

Graduates of the Iraqi Army's Tadreeb al Shamil training cycle take pride in their accomplishments and their readiness to protect the homeland.

See the story on **pg. 4**



The Expeditionary Times

Proudly serving the finest expeditionary service members throughout Iraq

Vol. 5 Issue 2

Apr. 13, 2011



'Outlaws' reflect on deployment

Page 5



'Hell Raisers' transfer authority

Page 6



Soldiers earn spurs on ride

Page 7

Out With the Old...



U.S. Army photo by Spc. Zane Craig

Col. Shawn Morrissey, commander of the 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command and a Boston native, rolls up the colors of the 3rd Sust. Bde. with Command Sgt. Maj. Clifton Johnson, command sergeant major of the 3rd Sust. Bde, a Lima, Ohio, native, at the Transfer of Authority ceremony at the Morale, Welfare and Recreation Center East on Joint Base Balad, Iraq. The 3rd Sust. Bde. passed authority on to the 77th Sustainment Brigade, 310th Expeditionary Command, led by Col. Stephen Falcone, commander of the 77th Sust. Bde. and Command Sgt. Maj. Nagee Lunde, command sergeant major for the 77th Sust. Bde.

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

Where do you read your Expeditionary Times?

Joint Base Balad:
318-483-4603

COB Adder:
318-833-1002

COB Taji:
318-834-1281

Al Asad Air Base:
318-440-4103

COB Speicher:
318-849-2501

**For distribution, contact
the 310th ESC PAO at
Joint Base Balad, Iraq**

e-mail: escpao@iraq.centcom.mil

Correction

An article published in the March 30 issue of the paper about the Relay For Life incorrectly attributed a quote: Maj. Charmaine Betty-Singleton was mis-identified. In that same article, the Pan-Hellenic Society was incorrectly identified as the "Panhandling Society." Although it's really funny, this is a serious mistake and we apologize.

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

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

The Chaplain's Corner

Remember your loved ones back home, cherish support

CAPT. HARRY BROWN

1-140TH AVIATION BATTALION CHAPLAIN



One of the advantages of being deployed at this moment in history, is our opportunity to purchase clearance items from the PX. I recently took advantage and purchased the complete second season of Army Wives at a 75 percent discount. I have never seen an episode but thought, as a chaplain, I might gain some insight to enhance my counseling.

The show accurately depicts a very important model for all of us who are deployed: Do not forget to remain in contact and appreciate our loved ones back home.

In the March 27, 2011, edition of Stars and Stripes, the Army-National Institute of Mental Health (A-NIMH) study on suicide shows us the importance of working to keep our marriages together: "Married Soldiers are less likely to commit suicide than their single or divorced counterparts."

This should serve as an eye-opener and cause each of us that are married to not put it on hold until we return from our deployment. All too often, the greater part of my counseling is related to marital issues that stem from a lack of communication between couples.

In today's military, we have no excuses available to us to not be in communication with our loved ones. The MWR on our FOB offers computers with free Skype and Wi-Fi for our convenience. Most locations have Internet available in our rooms and free calling cards are available throughout Iraq.

Of course, if someone still is unable to make the most of these services, they can use the good old fashioned "snail mail" in the United States Postal Service, which has free postage for envelopes under 1.9 oz in weight.

I have encountered Soldiers who order flowers for no particular reason other than to let their loved ones know they are not forgotten. Others will watch a particular movie at the same time as their partner and have conversations about it.

Needless to say, there are numerous and creative ways which Soldiers find to keep their relationships strong. According to "Focus on the Family," there are three killers of military marriages: dishonesty, infidelity and excessive spending. Each of these requires us to do our part to fight back.

The most important component of any relationship is to be honest, especially with major issues. Honesty is the foundation to a long-lasting, trusting relationship and

should not be substituted with minor "white lies." Do not allow yourself to get caught up in the temptation of an emotional affair via the Internet. I have seen too many instances of Soldiers' relationships breaking up because they had been sending e-mails to "a friend." In chapter four, verse 23 of Proverbs, we are reminded: "Above all else, guard your heart."

If we are willing to fight for our relationships we must avoid the temptation to rationalize our own shortcomings. Stay away from romantic novels, sensual movies and Internet sites which take your thoughts away from your significant other.

According to recent statistics, women in every military branch are more than twice as likely to end their marriages as their men. Researchers suggested existing programs provide too little support for their families. I am reminded about this every week at Chapel when Soldiers ask for prayer to strengthen their loved ones back home. Their partner at home feels overwhelmed and is getting frustrated.

All too often, the greater part of my counseling is related to marital issues that stem from a lack of communication between couples.

-Capt. Harry Brown

In addition to praying for them, we should encourage them to reach out to others to assist them with their daily task requirements such as cleaning, childcare and errands. This type of support can be obtained through agencies like the church, Veterans of Foreign Wars, American Legion and the Family Readiness Group.

As a result of helping them work out a plan for assistance, we are establishing a long-term basis for a permanent marriage.

I hope this article reminds everyone to not become complacent and to be proactive in protecting and appreciating our loved ones back home.

The Expeditionary Times

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

"The Expeditionary Times" is authorized for publication by the 310th Expeditionary Sustainment Command. The contents of "The Expeditionary Times" are unofficial and are not to be considered the official views of, or endorsed by, the U.S. government.

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

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

The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 310th ESC, APO AE 09391. Web site at www.dvidshub.net.

310th ESC PAO, Managing Editor
Capt. Michael Garcia
michael.garcia@iraq.centcom.mil

310th ESC PA NCOIC, Design Editor
Sgt. Benjamin Green
benjamin.green@iraq.centcom.mil

310th ESC Operations NCOIC
Sgt. 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

310th ESC Marketing NCOIC
Sgt. 1st Class Robert Barker
robert.barker@iraq.centcom.mil

310th ESC Staff Writers
Sgt. Edwin Gray
edwin.gray@iraq.centcom.mil
Sgt. Stephen Scott
stephen.e.scott@iraq.centcom.mil
Spc. Felicia Adams
felicia.adams@iraq.centcom.mil
Spc. Zane Craig
zane.craig@iraq.centcom.mil
Spc. Aimee Fujikawa
aimee.fujikawa@iraq.centcom.mil
Spc. Matthew Keeler
matthew.keeler@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
4th Sustainment Brigade
53rd Movement Control Battalion
3rd Combined Arms Battalion, 116th Cavalry Regiment
1st Combined Arms Battalion, 163rd Infantry Regiment
332nd Air Expeditionary Wing

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

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

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 310th Expeditionary Sustainment Command 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

Tweak your climate based on interaction with Soldiers

MAJ. DARREN ANTAL
310TH ESC COMMAND IG



This week's article is simply lessons learned based on an Inspector General perspective of best practices and regula-

tory guidance that may not be applied as directed. This information may seem simple enough, but it has been found to be a systemic reason as to why some command climates struggle more than others. This information should be useful for leaders at all levels, especially commanders.

Before you quote a regulation, read the regulation yourself.

If you want to quote a regulation, take the time to read or re-read it first. There are many "interpretations" or "conventional wisdom" about regulations out there, and many of them are not correct. Take the time to look things up. You might be surprised what you learn, regardless of how long you have been in the Army. When able, always

use online references to ensure you are not using out-of-date information.

Command climate starts at the top.

Changes in leadership or the mission can create changes in climate. Correct problems as they arise and follow-up. If you don't follow up, you may see it again. Leaders at all levels establish the climate for their respective organization. It is a leadership responsibility to establish a climate that is positive, free of harassment, upholds the Army values, and promotes good order, discipline and enforcement of standards.

