

The Expeditionary Times

Proudly serving the finest expeditionary service members throughout Iraq

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Soldiers of the 310th Expeditionary Sustainment Command play with Sgt. 1st Class Zack, the military therapy dog on Joint Base Balad, Iraq. Zack and his handler, Sgt. Brian Christman, an occupational therapy assistant with the 98th Medical Combat Stress Control Detachment, visited the 310th ESC's Joint Operations Center May 10.

Who wants to pet an E-7?

Sgt. 1st Class Zack provides relief, brings smiles to service members during work day

STORY AND PHOTOS BY
SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Sgt. 1st Class Zack has been in the military for less than two years and already holds the rank of a senior noncommissioned officer. All he had to do to achieve this feat was learn to follow instructions, walk on four legs, and let other service members pet him.

The secret to Zack's success may not be helpful or appropriate for most Soldiers who are not a Labrador and Golden Retriever mix, but his presence here on Joint Base Balad, Iraq, is a very important one.

"As far as the effect Zack has on people, there is always a smile on everybody's face," said Sgt. Brian Christman, an occupational therapy assistant with the 98th Medical Combat Stress Control Detachment, a native of Niceville, Fla., and Zack's handler. "People tell me, 'that lightened my day' [or] 'that made my day'."

Christman and Zack were invited by Staff Sgt. Holly Torsch; the petroleum, oil and lubricants operations noncommissioned officer-in-charge with the 310th Expeditionary Sustainment Command and Balad, Iraq, is a very important one.

See **ZACK**, pg. 5

DRMO is now on the go

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

CONTINGENCY OPERATING SITE

WARRIOR, Iraq – As U.S. troops prepare to transition out of Iraq by the end of 2011, leaders must consider the daunting task of reducing operations and turning in the millions of dollars worth of equipment.

In the past, as deployed units rotated back to the United States, replacement units would maintain accountability for all of the permanent equipment left behind; but for Soldiers of 1st Advise and Assist Task Force, 1st Infantry Division, the task is more challenging, because they are scheduled to be

See **DRMO**, pg. 4

Coordination gives life to JBB events

STORY BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The loud bang of a flare gun going off into the sky or saying "On your mark. Get set. Go." starts off most races or group runs.

The physically challenging part of any lengthy run starts as the runners take off from the starting line. It doesn't stop until they cross the finish line. To the perception of most spectators, it is just merely a group of participants running.

Behind the scenes, there is more to a race

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Unexpectedly serving together
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Spot checks keep Soldiers in fight
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Habur Gate funnels supplies to Iraq
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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

Realize what you will miss when your deployment ends

CAPT. JOCK JOHNSON
3-116TH CAVALRY REGIMENT CHAPLAIN



I won't miss wearing flip flops to the shower...or in the shower. I won't miss having to get dressed to go to the bathroom, to leave my room, to eat, or to do just about anything that requires me to put some clothes on. Don't get me wrong, I love shorts and T-shirts, but it seems so, how can I say it, required.

I won't miss the chow hall and having to flash my ID to get in and eat dinner with a few thousand of my closest friends; I won't miss well-done, boiled steak, and, although the first few times Mongolian night was awesome, I can't say I will miss that either.

I really have no desire to get run over or to run over someone in the near future, but I can't say I will miss wearing my "reflective belt of power," nor will I miss honking twice to back up.

Don't get me wrong, all of these things are important and necessary, but being an Army chaplain with only 16 months in the military, I still struggle to understand all of those "military ways," especially military ways on deployment.

I can't say when I leave this place I ever want to hear "Incoming, Incoming, Incoming" again or that lovely female voice telling us it is all clear but to watch out for unexploded ordnance. The body armor is nice and so is the ACH.

Oh, by the way, I had an airman ask, "What does that acronym stand for?" I said, "Army Combat Helmet! Wow, I think I am becoming like everyone else." I can't say I will continue to speak "acronym-ese." Is that even a word? We can submit a request to "Funk & Wagnal's," and the "Oxford Dictionary of the English Language" to add it.

The list goes on and on. As the deployment goes forward, there have been so many firsts that I have experienced in the last few months, and for most of them, I find myself saying, "I hope I don't have to do that again."

Some of you are on your second, third, fourth or fifth deployment and maybe you loved it so much you decided to come back as a contractor. That was a joke. I know that most of us will not make this kind of money back home, so it is enticing to come over here or head to Afghanistan to not only serve your country but to make some money. I definitely won't miss making the money, although each person's reasons for being here are different.

There have been so many firsts that I have experienced in the last few months, and for most of them, I find myself saying, "I hope I don't have to do that again."

- Capt. Jock Johnson

Most of the time, it's complicated. It's a personal thing.

All that being said, there are some things I will miss when I leave this place. I will miss each of you, yes, you know who you are. We say, "Hi" every day, even on Groundhog's Day (oh yeah, that's every day). I will miss so many of those with whom I have served with on this deployment. It's not that they and I are going anywhere, but we rarely talk back home. Our lives are busy with our other friends and family, as it should be. But I will miss you. I will miss the camaraderie, the jokes told, the joys we have shared, and also the sorrows we have helped each other through.

That is one blessing of deployment, I really do have a whole new set of friends, and I think the first sergeant is even nice. Not anything like boot camp from what I can tell. I think some of the blessings of deployment are the shared jokes, frustrations, sorrow, joy and friendships. The purpose we have and the mission we are accomplishing is another blessing. Sometimes we forget the reason we came in the first place.

Yes, every day is Groundhog's Day, and those frustrations may not go away until the end of our tour. But remember some of the blessings we get while we are here. Remember that old adage, "Make new friends, keep the old, one is silver, the other is gold."

I have enjoyed my time spent with you, and I hope that you have, too.

The Expeditionary Times

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

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The Weekly Standard

‘Genesis’; the story of the IG’s creation

MAJ. DARREN ANTAL
310TH ESC IG



“In the beginning, when Gen. George Washington was creating the Army, there was darkness at Valley Forge, and all hope and morale were almost lost. In this time of low morale, Gen. Washington drew on history to derive the idea of the Army’s Inspector General.”

In the coming weeks, I am going to provide you information as to what an Inspector General is and what we do. But, as reflected above in my opening passage, this week I am going to provide you information as to how the Inspector General came to pass.

The origins of our IG system are derived from the Prussian (German) military Inspector General concept from the 1750s, in which the Prussian IGs served as the King’s “eyes and ears,” focused on drill and discipline and on improving unit efficiency.

Did you know that in 1777, Gen. George Washington took part in proposing duties of an Inspector General and then later appealed to Congress to accept his IG concept?

Ben Franklin, during the same period, recruited a retired Prussian captain that had served on Frederick the Great’s staff. Interesting fact: Franklin may have “embellished” Baron Von Steuben’s records from the retired captain to make him a retired lieutenant general in order to get him hired by Congress.

Von Steuben was immediately ordered to Valley Forge where he began training the Soldiers. A few months later, he was promoted to major general.

By 1777, Washington had worked with three other IGs in less than a one-year timeframe before Von Steuben’s arrival. Von Steuben is considered our first effective U.S. Army IG. He is also credited with writing the first Army field manual in 1779, and the “Regulations for the Order and Discipline of the Troops of the United States,” commonly referred to as the “Blue Book.”

Von Steuben’s drill procedures initiated at Valley Forge were not changed for 85 years, until the Civil War, and many of his drill terms and procedures are still in effect today, as referenced in FM 3-21.5 (FM 22-5) Drill and Ceremonies.

Looking back over IG history, there are a few notable names that you might recognize that served as an Inspector General, such as Maj. Gen. Alexander Hamilton, Brig. Gen. Zebulon Pike, Maj. Gen. Hugh Drum, Brig. Gen. Don S. Cornett, Jr., and, of course, Maj. Darren S. Antal.

Throughout history, the IG has always been the eyes and ears of the commander. This is still true today.

IGs serve our commanders and organizations through our four IG functions: inspections, assistance, investigations, and teaching/training, which I will discuss in greater detail in the upcoming weeks.



U.S. Army photo by 1st Lt. Joshua Farmer

Spc. Amy Acuña, a paralegal with the 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Sierra Vista, Ariz., and Sgt. Kris Acuña, a multichannel systems transmission operator with the 40th Signal Battalion, take care of everyday duties together, such as taking clothes to the laundry facility as pictured here, at Contingency Operating Base Speicher, Iraq.

Married Soldiers experience twist of fate, serve together on Iraq tour

STORY BY
1ST LT. JOSHUA FARMER
275TH CSSB

CONTINGENCY OPERATING BASE SPEICHER, Iraq – The Army brought Amy Hanson and Kris Acuña together. Then the Army took them apart. Last month, it reunited them. Next month, it will divide them again. Marriage, as it turns out, can be strong – or, it can be Army Strong.

