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# The Expeditionary Times

*Proudly serving the finest expeditionary service members throughout Iraq*

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## fitness fever

*Warrant officer becomes certified crossfit trainer, joins elite group of devoted physical fitness junkies*

STORY AND PHOTOS BY  
SGT. FELICIA ADAMS  
EXPEDITIONARY TIMES STAFF

**JOINT BASE BALAD, Iraq** – The students in Chief Warrant Officer 2 Thomas McClelland's class positioned themselves at a ninety-degree angle at the waists, with their hands planted tightly on a bar loaded with weights, and began their repetitions of dead lifts in agony. Faces scrunched in pain, jaws tight and gritting, while eyes gaze opened and focused.

Moans and groans of exertion escape from the student's mouths as everyone in the class looked up to their fitness instructor for any sign that the torment would end soon. But, McClelland continued to motivate and encourage each and every one of his students to push forward, as they show signs of physical pain and muscle fatigue.

The person whipping these people into shape isn't a former drill sergeant barking orders at the class; he's a pleasant, down-to-earth officer, who enjoys getting into shape like everyone else in the class. McClelland, a knowledge management technician with the 310th Expeditionary Sustainment Command, and a Fishers, Ind., native, is a certified level-one crossfit instructor who teaches class at the Spitfire Crossfit gym room and continues to join the crossfit team



**Chief Warrant Officer 2 Thomas McClelland, a knowledge management technician with the 310th Expeditionary Sustainment Command and a Fishers, Ind., native, covers his hands in chalk before he starts his crossfit routine that involves pull-ups. McClelland participates in crossfit classes on a regular basis when he's not instructing them on Joint Base Balad, Iraq.**

workouts on his days off from coaching.

Crossfit is a fitness program that focuses on strength and conditioning by combining weightlifting, sprinting, gymnastics, power lifting, kettle bell training, plyometrics, rowing and medicine ball training, through a series of high-intensity, functional movements. Crossfit workouts call for athletes to work extremely hard and fast, often with no rest.

McClelland said he was thrilled to see there was a gym here when he arrived to Joint Base Balad, Iraq.

"I took a tour [of the gym] the first day, and someone I was with said, 'hey, I think there's this thing here called crossfit where people do crazy exercises,'" McClelland said. "So I got pretty excited at that point."

See **CROSSFIT**, pg. 4



**Troops reposture on JBB**  
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**Housing opens on Adder**  
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**Robots invade Iraq**  
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**e-mail: [escpao@iraq.centcom.mil](mailto:escpao@iraq.centcom.mil)**

## 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 from all around 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

# Deployments are obstacles that you can easily navigate

CAPT. SONGJIN BONG  
326TH ENGINEER BRIGADE CHAPLAIN



Our nation's military works around the world and around the clock. Some military jobs must be done in out-of-the-way places. Sometimes there are conditions that make deployment without family necessary.

It brings both challenges and opportunities. Being away from family and friends may make you feel lonely, but a deployment also gives you and your family a chance to grow. You may each find new sources of strength and support in yourselves and others.

For example, household members may need to do extra chores while a service member is away. Sharing new responsibilities provides a chance to learn new skills and discover hidden interests and abilities.

I would like to advise those deployed away from home: First of all, keep in touch. You can help your family, friends and loved ones feel closer during deployment by communicating regularly. Letters don't cost much, they give you chance to think about what you'd like to say, they can be saved, and they can be re-read at any time. That can be very comforting. On the Internet, you can send e-mail, schedule live chats, or set up a family Web page. Find out if there is Internet access during deployment and set up e-mail accounts for your family. Phone calls are more direct and personal, but they can cost a lot and be inconvenient. Pictures, photographs and children's artwork can be easily carried, proudly displayed, and looked at often. Audio or video recordings need special equipment, but they can be played again and again.

During deployment, strong feelings are normal. These are most common just before and after you leave and return, but you can have them at any time.

To keep your emotional health strong, admit your doubts and fears. Don't ignore or hide them. Try to understand how you feel and how others are feeling, too. Talk about your feelings with a friend, co-worker, etc. If you or your family member can't cope with painful emotions, talk to someone. If you need counseling, contact a chaplain around you.

Secondly, get ready for reunion. It can be a stressful time. Reunions are exciting, but it means making some adjustments. There are some ways you can help make it

**To keep your emotional health strong, admit your doubts and fears... Try to understand how you feel and how others are feeling, too.**

- Capt. Songjin Bong

easier. Don't expect things to be perfect at first. Try to be understanding and enjoy each other's company as much as possible. Remember that open, honest communication can help solve many problems or conflicts. Role changes and responsibilities may never return to the way they were before deployment.

People grow and change as time passes. Talk about how your family will share responsibilities now, from taking out the trash, to balancing the checkbook. You might have more expenses upon returning:

higher food bills, higher utility costs, etc. Try to plan for them carefully. Make up a budget to set spending limits.

Third, make your reunion day a happy day. Expect the unexpected. When you return home, there are bound to be surprises for everyone. Someone may have a new hairstyle, he/she may have gained weight, and the kids have probably grown.

Go slowly and set aside quiet time during the first few days. A busy schedule of events might be too much for everyone.

Think before you spend. In all the excitement, you may want to treat each other to expensive gifts or fancy meals. Unless you can afford such luxuries, it's important to stick to your budget.

In conclusion, deployment is an important part of military life. It can be managed by communicating your thoughts and feelings during and after deployment, by planning ahead, and by staying prepared to make separation and reunion go smoothly.

# The Expeditionary Times

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Brig. Gen. Don S. Cornett, Jr.**

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## The Real Barracks Lawyer

# Don't let boredom get the best of you, your paycheck in light of reposturing

MAJ. ADAM MELLOR  
310TH ESC DEPUTY STAFF JUDGE ADVOCATE



The reposturing of forces in Iraq continues, and there are fewer and fewer activities for Soldiers, Sailors, Airmen and Marines to occupy their free time. The budget crisis looms at home.

Is there something that you can do here to help? There is—misconduct.

How can your misconduct help with the United States' budget issues? It is simple—pay forfeitures.

10 U.S.C. 815 allows the government to withhold part of your pay for misconduct. This statute, commonly known as Article 15, allows for the loss of up to one month's pay in total (one half one month's pay for two months).

All branches of the service administer Articles 15. Each service has procedural safeguards and all service members are presumed innocent. But if you are found guilty, you may lose rank, pay and freedoms.

This is not news to anybody here on Joint Base Balad.

We all are familiar with Articles 15 to varying degrees, but what you may not be familiar with is the statistical connection with misconduct and the loss of recreational opportunities. History has shown that idle hands lead to an uptick in misconduct of all sorts. There are a variety of reasons: boredom, anxiety, pent-up energy and tension between service members. The reasons do not excuse misconduct.

It is imperative for Soldiers and leaders alike to be cognizant of the tendency for incidents of misconduct to rise. If we all look out for our battle buddy and keep him or her focused on the mission and the tasks at hand, we can avoid this statistical fate.

The UCMJ remains a powerful tool to shape behavior. Counseling and mentoring should be the first steps in corrective action. Our stress levels will increase over the next few months.

Be vigilant to guard against your own lapses in judgment and of those around you. Seek out healthy and productive alternatives to the lost activities. Remain respectful of those around you.

The legal center is not going away—just yet. We remain here ready to assist the chain of command in addressing misconduct. There is a perception that because we are leaving Iraq that this place is somehow like Las Vegas. What happens here does not stay here. It will follow you. Misconduct on the last day will be addressed in the same fashion as if it occurred mid-tour.

Though you may want to be a good citizen and help out with our budget, Congress has allocated money for you to receive a set salary every month. Don't do something to jeopardize your financial health.

Take a moment and think before you act out of boredom or frustration. Your deployment will come to an end and you will return home. Make sure you return with all of the money that you have earned.

## What you risk

Idle hands are the devil's tools. With many recreational activities disappearing in Iraq, service members may take to mischief for entertainment. Violating 10 U.S.C. 815 of the Uniform Code of Military Justice, known by most as "receiving an Article 15," puts you at risk for nonjudicial punishment (depending on rank) to include:

- Confinement on bread and water/diminished rations
- Forfeiture of 1/2 month's pay for 2 months
- Reduction of one grade
- 45 days of extra duty
- Arrest in quarters for 30 days
- Admonition or reprimand

# CSM discusses Army career advancement

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

**JOINT BASE BALAD, Iraq** – Gazing around the room in which more than 80 service members are seated, it's impossible to ignore the display of accomplishments that line the surrounding walls. On one side, the cover of Life magazine features a photo of a Soldier who appears at first glance to be an ordinary Soldier. At closer examination of this Soldier's uniform though, reveals awards reserved for the most extraordinary.

