

EXPEDITIONARY TIMES

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Vol. 2, Issue 6

Goodwater in Al Asad

1207 QM provides water for Anbar province
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Sustainers stay Connected

Hospital LNOs provide link with Soldiers, Units
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Sustainers get Streamed

Lonestar unit receives Iraq campaign streamer
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Got Photo?

"Of Soldiers, By Soldiers" Photo Competition

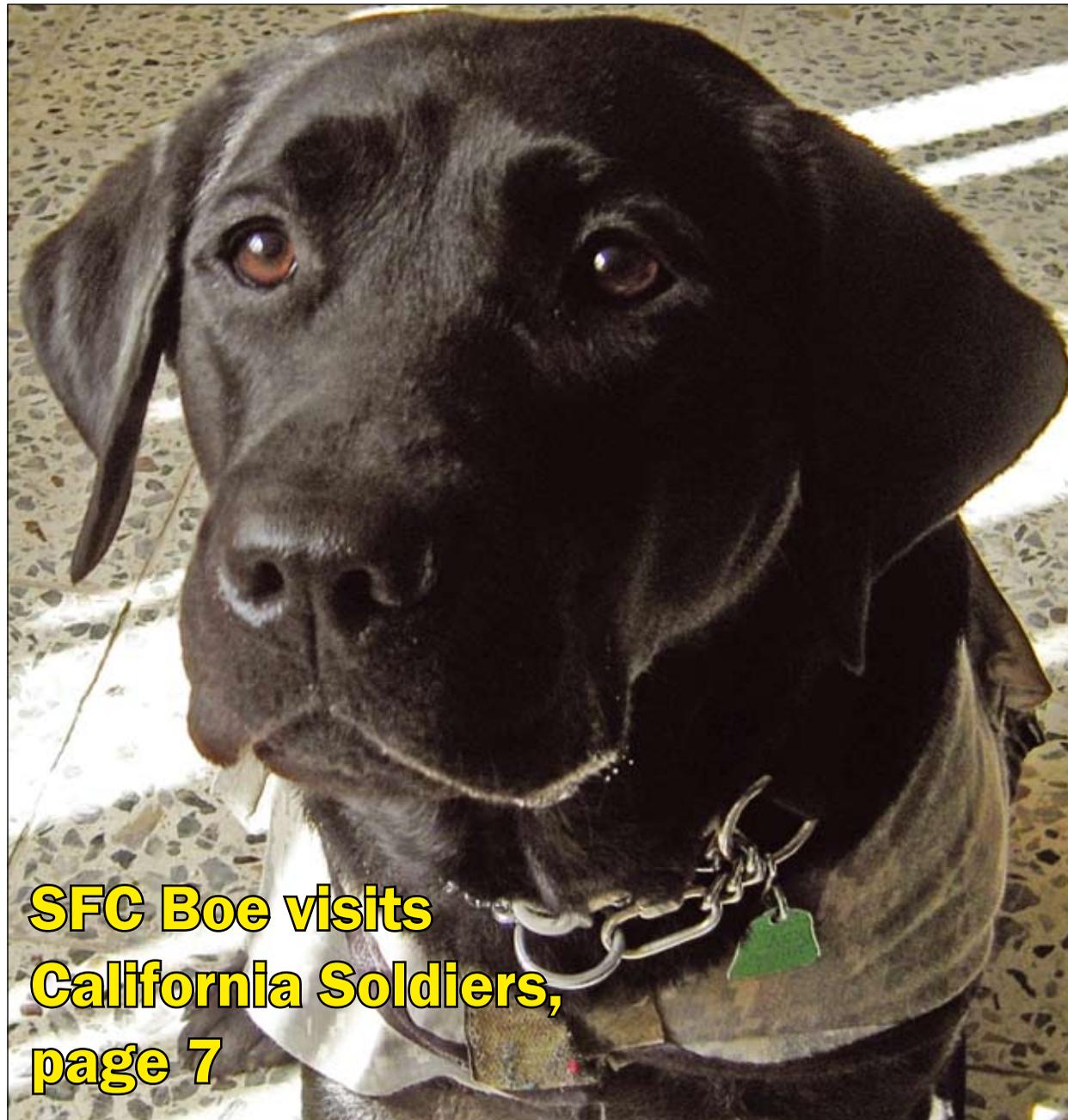
Send your best photo and it could be on the cover of Soldiers Magazine.

Guidelines:

- Photo must be taken by a Soldier and of a Soldier
- Only one submission per Soldier
- Photo must be high resolution (three megapixels or greater in size)
- Images should be composed vertically with action leading to the right
- Caption must include: full name, rank and unit of Soldier in photo (if children are depicted, no names required); nomenclature of all equipment / vehicles in photo.
- Photographer's full contact information, unit address, supervisor's telephone number and personal telephone

Submission Deadline:
April 21, 2009

Email your photos (and any questions) to: carrie.mcleroy@us.army.mil



SFC Boe visits California Soldiers, page 7

Sgt. 1st Class Boe, an English Labrador retriever, visits Soldiers from the 1st Battalion, 185th Armor Regiment, 16th Sustainment Brigade at Contingency Operating Base Speicher, Iraq, to improve Soldier's morale during their deployment. "Her purpose is to bring Soldiers a reminder of home and offer a sense of comfort and well being," said Capt. Cecelia Najera, occupational therapist, 528th Medical Detachment.

Courtesy photo

Kurdish Soldiers graduate from combat lifesaver course

STORY AND PHOTOS BY
2nd Lt. Nathan Lewis
UPAR, LTF-Alpha
16th Sust. Bde.

HABUR GATE, Iraq –Iraqi

Army Soldiers received certificates of completion after they became the first class to graduate from the U.S. Army combat lifesaver course on Jan. 27 in Habur Gate.

The Soldiers learned how to sling an arm injury, apply tourniquets, and new techniques

such as needle chest decompression for serious injuries. The Kurdish language did not have the words for many of the techniques, which the instructors overcame by describing the procedures and demonstrating them to the students.

Sustainers at Habur Gate trained the group of 10 Soldiers and afforded them an opportunity to form new friendships. This small group came to Habur Gate to learn first-aid from Staff Sgt. Daniel DeLuna, Habur Gate Aid Station



Staff Sgt. Daniel DeLuna, Habur Gate Aid Station noncommissioned officer in charge, Logistics Task Force – Alpha, 16th Sustainment Brigade, guides two Iraqi Army Soldiers from the Kurdish region, on proper tourniquet application at Habur Gate, Iraq, Jan. 27.

See CLS GRADUATION,
Page 6

332 ESFS Blotter

29 Jan. – 5 Feb.

THEFT OF SECURE PRIVATE PROPERTY:

The reporting party telephoned the law enforcement desk on Jan. 31 and reported a theft of private property that had occurred at Bldg #6441. A patrol was dispatched and made contact with the RP. The RP stated that at 2200 hours he had gone to work and a dart board was nailed to the wall. When the RP returned from work, he noticed the dart board was missing.

MEDICAL EMERGENCY:

The reporting party telephoned the law enforcement desk and reported a medical emergency. The victim was complaining of abdominal pain due to a possible lower stomach and intestine bleeding. The victim collapsed after attempting to walk across his quarters. A patrol was dispatched and arrived on scene. The patrol made contact with medical personnel who advised that the victim would be transported to the base hospital for further evaluation.

COMMUNICATING A THREAT:

A victim entered the law enforcement desk and reported she was being threatened via the internet. The victim completed a written statement. She stated that she went to the MWR computer room to check her MySpace page when she noticed she had received two threatening e-mails from some alleged females who claimed to be watching her actions at Joint Base Balad. The victim further stated that she did not know who the e-mails were from and that the content of the e-mails detailed alleged immoral behavior on her part. Those e-mails also contained derogatory statements about her.

