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Road South

STORY AND PHOTO BY
SPC. ZANE CRAIG
EXPEDITIONARY TIME STAFF

JOINT BASE BALAD, Iraq – A select group of Soldiers from the 310th Expeditionary Sustainment Command, traveled to Camp Buehring, Kuwait, July 10 to establish mission capability for the 310th ESC there to facilitate the continuing re-posturing of forces from Iraq.

This advance party of more than 30 Soldiers will secure work and living space, and the full range of communication capabilities to support an ongoing transfer of personnel and equipment from Joint Base Balad, Iraq, to Camp Buehring, Kuwait.

"This is a good mission because there is nothing simple about it and nothing will stay the same," said 1st Lt. Thomas Raterman, executive officer, Headquarters and Headquarters Company, 310th ESC, and a Columbus, Ohio, native. "Complacency, within our command, doesn't exist because it can't exist. Everything is changing constantly."

Throughout the course of Operation Iraqi Freedom and Operation New Dawn, units deployed to Iraq have been



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Soldiers of the 310th Expeditionary Sustainment Command board the airplane that will take them to Camp Buehring, Kuwait, July 10 from Joint Base Balad, Iraq. These Soldiers are part of the 310th ESC's advance party tasked with making the command's logistics mission a reality in Kuwait so the unit can assist in facilitating the reposturing of U.S. forces from Iraq.

building infrastructure and sustaining the presence of U.S. forces. It falls to the 310th ESC, however, to begin the historic process of disassembling the infrastructure and retrograding troops from Iraq into Kuwait.

"This mission has never been done before in Iraq," said Raterman. "Everything is a learning experience, [and] everything we do, it's the first time we've done it."

The advance party has the responsibility of establishing everything the 310th needs to fully run its operations in Kuwait. The operations will continue on JBB and will eventually continue solely from Camp Buehring.

See **ROAD**, pg. 7



Keeping up with the HETs Page 4



Maintaining the sustainment Page 6



Training for underwater egress Pages 8&9

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Corrections

In the June 22 edition, the article in "The Chaplain's Corner" was attributed to the wrong author. The article was written by CH (Capt.) Lisa Williamson from the 53rd Transportation Battalion (Movement Control).

If you have any comments/corrections for our staff, please e-mail them to: escpao@iraq.centcom.mil.

The Chaplain's Corner

Remember your loved ones back home, cherish support

Capt. Harry Brown 1-140th Aviation Battalion Chaplain



One of the advantages of being deployed at this moment in history, is our opportunity to purchase clearance items from the PX. I recently took advantage and purchased the complete second season of

Army Wives at a 75 percent discount. I have never seen an episode but thought, as a chaplain, I might gain some insight to enhance my counseling.

The show accurately depicts a very important model for all of us who are deployed: Do not forget to remain in contact and appreciate our loved ones back home.

In the March 27, 2011, edition of Stars and Stripes, the Army-National Institute of Mental Health (A-NIMH) study on suicide shows us the importance of working to keep our marriages together: "Married Soldiers are less likely to commit suicide than their single or divorced counterparts."

This should serve as an eye-opener and cause each of us that are married to not put it on hold until we return from our deployment. All too often, the greater part of my counseling is related to marital issues that stem from a lack of communication between couples.

In today's military, we have no excuses available to us to not be in communication with our loved ones. The Morale, Welfare and Recreation on base offers computers with free Skype and Wi-Fi for our convenience. Most locations have Internet available in our rooms and free calling cards are available throughout Iraq.

Of course, if someone still is unable to make the most of these services, they can use the good old fashioned "snail mail" in the United States Postal Service, which has free postage for envelopes under 1.9 oz in weight.

I have encountered Soldiers who order flowers for no particular reason other than to let their loved ones know they are not forgotten. Others will watch a particular movie at the same time as their partner and have conversations about it.

Needless to say, there are numerous and creative ways which Soldiers find to keep their relationships strong.

According to "Focus on the Family," there are three killers of military marriages: dishonesty, infidelity and excessive spending. Each of these requires us to do our part to fight back.

The most important component of any relationship is to be honest, especially with major issues. Honesty is the foundation to a long-lasting, trusting relationship and should not be substituted with minor "white lies." Do not allow yourself to get caught up in the temptation of an emotional affair via the Internet. I have seen too many instances of Soldiers' relationships breaking up because they had been sending e-mails to "a friend." In chapter four, verse 23 of Proverbs, we are reminded: "Above all else, guard your heart."

If we are willing to fight for our relationships we must avoid the temptation to rationalize our own shortcomings. Stay away from romantic novels, sensual movies and Internet sites which take your thoughts away from your significant other.

According to recent statistics, women in every military branch are more than twice as likely to end their marriages as their men. Researchers suggested existing programs provide too little support for their families. I am reminded about this every week at Chapel when Soldiers ask for prayer to strengthen their loved ones back home. Their partner at home feels overwhelmed and is getting frustrated.

All too often, the greater part of my counseling is related to marital issues that stem from a lack of communication between couples.

-Capt. Harry Brown

In addition to praying for them, we should encourage them to reach out to others to assist them with their daily task requirements such as cleaning, childcare and errands. This type of support can be obtained through agencies like the church, Veterans of Foreign Wars, American Legion and the Family Readiness Group.

As a result of helping them work out a plan for assistance, we are establishing a long-term basis for a permanent marriage

I hope this article reminds everyone to not become complacent and to be proactive in protecting and appreciating our loved ones back home.

The Expeditionary Times

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

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The Real Barracks Lawyer

Know laws in place to help you keep your civilian job

CAPT. DANIEL REICK
CHIEF OF LEGAL SERVICES



I'm seeing a lot of new faces here on Joint Base Balad lately, implying that a lot of you are going home soon. First off, I'm

jealous. Second, to those Reservists and Guard members going home, how does your employment situation look? If you're not too sure, keep on reading. This article will discuss The Uniformed Services Employment and Re-employment Act and the important rights that law gives deployed service members.

USERA became law in 1994. Its purpose is to provide for those who leave civilian employment for service in the uniformed services the right to return to the job with their accrued seniority. USERA applies to voluntary and involuntary service and in peacetime as well as wartime. The law applies to all civilian employers, including all levels of government and private employment, regardless of size.

The first step in assuring your employment upon your return is giving proper notice to your employer. USERA requires the service member to notify their employer of their departure. There is no set timeline for how much notice to give, and there isn't even a requirement to give a written notice. In other words, if you just stopped showing up at work one day to get ready for a deploy-

ment, you are likely going to be unemployed. Short of that, however, you have probably met the statutory requirements thus far.

The next big step in going back to work is just that; going back to work. USERA gives strict timelines for how much time you have between redeployment and going back to your old job. If you were on active duty for less than 30 days, you must report back to work the next scheduled work day at your normally scheduled hours.

The law does, however, give people in that situation the right to get eight hours of sleep before reporting back at work, so thank your legislators the next time you get a good night's sleep.

After a period of duty of 31-180 days, you must submit an application for re-employment with your job not later than 14 days after the completion of your service. Those on duty for more than 180 days have 90 days to submit that application of re-employment. These deadlines can be extended by up to two years if you were hospitalized or convalescing for a service-connected injury or illness.

Right now you may be asking yourself what "application of re-employment" means. It is not an application for employment, but it is simply a written notice to your employer that you are an employee of theirs coming back to work.

If you meet USERA's eligibility requirements, you're entitled to four basic things: 1) prompt reinstatement; 2) accrued seniority, just like you had never left; 3) training or retraining to get you back up to speed; and 4) special protection against discharges, except for cause. The end result is that you are afforded the chance to go back to your old job just like you had never left.

USERA is a very powerful tool and can provide the service member with quite a bit of peace of mind. Of course, this article is merely just a snapshot of a long and complicated law, so if you have questions, be sure to come by and talk to your Legal Assistance officer.

The Weekly Standard

Get off the long road to Abilene

MASTER SGT. DIANE JAMES
310th ESC Inspector General NCOIC



The Road to Abilene" is a paradox where you may find your values and logic lost or missing within the group by not

voicing your opinion. In the irony of The Road to Abilene, there are four individuals who went on a long, hot, 50-mile drive that no one wanted to take; but they all remained silent. The drive occurred in a vehicle with no air. When they got to the restaurant 50 miles away, the dinner was not very good and the beer was warm.

We won't discuss the irony of turning peanut oil into jet fuel, but the gist of it all is the fact that silence is not always a virtue. Silence can sometimes cause conflict.

Are you silent, are you providing honest input, or are you part of the consequences of destructive conflict?

Conflict can be managed. Conflict is neither good nor bad, but our management of conflict will put it in motion to be either constructive or destructive.

We must learn to ignore the negative connotations of conflict within the sections in our units and find ways for positive resolution

As armed forces personnel, what are your thoughts when you hear the word conflict? We must understand how and why there is conflict in the various areas in our units and discover constructive strategies to

resolve the issue(s) as squad leaders, platoon sergeants, platoon leaders, section noncommissioned officers-in-charge, officers-in-charge, chiefs, directors, first sergeants, sergeants major, command sergeants major, executive officers, deputies, commanders, and the various sections, squadrons and crews of our fellow services.

