

The Expeditionary Times

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U.S. Army photo by Staff Sgt. Shawn Miller

Iraqi Army Soldiers practice dismounted patrol tactics under the careful watch of U.S. Army Soldiers during a block of training as part of the U.S. military's advise and assist mission in Iraq. The training these Iraqi Soldiers receive has helped develop their skills in not only maintaining vigilance but also in reacting to incidents such as roadside bomb detonations and in establishing a cordon to secure an investigation site.

Iraqi Army displays its aptitude after blast

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

JOINT BASE BALAD, Iraq – On a day where the word “surprise” carried more than its usual weight, three members of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command got the opportunity to witness how far the Iraqi Army has evolved.

The three members of the 3rd Bn.'s Company Delta were on a routine convoy escort mission when their truck struck an improvised explosive device.

“It was a very big surprise. I didn't quite know what happened at first,” said Sgt. Justin Hoeft, a truck commander and a Pendleton, Ore., native.

Hoeft, along with Spc. William Bergstrom, a driver from Echo, Ore., and Spc. Zachary Pennington, a gunner from Hermiston, Ore., steered their Mine Resistant Ambush Protected vehicle to a stop seconds

after the blast.

“It was just like a “boom,” and we thought a tire was flat,” Bergstrom said.

Minutes after the blast, Hoeft said, the Iraqi Army arrived.

“They were looking at the truck. I bet there were 40 of them,” Hoeft said.

As Hoeft and his crew watched, more Iraqi Army Soldiers gathered, and they immediately fanned out and began to secure the area.

Bergstrom said he was surprised about how fast the Iraqi Army took charge of the area and their expertise was evident.

“Whoever came over here to train them did a good job,” Bergstrom said. “They searched the entire area and did a really good job.”

The Company D crew was also satisfied with what happened next.

Hoeft said the Iraqi Army Soldiers quickly discovered and detained two men and then the MRAP crew watched as another man walked up to the Soldiers. After a brief conversation, the Iraqi Army Soldiers took the man into custody.



Airman is determined to stay involved, keep himself one step ahead

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Giddyup! Truck rodeo tests many skills for transportation Soldiers

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Movement control team keeps us in the fight; helps get us out, too

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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

Feeding your soul can help you grow in unfertile areas

CAPT. CHARLENE CHENEY
261ST MULTIFUNCTIONAL MEDICAL BATTALION CHAPLAIN



Sometimes we luck out and life offers us an opportunity to plant ourselves in a fertile environment that enables us to effortlessly blossom, flourish and thrive. Other times life unexpectedly plops us down in terrain that is rocky, rough, and unwelcoming. This, in turn, makes it difficult for us to reach our full potential.

During moments like these, we can do one of two things: we can give up or we can seize the moment and strive to practice the fine art of figuring out how to grow where we are planted.

Have you ever tried to plant a seed in soil that wasn't conducive to growth? Encouraging growth in less-than-desirable circumstance is hard but not impossible to accomplish.

The key to promoting growth is finding the right combination and balance of fertilizing ingredients. Sometimes just by looking at the malnourished plant you can figure out what nutrients are missing from the soil. Other times it is beneficial to play around with ingredients that will help you adjust your soil's fertility and texture.

When we find ourselves stuck in unfavorable circumstances, we must strive to find the right combination of fertilizing ingredients that will encourage our growth. Many times just being introspective and practicing self-reflection will help you immediately pinpoint the missing ingredient.

Sometimes, when you just can't put your finger on the needed ingredient, asking yourself the question "What am I doing to feed my soul?" will help you begin the process of finding the ingredient.

We all have different needs. What you consider to be soul food may not be soul food to the next person. The following suggestions hopefully will help you whet your appetite as you try to figure out what soul foods work for you.

Adjust Your Attitude

When we choose to approach situations with closed minds and negative attitudes, we become the biggest obstacle to our own growth. Sometimes the only fluctuating factor in the equation of your situation is you.

If you keep an open mind, in any situation, there is growth that can happen and valuable lessons that can be learned.

I offer the wisdom of the words of Maya Angelou: "If you don't like something, change it. If you can't change it, change your attitude."

Help Somebody

The Buddhist proverb, "If you light a lamp for somebody, it will also brighten your path," offers some valuable insight. Growth happens in many different ways. Sometimes the most emotional and spiritually satisfying growth happens when you help somebody else to grow.

Ralph Waldo Emerson said, "If you would lift me up, you must be on higher ground." Helping others helps us realize that our growth is not as stunted as we thought it was and also that we have valuable contributions to offer to the place where we are planted.

Connect With A Higher Power

When we are unable to successfully till the soil in the garden of our life, the best thing we can do is to hand our self, our problem and our situation over to our higher power. Some of the best soul food comes from connecting with a higher power.

The most common places and practices that enable you to connect with your higher power is meditating, being out in nature, and by attending services and studies that support your spiritual background.

Have Fun

Sometimes we cease growing because our creative nature has dried up. When we invest in our creativity, we are ultimately investing in our overall outlook on life. Fun fuels our creative juices and is a medicine to our soul. Find a hobby, try something new, make time to laugh and make meaningful moments with your loved ones.

There are so many ways to nurture and nourish your soul when you find yourself planted in harsh terrain. The only way to fail in the effort of growing yourself is not to try.

If none of the suggestions in this article work for you, search the many wonderful blogs and Web sites available on the matter. They may be exactly what you need to feed your soul and get you growing again.

Happy growing!

The Expeditionary Times

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

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The Weekly Standard

What have you done to make the unit better?

MAJ. DARREN ANTAL
310TH ESC IG



“This is the worst unit ever!”
“How in world did he/she get put in charge of this unit?”

I, like many of you, listen to the constant complaints of others, which just seems to be human nature. Somehow, complaining seems to be almost like therapy for some; if they were not able to complain about something, they would be lost and have absolutely nothing to say.

Most of the time, Soldiers are just trying to have fun and vent about things that seem

odd, like the wear of reflective belts during daylight hours.

However, some complaints are not always in good humor and may approach being toxic, adversely affecting a unit's command climate and the overall morale of its Soldiers. The problem with complaints, fun or not, is it feeds the negativity and does not help the unit.

We are all responsible for our unit. We learn from our past mistakes and then move on and focus on today and tomorrow. Each one of us, from E-1 to O-7, should ask ourselves each day “what I can do to make our unit better?”

This does not entail writing policy, but simple things like being courteous to others,

recognizing fellow Soldiers for doing a good job, helping fellow Soldiers accomplish their tasks, volunteering to help others that may be struggling with physical fitness, etc.

Some of these acts may sound strangely like teamwork, which may develop unit cohesion, which may lead to greater loyalty to one's unit, which just happens to be one of our Army Values, as referenced in AR 600-100, Army Leadership. Loyalty is to “bear true faith and allegiance to the U.S. Constitution, the Army, and your unit.”

Be positive! This is not at top-down concept that requires a FRAGO for change.

Be part of the solution. Instead of complaining about your unit or issues, try to do something about it in whatever way you can.

The Real Barracks Lawyer

If divorce is the only answer...

CAPT. DANIEL RIECK
310TH ESC CHIEF OF LEGAL SERVICES



People come to the Legal Assistance Office for any number of reasons to include seeking a notarization or a power of attorney. All too

often, however, people come to get legal guidance for a divorce. It's a sad, largely unreported fact that the divorce rate in the military has nearly doubled during the past decade. This article is designed to give the reader some basic guidance in divorce law.

Please note that divorce laws are different in each state, so make sure you contact a legal professional with any specific questions or concerns.

The divorce process is started by filing a petition for divorce in court. Each state and county has different forms, rules and fees that apply to such a filing. Counties will often post those forms online, usually on the local court's Web site. After filing the divorce petition with the court, every state has a waiting period that could be as short as 20 days or as long as one year, depending on the state and the type of divorce.

During the course of the case, the parties should attempt to reach an agreement on certain subjects, including division of marital property, allocation of marital debts, spousal support, child support, and child custody. This can be a simple matter of reaching what is known as a separation agreement. However, if the parties cannot agree, they will be required to dispute the matter in court, a process which often proves to be lengthy and expensive.

