.

The Soldiers practiced loading casualties on and off the helicopters, and they spoke with the pilots and medics on the best ways to prepare for real-world MEDEVAC scenarios.

Even though the platoon is finishing up their deployment, they still feel it's vitally important to stay fresh on MEDEVAC training,

because this training could really make a difference, especially with critical patients.

"The more you train, the better off you'll be if you have to react quickly to save someone's life," said Sgt. Greg Jerkins, a truck commander for the 512th Qm. Co.'s PSD, and a Cheyenne, Wy., native.

Prior to the training event, the platoon worked on their internal battle drills for handling casualties, and refreshed their capabilities using the battle drill scenarios that could save another Soldier's life.

The group then headed over to work with the MEDEVAC personnel who cover much of the area that the 512th Qm. Co. operates within.

The platoon worked on placing casualties into the helicopter without the rotors running in order to master the difficulties of maneuvering a litter into a narrow doorway.

Afterwards, the crew turned the

helicopters rotors on, and they had the chance to see how much more difficult it is to place a casualty in the helicopter with the new distractors.

The added danger of the blades spinning a few feet above their heads and the inability to effectively communicate with the noise from the engine made the task increasingly more difficult, said Spc. Dustin Allen, a gunner with the PSD team and a Mount Carmel, Ill., native.

"With the blades spinning and the engine running, you got a sense of what it would be like if we had to do this for real," he said.

Spc. Michael Williams, a driver and gunner for the 512th Qm. Co., and a West Memphis, Ark., native, added that he now knows what to do to make it easier for the MEDEVAC Soldiers to extract personnel to get them medical help.

"It prepared us so the medics can do their job quickly and efficiently, and

not have to wait for us to be ready," said Williams. "The training showed us all the dangers being around a running helicopter and how we can avoid further injury."

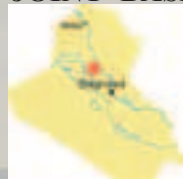
The training is something that every unit should participate in; it is a vital tool for anyone heading outside of the wire, added Allen.

Jerkins said that working with the latest MEDEVAC helicopter that the Army uses showed all the Soldiers the full capabilities that the Army has.

"Working with the new aircraft also made us rethink our own SOP on handling casualties," he said.

The team learned a lot from the training event and will continue to implement changes to improve their processes based on the suggestions of the MEDEVAC team, making them more efficient and better able to assist their casualties.

Those small changes could mean the difference between life and death.





‘You got a sense of what it would be like if we had to do this for real.’

-Spc. Dustin Allen

The aid and litter team, led by Sgt. Norman Seaman, a native of Miami, and Spc. Joseph Comeau, a Lynn, Mass. native, both from 512th Quartermaster Company, 352nd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), maneuver the casualty from the medical evacuation helicopter during a training event March 24 at Joint Base Balad, Iraq.



The aid and litter team led by Sgt. Norman Seaman, a Miami, native, from 512th Quartermaster Company, 352nd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), prepares the casualty to be taken to the medical evacuation helicopter during a training event March 24 at Joint Base Balad, Iraq.

Soldiers reinforce marksmanship at Adder

STORY AND PHOTO BY
2ND LT. PATRICK MALONEY
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— Soldiers with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), conducted marksmanship training March 14 at Contingency Operating Base Adder, Iraq.

The purpose of the training was to allow Soldiers to qualify on their weapons and, for those who were already qualified, to become more proficient with their assigned weapon.

"It's a good opportunity for Soldiers to hone their skills in theater," said Spc. William Blanch, a Lawton, Okla., native who participated in the training.

The platoon leader of 3rd platoon, 1st Lt. Matthew Franz, an Orlando, Fla., native, was the officer-in-charge of the range.

"It's good to get some training in," said Franz. "These warriors deserve the very best."

Staff Sgt. John Adams, an Arlington, Texas, native who fired on the range, provided similar sentiments, saying that this training not only helps them in "maintaining Soldier skills while deployed," it also prepares Soldiers for what might occur out on a mission.

Staff Sgt. Jason Birdsall, the noncommissioned officer-in-charge of the range, and a La Mesa, Texas, native, assisted Franz and helped to ensure each of the firers "were trained to standard," said Birdsall.



Range safeties with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), observe the firer, 1st Sgt. Ken Baker, a Paradise, Calif., native, as he qualifies with his M9 pistol March 14 at Contingency Operating Base Adder, Iraq.

