



The Expeditionary Times

Proudly serving the finest expeditionary service members throughout the world

Vol. 5 Issue 1

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The Iraqi Army has made progress toward logistical sustainability. See the story on pg. 6.

Cordell



NCO loves the work he does

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Kids



Local Iraqis bring their kids to JBB

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Relay



24-hour Relay raises awareness

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The 310th Takes Command



U.S. Army photo by Spc. Matthew Keeler

Brig. Gen. Don S. Cornett, the commanding general of the 310th Expeditionary Sustainment Command, an Aurora, Neb., native, and Command Sgt. Maj. Debbie Schroder, command sgt. maj. and senior enlisted advisor for the 310th ESC, a Bloomington, Ill., native, offer their first salute to their unfurled colors, committing their unit to the mission during the Transfer of Authority ceremony April 1 at Joint Base Balad, Iraq. The 310th ESC received the sustainment mission from the 103rd ESC and will be responsible for overseeing the remainder of the responsible drawdown of forces and equipment from Iraq.

See **pgs. 8 & 9** for the full story

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Correction

An article published in the March 30 issue of the paper about Soldiers with the 3-116th Cavalry Regiment at Joint Base Balad, who earned their Combat Infantryman Badges incorrectly attributed the byline. The story and photos were by Staff Sgt. Pat Caldwell, 1-116th Cav. Regt.

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

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

The Chaplain's Corner

'Madness in March:' How I handled the NCAA tourney

LT. COL. GEORGE HOLSTON
JBB GARRISON CHAPLAIN



By the time you read this, the 2011 NCAA Men's Basketball Tournament, aka "March Madness," will be in the history books, and sports talk will turn to the NBA, the NHL, and the return of our national pastime – baseball (I'll admit up front that I'm a life-long Atlanta Braves fan). I wish the women's basketball tournament got as much attention, but that's a subject for another article.

Watching the tournament this year, I found myself disappointed. Once again, my beloved Georgia Bulldogs made it into the "Big Dance" only to lose in the second round. The downcast looks from the players on the floor and on the bench made their lack of accomplishment palpable.

The stakes in each game are tremendously high – the winner moves on to the next round, and the loser goes home. Consequently, the entire season rests upon a mere 20 minutes of playing time.

It's no wonder the players have the downcast looks as their season comes to an end. Many times, I found myself wanting to say to the players, 'Don't hang your head, you've got nothing to be ashamed of.' Alas, I'm not present in the arena but stuck watching the game on tape delay.

How do you handle disappointment? In sports, there's the usual crying at the end of the season, thinking 'Wait until next year.' (I can't tell you how many times I've said that as a Braves fan). What about the rest of our lives? That promotion we were counting on or, that unbelievable job opportunity at the end of the deployment that suddenly evaporates? Do you see it as a temporary setback, a learning opportunity, or is it the end of the world as you know it?

It's a matter of perspective and perception. I'm aware of the old adage that perception is 90 percent of reality. Yet perception is a matter of choice. In other words, how you and I choose to look at any given situation makes all the difference.

Often we need the passage of time to make the bigger picture clear and to see that an initial disappointment may open the possibility for options that have not yet been considered.

Looking back at the disappointments in my life, and

Perception is a matter of choice. In other words, how you and I choose to look at any given situation makes all the difference.

- Lt. Col. George Holston

there are many, stepping back from the moment and allowing a sense of perspective to filter in gave me the opportunity to ask the "bigger picture" question – what else is possibly going on here?

When I have taken that step back from a disappointing situation, I have been able to begin to see the opportunity to learn something about myself and life. Another thing that happens is that the event becomes external and is not a judgment about who I am as a human being.

Granted, some disappointments are greater than others. Several years ago, I was passed over for promotion to major – not once, but twice. That event brought my active-duty career to an abrupt end. Was I disappointed? You bet!

What I couldn't see at the time was that I had a more expansive career ahead of me in the Reserve Component, and I was able to pursue a dream of becoming a counselor. Not only that, but returning as a parish in north Florida put me close to my parents' home and I was available to help my dad take care of my mother during her final illness.

What I've been dancing around here is my belief that it is our faith in the God of our understanding that enables you and me to deal with life's disappointments. Thus, we can see a greater hand at work and can trust the possibility that things will work out – maybe not as we planned, but as is best for us and our families.

So, who am I cheering for as the NCAA finals get underway this weekend? I'm going to pull for Butler, because the other teams have had their turn in the spotlight.

No matter what happens, though, I won't be disappointed.

The Expeditionary Times

**310th ESC Commanding General:
Brig. Gen. Don S. Cornett**

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The Weekly Standard

Don't let 'silver bullets' ruin your career, family

MAJ. DARREN ANTAL
310TH ESC COMMAND IG



When I was younger, (which was not that long ago), I was told that it is better to learn from others' mistakes than to make them myself. So I thought that for this week's article I would share with you a story of a real case where identities are removed in order to protect the guilty. Let's see if you can guess where they went wrong.

Once upon a time there was a married man named Jed who was completing his tour in "the Stan" and he had begun sending his things back to his home in Alabama. Jed sent, among these things, his personal computer through mail, as he did not want to carry it back home; it arrived at his house before he did.

His teenage daughter received her father's computer. She began looking around on his computer and of course looked at all the photos he had; she was shocked when she found photos of her father violating the first element of UCMJ Article 134 with someone that is obviously not her mother.

Jed really liked this other Soldier, let's call her Jane, and had taken lots of other photos of them together around the camp. Jed also liked to write long detailed letters to Jane about how they violated element one in the lavatory on the flight from mobilization station to Kuwait.

While Jed was still at the demobilization station, he called his wife and gave her his phone number to the hotel he was staying at off post. Mrs. Jed called him and, lo and behold, Jane answered the phone in his room late in the evening. Mrs. Jed exploded; she packaged the photos, letters, and her marriage certificate, sent them to the IG and demanded something be done. She had tried to get his commander to do something, but the commander told her it was a civilian matter and then hung up on her.

Jed and Jane were convicted of adultery. Jed's commander was later convicted for failing to take action in violation of AR 600-20, Army Command Policy, paragraph 4-4 a (2).

Generally speaking, it is very difficult to prove adultery without the accused admitting to the act or photos/video. A clear photo of the act and identification of both parties of the act is what I refer to as a "silver bullet." This case had a silver bullet.

The moral of the story: Don't commit adultery. You might think that you can get away with it, but are you willing to risk your career and marriage if you do get caught? You might be your own worst enemy, so don't be the next "Jed" or the commander that did not want to get involved!

The true standard; adultery under UCMJ

Committing adultery in the Army can ruin both your career and your family life; that can be disastrous, especially on a deployment. Adultery is punishable by UCMJ Article 134. Elements of the act, or what has to be proven, are as follows:

- | | | |
|--|--|---|
| <p>1 The accused Soldier wrongfully had sexual intercourse with a certain person.</p> | <p>2 At the time the act occurred, the accused or the other person was married to someone else.</p> | <p>3 The conduct of the accused was found to be to the prejudice of good order and discipline.</p> |
|--|--|---|

Trials in Iraq didn't prevent Soldier from doing her best

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

VICTORY BASE COMPLEX, Iraq — Spc. Kara Bailey already knows a little bit about tackling hard choices.



When her unit, Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), began to

accelerate toward a deployment to Iraq in 2010, she was forced to choose between continuing her path toward Officer Candidate School or joining her fellow Soldiers for overseas duty.