As such, it is most definitely in your best interest to try to compromise with your spouse in creating a separation agreement that both of you can agree upon.

At the end of the waiting period, assuming all requirements have been met, the court will issue a decree of dissolution. This document has the legal effect of ending the marriage. It is important to notify the finance office about this, because it could change your entitlement to certain types of family support pay.

Please note that in the military's eyes you are either married or not married; there is no category for separated couples. As such, keep in mind that you are not free to date or engage in sexual relations with a person other than your spouse until you receive that divorce decree.

There are a number of resources available to the residents of JBB who are contemplating a divorce. A meeting with the Chaplain's offices or the Combat Stress Clinic may be able to help a marriage struggling with the demands of deployments. Additionally, there are several free resources available to both the service member and their spouse on militaryonesource.com.

Should your marriage be heading for a divorce, however, make sure you come over to the JBB Legal Assistance Office. Trained lawyers and paralegals can answer your questions, help you fill out and notarize your forms or paperwork, and even create a separation agreement.



Sgt. Abubakarr Conteh, an operations noncommissioned officer for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Dallas, Texas, native, plays soccer with Iraqi children April 30 during Iraqi Kids Day, an event sponsored by service members from the Army and Air force stationed at Joint Base Balad.

Iraqi youth visit JBB

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

JOINT BASE BALAD, Iraq — More than 200 service members sponsored approximately 100 children from the town of Hatamia located outside Joint Base Balad, Iraq, April 30 for a day of fun and games.

For at least the past two years, children from villages surrounding JBB have been brought in each month to participate in the program known as Iraqi Kids Day, said Capt. Kyle Singer, an Air Force maintenance officer with the 64th Expeditionary Helicopter Maintenance Unit on base and

the coordinator of this month's event.

Excited children ranging from five to 16 years old energetically swarmed the Morale Welfare and Recreation Center to be greeted by smiling service members eager to interact with the children and show them a good time.

Face painting, soccer, volleyball, music, dancing, arts and crafts, and picture taking were among some of the activities the children had the chance to participate in.

Two Mine Resistant Ambush Protected vehicles were parked outside of the MWR for the children to play in. A zip line was also available to entertain the children.

The attendees who weren't there as designated volunteers participated in activities as

well. Service members from many different units stationed here came to either help out with food distribution or merely dance with children inside of the facility. Outside, dozens of Soldiers, Airmen and civilians organized basketball, soccer and volleyball games.

The children were fascinated with any objects that they could get their hands on. Pens and pencils were a huge hit. Candy and goodie bags, filled with an array of items, including flip-flops, were given to the children who attended.

“The kids wanted all the fruit, candy and Girl Scout cookies, so somehow, all the kids acquired bags,” said Capt. Sherlander Sanders, a general supply officer

See **YOUTH**, pg. 7



Senior Airman William Wilson, Jr., a movement control team member with the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command and a Republic of Trinidad and Tobago, native, is currently taking the combatives skill level one course. Wilson plans on taking skill levels two, three and four after he completes level one during his deployment to Sather Air Base, Iraq.

staying gainfully employed

Airman makes it his goal to stay involved during deployment in Iraq

STORY AND PHOTOS BY
SGT. FELICIA ADAMS
EXPEDITIONARY TIMES STAFF

SATHER AIR BASE, Iraq – The blazing sun stared down at the airman who stood in formation holding an important flag. He waited for the ceremony to begin as the day got hotter. The young airman remained disciplined as the sun continued to shine in his eyes and produce heat that was almost unbearable. Without hesitation, he snapped his body and flag to attention to show honor and respect.

Finding time to get involved in extra activities in one's local community at home can be challenging, but finding time while deployed is almost out of the question. This is not the case for Senior Airman William

Wilson, Jr., a movement control team member with the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command and a Republic of Trinidad and Tobago, native.

What sets this airman apart from others is his eagerness to volunteer for activities outside of his daily work schedule.

Wilson goes above and beyond his normal duties by volunteering his free time by participating in the modern army combatives program and by dedicating time as an active member of the honor guard. He also joined the Sather Air Base Eagles soccer team.

"Being involved makes me feel a lot more military, and I like being involved in a little more outside of my career field," Wilson said.

He takes the most pride in serving as the

guardian of the colors by displaying and escorting national flags on ceremonial occasions.

"I like the feeling you get when you do a Veteran's Day parade or when you do a funeral for a family because they come up to you afterward and they thank you for what you did especially because you might have been standing in that one spot for an hour or an hour and a half and didn't move, showing complete respect," Wilson said.

The airman attends all practices after duty hours to help maintain the exceptionally high standards of appearance and conduct that the honor guard demands and to help preserve the ability to show aptitude for all ceremonial duties.

"In honor guard we strive to be the best in everything and still uphold everything else," Wilson said.

What he is doing now is considered base-level honor guard. Wilson said his goal is to make it on the official honor guard based in Washington D.C., which represents the military as a whole and the United States as a nation. They perform numerous ceremonies on behalf of the president of the United States.

"Personally, you stand out from the crowd in the honor guard; you're not just another regular airman going to work and going home," Wilson said.

Additionally, he strives to be a better airman by training in the hard and arduous level-one combatives course. His interest started before he even landed in country.

A curiosity for combatives developed during Wilson's mandatory one-month combat skills training with the Army he had to attend prior to deployment.

"I took the three-hour-long class, and I stayed interested in it and knew I wanted to do it when I got out here if I got the chance," he said.

Wilson mentioned that his goal on deployment is to get certified for combatives skill levels one and two.

Not only does he have the motivation to become qualified as an airman, but also he has the desire to complete all combatives levels.

"I'm going to do level two here if they let me and level three and four when I get back to the States," Wilson added.

He also said he eventually wanted to be one of the first Air Force instructors to work with the Army and teach skill levels three and four.

On top of completing his daily work tasks, combatives, and honor guard practice and ceremonies, Wilson has the desire to play soccer three times a week and in tournaments. He said he's been playing soccer since he was a child but had no intentions to join a soccer team on deployment.

"I was actually walking past the basketball court on my way to the gym and saw them out there and I just went and started kicking around with them," Wilson said. "Then they asked me to play in a couple tournaments with them, so I just started playing."

He said he enjoys playing because the people that come out there are a lively bunch, they like soccer as much as him, and, according to Wilson, it's hard to find people who like soccer around there.

A portion of Wilson's motivation comes from his supervisor back at his home station.

"I look up to my supervisor because she doesn't really take 'no' for an answer, and she can definitely draw the line between [a

noncommissioned officer], a supervisor and an open-door policy," he said. "She usually pushes us to do more, and she's always right there if we need something or if we want to achieve something."

Wilson is following in his supervisor's steps and inspiring other young airman like himself to go above and beyond their regular daily duties.

"I think it's cool that he does stuff like this, he goes the extra mile and it motivates me and inspires me to do more," said Senior Airman Sterling Mitchell, a movement control team member with the 37th MCT and a Rosharon, Texas, native.

With all the activities Wilson stays involved with, he is still thinking about future goals he wants to pursue.

"Our home station is sending us a professional development guide so I can start reading up on the Air Force history and things like dress and appearance so I can get ready for that promotion test next year," he said.

Next on Wilson's list while he's deployed is to take college-level examination program courses to take his education further.

"I want to take some CLEP courses when the books come back into rotation and then some classes, but not until I get back to the States, because I'm more of a classroom person; chalkboard and eraser," he said.

Back to the ceremony: The blazing sun continued to beat down, but Wilson held that heavy flag and pole precisely during the entire time without moving a muscle. As the event came to a conclusion, he was able to walk away from it feeling personally satisfied.

Wilson's personal quest for self-improvement is an act that he hopes will be an example for others both during deployment and when the unit returns home.



Senior Airman William Wilson, Jr., a movement control team member with the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command, a Republic of Trinidad and Tobago, native, and a member of the Air Force Honor Guard, practices for an indoor ceremony on Sather Air Base, Iraq. Wilson has been a member of the honor guard for a year and said he loves every minute of it.