Junior-enlisted service members gathered at the Audie Murphy room on Joint Base Balad, Iraq, to have dinner with Command Sgt. Maj. Nagee Lunde, the command sergeant major for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Glenville, N.Y. The premise of the meeting was to promote career advancement, to discuss relevant issues to junior service members, and to have an educational dialogue amongst members from various units.

Set in a room commemorating one of the most decorated service members, junior-enlisted service members were able to enjoy eating dinner with the highest ranking enlisted Soldier in their command, socialize and gauge the issues relevant to their peers.

There was a lot of good information and motivation participants received and to bring back to our units to share with other Soldiers, said Spc. Brant Bobby, a gunner for Golf Company, 3rd Battalion, 116th

Cavalry Regiment, 77th Sust. Bde. and a native of Idaho Falls, Idaho, who learned about the Army's Structured Self Development Program during the meeting.

"The question section was good," said Spc. John Oliver, a property book clerk for the 77th Sust. Bde. and a native of Atlantic City, N.J.

"It was real straightforward," he said about the candid responses he received from Lunde and the flow of questions during the question and answer portion of the meeting.

For some service members, the camaraderie of junior-enlisted peers proved beneficial.

"It's a good feeling to find out that we're not the only ones who experience what we're going through," said Spc. Kenneth Demott, a gunner for G Co., 3-116th Cav. Regt. and a native of Idaho Falls, Idaho. "It's a good feeling to know that we're not alone."

For others, being able to hear the story of one Soldier was motivation to advance.

"It's amazing to see that in 15 years you can become a CSM," said Spc. Luis Ruiz, a property book clerk for the 77th Sust. Bde. and a native of Trenton, N.J. "If he did it, I know that I can."

Similarly to Lunde, Audie Murphy expeditiously advanced in his career. Beginning his service as an Army private, Murphy quickly rose to the enlisted rank of staff sergeant, and was given a battlefield commission to the rank of second lieutenant.

He was wounded three times, fought in nine major campaigns across the European Theater, and survived the war. During his



**Command Sgt. Maj. Nagee Lunde, the command sergeant major for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Glenville, N.Y., speaks to Soldiers about the U.S. Army Structured Self Development program in the Audie Murphy Room on Joint Base Balad, Iraq. The meeting gave junior Soldiers information about career progression.**

career, he received the Medal of Honor, the Distinguished Service Cross, two Silver Stars, the Legion of Merit, two Bronze Stars and three Purple Hearts.

The key point during the meeting with the Soldiers is that they need take ownership over their future to ensure the success of their careers.

"What do you want to do in your Army career?" asked Lunde. "I ask you to go back and reassess what you want to do in your career. Only you can make that decision.

No other profession takes pride in training our replacements."

Viewing the Army as a profession of arms rather than just a daily job is critical in ensuring career success, Lunde said. "It is a profession that is worth investing your time and energy in order to get the outcome you desire," he said.

With the Soldiers and technology, there may never be another Audie Murphy, but there will always be Soldiers with an appetite to succeed and progress.



# CROSSFIT: Instructor also attends classes in free time to maintain physical readiness

Continued from pg. 1

He was familiar with crossfit and was attending a crossfit class back home for roughly a year before his deployment. The time he was able to experience these intense exercise routines intrigued him on what it would take to be an actual certified instructor, McClelland said.

Shortly after his deployment began, the Air Force offered a crossfit level-one certification course. Without hesitation, he signed up for the class, ready to prove that he had what it took to be an instructor.

"People from the crossfit headquarters flew out here from the states and taught the course," he said. "We received great instruction, took a test and got certified."

McClelland said it was a two-day course where they taught fundamental movements and talked about nutrition all while providing the materials and books for the course.

For McClelland, being an instructor

doesn't come effortlessly. He said some of the movements are technical and instructing them can be challenging.

"Being able to physically do them yourself; for example, a muscle up which requires you to use the rings, I physically can't do them yet," he said. "So, it's kind of hard for me to be able to teach someone how to do them."

Secondly, looking at someone who is doing the movement incorrectly and trying to figure out the best way to teach them can be a challenge as well, McClelland said.

"That's the biggest thing as an instructor, we facilitate the workouts, but more importantly we make sure people are safe and that they are doing these movements correctly," McClelland said.

He overcomes these challenges from picking up tips from other crossfit instructors, he said. McClelland also benefits by taking advantage of the opportunity to attend different crossfit classes throughout the



**Chief Warrant Officer 2 Thomas McClelland, a knowledge management technician with the 310th Expeditionary Sustainment Command and a Fishers, Ind., native, helps encourage and teach proper lifting technique during a crossfit class on Joint Base Balad, Iraq. McClelland is a level-one certified crossfit instructor who teaches at class at least once a week.**

week with various instructors to watch and learn how they train others.

"I think a trend in crossfit communities is that people do visit other gyms to get a feel for their instruction and how other people are working out there," McClelland said.

But as an instructor, watching people do lifts and movements they never thought they could do is rewarding in the end, he said.

"A lot of times you look at an overhead squat and people are so intimidated by something like that or there's a particular Soldier that just over the course of two weeks has improved tremendously," McClelland said. "Seeing the look in people's eyes when they can actually do the lifts, and seeing the same people show up to class and getting better and faster, I think by far, is the best benefit I can get out of teaching."

He is also considering instructing when he returns home from deployment with all the experience he is getting here.

"I think it's a great free internship to see if I like doing the instructor part or whether or not I want to be a coach or trainer when I get back home," he said. "I'm definitely leaning toward that."

Not only is he helping other people get in shape through a community-type workout, but he's had personal gains himself through the classes as well. McClelland attends crossfit classes frequently when he's not instructing, and the benefits have been great, he said.

"I recently took an Army Physical Fitness Test and I scored the highest I've ever scored," he said. "The intensity level, the type of exercises lends itself very well with doing the APFT, and for me it was just another WOD, work out of the day."

He also said one of his gains is just being mentally fit.

"I think one thing nice about crossfit is the constantly varied exercises. Every day you come in, and there's a new challenge," he said. "You get a mentality in your mind like, 'what are you going to throw at me today, [and] lets do it,' and I've learned that through crossfit."

Aside from teaching and his personal training benefits, he has inspired other

Soldiers through crossfit, one of them being his boss, Capt. Rick Rife.

"Not only being a great guy and a terrific athlete, he has helped me turn a page to be inspired to want to get back into physical fitness," said Rife, the deputy of knowledge management with the 310th ESC, and a Winamac, Ind., native.

"Once he became an instructor, he really helped me understand not just why to exercise specific muscle groups but with the form and how each exercise will benefit you."

Rife said out of all the instructors that went through the course to become certified here, very few are as knowledgeable as McClelland is.

"Seeing is believing, and when I can see him do the exercises and go through the same pain we got through [in crossfit class] and excel at it, it shows that he knows what he is talking about," Rife said.

"I think in general, me aside, that it's a great lifestyle and I look forward to it every day," McClelland said.



**Chief Warrant Officer 2 Thomas McClelland, a knowledge management technician with the 310th Expeditionary Sustainment Command and a Fishers, Ind., native, puts all his effort into finishing his set of pull-ups during a crossfit class on Joint Base Balad, Iraq. McClelland became a certified level-one crossfit instructor while deployed and attends class at JBB when he's not coaching.**



**Chief Warrant Officer 2 Thomas McClelland, a knowledge management technician with the 310th Expeditionary Sustainment Command and a Fishers, Ind., native, powers through a dead lift during a crossfit workout routine on Joint Base Balad, Iraq. McClelland is a level-one certified crossfit instructor who attends class on a regular basis when he's not instructing.**



# Amnesty Day gives troops opportunity to kick-start reposturing

STORY BY  
SPC. ZANE CRAIG  
*EXPEDITIONARY TIMES STAFF*

**JOINT BASE BALAD, Iraq** – Service members and civilians from units throughout Joint Base Balad, Iraq, participated in Amnesty Day June 20 and 21 at the Old Bridge Park to remove excess material that could not be thrown in the trash from their buildings to facilitate the eventual closure of JBB.

