

3 Editions Remaining!

The Expeditionary Times

Proudly serving the finest expeditionary service members throughout Iraq

Vol. 5, Issue 14

July 6, 2011



NCO receives Purple Heart
Page 5



Making a final exit
Pages 8&9



ISF shows off its talents
Page 10



U.S. Army photo by Command Sgt. Maj. Debbie Schroder

The original memorial created for Cpl. Kevin Jones, a Soldier who died after his vehicle was hit by an improvised explosive device in September 2005, hangs outside Taqaddum, Iraq. After years of abuse from nature, the wood sign was badly weathered. This was the reason that the Soldiers of the 238th Support Maintenance Company got to work building a new memorial for Jones' family.

Honor Restored

STORY BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – What makes a memorial so important to Soldiers and service members? Is it the type of wood or metal that defines the structure, or the paint that causes the memorial to stand for more than just a simple sign?

Soldiers from the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and United States Forces-Iraq, came together to honor a fallen Soldier; Cpl. Kevin M. Jones.

In September, 2005, Jones died after suffering injuries when an improvised explosive device was detonated by his

vehicle near Taqaddum, Iraq. In his memory, a memorial sign was created and mounted outside the Morale, Welfare, and Recreation facility at TQ.

In the last week of April 2011, Brig. Gen. Don S. Cornett, Jr., and Command Sgt. Maj. Debbie Schroder, the commanding general and command sergeant major of the 310th ESC, were contacted about a discolored, worn, and weathered memorial sign.

The goal was to return the memorial to Jones' unit and eventually his parents. "At that point, [CSM] Schroder got heavily engaged in it, and started working with the USF-I staff and others to find the original memorial, and then that started the process of getting it restored and returned to the unit," said Cornett, an Aurora, Neb., native.

"While, we did not know the Soldier because he was before our time over here, the unit that he worked for worked for a unit

See **HONOR**, pg. 6



U.S. Army photo by Sgt. Felicia Adams

The memorial dedicated to Cpl. Kevin Jones will be transported to and displayed back at the unit's home station in Mannheim, Germany. A smaller replica was created and will be presented to Jones' parents.

Where do you read your Expeditionary Times?

Joint Base Balad:
318-483-4603

COB Adder:
318-833-1002

COB Taji:
318-834-1281

Al Asad Air Base:
318-440-4103

COB Speicher:
318-849-2501

**For distribution, contact
the 310th ESC PAO at
Joint Base Balad, Iraq**

e-mail: escpao@iraq.centcom.mil

Corrections

In the June 22 edition of "The Expeditionary Times," Sgt. Allyson Parla was incorrectly attributed as a specialist.

If you have any comments/corrections for our staff, please e-mail them to:

escpao@iraq.centcom.mil.

The Chaplain's Corner

Deployments are obstacles you can navigate with family

CAPT. JAMES MAXWELL
373RD MILITARY INTELLIGENCE BATTALION CHAPLAIN



As we get closer to returning home, we think more about the relationships we have with those at home. The following principles were developed with marriage in mind and yet they work for other relationships as well. A REAL marriage is Romantic, Encouraging, Adaptable and Loving. Military marriages have some unique challenges to remaining REAL. Consider the following areas to build your REAL military marriage.

Be a team. See your marriage as an "us" or a "we" instead of "him and her." The team wins together and the team loses together. Both of you need to give it 100 percent. Take care of each other at least as well as you take care of your battle buddy.

Think about how you communicate. Use the manners your parents taught you when you were little. Speak nicely and avoid the command voice. Use "please" and "thank you." Stay away from "mind reading," and check out any negative thoughts you have with your spouse. "This is the message I'm getting; is this right?"

Learn to speak assertively. This simply means saying what you need to say or asking for what you want directly, honestly and appropriately. Keep up communication on deployment: use every means, including e-mail, postal mail, video chat and telephone calls.

Be active listeners, which means listening completely

"See your marriage as an 'us' or a 'we' instead of 'him and her.' The team wins together and the team loses together."

- Capt. James Maxwell

"Use the manners your parents taught you when you were little."

- Capt. James Maxwell

before thinking about what to say in response. Use restatement to make sure you are hearing what they say. Reflective listening is restatement with an emotional interpretation. For example, "So you're saying...and you feel..." Research indicates that when both people feel completely understood, 70 percent of the time there is no need for conflict resolution.

Start working on improving your marriage right now. No matter what level your marriage is it can be better. Read books, listen to CDs or speak to your chaplain. Plan on attending an enrichment weekend like Strong Bonds upon redeployment, which provided by your branch of service when you get home.

Hang in there. Research has shown that sticking it out makes a difference. Couples having problems usually work through them within five years. Many divorced couples said they wished they had stuck it out longer. Children also do better with their own married, biological parents. By working things out you leave a lasting legacy for your children and grandchildren.

Both spouses need to have friends outside of the marriage. The friends you spend time with alone, though, should be of the same gender. Have friends as a couple. Make sure your friends are friends of your marriage and have a good attitude about marriage.

Find a marriage mentor. Marriage mentors are couples who have been married longer and weathered the things that couples go through. They are willing to share their experience and in some cases they are also trained to coach you in basic marriage skills.

Get help when you need it. Sometimes we have trouble working through something on our own and we need a little help. For military members, the chaplain is a great place to start. It might be tough to ask for help, but your marriage is worth some hard work. With regular work, you can have a REAL military marriage.

The Expeditionary Times

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

"The Expeditionary Times" is authorized for publication by the 310th Expeditionary Sustainment Command. The contents of "The Expeditionary Times" are unofficial and are not to be considered the official views of, or endorsed by, the U.S. government.

"The Expeditionary Times" is a command-information newspaper in accordance with Army Regulation 360-1 and is reviewed by the ESC G2 for security purposes.

"The Expeditionary Times" is published weekly by the "Stars and Stripes" central office, with a circulation of 3,500 papers per week.

The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 310th ESC, APO AE 09391. Web site at www.dvidshub.net/units/310ESC.

310th ESC PAO, Managing Editor
Capt. Michael Garcia
michael.garcia@iraq.centcom.mil

310th ESC PA NCOIC, Design Editor
Sgt. Benjamin Green
benjamin.green@iraq.centcom.mil

310th ESC Operations NCOIC
Sgt. 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

310th ESC Marketing NCOIC
Sgt. 1st Class Robert Barker
robert.barker@iraq.centcom.mil

310th ESC Staff Writers
Sgt. Edwin Gray
edwin.gray@iraq.centcom.mil
Sgt. Stephen Scott
stephen.e.scott@iraq.centcom.mil
Sgt. Felicia Adams
felicia.adams@iraq.centcom.mil
Spc. Zane Craig
zane.craig@iraq.centcom.mil
Spc. Matthew Keeler
matthew.keeler@iraq.centcom.mil
Spc. Aimee Fujikawa
aimee.fujikawa@iraq.centcom.mil

Contributing public affairs offices
77th Sustainment Brigade
4th Sustainment Brigade
53rd Movement Control Battalion
3rd Combined Arms Battalion, 116th Cavalry Regiment
1st Combined Arms Battalion, 163rd Infantry Regiment
332nd Air Expeditionary Wing

For online publication visit:
www.dvidshub.net/units/310ESC
keyword: Expeditionary Times

Contact "The Expeditionary Times" staff at:
escpao@iraq.centcom.mil

Mission Statement: "The Expeditionary Times" staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and families of the 310th Expeditionary Sustainment Command team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

The Real Barracks Lawyer

Imbibing in Iraq can give you one-way ticket to brig

MAJ. ADAM MELLOR
310TH ESC DEPUTY STAFF JUDGE ADVOCATE



The Court of Appeals for the Armed Forces recently affirmed the conviction and sentence in United States v. Martinez.

The issues before the Court have nothing to do with this article. However, the underlying conduct does. Pvt. Martinez (previously Sgt. Martinez) received a six-month sentence to confinement in large part due to his liquid libations. Here in Iraq and elsewhere consumption and possession of alcohol is prohibited by General Order 1A.