MINOR VEHICLE ACCIDENT:

The driver of vehicle #1 telephoned the law enforcement desk to report a vehicle accident at Bldg #7712. A patrol was dispatched. They arrived on scene and made contact with driver #1. The driver said he was making a left turn out of the parking lot when he struck a Jersey barrier and dented the vehicle's driver side door from front to rear. There was no damage to the Jersey barrier. The patrol took five digital photographs of the vehicle.

NIPR- 443-8602
SIPR- 241-1171
Email- PMOdesk@iraq.centcom.mil

You can save a life by Slowing Down!

Prevent accidents before they happen.



US Army photo by Spc. Brian A. Barbour

A driver speeds past a posted speed limit sign at Joint Base Balad. According to Mr. Charles M. Timms from the 3^d ESC safety office, a violation of speed limits is clearly an operator error. Complacency, inattention, "rushing," and unfamiliar speedometer readings with kilometers per hour primarily contributes to these violations. Operators must drive within the posted speed limits- No Excuses!

EXPEDITIONARY TIMES

3^d ESC Commanding General, Brig. Gen. Michael J. Lally

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 371st Sustainment Brigade
 287th Sustainment Brigade
 332nd Air Expeditionary Wing
 555th Engineer Brigade
 304th Sustainment Brigade
 34th Combat Aviation Brigade

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^d 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.

JOINT BASE BALAD ATTACK WARNING SIGNALS

INCOMING FIRE	<p>IF YOU HEAR Klaxon Alarm, "INCOMING" Voice Announcement and/or Unexplained Explosion</p>	<p>GENERAL ACTIONS - Regardless of location immediately lie face down on the ground protecting your eyes and ears. - After 2 minutes, move to cover until "ALL CLEAR" or nature of explosion is determined. - While moving to cover, survey for unexploded UXOs.</p>
ALARM RED	<p>IF YOU HEAR Siren Bursts and/or Voice Announcement → Sustained IDF Attack In Progress Wavering Tone and/or Voice Announcement → Ground Attack In Progress</p>	<p>GENERAL ACTIONS - TAKE COVER - DON HELMET AND BODY ARMOR (IF AVAILABLE) - REMAIN UNDER COVER UNTIL "ALL CLEAR" - ON-DUTY FIRST & EMERGENCY RESPONSE PERSONNEL: MOVEMENT ONLY</p>
ALARM YELLOW	<p>IF YOU HEAR: "ALARM YELLOW" Voice Announcement</p>	<p>GENERAL ACTIONS - DON'T LEAVE ESSENTIAL PERSONNEL MOVEMENT ONLY - DON'T LEAVE YOUR ATTACK RESPONSIBILITY (KEEP IT) - SURVEY FOR UXOs, INJURIES AND PERSONAL ARM - REPORT INJURIES (PERSON/WEAPON) TO YOUR UCC - ALL OTHERS REMAIN UNDER COVER UNTIL "ALL CLEAR"</p>
ALARM GREEN ALL CLEAR	<p>IF YOU HEAR ALTERNATING Low/High Siren and/or "ALL CLEAR" Voice Announcement</p>	<p>GENERAL ACTIONS - IF "ACCOUNTABILITY" IS ANNOUNCED, REPORT ASAP INTO YOUR UCC USING YOUR UNIT'S REPORTING PROCEDURES - REMAIN VIGILANT FOR UXOs & REPORT IF FOUND</p>
ALARM BLACK (CBRN ATTACK ONLY)	<p>IF YOU HEAR REPEATING Rising Siren and/or "CBRN ATTACK" Voice Announcement</p>	<p>GENERAL ACTIONS - ASSUME MOPP 4 OR AS DIRECTED - REMAIN UNDER OVERHEAD COVER OR WITHIN SHELTER UNTIL OTHERWISE DIRECTED</p>

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EMA 10/29/11
 24 December 2008

Hooah of the Week



US Army photo by Spc. Brian A. Barbour

Master Sgt. David P. Lively is congratulated by Brig. Gen. Michael J. Lally, 3rd Sustainment Command (Expeditionary) commanding general, for being selected this week's "Hooah of the Week". Lively is a Twin Falls, Idaho, native and an Army reservist with the 96th Regional Readiness Command from Salt Lake City, Utah. Lively is attached to the 3rd ESC support operations from the 70th RRC where he is the Class XI (repair parts) noncommissioned officer in charge. Lively received the award for his excellence in managing the safety restraint system in the Mine-Resistant Ambush-Protected (MRAP) vehicles throughout theater.

THE RESPONDER

EMERGENCY MANAGEMENT INFORMATION BULLETIN
 PREVENT ▶ PREPARE ▶ RESPOND ▶ RECOVER

ATTACK WARNING & RESPONSE PROCEDURES

ISSUE: 08-02, 15 SEPTEMBER 2008

RECOVER

KLAXON
 "Incoming, Incoming, Incoming"

- IMMEDIATELY lie face-down on the ground protecting your eyes and ears.
- If you are in a vehicle, safely pull over, exit vehicle and lie face-down on the ground protecting your eyes and ears.
- After two (2) minutes, move to cover until the "ALL CLEAR" is announced.
- While taking cover, survey for injuries and UXOs. Perform SABC as appropriate, while maintaining low profile.

CONTINUOUS SIREN
 "Alarm Red"

- IMMEDIATELY seek best available cover/protection while maintaining low profile.
- Don helmet and body armor (if available).
- Remain under cover until the "ALL CLEAR" is announced.

NOTE: Only first responders and emergency response personnel are authorized to move around the installation.

See BSD 08-20 for more information

AIR FORCE AFEM EMERGENCY MANAGEMENT
 Joint Base Balad, Iraq

Sustainer Challenge

Got Photos?
 Are you participating in the 2009 Sustainer Challenge competition?

E-mail us two high resolution team photos with team information, to be published in the Expeditionary Times.



expeditionarytimes@iraq.centcom.mil

Alabama Guardsmen take on maintenance mission

By CAPT. HENRY J. AGUIGUI
UPAR, 18th CSSB,
16th Sust. Bde.

CONTINGENCY OPERATING SITE DIAMONDBACK, Iraq — Soldiers from the 632nd Maintenance Co., from Fort Stewart, Ga., transferred authority to the 158th Maintenance Co., an Alabama Army National Guard unit at Marez, COB Diamondback, Iraq, Jan. 13.

The maintenance company completed their 15-month rotation in support of Operation Iraqi Freedom and were originally under the 3rd Sustainment Brigade until the 16th Sust. Bde. arrived.

“Phenomenal performance,”

said Lt. Col. Christopher Roscoe, commander, 18th Combat Sustainment Support Battalion, 16th Sust. Bde. “In my opinion this company’s recovery mission was the most dangerous mission within the battalion. They were not restricted to supply routes within the area of operations, but were expected to go anywhere, at anytime they were needed.”

The 632nd Maint. Co. conducted over 85 recovery missions in the Multi-National Division – North area of operations without any incidents, and they were responsible for organizational maintenance support and provided force protection for Contingency Operating Site Diamondback.

In his farewell speech, Capt. Toby R. Mackall, commander,

632nd Maint. Co., thanked his Soldiers for their steadfastness and leadership.

“We lost no Soldiers during this deployment, and I believe it is because of the Soldiers and leaders who stayed engaged at every level,” Mackall said. “I stand before some of the finest Soldiers in the Army, job well done.”

632nd Maint. Co. Mackall and 1st Sgt. Hector Rivera, first sergeant, relinquished authority to the 158th Maint. Co., Capt. Robert Schodorf, commander, and 1st Sgt. Robert Nichols, first sergeant.