Sgt. Kris Acuña, a multichannel systems transmission operator with the 40th Signal Battalion, met Spc. Amy Hanson, a paralegal with the 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Sierra Vista, Ariz., when his unit stationed him at Fort Huachuca, Ariz.

Falling in love was the easy part. The hard part was just beginning.

“I knew he was going when I married him,” Spc. Acuña said.

“I’ve been in long enough that I was prepared for disappointment,” Sgt. Acuña said.

Sgt. Acuña left for Iraq last June. Earlier this year, he ended up in Tikrit at Contingency Operating Base Speicher, where he was told he would finish his deployment. He still had six months left, but it already felt like the home stretch. That’s about the time his wife called.

Spc. Acuña had been cross-leveled, or picked up by another Reserve unit for deployment. She would be in Afghanistan by spring.

Two Soldiers, two deployments. All said, the Acuñaas were looking at nearly two years of separation.

“The time apart was going to be longer than the time we’ve been together,” Spc. Acuña said. “I just didn’t know, realistically, when I would see him again. It was frustrating, but duty calls.”

Over the next few weeks, duty called two more times. First the good news: Spc. Acuña’s new unit wasn’t going anywhere. The deployment was off. Shortly after, the bad news came.

Acuña had been cross-leveled again. This time, it would be Iraq. That call came from Capt. Dassie Jones, commander of the Headquarters and Headquarters Company for the 275th CSSB at Fort Lee, Va.

Their conversation was short, but it was long enough for Jones to learn a little about the Acuñaas and their struggle. It was also long enough for him to hang a silver lining on their cloud: the 275th CSSB was going to COB Speicher, and they would be there three months before the 40th Signal Battalion was scheduled to leave.

“I thought it was an unbelievable coincidence,” Jones said.

There was no hesitation. Jones began meeting with the members of the battalion leadership. He sought out Sgt. Acuña’s company commander. Their request to allow the Acuñaas to live together on COB Speicher was approved.

“I didn’t have any concerns,” said Jones, “because I knew that we were doing right by the Soldiers.”

The 275th CSSB chaplain couldn’t agree more.

“It’s a shame this isn’t more common,” said Capt. Stephen Thurnau, a chaplain with the 275th CSSB who left his congregation in North Carolina to join the unit at COB Speicher.

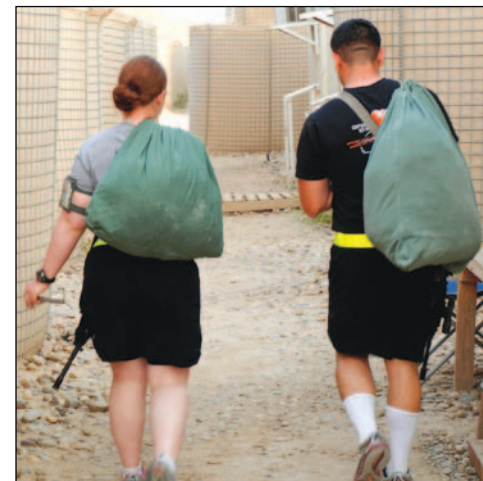
“How much easier would it be to get people to reenlist if everyone knew they could leave home without completely leaving their spouse?” Thurnau said.

He said a deployment, however, can put a strain on any relationship.

Two years ago, the Acuñaas probably never thought their second home would be a metal box in the middle of the desert.

“It’s awesome, being able to come home from work and know I’ll be able to see her,” said Sgt. Acuña. “It’s something you never expect going into a deployment. It’s a reality check every morning.”

For the Acuñaas, it’s a reality check that only lasts about 90 days. Reality itself sets in sometime this summer. But it’s a deal Spc. Acuña says she’d take every time.



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

Sgt. Kris Acuña and Spc. Amy Acuña walk back from the dining facility to where their containerized housing unit is located on Contingency Operating Base Speicher, Iraq.



Spc. Diana Ortiz, a supply specialist assigned to Company Alpha, 27th Brigade Support Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, signs a hand receipt after completing accounting for the equipment during an inventory of the unit's arms room. Ortiz, a native of Miami, Fla., works as the company's armorer and unit supply specialist and is being recognized as the 'Long Knife' Reposture Heroes of the North for her performance in the positions.

'Reposture Hero' sustains units in northern region

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

CONTINGENCY OPERATING SITE MAREZ, Iraq

Delivering, receiving, storing and maintaining accountability for equipment and documents are primary tasks for all U.S. Army unit logisticians.

Spc. Diana Ortiz, a supply specialist assigned to Company Alpha, 27th Brigade Support Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, and a Miami, Fla., native, was recently named the 'Long

Knife' Reposture Hero of the North for doing an outstanding job accomplishing her tasks.

'Long Knife' Reposture Heroes of the North are recognized for their hard work and dedication in support of the U.S. Division-North mission to transition security missions to Iraqi-led operations.

"Ortiz has done a great job not only fulfilling her duties as a supply specialist, but going above and beyond to ensure all company logistic operations are taken care of," said Staff Sgt. Sabrina Taylor, an Alpha Company supply sergeant, and a native of Sumter, S.C.

Ortiz oversaw the turn-in of wheeled

vehicles, military corrugated metal packing crates, and a palletized load system trailer. The combined value of the equipment is more than \$3 million.

Ortiz played an integral part in the 4th AAB's inventory and turn-ins, processing more than \$35 million worth of equipment without any losses.

In addition to her duties as a supply specialist, Ortiz is also a company armorer responsible for maintaining accountability of weapons, optical devices and other supplies within the company's arms room.

"We are here to support the company by ensuring all their supplies and equipment are mission ready and capable," Taylor said.

Even though logistics specialists sometimes work long hours during deployments, they ensure that Soldiers have the necessary equipment needed to conduct the company's support missions.

"Ortiz has experience in managing supplies, maintaining property and (facilitating) transactions that happen within the company," said Taylor. "She's a great asset to have, because she is that good at doing her job."

In 2008, after completing basic and advanced individual training, Ortiz was assigned to Company A, 27th BSB, and deployed later that year to Tallil, Iraq.

"My first deployment taught me a lot,"

"The Army has done great things for me so far, and I'm sure I have a lot to look forward to as I continue to do great things for the Army."

- Spc. Diana Ortiz

Ortiz said. "I got to my unit and learned how to do my job there; it was a good experience for me."

Currently on her second deployment with the unit, Ortiz uses her knowledge to support her section sergeant in sustaining the company's supply operations.

"I enjoy doing my job, because it allows me to support other Soldiers here," Ortiz said. "The Soldiers here appreciate what we do and it shows by me receiving this award."

When Ortiz is not filing hand receipts and maintaining accountability of the unit's tactical vehicles, weapons and equipment, she takes online classes and continuing her undergraduate studies in business administration.

Ortiz plans to finish her studies and earn her bachelor's degree. She eventually wants to attend Officer Candidate School.

"The Army has done great things for me so far, and I'm sure I have a lot to look forward to as I continue to do great things for the Army," she said.

DRMO: Units save time, effort

Cont. from pg. 1

one of the last units in Iraq.

As a way of being prepared for when the time to leave arrives, "Task Force Devil" Soldiers began turning in unserviceable property at Contingency Operating Site Warrior through the Defense Reutilization and Marketing Office.

DRMO, a Department of Defense organization, is responsible for taking equipment a unit cannot use anymore and either re-assigning it to other Army units, selling it, or scrapping it.

"Today is a proof of principle aimed to relieve company commanders of accountability and responsibility of items needed to be turned in to DRMO," said Col. Alvin Burgess, commander of Direct Support Team-Iraq, Defense Logistics Agency.

Burgess, a York, Pa., native, said he is responsible for disposition services, meaning he oversees equipment turn-ins.

"They take everything we can't use anymore," said Maj. Christopher Rozhon, Brigade Logistic Support Team chief of 1st AATF, 1st Inf. Div.

If computers are repairable, the first thing DRMO would do is offer them to other Army units who need them, Rozhon said. This method allows the Army to draw out the use of equipment and fill supply gaps.

"If these computers are a surplus within the Army, the next step would be to sell them in order to recover some money for the taxpayers," said Rozhon, a native of Fox River Grove, Ill. "Lastly, if we can't do anything else with it, we scrap it. If an item is at the end of its life cycle and the unit doesn't need it anymore, or if it's at the end of its usage as far as if the Army is concerned, we turn it in to get as much value from it as we can."

While units must normally travel to DRMO, Rozhon said the turn-in stood out because it was the first time DRMO personnel went out to a unit to recover property.

If the DRMO personnel did not fly to COS Warrior, the equipment would then have to be shipped to their headquarters in Baghdad, he said.

"For each property book, everyone would have to send a representative to turn in property at that location or conduct coordination to get equipment turned in and make sure it's properly received," said Maj. Joel Gleason, logistics officer for 1st AATF. "Here, they can bring a small team forward and allow all the people to turn in at this site."