“The Army is definitely the muscle behind the body of this mission,” said Capt. Robert Williams, Army officer-in-charge of amnesty day, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Fayetteville, Ga., native.

“We are providing the [Mobile Redistribution Team] guys who are the subject matter experts on base closure,” he added.

Williams worked jointly with his Air Force counterpart who represented the Air Force’s ownership of JBB. Over the course of a month, both sides worked diligently to coordinate all the pieces needed to make amnesty day a success.

The multiple sections comprising the base closure assist teams provided a total of more than 100 Soldiers, Airmen and civilians who cooperated to provide a single location, date and guidelines for JBB units to bring their unwanted materials for redistribution.

“This is a golden opportunity for units, so they flock to this,” said Williams, referring to the tendency of units to procrastinate until provided the incentives of one location and no paperwork.

“It’s starting to get units into the mindset of we’re leaving, we’re not staying here forever,” said Williams. “It’s not sustainment operations anymore, it’s retrograde operations.”

Williams said turnout Monday was meeting, but not exceeding his expectations and that things were going smoothly with no incidents.

“I’m seeing a lot of equipment that can be reused,” Williams said. “We’re definitely going to save the Army a lot of money with this mission.”

After all the equipment is sorted, the usable material will be sent to the Supply Support Activity in Kuwait and from there will be distributed to Afghanistan, U.S. forces in Europe or to the U. S. itself.

The organizers of Amnesty Day utilized the well-established “JBB all” email list to communicate to individual units the opportunity and the requirements to participate, such as what materials were acceptable, and the location and time of the event itself.

“We wanted to get to the lowest equipment level in our building as possible,” said Master Sgt. Cynthia Messerschmidt, an assistant inspector general with the 310th ESC, and an Eden Prairie, Minn., native.

She expressed gratitude for the opportunity to reduce the amount of everything from office supplies to holiday



U.S. Army photo by Sgt. Allyson Parla

**Pfc. Jeremy Losse, a mechanic for Headquarters and Headquarters Company, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Browns Mills, N.J., safely puts away batteries in the hazardous material section during Amnesty Day June 20 at Joint Base Balad, Iraq. Losse is a hazmat coordinator at his civilian job at Fort Dix, N.J., so he was brought a level of experience to the reposturing effort on JBB that aided greatly in the massive effort.**

ornaments to facilitate the continuing reposturing of U.S. forces in Iraq.

“As a whole, I feel building 7508 pulled together to accomplish a big mission today; taking three truckloads of equipment to amnesty day,” said Messerschmidt.

Though relieved by the opportunity to get rid of excess supplies accumulated over several rotations of deployments, Messerschmidt expressed some sadness at “throwing away” usable gear.

According to Williams, however, Messerschmidt and others with doubts about the usefulness of the equipment they turned in should rest assured that it will find a good

home and save the Army a great deal of money in the process.

He said \$1.8 million of equipment was shipped to Kuwait just from the MRT yard, and added the mission was such a complete success, it was extended through Tuesday to give those who were not able to participate Monday, a chance to stop by.

Amnesty Day was a display of the Army and Air Force communities on JBB working at their best, working effectively with both U.S. and Iraqi civilians, and working together to accomplish the mission of supporting the continuing reposturing of U.S. forces in Iraq.



# Scouts continue to support troops

STORY BY  
1ST LT. LESLEY MOSE  
275TH CSSB

## CONTINGENCY OPERATING BASE

**SPEICHER, Iraq** - As Maya Alley hugs her mother prior to her departure, she promises her a "scout's honor" that she will be brave in the face of her parents' deployments. Later, Maya talks to her friend and neighborhood babysitter Felicia Hodges, remarking how proud she is of both her parents' who are serving in Iraq with the Army.

Hodges, also a girl scout, informs her girl scout troop #322 of Lakewood, Colorado, of Maya's plight and asks their help for Maya to come up with a plan to bring some sweet joy to the Soldiers deployed with both her mother's and her father's units. Hodges' troop usually does very well with cookie sales and, as such, there is always an option when people buy cookies from her to donate money or a box of cookies to the military. This is how Hodges was able to help Maya send cookies to her mother and father.

Eight-year-old Maya has endured seven combined deployments of her parents in the past eight years. Maya, daughter of Capt. Yvette Alley, an information management officer for the 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and Capt. Stephen Alley, with the

Headquarters and Headquarters Team, 3rd Heavy Brigade Combat Team, 1st Cavalry Division, currently lives with her aunt, while her parents are deployed.

"That's the type of child my daughter is," said Yvette, of her daughter's consideration for others. "She is very proud of her parents."

Stephen first deployed when Maya was just four days old, and is now on his fifth deployment. He is deployed to Contingency Operating Base Adder, Iraq, while Yvette is deployed for her second tour of duty to COB Speicher, Iraq, in support of Operation New Dawn.

Maya sent three large boxes of Girl Scout cookies to the 275th CSSB, along with cans of nuts and other goodies, packaged in such a way to afford each member of the unit to get either two packages of cookies or a canister of nuts and assorted candy—78 bundles in all. Maya did the same for her father's unit and sent them all to COB Adder with the help of Holly Hodges, Troop Leader of Girl Scout Troop #322.

The Soldiers of the 275th CSSB were honored and touched by the generosity of Girl Scout Troop #322 for sending all the goodies and for taking the time to support not only Maya and her mother and father, but all the troops in their units.

"It was only fitting to send them photos of us collecting the goodies to let them see how much all their hard work was appreciated," said Yvette.

For about six years, Girl Scout Troop #322 has been sending cookies to Soldiers. The first acknowledgement the troop ever received came in the form of a certificate of appreciation from Capt. Stephen Alley's

commander. The troop also received another Certificate of Appreciation as a token of appreciation for thoughtfulness from Lt. Col. Christopher Houston, the commander of the 275th CSSB.



U.S. Army photo by Sgt. Lakisha Williams

(From left) Spc. Derek Scott, a supply specialist, and a native of Richmond, Va.; Spc. Devaune Brown, a signal support analyst and a native of Richmond, Va.; Capt. Yvette Alley, a battalion information management officer and a native of Denver Colo.; and Spc. Maurice Harris, a training noncommissioned officer and a native of Cincinnati, Ohio; all Soldiers with the 275th CSSB, grab a box of Girl Scout cookies donated courtesy of Girl Scout Troop #322.

# Captain learns from lessons in history to lead Soldiers in Iraq

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

**JOINT BASE BALAD, Iraq** - He never thought to count the seconds, and he realized the effort would be a wasted one. There was no feasible way to measure time between the ignition of an improvised explosive device and the blast.

All Capt. Noah Siple, the commander of Alpha Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Caldwell, Idaho, can really say about his brush with mortality is it was a surprise.

Often in war, words prove to be inadequate and Siple said explaining the moments inside an IED strike more than four months ago is impossible.

The milliseconds, though, that surround the blast that impacted his Mine Resistant Ambush Protected vehicle in January on a roadway in Iraq, are remembered only as the price of doing business, not a defining moment in the career of a modern-day company commander.

The IED attack is not the only hard-earned lesson Siple learned during his tour in Iraq. He admitted his experience as a company commander delivered challenges and triumphs that together converted into a unique kind of education.

"[I've learned] how to influence people, to get them to do things they may not necessarily want to do," he said.

When Siple took command of A Co., he understood he was suddenly in charge of a unit with a storied history. Headquartered in The Dalles, Ore., the company boasts a long, vaunted tradition that stretches back to the pre-Civil War pioneer days.

"The Dalles was founded to protect the Oregon Trail," he said. "It was the Cavalry that protected the wagon trains."

Fast-forward more than 160 years later and the Soldiers from The Dalles are still in the business of protection. But, this time they defend logistical convoys across central Iraq.

"We are being true to our history. We escort commodities from point A to point B. The same thing the cavalry did 150 years ago," he said.

When Siple became the commander of A. Co., he said he understood he inherited all that was good, and bad, about his unit.

"The day I took the guidon I was immediately in command of more than 100 people I loved unconditionally," he said. "I'm responsible for everything they do or fail to do. But that's the agreement, that's command."

Siple understands the weight of decisions. The decisions he makes are important and the consequences could prove dangerous.

"The most complex decision is the one where individual lives are impacted," he said.