“Soldiers throughout the state (of Alabama) volunteered for this opportunity,” Schodorf said to his Soldiers. “We trained long and hard for this deployment.”



U.S. Army photo by Sgt. 1st Class Patrice K. Elmes

Capt. Toby R. Mackall, commander, and 1st Sgt. Hector Rivera, first sergeant, 632nd Maintenance Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, case the company’s colors during a transfer of authority ceremony at Marez, Contingency Operating Site Diamondback, Iraq, Jan. 13. Soldiers from the 632nd Maint. Co., based out of Fort Stewart, Ga., transferred authority to the 158th Maint. Co., an Alabama Army National Guard unit.

Goodwater Guardsmen say Goodbye to Al Asad

STORY AND PHOTO BY
SPC. KIYOSHI C. FREEMAN
Expeditionary Times Staff

AL ASAD AIR BASE, Iraq — Alabamian National Guardsmen handed over their mission purifying water to a reserve unit from Texas during a transfer of authority ceremony here Jan. 23.

“The ultimate weapon lives on water,” said Sgt. 1st Class Forkpa M. Akoi, water purification noncommissioned officer in charge, 548th Combat Support Sustainment Brigade. “Without water, we can’t do anything. And (1207th Quartermaster Detachment) has been very, very much instrumental in providing this life-sustaining commodity.”

A National Guard unit from Goodwater, Ala. — a town named for a local fresh water spring — the 19 Soldiers of the 1207th QM were responsible for providing clean water at four bases in Anbar province, including Al Asad.

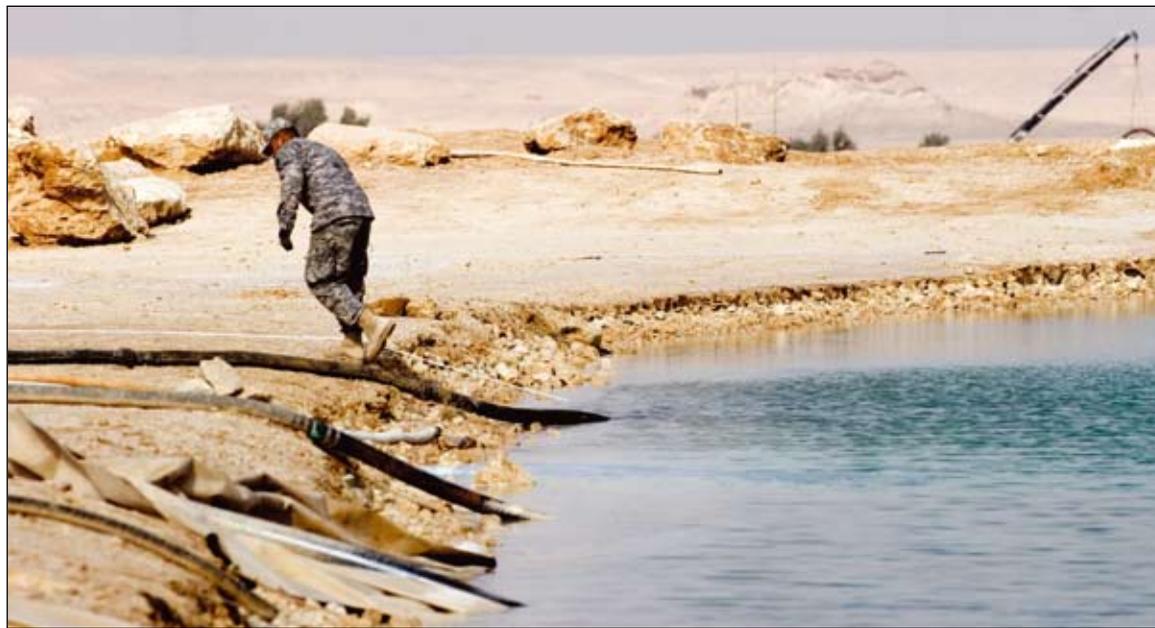
“Clean drinking water is something we all take for granted, and it doesn’t just happen,” said Lt. Col. Mary E. Abrams, commanding officer, 548th CSSB. She stressed the impor-

tance of the 1207th QM’s mission purifying water for Coalition forces in Anbar province.

“One of the [1207th QM’s] most notable achievements, though, is establishing Iraqi self-sufficiency at the water treatment plant at Camp Mejid,” Abrams went on to say, referring to how one of the Soldiers spent months training his Iraqi counterparts on water purification operations here. Since the beginning of their deployment 10 months ago, the 1207th QM has purified approximately nine million gallons of water, or enough water to fill 144 million eight-ounce glasses, Akoi said. Over four million gallons of water came out of Freedom Lake here, a reservoir filled by a natural spring. The water bubbles to the surface along with deposits of sulfur, which produces a very distinct rotten egg smell until it’s processed, he said.

This water — after it goes through various filters and a reverse osmosis process — is used by Coalition forces for showers, laundry and dining facility operations, as well as construction purposes, said Sgt. 1st Class Anthony G. Knight, detachment sergeant, 1207th QM, and native of Lineville, Ala.

More importantly, though, the water is used to reduce airborne dust, which lowers visibility and damages sensitive



A Soldier with the 961st Quartermaster Detachment fills a jar with water for testing at a Freedom Lake, Al Asad Air Base, Iraq, Jan. 20. The water is routinely tested to ensure it meets safety standards, although the purified water itself is non-potable.

military equipment, he said.

It was this type of flexibility — training Iraqis, setting up operations at Camp Korean Village within 48 hours, working in small two or three man sections — that typified the deployment and made the Soldiers successful, Knight said.

“Not only did we have to do water operations, but some of our Soldiers had to work outside their MOS (job) and stepped up in a big way,” he said. “And that accomplished the mission as well.”

Looking back, the 1207th

QM’s greatest challenge during its deployment was working with 14-year old equipment, said 1st Lt. Jessica A. Moore, commanding officer of the 1207th QM, and native of Huntsville, Ala. Four of the detachment’s Reverse Osmosis Water Purification Units (ROWPU) went refurbished so they would be in good working order for their relieving unit, the 961st Quartermaster Detachment, a reserve unit from McAllen, Texas.

Staff Sgt. Jose S. Villanueva, acting first sergeant, 961st QM, and native of San Antonio,

Texas, said he was confident his unit was prepared for their mission and the 1207th QM had set them up for success.

When asked what he thought of their mission, he said, “I think it (water purification) plays a vital role in today’s combat environment. It’s necessary for everyday life. Everyone needs water.”

Looking back, Knight said, “It was a good experience. I’ve been in the military for 19 years now, and if I had to do it over again, I’d probably do it the same way.”



Celebrating Diversity in the Army: African American History Month

"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history."

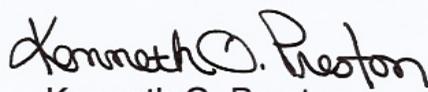
– Dr. Carter G. Woodson

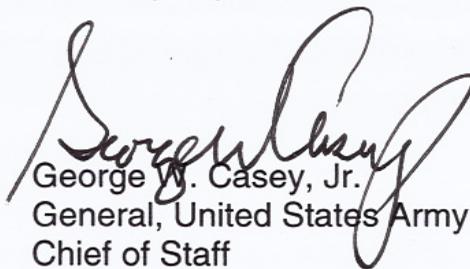
February is National African American History Month – an opportunity to reflect on the many accomplishments of African-American Soldiers, Families, and Civilians who have served our great Nation for over 200 years.

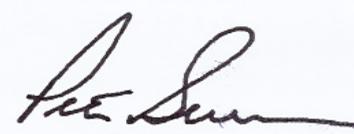
Today, we are Army Strong because we leverage and draw strength from the rich diversity within our ranks. At a crucial time in our Nation's history, African-Americans – military and civilian – are playing critical roles in protecting our Nation against the global, extremist terrorist network that attacked us on September 11, 2001.