If a mistake occurs in the normal system of mailing gear to DRMO, paperwork and shipping the items back and forth creates delays for getting equipment turned in, whereas if the DRMO personnel on site say it is a quick fix, the units have all the assets here to fix it, Rozhon said.

"We get the paperwork, it goes and it's one transaction, one trip," he said.

Bringing DRMO assets to the unit saves time, personnel and money and alleviates many of the problems redeploying units face, he said.

ZACK: Visit serves as reminder of all combat stress control programs on JBB

Cont. from pg. 1



Sgt. Brian Christman, an occupational therapy assistant with the 98th Medical Combat Stress Control Detachment and Sgt. 1st Class Zack, the military therapy dog on Joint Base Balad, paid a visit to the 310th Expeditionary Sustainment Command's Joint Operations Center May 10.

a Howell, Mich., native, to visit her and other members of the 310th ESC at the Joint Operations Center here last Tuesday. There was no shortage of testimony to support Christman's assertion.

"Zack made my day," said Spc. Mariano Berberena, a total ammunition management information system administrator with the 310th ESC and a Beech Grove, Ind., native. "He took all of the problems from here and made them go away for that moment."

"It was great to have Zack here and interact with the Soldiers of the 310th ESC," said Pfc. Graham Hill, an ammunition inspector of operations with the 310th ESC and an Indianapolis, Ind., native. "He helped us relieve some stress and tension, and improved everyone's day."

Service members shouldn't let those big puppy eyes fool them, however. When he lies on his back with his head slightly tilted, his carefree demeanor brings smiles to many faces, but it also helps bring those smiling faces closer to the occupational therapy team and their combat stress control program.

"Usually the prevention part of the mission in behavioral health belongs to the occupational therapy team," Christman said.

classes, anger and stress management, tobacco cessation, and warrior resiliency training. Zack's role on the team as a military therapy dog is really to help increase the awareness of these services.

"Basically what we do is provide Soldiers with the tools through classes or prevention to help them get through their deployment and deal with the things that they deal with here," Christman said. "With [Zack], people actually approach us instead of us having to approach people all the time about behavioral health and mental health."

"I think that's wonderful. I think a lot of people need that being over here," Torsch said. "We have a lot of people who are first-time deployed, so they're missing newborns, they're missing births, they're missing their family, and just the regular routine that they have."

Those Soldiers on their first deployment were not the only ones who benefited from Zack's visit.

"This is my third mobilization and it is harder to be away from my family," said Maj. Carlos Esparra, the mobility land chief with the 310th ESC and an Indianapolis, Ind., native. "For a few minutes, it was just me and [Zack] and nothing in this environment seemed to matter."

Torsch said she approached Christman and Zack about visiting the 310th ESC one day when she saw them walking home. Christman said that type of thing happens to him all the time, but he thinks it's great. He just wants to let as many people as possible know that him, Zack and their whole team are there to help anyone in need.

"I just want to be able to get in touch with all the units in all the areas I cover and let them know that we're here not only so they can have some doggie time, but so we can put out the real reason we're here," Christman said. "We're here to help Soldiers. We're here to give them the tools that they need to make this deployment successful."

If nothing else, though, Christman doesn't deter people from stopping by the clinic to see Zack when they're feeling down. Zack is probably the only senior NCO any service member will meet whose main job is making them smile.

"[Zack's] a big part of the prevention team."

The occupational therapy team provides services such as combat stress and marriage



Spc. Eric Hein, a signal support systems specialist with the 310th Expeditionary Sustainment Command and an Indianapolis, Ind., native, interacts with Sgt. 1st Class Zack, the military therapy dog on Joint Base Balad.

10K: Events hinge their success on volunteering, involvement

Cont. from pg. 1

or group run than what meets the eye. Before the runners even get set, someone has to set up the entire event long before the actual race and then shut it down after it's over.

Assigning road guards, medics, water stands, providing fruit and other assortments, drawing maps, counting the distance and distributing the information to all participants are all hidden characteristics of planning a race.

After countless hours of meetings and work to organize the run, it finally begins. Approximately 250 service members and civilian contractors ran a 10K April 30 at Holt Stadium, here.

The 20th Engineer Brigade and the United States Army Corps of Engineers hosted the run. The two joined together to motivate the participants with coins and T-shirts in order to make the run successful. Many participants said the event turned out to be just that.

"I think this whole event for the Society of American Military Engineers turned out well," said Sgt. Maj. Ronaldo Jordan, the 20th Engineer Brigade sergeant major and a Woodbridge, Va., native. "We had probably about 250 runners. We passed out 145 T-shirts. We recognized the top 10 males and the top 10 females with coins, and the top three males and the top two females got an extra coin from the Society of American Military Engineers."

All participants volunteered to run, and every one of them finished the full 10K safely.

Many say that is why it was a success.

"The run actually turned out pretty good," said Spc. Nicole Brooks, a service support specialist with the 20th Eng. Bde., and a Hinesville, Ga., native. "It was a nice amount of people participating out here, and this wasn't an obligation. No one made them run."

All of the work and effort from both the runners and staff behind the scenes made the event possible. With help from the USACE, the work load was light and distributed equally.

"It wasn't hard for me personally, because Sgt. Maj. Jordan did the big organization of it," said Lt. Col. Bob Morgan, deputy commander of the 20th Eng. Bde. and a Kansas City, Mo., native. "We had help. It was kind of a joint effort between us and the Gulf Region District [of USACE]. They provided the T-shirts, some of the coins we gave away, and the 20th Eng. Bde. actually provided most of the man power."

Behind it all, there were many involved in the run that did not even participate. The run was possible because of the coordination, help and effort of the staff to complete all of the tasks they were given.

Soldiers go before revised board

STORY BY
CAPT. BETH RIORDAN
189TH CSSB



AL ASAD AIR BASE, Iraq – The 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, held its first promotion board for two Soldiers and one noncommissioned officer under the new promotion system May 3 on Al Asad Air Base, Iraq.

Spc. Gabrielita Fleuricourt, a signal support systems specialist with the 189th CSSB, and a Miami, Fla., native, said she wants to become an NCO because she wants to set a good example for Soldiers to follow.

She said she prepared for the board by studying the Army Study Guide, participating in mock boards, updating her records, and asking many questions of her trusted leadership.

“There is still a part of me that is nervous about the unexpected,” she said.

Spc. Deanunix Ipanag, a supply specialist

with Headquarters and Headquarters Company, 189th CSSB, and a Baltimore, Md., native, said he wasn’t nervous at all.

He said he feels much more confident about attending the board while deployed as opposed to while at home station, because there is no worry about putting together the perfect Army Service Uniform.

Ipanag said he studied the Army Study Guide for more than three weeks in preparation for the promotion board.

The board was chaired by Command Sgt. Maj. Kevin Williams, the command sergeant major of the 189th CSSB.

Board attendees were required to report to the chairman of the board correctly, recite the Creed of the Noncommissioned Officer, sing the Army Song, and answer a variety of questions from the board members. They were scored on appearance, confidence, knowledge and military records. The Soldiers received a “go or a “no-go” for promotion based on the board criteria and the new promotion system.

In the hour prior to the board, the Soldiers and their sponsors conducted final rehearsals

in the waiting area, such as rendering a proper salute with their M16A2 rifle.

After the board, Fleuricourt said that it went much better than she expected.

“The secret is confidence,” she said, “There were questions asked to which I did not know the answer. I found that as long as I gave the board members a so-so answer with enough confidence to make them believe it, they were happy.”

Fleuricourt is looking forward to improving her physical fitness and weapons qualification scores so that she can achieve enough points to be promoted to sergeant.

Although Ipanag said he wasn’t nervous before the board, he admitted that his nerves eventually found him.

“No matter how much I studied, I still felt nervous answering questions in front of senior NCOs,” he said after his board appearance.

Overall, he said he felt the board was a good experience. Ipanag said he plans to take part in more military education in order to increase his chances for promotion.

Both Fleuricourt and Ipanag received a

“go” from the board members and will be eligible for promotion to sergeant as soon as they accumulate enough promotion points.

“Both specialists are soon to be proud members of the corps of noncommissioned officers,” said Master Sgt. Richard Wiggins, the operations noncommissioned officer-in-charge, a promotion board member for the 189th CSSB, and an Angier, N.C., native. “Their hard work in preparation was evident in their performance and confidence during board proceedings.”

Wiggins remembered his first NCO promotion board.

“It was a very cold and snowy day in Baumholder, Germany,” he said. “My biggest concern was making sure my low-quarters stayed shiny and presentable while walking through the snow to the battalion area.”

The deployed Soldiers attending this board only had to worry about having a clean and wrinkle-free uniform: No low-quarters were required.

The second promotion board for the 189th CSSB will be held early next month.

