

JOINT BASE BALAD'S  
**EXPEDITIONARY TIMES**  
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Vol. 1, Issue 15



**Civil Affairs  
 Team 621  
 provides aid  
 pages 8-9**

Photo by U.S. Air Force Staff Sgt. Mike Meares

A young Iraqi girl hurriedly walks to keep up with her mother's stride on their way to the new clinic Aug. 20 during a medical assistance visit by Iraqi and U.S. Forces. The medical team, assisted by Iraqi health care professionals, examined more than 200 patients during the MEDAV. Civil Affairs Team 621, Bravo Co., 96th Civil Affairs Battalion (Airborne), Fort Bragg, N.C., operationally assigned to Combined Joint Special Operations Task Force – Arabian Peninsula in support of Operation Iraqi Freedom, facilitated the humanitarian-aid distribution by Iraqi Security Forces.

**Singing voice**

Soldier releases some steam and competes in the 'Rising Star' competition

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**20,000 barriers to Baghdad**

165th Combat Sustainment Support Battalion moves much needed tools

Page 4



**Improving IA mechanics**

165th Combat Sustainment Support Battalion aim to improve Iraqi Army mechanics of the 6th Motorized Transportation Regiment.

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**168th Brigade Support Battalion holds noncommissioned officer induction ceremony**

by Spc. Michael Behlin

Expeditionary Times staff

**CAMP LIBERTY, Iraq** – The 168th Brigade Support Battalion inducted 22 new sergeants during a noncommissioned officer induction ceremony Sept. 20 at the Morale, Welfare and Recreation center on Camp Liberty.

During the ceremony, Command Sgt. Maj. Willie Tennant, the senior-ranking enlisted member of the 3d Sustainment Command (Expeditionary), spoke

*“The mission and task of being a NCO is one that is difficult ... but many before you have endured the challenges involved and I too expect you to be as successful as they were.”*

Command Sgt. Maj. Willie Tennant  
 3d Sustainment Command (Expeditionary)

to the NCOs on the importance of their newly achieved rank and the challenges that face them in the future.

“The mission and task of being a NCO is

one that is difficult,” said Tennant, “but many before you have endured the challenges involved and I, too, expect you to be as successful as they were.”

During the ceremony, Command Sgt. Maj. Miguel Rivera, 168th BSB, administered the charge of the noncommissioned officer to the inducted sergeants. This oath lists the responsibilities and duties expected of an NCO.

“As a noncommissioned officer, I accept the charge to observe and follow the orders and directions given by superiors acting according to the laws, articles and rules governing the discipline of the Army, I will correct conditions detrimental to the readiness thereof. In so doing, I will fulfill my greatest obligation as a leader and thereby confirm my

See **NCO**, Page 5

## PMO Blotter: 19 Sept. – 26 Sept.

**Contraband Violation:** An Airman from the 332 ESFS, while searching the vehicle of a foreign national contractor in the LVIS area, observed a piece of the vehicle's dashboard was out of place. A further examination turned up a hidden compartment in the dash where the FN had stored a cell phone, digital camera, and a digital media player, all in violation of the base contraband policy.

**Major Vehicle Accident:** An Airman, attempting to pull a fire truck out of the fire station made too sharp a turn as he was exiting the garage area and scraped the side of the truck against a support beam.

**Larceny of Bicycle:** A Soldier living in H5, N Pod, had his bike stolen sometime in the evening hours after he secured it with a chain to a bike rack. The bicycle was a red XR-75 Mongoose 21 speed mountain bike.

**Assault:** A male specialist approached a female private first class in the Castle Heights section of the installation and began kissing her neck and licking her ear without consent. The victim and suspect were in the same unit.

**Unauthorized Access to Female Latrines:** An unidentified black male, wearing an Army ACU uniform and carrying an M4 carbine rifle, entered the female shower area in H-4, E Pod. The male observed a female getting dressed and stated that he was in the wrong area and departed. PMO Commentary: Report it immediately anytime a male "accidentally" enters a female shower or latrine facility. Those who participate in such activity usually give the standard line that they did it by mistake; call PMO and let them figure out if it was a mistake or not.

**Breaking and Entering:** A DOD Civilian noticed that the door to the housing unit next to his in H-4, L Pod had been pried open. No victim was available at the time of the incident to determine if any items were missing.

**Contact the Provost Marshal Office:**  
NIPR- 443-8602  
SIPR- 241-1171  
Email- PMOdesk@iraq.centcom.mil

## 3d ESC staff judge advocate places 2nd in Rising Star

by Staff Sgt. Gary Hawkins

Expeditionary Times staff

**JOINT BASE BALAD, Iraq** – Most Servicemembers have something they enjoy doing after work to help them relax and release stress. Some play golf, work on cars while some read in a quiet place all by themselves.

Others find more creative ways to express themselves.

The service-wide Rising Star Competition is designed to showcase the musical talent of Servicemembers and government civilians around the world. The competition on Joint Base Balad concluded Sept. 14 with the top four competitors vying for a chance to win a demo CD opportunity in Las Vegas.

Maj. Deon M. Green, staff judge advocate for the 3d Sustainment Command (Expeditionary), placed 2nd in the event.

Green said she was reluctant to enter the competition because of the time demand on her job and because it wouldn't involve her passion, gospel music. She finally gave in after being asked to join the competition by Maj. Herald Owens, the H-6 housing area chaplain.

"I knew the competition he was talking about and said I would think about it, but I was reluctant to sing something other than church music," said Green. "I downloaded the application, printed it and it sat on my desk for two weeks."

She decided to fill out the application after another friend mentioned the competition to her and suggested she should enter.

"At that point, I felt it was something I needed to do, not just for me but to let people know they don't have to follow one path in life," said Green. "They can enjoy doing other things and should try."

Support came from her office and close friends. She was also counting on her friends to show up and support all the contestants and enjoy the music.

"I think it was a big step for her and I know she debated for a while before she decided to do this competition," said Maj. Lakeysia Harvin, SJA chief of claims for the 3d ESC. "She has that ability to bal-



Photo by Staff Sgt. Gary Hawkins

**Maj. Deon M. Green, staff judge advocate for the 3d Sustainment Command (Expeditionary), sings during the finals of the "Rising Star" competition here Sept. 14.**

ance this job, get away to practice and raise her hand to say 'I will do this and share my voice and my experiences with an audience because that's who she is.'

Picking gospel songs to perform is not a problem for Green - she has been singing in church since she was 14 years old. Picking country, pop, and rhythm and blues songs, however, turned out to be a much bigger challenge than she thought.

"Every week I would change the song two or three times," said Green. "You think you know a song and start to work on it and realize you know the chorus but the verse was much different than you thought."

Different genres of music also became an obstacle. Each week during the competition, the style of music each competitor was required to sing changed. One of her worst fears came true when they announced a country song would be re-

quired the next week.

"Sure enough, they announced country for the next week and I just (jokingly) passed out on stage," said Green. "I felt like I didn't know one country song, but I looked on the Internet and found 'I'm proud to be an American' by Lee Greenwood and thought, that's considered country and what better place to perform it than during this competition."

Seeing a different side of your friends or their talents can make for an exciting and rewarding evening.

"As an audience member, I could feel the energy and intensity of those Soldiers while they were performing," said Harvin. "They came together to perform so we were able to see a different part of their personality we don't hardly ever get to see."

See SING, Page 10

# EXPEDITIONARY TIMES

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**Mission Statement:** The Expeditionary Times Staff publishes a weekly newspaper with a primary mission of providing command information to all Servicemembers, partners, and Families of the 3<sup>d</sup> Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

**LEGAL ALERT**



DEPARTMENT OF THE ARMY  
HEADQUARTERS, 3<sup>d</sup> SUSTAINMENT COMMAND (EXPEDITIONARY)  
JOINT BASE BALAD  
APO, AE 09391

**3<sup>d</sup> ESC Military Justice Report**

In a Special Court-Martial convened this month, a Soldier was found guilty of Larceny (Eagle Cash Card).

- Soldier pled guilty to stealing \$1400 from other Soldiers' Eagle Cash Cards.
- Soldier received 1 month confinement
- Soldier received reduction from E2 to E1.

LEGAL ALERT

LEGAL ALERT

Sustaining the Line!

**LEGAL ALERT**

# Outstanding Soldiers



Photo by Spc. Ryan Hohman

Sgt. Joseph Tyler Dendy, a Woodland, Miss., native, as well as a member of the 602nd Maintenance Company, based out of Fort Hood, Tx., was awarded noncommissioned officer of the month here Sept. 23.



Photo by Spc. Ryan Hohman

Spc. Clifford Howard, a Carrolton, Ga., native, as well as a member of the 20th Quartermaster Company, based out of Fort Campbell, Ky., was awarded Soldier of the month here Sept. 23.



Photo by Spc. Michael Behlin

Maj. Richard Pope, a Goodlettsville, Tenn., native and deputy chief of bulk petroleum section, supply and services branch with the 3d Sustainment Command (Expeditionary), is congratulated by Brig. Gen. Michael Lally, 3d ESC commanding general, for being selected this week's "Hooah Soldier of the Week."

# WORSHIP SERVICES

**PROTESTANT – TRADITIONAL**

SUNDAY 7:30 A.M. AIR FORCE HOSPITAL CHAPEL  
9:30 A.M. PROVIDER CHAPEL  
10:30 A.M. FREEDOM CHAPEL (WEST SIDE)  
11 A.M. CASTLE HEIGHTS (4155)  
5:30 P.M. GILBERT MEMORIAL (H-6)  
7:30 P.M. AIR FORCE HOSPITAL CHAPEL

**PROTESTANT – GOSPEL**

SUNDAY 11 A.M. MWR EAST BUILDING  
NOON FREEDOM CHAPEL (WEST SIDE)  
12:30 P.M. GILBERT MEMORIAL (H-6)  
7 P.M. PROVIDER CHAPEL

**PROTESTANT – CONTEMPORARY WORSHIP**

SUNDAY 9 A.M. MWR EAST BUILDING  
10:30 A.M. GILBERT MEMORIAL (H-6)  
2 P.M. CASTLE HEIGHTS (4155)  
8 P.M. EDEN CHAPEL  
7 P.M. FREEDOM CHAPEL (WEST SIDE)  
8:30 P.M. FREEDOM CHAPEL (WEST SIDE)  
WEDNESDAY 8 P.M. GILBERT MEMORIAL (H-6)

**PROTESTANT – LITURGICAL**

SUNDAY 11 A.M. LUTHERAN-PROVIDER CHAPEL  
3 P.M. EPISCOPAL- LUTHERAN GILBERT CHAPEL (H-6)

**PROTESTANT --MESSIANIC**

FRIDAY 8:30 P.M. FREEDOM CHAPEL (WEST SIDE)

**PROTESTANT—SEVENTH DAY ADVENTIST**

SATURDAY 9 A.M. PROVIDER CHAPEL

**PROTESTANT—CHURCH OF CHRIST**

SUNDAY 3:30 P.M. CASTLE HEIGHTS (4155)