"It was the most difficult decision," Bailey said, "but I chose deployment and my battle buddies."

However, Bailey said she does not regret her decision to stay with Company F.

"This deployment has gone by super fast," she said. "It hasn't been that bad overall."

Bailey, who worked as a special-education teacher for the Hood River Oregon School District before she deployed, handles a critical role in Company F.

As the unit administration noncommissioned officer, Bailey must keep track of an array of different items each day.

"I ensure things such as pay, leave and medical records are squared away and updated," she said.

Bailey said that she enjoys her job and the battle rhythm she has fallen into.

"I love it; I'm on a set schedule and I'm in the office and I get to go out," she said.

For Bailey, "going out" means filling in as a driver for one of Company F's convoy escort teams when they travel the roads of central Iraq.

"It is totally different surroundings," she said.

Combat Stress

Use art as therapy to bolster your well-being

CAPT. PATRICIA FRANCE
98TH COMBAT STRESS CONTROL



Art therapy is a form of expressing oneself by using the creative process of making art to improve a person's physical, mental and emotional well-being.

Sometimes individuals forget the need for "down time" and self-care. The creative process involved in expressing oneself artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

Art therapy first appeared in history around 2000 B.C. It has its early foundation in the Greek and Roman culture and was used extensively in the Chinese culture.

Recently, the American Art Therapy Association reported art therapy as an effective form of either additional treatment or primary treatment, as individual or group therapy, for Post-Traumatic Stress Disorder, particularly with veterans, and it has been a valuable part of mental health services offered by Veteran's Hospitals since 1945. There is something to be said when people join together to create art, including the art of music.

For the most part, anyone can use art therapy. One of the beauties of art as a therapy is the ability for a person to express his/her feelings through any form of art. Some of these forms can be painting, drawing, photography or sculpture.

A person does not have to be talented to create art; do not be afraid to express yourself through art. Though it may appear

Additional benefits of using art therapy

Consider the following list of possible benefits when deciding whether or not to try an art therapy program.

- **Self-discovery**
Art can trigger a sense of relief and well-being through the recognition and acknowledgement of subconscious feelings.
- **Personal fulfillment**
The creative and investigative components of creating art can create a sense of accomplishment in the artist.
- **Empowerment**
Using art as therapy can help individuals visually express emotions and fears that they were never able to do through other means, which gives them a sense of control over these feelings.
- **Relaxation/stress relief**
When used alone or in combination with other relaxation techniques such as guided imagery, art therapy can be a potent stress reliever.
- **Symptom relief/rehabilitation**
Art therapy can help individuals cope with pain and promote physiological healing by identifying various emotional stressors.

different and unnatural at first, it is typically because the person is not used to expressing themselves through art. The creative process can be one of the most rewarding aspects.

Come and check out our new Art Exploration class, held Fridays 1330-1500. There will be various media to try out such as colored pencils, acrylic paints, watercolor painting/pencils, colored chalk, oil pastels and much more. You do not have to be a "Picasso" to join us; you just need the desire to have some fun! We have limited space so give us a call so we can pencil you in: 483-3385.

For further reading on using art as therapy, visit: www.arttherapy.org.

Sgt. 1st Class Ben Hall, Company F's readiness noncommissioned officer, and a native of Hood River, Ore., commends Bailey for stepping up to do these additional missions.

"She is actually asked for by CET commanders," Hall said. "She has volunteered to be a driver on several combat missions," said Sgt. 1st Class Ben Hall, Company F's readiness noncommissioned officer, a native of Hood River, Ore.

For Bailey, the deployment did deliver some hardships. Her brother, Sgt. Arne Bailey, was also a member of Company F, but injured his back and was sent back to the United States for more in-depth treatment.

"When he left, it was a pretty emotional time," she said.

Bailey, a resident of The Dalles, Ore., said she also learned while in Iraq that her mother was diagnosed with cancer.

"That has been one hard thing about this deployment," she said about her mother's diagnosis.

Bailey said she misses her family and wants to be with her mother while she battles cancer. Yet she also said she is committed to completing her tour of duty with Company F.

"I'm very dedicated," Bailey said. "If I just left and didn't come back, I'd feel like I failed."

Her commander, Capt. Max Arvidson, a native of Parma, Idaho, said he knows Bailey is devoted to her family.

"She is the most family-oriented Soldier I have," Arvidson said.

Living the dream

One Soldier is fulfilling his childhood fantasy and he's getting paid to do it, too

STORY AND PHOTOS BY
SGT. STEVEN SCOTT
EXPEDITIONARY TIMES STAFF



“I have a 3rd-grade yearbook. It has all of our pictures in it. Everybody’s got what they want to be when they grow up: an astronaut, a doctor, a professional ball player or whatever. I wanted to be an Army man. I’ve wanted to be in the Army as far back as I can remember. So it’s all I ever wanted. It’s all I’ve ever done.”

It’s hard to picture the 6-foot-2-inch, 235-pound Sgt. 1st Class Daniel Cordell, a Soldier with the 103rd Sustainment Command (Expeditionary), as an 8-year-old child in the “small country town” of Cordova, Ala., dreaming of being the man he has become today.

Limited imagination aside, not many people who set a course at the age of eight actually travel the uncertain road of life and end up at their planned destination when they’ve reached adulthood.

Cordell is now 35 years old and has been in the Army for 15 years. He came in the service as an active-duty Soldier and spent the first 6.5 years of his military career in the infantry before reclassifying to work in military intelligence.

I’ve wanted to be in the Army as far back as I can remember. So it’s all I ever wanted.”

- Sgt. 1st Class Daniel Cordell

He has been deployed six times: once in 1999 to Bosnia as a member of an infantry unit, three times from November 2001 through January 2004 to Kuwait with a military intelligence battalion, once to Baghdad with a civil affairs unit in 2006, and his latest deployment began here with the 103rd ESC last June.

As a husband and father of three, Cordell admitted his service, including the multiple deployments, has been “bittersweet” at times. His mood grew a little somber as he discussed how his children felt about his job in the Army.

“I know they’re proud, especially my son,” he said.

He went on to say his oldest daughter in

particular was also starting to have regrets about him being gone so much, and it was hard to be away from them.

“I try not to let it affect my motivation or my job,” he said.

Being separated from one’s family and friends can be difficult, so some may think ‘How does a Soldier not let this affect his or her motivation?’

“I put myself out there for all these people to depend on me so if I couldn’t show up or if I couldn’t perform, then I would be letting people down, and I’m not going to let that happen,” he said.

Even though being a Soldier was all he ever wanted to do, when Cordell was faced with the choice of staying in the military or gaining custody of his two oldest children from his first marriage, it wasn’t much of a choice at all.

“The judge told my lawyer if I wanted them I had to be home,” Cordell said. “Of course I got out.”

After a year and a half of separation from the Army, Cordell re-enlisted in the Army Reserve in October 2001. The battalion he was assigned to mobilized a month later.

“When September 11th happened, I went and joined the reserves,” Cordell said.

In 2004 after his mobilization, Cordell spent approximately six months as a drilling Reservist and unit administrator before he joined the Active Guard Reserve in Alabama. In February of last year, he completed a permanent change of station to Iowa to accept a position with the 103rd ESC.

As the noncommissioned officer-in-charge of military intelligence for the 103rd ESC, Cordell is responsible for managing and training the analysts under him to gather and compile information into “a product that people can make sense of.”