“But, but that’s not fair, that’s unreasonable!”

Slow down and think about it. We carry weapons and live ammunition. But a little bit won’t matter, right? After all, we can control everything around us, right? If we just let everyone know we are going to take a few hours off to have a drink, nothing bad will happen. Tempers won’t flare. And if someone has a bit too much to drink, they will just set their weapon aside. Good order and discipline will keep the alcohol usage in check.

Sarcasm sells. I think you get the point. Have we all earned a cold one? Sure. But it will have to wait. Do not be so selfish to put your battle buddy’s life in danger for your own enjoyment. Every state that I am aware of makes it a felony to carry a firearm while under the influence or intoxicated. There is a good reason for it. You don’t have to agree with the rule, but you must

follow it.

What if the government decided not to pay you? Wouldn’t you say, “I am supposed to get paid, those are the rules?” What if stop signs were just suggestions? The rules are there for a reason. Obey them or you will face the consequences.

You can get away with it, right? Nobody will know.

Maybe you get lucky. Maybe you don’t. Is it really worth your career and your money?

After all, maybe you can get to go home early. You might even have two escorts to get you back to the States safely. Unfortunately, you may be dropped off at one of the United States military’s premier confinement facilities for your stay as a guest.

The fact is drinking or even possessing alcohol can result in a sentence to confinement. Commanders address each infraction upon the merits of that particular case. You will be given fair consideration and presumed innocent. Rest assured, however, that alcohol in theater is not dismissed as something minor. It is a serious matter and will be treated as such.

So before you put that bottle to your lips, look to your left and look to your right. They are depending on you to be sober. Do not let your battle buddy down.

General Order 1A

The governing order that prohibits Soldiers from drinking alcohol in Iraq is General Order 1A. Below are some other restrictions found in this order:

- Purchase, possession, use or sale of personal firearms and munitions
- Entering a mosque or other Islamic site unless required by necessity
- Purchase, possession, sale, transfer or display of pornographic material
- Photographing or filming human casualties or detainees
- Caring for, feeding or adopting animals as pets or mascots

The Weekly Standard

Counsel your Soldiers for both positives and negatives

MASTER SGT. MALEAH JOHNSON
310TH ESC ASSISTANT INSPECTOR GENERAL



Counseling is the basic responsibility of every leader and an important part of taking care of Soldiers. Counseling responsibilities

range from conducting scheduled, structured counseling sessions to reacting to positive and negative situations as they occur.

Counseling will be conducted within 30 days after the beginning of the rating period and quarterly for all noncommissioned officers, warrant officers, chief warrant officer twos, and second lieutenants through captains. All other ranks should receive an initial counseling and then be counseled on a quarterly basis as needed.

Developmental counseling is a shared effort. As a leader, you assist your subordinates in identifying strengths and weaknesses and creating plans of action. Then you support them throughout the plan implementation and assessment.

During performance-based counseling sessions, leaders conduct a review of a subordinate’s duty performance over a certain period. Simultaneously, the leader and subordinate jointly establish performance objectives and standards for the next period. Rather than dwelling on the past, focus on the future: the subordinate’s strengths, areas of improvement, and potential.

Event-oriented counseling involves a specific event or situation. It may precede events such as appearing before a promotion board or attending training. It can also follow events such as noteworthy duty performance, problems with performance, a

personal issue or post-deployment. Examples of event-oriented counseling include:

- Crisis counseling
- Instances of superior or substandard performance
- Promotion counseling
- Reception and integration counseling
- Separation counseling

Counseling is all too important to the Soldier and leader alike. Leaders should counsel subordinates for exceptional as well as substandard duty performance. The key is to strike a balance between the two. To maintain an appropriate balance, leaders keep track of counseling for exceptional versus substandard performance.

Should we counsel Soldiers before and/or during a deployment?

Do not assume that Soldiers know their duty description in theater as they did in home station. Take into consideration the operational tempo and hours worked in theater. Leaders should set the standards. The Soldiers must know what is expected of them and what the required standards are. As part of this communication, the Soldier must learn what he/she can expect from the unit’s leaders. This is an opportunity to prevent future difficulties and friction by explaining what must be done and what should be avoided. Soldiers must feel their leaders have sincere concern for their well-being. It is better for leaders to provide facts and useful information to all Soldiers.

This will help with Soldier and team development and with unit readiness. A brief, informal follow-up ensures the Soldier has been completely integrated into a new environment. It also provides some recognition for difficulties they may have experienced as being part of the team. Regular performance counseling provides opportunities to identify Soldier issues or difficulties, to implement expectation management, and to mentor Soldiers—all of which can contribute to higher morale, increased efficiency, better mission success and a more positive work environment during deployments.

Mechanic becomes new father in Iraq

STORY AND PHOTO BY
SPC. VIRGINIA C. BISIAUX
68TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq –

Three weeks before deploying in support of Operation New Dawn, a mechanic from the 68th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, became a first-time dad.

Sgt. Derrick T. Felch, a native of Bismarck, N.D., is a happy man indeed. His wife Erika, a native of Los Angeles, Calif., and a Soldier in the signal corps, delivered their first child Sophia April 22.

“She’s my light at the end of the tunnel,” he said.

Felch, who joined the Army as a junior in high school, graduated Basic Combat Training between his junior and senior years and then Advanced Individual Training soon after his graduation.

Due to his ability and willingness to be placed in a lead-

ership role, he was recently promoted to sergeant.

“I lead from the front,” Felch said. “I’m out here with the rest of the guys turning wrenches too.”

Felch has shown his hard work to his Soldiers, ensuring that they see him as another Soldier and an example for them to follow.

“Sgt. Felch is always, with no questions, ready to help any Soldier,” said Spc Roland Alaniz, a mechanic with the 68th Trans. Co., and a native of San Antonio, Texas. “He is always ready for the next challenge and one of the hardest working NCOs in maintenance, and maybe even the company.”

At just 26 years old, Felch plays a big part in his company’s ability to roll out on missions every day. He inspects the vehicles with their respective operators for any damages, leaks or other problems that could derail the mission; or worse, leave Soldiers stranded on the road.

Until the time comes for Felch and the other Road Warriors to head home to Fort Bliss, Texas, he along with his Soldiers will be working hard under trucks, in oil and greased up, turning wrenches and keeping all the 68th Trans. Co.’s vehicles mission capable.



Sgt. Derrick T. Felch, a mechanic with the 68th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a native of Bismarck, N.D., crouches under a truck as he removes the oil pan on Contingency Operating Base Adder, Iraq.

Navy fuel specialists take reins at Al Asad

STORY BY
LT. BILL PACKARD
189TH CSSB

AL ASAD AIR BASE, Iraq – Sailors from the Navy Cargo Handling Unit-4, Navy Expeditionary Logistics Support Group Forward-Mike, officially relieved the NAVELSG-Lima from their 12-month rotation in from operating the Bulk Fuel Farm on Al Asad Air Base, Iraq.

“Since 2005, the U.S. Navy has worked with the U.S. Army to oversee the operation of bulk fuel in both [Contingency Operation Base Adder] and Al Asad,” said Chief Petty Officer Michael Summers, contracting

officer representative with the NAVELSG-Lima, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a native of Frisco, Texas.

The Bulk Fuel Farm is responsible for taking in wholesale bulk fuel from various supply distribution points. The fuel is tested, certified, and then stored in large fuel bladders. From there, the fuel is distributed to retail locations around the base such as fueling stations and the airfield.

The bulk fuel mission in Al Asad is composed entirely of Navy reservists from across the country.

The outgoing group hails primarily from Oklahoma City, Okla., but Lt. Cmdr. Ronnie Garcia, the officer in charge, NAVELSG-Lima, who served as an individual augmentee, is originally from Jacksonville, Fla.