America's Army is the best in the world at what it does. By respecting and leveraging our different backgrounds and experiences, perspectives and attitudes, skills and problem-solving capabilities, we will continue to meet the challenges of an uncertain future. We learn from our past and aspire to a better future. As General (Retired) Colin Powell said last year at the 60th Anniversary of President Truman's order to integrate the military:

Let's not rest on our laurels as long as there is one kid out there who grows up wondering, 'can I dream in America? Can I get to the very top?' The answer has to be, yes you can.


Kenneth O. Preston
Sergeant Major of the Army


George W. Casey, Jr.
General, United States Army
Chief of Staff


Pete Geren
Secretary of the Army

CLS GRADUATION

noncommissioned officer in charge, Logistics Task Force – Alpha, 16th Sustainment Brigade.

“I appreciate everything that you have done for my Soldiers,” said Iraqi Army General Bakir. “I view you all as my brothers and I hope that we will be able to continue to learn from you in the future.”

After graduating, the students will return to their units

and teach their brothers in arms what they had learned from their course at Habur Gate, Bakir said.

The aid station is only one of many sections that make LTF - Alpha, who provide support to convoys that are passing through to the border.

Continued from Page 1



Staff Sgt. Daniel DeLuna, Habur Gate Aid Station noncommissioned officer in charge, Logistics Task Force – Alpha, 16th Sustainment Brigade; 1st Sgt. Donald Davis, first sergeant, LTF – Alpha; and 2nd Lt. Nathan Lewis, executive officer, LTF – Alpha (from left to right), stand for a group picture with the recently graduated Iraqi Army Soldiers from the Kurdish region, at Habur Gate, Iraq on Jan. 27.

LNOs keeps wounded warriors, units connected

BY SPC. MICHAEL BEHLIN
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Medical emergencies can occur to service members anytime, anywhere on a battlefield because of acts of violence, accidents or illness. As a result, service members can be transported to any medical center located throughout Iraq for medical attention.

During this process, service members could lose equipment or clothing. More importantly, they become separated from their unit and may have no means of contact with their unit leadership and comrades in arms.

While service members are receiving medical care, someone has to be responsible for making sure they receive the additional care they may need. For the 3d Sustainment Command (Expeditionary), that someone is its hospital liaison officers (LNO).

“Our LNOs are very focused on ensuring prompt and effective medical care is provided to our Soldiers and that units know the status and how to contact every Soldier,” said Brig. Gen. Michael J. Lally, the commanding general of the 3d ESC. “Furthermore, our LNOs make an extra effort to assist Soldiers and to ensure their stay in the hospital is as hassle-free as possible.”

Functioning as a liaison between patients and units, LNOs have a unique mission of keeping them both in-

formed.

“We supply units with the necessary information so that they know what’s going on with their Soldiers,” said Sgt. 1st Class Timothy Stewart, a 3d Sustainment Command (Expeditionary) Air Force Theater Hospital liaison officer here and New Middletown, Ind. native. “At times, units are like parents in that they want to know how their Soldiers are doing.”

When a service member arrives at a hospital, it’s the responsibility of the LNOs to get as much information from them as possible. Information gathered by LNOs include a service member’s full name, social security number, and unit information for tracking purposes. LNOs provide commanders the necessary information to update the health status of their Soldiers; on whether the injury is serious or not, and if the injury is battlefield or non-battlefield related.

LNOs assigned to the 3d ESC have a responsibility of ensuring that any service member from a 3d ESC subordinate unit is well taken care of. In addition, they also assist other units and service members that don’t have an LNO representative.

When a patient is receiving care at a hospital, LNOs have the responsibility to monitor their progress and observe them for any changes in their health condition, while ensuring they attend all their scheduled medical appointments.

While it’s acknowledged the hospital LNOs do an excellent job helping service members, Stewart mentioned

Al Asad



“THE QUEST FOR BLACK CITIZENSHIP”

Black History Month

“IN THE AMERICAS”

ESSAY CONTEST

African-American / Black History Month Essay Contest is open to all service members and civilians. The DOD National Theme is: *“The quest for Black Citizenship in the Americas.”* Deadline for entry will be 12 FEB 09. Entries can be turned in at the 371st SB EO Office, Bldg 10030, 440-7053 or send to: OMB_371SB_EO@aa.mnf-wiraq.usmc.mil

Also looking for individuals interested in Choir, Step, Dance & Poetry/Spoken Word performances. Contact 440-7053 or OMB_371SB_EO@aa.mnf-wiraq.usmc.mil



there are challenges. He explained his job is not necessarily tough but at times can be very busy and demanding, especially when there are a lot of patients in the hospital.

Stewart said that as an LNO, he has to be mentally prepared to see anything as the injuries can be gruesome at times. But in spite of this, he said he enjoys helping service members and his job as a whole. Others appreciate the jobs LNOs do as well.

“The LNOs are my eyes and ears in the hospital,” said Lt. Col. Thomas Oliver, an El Paso, Texas, native and 3d ESC command surgeon. “Having LNOs allow me to get around and do the other things that I have to do. Because of LNOs, I get to attend whatever briefings or meetings that I’m scheduled to attend.”

Oliver also mentioned the positive feedback he receives from service members regarding the help they receive from

the LNOs.

“I’ve not met a more dedicated group of individuals,” Oliver said. “When you have someone taking care of Soldiers and giving the shirts off their backs, you can’t ask for more than that. They are absolutely golden.”

When asked about what he thinks of his job, Stewart simply said, “I love it. I’m fortunate to have been selected for this position.”

California Soldiers loosen up with therapy dog

BY 1ST LT.
CALEB CHRISTIANS
UPAR, 1ST BN., 185TH
ARMOR REGT., 16TH SUST. BDE

CONTINGENCY OPERATING
BASE SPEICHER, Iraq

— Soldiers from 1st Battalion, 185th Armor Regiment, California Army National Guard, pet and hug

their stress away with a little help from “Sgt. 1st Class Boe”.

Boe is a four-year-old Eng-

lish Labrador Retriever, donated to the Army by the Guide Dog Foundation, through the America’s Vet Dogs project. She lives on Contingency Operating Base Speicher and works as a therapy dog.

Boe accompanies Capt. Cecelia Najera, occupational therapist, 528th Medical Detachment. Boe, who holds the honorary rank of sergeant first class, makes the rounds visiting the different units that reside on the base.

“Her purpose is to bring Soldiers a reminder of home and offer a sense of comfort and

well being,” said Najera.

The use of animals for therapeutic purposes goes as far back as 1699 with the English philosopher John Locke suggesting the importance of children interacting with animals.

The U.S. military began pushing for the use of therapy dogs in 1919 after success with “shell-shocked” Soldiers.

Today, therapy dogs fall under the category of animal-assisted therapy. Such animals are used as both physical and psychological therapy. Psychological benefits include the reduction of stress and anxiety,

and the overall improvement of morale. On the physical side, therapy increases range of motion, strength and balance, and minimizes the need for preoperative medication.

The interaction between animals and humans has only been recently explored in the academic realm. In 1984, Harvard biologist Dr. Ed Wilson wrote “Biophilia: The Human Bond with Other Species.” Today, it is not uncommon to see therapy animals roaming the halls of nursing homes.

For Soldiers of 1st Bn., 185th Armor Regt., Boe provides a

warm distraction from everyday life at Speicher.

“It’s fun to have her around,” said Pfc. Stephen Driedger, chaplains assistant, Headquarters and Headquarters Company, 1st Bn., 185th Armor Regt., and native of Santa Rosa, Calif.

