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The Expeditionary Times

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

Spc. Bobby Scott (second from right), a petroleum supply specialist with the 310th Expeditionary Sustainment Command and a Mooresville, Ind., native, shares information with fellow Soldiers Aug. 10, 2010, about his “Dukes of Hazzard” General Lee and Sheriff Rosco car replicas. Scott, who tours the country with his cars in support of “Dukes of Hazzard” fan events, brought them to a 310th ESC family event at Fort Benjamin Harrison, Ind.

One Soldier calls on friends from Hazzard County to raise Soldiers’ morale in Iraq

STORY BY
SGT. FELICIA L. ADAMS
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Like clockwork every Friday, a little boy returns to his routine. He grabs his younger brother, runs to the living room and is instantly glued to the televi-

sion. For the next hour of his life, he has no worries, and nothing that he would rather do except devote his time to that one particular television show. The show would come on at 8 o’ clock, and it was a household occasion for the little boy and his family. It all started with a car called the General Lee.

“It was 1979, I was nine years old and I started watching ‘Dukes of Hazzard’ every Friday night,” said Spc. Bobby Scott, a

petroleum supply specialist with the 310th Expeditionary Sustainment Command and a Mooresville, Ind., native.

Scott grew up to become an avid collector of “Dukes of Hazzard” memorabilia and now owns a replica General Lee and Sheriff Rosco cruiser.

“I looked at my little brother and said, ‘I’m going to build me one of those cars one

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Correction

In the May 25 edition of "The Expeditionary Times," the article about the opening of the Wrangler Dome on COB Adder was attributed to the wrong author. The story was written by Pfc. Amy Lane from the 4th Sustainment Brigade.

If you have a comment or correction for the "Expeditionary Times" staff, please e-mail us at:
escpao@iraq.centcom.mil.

The Chaplain's Corner

The desert can serve a good purpose in your life after all

CAPT. THOMAS TOWNSEND
352ND CSSB CHAPLAIN



A desert is a place of sparse vegetation with little rainfall per year. JBB is situated near the Tigris River, therefore one sees more vegetation. The further distance one ventures away from the river, the less vegetation one sees. Have you noticed when, in the desert areas far from the rivers, no one is seen except for an occasional herder of camels?

The people who live here live in the cities or along the rivers. The desert is not a place that is friendly to life. It is extremely hot in the summer, it is dry, and it is a region of boredom.

Yet, there is a treasure to be found.

There are no distractions in the desert. It will cause you to think about your life and where your life must transform. You are removed from the environment in which you are familiar. This causes you to meditate on scenes from your past. Allow your mind to wander through these scenes, and you will discover that treasure.

I see two distractions for those who are stationed here at JBB, whether or not they are a member of the armed forces.

The first distraction is the fact that we have many amusements designed to boost our morale, such as a movie theater, gym and Post Exchange. These luxuries are needed, but there is a disadvantage. The disadvantage is they may distract us from examining our lives and making the necessary changes to better our lives. But these simple

There are no distractions in the desert. It will cause you to think about your life and where your life must transform.

- Capt. Thomas Townsend

In order for you to receive the positive effects from this deployment, you must change your perspective...

- Capt. Thomas Townsend

luxuries are needed to release stress.

The second distraction is the wrong perspective. Perspective is not reality. A deployment should bring spiritual, mental and emotional growth and maturity to us all. This is not the effect that a deployment has on everyone. Some Soldiers do develop post traumatic stress disorder and experience anger.

The good news of moderate to severe combat stress is that most recover from their negative effects. There may be negative short-term effects, but many will overcome in the long term. Surprisingly, it is the desert that will bring the healing to our minds.

In order for you to receive the positive effects from this deployment, you must change your perspective to the right attitude. Develop the attitude that will help you mature as a result of being here. Your life will improve once you go home.

As you examine yourself here in the desert, you will find new purpose. The purpose you discover will reveal goals to reach. This is your reason and motivation for your new life upon redeployment and reintegration back home.

You may ask "How do I examine myself?". There are materials to help you in that quest. Help can be found in many books and on the Internet. These are tools to open up your mind to your abilities and how to use those abilities to benefit others.

When you reach out to assist other people with your talents, you will gain fresh energy and renewed strength.

The counsel to take from this article is your purpose in the desert is to find healing for any emotional wounds and to discover your giftedness. The desert is not a place to stay, but we all are able to go back from where we came from with renewed strength.

The Expeditionary Times

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

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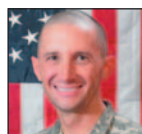
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The Real Barracks Lawyer

Powers of attorney are useful tools for most Soldiers to use

CAPT. DANIEL RIECK
310TH ESC CHIEF OF LEGAL SERVICES



Of all the services we offer at the Consolidated Legal Center, powers of attorney are by far the most popular. Our offices create, on average, more than 30 POA documents each week, and I'd say I hear about that many misconceptions about these important legal documents per week, too. This article is designed to give readers a crash course on POAs, their use, and their inherent potential for misuse.

A POA gives a person, called the "agent," the authority to act and make decisions for you. Typically, POAs are used when you cannot be present and want someone to accomplish something for you. Most POAs last for a specified period of time, usually a year or less.

You may, however, create a durable POA if you want the document to stay in effect in the event you are incapacitated

or disabled; otherwise, your agent's powers would end upon you falling into those categories.

Third parties do not need to accept or acknowledge your POA, though most will. Some businesses (e.g. banks) or government agencies (e.g. the IRS) will demand that you use their specific form of POA before they accept it. Others, including DFAS, may put restrictions on the type of POA they will accept. You should always check with the business or agency where your agent will use your POA to be sure they don't have special requirements or restrictions. Otherwise, you may end up getting multiple POAs to satisfy some business' requirements, which helps my office's numbers but doesn't help your legal situation.

The biggest issue I hear about is whether one needs a general or specific POA. What's the difference?

A general POA allows your agent to do almost anything you could do if you were present, while a specific POA allows your agent to do only one or two enumerated things. For example, some of the more popular specific POAs can allow your agent to title and register your car or enroll someone within DEERS. All things considered equal, a specific POA is a much better idea. There are so many dangers associated with general POAs that the regulations order legal assistance attorneys to counsel anyone seeking one.

What's the danger, you ask?

A general POA gives your agent the right to contractually bind you, empty your bank account, sell your personal

items, and/or rack up debt in your name. A good rule of thumb: If you wouldn't trust your agent with the contents of your checking account, you probably shouldn't give them any POA, let alone a general one.

Sometimes things happen that make you reconsider your decision to give someone a POA, and that's where revocations come into play. When you no longer want your agent to have the powers you gave them in your POA, the best solution is to simply get the original form back from them. That is not always possible, though, so in this situation you may create a form that revokes that POA. You then should deliver that revocation to any businesses or locations that your agent has dealt with or is likely to deal with on your behalf. This will put those businesses on notice that your POA is no longer in effect and that your agent no longer has their original powers, thus protecting you from abuse by your agent.

POAs are powerful and useful documents. In the right hands they can make your life much easier and assure that your affairs will be taken care of, just as if you had never left home. In the wrong hands, however, they can quite literally ruin your life. Think long and hard before you decide if you need a POA, and make sure you talk to a trained legal professional before creating any POAs.