"Outlaws" test marksmanship skills on COB Adder



Sgt. Tobias Carson watches the range safety clear his weapon at the range on COB Adder, Iraq, March 10.

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

CONTINGENCY OPERATING BASE

ADDER, Iraq— Soldiers with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), qualified on their individual weapons March 10-11 on COB Adder.



Though the Soldiers of the 632nd Maint. Co. are approaching their redeployment soon, they continue to press forward with their daily mission, and that includes their routine training to include weapons qualification.

"Outlaw" Soldiers conducted range operations and qualified on every weapon system in their arsenal, and each firer qualified on his/her weapon.

"I'm looking around at everyone out on the range today, and most Soldiers are wearing a smile," said Staff Sgt. Sheena Sanders, a platoon sergeant with the company and a Los Angeles native. "It's a great day to be in the

Army."

Sanders said the competitive nature of the training helped motivate the Soldiers, and it outlined to them the importance in attending the range.

"The 632nd Maintenance Company range was very successful to me," said Staff Sgt. Michael Blocker, a construction equipment repairer supervisor with the company and an Irma, Wis., native. "The Soldiers who participated in qualification were definitely set up for success. The safety personnel on the range did a great job coaching the Soldiers and ensuring all range operations were adhered to."

TOA cont. from page 1

quarters and Headquarters Company commander, 189th CSSB, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Hartford, Ind., native.

"We are bringing folks here to close down operations in Iraq and we are also sending folks home for what is hopefully their last time here."

The 240th CSSB, before heading home, are working to assist the 189th CSSB in their preparations to take over the mission.

"This has been my first deployment, and I've never done this before but from what I've heard from others deployed and other units, I could not have got a better assignment," said Spc. Joshua Schmale, the chaplain's assistant with the 240th CSSB and an Albany, Ore., native.

"I would tell anyone receiving my position to take it easy and pace yourself because it can be a long deployment."

After being deployed for nearly a year, many of the 240th CSSB Soldiers say their deployment was a success, and they are proud of their accomplishments but they are ready for a well deserved break.

"I feel we were very successful with accomplishing our mission all the way through to transferring it to the next unit," said Capt. Grant Brayley, commander of HHC, 240th CSSB, and a Toronto, Ohio native.



The 189th Combat Sustainment Support Battalion relieved the 240th CSSB of their deployment duties March 17 at the Transfer of Authority ceremony in the Morale, Welfare and Recreation Center at Al Asad, Iraq. The 240th CSSB is led by HHC Commander Capt. Grant Brayley, a Toronto, Ohio, native.

LNOs represent units, take care of Soldiers' needs



Staff Sgt. Kosi Rogers, a liaison officer at the 332nd Air Expeditionary Wing Hospital at Joint Base Balad, assigned to the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Houston, updates his board while checking the status of patients assigned to his company.

STORY AND PHOTO BY
1ST LT. SAMUEL MALONE
289TH QUARTERMASTER CO.

JOINT BASE BALAD, Iraq—Soldiers with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), also known as the Sabers, have their paws full in maintaining the vast missions on Joint Base Balad.

These Soldiers run the fixed-Mobile Redistribution Team yard, the Container Repair Yard, transportation motor pool and the supply support activity. There are also two more missions that do not get as much attention: the Liaison Noncommissioned Officer (LNO) duties at the 332nd Air Expeditionary Wing Hospital at Joint Base Balad, and the LNO duties at Ali Al Salem, Kuwait.

As the LNOs at the JBB hospital, Staff Sgt. Kosi Rogers, a Houston native, and Staff Sgt. Timothy Brown, a Rayville, La., native, are responsible for timely identification and accountability for all inbound and outbound patients who fall under U.S. Forces-Iraq. They provide and facilitate initial

reception and ensure timeliness of patient appointments and are also responsible for the accountability for and status of patients when evacuated out of theater as well as tracking the status of those who are treated and returned back to duty.

“Our mission has changed gears, and we have seen our workload increase as we support change-over from the 103rd ESC to the 310th ESC,” said Rogers. “We understand the importance of our mission and strive to produce the best service possible every day.”

Sgt. Carlos Varnardo, a New Orleans native, serves as the LNO at Ali Al Salem and is responsible for processing Soldiers not on regular Rest and Recuperation leave. When Soldiers need to take emergency leave or are on temporary duty, Varnardo is responsible for tracking these individuals as they depart from and return to theater.