Requirements of commanders as they pertain to command climate are in Army Regulation 600-20, Army Command Policy, this is a punitive regulation.

Talk to Soldiers and counsel them on their performance, good or bad. Talking to Soldiers is vital at all levels of leadership. Leaders must counsel subordinates to promote/reward good performance and to identify and correct poor performance. Leaders must make the time for these mentorship sessions to guide subordinates. Do not wait until evaluation time or until a little problem becomes a big problem before you talk to your Soldiers. Also, ensure rating schemes are established, up-to-date at all times and revalidated monthly.

Perception is a Soldier's reality.

It does not matter if their perception is right or wrong or based on any real facts. Once subordinates come to believe something, it can be very hard to change their minds. Leaders have to talk to subordinates and make time to stay engaged with them.

Combat Stress

Stressed? Write it down

CAPT. PATRICIA FRANCE
98TH COMBAT STRESS CONTROL



There are several ways you can practice relieving stress: One type is using journaling.

Journaling is the practice of keeping a diary or journal to explore your own thought patterns and behaviors. It is a great self-discovery tool as you are able to refer back to what has been written and acknowledge the changes you have made or need to make to lower your stress.

Research has shown that higher levels of stress can lead to heart disease, lowered immune system and slower cognition functioning. Journaling has been shown to lower stress, which can lead to better mental health and health outcomes.

Interestingly enough, you do not have to have a fancy journal to write in; you can use any basic notebook. There are several types of journals, for example a leather-bound journal might cost 50 to 100 dollars, but others are much cheaper. A suggestion is to find something you will enjoy and want to write in daily. Remember: It is for your benefit.

There are several ways to journal other than the "book-bound" method. Using a computer to type or blog, you can keep old letters and copy the ones you send to make a journal.

If you are a person who really does not

enjoy writing and would rather draw or paint, then the art journal may be a great route for you. The most important piece is for you to decrease your stress and have a chance to do self-exploration.

There is also what is called a "guided" journal; these can be found in book stores. This kind of journal has quotes and information to assist in jump-starting your brain.

The best practice is to journal every day and especially when a stressful event happens. If you are participating in therapy, it is a great way to share with your provider that can ultimately lead to additional insight for yourself.

Just ask yourself...

To get your mind started, here are some examples of journal questions:

Who am I?
What inspires me? laugh?
Where am I going?
What inspires me?
Where am I coming from?
What makes me laugh?
What makes me unique?
What are my dreams?
What is my heart's desire?
Why am I here?



Photo courtesy of Royann Williams

Maj. John Michael Williams, a staff logistics officer with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Marble Falls, Texas, native, waves goodbye to his family and friends during a parade that was held in his honor for his upcoming deployment to Iraq. This will be Williams' fourth deployment to Iraq, but he says that as long as future generations benefit from his work overseas, he'll go again and again.

Soldier leaves for fourth tour

STORY BY
MAJ. LAKESHA WARREN
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq

— There were cheers and tears in the town of Meadowlakes, Texas, as family and friends bid farewell to their very own hometown hero.

Maj. John Michael Williams, a staff logistics officer for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, is the husband of Royann Alexander and a father of three. He was escorted by town police officers, fire trucks and other community members.

"My wife and three young children are extremely supportive of my devotion and dedication to serve our country and I am proud to defend it," Williams said.

Williams and his staff play an important role in aiding the unit by providing logistical support to its customers and subordinate units throughout Iraq in support of Operation New Dawn.

"I am truly honored to serve our great nation, although I miss my family very much," he said. "During my first deployment to Iraq in 2003, I pledged to my wife and God that if I had to return to Iraq four or five times, I would do it in order to ensure that we set conditions so that my children do not have to return to this place 15 to 20 years from now. I suppose God took me up on that offer, as I am on my fourth tour to Iraq."

Williams' family and friends in his hometown plan on having a welcome-home parade as soon as he redeploys back to his home station.



Trained and Ready

More than 400 Iraqi Soldiers are prepared to help defend Iraq after Tadreeb al Shamil training

Iraqi Army Soldiers of 4th Battalion, 21st Brigade, 5th IA Division, stand in review before senior officers during a graduation ceremony March 28 at Kirkush Military Training Base, Iraq. More than 400 Soldiers assigned to the battalion became the third class to graduate from the 25-day Tadreeb al Shamil, an Iraqi military training initiative to develop the Iraqi Army's ability to act as a collective unit and modernize its combat techniques.

STORY AND PHOTOS BY
SGT. SHAWN MILLER

109TH MOBILE PUBLIC AFFAIRS DETACHMENT

KIRKUSH MILITARY TRAINING BASE, Iraq – The newest graduates of Tadreeb al Shamil, the Iraqi Army's comprehensive training program, assigned to 4th Battalion, 21st Brigade, 5th IA Division, are returning to their duty stations across Iraq to carry on lessons learned.

Following 25 days of military training, senior IA and U.S. officers honored more than 400 members of the battalion during a graduation ceremony at Kirkush Military Training Base, March 28.

U.S. Army Lt. Col. Robert Forte, deputy commanding officer of 2nd Advise and Assist Brigade, 25th Infantry Division, expressed gratitude to the Iraqi Soldiers as they prepared to leave KMTB to continue their mission in defending the people of Iraq.

"It has been our honor to work side by side with you and to watch you improve every day," Forte said. "We look forward to seeing continued victories and success with this battalion and the 5th IA Division as you continue to secure Iraq for the people and for a positive future."

The Iraqi Soldiers became the third class to graduate from the course at KMTB, which began rotating Iraqi Army battalions through the 25-day Tadreeb al Shamil training cycles earlier this year.

Tadreeb al Shamil, Arabic for "all-inclusive-training," focuses on building cohesion in IA units and changing their mission from focusing on internal security to defending against external threats, said Col. Anwar, commander of 4th

Bn., 21st Bde., 5th IA Div.

"We've been seeing the benefits of this training from the beginning," Anwar said.

Tadreeb al Shamil provides Iraqi officers and noncommissioned officers in Anwar's battalion the opportunity to collectively train, learning with their Soldiers and developing as a team, rather than conducting individual, isolated training at Iraqi bases and security checkpoints throughout northern Iraq.

During the course, Iraqi Soldiers learned the benefits of daily training, from conducting morning physical fitness to building trust in their weapons and comrades, learning to move and communicate as squads, platoons and companies, Anwar said.

"When we go back, we will continue to do this training in our own time so the Soldiers do not forget it during missions," he said.

U.S. Soldiers of Company Alpha, 1st Battalion, 21st Infantry Regiment, 2nd AAB, 25th Inf. Div., led the training classes during previous cycles, until recently transitioning most of the teaching responsibilities to Iraqi cadre.

Throughout the training cycle, U.S. Soldiers stressed the importance of a daily training regimen to develop and maintain skills critical to being ready for combat.

Anwar said the partnership and dedication of his U.S. counterparts made the training program possible and showed the possibilities of what could be achieved through such training.

Upon the completion of the graduation ceremony, U.S. forces began working with Iraqi cadre to prepare for the next training rotation at KMTB scheduled to start in early April.



U.S. Army 1st Lt. Philip Riglick, executive officer of Company A, 1st Battalion, 21st Infantry Regiment, thanks and congratulates Iraqi Army Col. Anwar, the commander of 4th Battalion, 21st Brigade, 5th IA Division, after his unit's Tadreeb al Shamil graduation ceremony March 28 at Kirkush Military Training Base, Iraq.