Siple said his tour of duty as a company commander has been valuable.

"It focused me to make better decisions faster," he said. "My leadership skills have never been tested the way they have been here. I will return to Idaho a better officer."

A single day as a company commander consists of an array of different elements all merging, seemingly, at once. Judgments are made every hour of the day and at least some of those decisions involve lives. Then as the next day starts, the process begins again.

"You are on 24/7," he said. "You have to balance that with the ability to make good decisions and motivating. And, you are constantly planning for the next mission."

Siple said his command style is straight-forward.

"I delegate to the point [where] I'm uncomfortable and then reach down to the lowest level. I subscribe to the adage, 'trust but verify,'" he said.

The intangibles to Siple are easy to quantify: trust and accountability.

"You can requisition boots, but you can't requisition trust," Siple said.

Siple said he does look back on the IED ambush in January but does not let the incident occupy much of his time.

"It doesn't do any good to dwell on it," he said.



Capt. Noah Siple (left), the commander of Alpha Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Caldwell, Idaho, praises three A Co. Soldiers during an awards ceremony at Joint Base Balad, Iraq.



# Ceremony celebrates opening of new housing

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

## CONTINGENCY OPERATING BASE

**ADDER, Iraq** - There are mere months remaining before U.S. forces are scheduled to complete Operation New Dawn's mission and exit Iraq.

To prepare for the year-end deadline, the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command opened two living areas on Contingency Operating Base Adder, Iraq, with a ribbon cutting ceremony June 20.

The living areas will house units conveying into COB Adder before they move out of country and into Kuwait for redeployment.

"For thousands of Soldiers, it will be the last place they sleep before finally leaving Iraq," said Capt. Jacob Addy, a Pensacola, Fla., native and the project planner from the 4th Sust. Bde. who oversaw the construction project.

Personnel will be housed inside three-to-four person rooms, with restrooms and showers just a short walk away and indoors. Capable of taking on 2,000 residents, the living areas will be home to service members for 24-to-48 hours before units roll out again.

It's a vast improvement from when Operation Iraqi Freedom began in the eyes of one Soldier.

Staff Sgt. Charles Cook, who worked alongside Addy and the contracting agencies to complete the project, was part of the first wave that crossed the border into Iraq in March 2003 during the beginning of



**Lt. Col. John Hickey, a native of Killeen, Texas, and commander of the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and Contingency Operating Base Adder, Iraq's mayor, speaks during a ribbon cutting ceremony June 20 that marked the opening of two living areas that will house incoming units who are exiting the country over the final months of Operation New Dawn. On hand with Hickey was the 4th Sust. Bde. commander, Col. Ron Kirklin and members of various civilian agencies who played a part in the construction project.**

combat operations.

"We'd drive for hours and when we stopped, we slept in tents and in the dirt," said Cook, a Las Vegas native. "It's amazing now 10 years after it all started that guys who are leaving have such a nice place to rest."

The 4th Sust. Bde. took on the project in February when they deployed to COB Adder and worked alongside various groups such as the Defense Contract Management Agency and Kellogg, Brown & Root.

On hand for the ribbon cutting was Col.

Ron Kirklin, a Killeen, Texas, native and the 4th Sust. Bde. commander, as well as fellow Killeen native Lt. Col. John Hickey, commander of the 4th Special Troops Battalion, 4th Sust. Bde. and COB Adder's mayor cell.

# Separation heralds strengthened faith

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

**JOINT BASE BALAD, Iraq** - The first thing you hear in Sarah Johnson's voice is hope.

The tone of determination emerges later, often in a subtle shade like the last, lingering flakes of Arizona twilight. Then, of course, spread over both emotions is a mile-wide swath of faith that helps sum up a young woman and a couple shaped by a nine-year-long war.

While Sarah Johnson's husband, Aaron, a captain serving on the command staff of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, serves at Joint Base Balad, Iraq, she goes about her life in Sierra Vista, Ariz.

Both Sarah and Aaron already know a lot about sacrifice and polishing the heart of a relationship over 7,000 miles apart. They're both veterans of a sort. The global war on terror has shaped couples across the U.S. military establishment, and Sarah and Aaron are a case in point.

Relationships are hard enough in civilian life but when a spouse is sent overseas, often into a hostile environment, the stress magnifies.

While deployments often deliver a negative impact on many relationships, both Sarah and Aaron Johnson said, they've worked hard to nurture their marriage. Both, though, agree it hasn't been an easy mission.

"Deployments can tear couples apart," Sarah said. "But

it can also pull them closer. Through a deployment we can grow and be better for it."

If there are pillars to a relationship, the Johnsons can easily point to their faith as a key building block on a foundation that survived two deployments.

Sarah, 33, faced a peculiar kind of challenge when she encountered deployment for the first time. Soon after she married Aaron in 2003, she learned his Oregon National Guard unit was set to deploy in support of Operation Iraqi Freedom.

"The hardest thing was probably that it happened when we had not been married a year," she said. "I felt a little more alone."

Not only was Sarah forced to watch her husband depart for Iraq, she also lived in a rural area that held only a fragile link to the military. Pendleton, Ore., is famous for its yearly rodeo, the Pendleton Round-up, and with its wheat production is also considered a miniature "bread basket" for the Beaver State. But it does not boast a strong military presence like Fort Huachuca, Ariz., just outside of Sierra Vista.

"I was new," Sarah said of her husband's first deployment. "I had a lot of fear. My family was not in the military. I had no idea about deployment."

The experience of the first deployment stands in stark contrast to her husband's current tour of duty she said, and the reason is simple.

"Now, this time, I have the first deployment and it helped me know what to expect," she said.

The fact she lives close to a major Army base is also a key factor, she said.

"This deployment, the advantage of living in Sierra Vista is it is an Army town and you run into so many whose husbands have deployed," she said.

Aaron agreed the proximity of Fort Huachuca plays a big role in their second separation.

"Because the community focus is on the Army, that community already knows what it can and cannot do," Johnson said. "That doesn't exist in Pendleton, Ore."

The ability to diagnose the differences between the first deployment and the newest tour of duty is easy but the diagram for the Johnsons' enduring success rests on a simple concept: faith.

The measure of accomplishment, Sarah said, pivots around the capacity to concentrate on the people in her life that feature a positive influence.

"I know for me, the women I've been around have given me advice to focus my attention on the Lord. Not focusing on the negative, focus on the positive," she said.

Aaron said there is no magic formula to success. Yet he and his wife said they both know the hub of their triumph rotates around a strong faith in God.

"It is recognizing, when you are these two people who draw close to God, by definition you will draw close to one another. When we feel farther apart, we focus on drawing closer to God," he said.

Sarah's words exude hope and faith but she is also quick to point out deployments, especially if you are in a relationship, are very difficult.