Varnardo is also responsible for processing and ensuring training requirements are met for Soldiers who enter the deployment cycle late, as well as taking care of Soldiers who are redeploying. He handles the arrangements to get the Soldiers and their gear to their proper destination.

All three LNOs said they understand the significance and importance of their jobs: the proper accountability and tracking of the Army's most precious cargo, the Soldier.

Troops earn CIBs at Balad

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

JOINT BASE BALAD, Iraq—Once, long ago, Staff Sgt. Tony Cox said he wanted to experience combat.

That was before he spent a year in Afghanistan; before he was pinned down by Taliban machine-gun fire in Afghanistan; before he deployed to Iraq with the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary); before he was attacked with an improvised explosive device on the road in Iraq.

“I wanted to see combat,” Cox said. “The first time it was okay. The second time I didn’t want to do it again.”

The string of close calls came into sharp focus for Cox and his crewmates from Foxtrot Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Command, 103rd Sustainment Command (Expeditionary) recently when they received Combat Infantryman Badges during a modest ceremony at Joint Base Balad.

Cox and his crew were recognized with CIBs for their actions during the IED ambush two months ago.

The Combat Infantryman Badge, created in the early days of World War II, recognizes the service and sacrifice of soldiers holding the Military Occupational Specialty of 11B.

Cox, Pfc. Chris Soderholm, a native of Baker City, Ore., and Spc. Maximillian Miller, a native of Dundee, Ore., all members of F Company, received CIBs from their commander, Capt. Max Arvidson, a native of Parma, Idaho.

“It is a huge honor, and I’m honored to be able to do it,” said Arvidson. “It is pretty neat. I’m very proud of them.”

By any stretch of the imagination, Cox is a combat veteran, but he wears the distinction uneasily. He understands the risks of combat, both inside of the theater of operation and back at home. Yet he said he is also proud to be honored with a CIB.

“The CIB is one of those awards deep down you want to get, and deep down you don’t want to get,” he said. “It means, really, something has happened to you.”

The night of the IED strike continues to resonate in Cox’s mind.

“I still think about it every day,” he said. “Our ticket came very close to being punched.”

He added that first-rate equipment and solid training proved to be the difference for him and his crew during the IED attack.

Cox is already looking down the road toward the end of the deployment in terms of the long-term impact of a tour of duty on his fellow Soldiers.

Cox said he is proud of his CIB, but also understands the price that can come with the award.

“I hope I’m never in a position again where someone can earn something like this,” he said.

Staff Sgt. Tony Cox, a native of Redmond, Ore., accepts his Combat Infantryman Badge from 1st Sgt. Ted Thorne, a native of Pendleton, Ore., and Capt. Max Arvidson, a native of Parma, Idaho, during a ceremony at Joint Base Balad. Pfc. Chris Soderholm, a native of Baker City, Ore., (far left) and Spc. Maximillian Miller, a native of Dundee Ore., (not pictured) received CIBs along with Cox during the ceremony. The Soldiers are members of Company F, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).



Correction

An article published in the March 16 issue of the paper about the Sgt. Audie Murphy Club induction ceremony March 7, incorrectly identified the inductees’ unit affiliation. Staff Sgt. Danyael Thomas is with the 240th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary); Staff Sgt. Shaniqua Stokley is with the Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sust. Bde., 103rd ESC and a Brooklyn, N.Y., native; Sgt. 1st Class Rhonda Lawson is with the HHC, 3rd STB, 3rd Sust. Bde., 103rd ESC and a New Orleans native.

The Expeditionary Times staff welcomes comments, suggestions and/or complaints about errors that warrant corrections.

Please e-mail any questions or comments to expeditionarytimes@iraq.centcom.mil.

WANTED

The U.S. Army's Criminal Investigation Command is seeking qualified, high-caliber Soldiers to become CID Special Agents and conduct felony investigations, provide executive protection for DOD leaders and to help safeguard the community by providing criminal investigative support into terrorist activities.

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- **As a CID Agent, you will contribute to a safer community and a stronger Army**

For more information, check out WWW.CID.ARMY.MIL, or contact Special Agent Jesus H. Goytia, Joint Base Balad CID Office, at DSN 483-4597 or jesus.goytia@iraq.centcom.mil.