'Outlaws' look back at success, effect on mission

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

CONTINGENCY OPERATING BASE



ADDER, Iraq – Each unit has its own impact during a deployment. Some units directly support the mission of the operating base where they reside.

For others, like the 632nd Maintenance Company, the demand for their specialties stretches throughout an entire theater of operation.

The Soldiers of the 632nd Maintenance Co., 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, are looking back at their accomplishments as they prepare to depart theater.

Capt. Jesus Pena, the 632nd Maintenance Co. Commander and a Del Rio, Texas, native, said his company's mission during the deployment was providing field-level maintenance, force protection, convoy-security missions, and combat-recovery operations for Contingency Operating Base Adder, United States Division-South, and United States Division-Central.

But that's only the tip of the iceberg.

According to one of Pena's leaders, Sgt.



Spc. Christopher Smith, a native of Walnut Cove, N.C. and a construction equipment repairer for the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, works to replace the hydraulic hoses on a 10K Atlas Forklift. Smith and his fellow "Outlaws" may be on their way out the door, but their mission effectiveness will leave a lasting mark on operations here.

1st Class Flournoy Tyson, a track and automotive section noncommissioned officer and a Warwick, Ga., native, his Soldiers deserve praise.

"The Soldiers in the track and automotive section did an awesome job while here," Tyson said. "They had no knowledge of working on heavy vehicles like the heavy-equipment truck prior to the deployment. After six months, they had it mastered."

Tyson said that the mechanics in his shop were primarily light-wheel skilled, but with the help of civilian contractors working alongside them, they picked up on things quickly.

They even competed in job completion with the mission support team section that focuses on quick-fixes for units coming to Adder from all around USD-S.

"What normally is a six-day turnaround for units to get their issues fixed became, at times, only a two- to three-day process," Tyson said. "Later in the deployment, the Maintenance Support Team was sending us work because they saw how efficient we had become."

The MST completed over 900 job orders in supporting convoy operations passing through COB Adder. Collectively, the automotive sections also assisted the 4th Stryker Brigade, 2nd Infantry Division, during the drawdown of combat arms units from Iraq last year.

The armament repair facility completed around 640 jobs in weapons repairs and gauging.

"We are capable of fixing any weapons system," said Sgt. Natasha King, a section noncommissioned officer and a Fort Pierce, Fla., native.

The section agreed that their tour high-



The 632nd Maintenance Company "Outlaws" with the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, calls Fort Stewart, Ga. home and will be returning there after a year deployed to Contingency Operating Base Adder, Iraq, in support of Operation New Dawn. The Outlaws conducted field-level maintenance, force protection, convoy security missions, combat recovery operations as well as other services for COB Adder, United States Division-South, and USD-Central during their tour.

light was when they lent a helping hand to a 4th Infantry Division unit. Staff Sgt. Brian Redding, the shop's noncommissioned officer-in-charge, and a North Pole, Alaska, native, said they spent 50 days ordering parts for and repairing a M242 Bushmaster, automatic machine gun for a M2A3 Bradley tank.

Because of their work, they saved tens of thousands of dollars for the unit.

"If we have the parts and our normal personnel strength on hand, the turnaround on our work is down to a matter of hours,"

Redding said.

1st Lt. Raymond Patterson, the company's maintenance control officer, knows exactly why his unit was able to achieve so much during their deployment.

"A lot of personal motivation and help from our contractors drove our success," Patterson said. "I was so impressed by our Soldiers taking their technical skills and becoming experts in such a short period of time."



Sgt. Natasha King, a small-arms weapons repairer and native of Fort Pierce, Fla., disassembles an M249 Squad Automatic Weapon in order to properly replace the rear sight of the weapon.

Battalion gives up 'Hell-raising' for ticket home

STORY AND PHOTO BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 3rd Special Troops Battalion handed over their authority to the 77th Special Troops Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, at a Transfer of Authority ceremony April 8 at the East Morale and Welfare Recreation Center here.

The 77th STB uncased their colors as the 3rd STB covered their colors to represent the Transfer of Authority.

With a sustaining, distinct flame and motto "Hell Raisers Raise up," the 3rd STB, from Fort Stewart, Ga., arrived at Joint Base Balad, Iraq, approximately 11 months ago to relieve the 15th Special Troops Battalion out of Fort Hood, Texas, in support of Operation Iraqi Freedom and Operation New Dawn.

Led by Lt. Col. Heidi Hoyle, commander of the 3rd STB and a Bay City, Mi., native, along with Command Sgt. Maj. Anthony D. Whitney, of the 3rd STB and a native of Wells, Minn., the 3rd STB assumed authority of the human resources and finance missions in Iraq.

Eleven months later, as the Hell Raisers raised up to go home, many Soldiers with the 77th STB say the torch was passed along smoothly and they are ready to keep it burning.

"It was a smooth transition, because we have been talking to our counterparts since July of last year," said Lt. Col. Russell D. Rogers, the commander of the 77th STB, and a Marion, S.C., native. "I have 100 percent confidence in my unit getting the mission accomplished. The biggest mission is to get our Soldiers home safe while we accomplish the other missions."



Lt. Col. Heidi Hoyle and Command Sgt. Maj. Anthony D. Whitney, commander and command sergeant major for the 3rd Special Troops Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, case their colors at the Transfer of Authority ceremony April 8 at Joint Base Balad, Iraq.

Many Soldiers of the 3rd STB are ecstatic about going home. They are proud of their accomplishments during their deployment and full of plans for when they return home. For the most part, they are grateful to be on their way home safe.

"We are all returning home safely," said Spc. Ryan Haynes, a lead driver of the personnel security team with the 3 STB and a native of Radford, Va. "We didn't lose anyone so I'd say we had a successful mission. I am just ready to go home and meet my family and friends to eat at our favorite restaurant."

The 3rd STB has Soldiers deployed throughout Afghanistan and Kuwait and has been the subject of over 50 ToA ceremonies throughout its rotations. Due to the constant need of human resources and finance during the drawdown, the Hell Raisers have had a busy schedule during their deployment.

"The uniqueness with having the human resources and finance support mission is it is going to be needed all the way until the end," Hoyle said. "These Soldiers have been constantly successfully accomplishing the mission since

they arrived and still are."

The 3rd STB learned many things during the deployment and they applied it toward the mission.

"I reflect on the command sergeant major conducting both Reserve and active-duty promotion boards or the [communication and information management team] learning how to work with contractors to complete and prioritize trouble tickets," Hoyle said. "The staff, under the expert leadership of Maj. Koehler, embraced jointness and the multi-component nature of our forces."

The Hell Raisers have raised the standard and have set the example for the 77th STB to follow as they finish the drawdown of forces in Iraq. Many troops with the 3rd STB say the camaraderie and the efforts of Soldiers were the reasons the mission was a success.

"Our team was successful because of the relationships we have built both up and down," Hoyle said. "It was successful because the personal curiosity of each member of the team. The professionalism of each Soldier team and the leadership of those who lead us is the reason for our success."

Team finds strength in diversity

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

JOINT BASE BALAD, Iraq – Capt. Shawn Reiss does not look very far to find the key recipe to success in Iraq.

All he has to do is look at his unit.

Reiss, an Idaho Falls, Idaho, resident, said the mixture of diverse experience and expertise translated from the civilian world proved to be the magic blend for his Soldiers now entering their fifth month of service at Joint Base Balad, Iraq.

He added that Company Golf boasts Soldiers with a host of different Military Occupational Specialties, which, he said, is a huge factor in the unit's success.