Soldiers remain marketable by improving GT prior to re-up

STORY BY
1ST LT. KRISTEN ADAMS
4TH SUSTAINMENT BRIGADE

AL ASAD AIR BASE, Iraq – Leaders of the Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command face many challenges while deployed, and at every turn a new priority seems to appear.

“One of the mainstays of the HHC, 189th CSSB efforts while deployed remains its efforts to re-enlist dedicated and deserving Soldiers,” said Capt. Amanda Milner, commander of HHC, 189th CSSB and a native of Hartford City, Ind.

In a letter to “Wolf Pack” company, Milner emphasized the importance of considering re-enlistment. She encouraged Soldiers eligible for re-enlistment to seriously weigh all options with consideration to their personal goals, their families, and also to statistics about the financial climate in the civilian sector.

“Now is the time for Soldiers to start evaluating their future prospects,” Milner said. “Soldiers eligible to re-enlist need to make an appointment with the career counselor to discuss options and availability. Soldiers should be counseled on improving their General Technical scores, making them qualified for as many MOSs as possible.”

Staff Sgt. Gwendolyn Goodwin, a retention noncommissioned officer with HHC, 189th CSSB and a native of Canovanas, Puerto Rico, is the noncommissioned officer-in-charge of the upcoming Academic Functional Skill Training course at the Al Asad Air Base education center. She organized the AFST course to provide opportunities for Soldiers to improve their GT score. Approximately a dozen Soldiers are scheduled to attend the first course.

“It is a privilege to work with Soldiers who are setting goals and taking steps toward self-improvement,” Goodwin said. “I can see career fields in the Army getting competitive, and I’m honored to take part in preparing Soldiers to fight for them.”

The reality of today’s Army is that opportunities to remain part of the team are diminishing. Hesitancy and failure to make a commitment by an eligible Soldier could result in very limited options later. In some cases, there may not be an option for the Soldier when they decide to re-enlist.

Sgt. Lela Bremen, a paralegal with HHC, 189th CSSB and native of Santa Rosa, Calif., signed a three-year re-enlistment contract recently and will be attending the AFST course at Al Asad Air Base.

In return for her promise to serve, Bremen was awarded stabilization at Fort Bragg, N.C., and plans to enroll in one of the area’s Green-to-Gold programs after redeployment.

“My experiences as a paralegal and my mentors encouraged me to go after my dream of becoming a Judge Advocate General officer,” she said. “I have always known I would be a career Soldier, and the thought of not re-enlisting had never occurred to me. I’ve never worried about my GT score, but now I want to make sure I am as competitive as possible.”

Her ideal career in the Army is a special victims prosecution lawyer in the Army JAG Corps. Milner embraces her responsibility as a leader and mentor.

“Leaders need to make sure they are purposefully selective in retaining those Soldiers with the best potential for future service,” Milner said.

As the Army repostures its forces, she added, the remaining fighting force needs to represent the best Soldiers that will carry the fight through ongoing and future operations.

Soldiers are fighting to maintain an edge and be competitive as the Army moves forward in the years to come.



Command Sgt. Maj. Bill Wyllie, the senior enlisted advisor for the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, chats with Sgt. Matt Henneke about his resume as part of the battalion’s employment and education initiative.

Battalion targets education, employment in new initiative

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

JOINT BASE BALAD, Iraq – Sgt. Matt Henneke, a communications specialist with the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, isn’t sure he will secure a job once he returns home from Iraq, but the La Grande, Ore., resident estimated he already is off to a good start on his job hunt.

Henneke’s job search is unique in several ways, including the fact he is actively seeking employment while he is stationed at Joint Base Balad in central Iraq.

The first step in his quest is to put together a resume. Henneke is drawing upon the expertise of fellow Soldiers in his battalion for guidance.

Henneke’s individual effort is an example of a broader campaign 3rd Bn. leaders kicked off earlier this spring. The employment and education effort is the creation of Lt. Col. Phil Appleton, the commander for the 3rd Bn. and a Silverton, Ore., native, and Command Sgt. Maj. Bill Wyllie, the command sergeant major of the 3rd Bn. and a John Day, Ore., native.

Appleton and Wyllie kick-started the ambitious employment and education plan with the intent to help Soldiers secure a viable future when they return home. Their bold agenda includes employment seminars, resume building and mock job interviews for 3rd Bn. Soldiers.

Henneke said the resume-building piece of the employment and education program is a good one.

“It gives the Soldier the opportunity to work on their resume and then get them revised,” he said.

Revision and careful supervision on resumes are two of the key pillars of the employment and education plan. Officers and senior noncommissioned officers are already geared to read individual resumes submitted by Soldiers who seek employment.

Appleton, Capt. Carmen Nicely, the commander for the Headquarters and Headquarters Company of 3rd

Bn. and a Walla Walla, Wash., native, and Capt. Jock Johnson, the chaplain for the 3rd Bn. and an Irrigon, Ore., native, all reviewed his resume. All three individuals offered key suggestions that Henneke said proved to be crucial.

The work of Nicely, Johnson and Appleton not only improved his resume, Henneke said, but they also helped him emotionally regarding the job hunt.

“It made me feel more confident and gave me some insight on what I needed to change,” he said.

Nicely is a significant asset for potential job seekers because of her civilian employment. Nicely works full-time for the state of Washington as an employment and training supervisor.

For Nicely, the 3rd Bn.’s employment and education program is all about preparing Soldiers to be successful.

“I think the program is very proactive of our command to get people thinking about the jobs they are interested in,” she said.

Nicely said the program is not a silver bullet in terms of employment, but it is a good start.

“It is not a guarantee, but it boosts their chances,” she said.

Nicely said one key for 3rd Bn. Soldiers is to focus on their personal qualities when they frame resumes.

“People don’t talk about that much, but it is important,” she said. “You know, are you flexible, dependable?”

Nicely said a holistic approach to framing a resume is a good method.

“There is no right way to do a resume. But there are ways to make it stand out more,” she said.

Wyllie said overall the battalion’s employment and education effort for post-deployment is going better than expected.

“We are getting a huge turnout of resumes from the [3rd Bn.] companies. It is going phenomenal,” Wyllie said.

For Henneke, the best future in the wake of his Iraq deployment would be one where he finds stable employment that allows him to also spend time with his wife and three children.

He said the employment and education program has already paid dividends for him.

Truck rodeo hones skills for competing trans. Soldiers

STORY AND PHOTO BY
SPC. CHRISTIANA BANKOLE
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq -



The Road Warriors, Soldiers of 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, participated in the unit's annual, week-long truck rodeo at Contingency Operating Base Adder, Iraq.

Each day, the Road Warriors competed in trucking events, which varied by the vehicle driven by each platoon. The platoons used vehicles such as the heavy-equipment truck and the M915 Line Haul truck.

Sgt. 1st Class Jemese Cruz, a senior truck master with 15th Trans. Co., and a native of Bayamon, Puerto Rico, coordinated the daily schedule of events with the help of the company's operations team.

"I felt satisfied with the overall turnout of the truck rodeo," Cruz said. "Despite missions and tasking, we were able to put all events together and execute."

The truck rodeo featured 21 events, including the serpentine course, tire changing, load tie-down drills, hasty recoveries, straight-line backing, and written training. Several relay events tested skills and encouraged friendly competition.

Sgt. Kale Baldwin, a heavy equipment transporter with 15th Trans Co., and a Wetumka, Okla., native, said the truck rodeo definitely sharpened the Soldiers' abilities as truck drivers.

"Soldiers were challenged to have prior knowledge of



Sgt. William Monroe, a heavy equipment transporter with 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Norfolk, Va., native, replaces a boogie tire on a heavy-equipment truck during a timed event at the annual truck rodeo on Contingency Operating Base Adder, Iraq.

their equipment and how to properly use it," Baldwin said, who also was one of the judges in charge of safety and making sure Soldiers paid attention to detail during the event.

Visitors from the 749th CSSB stopped by throughout the week to show their support for the competitors. Command Sgt. Maj. Paulo Vaka, the command sergeant major of the 749th CSSB and a native of Palo Alto, Calif., said events like the truck rodeo are great training tools for Soldiers.