“Sgt. 1st Class Cordell is exactly what an NCO should be,” said Sgt. 1st Class Michael Lensch, the force protection NCOIC with the 103rd ESC, and a Des Moines, Iowa, native. “He holds himself and Soldiers to the highest standards and never lets them quit. I know that everyone tries a little harder when Sgt. 1st Class Cordell is around.” However, the extent of his effort goes far beyond where his job description ends.

In addition to his NCOIC duties, Cordell also developed and ran the Soldier and NCO of the month boards, was a member of the 103rd ESC personal security detachment, and assisted countless Soldiers with their physical training.

“I don’t think hardly a day went by that someone, sometimes not even in our unit, would come up to him and ask a question regarding health, diet or working out,” Lensch said.

“As far as PT training, it’s just something



Sgt. 1st Class Daniel Cordell, the noncommissioned officer-in-charge of military intelligence with the 103rd Sustainment Command (Expeditionary), exercises at the gym in the 103rd ESC compound.

I’ve always loved,” Cordell said. “I love learning and pushing the limits, but I think even more, I like seeing people accomplish their fitness goals.”

For this reason, Cordell is pursuing a bachelor’s degree in health and sports science.

As Cordell’s roommate for the length of this deployment, Lensch said he witnessed Cordell get up early in the morning to work out with a group of Soldiers, work out with a different group in the afternoon, and work out with yet another group in the evening after working a 12-hour shift.

“Anything that can be done to help other Soldiers, I try to do it,” Cordell said.

“He is definitely dedicated to his job as well as giving an incredible amount of free time to help Soldiers with their physical fitness,” said Staff Sgt. Scott Williams, the support operations medical logistics NCOIC with the 103rd ESC, and an Iowa City, Iowa, native.

It is this dedication and effort that earned him the Bronze Star Medal and Army Achievement Medal at an awards ceremony held in the Provider Chapel here recently.

When asked about the two awards he received, Cordell put his modesty on display saying it was “kind of embarrassing” because he didn’t feel that he had done anything to deserve recognition above his peers.

“I didn’t do anything that other people didn’t do,” Cordell said. “I call it just doing what I’m supposed to do as an NCO and a person.”

Cordell has always felt as a person he was obligated to succeed and push himself to new limits.

“To be honest, all of that comes from fear of failing, no matter what it’s in,” Cordell said. “Ever since I was a kid, I wanted to be the best at everything I do, and I can’t stand to feel like I’ve let someone down.”

This is Cordell’s way of channeling his fears and using them to his advantage. Fortunately for the 103rd ESC, it was to their advantage as well.

“I believe that the overall fitness and morale of many Soldiers would not be what it is if it wasn’t for [Cordell] showing them the way and giving them the tools they needed to succeed,” Lensch said.

As the 103rd ESC prepares to leave the country, Cordell will return home to resume the duties of being the man of the house. He will return as a man awarded for his dedication. He will return being a man that made a difference in the lives of the Soldiers he deployed with. He will return as a respected man in the Army who was once a boy that wanted to be an Army man.

Iraqi kids enjoy day of fun on JBB

STORY AND PHOTOS BY
SPC. FELICIA L. ADAMS
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Smiling faces, entertaining activities, a youthful presence and building relationships is what service members experienced at the Iraqi Kids Day event March 26 at Joint Base Balad, Iraq.



For Col. Scottie D. Carpenter, the chief of staff for the 103rd Sustainment Command (Expeditionary), an Orlando, Fla., native, this will be his last mission here at JBB, as the 310th ESC Chief of Staff Douglas C. Carpenter, a Medina, Ohio, native, prepares his unit to continue the Iraqi Kids Day program.

“When you deploy, you have mixed emotions on what you are going to find and what it is going to be,” Scottie Carpenter said. “But, I have been deployed overseas to a combat environment three different times, and by far, Iraqi Kids Day has been my most rewarding experience on deployment that I have had to this point.”

Scottie Carpenter said that Iraqi Kids Day is a huge logistical effort that is done with a lot of love and willingness, because service members know what the outcome is going to be, and the efforts that go into Iraqi Kids Day are not going unnoticed for the Iraqi people.

The 103rd ESC has contributed a combined total of more than 500 boxes of health and educational materials, games, shoes, sandals, toys and treats for the Iraqi children, said Lt. Col. John Thomas, operations and training operations officer with the 103rd ESC, and a Columbus, Ohio, native.

“The participation from members of the 103rd speaks for itself,” Thomas said. “Iraqi Kids Day has proven to be a valuable experience for all involved and has vastly improved the morale of the troops knowing that they are making a positive impression on a local child’s life.”

Thomas said the Soldiers of the 103rd ESC that have previously participated in Iraqi Kids Day say that it is an awesome event that helps contribute to the well-being of children from local villages.

Air Force Staff Sgt. Zachary D. Ferguson, a weather forecaster with the Expeditionary Operation Support Squadron, interacts and plays games with a local Iraqi boy during Iraqi Kids Day event March 26 at Joint Base Balad, Iraq.



Lt. Col. John Thomas, operations and training operations officer with the 103rd ESC, and a Columbus, Ohio, native, gives an Iraqi girl a goodbye hug at the end of the Iraqi Kids Day event March 26 at Joint Base Balad, Iraq.

It also provides an outlet for Soldiers and other service members to make an important contribution to the lives we are here to protect and improve.

The activities at the Iraqi Kids Days event that have carried on include the zip line ride, face painting, arts and crafts, soccer, a Mine Resistant Ambush Protected vehicle display, fire-department activities, a cultural meal, music, dancing, and much more.

Iraqi Kids Day is generally held once a month, and the 310th ESC has intentions on expanding the Iraqi Kids Day program.

“There has been a great start here, and we want to expand the program as much as we can do it, but still accomplish our mission at the same time,” Douglas Carpenter said.



Col. Douglas C. Carpenter, the chief of staff for the 310th Expeditionary Sustainment Command, a Medina, Ohio, native, interacts and plays games with Iraqi children during Iraqi Kids Day event March 26 at Joint Base Balad, Iraq. According to Carpenter, the event will see some expansion in the coming year as the 310th ESC takes command.



Training Troops at Tadreeb

Iraqi soldiers advance toward a mock village while mortars bombard the target during a battalion live-fire exercise March 27 at Forward Operating Base Normandy, Iraq. The soldiers, assigned to 4th Battalion, 21st Brigade, 5th Iraqi Army Division, used the training exercise to showcase what they learned during a 25-day training cycle at Tadreeb al Shamil (Arabic for “all-inclusive training”) to include unit cohesion and modern combat techniques.

STORY AND PHOTOS BY
SGT. SHAWN MILLER

109TH MOBILE PUBLIC AFFAIRS DETACHMENT

FORWARD OPERATING BASE NORMANDY, Iraq –

As U.S. Soldiers watched intently, Iraqi Army infantrymen swept across an open plain to assault a mock village during a battalion live-fire exercise at Forward Operating Base Normandy, March 27.

As the final test of skills learned during a 25-day Tadreeb al Shamil training cycle, Iraqi soldiers assigned to 4th Battalion, 21st Brigade, 5th IA Division demonstrated their ability to plan, rehearse and execute the exercise independent of U.S. assistance.

More important than simply proving their capacity to independently conduct the training event, Iraqi leadership showed the logistical progress made by Iraq's military, said U.S. Army 1st Lt. Philip Riglick, executive officer of Company Alpha, 1st Battalion, 21st Infantry Regiment.