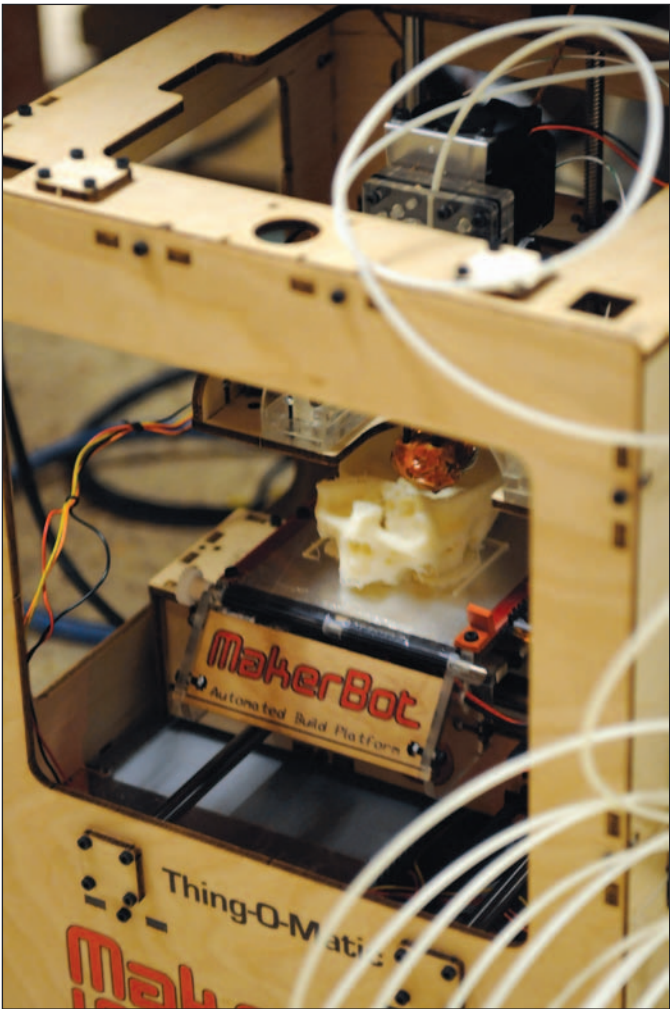
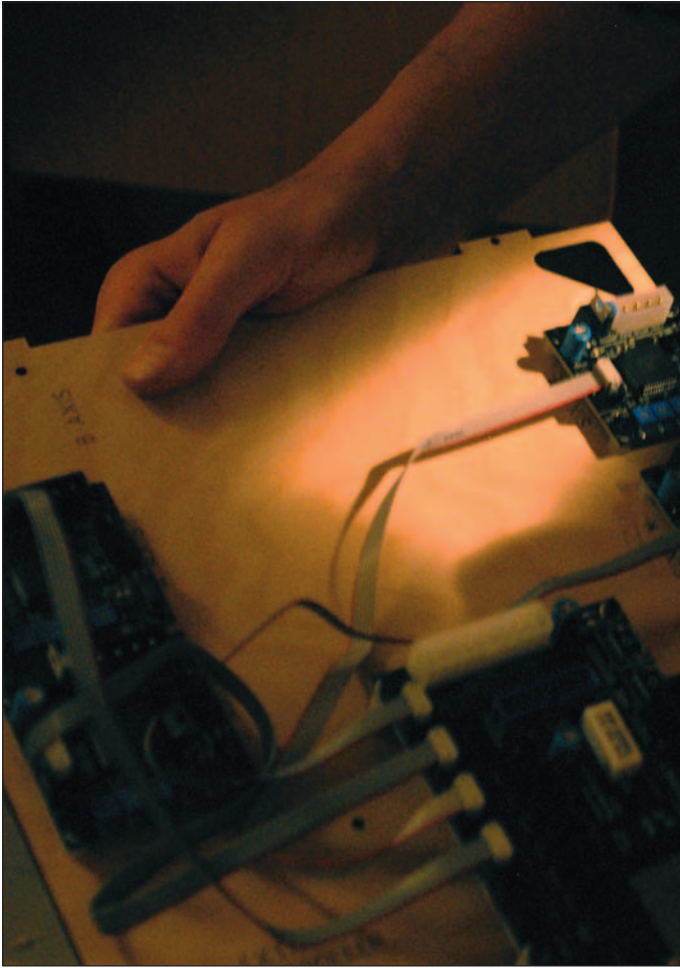
"Both deployments had hardships. It wasn't easy," she said. "Both times, though, drew me closer to the Lord."





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

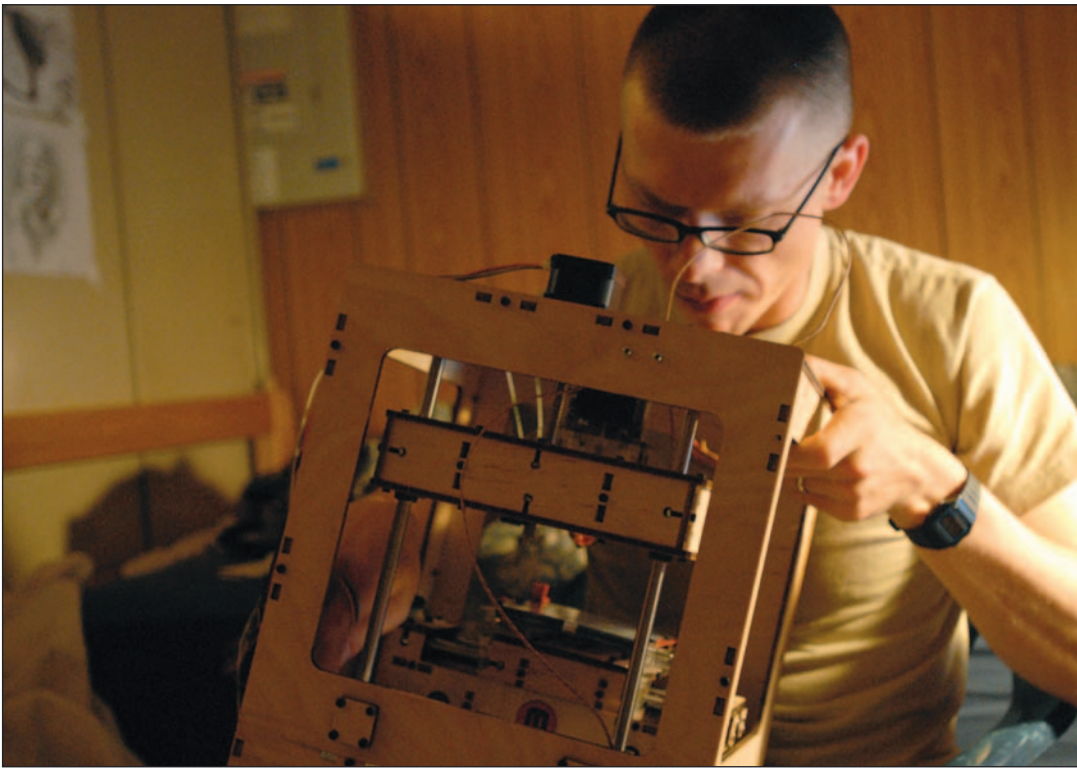
Staff Sgt. Joshua J. Rucinski, an essential personnel services noncommissioned officer with the 310th Expeditionary Sustainment Command and a Twin Harbors, Minn., native, works in his room to put the finishing touches on his three-dimensional printer.



U.S. Army photo by Sgt. Stephen Scott

This 3-D printer was assembled by Staff Sgt. Joshua J. Rucinski, an essential personnel services non-commissioned officer with the 310th Expeditionary Sustainment Command and a Twin Harbors, Minn. native. Rucinski will print plastic prototypes to help conceptualize a geodesic dome he plans to build upon redeployment.

# Outside the Box



U.S. Army photo by Sgt. Benjamin

Staff Sgt. Joshua J. Rucinski, an essential personnel services noncommissioned officer with the 310th Expeditionary Sustainment Command and a Twin Harbors, Minn., native, checks the wiring of his 3-D printer to ensure he has made all of the proper connections. Rucinski built the printer in his containerized housing unit on Joint Base Balad, Iraq, and plans to ship the printer home when he leaves.





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

**Staff Sgt. Joshua J. Rucinski, an essential personnel services noncommissioned officer with the 310th Expeditionary Sustainment Command and a Twin Harbors, Minn., native, works in the limited light of his room to check the soldered components on his 3-D printer. Rucinski built the printer in his containerized housing unit during his spare time on Joint Base Balad, Iraq.**



U.S. Army photo by Sgt. Stephen Scott

**Staff Sgt. Joshua J. Rucinski, an essential personnel services noncommissioned officer with the 310th Expeditionary Sustainment Command and a Twin Harbors, Minn., native, tests a 3-D printer he assembled in his spare time while deployed at Joint Base Balad, Iraq.**

## *Personnel noncommissioned officer used his free time to build prototype printer during deployment at JBB*

STORY BY  
SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF

**JOINT BASE BALAD, Iraq** – So, what did you do with your downtime during deployment?

Some service members might say they watch movies or read books to pass the time. Others may say they used that time to take some online classes or re-dedicated themselves to physical fitness.

The more proficient time managers will probably say they did all of those things, but it's doubtful any of them will say they did the same thing as Staff Sgt. Joshua J. Rucinski, an essential personnel services noncommissioned officer with the 310th Expeditionary Sustainment Command.

The Southern Illinois University architecture student recently completed the construction of his very own open-source, three-dimensional printer. He ordered it online, and the six weeks it took to get it delivered, was twice as long as it took him to build it.

The assembly of this testimony to the advancement of technology mainly took place in Rucinski's central housing unit, but there was some soldering involved. Luckily he was able to find a soldering gun at the Iraqi Free Zone.

Once completed, its rectangular shape, with openings that make up half of each side, help this 16-inch-tall structure resemble a miniature arcade claw machine. It is a little more difficult to explain in layman terms how a 3-D printer works as opposed to how it looks, but Rucinski tried.