"It's always excellent to see Soldiers training for what they're going to do outside the wire," Vaka said. "It's fine to

have down time, but too much down time can lead to trouble, so it's good to be training."

1st Lt. Daniel Reep, the executive officer for the 15th Trans. Co., and a native of Oxford, Miss., said the rodeo was an awesome event for Soldiers to build camaraderie among their peers in the area of transportation.

"The annual truck rodeo gave us a chance to have fun, while performing our annual recertification of all of our drivers," Reep said. "Overall, the events brought teams together and built esprit de corps."

Soldiers reinforce preventive checks, maintenance skills on new MRAPs

STORY AND PHOTO BY
ERICA SALINAS
370TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE SPEICHER, Iraq -



The mission for the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command has not changed all that much in recent years.

The Soldiers just have a new way of approaching it.

"It is a big truck to [do preventive maintenance checks and services], but with the help of the manual we achieved our goal," said Spc. Omar Cantu, a motor transport operator and a native of Brownsville, Texas.

He was referring to the pre-mission checks he and Spc. Jaime Melendez conducted over the past month.

The 'big truck' he's talking about has a big name to go with its big job: the Mine Resistant Ambush Protected vehicle, or MRAP, has taken the place of several vehicles, both larger and smaller, on the battlefields of Iraq and Afghanistan. It's tasked with the toughest mission of all: moving Soldiers across an open desert and delivering them safely to their destination.

"We checked it from all around, through the outside, as well as the inside with no problems," Melendez said.

The work has not slowed at Contingency Operating Base

Speicher, where the 370th Trans. Co. is stationed as part of the 275th CSSB in northern Iraq. Soldiers like Cantu and Melendez have had to learn as they go. The MRAPs are larger, heavier, and come with more parts than the gun trucks they replaced.

It makes the job that much more intense for the Soldiers tasked with maintaining them.

"We have to make sure every vehicle is well inspected before rolling out on our mission, and making sure every bolt is tight enough is a major part for any leaks there might be," said Sgt. Jesus Diaz, a motor transport operator and a native of Brownsville, Texas.

He was handed a wrench by Spc. Jose Medrano to tighten a loose bolt under the hood of the MRAP they were conducting a PMCS on.

The MRAP like any other vehicle needs to be checked by two Soldiers to make sure everything is good to go.

"We strive for success and make sure that every Soldier understands the importance of pre-combat checks and pre-combat inspections," said Sgt. 1st Class Cuahutemoc Martinez, a motor transport operator and a native of San Antonio, Texas.

In class, the Soldiers learned the importance of safety and discovered new additions that make the MRAP superior to its older predecessors.

They then moved from the classroom to the motor pool and got their hands dirty. Before hitting the road, each



Spc. Jaime Melendez and Spc. Omar Cantu from the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, both natives of Brownsville, Texas, conduct their preventive maintenance checks and services using the Max Pro Technical Manual on Contingency Operating Base Speicher, Iraq.

Soldier made a special trip under the hood for familiarization with the new engine and its components.

When it finally came time for the first road tests, some Soldiers already knew more about this new goliath than they did about their own personal vehicles back at home.

It's a good thing, too. After all, these may be the trucks that make sure they get back there safely.



Spc. Christopher Haskin, a truck commander for Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Hood River, Ore., native, pays tribute to his friend and fellow Soldier May 1 at the memorial service at the Morale, Welfare and Recreation Center on Joint Base Balad, Iraq.

Memorial for fallen Soldier focuses on life, service to country

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

JOINT BASE BALAD, Iraq – In a crowded room at Joint Base Balad, Iraq, May 1, Chaplain Jock Johnson, of 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, read the eulogy at a ceremony to remember Spc. Andrew E. Lara, a vehicle driver with Company Foxtrot, 3rd Bn., 116th Cav. Regt. and an Albany, Ore. native.

Lara, was born Dec. 7, 1985. He died in Babil province last week.

Writing about death and offering aid to those who grieve is part of Johnson's job. He knows that, and he knows this, too: a eulogy for a Soldier carries its own kind of significance, its own weight.

The ceremony, Johnson said, was all about honor; honor for those who serve and honor for those who gave their life for their country on hostile shores far away from their home.

"We do this to honor Soldiers," he said. "The Soldier stepped up. Less than one percent of our total population serves their country in the military. I think that speaks volumes about [a Soldier's] character."

While a eulogy is, by its very nature, about death, Johnson said he doesn't like to focus on the end of life.

"Is it fair to link someone's whole life to that one event? I don't think so," he said.

So the focus is on the person, his or her life and what they meant to their friends,

battle buddies and loved ones. The tribute ceremony is crucial, Johnson said.

"It gives closure for us over here," he said.

And of course there is the inevitable, acute question as heavy as the shroud of grief: Why?

Johnson is an honest, simple man from a small town; he understands some things in life simply are unanswerable.

"There are questions that have no answer this side of heaven," he said.

He understands, too, that his job requires that he step to the forefront when a Soldier dies.

He could talk about scripture, or the celebrated motifs of the Bible, yet he doesn't. As a man of God in Iraq, Johnson's words and thoughts rest with the fallen Soldier.

He lives inside the code of the chaplain – care for the living, care for the sick, honor the dead.

"Ultimately when you have a death, you want to do something that helps," he said.

In the end, though, everything narrows down to a simple concept for Johnson.

"It is important for [Lara's] family, his mother, to know we are honoring her son in every possible way," he said.

Johnson knows that on this day, honoring Lara is more important than anything else in the world.

With his eulogy finished, as the last bars of "Taps" linger in the hall where the remembrance ceremony was conducted, Johnson went back to his work as the 3rd Bn. chaplain. He goes back to offer guidance to Soldiers and to the study of scripture.

See **pg. 16** for more.



A child from the village of Hatamia leaves Joint Base Balad April 30 after spending a day on the base for Iraqi Kids Day. Approximately 100 children arrived to participate in the event, which was sponsored by service members with the Army and Air Force.

YOUTH: Troops, children enjoy full day of activities, treats to take back home

Cont. from pg. 3

with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Cleveland, Ohio, native, who volunteered to mentor an eight year-old child named Mohama for the day.

Although most of the children could not speak English well, they were adept at finding ways to communicate with the service members.

"He kept saying 'bag, bag', so someone went to the PX and grabbed a whole bunch of bags to distribute to the children for items to take home," Sanders said. "He would not take 'no' for an answer," she said referencing the experience she had with the child she mentored.

Children, Soldiers and Airmen alike were appreciative of the time spent together.

"It was fun," Sanders said. "It gives us some insight on cultural differences and how

their children are compared to ours, but pretty much they are the same. I think they have a better sense of appreciation than we do."

Sanders, who has four daughters ranging from five to 19 years old, said she'd volunteer to participate in the event every month due to this experience.

"We keep pushing to have this event, because once the kids are here, they see that we are not the enemy; that we're real people and that they can have fun with us," said Singer.

As the day came to an end, the worn-out faces of both service members and children indicated that the day's activities were drawing to a close, but no one really wanted to leave.

"I was tired," Sanders said. "I hope when I go the next time I see [Mohama] again. I hope I can pick the same kid next time. Hopefully some of the same kids come back again."

“It gives us some insight on cultural differences and how their children are compared to ours, but pretty much they are the same.”

- Capt. Sherlander Sanders

Sustaining the Sustainers



Cargo is removed from a customer's vehicle to be shipped out of Sather Air Base, Iraq. Outbound cargo goes back to the United States for redeployment, to Kuwait and even to Afghanistan to support Operation Enduring Freedom.

Tech. Sgt. Shawn McVay, the cargo noncommissioned officer-in-charge for the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command and a Saint Louis, Mo., native, tightens down straps on a container for a customer. The 37th MCT assists in moving cargo by air for Army customers on Victory Base Complex, Iraq.



Senior Airman William Wilson, a movement control team member with Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command, Trinidad and Tobago, native, removes the container packaging for a vehicle shipment on Sather Air Base, Iraq. The 37th MCT is responsible for moving cargo out of Iraq through the air base, serving a vital role in the resupply mission.