"We have a lot of different skill sets we can bring to the table," he said.

Reiss has served with Idaho's 116th Cavalry Brigade Combat Team when they deployed to Iraq for a one-year tour in 2004.

He later led his unit, Company G, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command, into Iraq for his second tour in 2010.



Spc. Joshua Burgess, an Idaho Falls, Idaho, native and an Mine Resistant Ambush Protected vehicle driver assigned to Company G, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, checks fluid levels on an MRAP at Joint Base Balad, Iraq.

"We are basically a convoy security company," Reiss said.

Company G is made up of CETs, or

Convoy Escort Teams, that escort sustainment convoys throughout northern and central Iraq. Each convoy carries an array of supplies from ammunition to food to equipment.

The deep pool of knowledge his Soldiers deliver from the civilian world is evident nearly every day, Reiss said.

"I see the CET commanders and crews come up with innovative ideas to make things easier and make us more efficient," he said.

Spc. Andrew Kaiser, a Boise, Idaho, native, said Iraq proved to be far different than he thought, particularly in terms of weather.

"It is a lot greener than I expected," Kaiser said. "When you think Iraq, you think hot and dry, not freezing and rain."

Iraq also delivered surprises for Staff Sgt. Cody Patterson, a truck commander and a Montpelier, Idaho, resident.

"Going out the first time I was in awe," said Patterson, a truck driver in civilian life.

Spc. Joshua Burgess, a gunner from Idaho Falls, Idaho, said that while the level of violence in Iraq has fallen, there is still danger.

"I worry every day that a piece of trash on the road could be an IED," he said. "And, when it gets dark, everything

changes."

Still, Burgess said his tour has been a good one so far.

"Going out doesn't bother me," he said. "I keep my eyes open."

Reiss said that there is a level of risk associated with the convoy escort mission, but he emphasized that the nation he first saw in 2004 has changed drastically.

"The country has come a long way compared to the last time we were here," he said. "There have been a lot of improvements. Things are getting better and our role here has helped that. There is a threat out there, but we do a good job of mitigating it."

All four Soldiers said the hardest part of the deployment is the separation from their families.

"I rely heavily on my faith and we are fortunate we have Internet and Skype," said Reiss, who is married with five children. "I try to keep in contact on a regular basis."

Reiss said his company's achievements on its deployment to Iraq rests on its Soldiers.

"The easiest thing for me is to have great Soldiers to work with," he said. "I've got great officers and NCOs [noncommissioned officers], and they jump in and help."

they've
got a ticket
to
ride



U.S. Army photo by Capt. Julie A. Perry

The Order of the Spur: Cav. troop asks Soldiers to partake in 'spur ride'

STORY BY
STAFF SGT. CONSTANCE A. OBERG
394TH CSSB

CONTINGENCY OPERATING BASE SPEICHER, Iraq

“Halfway down the trail to Hell, in a shady meadow green, are the Souls of all dead troopers camped, near a good old-time canteen, and this eternal resting place is known as Fiddler's Green.” This was just the first of four paragraphs that 36 Soldiers recited numerous times during their recent spur ride held at Contingency Operating Base Speicher, Iraq.

“Cavalry is big on tradition,” said Capt. Julie Perry, a Wellesley, Mass., native and the Headquarters and Headquarters Troop commander with United States Forces-Iraq's Task Force - Observe Detect Identify Neutralize. “The spur ride was a way for us to instill some tradition and esprit de corps.”

Chaplain (Capt.) Joshua Cox, a Leon, Iowa, native, and Spc. Patrick P. Julch, light-wheel vehicle mechanic and Sioux City, Iowa, native, both with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command, prepare to begin their ruck march for the spur ride. These Soldiers and others were invited to participate in the one-day event to join the Order of the Spur, a prestigious group among the cavalry.

The spur ride is the only means of joining the Order of the Spur, aside from wartime induction. According to Perry, the spur ride is an event normally held over multiple days, but since time and conditions don't quite allow it while being deployed, it was held in one day. A Soldier must still pass a series of physical and mental tests that evaluate leadership, technical and tactical proficiency, and the ability to operate as part of a team under high levels of stress and fatigue.

Cavalry Soldiers are not the only ones who can compete in the spur ride. Soldiers from other units can be invited to participate.

Spc. Patrick P. Julch, a light-wheel-vehicle mechanic with Headquarters and Headquarters Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command and a Sioux City, Iowa, native, contacted Task Force ODIN and was invited to do the spur ride.

Julch had previously deployed with a cavalry unit out of Lemars, Iowa, and was awarded a Stetson and gold combat spurs, but he had never been given the chance to do a spur ride to earn his silver spurs, which most cavalry troops consider more prestigious.

“This is one of the best feelings I have ever had,” Julch said. “It really showed you can be a member of a team, taking Soldiers from other units, putting them together in a squad, giving them a series of challenges to

complete.”

Each Soldier who participates has a sponsor, whose responsibility is to give the Soldier the application and study guide, and to motivate them.

Capt. John L. Craven, chaplain for United States Forces-Iraq's Task Force ODIN, and an Atlanta native, was the sponsor for Capt. Joshua Cox, chaplain with HHC, 394th

See **RIDE**, pg. 10



U.S. Army photo by Capt. Julie A. Perry

Spc. Patrick P. Julch, a light-wheel vehicle mechanic and a Sioux City, Iowa, native with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command (front), begins his recon mission for the spur ride. Normally a multiple-day event, the senior spur-holders condensed this ride into one day.

...In With the New

STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 77th Sustainment Brigade, 310th Expeditionary Sustainment Command assumed control of troop sustainment operations in United States Division-North and Victory Base Complex from the 3rd Sust. Bde. in a Transfer of Authority ceremony April 9 at the Morale, Welfare and Recreation Center, East on Joint Base Balad, Iraq.



"The conditions have been set; it's your time now to take the reins and bring them all home," said Col. Shawn Morrissey, commander of the 3rd Sust. Bde., 310th Expeditionary Sustainment Command and a Boston native, to the incoming Soldiers of the 77th Sust. Bde.

Morrissey thanked his staff and all of the Soldiers in the 3rd Sust. Bde. and all its subordinate units for making their deployment a success.

Over the course of its tour, the 3rd Sust. Bde. provided sustainment and logistical support to more than 170,000 service members and civilian contractors at 40 Forward Operating Bases spread across 150,000 square kilometers of territory, logging 12 million miles of travel.

Col. Stephen Falcone, commander of the 77th Sust. Bde and a Cranston, R.I., native, emphasized the success of his unit's six-month partnership with the 3rd Sust. Bde.

"We were well versed in how to conduct operations before we ever set foot in Iraq," he said.

The responsible drawdown of U.S. forces in Iraq, which the 77th Sust. Bde. inherited, is the largest logistics operation since World

War II nearly 70 years ago.

"We have broad shoulders, and we will undoubtedly rise to the mission," Falcone said. "Let's make Lady Liberty proud."

A sense of excitement was palpable in the room during the ceremony, both from Soldiers getting ready to redeploy and reunite with loved ones, and from those who just arrived, looking forward to fulfilling their historic mission at the culmination of Operation New Dawn.

"The excitement I sense also comes from the feeling you get from knowing you have accomplished something greater than yourself," said Brig. Gen. Don S. Cornett, Jr., commanding general of the 310th Expeditionary Sustainment Command and an Aurora, Neb., native.

The considerable accomplishments of the Soldiers of the 3rd Sust. Bde. seem even greater due to the fact that they replaced three sustainment brigades when they arrived in support of Operation Iraqi Freedom last year.