And don't even think about giving a general POA to some girl/guy you met at a bar the week before you deployed, unless you enjoy being lectured about responsibility by legal assistance attorneys.

Iraqi medics train up on casualty care

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

KIRKUK TRAINING CENTER, Iraq



In an effort to continue building on medical knowledge, the Kirkuk Combined Security Forces conducted an air medevac exercise at the Kirkuk Training Center, May 25.

"Thunderhorse" medics of Headquarters and Headquarters Company, 2nd Battalion, 12th Cavalry Regiment, attached to 1st Advise and Assist Task Force, 1st Infantry Division, guided Iraqi students on proper evacuation steps and medical treatment.

CSF soldiers familiarized themselves with the steps necessary to transfer a patient to higher levels of care using a helicopter, said Spc. Jose Amezcuita, a health care specialist assigned to 2nd Bn., 12th Cav. Regt.

During the medical course, the fourth cycle led by Thunderhorse medics, instructors continued building upon basics of medical training to provide Iraqi Security Forces with trained personnel capable of teaching subsequent classes of CSF soldiers.

Eventually, Iraqis will train themselves without assistance or supervision from U.S. forces, said Amezcuita, a native of Killeen, Texas.

"We're trying to be hands off so they can be the primary instructors for the

medevac training," said Amezcuita. "With them being the instructors and having gone through the training, they'll be able to ensure they have a better understanding of the procedures and requirements to ensure everything runs smoothly."

Prior to the medevac class, most CSF soldiers had limited exposure to medical operations utilizing helicopters.

"Today we're going to evaluate how well they practice commands," explained Amezcuita. "They will be putting a casualty onto a litter, loading the casualty on the helicopter and unloading the casualty and carrying [the patient] to the rally point."

To help things run smoothly, Sgt. Mike Schutte, a flight medic with 2nd Battalion, 135th General Support Aviation Battalion, Nebraska National Guard, conducted a safety briefing to prevent any accidents during the medevac training.

Schutte, a native of Lincoln, Neb., said practicing good safety habits is paramount to the training for CSF soldiers.

"The purpose of medevac is to get the troops in need where they need to go as quickly as possible," said Schutte. "One slip-up can cause them to hurt themselves, and that will potentially make them another casualty."

CSF teams commenced the exercise by loading their casualty onto a static helicopter to familiarize themselves with fundamentals of loading before moving onto operations with a running helicopter.

As the training progressed, new CSF



Members of the Kirkuk Combined Security Forces join Sgt. Mike Schutte, a flight medic with 2nd Battalion, 135th General Support Aviation Battalion, to strap a casualty onto a litter before lifting and loading the patient onto a medevac helicopter at Kirkuk Training Center, May 25. Iraqi CSF students learned procedures for loading and evacuating casualties using helicopters as part of a medical training course.

Soldiers and Gen. Kawa, Iraqi Police Chief, Kirkuk province, observed the event along with U.S. instructors evaluating the trainees' performance.

"Thank you and I really appreciate your hard work," said Kawa to the instructors. "The knowledge they've gained helps

everybody, because they can transfer it to all Soldiers and teach other students in the future."

Amezcuita said as the CSF students continue the course, they will eventually be certified on emergency medical skills and expand their realm of knowledge.

Intel training helps Soldiers keep roads safe

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

CONTINGENCY OPERATING BASE ADDER, Iraq – Nine Soldiers with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command partici-



pated in a graduation ceremony signifying the completion of Company Intelligence Support Team training May 28 on Contingency Operating Base Adder, Iraq.

The five-day course taught the Soldiers to collect, analyze and disseminate intelligence at the company level.

The training is aimed at transportation Soldiers with the 749th Combat Sustainment Support Battalion, 4th Sust. Bde. and

convoy escort teams with the 1st Combined Arms Battalion, 163rd Infantry Regiment who provide convoy security for the transportation companies.

Lt. Col. Robert Villalobos, the deputy commanding officer of the 4th Sust. Bde. and a Palm Coast, Fla., native, spoke to the Soldiers at the graduation.

“Nobody knows the roads that we travel like the Soldiers who use them every day,” Villalobos said. “They know every piece of trash and every pothole in the road. Each Soldier is able to play a role in his own safety as well as the safety of others.”

He said the Soldiers learned how to use several intelligence systems to understand what is important and how to pass the information on in order to improve security on the roads.

The intelligence can be used by 4th Sust. Bde. and all other units in the area to keep Soldiers safe.

“The best information comes from the Soldiers who drive the roads every day,” Villalobos said. “We’ve given them the tools to turn that knowledge into useful intel.”

Spc. Greg Breha, a truck driver with the 15th Transportation Company, 749th CSSB and a Cleveland native, said the class was a big eye-opener for him.

“Now we can give information to other battalions and companies that will improve the safety of the personnel out on the road every day,” he said.

Breha, who is on his second deployment to Iraq, said it is interesting to see the improvements in tactics, techniques and



Spc. Greg Breha, a truck driver with the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, checks out the certificate he earned after completing the Company Intelligence Support Team course May 28 on Contingency Operating Base Adder, Iraq.

procedures as they develop and are implemented in theater.

“This gives me more confidence that I can help other Soldiers get back home safely,” he said.



Lt. Col. Robert Villalobos, the deputy commanding officer for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Palm Coast, Fla., native, introduces himself to Pfc. Santiago Buck, a truck driver with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sust. Bde. and a Charleston, S.C., native, at the graduation for the Company Intelligence Support Team course on Contingency Operating Base Adder, Iraq. Buck was the honor graduate for the course.

Transportation company takes time to relax, recharge morale

STORY BY
SPC. VICTOR NIEVES, JR.
370TH TRANSPORTATION COMPANY



CONTINGENCY OPERATING BASE SPEICHER, Iraq – From burgers and steaks, to shrimp and lobster tail, Soldiers from the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command have more than enough to please their palate and satisfy their appetite.

As the days get longer and the sun gets hotter, morale boosters are a Soldier’s greatest desire. The 370th Trans. Co. hosts weekly cookouts, accompanied by a fair share of basketball games to help improve morale throughout the company.

“It is important to ensure the Soldiers are physically and mentally fit,” said Chief Warrant Officer 2 Ambros Montoya, the executive officer and operations officer in charge of the 370th Trans. Co. and a native of Albuquerque, N.M. “The Sunday cookouts and basketball games provide entertainment, exercise, stress relief as well as a little piece of home,” he said.

Every Sunday the headquarters platoon of the 370th Trans. Co. sponsors a barbecue to gather the Soldiers and give them a little taste of home, affording them the opportunity to relax from the troubles of deployment. Even though resources are limited, the 370th Trans. Co. does everything possible to acquire meat, drinks, bread and charcoal to make these cookouts possible.

Soldiers look forward to the weekend barbecue, where they have the chance to escape from the grind of daily operations, as most of them are motor transport operators here.