**ROMAN CATHOLIC MASS**

(SACRAMENT OF RECONCILIATION 30 MIN. PRIOR TO MASS)  
SATURDAY 5 P.M. GILBERT MEMORIAL (H-6)  
8 P.M. FREEDOM CHAPEL (WEST SIDE)  
SUNDAY 8:30 A.M. GILBERT MEMORIAL (H-6)  
11 A.M. PROVIDER CHAPEL  
11 A.M. AIR FORCE HOSPITAL CHAPEL  
MON-SAT 11:45 A.M. PROVIDER CHAPEL  
THURSDAY 11 A.M. AIR FORCE HOSPITAL CHAPEL  
MON,WED,FRI 5P.M. GILBERT MEMORIAL  
FRIDAY—HOLY HOUR 7 P.M. PROVIDER CHAPEL

**LATTER DAY SAINTS-(LDS)-(MORMON)**

SUNDAY 1 P.M. PROVIDER CHAPEL  
3:30P.M. FREEDOM CHAPEL (WEST SIDE)  
7 P.M. GILBERT MEMORIAL (H-6)

**JEWISH SHABBAT SERVICES**

FRIDAY 6 P.M. GILBERT MEMORIAL (H-6)  
SATURDAY 8 A.M. GILBERT MEMORIAL (H-6)  
6 P.M. GILBERT MEMORIAL (H-6)

**ISLAMIC SERVICE**

FRIDAY 12:30 P.M. PROVIDER CHAPEL

**PAGAN/ WICCAN FELLOWSHIP**

THURSDAY, SATURDAY 7 P.M. EDEN CHAPEL

**BUDDHIST FELLOWSHIP**

TUESDAY 7 P.M. EDEN CHAPEL

**PROTESTANT – SPANISH NON-DENOMINATIONAL**

SATURDAY 7:30 P.M. PROVIDER CHAPEL

SUNDAY 4:15 P.M. GILBERT MEMORIAL CHAPEL

**EASTERN ORTHODOX- DEVINE LITURGY**

SUNDAY 9 A.M. PROVIDER CHAPEL ANNEX

*\*Please note, schedule is subject to change.*

# 20,000 barriers into Baghdad



Photo by Sgt. Aaron LeBlanc

Flatbed trailers of the 68th Transportation Company, 165th Combat Sustainment Support Battalion, 1st Sustainment Brigade, are loaded with 16,000-pound concrete barriers and are ready to roll out the wire on a recent combat mission in support of an on-going push to improve the security of Sadr City.

by Sgt. Aaron LeBlanc

1st Sustainment Brigade

**CAMP TAJI, Iraq** – The implement of warfare most often – and most effectively – used by the Soldiers of the 165th Combat Sustainment Support Battalion doesn't even have moving parts. As it



turns out, the weapon

of choice for the logistics unit – in a fight characterized by front lines that seem to exist everywhere and nowhere – is millions upon millions of pounds of good old-fashioned reinforced concrete.

Since arriving in Iraq, and their assignment to the 1st Sustainment Brigade, one of the Louisiana National Guard battalion's main efforts has been hauling concrete in the form of massive rebar-laden barriers, all over Baghdad.

These barriers are strategically placed to form solid walls of concrete, forcing insurgents to engage Coalition Forces on preconditioned terms, or not at all.

"In an effort to reduce the possibility of improvised explosive device attacks upon Coalition Forces within Multi-National Division – Baghdad," said Lt. Col. Randall Bradford, the commanding officer of the 165th, and native of Alexandria, La., "the 165th CSSB continues to conduct barrier transportation in support of em-

*"We've been able to reach this point through our incredible sense of cooperation and teamwork."*

Maj. Randy Green  
165th Combat Sustainment Support Battalion

placement operations."

Bradford explained that, along with reducing risk of IED attack, the barriers serve to cut off exit avenues for criminals trying to stage attacks against Coalition or Iraqi Forces.

"When the enemy runs away from combat, there won't be many escape routes because of the barriers," he said.

The effort put forth by the Soldiers of the 165th has been grand, and is by any standard truly impressive. In the past, the battalion has moved nearly 20,000 barriers, a milestone they are projected to fly past early this week. This means that at more than 10,000 pounds per barrier, the 165th has moved more than 200 million pounds of American ingenuity down some of the most dangerous roads in the world, and has had a far-reaching and significant impact on the current face of the war.

A typical barrier mission usually aims to move around 100 of the concrete mam-

moths in a single run – not something that can be tackled lightly. On the contrary, the actual movement and emplacement of the barriers themselves represents only the tip of the iceberg considering the effort required for the successful execution of a mission.

"We've been able to reach this point through our incredible sense of cooperation and teamwork," said Maj. Randy Green, the executive officer of the 165th, and native of Bossier City, La. "Although we are made up of several different companies, we are bound together as one solid team, centrally focused towards mission accomplishment. We are a family, if only for this moment in time," he said.

Responsibility for the coordination of this outstanding teamwork falls on the shoulders of the battalion support operations, or SPO shop. The star logistician in the case of the 165th is Capt. Michael Stevens of Baton Rouge, La., – dubbed

"Captain Concrete" by his peers, for obvious reasons.

Stevens, along with Sgt. 1st Class David Miller of Pineville, La., also of the 165th SPO, have worked countless hours to ensure that all of the moving parts, such as route clearance, battlespace owners, barrier yards, transportation companies, and convoy security elements, are all on the same sheet of music. Miller justified this tireless dedication by noting that, "Every barrier we deliver provides more force protection for our brothers in arms, as well as provides safer neighborhoods for the people of Sadr."

Both Stevens and Miller agreed that the support and "never give up" attitude of the 165th's transport and gun truck companies was truly the decisive factor in the successful delivery of nearly 20,000 barriers.

Leesville, La., native, Command Sgt. Maj. Jerry Harvey, the senior – ranking enlisted Soldier in the battalion, said "Our Soldiers have overcome many obstacles, long nights, and long hours helping to build combat outposts, joint security stations, entry control points, and the walls in Sadr City."

"They made it all happen no matter what it took, even in the face of road blocks aimed at keeping them from their destination. The Soldiers of the 165th are the best of the best; no one can take from them what they have accomplished."

## Lighting 'em up

Senior Airman Fred Cruz communicates with his unit using a land mobile radio at Joint Base Balad, Iraq, Sept. 24. Cruz refuels aerospace ground equipment, including mobile generators, flood lights, portable heating and air conditioning units, and other equipment across the flightline. Cruz is deployed from Shaw Air Force Base, S.C. His hometown is Sonora, Calif.

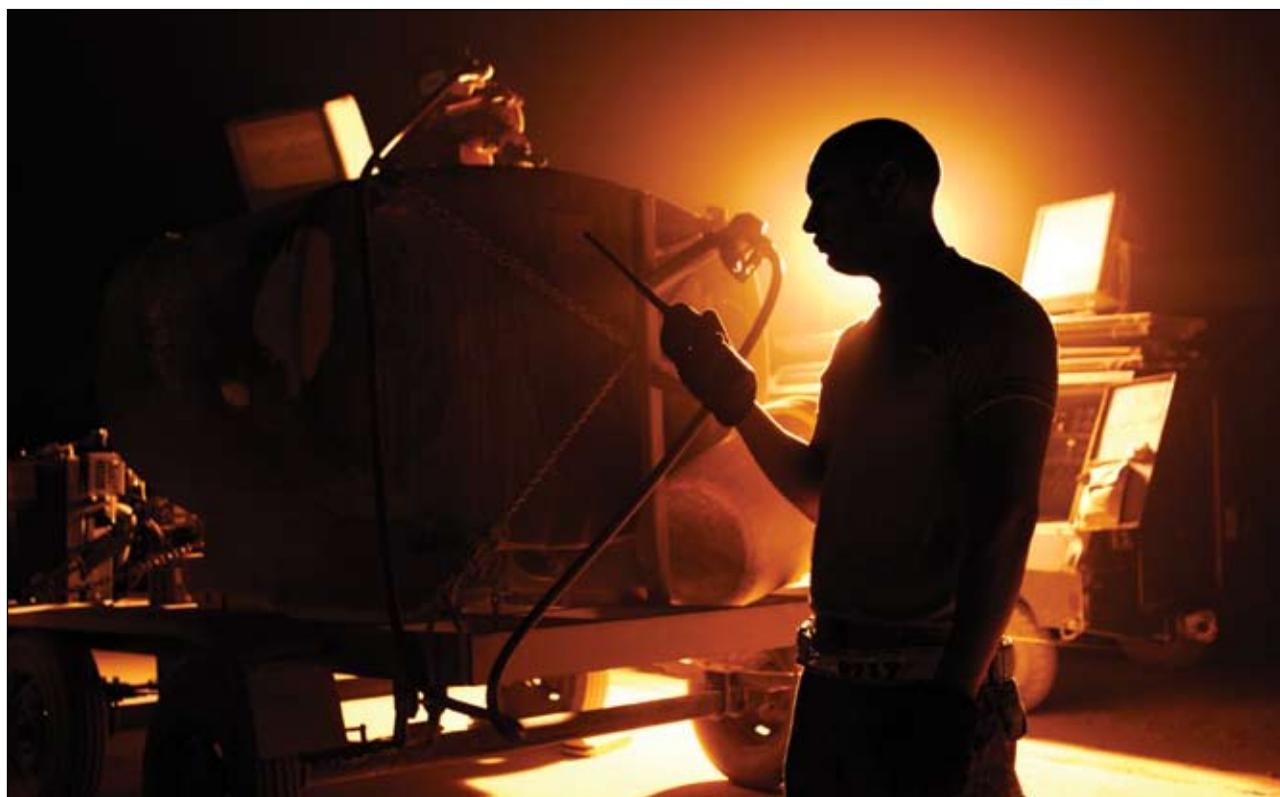


Photo by Airman 1st Class Jason Epley



Photo by Staff Sgt. James E. Brown Jr.

Quick reaction force member, Spc. Jose Ramirez, a native of Calexico, Calif., and a Soldier of the 1038th Horizontal Construction Company, 1st Sustainment Brigade, looks inside of a broken down bus to ensure there was no additional passengers hiding in it while conducting a patrol Sep 10.

# Strong bonds keeps 1038th excelling

by Staff Sgt. James E. Brown Jr.  
1st Sustainment Brigade

**CAMP TAJI, Iraq**— One by one, a half-dozen Mine Resistant Ambush Protected vehicles entered a gravel parking lot outside the 1038th Horizontal Construction Company motor pool. The Soldiers jumped

out and went to work filling coolers with fresh bags of ice, water, and Gatorade to ensure there was plenty of fluid to drink throughout the day.

The Soldiers of the Arkansas based 1038th HCC fall under the 1st Squadron, 152nd Cavalry Regiment, an Indiana National Guard unit, attached to the 1st Sustainment Brigade, out of Fort Riley, Kan. What makes this unit so unique is their diverse mixture of military occupational skills.

Watching the Soldiers of the 1038th operate together, one can clearly see that they know their jobs well and take it very seriously. They have banded together, brothers in arms, to accomplish their mission and ensure that the security of the base goes uncompromised and remains safe.

Today's mission is to counter improvised rocket assisted munitions – no easy task. Before departure, each vehicle commander ensures his Soldiers conduct pre-combat checks and pre-combat inspec-

tions to ensure all equipment is present and working properly. The mission is briefed, contingency plans are reinforced, and a prayer is spoken by the chaplain. This was their time to collect their thoughts and gather the inner strength to accomplish their assigned mission - to earn their bread and butter.