“We are leaving big shoes to fill,” said Garcia, who is in friendly competition with his replacement Lt. Cmdr. Diane Morris, OIC for the NAVELSG-Mike, and a native of Louisville, Ky.

Lima transitioned three quarterly inspections with extremely high marks.

It is not a competition. However, Morris boasts of her team’s nearly 40 years of collective petroleum experience.

“We expect a relatively seamless transition. The outgoing group did a commend-



U.S. Army photo by 1st Lt. Kristen Adams

Sailors from the Navy Cargo Handling Unit-Four, Navy Expeditionary Logistics Support Group Forward-Mike, officially relieved the NAVELSG-Lima from their 12-month rotation operating the Bulk Fuel Farm on Contingency Operation Base Al Asad, Iraq, in June.

able job and deserves a lot of kudos,” said Morris during the transition of authority ceremony. “Additionally, the local [Kellogg Brown and Root] contractors have been extremely helpful. They all have run a tight

ship and now it’s our duty to ensure it stays that way.”

Morris said she looks forward to her crew seeing the mission through the withdrawal of troops from Iraq.

IA Soldiers learn new artillery system

Iraqi field artillerymen learn basics of howitzer system to bolster IA’s long-range fire support

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

CONTINGENCY OPERATING SITE MAREZ, Iraq – Iraqi Soldiers of 102nd Field Artillery Regiment, 2nd Iraqi Army Division, conducted emplacement and displacement procedures training on the M198 155mm howitzer at Ghuzlani Eagle Training Site, Iraq, June 28.

Field artillerymen assigned to Bravo Battery, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, advised and assisted Iraqi Soldiers to effectively use the portable weapon system for future operations.

Working as a section, the Iraqi field artillery Soldiers rehearsed the steps necessary to ready the weapon system to provide indirect fire support during battle.

“Field artillery is a major component in the Army,” said Staff Sgt. Walter Wells, a field artillery section chief from Battery B, 5th Bn., 82nd FA Regt.

Wells said the Iraqi trainees will now be capable of effectively engaging enemies with the long-range weapon



Iraqi Soldiers assigned to 102nd Field Artillery Regiment, 2nd Iraqi Army Division, remove the spades of an M198 155mm howitzer, which are used to prevent the weapon system from moving while firing, June 28 during training at Ghuzlani Eagle Training Site, Iraq. The Iraqi field artillerymen received ample training from U.S. Soldiers on all aspects of the M198 howitzer.

system.

During the training, U.S. Soldiers provided Iraqi field artillerymen the opportunity to prepare the weapon system with minimum amount of U.S. coaching.

“Our goal is that they will be able to successfully fire rounds and do it on their own,” said Wells, a native of Bedford, Iowa. “These Soldiers are the future of artillery. When they are done here, they will take their knowledge and pass it on.”

IA Soldiers are preparing to apply all the fundamentals taught by U.S. forces during a live fire exercise scheduled for next month.

“Getting more experience on this equipment will improve their Army,” said Sgt. Leopoldo Bejarano, a field artilleryman from Odessa, Texas, assigned to 5th Bn., 82nd FA Regt. “We are providing hands-on training to these Soldiers. We are starting at the basic level and gradually advancing so they can learn and better themselves as field artillerymen.”

“These Soldiers are the future of artillery.”

– Staff Sgt. Walter Wells

CET commander gets Purple Heart

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

JOINT BASE BALAD, Iraq – There are moments that define our lives and determine our fate. Small decisions plugged into a specific window of time often go unnoticed but exude the kind of influence that can only be measured much later, with the manufactured hindsight generated from solemn reflection.

Staff Sgt. Tony Cox, a convoy escort team commander with Foxtrot Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Redmond, Ore., native, can relate to the magnitude of small decisions.

A series of small, seemingly unrelated, decisions probably saved his life and the lives of his crew on an Iraqi highway in January, when their Mine Resistant Ambush Protected vehicle made contact with an improvised explosive device.

Cox received a Purple Heart Medal at a ceremony at Joint Base Balad, Iraq, in May for injuries suffered during the incident.

Cox said the IED attack was unexpected but the reaction of his crew; Pfc. Chris Soderholm, and Spc. Maxmillian Miller, a driver and gunner, respectively for F Co.– proved to be decisive.

Yet it is what occurred moments before the blast that probably saved the crew from serious injury.

“Sometimes you don’t know small decisions will be that important,” Cox said.

Just moments before the IED was triggered, Cox’ instincts went into overdrive.

He said he suddenly became even more vigilant as his MRAP moved slowly down the road. That is when he made a quick, small decision. He ordered his driver to speed up slightly.

“I don’t know why I did that,” he said. “And it is not a normal decision I’d make. The MRAP gained speed and moments later the IED exploded.

“They were probably watching us. [The speeding up] threw them off,” Cox said.

For several days after the explosion Cox, who already served one tour of duty in Afghanistan, said he did not put a lot of thought into the IED strike. He was busy ensuring Soderholm and Miller were all right and he was still trying to get his own bearings. Only later did he start his own, mental after-action review and realized a single, small judgment on his part probably averted a potential tragedy. Speeding up the MRAP may have meant the difference between life and death.

“Small decisions are the ones that mean more than big ones,” Cox said.

However, he is fairly certain there was something else going on that night, just before the IED hit, he said.

“Someone was watching over me,” he said.

When he first realized he was going to be awarded a Purple Heart Medal for the January IED strike he was surprised.

Cox said the medal, for him, is more of a representation of the sacrifice of all the Soldiers in his convoy escort team make on every convoy. The mission, would be more difficult to accomplish without their dedication and hard work.

As his tour enters into its final phase Cox said his family has been one of the cornerstones of his success.

“I miss my family,” he said. “My family is always on my mind.”



Staff Sgt. Tony Cox, a convoy escort team commander and a Redmond, Ore., native, receives a Purple Heart Medal from Lt. Col. Phil Appleton, the commander of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Silverton, Ore., native, at Joint Base Balad, Iraq.

Soldier's love for softball comes to Iraq

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

JOINT BASE BALAD, Iraq – When Staff Sgt. Shannon Hively, the assistant noncommissioned officer-in-charge of the logistic section for Headquarters and Headquarters Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Union, Ore., deployed to Joint Base Balad, Iraq, he worried he might be forced to give up one of his favorite pastimes.

Hively’s love of softball was not something he wanted to wave goodbye too, considering that he actively played in both co-ed and city league softball.

In the end, Hively didn’t have to give up his favorite game when his unit arrived at JBB. Instead of sitting out of softball for a year, Hively found a way to incorporate it into his deployment here by creating his own slow-pitch softball team. For the past five months, Hively and his slow-pitch softball team – made up of fellow Soldiers from HHC – competed in a base-wide league.

Beside the fact that the league allows Hively to participate in a sport he loves, the games are beneficial in other ways, he said. “For one, it’s something different to do to pass the time,” he said.

Originally a 17-member team, total numbers for Hively’s slow-pitch softball squad, dubbed “Team Viper,” have changed during the past five months. Yet, he said there have always been enough people interested in playing to field at least an eight- or nine-member team.

“It is fun to get everyone together and to play,” he said.

The main softball action occurs on weekends and often is played in the hot day-time temperatures of an Iraqi summer.

“It is a good way to relieve stress,” Hively said.

Though the thrill of competition plays a big role in the softball games, Hively said it isn’t all about winning and losing. A single softball game has the power to push his thoughts out of the hot, dry climate of Iraq back to the more modest climate of eastern Oregon.

“When you are out on the baseball field you don’t think, ‘Hey I’m in Iraq,’” he said. “It reminds me of home.”

Hively said he has no real regrets about deploying to Iraq. “It has been a learning experience for sure,” he said. “I’m glad I did it.”

The 3rd Bn.’s deployment has allowed him to give something back to his state and nation.

“The Army has offered me a lot of things, and I felt it was my duty,” he said. “Doing this is one way to give back.”

Still, Hively said he is looking forward to returning back to Oregon when the battalion’s deployment ends.