"Sustainment is a mission that never decreases," said Command Sgt. Maj. Clifton Johnson of the 3rd Sust. Bde., a Lima, Ohio, native. "As long as there are Soldiers on the battlefield, they have to be sustained," he said.

The 3rd Sust. Bde.'s leadership expressed pride in the accomplishments of the brigade, especially as it fell to them to do more with less.

"Every Soldier in this brigade made it look effortless because of their focus and dedication to a purpose higher than themselves," Morrissey said.

Morrissey ended his comments with a quote from our commander-in-chief.

"We have met our responsibilities," he said. "Now it is time to turn the page."



Col. Stephen Falcone, commander of 77th Expeditionary Sustainment Command and an colors with Command Sgt. Maj. Nagi Sust. Bde., assuming authority from 3rd Sust. Bde. at Transfer of Authority ceremony on J





of the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, a Cranston, R.I. native, unfurls his brigade's sash. Command Sgt. Maj. Clifton Johnson, command sergeant major of the 77th Sustainment Brigade, 310th ESC, at a ceremony at Joint Base Balad, Iraq.

Col. Stephen Falcone, commander of the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Cranston, R.I. native, speaks about the mission over which he has assumed authority at his unit's Transfer of Authority ceremony April 9 at the Morale, Welfare and Recreation center, East on Joint Base Balad, Iraq.

Col. Shawn Morrissey, commander of the 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command and a Boston native, shakes hands with Command Sgt. Maj. Clifton Johnson, command sergeant major of the 3rd Sust. Bde. and a Lima, Ohio, native, to conclude their unit's mission in Iraq at their Transfer of Authority ceremony on Joint Base Balad, Iraq.



Soldiers teach room-clearing procedures to Iraqi policemen

STORY AND PHOTO BY
SPC. TERENCE EWINGS
4TH ADVISE AND ASSIST BRIGADE

CONTINGENCY OPERATING SITE MAREZ, Iraq

— Maneuvering in four-man teams, Iraqi policemen of the 3rd Federal Police Division formed stacks against the exterior of a training building before entering and clearing rooms as part of an urban operations training exercise at Contingency Operating

Site Marez.

Soldiers of Battery Alpha, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, led close-quarter battle training for members of 3rd FP Div. at the Ghuzlani Eagle Training Site.

"Today we are focusing on hallway- and room-clearing procedures and maintaining awareness while reducing their reaction time," said Sgt. Kamowa Reynolds, a cannon crew

member assigned to 1st Platoon, Battery A.

The 5th Bn., 82nd FA Regt. "Black Dragon" Soldiers taught the Iraqi federal policemen how to enter and clear a room, maneuvering squad-sized elements through the training site during the tactical exercise at the enduring training facility in northern Iraq.

Four-man teams of policemen practiced maneuvering through "L"-shaped hallways and clearing rooms along the way.

Using techniques acquired through multiple training events during the unit's mission readiness exercise at the Joint Readiness Training Center, Fort Polk, La., "Black Dragon" troops taught Iraqi Police how to clear objectives while searching for suspects and evidence.

"I just love training Soldiers in general," said Reynolds, a native of Allentown, Pa. "The Iraqi Federal Police are motivated and willing to learn, and because of that, they're doing exceptionally well here."

Staff Sgt. Gregory Pascal, a platoon sergeant in Battery A, works as the senior advisor for the U.S. Soldiers responsible for leading the training for the tactical IPs in Mosul.

Serving his second deployment to Iraq, Pascal said training the Iraqi Police is part of his mission to advise, train and assist Iraqi Security Forces, building and refining the individual and small-unit tactics and capabilities of the Iraqi forces.

"I like working with the Iraqis in hands-on exercises like this," said Pascal, a native of Blackwood, N.J. "From the first day of training when they're not sure what to do, to the last day when their proficiency is better than when they first arrived, it's all very rewarding."

U.S. Soldiers hosted the five-day training course at the Ghuzlani Eagle Training Site to enhance the 3rd FP's urban

operations skills, preparing the Iraqi Police to conduct effective checkpoint operations and secure the local populace.

Pascal said the federal police returned to their duty, responsible for providing security for the citizens of Mosul, bringing the knowledge and skills learned during the U.S.-led training.

"Some of the IPs that come here say they've never received training quite like this, and this is something that they've been looking for to better their skills," Pascal said. "That's why this training is so important, because these guys actually need it and will use it as soon as they leave."

"Black Dragon" Soldiers continue to work to enhance ISF proficiency in conducting urban operations during the 4th AAB's deployment in support of Operation New Dawn.



Iraqi policemen of the 3rd Federal Police Division practice maneuvering in a "stack" formation during close-quarters battle training at Ghuzlani Eagle Training Site.

RIDE: Non-cavalry Soldiers earn coveted accolade

Cont. from pg. 7

CSSB, and a Leon, Iowa, native.

"Chaplain Craven told me of this awesome event called a spur ride and asked me if I would like to try it," Cox said. "It lets the Soldiers see that the chaplain is a Soldier just like everyone else out there."

For Cox, it was an opportunity to be out there with the troops, to do what they do and to get a better perspective of what goes on in the lives of Soldiers.

"The spur ride is meant to be physically and mentally tough," Perry said. "It shows your true colors; you might be in pain from blisters or from being up for 15 hours, but it makes you realize what you can accom-

plish."

The morning started off early with a physical training session.

"We had a lot of formations and switching of uniforms from ACU's [Army Combat Uniform] to our PT [Physical Training] uniform throughout the day," Julch said. "It also included a lot of times when the instructors told us we were wrong and to try it again, almost like basic training all over again."

There were six-man teams taking on challenges such as a shuttle sprint with 20 push-ups, reacting to direct fire, litter carries, calling in a nine line MEDEVAC, clearing and performing a function check on an M4 rifle, crawling through a mud pit under barbed wire as a team, and 10-15 miles'

Spurs are a distinction you should be proud to wear.

— Capt. Julie Perry

worth of road marching.

During one event the Soldiers were blindfolded and had to walk through a simulated mine field to a Humvee. They were given commands from the truck on where to go, while carrying a tow bar and two tires. After reaching the truck the senior spur-holders had the Soldiers stack everything while they were still blindfolded. Once they were done, they removed their blindfolds and pushed the Humvee back through the simulated minefield.

"It forced the Soldiers to work together as a team, [with] Soldiers they are not used to working with," Perry said. "The goal at the end of the day is for them, as a team, to accomplish tasks they couldn't do on their own, to accomplish more than they thought they could when they set out, and at the end of the day, you feel like you earned your spurs."

The mental challenges tested the Soldiers' abilities also. They were instructed to read a cavalry-related book and write an information paper or book report of at least two pages summarizing the lessons they learned from the book.

On top of that, they received a 40-question test on cavalry history.

Additionally, a senior spur-holder board was held near the end of the day, and once the spur candidates were already fatigued, they were asked a series of questions requiring an answer.

"The hardest challenge was staying

mentally focused; it was very physically exhausting, leading your body to play mind games," Cox said. "That was the most difficult thing, keeping your head in the game, just telling yourself it will be over at the end of the day."

Cox was chosen as Most Valuable Player for his efforts throughout the day.

"I feel I have accomplished something that will help me to identify with not just cavalry troopers, but with all Soldiers as I serve as a chaplain in the Army," Cox said.

"Chaplain Cox's nomination for MVP was nothing of my own," Craven said. "The senior spur-holders at the end of the spur ride got together and made a decision on an individual that shows leadership, team, encouragement and endurance. Cox was the first person who came up a lot during this discussion. I personally was honored to put the silver spurs on this fine chaplain and also give him his certificate."