In recent years, Iraqi Army supplies often remained stockpiled in warehouses far from ground troops, Riglick said.

Iraqi leadership now shows an improved logistical system capable of distributing assets to units in the field, noted Riglick, with the live-fire exercise serving as tangible proof of their capabilities.

“They’re consuming and using the resources owned by Iraqi Ground Forces Command,” said Riglick.

He also said that the only thing the Soldiers supplied the Iraqis with was the knowledge on how to execute throughout the cycle.

U.S. Soldiers of Company A, 2nd Advise and Assist Brigade, 25th Infantry Division, serve as instructors and advisors to Iraqi trainees during Tadreeb al Shamil, the IA initiative focused on building cohesion among units and modernizing Iraqi ground forces’ capability to defend Iraq.

U.S. forces transitioned many of the teaching duties to Iraqi cadre working at the Kirkush Military Training Base and FOB Normandy, along with the responsibility to supply and finance Iraqi soldiers.

Beyond the logistics of supplying hundreds of battalion troops for the event, senior Iraqi officers also demonstrated their planning skills, integrating mortar and helicopter teams into the exercise.

Battalion officers poured through their manuals, laid out terrain models, and reviewed training from the month’s classes to determine the best methods for directing their soldiers to successfully attack the “enemy” stronghold without the need for U.S. help.

“The main issue we had with the event was the short amount of preparation time,” said Col. Anwar, commander of 4th Bn., 21st Bde.

The battalion achieved its goal, despite only having three days to organize and plan the assault, said Anwar.

Effectively coordinating the exercise and maneuvering a battalion while adding in mortars and helicopter teams—all while using live ammunition—underscored the importance of the exercise displaying the IA’s progress, Riglick said.

After the successful completion of the live-fire exercise and the Tadreeb al Shamil training cycle, Riglick said, Iraqi leadership will see the tangible benefits of continued training, especially once the Iraqi soldiers return to their duty stations.



An Iraqi Army mortar crew assigned to 4th Battalion, 21st Brigade, 5th IA Division, fires an 81 mm mortar during the battalion live-fire training exercise. Mortar crews bombarded a mock village prior to ground troops assaulting the target.

Final sign-off for 'Log Warriors'

STORY AND PHOTOS BY
SPC. FELICIA L. ADAMS
EXPEDITIONARY TIMES STAFF



JOINT BASE BALAD, Iraq - The colors of the 13th Combat Sustainment Support Battalion were gracefully cased after the end of the 12-month tour during

the Transfer of Authority ceremony March 27 at the supply support activity center, Joint Base Balad, Iraq.

"Now that we have officially cased the colors, it is important to note that as the battalion is scheduled to inactivate over these next several months, this will be the last deployment for the mighty Log Warrior battalion," said Lt. Col. Anthony Bohn, commander of the 13th CSSB, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orono, Minn., native.



The 352nd Combat Sustainment Support Battalion command group, Command Sgt. Maj. Annette Andrew and Lt. Col. Debra Jenkins, proudly uncases the 352nd CSSB colors during the transfer of authority ceremony March 27 at Joint Base Balad, Iraq.

The TOA ceremony signified mission accomplishment by covering the importance of the 13th CSSB's achievements and marking the beginning for the 352nd CSSB.

"The 13th CSSB has a proud history of answering our nation's call, and we are ending this chapter on a high note, and personally, I can't think of a better way to go out," Bohn said.

In the past 12 months, the 13th CSSB was accountable for logistical support to the United States Forces-Iraq by operating major distribution activities on JBB and Victory Base Complex, Iraq. Throughout the responsible drawdown of forces, the 13th CSSB controlled plans that restored the theater's support structure both on JBB and VBC, each serving as main logistical hubs.

"I absolutely know we have accomplished our mission by providing outstanding uninterrupted sustainment support, responsible retrograde and expeditionary support to our customers here on JBB," Bohn said.

During the ceremony, Bohn said he thought this day would never come, but today marks the end of his unit's mission here in Iraq, and after 24 years of service, he has never been more proud.

"I am proud because we accomplished what we said we were going to do, we said that we were going to practice offensive logistics, work hard, play hard and support responsible drawdown and Operation New Dawn," Bohn said.

The 13th CSSB supported the sustainment mission throughout Iraq, including Joint Base Balad and Victory Base Complex, along with being accountable for more than 10 military units and several hundred U.S. government contract workers daily. Even more remarkably, this "team of teams" did it all without even one casualty throughout the



entire time in theater, Bohn said.

The 352nd CSSB is now ready, willing and able to relieve the 13th CSSB of their deployment responsibility and inherit their duties.

Bohn said he is confident that the 352nd CSSB will continue the development and pursuit of excellence that his Soldiers worked so hard to achieve, and he has no doubt the

new team will continue to raise the bar.

"The 352nd [CSSB] is committed to maintaining the 13th [CSSB]'s legacy, honoring their devotion to world-class support by finishing strong," said Lt. Col. Debra Jenkins, commander of the 352nd CSSB, and an Atlanta native.

"As we like to say in the 352nd [CSSB], we got this," Jenkins said.

CREW system specialist keeps U.S. convoys safe

STORY AND PHOTO BY
CHIEF WARRANT OFFICER 2 SAMUEL N. VOIGHT
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq - Counter Remote-Control Improvised Explosive Device Electronic Warfare (CREW) specialists work to keep convoy escort teams safe from remote-controlled IEDs along the roads and highways.

Spc. Harold Davis, a computer detections systems repairer with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), a Clarksville, Tenn. native, has spent hours working with the CREW field service representative to keep the 632nd Maint. Co.'s convoy escort teams safe.

Davis ensures that the CREW devices remain fully mission-capable at all times. He also makes sure they have the most current

software and are accounted for in accordance with standard operating procedures and regulations.

"It is important that the CREW devices have the most current software to counter current threats used by the enemy," he said.

To become a qualified CREW specialist, Davis attended a 40-hour course taught by the 224th Sustainment Brigade. In the class, he learned how to set up spectrum analyzers to verify the correct software was installed on the CREW devices. He also learned to load firmware and software and how to download the mission logs.

"It is imperative that the CREW specialist knows what they are doing," said 1st Lt. James Schafer, the executive officer for the 632nd Maint. Co., a native of Dardanelle, Alaska. "If the [CREW Vehicle Receiver/Jammer] is not working, lives could be at risk."

Davis said he is glad he attended the course, because he has a direct impact on keeping his fellow Soldiers safe while they are traveling along the roads and highways of Iraq.



Spc. Harold Davis, a computer detections systems repairer with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Clarksville, Tenn., upgrades a Counter Remote Control Improvised Explosive Device Electronic Warfare (CREW) device March 19 at Contingency Operating Base Adder, Iraq. CREW specialists work to keep convoy escort teams safe from remote-controlled IEDs in Iraq and Afghanistan.



Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary) and a Maryville, Mo., native, presents a 103rd ESC trophy to Maj. Gen. Edward Cardon, deputy commanding general for support for United States Forces-Iraq, during the Transfer of Authority ceremony between the 103rd ESC and the 310th ESC April 1 at Joint Base Balad, Iraq.



Brig. Gen. Don S. Cornett, commanding general of the 310th Expeditionary Sustainment Command, presents a 103rd ESC trophy to Maj. Gen. Edward Cardon, deputy commanding general for support for United States Forces-Iraq, during the Transfer of Authority ceremony between the 103rd ESC and the 310th ESC April 1 at Joint Base Balad, Iraq.