Introductory combatives class refines basic skill for Soldiers on COB Adder

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

CONTINGENCY OPERATING BASE ADDER, Iraq – An important part of being a Soldier is continuing to train throughout one’s career in the Army, and one aspect of that training is self-defense.

Soldiers with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command are in charge of teaching the Basic Combatives Course to service members at Contingency Operating Base Adder, Iraq. Students learn basic hand-to-hand combat moves for self-defense.

Soldiers attend the five-day course, which used to be called Combatives Level 1, for four hours each evening after work.

Spc. Andrew McAllister, an ammunition accounting specialist with Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Sust. Bde., 310th ESC, and an Atlanta, Ga., native, said he wanted to attend the class because he had only practiced combatives during basic training.

“Every Soldier needs to know hand-to-hand fighting moves,” he said. “The class made for some long work days, but it was worth it. And it was a lot of fun.”

McAllister, who had a little boxing experience while growing up, said the class was great physical training. He learned 18 basic moves during the week-long training.

“I feel like I know the basic moves pretty well,” he said. “The instructors gave a really good step-by-step breakdown of each move. Then there was a good combination of drilling it and practicing it.”

One of the instructors, Staff Sgt. Benjamin Zucker, the combatives noncommissioned officer-in-charge, a gun truck NCOIC for the 4th Sust. Bde., and an Olympia, Wash., native, has been teaching the course for seven years.

Zucker said he feels it is important for each Soldier to take the course.

“Combatives is combat-oriented, hand-to-hand training,” he said. “It is not kung-fu or [Mixed Martial Arts]; it is battled-tested training. This stuff actually works.”

Zucker said the class teaches Soldiers how to defend themselves in situations that actually occur on the battle-



Sgt. Ryan McNary, a truck commander with Company Alpha, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Lewistown, Mont., native, and Spc. Joshua Negaard, a gunner with Company A, 1-163rd CAB, and a Grass Range, Mont., native, demonstrate a move during a basic combatives course May 6 on Contingency Operating Base Adder, Iraq.

field. They can accommodate up to 40 students per class and welcome all units and all branches on COB Adder.

“I love watching the Soldiers learn the moves and learn why each move works,” he said.

‘Super Bullets’ reach halfway point in Iraq, reflect on tour

STORY BY
SPC. VICTORIA PRESCOTT
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – 2nd Platoon, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command marked their 7-month milestone May 11 since the detachment deployed to Contingency Operating Base Adder.

Pfc. Jessica Weston, an ammunition specialist with 2nd Plt. 8th Ord. Co., and a New York, N.Y., native, said her mind was racing with thoughts and uncertainty prior to her first deployment.

“Before we left, I didn’t know what to expect,” she said. “I wasn’t happy or sad, I just felt blank. But as the time went on, and I became efficient at my job, I began to view each day as a day closer to my loved ones.”

Ammunition specialists under garrison command rarely get the in-depth experience with their job that a deployment brings.

Staff Sgt. Earnest Simpson, a Woodbridge, N.J., native and movement office noncommissioned officer-in-charge, has two previous deployment experiences. He said he constantly stresses the importance of cautious munitions handling.

“Whether I am physically taking Soldiers down to the munitions storage area, giving on-the-spot safety corrections or just giving a class on ammo, I want to make sure every subordinate understands the dangers of being an ammunition specialist,” Simpson said. “We have to make sure every Soldier takes advantage of this deployment, because this is the only time we get to perform our daily requirements as ammo [specialists].”

Soldiers practice skills, stay sharp

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

JOINT BASE BALAD, Iraq – It is an adversary that cannot be seen or touched, but the Soldiers of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command have spent a lot of time developing ways to combat complacency while deployed to Joint Base Balad, Iraq.

“When units do routine missions, Soldiers are over the process of learning new tasks,” said Lt. Col. Phil Appleton, the commander of the 3rd Battalion, and a native of Silverton, Ore. “They can get complacent about executing routine things routinely.”

Appleton said the fight against complacency is a 24-hour, seven-day-a-week campaign.

But exactly what does it mean to fight complacency? The question sparks an array of different answers from the Soldiers and officers of the 3rd Battalion. All of the responses, though, revolve around typically mundane tasks that, added together, keep Soldiers alive.

Appleton said he considers the fight against complacency one of the most important clashes for the 3rd Battalion.

A good first step Appleton said he instituted was to bring his junior leaders together and discuss methods to tackle complacency.

“I energized the company commanders to increase the expectations of leaders,” Appleton said.

For Appleton, the basics such as pre-combat checks and pre-combat inspections are crucial. But in the end he said it comes down to the first-line leader level.

“Leaders have to get engaged,” he said. “Leaders can’t get complacent. They can get complacent, me included. But you brainstorm things that could go wrong and start

putting a plan together to mitigate it.”

For the 3rd Battalion, the battle against complacency begins at the lowest level – the convoy escort teams.

Staff Sgt. William Childs, a convoy escort team commander for Company Alpha, 3rd Battalion, and a Canby, Ore., native, said the effort to quell complacency boils down to the fundamentals of Soldiering. The focus on preparation and repetition pay off for Childs’ convoy escort team.

“We run battle drills,” he said. “Even in the middle of the day I will have them grab some shade then talk me through it so I know it is second nature.”

Pre-combat inspections are critical, Childs said.

“I like doing PCIs as a surprise so they don’t know what I will hit on that day,” he said.

Key items make the difference, Childs said. Such potentially tedious actions, such as checking to see if ammunition is clean, pay dividends outside the wire.

“It is always a constant battle. It is an every day thing,” Childs said.

He also said he is fortunate because the Soldiers in his escort team are curious and want to know how best to prepare for work out on the roads of central Iraq.

Staff Sgt. Allen Iverson, a CET commander with Company Delta, 3rd Battalion, and a Hermiston, Ore., native, said one method he utilizes in the CET he commands is simple: Change crew positions.

“That is the easiest way to combat complacency,” he said.

1st Sgt. Daniel Ishaug, the top non-commissioned officer for Company D, 3rd Battalion, said he and his men spend a lot of time finding ways to overcome complacency.

“It sneaks up on you,” Ishaug said. “About the six-month mark is when you fight it the most.”

Ishaug uses another simple method to keep his Soldiers out of the complacency



Pfc. Jacob Adams, a Mine Resistant Ambush Protected vehicle gunner for Company Alpha, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, cleans a .50 caliber machine gun between missions at Joint Base Balad, Iraq.

bubble: physical training.

Like Appleton, Capt. Seth Musgrove, the commander for Company Charlie, 3rd Battalion and a La Grande, Ore., native, said in the end the complacency fight is one that demands leadership.

“It takes a great deal of command emphasis and NCO execution to combat complacency,” he said.

However, Musgrove said, he isn’t

comfortable using the word complacency.

“I try not to use the word but opt to use ‘mission-focused,’ he said. “We focus Soldiers on the basics, because that is where a lack of mission focus occurs.”

And, like Childs, Musgrove said spot inspections remain a crucial tool to defeat complacency.

“The important thing is to spot-check and inspect the work of Soldiers,” he said.

Battalion transfers authority to new CSSB

STORY BY
SPC. JESSICA FIGUEROA
394TH CSSB

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Soldiers of the 275th Combat Sustainment Support Battalion from Fort Lee, Va., filed out of a cargo aircraft just before dawn

into a convoy of waiting buses. They were greeted warmly, despite the early morning hour, by Soldiers of the 394th Combat Sustainment Support Battalion of Fremont, Neb. Their arrival meant one important thing: the Soldiers with the 394th CSSB, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, would soon get to go home after a successful deployment serving in both Operation Iraqi Freedom and Operation New Dawn.

After completing introductions, Soldiers rolled up their sleeves in preparation for a compacted Relief In Place and Transfer of Authority process. Now, the 275th CSSB prepares to be the last unit of its kind in northern Iraq. Supporting the entire northern area of operation is a daunting task, but with a successful RIP/TOA process, the Soldiers feel confident about the responsibility.

“Our counterparts from the 394th trained us very well,” said Spc. Kristen Cannon, an intelligence analyst with the 275th CSSB and a native of Ashland, Va. “They taught us about the daily process of operations here and, most importantly, a broad picture of what we can expect.”

Other members in the unit echoed similar praise.

“The knowledge given and experience shared with my staff will help each step of the way,” said Lt. Col. Christopher S. Houston,

the battalion commander for the 275th CSSB and a native of Providence, R.I. “The 394th CSSB has earned the right to go home and has earned the praise and honor [they] will get upon their return.”

A successful RIP/TOA process relies on good communication between outgoing and incoming units. During the ten-day event, each staff section was filled with Soldiers asking questions and taking notes.

The Soldiers of the 275th CSSB were eager to get a head start, beginning with a two-week command team visit in November 2010. They also held several video conferences while in the United States and communicated with counterparts for months in advance.

