

# The Expeditionary Times

*Proudly serving the finest expeditionary service members throughout Iraq*

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## ‘AAME’ing High

*Company wins title of best maint. program in Army, moves to DoD competition*

STORY AND PHOTO BY  
SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF

**JOINT BASE BALAD, Iraq** – In the United States, the Lakers have won back-to-back titles and are going for their third. Residents of Joint Base Balad have their own repeat champions, the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command. The Soldiers of the 238th SMC, however, were not awarded for their ability to participate in an entertaining recreational activity but for an excellent score for maintenance.

Brig. Gen. Don S. Cornett, Jr., the commanding general of the 310th Expeditionary Sustainment Command, announced April 17 to the 238th SMC that they had won the Army Award of Maintenance Excellence for the second year in a row.

“The Army Award of Maintenance Excellence is a program the Department of the Army sponsors every year,” said Capt. Jordan Simmers, the 238th SMC commander and a native of New Alexandria, Pa. “Any unit in the Army, regardless of the unit’s mission, can compete in a program to prove that they’ve got the best maintenance program in the Army.”

Multiple awards are given out each year, because units being judged for the AAME compete in different groups based on size, said Chief Warrant Officer 5 Kenneth Foster, an AAME evaluator and Columbus, Ohio, native.

During the announcement, Staff Sgt. Isaac Rubalcava and Spc. Lalita Bozeman, the motor sergeant and prescribed load list clerk with the 238th SMC, were recognized for their contribution to the unit’s success.



**Brig. Gen. Don S. Cornett, Jr., the commanding general of the 310th Expeditionary Sustainment Command, presents Staff Sgt. Isaac Rubalcava, the motor sergeant with the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th ESC, with a challenge coin April 17. Cornett recognized Rubalcava because of his part in helping the 238th SMC win the Army Award of Maintenance Excellence on Joint Base Balad, Iraq.**

“I’m proud,” said Bozeman, a Dayton, Ohio native. “I’m very proud and excited. I really thought we weren’t going to get it this time.”

Rubalcava, a San Antonio, Texas, native, said he is taking over for Sgt. 1st Class Bernardo Padro, who couldn’t deploy for medical reasons.

“[Padro] was the motor sergeant that led this company to the first AAME,” Rubalcava said. “I was the second in charge, so with his guidance ... we did pretty good.”

“I couldn’t be prouder of my Soldiers for all the work they’ve put into this and just the hard work they put in every day,” Simmers said.

When Simmers came to the unit, he had a meeting with Padro and Rubalcava to discuss how to make the unit better.

“Shortly after I took command, what we set off to do was to improve readiness by taking the things you have to do for the AAME and the supply excellence programs and using those as checklists,” Simmers said. “We never thought we’d have progressed to the point where we’d have won it once, let alone twice.”

Winning an award like this can have positive effects on the morale and motivation of everyone involved, especially the noncommissioned officers.

“There are a lot of intangibles that come with this,” Simmers said. “The NCOs down at the section-leader level really have something to take ownership of and to be apart of, and it has a positive impact on the unit.”

The AAME is a two-phase program. The first phase is submitting a packet to the AAME committee. Those whose packets are approved move on to the second phase where evaluators are sent to get a closer look at the chosen units’ maintenance programs, Foster said.

The 238th SMC came together just as a great team should down the final stretch of a championship run. Just as a team in the NBA playoffs aims to earn the crown as the best in basketball, the 238th SMC continues its journey to have the best maintenance program in the military.

The unit is now moving on to compete for the Phoenix Award, which is a Department of Defense maintenance award.



**Lion’s Leap to further test Iraqi Army’s combat training**

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**One Texan eagerly awaits a quieter, more relaxed lifestyle**

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**Service members sweat it out running in half, full marathon**

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## Do you have a story to tell?

The 310th ESC PAO is looking for Soldiers who have previously deployed for interview opportunities and for photographs from Joint Base Balad, COB Adder, Camp Taji, COB Speicher, and the country of Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at:  
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## The Chaplain's Corner

# Army chaplains operate as servants for those who serve

MAJ. DINO J. BESINGA  
HHC, 20TH ENGINEER BRIGADE CHAPLAIN



One of the leadership models that I found more relevant is "The Chaplain as a Servant of the Servants," as it is a better descriptive of a chaplain in the Army. In the culture of "Rank Has Its Priority," to put a chaplain as the servant is deemed the ideal. The idea of a chaplain should model as that servant of the servants. Indeed, I find this kind of leadership to be most fitting of chaplains.

When I joined the Army, I was commissioned to the rank of a captain. Something novel, indeed! I was initiated to the military customs and traditions to salute and be saluted. I like the feeling, as it has drilled into me a unique kind of authority I am now laden with. At the same time I am revered as chaplain.

Being called "reverend" or "chaplain" after being saluted leads me further to enjoy more deeply the unique role and kind of ministry my commission to the Army is pointing me toward.

I should be cultivating the trust of a spiritual father to Soldiers. As a father, they could come to me for comfort, support and inspiration in moments of depression, sadness and tragedy. Similarly, I would be with them in joy, success and glory, just as a father would.

I should be able to bring God to them and bridge them to God in their personal spiritual journeys and prayer life. Ministry in the Army, I believe, is calling us to the same

**"To truly lead our men in the service, the chaplain should have the heart to go down to where our Soldiers are situated to be one with them..."**

- Maj. Dino Besinga

**"We may never be asked to give our life for someone else, but that attitude of self-sacrificing service should be the mark of our ministry"**

- Maj. Dino Besinga

kind of leadership – the servant-leader.

That is, to truly lead our men in the service, the chaplain should have the heart to go down to where our Soldiers are situated to be one with them in ministering each other. In short, to be a servant-leader the chaplain is not aloof to the needs and demands of the former. He would program his ministry not just for people to go to him, but vice-versa, he likewise goes to them.

One of the most amazing parts of the ministry performed by a chaplain in the Army is his special place in the service.

His presence evokes the presence of the divine and thus adds to the morale of troops in the field. My tours of duty in Iraq have attested to that referred reality. Our Soldiers reported that they felt protected in operations when the chaplain was there to pray and bless them.

We chaplains, as leaders, must be interested in serving rather than being served. Our example is our Savior. He did not come to the world to be served, but to serve.

"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many..." (Matthew 20:28)

We may never be asked to give our life for someone else, but that attitude of self-sacrificing service should be the mark of our ministry. To serve others is the most noble of human endeavors.

Our human endeavor would become worthless and useless unless we rested ourselves in the presence and will of God. And this endeavor needs discipline and commitment in the part of Unit Ministry Teams.

# The Expeditionary Times

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

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**Mission Statement:** "The Expeditionary Times" staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and families of the 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

## Remember 'Golden Rule' when interacting with Soldiers

MAJ. DARREN ANTAL  
310TH ESC IG



"My first sergeant cussed me out in front of others."

"My commander uses foul language around the office."

These are examples of some common complaints that we as IGs receive from Soldiers that deal with the issue of a lack of respect.

If you have read my last couple of articles, you may notice a trend: I seem to cite AR 600-20, "Army Command Policy" and AR 600-100, "Army Leadership" frequently. Once again, I would advise all LEADERS that if you are not familiar with these two regulations, then you might want to become familiar with them soon!

As we all know, one of the seven Army Values is respect. The Army defines respect as treating people as they should be treated or doing unto others as you would have them do unto you (AR 600-100 "Army Leadership," paragraph 1-5).

This is essentially the "Golden Rule" that we all learned in grade school and those of us that attended church, we know the regulation as Holy Bible, Matthew 7-12.

The use of profane language shows a lack of respect and dignity for ourselves and others and also degrades the good order and discipline of a unit. Using indecent language while addressing a Soldier, even while correcting or disciplining him or her, is wrong and violates Army guidance.

In accordance with AR 600-20 "Army Command Policy," paragraph 4-1, military discipline is founded upon self-discipline, respect for properly constituted authority, and the embracing of the professional Army ethic with its supporting individual values.

AR 600-100 "Army Leadership," paragraph 2-1, states, "Every leader WILL" (note: this is not "should" but "will") treat subordinates with dignity, respect, fairness and consistency; ensure the physical, moral, personal and professional well-being of our subordinates.