“I can’t wait to get back to my family and my life,” he said. “I can see the light at the end of the tunnel, and I’m ready.”



Staff Sgt. Shannon Hively, the assistant noncommissioned officer-in-charge of the logistics section for Headquarters and Headquarters Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Union, Ore., native, packs up gear after a recent softball game.



1st Sgt. Todd Gorham, a La Grande, Ore., native, dives into the dirt to field a ground ball during a softball game on Joint Base Balad, Iraq.

HONOR: Sign to be sent with replica to fallen Soldier's family in Germany

Continued from pg. 1

like ours, and we owe it to him to treat him like one of ours.”

The memorial for Jones was brought to Joint Base Balad, Iraq, for the 310th ESC to analyze and see what could be done to restore it before it was transported back to the original unit.

“The memorial is a representation and a tribute to this fallen hero [Cpl. Jones], by the unit and his comrades,” said Schroder, a native of Bloomington, Ill. “This one in particular when it was found, was deteriorated and weathered, and our idea when we got it was to refurbish it here.”

But, since the years of sun, sand and dust storms had worn away most of the color, it was decided to try to refurbish it would only destroy it more, said Schroder. She enlisted the help of Sgt. Nathan Brooks, woodshop foreman for the 238th SMC, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th ESC, and a Tahlequah, Okla., native, and Chief Warrant Officer 3 Lashon White, the allied trade's officer-in-charge for the 238th SMC, and an Austin, Texas, native, to assist Schroder in refurbishing the memorial.

“So, the memorial was taken over to the 238th [SMC], and I sat down with Chief White and Sgt. Brooks,” said Schroder. “And, Sgt. Brooks came up with the idea of cleaning it up and sealing it in plexiglas.”

For Brooks, there was more to rebuilding this memorial than just honoring Jones.

“For a fallen Soldier, it was an honor for me to be on the project,” said Brooks. “I lost a battle-buddy my last deployment, at [Contingency Operating Base] Adder in 2008, and we built a memorial for him as well.”

When Brooks, White, and the other Soldiers from the 238th SMC went to work with the damaged memorial, there was not much that they could do to repair the damaged already done, Brooks said.

“The only thing that we did to the original was clean it up and encase it,” said Brooks. “It was in such bad condition that there was no way to repair it. We kept it as it was, and encased it.”

Because the original could not be fixed or repaired, the work was only just beginning for the 238th SMC. Their job was to deliver a memorial to Cpl. Jones' unit, the 51st Transportation Company, and the 238th SMC was not about to disappoint.

“We wanted it to look exactly like the original, so we carefully took the pieces off, one by one, and we put them onto a piece of one-inch plywood and traced them with



U.S. Army courtesy photo

Brig. Gen. Don S. Cornett, Jr. and Command Sgt. Maj. Debbie Schroder, the commanding general and command sergeant major, respectively, of the 310th Expeditionary Sustainment Command, admire the work of the new memorial for Cpl. Kevin Jones created by the Soldiers of the 238th Support Maintenance Company, 352nd Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th ESC on Joint Base Balad, Iraq. After completing the memorial, it was delivered to Jones' unit in Kuwait, the 51st Transportation Company, before heading back to his parents in Germany.

pencil and cut them out with our scroll saw to cut them out piece by piece,” said Brooks.

For a project this important, everyone in shop had a job to do for the memorial.

“It took the whole group, and we had other projects going on at the same time, so it wasn't just everyone focused on that project at once,” said Brooks. “We had six other work orders open at that period of time that we had to also get other stuff out of here as well.”

Schroder pitched in to help match the colors of the original with the new memorial that the 238th and Brooks worked to build.

“I worked with Soldiers from Cpl. Jones' original unit to get photos to see what the original looked like and matched colors, because you could not tell colors from the original because they were so faded,” Schroder said. “With the re-posturing of forces and equipment from country it was difficult to get the colors, so the colors had to be made by mixing different colors together.”

It was Brooks' great work ethic and determination in the project that earned him the leadership role in an important project like the memorial.

“I gave sergeant Brooks the lead on the project and he did an outstanding job, and taking a personal interest in the project,” said Chief Warrant Officer 3 Lashon White, the allied trade's officer-in-charge for the 238th SMC, and an Austin, Texas, native. “He was that direct in making sure that this project was not only special for the family, but to him himself.”

The original was completely resealed in plastic glass and three-quarter plywood to try to preserve what is left of it, said White.

Once the new memorial was completed by the 238th SMC, the journey was only half complete. It still had a long way to go before it reached Jones' parents in Germany. The next stop for the memorial was back to the 51st Trans. Co. in Kuwait.

“When I got the memorial, I read the name and I recognized the Soldier that the memorial belonged to,” said Sgt. Leonard Arcos, operations non-commissioned officer with the 51st Trans. Co., and an El Paso, Texas, native. “Back at home station in Germany, we had a couple of pictures of Soldiers that have been killed or passed away and I have seen Corporal Jones' picture at that time.

That brought memories not only for him, but as well as other Soldiers that have been killed in this war.”

To Capt. Andrea Green, the company commander of the 51st Trans. Co., and a Wilmington, N.C., native, it is important to get this memorial back to his family—both his Army family and his parents.

“I take it as a great honor,” said Green. “This memorial was done for a Soldier who was once in this company, and although these Soldiers never knew this person, I just love the camaraderie of the fact that they are taking this very seriously.”

One of the issues is that the memorial is very large, and weighs about 300 lbs., said Green. It has been one of the stressful parts of the journey that an event has been planned for the memorial to be presented to Jones' parents, and so the delays of transit are especially nerve wracking.

It's the determination of dozens of Soldiers to make sure the new memorial arrives back in Germany on time.

“I'm not going to stop until I get this memorial where it needs to go,” said Arcos. “If I have to take it myself and escort it, I will. It's a thing that not a lot of people understand. Not a lot of people get memorials and since I'm here in this company, the 51st Transportation Company, I think it's an honor that not only myself but as the command group, and the whole company that we have this memorial and get to ship it over there.”

With the memorial back in the hands of Jones' unit, it is on its way back to his family and friends, but the memories of the hard work that the 238th SMC, and all the Soldiers that offered their time and effort will never be forgotten.

“It was almost personal to these Soldiers,” said Cornett. “Some of them have been here before and so the importance of what it represented and ... their concern reflects in their quality of work.”

Everyone agreed, memorials like Jones' are important to the future of the military because we need to understand the sacrifices of the past to make sense of the present and prepare for the future. Memorials are exactly as the name says, memories, more than the sum of the wood, metal and paint used to construct them.

“Every service member that deployed to Iraq left something of themselves in their sweat, blood and tears. These will remain as reminders of their sacrifice longer after our footprints in the sand fade and blow away,” said Schroder.



U.S. Army photo by Sgt. Felicia Adams

Sgt. Leonard Arcos, an El Paso, Texas, native and Sgt. Aziz Mohammed, a New York, N.Y., native, both operations noncommissioned officers with the 51st Transportation Company, helped transport the memorial from Ali Al Salem, Kuwait, to Arifjan, Kuwait.

Celebrating the fourth far from home

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

JOINT BASE BALAD, Iraq – Spc. Jeremiah Baird already knows what the Fourth of July will be like in his hometown of Dayton, Idaho.

“We always have a parade in our little town,” he said.

Baird, a member of Golf Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, won't be there to see the parade first-hand this year, but he might get to view the event anyway, thanks



Sgt. Jason King, a Blackfoot, Idaho, native, stands next to the logo of the Personal Security Detachment of Golf Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command at Joint Base Balad, Iraq. King, who was born in Garden City, Idaho, and grew up in Boise, Idaho, said he has fond memories of the Fourth of July holiday back home.

to technology.

“Our house is right on the main road where they push the parade past. My parents will try to Skype me during the parade,” he said.