STORY AND PHOTOS BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – In the half-light of Sustainer Theater April 1 on Joint Base Balad, Iraq, a golden cloth flag was gently folded by two Soldiers who cared deeply for that single piece of cloth. They both took time and care to wrap and secure it before sliding an Army-Combat-Uniform-patterned sleeve over it.

These were no ordinary Soldiers, but Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), a Maryville, Mo., native, and Command Sgt. Maj. LeRoy Haugland, command sgt. maj. and senior enlisted advisor of the 103rd ESC, a Cresco, Iowa, native.

“The casing of the 103rd Sustainment Command Expeditionary’s colors signifies the completion of the mission and is symbolic of the outgoing command’s journey,” said Sgt. 1st Class Ray Calef, the public affairs noncommissioned officer-in-charge of the 103rd ESC, a Des Moines, Iowa, native, and the master of ceremony for the Transfer of Authority ceremony.

The cloth was the colors of the 103rd ESC, and the

covering of their colors during the ToA formally transitions the mission to the 310th ESC, the unit replacing the 103rd.

“Today marks the end of the 103rd ESC’s 275 days on-mission sustaining U.S. Forces-Iraq, supporting the ISF’s [Iraqi Security Forces] supply and train mission, and re-posturing the force,” Corson said. “It has been a great privileged to be a part of U.S. Forces-Iraq, and making history here. And, that whatever our sacrifices, it was worth it.”

When the 103rd ESC arrived in country, the Soldiers and command element were put to the test.

“We knew we would assume this mission in the middle of what was called ‘the waterfall,’ as we completed the responsible drawdown of forces from 130,000 to 50,000, in only four months,” Corson said.

The responsible drawdown signified the end of Operation Iraqi Freedom and began the new mission of Operation New Dawn. Corson admits that there were naysayers, who did not believe that the 103rd ESC could responsibly draw down forces from Iraq by the September deadline.

However, the 103rd ESC, along USF-I, proved them wrong by completing the mission 10 days early and seamlessly changing the mission over to OND.

“Sustainment does not take care of itself,” Corson said. “It happens through the dedicated effort of the 5,000 Soldiers,



ds Sustainment mission, drawdown become 310th ESC's responsibility

Expeditionary Sustainment Command and an Aurora, Neb., native, and Command Sgt. Maj. Debbie Cornett, a Bloomington, Ill., native, unfurl the colors of the 310th ESC, marking their command transfer ceremony April 1 at Joint Base Balad, Iraq. The 310th ESC took over the mission from the



Brig. Gen. Mark Corson and Command Sgt. Maj. LeRoy Haugland pull a cover over the colors of the 103rd Sustainment Command (Expeditionary) during the Transfer of Authority ceremony April 1 at Joint Base Balad, Iraq.

Airmen, Sailors, and 6,500 contractors of the expeditionary sustainment command working with our strategic partners and the brigade support battalions.”

The sheer amount of time, effort and equipment that the 103rd ESC helped coordinate and track is something that is amazing.

“In the last 275 days, the sustainers executed about 31,000 convoys consisting of about 1.2 million vehicles that sustained the force to re-posture equipment,” Corson said. “That, on an average day, that would be tons of food, thousands of bottled water, hundreds of tons of mail, and thousands of gallons of fuel to contingency bases around Iraq.”

What that means is that every Soldier got their mail, and any other mission essential equipment every day, Corson said.

“That more than anything is the real story,” he said.

“Today is a kind of bittersweet day as the 103rd ESC, but I’m heartened to know that my battle buddy, Brig. Gen. Cornett, and our sister unit, the 310th ESC, are here to relieve us,” Corson said. “Though part of my heart will remain with the dedicated sustainment Soldiers still here continuing this mission, I know they will be in great hands with Don [Cornett] and his great 310th team.”

With the unfurling of their colors, the 310th ESC, after about a year of training, is ready to take over the mission

in Iraq from the 103rd ESC, said Brig. Gen. Don S. Cornett Jr., commanding general of the 310th ESC, and an Aurora, Neb., native.

“This deployment will be demanding and will bring new challenges as we conclude Operation New Dawn,” Cornett said. “I am proud to serve with every one of you”.

Even as the green cactus and golden cloth of the 103rd’s colors are covered, it does not mean that the mission of the 103rd is completely over.

“I’m looking forward to some much-deserved rest for all the Soldiers; this is not end of mission, it is a change of mission because we have 6,000 Army Reserve Soldiers in 77 units in six different states that we are responsible for,” Corson said.

Before leaving the podium, Corson wanted the gathered Soldiers, Airmen and Sailors that he had commanded for 275 days to know how much he appreciated their work.

“To the sustainment Soldiers, Airmen, and Sailors, the great work that you have done cannot be measured on a spreadsheet, and your achievements are monumental,” he said.

Corson said he was constantly reminded by the service members’ selfless service and commitment that they are a volunteer force, which stood up during a time of war and said ‘Send me.’





Relay Life 4

Service members and civilians joined the cancer-awareness fight March 26 during the Relay For Life at Holt Stadium on Joint Base Balad, Iraq. The relay is meant to build awareness about cancer and to honor those who lost their lives to the disease; the event lasted through the night and signified a cancer patient's hardships along the path of diagnosis and treatment.

Cancer-awareness event honors those who have lost their final fight to disease

STORY AND PHOTOS BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Many service members, civilians, males and females of all races are at risk for cancer. The American Cancer Society estimates more than 1.2 million new patients fight the disease each year. Service members and civilians joined together for the Relay for Life at Holt Stadium March 26 here to help

raise awareness for the battle against cancer. The relay was a 24-hour walk that symbolized the life struggles and battles a person diagnosed with cancer may encounter.

The event was set up over a 24-hour period to signify various stages of a cancer patient's battle.

For instance, as the sun sets, participants continue walking, as would a person who has just been diagnosed with cancer. As the day gets darker, it represents the state of mind of a cancer patient as they feel like their life is coming to an end.

The main purpose of the walk was to build awareness of the disease. Many service members said they enjoyed helping support the cause.

"It means a lot to me to be able to participate and it's all for a good cause," said Maj. Andrea Viel, the officer-in-charge and branch chief of human resource operations with the 310th Expeditionary Sustainment Command, and a Bolingbrook, Ill., native. "We are not raising money. We are giving our time to bring forth awareness. It seems like a big tailgate party, but it's 24 hours, so we got to try to keep people motivated throughout the night."

In today's society, cancer is known to be one of the leading causes of death. The chance of never knowing someone who has battled the disease is slim to none.

"Everybody that was a part of the organization of developing this Relay for Life has been touched in some way or manner by cancer," said Lt. Col. Betty Singleton, a deputy

staff judge advocate and chief of administrative law with the 103rd ESC and a Queens, N.Y., native. "Each of us knew somebody who has died or know someone who has survived. A friend, a co-worker or a relative has fought cancer and as a result of that, we thought it was a very important cause, and we are very passionate about it."

Some walked with heavy hearts from their own experiences of loved ones losing the battle to cancer. Some walked joyfully for their victory in their personal battle against it. They all walked in hope of finding a cure and to honor those who have lost the battle.

"I love [the relay]," said Spc. Shemeka Cunningham, a container repair yard pre-inspector with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd ESC and a Valley, Ala., native, "because I had an aunt that died from lung cancer and also my battle [buddy] just went home 4 o'clock this morning on emergency leave due to her brother being at stage four of cancer. It is an honor to represent for my aunt and my battle [buddy] and her family during their hard time right now with cancer."

