

The Expeditionary Times

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Vol. 5, Issue 3

Apr. 20, 2011



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Beyond the Call

*Brave Soldier
earns medal
for daring acts
during leave*

STORY AND PHOTOS BY
SPC. KANDI HUGGINS
1ST ADVISE AND ASSIST TASK FORCE

CONTINGENCY OPERATING SITE WARRIOR, Iraq

– “I went in the living room and couldn’t see anything – it was all black and thick,” said Spc. Shane Darst, describing a house fire. “I got down on my knees and crawled into the living room. There was only about an inch between the carpet and smoke where you could see clear across to the kitchen but you could see the fire ripping the kitchen apart.”

Darst, an armor crewmember serving with Company Delta, 2nd Battalion, 12th Cavalry Regiment, “Thunderhorse,” attached to the 1st Advise and Assist Task Force, 1st Infantry Division, received a recommendation for the Department of Defense Soldier’s Medal for saving a neighbor’s life in his hometown of Marengo, Ohio, when he was home for leave in December 2010.

Darst said he and his wife just arrived home when he heard something that sounded like fireworks about two houses down. Realizing the sound was a transformer exploding, Darst said he ran to the house and entered after learning someone was still inside.

Darst said he began yelling for his neighbor to make some type of noise if he or she could hear Darst’s voice.

See **MEDAL**, pg. 11

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The Chaplain's Corner

Don't let the 'debris' of life interfere with your mission

LT. COL. JESSE ABBOTT
310TH ESC CHAPLAIN



Resiliency is a much-used word for us in the military today. It is a great word that captures the essence of what we are talking about when we need to do something hard and against our comfort, yet good for us and those around us. Resilience is the ability to "bounce back" from something that comes at us and shakes us up. But where does one get this good stuff that seems to bubble up from the core of our being?

I'm sure there are many contributors, and it is a good exercise for anyone to do some soul searching for this valuable resource. It took me until I was about at mid-life before I started to appreciate how my parents had instilled some resilience in me.

They did it not by force or teaching, but just by modeling the stubbornness to move beyond the "debris" that flies at us in life.

You see, my dad was one of those guys that was raised a farm boy but went into other businesses for most of his life. He then returned to farming in early retirement. This meant that we lived in a nice ranch house, built backward so the big living room picture window faced the back yard and the field with cows.

The problem was that my dad had become quite inexperienced with farm equipment, and he liked to get things done quickly.

So, I was home from college one day sitting on the couch with my mother (always skeptical of Dad's farming activities), watching Dad out the back window doing the wonderful spring duty of spreading manure.

Now, a manure spreader is a very simple device. It spins at the back creating a "rooster tail" of brown, airborne nutrients for the field. The spinners are connected to the wheels of the trailer, so the faster you drive, the higher the rooster tail of nutrients flies into the air.

Apparently, for my father, the spreading needed to be done at top speed. When he made the first run across the field, the arc must have been launching at about 50 to 60 feet.

Of course, the field is only so long, so when he made the U-turn to come back, you guessed it, the precious nutrients were still airborne! His return pass was hailed by a rain of debris.

As I sat next to my mother on the couch, watching this event in the comfort of the living room, she said calmly, "Well, look at that. He's finally getting what he deserves for being in such a hurry."

My dad finished the whole field (he did slow down at all the remaining U-turns) and walked in the back door muttering something to himself. He proceeded to the shower, my mother looking on with great approval at his condition. A few minutes later, he was clean again, we were all sitting down for dinner, my mother was still smirking, and Dad had learned a small but important lesson, even at the age of 61.

My parents were children of the Great Depression. They are deceased now, but I still marvel at how they bounced back from the debris of life. I don't know how they got it, I just know that they were able to laugh at themselves a little and learn from mistakes.

Perhaps an important part of being resilient is not only identifying what kind of debris is coming at us in life and how to drive through it, but also asking ourselves, "Have I contributed to the energy behind it myself?"

Well, it's something to ponder as we strive to stay resilient, to accomplish our mission, and to return home safely.

It took me until I was about at mid-life before I started to appreciate how my parents had instilled some resilience in me.

-Lt. Col. Jesse Abbott

The Expeditionary Times

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

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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
77th Sustainment Brigade
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The Weekly Standard

Leave it up to commanders for unit policy, punishments

MAJ. DARREN ANTAL
310TH ESC CIG



Here's something good to remember:

Don't make promises you don't have the ability to keep.

If you don't have the authority to grant someone emergency leave, don't tell a Soldier they will get emergency leave. Favorable and unfavorable actions are predominantly in the realm of the commander.

Remember also, only commanders can punish. If you are not a commander, you cannot tell a Soldier that they are getting an Article 15, unless the commander has decided to offer one.

Exceptions can be made for many things, however. Think through decisions before you set a precedent you will be forced to live with later (remember perception and reality from last week). Commanders have to make tough calls. Look at each situation on its own merits and decide if an exception is warranted under that circumstance and if it will be under similar circumstances in the future.

The IG gets a lot of complaints about unfair or unequal treatment as a direct result of leaders making exceptions to established policy or procedure in some cases and not in others. Think it through before you say 'yes.'

Commanders, make the tough call. That is what the

commander gets paid to do.

The noncommissioned officer support channel parallels and complements the chain of command per AR 600-20, chapter 2. The NCO chain is the channel of communication and supervision from the command sergeant major to the first sergeant and then to other NCOs and enlisted personnel in the unit. This support channel is intended to assist the commander in establishing positive values and standards based on command climate that promotes good order and discipline. The NCOs must work within the commander's intent to enforce policy and standards.

NCOs, regardless of position, do not make policy. Only commanders can make policy.

Combat Stress

Communicating well reduces stressful working environment

CAPT. PATRICIA FRANCE
98TH COMBAT STRESS CONTROL



What is communication?

Communication is the activity of conveying information. To be effective

communicators, it is important that we understand the different forms of communication. Understanding communication principles allows us to transmit messages that can be easily understood by others.

Let's look at the three components of communication: verbal, or the words we choose; paraverbal, or how we say the words; and nonverbal, or our body language.

Effective verbal messages need to be brief, organized and free of jargon, and they should not create resistance in the listener. A rambling and unorganized speaker is generating frustration in the listener and the intended message will be missed. Using words that are critical, blaming, judgmental or accusatory put the listener in a defensive mindset and, again, the message will be missed.

Paraverbal communication refers to the messages that we transmit through the tone, pitch and rate of our voices. So, for example, when I am calling my dog to come in, if my tone and pitch are angry or threatening, the dog can pick up on that and possibly hesitate to come. Our paraverbal communication is essentially how we deliver the information, and it can influence how the message is received and perceived

by those we are communicating with.

The power of nonverbal communication cannot be underestimated. In his book, "Silent Messages," professor Albert Mehrabian says the messages we send through our posture, gestures, facial expression (eye contact being the most important facial expression), and spatial distance (the space between the speaker and listener) account for 55 percent (and in some cases, more than 80 percent) of what is perceived by the listener.

It is important to understand that it is not always what we say, but how we say it and our body language that is most influential in how our messages are received.

Now that we've reviewed the components of transmitting messages, let's look at the skills required for effectively receiving messages.

Listening skills involve four key components: giving full attention to the speaker by avoiding other activities while listening; being aware of the speaker's nonverbal messages, as they are, again, at least 55 percent of the message that is being conveyed; paying attention to the words and feelings, as responding with the same level of emotion could escalate the interaction; and reflectively listening, or restating in your own words the feeling(s) and/or content that is being expressed to clarify that you received the sender's message.

Understanding the aspects of communication is essential in being an effective leader, co-worker, friend and partner. Effective communication can decrease stress and worry about our interactions with others.



U.S. Army photo by Spc. Victor Nieves, Jr.

Staff Sgt. Raul Martinez, 370th Transportation Company, 394th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, from Brownsville, Texas, shows Spc. Ignacio Berrones, III of Brownsville, Texas, the proper levels of power-steering fluid to make certain there is no loss of turning power while on the roads.

Soldiers swap fish sticks for dip sticks

STORY BY
SGT. MENDEZ EULALIO, IV
370TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Cooks put down their spatulas for full combat gear, ready to hit the streets of Contingency Operating Base Speicher, Iraq.

As the sun rises and sets, day in and day out, four Soldiers assigned to the 370th Transportation Company, 394th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, make their way to the dining facility three times a day to fulfill their duties as food service specialists, while one spends his day handling company supply issues.