Cpl. Matt Brown, ammunition non-commissioned officer in charge, Delta Co., 1st Bn., 185th Armor Regt., said that spending time with Boe helped him unwind.

“Petting Boe is very relaxing,” Brown said. “And it’s nice throwing her dog treats.”

Army and Air Force work together to prevent sexual assault

BY SPC. AMANDA TUCKER
Expeditionary Times Staff

JOINT BASE BALAD, Iraq

— Soldiers and Airmen participated in the first joint unit victim advocate class Jan. 31 on

Joint Base Balad to teach UVAs sexual assault response policies; victim’s reporting options; critical advocacy skills; healthcare management of sexual assault; investigative and criminal justice processes and victimology.

“For the ones that are not sure about the sexual assault prevention and response program, it gives them a better understanding of the SAPR,” said Master Sgt. Verlean K. Brown, the sexual assault re-

sponse coordinator for the 3^d Sustainment Command (Expeditionary), and a Terry, Miss., native.

Brown said, the UVA is the caregiver for the sexual assault victim and provides support.

UVA roles and responsibilities include the following:

- Providing crisis intervention, referral and ongoing non-clinical support to the sexual assault victim, when assigned by the Sexual Assault Response Coordinator

- Reporting to and coordinating directly with the SARC or designated individual victim advocate when assigned to assist a victim of sexual assault

- Meeting standards for selection and attending annual and ongoing training

- Informing victims of their options for restricted and unrestricted reporting and explaining the scope and

limitations of the SARC’s role as an advocate

- Ensuring the victim is taken to a healthcare provider in lieu of reporting the incident to law enforcement or chain of command, if the victim chooses the restricted reporting option

- Immediately notifying law enforcement and the healthcare provider if the victim chooses the unrestricted reporting option

- Reporting information concerning sexual assault incidents (without information that would reasonably lead to personal identification of the victim) to command officials within 24 hours of the incident

- Informing victims of options to use service providers (e.g., medical, legal and chaplain) and resources available to victims

- Providing support

to the victim throughout the medical, investigative, and judicial process (at the victim’s request); supporting, assisting and guiding the victim without making decisions for the victim, speaking for the victim, or interfering with the legitimate operations of medical, investigative and judicial processes

- Safeguarding documents that are in their possession pertaining to sexual assault incidents and protecting information that is case related

- Completing a report on sexual assault as prescribed by the SARC

The class is taught quarterly for initial training and refreshers. At the end of the class the UVAs went through scenarios to test their knowledge.

According to the statistics used in the course, the highest amount of victims are between

the ages of 21 and 26 and E-2 to E-4. In 2008, on Joint Base Balad there were approximately 30 cases reported; eighty percent of the assaults occurred by acquaintances of the victim.

Command Sgt. Maj. Willie C. Tennant Sr., the senior noncommissioned officer for the 3^d ESC closed the class encouraging the new UVAs to put the welfare of sexually assaulted service members first. “Please take care of these Soldiers, Airmen, Marines and Sailors,” Tennant said.

“There (are) two great things that it (has) done,” said Capt. Wayne M. Straw, the SARC for the 332nd Air Expeditionary Wing. “Number one it keeps the victims from being dismissed. If a victim needs help, they get help. Its also raised awareness of the problems out there and that sexual assaults do happen.”

Soldiers partner to deliver wire, contribute to safe elections

BY SPC. KELLY ANNE BECK
Expeditionary Times Staff

CONTINGENCY OPERATING
BASE Q-WEST, Iraq

Within 24 hours, several units from the 16th Sustainment Brigade delivered 36,000 meters of concertina

wire, or the length of about 394 football fields, to the Iraqi Security Forces at Forward Operating Base Marez on Jan. 25.

The concertina wire, a type of barbed wire formed in large

coils, was provided to the Iraqis so they could secure their polling sites during this year’s Iraqi provincial elections.

This entire effort was a partnership between Iraqi Security Forces and Soldiers to ensure the Iraqi people had a safe election process and their voices could be heard through their votes, said Maj. Roger D. Jackson, a construction officer for Bamberg, Germany’s 16th Sust. Bde.

Jackson said he and his Soldiers worked with Iraqi Security Forces by delivering them the wire and helping them create a safer environment during the

elections.

“Although we only have 24 hours to complete this mission, and they need the wire today, then they’ll get the wire today,” Jackson said. “We’ll do what we can to help them have a safe election to continue to get their government on the right track.”

Spc. Jeromy B. Westphalin, a native of Diana, Texas, with the personal security team from the 16th Sust. Bde., said he was excited to be a part of a mission that dealt with helping secure Iraqis’ safety and their right to vote.

Westphalin said it’s a Soldier’s job to do what is asked of

him, but he’s particularly motivated to do his part to help the people of Iraq who want to cast their vote.

With little time to organize this mission, Jackson said the first step was to consolidate all the concertina wire available on their base. The Soldiers brought all the wire they could find at COB Q-West and consolidated it in one place.

Then, Soldiers and contractors worked together to load 2,400 rolls of wire onto their vehicles.

After figuring out how much wire was needed at each location, they began the distribu-

tion process, Jackson said. The Soldiers divided the wire among the voting centers before returning to Q-West.

These types of missions are especially rewarding because it’s Soldiers and Iraqis working together to help the process of moving Iraq forward, Jackson said.

Jackson added he was very proud to be part of the mission because a partnership between the Iraqis and Americans helped contribute to safer voting conditions for the Iraqi people.

Adder's Equal Opportunity Team honors King

BY SGT. HEATHER WRIGHT
287th Public Affairs

CONTINGENCY OPERATING BASE
ADDER, Iraq – COB Adder's Equal

Opportunity Team presented poetry, songs and essays for the Dr. Martin Luther King Jr. Day Observance to a standing-room-only crowd, Jan. 19, 2009.

"I put it together myself and was very pleased and surprised at the huge turn-out," said Staff Sgt. Courtney James, 4th Brigade Special Troops Battalion supply noncommissioned officer in charge and project officer for the program.

The ceremony began with a powerful rendition of the National Anthem by Staff Sgt. George Lindsey, 157th Combat Services Support Battalion mortuary affairs NCO.

Following the invocation and President's Proclamation, Col. Barry Taylor, 287th Sustainment Brigade deputy commander and 287th Sust. Bde's Command Sgt. Maj. Timothy Newton presented a certificate of achievement and battalion coin to Pfc. Shante Stevens, 287th SB supply operations specialist. Stevens won COB Adder's MLK essay competition, with her winning theme, "A Day On...Not a Day Off."

Stevens competed against other members in the battalion, the brigade and COB Adder.

After an acappella version of "Lift

Every Voice and Sing" by the Talill Gospel Choir Quartet, Spc. Tearah Moore, 4th BSTB garrison command information management officer, read Coretta Scott King's essay "Reading of the Meaning of this Day."

Maj. James Pleasant, 3rd Battalion, the 133rd Field Artillery Regiment executive officer ended the celebration with a speech recognizing Martin Luther King Jr.'s civil rights work while emphasizing that American citizens must carry on the effort: "We must continue the work of uplifting this nation – the nation of Iraq – to a higher destiny, a higher plateau of compassion and a more noble expression of humaneness. Therefore, I leave with you that today, is truly a day on, not a day off."