At noon each Sunday, preparations for the day’s festivities commence. Spc. Victor Nieves Jr., an operations specialist with the 370th Trans Co. and a Edcouch, Texas, native, prepares the pit with charcoal. Sgt. 1st Class Jorge Camacho, a supply sergeant for the 370th Trans Co. and a native of Carolina, Puerto Rico, prepares the meat by seasoning it.

The festivities would not be complete without music, though.

“Music reminds everyone of their own cookouts at home, taking them to a state of relaxation”, said Spc. Nicholas Counelis, a supply clerk for the 370th Trans. Co. and a native of Harlingen, Texas, as he set up the sound system to provide a more upbeat atmosphere.

Around 2 p.m., all of the Soldiers from headquarters platoon down to the maintenance platoon, gathered behind the 370th Tactical Operations Center, where a make-shift basketball court is set up. The friendly competition of a basketball game offers Soldiers a chance to relieve stress, while allowing them the opportunity to showcase their skills and talents.

This past Sunday, Soldiers of the 591st Sapper Company from Fort Campbell, Ky., and the 34th Sapper Company from Schofield Barracks, Hawaii, joined the friendly gathering. From privates to captains, everyone contributed and enjoyed entertaining games of basketball and a variety of delicious entrees.

“There is nothing better than food right off the grill,” said Spc. Julio Ramos, a native of Brownsville, Texas, and the armorer for the 370th Trans. Co.

As the day’s activities draw to a close, a quick clean-up is conducted and it’s back to work for the Soldiers of the 370th Trans Co. but with their morale being uplifted from a day of relaxation, food and fun.



U.S. Army photo by Sgt. Erica Salinas

Spc. Victor Nieves Jr., an operations specialist for the 370th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Edcouch, Texas, preps the grill while Sgt. 1st Class Jorge Camacho, a supply sergeant for the 370th Trans. Co. and a native of Carolina, Puerto Rico, finishes the steaks and lobster tails. Sgt. Jose Hernandez, a cook for the 370th Trans. Co., and a native of Brownsville, Texas, supervises cooking the food.



Service members and civilian contractors get set to race self-made boats made of duct tape and plastic water bottles May 29 at the Boat Regatta at the Joint Base Balad, Iraq, outdoor swimming pool. Twenty-one boats were made of only plastic water bottles and duct tape and raced at the contest.

Reduce Reuse Regatta

Joint Base Balad's water bottle boat race puts cunning, construction skills of service members, civilians to test

STORY AND PHOTOS BY
SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The sight of several huge trash bags full of plastic water bottles lying in the corner of an empty supply room could be interpreted as someone on trash detail took an extensive break from their job.

Giving them the benefit of the doubt, the trash detail for empty bottles in Iraq had a purpose. These empty bottles were not deemed as trash for very long. These bottles would soon be used to float on top of water rather than being recycled or thrown completely away.

Service members and civilian contractors raced self-made boats constructed of tape and plastic water bottles at the Boat Regatta May 29 at the Joint Base Balad,

Iraq, outdoor swimming pool.

Participants were only allowed to use plastic water bottles and duct tape to make their boats and accessories. In hopes to build morale, 21 boats were registered into the contest. Some went as far as researching some old designs to uniquely put an extra spark in their creation.

“Coming up with the idea was pretty quick, but we did race the last two times the regatta was here so we saw some of the old designs,” said Pedro Careaga, a Phoenix, Ariz., native with the Department of State and team captain of the boat that came in first place in design. “We did a little research on the Viking boats, because we kind of like that. It took us about three days to build the whole thing.”

Although it may have seemed like a ferocious competition and lots of work to compete in it, many participants felt it was a morale builder regardless of the outcome

of the race.

“It took some time trying to tape it together, but we worked on it an hour here and an hour there,” said Staff Sgt. James Rider, supply sergeant for food services with the 310th Expeditionary Sustainment Command, and a Trenton, Ohio, native. “I think it’s going to work out pretty good, but it’s a big morale thing for everybody, so have fun. If it sinks, it sinks. If it floats, it floats.”

Some started collecting bottles as early as March.

“I started asking people to save bottles shortly after we got here. We got a couple bags of trash, but for the most part we have a lot of bags full of bottles,” Rider said. “I said ‘If we are going to build a boat, we

need to start saving bottles,’ and the next thing I knew, people were bringing me bottles every day. We probably used 250 bottles and approximately 10 rolls of duct tape.”

With approximately 10 hours of working on their boat, Capt. Rob Meyer, chief of operations with the 20th Engineer Brigade and a Fort Collins, Colo., native, and his partner Sgt. 1st Class Blanchard B. Woodcox, a diving supervisor with the 7th Dive Detachment, 20th Eng. Bde. and a Lake Havasu City, Ariz., native, won the race and a video game console for their first-place ranking. Before the race, they felt confident but also ready for a highly competitive race.

“We were pretty confident going into the race, but there were many great designs and strong teams so we knew the competition would be tough,” Meyer said. “We were pretty beat from pushing the boat through the water, but overall we were proud and excited we were able to bring home the gold.”

To try to win the race, some teams built two different boats and had a tryout for the boats prior to the regatta to see if the boat was efficient enough for the race. Regardless of where they placed in the race, everyone had fun with hopes to have another regatta.

“We really did enjoy ourselves,” said Petty Officer 2nd Class Randy Pedregon, a customs border clearing agent with Navy Customs and a Los Angeles, Calif., native. “It was a great workout and I’m hoping we have another regatta before the pool closes.”

With nearly every branch of the military and numerous civilian contractors participating, this may have been one of the most diverse events many spectators will see on JBB.

Overall, the regatta was for morale, and many participants and audience members said it turned out well.

“The event was a great success. Twenty-one teams showed up with some really creative designs,” Meyer said. “It was fun to do something out of the norm and compete in such a unique event.”



Capt. Rob Meyer, chief of operations with the 20th Engineer Brigade and a Fort Collins, Colo., native, and his partner Sgt. 1st Class Blanchard B. Woodcox, a diving supervisor with the 7th Dive Detachment, 20th Eng. Bde. and a Lake Havasu City, Ariz., native, reached the finish line in 1st place May 29 at the Boat Regatta at the outdoor swimming pool on Joint Base Balad, Iraq. Participants were only allowed to use plastic water bottles and duct tape to make their boats and accessories.

DUKES: Avid 'Dukes' fan helps lift spirits with memorabilia

Continued from pg. 1

day,' and I sure did," Scott said. "I decided that I wanted to build a General Lee so I bought a '69 Charger and made it the exact replica ... same motor and everything."

He has been fortunate enough to meet the original cast members from the show and befriend them. Part of living out his "Duke" dreams is by touring the country with his vehicles.

"I got to drive for five hours on the Atlanta Motor Speedway giving people rides around the track," Scott said. "I also had the honor to meet John Schneider [who played Bo Duke] and handed my keys to Bo and Luke [Tom Wopat] and they both got to drive my car around the track," he said.

His hobby has given him the opportunity to make new friends and share his love for the good ol' boys.

"It's been a whirlwind and a hobby that's turned into a good friendship with a lot of good people and something that is innocent and a lot of fun," Scott said.