Spc. Rumaldo Noriega, a San Benito, Texas, native; Spc. Bentio Perez, a Santa Rosa, Texas, native; Spc. Ignacio Berrones, a Houston, Texas, native, and Spc. Omar Cantu of Brownsville, Texas, native, can be seen every day at the dining facility, morning, afternoon and evening.

These Soldiers are responsible for maintaining accountability of Soldiers and civilians entering the facility.

With time flying by like the speed of light, many troops are realizing their Rest and Recuperation window has rapidly approached. March was a busy month where many drivers and truck commanders went on R&R, and with missions and tasks popping up left and right, commanders and leadership were left scratching their heads, asking themselves, "Who will we send on these missions?"

Eager to get out on the road, Cantu quickly geared up for driver's training, instructed by Staff Sgt. Raul Martinez, III, a Brownsville, Texas native and a mission commander for the 370th Trans. Co.

After multiple blocks of instruction and a wide variety of hands-on training, they were ready to fill the shoes of those motor transport operators on leave. Although time was taken away from their food service and supply duties while on missions, they would resume those duties as the mission allowed.

"The Soldiers have gone through all the necessary training on M915A3, which includes the class and hands-on," Martinez said. "We strive for success and make sure that every Soldier understands the importance of [preventive maintenance checks and services], pre-combat checks and pre-combat inspections for their safety while they are on the mission."

Upon completion of the course, the Soldiers were issued a permit to operate the M915A3 Line-Haul Tractor along with learners' permits.

Of the five Soldiers, Cantu has been the first so far to receive a full operator's license for the M915A3.

"It was a very big difference from working in the dining facility to being outside, seeing the other side of Operation New Dawn" Cantu said.

Recruits join Security Force

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

CONTINGENCY OPERATING BASE ADDER, Iraq –

In another step towards the total drawdown of U.S. troops from Iraq, leaders from Army, Air Force and Iraqi Air Force units across Contingency Operating Base Adder attended a graduation ceremony for Iraqi Security Forces trainees April 2.

The 24 graduates received the same training in 14 days that U.S. Air Force Security Forces receive in four months, said Air Force Capt. Ryan Bodge, commander of the 407th Expeditionary Security Forces Flight and a Cold Spring, N.Y., native.

"Security is the most important thing for a commander," he said. "Security is necessary for the safety of our people and for the mission to take place, and I'm very proud to be a part of this outstanding class of new security forces."

This was the second class of Iraqi Security Forces to attend training at COB Adder. The training program, which was developed and provided by the 407th ESFF, teaches the skills needed to secure and defend an airfield, said Air Force Maj. Mechille Braden, the Iraqi Train and Advise Mission-Air chief and an Arlington, Va., native.

"During this class, the ITAM-Air personnel provided logistics and linguist support," she said. "Capt. Bodge and his team of security forces trainers are the force providers behind this course."

After honoring two distinguished graduates, Bodge thanked all of the "Defenders" for their performance throughout the training.

"There was a written exam halfway through the course," he said. "The class had a 96 percent average, and five trainees achieved a perfect score on the exam."

The course was designed to be 30 percent academic, and 70 percent hands-on training, Bodge said.

Trainees and guests laughed and cheered as they watched a slideshow of photos taken while the Defenders learned entry control procedures, vehicle and personnel search procedures, how to recognize and react to an improvised explosive device, reacting to indirect fire, use of force procedures and other skills.

"This graduation is a huge step toward the Iraqi Air Force becoming self-sufficient for base security activities," said Capt. Douglas Wells, the director of security for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Frostbite Falls, Minn., native.



An Iraqi Air Force trainee receives a distinguished graduate certificate April 2 for being one of the top graduates of the security forces training at Contingency Operating Base Adder, Iraq. The 14-day training was provided by the Air Force's 407th Expeditionary Security Forces Flight.



An Iraqi Air Force trainee receives his graduation certificate after completing security forces training April 2 at Contingency Operating Base Adder, Iraq. The 14-day training was provided to the Iraqi trainees by the Air Force's 407th Expeditionary Security Forces Flight.

Trans. Co. hands over authority, imparts wisdom

STORY AND PHOTO BY
STAFF SGT. IRVINE ARMAND-ROBERTSON
220TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

SPEICHER, Iraq – The 220th Transportation Company, 394th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command has done its part in Operation New Dawn.



Spc. Marek Gajlewicz, with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, power washes his truck after a muddy mission.

The company has successfully accomplished more than 150 missions. These missions consisted of transporting loads such as tanks, Mine Resistant Ambush Protected vehicles, Humvees, and Containerized Housing Units to and from more than 13 Forward Operating Bases, one mission taking up to 21 days to accomplish. The company has driven more than 387,786 miles, and hauled more than 20,000 tons of cargo.

During the last two months of their deployment, the 220th Trans. Co. was at its busiest, with nearly the entire company running multiple missions.

"It felt like I spent more time off base than on base," said Spc. Jay Lennon, a Freemont, N.H., native.

To insure the missions are accomplished to the best of the 220th Trans. Co.'s abilities, the company's leaders lead by example and join their Soldiers on missions.

"I like my Soldiers to see that I don't ask them to do anything I wouldn't do," said Staff Sgt. Michael Tetlow, a native of Cheshire, Mass. "I go on missions as much as possible."

The unit will be passing the torch to their replacement, the 89th Transportation Company out of Fort Eustis, Va., next month. Before leaving, the 220th Trans. Co. has helped the 89th Trans. Co. transition into their deployment.

"The 220th has shared with us their knowledge and experience they've gained in the past 10 months," said 1st Lt. Matthew Castiglione, executive officer and acting commander of the 89th Trans. Co., a native of Phoenix, Ariz. "We feel comfortable in taking over and continuing the mission."

Laundry specialists provide comforting service for troops

STORY BY
1ST LT. MICHAEL SHEAR
540TH QUARTERMASTER BATTALION

KIRKUSH MILITARY TRAINING

BASE, Iraq – As U.S. forces prepare to leave Iraq, they are charged with the responsibility of training a competent Iraqi-led force to protect their own country. In order to accomplish this goal, the U.S. and Iraqi forces have developed specialized military training bases for Iraqis to learn all the necessary military tasks.

These military training bases are similar to the National Training Center or Joint Readiness Training Center in the United States, and are similarly located in an austere environment.

Kirkush Military Training Base in eastern Iraq is no exception.

Military-run laundry is a necessity for keeping Soldiers clean, healthy and happy. The 540th Quartermaster Company (Field Service), 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command is there to provide this essential service.

Six days a week, Soldiers on KMTB are able to come to the laundry turn-in point, drop off their dirty clothes, and come back the following day to receive clean, neatly

folded uniforms and personal clothing items.

The laundry team at KMTB is composed of only two Soldiers and a noncommissioned officer-in-charge who hold the military occupational specialty of 92S, Shower, Laundry and Clothing Repair specialist.

The equipment they use is called the Laundry Advanced System which is capable of supporting up to a battalion sized element with up to 15 pounds of laundry per Soldier per week.

These SLCR Soldiers thrive on improving the quality of life for the troops who use the laundry service.

"The mission we do out here impacts their overall operation, because we keep the Soldiers laundry clean and that makes them happy," said Staff Sgt. Towayne Uzzle, the SLCR NCOIC and native of Newport News, Va.

The laundry site at KMTB is set up so that individuals can turn in and pick up their laundry on their own time.

"Daily, we do between three to five loads, which is 75 to 125 bags of laundry per day," said Spc. Anthony Rhodes, an SLCR specialist and Los Angeles native.

With ongoing U.S. training missions with the Iraqi Army, the 540th QM Co.'s Shower, Laundry and Clothing Repair Soldiers continue to provide a mission-essential service to increase the health and morale of the war fighter.

Brotherly bond propels Soldiers

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

JOINT BASE BALAD, Iraq – They were always clearly identifiable, the older sibling and his kid brother, and though they traveled down separate roads to Iraq, they stand as a sound example of the eternal bond generated during childhood that survives and prospers.

The Stoddard brothers, 20-year-old Zac and 23-year-old Daniel, share not only the distinction of their ancestry, but they are also members of the same unit – Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, stationed at Joint Base Balad, Iraq.

They are also a study in contrasts.

Zac, a private first class and Daniel, a sergeant, traveled to Iraq with F Company down different paths. Daniel is quiet, laid back and exudes the attitude of a two-tour veteran. Zac, on his first tour in Iraq, is more outgoing.