Most individuals see conflict as negative, an encounter of battle or skirmish, dangerous in nature, and as something that should be avoided. Denying its existence, suppressing it to get along, avoiding disagreement so as not to appear unprofessional, and bargaining with participants to assume an inflated position are all elements that result in no action taken or a band aid fix to indicate something was done.

Nonetheless, conflict can be extremely constructive, and the cause of conflict should be analyzed, explored, questioned, evaluated or investigated to resolve individual or group differences in a constructive manner.

Although there is not always a 100 percent satisfaction with the resolution, managing conflict involves finding the right opportunity and motivation to resolve disagreement.

In conflict, we need to address it and think it through to exclude the negative efforts and seek positive processes that would result in an effective/constructive resolution and helpful alternatives.

To provide a constructive resolution, it is extremely important you don't form opinions regarding negative issues based on your own experiences whether good or bad. We must deal only with accurate facts and not personal opinions or rumors. The majority of the in-fighting, clicks and polarization that occur within most units are largely incidents of misunderstanding and miscommunication.

Bottom line, to affect a negative climate is not so much as how we manage conflicts but how we manage agreements in order to obtain a positive and constructive resolution.

Running is way of life for NCO

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

JOINT BASE BALAD, Iraq – It would be



easy to stop and wonder at the accolades achieved by Sgt. 1st Class Tim Vandervlugt, a noncommissioned officer of the personnel section for the

3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command; an All-American in track his senior year in college, a pivotal member of a National Guard marathon team who clinched national championship honors four times, and a collection of his own trophies, medals, and plaques.

Vandervlugt's recent claim to fame was

earning a notable distinction while deployed at Joint Base Balad, Iraq.

Vandervlugt has won 18 individual 5K and 10K base races since he arrived with his battalion in November of last year. He's consistently faced younger, potentially faster competition, and he has still left them in his wake.

His achievements are all the more appealing because Vandervlugt is firmly inside middle age. At 46, many often gaze down the barrel of midlife and examine an array of old hobbies and sideline activities that once exemplified the power of youth and the possibilities of the future.

Vandervlugt, though, does not spend a lot of time dwelling on his past: He's too busy running, and working toward the future.

For Vandervlugt running is not just a hobby: It is a way of life.

"I've taken two days off [from running] in the past year," Vandervlugt said.

He secured his best time of 34 minutes, during a 10K race April 30 here on JBB.

Vandervlugt's success, though, does not hinge wholly on winning races, he said.

"I get more out of running to the best of my ability," Vandervlugt said. "Sometimes it is better to run a good race and lose. It is [more] important to race well."

Setting goals, he said, in a race is crucial

but that doesn't necessarily mean certain victory.

"When I set my personal best in the 1500 [meter run], for example, I came in third," he said.

Every race presents its own unique challenges. Yet, Vandervlugt said he often focuses on the beginning of a race.

"Because I don't know who will show up, who will run well," he said.

Despite clinching victory in every race he's ran on JBB, Vandervlugt said he has faced some strong competition at times.

"You always look for an edge. Even when you're 18, you're looking for an edge in a

Vandervlugt said he carries no magic formula to fight the onset of age. He watched his overall speed as a runner decrease and at the same time his running strength has remained steady.

"My body gave up speed," he said. "But I have just as much strength."

Vandervulgt runs every day, and he is happy he was able to find a way to continue his passion for running even while deployed to Iraq.

"It's been fun," he said.

And what will he do when his unit redeploys back to Oregon? The answer is simple: He will run.



Sgt.1st Class Tim Vandervlugt, the noncommissioned officer-in-charge of the personnel section for the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, finds a way to maintain his passion for running here on Joint Base Balad, Iraq.

HET repairs are team effort for SMC

STORY AND PHOTOS BY SPC. MATTHEW KEELER EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - The 310th Expeditionary



Sustainment Command sent down a fragmentation order to the 238th Support Maintenance Company stationed at Joint Base Balad, Iraq; get the Heavy Equipment Transporters back on the road.

"The mission of the HETs is to actually transport the heavy equipment from northern Iraq to our base forward operations in bases down in northern Kuwait," said Staff Sgt. Samuel Nunemaker, automotive shop foreman for the 238th SMC, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th ESC, and a San Antonio, Texas, native.

With the reposturing of U.S. Forces and equipment throughout the country, these trucks are being stressed to their limits. The HET was not originally designed to carry the equipment that it hauls.

"The HET itself is an 'Osh-Kosh' design, [and] it was first incorporated in the 1980s for the full mentality that the main battle tank would rule the battlefield," said Nunemaker. "Of course, with the new integration of technology the Stryker, Bradleys, and the new [Mine Resistant Ambush Protected vehicles], [the HET] is an older piece of equipment that is being used... as a heavy equipment all-purpose transport truck."

Considering the amount of time that these trucks spend on the road, they are bound to be wear and tear issues, especially with a truck designed 20 years ago.

"An average HET crew on a single night, [could] log anywhere from 60 to 100 miles," said Nunemaker. "So these trucks in reality are running constantly."

For some Soldiers, the mission to repair these trucks has become the main focus of their deployment—even if they are from different shops of the 238th SMC.



Sgt. John Davis, the tool room noncommissioned officer-in-charge for the 238th Support Maintenance Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and an Altamit, Kan., native, repairs a cooling fan for their shop on Joint Base Balad, Iraq.

"I've worked on about 10 [HETs], [and] I'm a fairly new mechanic out here," said Spc. Joshua Johnson, a mechanic for the 238th SMC, and a Lawton, Okla., native. "They pulled me from another shop because they needed help, so I'm here to help."

Johnson worked in the small-arms repair shop, but because the need of the mission, he was tasked to learn about the HETs and assist their repair to get them back on road, he said. Since he is not as familiar with these trucks as many of the other mechanics, it has been the help and encouragement of the other Soldiers to help get him up to speed.

"It's going very well," said Johnson. "Lower-enlisted and [noncommissioned officers] both know what they are talking about, and I get good help from them, and [Kellog, Brown, and Root] civilians who work in our shop too. Any question I need answered, I get answered pretty quickly."

To Johnson, the camaraderie of his battle-buddies are



Spc. Najee Lee (left), a mechanic for the 238th Support Maintenance Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Lawton, Okla., native, works with Sgt. Miguel Castruita, an inspector for the 238th SMC and a San Antonio, Texas, native, to prepare a Heavy Equipment Transporter's engine to be lifted and moved to another section of the shop on Joint Base Balad, Iraq.

what have eased his transition into the HET shop.

"I've known a lot of these people for a long time, about two to three years, and working with them is always a good time," he said. "We have some fun, but get the job done at the same time."

For Pfc. Michael Villanueba, an all-wheeled vehicle mechanic for the 238th SMC, and a Paradise, Texas, native, the increase in the work flow is a way to increase his knowledge of diesel trucks.

"I came in [the Army] with some knowledge on the civilian side, but I had to pick up the heavier diesel stuff with the hydraulics, and how to do it pretty quickly," said Villanueba. "All in all, I've become pretty well rounded, and when I go home I will be better prepared to work with hydraulics and anything that comes up."

Villanueba originally came from the 300th Sustainment Brigade, but was picked up to join the 238th SMC on their deployment, he said.

"It's a lot of hard work, and can be a bit stressful sometimes because there are a lot of parts that are hard to get to and difficult to take off," he said. "But, at the very end of the day, let's get [this] done, and get it all back together again and get it out of here."

Some of the issues the 238th SMC experience are mostly electrical, or wear and tear, tires, or just the normal aging due to their constant use, said Villanueba.

The 238th shop has repaired more than 100 HETs already, and are looking at continuing their flow, said Nunemaker. And, with the order from the 310th ESC to get these trucks back on the road, that number will continue to increase.

"We have done outstanding, especially [considering] the conditions," said Nunemaker. "We are dealing with days where it reaches 128 degrees in the sun. I mean these bays are nice, but it still reaches 115 degrees in here. We do have a constant shift, three shifts working and 24-hour operations, [and] we are doing the best we can under the conditions that we are under."

For the mechanics and Soldiers, it is not only about repairing a truck; it's about assisting their fellow Soldiers and getting the overall job done.

It is absolutely vital to get these trucks back on the road because this equipment is part of the reposturing procedure to basically leave the smallest footprint in theater that U.S. forces could possibly leave, said Nunemaker.

As equipment is moved throughout Iraq, the HETs will remain a cornerstone to the reposturing effort. And because of that, the Soldiers of the 238th SMC will remain busy.

"The thing to remember is that maintenance [units], we don't exactly get all the press, but the thing to remember is that we get a lot of emails from down south from other units that drivers would be doing a lot of walking if it wasn't for us," Nunemaker said.



For some jobs, it takes multiple Soldiers to repair one Heavy Equipment Transporter, and the camaraderie and teamwork of the 238th Support Maintenance Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, help make jobs like moving an engine by crane an easy task.

Medic is no stranger to close calls

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

JOINT BASE BALAD, Iraq - Staff



Sgt. Karl Johnson, a medic for Alpha Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary

Sustainment Command, and a native of Vancouver, Wash., is no stranger to close calls in a combat zone.