Pump up your workout with personalized playlist

SPC. EMILY WALTER
EXPEDITIONARY TIMES STAFF



Last week, I touched upon some of the ways to stay fit while deployed. The truth is, no matter how many workouts you can find, you can only get so far without motivation to keep going. One of the most effective motivational tools to enhance your workout can be as simple as a playlist of your favorite music.

Finding the right tunes to boost your morale can be tough, so I will provide some ideas to help you start a workout playlist if you haven't done so already, or if you're just looking for some new music, this can be helpful.

I understand that musical preference can be both a personal and subjective topic, so I will caveat this article with the fact that the music I list is merely a taste of what I found helped me get through difficult cardio workouts.

Warm-up

An important part of any workout is the warm-up and cool-down phase. I like to start off with a few moderately paced songs that get me in the mood to challenge my body.

"Brain Stew" by Green Day is a great song to start off with. Its grungy introduction and angst-ridden lyrics can easily connect with and eliminate any pre-workout gloom you might feel. This rings true with many of Green Day's songs, including "Basket Case," "When I Come Around," and "Welcome to Paradise."

Other good warm-up songs to which I am partial include "Gotta Get Away" by The Offspring, "E-Pro" by Beck, and "My Hero" by Foo Fighters.

Heat-up

After a few warm-up songs have gotten you through the first several minutes of your workout, it's time for both your body and your playlist to start heating up. In my opinion, either popular dance songs or hard-rock songs are what it takes to keep your motivation up in order to have a good, hard workout.

"Pump It" by the Black Eyed Peas, along with the majority of their repertoire, deliver bass-heavy, fast-paced beats that are easy to run/bike/lift/dance to. "You" by Atmosphere, "Sleazy" by Ke\$ha, "Pursuit of Happiness" by Kid Cudi, and several other songs that can be heard on pop radio stations are sufficient as well. Just think about the songs you can't help but tap your toes with; those are typically the best workout tracks.

If pop music isn't your thing, try rock—the genre that nearly everyone can enjoy. My favorite workout songs of the rock persuasion include: "Flagpole Sitta" by Harvey Danger, "Time to Waste" by the Alkaline Trio, "Self Esteem" by The Offspring, "All the Small Things" by Blink-182, "Rollover D.J." by JET, and "Seven Nation Army" by The White Stripes.

Cool-down

As another very important part of your workout, you must fight the temptation to skip the cool-down, even though it's at the tail end of your exercise session. Find a few moderately paced, somewhat relaxing songs to listen to as you cool off and stretch your tired muscles. Reggae is my favorite genre to accompany my cool-down. Anything by Bob Marley, Slightly Stoopid, Sublime, Rome, and Jimmy Cliff works well. I also recommend scouting out some of your favorite slower rock songs to include in this part of your workout.

As you might have noticed, the vast majority of my musical suggestions are from the 90s through the present. That certainly does not mean that my suggestions are the only ones that will lead to an effective workout—not even close. However, I strongly urge you to at least experiment with some of the artists and songs that I mentioned; you might find something you like!

In the end, it's what works best for you and your workout. Keep your eyes open for new artists and songs, and make sure to change your workout playlist frequently so that you do not get bored. Happy workout!

Word on the Street

What's the most interesting part of your job?



"The most interesting part of my job is seeing new countries and traveling around seeing what it's like over here. It's also interesting getting to fire big weapons like the .50 caliber rifle I have on my truck. I like that kind of stuff."

Spc. Larry Reid, a gunner who provides convoy security with A Company, 3rd Combined Arms Battalion, 116th Cavalry Regiment, 103rd Sustainment Command (Expeditionary), and a Pasco, Wash., native.



"The most interesting part of my job is my perspective. I was over here back in 2002/2003 during the opening days of the war, and it's to my surprise that [things] here are finally starting to really change. I think they're really going to change for the better."

Sgt. Bruce Kandle, a truck commander with A Company, 3rd Combined Arms Battalion, 116th Cavalry Regiment, 103rd Sustainment Command (Expeditionary), and a Newport, Ore., native.



"The most interesting part of my job is taking care of Soldiers and helping Soldiers with pay and anything that comes up from home. I basically help them get promoted to everything else."

Spc. John Winters, the unit admin clerk for A Company, 3rd Combined Arms Battalion, 116th Cavalry Regiment, 103rd Sustainment Command (Expeditionary), and a Hood Valley, Ore., native.

THEATER PERSPECTIVES

“A number of armed factions want to lay down their arms to stand against terrorism and sectarianism. They want to lay down their arms, which they used on the occupying U.S. forces.”