They grew up together until Daniel left at the age of 12 to live with their father. Zac stayed behind with his mom.

While their father and, by extension, Daniel stayed rooted to Touchet, Wash., Zac said he and his mom moved around, eventu-

“I used to pick on him a lot. One time I told him he had diabetes.”

– Sgt. Daniel Stoddard

ally settling in Denver, Colo.

They are in different platoons within F Company and perform different jobs connected to their individual rank. Daniel is a truck commander within 2nd Platoon's 2nd Convoy Escort Team, while Zac is a driver in 1st Platoon.

Daniel, who now lives in Milton-Free-water, Ore., said he takes a low-key approach to the fact he and his kid brother are in the same company. Yet, he said he enjoys the fact his brother is nearby.

“I like it, it is a good way to keep track of him,” Daniel said.

He said that he does not worry about how his brother will do in his CET.

“They have good noncommissioned officers in Zac's platoon,” Daniel said. “I know they take good care of him. It makes my dad feel safer to have him with me.”

He added that there are definitely advantages to the fact that he and his brother are in the same unit.

“It is not bad,” Zac said. “When I get flustered, I go over to his [containerized housing unit] and he helps me out.”

“I get wound up easier than he does,” Zac said. “He is more calm and collected. It is comforting to know I can confide in my own brother.”

“He was always a hot-head as a kid,” Daniel said with a smile.

Daniel is light-years ahead of his little brother in terms of experience in a combat zone. Daniel said he first came to Iraq in 2007 when Oregon's 234th Engineer Battalion was mobilized for overseas duty.

When the 234th's tour ended, Daniel elected to extend with the 39th Brigade Combat Team from Arkansas.

His tour with the Razorbacks was cut short when he was involved in a Humvee accident and broke his foot.

After spending a year on medical hold, Daniel recovered enough to sign on for another deployment, this time with the 3rd Battalion, 116th Cavalry Regiment.

Daniel, who was stationed at JBB with the 234th Engineer Battalion in 2007, said he has watched Iraq change during his three deployments.

The current focus is on allowing the Iraqi Army and police to take the lead role. The two brothers share not only a common heritage, but a common goal to achieve success in Iraq.

Yet, they both talk easily about how they performed as brothers when they were children. Daniel admitted he often did mischievous things to his little brother.

“I've always been bigger than him and when we were younger, I exploited that,” he said. “I used to pick on him a lot. One time I told him he had diabetes.”

Zac said he came to the military almost in spite of his brother.

“I was always the family rebel,” he said. “I thought of it as being different than him.”

Yet, when he said his life was going down “the wrong road,” it was his brother whom he looked to.

“At first I thought I'd join the military because I didn't have a future planned,” Zac said.

His decision to join the Army and follow in his brother's footsteps proved to be a good one, he said.

“I've got a lot more discipline since I came here,” Daniel said.

He added that he is proud of his brother.

“It makes me feel good; he wants to do what I'm doing,” Daniel said.

Despite the fact they are in different platoons, the duo said they do run into each other occasionally on duty.

“We end up seeing each other about once a week,” Daniel said.

Both brothers agreed that no matter what happens, they will always remember that they are Soldiers with a job to do.



Pfc. Zac Stoddard, a Touché, Wash., resident and a member of Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, relaxes by playing the guitar at Joint Base Balad. Zac and his brother, Daniel Stoddard, are both serving in Company F, but they are in different platoons.



Sgt. Daniel Stoddard, a resident of Milton-Free-water, Ore., and a member of Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, receives the Combat Infantryman's Badge during a ceremony at Joint Base Balad. Sgt. Daniel Stoddard and his brother Pfc. Zac Stoddard both serve in Company F in the 3-116th Cav. Regt., but they have different jobs and are in different platoons.



Capt. Jesus Pena, commander of the 632nd Heavy Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Del Rio, Texas, native, and his Outlaws will return to Fort Stewart, Ga., after their year at Contingency Operating Base Adder, Iraq. While in Iraq working in support of Operation New Dawn, Pena's Outlaws successfully completed roughly 8,500 maintenance work orders.

'Outlaws' transfer responsibilities

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

CONTINGENCY OPERATING BASE ADDER, Iraq – Hundreds of Soldiers gathered at Memorial Hall to witness the end of the 632nd Heavy Maintenance Company (Outlaws) tour here in Iraq.

In true Army tradition, the 632nd Heavy Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, conducted a Transfer of Authority ceremony April 12 with the 1729th Field Support Maintenance Company, from Havre De Grace, Md.

The Outlaws, who will return to Fort Stewart, Ga., served as the lone heavy maintenance company in Iraq.

Capt. Jesus Pena, commander of the 632nd Heavy Maintenance Co. and a Del Rio, Texas, native, shared his company's accomplishments during his remarks at the ceremony.

He also went on to thank his Soldiers and honor a fallen comrade the company lost late in their deployment.

Lt. Col. David Ceniti, commander of the 749th CSSB, spoke in praise of the Outlaws.

"Your accomplishments were extraordinary," he said. "You should feel honored for your world-class efforts in support of Operation Iraqi Freedom and Operation New Dawn."

Ceniti also addressed his new maintenance counterparts, the 1729th FSMC.

"It's up to you to write the next chapter in maintenance history," Ceniti said.

U.S. trainers praise commandos

STORY AND PHOTO BY
SPC. ANDREW INGRAM
UNITED STATES DIVISION-NORTH

CONTINGENCY OPERATING SITE WARRIOR, Iraq

– Lt. Col. Marcel Schneider, 15th Brigade Sustainment Transition Team, and Soldiers assigned to Company Charlie, 1st Squadron, 14th Infantry Regiment conducted their last scheduled training mission in support of 15th Brigade, 12th Iraqi Army Division in Kirkuk Province, Iraq.

Company C Soldiers, part of the 1st Advise and Assist Task Force, 1st Infantry Division, reviewed basic marksmanship skills with the 15th Bde.'s Commando Company before coaching the Iraqi Soldiers as the Soldiers zeroed their M16 rifles at the range.

"Working with the 15th Bde. during the last 10 months has been a uniquely rewarding experience for me," Schneider said. "As Operation New Dawn continues and the U.S. military's role in Iraq becomes smaller, we finish a chapter in the history of Iraq. This chapter is finished, but we are starting a new chapter, one in which I hope our relationship will continue as our two great nations continue to work together."

Cpl. Brandon Lamb, an infantryman assigned to Company C, lead the commandos through the four marksmanship fundamentals: steady body position, sight picture, breathing and trigger squeeze; while his platoon mates observed the Iraqi Soldiers practice.

"This was one of the most disciplined groups of Iraqi Soldiers I have worked with so far," said Lamb, a native of St. Robert, Mo. "They seem to have grasped a pretty good working knowledge of what we have been teaching them. Now it's up to them to take this knowledge and run with it."

Many of the commandos trained with their new weapons for the first time during the classes, said Pvt. Amar Abdul Hussein, a Commando Company Soldier.

"We are not experts with the M16 yet – for some of us it is the first time we have trained with our personal weapons," Hussein said. "The U.S. Soldiers have done a good job of



U.S. Army Cpl. Brandon Lamb, an infantryman assigned to Company Charlie, 1st Squadron, 14th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, coaches Iraqi Army Pvt. Amar Abdul Hussein, a Soldier with Commando Company, 15th Brigade, 12th Iraqi Army Division.

showing us the basics, such as the four fundamentals."

Lamb said he and fellow U.S. Soldiers also benefitted from the cooperative training.

"Since we've been in Iraq, our unit has made it a priority to have junior leaders like me take a large part in training the Iraqis," Lamb said. "It sharpens our skills and prepares us to train our own Soldiers when we return to the States."

Though many of the Iraqi Soldiers wish they could continue training with U.S. forces, the Soldiers are confident that they now have the skills to succeed on their own,

Hussein said.

In the afternoon, Staff Brig. Gen. Abdulla Amir, commander of 15th Bde., 12th IA Div., hosted a farewell ceremony to show his appreciation for Schneider, who worked closely with brigade leadership as an advisor, teacher and liaison and to U.S. Soldiers who worked to train the commando unit.

Amir said although he will personally miss Schneider both as a friend and a trusted mentor, he looks forward to the challenge of managing his troops without U.S. assistance.