During two previous tours to Iraq, Johnson, survived two improvised explosive device explosions. He emerged unhurt from a building after a rocket propelled grenade slammed into it, and also acknowledges that he has been shot at a few times in the past. And, still Johnson has managed to walk away from those brushes with fate, relatively unharmed.

In May, though, the stroke of luck Johnson enjoyed during his previous tours of duty, evaporated when the Mine Resistant Ambush Protected vehicle he was riding in struck an IED during a mission in Iraq.

In a modest ceremony at Joint Base Balad, Iraq, in early June, Johnson was awarded the Purple Heart Medal by Maj. Jason Lambert, executive officer for A Co., and a native of Hermiston, Ore., for injuries received during the IED attack.

"I think it was an honor to get to award a Purple Heart to a Soldier in the line of duty," Lambert said.

While portions of the IED episode are still vivid, Johnson said he cannot recall the initial blast.

"I opened my eyes and saw smoke," Johnson said.

Moments later, Johnson said, he felt the pain from a wound to his leg and realized this time at least, he was going to be a patient while someone else played the role of first-responder.

Johnson said while his wound was not life-threatening; but, it was painful and knocked him out of action. The quick response of his MRAP crew, he said, made all the difference.

"I was thankful for the guys on the truck," Johnson said.

He also said the Combat Life-Saver training many members of the 3rd Battalion completed before and during the current deployment paid off as he lay wounded in the back of the MRAP.

"I'm glad the CLS's were there," he said. "They remembered I had to stay awake."

One of the Soldiers who helped treat Johnson after the blast, Spc. Adam Doherty, a gunner for A Co.,. and a native of Pasco, Wash., attended a Combat Life-Saver class Johnson taught before the 3rd Battalion deployed. Two other Soldiers; Spc. Warren Webb, a driver for A Co.,. and a native of Hermiston, Ore., and Sgt. Eugene Bateman, a truck commander for A Co., and a native of Hermiston, Ore., helped tend to Johnson after the blast.

"I didn't have to prompt them much," he said

The CLS instruction was one of those crucial elements of training 3rd Battalion leadership had put special emphasis on before deployment. The prominence of the CLS education paid dividends the day Johnson's MRAP was hit, Lambert said.

"It is always critical to get our guys to have CLS training. Mainly so we are not dependent on just one first responder. It not only paid off but also helps with the confidence of our Soldiers. CLS's enhance the readiness of our troops," Lambert said.

Capt. Noah Siple, the commander for A Co., and a native of Caldwell, Idaho, said Johnson's Purple Heart is yet another example of the risk every Soldier who runs convoy escort missions must face.

"It is unfortunate they get Purple Hearts," he said. "But, the award [to Johnson] represents the sacrifice of everybody."

Johnson said he was lucky on a number of levels: lucky they were trained CLS Soldiers in his truck and that he was riding in an MRAP when the blast hit.

"The MRAP saved my life." he said.

Soldier feels her deployment is her patriotic duty to U.S.

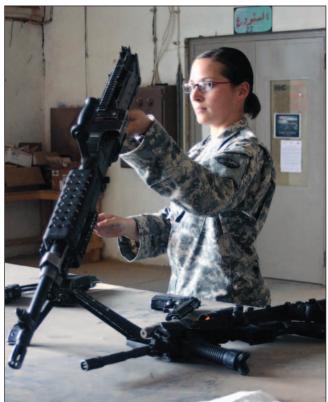
STORY AND PHOTO BY STAFF SGT. PAT CALDWELL 3-116 CAVALRY REGIMENT

JOINT BASE BALAD, Iraq – Spc. Crystal Gregan, a



driver and gunner assigned to Golf Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a native of Blackfoot, Idaho, does not mince words regarding

why she is stationed at Joint Base Balad, Iraq.



Spc. Crystal Gregan, a Mine Resistant Ambush Protected driver and gunner assigned to Golf Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Blackfoot, Idaho, disassembles an M-240B machine gun after a convoy mission at Joint Base Balad, Iraq.

"This deployment is my patriotic duty. I've always been proud of my country," Gregan said.

The reason she joined the military and came to Iraq was simple: Patriotism. Gregan stepped out of a management slot at Walgreens, a retail pharmacy store in Blackfoot, and into the role of a Soldier more than a year ago. The transition from citizen to Soldier carried its own unique challenges.

"In civilian life I tell people what to do, here I do what people tell me to do," she said.

Gregan said there are times, though, when as a lower ranking Soldier, and a female, it is important to ensure her voice is heard.

"Sometimes you have to go outside the bubble and say, 'This is what I think,'" Gregan said. Gregan said she's faced challenges since her deployment began but the experience she gained is invaluable.

"There have been times when I said, 'I hate this', but it has still broadened my horizons," she said.

While she enjoys her role as a Mine Resistant Ambush Protected vehicle driver, she also benefits from her time in the gunner's turret.

"I'm one of those people that if something goes down I want to be in a position to do something about it," she said.

Gregan also said Iraq has made a lasting impression during her deployment. The differences in the quality of life between the villages in Iraq and her hometown of Blackfoot are striking. Everyone, she said, should ensure they get an opportunity to see how other people in other countries live.

"Iraq is everything you see on TV. Many children don't have shoes or socks. It is really like that over here," she said. "I think every American should [deploy], so they get a concept of what they have at home. At some point in their lives they need to experience what the real world is all about."

Gregan said her year-long deployment helped her to reflect on her life and plan for the future. She already has framed a post-deployment plan.

"During this deployment, some of the time, I've had time to look at my life," she said. "I'm a goal-oriented person. I plan to go back to Walgreens, go back to Idaho State University. I'm not sure what I'll major in."

The challenges and triumphs all added into hard-earned and critical experience, she said.

"The military has given me the opportunity to meet a lot of different people," she said.

Maintenance shop is heart of trans. co.'s operations

STORY BY
SPC. CRYSTAL WILLIAMS
941ST TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER,



Iraq - Soldiers with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command make sure vehicles are ready for missions on

Contingency Operating Base Adder, Iraq.

Maintenance is up to the challenge to maintain all aspects of the motor pool. Whether it is changing a tire, fixing an engine, or even changing a valve for air; maintenance gets the job done.

With a non-stop schedule, vehicles must remain ready for the road in order to fulfill the demands of the mission.

"We work hard to make sure vehicles are ready for missions. Even though we work long hours, our best foot is put forward to ensure the vehicles are safe to drive," said Spc. Matthew Norton, a wheeled vehicle mechanic with the 941st Trans. Co., and a Mount Pleasant, S.C, native.

The motor pool is organized with three bays and an administration office that prints dispatches for vehicles to leave the motor pool.

"I print out dispatches for all vehicles leaving the motor pool," said Spc. Shameka Conyers, an automated logistics specialist with the 941st Trans. Co. and a Mount Pleasant, S.C., native. "I aim for accuracy and thoroughness in my job. I take my job seriously because these vehicles have to go outside the wire."

There are a variety of aspects to go along with maintenance. Soldiers don't waste any time correcting what they have control over. The hours vary for the motor pool.

"The latest we have ever stayed was until 1 a.m.," said Spc. Elgen Collier, a petroleum supply specialist with the 941st Trans. Co. and a Griffin, Ga., native.

Even though the Soldiers are well trained in their job, some training can only be learned on deployment. Whether it's the smallest problem or a mind boggling issue, experience can take you a long way in maintenance, especially because of the complexity of most of the equipment these Soldiers repair.

Multiple tours give Soldiers perspective of Iraq's progress

STORY BY 1ST LT. JAMAAL SMART 89TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE



SPEICHER, Iraq – Few people would have guessed eight years later, that Soldiers part of the initial arrival of U.S. forces in 2003, would still be serving in Iraq today.

Several Soldiers from the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, have experiences in both Opera-

"Sandbagged floors, non-existent vehicle armor, and flak vests were all we had," said 1st Sgt. Denise S. Fisher, 1st Sergeant for the 89th

tion Iraqi Freedom and Operation New

Trans. Co. and a native of San Antonio, Texas.

She said that in the first days of the war, convoying through open desert without the aid of GPS units was common. Eight years later, technology is an immense variable in operations throughout Iraq.

"The days of .50 caliber weapons mounted in the back of 5-tons are over," said Staff Sgt. Darrell Craw, a squad leader and Heavy Equipment Transporter driver for the 275th CSSB, and a native of Atlanta, Ga.

The few Soldiers that are still around from the initial arrival seem to all share similar feelings, and are grateful the military has adopted innovative counter-terrorism measures.

"Most of us come from the days of eating out of mobile kitchen terminals, sleeping inside our trucks for days, and not having an abundance of anything essential," said Chief Warrant Officer 2 Kevin Turner, a maintenance officer for the 275th CSSB, and a native of Bronx, N.Y.