As leaders we WILL set and exemplify the highest ethical and professional standards as embodied in the Army

values.

A lack of respect towards others erodes cohesiveness, morale and teamwork. Mission accomplishment is driven by teamwork. Teamwork is built on a foundation of trust and confidence. Without respect, teamwork is much more difficult to achieve. Without teamwork, a unit's ability to accomplish its mission is decreased and conversely, problems increase with order, discipline and morale issues.

This builds into a negative command climate.

All leaders and Soldiers have a responsibility to themselves and to their fellow Soldiers to positively contribute to an organization in which everybody is treated with respect. Sometimes leaders have to correct or discipline their Soldiers, but that does not mean they have to degrade Soldiers in the process. Leaders can get a point across to their Soldiers without using indecent language.

So the next time you use indecent language at or around other Soldiers, ask yourself if you're setting the right example, building a more cohesive team, and living up to the Army values.

## Distribution center keeps goods flowing throughout country

STORY BY  
CAPT. DAMIAN OLIVER  
4TH SUSTAINMENT BRIGADE

**AL ASAD AIR BASE, Iraq** – Sgt. 1st Class Ronald Caswell, Joint Distribution Center operations supervisor for the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Philadelphia, Pa., native, operates the 24-hour Joint Distribution Center at Al Asad Air Base, Iraq, seven days a week with his team of seven Soldiers.

The JDC is a logistical hub for a variety of customer units in Iraq and serves as a cargo hub that receives, screens, issues and pushes out cargo.

"We facilitate both inter- and intra-theater cargo movement," Caswell said.

Soldiers working in the JDC yard are not transporters by trade but hold a variety of Military Occupational Specialties. The JDC staff receives cross-training on the job, which helps them support their current mission.

Soldiers are encouraged to put their skills from other disciplines to good use on a daily basis.

"It's been a new experience, but it's been a great example of Soldiers from different fields coming together to get a job done," said Staff Sgt. Ricardo Lawrence, the JDC noncommissioned officer-in-charge and a New York, N.Y., native.

Visual inspections, radio frequency tags, and proper paperwork ensure everything that is supposed to be on the trucks is on the trucks, and everything that is supposed to be in the yard is in the yard.

"The inventory idea is similar to warehouse operations I'm used to," Lawrence said. "My experience in that area has helped

out a lot."

Units move trucks in and out of Al Asad Air Base, carrying equipment where missions require it. Units in convoys arrive at the JDC carrying everything from multi-pack boxes and pallets to entire vehicles.

Once the trucks hit the yard, the team goes to work checking paperwork, shipping documents, and inspecting cargo. Pallets, containers, trailers, and vehicles are all processed through the screening lanes and sent to their assigned place in the yard.

Once the JDC staff receives and stages the incoming cargo, they send it out to the units on the ground where it is needed. This requires coordination with the local movement control team and the units who are shipping and receiving the cargo to make sure the operation moves efficiently.

Getting the right things to the right places is paramount to success at the JDC. As units prepare to depart or relocate, their equipment must do the same, but not always at the same time.

This occasionally results in gaps in paperwork and communication, which creates a challenge, but the JDC staff is prepared and ready to assist.

"Many of the logistics skills I would use are similar here; I use the same computer systems to track things and research movement codes and property owner codes for customer units to ensure it all ships properly," said Spc. Joni Acevedo, an equipment receivable/parts sergeant and JDC administration specialist in the support operations office for the 189th CSSB and a San Antonio, Texas, native.

The Superchargers do everything from tracking down unit information online to conducting maintenance and inventories.

In one month, the JDC has moved more than 1,000 pieces of inbound and outbound containers and hundreds of pieces of rolling stock.



**Spc. Jaclyn Bartlett, a heavy-wheeled vehicle operator with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Norfolk, Va., demonstrates ground guiding a heavy-equipment transport vehicle to its trailer at Contingency Operating Base Adder, Iraq.**

## Trans. company fights off complacency with training

STORY AND PHOTO BY  
STAFF SGT. ASHLY LIGGINS  
15TH TRANSPORTATION COMPANY

**CONTINGENCY OPERATING BASE ADDER, Iraq** -- Throughout a career in the transportation corps, Soldiers will often repeat training to master their skills in the area of truck driving while in combat.

Soldiers with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, continue to participate in the company's annual drivers training on Contingency Operating Base Adder, Iraq.

The Road Warrior family conducts drivers training courses, as the mission permits, not only to train the Soldiers, but to remind them not to become complacent in the skills that may seem second nature.

Sgt. 1st Class Jemse Cruz, the senior truck master with the 15th Trans. Co., and a native of Bayamon, Puerto Rico, said drivers training is always beneficial, even to the

most skilled Soldier.

"The Road Warriors will be redeploying in the next couple of months, but that isn't a reason to not recertify and improve on driving skills," Cruz said.

Even the newest transporters of 15th Trans. Co. find the training effective.

"Regardless of how fresh this training may still be for some, it is important for us to be reminded of the proper execution to perform tasks in the safest ways while we are on the road," said Pfc. Ryan Krueger, a heavy-wheeled vehicle operator with 2nd Platoon, 15th Trans. Co., and a native of Kiel, Wis.

"Our unit uses different vehicle systems on the road and it is important that we cross-train the Soldiers," Cruz said.

The training is being conducted by selected and qualified primary instructors who are knowledgeable about the equipment. Sgt. Roberto Sandifer, a heavy-wheeled vehicle operator with 2nd platoon, 15th Trans. Co., and native of Fort Pierce, Fla., is one of the primary instructors in charge of conducting training. He said that even in the home stretch of a deployment, Soldiers need to remain observant.



# Soldiers keep JBB's lights shining

STORY AND PHOTO BY  
SPC. ZANE CRAIG  
EXPEDITIONARY TIMES STAFF

**JOINT BASE BALAD, Iraq** – Even here in Iraq, as members of the most advanced technological society we know to ever have existed, we take certain things for granted. Near the top of any list of these things is certainly the availability of artificial light whenever and wherever we need it.

The 238th Support Maintenance Company has a team dedicated to keeping the lights shining at special events, during night operations, at intersections and at points where extra security is needed here at Joint Base Balad, Iraq.

“People bring us light sets they don’t need anymore or ones that need to be serviced,” said Sgt. Don Hollis, a generator mechanic with the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a San Antonio, Texas, native.

Hollis’ team consists only of himself, Spc. Matthew Countryman, a Soldier with the 238th SMC and a Cleveland, Okla., native, and one civilian contractor. They are responsible for all the outdoor light fixtures on Joint Base Balad.

“A standard service order, if it’s been kept in working condition, takes less than a day to do,” Hollis said.

At the other end of the spectrum, Hollis said a unit recently brought the team eight sets that were not in working order. Hollis was able to repair three of the light sets and return them in working condition, using parts from the remaining five to repair the three with the least damage.

This complete overhaul of multiple sets took 10 days.

“We manage to salvage whatever we can out of what people bring in,” Hollis said.

Hollis explained that the team has a reserve of new parts on hand, but they



**Sgt. Don Hollis, a generator mechanic with the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a San Antonio, Texas, native, and Spc. Matthew Countryman, also with the 238th SMC and a Cleveland, Okla., native, put in place an outdoor light fixture they have just repaired on Joint Base Balad, Iraq. Hollis and Countryman are responsible for keeping all the outdoor light fixtures on JBB running.**

prefer to use the old ones to save money and to make it easier for them to keep accountability of their resources.

“That’s how we stay cost-effective; we use what we have,” he said.

One challenge the team faces is that there are four different models in use on JBB and not all the parts are interchangeable. The Italian sets have the most interchangeability, the American sets the least, and the Korean and Iraqi sets have some parts in common.

Hollis said that his Military Occupation

Specialty training as a generator mechanic is more than sufficient to handle any of the challenges presented by the light sets in any condition. Additionally, his partner’s civilian training as an electrician is a big asset.

“If there is anything I can’t handle, Countryman has it covered,” Hollis said.

Currently there are four units on JBB that bring their light sets in to be serviced regularly the same way you would take a car for an oil change, to keep them in good working

order and avoid serious, unexpected maintenance issues.

While the sets are being repaired, the team even replaces it with one of the extras they usually have on hand.