Although by the end of the relay almost all of the participants were exhausted, many of them took pride in their efforts.

"I feel like it's a privilege to be out here and help because cancer is one of, if not the worst, thing that kills us," said Cunningham, who helped keep participants motivated during the relay. "So when I walked that first lap, it took everything in me not to cry."

The National Panhandling Council hosted the relay. Their public-service mission is to take care of the community and spread awareness on various topics. Many said this event turned out to be just that and more.

"This idea just took feet and started running. We didn't believe that we would have had a turnout like we did," Singleton said. "We are very appreciative for everyone, military and civilians, who came out and supported the cause."

As participants left the relay, most were exhausted and weak just as a cancer patient leaving their last treatment. In hopes to defeat cancer, hundreds supported the cause. Although no one can grasp the actual emotional or physical struggles of one diagnosed with cancer, most participants attempted to feel their pain by trying to walk a day in their shoes.



A participant made a memorial in honor of her husband during the Relay For Life March 26 at Holt Stadium on Joint Base Balad, Iraq. The relay is meant to build awareness about cancer and to honor those who lost their lives to the disease; the event lasted through the night and signified a cancer patient's hardships along the path of diagnosis and treatment.

Personnel staff lauded for exceptional progress

STORY AND PHOTO BY
SGT. 1ST CLASS KERRY GERBER
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq — Capt.

Vedner Bellot understands the art of change and fixing things on the fly.

Bellot, a native of Miami, Fla., and the officer-in-charge of the Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), S-1, and his noncommissioned officer-in-charge, Sgt. 1st Class Roddey A. Franklin, a native of Sumter, S.C., had little time to build a team before leaving

Fort Stewart, Ga.

Upon arriving in Kuwait, Bellot moved north to Forward Operating Base Q-West while Franklin remained in Kuwait to receive the rest of the unit.

This left then Cpl. Shafon Q. Griggs, HHC, STB, a Passaic, N.J. native, to start setting up S-1 operations at Joint Base Balad.

The shop inherited more than 2,000 Soldiers, covering 26 different locations, and nearly 50 unit identification codes with different transition dates; a constant blur of incoming and outgoing personnel.

Now promoted, Sgt. Griggs was called upon to stand in as the NCOIC during the drawdown efforts of last summer when the shop conducted four separate Joint Personnel Accountability inventories.

Both Bellot and Franklin said they worked tirelessly to train their Soldiers, to set up a functional personnel shop, and to maintain it. However, the highlight of their success is the S-1 awards section, run by Spc. Carla Y. Ullith, HHC, STB, and a native of Fort Lauderdale, Fla.

Ullith worked the mailroom before the unit deployed, but when she arrived she was transitioned to the S-1 awards section. It is estimated that she alone has processed nearly 2,000 awards during the deployment, Franklin said.

She and the rest of the shop successfully met the intent of STB Commander Lt. Col.

“We got commended by the brigade commander for having the best awards section in the brigade.”

— Capt. Vedner Bellot

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.

- CID has a long proud history of being the premier criminal investigative agency within the Department of the Army
- Our special agents rank among the very best of federal law enforcement
- Our highly trained agents not only have to be expert detectives, they also must be Soldiers able to execute their investigative responsibilities in the harshest of expeditionary and combat environments
- 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.



Spc. Carla A. Ullith (left), the personnel awards clerk for Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and Sgt. Sharon Q. Griggs (right) with the S-1 for Headquarters and Headquarters Company, Special Troops Battalion, work on incoming awards and tracking of personnel on Joint Base Balad. Ullitha helped the section reach a nearly 100 percent error rate in their awards, meaning almost every award sent out for signatures returned without issue.

Heidi J. Hoyle, a native of Bay City, Mich., that no Soldier would leave the theater without their award.

Amidst the wave of personnel actions, learning her job, and even changing her mind about staying in the Army, Ullith said none of this was her greatest challenge.

“Being away from my son was my greatest challenge,” she said.

These challenges, however didn't affect Ullith's focus on running a successful section.

“We have nearly a 100 percent error rate for awards,” Bellot said. “This means that awards submitted for higher and/or final approval rarely return to the shop unsigned. We got commended by the brigade commander for having the best awards section in the brigade.”

The unique dynamic of the Special Troops Battalion might be an impossible task to some, but for an engaged leadership team of Bellot and Franklin, the challenge inspired them to rise above the rest.

Tactical Physical Training

- Who:** Everyone is welcome
- What:** A high-intensity circuit training workout that tests your will, perseverance and combat preparedness
- When:** Tuesday, Thursday & Saturday 0530-0630
Monday, Wednesday & Friday 1830-1930
- Where:** East Gym (behind small circuit gym)

Sexual Assault Awareness Month

JOINT BASE BALAD 2011

Friday, April 1
Poem Contest Begins!

Friday, April 1
Info Tables, 1130-1300
DFAC 2

Saturday, April 2
5K Run/Walk, 0600
Holt Stadium

Friday, April 8
Info Tables, 2000-2200
MWR-E

Thursday, April 15
Poem Contest Ends!

Saturday, April 16
Bracelet Making, 1700-1830
Main USO

Tuesday, April 20
Bonfire/Poem Reading
1900-2200
Main USO

Friday, April 22
Info Tables, 2000-2200
MWR-E

Every Thursday
Movie Night, 1900-2100
MWR-E, Movie Room

POC:
Capt Richard Laca @ 433-7272 or
richard.laca@blab.afcent.af.mil

SFC D. Eric Krone @ 483-4645 or
david.krone@iraq.centcom.mil



“Hurts one. Affects all...Preventing sexual assault is everyone's duty”



Kick and punch your way to fitness on JBB

BY SPC. AIMEE FUJIKAWA
EXPEDITIONARY TIMES STAFF



You start feeling the beat of the music, and anticipation quickly takes over. You put up your dukes and everyone's ready to go. The energy starts to fill the room and you start to move. Your blood is pumping, heart is pounding, and beads of sweat start to form on your forehead.

The weights gripped tightly in hand as you go through the drills.

'Jab, cross, hook, uppercut!'

You're synchronized, moving to the beat of the music, feeling the burn.

I don't know if you're anything like me, but I have the best intention to reach my goal of being physically fit.

The combination of losing body fat and toning up could produce a body to be proud of when you are wearing a new two-piece bikini for summer, pool-side or on

saw the class, and although the name was different, I thought it would be a similar concept.

It reminded me of the "Turbo Kickboxing" classes I took at a 24-Hour Fitness back home in Hawaii.

I have fond memories and had positive results when I attended classes three times a week; not only was I fit, but it was a great escape and stress reliever, being able to punch and kick my aggressions out during class.

I'm not saying it's a total solution for reaching your fitness goals, but for me, it's definitely a fun, calorie-burning addition to my regular routine. The American Council on Exercise notes that during a one-hour kickboxing workout, you can burn from 500 to 800 calories.

It's almost like having multiple workout partners. For me, I need to be in a class at a specific time and place and need to look forward to getting into shape. How can I even think of falling out when, to the left and right, my fellow classmates are still

"I experience a feeling of euphoria and exhaustion at the same time, along with a satisfying feeling of accomplishment."

- SPC. Aimee Fujikawa
on cardio kickboxing

the beach during leave.

Having a picturesque physique, the kind you see on the pages of certain health-oriented magazines, is not easy to come by. In my mind, I know what it takes, but implementing it is another story.