Most of the experienced noncommissioned officers and officers agree that Soldiers supporting Operation New Dawn have better living conditions than those who served in the initial invasion in spite of the

The experiences shared through Operation Iraqi Freedom and Operation New Dawn has varied immensely in the past decade. With advancements in vehicles, weaponry and tactics, Soldiers today are far



Staff Sgt. Steven Waddell, an operations noncommissioned officer and the load master for the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Fayetteville, N.C., inspects a convoy of Heavy Equipment Transporters July 10 on Contingency Operating Base Speicher, Iraq, before a combat logistics patrol.

better prepared for the missions to come. The combat veterans still serving today had the distinct duty of seeing both offensive and reposturing operations. No matter what

the name of the campaign, Operation Iraqi Freedom and Operation New Dawn have transformed the lives of Soldiers and their

Soldiers maintain ESC's readiness

Story and Photo by SGT. EDWIN GRAY EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq - Surrounding



a dark, gloomy, oily garage are several power generators and vehicles that need minor adjustments or that are deemed unserviceable.

The vehicles range from non-tactical cars, vans and trucks to Mine Resistant Ambush Protected vehicles and forklifts. Every day, a small group of six Soldiers respond to the call for servicing this troubled equipment.

Inside of the dark shop are many smiles lighting up the room, laughter from jokes, and sweat from continuous hard work. Averaging at times between one to three items an hour being brought in for repair, these Soldiers find time to enjoy the day and accomplish their operations.

The 310th Expeditionary Sustainment Command's mission, at times, lie on the shoulders of these mechanics and their capability to accomplish their mission. One example of that is a forklift with an unbalanced alignment between the two forks, which was brought into the shop to be repaired. It was deemed unserviceable but is

needed to palletize and move equipment for the 310th ESC. It is the only one owned by the 310th ESC and is essential to the reposturing of forces mission. With just a wrench and the leadership of

Staff Sgt. Brian Fialek, a wheeled-vehicle mechanic and a Twin Lake, Mich., native, the five mechanics successfully performed the needed maintenance to the forklift to re-deem it as serviceable.

Spc. Dayln Jenkins a wheeled-vehicle mechanic and Indianapolis, Ind., native; Spc. Paul Mercer, a truck driver and fueler from Chillicoche, Ohio; Cpl. Nicholas Wills, a power generation equipment repairer and Airport, Ohio, native; Pfc. Caleb Chapman, a wheeled-vehicle mechanic and Brownsburg, Ind., native; and Spc. Nicholis Boyer, a fueler and a truck driver and a Sisera, Ind., native, all worked in the shop with Fialek.

As Reservists, the jobs these Soldiers are performing aren't the everyday jobs they normally would do back home. Boyer and Mercer were both truck drivers prior to some recent classes, qualifying them to deploy with the maintenance shop.

Boyer said he had never seen most of the equipment he's currently using prior to June of last year, because he was originally a truck driver. He also said his transition to being tasked to fix the vehicles he used to drive was a great opportunity, and he's grateful to be a part of such a busy but relaxed atmosphere.

They have had a smooth transition and have successfully accomplished their missions. They arrived with several vehicles already needing repair, broken equipment being brought in for service at least once every hour and with a short deadline.

"We started out with nine MRAPs, two Light-Medium Tactical Vehicles, two Humvees and one forklift," said Fialek. "Once you get the vehicle and you determine it's non-mission-capable, you need to figure out why in 24 hours and have a plan of action or solution to fix the problem within 24 hours."

After approximately four months of deployment, the crew serviced several vehicles and generators, providing a more secure line of travel for the 310th ESC. They have maintained a lot of the unit vehicles' annual maintenance and provided their expertise on minor and major vehicular problems.

"[I've seen] some problems, but they weren't from human error, but most of the errors were just because of the types of vehicles they are," said Jenkins. "I mainly provided annual and basic services to keep the vehicles well maintained to prevent something from going wrong."

Five of the six Soldiers are qualified for multiple military jobs. Many of them are enjoying the opportunity to actually do their jobs. Prior to their deployment, they rarely were able to get their hands dirty due to being Reservists, and those rare experiences came during their once-a-month weekend battle assemblies.

"Finally getting to exercise my military discipline is purposeful, educational and deserving after four years of drilling," said Wills. "The priority of finished product is the biggest change from drilling to deployment. If something is broken it needs to be finished and the status of it needs to be reported and recorded."

When asked how do they accomplish so much in so little time and how do they feel after finishing a task, they are mostly straightforward but modest.

"We are just five Soldiers and a wrench," said Boyer.



Spc. Dayln Jenkins, a wheeled-vehicle mechanic and an Indianapolis, Ind., native, with the 310th Expeditionary Sustainment Command, services a non-mission-capable forklift. Jenkins and five other mechanics worked on the broken vehicle, the only one the 310th ESC owns, as it is needed to palletize gear and equipment for the reposturing of forces mission.

Provincial police discuss progress

STORY AND PHOTO BY
SGT. DAVID STRAYER
UNITED STATES DIVISION-NORTH

CONTINGENCY OPERATING SITE WARRIOR, Iraq

Members of the Provincial Police Transition Team, 1st Advise and Assist Task Force, visited the Dibbis district police station July 6 northwest of Kirkuk City, Iraq.

Lt. Col. Steven Hughes, Team Chief for the Provincial Police Transition Team, 1st AATF, toured the Dibbis police headquarters and met with Lt. Col. Moayed Bakir Sidiq, Dibbis chief of police, to discuss progress, the current state of affairs and future plans for the district.

"Working with the police forces in the province has been the mission of the Provincial Police Transition Team," said Hughes, who calls Big Springs, Texas, home. "Our whole goal has been to help the police in the area make the transition to being completely self-sufficient and independent from U.S. Forces."

The PPTT, working with the Dibbis police force since February, identified areas where they could assist in improving the policemen's skills.

"We have been coming out here to Dibbis since February," said Sgt. Patrick Tucker, team leader with 272nd Military Police Company. "[We've] looked at things that we could . . . help these guys on like weapons maintenance, weapons training, and security methods."

Civilian law enforcement advisors, part of the PPTT, assist the Iraqi police in improving facilities and operations, as well as intelligence collection and logistics.

"Whenever the Provincial Police Transition Team comes out to Dibbis we come along and our expert advisors will go through and evaluate the systems and methods that the Iraqi Police have in place," said Randy Andrews, senior civilian police advisor to the Kirkuk chief of police. "If there is any advice or help we can give that will lead to them improving the way they conduct business, we do it."

Sidiq, recently appointed as chief of police, vowed to continue the strong work of his predecessor in improving the Dibbis police, who patrol one of the largest districts in



Lt. Col. Steven Hughes, team chief of the Provincial Police Transition Team, 1st Advise and Assist Task Force, 1st Infantry Division, toured facilities at the Dibbis police station July 6 with Lt. Col. Moayed Bakir Sidiq (right), Police Chief for the Dibbis police district, Kirkuk province, Iraq. During the visit, Hughes met with the newly instated police chief to discuss the state of operations in the district, progress made over past few months, and plans for the future.

Kirkuk province

"The Dibbis district police are currently running all their own policing operations in their area of responsibility," said Tucker, a native of Indianapolis. "These guys have improved greatly since February, and continue to look for ways to get better. They are out there issuing warrants and making arrests based on those warrants and going for evidence based on convictions - They are doing it the right way."

As U.S. forces decrease the size of their operational foot

print, Iraqi Police bear an ever-increasing level of responsibility for the security of the people of Iraq, with the long-term goal of guaranteeing internal security throughout the country.

"We are extremely impressed with the teamwork exhibited between the different agencies within the police force here in Dibbis," said Hughes. "Working together is going to help them accomplish the mission, as well as continually looking for ways to improve and evolve, which they have been doing."

ROAD: ESC begins setting up for Kuwait sustainment mission

Continued from pg. 1

"The challenge is not having two different missions from two different places, the challenge is having two different places focus on the same mission," said Raterman. "It's not split operations, it's dual operations."

The 310th ESC's operations in Kuwait will progress through three stages of capability: communication, functionality and the main base of operation. Establishing effective communication via NIPR and SIPR telephone and internet lines is the biggest priority for the first week the advance party is here.

"We have a strong G6 section working for us here," said Raterman. "Everything else is an issue, but we can't function without the computers."

He added that G6, or the information technology section, is heavily represented in the advance party because of the importance and relative difficulty of achieving network connectivity.

"If we threw something together and the network connection wasn't designed properly or the links weren't designed properly, you run into a problem where if you hook a computer to it, it drops off the network and then that person can't do their job," said Staff Sgt. Jason Cluts, senior information specialist with the 310th ESC, and a Payne, Ohio, native.

"Our goal is to set it up right, so it lasts a long time," he said.

Another main part of being missioncapable in communications is maintaining the security of an increased level of sensitive communication across national boundaries.

"No matter where you are, we have to make sure everything is secure and protected at all times," said Staff Sgt. Michael Stopyra, the senior intelligence analyst and network security noncommissioned officer-in-charge for the 310th ESC and a Las Cruces, N.M., native.

Four large tents comprise the workspace for 310th ESC Soldiers at Buehring: the Joint Operations Center, the Fusion Cell, the Administration and Logistics Operation Center and the 53rd Movement Control Battalion headquarters.