Team serves as hub for supplies shipped into and out of theater

STORY AND PHOTOS BY
SGT. FELICIA ADAMS
EXPEDITIONARY TIMES STAFF

SATHER AIR BASE, Iraq – A Combat Support Hospital requires supplies like syringes, IV bags and medicine to operate. The base firehouse needs a fire truck to function. Even the judge advocate general's office needs common office supplies to be fully operational.

All of these materials and equipment have one thing in common: They all arrived in the country with the help of service members who work on a movement control team.

The 37th Movement Control Team, part of the 53rd Transportation Battalion, 310th Expeditionary Sustainment Command, serves here as one of the largest hubs in United States Division-Central. The team receives and ships supplies and equipment to support units on deployment and redeployment.

"The MCT here is in charge of moving and processing all Army cargo for Victory Base Compound by air," said Lt. Sarah Bennett, commander for the 37th MCT and a Jackson, Miss., native.

The 37th MCT is a unique team, considering they are an Air Force unit working for the Army.

Master Sgt. Casey Richmond, the noncommissioned officer-in-charge of the 37th MCT and a San Jose, Calif., native, said, "It's been a challenge and a great experience to see how the Army does their process, and we are adapting and bringing in some new ideas to better improve [our opera-

tion]."

Considering the challenges from families to following an Army career path to have a positive outcome.

"It's kind of difficult, just for Army customers to learn a lot," Bennett said.

The team quickly adapts to the Army way of life, all services and equipment toward the same mission.

"I love working with the 37th," Daniel Quickel, the team's logistics officer, said. "The 37th gives us a lot of respect for the team, so they give the Army a lot more respect."

Not only has the team adapted to the Army way of life, but they have also adapted to the different Air Base environments quickly.

"We are all new here," Bennett said. "The team got along, but it took time to get on the same page."

After only two months, the team has made some valuable contributions.

Bennett said while there is a lot of frustrated cargo, it's not eight months of frustration where it was supposed to be.

"Frustrated cargo is not identified or was stopped from reaching its final destination."

"One of the biggest challenges is cleaning up the cargo out," Bennett said.



**h the 37th Movement Control
at Command and a Republic of
waiting customer who is picking up
the movement of cargo into and
g of equipment in theater.**

the team had to make some major adjustments, familiarizing themselves with Army acronyms and the chain of command, they all continued to adapt to the change.

erent working on an air base and working with contractors, but I think it's awesome and we've learned a lot," Bennett said.

ly realized that no matter what branch you are in, the members are on the same team working toward the same mission.

g with the Army," said Senior Airman Lorenzo Powell, the airman-in-charge of day-shift operations at the 37th MCT and a Geneva, Ohio, native. "They respect for helping them, because it's all one team. I'm giving them respect, in turn, I actually respect them more than I thought I would."

the 37th MCT overcome and adapted to the challenges, but everybody on the team came from a different background and had to all learn how to work together.

to this and we are all new to each other," Powell said. "There was a little bit of friction at first, but it took us a few weeks for everyone to get on the same page."

months of the new team being in Iraq, they made some valuable changes to the cargo yard.

when they first arrived at VBC they had a lot of cargo that had been sitting there for seven years prior to their arrival, and they didn't know what to do with it.

go" is cargo that may be improperly identified or mislabeled for some unknown reason prior to its destination.

ggest things we've been working on is cleaning up the cargo yard and getting all that frustrated equipment out of there," Powell said. "We were at 60 pieces at first and

now we're down to 15 that we are trying to get out of here, and we've done that in a matter of a month and a half."

Quickel added there was no accountability for a lot of equipment and their team addressed the issue immediately by finding out what customers and units the items belonged to.

In addition to clearing out the cargo yard, the team has plans on making more positive changes for the overall mission.

"We work closely with the ground MCT here so I hope that we can help alleviate some of their stuff because we can send some of their cargo by air," Bennett said. "I don't know if all of our customers know that, so my goal is to let our customers know that there's other options so they don't have to send everything by ground."

Richmond is also making long-term goals for the team as well to help future MCTs carry on the mission.

"I want to get it up to a point so that when we finally do get replaced, the turnover will be really easy, that our replacements will understand the operation and be able to smoothly transition and keep on moving like nothing has changed," Richmond said.

Richmond and his team of 16 airmen are a 24-7 operation responsible for the cargo coming into Sather Air Base and the cargo being shipped out or redeployed back to the states, to Afghanistan, and to other locations around the world.

They receive items to support units on VBC, whether it is general office supplies, Humvees and even fire trucks, Richmond said.

Most of the cargo is received on cargo airplanes, and larger aircraft come to pick up the oversized cargo like the Humvees and fire trucks. They also use helicopters to transport cargo, whether it be a CH-47 Chinook or UH-60 Blackhawk, Richmond said.

Richmond said so far they have shipped approximately one million pounds worth of cargo and received about 300 to 400 pounds of cargo inbound.

Although the Air Force is working alongside a different service, it's still one team working toward the same mission. Whether it is common office supplies or parts for Humvees, the military as a whole cannot complete the operation accurately without the help of the MCT shipping the materials and equipment in and out of country.



Senior Airman Lorenzo Powell, an airman with the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command and a Marbell, Ark., native, helps inventory supplies being moved out of the cargo yard on Sather Air Base, Iraq. The 37th MCT monitors all cargo coming in and leaving the air base.



Kellogg Brown & Root contractors move a customer's materials to the 37th MCT cargo yard to be stored until an aircraft transports the cargo to its final destination. Outbound cargo goes to the United States, to Kuwait and even to Afghanistan to support Operation Enduring Freedom.



Senior Airman Lorenzo Powell, a movement control team member with the 37th Movement Control Team, 53rd Transportation Battalion, 310th Expeditionary Sustainment Command and a Marbell, Ark., native, helps remove straps on a container for a waiting customer. Customers for the 37th MCT consist of Army and Air Force personnel and contractors who work for the Army units on Sather Air Base, Iraq.

Hazmat yard earns high marks in safety, overall operations

STORY BY
1ST LT. SAMUEL MALONE
289TH QUARTERMASTER COMPANY

JOINT BASE BALAD, Iraq – Sgt. Allan Cranford, the noncommissioned officer-in-charge of hazardous material from the 289th Quartermaster Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of San Luis Sonora, Mexico, and his team of ‘Sabers’ cut down the amount of hazardous material here as the military continues its re-posturing in Iraq.

“Hazmat” is any substance that poses a danger to life, property or the environment if improperly stored, shipped or handled. Someone must possess a great deal of knowledge of many different materials and substances to handle it correctly. They also have to understand what resources are available to them to get the information they may not have.

Working hand-in-hand with the 289th QM Co. Material Redistribution Team yard, Cranford and a team of nine Saber hazmat Soldiers’ mission is to dispose of hazardous material the units cannot get rid of on their own because they lack the knowledge or resources.

With the re-posturing of U.S. forces in Iraq and the deadline on the horizon, units are getting worried about the time they have left to dispose of these items.

This is when they contact the MRT yard and ask for instructions on how to properly turn these items in. If units cannot dispose of it themselves, then the MRT will coordinate a time to bring the materials to the yard. Once the hazmat team has the material or substance, they store it safely and properly until it is shipped out. The hazmat team will use their vast amount of resources to determine the proper route of getting it out of Iraq.

In any given week, the hazmat yard receives different types of materials, including new and used cleaning products, gallons of oil, and chemical lights, some used and some brand new. Gas tanks filled with anything and everything, and batteries of all different sizes also show up in the yard.

The difficult part is ensuring the safety of everyone and everything, all while storing these items at different locations in the yard. This is where Cranford’s education comes into play. He has designed the yard with protective barriers and weather protection devices to keep everything within regulation. Safety officers at all levels have been very impressed with his work.

Safety officers are not the only ones impressed, however.

Command Sgt. Maj. Arthur Coleman, Jr., the III Corps command sergeant major, came to check out the 289th QM Co.’s hazmat yard. Cranford gave Coleman a VIP tour of the hazmat and explained the importance of how and why they sorted and segregated everything. Coleman was very impressed with how the hazmat team arranged the items in their yard, and the care and discipline the Soldiers show when handling the material.