Besides that, I have a fast-approaching Army Physical Fitness Test in four weeks. No time for procrastination or excuses. Boring workouts are something that I do not look forward to either, especially after a long day of work or coming back from a three-day assignment.

I took my first cardio kickboxing class at the East Gym the other week. The class kicked my butt. I was out of breath and dripping with sweat, but loving every minute of it.

How can you not enjoy listening to upbeat music and punching and kicking your way to fitness?

I had been at Balad for 90 days before I found out about the class on the board at the Internet Café. I was excited when I

pushing through?

I'm also reminded about class by my co-workers saying 'It's almost class time, shouldn't you be getting ready to go?'

Gina is the instructor, and she has many years of fitness experience. She has a welcoming demeanor and a friendly smile. She provides a non-intimidating setting, giving you the option of working at your own pace.

During the class, YOU decide whether to increase or decrease the intensity of your own workout. She keeps you motivated, giving words of encouragement to keep you going, and she invites you to push yourself.

The class is diversified, made up of service members from different branches, ages and fitness levels. Class is held twice a week on the basketball court at the East Gym.

After each class, I experience a feeling of euphoria and exhaustion at the same time, along with a satisfying feeling of accomplishment.

Word on the Street

What's your biggest goal for the next year?



"[My goal is to] expand upon my knowledge of the expeditionary sustainment command transportation techniques and get big or go home."

Staff Sgt. Francis J. Gasson is the support operations mobility land noncommissioned officer with the 310th Expeditionary Sustainment Command and a Madison, Ala., native.



"[My goal is to continue] excelling my knowledge on my job, making the mission safe, making sure that all expectations and [to] get back to being a PT stud."

SPC. Melissa M. McKinney is a support operations supply and services administrator with the 310th Expeditionary Sustainment Command and an Akron, Ohio, native.



"[My goal is] to ensure the health and welfare [of troops] during the year through the height-and-weight program and suicide prevention."

1st Lt. Veronica Pacheco is the medical operations officer-in-charge with the 310th Expeditionary Sustainment Command and an Orlando, Fla., native.

THEATER PERSPECTIVES

“Bringing the kids here allows them to see us without our combat gear and learn we’re just like everyday people, and it gives parents an opportunity to see we’re here to help them.”

1st Lt. Jae Kim from the 25th Infantry Division said, referring to units such as those operating from Joint Base Balad who regularly host events such as the Iraqi Kids Day to bring service members together with the local community.

“If they continuously apply dressings and tourniquets, and whatever they need to do to treat patients over and over, eventually their skills will become quicker and smoother...”

Iraqi combat medics partnered with combat medics of Company Charlie, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, for an exercise where they treated artificial wounds sustained during a simulated helicopter crash. The quote above is from Spc. Chip Allen, a combat medic with Company C.

“You can train your guys, but not everyone can say that they’ve trained other soldiers from a different country.”

This is a quote by Sgt. Jeremy Mingle with the 27th Infantry Regiment. As U.S. and Iraqi forces train battalions of Iraqi Army soldiers during Tadreeb al Shamil, the students taking the classes seem to not be the only ones learning new skills and gaining valuable knowledge.

“These are some of the poorest families in Basrah, and they are extremely thankful for the food. During the week, we often get families begging at the police station, and we tell them to come back for the scheduled food drop.”

Lt. Col. Ra’fa said that for the last three weeks, the 1st Cavalry Division and the Basrah Iraqi Community Police Department have been packaging parcels of food to give out to families in the southern Iraq city of Basrah.

A Real Back-Breaker

Insurgents are creating more powerful explosives in Iraq and Afghanistan to counter the U.S. forces’ Mine Resistant Ambush Protected vehicle (MRAP). The stronger blast is leading to a “pancaking” of the spin and an increase in a broken-back type of injury called combat burst fracture. Military officials have begun testing and implementing new safety features to prevent these injuries, including:

- energy-absorbing seats (implemented)
- a rail system under seats that absorbs the shock of both the explosion and the vehicle slamming on the ground (testing)
- energy-absorbing floors, harnesses and boots (testing)

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:

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

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

TEST YOUR KNOWLEDGE

1. What 1975 blockbuster sees Roy Scheider utter: ‘We need a bigger boat’?
2. What screen character has played opposite Maud Adams, Claudine Anger, Kim Basinger, Britt Eklund and Ursula Andress?
3. What Adam Sandler comedy featured Bob Barker’s screen debut?
4. Whose earnings increased from \$150,000 for “Pulp Fiction” to \$3.5 million for “Get Shorty” to \$7 million for “Broken Arrow?”
5. What statuesque actress earned a living by standing still in department store windows prior to her film debut in Tootsie?

1. "Jaws" 2. James Bond 3. "Happy Gilmore" 4. John Travolta 5. Geena Davis

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

LATTER-DAY 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 Apr. 6, 2011

JBB Activities Schedule

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m. EAST FIT-NESS CENTER Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST RECREATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Swing Class: Tuesday 8 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., 5:45 a.m., 8 p.m., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 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., 3 p.m. Sunday 5:45 a.m., 7 a.m., 3 p.m., P90x: Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECREATION CENTER Bingo: Sunday 8 p.m. Texas	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 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. Darts: Saturday 8:30 p.m. WEST FIT-NESS CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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AFN SPORTS SCHEDULE



Wednesday 4/6/11

NCAAW: Championship Game (Conseco Fieldhouse), Live 0330, AFN | sports
MLB: Los Angeles Angels @ Tampa Bay Rays, Delayed 1000., AFN | sports
GOLF: 2011 Masters PAR 3 Contest, Live2200, AFN | sports

Thursday 4/7/11

NHL: St. Louis Blues @ Colorado Avalanche, Live 0230, AFN | xtra
NBA: Milwaukee Bucks @ Miami Heat, Live 0300, AFN | sports
MLB: Minnesota Twins @ New York Yankees, Delayed 1000, AFN | sports

Friday 4/1/11

NBA: Boston Celtics @ Chicago Bulls, Live 0300, AFN | sports

MLB: New York Yankees @ Boston Red Sox, Live 1900, AFN | sports

Saturday 4/8/11

MLB: Cleveland Indians @ Seattle Mariners, Live 0500, AFN | xtra
MLB: St. Louis Cardinals @ San Francisco Giants, Delayed 1400, AFN | sports
MLB: Philadelphia Phillies @ Atlanta Braves, Live 2000, AFN | xtra

Sunday 4/9/11

NASCAR: NASCAR Sprint Cup Series: Samsung 500, Live 0230, AFN | xtra
MLB: St. Louis Cardinals @ San Francisco Giants, Delayed 1000, AFN | sports
NBA: Boston Celtics @ Miami Heat, Live 2230,

AFN | xtra

Monday 4/10/11

NBA: New York Knicks @ Indiana Pacers, Live 0200, AFN | xtra
MLB: New York Yankees @ Boston Red Sox, Live 0300, AFN | sports
MLB: Philadelphia Phillies @ Atlanta Braves, Delayed 0900, AFN | sports
MLB: Chicago Cubs @ Milwaukee Brewers, Delayed 1700, AFN | xtra

Tuesday 4/11/11

MLB: Toronto Blue Jays @ Seattle Mariners, Live 0500 AFN | xtra
MLB: Chicago Cubs @ Houston Astros, Delayed 1700 AFN | sports

ARTS & ENTERTAINMENT

The Sports Lounge

It's never too early for MLB predictions

By SGT. 1ST CLASS ROB BARKER
EXPEDITIONARY TIMES STAFF



The 2011 Major League Baseball season kicked off March 31. As we look forward to the 162-game season, some interesting storylines have developed. What will happen with St. Louis Cardinal slugger Albert Pujols? Did the New York Yankees do enough this past offseason to keep up with the Boston Red Sox? Will Yankees pitcher C.C. Sabathia opt out of his contract after the season? Which team will emerge and replace the San Francisco Giants or Texas Rangers as this year's surprise team?