“Our job is to become a known deterrent for any insurgents who plan to attempt an improvised rocket assisted munitions attack on Camp Taji, Iraq,” said Staff Sgt. Terry Burdin, a native of Rector, Ark. “We also enforce the no parking policy along the borders of Camp Taji, and investigate any suspicious person or vehicle within our area of responsibility.”

The group did encounter a stranded driver a few hours into their patrol. One of the Soldiers spotted a disabled van pulled off to the side of the road. They approached the driver and asked him about his situation and to further inquire if he'd seen anything suspicious or any abnormal activity within the area.

“I try to keep in mind that every person or vehicle we deal with is friendly. We treat every person as we would want to be treated given the same circumstances. We remain professional, polite, but prepared to use force if necessary,” said Burdin. “I believe strongly in ... making good, lasting impressions with the local populace.”

The sun crossed the sky, the hours passed and the team completed their mission successfully.



Photo by Spc. Michael Behlin

Sgt. Alan Alvares, an information system analyst with the 168th Brigade Support Battalion, waits to be inducted into the noncommissioned officer corps during the 168th BSB's NCO induction ceremony at Camp Liberty, Iraq.

## NCO, from Page 1

status as a noncommissioned officer,” recited Rivera.

Following the Charge of the Noncommissioned Officer was the Soldiers Request, which lists everything a Soldier needs from his or her NCO to be successful during their Army career. A recurring theme throughout the request is the phrase “Sergeant, train me.” This phrase gives direct reference to the duties of an NCO as they are the primary military leaders responsible for executing the military organization's mission, and for the training of Soldiers so that they are prepared to execute the mission.

Sgt. Lovier Miller, an inductee and automated logistical specialist with the 168th BSB, explains that this new responsibility is exactly what she is looking forward to.

“I feel like I've joined a whole new family now that I've been inducted into the corps of NCOs,” said Miller. “Duties that I'm looking forward to in the future include helping younger Soldiers continue their education and just training them to move forward in their military careers.”

The 168th BSB, headquartered at Fort Sill, Okla., activated in September 2006 and is capable of independent operations and taking on subordinate units to fulfill a larger scale sustainment operation for the United States Army.

# Shout Out from home

Show your Soldier how much you miss them by sending messages, pictures, or poems in the Expeditionary Times newspaper.

Contact the 3<sup>rd</sup> ESC Public Affairs Office to print your message.

E-mail [expeditionarytimes@iraq.centcom.mil](mailto:expeditionarytimes@iraq.centcom.mil)

**Do you have a story idea?**  
Contact the Expeditionary Times  
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by Capt. Paul A. Brown

168th Brigade Support Battalion

**CAMP LIBERTY, Iraq** — Fifteen months ago, the 168th Brigade Support Battalion departed Fort Sill, Okla., to support Multi-National Division-Baghdad and Central, and the 80,000 Soldiers under their command.

“I didn’t do it!” said Lt. Col. Todd A. Heussner, a Fort Myers, Fla., native, and commander of the 168th BSB. “It was the officers, noncommissioned officers, and Soldiers of the battalion who ‘Made it Happen.’ All I had to do was provide guidance, intent, direction, and the right amount of pressure. I let the Soldiers do what they do best - provide world-class support in a safe and precise fashion.”

Since arriving in Iraq, the 168th BSB has completed more than 3,500 combat logistics pa-

trols covering 2.2 million miles on some of the most dangerous roads in Iraq without an injury or death. On these CLPs, the 168th BSB delivered more than 100 million gallons of fuel, 850,000 cases of Meals-Ready-to-Eat, 3.2 million cases of water, and 10,000 tons of ice. In addition to these life sustaining supplies, the “Make It Happen” battalion also moved more than 45,000 pieces of critical cargo needed by the war fighters in Baghdad to achieve and maintain the current level of security.

“We are part of history; we have played a vital role in securing Baghdad and the enabling of a return to normalcy in this once great city,” said Command Sgt. Major Miguel Rivera, a Bayamon, Puerto Rico, native, and the senior-ranking enlisted member of the 168th BSB. “Our Soldiers are seeing the impact they are having on their fellow Soldiers and Iraq as a whole.”

In addition to providing transportation support to MND-B, the 168th BSB also made huge contributions in the maintenance of

equipment in Iraq that had been neglected for years. The support operations equipment readiness section and Bravo Company, 168th BSB, established three key maintenance programs that saved the Army millions of dollars, along with Soldiers lives, while providing world-class support.

“Our maintenance Soldiers have done a great job down in the motor pools, and are a direct reflection of the supply system working properly and the transportation section ensuring the speedy delivery of repair parts,” said Chief Warrant Officer Terry Spencer, a Richmond, Maine, native, and support operations senior maintenance technician.

While accomplishing their support mission, the 168th BSB also set the bar high on safety. The battalion safety program has been a key component to the success of the 168th while deployed. Over the course of 15 months, no organic units of “Make It Happen” have been involved in accidents resulting in Soldiers being injured.

“We don’t have accidents be-

cause everyone in the battalion, from private to lieutenant colonel, think about safety and take the steps necessary to ensure our brothers in arms are doing the right thing safely,” said Heussner.

The 168th BSB is also making a big impact on the Army as a whole by retaining Soldiers and developing the next generation of Army leaders. One accomplishment is the retention of all the captain’s at a time when the Army has one of its highest attrition rates for captains in its history.

The 168th also ensured the reenlistment of quality Soldiers was accomplished. The 168th BSB is leading all of the III Corps in the large battalion category for retention with nearly 200 percent mission accomplishment in every category - from initial term to careerist.

Lastly, the “Make It Happen” battalion is producing the Army’s next generation of leaders in both the enlisted and officer ranks. Since deploying to Baghdad, more than 80 Soldiers have become NCO’s and another 23 Soldiers

have been accepted into either Army Reserve Officers Training Corps, Green-to-Gold, Officer Candidate School or Warrant Officer Candidate School.

“Our contributions to the warfighter will be forgotten as soon as we leave theater and another unit assumes our mission. What will remain for a generation are the leaders we have developed. They understand standards and discipline, taking care of Soldiers, and looking out for each other. They have seen the power of being your brother’s keeper and I believe they will carry the lesson with them for the rest of their careers and into their lives outside of the Army. We have produced great Soldiers, leaders, and citizens,” said Heussner.

Over the next few days, the 168th BSB will conduct their end-of-tour awards ceremony in Iraq where 65 Bronze Star Medals and over 330 Army Commendation Medals will be presented to the officers and Soldiers of the battalion for their hard work and dedication to duty in combat.

## Corrections from last week’s Expeditionary Times I’ve got the power



Photo by Spc. Michael Behlin

**Sgt. 1st Class Megith Kassim**, a Detroit native and medical supply sergeant with the 3d Sustainment Command (Expeditionary), is congratulated by Brig. Gen. Michael Lally, 3d ESC commanding general, for being selected this week’s “Hooah Soldier of the Week.” Kassim serves in the support operations branch not staff judge advocate.



Photo by Spc. Michael Behlin

**Pfc. Lili Looper**, a Krum, Texas, native and operations administrator with the 3d Sustainment Command (Expeditionary), is congratulated by Brig. Gen. Michael Lally, 3d ESC commanding general, for being selected this week’s “Hooah Soldier of the Week.” Kassim serves in G3 operations not staff judge advocate.



Photo by Airman 1st Class Jason Epley

**JOINT BASE BALAD, Iraq** - Air Force Staff Sgt. Rocky Edwards connects electrical wires to a circuit breaker here Sept. 9. Edwards, an electrical systems craftsman assigned to the 332nd Expeditionary Civil Engineer Squadron, installed power to a new trailer that will be used by the 332nd Expeditionary Security Forces Group as a workspace for the Air Force’s assumption of Joint Base Balad’s security. Edwards is deployed from Cannon Air Force Base, N.M.



Photo by By Staff Sgt. Gary Hawkins

## Marine commander visits Iraqi Army's General Transportation Regiment

Lt. Col. Robert Burke (left), commander of New Albany, Indiana's 1st Squadron, 152nd Cavalry regiment, 1st Sustainment Brigade, briefs Brig. Gen. Peter J. Talleri, commander of Defense Logistics Distribution Center, Defense Logistics Agency in New Cumberland, Penn., on the progress of the General Transportation Regiment as Iraqi Col. Muhammad, commander of the GTR at Camp Taji, Iraq, listens here Sept 21.



Photo by By Spc. Charlotte Martinez

Brig. Gen. Michael J. Lally, the commanding general of the 3d Sustainment Command (Expeditionary), speaks at the Warrant Officer Conference Sept. 18 in the Audie Murphy Room of the Oasis Dining Facility.

## 3d ESC warrant officers host conference to launch Warrant Officers Association

by Spc. Charlotte Martinez  
Expeditionary Times staff

**JOINT BASE BALAD, Iraq** – A warrant officer conference was held at the Audie Murphy Room in the Oasis Dining Facility Sept. 18 and was open to all warrant officers on Joint Base Balad.

Currently there is no venue where the technical experts of Joint Base Balad can come together to discuss the different issues.

“The purpose of having a Warrant Officer Association on Joint Base Balad is to provide professional development, mentorship, esprit de corps and teamwork,” said Chief Warrant Officer Curtis Blaylock, the Logistics Civil Augmentation Program training officer-in-charge for Fort Knox’s 3d Sustainment Command (Expeditionary) and

Fayetteville, N.C., native.

Blaylock opened the meeting with a brief welcome and introduced the commanding general of the 3d ESC, Brig. Gen. Michael J. Lally, the guest speaker at the conference. Lally began his speech by giving a brief history of the Warrant Officer Corps and his experience with these Soldiers.

“As Warrant Officers, you bring very specific qualities to our Army,” Lally said. “First, you are technical specialists. In our Army, we have warrant officers serving in specialties within 15 different branches.”

Lally also spoke briefly about mentorship and the duty of warrant officers to train less experienced Soldiers

“Professional development is important to all our Soldiers - whether you are an officer, noncommissioned officer or

warrant officer, such as yourselves,” he said. “It is important that you share your experience with the younger warrants here. Mentorship and teaching will broaden their knowledge and sharpen their skills.”

After Lally’s speech, the warrant officers enjoyed a brief social lunch before electing members for their new association. They elected personnel for the positions of historian, treasurer, social committee, secretary and vice president.

The members of the new association did not elect a president, but decided to hold nominations until their next gathering, when they will take a vote.

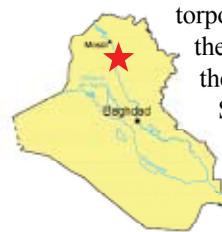
To become a part of the Warrant Officer Association or to learn more, you can email Blaylock at [curtis.blaylock@iraq.centcom.mil](mailto:curtis.blaylock@iraq.centcom.mil).

## Q-West mechanics get first crack at new MRAPs

by Sgt. Keith M. Anderson

16th Sustainment Brigade

**CONTINGENCY OPERATING BASE Q-WEST, Iraq** — The motorpool Soldiers from the 16th Sustainment Brigade got their first look at the newest design modifications of the Mine Resistant Ambush Protected Vehicle here Sept. 17.



After the sustainment brigade got its first two MRAPs in September, the mechanics began training on what the Army calls “20-level” maintenance, field-level scheduled services, on the MRAPs. Subordinate units of the brigade in Iraq have

MRAPs, but these were the first the brigade received.