The Fusion Cell is headquarters for Support Operations, the biggest piece of a sustainment command, according to Master Sgt. John Robinson, Support Operations mobility noncommissioned officer-in-charge and a Prairie, Miss., native. The Fusion Cell accommodates mobility, ammunition, maintenance and supply sections of the SPO to

facilitate close cooperation among them.

"I'm here to make sure the Fusion Cell gets set up for the SPO so when they come down, they can make sure the force is being sustained," he said.

Part of the challenge of this mission is the inherent conflict between the need to sustain U.S. Soldiers in Iraq until the end and the need to constantly be reposturing personnel and materials out of Iraq.

"We're the first unit to see the problems, the situations, the obstacles, that every other unit coming here will have to face," said Raterman. "If it affects me, it's probably going to affect everyone else."

Raterman said the constant changes can disarrange months-old plans in an instant and that flexibility is among the most important qualities he needs in his Soldiers to make this transition work. He said it was wise to be here in advance to deal with the unexpected.

tude," said Robinson.

While they work has laying wires, gathering lishing relationships work of the 310th ESC's and know what they do not said Robinson.

"A unit might come here, fall under our command, and still fall under [United States Forces-Iraq], and be living on someone else's base," he said. "There may be many commands to fall under, but who is really responsible for getting the Soldiers a place to sleep?"

Establishing clear lines of authority

and clarifying areas of responsibility is a top priority for the advance party as they establish relationships with the key players outside the 310th ESC.

Despite and perhaps because of the challenges they face, leaders in every section of the 310th ESC advance party expressed confidence they will be mission-capable within their deadlines.

"It's amazing to see how flexible everyone is in their missions, and they're still able to overcome and achieve it," said Raterman.

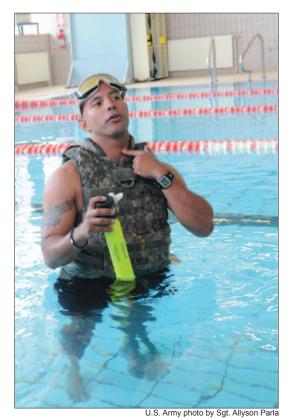
"The group of Soldiers they sent down is motivated, hard-working, they might not work in SPO, but they've got the right attitude" said Robinson

While they work hard setting up the tents, laying wires, gathering supplies and establishing relationships with new units, Soldiers of the 310th ESC's advance party in Kuwait know what they do now will have an impact on the future of the Army.

Raterman said that what the 310th ESC is doing to prepare dual-base operations will have a lasting effect on contingency operations of the present and future. Units will learn from what the 310th ESC is doing and will use the process as a guide for future retrograde operations.



Sgt. Christian Delgado (right), a gunner for the Personal Security Detachment for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Queens, N.Y., watches Spc. Michael Blount, a driver for the PSD and a native of Egg Harbor Township, N.J., practice breathing techniques before completing the underwater egress training on Joint Base Balad, Iraq, July 9. The training aimed to prepare Soldiers with the skills, knowledge and confidence to deal with a real underwater escape situation.



Sgt. Christian Delgado shows the proper use of a compressed air tank and the risks associated with using compressed air July 9 during underwater egress training on Joint Base Balad, Iraq.



Sgt. Christian Delgado (right), a Personal Security Detachment gunner for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Queens, N.Y., demonstrates breathing using a compressed air tank and navigating through an underwater obstacle course as he is guided by Spc. Zachary Schechner, a gunner for the PSD of the 77th Sust. Bde., and a native of Tinicum, Pa., on Joint Base Balad, Iraq, July 9 as part of underwater egress training.

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ticle egress training at Joint Base Balad prepares Soldiers traveling on qi roads for conditions that may be present during a rollover near water

STORY BY
SGT. ALLYSON PARLA
77TH SUSTAINMENT BRIGADE

BASE BALAD, Iraq – Iraq is sometimes referred to as "Belad al Rafidain", or "the country of two rivers", referring to the Tigris and Euphrates rivers that connect in southern Iraq in an area known as the Basra province. The rivers have historically been an important of troute in a largely desert country.

and convoy operations, Soldiers stationed at Joint alad often pass through areas surrounding these to help protect and prepare them in case of a vehicle or submersion, approximately 20 Soldiers with the astainment Brigade, 310th Expeditionary Sustain-Command participated in shallow-water egress here at the indoor pool July 9. The class was aimed are Soldiers with the skills, knowledge and confided with a real underwater escape situation.

Instructors worked hard to create a scenario as close ble to what would actually occur while travelling he Resistant Ambush Protected vehicle rolling over ody of water. The students were tasked to complete rwater obstacle, equipped with body armor, "black agles, and an Army Combat Helmet, said Sgt. Christigado, a gunner for the Personal Security Detachth the 77th Sust. Bde., instructor for the class, and ins, N.Y., native. Delgado was joined by another or, Spc. Zachary Schechner, a gunner for the PSD 17th Sust. Bde. and a native of Tinicum, Pa.

ing the Soldiers on rollover procedures when travn roads close to water, is essential to ensure that everyone in the vehicle is able to escape with minimal injuries, said Sgt. 1st Class Marc Acevedo, the noncommissioned officer-in-charge of operations for the PSD with the 77th Sust. Bde., and a native of Somerset, N.J.

Delgado, a former Navy diver knows the importance of underwater egress training.

"We have to do this training because it's going to save our life," said Delgado. "For me, it's not about going under water and breathing for 30 seconds—anybody can do that. If you actually roll over it's going to be pitch black, and you're just not going to be able to see anything."

The idea was for the Soldiers to feel as close as possible to what would happen in a real life situation, and prepare for the worst case scenario.

Equipped with more than 30 pounds of protective equipment and having no visibility underneath the water, the Soldiers were tasked to breathe underwater using a compressed air tank. Using their fingers to feel for a cord located at the bottom of the pool, they felt their way through an obstacle, an improvised egress hatch made from a hollowed out garbage can cover.

"The garbage can is four inches smaller than the [actual] egress hatch," said Delgado, who once held the job of diving underneath nuclear submarines for the Navy while stationed in Connecticut. "If they can fit through that, then they can get through an actual hatch."

Many Soldiers have difficulty maneuvering out of the MRAPs during escape drills using an egress hatch in broad daylight, added Delgado.

One of the major concerns conducting the training is making sure that the Soldiers are safe at all times, because water egress training carries a high potential for hazards.

A Soldier's tendency to panic underwater in a stressful

situation can easily lead to death by drowning, said Delgado.

Panicking can cause one to hyperventilate, which in turn creates carbon dioxide. Breathing in compressed air and not properly surfacing can lead to arterial gas embolism, the condition that causes gas bubbles in an artery, which may stop blood flow to an area fed by the artery.

"It can happen even in five feet of water," said Delgado. "People can die, [and] people have died."

The class proved to be successful, as 100 percent of the students who participated passed.

"I think they kind of underestimated it. They thought it was going to be easy," said Delgado.

Some of the Soldiers did not know what to expect during the training.

"At first, I was a little nervous when I did it the first time", said Spc. Michael Blount, a driver for the PSD with the 77th Sust. Bde., and a native of Egg Harbor Township, N.J. "The second time, I was able to succeed."

Although training certification is needed just once to travel off base, Delgado believes that in order for Soldiers to be competent and comfortable underwater, one must continue to train.

"It's not a one-time deal. Whoever is not comfortable with the training will go through it until they feel comfortable," said Delgado. "Once they say, 'this is too easy,' then I know they're good to go."

While the Tigris and Euphrates rivers will always pose a threat to service members travelling on the road, the Army takes great pride in reducing the risks associated with threats. When it comes to training, there can never be enough.

Muscle memory, or learning by repetition, is critical for the success of the mission, said Blount.

Iraqi Army unit enhances route clearance skills with U.S. training

Story and photo by Sgt. David Strayer United States Division-North

K1 TRAINING CENTER, Iraq – Iraqi Army Soldiers of 12th Field Engineer Regiment graduated a route clearance training course during a ceremony at the K1 Training Center, Kirkuk province, Iraq.

The two platoons that comprise the regiment have been conducting combined operations and training with 1st Advise and Assist Task Force, 1st Infantry Division, for the past seven months.

Having conducted their final evaluation lanes and graduation ceremony, the Iraqi Soldiers of 12th FE Regt. accepted the mantle of responsibility for the route clearance mission in Kirkuk province.

"Our primary mission out here has been to conduct combined route clearance missions with the Iraqi Army," said Sgt. Matthew Davis, Charlie Company, Brigade Special Troops Battalion, 1st AATF. "After combined operations, our next focus was training. We went through all the battle drills and training with these IA [Soldiers] that we do ourselves."

Iraqi field engineers were not completely unfamiliar with the combat engineer and route clearance arena, said 1st Lt. Brandon Jones, route clearance platoon leader for C Co.

"These Iraqi Army Soldiers have been conducting route clearance type missions, in some capacity, for one to two years prior to us actually starting our training with them," said Jones. "They had a grasp of the basics. We introduced a lot of our techniques and procedures and training methods to help them refine the way they train and operate."