The Gift of Giving

STORY AND PHOTOS BY
SGT. COLTIN HELLER
UNITED STATES DIVISION-NORTH



CONTINGENCY OPERATING BASE

SPEICHER, Iraq

"I'm very thankful for all the clothes and blankets," said Saife, an Iraqi teen who received several blankets and a new pair of shoes handed out April 7 by Iraqi jinood assigned to 2nd Battalion, 48th

Brigade, 4th Iraqi Army Division, at a humanitarian event in Tikrit, Iraq.

U.S. Division-North Soldiers assigned to Company Bravo, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, supplied the varied garments to 4th IA Div. jinood, who transported and distributed the belongings to less fortunate children at a police station in Tikrit.

"The humanitarian assistance originated from division and the Civil Affairs section," said Staff Sgt. Bobby Ogan, civil affairs noncommissioned officer, assigned to Company Alpha, Division Special Troops Battalion, 4th Infantry Division.

Civil Affairs serves as a bridge between Iraqi civilians and U.S. forces, informing commanders on the status of local populations, as well as assisting those populations by coordinating infrastructure renewal projects and delivering supplies and aid, such as clothing and blankets.

"We purchased \$350,000 worth of supplies, from clothing and jackets to blankets and shoes," Ogan said. "After the stuff was ordered, I tracked it, distributed it to the brigades to support the IA."

The 2nd AAB, one of the brigades in U.S. Division-North to receive the supplies, began planning the event between 1st Bn., 27th Inf. Regt. "Wolfhound" Soldiers and their Iraqi counterparts in January.

"I met with [Soldiers] several times and they totally supported the idea of the IA being in the lead," said Ogan, a native of Days Creek, Ore.

"The IA did all the planning, we just furnished the supplies," he added.

Wolfhound Soldiers linked up with the jinood outside of Contingency Operating Base Speicher, transferring the seasonal wear and blankets to two large IA vehicles to be taken to the police station.

"Even though the humanitarian aid was from division, we can use it to generate support from the area," said Aebischer, who hails from Barnegat, N.J.

"If the people see the IA bring the aid, the people can identify with that and it empowers the IA."

It's a good thing that the people see (the IA) bring the supplies, as this shows the people that their forces can help the local communities, Aebischer said.

Fifty Iraqi children gathered around as the IA Soldiers unloaded all the brightly colored blankets and brand-new shoes before passing them out to the children, who toted their gifts away beaming from ear to ear.

"We hoped for over 100 kids, but this was still a good turn out," Aebischer said. "I'm confident all this stuff is going to a good place."

A large portion of the aid remained after the event as fewer children than anticipated showed. IA Soldiers reloaded the gear, taking the gifts down the road to an orphanage to pass out the remaining shoes and clothes.

"We hope, due to missions like this, security will increase and [the Iraqi people] will know the IA can support them and maintain their safety," Aebischer said.



Two Iraqi jinood (Arabic for "Soldiers"), assigned to 2nd Battalion, 48th Brigade, 4th Iraqi Army Division, load clothes, blankets and shoes onto their truck in preparation to deliver the varied goods during a humanitarian event April 7 in Tikrit, Iraq. The IA Soldiers delivered the clothes, provided by the Civil Affairs section of the 4th Infantry Division, U.S. Division-North, to less-fortunate children in the area.



An Iraqi child receives help opening his shoe box from an Iraqi Soldier assigned to 2nd Battalion, 48th Brigade, 4th Iraqi Army Division, during a humanitarian event April 7 in Tikrit, Iraq. Fifty children received clothes, blankets and shoes provided by the Civil Affairs section of the 4th Infantry Division, which were handed out during the event by IA Soldiers in an effort to bolster confidence and support for IA units operating in local communities in Tikrit.

Spin Strong

STORY AND PHOTOS BY
SPC. FELICIA ADAMS
EXPEDITIONARY TIMES STAFF

The tent overflowed with squeaky cardio machines, overused workout benches, heavy weights, different exercise equipment, and a large fridge full of ice-cold water. Disorganized dumbbells, faded medicine balls, raggedy mats and more weights covered the rubber-plated floor.

In the back of the dimly lit tent on an older-model spin bike cycled a tall, muscular middle-aged man. His calves burned as he pedaled furiously with both shoes securely buckled into the pedals. His well-fitted gloves grasped the handlebars while he concentrated deeply on his breathing, posture and the heavy base line from his techno music.

Nothing could get in the way of his focused gaze. Neither the cool breeze of the air-conditioning unit, nor the musty smell of sweat, or even

the creaking sound of the spin-bike wheel could distract him. He continued to stay determined even as he began to feel tired.

Sgt. 1st Class Christopher Stoltie, the communications and services division helpdesk noncommissioned officer-in-charge with the 310th Expeditionary Sustainment Command and a native of Fort Wayne, Ind., is a dedicated cyclist. When he deployed to Joint Base Balad, Iraq, he brought his lifestyle and hobby with him to help keep him motivated, to keep his long-term goals on track, and to stay in shape.

Stoltie has been avidly cycling for almost 14 years. Previously, he was a committed runner, but after two knee surgeries, Stoltie was not able to run anymore.

"I use to run then I switched over to cycling because I beat my knees up pretty bad," Stoltie said.

From that point on, his interest in cycling developed into a new lifestyle for him. Not only did cycling replace running in his life, but it made a huge impact on his rehabilitation time after each surgery.

"After each surgery I went into spinning and then on the road for cycling and it actually improved my recovery time by two-fold," he said.

He also had some influence from others to help fuel his cycling ambitions.

"I watched a lot of the Tour de France and picked up on it," Stoltie said. "A lot of my buddies did triathlons, so I just started riding with those guys and it grew from there."

This is Stoltie's third deployment to Iraq, but it is his first time bringing his personal equipment and way of life with him. Instead of bringing his expensive cycling bike and bike trainer, which converts his road-bike into a stationary bike, Stoltie took a few pieces of gear off his bike from back home and transported them here.

"My bike is too expensive, it's almost \$4,500, so I'm not going to have it shipped here," he said. "I took the pedals off my bike and put them on the spin-bike here, and my road shoes I brought over just clip into them."

Stoltie said he also brought the saddle from his cycling bike, and positioned it on the spin bike here along with his very own pedals.

Even though he's passionate about cycling, he doesn't plan to cycle on the road here in Iraq. In place of cycling he uses the spin bikes to stay in shape. Stoltie did acquire an inexpensive bike while on deployment for transit purposes.

"I have a little, cheap bike, a \$99 bike that doesn't fit me," Stoltie said. "It's actually hard to ride and I'm used to a fitted bike. This thing is awful, but it's nice to be able to get around on."

Stoltie has been biking on a consistent basis since he arrived in Iraq and has all intentions to start biking as much as he did back home.

"Hopefully, I will be able to get back into it here for about an hour to an hour and a half a night, and at least once a week I'll do a three-and-a-half- to a four-hour ride on the spin bike, because it's my time to let go, to decompress on the bike," he added with enthusiasm.

In addition to wanting to stay in shape, Stoltie's background has been a huge factor that influences his drive and determination to cycle.

"All my uncles, except for one, and my dad all died before the age of 50 from cancer," he said. "I'm 42, but I'm not going to let it beat me if I get it.



Sgt. 1st Class Christopher Stoltie, the communications and services division helpdesk noncommissioned officer-in-charge and a Fort Wayne, Ind., native, spins his way to fitness during his deployment at Joint Base Balad, Iraq. Stoltie is dedicated to train for cycling tours and relays and to stay in shape.

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to get in that fight, I'm going to win. It's in the family, so I just want to fit."

In fact, his entire right thigh is colored with inspiration from his family. The tattoo on my leg, it says 'Livestrong,' but if you look at it, you can see my dad and all three of my uncles' initials who have died of cancer," he said as he proudly showed off his meaningful ink work.

His passion was evident in his eyes as he continued to tell what his life represented.

My uncles and my dad have all inspired me because they didn't stay fit and work out," Stoltie said. "I'm probably more fit than those guys were ever in their lives, so I definitely like to stay in shape for that reason."

Not only does he permanently wear "Livestrong" on his body, Stoltie is also a member of Lance Armstrong's foundation to help with cancer research. In the summer of 2012, when he returns home from deployment, he will be going with Team Livestrong in the Ride Across Iowa, Stoltie said. "I'm biking and training to help with cancer research," he said. Stoltie was supposed to ride with the team in 2011, but because he's currently in Iraq, he will be participating in 2012.

In addition to the Ride Across Iowa, Stoltie has quite a few more goals looking forward to when he returns home.