Anthony Evans, a civilian contractor, led the Soldiers through familiarization and initial maintenance on the dual-wheel, more heavily-armored MRAPs. He said the MRAPs weren’t as difficult to work on as other Army vehicles.

“To me, I think it’s easier because everything isn’t crammed-in, but it’s heavier so you have to man-handle everything,” Evans said.

The MRAP is very similar to commercial vehicles in the U.S., so Soldiers gain useful job skills by learning to maintain and repair the vehicle, he said.

“This is a great vehicle for people to learn on if they are going to enter the civilian job market,” Evans said. “Other than the armor, this is no different than any other commercial vehicle out there.”

Spc. Daniel Misch, an all-wheel vehicle mechanic, 16th SB, appreciated the chance to get away from repairing humvees and learn something different.

“It’s something new, I’m tired of doing the same old stuff,” Misch said. “It’s something we need to know, even if we aren’t going to do the more difficult repair work, there are still different levels of maintenance.”

Evans showed the Soldiers how to remove the passenger side rear axle, and to check that the wheel bearings were correctly torqued and other basic tasks. The Soldiers will go through more in-depth training later this month.

Pfc. Jeremy Hammond, a mechanic for the 16th SB, said the training was very useful. The 24-year-old from Puyallup, Wash., said he has a small business installing “after-market mods” to import vehicles in Puyallup.

“It will advance my mechanical knowledge,” Hammond said. “It’ll prepare me more for the business I started.”

Sgt. 1st Class Liston Kelly, motorpool noncommissioned officer in charge, 16th SB, said his Soldiers will learn to maintain the new MRAPs easily.

“There’s no equipment that’s complicated; Soldiers just have to be trained,” Kelly said.

# CAT 621 provides medical care to citizens of local village

by Air Force Staff Sgt. Mike Meares

CJSOTF-AP PAO

*Editor's note: This is the second of a five-part series on U.S. Army's Civil Affairs Team 621 working on community projects in various villages in southern Iraq. Names are withheld for security purposes.*

**JOINT BASE BALAD, Iraq** - The tan-colored armored vehicles with Iraqi flags painted on the sides signaled the arrival of a team of medical professionals at the local clinic Aug. 20.

Civil Affairs Team 621 team medics met with Iraqi doctors upon their arrival in al Muwaffaqiyah, approximately 186 kilometers southeast of Baghdad, and set up treatment rooms and a pharmacy.

Women held onto their children as they formed a line that stretched down one side of the hallway while the men, some accompanied by children, stretched down the other side waiting to get treated during a medical assistance visit by Iraqi and U.S. Forces.

"The people can't always get to medical care," said the CAT 621 team leader. "We try to schedule visits like this as often as we can."

CAT 621 came to al Muwaffaqiyah to assist the local doctors in providing routine medical care for their people. The 7th Special Forces Group medics and Iraqi Security Forces were also in attendance for the MEDAV.

The medics, helping the Iraqi doctors, treated more than 200 patients during their visit.

"There's a shortage of Iraqi doctors nationwide," the team leader said. "You can't grow doctors overnight, so to fill the gap, our medics help Iraqi doctors provide medical care for those who wouldn't normally get it."

Many times, Iraqi doctors are overwhelmed with the sheer number of patients. These visits provide assistance to the doctors and enable more local Iraqis to receive medical care. At the same time, the Iraqi people have first-hand knowledge about U.S. Forces' genuine concern for their welfare.

"These medical visits show we are here helping and we care about the Iraqi people's health and well-being," said the CAT 621 team medic. "A lot of people show up to get care. It's a great opportunity to interact with the people."

The visit also serves as a partnership between the Iraqis and U.S. forces, showing the people they are working in harmony.

At the end of the MEDAV, Iraqi Security Forces set up a distribution center in front of the clinic and handed out bags of humanitarian aid. Each bag contained beans, cooking oil, rice, canned tomato paste, dried milk, salt and bars of soap.





Photo by Air Force Staff Sgt. Mike Meares



Photo by Air Force Staff Sgt. Mike Meares

**Top:** Al Muwaffaqiyah citizens line up to get humanitarian-aid items from Iraqi Security Forces Aug. 20 after a medical assistance visit by Iraqi health care professionals and U.S. forces. Each bag contained beans, cooking oil, rice, canned tomato paste, dried milk, salt and bars of soap. Civil Affairs Team 621, Bravo Co., 96th Civil Affairs Battalion (Airborne), Fort Bragg, N.C., operationally assigned to Combined Joint Special Operations Task Force – Arabian Peninsula in support of Operation Iraqi Freedom, helped facilitate the distribution of humanitarian aid to the town.

**Left:** An al Muwaffaqiyah boy struggles to carry a bag of food items from a humanitarian aid drop by Iraqi Security Forces Aug. 20 after a medical assistance visit by Iraqi and U.S. forces.

# Know your environment: the formation of Al Asad's valley

by Maj. Randel Rogers

371st Sustainment Brigade

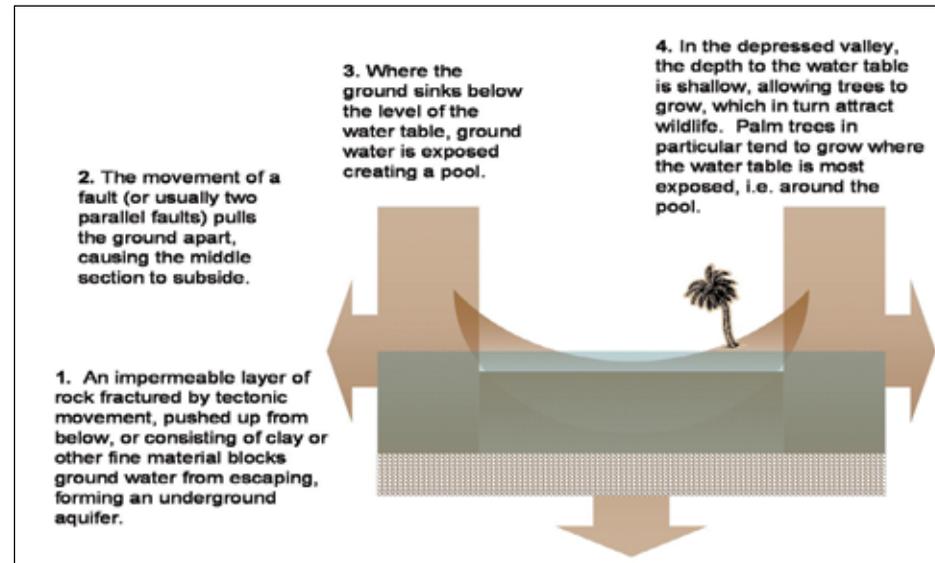
**Editor's note:** MAJ Randel Rogers is a member of the 371st Sustainment Brigade from Kettering, Ohio. Maj Rogers is a naturalist and recognized ornithologist who publishes a bi-weekly newsletter entitled, "Al Asad Au-Natural." He contributes to the Expeditionary Times to help Servicemembers gain a better understanding of the unique culture, environment, and nature found within Iraq.

**AL ASAD, Iraq** - Soldiers stationed in Al Asad, Iraq, may not realize rich geology that surrounds them on a daily basis.



Although Al Asad's airfield sits on a flat plateau, most of the base sits in a narrow valley about 50 feet deep. How was this valley formed? Without geologic maps or expert analysis I can only present two theories, either of which may be true.

Western Iraq is a flat bed of sandstone deposited 250 million years ago as the floor of a prehistoric sea called the pre-Tethys Ocean. A tectonic plate containing Turkey, Iraq, and Tibet - called the Cimmeria plate - was pushed up and moved north, forming the Tethys Ocean. This ancient ocean would grad-



ually be squeezed and pushed underground over millions of years. The Mediterranean, Caspian, and Black Seas are all remnants of the Tethys. The leading edge of the plate is still being pushed up and forms the Himalaya Mountains, but our area consists of flat, deep layers of sandstone.

In many parts of Iraq, the movement of faults has fractured the bedrock buried deep underground - 6 km deep in some places - creating underground dams that hold large pools of groundwater and, in some cases, oil. This is especially true where these fractures are covered by porous sandstone.

Because the ground here is high in salt,

this underground water is often brackish. The salt content is also responsible for the virtual lack of fossils being preserved in the deep layers of sedimentary sandstone. Water from many Iraqi wells must receive additional treatment to remove salt before drinking. If used for irrigation, over time the salts left behind as the water evaporates on the fields will ruin the soil, contributing to desertification. The lack of fresh water makes Iraq vulnerable to international sanctions such as blocking the sale of water purification parts and chemicals.

The first theory of how our valley formed is the simplest. When heavy rains fall on

a nearly flat landscape, the water will run downhill seeking the easiest path. It will cut into the softest rock, eventually forming a wadi. As the wadi deepens and widens, a valley is formed. Evidence supporting this theory includes the way this valley branches into a larger drainage that feeds the Euphrates River 6.5 miles away. Also, a wadi does exist along the west side of post, and over time may have carved the entire valley.

A more complex theory is that we are living in a young rift valley. Rifts form where two fault lines are pulling away from each other, causing the land in between to subside. Small faults are common in Iraq, and the generally straight and nearly vertical walls give the appearance of this type of valley. The presence of a palm oasis is usually an indicator of a fault line. In the case of the palm grove at the Al Asad oasis, our evidence is flawed because we know the palms were planted by settlers starting in 1923, hence the straight rows. So it is possible our oasis is technically not an oasis at all! If erosion wore the valley floor down to where the water table was exposed, this wetland might be more accurately described as a spring. Of course the general sense of an oasis is a place of refreshment in the desert, so we can probably let the name stand. It is also possible that the wadi has deepened a depression caused by a fault, making a combination of both theories true. A geologic map would show any faults under Al Asad and provide a surer answer.

## 3d ESC opens Hispanic Heritage month events to JBB

by Spc. Charlotte Martinez

Expeditionary Times staff

**JOINT BASE BALAD, Iraq** - Members of the 3d Sustainment Command (Expeditionary) are currently preparing for various events to celebrate Hispanic Heritage Month on Joint Base Balad, Iraq.

"During Hispanic Heritage Month, we celebrate the diversity that makes America stronger and we recognize the many ways Hispanic Americans have enriched our nation," said Brig. Gen. Michael J. Lally, the commander of the 3d ESC.

Hispanic Heritage Month began on Sept. 15. This date marks the anniversaries for the independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Sept. 16 marks Mexico's independence and Sept. 18 is the anniversary of Chile's independence. The month-long celebration ends on Oct. 15.

In 1968, President Lyndon B. Johnson declared Hispanic Heritage week, but it was later changed to Hispanic Heritage Month by President Ronald Reagan in 1986. The Department of Defense's theme for this year is "Getting Involved: Our Families, Our Community and Our Nation."

"This wasn't always an integrated military," said Master Sgt. Tuynuykua Jackson, a Biloxi, Miss., native and Equal Opportunity Advisor. "We want to recognize (Hispanic American) contributions."

Some of the scheduled events for Hispanic Heritage Month on Joint Base Balad include an essay contest, a luncheon, a 5K run as well as a movie night.

A Hispanic Heritage Month luncheon will be held Oct. 10 and you must reserve your seat before Oct. 8. The guest speaker for the luncheon will be Maj. Carlos Morales, the deputy director of human resources for the 3d ESC.