He has also brought his love of the show to unit gatherings in the past to help raise the morale of the Soldiers.

"I bring my cars to unit functions, because it brings back a lot of good memories for people, and I just like sharing my fun with people," Scott said. "It puts people in good spirits."

Not only has Scott been kind enough to share his memorabilia with his unit, but he has gone as far as introducing James Best, the actor who portrayed Sheriff Rosco P. Coltrane on "The Dukes of Hazzard," to 310th ESC Soldiers prior to their departure for deployment. Best spent an hour visiting at the 310th ESC home station telling stories and signing photographs for the Soldiers.

Scott said, "Rosco did a show in Greenfield, Ind., and I called him on the phone and said, 'Hey, would you be interested in coming to the 310th and meeting some of the Soldiers and saying hi?' and he said, 'Absolutely Bob.'" "It was his way to say thank you to the troops."

Soldiers were definitely pleasantly surprised when Best showed up to the unit.

"I thought it was really awesome to have somebody so well-known to come see us and talk to us," said Spc. Kaila Powell, a finance management technician with the 310th ESC and a Greenwood, Ind., native. "I also thought it was cool that somebody from our unit was willing to pull some connections and give us a morale boost."

Scott said he enjoys sharing his experiences and fun with other people.

He also said he has loaned out his "Dukes of Hazzard" DVDs to Soldiers in the unit to give them something fun to watch on their downtime.

"It makes me feel great to share it with the other Soldiers because it's something light-hearted and funny," he said.

To help Soldiers make their way through deployment and lift their spirits, Scott has got in touch with some of the cast members from the show and asked them to send autographed photos to individual fans in the unit.

"I got a hold of Daisy Duke [Catherine Bach] and Cooter [Ben Jones] and they both sent me an autographed picture specifically made out to some Soldiers in the unit," Scott said.

Ben Jones, who played Cooter, the Duke boys' mechanic, continues to support the Soldiers of the 310th ESC in his own way. Jones and his wife found some "Dukes of Hazzard" season DVDs, autographed them for the 310th Soldiers and had them mailed in a care package to Iraq, Scott said.

When the package arrived, Scott was more than happy to share the gifts with fans from the unit. He shared items including stickers, hats, games, and of course, DVDs.

"It feels awesome to get things like this over here, stuff that people have a passion for," said David Gonzalez, a support operations administration assistant with the 310th ESC and an Indianapolis, Ind., native.

Jones said over the years he has gotten requests and has sent packages in the past.

"I have great respect for people over there serving," Jones said in a telephone interview. "It's a cool thing that they love the DVD and we are glad as a cast to still bring joy around the world."

"It makes me feel good, happy and proud



U.S. Army photo by Sgt. Felicia L. Adams

Spc. Bobby Scott, a petroleum supply specialist with the 310th Expeditionary Sustainment Command and a Mooresville, Ind., native, shares "Dukes of Hazzard" DVDs autographed by Ben Jones, who played Cooter the mechanic on the TV show, with Soldiers from his unit. Scott is an avid collector of "Dukes of Hazzard" memorabilia and loves to share his interest with other Soldiers.

to be a part of something that builds morale," Jones said. "We want you all to come back to

Hazzard County, and we sincerely appreciate the efforts there and we are proud to support."



Troops celebrate diversity on Adder

(Left) Lt. Col. Robert Villalobos, the deputy commanding officer of the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Palm Coast, Fla., native, performs a dance during the Asian-Pacific American Heritage Month celebration at Contingency Operating Base Adder, Iraq, May 30.

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

CONTINGENCY OPERATING BASE

ADDER, Iraq – It was a festive night on Contingency Operating Base Adder, Iraq, as hundreds attended a celebration to honor Asian-Pacific American Heritage Month May 30 at Memorial Hall.

The guest speaker at the event was Command Sgt. Major Paulo Vaka, the command sergeant major for the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Palo Alto, Calif., native.

Vaka, who is originally from Tonga, spoke to a full house of Soldiers, Sailors, Airmen and civilians during Asian-Pacific Heritage Month. He spoke about the history and contributions of Asian-

Pacific Americans to the military and to the country.

"The United States is a country that is composed entirely of immigrants," he said. "Asian-Pacific Islanders have a history in our military from World War I through the current wars in Iraq and Afghanistan."

Vaka said that while he is proud of his Tongan upbringing, he is also proud to call himself American.

He said immigrants have always come seeking better lives for themselves and their families, including his own family.

"Even when I first came to the U.S. as a young child, I knew I would join the military," he said. "I wanted to give back to my community."

The audience was treated to a martial arts demonstration and dances from the islands of Hawaii, Samoa, New Zealand and Tahiti. Prior to each dance, they learned a brief history of the dance and the island's culture.

Soldier teaches language, culture in spare time



U.S. Army photo by Spc. Maribel Granados

Staff Sgt. Helmi Sassi, a battalion maintenance noncommissioned officer with Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Tanzania native, teaches class about Arabic language and culture. Sassi speaks five dialects of Arabic, as well as French and English.

STORY BY
1ST LT. CHRISTOPHER HUTCHINS
189TH CSSB

AL ASAD AIR BASE, Iraq – A maintenance noncommissioned officer with Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command volunteers his personal time to



teach Arabic to Soldiers stationed at Al Asad Air Base every weekend.

Staff Sgt. Helmi Sassi, the battalion maintenance NCO for the 189th CSSB, deployed from Fort Bragg, N.C., as a wheeled vehicle mechanic but felt he could do more than his duty required.

“We work with the Iraqis every day,” Sassi said. “But most Soldiers don’t know anything about the Arabic culture or language.”

Sassi said he began volunteering his off-duty time to promote learning and under-

standing between the two cultures.

Sassi spent the first 23 years of his life in the small North African country of Tanzania. Because he grew up in an environment with rich cultural diversity, he became fluent in five dialects of Arabic, as well as French. He immigrated to the United States in 1999 searching for work.

Sassi said he initially joined the Army for a steady job and income, as well as the opportunity to travel. Soon after enlisting, he deployed as part of a Military Transition Team, training the Iraqi Army on how to properly run a unit maintenance program.

He said his personal background helped him understand the culture behind Iraqi Army operations and organization, which, paired with effective communication, lead to successfully training the Iraqi Soldiers.

Sassi said his success with the MITT motivated him to coordinate the Arabic program on Al Asad. He offers classes in the education center on Saturday and Sunday, with each day broken down into two sessions.

The first session covers the Arabic alphabet, as well as very basic reading and writing techniques. Then Sassi steps away from the dry erase board and teaches common Arabic customs, courtesies and expressions.

“I am giving Soldiers the opportunity to practice basic communication they may be able to use when dealing with advise and assist mission situations,” he said.

This portion includes learning, understanding, and recognizing the Iraqi military ranks and how to appropriately address them in accordance with Iraqi customs.

Sassi said he enjoys the opportunity to teach Soldiers about the Arabic culture and

hopes to provide helpful insight into the Arabic world.

“At the end of the day, it’s all about helping out our Soldiers,” Sassi said. “Being able to even say a few phrases in Arabic may be the first step in building a relationship.”