Baird, stationed at Joint Base Balad, Iraq, is just one of several dozen Idaho Soldiers mobilized last year to deploy to Iraq as part of eastern Oregon's 3rd Battalion. Members of G Co., hailing from such Idaho towns as Blackfoot, Pocatello, Preston, Montpelier, Boise, Twin Falls and Idaho Falls, will spend this Fourth of July far from home.

Baird works in the battalion's Tactical Operations Center and said he transported plenty of memories of his hometown's Fourth of July celebration in Dayton when he deployed to Iraq.

“When the parade ended, there was always a grease pole we'd put out and we'd watch about 100 people try to get the \$100 bill off the top of it,” he said.

And, after the parade, a plane swoops low over the football field in town and drops ping-pong balls.

“[The ping-pong balls] have numbers on them and people could take them and get a prize,” he said.

While Americans everywhere will be in the midst of barbecues and fireworks this July 4th, Idaho Soldiers stationed at Joint Base Balad will mark the renowned holiday in many different and subtle ways.

For some Soldiers, the day is like any other – hot, dusty and, at times, risky.

“Over here, it is just another day,” said Capt. Shawn Reese, G Co. commander and a resident of Idaho Falls, Idaho.

The holiday will not translate into a break for many G Co. Soldiers.

“Just because it is the Fourth of July doesn't mean we will sit back and relax,” said Sgt. Jason King, a Mine Resistant Ambush Protected vehicle driver with G Co. and a Boise, Idaho, native.

King said he can easily reflect on memories of past Fourth of July holiday's even as he is concentrating on his duties at Joint Base Balad.

“If I was back home, I'd take the wife and step-kids and go to Boise, Julia Davis Park, float the Boise River. Floating the Boise River is something I've done since I can remember. This is one of the few years I won't get the opportunity to float the river,”



Spc. Jeremiah Baird (right), a Dayton, Idaho, native, sits with Spc. Eric Vibbert, a Redmond, Ore., native, at the Tactical Operations Center of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command. Baird said he knows exactly what his folks and friends will be doing on the Fourth of July: attending a parade.

said King, 30, who resides in Blackfoot, Idaho.

Sgt. 1st Class Kevin Dean of Blackfoot, Idaho, said his platoon will mark the day and then go right back to the mission. Yet Dean said he is happy he will be able to enjoy the holiday with his Soldiers.

“I will be missing a barbecue, sure. But here I'm with my Soldier family,” he said.

King left a family and new wife when he deployed to Iraq last year, and that separation has been difficult.

“It's been rough, given I just married my wife in March 2010. I've been separated longer than I've been able to be with her,” he said.

Still he said the deployment, his first, has proven to be beneficial.

“I'd like to think we've made a difference. And [the deployment] has made me a better person,” he said.

For Reese, the Fourth of July holiday is a good time to ponder the accomplishments of his unit.

“I think we've done very well. Everyone has done a good job,” Reese said.

Reese said while the company's expedition in Iraq is ending in a few months, the focal point is still convoy escort duties.

“We are trying not to think about the end of the tour too much,” he said. “We are trying to keep our focus. I do think, though, at this point we can see the light at the end of the tunnel.”

Baird said he will take more than a moment to consider his friends and family back home in Dayton enjoying the Fourth of July Parade.

He said patriotism runs deep in Dayton, a fact he discovered when he came home for leave.

“There were 20 flags posted in front of our house that the Boy Scouts put out,” he said.

He is also confident regarding how his family will look the day of the parade.

“They are planning on all wearing yellow ribbons,” he said.

Soldiers take off for home base

STORY BY
CAPT. RUSSELL HARRIS
53RD TRANSPORTATION BATTALION

JOINT BASE BALAD, Iraq - It was early Sunday morning on Joint Base Balad, Iraq, as people across Boston slept peacefully thousands of miles away. Soldiers and Airmen of the 53rd Transportation Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command gathered to pause, reflect and support what has become an annual event at the famed Fenway Park, “The Run to Home Base.”

Sponsored by the Red Sox Foundation and other supporters, this 9K foot race is meant to raise money and awareness for veterans returning from Iraq and Afghanistan with post traumatic stress disorder and/or traumatic brain

injuries and their families.

More than 100 Soldiers and Airmen participated. It is not often that units get an opportunity to gather and share in such a touching experience.

Some ran with a fallen comrade in mind or to show support for a friend who suffers from PTSD or TBI; but all seemed to run with a common purpose: to say “thank you” to all who have served and even more so for those back home who show their undying support.

Without the support of fellow countrymen, most military members would not be able to do what they do.

Knowing that a neighbor will help by cutting the grass or watching the kids, that a school will take the time to see to the special needs of children dealing with the separation of a parent serving overseas, or participating in support events, such as the Run to Home Base, puts military members' mind at ease.



U.S. Army photo by Spc. Marisol Audelo-Solis

Col. Stephen Falcone (front left), commander of the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and Lt. Col. Corey New (front right), commander of the 53rd Transportation Battalion, 77th Sust. Bde., lead the “Run to Home Base” 5K shadow run at Joint Base Balad, Iraq.



Two airmen prepare to help wounded veterans into the Joint Base Balad Theater Hospital as part of Operation Proper Exit June 29 at JBB, Iraq. Operation Proper Exit provides wounded warriors an opportunity to return and see the changes that have occurred because of their service and to continue their healing process.

Wounded warriors get second chance to return to Iraq, JBB through Operation Proper Exit

STORY AND PHOTOS BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – A pair of UH-60 Black Hawk helicopters descend through the already intense heat of an Iraq summer morning carrying seven warriors bearing the physical and mental wounds of war to Joint Base Balad Theater Hospital.

While their wounds have already received treatment, the process of healing is not yet complete for these six Soldiers and one Marine.

These warriors participated in Operation Proper Exit, sponsored by the Troops First Foundation and the United Service Organization, June 29 at JBB, part of a week long tour of the country.

OPE provides service members who were injured during

their deployment in Iraq or Afghanistan, an opportunity to return and see the changes that have occurred because of their service and sacrifice, and continue the healing process.

“From the time we landed, these warriors were bigger, better, faster and stronger to a man,” said Rick Kell, executive director of the Troops First Foundation.

He explained the structure, demanding itinerary, and wearing of the uniform again were responsible for this change that the Soldiers could bring home with them.

“I didn’t really understand their perspective, their desire to go back, until I heard it many times and I was convinced they had legitimate reasons for wanting to come back, far beyond my comprehension,” said Kell.

After obtaining the wholehearted support of Gen. Raymond T. Odierno, OPE 1 began in June, 2009. This is the tenth mission, bringing the total number of participants to 77.

For this OPE, the seven participants were greeted at the Hero’s Highway entrance to JBB’s Theater Hospital by more than 30 Soldiers of the 310th Expeditionary Sustainment Command and Airmen of the hospital staff.

Brig. Gen. Don S. Cornett, Jr., commanding general of the 310th ESC and an Aurora, Neb., native, welcomed the wounded warriors back to the place where some had received their treatment. After entering the hospital, the participants then told the audience, clustered in the emergency room, a little about their unique experiences and what the chance to return to Iraq meant to them.

“I have the curse and the blessing of remembering

everything from the blast to hitting the [Combat Support Hospital] in the Green Zone,” said Sgt. Saul Martinez (Retired), a Bloomington, Calif., native.

Martinez lost his legs in an improvised explosive device attack in 2006 while serving with the 3rd Infantry Division in which two comrades were killed. He, along with the other participants, thanked the military medical professionals who saved his life and all medical personnel for what they do.

For some of the OPE service members, the memories of their event were a little different.

“Most people couldn’t believe it when we entered the CSH, because we couldn’t stop laughing,” said Cpl. Josh Joseph (Retired), an Indianapolis, Ind., native.

Joseph sustained several gunshot and mortar wounds in a firefight in Mosul in 2005, while with the 172nd Stryker Brigade Combat Team. He said when he awoke several days later, all he wanted was a hug.