"I definitely want to do Ride Across Indiana and the Hilly Hundred," he said. "I also want to get into racing and do some longer rides. One of them is called the Race Across America; it's a 3,000-mile ride from California to Maryland."

Regardless of his limitations with cycling on the road here in Iraq, Stoltie plans on getting in better shape during this deployment to prepare himself for his future rides.

"I'm trying to get back down under 180 pounds so that when I do get home and start riding on the road again, I'll be close to being in race shape," he said.

It's difficult for him to track his mileage here, but he said his main goals are to stay fit, keep his weight down and stay motivated to prepare for those races and tours.

Without a doubt, Stoltie is truly devoted to his lifestyle of being a cyclist, but he also puts the same emphasis on his military career.

Capt. Maj. Paul Rooney, a senior signal sergeant with the 310th ESC, and Columbus, Ohio, native, said he has known Stoltie for quite a while and remembers him bringing his bike to annual training and seeing him in his uniform with a big smile riding down the road, but more importantly he remembers Stoltie making a significant, selfless decision.

He was with [U.S. Army Reserve Command] as a recruiter, and as I was bringing him over to my unit to mobilize with us and he had to make a decision because he was chosen to ride with Lance Armstrong, and he actually gave up riding with Lance for a period of time to start going through the mobilization process with us," Rooney said.

While Rooney talked admirably about Stoltie, he also mentioned that he was interested in riding with him when they both returned from deployment.

"I know he's been starting it back up here and maybe one of these days when we get to Indy we can go on a long trip," Rooney said.

With all his motivation, dedication and drive not to give up, Stoltie has an conviction to maintain his lifestyle on deployment while meeting all his goals.

After the workout, his uniform was completely drenched in perspiration, sweat continued to pour down his beet-red face as he carefully climbed onto his bike. He ripped his soggy gloves off, slid off his custom-fitted shoes, and took the weight off his feet by sitting down. As soon as he had downed a half a bottle of ice-cold water, he was ready to stretch his legs, but his solid legs.

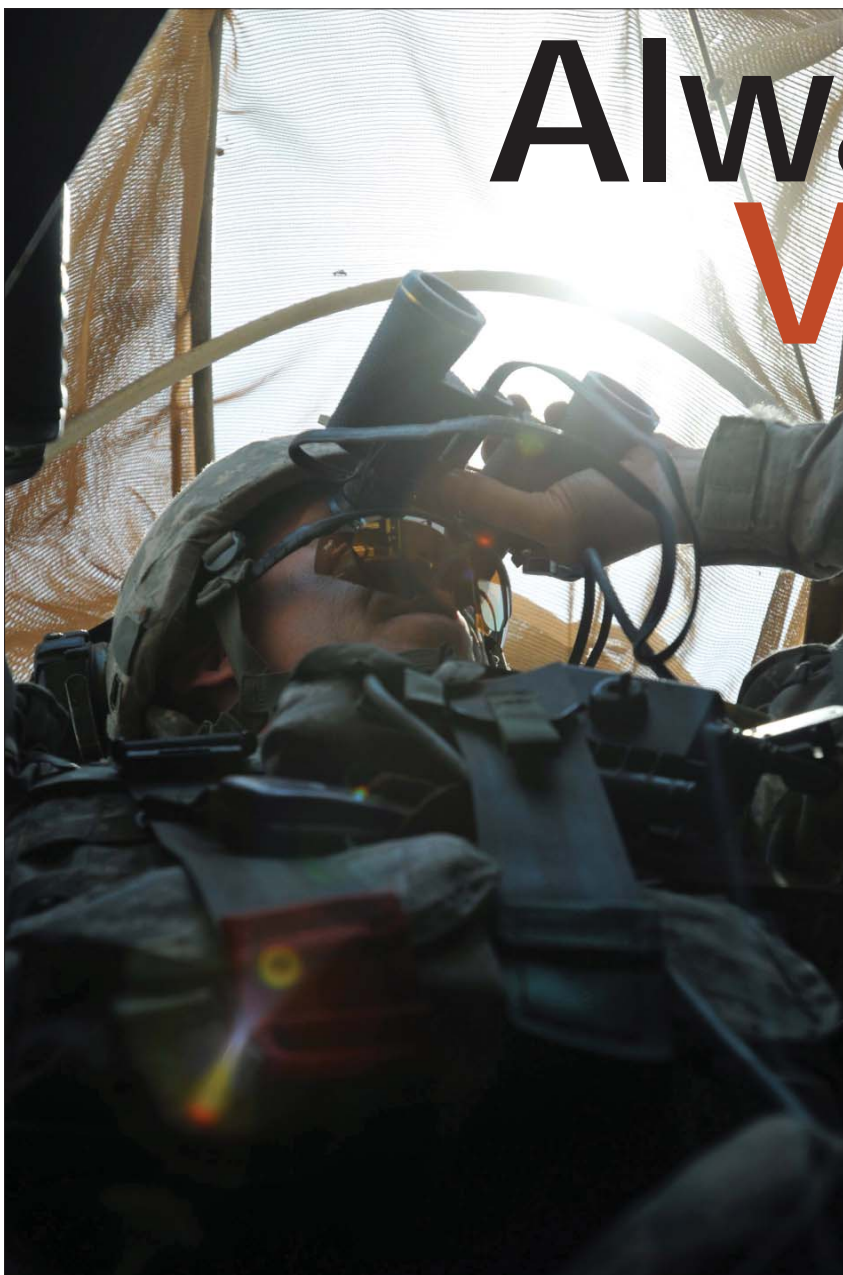
With music still blaring, the humidity in the tent bearing down, and his muscles tired and fatigued, Stoltie still managed to effortlessly display the passion that he would continue to fight and work for his family, his life and himself.



Sgt. 1st Class Christopher Stoltie, the communications and services division helpdesk noncommissioned officer-in-charge and a Fort Wayne, Ind., native, spins his way to fitness during his deployment at Joint Base Balad, Iraq. Stoltie is dedicated to train for cycling tours and relays and to stay in shape.



Sgt. 1st Class Christopher Stoltie, the communications and services division helpdesk noncommissioned officer-in-charge with the 310th Expeditionary Sustainment Command and a Fort Wayne, Ind., native, maintains his focus on pedaling, breathing and maintaining perfect posture while spinning.



Always Vigilant

'Outlaw' Escort Team keeps the Iraqi streets safe day and night

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



CONTINGENCY OPERATING BASE ADDER, Iraq – As the deadline approaches for all U.S. troops to exit Iraq, units like the 163rd Combined Arms Battalion, 1st Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, are playing a pivotal role in the drawdown.

Since November of last year, the 1-163rd CAB has sent its infantry Soldiers on numerous convoy escort and security missions.

The Soldiers of Company Bravo, as part of this ongoing mission, safely guide the drivers of fuel trucks and vehicles carrying ammunition from Contingency Operating Base Adder to COB Kalsu.

Command Sgt. Maj. Erik R. Frey, the lead noncommissioned officer for the 4th Sust. Bde. and a Killeen, Texas, native, accompanied them to see his 163rd CAB counterparts in action.

"I'm very impressed by these guys, and know our units that will be on the road with them during our mission here, will be in good hands," said Frey.

Sgt. Scott Leimkuehler, a truck commander with the 1-163rd CAB, and a Kalispell, Mont., native, said he and his teams mostly escort fuel trucks and transportation units throughout southern and central Iraq.

Leimkuehler said they expect to see a spike in missions throughout Iraq as the drawdown inches closer to completion. They will help other units bring equipment to and from Adder.

Spc. John York, a gunner with Company B, 1-163rd CAB and a Tulsa, Okla., native, said between escort and security missions, the Soldiers of Bravo Co. conduct weapons and medical training, with continual rehearsal drills on reaction to improvised explosive devices.

When they're on the road, humor contributes to a relaxed atmosphere, all while maintaining a serious outlook on the mission.

"We all know our positions and jobs very well," Leimkuehler said.

"I don't have to worry about my driver or my gunner," he said. "When we have to make a stop, I know York is up and is completely on top of things. But we are always cracking jokes and having fun together."

Sgt. Kelly Skurupey, a truck commander also with Company B, 1-163rd CAB and a Coeur D'Alene, Idaho, native, said what his team sees on the roads is very different from what he saw during previous deployments between 2007 and 2009.

"I used to be active Army for four years, and I deployed during the surge and the climax of the war here," he said.