The 55th Sustainment Brigade will host a 5K run the morning of Oct. 15, which will start at 5:30 a.m.

On Oct. 10, the 3d ESC will also be hosting a movie night at the east-side Morale, Welfare and Recreation Center in the movie room.

"I salute Hispanic Americans who have made, and continue to make, landmark contributions to the legacy of their heritage and our country," Lally said.

For more information regarding the Hispanic Heritage Month events, contact Jackson at [tuynuykua.jackson@iraq.centcom.mil](mailto:tuynuykua.jackson@iraq.centcom.mil).



Photo by Pfc. Amanda Tucker

**Command Sgt. Maj. Willie Tennant, a Pleasantville, N.J., native and senior ranking noncommissioned officer for the 3d Sustainment Command (Expeditionary), based out of Fort Knox, Ky., gives advice to Rising Star contestants after the first round elimination in the East Side Morale, Welfare and Recreation Center on Joint Base Balad Aug. 31.**

## SING, from Page 2

A gospel music career is not out of the question for Green, who has coordinated up with three other friends from her praise team on JBB and has also met someone with recording equipment.

"I would absolutely love to record a gospel CD," said Green. "I don't think I will be doing another rising star competition though, it's just too stressful and

I just don't have the luxury of devoting that much time out of my profession."

Her profession as a lawyer seems to have been a calling from the time she was very young. Having a step-brother and sister gave her plenty of time to practice the "argument" side of her chosen career.

"I was always argumentative," said Green. "One day I ran into my third grade teacher at the hair

salon and she remembered me telling her I wanted to be a lawyer, so the fire started long ago."

Support from Family and friends can help anyone reach goals they set for themselves.

"I draw my strength from the Lord but if it weren't for my mother ... I would not be a lawyer today," said Green. "She is singularly my biggest cheerleader and is always looking for the positive in every situation."

# Iraqi Army mechanics making gains

by Staff Sgt. James E. Brown Jr.

1st Sustainment Brigade

**CAMP TAJI, Iraq** –As part of a nationwide push to improve the logistics capabilities of the Iraqi Army, Soldiers of Headquarters and Headquarters Company, 165th Combat Sustainment Support Battalion 1st Sustainment Brigade, 3rd Sustainment Command (Expeditionary), have initiated a program aimed at improving the technical savvy of the Iraqi Army mechanics of the 6th Motorized Transportation Regiment.



Staff Sgt. Christopher Beal, head mechanic with the 165th, said the biggest

challenge facing the mechanics of the 6th MTR is trying to procure replacement parts.

“Part of the problem is that they have trucks from Germany, the U.S., Italy, U.K.,

Russia, and from any number of other places,” Beal said. “It’s great that everyone’s giving them



Photo by Sgt. Aaron LeBlanc

**Staff Sgt. Christopher Beal, of Bossier City, La., explains the importance of proactively checking for fluid leaks to an Iraqi Army mechanic of the 6th Motorized Truck Regiment. Beal is a member of Headquarters and Headquarters Company, 165th Combat Sustainment Support Battalion, 1st Sustainment Brigade.**

equipment, but now they need replacement parts for vehicles from all over the world.

“They’ve also had a hard time getting their hands on instruction manuals printed in Arabic for U.S.-manufactured humvees, and

German-manufactured five-tons,” he said. “Prior to Iraqis fielding and repairing humvees, there simply was not much demand for Arabic maintenance manuals.”

In the past, the lack of manuals meant the Iraqi mechanics repaired

the unfamiliar equipment by using trial and error. It also meant the ordering of replacement parts was problematic. Without parts numbers to reference the needed components, the Iraqi mechanics relied on generalized written de-

scriptions of the parts.

The 165th Soldiers are helping the 6th MTR correct these issues by providing them with several much-needed Arabic repair manuals as well as working closely with the IA mechanics to encourage a more aggressive approach to maintenance.

“They have good mechanics... some of them are very good,” said Beal. “But they’ve never been taught to conduct what we call ‘preventative maintenance.’ That’s what we’re focusing on training them to do. Instead of waiting for something to break, we’re teaching them to maintain what they have in order to keep it from breaking in the first place.”

Since the 165th’s current push to improve the mechanical skills of their Iraqi counterparts started last month, the 6th’s mechanics have displayed an earnest thirst for knowledge. They have demonstrated an ability to soak up valuable lessons at a rapid pace.

“In the beginning, they might have asked us to fix a problem for them. Now they’re asking us for the tools to help themselves,” Beal said.

## Battery recycling saves money for Government of Iraq

by Staff Sgt. James E. Brown Jr.

1st Sustainment Brigade

**CAMP RUSTIMAYAH, Iraq** – There is no lack of activity inside the Level III Maintenance facility in Rustimayah. Iraqi Army maintenance technicians are busy changing tires, repairing carburetors, fixing fuel pumps, doing body repairs, and even welding, a big turnaround compared to a year ago.

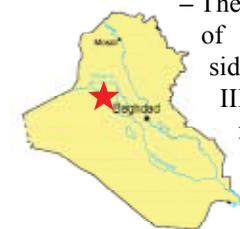
“I think the biggest impact that we have had is just to be able to teach them certain maintenance procedures, such as balancing tires, repairing alternators, checking engines, and testing them,”

stated Chief Warrant Officer Norman May, with the 3rd Sustainment Command’s 168th Brigade Support Battalion, 1st Sustainment Brigade. “Instead of ordering all new parts and just putting

all new parts out we are getting them into the process of thinking about trying to make the part last longer, recondition it to save them time and money.”

The battery shop has been the biggest highlight of the entire Level III maintenance facility when it comes to saving money. The few simple techniques they taught have saved the Iraqi government thousands of dollars every year as they simultaneously increased the number of batteries available in the supply system.

“Once a battery was dead, they would take the metal out of the batteries and use it for welding while throwing away the remainder of the battery into the trash,” said Chief Warrant Officer Simone Clarke, a Logistics Training Advisory Team member, from the Fort Sill-based 168th. “The battery shop (now) recharges and shows them how to care and maintain their batteries ... how to put in the acid, distilled water, rebuild, and recharge their batteries.”



## ‘Fight the Base’

Commentary by Col. John Decknick

332nd Expeditionary Security Forces Group

**JOINT BASE BALAD, Iraq** – The 332nd Expeditionary Security Forces Group is making history. Not since the Vietnam War have so many security forces Airmen gathered for a singular mission of defending an air base in combat.

Our Army counterparts have done a great job over the last five years defending the former Logistics Support Area Anaconda, now Joint Base Balad. Now the Air Force is acquiring the base defense mission from them, which has been exciting but led me to think, “Are we really ‘defending the base?’”

Defending the base doesn’t say it all. We aren’t putting up our dukes and waiting for a punch. Our joint, combined and interagency counterparts are taking the fight to the enemy every day and night, not sitting and waiting for the enemy to strike. We needed a new mantra; “fight the base!” said it all.

Brig. Gen. Brian Bishop, 332nd Air Expeditionary Wing commander, and other warriors deep in the fight encouraged me to bring “fight the base” into the 332nd ESFG lexicon. What was their reasoning? It’s about taking the fight to the enemy!

To give credit where credit is due, I had heard the phrase “fight the base” before arriving here at Balad. The 93rd Air Ground Operations Wing Commander, Brig. Gen. Michael Longoria, coined the phrase to me about a year ago when he was serving as the Air Force architect for standing up a new air to ground wing. His joint terminal attack controllers, battlefield weather Airmen and a highly trained multi-specialty security forces group joined together to help project and protect airpower – anywhere, anytime.

As you can see, “fight the base” implies both offensive and defensive combat operations. Secondly, “fight the base” is a team effort, bringing together Army and Air Force rotary- and fixed-wing aircraft, joint ground combat patrols, special operations members, space assets, combat search and rescue specialists, and many other combat and combat support elements. Defending Balad is truly a team effort that incorporates the entire base and local Iraqi army and police in the fight.

Also, we wanted a new phrase that could highlight our historic mission for the Air Force in Operation Iraqi Freedom. As the 332nd AEW has always been a wing with many historic firsts, “fight the base” seemed perfect.

Something funny happened when I asked some of the new security forces Airmen and NCOs what they thought of the phrase. One young Airman – out of the blue – told me he thought I was devious, and he had discovered the true meaning of Fight the Base. Playing along, I asked him what he meant. He said, “The Base, sir! Al-Qaida means ‘The Base.’”

He went on to say that it was a great play on words, and he thought it helped focus the offensive ground combat operations in the right direction. I was proud that he and his fellow Airmen had gone through those mental gymnastics, and I embraced his reasoning.

The 332nd ESFG has a challenging road ahead. A catchy phrase does not make a fighting force, but “Fight the Base” properly describes the professionalism, combat focus, service and sacrifice of our joint team of military members and civilians who ensure Balad accomplishes its many diverse missions. I am proud to be an Airman, and I am also proud to be part of the historic culture to “fight the base.”

# News around Iraq

## Reconstruction improves Tarmiyah infrastructure

**CAMP TAJI, Iraq** – Reconstruction projects are underway to return essential services like schools, potable water, sewers and banks, to the region of Tarmiyah, northwest of Baghdad.

“The bottom line is that increased capacity is what every Iraqi needs right now,” said 1st Lt. Eric Peterson, platoon leader assigned to Company A, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division – Baghdad. “Their infrastructure has decayed a little bit because of conflict over the years, so we’re trying to counteract those effects by really getting into these reconstruction projects as heavy and as hard as we can to give them this capacity.”

A major focus has been placed on completing education buildings first.

“We have 17 school projects going on right now,” he said, “So we’re hustling right now to finish up the school projects, then we’ll get more involved with services like water, electricity and sewage.”

Reconstruction funding is provided through the Iraqi Commanders Emergency Relief Program. Using this program allows the local government to get money for projects quickly and efficiently. It also allows them to help in the planning process, hire local contractors and mitigate corruption. Coalition Forces gather weekly with local government officials to ensure everyone is on the same sheet of music and ensure the project is going smoothly, Peterson said.

“The people are very happy about the projects,” said Jassim. “This year, we’ve had a lot of projects which have helped us very much. Coalition Forces and the (Government of Iraq) have enabled us to give our people jobs, and a decrease in terrorism shows the people are backing the projects. God willing, our city will continue to improve.”

## New al Jamaheer provincial health clinic opens in Kut

**FORWARD OPERATING BASE DELTA, Iraq** – Wasit government officials, Coalition Forces and contractors commemorated the completion of the al Jamaheer provincial health clinic with a ribbon cutting ceremony Sept. 10.

“This clinic will help the people enormously because most people will not have to worry about transportation and private clinic fees to treat their children or love ones,” said Sabah Nasir, al Jamaheer clinic contractor.