“The two-week visit set the command team up for the big picture,” said Lt. Col. John Holzapfel, battalion commander of the 394th CSSB and a native of Omaha,

Neb. “Lt. Col. Houston and his staff were engaged, asking for products, being active – like sponges for information.”

The culmination of the RIP/TOA process came with the official Transfer Of Authority ceremony, held April 22. The ceremony would be the 394th CSSB’s last act before transferring power to the 275th CSSB.

“It’s been long and hard, but in the end it was worth it,” said Spc. Paul Embree, an intelligence analyst with the 394th CSSB and a native of Fremont, Neb. “While I was here, I bonded with many people, which was nice, but I’m ready to go home.”

The hard work and determination shown by the Soldiers of the 275th CSSB during their pre-mobilization and now the RIP/TOA only hints at their readiness to get started.

“The 275th has taken the baton, and with this successful transition, we will continue to sprint to the finish line,” Houston said.

Supplying the South

Habur Gate has served as hub for logistical sustainment in Iraq for nearly a decade

STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – After more than eight years of presence in Iraq, Americans have certain images and impressions of the country fixed in their consciousness. While these impressions certainly reflect an increased awareness of an exotic land, Iraq is not entirely an expansive, featureless desert or flat farmland in the land between the rivers.

U.S. forces continue to have a presence in the farthest corners of the country, which includes the high mountains of Kurdistan along the Turkish border to the north. Habur Gate hosts fewer than 20 Soldiers, but it is a site of huge strategic importance both for the U.S. military and for the country of Iraq.

“We provide signal support, accommodations and basic services to our Soldiers, as well as to convoys, civilian employees and additional service members on missions in the area. We also track fuels that comes in through Turkey for coalition forces,” said 2nd Lt. Gerard Sullivan, commander of the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command’s Logistical Task Force, and a Vernon, N.J., native.

“We’re providing safe, efficient and effective support of theater sustainment,” he added.

The primary strategic importance of Habur Gate to U.S. forces in Iraq is as the point where a large percentage of the petroleum products we use enters the country from Turkey, Sullivan said. It is also a primary route for the importation of civilian consumer goods for the Iraqi people, especially motor vehicles.

Nesting in a lush, picturesque valley far from the violence of the insurgency, Habur Gate presents unique challenges and opportunities for the Soldiers deployed there.

“We’re in a location with mountains on either side of us, so the weather is extremely changeable,” Sullivan said. “It cancels a lot of convoys and helicopter flights, making travel difficult.”

Indeed, anyone attempting to reach Habur Gate could experience a wait of up to two weeks at Contingency Operating Site Marez in Mosul to secure a seat on a convoy or helicopter. According to Sullivan, this is no less true now that the helicopter pad was made night operational in early May with the eager assistance of local workers.

“We have a wonderful camaraderie and working relationship with the local Kurds, where we collaborate to provide security and in other areas,” Sullivan said.

Sullivan extended his gratitude to the locals for their unwavering assistance during a recent flood when his whole unit and a contingent of local employees spent an entire day placing the outdoor refrigeration units on concrete blocks. Sullivan said it was

a “spontaneous cooperative effort.”

Soldiers at every level interact with local nationals every day during the course of their regular duties at Habur Gate.

“As cooks, we get to work with the locals every day,” said Pvt. Jonard Paduganao, a line chef with the 77th Sust. Bde.’s Logistical Task Force and a North Plainfield, N.J., native. “We get to exchange stories and that’s why I like being here.”

“It’s a little challenging with the language barrier but some speak English,” said Spc. Christopher Jackson, a rations noncommissioned officer with the 77th Sust. Bde.’s Logistical Task Force and a Richmond, Va., native.

He added that when you work with someone so closely on a daily basis, you both develop an understanding of what needs to be done to accomplish the mission.

“A good thing about this mission is the sense of responsibility that we have, because there are only so many of us to do what we have to do here and present ourselves well to the locals we see here every day,” said Spc. Horace Austin, assistant motor pool foreman and a District Heights, Md., native.

All of the Soldiers and civilian employees live and work in a single, four-story building, known as the marble palace. While the building has some of the services, such as a dining facility and gym, that Soldiers stationed on forward operating bases enjoy, it lacks a full-time post exchange and barber shop, relying on intermittent convoys for these services.

“One of the biggest challenges of being deployed, period, is not to become complacent,” Austin said. “Boredom starts to set in, you wonder what’s going on at home. You need to redirect your energy to go from a negative to a positive. That’s the biggest challenge, and we have to draw from each other for that.”

Besides having a close working relationship with the locals, the Soldiers of LTF-77 are a small, close-knit group that shuns interpersonal drama out of necessity.

“You know everybody, you know where you need to be, there are no surprises,” said Jackson. “You know what to do and who you’re going to be doing it with.”

“Being up here is challenging, but also rewarding,” said Austin. “We get a lot of high-profile visitors and we try to give them our best, but of course we do our best everyday anyway,” he said.

Command Sgt. Maj. Debbie Schroder, command sergeant major of the 310th Expeditionary Sustainment Command and an El Paso, Ill., native, recently visited Habur Gate during a battlefield circulation where she visits the 310th ESC’s subordinate units stationed throughout the country.

“One of my duties, and one of the things I most enjoy doing, is visiting Soldiers,” Schroder said.

During her visit, she also met the chief of the secret police and the customs manager,

she distributed water and other provisions in the local community, and she attended a luncheon for local, female business professionals.

“That was kind of unique, because in this culture, I, as a female, can have that interaction, but the male leaders can’t,” Schroder said.

To an even greater degree than Soldiers elsewhere, the Soldiers at Habur Gate are conscious of the fact that they represent the United States as a whole to the locals with whom they interact on a daily basis.

“Much of my job is diplomacy; as commander, everyone wants to speak with you,” Sullivan said. “As Soldiers, we represent the U.S. to these people, and that’s a huge responsibility. Your actions become their impressions of the U.S.,” he said.

As the U.S. military continues to reposition its forces in Iraq, the Soldiers of the 77th Sust. Bde.’s Logistical Task Force at Habur Gate are just beginning their deployment, having been in country less than two months.

“Even as our time here is drawing to a close, we want to reach out to the locals and continue to carry out our mission to the highest standard,” Sullivan said.



Sgt. Kolawole Adekeye, the noncommissioned officer-in-charge, shows where to deposit some fuel at Habur Gate, Iraq.



Sgt. Donovan Whyte, a cook with the 77th Sustainment Brigade, 310th Logistical Task Force and an Irvington, N.J., native, prepares a meal for personnel alike May 5 at Habur Gate, Iraq. Whyte and the other cooks and food service personnel alike

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motor pool
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May 6 at Ha-



Pvt. Jonard Paduganao, a line chef with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Com-
mand's Logistical Task Force and a North Plainfield, N.J., native, sets out dinner with the help of a local national
employee May 6 at Habur Gate, Iraq.



0th Expeditionary Sustainment Command's
l of stuffed fish for residents and convoy
k with LTF-77 work with several local nation-
in a very limited space.



Tractor trailers carrying oil and other commodities leave Habur
Gate and prepare to enter Turkey May 6 at Ibrahim Khalil, Iraq. Ha-
bur Gate is an essential and busy location in the Iraqi economy.



A line of fuel
trucks waits
in front of the
"Marble Palace"
of Habur Gate
where less than
20 U.S. Soldiers
live and work at
Ibrahim Khalil
Compound, Iraq.



Preparation is important to mission

STORY BY
STAFF SGT. ANTHONY LEWIS
1-163RD COMBINED ARMS BATTALION

CONTINGENCY OPERATING BASE ADDER, Iraq



- The completion of a successful mission is dependent on the preparation and planning that takes place long before the vehicles roll outside of the wire. Each mission has three stages; prep day, the mission itself, and the recovery operations that are completed after the mission.

Prep day takes place in the motor pool, where all of the Mine Resistant Ambush Protected vehicles are lined up. Soldiers spend most of the day checking all of the vehicles and equipment that are required for their mission. The drivers thoroughly check over the vehicles to ensure that they are ready for movement, the gunners check their weapons and ammo, and the vehicle commanders prepare the communications equipment and make any additional changes that are necessary.

"It's like the winding of a clock; it never ends," said Spc. Tim Anthony, a dismounted Soldier with Company Alpha, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Lewiston, Mont., native.

The more that Soldiers prepare their vehicles and equipment, the faster and more efficiently they complete the task. Prep day ends with a quick brief by the noncommissioned officers to ensure that everything is ready for the next phase.

Mission day begins with a set wake-up to ensure Soldiers sleep for a required amount of time. The sleep schedule can be one of the most challenging things about a mission.



U.S. Army photo by 1st Lt. Cory Dailey

A Soldier with Company Alpha, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command follows a Mine Resistant Ambush Protected vehicle in preparation for mission at Contingency Operating Base Adder, Iraq.