In a unique twist, Joseph was able to briefly reunite with his fiancée, Sgt. Felicia Adams, a public affairs noncommissioned officer with the 310th ESC, and a Seattle, Wash., native who is stationed at JBB.

Staff Sgt. Bobby Henline (Retired), a Santa Clara, Calif. native, sustained severe burns to the head and entire left side of his body as well as losing his left hand in an IED attack in 2007 while serving with the 573rd Cavalry, 3rd Brigade, 82nd Airborne Division. Previously an atheist, Henline believes God kept him alive for a purpose, to be there for his family and to inspire others.



er Exit provides service
service and sacrifice



Service members currently stationed at Joint Base Balad, Iraq, greet wounded warriors returning to Iraq as part of Operation Proper Exit June 29 at the Hero's Highway outside of Joint Base Balad's Theater Hospital.



Brig. Gen. Don S. Cornett, Jr., the commanding general of the 310th Expeditionary Sustainment Command and an Aurora, Neb., native, and Air Force Col. Lisa Naftzer-Kang, chief nurse for the 332nd Expeditionary Medical Group, greet wounded warriors participating in Operation Proper Exit June 29 at the Joint Base Balad Theater Hospital, on JBB, Iraq.

"I can't waste what I've been given and let them die in vain, sitting around feeling sorry for myself," he said.

Henline had the opportunity to tell his story on National Public Radio, and the fact the he was able to touch the lives of strangers by telling his story inspired him to pursue a career in inspirational speaking and stand up comedy.

All of the participants expressed gratitude for the medical personnel that saved their lives and those at JBB who are always ready to do the same for service members currently on deployment. Many, like Henline, said their experience has inspired them to choose a career that helps veterans.

After a brief tour of the hospital, participants had a chance to tour a hangar containing an Unmanned Aerial Vehicle and an F-16, followed by a reception and lunch in the Audie Murphy Room at Dining Facility 1.

"This trip has given me peace of mind," said Spc. Steven Patterson (Retired), 3rd Brigade, 1st Cavalry, and an Oxford, Ala., native. "It's been a blessing to be here."

Restoring wounded veterans' peace of mind and helping them complete the healing process is what inspired Kell to cofound Operation Proper Exit with pro golfer and sports broadcaster David Feherty.

"It's incumbent upon all of us on the civilian side to understand that this is not charity," said Kell. "When we do things for the service men and women and their families, it's really recognition of a debt. Everyone should get involved in some capacity to assist warriors and their families at home."



Pvt. Josh Joseph (Retired), 172nd Stryker Brigade Combat Team and an Indianapolis, Ind., native, receives a certificate from the Air Force at an informal, impromptu ceremony during a tour of a hangar containing an Unmanned Aerial Vehicle and an F-16 during Operation Proper Exit June 29 at Joint Base Balad, Iraq.

Iron Lion shows ISF skills, progress

STORY BY
UNITED STATES DIVISION-NORTH
PUBLIC AFFAIRS OFFICE

CONTINGENCY OPERATING SITE

MAREZ, Iraq – Following months of collective training with 4th Advise and Assist Brigade, 1st Cavalry Division, members of the Iraqi Security Forces conducted Operation Iron Lion at Ghuzlani Warrior Training Center and Ghuzlani Eagle Training Site, Iraq, June 27.

Iron Lion is a capstone training demonstration performed at the provincial level to demonstrate Iraqi Security Forces' capabilities and the ability of its units to work cohesively to defend Iraq.

"I would like to see the training become routine and part of their continued process to sustain their forces," said Maj. Gen. David G. Perkins, U.S. Division – North and 4th Infantry Division commanding general.

Years from now, the people of Ninewa can look toward a very peaceful and prosperous province based upon the security achieved by the training between U.S. and Iraqi forces, said Perkins, a native of Keene, N.H.

"It's been a partnership the whole way, and what we see is this partnership will continue," Perkins said.

The series of exercises included Iraqi Police, 3rd Federal Police, Iraqi Special Operation Forces and Iraqi Army Soldiers showcasing newly-honed skills for U.S. and Iraqi military leaders.

Iraqi policemen assigned to 3rd Federal Police Division began the demonstration with an operation at Ghuzlani Eagle Training Site, reacting to role-players driving a suspicious vehicle as part of the training scenario.

After eliminating the notional threat, Iraqi Police conducted a crime scene investigation and police officers specializing in crowd control proceeded to contain a group of role-players demonstrating against the ISF.

"It's very gratifying to see that their security forces are firmly in charge of securing Ninewa province and continuing to build a professional military force," said Col. Brian Winski, commander, 4th AAB, 1st Cav. Div.

"As you look at the history of Iraq over the course of the last eight years, there have been some periods that were very problematic in terms of the capabilities of the



U.S. Army photo by Spc. Angel Turner

Iraqi Police contain a group of role players during a crowd control demonstration June 27 as part of Operation Iron Lion at Ghuzlani Eagle Training Site, Iraq. Iraqi Security Forces demonstrated their ability to protect civilians from criminals.



U.S. Army photo by Spc. Angel Turner

After rescuing simulated hostages, Iraqi Special Operation Forces assigned to 7th Regional Commando Battalion, 2nd Iraqi Army Division, bring out a suspected criminal during Operation Iron Lion at Ghuzlani Warrior Training Center June 27. Iraqi Security Forces demonstrated their tactical capabilities and their ability to work together to protect Ninewa province and the civilian population.

Iraqi Security Forces, but that is no longer the case," said Winski. "This is our main training effort – to help the Iraqis achieve a foundational capability for defense against external threats, which are portrayed in these exercises."

Through extensive training and hard work, the ISF developed a foundation to protect the people of Ninewa province, said Winski, a native of Milwaukee.

Leading to the training exercise, Soldiers assigned to 5th Battalion, 82nd Field Artillery Regiment, 4th AAB, trained Iraqi federal policemen to conduct urban operations, checkpoint procedures and tactics to increase proficiency in combating terrorists and criminals.

Using tactics improved upon from previous training events, the federal policemen conducted a hasty raid to apprehend "terrorists" who fired a simulated rocket-propelled grenade at a checkpoint.

Acting on information gathered in an intelligence report compiled from the first training event, Iraqi Special Operation Forces tactically moved down a dirt road, closing in on a building suspected of holding notional hostages. Moments later, the group of specially trained Soldiers assigned to 7th Regional Commando Battalion, 2nd Iraqi Army Division, moved inside, capturing the criminals and rescuing the hostages.

At nearby Ghuzlani Warrior Training Center, Iraqi Army leaders laid out a detailed terrain map and briefed units for a battalion-level live fire exercise to culminate Iron Lion.

Iraqi Soldiers of 1st Bn., 10th Bde., 3rd IA Div., spent the month leading up to Iron Lion conducting Tadreeb al Shamil, or all inclusive training. Troops studied basic



U.S. Army photo by Spc. Angel Turner

Iraqi and Western media outlets position themselves to capture a demonstration by Iraqi Special Operations Forces during Operation Iron Lion, a June 27 exhibition of Iraqi Security Forces' combat effectiveness at Ghuzlani Warrior Training Center in Ninewa Province, Iraq.

infantry operations under the direct mentorship of cavalry troopers assigned to 1st Squadron, 9th Cavalry Division, 4th AAB.

"When this unit started their training, I'd say they started out doing a really good job," said Sgt. 1st Class Kenneth Hayes, platoon sergeant, Troop C, 1st Sqdn., 9th Cav. Regt. "To this point they have all improved. The Soldiers have shown that they care about the training they get, and I think they will do very well."

Hayes, who hails from Natchez, Miss.,

said he believes a combination of in-depth training and solid leadership resulted in an outstanding demonstration for the senior U.S. and Iraqi military leaders, and news media representatives attending the event.

Iraqi Soldiers were very eager to demonstrate their combat efficiency to their senior leadership and the Iraqi people, said 1st Sgt. Ali, 1st Bn., 10th Bde., 3rd IA Div.