Last week, the Minister of National Reconciliation, Amer Al-Khaza’ie, announced that a number of leaders of armed factions agreed to put down their arms, during a joint press conference.

“I always dreamt of becoming a civilian pilot, but the opportunities to become a civilian pilot in Iraq are very limited...Since it was still a dream of mine, I joined the military.”

Lt. Col. Hussein Hamid, IqAF Squadron 203 commander, flew a training mission with an Iraqi student pilot in a T-6 Texan, further developing the IqAF as a self-sustaining airpower partner.

“Education is the backbone of stable societies and communities...”

Dr. Nihad al Jibouri, the deputy minister of education and the education manager for all of Iraq, stressed the importance of continued education during the al Duwaya Primary School ribbon-cutting ceremony.

“We will provide another layer and level of security not only for Iraq, but for this region and this part of the world.”

The United States Forces - Iraq Provost Marshal Office turned over approximately 100 vehicles to the Iraqi Corrections Service to be used by the Iraqis for prisoner transport, security and other prison operations.

“I feel like I can walk away from Iraq and know that we have done our part to posture our brothers and sisters here for success in the future.”

Sgt. 1st Class Heriberto Culebro, project team leader for the Convoy Support Center with the 224th Sust. Bde., said during an interview about the armed forces joining together for a common goal in Operation New Dawn.

REVISED PROMOTION SCALE

The Army will revise the criteria by which specialists and sergeants are promoted, respectively, to E-5 and E-6. Changes will take effect June 1 and include eliminating commander’s points, eliminating promotion board points, awarding points for deployments, and a complete overhaul of point distribution. The 800-point scale will still be utilized, but Soldiers looking to be promoted to E-5 will be judged more heavily on different areas in the distribution scale than Soldiers up for promotion to E-6.



Beefing up the board

E-5 promotion	Both	E-6 promotion
Soldiers will be judged more heavily on basic Soldier skills such as physical fitness and marksmanship, with less emphasis on higher-level awards and education	Commander’s points eliminated Board points eliminated Points awarded for deployments Cutoff scores lowered	Soldiers will be judged more heavily on higher-level leadership skills and training, with a lot of weight falling on awards and military/civilian education



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

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

Level: Hard

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

TEST YOUR KNOWLEDGE

1. What is the minimum number of musicians a band must have to be considered a “big band”?
2. Whose guitar version of The Star-Spangled Banner was featured in a 1996 Aiwa TV ad?
3. Whose music video was the first to cost over \$150,000?
4. What does the music term ‘adagio’ mean?
5. What band is named after a sculpture in Seattle that hums in the wind?

1. 10 2. Jimi Hendrix 3. Michael Jackson (Beat It) 4. Slow 5. Soundgarden

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

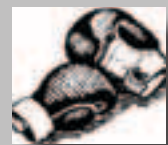
**Current as of March 30, 2011*

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 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 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. 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.	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.
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. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Swing Class: Tuesday 8 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 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. Mon., Saturday 10:30 p.m. 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., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basket-ball: Saturday 8 p.m.	Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. 8:30 p.m. Karaoke: Tuesday 8 p.m. Wednesday 8 p.m. Darts: Saturday 8:30 p.m.	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	WEST REC- REATION CENTER 3 on 3 basket-ball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday 8-10 p.m.



UPCOMING SPORTS ON AFN



Wednesday 3/30/11

COLLEGE BB: NIT Semifinals (Teams TBD), Live 2 & 4 a.m., AFN Xtra
NHL: Chicago Blackhawks @ Boston Bruins, Delayed 10:00 a.m., AFN Sports
MLB: Spring Training Baseball - Minnesota Twins @ Atlanta Braves, Live 10 p.m., AFN Sports

Thursday 3/31/11

NBA: Detroit Pistons @ Indiana Pacers, Live 2:30 a.m., AFN Sports
NBA: Orlando Magic @ Atlanta Hawks, Delayed 10 a.m. AFN Sports
MLB: '30 Teams in 5 Days' Opening Weekend on AFN: Detroit Tigers @ New York Yankees, Live 8 p.m., AFN Sports

Friday 4/1/11

COLLEGE BB: 2011 NIT Championship (Teams TBD), Delayed 2 p.m. AFN Sports
MLB: Houston Astros @ Philadelphia Phillies, Live 8 p.m. AFN Sports