Missions can be conducted at odd hours that don't necessarily coincide with regular sleep schedules and can make even the simplest details more complicated.

"Sleep schedules vary so much that it can be hard for your body to adjust," said Spc. Keith Lewis, a dismounted Soldier with Company A, 1-163rd CAB and a Bozeman, Mont., native.

Some of the most important events of mission days are pre-combat checks and pre-combat inspections. Every Soldier lays their equipment out next to the vehicles, and a

checklist is completed to ensure that everything is present and accounted for. Once the checks are complete, the crews load up into their vehicles and move to link up with the vehicles that they will be escorting over the roads of Iraq.

Upon completion of a successful mission, the work is not over. Once the Soldiers have gotten a few hours of sleep, recovery day begins.

Drivers thoroughly inspect and maintain their vehicles, gunners clean their assigned weapons and ammo and the Soldiers conduct an after-action review.

Troops find motivating ways to stay physically fit

STORY BY
SPC. CRYSTAL WILLIAMS
941ST TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq –



Staying physically fit is a standard in the military, and Soldiers are continuously finding new ways to motivate themselves.

One way has been spin class, which has been gaining popularity at Contingency Operating Base Adder, Iraq. Soldiers, Sailors, Airmen, civilians and even coalition forces take part in the class.

One of the spin instructors is Sgt. Ahmad Alexander, Soldier with Company Bravo, Special Troops Battalion, 3rd Brigade, 1st Cavalry Division and a Brooklyn, N.Y., native.

"I like being an instructor," he said. "I get to interact with different walks of people, rank, male or female. I have been instructing since [the] first week of March this year and love it. It was a challenge at first, but now I am confident and can spin with ease."

Service members need to arrive early to get a spot in Alexander's class, which is full each night.

"I love spinning," said Lt. Richard Rodriguez, a contracting officer representative with the Navy Petroleum Detachment, Navy Expeditionary Logistics Support Group. "It is low-impact with a great amount of calorie burn and easy on the body."

Alexander uses a variety of upbeat songs, abdominal exercises and body movements to keep the class motivated.

Capt. Jessica Thomas, the officer-in-charge for the director of public works, with Headquarters and Headquarters Company, 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, has been taking spin classes for about a year, starting back at Fort Hood, Texas, before deploying.

"It's so motivating," she said. "I come to Sgt. Alexander's class once or twice a week."

Thomas said she enjoys the music and finds Alexander very motivating and dedicated to helping service members meet their fitness goals.

"He speaks to everyone upon coming into the class and explains what is about to happen during the class," she said.

Capt. Tracet Bradley, the company commander for HHC, 4th STB, is a regular at the spin class and said she began using spin class as an outlet to reduce stress and to be a part of a team with one main focus: to get fit.

"Spin class is like dancing on a bike to motivating music from all genres," she said. "Sgt. Alexander excites and moves the class with everything from hip hop to rock and everything in between to motivate all ages."

Bradley said she has been surprised to notice that more males than females attend spin class for the muscle toning and rigorous aerobic routine.

"This class sees no gender or age," she said. "It is truly for everybody who wants to maintain fitness and build endurance."

Company kicks back on 'O Day'

STORY BY
SPC. VICTORIA PRESCOTT
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq –



Deployments can be challenging, and for this reason, 2nd Platoon, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command continuously tries to build a stronger bond within their platoon on Contingency Operating Base Adder, Iraq.

The detachment's morale committee recently hosted an organizational day for Soldiers April 30. The day was composed of activities ranging from a three-legged race, a noncommissioned-officer vs. junior-enlisted tug-of-war competition and food prepared by Staff Sgt. Shedric Mason, a motor sergeant with 8th Ord. Co. and a Mobile, Ala., native.

"I love to cook," Mason said. "Seeing the look of enjoyment on the faces of the Soldiers reminds me of cooking for family and friends back home."

The organizational day gave Soldiers and leaders a day of relaxation and served as a time to promote team building as well as unit cohesion.

"2nd platoon knows how to have fun and the only thing that was missing was our other half at Joint Base Balad," said Sgt. Tomas Weekes, an ammunition sergeant with the 2nd Plt., 8th Ord. Co. and a Miami, Fla., native.

Co. leader says goodbye

STORY BY
1ST LT. DANIEL REEP
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq - Although Soldiers frequently leave their units to move on to new opportunities, the prospect of a teammate leaving can be an emotional event.

Soldiers of the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, said farewell to their first sergeant on Contingency Operating Base Adder, Iraq.

1st Sgt. Gussie Bellinger, the first sergeant for the 15th Trans. Co. and a Charlotte, N.C., native, has been with the "Roadwarrior" family since April 2007 and has deployed with the company to Iraq twice in support of both Operation Iraqi Freedom and Operation New Dawn.

Under his leadership, he has provided mentorship to his enlisted Soldiers, as well as professional guidance to his officers. Bellinger has served with three commanders in the last four years. Now he is preparing to attend the Sergeant Major Academy at Fort Bliss, Texas, later this year and to eventually serve in a battalion command sergeant major position.

"Each commander has his or her own different personality," Bellinger said. "It proved developmental and challenging for me to work with multiple officers, but the relationship between the commander and first sergeant is a mutual partnership, full of respect and cooperation."

"One thing I'll miss about him is that he tried to handle all of the Soldier issues at his level," said Capt. Stacey N. Jelks, the commander of 15th Trans. Co., and a Bloomingdale, Ill., native. "He has played a central role in this company's success during this deployment. He always gave me 100 percent loyalty."

Though he will be moving on to other opportunities, the noncommissioned officers in the company cannot help but miss their first sergeant.

"1st Sgt. Bellinger has provided awesome



U.S. Army photo by Spc. Christiana Bankole

Capt Stacey N. Jelks, the company commander and a Bloomingdale, Ill., native, Pfc. Octavius Hudson, unit armorer and an Atlanta, Ga., native, and 1st Sgt. Gussie Bellinger, the company first sergeant and a Charlotte, N.C., native, all with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, stand outside of their company headquarters on Contingency Operating Base Adder, Iraq.

senior leadership; he helped promote 25 Soldiers to the rank of sergeant and 18 to the rank of staff sergeant since he's been in the company," said Staff Sgt. Kevin G. Green, a headquarters platoon sergeant with the 15th Trans. Co., and a Stuttgart, Ark., native. "His knowledge will be missed."

Bellinger said he looks forward to his new assignment but continues to reflect on his experience as a first sergeant.

"This company has given me enduring challenges," Bellinger said. "It's definitely been a learning experience on my part. They're the same challenges we've always had, and at the end of the day, the most important thing we do in the Army is take care of our Soldiers."

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

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

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Who: Everyone on JBB is welcome

What: A high-intensity circuit training workout that tests your will, perseverance and combat preparedness

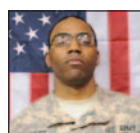
When: Tuesday, Thursday & Saturday 0530-0630
Monday, Wednesday & Friday 1830-1930

Where: JBB East Gym (behind circuit gym)



Lay off of Kim; but don't be a time Nazi

By SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



When some people think of time management, they imagine themselves becoming a scheduling addict that's

only willing to admit they have a problem when they not only schedule all their meals, but also schedule the amount of time it takes to chew each bite.

OK, so maybe that's an exaggeration, but people do equate time management with lack of spontaneity and free time to do the activities that bring them happiness. With this in mind, why would anyone strive to be successful at time management if they feel that success will only reward them with less time to enjoy their life?

A quote I gleaned from Time-Management-Guide.com adds insight: "From the time manage perspective, your life is a sequence of big and small choices and decisions. It is those choices that you really manage, not the flow of time."

When you manage your choices, you increase your ability to steer your life in the direction you want it to go, but in order to do this, you have to know where you want to go in life. This is why one of the most important parts of time management, as well as most other forms of self-improvement, is setting goals.

In the professional world, there will be times when you have goals set for you, but completing those tasks will often move you closer to attaining your higher-tier professional or personal goals. If not, then you definitely want to evaluate where you want to be and if the path you're on will get you there.

The key is to set long-term goals and actually write them down. Once you have recorded these, you need to think about and record the short-term goals, or objectives, you need to complete in order to attain your long-term goals.

Objectives may change if it turns out they are not helping you reach the peak you aspire to be on, but an ineffective objective should not change your long-term goal if it's really what you want.

There's a nifty little mnemonic the young folks are using these days; they set SMART goals: Specific, Measurable, Attainable, Rewarding and Timely.

I'm not getting too deep in the weeds with that right now. You're first goal can be to research the acronym. Having effective goals helps relieve the perceived stress of time management by allowing you to PP. That's my own little memory device for "prioritize" and avoid "procrastination." It could've been PaaP, but I don't think that's as memorable.