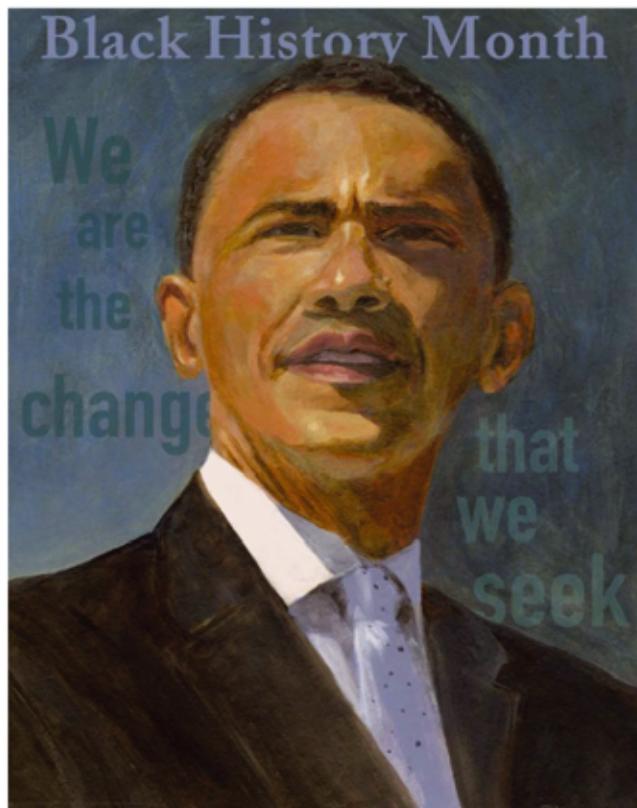
**Stressed?
Relax and go see a
movie.**

See page 21 for movie schedule



JOINT BASE BALAD

Presents African American/Black History Month ESSAY WRITING CONTEST



- **Open to all on JBB**
- **12 point font size, Double space, 2 pages or less**
- **Must pertain to the National 2009 Theme: "The Quest for Black Citizenship in the Americas."**
- **Please submit all essays by 1800 hours February 14, 2009**

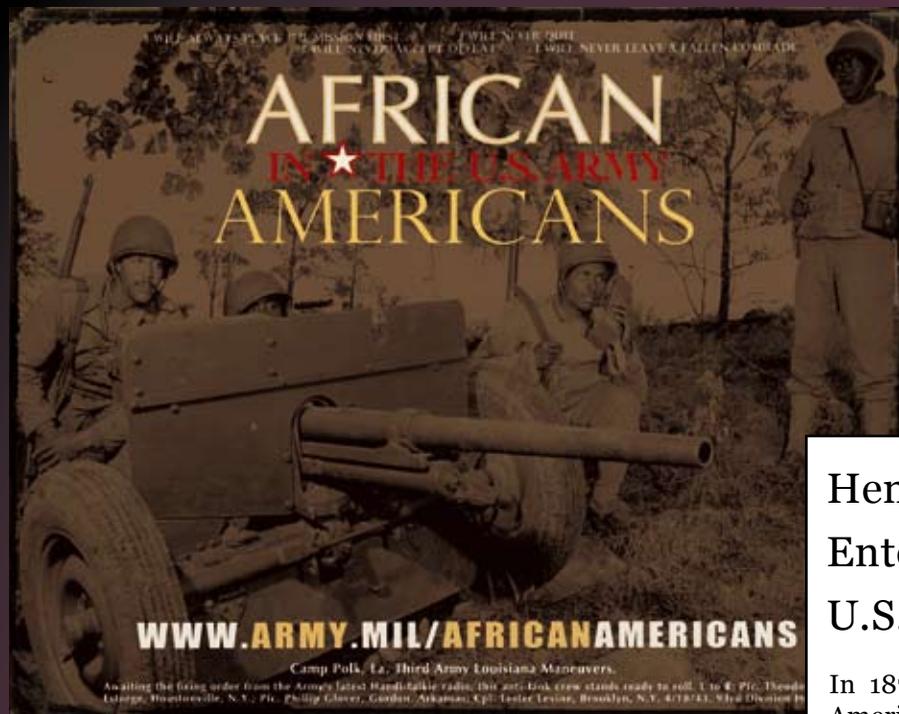
Send essays to:

tuynuykua.jackson@iraq.centcom.mil
joseph.newton@blab.afcent.af.mil
everett.worman@iraq.centcom.mil

Prizes for the top three essays will be presented at the
**African American/Black History Month
Observance Celebration Luncheon**

February 19, 2009 at 1130 hours at MWR East Facility

POC: MSG Tuynuykua Jackson, EO Advisor 3d ESC at 433-2527,
MSgt Joseph Newton, EO Director 332 AEW at 443-8459,
LTC James-Michael Yates, EO PM TF 34 at 483-4519,
SFC Everett Worman, EO Advisor 555th EN BDE at 483-4645,
SFC Lisa Paxton, EO Advisor 304th SB at 433-2917,
SSG DaMon Walker, BN EOL 51 SB(E) at 483-2217



Henry Ossian Flipper Entered Service: Appointed to U.S. Military Academy, 1873



In 1877, Henry Flipper became the first African American to graduate from the U.S. Military Academy. He was commissioned second lieutenant and assigned to the 10th Cavalry Unit. Although Flipper became the first African-American Army officer, his military career was brief. In 1882, he was a part of a controversial dismissal for "conduct unbecoming an officer and a gentlemen" following questionable charges of embezzling funds. Throughout his civilian life, Flipper maintained that he was innocent of the charges. Following his death in 1940, his family and supporters continued the fight to clear his name. In 1999, President William Clinton pardoned Lieutenant Henry O. Flipper, recognizing the error and acknowledging the lifetime accomplishments of this American Soldier.

Ghosts of Our Past

By MST1 Chris Kimrey, U.S. Coast Guard
Marine Safety Unit Lake Charles

Throughout history, the United States has seen its share of battles. Most were waged on foreign shores, and some, here at home. The battle of segregation and racism, however, is alive today as it was forty years ago, as it was one hundred years before that. Recently, I had the opportunity to hear a recording of the speech of Rev. Martin Luther King, Jr. from the steps of the Lincoln Memorial in 1963. The day would become legendary; the man, a symbol of freedom and the price paid, and the words of Rev. King's speech would resonate through history:

"The marvelous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom."

On the steps of the Lincoln memorial, Rev. King spoke of an "inextricably bound freedom." That freedom was demonstrated one hundred years prior as a result of President Abraham Lincoln's Emancipation Proclamation. The signing of the Proclamation paved the way for the 54th infantry, which was formed out of Massachusetts by Colonel Robert Gould Shaw, and consisted of an all-Negro contingent, a first of its kind, which included as recruits the sons of Abolitionist Frederick Douglass. Although it was said by many that blacks wouldn't fight, black soldiers went on to be awarded sixteen Medals of Honor by the end of the Civil War, including the first Medal of Honor to be awarded an African American, William H. Carney of the 54th Infantry. His response to his actions in battle: "I

was just doing my duty." His duty spoke volumes to blacks and whites alike. Young black men continued for the next hundred years to exemplify themselves in battle as demonstrated by the Buffalo Soldiers, and the Tuskegee Airmen of World War II. Although blacks have fought alongside whites throughout history in every U.S. war, the fight for integration lasted for over 100 years, and on some levels, still continues today. It can be seen on the mess deck onboard ship, or within the ranks of any platoon. It transcends service, rate and rank, and rots the very core of the liberties and freedoms we as soldiers fight to protect.

The soldiers who gave their lives for the freedom we as Americans enjoy today, undoubtedly saw no color on the battlefield. Their ghosts live on in our great memorials on the Mall in Washington. There is no color to the Vietnam Memorial, or to the WWII Memorial. No color adorns the soldiers of the Korean War memorial or the memorial of Iwo Jima. These ghosts saw only the soldiers they fought with, and heard only the common call of duty. They were bound together by their destiny, and inextricably bound by their fight for freedom. The same freedom Rev. King spoke of.

Standing on the Mall in Washington D.C., Rev. King went on to say:

"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Those ghosts of the past, they too shared that dream; as do I.