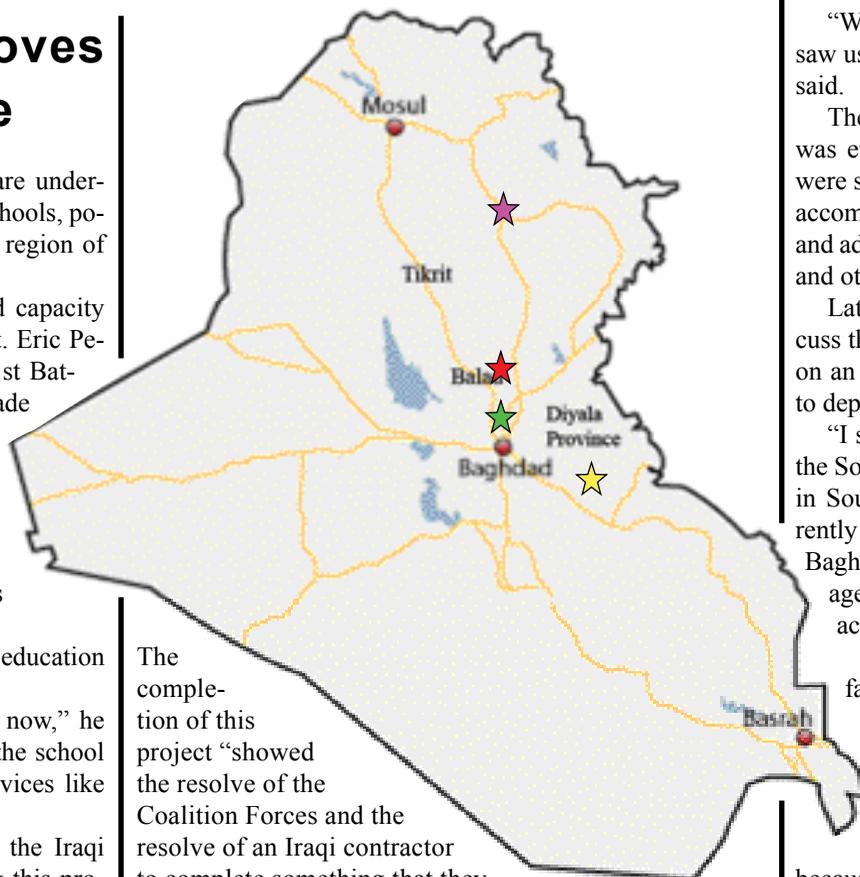
The clinic is the seventh completed since 2006 and will provide health care to one of the poorer neighborhoods in Kut.

“The Zuwarijat area had a very big lag in primary health care, so it’s very important to most of the poor people who normally can not pay for private doctors to get health care at this facility,” said Hussein Sabry, United States Corps of Engineers deputy resident engineer, Wasit resident office.

Construction of the clinic began four years ago but was halted repeatedly when terrorists occupied the building, preventing the contractor from completing the work and causing damage that required additional work, said Maj. David Fedroff, USACE Wasit resident engineer.

Threats to the workers also contributed to the delay of project completion, Fedroff said.

“It is very significant to prove that terrorism has been defeated in this area, and opening the facility means that the security has become truth,” Sabry said.



The completion of this project “showed the resolve of the Coalition Forces and the resolve of an Iraqi contractor to complete something that they know is desperately needed by a very poor area of the city,” Fedroff added.

The clinic has examination rooms, an x-ray machine, two dental stations with a dental x-ray machine, laboratory, pharmacy, classroom and offices.

Engineers estimate that the clinic can provide health care for approximately 200 patients daily if working at full staff. The Iraqi Ministry of Health is responsible for hiring the doctors, nurses and staff to work at the clinic, as well as restocking medical supplies and providing fuel for the generator.

“The opening of the clinic is a great first step, and it was a hard one for this clinic, but its success will depend on continued support from the health ministry,” Fedroff said. “I think Iraq has the means to make these projects a success, now it is just teaching themselves how to use those means.”

Wasit Governor Abd al-Latif Hamad Tarfah, 41st Fires Brigade Commander Col. Richard Francey, Jr., Wasit Director of Health Dr. Maher and Bob Kagler, Wasit Provincial Reconstruction Team team leader attended the event.

## Odierno meets with 17th IA Div. commander

**CAMP STRIKER, Iraq** – On the heels of assuming command of the Multi-National Force – Iraq, Gen. Ray Odierno visited the Rakkasans’ area of operations Sept. 17.

Gen. Petraeus’ successor walked through the Mahmudiyah Market with Mahmudiyah Qada Mayor Jabbar Farraj Mullah al-Chalabi, Staff Maj. Gen. Ali Jassim Muhammad Hassen Al Frejee, commander, 17th Iraqi Army Division, and Col. Dominic Caraccilo, commander, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault).

While walking, Odierno cited the remarkable changes in the area since his last visit. When asked if the surge was responsible for the security gains, he said it helped.

“The surge allowed us to spread our presence to areas where we didn’t have people before,” Odierno said. “What that allowed is more of a change in our tactics, techniques and procedures. We got out of our large bases and went to very small bases and allowed us to spread out even further and ... work with the Iraqis in many of these areas.

“We lived with the people, worked with the people, they saw us every day – that built their confidence ... in us,” he said.

The confidence of the Iraqi people in Coalition Forces was evident in that the vendors and locals at the market were seemingly unfazed by the group of U.S. Soldiers who accompanied IA troops on the streets of their city. Children and adults alike waved and greeted the Soldiers with smiles and other friendly gestures.

Later, Odierno sat down with Ali and Caraccilo to discuss the future of the 17th IA Div. as it progressively takes on an even greater security role as the Rakkasans prepare to depart the area.

“I seriously think the Iraqi government should consider the Sons of Iraq to be part of our security forces, especially in South Baghdad,” Ali said, adding that efforts are currently underway to make that happen. “The south sector of Baghdad has managed to defeat extremism ... We managed to eliminate the threat ... We have been able to accomplish a lot.”

Performing concurrent missions, Ali said his Soldiers face some challenges. His organization is making the transition from being a brigade to a division, building a division staff while training new personnel on new equipment and taking over areas of responsibility from Coalition Forces.

“I’m really happy they formed the 17th IA Div. because one of my worries when I left here was that we didn’t have (enough) security forces in the area to assume the responsibility (from) Coalition Forces ... allowing us to reduce our presence,” Odierno said.

“We can do it because the conditions are set ... the enemy has been neutralized, we understand the population,” Caraccilo said. “The Iraqi Army is taking hold of and putting themselves among the populace, understanding all the facets of the counterinsurgency fight and ... they’ve already taken six of our patrol bases and there’s been no downturn in security in those areas.”

Odierno is encouraged by what is taking place in the Mahmudiyah Qada and sees it as a sign of what could happen in other areas.

“This is an example of what we’re trying to do as we reduce our presence,” Odierno said. “This is what we’re looking to do in the future and you’re one of the first ones that are doing it ... I’m very pleased.”

## Over 3,000 Iraqis graduate the Kirkuk province’s Police

**KIRKUK, Iraq**— Over three thousand Iraqis, including 58 females, joined the ranks of the Kirkuk province’s police force during a graduation ceremony held at the Kirkuk Police Academy, Sept. 23.

“This is a historic event for the people of the Kirkuk province,” said Maj. Gen. Jamal Thaker Baker, Kirkuk provincial police chief, referring to the unprecedented number of male and female recruits graduating. “This is the direct result of the combined efforts of our Coalition friends and the Ministry of the Interior.”

The provincial police chief elaborated further by pointing out key Multi-National Division-North military leadership in the audience to include; Maj. Gen. Mark P. Hertling, commanding general of MND-North and Task Force Iron; Brig. Gen. James C. Boozer Sr., deputy commanding general-operations MND-North and Task Force Iron; Brig. Gen. Tony Thomas, assistant division commander-support MND-North and Task Force Iron; and Col. David Paschal, commander, 1st Brigade, 10th Mountain Division, who Jamal said he considers among a brotherhood.

The police chief credited the recent gains in security throughout the province to this brotherhood whose main concern is for the people of the Kirkuk province and providing “security and stability in this region for them.” Jamal thanked God for the additional men and the inclusion of women to his police force.

# MESSAGES FROM HOME

MIKE SEITZ  
Bill E Mattison

'The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still.'

Hello MSG Seitz

Just wanted to send you a hug and a miss you from Vilseck Germany!  
Go home safe to Kelly and the kids.  
Mee Mee and Junior send puppy sneezes and kisses and a Bark bark bark!  
As Always  
Brian, Lanna, and the woobies {Mee Mee and Junior}

First Sergeant Mike Seitz,

Greetings from the Bluegrass. It is cool and bright and dry and we miss you. We send all the love possible and wait for your return. Love. Tom and Jerri



SGT Mills, Thomas

Happy Birthday to the most amazing, awesome, handsome, brave, and courageous SGT Tom Mills!!! We love you and miss you so much, and we are so very proud of you!!! Remember, the distance between us is only temporary, but the love we share is forever!! Happy Birthday!!!! Love you with all our hearts, Debbie & Chelsey

## OPERATION SUSTAINER STRONG 2008

Reenlistment with the 3<sup>d</sup> ESC Commander  
Brigadier General Michael J. Lally



Open to All  
Active, Reserve, and National Guard  
Soldiers, Marines, Sailors, Airmen and Coast Guardsmen



assigned to the 3<sup>d</sup> ESC  
and Joint Base Balad



For More Information,  
Contact your Career Counselor or Retention NCO

## NUTRITION CLINIC

- ❖ Classes Offered:
- ❖ BCIP
- ❖ Weight loss
- ❖ Weight gain
- ❖ Cholesterol
- ❖ Diabetes
- ❖ HTN & Sodium



- ❖ Individual / Group Appointments
- ❖ Follow Ups

Air Force Theater Hospital  
Air Force Clinic  
332 AEW/EMDG  
Nutritional Medicine Team

For more info contact 443-2604

SOUTHSIDE COMMITTEE PRESENTS

# THE SUNDAY NITE JUMPOFF

HIP HOP, R&B, REGGAE, OLD SCHOOL

SUNDAY, SEPTEMBER 28 @

20:00

MUSIC BY DJ DOT COM

HOST: CUTTY MAC

POC: SSG McCADEN (KINGSTON.MCCADEN@IRAQ.CENTCOM) 483-2208

# JB BALAD ACTIVITIES

## INDOOR POOL

Swim Lessons:  
 Mon., Wed., - 6 p.m.  
 Tue., Thu., Sat., -  
 6:30 p.m.  
 AquaTraining:  
 Tue., Thu., - 7:30 p.m.,  
 8:30 p.m.

## EAST FITNESS CENTER

Open Court Volleyball:  
 Sunday- 6 p.m.  
 Aerobics:  
 Mon., Wed., Fri.-  
 5:30-6:30 a.m.  
 Yoga Class:  
 Mon., Fri.- 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.-  
 9-10 p.m.

MMA Training:  
 Mon., Wed., Fri.-  
 10-11 p.m.  
 Abs-Aerobics:  
 Tue., Thu., 6-7 a.m.,  
 5-6 p.m.

Edge Weapons & Stick  
 Fighting Combative  
 Training:  
 Tue., Thur., Sat., -  
 8-10 p.m.

## EAST RECREATION CENTER

4-ball tourney:  
 Sunday- 8 p.m.  
 8-ball tourney:  
 Monday- 8 p.m.  
 Karaoke:  
 Monday- 8 p.m.  
 Swing Class:  
 Tuesday- 8 p.m.  
 Table Tennis:  
 Tuesday- 8 p.m.

9-ball tourney:  
 Wednesday- 8 p.m.  
 Dungeons & Dragons:  
 Thursday- 7:30 p.m.  
 Poetry Night:  
 Thursday- 8 p.m.  
 6-ball tourney:  
 Thursday- 8 p.m.  
 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.