Cox said that the spur ride was all about teamwork.

"If one Soldier struggled with reciting the Fiddler's Green poem, we would help them as much as we could," he said. "It was all about 'together as a team' to complete the events."

Perry said that after the spur ride was all done, the Soldiers had gone above and beyond what their fellow Soldiers have volunteered for.

"Spurs are a distinction you should be proud to wear," Perry said.



U.S. Army photo by Capt. Julie A. Perry

Spc. Patrick P. Julch, light-wheel vehicle mechanic and a Sioux City, Iowa, native with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command, sits patiently as the silver spurs that he has earned are placed on his boots by his sponsor.

Security det. learns the ropes

STORY AND PHOTO BY
SGT. ALLYSON PARLA
77TH SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq – The 77th Sustainment Brigade, 310th Expeditionary Sustainment Command's Personnel Security Detachment set out on their first mission March 31 to Victory Base Complex.

The operation allowed for the brigade's command team to conduct battlefield circulation, enabling the new commander to visit subordinate units, gain familiarization with operations, and have Soldiers meet their new leadership. It also enabled the new brigade's PSD to execute a convoy with the staff they have trained to protect.

"It was the first mission for everyone as a group and as a team," said Staff Sgt. Brian Robbins, the lead vehicle commander for the PSD and a Washington, DC, native.

"It was an important stepping stone," Robbins said. Although the PSD primarily conducted the mission independently, they had the support of the 3rd Special Troops Battalion's Personnel Security Detachment, from the 3rd Sustainment Brigade, 310th ESC.

"They did excellent," said Staff Sgt. Jonathan Denton,

"I feel confident leaving here that they're going to fill our boots and do just as well as we did."

- Staff Sgt. Jonathan Denton

the operations noncommissioned officer and lead vehicle commander of the 3rd STB.

"I'd go to war with any one of them," Denton said. "I feel confident leaving here that they're going to fill our boots and do just as well as we did."

Other PSD members agreed with Denton's sentiment.

"I consider the mission a success," said Sgt. James Rubio, the rear-truck driver for the 77th Sust. Bde. and a Las Cruces, N.M., native.

"It was a new experience for me," Rubio said. "I was able to see some new things."

Rubio, who enlisted in the Army after high school, has served for the past 11 years. He predicts that the next mission will run even more smoothly due to this experience.

Members of the 3rd Sust. Bde.'s PSD said they had similar views about their replacements.

"I'm very proud of them," said Spc. Slade Shadle, gunner for the 3rd Sust. Bde.'s PSD and a native of Early, Texas.

Shadle has completed two tours conducting similar operations in both Operation New Dawn and Operation Iraqi Freedom.

In less than two days, the 77th Sust. Bde. PSD team successfully emulated their counterparts' actions, conducting the mission to Victory Base Complex while taking advice from the 3rd Sust. Bde.'s PSD. Their skills grew immensely in a short amount of time, Shadle said.

During the ride to VBC, the PSD faced challenges such as traffic and communication. The 77th SB's PSD team is still learning the ins and outs of their mission, said Spc. Christopher Tooley, driver for the 77th Sust. Bde. and an intelligence analyst from Suffolk, Va.

"The more we work with one another, the better off we are going to be with communication," Tooley said.

The mission was an overall success, and both PSD teams learned from one another, gaining useful knowl-



1st Lt. Luis Rojas, officer-in-charge of the Personnel Security Detachment for Special Troops Battalion, 3rd Sustainment Brigade, 310th Expeditionary Sustainment Command, counsels members of the 77th Sust. Bde.'s PSD during an after-action review March 31 at Victory Base Camp, Iraq.

edge.

"They're sponges," Denton said. "They absorb things. They picked up a lot of knowledge."

He added that exposure to the new environment, particularly the routes, will prepare the team for the mission ahead.

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.

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"



Just keep swimming, swimming, swimming

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



Kick, pull, breath, stroke, dive... Just like every spring, those fantastic words are on everybody's mind.

With the thought of the final cold kiss of winter disappearing into the distance, it means that the warmer months are just an eyelash away from bringing their scalding glow. And, with summer comes the christening of swim season.

Now in most cases, swimming is just a casual escape for everyone to relax under the crystalline surface of the pool. For others, it means the donning of a bath cap, aerodynamic racing goggles, and a swim suit in preparation for a race or two.

It's those "swim-champs" and "swim-newbies" whom this article is dedicated to. So grab a bottle of water, and get ready to learn.

First some background information

the flow of oxygen to the body and still maintain a solid stroke is to alternate sides with your breathing. When you take your long freestyle strokes, there is a tendency to breathe with every stroke. Deny that impulse.

By breathing every third stroke, you will breathe to each side. And, help regulate the effort that you put into each stroke and begin to develop that equilibrium of breathing.

Now, the way you breathe is just as important. When you turn your head to the side, your one arm should be nearing its peak of your stroke and you should be on your side. Tilt your head, so that your ears are parallel with the pool itself, and breathe toward the upward corner of the pool.

Why is this important? When you are swimming, you always want to keep your motions angled forward. By breathing toward the corner you are keeping your spine aligned and your entire body is staying aerodynamic, which is very important in competitive swimming.



Graphic by Sgt. Benjamin D. Green

on who I am. I'm an 11-year competitive swimmer and a former swim coach. My top events were the 200-meter (eight lengths of the pool), and the 500-meter (20 lengths of the pool) freestyle. I mostly competed in the distance events but also did my fair share of short sprint events, too.

There are a number of core importances to developing a good swim technique. We are going to touch on when to breathe and how to breathe during freestyle.

I am going to discuss breathing, because it is the most important part of swimming. Say it with me, 'Breathing is the most important part of swimming.'

When you begin to swim, the body tries to generate an equilibrium based on the increased rate of your heart. Just like when you are running and you begin to breathe differently, your body is asking for more oxygen.

For swimming, the best way to regulate

When a swimmer is coasting down the lane, he is causing a very narrow break in the water. The ripples that flow to either side are known as "drag." One of the reasons that you want to keep yourself straight and streamlined at all times is to limit the amount of drag on your body. It will help you go faster and with less effort.

A caveat to this information is that certain swimmers will find different rhythms of strokes help them with their own breathing patterns. When I would swim longer distances, like 1,000 or 1,650 meters, I would pick a longer breathing pattern. Sometimes it would be 13 or 15 strokes before I took a breath, to help maximize the effort to the amounts of breaths that I would need to take.

The best way to find out is to get out there and swim. So enjoy those fresh, sunny rays, and have a great swim.

Word on the Street

What are you doing to stay fit and healthy?



"To stay healthy while deployed, I am going to reach my goal of running my two-mile PT test in less than 17 minutes by attending all of the fun runs, practicing running at least every other day, and try to eat healthy and hydrate."

Sgt. Anne LaFlamme is the noncommissioned officer-in-charge of the 310th Expeditionary Sustainment Command's knowledge management office and is an Atlanta native.



"I'm going to stay healthy while deployed by maintaining a good exercise and sleep schedule and by eating the right foods."

Spc. Scott Merrill is a communications signal support specialist with the 310th Expeditionary Sustainment Command and is an Indianapolis native.



"To stay healthy while deployed, I actually ride cycling, so I spin an hour to an hour and a half every night, and then on Sundays I spin about four to five hours on the spin cycle."

Sgt. 1st Class Christopher Stoltie is the noncommissioned officer-in-charge of the information services division with the 310th Expeditionary Sustainment Command and is a Fort Wayne, Ind., native.