The 238th SMC’s light-set team keeps JBB safe by providing the outdoor lights that are essential for security in sensitive areas and that improve our quality of life by lighting night events and night operations while units continue their mission here in support of Operation New Dawn.



U.S. Army photo by Spc. Maribel Granados

**Spc. Pamela Williams, a human resources specialist with Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Marshall Islands native, posts the new hours of operation at the ID card facility at Al Asad Air Base March 30.**

## Battalion’s ID facility team keeps operations running without hitch

STORY BY  
1ST LT. KRISTEN ADAMS  
189TH CSSB

**AL ASAD AIR BASE, Iraq** – Sgt. 1st Class Roger Phillip, the identification card facility site security manager and human resources supervisor for Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Brooklyn, N.Y., assumed responsibility for managing the physical and operational security of the real-time, automated personal identification system workstations on base.

These workstations are used to update Defense Eligibility Enrollment Reporting System information and to issue Common Access Cards to service members from all branches of the U.S. military as well as Department of Defense contracted civilians.

Soldiers operating the ID card facility spent five days getting necessary DEERS and RAPIDS certifications and training on the CAC equipment before opening the facility. Because DEERS and RAPIDS operations are normally a brigade-level function, the facility’s team executes the CAC mission in addition to their battalion-level human resources responsibilities.

Spc. Pamela Williams, a native of the Marshall Islands, and Pfc. Natasha Ware, a native of Jersey City, N.J., both human resources specialists assigned to the battalion personnel section, provide customer services at the facility during the day shift.

“This is my first deployment and I am thankful because my work environment is much better than I expected,” Ware said.

Sgt. Roy Ramos, a human resources noncommissioned officer with HHC, 189th CSSB and a native of San Juan, Puerto Rico, operates the facility during the night shift.

“I like supporting the Soldiers and the mission on Al Asad,” Ramos said. “Even when I support the civilian contractors here, I know that I have given them what they need to go support the Soldiers, too. We are all working together toward a common goal and it is what I have been training to do.”

In the short time the 189th CSSB DEERS and RAPIDS team has been operating the ID card facility, nearly 400 CAC issues have been processed.



# Leap of Faith

## *Operation Lion's Leap to build trust in abilities of Iraqi Army*

Soldiers assigned to Commando Battalion, 12th Iraqi Army Division, converge on a mock hostage situation with Humvees during a rehearsal for Operation Lion's Leap at Mahgoor Training Site in Kirkuk Province, Iraq. During Operation Lion's Leap, an exercise designed to showcase the Iraqi military's combat prowess, Iraqi forces plan to integrate mortars, ground troops and air assets during a live-fire operation.

STORY AND PHOTOS BY  
SPC. ANDREW INGRAM

UNITED STATES DIVISION-NORTH

### CONTINGENCY OPERATING

**SITE WARRIOR, Iraq** – U.S. and Iraqi Army leaders began planning and rehearsing for Operation Lion's Leap, the 12th Iraqi Army Division's capstone training exercise, during a preparation meeting at Mahgoor Training Site, Kirkuk province.

Col. Michael Pappal, commander of the 1st Advise and Assist Task Force, 1st Infantry Division, and members of the 12th IA Div. Stability Transition Team observed rehearsals as Iraqi Soldiers practiced for the full-spectrum, live-fire exercise April 24.

Iraqi leaders plan to showcase the division's tactics and progress made during Operation New Dawn as mortar crews, forward ground troops and air assets all

integrate to assault an enemy objective.

While U.S. forces give suggestions and support during the preparation phase, Iraqi forces will conduct the live-fire operation completely on their own, said Lt. Col. John Poppie, 12th IA Div. STT chief, 1st AATF.

"We are trying to give them some assistance now during the train-up," said Poppie, who hails from Spokane, Wash. "But when it comes to the exercise itself, they will handle everything on their own."

Iraqi leaders said the goal of Lion's Leap is to build trust in Iraqi military forces and boost national pride for Iraqi citizens.

"Overall, this training is to demonstrate the capabilities of the Iraqi Army," Poppie said. "It is important for the people of Iraq to understand that they can rely on their Army to keep them safe."

Iraqi Soldiers also benefit from the live-fire exercise because many different military assets will work together to accomplish a common objective in a realistic training environment, Poppie said.

"Mortar teams will fire live rounds as the commandos and Special Forces units fulfill their objectives using live AK-47 rounds," he said. "Iraqi Soldiers, like any Soldiers, love to shoot, and they are very excited about this event."

Many Iraqi Soldiers benefitted from the train-up for Operation Lion's Leap, said Warrant Officer Mubrad, Commando Battalion, 12th IA Div.

"We have been working hard to get ready for the demonstration," Mubrad said. "Already our Soldiers have learned a lot, but I believe they will learn much more during the demonstration when they have live ammunition and the mortars are firing,

because it will show the Soldiers how to operate in real combat."

Iraqi and U.S. military leaders attending the demonstration will be impressed with the speed and efficiency the commandos display as they accomplish their mission, Mubrad said.

Large-scale training events like Operation Lion's Leap are vital to the growth of both the Soldiers on the ground and the Iraqi

leadership, Pappal said.

"They are doing more than just training," he said. "They are learning how to train. Knowing how to train is an integral part in the development of a new military force."

Iraqi Soldiers began Operation Lion's Leap exercises April 18, and culminate the event with the live-fire exercise before graduating at the end of the month.

**It is important for the people of Iraq to understand that they can rely on their Army to keep them safe.**

- Lt. Col. John Poppie



Col. Michael Pappal, commander of the 1st Advise and Assist Task Force, 1st Infantry Division, shares a meal with Brig. Gen. Monyad, the chief of staff for the 12th Iraqi Army Division, during a rehearsal for Operation Lion's Leap at Mahgoor Training Site in Kirkuk Province, Iraq. Operation Lion's Leap is a training exercise designed to not only showcase Iraqi forces combat expertise, but also the solidify locals' trust in the protective power of their army, and it is scheduled to take place April 18-30.





**Spc. Mindi Addis packs grease into a bearing at the combined maintenance shop for the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command. Addis, a mechanic in the 3rd Bn.'s Company A, served in the U.S. Air Force before she answered an advertisement in the newspaper and joined the Army.**

# Soldier answered call of duty by answering ad in newspaper

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

**JOINT BASE BALAD, Iraq** – One specialist started her journey to Iraq by answering an ad in the newspaper.

Spc. Mindi Addis, a mechanic and with Company Alpha, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Woodburn, Ore., had just left the Air Force and was searching for work nearly 10 years ago when she noticed an advertisement for the Army. She scanned the ad, spotted the phone number at the bottom of the page and made the call.

"I needed a job," she said. "I've been in eight years."

Addis, 35, works as a full-time technician for the Army at Camp Withycombe near Portland, Ore., but in Iraq she works as a mechanic at the 3rd Bn. combined maintenance shop on post.

The mechanics at the maintenance facility mostly work on the Mine Resistant Ambush Protected vehicles that 3rd Bn. Soldiers utilize while guarding convoys across central Iraq.

The mechanics face an array of mechanical and electrical problems every day with MRAPs, and Addis said she enjoys the variety of challenges her job offers.

"I like learning new things and something always pops up I didn't know," she said.

Addis said most of the issues with MRAPs are routine, including leaky differentials and transmissions.

Each MRAP, however, furnishes its own unique set of problems.

"They all have their little issues," she said.

That is just fine for Addis. She said she enjoys tackling and solving a specific mechanical issue.

"I like getting my mind working," she said. "I like figuring out how things work. Putting something together is very gratifying."

Addis said one of the crucial elements of her success on the job is the positive attitude of her co-workers.

"I like it. Overall I like the camaraderie," she said.

Addis said she was always interested in the mechanical side of things. Her father and grandfather were both mechanics, though she didn't start out following in their footsteps.

She originally wanted to go to medical school and when she joined the U.S. Air Force, she worked as a graphic designer.

Now, though, she said she wouldn't trade her job for anything. She said she also understands how important her task as a mechanic is to the 3rd Bn.'s mission.

"If we weren't here, they wouldn't be on the road," she said.

According to Addis' boss, Chief Warrant Officer 2 John Bales, the maintenance chief for the 3rd Bn., Addis is a valued member of the unit's maintenance team.