The decrease of resources and increase of hazmat turn-in have Cranford worried as the end of the year approaches. He also worries about units sending hazmat items to the yard without properly inventorying them, which may put Soldiers in the MRT and hazmat yard at risk.

“It is not a pleasant surprise to find unexpected hazmat items in a container,” Cranford said. “All the unit has to do is contact us and we will help them get rid of it the correct way.”

Every officer-in-charge and noncommissioned officer here wants to leave their mark by improving their site from the time they arrived until the time they turn over responsibility to the incoming or replacement unit.

The 289th QM Co. has done this with every mission site they run, especially the hazmat yard.

Cranford only hopes that the next unit handles it with as much discipline and care as the Saber team does now.



Soldiers gather at the starting line for the Sexual Assault Awareness 5K April 27 at Contingency Operating Base Adder, Iraq. April is Sexual Assault Awareness month, and these service members and civilians turned out to show their support for the cause and also to gain the benefit of physical training.

Troops run 5K for assault awareness

STORY AND PHOTO BY
PFC. AMY M. LANE
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq – Back in the States, the month of April is Sexual Assault Awareness month, and deployed Soldiers, Airmen and civilians showed their support April 27 by participating in a 5K for Sexual Assault Awareness on Contingency Operating Base Adder, Iraq.

Among those participants were Soldiers from the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command. The route began at the House of Pain gym and circled around the base.

Sgt. Linwood Johnson, a garrison billeting noncommissioned officer with 4th Special Troops Battalion, 4th Sust. Bde. and a Richmond, Va., native, finished the run in 21 minutes and 7 seconds.

“The run went well,” he said. “A lot of people came out and we had really nice weather. I think I have a little more in the tank to keep improving for the next one.”

Johnson, who ran with his workout partner, said he works out twice a day. He ran the 5K for fun and as part of his daily workout.

“Back at Fort Hood, I was running 10 miles a day,” he said. “Over here I’ve been running seven miles a day and going to the gym as well.”

Johnson said this is the second 5K event he has participated in since arriving at COB Adder in February and he plans to run in any future races that are planned.

“I’ll admit, I’m a little competitive,” he said. “I’m competing with myself to see how much I can improve my time and competing to see how much I can improve compared to other Soldiers.”

The top finishers from each category and age group earned prizes including medals and Army and Air Force Exchange Service gift cards.



Staff Sgt. Delvin Bailey, an information system operator-analyst with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Chicago, Ill., native, and Staff Sgt. Shawn Scurry, a communication network specialist with 4th Sust. Bde., 310th ESC and a Chester, Pa., native, run in the 5K at COB Adder, Iraq.



U.S. Army photo by Sgt. Lisa S. McCampbell

Capt. Ariel V. Rivera and 1st Sgt. Shirley D. Fisher unfurled the 89th Transportation Company's colors, officially marking the end of 220th Transportation Company's tour and recognized 89th Transportation Company's assumption of command over their mission and responsibilities. The ceremony was held at Contingency Operating Base, Speicher, Iraq.

'Road Masters' are ready for company's fifth Iraq tour

STORY BY

1ST LT. MATTHEW CASTIGLIONE
89TH TRANSPORTATION COMPANY

CONTINGENCY

OPERATING

BASE SPEICHER, Iraq

– The 220th Transportation Company, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command

cased their colors here during a ceremonial Transfer of Authority with the incoming 89th Transportation Company, 77th Sust. Bde., 310th ESC.

"Road Master 6, sign in for duty," said Capt. Ariel V. Rivera, commander of the 89th Trans. Co. Capt. Adam D. Ziegner and 1st Sgt. Anthony Delpozzo, the outgoing 220th Trans. Co. leadership, cased their colors. Once this was done, Capt. Ariel V. Rivera and 1st Sgt. Shirley D. Fisher, leaders of 89th Transportation Company, unfurled the guidon for the incoming command.

The ceremony marked the official end to 220th Trans. Co.'s tour and recognized 89th Trans. Co.'s assumption of command over the mission and responsibilities. The 89th Trans. Co. will provide logistical support to

the Iraqi theater of operation in support of Operation New Dawn.

Lt. Col. John Holzapfel, commander of the 394th Combat Sustainment Support Battalion, bid farewell to the 220th Trans. Co. and welcomed the Road Masters. Holzapfel said the Road Masters had impressed him during their short time at Contingency Operating Base Speicher.

"They have hit the ground running since their arrival a week ago," he said. "You have demonstrated to me and the others here at COB Speicher that you are an aggressive and no nonsense unit, and I have no doubt that you will take the mission to the next level."

Rivera thanked the 220th Trans. Co. for the outstanding transition in authority and expressed his excitement over assuming command of the mission and working with the 394th CSSB.

The 89th Trans. Co. Soldiers went on their first mission the day after their arrival to COB Speicher.

Since then, they have completed six missions and logged more than 18,927 miles. This will be the fifth tour in Iraq for 89th Transportation Company.

It's time to take all those bottles you've been collecting and construct a water craft.

Collect a bunch of plastic bottles; lash them together with duct tape; make boat and paddle; and race the contraption in the JBB outdoor pool.

Fastest boat wins the grand prize. Additional prizes awarded for creativity in boat design and costumes.

310th ESC Water Bottle Boat Regatta

1500, 29 May 2011

The Fine Print:

Size: Maximum craft length is 6 feet.

Design: Unlimited. Unit insignia must be displayed on craft.

Hulls: Craft must be made entirely of plastic bottles and duct tape.

Other material allowed for decoration only.

Crew: Two crew members must ride on the craft.

Power: Paddle power only. Paddles must be made from water bottles and duct tape ONLY (no broom handles).

Appropriate swim attire is mandatory!

POC this debacle: MSG Stevens, roger.stevens@iraq.centcom.mil, 433-2329

JOINT BASE BALAD, IRAQ

Equal Opportunity
Ensuring Great Opportunities... Together

Asian Pacific American
Heritage Month

MWR-East
14 May 2011, 1800 - 2130
Food, Fun and Entertainment for
All

COME, LET US CELEBRATE!!!!!!

310th ESC POC: MSG Pamela Johnson - 318-483-4139

WANTED

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

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

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

Tactical Physical Training

Who: Everyone 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)



Taking care of yourself is just as essential as taking care of work

BY SGT. 1ST CLASS ROB BARKER
EXPEDITIONARY TIMES STAFF



Often times we as highly motivated noncommissioned officers and Soldiers get so wrapped up in daily duties and responsibilities

we forget to take some time for ourselves as individuals.

The other morning I was at the office by 6 a.m. preparing slides and getting ready for a meeting. It was another normal day in Iraq. The meeting goes on without a hitch, and everything seems like perfect morning on Joint Base Balad. Breakfast was good, troops were where they're supposed to be and work was running smoothly.

Then it happens. I get hit with the "let's make a huge ordeal out of a minute task." A task so simple that has been done millions of times before in the Army. Something that is written in regulation on how to conduct, but one individual thinks it's a good idea to "reinvent the wheel."

At that point my day gets off track.

What would I usually do in this circumstance? Well, it depends.

On this day, I had a conversation with the "middle man" and expressed my frustrations. These frustrations seemed to be aimed at the wrong individual and I appropriately got the "you should be directing that at so-and-so" spiel.

I looked at it as just venting, but I ended up bringing more individuals into my state of annoyance. We went about the task and completed it as expected, and the day just continued to go down-hill as my aggravation level grew.

I got to a point in the day where I just needed to get away. I needed a peaceful place where I could relax. I needed a haircut, anyway, so I figured it was as good a time as any to get this chore out of the way and get work off of my mind at least a little bit.

Generally I would just go to the barber and give them a brief, "fade it up with skin on the side."

Not this day.

I had recently spoken to a coworker about the base beauty shop and she recommended I go. I knew where it was, but it always seemed busy and I figured it was geared toward women more so than men.

Men go to the barber and women go to the beauty shop, right?

I believe there were even movies about this very subject.