Army Reserve Chief Describes Employer Partnership Initiative

BY NAVY LT. JENNIFER CRAGG
American Forces Press Service

WASHINGTON, Feb. 2, 2009 - An Army Reserve human capital strategy called the Employer Partnership Initiative is delivering staffing solutions and tangible incentives to businesses that employ Army Reserve soldiers while sustaining the operational nature of today's force.

"What employers are telling us is when they hire a Reserve soldier, they don't just get an employee, they get somebody that has a great work ethic, that has integrity, that has loyalty, that has dedication, and that productivity goes up," Lt. Gen. Jack C. Stultz, chief of the Army Reserve, said to online journalists and bloggers Jan. 28.

Stultz came to his job with years of experience in the Army Reserve that

has included several deployments.

"I have a good perspective, I think, in terms of how you go back and forth between a civilian to military, back to civilian -- some of the challenges it presents for both employers and the soldier, as well as for the family," he said.

The Employer Partnership Initiative was launched in spring 2008, and complements the Employer Support to the Guard and Reserve program by finding career employment opportunities for soldiers with employers who understand the demands of today's operational military climate and proactively seek to hire them.

"This truly is an operational force, and if you join the Army Reserve today, you are going to deploy," Stultz said. "What we owe you is predictability. What we owe you is to take care of your family. What we owe you is to

help you with your employer to make sure that you can maintain a civilian job while you're serving your country. And, what we ask of you is your service."

Stultz added that the Army Reserve's retention is good, running at about 120 percent of its retention goal.

The EPI program benefits both the Army Reserve and potential employers, the general said.

"Rather than coming out and asking [employers] to give up [their] employees to be soldiers," he explained, "[we ask them], 'Why don't you let me go recruit for you, because we share the same skill sets?'"

He added that one of the first organizations that Army Reserve officials talked with was the American Trucking Associations. "I'm recruiting truck drivers, and I'm training truck drivers,

and I'm putting them into Iraq and Afghanistan to prove their capability," he said.

Stultz added that after tapping into the trucking fields, officials sought future recruits from the medical community. Employers in other fields now are lining up to find the best candidates. "I've got 150 employers already signed up, [and] I've got 200 waiting," Stultz said.

An estimated 25,000 to 30,000 Army Reserve soldiers are mobilized on active duty, and about 20,000 of them are deployed in Iraq, Afghanistan and the Horn of Africa. The other mobilized reservists are serving in the United States in support and administration roles.

"Even in the current economic situation, we still have a lot of employers out there that are calling us every day," Stultz said.

Sustainers Establish Partnership with Kirkush Military

BY LT. COL. RENEE ROUSE
*304TH SUSTAINMENT BRIGADE
PUBLIC AFFAIRS*

KIRKUSH MILITARY TRAINING BASE, Iraq - Col. Mohammed Saleh Mahdy, Kirkush Regional Maintenance company commander met at Kirkush Military Training Base with Lt. Col. Norman B. Green, the 304th Sustainment Bri-

gade commander out of Riverside, Calif., and Lt. Col. Brent D. Bush, 100th Brigade Support Battalion commander from Houston, Texas, to discuss the proposed authorized stockage list for the M1114 humvee Jan. 27.

The open dialogue among the leaders assisted in establishing a steady foundation for future partnership initiatives. They discussed, with the assistance of an interpreter, the advantages of having an ASL which would enable the Regional Maintenance Company to stock and issue repair parts for the M1114 humvee. They also shared concerns about the repair parts requisition process.

Mohammad expressed his desire to have timely requisition of repair parts from the Ministry of Defense. To help resolve this issue, Lt. Col. Bush, the battalion commander of the Kirkush Military Training Base Logistical Training Advisory Team, will travel to Taji National Depot in the near future to speak with U.S. counterparts to address Mohammad's concerns.



U.S. Army photo by Staff Sgt. Stephen S. Lee

Col. Mohammed Saleh Mahdy, Kirkush Regional Maintenance company commander, stands with Lt. Col. Norman B. Green, 304th Sustainment Brigade commander, Lt. Col. Brent D. Bush, 100th Brigade Support battalion commander, Lt. Ali, KRMC Database Assignment Manager, and Lt. Mohammad, KRMC warehouse manager, during their initial meeting Jan. 27 at Kirkush Military Training Base, Iraq. The visit was part of an ongoing partnership with KRMC and the 3rd Expeditionary Sustainment Command and the first since the 304th SB took over responsibility from the 55th SB in December.

Chief Warrant Officer 2 Scott L. Brown, maintenance technician for the 602nd Maintenance Company from Fort Hood, Texas, advises Mohammad on daily maintenance operations. Sgt. Mark T. Bauer, 602nd Maint. Co. senior mechanic, assists the Regional Maintenance Co. with maintenance training.

Mohammad had nothing but accolades for the LTAT. He said, "Chief Brown and Sergeant Bauer helped me build my warehouse, my office, and

help me with anything that they can."

Through hard work and nurturing a bond was fostered between the Regional Maintenance Co. and LTAT. This bond was built on trust between Mohammad and the team that paved the way for continued partnerships on Jan. 27.

Mohammad said he believes that the LTAT will help him accomplish the Regional Maintenance Co.'s mission.

Green expressed his faith in Mo-

hammad to accomplish his mission by presenting him with a brigade coin for the outstanding work he has done to improve the Regional Maintenance Co.'s maintenance capabilities.

In May 2008, an LTAT was placed at Kirkush Military Training Base in order to train, emplace, advise and build upon an Iraqi driven logistics infrastructure in the areas of Second and Third Line Maintenance.

The 304th Sust. Bde. operates a general support HUB to provide continuous synchronized sustainment to Multi-National Corps - Iraq forces from Joint Base Balad; provides direct support sustainment to designated forward operating bases and echelon above brigade units at JBB.

They also provide force protection and command and control over subordinate units; integrates the utilization of Iraqi commercial assets into the concept of support; partners with ISF Regional Maintenance Co.'s to facilitate the improvement of Iraqi capabilities; and provide emergency sustainment support to ISF.

In order to successfully achieve the 304th Sust. Bde.'s war-time mission, it was activated with cross-leveled Soldiers from various units across the United States.



U.S. Army photo by Sgt. Beau Stefka

Soldiers from the 96th Transportation Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade received an award for winning the unit's truck rodeo competition between wheel vehicle operators and wheel vehicle mechanics. (From left to right) Winners of the rodeo are: Cpl. Demetrio Talavera from Dallas; Cpl. Joseph Wright from Marion, Ind.; Sgt. Patrick Hodges from Fredericksburg, Texas; Spc. Andrew Gardener from West Brannen, Iowa; Sgt. Sopheap Ros from Long Beach, Calif.; Spc. Benjamin Golgart from St. Peter, Minn.; Spc. James Clement from Ozone Park, N.Y.; 2nd Lt. Otto Vindekilde from Missouri City, Texas; Private David Dick from Belleville, Ill.; Sgt. Joe Moore from New Orleans; Cpl. Dennis Spiller from Killeen, Texas.

96th Trans Soldiers match skills during Truck Rodeo

*1st Lt. ELSA GERDES
UPAR, 96th Trans. Co., 419th
CSSB, 10th Sust. Bde.*

CAMP TAJI, Iraq – More than 80 Soldiers from the 96th Transportation Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade participated in a truck rodeo competition while showing off their driving abilities.

The event lasted for a week in January and allowed Soldiers to compete after completing their missions.

The competition was conducted during the hours of darkness and involved various driving challenges similar to those Soldiers experience in real-world mission in Iraq. The company-level leaders spent two months planning and gathering input while

ensuring the event had mission-like obstacles that a driver encounters in Iraq. Many drivers who went through the course felt the course was harder than their real-world experience.