"She is a good mechanic and a hard worker," he said.

Addis said she has another key project at home she plans to finish when her tour in Iraq concludes: restoring a 1979 CJ5, a '70s-era Jeep made by American Motors Company.

## Many Soldiers call Fusion Cell home in operations center on JBB

STORY AND PHOTO BY  
2ND LT. EBONY THOMAS  
53RD MCB

**JOINT BASE BALAD, Iraq** - Upon entering into a room full of computers and monitors, one's first thoughts are that they are not supposed to be here. Soldiers are busy typing away, no one is glancing at you. You feel like a spectator on mute.

This is the feeling that you get each time you enter the Fusion Cell.

The Fusion Cell is a term that

**TMR managers are the belly button to validate the stuff that needs to be moved**

- Pfc. Shanon Pirofsky

Soldiers and civilians from Kellog, Brown and Root, assigned to the 53rd Transportation Battalion (Movement Control), 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, from Fort Eustis, Va., know well; it's a place where the majority of them conduct 24-hour operations on Joint Base Balad, Iraq.

The Fusion Cell is a large room filled with row after row of desks and computer workstations. Master Sgt. Veronica Jack, noncommissioned officer-in-charge of the 53rd MCB plans and operations, refers to the Fusion Cell as the "meat and potatoes of the 53rd MCB."

Her phrase speaks volumes to the level of responsibility the service members of the 53rd MCB have here on JBB. The 53rd MCB Soldiers that work in the Fusion Cell are responsible for all logistical movements within the Iraq theater along with all convoys that head south to Kuwait.

Additionally, Soldiers have the responsibility to coordinate the distribution of food, fuel, water, repair parts, etc., as well as to facilitate the movement of large equipment and general cargo that unit commanders need moved.

Soldiers and KBR civilians work together to coordinate the transportation requirements via a movement request that are submitted by all services requiring transportation support.

Typically, most units deployed to Iraq do not have enough flatbed trucks to move their own equipment. That is where the 53rd MCB coordinates their transportation needs.

Maj. James Peckham, a battalion operations officer and a native of Newport, R.I.,

currently on his fifth deployment, knows a great deal about the Fusion Cell and its responsibilities.

Peckham said that the Fusion Cell is a distribution management center for the 310th ESC. The ESC responsibility is to manage the flow of commodities. The service members of the Fusion Cell validate requests and bounce requests off of United States Forces-Iraq's priorities and then assign requests to a sustainment brigade to be moved.

Various systems are in place to make this mission a success. Theater Operations Processing is such a system.

One of 53rd MCB subject-matter experts on the TOPs system is Pfc. Shanon Pirofsky.

"Units require us to help them move equipment, from small objects such as pipes to extremely large pieces of equipment like the Mine Resistant Ambush Protected systems," Pirofsky said. "Also, TMR managers are the belly button to validate the stuff that needs to be moved."

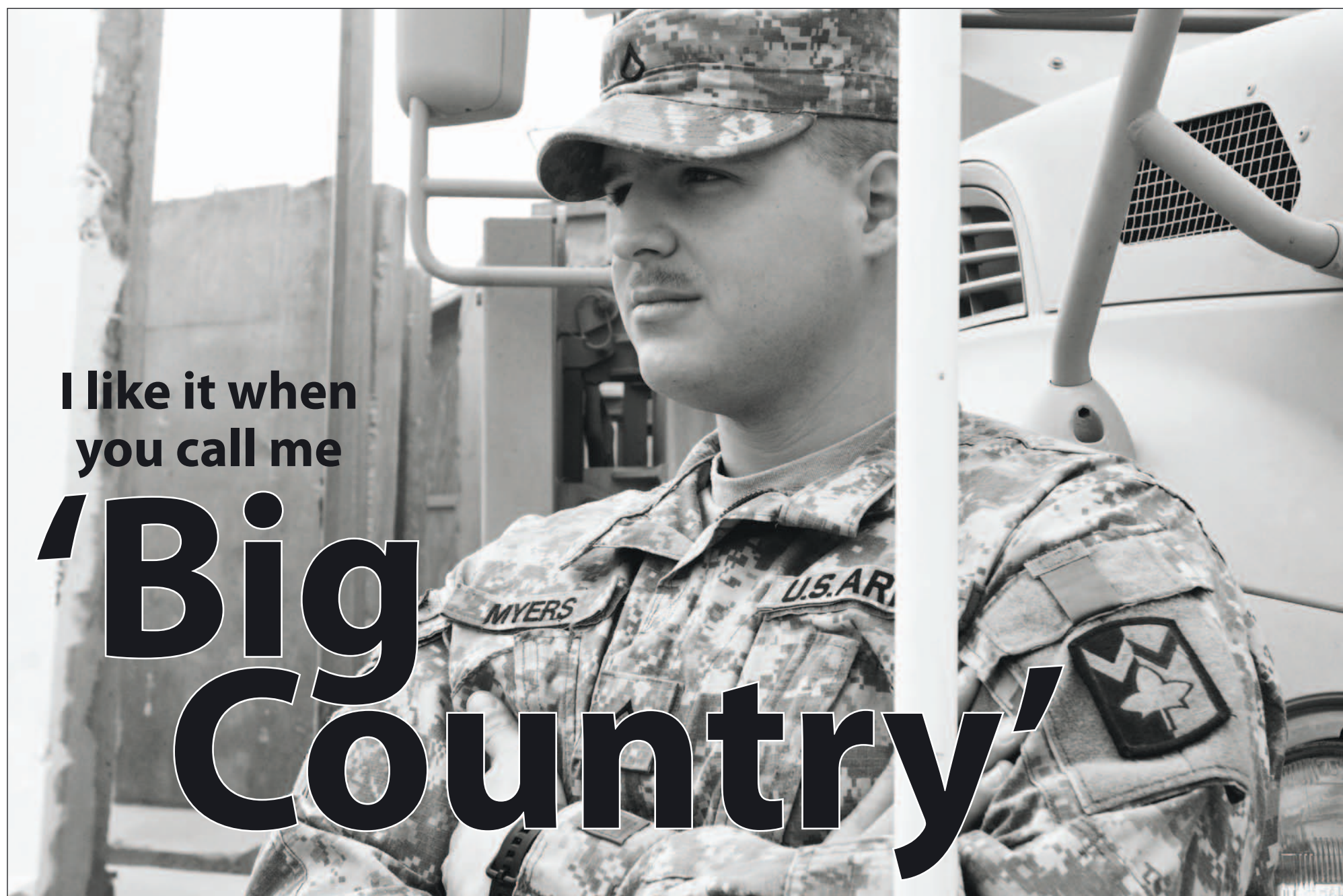
As the resident expert in the battalion, Pirofsky said she loves what she does.

"The mission that I am a part of is historic," she said. "That is why I now call the Fusion Cell home."



**Plans and operations Soldiers of the Headquarters and Headquarters Detachment, 53rd Transportation Battalion (Movement Control), 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, from Fort Eustis, Va., take time to pose for a picture after completing their duty shift in the Fusion Cell.**





Pfc. Clifton Myers, a signal support specialist with the Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, stands outside his brigade headquarters at Contingency Operating Base Adder, Iraq. Myers works in the brigade operations section and is a native of Houston, Texas.

## *This Texan knows what it means to work hard, but looks forward to a more quiet, low-key future on the horizon*

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

### CONTINGENCY OPERATING BASE ADDER, Iraq

- If there ever was a true Texan in the 4th Sustainment Brigade, he could be found in the brigade operations section.

Pfc. Clifton Myers, a signal support specialist with Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Houston, Texas, native, stands tall, towering over most counterparts, but he carries a casual and humor-filled persona.

The 22-year-old has sported the Army's uniform for nearly two years and the Wrangler patch since early 2009. As a signal support specialist, Myers worked in

the brigade help-desk section until he recently made the switch to plans and operations.

"In S-6, I worked with tactical communications," Myers said. "I'd troubleshoot systems and set up accounts, even dig trenches for cable line. There never was a set job; I did everything. Now, I'm in another section, doing various tasks under the battle captains, but again, I do just about anything."

He said he enjoyed being a part of the S-6 family before he made the switch.