U.S. Army photo by Spc. Maribel Granados

Staff Sgt. Helmi Sassi, a battalion maintenance noncommissioned officer, Headquarters and Headquarters Company, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Tanzania native, teaches class about Arabic language and culture.

Wife cares for her husband after receiving injuries in Iraq

STORY BY
2ND LT. JOHN TANSIOCO
89TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE SPEICHER, Iraq – The power of the healing touch and care of a loved one can be the most effective remedy for a Soldier to recover and recuperate after suffering from an illness or injury. Many times when in theater, a Soldier may have to recover by themselves with only the physical support of their battle buddies and the hospital staff.

For one Soldier, his recovery has been aided not only by his battle buddies and the caring combat support hospital staff, but also the loving care given to him by his wife.

“I am very lucky to have my wife by my side, especially when I am recovering from my injury,” said Spc. Joseph Muir, a heavy equipment transport truck driver for the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Eugene, Ore., who is currently stationed at Contingency Operating Base Speicher, Iraq.

Muir met his wife while serving in the 21st Cargo Transfer Company, 593rd Sustainment Brigade in Fort Lewis, Wash-

ington, and they have been married since January of 2010. They have been deployed together at COB Speicher since March of this year.

When Muir came down with a severe illness and was sent to COB Speicher’s casualty support hospital, immediate medical care was given, and he was ordered to stay in the hospital for one week in the Inpatient Unit. Doctors conducted tests and treatment until determining that Muir was ready to be released to living quarters. While in the IPU, Joseph found comfort and relaxation in his wife’s visits which included sharing meals, enjoying movies, and playing dominos together.

“The whole situation has been somewhat stressful, because my husband is never sick and has always been the stronger one between the both of us,” said Spc. Patricia Muir, Joseph’s wife, an orderly room clerk with the 89th Trans. Co., and native of Blythe, Calif.

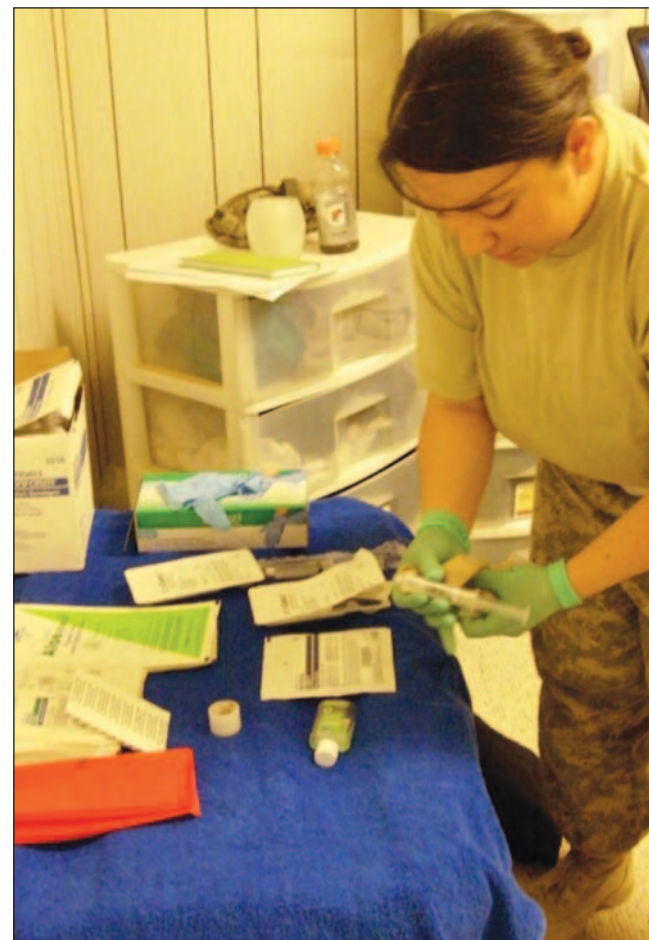
Originally, the medical professionals recommended Joseph leave theater and recover in Landstuhl, Germany, but he opted to stay here in theater with his battle buddy and loving wife by his side.

“He has been able to make a steadfast recovery, currently feeling more and more energetic and even cleaning up around the CHU,” Patricia said.

She added that she has to change her husband’s bandage three times per day every day. Each time she spends more than 45 minutes to carefully perform the entire process. Prior medical training has given her a lot of confidence at what she’s doing.

“I feel very lucky to be here with my husband during his recovery process, I believe my presence has helped him a lot, I would not want to be anywhere else except here by his side,” she said.

Joseph expects to make a full recovery within six weeks and should be back on the road behind the wheel of his HET facilitating the reposturing of equipment in support of Operation New Dawn.



U.S. Army photo by 1st Lt. Matthew Castiglione

Spc Patricia Muir, an orderly room clerk for the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, prepares the required items to properly change her husband’s bandage; this is in addition to performing her duty as an orderly room clerk.

Legacy shall live on at JBB

...s,” Kuhn said. “A
...s right here, we got
...hat come from [State
...York at Geneseo]
...and her whole entire
...[iser]; Romulus, N.Y.,
...they raised over \$800;
...use did tons of fund
...s of Foreign War] in
...n of Hanoi, N.Y., did
...can see the kids just
...go crazy.”

...f the children, the
...ear are the best that
...then they are a bit old

...e will find old shoes
...le from kids that are
...n said. “They don’t
...s like we are used to,
...ding helping kids that

...ldren grab a couple of
...r not only themselves
...rs, sisters and even
...For Romansky, what
...g back on leave and
...de class that helped

...ir faces to know that

they could make a difference from a little town, Hilton, N.Y., to send flip-flops 7,000 miles away and help children in Iraq, it really encouraged them,” he said.

Not only were we helping children here, but back home too, he said.

With Kuhn, and Romansky’s unit ending their tour here in Iraq, there was a chance that they were going to miss their last Iraqi Kids Day.

“This being my last event in country, they flew us up from [Camp] Taji, and we are here to help hand out the last set of flip-flops,” Romansky said. “And, what is great about this is that we showed up and they were already set up. It’s like our own little [replacement] mission, and the transition has been great, and I think it is going to continue.”

By making contacts with the Red Cross on JBB via e-mail, Romansky made sure that there would be volunteers at Iraqi Kids Day to provide the children with flip-flops.

“We have made great contacts with the Red Cross, so we have been in contact with them via e-mail, and we knew that if we couldn’t show up that they would be here,” he said.

“I was a bit surprised to see how many



Spc. John Romansky (front left) and Pfc. Andrew Kuhn (front right), combat engineers with the 299th Multi-Role Bridge Company, 20th Engineer Brigade and a Rochester, N.Y., and Bristol, N.Y., native, respectively, relax during the December 2010 Iraqi Kids Day at Joint Base Balad, Iraq. The banner in the background was made by one of the classes that donated sandals.

people were working on it and the enthusiasm,” he said. From the support of the Army and the Air Force, Romansky has

no doubt that OFF will continue after they leave.

Even as Romansky prepares to go home, he will miss his time spent in Iraq and at Iraqi Kids Day.

“You want to go home in the worst way,” he said. “And it is kind of sad, bittersweet, but we know [OFF] will continue and it will be a great legacy.”