"My men are well trained and ready," said Ali. "The (U.S.) forces have helped us greatly when it comes to how to conduct training. We want to prove that we are proficient and ready for the security mission in Iraq."

Using infantry ground units, and mortar crews for indirect fire support, 1st Battalion assaulted three separate locations of "terrorist cells" in the hills of GWTC.

Sergeant Daniel Martinez, Troop C, 1st Sqdn., 9th Cav. Regt., said the live fire exercise provided both the Soldiers on the ground and the gathered audience a good example of what it takes to correctly maneuver on a battlefield and accomplish a mission.

"It really is a spectacular thing to see – hundreds of Iraqi Soldiers shooting, moving and communicating," said Martinez, a native of Reno, Nev. "I think it will really boost the esprit de corps of the Iraqi people to see that their military can accomplish all of this."

Long Knife Soldiers of 4th AAB, 1st Cav. Div., are scheduled to begin their seventh month-long training cycle with a new group of Iraqi Soldiers in July.

Iraqi leaders remain confident in Iraqi Security Forces' improved ability to secure the area and the future of Iraq, said Iraqi Brig. Gen. Khalid Sa'adon, public affairs officer for the Ninewa Operations Center.

Soldiers use music to relieve deployment stresses

STORY BY
SGT. LORRAINE SIAN
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq



– Soldiers with the 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command elevate their well-being and happiness through their musical talents on Contingency Operating Base Adder, Iraq.

One of the beauties of music is that it can accomplish more than one goal at a time. Music can distract Soldiers from unpleasant thoughts and release the hard emotions they experience during stressful working days. It can also provide uplifting music to divert, entertain and help revive their minds after a day in Iraq.

Soldiers with 2nd Platoon, 8th Ord. Co. have many hidden musical talents to help them forget the stresses of work.

Spc. Travis Duval, an ammunition specialist and a Glendale, Ariz., native, is a pianist who has his own keyboard in Iraq, and practices on a regular basis after work.

Spc. Joshua Harris, an automated logistics specialist and a Baltimore, Md., native, can be found singing gospel music in the detachment's motor pool when he is not engaged in any missions. Harris was also a member of the 82nd Airborne Division's All-American Choir and sings in many unit events.

"The talent within the platoon continues to amaze me," said Staff Sgt. Cynthia Mason, the platoon sergeant of 2nd Platoon, and a Glendale, Ariz., native. "I enjoy watching the Soldiers come together."



U.S. Army photo by Staff Sgt. Cynthia Mason

Soldiers with 2nd Platoon, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, take time to relax and share their musical talents on a keyboard after the duty day on Contingency Operating Base Adder, Iraq. Playing and listening to music can help many service members relax after a long work day.

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.

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

Your Family
123 Anystreet
Hometown, IL 62234



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!

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)



Remember that not all liquid is created equal

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



To the Soldiers and service members who call Iraq their home, there are a few things we experience which are unlike the states—like the heat. When I dress in the morning, pull on my wool socks, belt on my pants, lace up my boots, and don my jacket, I don't have to even step out the door of my room before I am sweating.

That's right, on Joint Base Balad, Iraq, the sun comes up around 5:30 in the morning, and sets around 7:30, which is a lot of day light when the temperature can range well over 100 degrees. It's hot outside, and we wear a heavy uniform and boots on a daily basis, leaving very little to the imagination of how to combat heat—proper hydration.

"Water sucks. Gatorade is better," said Coach Klein, played by Henry Winkler in the movie "The Waterboy." "Not only does it quench your thirst better, it tastes better too."

That does not mean chugging down bottles of sports drink, coffee, or energy drinks to replace the fluids in your system. Water is the best source of hydration. According to About.com, water is the most important nutrient because of the many roles it plays in your body. Not only does it help regulate body temperature, it also helps transport nutrients and waste through the body.

The common question is whether sports drinks replace minerals, like sodium, and electrolytes back into your system during exercising. About.com

states that for only short workouts like a normal exercise, your system does not need sports drinks because your body will just use the minerals already built in your system.

For missions or other jobs that require you to be moving around and working hard for six or seven hours, then sports drinks might be required to replace the minerals that your system has been draining all day.

Coffee and energy drinks are lumped in the same category, as normally highly-caffeinated and full of sugar. These sugary drinks might offer the quick boost of energy that might charge your system for an hour or so, but only at the expense of further hurting your system. For those who have pounded cans of energy drinks, when that energy-burst is over, most people hit a crash point. The only solution to solve the crash is either to drink more caffeine, or...

Drink water. Water not only helps replace the fluids in your system, but it also helps your system function better. About.com instructs that for every 10-15 minutes of exercise, you should be drinking 8-10 fl. oz. of water. This is not a perfect system and everybody is different, but this is a good place to start and adjust to your own needs.

The most important part is that staying hydrated helps the body function better, and in the heat of Iraq in the summer, staying healthy is very important.

So stay hydrated and healthy with plenty of water, and while you're drinking, one can say, as Bobby Boucher in "The Waterboy" once said, "Now that's what I call high-quality H2O."

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.

Word on the Street

What do you do in your free time while deployed to Iraq?



"I take any chance I get to write and play music on my guitar. I've sent songs back to my wife, and I play at open mic nights. If my playing can ease tensions and help people forget they're deployed and away from their families, then that's good."

Spc. Rashead Doha is a property book clerk for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Manchester, England, native.



"I hit the gym and squeeze in some karaoke nights when I can. I sing country songs by artists like LeAnn Rimes and Shania Twain."

Sgt. Candice Witherington is a mortuary affairs liaison noncommissioned officer for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Wilmington, N.C., native.



"Thursday is my day off, so I like to get up early and call my wife and make a gym run. That night, I like to catch some open mic nights to enjoy some good poets, singers and rappers."

Staff Sgt. Reginald Wright is the support operations battle NCO with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Detroit, Mich., native.

THEATER PERSPECTIVES

Following months of collective training with the 4th Advise and Assist Brigade, 1st Cavalry Division, members of the Iraqi Security Forces conducted Operation Iron Lion at Ghuzlani Warrior Training Center and Ghuzlani Eagle Training Site, Iraq, June 27. Iron Lion is a capstone training demonstration performed at the provincial level to demonstrate Iraqi Security Forces’ capabilities and the ability of its units to work cohesively to defend Iraq.

“This is our main training effort.”

Col. Brian Winski, 4th AAB

“It’s very gratifying to see that their security forces are firmly in charge of securing Ninewa province and continuing to build a professional military force.”

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

“I would like to see the training become routine and part of their continued process to sustain their forces.”

Maj. Gen. David G. Perkins, U.S. Division-North

“It’s been a partnership the whole way, and what we see is this partnership will continue.”

Maj. Gen. David G. Perkins, U.S. Division-North

It may be more than just a headache

The Department of the Army has focused a new campaign on mild traumatic brain injuries in order to inform Soldiers of the dangers associated with this signature wound from the Iraq and Afghanistan wars.

Since 2000, Soldiers have suffered more than 91,000 concussions, the highest number in all of the services. The Army is looking to teach Soldiers how to identify, treat and track cases of mTBI.

They are especially concerned in preventing multiple concussions in rapid succession during “mandatory events,” or any event causing damage to the head. Repeat concussions can compound damage done to the head, so being able to identify a head injury can help prevent this.

To help Soldiers identify the signs of mTBI, the Army created the acronym “HEADS.” This aids in establishing a system of first-line care.

-  Headaches or vomiting
-  Ears are ringing after “mandatory event”
-  Amnesia or altered state of consciousness
-  Double vision or dizziness
-  Something just doesn’t feel right...

Sudoku

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

Last week's answers:

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

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

Test your knowledge

1. What term refers to the lowest possible temperature?
2. What was the game of Scrabble originally called?
3. Who was the second U.S. president?
4. Where did the first Hard Rock Cafe open?
5. Who took over as James Bond in 1986?
6. When was the Berlin Wall built?