Saturday 4/2/11

NBA: Los Angeles Lakers @ Utah Jazz, Live 5:30 a.m. AFN Sports
COLLEGE BB: 2011 Reese's College All-Star Game, Delayed 10 a.m. AFN Sports
MLB: Atlanta Braves @ Washington Nationals, Live 8 p.m. AFN Xtra

Sunday 4/3/11

COLLEGE BB: Final Four (Teams TBD), Live 1 &

3:30 a.m. AFN Sports

MLB: Milwaukee Brewers @ Cincinnati Reds, Live 2 a.m. AFN Prime Atlantic
COLLEGE BB: Final Four (Teams TBD), Delayed 10 a.m. & 2 p.m. AFN Sports

Monday 4/4/11

MLB: Chicago White Sox @ Cleveland Indians, Delayed 9:30 a.m. AFN Sports
MLB: Pittsburgh Pirates @ Chicago Cubs, Delayed 5 p.m. AFN Xtra

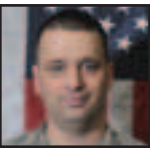
Tuesday 4/5/11

COLLEGE BB: 2011 NCAA Championship Game @ Reliant Stadium (Teams TBD), Live 4 a.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': Predicting the Final Four

BY SGT. 1ST CLASS ROB BARKER
EXPEDITIONARY TIMES STAFF



This is my first sports column in the Expeditionary Times, so I would like to take this time to introduce myself. I'm Sgt. 1st Class Rob Barker, from Baltimore, Md., and I'm a huge sports fan. My favorite sports are what I consider the big three; pro football, baseball and basketball. If you're a fan and understand the term 'homer,' you can probably put me in that category.

I love Baltimore sports and root for my home teams no matter how they are doing. If you know baseball, you will understand what I mean, with me being an Orioles fanatic. It's a little easier being a football fan in Baltimore having the Ravens in town. The closest hometown area NBA team is the Washington Wizards, so I'll move on to the next topic.

The men's NCAA tournament is in full swing, the Final

Four are battling it out this weekend, and the championship game will be played April 4 at Reliant Stadium in Houston, Texas. This year we were introduced to the 'First Four' round, which allowed the NCAA to increase the number of teams in the tournament to 68. Before we get to the present state of the game, it's important to discuss a few of the past achievements in the tourney.

Former UCLA Bruins coach John Wooden coached his team to the most tournament titles in NCAA history with 10. He actually won all of them in a 12-year span, including seven in a row. It's hard to envision another team accomplishing that feat any time in the near or distant future.

With Wooden coaching his team to 10 titles, it's logical to come to the conclusion UCLA has the most wins in tournament history. They do have the most titles with 11. The Kentucky Wildcats rank 2nd with seven titles. Many members of the 310th Sustainment Command (Expeditionary) are from Indianapolis and probably know the Indiana Hoosiers

have the 3rd most titles with five.

I'm a younger fan who has only been watching college basketball for about a decade. Being a Maryland Terrapins and Atlantic Coast Conference (ACC) fan, I would have thought the Duke Blue Devils or North Carolina Tar Heels were in the top three with number of titles. They actually have four titles combined since 2001, and are tied for the 4th most titles, with four each.

Once this article is published, the Final Four picture will be set and it will be a little easier to make guesses at the outcome and the eventual champion. As it currently stands I am going to guess Kansas and Ohio State in the finals, with the championship going to the Ohio State Buckeyes.

What do you think the outcomes will be? Shoot me an email with your predictions: Robert.barker@iraq.centcom.mil.

Hopefully I will be able to post some of your responses on next week's column.

'Paul' provides change of pace but lacks strong story

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Simon Pegg and Nick Frost co-wrote and sco-starred in the movie "Paul" about two sci-fi nerds from the U.K. who meet an actual alien while in the United States visiting UFO tourist attractions. Paul, an alien voiced by Seth Rogen, is trying to do what anyone who is stranded anywhere wants to do: go home.

Pegg and Frost, from "Shaun of the Dead" and "Hot Fuzz", dial up their usual off-beat chemistry that drives this road trip from sci-fi fanatics at Comic-Con in San Diego to religious fanatics in Midwest trailer parks and beyond.

The character Paul is at times too much Rogen and not enough acting. I was also worried about whether or not his personality would clash with the dynamic that Pegg and Frost have established, but my worry was misplaced.

One of the things I enjoyed most about this film was its

ability to blend different actors' comedic styles in a way where they were all present without overpowering each other.