"Devil" Task Force Soldiers of C Co. not only trained Iraqi Soldiers during classes, but also provided on-the-job training during combined missions, allowing the trainees to witness U.S. forces' route clearance methods first-hand.

C Co. began serving as the primary route clearance team for Contingency Operating Site Warrior and K1 after deploying to U.S. Division – North last year.

"When we first started with them, we had to break them down to basic knowledge for some things to give them a solid foundation," said Jones. "After seven months, however, of running missions with us and training three to four days a week, I feel completely confident in their ability to conduct the route clearance mission here without any help."

There are still things to be learned along the way, Jones said, but overall the Soldiers of 12th FE Regt. are going to continue to improve and develop to become a very successful route clearance unit.



Iraqi Army Soldiers from 12th Field Engineer Regiment stand in formation during a graduation ceremony for the engineers at the K1 Training Center, Kirkuk province, Iraq. The Iraqi Army Soldiers of the field engineer platoons conducted combined operations and training missions with U.S. forces during the past seven months.

Military working dogs keep up with training

Story and photos by Sgt. Justin Naylor United States Division-North

CONTINGENCY OPERATING BASE WARHORSE,



Iraq – Traversing over mounds of dirt and broken rocks as easily as most people walk down a paved road, nose to the ground and ears alert, the large, sleek dog easily found what he was looking for – a box of explosives.

The dog's handler, not a terrorist network, planted the explosives for training purposes, and to send a message – it's hard to hide from a military working dog's nose.

To help keep themselves and their dogs proficient, Sgt. Stanley Daniels, a military working dog handler with 385th Military Police Battalion out of Fort Stewart, Ga., and Spc. David Collett, a military working dog handler with 91st MP Detachment out of Fort Polk, La., both attached to 2nd Advise and Assist Brigade, 1st Cavalry Division, conducted aggression and explosives detection training at Contingency Operating Base Warhorse, Iraq, July 7.

"It's very important that we keep the dogs up on their training," said Collett, a Douglasville, Ga., native and the handler for Gijs, a Belgian Malinois. "That way, when we get out in the real world, we can do our job effectively."

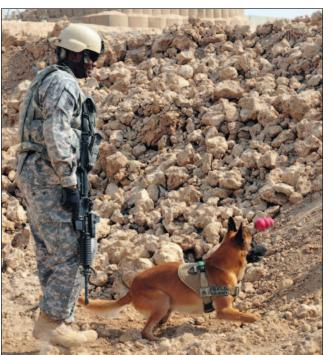
During the aggression training, one Soldier handled a dog while the other, wearing a thick armguard for protection, played the role of a potential terrorist.

After brief questioning, the role player fled. The dog chased him down, bit and held the armguard until the handler gave the dog the release command.

This training ensures the dogs can effectively slow down subjects that might attempt to flee the scene while being questioned by Soldiers, explained Daniels, a Chicago native and the handler for Bentley, also a Malinois.

Following the aggression training, Daniels walked Bentley to a large field where a box of explosives lay hidden. As Daniels walked, Bentley searched in a circular pattern until he eventually came to the location of the box, and then sat down to inform Daniels he found it.

"We can search fields, open areas, buildings or vehicles,"



Sgt. Stanley Daniels, a military working dog handler from Chicago serving with the 385th Military Police Battalion out of Fort Stewart, Ga., attached to 2nd Advise and Assist Brigade, 1st Cavalry Division, rewards Bentley, his military working dog, with a chew toy for finding a box of explosives during training at Contingency Operating Base Warhorse, Iraq, July 7, 2011.



Spc. David Collett, a Douglasville, Ga., native, and military working dog handler with the 91st Military Police Detachment out of Fort Polk, La., attached to 2nd Advise and Assist Brigade, 1st Cavalry Division, attempts to flee from Bentley, a military working dog, during training July 7 at Contingency Operating Base Warhorse, Iraq.

explained Daniels.

The dogs fit in smaller spaces than Soldiers can, allowing them to search places a human might not be able to, he added

"[Explosives] detection is very, very important," said

When a unit requests assistance, it is often to help track down explosives and weapons caches, so handlers have to keep the dogs extremely proficient at these skills, he continued

Daniels and Collett train with their dogs as frequently as their mission in support of Operation New Dawn allows.

If the dogs do not train on a subject for a while, they might not be as accurate and attentive as handlers need them to be, explained Daniels.

"While we're on deployment, we need the dogs as sharp as possible," he continued.

If the dogs and handlers are not trained proficiently, anyone on the mission, including the dogs, could be hurt, Daniels explained. Training ensures that our teams are mission capable whenever we are called upon, he added.

For Soldiers who have worked with the canine counterparts, the benefits of military working dogs and their handlers are clear.

Between searching for explosives and halting fleeing suspects, the life of a working dog can be quite dangerous, making proper training for the dogs and their handlers all the more important.

During his last deployment, Maj. Ian Palmer, executive officer for 2nd AAB, said his unit requested assistance from military working dog teams several times per week. He said Soldiers used dogs to find weapons caches, hidden personnel and narcotics.

"They serve a lot of different purposes," said Palmer. "Commanders want to have those capabilities."

Army medics teach CLS refresher course

STORY AND PHOTO BY SPC. TERENCE EWINGS United States Division-North

CONTINGENCY OPERATING SITE



MAREZ, Iraq — Combat medics assigned to Charlie 27th Brigade Company, and Assist Brigade, 1st

Cavalry Division, conducted a Combat Life-Saver course for service members stationed at Contingency Operating Site Marez, July 4-8.

During the five-day medical refresher course, the service members trained on how to treat a casualty until professional medical help arrives.

"Two of the most important things that Soldiers need to know are how to protect themselves while moving a casualty to safety and how to apply their CLS skills to potentially save another person's life, and that is what we teach here," said Sgt. Brenda Goode, combat medic assigned to Company C, who calls Comanche, Texas, home.

The medical lifesaving skills taught throughout the course are invaluable and perishable skills on the same level as most civilian emergency medical technicians, said Goode, currently on her second deployment

to Iraq.

Goode and other 27th BSB "Rough Rider" combat medics trained the U.S. Army Soldiers and Air Force personnel on how to assess casualties, control bleeding, restore a blocked airway and prepare patients for medical evacuation, if needed.

The service members tested their abilities Support Battalion, 4th Advise to use medical items found in the improved first-aid kits attached to their ballistic vests. such as the combat application tourniquet, which is used to control bleeding.

> "The goal of this training is to make sure [the service members] understand the basics of tactical combat casualty care, which allows them to medically treat the patients as the first responders on the scene," said Staff Sgt. John Schmidt, squad leader for Medical Evacuation Platoon, Company C, and native of St. Louis, Mo.

> Schmidt, senior instructor for the CLS course, ensured service members understood how to treat the three main areas of preventable combat deaths on the battlefield: bleeding, lung collapse and airway blockage.

> "It makes me feel good to be able to teach these guys and watch them grow," said Schmidt, currently on his fourth overseas tour. "By the time they leave this class they are trained, certified combat lifesavers, and

you can't put a price on that."

assigned to the Air Force Financial Manage-

ment Detachment, attended CLS classes Tech Sgt. Tesha Bailey, an Airman before and feels the course taught by the 27th BSB as one of the better refresher courses.

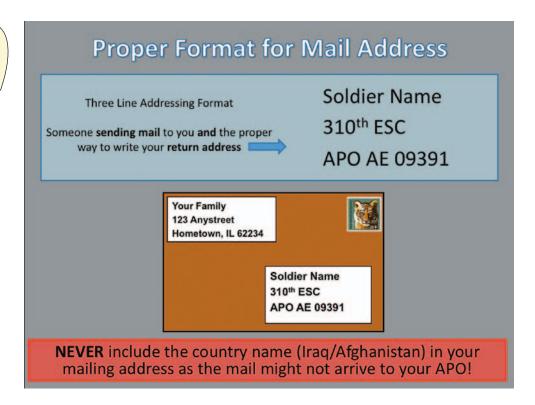


Sgt. Brenda Goode (left), a combat medic assigned to Company C, 27th Brigade Support Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, teaches an Airman with the Air Force Financial Management Detachment from Ohio how to treat a sucking chest wound July 7.

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.

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- 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.







Grab that lighter fluid; it's time to go grilling

By Spc. Matthew Keeler Expeditionary Times Staff



As the hot weather continues here in Iraq, we start to think about summer back home. With the summer nearly half over

and the approaching cooler weather in view, most folks turn to big end-of-the-season parties. Opportunities for celebrations to appease the "sun god" are only available for a few more days, as the creeping fingers of fall are fast approaching.

Now for those of us who enjoy the hair on our eyebrows and do not like the taste of burnt hamburgers, this week we are going to discuss some grilling tips to wrap up our summer help tips.

Before we even get started, the most important part of cooking is making sure that you clean the grill first. For the sake of this article, we will discuss cooking with a charcoal grill. The good news about cleaning a charcoal grill is that when the cooking is finished, you can safely dispose of the remains of the charcoal bricks, but that isn't the whole story.