1. absolute zero 2. Criss-Cross 3. John Adams 4. London 5. Timothy Dalton 6. 1961

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. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative 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., 8:30 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: 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. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	EAST REC- REATION CENTER 8 p.m. Saturday 8:30 p.m. Sunday 8 p.m. Monday 8 p.m. Tue., 8 p.m. Wednesday 8 p.m. Thursday 8 p.m. Friday 8 p.m. Saturday 8 p.m. Sunday 8 p.m. Monday 8 p.m. Tue., 8 p.m. Wednesday 8 p.m. Thursday 8 p.m. Friday 8 p.m. Saturday 8 p.m. Sunday 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. 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. 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.	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.



AFN SPORTS SCHEDULE



Wednesday 7/6/11

MLB: New York Yankees @ Cleveland Indians, Live 0200, AFN I xtra

MLB: Cincinnati Reds @ St. Louis Cardinals, Live 0300, AFN I sports

Soccer: Women's World Cup: Sweden vs. USA, Live 2130, AFN I sports

Thursday 7/7/11

MLB: Philadelphia Phillies @ Florida Marlins, Live 0200, AFN I xtra

MLB: New York Mets @ Los Angeles Dodgers, Live 0500, AFN I xtra

Friday 7/8/11

Golf: U.S. Women's Open: Rd. 1, Live 0000, AFN I sports

MLB: Oakland Athletics @ Texas Rangers, Live 0200,

AFN I xtra

MLB: Cincinnati Reds @ Milwaukee Brewers, Delayed 1700, AFN I sports

Saturday 7/9/11

Golf: U.S. Women's Open: Rd. 2, Live 0000, AFN I sports

MLB: Detroit Tigers @ Kansas City Royals, Live 0300, AFN I prime Pacific

MLB: Baltimore Orioles @ Boston Red Sox, Delayed 1400, AFN I sports

MLB: Tampa Bay Rays @ New York Yankees, Live 2000, AFN I sports

Golf: U.S. Women's Open: Rd. 3, Live 2200, AFN I xtra

Sunday 7/10/11

MLB: Chicago Cubs @ Pittsburgh Pirates, Delayed 1000, AFN I xtra

MLB: Cincinnati Reds @ Milwaukee Brewers, Delayed 1300, AFN I xtra

MLB: Minnesota Twins @ Chicago White Sox, Delayed 1400, AFN I sports

MLB: Toronto Blue Jays @ Cleveland Indians, Live 2000, AFN I sports

Golf: U.S. Women's Open: Final Rd., Live 2200, AFN I xtra

Monday 7/11/11

MLB: Seattle Mariners @ Los Angeles Angels, Delayed 1700, AFN I sports

Tuesday 7/12/11

UFC: UFC 132: Cruz vs. Faber, Delayed 0500, AFN I xtra

MLB: 2011 Home Run Derby, Delayed 1400 & 2100, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Wimbledon tourney provides good bridge for boring sports gap

BY SGT. EDWIN GRAY
EXPEDITIONARY TIMES STAFF



It's that time of the year again. The time of sports boredom has arrived. The NBA season has ended, the NFL's new season has yet to start and the MLB has too many games in its regular season to actually pay close attention to. So this results in entertaining your athletic competition addictions with Wimbledon. With that being said, I have been flipping through the chan-

nels in search of sports other than tennis, but I found the Wimbledon tournament to be more entertaining than golf and NFL lockout discussions.

Due to my lack of knowledge and caring about the tournaments, I rarely paid attention to them. However, after watching quite a bit of this year's Wimbledon tournament, I have found a new respect for tennis. By watching many household name tennis players getting upset early in the tournament, most of which happened during the women's singles, I started to appreciate the competitive nature of the sport.

Rafael Nadal is still dominating and will remain the 1st-ranked men's tennis player in the world by winning the tournament. He will beat 2nd-ranked Novak Djokovic in the finals. Although the 1st- and 2nd-ranked male tennis players will compete in the finals, there were some upsets or surprising tournament outcomes.

As it stands now in the women's Wimbledon, Russia's 5th-ranked Maria Sharapova will compete in the finals against 8th-ranked Petra Kvitova. It's amazing to see

Sharapova even playing tennis. It's even more unthinkable to see her compete in her second Wimbledon finals three years after having potentially career-ending shoulder surgery. In the first three rounds she could barely get a point on the board. Her serve was noticeably weaker than before. She had double fault after double fault and managed to play her way through it into the finals.

I personally believe she will fall short once again in Wimbledon but this time to Kvitova. Due to the surgery, I don't believe that it's possible to compete with Kvitova strengths. Kvitova surprised me and gained an awful lot of respect from me due to her play. She's stronger, more witty, and just a more of a dominant physical specimen than an post-shoulder-surgery Sharapova.

Any time a 4th-ranked faces an 8th-ranked in any sport's finals, it shows a high rate of competition within the sport. The women are competing at a high level but the men were either unconfident, incompetent, or Nadal and Djokovic are just that good. I believe it's all three.

The Reel Review

'Hanna' breaks usual mold for Hollywood productions

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



"Hanna", starring Saoirse Ronan as the title character, is a 2011 action thriller also starring Eric Bana as Erik Heller, Hanna's father, and Cate Blanchett as CIA agent Marissa Weigler.

The movie starts in northern Finland, where Hanna was raised by her father, completely removed from contact with modern technology or other people. From the age of two, she has been trained to be the perfect assassin, memorizing fake back stories to use "when the time comes."



Review: 4 / 5 stars

After flipping a switch on an old transmitter, a CIA team sent by Marissa Weigler captures her and sends her to a secure facility in the desert. Weigler sends a body double to interrogate Hanna, knowing that Hanna has spent her whole life learning how to kill her.

Hanna snaps the double's neck as she is comforting her during a crying fit and escapes from the facility. After wandering through the desert, she encounters a family

of British tourists, follows them to their hotel, and begins a friendship with their teenage daughter.

She then follows the British family through Spain, experiencing a healthy family life for the first time and making a real friend.

Hanna's exceptional skills are due to more than just a lifetime of training. She is the only remaining result of an experimental program in which pregnant women were recruited at abortion clinics so the CIA could alter the children's DNA. They enhanced their strength, stamina and reflexes while suppressing emotions like fear and empathy to create a batch of super-soldiers.

When the project was deemed a failure, all the other children aside from Hanna suffered a post-birth abortion and their mothers were killed. Hanna's mother was killed by agent Weigler.

The climax of the movie happens when Hanna discovers the truth about who she is

and what happened to her mother.

The movie Hanna is a joint Euro-American project mostly filmed in Germany, but also on location in Finland and Morocco. It combines what I think are the best aspects of European and American filmmaking. If only NATO could cooperate so well.

Like good American movies, it is fast moving, action-packed and holds your attention throughout, without endless contemplative dialogue. Like a good European movie, it doesn't reveal too much of the plot right away and the "good guys" aren't morally superior world-savers.

The acting is good despite Cate Blanchett's pathetic attempt at a Southern accent. The cinematography and the Chemical Brothers soundtrack really stand out as excellent as well.

I give Hanna a four out of five stars. I highly recommend it as a well-made, unique alternative to the mass-produced Hollywood junk that gets shoved down our throats.

PVT MURPHY'S LAW™

BY MARK BAKER



The name's Hank

(Right) Good Girl Hank vocalist Aiji Alise performs June 28 for Soldiers from the 4th Advise and Assist Brigade, 1st Cavalry Division, and civilian contractors at Contingency Operating Site Marez, Iraq. After the two-hour concert, the Los Angeles-based rhythm and blues group autographed posters and CDs for the service members deployed to U.S. Division – North in support of Operation New Dawn.

(Below) Capt. James Cooke, signal support officer for 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, speaks with members of Good Girl Hank following their performance on COS Marez.



U.S. Army photo by Spc. Terence Ewings



U.S. Army photo by Spc. Terence Ewings

Victory Through Support