The harsh reality is people waste time engaging in frivolous activity. I know more about Kim Kardashian than Joe Biden, and I've never even seen her reality show. I know this is just what you were afraid of right? I said you didn't have to give up the activities you enjoy, but I'm just like all the other help-columnists in your life: I'm not to be trusted.

Look, I'm not saying you should give up your unhealthy obsession with her, I'm just saying you have goals now, so you should think about how much Twitter-stalking Kim is helping you achieve them. I'm sure keeping up with your own life will ultimately make you happier than keeping up with the Kardashians'.

Prioritizing helps you focus on what's really important and gratifying in your life while eliminating the things that aren't. Keep this in mind, too; sometimes being able to relax and be entertained by the antics of others will be important because happiness is paramount. When you have given it thought and prioritized you have not wasted time, you've exhibited good time management by scheduling some downtime for yourself.

If you just sit in front of the television all day staring blankly into the screen with a tiny bit of drool hanging from the corner of your slightly agape mouth, you are wasting time and probably procrastinating, too.

You'll regret this when you are awakened from your stupor by the power going out. "Oh yeah, I knew there was something I needed to do today."

Procrastination is not time management's enemy; it's time management's natural predator. I've witnessed procrastination feast on its prey firsthand in my life many times. It's like a scene from "The Discovery Channel."

There are many reasons for putting things off, but one of the biggest ones is not having clear direction in your life and understanding where the specific task at hand fits into that. Knowing what your goals are gives you motivation, motivation eliminates procrastination, and the absence of procrastination allows time management to flourish in the ecosystem of your self-progress.

It's the circle of life...kind of.

The best way to keep track of anything, including your self-progress, is to write it down. You can make a daily schedule and just put the essentials on there so you have a ready-made outline for your day and whatever it may bring. It is also very helpful to make a prioritized list at night of what you need to do the next day.

The bottom-line is you don't have to be a "schedule Nazi" to manage your time better. You just have to know what you want out of life and monitor your actions to make sure you are always able to PP.

Word on the Street

If you were to receive a care package, what are three items you would want?



"Prayers, pictures in remembrance of home and tasty treats; because prayers would encourage me, the pictures would make me happy and the treats would satisfy my hunger."

Spc. Fredrick Watson is a human resources specialist with the 352nd Combat Sustainment Support Battalion and is a Galvez, La., native.



"Crocs shoes, fresh mangos and school books. The shoes are comfortable and keep the sand from getting in my toes, mangos remind me of my mom and my books because I'm working on completing my associate's degree by the end of summer."

Spc. Corina Palmore is a paralegal specialist with the 352nd Combat Sustainment Support Battalion and is an Orlando, Fla., native.



"Pictures of family and friends, motorcycle magazines and my favorite would be lemon cake. pictures keep me focused, magazines keep me updated on what's new and the cake because it's one of my favorite sweets to eat."

Pfc. Antonio Elliot is a driver with the 352nd Combat Sustainment Support Battalion and is a Meridian, Miss., native.

THEATER PERSPECTIVES

“The interaction we have with the Iraqis and the job satisfaction of trying to help Iraq rebuild their military capabilities has been a great experience.”

Said Air Force Staff Sgt. Jeff Wright, the T-407’s maintenance advisor and the first team member to arrive at the 721st AEAS last year, has been teaching aircraft maintenance fundamentals to the Iraqi pilots and maintainers. He also helps his Iraqi partners integrate with several U.S. contractors who help maintain the fleet of three T-407s.

“I couldn’t see both my children deploying and leaving me at home.”

This was said by Capt. Dennis McNamara, an AH-64 Apache Longbow attack helicopter pilot for the 8th Attack Reconnaissance Battalion, 229th Aviation Regiment, during an interview about his son and daughter also being pilots.

“Your reputation will precede you. Hone your skills so that you will always be confident, decisive, and successful.”

This is a statement by Maj. Gen. Adolph McQueen, deputy commanding general for detainee operations and provost marshal general for United States Forces – Iraq, during the graduation ceremony of 22 Iraqi intelligence agency students from the basic interrogation and interrogator instructor, also known as Train-the-Trainer, courses May 1 at Camp Victory.

“I believe they are much better equipped to run a successful traffic control point now because of how well they performed these security operations during the training.”

This is a statement by Staff Sgt. Cedric Wilson, a section leader with Troop Bravo, 6th “Saber” Squadron, 9th Cavalry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center, provided traffic-control-point operations training to their Iraqi partners, the 1st Mechanized Brigade, 4th Iraqi Federal Police Division at Camp Liberty, Iraq.

“We did our job. When people are hurt, we go get them.”

Said Staff Sgt. Richard Maye, a crew medic from Moriah, N.Y., as an HH-60M medevac helicopter crew circled Contingency Operating Site Cobra, focused on the importance of their mission: evacuating an injured Soldier to medical care.



Science fiction is now science fact

With a special apparatus, one person can carry hundreds of pounds without breaking a sweat. Add that to a heads-up display that allows them to see through walls and deadly ammunition that takes the enemy completely out of the fight, you have yourself one heck of a sci-fi movie character; or a Soldier in the U.S. Army.

The Army is testing and fielding just such equipment to outfit combat troops in the not-so-distant future. This gear is making for a stronger, deadlier and smarter fighting force.

Stronger	Deadlier	Smarter
<p>The HULC is an exoskeleton that allows Soldiers to carry around 200 pounds of gear without straining their own muscles.</p> <ul style="list-style-type: none">— Seeing that 53 percent of battlefield injuries are described as muscular-skeletal, the HULC system is thought to be a way of keeping the warfighters in fighting condition.— These injuries cost the Department of Veterans Affairs \$500 million each year; using a system like the HULC could help cut this cost drastically.	<p>The Army is currently testing and fielding new ammunition and weapons systems that seem to make the fight one-sided.</p> <ul style="list-style-type: none">— The XM25, or “the Punisher,” as it’s called, fires a timed explosive that detonates over hiding enemies and rains shrapnel down on them.— “Green ammunition” is the phrase used to describe a new 5.56mm round that is said to be more lethal than its predecessor, and it’s currently being fielded in Afghanistan.	<p>Breakthroughs in technology could give Soldiers the ability to see through walls and spot snipers within mere seconds.</p> <ul style="list-style-type: none">— The Individual Gunshot Detector tells Soldiers, within seconds and within a 90-percent-accuracy threshold, where a gunshot came from, to include distance and direction.— Another device, a lightweight sensor that emits radar waves, can detect all movement (even breathing) within 60 feet - even through walls.

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:

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

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

TEST YOUR KNOWLEDGE

1. What Canadian province got its name from the Iroquois word guilibek, meaning “place where waters narrow?”
2. Which U.S. president used some of his winnings from poker games to help launch his campaign for a seat in the U.S. House of Representatives?
3. What New York City landmark is the largest movie theater in the U.S.?
4. What’s the world’s longest road, running from Texas to Valparaiso, Chile?

1. Quebec 2. Richard Nixon 3. Radio City Music Hall 4. The Pan-American Highway

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 Fight- ing Combative Training: Tue., Thur., Sat., 8-10 p.m.	Caribbean Night: Friday 8 p.m. Chess & Domi- noes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon, Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m.	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 2 a.m., Thursday 8:30 p.m. Salsa: Wednesday 9 a.m., 3 p.m., Thursday 9 a.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 Basket- ball: Saturday 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: Friday 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 Compe- tition: Saturday 8 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self- Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. 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.	EAST REC- REATION CENTER 8 p.m. Saturday 8:30 p.m. Poker: Saturday 7:30 p.m.	H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tuesday 8 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	8 p.m. Monday 9 p.m. 10:30 p.m. Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Monday 8 p.m. Saturday 8:30 p.m. Salsa: Wednesday 9 a.m., 3 p.m., Thursday 9 a.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 Basket- ball: Saturday 8 p.m.	8:30 p.m. Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 2 a.m., Thursday 8:30 p.m. Salsa: Wednesday 9 a.m., 3 p.m., Thursday 9 a.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 Basket- ball: Saturday 8 p.m.	8 p.m. 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: Friday 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 Compe- tition: Saturday 8 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self- Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m.
H6 RECRE- ATION CENTER Bingo: Monday, Tue., Thu., Sunday 8 p.m. Texas				WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	WEST FIT- NESS CENTER 3 on 3 basket- ball tourney: Saturday 7:30 p.m. 6 on 6 vol- leyball tourney: Friday	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m



AFN SPORTS SCHEDULE



Wednesday 5/18/11

NHL: 2011 Stanley Cup Playoffs, Live 0230, AFN I xtra
NBA: 2011 Playoffs, Live 0400, AFN I sports
MLB: Minnesota Twins @ Seattle Mariners, Live
0500, AFN I xtra
NBA: 2011 Playoffs, Delayed 1630, AFN I sports