Skurupey said that at that time, there were more than 200,000 troops on ground and today there are fewer than 50,000 troops.

"Things were a lot more aggressive back then," Skurupey said.

While recognizing the changes, he still knows the risks of his unit's missions.

"Attacks have balanced out in accordance with the amount of troops out here," he said. "Even if there isn't much talk of what's happening in Iraq anymore back home, we're still here doing our jobs."

Spc. Apollo Child, a 50-caliber machine gunner with Company B, 1-163rd CAB and a Kalispell, Mont., native, said his interactions with the Iraqi people have left a lasting impression on him.

"When we roll through towns and markets, we always see kids waving and smiling at us," he said.

Child said that he knows people at home still have a negative outlook on Iraq, but he says we're only "helping the people of this country."

Spc. John York, an M240B gunner and a Tulsa, Okla., native with Company Bravo, 163rd Combined Arms Battalion, 1st Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, looks out his gunner's hatch during a convoy escort and security mission. The 163rd CAB's escort teams have been conducting convoy escort missions in support of Operation New Dawn since November.

Sgt. Scott Leimkuehler, a truck commander and a Kalispell, Mont., native, with Company Bravo, 163rd Combined Arms Battalion, 1st Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, listens during a pre-convoy brief at Contingency Operating Base Kalsu, Iraq.



Truck commander earns Purple Heart medal for injuries during IED attack

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

CONTINGENCY OPERATING BASE SPEICHER,

Iraq – Sgt. Nick Southard, a truck commander for Company Charlie, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a native of Elgin, Ore., knows he is a

lucky man.

In February, the Mine Resistant Ambush Protected vehicle he commanded hit an improvised explosive device outside of Joint Base Balad, Iraq. The MRAP, specifically designed to withstand such blasts, saved Southard and his crew.

Recently, Southard was recognized for his actions during and after the IED attack when he was awarded the Purple Heart medal at Contingency Operating Base Speicher, Iraq.

The Purple Heart medal is awarded in the name of the President of the United States to members of the Armed Forces who are wounded or killed while serving in action against an enemy of the United States.

"It is an honor," Southard said of the award.

He said that earning a Purple Heart was not high on his list of priorities when he deployed to Iraq with eastern Oregon's 3-116th Cav. Regt.

"It is an honor to get it and still be alive," he said.

He added that he and his crew utilized skills honed over months of training to react to the IED.

"Between the three of us, we did exactly what we were

supposed to do," Southard said of himself and his team on the day of the attack.

Capt. Seth Musgrove, the commander of C Company, 3-116th Cav. Regt., and a native of La Grande, Ore., said he is pleased with the performance of Southard and his crew during the IED attack. Yet he, too, admitted awarding a Purple Heart medal sparks mixed emotions.

"It is bittersweet because it is one of those awards you don't want to get," he said. "His courage reflects on the unit and the coalition mission in Iraq. He is a solid Soldier. His determination is a reflection on his personal courage."

While proud of being recognized, Southard said he is ready to get back out on the road to help C Company escort convoys across central Iraq.

"I actually tried to get them to let me go out early," he said.

Southard said he takes pride in the work he and the rest of C Company do every day while escorting convoys across Iraq.

"I feel like I'm part of the team trying to make everyone safe," he said.

MEDAL: Soldier earns distinguished decoration while on leave to States



Spc. Shane Darst, an armor crew member serving with Company Delta, 2nd Battalion, 12th Cavalry Regiment, attached to the 1st Advise and Assist Task Force, 1st Infantry Division, shakes hands with a young child April 3 at a checkpoint near Contingency Operating Site Warrior, Iraq.

Cont. from pg. 1

"I heard something fall over and inside my head I said 'Please God let that be him,'" Darst said.

After finding a girl inside, Darst dragged her out the front door to safety.

Upon returning to COS Warrior, Darst received a 'Devil Brigade' coin and a Certificate of Achievement for his act of courage.

Spc. Tyler Shuell, Darst's best friend, also serving with Company D, said he thinks Darst's receiving the Soldier's Medal would be well deserved.

"When I heard about it, I was proud of him," said Shuell, who hails from Portland, Ore. "He's definitely the type of guy who will go out of his way for you."

Congress introduced the Soldier's Medal in 1926 to recognize acts of bravery outside of combat. The criteria for receipt of the medal

requires the member serving with the Army to encounter personal danger and voluntarily risk his or her life – an act of bravery Darst said he did not think he could do.

"The thing that made me do it was that girl's scream," Darst said. "I kept thinking, if that was my daughter, if that was me in there, I'd want somebody to come get me. I never thought I'd be able to do something like that, but whenever it happens, it's like, either you do it or you don't."

After the incident, Darst said he visited the family several times before he returned to COS Warrior.

Everyone was happy, he said, and although they lost belongings, he was glad to be a part of them having a merry Christmas by allowing them to have the gift of each other.

Darst is scheduled to receive the Soldier's Medal during an upcoming awards ceremony hosted by Thunderhorse Battalion.

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.

Sexual Assault Awareness Month JOINT BASE BALAD 2011



Friday, April 1
Poem Contest Begins!

Thursday, April 15
Poem Contest Ends!

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

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

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

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

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

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

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

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



Benefits of exercise outweigh the fatigue

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Being in the military, you are always told to exercise, but most times the benefits are explained in the context of passing

your physical training test or being combat ready.

Seldom are the intrinsic values of exercise discussed or explained in a military environment. It is important to understand the positive effects exercise can have in terms of general quality of life, because there will be a direct correlation between your effectiveness as a person and as a member of the military.

Also, knowing what's in it for you can provide motivation for those of us who are less ambitious.

So, what is in it for you? Well, that uplifting feeling you get while staring in the mirror admiring a muscle that has become more defined or when you are pleasantly surprised by the amount of space between your waist and trousers is an increase in your self-esteem.

The confidence boost you get from your perceived improvement in body image can be an asset in all aspects of your life, but this can be especially helpful as you rise through the ranks in your military career. Confidence is a trait of a good leader, because if you are unsure of yourself, others will mirror that sentiment.

There is also a scientific basis for the positive attitude you display after exercising. In an attempt to not get too scientific, I'll just say exercise increases the production of chemicals in your brain that are linked to a feeling of well-being and help combat depression.

What's that? This doesn't apply to you?

You know you're hot stuff and your confidence is already through the roof, clouds, and stratosphere, right? OK, superstar, you won't be young and beautiful forever. If you want to maintain your level of awesomeness, then 100 percent of the people writing this column recommend exercise.

Working out can do wonders for your life expectancy by helping to fight chronic diseases such as high blood pressure, high cholesterol, heart disease, Type-2 diabetes, osteoporosis, and colon and breast cancer. In addition to helping to prevent some of these conditions, exercise can help reverse the signs of aging that are also associated with high stress levels.

Are you still not convinced that exercise can be your fountain of youth? It's OK, I'm not finished yet.

The importance of fitness

In a recent study (inside my head), officials agree that 100 percent of service members should exercise, up from 99.9 percent in 2010.

Service members
who should exercise

Studies have shown regular physical activity can reduce the risk of developing dementia, and there is also evidence that suggests exercise can reverse alcohol-induced brain damage. You might be the life of the party now, but you won't be the coolest senior at Pleasant Pines Retirement Home if your neighbors have to remind you where you are every day.

You don't have to wait until your Social Security kicks in to see the effects of the increased brain function you will get from exercise. When you're engaged in physical activity, the blood and oxygen flow to the brain are increased, and your brain releases even more chemicals that help make new nerve cells and improve your ability to learn.

Jocks across the world are saying, "Take that, science geeks."

We've discussed how exercise can increase your cognitive abilities and help you stay happy, but it can also help you sleep better, which will, in turn, improve your concentration and mood. It's a vicious cycle for success really.

However, if sleeping is not really what you have planned when you climb into bed, exercise can help in that area too. The positive perception of self you develop from exercise coupled with the extra energy it provides you with can be just the spark needed to help you set your mattress ablaze (when you get home, of course).

Also, women who work out can experience enhanced arousal, while men who do the same are less likely to have a problem with erectile dysfunction. I would've mentioned it earlier, but you probably would've just stopped reading and ran to the gym.

What are you still doing here, reading this? That was your cue. I couldn't have been any clearer. Stop reading and go to the gym. With the new brain power you get from the workout, you'll probably be able to take a hint next time.

Word on the Street

If you could have changed something about your deployment, what would it be?



"I would have studied more for the graduate school application test."