"My noncommissioned officers taught me a lot about being a Soldier on top of the details of the job," he said. "I miss those guys, but the new job and crew I work with are great too."

Once this tour is complete, Myers looks forward to the possibility of moving on to see what else the Army has to offer.

"I'd love to go to a brigade combat team," he said. "I've seen how my job works in the sustainment world and I'd like to have the other viewpoint."

Beyond his days of troubleshooting networks or briefing battle captains, Myers embodies the spirit of a down-home, relaxed country boy.

"I'm the guy you see wearing jeans, boots, a T-shirt and baseball cap outside [of] work," Myers said. "I've always spent time with my family and had a love for the outdoors."

Myers intends to find a place to settle down when he is finished with his military career.

"The Army is my high-tempo," he said. "It keeps things moving fast, and when I get out, I just want to find a huge

**“Once cleared after our redeployment, I’m just going to get in my truck and drive. It’ll be good to be back with that freedom.”**

- Pfc. Clifton Myers

piece of land and build on it; acres of land, a huge house, fences – everything.”

Myers eyed locations like Marble Falls during trips around central Texas.

"I'd love to build a house there one day, as it has the Colorado River running through it," he said. "I've also looked at states like Wyoming and Montana. It's about the open space for me and a relaxed-life pace."

The first thing he wants to do when he sets foot back in the States and returns to his black labs and girlfriend is to hit the open road.

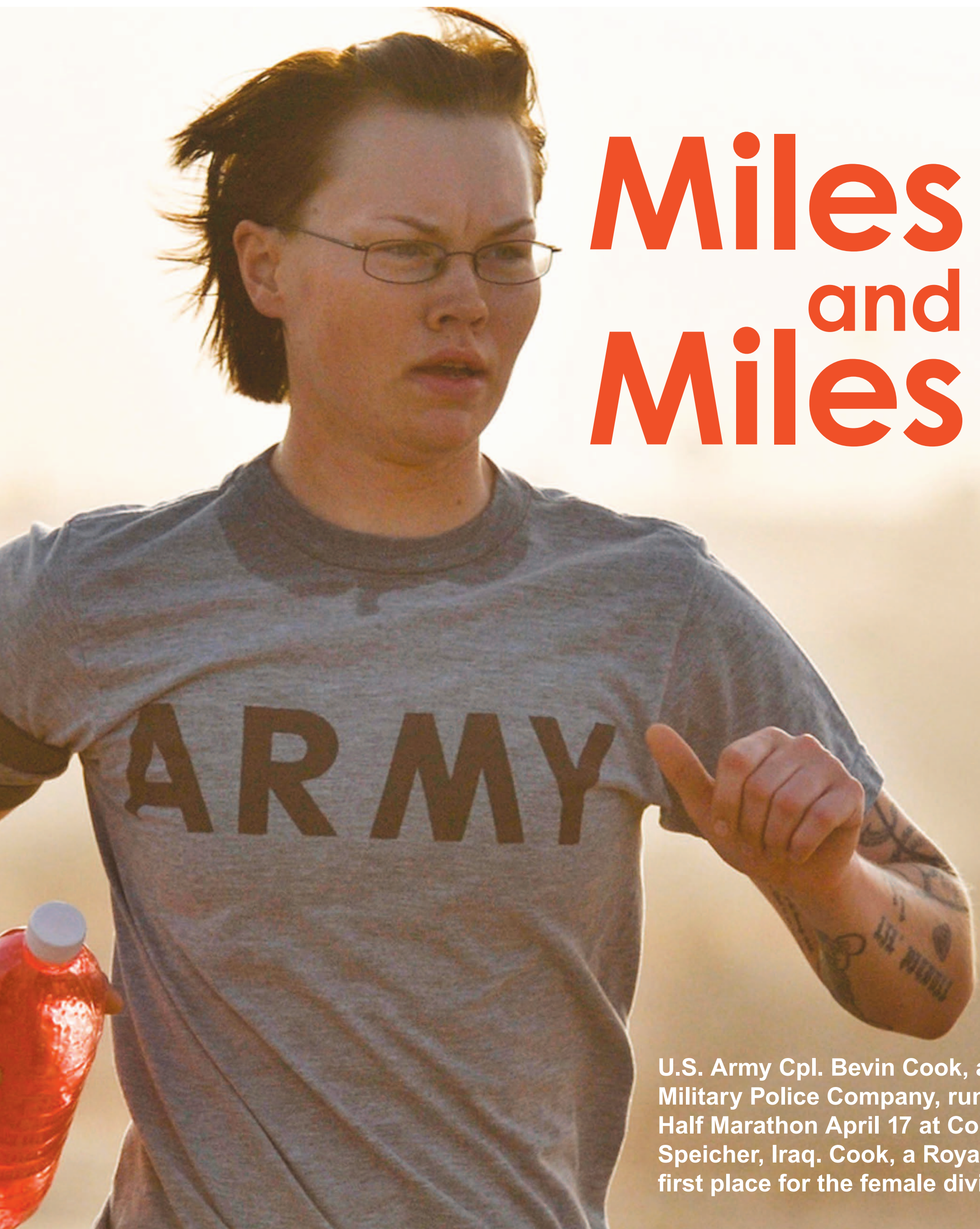
"Once cleared after our redeployment, I'm just going to get in my truck and drive," Myers said. "It'll be good to be back with that freedom."

**“I’m the guy you see wearing jeans, boots, a T-shirt and baseball cap outside [of] work.”**

- Pfc. Clifton Myers



# Miles and Miles



U.S. Army Cpl. Bevin Cook, a  
Military Police Company, runs  
Half Marathon April 17 at Cor  
Speicher, Iraq. Cook, a Royal  
first place for the female divisi



# Half, full marathons give many running enthusiasts chance to test their mettle

PHOTOS BY  
SGT. SHAWN MILLER  
109TH MOBILE PUBLIC AFFAIRS DETACHMENT



*Soldiers hand out cups of water to runners during the Task Force 26.2 Half Marathon and Marathon at Contingency Operating Base Speicher. Top marathon finishers received a chance to submit their time for an opportunity to be selected for the Boston Marathon later this year.*



*Service members and civilians dash off the starting line at the Task Force 26.2 Half Marathon and Marathon at Contingency Operating Base Speicher, Iraq. Runners completed the half or full marathons as the final events of the Task Force 26.2 race series, which began in fall 2010.*



*Service members stationed in U.S. Division-North compete in the Task Force 26.2 Half Marathon and Marathon on Contingency Operating Base Speicher, Iraq, April 17, 2011. Service members at COB Speicher competed in a series of races since November leading up to the marathon.*

**Soldier with the 272nd**  
**s the Task Force 26.2**  
**ntingency Operating Base**  
**Oak, Mich., native, took**  
**sion.**









U.S. Army photo by Sgt. Coltin Heller

Command Sgt. Maj. Daniel Dailey, senior enlisted leader of U.S. Division-North and 4th Infantry Division, congratulates Pfc. Nicholas Mayora on being named U.S. Division-North Soldier of the Quarter during a ceremony. Mayora, a resident of Dallas, Texas, serves as an armor crewman with 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division.

# Private first class wins title of ‘Soldier of the Quarter’ in division-level competition

STORY BY  
SPC. TERENCE EWINGS  
1ST ADVISE AND ASSIST BRIGADE

## CONTINGENCY OPERATING SITE

**MAREZ** – Pfc. Nicholas Mayora, an armor crewman assigned to Company Charlie, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division and a Dallas, Texas, native, recently earned the honor of being named the U.S. Division-North Soldier of the Quarter.

Mayora bested other service members stationed in northern Iraq during a board competition that tested the warriors’ military knowledge, professionalism and Army values.

“It’s great to see the future of the Army in a young Soldier like Pfc. Mayora,” said Command Sgt. Maj. Henry Griffith, senior enlisted advisor for the 2nd Bn., 7th Cav. Regt. “His motivation and drive has gotten him there to be the division Soldier of the Quarter.”

Originally from Nairobi, Kenya, Mayora assists his platoon at Patrol Base 6 by training and providing security with Iraqi Soldiers assigned to 2nd Iraqi Army Division Soldiers.

U.S. Soldiers at the remote installation advise, train and assist an Iraqi Army platoon responsible for maintaining security operations for their base and nearby checkpoints.