"It heats up the plastic that comes in a big spool, melts it, and shoots through... an exceedingly small hole," said Rucinski. "That draws a tiny line of [plastic], and it just welds itself because it's super hot. It's like a hot spider web."

He went on to say the plastic is deposited onto a platform that moves front-to-back and side-to-side, and the plastic is dispensed from the printer head that moves up and down.

Printing to a 3-D printer takes input from a computer just as using a regular printer would, but it takes more than just a click of the mouse to get the job done. Rucinski has used a generative modeling script called grasshopper to model objects in a 3-D drafting program called Rhinoceros 4.0.

"Basically you have little visual boxes and you link them with little virtual wires and it makes a programming language; that's the script," said Rucinski.

To date, Rucinski has printed a replica whistle, a snake, a skull, and what seems to be a piece of abstract art, but the playful nature of these fabrications belies their true function. While fun to make, these are just

test runs to get a better understanding of how the printer works before he begins his actual project.

"I developed a program to [manufacture] connectors to build a geodesic dome out of pipes or any sort of hollow cylindrical item," said Rucinski. "I got interested in three-d printing because it was a way that you could prototype that."

Rucinski laughed a little at the bewildered look that followed the mention of geodesic domes, and it prompted a Disney-themed explanation.

"It's a dome that's only made out of triangles, like Epcot Center has that big geodesic dome in the center of it," said Rucinski.

At first glance, it's difficult to see why he would want to make pieces to build domes. However, behind Rucinski's Army issued spectacles, his eyes are focused on the future, and this foresight is the reason for his current ingenuity.

"My goal is to start off making the prototype connectors for the domes, and one day I want to make cheap and easy to build housing," said Rucinski.

Once the connectors are complete, Rucinski plans on using them to create a small geodesic dome using drinking straws, but he said he would enjoy the experience even if it didn't work out that way.

"I really enjoy being creative," said Rucinski. "To me, that's God's gift to us that sets us apart from all the other animals on earth."

Rucinski has felt this way since he was a small child in Twin Harbors, Minn.

"I've been into creating things since I was very young," said Rucinski. "I always had an interest in drawing, and my father raised me as a carpenter from an early age."

He credited this combination of nature and nurturing as the reason behind the choice of his college major.

"It was a marriage of creating drawings plus carpentry, so it just equals architect," said Rucinski with a smile.

Though childhood interests and guidance gave him direction with school, Rucinski said he was happy he waited until his late twenties to start college because he felt he was more serious about it.

"I didn't feel obligated to hang out with the kids and do the kid things," said Rucinski.

It is this matured passion that is visible when Rucinski is discussing his geodesic endeavors and the economical impact he hopes they will have.

"It's an opportunity to come up with something very economical and friendly and beneficial," said Rucinski. "My biggest desire is to see how low I can drive the price down."

Rucinski is using his creativity to work toward fulfilling his goal of providing economically friendly housing.

What are you doing with your downtime?



# Second tour brings different challenges



Capt. John Qualls (right), a personnel officer with the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Heppner, Ore., discusses business with Sgt. Luke True, a native of Gresham, Ore., in the office of the S-1 personnel section at the Tactical Operations Center for the 3rd Battalion on Joint Base Balad, Iraq.

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



## JOINT BASE BALAD, Iraq

— American small towns are often distinguished by their similarities.

Each community radiates parallel ethics but also defines itself by its own personality, and Capt. John Qualls can recognize those unique distinctions easier than most.

Qualls, the personnel officer for 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, grew up and still lives in Heppner Ore., a hamlet of about 1,600 people. While he said there are items that separate each small town across the arc of rural Oregon, he also said there is a common current that flows through the 3rd Bn. from those tiny settlements.

“We are all from a similar area,” he said. “Our morals, our families are similar. We probably played against each other in sports. We have a lot in common.”

Those small-town values play a crucial role in the 3rd Bn.’s success in Iraq, Qualls said.

“We’ve brought all these values of those little towns and applied them here,” he said.

Like a large percentage of the 3rd Bn., Qualls is no stranger to Iraq. He served as a platoon leader in the battalion when it deployed to northern Iraq in 2004.

He admitted there is a big difference between his job in 2004 and his work as the battalion’s personnel officer now.

“Last time, obviously, the threat level when you left the [Forward Operating Base] was much higher,” he said.

Now Qualls, who is entering his 14th year of military service, sits at a desk at battalion headquarters. Yet the two jobs — platoon leader and personnel officer are not mutually exclusive in terms of importance.

If a 3rd Bn. Solider goes on leave, he can thank Qualls and his personnel staff. If a Solider is injured, Qualls knows about it. And, if a Solider encounters pay problems, it is Qualls and his team in the personnel shop who fix it.

“I’m responsible for all the personnel; Awards, injuries, leave, all the pay, anything you’d associate in the civilian world to a human resources job,” he said.

Like his first tour, though, Qualls said he faces stress. The tension, though, is different than what is normally associated with command of a platoon.

“I worry about everyone getting leave,” he said.

In the civilian world, Qualls works at the Bank of Eastern Oregon. He manages a group of loan officers as well as his own portfolio.

“[My employers] have been great all through this,” said Qualls, who graduated from Heppner High School in 1995, said those small town connections followed him to Iraq.

Not long ago, he received a letter from one of his former customers. The letter talked about the customer’s grandson who hit a home run in the high school baseball quarterfinals.

“They’re thinking of me, even while I’m over here,” Qualls said.

Qualls said his reason for joining the Army National Guard 14 years ago were simple ones.

“I wanted to do something for the country. Something bigger than myself. I knew I had to give back something,” he said. “We’re proud of the heritage we have in Eastern Oregon and of the battalion’s hard work and dedication.”

One thing Qualls said he could never get used to is leaving his family for a year. While he said Soldiers sacrifice when they deploy, families pay a high price too.

“I’d say families sacrifice more than we do,” he said. “They don’t have us there to help with the kids. For children it is hard as well. The lack of having a parent there is probably the biggest sacrifice of the war.”

Qualls said this deployment demonstrated strength not only in his ability to lead but also his capacity to overcome challenges.

“[The deployment] has made me more resilient as far as spending time away from my family,” he said. “I think we all have a greater appreciation for family to the point we won’t take them for granted.”

## Half marathon is just another feather in the cap for one NCO

STORY BY  
CAPT. DAMIAN OLIVER  
189TH CSSB

AL ASAD AIR BASE, Iraq — In the midst of a 13-mile trek, that contained neither a car, truck, nor bicycle— only Soldiers and their motivation to run, Soldiers raced.

The Wadi Dog Half Marathon was a 13.1-mile race in the humid conditions of the Al Anbar Province of Iraq. Two Soldiers from the 189th

Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, laced up to run against the course, the clock, and their own personal goals.

Sgt. Anella Oliva, an automated supply specialist with the 189th CSSB, and a native of Lewiston, Mich., ran the course in just two hours, six minutes. She serves as the noncommissioned officer-in-charge for the Deployment/Redeployment Operations section’s logistics cell 189th CSSB.

Oliva has previously completed one marathon, 14 half marathons, and countless other shorter races. She carries with her a family tradition of more than 120 years of military service.

Master Sgt. Kenneth Mackeprang, the D/ROPS NCOIC for the 189th CSSB, and a native of Norman, Okla., ran the course in one hour, 59 minutes. He said he deployed with a goal of running a half marathon under two hours within the first hundred days in theater.

Mackeprang is not new to running long-distance races and has a lot of experience under his belt.

“I run with the old folks,” said Mackeprang, who has ran 18 marathons and more than 100 half marathons. “I’m in the senior division now.”



U.S. Army photo by Spc. Maribel Granados

Sgt. Anella Oliva, the logistics noncommissioned officer-in-charge for deployment/redeployment operations with the 189th Combat Sustainment Support Battalion and a native of Lewiston, Mich., runs to the finish line of the Wadi Dog Days of Summer Half Marathon held on Al Asad Air Base, Iraq.





Sgt. Jonathan Perez-Reyes, a container noncommissioned officer-in-charge with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Killeen, Texas, native, receives a gift bag for answering a trivia question correctly during a Father's Day celebration June 19 at Memorial Hall on Contingency Operating Base Adder, Iraq.