It's early enough in the season to put out my predictions and not worry about being horribly off target. I also predicted the Ohio State Buckeyes would be the men's NCAA champions, so take this with a grain of salt. I decided to go with the following:

AL East champs	Boston Red Sox
AL Central champs	Chicago White Sox
AL West champs	Oakland Athletics
AL wild card	Texas Rangers
NL East champs	Atlanta Braves
NL Central champs	Cincinnati Reds
NL West champs	Los Angeles Dodgers
NL wild card	Philadelphia Phillies

I predict we will see the Athletics and Braves in the World Series with the A's being the surprise world champions. I like the A's because of their always-deep pitching staff, and because I do not like to pick the most

obvious picks; I love to root for the underdogs. Calling the A's "underdogs" may be unfair to them, especially considering they play in the American League West.

I love the pitching additions the Milwaukee Brewers made during the offseason. They picked up ace Zack Greinke and a great number two in Shaun Marcum. While Greinke may miss a few starts while recovering from a broken rib, I think they will make a formidable top of the rotation for the Brew Crew but will not be enough to overtake the Reds.

As much as I hate to admit it, the Red Sox are one of the deepest teams in all of baseball. If their starting rotation can return to their career average, it is going to be tough to compete with the Sox. The additions of Carl Crawford and Adrian Gonzalez will just add to an already formidable lineup that includes Dustin Pedroia, Kevin Youklis, David Ortiz and J.D. Drew.

The White Sox are going to be an interesting team to watch. The addition of designated hitter Adam Dunn puts another big bat behind Paul Konerko. A slugging duo is something the other competitors in the AL Central are lacking.

The Detroit Tigers did add Victor Martinez to compliment Miguel Cabrera in their lineup. With Cabrera's off-the-field issues, I am not sure you can count on him having the huge year we are used to seeing from him. Also, is Martinez much of a masher anymore?

I think my Dodgers and Rangers selections are the two most likely to be wrong. The Yankees are probably going to be in the AL wild-card race until the end of the season, and I see the Rockies making it an exciting pennant chase in the NL West.

The Reel Review

'No Strings' has 'no originality' attached

By SPC. FELICYA L. ADAMS
EXPEDITIONARY TIMES STAFF



The movie "No Strings Attached," starring Ashton Kutcher and Natalie Portman, is a romantic comedy about a guy and a girl who were long-time adolescent friends and who make an effort to have an emotions-free, sexual connection as adults.

After 15 years of not seeing one another, they stumble into each other on the street and exchange numbers. Kutcher finds out his father is sleeping with one of his former girlfriends, leading to a night of binge drinking.

Later on that night, he randomly calls girls and manages to reach Portman. Kutcher wakes up the next morning at her place.

The two agree to use each other for casual sexual relations, setting ground rules focusing on absolutely no emotional feelings being involved in their affair, aka "no strings attached."

As you might expect, one of them quickly falls for the other. Kutcher quickly becomes expressively attached to Portman, making her mixed CDs, delivering her chocolate cupcakes, and starting to become easily jealous.

Portman struggles not to become emotionally vulnerable, gets nervous and immediately gets herself out of the verbal contract. Kutcher moves on and attempts to find interesting things in other women. Weeks go by until she finally realizes how lonely she really is.

But in the end, as always, love conquers


Review: 2 / 5 stars

all.

Needless to say, the storyline is very predictable. If you are in the mood for a chick flick and want to laugh a little, then this movie is for you. As with most romantic comedies, expect it to be juvenile, shallow and a bit raunchy.

I was not impressed with the character Portman portrayed, especially taking into consideration she recently won an Oscar for her performance in "Black Swan." Kutcher, on the other hand, is no stranger to these types of movies, so I couldn't expect anything less of him.

The best part of this film is how it effortlessly compares to most people's lives, those who choose to try the "friends-with-benefits" relationship. The supporting cast's role also made the movie somewhat comical, especially Portman's roommates and their outlook on the relationship.

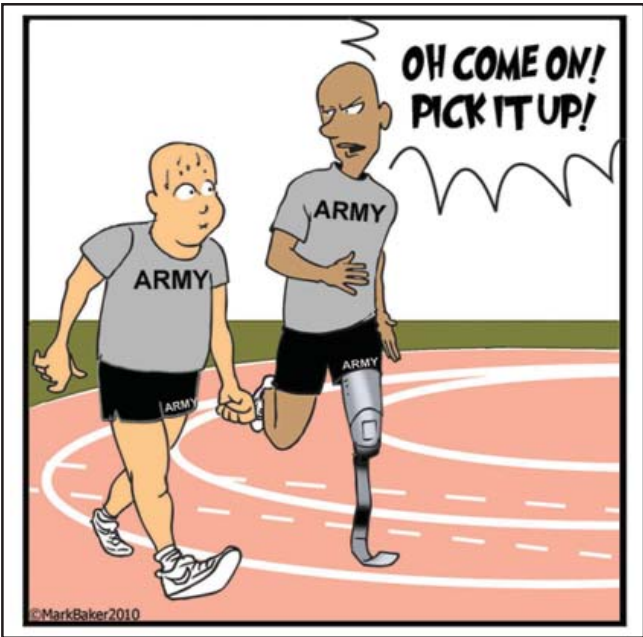
I've watched my fair share of romantic comedy movies, and this film has no uniqueness to it. I wouldn't say it was a waste of my time, but I found it mildly amusing with a picture-perfect, cliché ending, just like every other romantic comedy.


It's just that we can't pick who we fall in love with, it just happens.

I give "No Strings Attached" two out of five stars.

PVT MURPHY'S LAW™

BY MARK BAKER





Reel Movie Times

Wednesday April 6	1700 Just Go With It (PG-13) 2000 I Am Number Four (PG-13)
Thursday April 7	1700 Just Go With It (PG-13) 2000 Sucker Punch (PG-13)
Friday April 8	1800 Justin Bieber: Never Say Never (G) 2100 Gnomeo & Juliet (G)
Saturday April 9	1400 Justin Bieber: Never Say Never (G) 1700 Just Go With It (PG-13) 2000 Gnomeo & Juliet (G)
Sunday April 10	1400 No Strings Attached (R) 1700 Gnomeo & Juliet (G) 2000 Justin Bieber: Never Say Never (G)
Monday April 11	1700 Gnomeo & Juliet (G) 2000 Sanctum (R)
Tuesday April 12	1700 Justin Bieber: Never Say Never (G) 2000 I Am Number Four (PG-13)



U.S. Army photo by Spc. Matthew Keeler



U.S. Army photo by Spc. Matthew Keeler

The end of the road

With care and attention to detail, Brig. Gen. Mark Corson and Command Sgt. Maj. LeRoy Haugland, commanding general and command sgt. maj. of the 103rd Sustainment Command (Expeditionary), bring the colors of the 103rd ESC delicately together to be cased. This marks the end of their mission in Iraq, and they have entrusted the 310th ESC to write the last chapter on Operation New Dawn.



Victory Through Support