Maj. Michael Halley is the support operation officer with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Cedar Rapids, Iowa, native.



"I wish I would have taken more time to get myself ready for deployment. I pushed myself to the limit."

Sgt. 1st Class William Baynard is a property book noncommissioned officer with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Brooklyn, N.Y., native.



"I would have invested more money in the stock market and mutual funds because I could have taken advantage of the lower stocks."

Spc. Jesse Holder is the senior logistics area network manager with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Valdosta, Ga., native.

THEATER PERSPECTIVES

“They are doing more than just training. They are learning how to train; knowing how to train is an integral part in the development of a new military force.”

This is a statement by Col. Michael Pappal while he observed rehearsals as Iraqi Soldiers practiced for the full spectrum live-fire exercise slated to take place April 24.

Statement by Staff Brig. Gen. Abdulla Amir, commander of 15th Brigade, 12th Iraqi Army Division, hosted a farewell ceremony to show his appreciation for Lt. Col. Marcel Schneider for the 15th Brigade Sustainment Transition Team who worked closely with brigade leadership as an advisor, teacher and liaison, and to U.S. Soldiers who worked to train the commando unit.

“I am excited that Iraq is beginning to stand alone. I look forward to the day when Iraq is strong on its own and our two countries move forward as partners.”

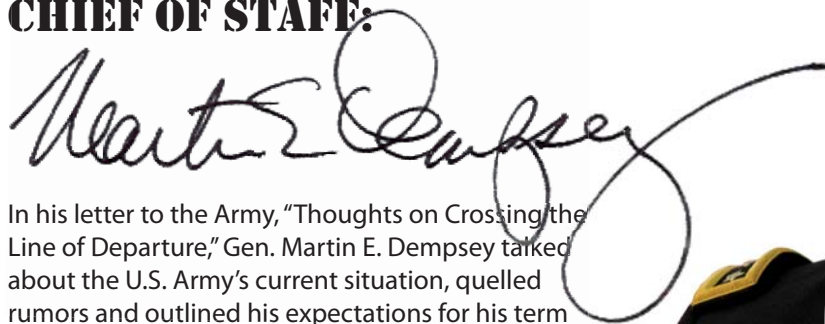
“It’s important for the Iraqis to keep building upon what we teach, not only for proficiency, but for safety as well.”

Said Master Sgt. Sean Beasley from the 341st Civil Engineer Squadron during an exercise led by the U.S. Air Force’s base transition team. The exercise marked the initial steps in preparing Iraqi partners for increasing responsibilities as U.S. military forces gradually transition out of the country to meet the December 31 bilateral security agreement deadline.

“Thanks to our U.S. friends, the people can now have clean water to drink.”

This quote is from Khala Jassim, council chairman for al Alam Nahiya, during the opening celebration of a refurbished water purification and distribution center in the Salah ad Din province of northern Iraq.

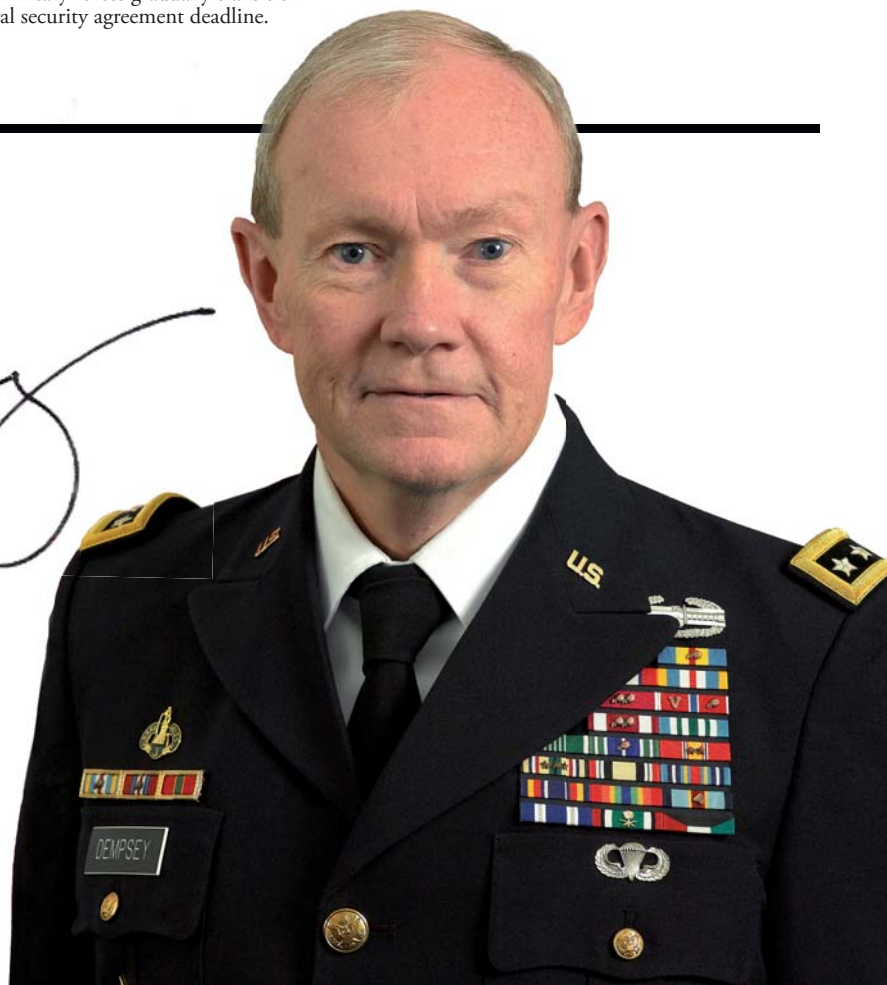
MEET THE ARMY’S NEW CHIEF OF STAFF:



In his letter to the Army, “Thoughts on Crossing the Line of Departure,” Gen. Martin E. Dempsey talked about the U.S. Army’s current situation, quelled rumors and outlined his expectations for his term as the Army’s 37th chief of staff. The following ideas were two observations Dempsey said he noticed about today’s Army:

We are really good: We’ve accomplished everything that’s been asked of us. Our Soldiers and their families are proud, courageous and resolute. Our leaders are effective, engaged and innovative.

We are uncertain about the future: The missions in Iraq and Afghanistan appear to be stabilizing. The nation’s economic condition appears to be declining. Senior leaders are questioning our role.



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:

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

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

TEST YOUR KNOWLEDGE

1. How long does it take light from the sun to reach Earth?
2. What is the name of the most recently discovered planet?
3. How old is Earth?
4. What powers the sun?
5. How long is a Martian year?

1. Approx. eight minutes, 18 seconds. 2. Quaoar. 3. about 4.5 billion years old. 4. fusion. 5. 686.9726 Earth days

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. 20, 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., Thurs., 8-10 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m., Tue., Thu., 7 a.m., 3 p.m.	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m.	Ping-pong tourney: Tuesday 8 p.m. Football tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. Dodge ball Game: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m.	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 Marital Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self- Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui- Jitsu: Tue., Thu., 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 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. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8-9 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 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. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	H6 FITNESS CENTER Spin: Monday Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m. 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., Thurs., 8 p.m.	8 p.m. Friday 9 p.m. Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m., Tue., Thu., 7 a.m., 3 p.m. Sunday 5:45 a.m., 7 a.m., 3 p.m., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Thursday Tue., Thu., 8 p.m. Yoga: Wednesday 8:30 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basket- ball: Saturday 8 p.m.	8:30 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dominos: Saturday 8:30 p.m. Darts: Saturday 8:30 p.m.	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30 p.m. 6 on 6 vol- leyball tourney: Monday 8 p.m.	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.