## Father's Day done right

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

**CONTINGENCY OPERATING BASE ADDER, Iraq** – Not to be outdone by the mothers at Contingency Operating Base Adder, Iraq, deployed fathers received their special treatment during a Father's Day celebration at Memorial Hall June 19.

Dads were treated to music, food, games and prizes at the Sunday night party. They won gifts for answering trivia questions correctly and played dominos and card games.

"After the Mother's Day celebration, the guys asked for this," said Sgt. Suzanne Sampson, a New York, N.Y., native and garrison contracting assistant with the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command. "I was hoping we would have a lot

of people tonight. This is more than I expected."

While Sampson brought up the idea of the celebration, she said many others supported the idea and helped her expand on it. They received donations of gift cards from a variety of retailers and restaurants included in gift bags that were handed out as prizes.

"It's always nice to get people to come out and hang out," Sampson said. "I'm looking forward to doing more things for my unit and the people at Adder."

Staff Sgt. Darrell Allen, a Houston, Texas, native and senior plans noncommissioned officer with the 4th Sust. Bde., answered a trivia question correctly to win a gift bag with things like shaving cream, candy and a water gun.

Allen, who has two kids waiting for him to come home, said last year was a more typical Father's Day. He and his family went out for breakfast and visited some friends.

About 100 people were in attendance throughout the evening, including Soldiers, Airmen and civilians.

### 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**

**310<sup>th</sup> ESC**

**APO AE 09391**

Your Family  
123 Anystreet  
Hometown, IL 62234



**Soldier Name**  
**310<sup>th</sup> ESC**  
**APO AE 09391**

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

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## Tactical Physical Training

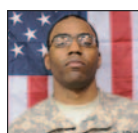
- Who:** Everyone on JBB is welcome
- What:** A high-intensity circuit training workout that tests your will, perseverance and combat preparedness
- When:** Tuesday, Thursday & Saturday 0530-0630  
Monday, Wednesday & Friday 1830-1930
- Where:** JBB East Gym (behind circuit gym)





# Re-integrate carefully after redeployment

BY SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF



People I talk to ask me “is everything okay” and tell me to “stay safe”. My response to stay safe is, “Well, I was planning on being completely reckless and ignoring all my training, but since you said it, I guess I’ll be safe now.”

I understand my loved ones are just searching for ways to express their concern and hope for my safe return, but I’m used to Joint Base Balad now. Work, chow, gym, and incoming alerts are my constants here, and I’ve become content with that. Notice, I didn’t say complacent because a certain level of alertness is required at all times.

There are still dangers in Iraq. This is true for Soldiers who perform their jobs on post, such as myself, and even more so for those who frequently operate outside the wire. We are residing in a land where certain dangers and alarms are an accepted normality, but these things don’t worry me as much now as the thought of impending re-assimilation into civilian society and home life.

As we continue to reposture forces in Iraq and the time for redeployment draws near, I find myself wondering how the game of life will be played at home when my piece is back on the board.

I might be getting ahead of myself, because I shouldn’t worry too much about things I can’t affect at home, but realistically my interactions upon redeployment are things that are directly influenced by me.

The same applies for every service member here. Don’t worry about things you can’t change now, but you should contemplate and plan ways to re-integrate into the life you once knew.

You just have to understand that in certain aspects, this life does and does not still exist. Think of it as a parallel universe. Your family, friends, and loved ones look and act the same, but there’s a slight unfamiliarity because time has progressed with out you in the picture. It can be the seemingly small things that make being home

just seem... well, weird.

Maybe you used to be the cook in your house, and now your wife or husband has become quite the accomplished chef in your absence, so everyone can admit they never liked your tuna casserole.

Perhaps you were just teaching your children how to play music, and now they’re threatening to kick you out of the band because your C minor needs work.

Maybe... ok I’m finished; you get the picture.

The point is redeployment is not a pool you can just dive into head-first. You have to ease yourself into it, for everyone’s sake. Don’t be discouraged when it doesn’t just go back to the way it was. Your family still loves you.

Roles and responsibilities had to shift when you left, and it took some time to develop to the point they are now. They can shift back to the way they were, but it will take time. I personally think that over a year everyone will have grown in some aspect and going back to the way it was isn’t the best option.

Overcoming any adversity strengthens people in one way or another. You should use this reintegration period to continue to evolve the roles of your family so that everyone is taking an active position in this adjustment, and you can combine the positive changes everyone has made into a stronger union altogether.

If you are a Reservist or are working full-time in a different capacity while deployed, the same ideology can be applied to your work environment. The coworker who was only good for coffee runs may now be running the show. Give yourself time to get reacquainted with your workplace dynamics and coworkers.

The biggest thing, as always, is communication. Open lines of communication help foster realistic expectations. That last little rhyme was my gift to you, and you can use it whenever you like. I actually would’ve charge you a quarter, but military writing is not copyrighted, so I can’t.

If you need more advice on this or anything else, the chaplains harbor a wealth of knowledge, and they wouldn’t even think of charging you.

## Word on the Street

What do you think about the Army’s change from the beret to patrol cap?



**“I prefer the beret over the patrol cap, because it looks more professional. The cap is too casual, and I’m not really a cap person.”**

Cpl. Kammal Peterson is a noncommissioned officer in the ID card section of the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a San Diego, Calif., native.



**“I think it’s great they made the change, because the patrol cap is more practical. But I am glad they kept the beret for our dress uniforms.”**

Sgt. Marilyn Harper is a legal assistance noncommissioned officer for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Diboll, Texas, native.



**“I fully support the change. The patrol cap is the more functional headgear.”**

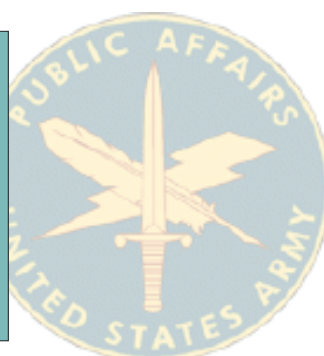
Capt. Rose Larkins is the deputy supply medical logistics officer with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Boston, Mass., native.



### 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](mailto:escpao@iraq.centcom.mil).





# THEATER PERSPECTIVES

Sergeants major from both the Iraqi Army and United States Forces-Iraq met June 15 to discuss vehicle and weapon maintenance concerns at the Joint Repair Parts Center in Taji, Iraq. The purpose of the visit was to help the Iraqi division sergeants major understand that parts are available to fix their broken equipment and to help them understand the ordering process. As Iraq strengthens its security forces, it is also strengthening its support capabilities through its maintenance system.

**“Maintenance and supply makes everything go.”**

Sgt. Maj. Troy A. Moore, TF 163rd Armor Regt.

**“If they use the system the right way, they can get the parts they need, get their equipment fixed, and continue on the mission.”**

Lt. Col. Keith Casey, 1st Bn., 5th FA Regt.

**“We want to empower the Iraqi sergeants major and educate them on how the maintenance process works.”**

Command Sgt. Maj. Earl L. Rice, USF-I

**“This is why we are here; to make sure they are able to keep the combat power at a steady rate.”**

Sgt. Maj. Troy A. Moore, TF 163rd Armor Regt.

## Belvoir's Bid

The National Museum of the U.S. Army is slated to open in June 2013 in Fort Belvoir, Va. This 175,000-square-foot museum, pictured at right in an artist's rendering, is the first of its kind for the 236-year-old service.

The construction of this museum is being privately funded by the Army Historical Foundation. The foundation's reasoning, as stated on its Web site, is that “a great Army deserves a great museum.”

This will be the second service museum to be opened in Virginia. The Marine Corps Museum is located at Marine Base Quantico in Virginia's Prince William County.





# 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:

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

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

# Test your knowledge

1. What political system was gradually dismantled in South Africa starting in 1989?
2. What nation issued the \$5 bill found in Abraham Lincoln's pocket when he was shot?
3. Who was the first U.S. president to adopt the informal version of his first name?
4. What congressional award was Dr. Mary Edwards Walker the first woman to receive?