Depending on what you are cooking, food might drip down and mark the inside of your grill, or harden along the grill's grates. Leaving these blackened lumps could contaminate the new food that you place on the grill the next time you cook. To solve that issue, just take a wire brush and scrub the grates like you might clean the stove in your house.

Derrick Riches, About.com barbecue & grilling Guide, discusses that if you take care of your grill with the same care and concern that you clean your stove in your house, then your grill would always be cleaned and ready to go.

Another important factor is the preparation cleaning of the food itself for cooking. With the discovery of health hazards like E. coli, we understand that preparing raw chicken must be on its own separate, clean cutting board and plate. The same can be said with raw meats and vegetables. By placing

these foods on the same tray, bag or plate, you risk the chance of cross-contamination and spreading harmful bacteria.

Now cross-contamination can sound more dangerous than it might be in some cases. The danger of food-borne illness could prove harmful and disastrous at a party. Is that how you want to be remembered at the end of summer, as the grill master who burned off his eye brows and then poisoned one of your friends? Make it easy, just seal the foods in different bags in your refrigerator and then utilize different plates when cooking and then new plates when you have food coming off the grill, to guard against raw food bacteria getting on your cooked food.

The final step, which is the trickiest, is the actual grilling portion. For many, this should be a class taught in high school as Grilling 101, because many of us have some issues with the caldron of fire. And we have witnessed the blank look of fear when a novice grill master burns a few hot dogs or is unable to get the grill lit. Good thing they invited a Jedi grill master to the party, right?

With a charcoal grill, make sure that you spread the bricks around beneath grates to ensure an even spread of fire and flame. Many grill experts might stack a portion to the left or right to make a hotter section of the grill to help cook little foods while a steady heat for longer foods in another section. The issue is to make sure you cook foods thoroughly but do not burn them

Shereen Jegtvig, About.com Nutrition Guide, states that cooking meats at high temperatures (charring them) causes the formation of chemicals called "Polycyclic aromatic hydrocarbons" and "hetrocyclic amines"—both of which are linked to a higher risk of some cancers.

Long story short, cut off pieces that are burned too badly, ensure that all food is cooked through properly before serving.

With a few of these tips, go forth and do good things, but remember to watch those eye brows: They take a while to grow back.

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 Street

What are your favorite summer activities back in the States?



"I enjoy going to the lake, be it for fishing or swimming. I'd go all day if I could."

Pfc. Clifton Myers is a radio telephone operator for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Houston, Texas, native.



"I take my son to the park and the carnivals. He likes to ride in the bumper cars. I also bring him to the zoo in Waco, Texas. He loves the monkeys there."

Staff Sgt. Duane Duke is the brigade aviation element noncommissioned officer-in-charge for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Nashville, Tenn., native.



"I have a big family, so we gather for cookouts and parties during the summer. I also spend time with my husband, children and dogs by going to the lake."

1st Lt. Lucyana Roldan is the brigade strength manager with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and is a Cabo Rojo, Puerto Rico, native.

THEATERPERSPECTIVES

Members of "Task Force Devil," 1st Advise and Assist Task Force, 1st Infantry Division, along with the Kirkuk Provincial Police Transition Team, attended a ribbon-cutting ceremony and tour of the newly equipped Criminal Evidence Unit's forensics laboratory July 5 in Kirkuk City, Iraq. Provincial investigative judges and the provincial director of police, Maj. Gen. Jamal, observed the ribbon cutting, and demonstrations of the new equipment and capabilities of the CEU.

"It is extremely important that these judges have confidence and believe that the evidentiary packets and forensics reports that they receive are accurate and have been scrutinized to the most minute detail."

Maj. Edward Bahdi, 1st AATF

"We are stepping away from U.S.-conducted forensics capabilities and now the Iraqis are relying on their own systems."

Maj. Edward Bahdi, 1st AATF

"This is exactly the end state that we have all been working for."

Maj. Edward Bahdi, 1st AATF

"We want to aid these guys in better conducting their policing operations in the province."

Maj. Thomas Vece, PPTT deputy team chief

MILITARY GOGGLE LENSES:

In

Transition?

- Transition-lens technology uses electrically charged polymers that darken when exposed to light
- Greg Sotzing, a chemistry professor at the University of Connecticut, works with transition lenses for sunglasses and has gotten the attention of the U.S. military
- Military officials are looking to help prevent troops from having to switch lenses in their eye protection when moving between indoor and outdoor environments

Source: "The Army Times"

Graphic by Sgt. Benjamin D. Green

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:

1 3 9	2 4 6	5 8 7	7 5 3	6 9 1	8 2 4	7	9	3 6
9	4 6	8 7 4	3	1	4	7	1	6
_	6	7	-	1	4	5	_	
2	7	4	0	_		5	2	8
	-	-	8	5	9	6	3	1
6	8	1	2	7	3	9	5	4
5	9	3	1	4	6	8	7	2
8	5	9	6	2	1	3	4	7
4	1	6	9	3	7	2	8	5
7	3	2	4	8	5	1	6	9
Ę	9 5 1	9	6	2		3	7 4 8	7 5 9

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

Test your knowledge

- **1**. What famous document begins: "When in the course of human events..."?
- **2.** What current branch of the U.S. military was a corps of only 50 Soldiers when World War I broke out?
- 3. What game was created by French mathematician Blaise Pascal, which he discovered when doing experiments into perpetual motion?
- **4.** Who said: "I'm the president of the United States and I'm not going to eat any more broccoli"?

1. The Declaration of Independence 2. The U.S. Air Force 3. Roulette 4. George Bush

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)

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

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

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	Edge Weapons	Caribbean	8 p.m.	Hold'em:	Ping-pong	7 p.m.
POOL	& Stick Fight-	Night:	Friday	Mon., Fri.,	tourney:	Aerobics:
wim Lessons:	ing Combative	Friday	9 p.m.	2 p.m.,	Tuesday	Mon., Wed.,
Mon., Wed.,	Training:	8 p.m.	CC Cross Fit:	8:30 p.m.	8 p.m.	Friday
6 p.m.	Tue., Thur.,	Chess & Domi-	Mon, Satuday	8-ball tourney:	Foosball	7 p.m.
ıe., Thu., Sat.,	Sat.,	noes Tourney:	10:30 p.m	Tuesday	tourney:	Body by
6:30 p.m.	8-10 p.m.	Friday	Cross Fit:	2 a.m.,	Tuesday	Midgett Toning
quaTraining:	•	8 p.m.	Mon., Wed.,	8:30 p.m.	8 p.m.	Class:
Tue.,Thu.,	EAST REC-	Salsa Class:	Fri.,	Ping-pong	Jam Session:	Tue., Thu.,
7:30 p.m.,	REATION	Saturday	5:45 a.m.,	tourney:	Tuesday	7 p.m.
8:30 p.m.	CENTER	8:30 p.m.	7 a.m., 3 p.m.,	Tuesday	7:30 p.m	Dodge ball
•	4-ball tourney:	Poker:	6 p.m.	8:30 p.m.	8-ball tourney:	Game:
EAST FIT-	Sunday	Saturday	Tue., Thu.,	Spades:	Wednesday	Tuesday
NESS	8 p.m	7:30 p.m.	7 a.m.,	Wednesday	8 p.m	7:30 p.m.
CENTER	8-ball tourney:	1	3 p.m.	2 a.m.,	Guitar Lessons:	Furman's
Open Court	Monday	H6 FITNESS	Sunday	8:30 p.m.	Thursday	Martial Arts:
Volleyball:	8 p.m	CENTER	5:45 a.m.,	Salsa:	7:30 p.m	Mon., Wed.,
unday 6 p.m.	Karaoke:	Spin:	7 a.m., 3 p.m.	Wednesday	Game tourney:	Sun.,
Aerobics:	Monday	Sunday 9 a.m.	P90x:	8:30 p.m.	Thursday	1 p.m.
Mon., Wed.,	8 p.m.	Mon., Wed.,	Mon., Sat.	9-ball:	1 p.m, 8 p.m.	Gaston's Self-
Fri.,	Swing Class:	Fri., 2 a.m.,	4:30 a.m., 4	Thursday	Enlisted Poker:	Defense Class:
:30-6:30 a.m.	Tuesday	8 a.m. 2 p.m.,	p.m., 10 p.m.	2 a.m.,	Friday	Fri., Sat.
Yoga Class:	8 p.m.	7 p.m.,	Midnight	8:30 p.m.	1 p.m., 8 p.m.	7 p.m.
Mon., Friday,	Table Tennis:	9 p.m.	Soccer:	Karaoke:	Officer Poker:	Open court
6-7 a.m.	Tuesday	Tue., Thu.,	Tue., Thu.,	Thursday	Saturday	basketball:
tep Aerobics:	8 p.m.	5:45 a.m.,	8 p.m.	8:30 p.m.	1 p.m., 8 p.m.	Thursday
Mon., Wed.,	Plastic Models	9 a.m.,	Yoga:	Dominos:	Squat Compe-	7 p.m.
Fri.,	Club:	8:30 p.m.	Wednesday	Saturday	tition:	Open court
5:30 p.m.	Wednesday	Saturday	8 p.m.	8:30 p.m.	Saturday	soccer:
Conditioning	7 p.m.	9 a.m., 7 p.m.	MACP Level 1:	Darts:	8 p.m.	Mon., Wed.,
raining Class:	9-ball tourney:	Boxing:	Friday	Saturday		7 p.m.
Mon., Wed.,	Wednesday	Sunday	8 p.m.	8:30 p.m.	WEST FIT-	Zingano
Fri.,	8 p.m.	4 p.m.	5 on 5 Basket-		NESS	Brazilian Jui
7:15-8 p.m.	Dungeons &	Tue., Thu.,	ball:	WEST REC-	CENTER	Jitsu:
Brazilian Jui-	Dragons:	2 p.m.	Saturday	REATION	3 on 3 basket-	Tue., Thu.,
Jitsu:	Thursday	Boot Camp:	8 p.m.	CENTER	ball	8:30 p.m.
Mon., Wed.,	7:30 p.m.	Sunday		Green Bean	tourney:	
Fri.,	Poetry Night:	8:45 a.m	H6 RECRE-	Karaoke:	Saturday	CIRCUIT
8-9 p.m.	Thursday	Tue., Thu.,	ATION	Sun., Wed.,	7:30 p.m.	GYM
bs-Aerobics:	8 p.m.	7 p.m.	CENTER	7:30pm	6 on 6 vol-	Floor hockey:
Tue., Thu.,	6-ball tourney:	Power Abs:	Bingo:	9-ball tourney:	leyball	Mon., Wed.,
6-7 a.m.,	Thursday	Mon., Tue.,	Sunday 8 p.m.	Monday	tourney:	Fri.,
	-		_			