## 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.  
 CC Cross Fit:  
 Monday-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.  
 Sunday- 5:45 a.m.,  
 7 a.m., 3 p.m.

Monday- Saturday- 4:30  
 a.m., 4 p.m., 10 p.m.,  
 12 a.m.  
 Soccer:  
 Tue., Thu., - 8 p.m.  
 Yoga:  
 Wednesday- 8 p.m.  
 MCAP Level 1:

Friday- 8 p.m.  
 5 on 5 Basketball:  
 Saturday- 8 p.m.

## H6 RECREATION CENTER

Bingo:  
 Sunday- 8 p.m.  
 Texas Hold'em:  
 Mon., Fri., - 2 p.m.,  
 8:30 p.m.  
 8-ball tourney:  
 Tuesday- 2 a.m.,  
 8:30 p.m.  
 Ping-pong tourney:  
 Tuesday- 8:30 p.m.  
 Spades:  
 Wednesday- 2 a.m.,  
 8:30 p.m.  
 Salsa:  
 Wednesday- 8:30 p.m.  
 9-ball:  
 Thursday- 2 a.m.,  
 8:30 p.m.  
 Karaoke:  
 Thursday- 8:30 p.m.  
 Dominos:  
 Saturday- 8:30 p.m.  
 Darts:  
 Saturday- 8:30 p.m.

## WEST RECREATION CENTER

Green Bean Karaoke:  
 Sun., Wed., 7:30pm  
 9-ball tourney:  
 Monday- 8 p.m.  
 Ping-pong tourney:  
 Tuesday- 8 p.m.  
 Foosball tourney:  
 Tuesday- 8 p.m.  
 Jam Session:  
 Tuesday- 7:30 p.m.  
 8-ball tourney:  
 Wednesday- 8 p.m.  
 Guitar Lessons:  
 Thursday- 7:30 p.m.  
 Game tourney:  
 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.

## WEST FITNESS CENTER

3 on 3 basketball  
 tourney:  
 Saturday- 7:30 p.m.

6 on 6 volleyball  
 tourney:  
 Friday- 7 p.m.  
 Aerobics:  
 Monday, Wednesday,  
 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.

## CIRCUIT GYM

Floor hockey:  
 Mon., Wed., Fri., -  
 8-10 p.m.

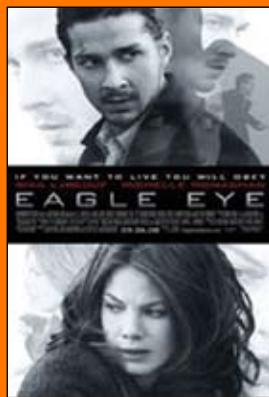
# SUSTAINER REEL TIME THEATER

## Movie Times

**Wednesday, October 1**  
 5 p.m. Lakeview Terrace  
 8 p.m. X-Files: I Want  
 To Believe  
**Thursday, October 2**  
 5 p.m. Tropic Thunder  
 8 p.m. Lakeview Terrace  
**Friday, October 3**  
 2 p.m. Star Wars: The  
 Clone Wars  
 5 p.m. Death Race  
 8 p.m. Eagle Eye  
**Saturday, October 4**  
 2 p.m. Eagle Eye  
 5 p.m. Star Wars: The  
 Clone Wars  
 8:30 p.m. Death Race  
**Sunday, October 5**  
 2 p.m. Death Race  
 5 p.m. Eagle Eye  
 8 p.m. Star Wars: The  
 Clone Wars  
**Monday, October 6**  
 5 p.m. Star Wars: The  
 Clone Wars  
 8 p.m. Death Race  
**Tuesday, October 7**  
 5 p.m. Death Race  
 8 p.m. Eagle Eye  
 (Schedule is subject to change)

## Movies This Week

### Eagle Eye



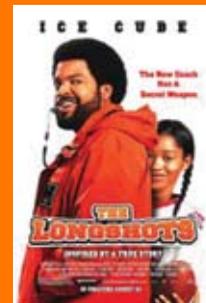
Shia LeBeouf and Michelle Monaghan star in Disturbia director D.J. Caruso's race-against-time thriller concerning two strangers thrust together by a mysterious telephone call, and their frantic efforts to discover why they have inexplicably become the nation's most wanted fugitives. Jerry Shaw (LeBeouf) and Rachel Holloman (Monaghan) were complete strangers at the beginning of the day, but that changed the instant a strange woman called to threaten both their lives and the lives of their loved ones. Suddenly forced into a series of increasingly dangerous situations, Jerry and Rachel must now take orders from a woman who's using everyday technology to track and control their every move. As the situation intensifies and the hapless duo are deemed the country's most wanted fugitives, they must work together in order to discover who it was that turned their lives upside down, and what they can do to thwart the criminal mastermind's cunning yet diabolical plan. Billy Bob Thornton, Rosario Dawson, Michael Chiklis, and Anthony Mackie co-star.

### Clone Wars



George Lucas continues his most popular franchise's legacy with Star Wars: The Clone Wars, a computer-animated 3-D film that takes place between Star Wars: Episode II and III. The first-ever animated feature from Lucasfilm Animation, this action-packed space adventure follows the heroic Jedi Knights as they attempt to maintain order and restore peace during a time of monumental galactic strife. The Clone Wars have engulfed the galaxy in chaos, and as the dreaded droid army of the Separatists wipes out everything in its path, the future of the Galactic Republic becomes increasingly uncertain. Meanwhile, Anakin Skywalker and his Padawan learner Ahsoka Tano embark on a pivotal mission that pits them directly against the dreaded Jabba the Hutt and his criminal minions while Count Dooku enlists the aid of Asajj Ventress and the rest of his sinister agents in ensuring that the young Jedi fails in his noble mission. Back on the front lines of the Clone Wars, Obi-Wan Kenobi and Master Yoda attempt to fend off the forces of the dark side with the assistance of a massive clone army.

## Coming Soon



# STUPID STATE LAWS

Ever wonder just how dumb things can be? Does your state have dumb laws? Read on and find out. In the upcoming weeks, the Expeditionary Times will have a series of dumb and stupid laws for each state.

Many of the laws have been verified, but many have been taken from sources which do not include law citations. The laws cited below have been taken from news groups, web sites and city governments. Remember, something had to have happened to get these laws passed. Some laws have been repealed, but not all; some are still on the books.

## Texas

- It is illegal to sell one's eye.
- When two trains meet each other at a railroad crossing, each shall come to a full stop, and neither shall proceed until the other has gone.
- It is illegal to idle or loiter anyplace within the corporate limits of the city for the purpose of flirting or mashing.
- One must acknowledge a supreme being before being able to hold public office.

## Utah

- It is illegal to detonate any nuclear weapon.
- A husband is responsible for every criminal act committed by his wife while she is in his presence.
- It is illegal to cause a catastrophe.
- It is a felony to persistently tread on the cracks between paving stones on the sidewalk of a state highway.

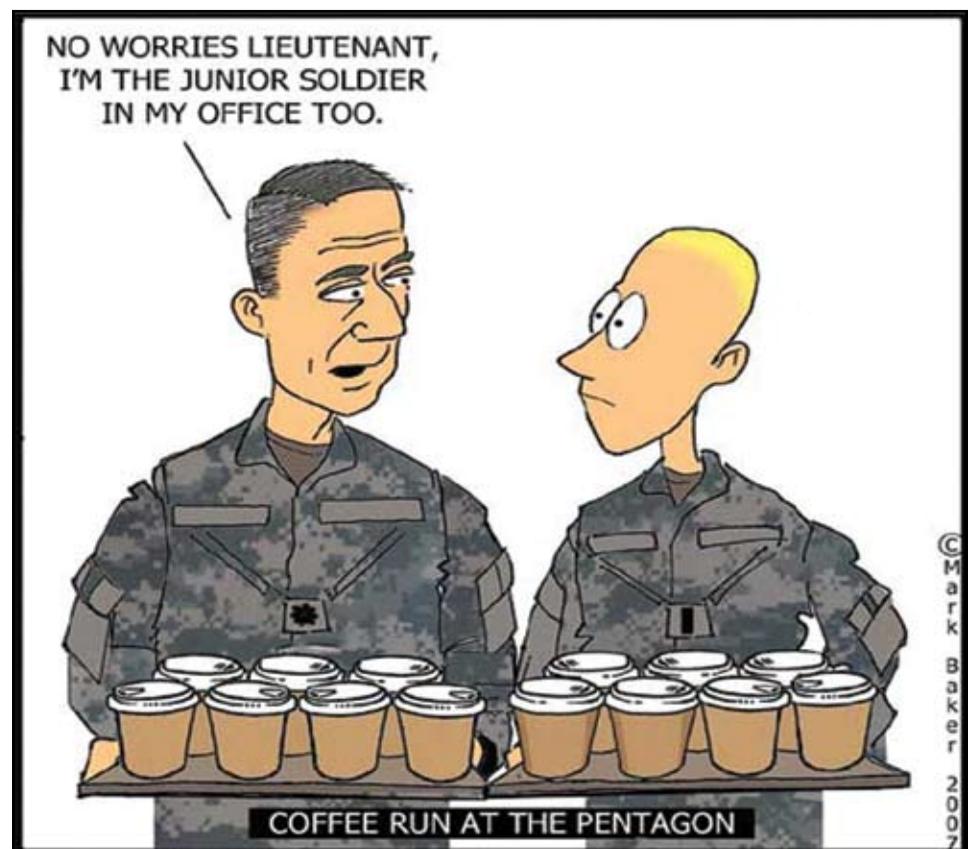
# Sudoku

Level: Hard

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

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

## PVT. MURPHY'S LAW



## Upcoming sports on AFN



### Wednesday 10/1/08

Motorcycle Racing: AMA Motocross Lites: Budds Creek, tape delayed 2 a.m. AFN/xtra  
 College Football: Florida Atlantic @ Middle Tennessee, live 3 a.m. AFN/sports  
 NFL RePLAY - Game 1: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 3 a.m. AFN/xtra  
 NFL RePLAY - Game 2: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 4:30 a.m. AFN/xtra  
 AMA Motocross: New Berlin, tape delayed 7 a.m. AFN/xtra  
 AMA Motocross Lites: New Berlin, tape delayed 8 a.m. AFN/xtra  
 NFL RePLAY - Game 1: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 2 p.m. AFN/xtra  
 NFL RePLAY - Game 2: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 3:30 p.m. AFN/xtra  
 2008 American or National League Division Series - Game 1: Teams TBD, live 10 p.m. AFN/sports

College Football: Teams TBD, live 7 p.m. AFN/sports  
 College Football: Teams TBD, live 7 p.m. AFN/xtra  
 College Football: Teams TBD, live 7 p.m. AFN/prime atlantic  
 College Football: Teams TBD, live 10:30 p.m. AFN/sports  
 College Football: Teams TBD, live 10:30 p.m. AFN/xtra  
 College Football: Teams TBD, live 10:30 p.m. AFN/prime atlantic