In the end, Romansky and Kuhn wanted to thank everyone who made OFF possible.

“I would like to thank the children from the sixth grade class...and every other school that has sent flip-flops over here, you really make a difference,” Romansky said. “And you can make a difference. One person can make a difference around the world.”

Everyone back home, thank you, and we will see you soon, he said.



...i-Role Bridge Company, 20th Engineer Brigade and a Bristol, N.Y., native, smiles as he watches from around the United States, during Iraqi Kids Day at Joint Base Balad, Iraq.



All of the more than 200 Iraqi children that attended Iraqi Kids Day May 28 received a new pair of flip-flops from Operation Flip-Flop, on Joint Base Balad, Iraq.

'Long Knife' Soldiers practice mortar firing, keep skills fresh

STORY AND PHOTOS BY
SPC. ANGEL TURNER
4TH ADVISE AND ASSIST BRIGADE

CONTINGENCY OPERATING SITE



MAREZ, Iraq

— Soldiers assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division sharpened their skills May 28 during a combined arms live-fire exercise at Destiny Range.

Cavalry scouts, field artillerymen, mortarmen and forward observers conducted the exercise to maintain proficiency on indirect-fire weapons as they lead Iraqi troops in similar training.

"Garry Owen" Soldiers of 2nd Bn., 7th Cav. Regt., fired 120mm mortar rounds from an M1064 Mortar Carrier to targets nearly 1800 meters away.

Several miles away at Contingency Operating Site Marez, "Black Dragon" artillery crews assigned to 5th Battalion, 82nd Field Artillery Regiment fired howitzers onto Destiny Range as forward observers at the range monitored the impacts.

When the artillery rounds stopped, Gary Owen Soldiers echoed back with several more volleys from the 120mm mortars as the units attacked "enemy" positions on the expansive range.

Each of the Soldiers worked together to defeat the simulated enemy and provide indirect fire support for ground troops.



SPC. Christopher Hunthorp, a mortarman assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, prepares a 120mm mortar round May 28 by removing extra charges from the round during a combined arms live-fire exercise at Destiny Range.

"If any Soldier needs help with immediate suppression, cover fire, or cover and concealment, they can call on the mortarmen to give them fire support to achieve the desired effect and get them out of harm's way," said SPC. Christopher Hunthorp, a mortarman assigned to HHC, 2nd Bn., 7th Cav. Regt.

A native of Omaha, Neb., Hunthorp added, "This [exercise] gives us more hands-on training and helps make us more efficient in our jobs."

Forward observers provided mortar Soldiers with locations of targets to engage. After adjusting the mortar tube and preparing to fire, Soldiers dropped the shells into the tube and took cover.

Seconds later, a loud pop echoed through the air followed by a plume of smoke as the round launched from the mortar tube, trailed through the air and impacted in the designated area.

This exercise helped Soldiers stay fresh as mortarmen, said Sgt. Eric Skinner, a mortar crew member assigned to HHC, 2nd Bn., 7th Cav. Regt.

"It's a perishable skill," said Skinner, a native of Paola, Kan. "If you don't do it enough times throughout the year, you'll forget how to do it."

Skinner, a squad leader, said he focused on ensuring the mortar tube was accurately positioned and that Soldiers did not shake the tube when dropping the shells into the tube.

"It has to be a smooth launch so it is accurate," said Skinner.

After honing their indirect fire skills, Skinner and fellow 4th AAB Soldiers returned to COS Marez, where they teach Iraqi soldiers the same skills at the adjacent Ghuzlani Warrior Training Center as part of Tadreeb al Shamil, Arabic for "All-Inclusive Training."

Tadreeb al Shamil is an Iraqi Ground Forces Command initiative to modernize the Iraqi army's combat capabilities and train Soldiers to be a part of cohesive units.



Soldiers assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division take cover after firing a 120mm mortar round during a May 28 combined arms live-fire exercise at Destiny Range. Field artillerymen, mortarmen, scouts and forward observers honed their skills on their weapon systems to increase proficiency.



A 120mm mortar round flies into the sky during a combined arms live-fire exercise at Destiny Range. Mortarmen, field artillerymen and forward observers assigned to Headquarters and Headquarters Company, 2nd Battalion, 7th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division increased their weapons proficiency.



Spc. Ernesto Lopez, a San Antonio, Texas, native and information specialist with 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, prepares to serve the volleyball with a crowd of Soldiers eagerly anticipating the next play behind him during an Organization Day “north side” vs. “south side” volleyball game on Contingency Operating Base Adder, Iraq.

Battalion’s Organization Day provides fun in sun for Soldiers

STORY AND PHOTO BY
CAPT. ANTWONE WILSON
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq – Plenty of Soldiers were in attendance to enjoy volleyball, basketball, card games, music, food and drinks during a May 29 organization day for 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

This quarterly event brought out more than 150 Soldiers throughout the day from all across the brigade, giving them a chance to relax and have some fun in the sun.

“Org Day is all about building moral and esprit de corps,” said 1st Sgt. Alan

Kitchen, first sergeant for Headquarters and Headquarters Company, Special Troops Battalion, and a Bangor, Maine, native. “I believe our Soldiers’ morale is the highest it’s been since I’ve been in the unit. They’re doing their mission on a daily basis, and that’s very gratifying to them.”

The timing of this event couldn’t have been any better since the brigade just recently reached its 100th day of deployment in Iraq.

The fiercest competition came in the “north side” vs. “south side” basketball and volleyball games.

The north side won the basketball game, while the south side won the volleyball game.

All in good fun, both teams vowed to even the score on the next Org Day.

INTRAMURAL VOLLEYBALL



****MANDATORY COACHES MEETING WILL BE****
****HELD ON 1 JUNE AT 1900 IN EAST FITNESS CENTER.****
FOR MORE INFORMATION CONTACT EAST FITNESS AT 433-2072 OR EMAIL: 332EFSS.MWR@AFCENT.AF.MIL

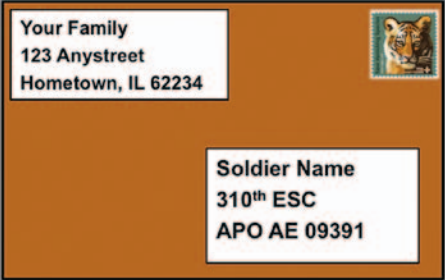
1900 3 JUNE - 29 JUNE

Proper Format for Mail Address

Three Line Addressing Format

Someone **sending mail** to you **and** the proper way to write your **return address** →

Soldier Name
310th ESC
APO AE 09391



NEVER include the country name (Iraq/Afghanistan) in your mailing address as the mail might not arrive to your APO!

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

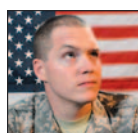
When: Tuesday, Thursday & Saturday 0530-0630
Monday, Wednesday & Friday 1830-1930

Where: JBB East Gym (behind circuit gym)



Properly addressing mail can save time

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



Since the earliest days of the military, letters and packages have been the backbone of keeping Soldiers' and other service members' morale high during long tours and sometimes depressing events. It's hard to weigh the amount of emotional appeal and the effect that a letter has on a person's thoughts and their jobs.