THEATER PERSPECTIVES

“We reiterate our call for the Iraqi government to live up to its commitments to treat the residents of Ashraf humanely and in accordance with Iraqi law and their international obligations.”

In a statement, Mark Toner, the U.S. State Department spokesman said the United States was “deeply troubled” by the clash between the Iraqi government and a camp of Iranian dissidents. His statement blamed the Iraqi government and military for the episode, though he conceded that U.S. officials “do not know exactly what transpired.”

Gen. Lloyd Austin, commanding general of United States Forces-Iraq, spoke to Soldiers from the 40th Combat Aviation Brigade about their importance to the success of Operation New Dawn during an April 2 visit.

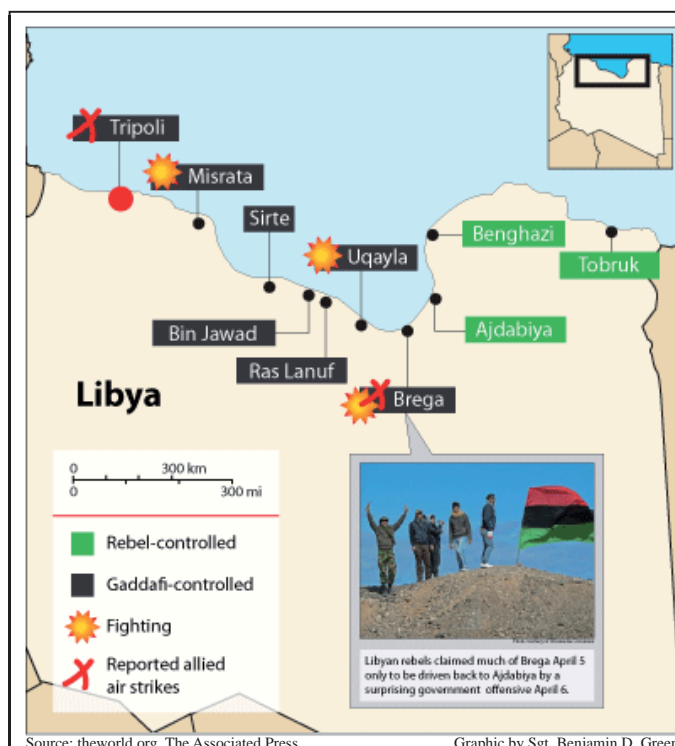
“You are here at a critical time...I want you to understand that you’re going to have a direct impact on the success or failure of these last eight years.”

“If there is to be a presence, to help with some of the areas where [the Iraqis] still need help, we’re open to that possibility...But they have to ask.”

In a meeting with senior Iraqi officials and U.S. troops April 8, Secretary of Defense Robert Gates said his three-day visit to Iraq had been “all about” whether American boots will remain on the ground in Iraq beyond the current Dec. 31 withdrawal deadline.

“Once I hear ‘Medevac, medevac, medevac!’ come over the radio, I drop whatever I am doing, gear up and head out to the aircraft to start her up.”

This quote is from Capt. Joseph Strassner, a medical evacuation pilot for 4th Platoon, Company Charlie, 3rd Battalion, 126th Aviation Regiment (Air Ambulance). For the Soldiers of the 3-126th Aviation Regt., the medevac call starts a race to respond in 15 minutes or less.



On The Road to Tripoli

As the Libyan rebels head west toward the capital town of Tripoli, government forces have shown a surprising ability to still launch offensive attacks. The graphic shows the rebels' advance toward Tripoli, which has been stopped short due to a lack of skilled fighters in the rebels' fighting force.

- These recent attacks have driven most of the rebels out of their recently-claimed city of Brega to as far back as Ajdabiya, a haven dozens of miles back east. This is two steps back for the opposition, as any progress they've made so far has hinged on the aid of allied air strikes.
- The rebels' inability to fight off a weakened government force highlights their disorganized structure and poorly trained troops.
- The rebels' specific makeup is highly disorganized and widely unknown, but they are thought to be comprised of approximately 1,000 Libyan military troops who defected to the opposition, hundreds of under-trained civilians and even more completely untrained civilian volunteers.

Sudoku

The objective is to fill the 9x9 grid so each column, each row and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Last week's answers:

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

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

TEST YOUR KNOWLEDGE

1. Who was born as John Henry Deutschendorf, Jr.?
2. What was the first No. 1 hit for Bon Jovi?
3. Apart from The Beatles which British group has had most top ten singles in total?
4. Who left Genesis in 1975, pushing Phil Collins forward as the band's vocalist?
5. Who said 'Let's get rocked' in a 1992 hit?

1. John Denver 2. 'You Give Love A Bad Name' 3. The Rolling Stones 4. Peter Dinklage 5. Def Leppard

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. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Training: Tue., Thur., 8-10 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m.	8 p.m. Monday, Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 7 a.m., 3 p.m., 6 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 7:30 p.m. Dodge ball Game: Tuesday 7:30 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m.
EAST REC- REATION 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. 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. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	EAST REC- REATION 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. 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. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	H6 FITNESS CENTER Spin: Monday 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. 9 a.m., 7 p.m. Boxing: Sunday 8 p.m. 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. Monday, Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Sunday 5:45 a.m., 8:30 p.m. Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Thursday 8 p.m. Yoga: Wednesday 8:30 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m.	8:30 p.m. Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 7:30 p.m. Dodge ball Game: Tuesday 7:30 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 8:30 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.	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 6 on 6 volleyball tourney: Monday 8 p.m.



AFN SPORTS SCHEDULE



Wednesday 4/13/11

MLB: Baltimore Orioles @ New York Yankees, Delayed 0000, AFN | sports
MLB: Cleveland Indians @ Los Angeles Angels, Delayed 0500., AFN | sports
NHL: 2011 Stanley Cup Playoffs, Live 1600 & 1900, AFN | xtra

Thursday 4/14/11

MLB: Philadelphia Phillies @ Washington Nationals, Live 1600, AFN | xtra
MLB: Detroit Tigers @ Oakland Athletics, Live 1900, AFN | xtra

Friday 4/15/11

MLB: Florida Marlins @ Atlanta Braves, Delayed 0000, AFN | sports

NHL: 2011 Stanley Cup Playoffs, Live 1600, AFN | sports

MLB: Baltimore Orioles @ Cleveland Indians, Live 1600, AFN | xtra

Saturday 4/16/11

NHL: 2011 Stanley Cup Playoffs, Live 1000, AFN | prime Atlantic
MLB: St. Louis Cardinals @ San Francisco Giants, Delayed 1400, AFN | sports
MLB: Philadelphia Phillies @ Atlanta Braves, Live 2000, AFN | xtra

Sunday 4/17/11

MLB: Chicago Cubs @ Colorado Rockies, Delayed 0400, AFN | sports
NBA: 2011 NBA Playoffs, Live 1200, 1430, 1700 &

1930, AFN | sports

NHL: 2011 Stanley Cup Playoffs, Live 1900, AFN | xtra

Monday 4/18/11

NBA: 2011 NBA Playoffs, Live 1600 & 1830, AFN | sports
NHL: 2011 Stanley Cup Playoffs, Live 1600 & 1900, AFN | xtra

Tuesday 4/19/11

MLB: Milwaukee Brewers @ Philadelphia Phillies, Delayed 0000, AFN | sports
NBA: 2011 NBA Playoffs, Live 1600 & 1830, AFN | sports
NHL: 2011 Stanley Cup Playoffs, Live 1600 & 1900, AFN | xtra

ARTS & ENTERTAINMENT

The Sports Lounge

Tourney's over; time to set sights on NBA

BY SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF



Now that the NCAA college basketball tournament has come to a surprisingly low-scoring end, it wouldn't be wrong if one was to wonder if he/she was bamboozled.