I am heading on leave shortly, and I figured it would be nice to have a spiffy new haircut when I see my beautiful wife for the first time in months. I decided to step out of my comfort zone and visit the beauty shop.

When I got into the shop, music was playing, posters were up, workers were cutting hair, waxing eyebrows and everyone had such an upbeat attitude about them. For a moment, I felt like I was back in the states taking my wife to a hair appointment.

The biggest difference between the beauty shop here and one in the states are the prices. You can get high-scale, salon-type services for a fraction of the price.

I seemed to get there at the right time, because I only had to wait about five minutes before a well-groomed, trendy stylist called my name and asked me what I wanted done.

The stylist was meticulous and took his time to make sure my haircut was everything I wanted.

It was a great change of pace for me and it delivered exactly what I needed. I felt revived and only spent \$7 plus tip on the haircut.

Sometimes you have to break the monotony, step out of your comfort zone and just take some time for you while you go through the rigors of deployment.

Different ways to take personal time

Here are some more ways to get away for a few hours, relax and avoid burning out:

- Start a new book/knock out a few chapters from a book you're reading
- Go to the pool for a chance to relax or exercise to relieve frustration
- Hit the gym or go for a run; exercising is a good way to suppress anxiety
- Just relax in your CHU for a bit to cool off the temper and maybe catch a nap

Word on the Street

Who will win the NBA championship?



"The Miami Heat will win, because they are playing the best basketball right now."

Spc. Philip Blackwell is a signal support systems specialist with the 20th Engineer Brigade, 18th Airborne Corps and is a Daphne, Ala., native.



"The Lakers are going to take it, because we win them in threes."

Spc. Brian Hannum is a signal support systems specialist with the 20th Engineer Brigade, 18th Airborne Corps and is a Long Beach, Calif., native.



"The Lakers will win, because they are the Lakers and the Lakers just win."

Cpl. Miles Briggs is a signal support systems specialist with the 20th Engineer Brigade, 18th Airborne Corps and is an Atlanta, Ga., native.

THEATER PERSPECTIVES

“I think the Criminal Justice Center (CJC) provides the Iraqi policemen a great opportunity to learn new techniques to better help them police the streets of Iraq.”

This was said by Pfc. Henry Limones, a military policeman with 212th Military Police Company. During the training program curriculum, which spanned about four weeks, classes focused on human rights, police officer development, counter-insurgency, code of conduct, security, traffic police training, K-9 sustainment training and train-the-trainer courses designed to certify the graduates to train within their ranks.

“In order to have greater security, you have to have a disciplined force and to have a unified force; there must be uniformed discipline amongst the [different groups] that make up the Iraqi forces.”

This is a statement by Maj. Joshua M. Toman, chief of military justice for United States Forces – Iraq, during a meeting with the legal professionals from the office of the staff judge advocate of USF-I, with 30 Iraqi military lawyers at the Iraqi Ministry of Defense to provide their Iraqi counterparts with legal education in the form of a court-martial demonstration.

“At first, they would just fix a broken part, but now we’ve taught them how to troubleshoot, how to use a technical manual and how to save time, manpower and money.”


Sgt. Michael Blanchard, with Company Bravo, 703rd Brigade Support Battalion, said during the Best Mechanic Team competition in Anbar, Iraq, known as a maintenance rodeo— it was orchestrated as a culminating event for Soldiers of the 703rd BSB, 4th Advise and Assist Brigade, 3rd Infantry Division who have advised and assisted these IA mechanics for the past 10 months.

“There is a little more freedom being in theater to conduct realistic combat scenarios, and this was a great opportunity for the infantry and engineers to do combined training.”

Said Staff Sgt. Keith Hursman, a platoon sergeant with Company Charlie, Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division when engineer and infantry Soldiers trained together in a simulated raid to secure a compound at Camp Taji, Iraq.

“You are witnessing history in the making and a product of an enduring partnership between our forces and our countries.”

This was said by Lt. Gen. Michael Ferriter, commanding general for the North Atlantic Treaty Organization Training Mission- Iraq, during a joint-military exercise called Operation Lions Leap. It is a combination of Iraqi Army, Navy, Air Force and Special Operations assets, showed military leaders the progress the ISF has made over the past several years.



Accurate meets lethal

The Army announced it will be fielding a pure fleet of XM2010 sniper rifles, an upgrade to the Army’s current M24. Sniper teams called for a rifle with improved lethality and standoff distance; their wish was granted.

In addition to a decreased minute of angle to improve accuracy, the XM2010 now uses a .300 Winchester Magnum round instead of the 7.62mm NATO caliber round to increase the sniper’s effective range.

28 million

dollar amount of the contract given to Remington to produce the XM2010s in five years

1,200

the effective range, in meters, of the XM2010, compared to the M24’s 800-meter range

3,600

the number of XM2010s Remington will produce

98

percent noise reduction the included suppressor provides firers of the XM2010; this is in addition to a 32-decible noise reduction

Sudoku

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

Last week's answers:

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

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

TEST YOUR KNOWLEDGE

1. Who was the only member of M*A*S*H to have served in the Korean War?
2. Which Seinfeld star was the voice of Hugo in “The Hunchback of Notre Dame?”
3. What was the only TV show of the 1970s to have its theme top Billboard's Hot 100?
4. What Saturday Night Live star said he learned how to fall playing soccer in college?
5. What TV show lost Jim Carrey when he stepped into the movies?

1. Jamie Farr (Klinger) 2. Jason Alexander 3. Welcome Back, Kotter 4. Chevy Chase 5. In Living Color

JBB Worship Services

PROVIDER CHAPEL

Tuesday / Wednesday / Thursday
1130-Roman Catholic Mass

Friday
1200-Muslim Prayer

Saturday
1000-Seventh Day Adventist
2000-Catholic Mass

Sunday
0900-Contemporary Protestant
1100-Roman Catholic Mass
1300-Latter Day Saints
1530-Church of Christ (Annex)
1700-Traditional Service
1900-Gospel Service

GILBERT CHAPEL (H6)

Wednesday
2000-Contemporary Prot Service
(Bible study starting 25 May)

Friday

1700-Catholic Mass
1800-Jewish Shabbat

Sunday

0800-Roman Catholic Mass
0930-Contemporary Protestant
1100-Gospel Service
1900-Latter Day Saints

HOSPITAL CHAPEL

Tuesday / Thursday
1715-Roman Catholic Mass

Sunday

1230-Roman Catholic
1800-Protestant Personal
Reflection Time – materials
provided

MWR EAST

Sunday
1100-Gospel Service

FOR INFORMATION, PLEASE CALL:
Warrior Support Center: 483-4108
Gilbert Chapel: 433-7703
Provider Chapel: 483-4115

JBB Activities Schedule

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST RECREATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Open Court Volleyball: Sunday 6 p.m. Aerobics: Monday 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 Jiu-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. P90x: Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	CC Cross Fit: Mon, Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. 3 p.m. Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m. Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 2 p.m. Boot Camp: Sunday 8:45 a.m. Tue., Thu., 7 p.m. Power Abs: Mon., Tue., Thu.,	8 p.m. Friday 9 p.m. 8 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. 3 p.m. Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m. Tue., Thu., 5:45 a.m., 9 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 2 p.m. Boot Camp: Sunday 8:45 a.m. Tue., Thu., 7 p.m. Power Abs: Mon., Tue., Thu.,	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 2 a.m., 8:30 p.m. Spades: Wednesday 2 a.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. Dart: Saturday 8:30 p.m. Squat Competition: Saturday 8 p.m. WEST RECREATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. 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. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. WEST FITNESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat. 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jiu Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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AFN SPORTS SCHEDULE



Wednesday 5/11/11

NBA: 2011 Playoffs, Live 0300 & 0530, AFN I sports
NHL: 2011 Stanley Cup Playoffs, Live 0400, AFN I xtra
MLB: Tampa Bay Rays @ Cleveland Indians, Delayed 1000, AFN I sports

Thursday 5/12/11

NBA: 2011 Playoffs, Live 0200 & 0430, AFN I sports
PGA: Players Championship: Rd. 1, Live 2000, AFN I sports