“Mayora is willing to go above and beyond what is expected out of the average Soldier,” said Griffith, a native of Washington, D.C. “He’s a great example for other Soldiers to emulate.”

In preparation for the U.S. Division-North Soldier of the Quarter board and competing against his junior-enlisted peers, Mayora outwitted his fellow 4th AAB troopers in battalion and brigade Soldier of the Month

boards.

With the help of his senior enlisted leaders from Company C, Mayora set out to exemplify what it means to be a U.S. Soldier.

“Mayora is just one of those Soldiers that you’re lucky to have the opportunity to work with,” said Sgt. 1st Class Dallas Parkerson, platoon sergeant for 3rd Platoon, Company C.

Parkerson helped Mayora prepare for the academic contests by testing him and conducting mock boards.

“He’s a good Soldier,” said Parkerson, a native of Indianola, Miss. “He’s very dedicated, learns quickly and is able to perform multiple duties here at the patrol base when we need him.”

In addition to his routine duties at Patrol Base 6, which include pulling guard duty in a tower or at the entry control point, Mayora also goes on mounted and dismounted patrols with Iraqi Soldiers.

During his “down time”, Mayora studied for the academic boards with the intent of successfully representing his unit.

“It feels good to have achieved something like this and at the same time learn a lot about the U.S. Army,” Mayora said.

In late 2009, after earning an Associate’s Degree in general science, Mayora enlisted to serve in the U.S. Army with the goal of becoming a leader.

Even though he has only been in the military for 18 months, Mayora believes attaining this kind of knowledge will help him throughout his military career.

“All of my noncommissioned officers and leaders helped me study and prepare me for this, and this is a great achievement that I’m proud of,” he said.

Mayora said he plans to continue his undergraduate studies in security and intelligence, attend Officer Candidate School and retire as a general officer in the U.S. Army.

# 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](http://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](mailto:jesus.goytia@iraq.centcom.mil).

# Tactical Physical Training

- Who:** Everyone on JBB 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:** JBB East Gym (behind circuit gym)

# Se<sup>x</sup>ual Assault Awareness Month

## JOINT BASE BALAD 2011

- |   |   |  |
|---|---|--|
| <b>Friday, April 1</b><br>Poem Contest Begins!                | <b>Thursday, April 15</b><br>Poem Contest Ends!                           | <b>Every Thursday</b><br>Movie Night, 1900-2100<br>MWR-E, Movie Room |
| <b>Friday, April 1</b><br>Info Tables, 1130-1300<br>DFAC 2    | <b>Saturday, April 16</b><br>Bracelet Making, 1700-1830<br>Main USO       |  |
| <b>Saturday, April 2</b><br>5K Run/Walk, 0600<br>Holt Stadium | <b>Tuesday, April 20</b><br>Bonfire/Poem Reading<br>1900-2200<br>Main USO |  |
| <b>Friday, April 8</b><br>Info Tables, 2000-2200<br>MWR-E     | <b>Friday, April 22</b><br>Info Tables, 2000-2200<br>MWR-E                |  |

POC:  
Capt Richard Laca @ 433-7272 or  
[richard.laca@blab.afcent.af.mil](mailto:richard.laca@blab.afcent.af.mil)

SFC D. Eric Krone @ 483-4645 or  
[david.krone@iraq.centcom.mil](mailto:david.krone@iraq.centcom.mil)

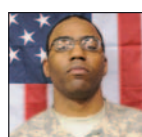






# Benefits of exercise outweigh the fatigue

BY SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF



**T**rying to eat healthy can sometimes feel like doing research for a college term paper on the Marquis de Sade in a 18th century

French literature class when you're an accounting major. Meaning, it can require wading through swamps of murky information, can be somewhat disgusting, and can feel completely useless.

The difference is you felt like you had to do the term paper because you or your parents paid for that class, and you needed to pass it to graduate. You had... what's the phrase I'm looking for... extrinsic motivation. This means you were motivated by receiving an award such as a degree or by avoiding punishment like a lecture from your father or mother, but that's a topic for another column.

The point here is most people don't feel like they have to eat healthy even though they know they should. It doesn't seem like a necessity, because it's hard to see the rewards of good nutrition and the punishment for unhealthy eating habits can be so far away, we lose sight of it.

You may not enjoy exercise, but it's easier to work out than to monitor your nutrition because the positive results of exercise are physically evident while chances are you won't recognize the effects of eating right unless you don't do it.

Forgive the reference, but think of your body in terms of an automobile. If you keep up the preventive maintenance, there is little chance that you will have a major malfunction. However, some people can't see the importance of checking their tires until one blows out while doing 70 mph on the highway.

Once that happens you have to pay to get your car towed, a new rim put on, and your axle fixed. Not to mention you still have to replace the old tires that you previously neglected, and your car will never run as well as before.

The same goes for your body. For example, having a heart attack or stroke can increase the risk of having another heart attack or stroke, as if one wasn't bad enough.

In the end, poor nutrition is just not worth it. Don't wait until you develop high blood pressure or diabetes to start trying to develop healthy eating habits. I would go into more details and specifics of negative consequences, but the data on this topic is expansive to say the least. Also, if my car analogy didn't get you, there may be no hope for you.

Ok, who am I kidding, we both know the car analogy got you, but getting you to

realize the value of good nutrition was the easy part. Knowing the right thing to do doesn't always translate into doing the right thing.

I know you've got excuses, oh I'm sorry, I mean "reasons," why eating as healthy as you like may not be entirely feasible. The most prominent of these probably being that most healthy foods are not enjoyable or there is not enough time in your schedule to be a health-conscious consumer and chef.

However, I want you to really ponder this next statement. There is nothing in life worth having that doesn't require some form of sacrifice. You may never have a perfect diet, but that doesn't mean you shouldn't strive to eat well. In other words, it's OK to eat a piece of cheesecake, but it's not OK to eat a piece of cheesecake after every meal seven days a week.

We live in a time where choices abound and information flows freely. If you're unsure of where to start on your quest for proper nutrition, treat it like a term paper. Do a little bit of general research to learn the basics of what foods are healthy and why. Then branch out and look for different healthy recipes that you may enjoy.

I'll even list a couple of Web sites that might help you because I'm such a nice guy, or because the column says help at the top, so I'm sort of obligated. You decide.

<http://www.nutrition.gov>

This is the government site for nutrition. It can be very dry, but there are a lot of useful links you can access from this site.

<http://www.hsph.harvard.edu/nutritionsource>

This is Harvard's nutrition site. It's a little more user friendly than the government's and has some recipes.

<http://nutritiondata.self.com/>

This is a site from "Self" magazine, but they had some interesting features. You have to sign up, but it's relatively simple.

I suggest taking the five hours you spend in your office on Facebook and reallocating that time into a venture where you'll learn something more pertinent than "Susan just got a mani/pedi and feels great."

Really though it shouldn't be that hard to start eating healthy while you're deployed, because Facebook doesn't work in your office anyway, and the meals are prepared and even color-coded for you.

It's like a stop light really. Green means "go" because these foods are high or peak-performance foods, yellow means "caution" because these are moderate-performance foods, and if I still have to explain what red means you're in more trouble than I thought.

## Word on the Street

**What adjustments have you had to make since you've gotten to Iraq?**



**"Every day is a work day, so I'm definitely more disciplined than I was before. I'm limited on daily activities here, so I want to do positive things like spend more time at the gym and read."**

Spc. Paula Corredor is a container management specialist with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Brooklyn, N.Y., native.



**"One of the adjustments I had to make was adjusting to a combat shower and shave, which is only about five to 10 minutes."**

Staff Sgt. William Mack is a supply and service contract noncommissioned officer with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Philadelphia, Pa., native.



**"One of the adjustments I had to make was breathing the dusty air while running. I'm doing more cardio to make up for the difference, because it's harder to breath in this environment."**

Spc. Francis Alessandrini is a para-legal specialist with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Johnsville, N.Y., native.



# THEATER PERSPECTIVES

“Our security forces are now able to hold the responsibility, preserve the security and to act professionally and patriotically.”

This is a statement by Iraq’s Prime Minister Nuri al-Maliki during a meeting April 22 with Adm. Mike Mullen, chairman of the U.S. military’s Joint Chiefs of Staff, in Baghdad.