Times have changed, uniforms have come and gone, but the need for a Soldier to receive their mail during a deployment has not. Chief Warrant Officer 2 William Adams, a veteran of three deployments dealing with postal services, has a lot of experience with Soldiers receiving their mail.

With the current speed, Soldiers are getting their mail in about seven days, said Adams, the postal officer-in-charge with the 310th Expeditionary Sustainment Command and a Bellville, Ind., native.

He said what slows down letters and packages are incorrectly labeled address forms that include the words "Iraq" or "Afghanistan."

By including the country that the mail is going to in these two instances, the mail is sent instead to the country's own mailing system, not the military's. The result of this extra leg of the trip is extra time for it to travel, and the extra chance that items might become damaged.

"We have seen damaged packages coming from international mail," Adams said.

What they have not seen is pilfered packages, but it can happen to mail that is redirected through international mail instead of Army Post Offices.

The issue is identifying where the miscommunication is coming from, said Adams, referring to Soldiers mislabeling their mail. And, the issue is two-pronged. A Soldier puts "Iraq" on their package, and mails it to their parents. The package takes close to a month without either party knowing the issue and so the parents label a return package with "Iraq." The return package would hit the same difficulties, too.

For Adams, the challenge is contacting local post offices back home and getting them to understand the issues involved with putting the country name on a package.

"We've got awareness out there now, [and] we talked to the military postal office agency, they have started their own advertising campaign to let the postal clerks know back home," Adams said. "So when you go to your local post office and go to mail your package out, and you have 'Balad, Iraq' written on it, they are going to tell you, 'Hey buddy, take that off, that may slow down your mail.'"

Adams tested that theory with a package sent to him with "Balad, Iraq" marked on it, he said. What the postal clerks did was cover the "Balad, Iraq" portion to save the package from being directed into international mail, and instead arrive where it was supposed to.

The important note for Soldiers, civilians, and other service members is that they need to take the time when filling out address labels. Make sure that all the information is legible, the names of people and places are spelled correctly, and most important of all; leave the words "Iraq" and "Afghanistan" off the packaging.

"You can create upwards to a month's delay by improper addressing," Adams said.

Word on the Street

If you could go back to any time in history, when would it be?



"I would go back to the Neolithic days when people used to do cave paintings and when they first discovered fire."

Pfc. Sam Martinez is a finance specialist and mail clerk with the 310th Expeditionary Sustainment Command and an Indianapolis, Ind., native.



"I would go back to late '40s and early '50s, because my father is from that time period and he talks about it with a lot of passion."

Staff Sgt. Antonio Gennetta is a training noncommissioned officer with the 310th Expeditionary Sustainment Command and a Haddon Township, N.J., native.



"I would have wanted to live during the time of Alexander the Great."

Chief Warrant Officer 3 Andrew Koluch is a services and support management officer with the 310th Expeditionary Sustainment Command and a Noblesville, Ind., native.

Attention!

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 escpao@iraq.centcom.mil.

THEATER PERSPECTIVES

Lt. Gen. Michael Ferriter spoke to a group of U.S. service members following a ceremony marking the end of the British mission in Iraq. After addressing them, he opened up the floor to answer some questions from the troops. The big question came up: 'Is the U.S. military going to leave Iraq by Dec. 31?'. Ferriter answered to the best of his knowledge and gave some insight into an issue that muddles the expectations of many service members hoping to be back home before Christmas. Below are some thoughts from Ferriter about the mission in Iraq now and the foreseeable future of our mission set.

“The NATO training mission brings 28 friends, 28 countries to Iraq and places Iraq within the world scene.”

Lt. Gen Michael Ferriter

“We are going to zero.”

Lt. Gen. Michael Ferriter

“Most of the Iraqi people don't want occupiers.”

Lt. Gen. Michael Ferriter

“This is an extraordinary success to go from the ashes of combat and conflict to a military organization that can have a generating life cycle and protect its country.”

Lt. Gen Michael Ferriter

SEAL! mania●

The U.S. Navy's sea, air and land special operations forces have taken the nation by storm. In light of the Navy SEALs' recent, high-profile mission in Pakistan, many civilians and service members alike may be wondering what exactly it takes to join this elite group. Outlined here are SOME basic requirements for anyone wishing to become a SEAL.

- ✓ U.S. citizen
- ✓ Males only
- ✓ 28 years old or younger
- ✓ Pass diver's physical exam
- ✓ Pass Physical Screening Test
 - ✓ Swim 500 yards within 12:30
 - ✓ 42 push-ups within 2:00
 - ✓ 50 sit-ups within 2:00
 - ✓ 6 pull-ups
 - ✓ 1.5-mile run within 11:00

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:

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

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

Test your knowledge

1. What southeastern state boasts the citis of Frog Jump, Only and Sweet Lips?
2. What Mississippi town name provides the answer to the Arizona town of Why?
3. What eastern town is home for a service academy and the U.S. Silver Depository?
4. What country receives 26 percent of all Saudi exports?
5. What preceded Tokyo as the capital of Japan?

1. Tennessee 2. Why Not? 3. West Point 4. The United States 5. Kyoto

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 Training: Tue., Thur., Sat., 8-10 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.	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 8:30 p.m., Thursday 9-ball: 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.	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. Friday 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.	Aerobics: Mon., Wed., 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 RECREATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Swing Class: Tuesday 8 p.m. 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.	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. 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. 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 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat. 4:30 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 Basketball: Saturday 8 p.m.	WEST RECREATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	WEST FITNESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday
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AFN SPORTS SCHEDULE



Wednesday 6/8/11
NBA: 2011 NBA Finals Game 4, Live 0400/Delayed 1400, AFN I sports
MLB: Washington Nationals @ San Francisco Giants, Live 0500, AFN I xtra
MLB: Oakland Athletics @ Baltimore Orioles, Delayed 1000, AFN I sports

Thursday 6/9/11
MLB: Boston Red Sox @ New York Yankees, Live 0200, AFN I xtra
NHL: Stanley Cup Finals Game 4, Live 0300/Delayed 1400, AFN I sports
MLB: Tampa Bay Rays @ Los Angeles Angels, Live 0500, AFN I sports
MLB: Chicago Cubs @ Cincinnati Reds, Delayed 1000, AFN I sports

Friday 6/10/11
MLB: Chicago Cubs @ Philadelphia Phillies, Live 0200, AFN I xtra
NBA: 2011 NBA Finals Game 5 (if necessary), Live 0400/Delayed 1500, AFN I sports

Saturday 6/11/11
NHL: Stanley Cup Finals Game 5 (if necessary), Live 0300/Delayed 1400, AFN I sports
MLB: St. Louis Cardinals @ Milwaukee Brewers, Live 0300, AFN I prime Pacific
MLB: Cleveland Indians @ New York Yankees, Live 2000, AFN I xtra

Sunday 6/12/11
UFC: 131 - Dos Santos vs. Carwin, Live 0400, AFN I xtra
MLB: New York Mets @ Pittsburgh Pirates, Delayed

1300, AFN I xtra
MLB: Washington Nationals @ San Diego Padres, Live 2300, AFN I prime Atlantic

Monday 6/13/11
NBA: 2011 NBA Finals Game 6 (if necessary), Live 0300/Delayed 1630, AFN I sports
MLB: Cincinnati Reds @ San Francisco Giants, Live 0300, AFN I xtra

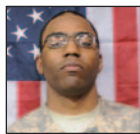
Tuesday 6/14/11
MLB: Cleveland Indians @ New York Yankees, Live 0200, AFN I xtra
NHL: Stanley Cup Finals Game 6 (if necessary), Live 0300/Delayed 1500, AFN I sports
MLB: Cincinnati Reds @ Los Angeles Dodgers, Delayed 1800, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

To be the best you have to play like the best in finals

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



It's finals time all over the land, well at least in the lands of the NHL and NBA.