Friday 5/13/11

MLB: Kansas City Royals @ New York Yankees, Live 0200, AFN I xtra
NBA: 2011 Playoffs, Live 0300 & 0530, AFN I sports
MLB: St. Louis Cardinals @ Chicago Cubs, Delayed 0500, AFN I xtra

NBA: 2011 Playoffs, Delayed 1400 & 1630, AFN I sports
PGA: Players Championship: Rd. 2, Live 2000, AFN I sports

Saturday 5/14/11

NHL: 2011 Stanley Cup Playoffs, Live 0200, AFN I xtra
NBA: 2011 Playoffs, Live 0300 & 0530, AFN I sports
MLB: St. Louis Cardinals @ Cincinnati Reds, Delayed 1000, AFN I sports
PGA: Players Championship: Rd. 3, Live 2100, AFN I sports

Sunday 5/15/11

MLB: Boston Red Sox @ New York Yankees, Live 0200, AFN I prime Atlantic
NHL: 2011 Stanley Cup Playoffs, Live 0200, AFN I sports
MLB: San Francisco Giants @ Chicago Cubs, Delayed

1000, AFN I sports

Monday 5/16/11

NHL: 2011 Stanley Cup Playoffs, Live 0200, AFN I xtra
MLB: Philadelphia Phillies @ Atlanta Braves, Delayed 0300, AFN I xtra
PGA: Players Championship: Final Round, Delayed 0900, AFN I sports
NBA: 2011 Playoffs, Delayed 1800, AFN I sports

Tuesday 5/17/11

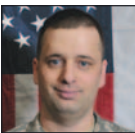
MLB: Milwaukee Brewers @ Los Angeles Dodgers, Live 0500, AFN I xtra
MLB: Cleveland Indians @ Kansas City Royals, Delayed 1000, AFN I sports
MLB: San Francisco Giants @ Colorado Rockies, Live 2200, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Early MLB observations surprising, may not last

BY SGT. 1ST CLASS ROB BARKER
EXPEDITIONARY TIMES STAFF



The Major League Baseball season is in full swing, and a few surprises have popped up over the first month. The biggest surprise on the field may be the fact the Cleveland Indians having the best record

in baseball at 20-8. They already have matched 34 percent of their wins from last year, and they are on pace for 115 victories. Much of the Indians' early success can be credited to the young players Cleveland acquired by trading away big-name players over the last few years like pitcher C.C. Sabathia and catcher/first baseman Victor Martinez. The Indians also have had the luxury of welcoming back all-star center fielder Grady Sizemore, who is batting .340 after appearing to be missing in action for the last two seasons. The biggest off-the-field surprise is the number of arrests for DUIs that MLB players have had so far this season. Six players have been arrested for DUIs (or suspicion of DUIs) already this year, including two Indians players. It surprises me MLB Commissioner Bud Selig has not taken more of a stance against players accused of or charged with DUIs. MLB has to fine and

suspend players for breaking the law. It does not make sense players and coaches can be fined and suspended for arguing strikes, but nothing happens for DUIs. The biggest collective disappointments so far are the American League Central champion Minnesota Twins; the predicted champions of the A.L. East, the Boston Red Sox; and the World Series champion San Francisco Giants. All three teams seem to be having hot and cold streaks early in the 2011 season. The Twins' Francisco Liriano recently pitched a no-hitter after entering a game with a 9.13 ERA and a 1-4 record. The Giants went through a hot streak and won six of eight games against N.L. West opponents and then got swept by the Atlanta Braves. The Red Sox won three in a row recently after losing four of five and opening the season with six straight losses. The biggest individual disappointment early this season may be the lack of hitting

by players that joined new teams this past offseason. Players like Carlos Pena (.157), Adam Dunn (.165), Carl Crawford (.181), Miguel Tejada (.211) and Jayson Werth (.233) are just a small sample of under-performing veterans hitting well below their career averages. It's no surprise each of these players' teams currently have winning percentages under .500. It is definitely early in the season and a lot can change over 162 regular-season games. I will stick with my original championship predictions of the Oakland Athletics defeating the Atlanta Braves in the World Series. I believe there is no way the Indians will ever stay on pace for 115 wins, although it would be a nice Cinderella story and would be great for baseball. I think they will end up in second place in the Central, with the Chicago White Sox moving up to number one after they fire manager Ozzie Guillen.

The Reel Review

Let yourself be led through 'Unknown'

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Imagine you're a doctor who has just arrived in Berlin with your wife for a biotechnology summit (the main character is a man, sorry ladies). You take a taxi to your hotel, and when you get there you realize you left your briefcase back at the airport. The contents of said briefcase are very important so you hop in the next taxi you see and head back to the airport. You try to call your wife from the taxi, but there's no signal, so she has no idea where you went or why. On your way to the airport you're involved in a freak accident involving a poorly restrained refrigerator, and you wake up in the hospital a few days later with partial

amnesia. You only really remember your wife. When you go back to find her, she doesn't know you, and she's with another man who says he's you. This is the kind of movie you have to let yourself get engrossed in. So often we are tempted to try to figure out what's going on before the writer or director intend us to. Just allow yourself to follow Dr. Martin Harris, played by Liam Neeson, as he searches to find the truth behind these peculiar circumstances. This was easy to do for the most part, but there were times I didn't feel Martin's reactions were realistic given the circumstances he was in. Then as I continued to watch the movie gave me reasons to say, "Well maybe that makes sense if you think about it this way." The problem was a lot of Harris' success was circumstantial, which is why you just have to follow the events and not analyze them too much. I mean what are the odds of your nurse having a friend who is an ex-Stasi-turned-private-investigator? Apparently "Stasi" is a short name for the old-school German secret police. Anyway, I enjoyed that every time I was ready to dismiss this movie for being over-the-top, it found a way to



Review: 3 / 5 stars

keep me engaged. The parallel storyline in the plot wasn't as solid as Harris' search for his identity, so there were peaks and valleys. The only time the movie wasn't able to re-engage me was the ending. Really it just went on too long. It climaxed too soon then lingered around for five to ten extra minutes trying to figure out how to make a smooth exit. If you've seen Neeson in "Taken," his character here is like a less menacing, more bewildered version of his character in that movie. That means there's some action but not a lot, and even when there was, it left something to be desired in my opinion. I give this movie three out of five stars because I liked following around Martin and his cool Bosnian illegal immigrant sidekick. I'd give more details, but that takes away from the enjoyment of this type of movie. Suspend your expectations and just let yourself watch the story unfold.

PVT MURPHY'S LAW™

BY MARK BAKER

WOW, I CAN'T BELIEVE IT, NOT A CLOUD IN THE SKY!

PUT IT OUT.

pvtmurphy.com

Reel Movie Times

Wednesday May 11
1700 PROM (PG)
2000 FAST FIVE (NR)

Thursday May 12
1700 PAUL (R)
2000 BATTLE: LOS ANGELES (PG-13)

Friday May 13
1800 THE LINCOLN LAWYER (R)
2100 THOR (NR)

Saturday May 14
1400 THE LINCOLN LAWYER (R)
1700 THOR (NR)
2000 SUCKER PUNCH (PG-13)
2400 THOR (NR)

Sunday May 15
1400 THOR (NR)
1700 SUCKER PUNCH (PG-13)
2000 THE LINCOLN LAWYER (R)

Monday May 16
1700 SUCKER PUNCH (PG-13)
2000 THOR (NR)

Tuesday May 17
1700 THOR (NR)
2000 THE LINCOLN LAWYER (R)



U.S. Army photo by Sgt. Allyson Parla

Honoring a fallen Soldier

(Left) Command Sgt. Maj. Debbie Schroder, the command sergeant major for the 310th Expeditionary Sustainment Command, places the identification tags of Spc. Andrew Lara on a memorial to honor fallen Soldiers May 2 at the Joint Operation Center on Joint Base Balad.

(Below) Command Sgt. Maj. William Wyllie, the command sergeant major for Company Foxtrot, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, solemnly pays tribute to Spc. Andrew Lara, the fallen Soldier honored during a memorial service held on Joint Base Balad.



U.S. Army photo by Sgt. Allyson Parla

Victory Through Support