AFN SPORTS SCHEDULE



Wednesday 7/20/11

MLB: Oakland Athletics @ Detroit Tigers, Live 0200,

MLB: St. Louis Cardinals @ New York Mets, Live 0200, AFN I sports

Thursday 7/21/11

MLB: Texas Rangers @ Los Angeles Angels, Live 0500, AFN | xtra

MLB: Cleveland Indians @ Minnesota Twins, Delayed 1400, AFN I sports

Friday 7/22/11

MLB: New York Yankees @ Tampa Bay Rays, Live 0200,

MLB: Detroit Tigers @ Minnesota Twins, Live 0300, AFN I sports

MLB: St. Louis Cardinals @ New York Mets, Delayed 1400, AFN I sports

MLB: Houston Astros @ Chicago Cubs, Live 2100, AFN I sports

Saturday 7/23/11

MLB: Seattle Mariners @ Boston Red Sox, Live 0200, AFN I xtra

MLB: Milwaukee Brewers @ San Francisco Giants, Delayed 1400, AFN I sports

MLB: Oakland Athletics @ New York Yankees, Live 2000, AFN I sports

MLB: Atlanta Braves @ Cincinnati Reds, Live 2300, AFN I sports

Sunday 7/24/11

MLB: Chicago White Sox @ Cleveland Indians, Live 0200,

AFN I prime Atlantic

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

MLB: Chicago White Sox @ Cleveland Indians, Live 2000, AFN I sports

Monday 7/25/11

MLB: New York Mets @ Florida Marlins, Delayed 0400, AFN I xtra

MLB: San Diego Padres @ Philadelphia Phillies, Live 2000, AFN I sports

Tuesday 7/26/11

MLB: New York Mets @ Cincinnati Reds, Live 0200, AFN I sports

MLB: Los Angeles Angels @ Cleveland Indians, Delayed 1000, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Lockout would rob fans, rookies of preseason experience

By SGT. EDWIN GRAY EXPEDITIONARY TIMES STAFF



ets get ready to rumble," as famous ring announcer Michael Buffer would say for elite boxing and professional wrestling matches. The rivalry between the NFL's owners and players has been going on

for four months and recently passed the July 15 deadline to save the pre-season. It seems as if this rivalry has built up past the suits and ties, and it may be time for the two sides to put on the gloves like Rocky Balboa versus Ivan Drago.

Sports historians and broadcasters should have a lot of time to talk about the history of sports rivalries. So do I.

In all sports, the word "rivalry" intensifies the game. Fans not only love to see their teams beat their rivals, but many love just to see rivals clash. There are some grudges that aren't so appealing, like Tonya Harding and Nancy Kerrigan. The fued helped the popularity of figure skating but it also got Harding banned from U.S. figure skating.

The Yankees and Red Sox, have arguably the best rivalry in sports, so I wouldn't argue that it isn't in baseball. It has been going on since before I was born and it still exists. To go to a Yankees game with a Red Sox jersey on is like going to the North Pole with shorts and a T-shirt on. It is the same vice versa, or maybe worse, since Boston finally became good enough to compete with the Yankees to win a World Series approximately 10 years ago. Shortly after, the Yankees began attempting to steal Boston's base players acquiring center fielder Jonny Damon from the Boston lineup.

The Lakers/Celtics match-up may even be bigger. It also has just as much history and has had key player rivalries within it like Magic verses Bird. The two teams have 33 combined NBA championships. Boston has won 17 titles and the Lakers have 16. The rest of the league has only 32 championships, so I think that shows the importance of this rivalry.

The NHL allows fights during a normal game, so it's on when two rival teams like the Red Wings and the Flyers take the ice. It has been said that they hate each other so much that other teams' fans, when playing one of the two rivals, will cheer the other rivals name before their own team's.

The Ravens and Steelers are two rough physical football teams that seem to hate one another. I believe it is the best rivalry in football, next to the entire NFC-East's rivalry. Nobody in the NFC-East likes anybody else in the NFC-East.

It's like every man for himself, but since the owners and players have yet to settle their rivalry, why even talk about football?

The Reel Review

Bay's new 'Transformers' is great summer blockbuster

By Spc. Matthew Keeler Expeditionary Times Staff



ransformers: Dark Side of the Moon" is Michael Bay's third attempt at a great Transformers film, and in my opinion, the best

film in the trilogy. Bay, a director best known for his films that stray more towards special effects and explosions than actual "acting" and character development, finally found the correct blend of both in this TF movie. Let's talk about why.

Shia LaBeouf reprises his role of Sam Witwicky, a character who gets more face time than Optimus Prime, starts the film



Review: 4.5 / 5 stars

once more as a hapless young man. Even after he helped rescue the world twice and was awarded a President's medal, he still cannot find a job. But even without a job, he is able to land Carly Spencer, played by Rose Huntington-Whiteley this film's replacement of Megan Fox.

Whiteley, formerly a Victoria's Secret model, performs very well in her role, even if the part was based mostly on her outward appearance.

For once the plot does not focus solely on Sam, but on Sentinel Prime, the leader of the Autobots during the Great War for Cybertron. Ages ago, after creating a weapon that could change the war in favor of the Autobots, the ship carrying Sentinel and his newest weapon was shot down by Decepticons, and lost.

Fast forward to President John F. Kennedy, and an alert occurs that something has crashed onto the moon. In a rush to beat the Russians to get to the crash site, Kennedy declares that the U.S. will land a manned mission on the moon: In other words, the historical space race was created because of a crashed Autobot ship.

Jump another few years to Apollo 11, Buzz Aldrin and Neil Armstrong landing on the moon. While the moon is rotating and radio connection is lost to Earth, the two astronauts venture on a secret mission from the government to investigate the ship. They discover a cold and lifeless robotic form: Sentinel Prime.

The reason that the first two films were unable to mash with Bay's action oriented directing style is that the plot and the action did not cooperate.

In a film that stars giant robotic creatures, and humans, there can be only one main character. In a vain attempt, the first two films tried to mold a lot of characters as a group of most important, and in a film like this there can only be one.

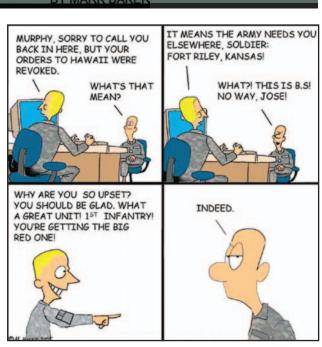
Another caveat that made this film better than the first two films was actual battle damage. In a weird and interesting way, a red blood/fuel-type glow emits from dying Transformers. I don't know how that factors into the mechanics of one of the Transformers, nor do I remember it from the first two films; But, when you see it happen the first time, it's pretty, well, something.

"Transformers: Dark Side of the Moon" gets a 4.5 out of 5, and for now could be the best action/ sci-fi movie of the summer.

PYT MURPHYS LAW...









Chief Cake Cutting

During a dinner celebrating the 93rd Army Warrant Officer Corps birthday July 9 at the Audie Murphy Room here, Chief Warrant Officer 5 Kenneth Foster, the command chief warrant officer for the 310th Expeditionary Sustainment Command; Warrant Officer 1 Aysu Cemebasi, the food advisor for the 77th Sustainment Brigade, 310th ESC; and Brig. Gen. Don S. Cornett, Jr., the commander of the 310th ESC; cut the birthday cake to symbolize the warrant officer's wealth of knowledge and the commitment to seek out mentorship, which is the strength of the warrant officer corps.