Thursday 5/19/11

NBA: 2011 Playoffs, Live 0330, AFN I sports
MLB: Milwaukee Brewers @ San Diego Padres, Live
0500, AFN I xtra
NBA: 2011 Playoffs, Delayed 1400, AFN I sports
MLB: Houston Astros @ St. Louis Cardinals, Live
2030, AFN I sports

Friday 5/20/11

NHL: 2011 Stanley Cup Playoffs, Live 0230, AFN I xtra

NBA: 2011 Playoffs, Live 0400, AFN I sports
NBA: 2011 Playoffs, Delayed 1630, AFN I sports

Saturday 5/21/11

NHL: 2011 Stanley Cup Playoffs, Live 0230,
AFN I xtra
MLB: Colorado Rockies @ Milwaukee Brewers, Live
0300, AFN I prime Pacific
NBA: 2011 Playoffs, Live 0330, AFN I sports
MLB: Cincinnati Reds @ Cleveland Indians, Live
2300, AFN I prime Atlantic

Sunday 5/22/11

NBA: 2011 Playoffs, Live 0400, AFN I sports
NHL: 2011 Stanley Cup Playoffs, Delayed 1000,
AFN I sports
RACING: 136th Preakness Stakes, Delayed 1400,

AFN I sports

MLB: New York Mets @ New York Yankees, Live 2000,
AFN I prime Atlantic

Monday 5/23/11

MLB: Chicago Cubs @ Boston Red Sox, Live 0300,
AFN I xtra
NBA: 2011 Playoffs, Live 0300, AFN I sports
NHL: 2011 Stanley Cup Playoffs, Delayed 1600,
AFN I sports
NBA: 2011 Playoffs, Delayed 1900, AFN I sports

Tuesday 5/24/11

MLB: Cincinnati Reds @ Philadelphia Phillies,
Live 0200, AFN I xtra
NBA: 2011 Playoffs, Live 0400, AFN I sports
NBA: 2011 Playoffs, Delayed 1400, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Some teams lost sight of big picture in recent loss

BY SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF



In 1980, an older, slower-than-usual and less fortunate Muhammad Ali fought his last title bout at the age of 39. It was his 60th fight, and it would not end in victory like most of his previous ones.

Just as Ali was considered to be arguably the greatest boxer ever, so would Mike Tyson, who ended his boxing career almost as old, slow and unfortunate as Ali. The difference between the two was Larry Holmes, a boxer Ali had mentored. Holmes knocked out Ali in the 11th round of a fight.

Tyson's final fight, however, ended when he bowed out of the fight in the 5th round. Just as Ali and Tyson's great championship careers came to unfortunate endings, so did the San Antonio Spurs and the Los Angeles Lakers, who temporarily passed the torch.

The Spurs ended the regular season with the best record in the Western Conference and home-field advantage throughout the playoffs. Just like Ali, the Spurs entered the playoffs older, slower than usual, and less fortunate than a younger and faster Memphis Grizzlies team that knocked them out.

On the other hand, the champion Lakers surprised the sporting world with a Tyson-

like performance. With cheap, flagrant fouls, multiple ejections and the lack of any actual basketball play, the Lakers forgot what sport they were paid to play. Center Andrew Bynum threw in the towel early and threw an elbow at a Dallas Maverick's player. After being ejected from the game, Bynum went shirtless as he threw his jersey in the crowd.

I actually saw his resemblance with Tyson. I am personally a Lakers fan, and to watch my team take a page out of Tyson's book was disappointing. I think the Lakers did just as Tyson did by taking a bow, without even trying, preventing being knocked out later on.

Some would say quitting while you're ahead isn't quitting, it's merely saving yourself the embarrassment of knowing the truth. Kobe Bryant will eventually have to admit he's getting old and can't always win.

The Miami Heat just plain beat the Boston Celtics, who previously tormented the career of LeBron James. James stated after the victory that it had a major effect on his decision to leave the Cleveland Cavaliers and join the Heat.

He said he knew he would not be able to beat the Celtics by himself and admitted he needed help.

The Heat ended Game 5 with a 16-0 run against the Celtics. James scored the last 10 points of the game and that makes me wonder why James didn't find that heart when he and the Cavs lost all of those close games against the Celtics before.

Now that Boston, L.A. and the Spurs are out, the only franchise player or star left in the playoffs with a championship ring is Dwyane Wade, so this year is promising to have a lot of first-time champions.

The last five teams are: the Heat against the Bulls and the Mavericks against the winners of the Oklahoma Thunder and the Memphis Grizzlies series.

The Thunder leads the series 3-2.

The Reel Review

Brand provides unique spin to 'Arthur' with eclectic humor

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Some people may not be very fond of Russell Brand, but who else is better qualified to play an eccentric, over-sexed alcoholic than him? Maybe Charlie Sheen, but the character was a British heir, not a frat boy.

In this remake, Brand reprises the role of Arthur Bach, who was made famous by actor Dudley Moore 30 years ago. I haven't actually seen the original, as it came out before I was born, so I can't compare the two in-depth. Apparently, this remake's pretty true to the original, but I'm sure Brand is "cheekier" than Dudley ever was, so he brings that grungier feel to the role.

Arthur Bach is the heir to the Bach fortune, but he's just an 80-proof party waiting to happen. He doesn't care about the business or being serious, he just wants to have fun. His mother, who he refers to as Vivian, feels his attention-garnering antics are a liability, and she offers him an ultimatum.

She tells him he can marry Susan (Jennifer Garner), the calculating, ambitious daughter of a self-made billionaire or be cut off from the lifestyle he is accustomed to. Arthur reluctantly agrees, but as fate would have it, he ends up meeting Naomi (Greta Gerwig), a free-spirited, good-natured young lady who steals his heart. This is opposed to the freeloading women of easy virtue he usually associates with who just steal his stuff.

From here, with the help of his charmingly sarcastic nanny Hobson (Helen Mirren), Arthur enters into the age-old battle between being rich and unhappy or

★ ★ ★ ★ ★
Review: 3.5 / 5 stars

poor and content.

I enjoy Brand's witty commentary throughout the movie. At the dinner Susan has set up for Arthur to propose to her, Arthur explains their differences: "You love horses. I don't trust them. Their shoes are permanent. Who make's that kind of commitment to a shoe?"

Underneath Brand's humor, I found sincerity in this movie I wasn't expecting. Arthur's father was a sensible man who didn't care much for indulgence, but he died early on in Arthur's life. His mother was never the nurturing type, so Arthur coped by indulging in everything.

Essentially this is a story about realizing the important things in your life and being responsible for yourself. It just has the added bonus of Brand to counter-balance the movie and keep it from being overly mushy.

I also liked Hobson because she reminded me of my grandmother. She was tough, stubborn, and had a good sense of humor. Brand and Mirren interacted well together.

At some points the story was a little unbelievable and not in a funny way. There were also points that seemed to be unnecessary, and the writers did dip their pen in sap a few times. All in all, though, I enjoyed the humor and sentiment of this movie.

I give "Arthur" three and a half out of five stars because it dealt with some serious life issues in a predominantly funny manner. It wasn't the best plot you could hope for, but it was effective and entertaining.

PVT MURPHY'S LAW™

BY MARK BAKER

I'M GOING TO DO PT ON MY OWN.

I WISH I COULD DO PT ON MY OWN.

MORE PT! HOOAH!

PT? WHAT'S THAT?

Oh, HELL NO!!

I KNOW YOU'RE NOT IRONING ACUs!

I JUST WANT THIS ONE AREA TO LAY DOWN.

Reel Movie Times

Wednesday May 18
1700 THE LINCOLN LAWYER (R)
2000 THOR (PG-13)

Thursday May 29
1700 THOR (PG-13)
2000 SUCKER PUNCH (PG-13)

Friday May 20
1800 HOP (PG)
2100 PRIEST (PG-13)

Saturday May 21
1400 DAIRY OF A WIMPY KID: RODRICK (PG)
1700 PRIEST (PG-13)
2000 HOP (PG)
2400 PRIEST (PG-13)

Sunday May 22
1400 PRIEST (PG-13)
1700 HOP (PG)
2000 LIMITLESS (PG-13)

Monday May 23
1700 LIMITLESS (PG-13)
2000 HOP (PG)

Tuesday May 24
1700 PRIEST (PG-13)
2000 DAIRY OF A WIMPY KID: RODRICK (PG)

Eye in the sky

(Right) Sgt. Felicya Adams, a Bonney Lake, Wash., native, and Spc. Matthew Keeler, a Ridley, Pa., native, both public affairs specialists with the 310th Expeditionary Sustainment Command, participated in a Predator tour to learn more about the unmanned aerial vehicles that fly over Iraq and Afghanistan.

(Below) The tour of the Predator unmanned aerial vehicle gave service members stationed at Joint Base Balad an inside look at the operation of these drones.



U.S. Army photo by Staff Sgt. Holly Torsch



U.S. Army photo by Spc. Matthew Keeler

Victory Through Support