The NBA has gained a better perception with old mottos, like "The NBA, where caring happens," and by scoring points off the court within the community.

It was a show of eminent community service and charity as Butler just gave the game to the Connecticut Huskies, 53-41. They made it as easy as a layup for the Huskies to win. And after seeing Butler only made 12 shots, including nine 3-pointers and shooting 18.8 percent, a layup must not be as easy as it seems.

I was baffled and waiting for someone to tell me it was a joke or a prank, but the Bulldogs never showed up with Ashton Kutcher. The five seniors on Butler, consisting of

Matt Howard, Shawn Vanzant, Zach Hahn, Alex Anglin and Grant Leindecker, all have promising futures. The NBA season is coming to an end and many of the non-playoff teams like the Cleveland Cavaliers and Minnesota Timberwolves are in search of young, talented prospects like these five in the NBA draft.

After cutting the nets and putting the Bulldogs back in their kennels, Huskies' senior Kemba Walker will hear his name called quite early during the draft.

Walker's head coach Jim Calhoun won his third National Championship and is the only head coach to take his team to three NCAA Tournament finals and win them all.

"My dad told me something a long time ago: You're known by the company you keep," Calhoun said. "This is awfully sweet company."

Now that the NCAA Tournament has come to an end, we can all finally focus on the start of the NBA Playoffs later this month.

If the NBA season ended today, the playoff picture

would show the top four Western Conference seeds being the Spurs, Lakers, Mavericks and the Thunder. The Eastern Conferences' top four seeds would be the Bulls, Heat, Celtics and Magic. The last four seeds in the West are the Nuggets, Trailblazers, Hornets and the Grizzlies, and the East's last four are the Hawks, '76ers, Knicks and Pacers.

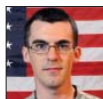
The Trailblazers, Hornets, Grizzlies and Pacers are the only teams seeded that have not yet clinched a playoff berth. With the Pacers being the eight seed, and already losing 43 games, the 8th place team in the East will be a below .500 team. The West's Houston Rockets stand a chance to miss the playoff bracket while playing well above .500.

In the West, it looks like the Spurs drank from the fountain of youth, but do they have enough adolescence saved for the playoffs? The Spurs are the West's No. 1 seed as of today, with the Lakers only three games behind. Younger teams like the Thunder have the talent and the youth to make their presence felt and could eliminate older teams like the Spurs and Lakers.

The Reel Review

'Eagle' doesn't soar; it doesn't crash, either

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



The Eagle," starring Channing Tatum as the centurion Marcus Flavius Aquila, premiered in the United States Feb. 11. It was adapted

by Jeremy Brock from the novel "The Eagle of the Ninth," 1954, by Rosemary Sutcliffe, which was itself based on the disappearance of the historical Ninth Spanish Legion in Britain.

At the beginning of the movie, Marcus

is stationed at Hadrian's Wall separating "civilized" Rome from the "barbarian" Picts to the north. After sustaining an injury defending his fort, he is sent to recuperate at his uncle's estate and is discharged from the army.

During his recovery, he rescues a slave from being executed in the arena; his uncle then buys that slave, Esca, for Marcus. Esca serves Marcus loyally in gratitude for his life.

Marcus is haunted by memories of his father's unit, the Ninth Legion, which disappeared when he was a child. His family's honor was also compromised by this loss of the legion's standard; the golden eagle was captured by the enemy.

Marcus decides to retrieve the eagle by going north of the wall into what is now Scotland. He goes with no clues about what happened to the lost legion and only Esca as guide and companion.

"The Eagle" is a traditional and predict-



Review: 3 / 5 stars

able action-adventure story with little to distinguish it from similar movies set in ancient Rome. The battle scenes are well done; they show all the blood and guts, but don't get so carried away with it that it looks completely unreal and ruins the movie.

Channing Tatum's performance was uninspiring and unconvincing. There really were no standout performances, but a better or more suitable actor as Marcus could have carried the movie.

The story itself is very good and especially so for deployed Soldiers. Marcus is a wounded warrior who finds a way to stay in the fight and also regain his lost family and national honor. Esca, despite his

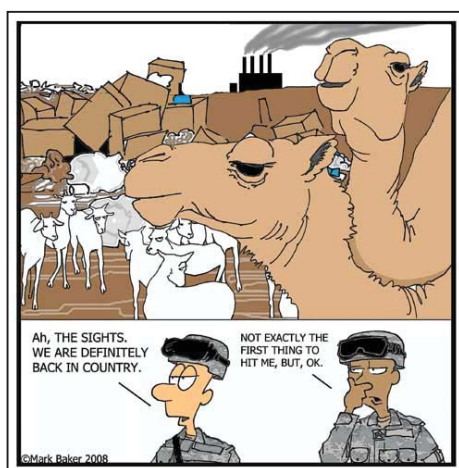
reduction in social status and position as natural enemy of the main character, also fights effectively to regain his honor and his freedom while reconciling his personal loyalty to Marcus with his loyalty to his family's memory.

"The Eagle" doesn't demean either the perspective of the conquering Romans or the native British tribes, but it depicts each civilization with reasonable accuracy and dignity. The conflict between the two is symbolized in the relationship between Marcus and Esca, with the balance of power between them shifting dramatically before finding a balance.

I would recommend this movie to any reader who likes action movies set in the ancient world. I was somewhat underwhelmed, but it still held my attention and was visually interesting even as the dialogue was stale and the acting was mediocre. Overall, I give it a three out of five.

PVT MURPHY'S LAW™

BY MARK BAKER



Reel Movie Times

Wednesday April 13

1700 The Eagle (PG-13)
2000 Gnomeo & Juliet (G)

Thursday April 14

1700 Gnomeo & Juliet (G)
2000 Justin Bieber: Never Say Never (G)

Friday April 15

1800 Unknown (PG-13)
2100 Arthur (PG-13)

Saturday April 16

1400 Big Momma's: Like Father... (PG-13)
1700 & 2400 Arthur (PG-13)
2000 Unknown (PG-13)

Sunday April 17

1400 Arthur (PG-13)
1700 Unknown (PG-13)
2000 Take Me Home Tonight (R)

Monday April 18

1700 Big Momma's: Like Father... (PG-13)
2000 Arthur (PG-13)

Tuesday April 19

1700 Arthur (PG-13)
2000 Unknown (PG-13)

Meeting the neighbors

Brig. Gen. Don S. Cornett, Jr., the commanding general for the 310th Expeditionary Sustainment Command, speaks with Brig. Gen. Mark Corson, the 103rd ESC commanding general, April 3 before the key-leader meet-and-greet at Al-Furat Village Company on Joint Base Balad, Iraq.

(bottom left) Brig. Gen. Don S. Cornett, Jr., speaks with an Iraqi Army officer at the Al-Furat Village Company meet-and-greet among local village leaders and military leaders.

(bottom right) Col. Douglas Carpenter, the 310th ESC's chief of staff, and Col. Jeffery Kohlitz, the 310th ESC's deputy commanding officer, socialize during the meet-and-greet.



U.S. Army photo by Sgt. Benjamin D. Green



U.S. Army photo by Sgt. Benjamin D. Green



U.S. Army photo by Sgt. Benjamin D. Green

Victory Through Support