“We are on schedule to withdraw the remaining U.S. forces that are in Iraq by the end of the year.”

White House press secretary Jay Carney told reporters during the discussion with Iraq whether some U.S. troops will remain in the country to assist with security even though no requests for assistance have been made.

“If we don’t train the Iraqi Forces to protect their people, then nothing we have done since 2003 will have mattered, so we take this job very seriously.”

Said Staff Sgt. Timothy Snyder of Company Bravo, 1st Battalion, 14th Infantry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, on mentoring Kurdish Soldiers as part of their advise, train and assist mission at Fire Base Manila, near the city of Chamchamal.

“The actions taken by these four pilots are a direct contribution to ensuring a peaceful transition of authority for the security of Iraq from U.S. forces to Iraqi Security Forces.”

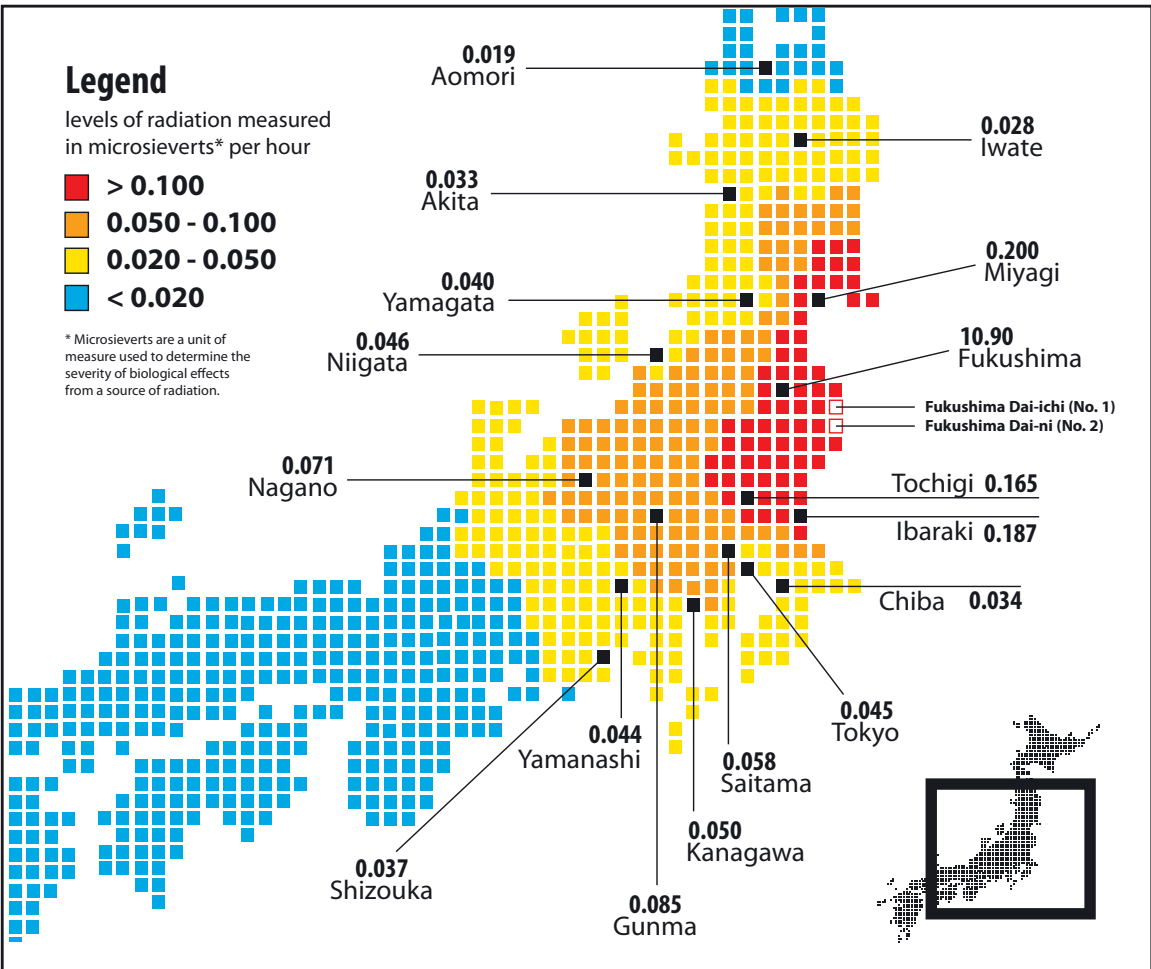
Said Task Force Saber’s commanding officer Lt. Col. Michael C. McCurry, when four pilots in two OH-58 Kiowa Warrior helicopters, who were conducting an aerial reconnaissance mission in northern Iraq in conjunction with U.S. and Iraqi ground forces, observed and engaged an IED emplacer along a major route frequently used by Iraqi civilians and U.S. forces.

## Increased levels of radiation in Japan

Japan fell victim to one of the most powerful earthquakes in recorded history March 11. As a result of this natural disaster, the Fukushima Dai-ichi nuclear power plant lost power, resulting in massive radiation leaks from the plant’s reactors.

The country ranked its nuclear crisis as a “7,” which is the highest possible severity on international scales and equals that of the catastrophic 1986 Chernobyl disaster. The spread of radiation exposure, as depicted here, has affected many Japanese citizens and businesses.

To illustrate the levels of radiation exposure that citizens are being subjected to, people in Tokyo, at the current exposure level, would have to smoke 1.5 packs of cigarettes a day for about 30 years to match current levels of exposure.





# Sudoku

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

Last week's answers:

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

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

## TEST YOUR KNOWLEDGE

1. What punctuation mark did baseball clown Max Patkin wear on the back of his jersey?
2. Who was Joe DiMaggio nearly traded to the Red Sox for in 1976?
3. What was installed in front of major league baseball fences in 1950?
4. Whose single-season strikeout record did Nolan Ryan beat by one?
5. What baseball team has lost the World Series a record 12 times?

1. "???" 2. Ted Williams 3. the warning track 4. 5 billion years old 5. the Dodgers

## 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

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



### Wednesday 4/27/11

NBA: 2011 NBA Playoffs, Live 0300 & 0530, AFN I sports  
NHL: 2011 Stanley Cup Playoffs, Live 0400, AFN I xtra  
MLB: Colorado Rockies @ Chicago Cubs, Delayed 1000 AFN I sports

### Thursday 4/28/11

NHL: 2011 Stanley Cup Playoffs, Live 0200, AFN I xtra  
NBA: 2011 Playoffs, Live 0200 & 0430, AFN I sports  
MLB: Tampa Bay Rays @ Minnesota Twins, Live 2000, AFN I sports

### Friday 4/29/11

NFL: 2011 NFL Draft: Round 1, Live 0300 AFN I sports  
NBA: 2011 Playoffs, Live 0300 & 0530, AFN I xtra  
MLB: Boston Red Sox @ Baltimore Orioles, Delayed

1000, AFN I sports

### Saturday 4/30/11

NFL: 2011 NFL Draft: Rounds 2-3, Live 0100 & 0300, AFN I sports  
NHL: 2011 Stanley Cup Playoffs, Live 0200, AFN I prime Pacific  
NBA: 2011 NBA Playoffs, Live 0300 & 0530, AFN I sports  
NFL: 2011 NFL Draft: Rounds 4-7, Live 1900, AFN I sports

### Sunday 5/1/11

NBA: 2011 NBA Playoffs, Live 0300, AFN I sports  
UFC: UFC 129: St. Pierre vs. Shields, Live 0400, AFN I xtra  
MLB: San Francisco Giants @ Washington Nationals,

Delayed 1000, AFN I xtra

MLB: Florida Marlins @ Cincinnati Reds, Delayed 1600, AFN I xtra  
NBA: 2011 Playoffs, Live 2000 & 2230, AFN I sports

### Monday 5/2/11

NBA: 2011 Playoffs, Live 0300, AFN I sports  
NHL: 2011 Stanley Cup Playoffs, Live 0300, AFN I xtra  
MLB: Toronto Blue Jays @ New York Yankees, Delayed 1730, AFN I sports

### Tuesday 5/3/11

NHL: 2011 Stanley Cup Playoffs, Live 0200 & 0430, AFN I xtra  
NBA: 2011 Playoffs, Live 0200 & 0430, AFN I sports  
MLB: New York Yankees @ Detroit Tigers, Delayed 1400, AFN I sports



# ARTS & ENTERTAINMENT

## The Sports Lounge

### NBA action is heating up but don't forget about NFL's drama

BY SGT. EDWIN GRAY  
EXPEDITIONARY TIMES STAFF



After a couple of Game-1 upsets in the Western Conference playoffs, home-court advantage has switched hands from the first-seed San Antonio Spurs to the eighth-seed Memphis Grizzlies and from the second-seed Los Angeles Lakers to the seventh-seed New Orleans Hornets.