1. apartheid 2. The Confederate States of America 3. Jimmy Carter 4. The Medal of Honor

# 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

<b>INDOOR POOL</b> Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. <b>EAST RECREATION CENTER</b> 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Volleyball: Sunday 6 p.m. Aerobics: Monday 8 p.m., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jiu-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 9 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. <b>H6 FITNESS CENTER</b> Spin: Sunday 9 a.m. P90x: Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. 3 p.m. Sunday 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. <b>H6 RECREATION CENTER</b> Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 2 a.m., Thursday 8:30 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dartos: Saturday 8:30 p.m. Squat Competition: Saturday 8 p.m. <b>WEST RECREATION CENTER</b> Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Sun., 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. <b>WEST FITNESS CENTER</b> 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jiu Jitsu: Tue., Thu., 8:30 p.m. <b>CIRCUIT GYM</b> Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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# AFN SPORTS SCHEDULE



## Wednesday 6/29/11

MLB: Boston Red Sox @ Philadelphia Phillies, Live 0200, AFN I xtra  
MLB: Milwaukee Brewers @ New York Yankees, Delayed 1000, AFN I sports  
Tennis: Wimbledon: Men's Quarterfinals, Live 1400 & 2000, AFN I sports

## Thursday 6/30/11

MLB: Washington Nationals @ Los Angeles Angels, Live 0200, AFN I xtra  
MLB: San Francisco Giants @ Chicago Cubs, Delayed 1000, AFN I sports  
Tennis: Wimbledon: Women's Semifinals, Live 1400, AFN I sports  
MLB: New York Mets @ Detroit Tigers, Live 2000, AFN I sports

## Friday 7/1/11

MLB: St. Louis Cardinals @ Baltimore Orioles, Live 0200, AFN I xtra  
Tennis: Wimbledon: Men's Semifinals, Live 1400, AFN I sports  
MLB: Chicago White Sox @ Chicago Cubs, Live 2100, AFN I sports

## Saturday 7/2/11

MLB: Milwaukee Brewers @ Minnesota Twins, Live 0300, AFN I prime Pacific  
Tennis: Wimbledon: Women's Finals, Live 1600, AFN I sports

## Sunday 7/3/11

MLB: St. Louis Cardinals @ Tampa Bay Rays, Live 0200, AFN I sports  
MLB: Pittsburgh Pirates @ Washington Nationals,

Delayed 1000, AFN I xtra

Tennis: Wimbledon: Men's Finals, Live 1600, AFN I sports  
MLB: Cleveland Indians @ Cincinnati Reds, Live 2000, AFN I prime Atlantic

## Monday 7/4/11

MLB: Los Angeles Dodgers @ Los Angeles Angels, Live 0300, AFN I sports  
EOE: Nathan's Hot Dog Eating Contest, Live 1900, AFN I sports

## Tuesday 7/5/11

MLB: Cincinnati Reds @ St. Louis Cardinals, Live 0100, AFN I sports  
MLB: Chicago Cubs @ Washington Nationals, Delayed 1400, AFN I sports



# ARTS & ENTERTAINMENT

## The Sports Lounge

### Don't call it a comeback if they never left

BY SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF



With basketball and hockey out of the way, most sports fans turn their attention to the second half of the baseball season and the upcoming football season. Well, they would turn their attention to the football season, if they knew if one was on the horizon. Instead there is just more talk about players and owners engaged in talks.

It's easy to be unsympathetic to players who earn upwards of \$ 200,000 a year, but if the income of the players leaves a sour taste in your mouth, the owners' incomes should make you downright nauseated.

I'm not a fan of sticking it to the little guy, and in this dispute the NFL players are the little guys. I don't care to get into the particulars of it really, but I do hope a group of insanely wealthy people does find it in their tiny, Grinch-like hearts to not deprive fans of a football season.

What have we ever done to you owners anyway, other than help sustain your level of wealth. Just make the deal. I promise your great, great grandchildren still won't have to go to public school.

Good thing we have baseball this year right? The Boston Red Sox have taken control of the American League-East from the New York Yankees while the Milwaukee Brewers have snatched the lead from my beloved St. Louis Cardinals in the National League-Central. The one constant

are the Philadelphia Phillies who lead Major league Baseball with a .627 win percentage. Good ball is being played all around.

The nation's pastime, devoid of petty bickering and money grubbing, is trying to show us why we should have never forsaken it for football. That's true unless you are a Los Angeles Dodgers fan.

I don't even know the Dodgers' record, but I know the owner Frank McCourt is going through what may be the costliest divorce in California history. I know the commissioner just shot down a media deal with Fox to ensure McCourt wouldn't make his payroll and so the league could maintain control of the team.

Maybe it's true what they say about more money leading to more problems. Tiger Woods has more money than I can imagine, but he also has problems with his swing and leg injuries. He has backed out of AT&T National next week, and it's unsure if he will be ready for the British Open in mid-July.

A couple of years ago people loved Woods; he was a king among men. Unfortunately, the only thing people love more than a king is seeing a king dethroned. The media feasted on the pieces of Woods' shattered life like they were featured at an all you can eat buffet, and now they are ready to crown an heir.

Rory McIlroy (try saying that three times fast) is already being compared to Woods after his record-breaking win at the U.S. Open. The 22-year-old is ranked 4th in the world right now, while Woods is ranked 17th.

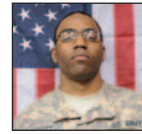
Elsewhere in the land of lost legends, the Williams sisters, who have both been sidelined with injuries, return to the world of tennis as they compete in Wimbledon.

I love a comeback, so I'll be cheering for both Serena and Venus Williams, Woods, the Dodgers and the return of the NFL.

## The Reel Review

### Alternative to movies may satisfy entertainment craving

BY SGT. STEPHEN SCOTT  
EXPEDITIONARY TIMES STAFF



Matthew McConaughey plays Michael "Mickey" Haller in "The Lincoln Lawyer," the film adaptation of a Michael Connelly novel of the same name. I enjoyed this movie, and if nothing else, it served to peak my interest in the novel series.

Haller is a Los Angeles, Calif., based defense attorney who is dubbed "the Lincoln lawyer" because his car of choice also predominantly serves as his office. In the book, the cars he drives are fairly new, but in the movie, it's a well kept, old-school Lincoln.

The car has character of it's own, and it lends to the street-wise, hustler vibe that Haller exudes. This persona is very important for this character, because it explains how Haller is able to handle his clients.

He seems to be fairly successful at representing your garden-variety criminals or drug dealers, prostitutes, bikers, and burglars, but he is suddenly asked to represent a wealthy realtor accused of rape.

I'll leave the plot there because while the guilt or innocence of his client is important, the movie is really fueled by how mentally agile Haller is when faced with adversity throughout this movie.

McConaughey is very adept at making this character seem confident to the point of smugness while still endearing him to the audience as a regular guy.

Haller is divorced with a daughter and has an amiable relationship with his ex-wife



**Review: 3.5 / 5 stars**

Maggie McPherson (Marisa Tomei), who is a prosecutor. I'm sure this dynamic served a deeper purpose in the series, but in the movie it was a double-edged sword.

It helped explain some of his motivation, but it was also a distraction. If I'm involved enough in the plot, I shouldn't be that easily side-tracked.

Another large distraction in this movie was the overuse of the close-up shot. When you live in the city, you think the beach is beautiful when you visit for a week. When you live on a beach, you get used to it, and it's not as awe-inspiring. The same applies for the close-up.

Also, about halfway through the movie, they introduce a subplot that I felt was a little unnecessary, and it's resolution near the end seemed like it was blatantly thrown in to give closure to that situation. I'd rather it been left alone. Maybe it was something from the book the writers didn't want to discard.

Amidst these distractions though, Haller still managed to garner my attention as he moved through the trial like a lion through high brush on the hunt. Josh Lucas does an excellent job as Ted Minton, a new assistant district attorney who has no idea he's about to be eaten alive.

I give this movie three and a half stars. I wanted to give it more, but I felt the entire story could have been smoother.

## PVT MURPHY'S LAW™

BY MARK BAKER







U.S. Army photo by Sgt. Felicia Adams

# Pool-side Pig Roast

(Left) Staff Sgt. Casey Black-Pherson, a human resources noncommissioned officer with Headquarters and Headquarters Company, 310th Expeditionary Sustainment Command and a Muncie, Ind., native, prepares racks of ribs to be grilled June 24 during an HHC, 310th ESC hog roast at Joint Base Balad's outdoor pool. (Below) Black-Pherson gets some help cooking a whole pig from Maj. Ben Dennis, III, the senior human resources officer for the 310th ESC and a Beverly Hills, Calif., native. The event was hosted by a group of recently promoted colonels from the 310th ESC as a morale booster for Soldiers in the unit.



U.S. Army photo by Sgt. Felicia Adams

# Victory Through Support