AFN SPORTS SCHEDULE



Wednesday 4/20/11

NBA: 2011 Playoffs, Live 0200 & 0430, AFN I sports
MLB: Los Angeles Angels @ Texas Rangers, Delayed
1000, AFN I sports
MLB: San Diego Padres @ Chicago Cubs, Live 2100
AFN I sports

Thursday 4/21/11

NHL: 2011 Stanley Cup Playoffs - Washington Capitals @
New York Rangers Live 0200, AFN I xtra
MLB: Washington Nationals @ St. Louis Cardinals, Live
2030, AFN I sports

Friday 4/22/11

NBA: 2011 Playoffs, Live 0300 & 0530, AFN I sports
NHL: Los Angeles Dodgers @ Chicago Cubs, Live 2100,
AFN I sports

Saturday 4/23/11

NBA: 2011 Playoffs, Live 0300 & 0530,
AFN I sports
MLB: New York Yankees @ Baltimore Orioles,
Delayed 1000, AFN I sports
MLB: Boston Red Sox @ Los Angeles Angels,
Delayed 1400, AFN I xtra
NBA: 2011 Playoffs, Live 2100 & 2330, AFN I sports

Sunday 4/24/11

MLB: Houston Astros @ Milwaukee Brewers, Live
0200, AFN I prime Atlantic
NBA: 2011 Playoffs, Live 0300, AFN I sports
MLB: Chicago White Sox @ Detroit Tigers, Delayed
1000, AFN I xtra
BOXING: The Bantamweight Tournament Finals:
Agbeko vs Mares, Darchinyan vs

Perez, Delayed 1500, AFN I xtra
NBA: 2011 Playoffs, Live 2000 & 2230, AFN I sports

Monday 4/25/11

NBA: 2011 Playoffs, Live 0200 & 0430, AFN I
sports
MLB: Cincinnati Reds @ St. Louis Cardinals, Live
0300, AFN I prime Atlantic
MLB: Cleveland Indians @ Minnesota Twins, Delayed
1000, AFN I xtra

Tuesday 4/26/11

NHL: 2011 Stanley Cup Playoffs, Live 0200 & 0500,
AFN I xtra
NBA: 2011 Playoffs, Live 0200 & 0430, AFN I sports
MLB: Chicago White Sox @ New York Yankees,
Delayed 1000, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Time to dust off the brackets

By SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF



Now that the NBA regular season has come to an end, the NBA playoffs become the main focal point in sports entertainment. In the Western Conference, many teams have not clinched their playoff seeding, while the East's seeding is already confirmed.

Already knowing their first-round opponents, the teams in the East have an opportunity to rest their starters for the last game or two to get ready for playoffs. The West has several teams still battling for home-court advantage through the first round, at a minimum.

The second, third and fourth seeds are still up for grabs. If the season ended now, the Lakers (56-25) would have the second seed, the Mavs (56-25) would have the third and the Thunder (55-26) would have the fourth.

Memphis and the Hornets are tied with a 46-35 record in the seventh and eighth seeds, each with one game left to play. The battle among the Lakers, Mavs and Thunder may be dependent on whom they match up better against.

For instance, if New Orleans wins the seventh seed with Chris Paul's leadership and athletic abilities, the Hornets could be a tough first-round opponent for whoever wins the second seed.

With the height and speed of the Blazers, who are already locked in the sixth seed, whoever clinches the

fourth seed could have a difficult time advancing to the second round. I assume the Grizzlies are the team to want to play in the first round if they can secure the seventh seed.

Although Memphis is talented, they are young and inexperienced, and they only have a 16-24 away record. Without home-court advantage and with a lack of playoff experience, if the Grizzlies passed the Hornets for the seventh seed, I wouldn't expect the series to go any more than five games.

In fact, I think the Lakers, Mavs and Thunder should hope for the Grizzlies to win the seventh seed. That would force San Antonio to have to play the tougher first-round series against the Hornets.

The only remaining regular-season games that could change the playoff picture are: the Hornets playing the Mavs in Dallas, the Bucks versus the Thunder in Oklahoma, the Grizzlies traveling to Los Angeles to face the Clippers, and the Lakers going on the road to play the Kings.

The key match-up of the four games would be the Hornets and Mavericks.

If the Hornets, Lakers, Thunder and Grizzlies lose, the Mavs and the Hornets would be seeded against each other again in the first round. I believe the Hornets are the most difficult lower-seeded team to have to play in the first round.

To avoid any chance of a first-round playoff upset, it would probably be in the Mavs' best interest if they rested their starters and to lose to the Hornets in their final game of the regular season.

You decide how it goes

Now that we know the playoff picture, here's a snapshot of series trends between all matchups. It's up to you to pick any tied series.

East	Chicago	Chicago (won 3/4)	West	San Antonio	(Series tied 2-2)
	Indiana			Memphis	
	Miami	Miami (won 3/3)		Los Angeles	LA (won 4/4)
	Philadelphia			New Orleans	
	Boston	Boston (won 3/3)		Dallas	(Series tied 2-2)
	New York			Portland	
	Orlando	Atlanta (won 3/4)		Oklahoma City	Okla. City (won 3/4)
	Atlanta			Denver	

The Reel Review

'Roommate' should pack up its things, move out quickly

By SPC. FELICIA ADAMS
EXPEDITIONARY TIMES STAFF

★★★★★
Review: 1/5 stars



As attention-grabbing as the movie's title sounds, this film has slightly to no suspense, no thrills, and no unexpected twists. It's nothing more than a bunch of neurotic, cringe-worthy scenes.

"The Roommate" is a thriller starring Minka Kelly, who plays an innocent girl from the Midwest starting her first year of college in Los Angeles, and Leighton Meester, who plays Kelly's new roommate.

Classifying this movie as a thriller is like categorizing the 'Twilight' series, one of my favorite movie series of all time, as horror flicks.

In the beginning, the two girls quickly establish a friendship as Meester begins to learn more about Kelly's life.

As time goes on, Meester starts to become more obsessed with spending time with Kelly and wanting to know her every move. Meester eventually goes to extreme lengths by stabbing Kelly's ex-boyfriend to death and killing Kelly's creepy design professor, and getting a tattoo that is identical to Kelly's with her sister's name in it.

The final confrontation has plenty of hair pulling, scratching, name-calling, girls dangling out of high windows, gunshots and chaos to amuse people who know its coming.

As over-the-top as Meester becomes, she might as well have put on a Freddy Kruegger outfit or Michael Myers mask and called it a day to seal this movie as completely unbelievable.

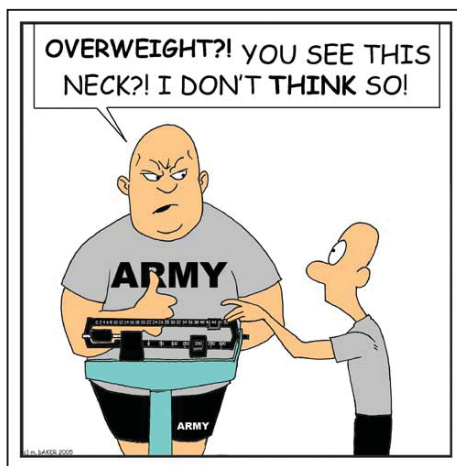
My favorite types of movies have always been horror and suspense thrillers. Unfortunately, "The Roommate" could be one of the worse attempts at a horror movie ever.

The bottom line is that staring into an empty movie theater screen would be more enjoyable than sitting through this exhaustingly ridiculous film.

I give this movie 1 out of 5 stars.

PVT MURPHY'S LAW™

BY MARK BAKER



Reel Movie Times

Wednesday April 20

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

Thursday April 21

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

Friday April 22

1800 The Adjustment Bureau (PG-13)
2100 Rio (G)

Saturday April 23

1400 Hall Pass (R)
1700 Rio (G)
2000 The Adjustment Bureau (PG-13)

Sunday April 24

1400 Rio (G)
1700 Hall Pass (R)
2000 The Adjustment Bureau (PG-13)

Monday April 25

1700 Rio (G)
2000 Hall Pass (R)

Tuesday April 26

1700 Rio (G)
2000 The Adjustment Bureau (PG-13)



Members of the band Vertical Horizon give Soldiers a standing ovation during their performance at Contingency Operating Base Adder, Iraq April 9. The band is touring bases throughout Iraq to perform for service members and passing out copies of their new album.

Sgt. Raymond Mandap, a generator mechanic with Headquarters and Headquarters Company, 77th Special Troops Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Jersey City, N.J., native, performs on stage with Vertical Horizon April 9 at Contingency Operating Base Adder, Iraq. The band performed for service members and handed out copies of their album.



U.S. Army photo by Spc. Amy Lane

Going Vertical

Many Soldiers appreciate visits from performers who volunteer their time to visit, as it helps break up the monotony of deployment. Less than a year after their last visit to Iraq, Vertical Horizon has returned for another tour, and they are traveling base to base to entertain the troops.

The band performed recently for service members and civilians at bases around Iraq. They also brought copies of their new CD, "Burning the Days," for each audience member.

Just as their fans cheered for them, the band expressed their appreciation with a standing ovation for the service members. After the show, the band members signed autographs and posed for photographs.

Victory Through Support