After the surprising losses, both the Lakers and the Spurs redeemed themselves with Game-2 victories.

Personally, I was surprised by the Lakers' mishap just because of the talent level, confidence and playoff experience of the franchise, but the Hornets may have scored the first win because the Lakers were missing their center Andrew Bynum due to injury.

Bynum returned for Game 2, and the Hornets were not so lucky, while the Grizzlies may have made a statement to many fans as they snuck out of San Antonio with a win in Game 1.

In the Eastern Conference, the only Game 1 that stood out to me was the Orlando Magic losing to the Atlanta Hawks. Not only did the Hawks win the

game, they dominated the Magic from the tip-off to the post-game interviews.

The Hawks' win didn't surprise me at all. I was more concerned with the incompetence of Orlando to prove themselves to be the great championship competitors that most sports analysts say the Magic are.

They have talented, young, experienced players, but I think they lack heart and the killer instinct that every championship team has shown to obtain the title. They are overrated and the Hawks are proving it. I wouldn't be surprised if the Hawks escape into the second round.

Although the NBA playoffs are the main priority of the professional sports world, the NFL has been making sports headlines because of the possible player lockout.

After four days of meeting for approximately 26 hours, a judge ordered mediation between the players and owners.

U.S. Magistrate Judge Author Boylan adjourned talks until May 16.

I personally find it hard to believe that we may not have an NFL season this year due to greed of not only the owners but the players as well. It's sad to see players like Arizona Cardinals wide receiver Larry Fitzgerald saying he'll help any teammate who needs money during the lockout.

Indeed it was a nice gesture but it shows the unbalanced pay scales within not only the teams but the entire league.

I don't care about the players arguing about million-dollar contracts, because they want \$100 million for eight years with \$70 million guaranteed, but the owner only offered \$100 million with a \$4.9 million signing bonus and \$65 million guaranteed.

It's utterly ridiculous and rationally ludicrous.

I just want to see football, as any NFL fan would.

## The Reel Review

### 'Number Four' lacks action, leaves room for improvement

BY SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF



Yet another book-turned-movie. There used to be a time when a book was allowed to garner respect in its own right before Hollywood took it and ran with it. They even gave "Harry Potter" a couple of years before they started putting his exploits on the silver screen.

DreamWorks bought the rights to produce "I Am Number Four" before the book was even published.

The book was the first of what is projected to be a six-part series. I had actually never heard of the book, but while watching this movie, I knew there would probably be a sequel in the works somewhere.

This movie was clearly just a vessel to get to the next one. In that view, it served its purpose because it peaked my interest enough to see if the next movie will make up for what this one lacked. That may be just my overactive curiosity though.

There were so many things missing from this movie that some viewers may not care if a second one would be any better. Alex Pettyfer plays John Smith, and John's personality is as plain as his name suggests.

Although, I assume if I were an alien who was one of the last of my kind, on a foreign planet, and had to move around to stay away from the other aliens that were trying to kill me, I'd be pretty drab too.

The problem with that logic is the fact that all the characters in this movie were stale. Hopefully this is not the director's

  
Review: 1.5 / 5 stars

impression of Paradise, Ohio, where the film is set. Honestly I felt John's beagle, Bernie Kosar, had more personality than any other character, and that's not just me trying to put things in perspective for you.

The story just didn't do a good job of developing its characters. In fact, it had a problem with developing at all. I spent most of this movie waiting for something to happen. I would have given John's persecutors directions, a map, a compass, and a GPS to help them to get to him faster, so I would have a reason for watching this.

This was supposed to be an introduction, but I was left with nothing but more questions. The story just lightly touched on pertinent subjects and in doing so left us without a firm handle on the purpose of the movie.

There were some things I enjoyed about the movie. Once the bad guys finally caught up to John and his friends at the end, the fight scenes were fairly decent. They were decent enough to help realize that a sequel has a chance of actually being enjoyable.

This movie was dryer than Joint Base Balad during a sandstorm. I say you just skip it and wait until the second one comes out. Trust me you won't be missing much. I give this movie one and a half stars out of five.

# PVT MURPHY'S LAW™

BY MARK BAKER

## Reel Movie Times

**Wednesday April 27**  
1700 The Adjustment Bureau (PG-13)  
2000 Hall Pass (R)

**Thursday April 28**  
1700 The Adjustment Bureau (PG-13)  
2000 Rio (G)

**Friday April 29**  
1800 Rango (PG)  
2100 Water For Elephants (PG-13)

**Saturday April 30**  
1400 Red Riding Hood (PG-13)  
1700 Water For Elephants (PG-13)  
2000 Rango (PG)

**Sunday May 1**  
1400 Water For Elephants (PG-13)  
1700 Rango (PG)  
2000 Red Riding Hood (PG-13)

**Monday May 2**  
1700 Mars Needs Moms (PG)  
2000 Rango (PG)

**Tuesday May 3**  
1700 Red Riding Hood (PG-13)  
2000 Water For Elephants (PG-13)



# Chris Young visits JBB, thanks troops

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

**JOINT BASE BALAD, Iraq** — Service members gathered here April 19 for a performance by country singer Chris Young. Soldiers, Airmen, and Department of the Army civilians had the opportunity to take a break from their normal, day-to-day routine and experience a performance by the singer.

Chris Young is an avid military supporter and has previously traveled to the Middle East to perform for service members.

In attendance, among others, were Brig. Gen. Kurt F. Neubauer, the JBB installation commander, Chief Master Sgt. Harold Hutchinson, JBB's command chief, and Command Sgt. Maj. Debbie Schroder, the command sergeant major for the 310th Expeditionary Sustainment Command.

The event was hosted by Stars for Stripes, the nonprofit organization that promotes patriotism and civic pride by bringing entertainment to troops in Iraq. For fans, band members and all who attended, the event was mutually morale-boosting.

"I firmly believe that the reason I have such a blessed life is because of people in uniform," said Judy G. Seale, the president of the Stars for Stripes organization, and a Nashville, Tenn., native. "You allow me to live the life that I do. If I didn't have to work for a living, this is all I would do."

Although Young has performed in support of Soldiers stationed overseas before, his band members were performing for the first time here. The musician's stance

on supporting the military was enthusiastic and loyal.

"I told pretty much everyone I could talk to what a great experience it was," said Young as he smiled while reflecting on his previous performance for the troops stationed in the Middle East.

Other members in the band echoed Young's sentiment.

"I see people in the armed forces in a completely different light now," said Steve Siels, Young's bass player.

Siels said that meeting Soldiers from different branches of service who have served overseas has a deeper meaning now that he has witnessed the job they perform in a deployed environment.

"Now that I've been here, I get it," he said. "These guys are doing an incredibly rough and tough job. I think people in the armed forces are a breed of their own. It's like a hidden gene that's no one has discovered yet. I think it takes a lot to do what you guys do."

The level of appreciation that the military members showed towards the band was surprising for Young, who gave out iTunes gift cards and CDs while signing autographs and taking pictures with fans. His younger 24 year-old sister recently joined the Marine Corps last year and works in aviation electronics.

"We can't tell people 'thank you' fast enough," Young said. "They're telling us, which seems really backwards, but it's an amazing feeling."

Dozens of military personnel posted photos on social media Web sites and wrote notes of thanks even before the night was over, a testament of gratitude for the band that showed support.



Chris Young, a country music singer and Murfessboro, Tenn., native, performs for service members here April 19. Hundreds of Soldiers, Airmen, and DOD civilians serving in support of Operation New Dawn were entertained as Young inspirationally performed some of his songs for fans.

# Victory Through Support