For instance, the two hapless government agents chasing Paul throughout the movie provide a slapstick type of comedy. This worked well with their supervisor, actor Justin Bateman, and his dry style of humor. At the same time, Rogen's grungy, sarcastic humor complimented the more subtle comedic dialogue of Pegg and Frost.

There were also a few "running" or tie-in jokes, where something would happen early on in the movie just to be able to make a joke out of it later. I realized this as an often-used tactic, but I still enjoyed it.

Portraying beginning comic writer Clive Gollings and illustrator Graeme Willy, Pegg and Frost have created a comic with a provocative picture on the cover. It is not important to the story at all, but it provided a joke that was referenced at least three times. Some might feel it was a little overdone, but I felt it was effective.

Each person who reacted to the picture was from a

different background, but they all responded the same way. The humor is mellow. It's not blatant, in-your-face, look-what-just-happened funny, and I think it's a nice contrast to the comedies I have seen lately.

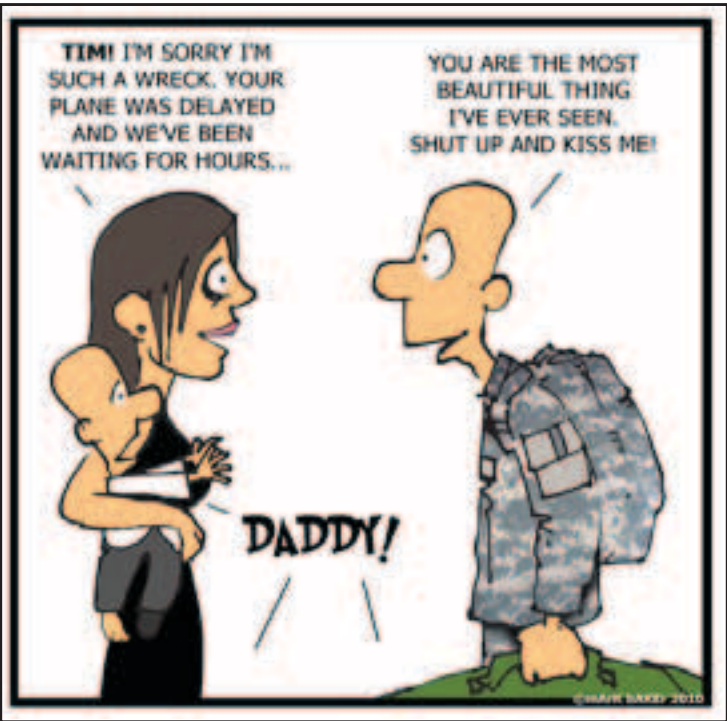
This movie never really takes itself too seriously. Even the events in the movie that are supposed to be the sappy moments are handled with a light sense of humor that makes them more tolerable.

I also enjoyed how each one of Paul's special powers was introduced in an amusing, somewhat contradictory manner to what one is conditioned to expect. An example of this is when he brings a bird back to life just to eat it.

The only real problem I had with this movie was there wasn't a strong storyline. It feels like you're just coasting along with these characters as other characters are chasing them on their way someplace.

It was an enjoyable experience overall that kept me interested for the duration. It was a nice change of pace. I'm giving it 3.5 out of five stars.

PVT MURPHY'S LAW



Wednesday March 30
5 p.m. Mars Needs Moms (PG)
8 p.m. No Strings Attached (R)

Thursday March 31
5 p.m. Sanctum (R)
8 p.m. Mars Needs Moms (PG)

For an updated listing of movie times on JBB, visit:
<http://www.shopmyexchange.com/ems/euro/balad.htm>

Reel Movie Times
Reel Movie Times
Reel Movie Times
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On March 17, the 189th Combat Sustainment Support Battalion relieved the 240th CSSB of their mission at the Transfer of Authority ceremony at Al Asad, Iraq. The 240th CSSB wrapped up their colors while the 189th CSSB unfurled theirs to represent the transfer of ownership for the mission.



1st Lt. Matthew Franz, a native of Orlando, Fla., and Staff Sgt. John Adams, a native of Arlington, Texas, both with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), take a break during range operations March 14 on Contingency Operating Base Adder, Iraq.



Brig. Gen Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary) and a Maryville, Mo., native, places the identification tags of Sgt. Brandon Hocking, a Soldier with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd ESC, onto a commemoration statue during a memorial ceremony March 25 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