### Sunday 10/5/08

College Football: College Football: Teams TBD, live 3 a.m. AFN/prime atlantic  
 College Football: College Football: Teams TBD, live 3 a.m. AFN/xtra  
 College Football: College Football: Teams TBD, live 3 a.m. AFN/sports  
 NFL Week 5: Teams TBD, live 8 p.m. AFN/sports  
 NASCAR Sprint Cup Series: Amp Energy 500 (Talladega Superspeedway, Talladega, AL), live 9 p.m. AFN/xtra  
 2008 American League Division Series - Game 3: Teams TBD, live 10 p.m. AFN/prime atlantic  
 NFL Week 5: Teams TBD, live 11 p.m. AFN/sports

### Thursday 10/2/08

2008 American or National League Division Series - Game 1: Teams TBD, live 1:20 a.m. AFN/sports  
 ESPN College Football Primetime: Louisiana Tech @ Boise State, live 3 a.m. AFN/xtra  
 2008 American or National League Division Series - Game 1: Teams TBD, live 5 a.m. AFN/sports  
 2008 WNBA Finals - Game 1: Teams TBD, tape delayed 10 a.m. AFN/sports  
 NFL RePLAY - Game 3: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 2 p.m. AFN/sports  
 NFL RePLAY - Game 4: Teams TBD \* 90-Minute Fast-Paced Game of the Week, tape delayed 3:30 p.m. AFN/sports  
 2008 American or National League Division Series - Game 1 or 2: Teams TBD, live 10 p.m. AFN/sports

NFL Week 5: Teams TBD, live 1 a.m. AFN/sports  
 2008 American League Division Series - Game 3: Teams TBD, live 1:30 a.m. AFN/prime atlantic  
 NBC Sunday Night Football - Week 5: Pittsburgh Steelers @ Jacksonville Jaguars, live 3:15 a.m. AFN/sports  
 American LeMans 2008: Road America, tape delayed 4 a.m. AFN/xtra  
 NHL on Versus: Tampa Bay Lightning @ New York Rangers (Prague, CZ), tape delayed 5 a.m. AFN/xtra  
 NHL on Versus: Ottawa Senators @ Pittsburgh Penguins (Stockholm, SE), taped delayed 7:30 AFN/xtra  
 NFL Week 5: Teams TBD, tape delayed 10 a.m. AFN/xtra  
 2008 WNBA Finals - Game 3: Teams TBD, tape delayed 10 a.m. AFN/xtra  
 NBC Sunday Night Football - Week 5: Pittsburgh Steelers @ Jacksonville Jaguars, tape delayed 2 p.m. AFN/sports  
 NFL Week 5: Teams TBD, tape delayed 5 p.m. AFN/sports  
 NBC Sunday Night Football - Week 5: Pittsburgh Steelers @ Jacksonville Jaguars, taped delayed 8 p.m. AFN/sports

### Friday 10/3/08

2008 American or National League Division Series - Game 1 or 2: Teams TBD, live 1:30 a.m. AFN/sports  
 ESPN College Football Primetime: Pittsburgh @ South Florida, live 2:30 a.m. AFN/xtra  
 2008 American or National League Division Series - Game 1 or 2: Teams TBD, live 5 a.m. AFN/sports  
 College Football on Versus: Oregon State @ Utah, tape delayed 10 a.m. AFN/sports  
 2008 American or National League Division Series - Game 1 or 2: Teams TBD, tape delayed 3 p.m. AFN/sports

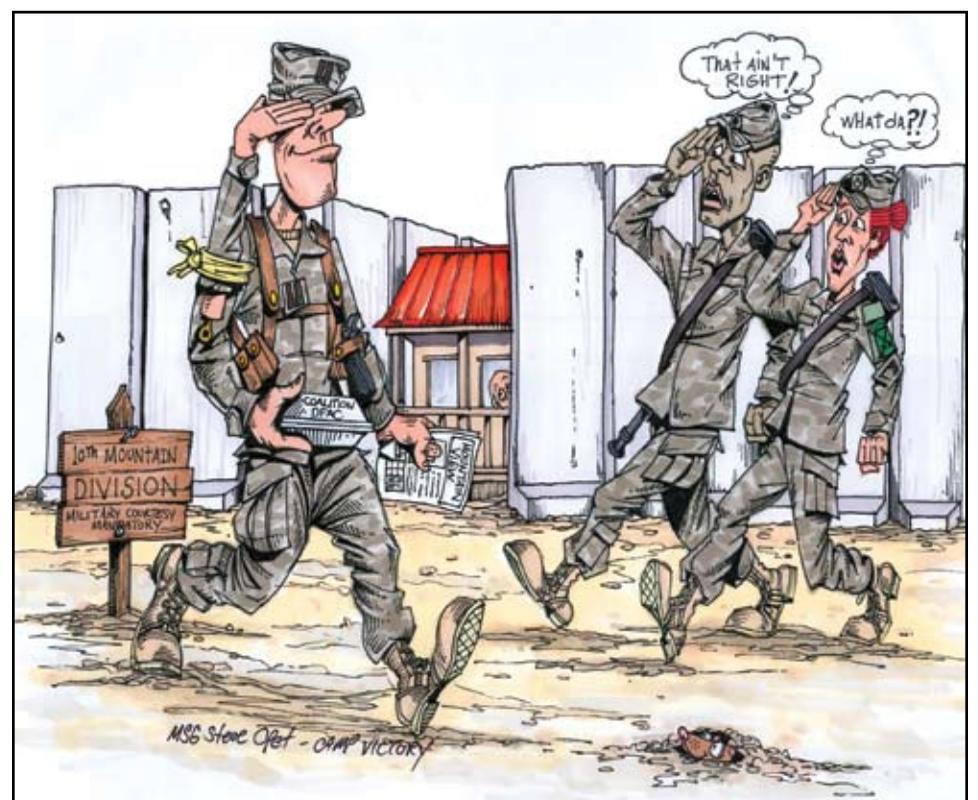
### Tuesday 10/7/08

2008 American League Division Series - Game 4: Teams TBD \* If Necessary, live 2 a.m. AFN/xtra  
 ESPN Monday Night Football - Week 5: Minnesota Vikings @ New Orleans Saints, live 3:30 AFN/sports  
 2008 American League Division Series - Game 4: Teams TBD \* If Necessary, taped delayed 10 a.m. AFN/sports  
 2008 American League Division Series - Game 4: Teams TBD \* If Necessary, taped delayed 1 p.m. AFN/sports  
 2008 American League Division Series - Game 4: Teams TBD \* If Necessary, tape delayed 4 p.m. AFN/sports  
 ESPN Monday Night Football - Week 5: Minnesota Vikings @ New Orleans Saints, tape delayed 8 p.m. AFN/sports

### Saturday 10/4/08

2008 American League Division Series - Game 2: Teams TBD, live 12 a.m. AFN/sports  
 ESPN College Football Primetime: Cincinnati @ Marshall, live 3 a.m. AFN/prime pacific  
 2008 WNBA Finals - Game 2: Teams TBD, live 3 a.m. AFN/xtra  
 2008 American League Division Series - Game 2: Teams TBD, live 3:30 a.m. AFN/sports  
 AMA Motocross: Washougal, tape delayed 7 a.m. AFN/xtra  
 2008 WNBA Finals - Game 2: Teams TBD, taped delayed 10 a.m. AFN/sports  
 College Football: Teams TBD, live 7 p.m. AFN/prime pacific

## Iraq according to Opet



# Modern Army Combatives kicks its way onto JBB

by Spc. Michael Behlin

Expeditionary Times staff

**JOINT BASE BALAD, Iraq** - Making a name for itself on Joint Base Balad is one of the few programs here where scrapes, bruises, and the occasional black eye are all a common theme.

This is also one of the only Army programs where fighting is legal, whether it be punching, kicking or grappling. For those interested, however, it takes a special type of person to not only get knocked down and get back up, but to learn the different steps and techniques that go along with the program.

Sure, two fighters could just pummel each other, but it would be more efficient to teach the fighters to control a fight by controlling the elements of the fight.

This is exactly what the Modern Army Combatives program provides for Servicemembers willing and able weekly.

Held at the East Fitness Main Gym, the program has the capability to improve the hand-to-hand fighting ability of every Soldier in a unit. The MAC program is necessary to systematically develop skills, movement patterns and develop an understanding of fight strategy. Classes are offered to certify Servicemembers as level 1 and level 2 combatants. The MAC program has become increasingly popular on JBB.

"The combatives program is important to Servicemembers because it provides an alternate skill to use on the battlefield," said Master Sgt. Jonathan Napier, 3d Sustainment Command (Expeditionary) communications security custodian and Yatesville, Ga., native. "When in a fight, you don't have to always kill the enemy; sometimes you can put the enemy into a submission move where they just can't fight back."

The MAC program, which started in June, has gradually grown in both support and participation. Earlier in the year, there was interest in beginning a MAC program, but with no certifying authority, interest faded.

Instructed by Staff Sgt. Brian Baily, Staff Sgt. Nicholas Green, and level 3 combatant and full time instructor Sgt. Benjamin Zucker, the MAC's certification process is validated with the presence of Napier, who as a level 4 combatant, serves as the master trainer and program overseer.

Those participating in the MAC program should expect thorough training in the three phases of basic fight strategy. These are closing the distance, gaining the dominant position,



Photo by Pfc. Amanda Tucker

**Left to right: level three certified combative instructor, Staff Sgt. Juan Bruno, a Puerto Rico native and special purpose equipment supervisor for the 602nd Maintenance Company, based out of Fort Hood, Texas, fends off Pvt. Daniel Bornkamp, a mechanic for Delta 293rd, 55th Sustainment Brigade, based out of Fort Wayne, Ind., on Joint Base Balad Sept. 25.**



Photo by Pfc. Amanda Tucker

and finishing the fight.

These phases are important because they teach trained fighters to avoid an untrained fighter's full punching range. Participants also learn to use leverage gained from the dominant body position to defeat a bigger, stronger opponent. When the dominant position has been achieved, the fighter can begin attempts to finish the fight.

The programs curriculum fol-

lows a daily session schedule where students are briefed on safety and then are gradually taught the many different techniques applied in MAC. This approach is similar to that of a crawl, walk, and run method, with final testing and demonstration sessions and graduations being held on the final day.

Those involved or wanting to be involved in MAC should expect a workout, but a much dif-



Photo by Spc. Michael Behlin

**Top: Sgt. Benjamin Zucker, a member of the 602nd Maintenance Company and primary Modern Army Combatives instructor, demonstrates the correct technique of a hold during a level 2 training. Left: 1st Lt. Mary Lou Drilling, a Milford, Ohio, native and platoon leader for the 20th Quartermaster Company, 101st Airborne Division, based out of Fort Campbell, Ky., goes under her level three certified combative instructor, Staff Sgt. Juan Bruno, a Puerto Rico native and special purpose equipment supervisor for the 602nd Maintenance Company, based out of Fort Hood, Texas, during a clench drill on Joint Base Balad Sept. 25.**

ferent type of workout than they may be used to.

"In combatives, you get a much different type of workout," said Zucker, 602nd Maintenance Company and Olympia, Wash., native. "Your joints are aching after the first couple of days, but it's really good physical training."

As with most of the instructors, the common feeling about the program was the satisfaction

of training Soldiers.

"What I've enjoyed thus far about the program is what NCO's do daily, train Soldiers," said Zucker. "That's really what this program is about, training Soldiers and leaders to be able to train others."

For more information on the Joint Base Balad MAC program contact Master Sgt. Jonathan Napier at jonathan.napier@iraq.centcom.mil.