The MLB season is about a third of the way through, and the NFL is still locked out. In tennis, the French Open is heading into the semi-finals, and in golf, the Memorial Tournament is just getting under way.

In a rematch of the 2006 NBA finals, the Miami Heat is taking on the Dallas Mavericks. This time, though, Dwayne Wade has brought a few friends with him to the showdown. Allow me to introduce LeBron James and Chris Bosh.

Game 1, Dirk Nowitzki looked like a literal maverick on his team as he faced off against the leagues newest incarnation of the "the big three" in a losing effort. The Mavs have had a spark this playoff, but I didn't think they had the heart to take the Heat and would soon find themselves out of the proverbial kitchen.

I honestly didn't think the Mavs had the mental tenacity to come from behind to win a championship, but they certainly had enough to come from behind in the fourth quarter to win Game 2.

I want the Mavs to win so Nowitzki can get the respect he deserves as one of the great scorers to play his position, but since I still don't think that will happen, I would just like to see Wade get the respect of the media to not be constantly overshadowed by James.

The biggest statistical advantage James had over Wade during the season was in assists, where James averaged around three more per game. The numbers are even closer during the playoffs.

What those stats don't tell is Wade has a killer instinct.

Most critics agreed James lacked that ferocity in the

final moments coming into this season. I think Wade is the reason why James developed into a closer this post season. James may be the face of the league, but he's playing on Wade's team.

Meanwhile on the ice, the goalies for the Boston Bruins and Vancouver Canucks showed me why having a slight edge in the stats can translate into a significant difference during the game. During Game 1 of the Stanley Cup playoffs, the goalies' performances were almost identical on paper.

Canucks goaltender Roberto Luongo stopped 36 goals that night while Bruins goaltender Tim Thomas stopped 33. The difference is the Bruins took 36 shots while the Canucks took 34.

That one missed save, with 18.5 seconds in the third period was the difference between a good game and a shut-out, a win and a loss, and being up one game in the series or being behind by that margin.

Speaking of being behind by a margin, what happened to the Baltimore Orioles? After a brief stint atop the American League-East division in the beginning of the season, they are now in last place, six games behind the division-leading New York Yankees.

The other division leaders in the league right now are the Cleveland Indians, Texas Rangers, Philadelphia Phillies, St. Louis Cardinals and Arizona Diamondbacks.

In tennis on the men's side, there are no leaders when it comes to the French Open, there's only Rafael Nadal. Having won five of the last six French Opens, the No. 1 seed dispatched Robin Söderling in three sets to head to the semi-finals.

Nadal is a proven entity at No. 1 as far as tennis is concerned, but in golf with Tiger Woods dropping to number 13, that leaves Luke Donald in the No. 1 spot going into the Memorial Tournament. Before the decline of Woods, players like Donald didn't even think about dreaming of attaining the No. 1 spot.

In the sports world, it's all about being the best.

The Heat, Mavericks, Canucks, and Bruins will try to prove they are the best in their respective sports. Nadal will try to continue the dominance that has established him, and Donald will try to show that he deserves the throne he has just ascended to.

It's finals season in the land of sports entertainment: do YOU know where your children are?

The Reel Review

'Fast Five' is just not a good movie

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



The great thing about this "Furious" franchise is we've all gotten used to them not being that great, but we go to see them anyway. I think it's best that you keep your expectations low if you're going to

derive any pleasure from watching this latest installment.

It was like a "Fast and Furious" family reunion, where notable characters from previous movies returned to help Dominic Toretto (Vin Diesel), Brian O'Connor (Paul Walker), and Mia Toretto (Jordana Brewster) pull off one last score. Oh, Brian and Mia are fugitives now, too, and Mia is pregnant.

Anyway, this chapter finds our fugitive heroes' backs against the wall, and they hatch a plan to rob a drug kingpin of roughly \$100 million. This is ironic, because this is about the same amount of money they rob the American public for every time they release a new movie, but I digress.

Are we as a society really this fascinated with cars and machismo? The nearly \$1.5 billion the franchise has made worldwide says we, as a planet, are that fascinated.

Most of the dialogue was cheesy, and the action scenes were severely over-the-top. The worst part about this movie, though, is that it's not going to be the last one. They already have another one in the works. The only thing sadder than that is even after this completely negative review, I'm probably going to see it.

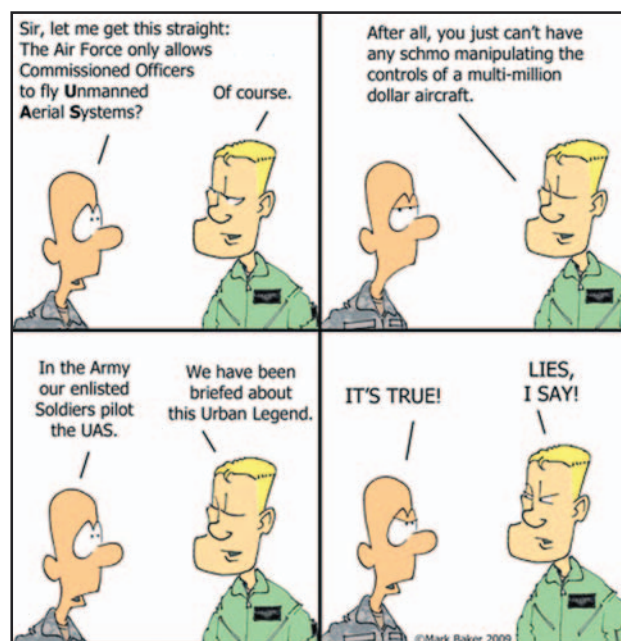
I give this movie two out of five stars because I wasn't fond of the plot, dialogue, over-the-top action or the chemistry between the actors. I would tell you not to see it, but you will anyway.



Review: 2 / 5 stars

PVT MURPHY'S LAW™

BY MARK BAKER





U.S. Army photo by Spc. Angel Turner

Assaulting the Objective

Lt. Col. John Cushing, commander of 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, kneels beside Iraqi Soldiers providing support by fire during a May 26 battalion live-fire exercise at Ghuzlani Warrior Training Center. Iraqi Soldiers assigned to 2nd Battalion, 9th Brigade, 3rd IA Division took part in the culminating event to signify the completion of their training iteration.

Victory Through Support