Sgt. 1st Class Thomas Wardale from Hollandale, Miss. and second platoon sergeant said his Soldiers, “enjoyed the friendly competitiveness and the collective events which added to the challenge.”

The participating Soldiers matched their skills, knowledge and driving abilities to their experience level and military occupational skill. The teams were matched in mission-like scenario while considering their experience levels for both the vehicle operators and wheel vehicle mechanics. The vehicle operators maneuvered the loaded heavy equipment transport system while the wheel vehicle mechanics hauled a fully-loaded HET with a wrecker through the course.

The obstacle course included: pre-

ventive maintenance check(s) and service(s) of vehicles; recovering a vehicle; proper tie-down procedures for equipment on a HET trailer; negotiating through the serpentine; offset passage; narrow passage; straight-line backing; and backing through the serpentine in the opposite direction.

Soldiers from the first platoon said they enjoyed the experience while showing off skills, especially in the serpentine event. Many of them hope to have more events included in the next truck rodeo and test more of their driving skills.

Sgt. 1st Class Michelle Cunningham of Indianapolis and truckmaster for the 96th Trans. Co. said, “This competition combined all the obstacles Soldiers face while on mission into one whole event. You can easily see how skillful the operators are...even the novice drivers are just as skillful as the experienced drivers.”

The winners and runners-up were

well represented between the maintenance platoon and wheel vehicle operators.

Spc. Benjamin Golgart, a native of St. Peter, Minn.; Sgt. Sopheap Ros from Long Beach, Calif., were the winners for the maintenance platoon. New Orleans native, Sgt. Joe Moore, and Killeen, Texas native, Cpl. Dennis Spiller were runners-up.

The experienced driver's winners for the HET system were Spc. David Dick, Belleville, Ill. native, and 2nd Lt. Otto Vindekilde, from Missouri City, Texas. The runners-up were Fredericksburg, Texas native, Sgt. Patrick Hodges, and Spc. Andrew Gardener, a native of West Brannen, Iowa. The novice drivers of the HET system were Spc. Joseph Wright, a native of Marion, Ind., and Dallas native, Cpl. Demetrio Talevera. The runners-up were Ozone Park, N.Y. native, Spc. James Clement, and Sgt. Casey Nash of Killeen, Texas.

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Texas Artillery u



U.S. Army photo by Spc. David Emerson

Lt. Col. Richard A. Blair, 3rd Battalion, 133rd Field Artillery Regiment, commander and native of El Paso, Texas and Command Sgt. Major Roland Paredes, a native of Dallas, attach the Iraq campaign streamer on the colors of the Texas Army National Guard 3rd Bn., 133rd FA Regt., at Contingency Operating Base Adder, Iraq, on Jan. 17. Blair said, "Operations in Iraq would not be possible without the hard work you [his battalion] are doing."

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

CONTINGENCY OPERATING BASE ADDER, Iraq – The Texas Army National Guard's 3rd Battalion, 133rd Field Artillery Regiment from El Paso, Texas received the Operation Iraq Freedom campaign streamer during a ceremony at Contingency Operating Base Adder on Jan. 17.

The Iraq campaign streamer is in addition to the eight campaign streamers and three unit award streamers already attached to the battalion colors. The ceremony highlighted the 100 years of actions the battalion has taken part in including Meuse-Argonne from World War I and Southern France and Central Europe from World War II.

"The ceremony was a great milestone for the battal-

ion," said Lt. Col. Richard A. Blair, the battalion commander for the 3rd Bn., 133rd FA Regt. and native of El Paso, Texas.

The decorations on the battalion's colors are the French Croix de Guerre (war cross) and the Presidential Unit Citation from WWII. This citation is granted to units who have performed an extremely meritorious or heroic act against an armed enemy.

The battalion flag or colors are traditionally used to identify and foster esprit de corps. The campaign streamers tell of a unit's participation in an operation or contingency.

"This ceremony represents our dedication to the Global War on Terrorism," said Capt. Mark A. Gunn, Battery B commander and native of El Paso, Texas.

Gunn said the great work the battalion is doing reflects their long history. The 950 Soldiers who make up the battalion provide security for approximately 85 convoys a month.

"Our mission here is to make sure Soldiers all over

theater get the fuel they need to operate," said 1st Sgt. Ruben F. Rodriguez, from Battery B, and native of El Paso, Texas. "It feels good to support other Soldiers, not just ourselves."

Blair presented the new battalion coin during the ceremony. "The battalion colors are the same colors on our battalion coin with the inscription, 'While we breathe, we defend,'" said Blair.

"It's been more than a month since our transfer of authority, we've driven thousands of miles and delivered millions of gallons of fuel, all in support of the war on terrorism," Blair said in his speech to the troops. "Operations in Iraq would not be possible without the hard work you are doing."

Blair thanked the Soldiers for their hard work and dedication.

"I know you're out there making tough decisions and you're away from your Families," Blair said to his troops, "but it is something that has to be done and you're doing a great job."

Unit adds honors

Soldiers from the Texas Army National Guard 3rd Battalion, 133rd Field Artillery Regiment color guard from El Paso, Texas, salute the flag during the Iraq campaign streamer ceremony at Contingency Operating Base Adder on Jan. 17.



U.S. Army photo by Sgt. Crystal G. Reidy



U.S. Army photo by Spc. David Emerson



U.S. Army photo by Sgt. Crystal G. Reidy

A guidon bearer from the Texas Army National Guard's 3rd Battalion, 133rd Field Artillery Regiment, from El Paso, Texas stands in front of his battery during the Iraq campaign streamer ceremony at Contingency Operating Base Adder on Jan. 17. Lt. Col. Richard A. Blair, the battalion commander for 3rd Battalion, 133rd FA Regt., and native of El Paso, Texas said "The ceremony was a great milestone for the battalion."

The Texas Army National Guard's 3rd Battalion, 133rd Field Artillery Regiment color guard from El Paso, Texas received the Iraq campaign streamer at Contingency Operating Base Adder on Jan. 17.

Balad Sustainers train new UPARs

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Eight Soldiers assigned to the 304th Sustainment Brigade attended a two-day unit public affairs representative training course hosted by the 3^d Sustainment Command (Expeditionary) public affairs office here Jan. 29 and 30.

Sgt. 1st Class Dave A. McClain, the 3^d ESC PA noncommissioned officer in charge, and native of Cleveland, Ohio, said the goal of the training was to equip units without PA assets to tell their unit's story to the media. He said the class taught UPARs how to write stories and market their unit to the media.

"UPARs are the link between their unit and the outside world," said McClain. "Often times, if the UPAR doesn't tell the story, the story won't be told."

Lt. Col. Renee A. Rouse, 304th Sust. Bde. PAO and native of Chicago, Ill., requested one person from the three battalions assigned to the 304th Sust. Bde. to attend the UPAR training. She said she was pleased when more participants requested to attend.

"We have great things going on at the unit levels, but we don't know about them if we're not told," Rouse said. "We

need UPARs from the battalion and company to tell us what is going on at their level."

McClain said UPAR training is important because like anything else in the Army there is a right way and a wrong way. He said every Soldier needs to be taught the standard, regardless of the task.

"We teach them the basics and point them to the resources that will answer future questions," McClain said.

The first day of class taught the role of public affairs in the Army and learning how to write a press release. Rouse said journalism writing is a different style than how she is used to writing.

"We learned how to write leads, bridges and how to organize stories to grab the reader's attention," Rouse said.

1st. Lt. Mary Luo Drilling, 20th Quartermaster Company, an escort platoon leader and native of Milford, Ohio, said she learned a lot of journalism terms and how to write stories about her unit. She said before she would take pictures of her unit conducting missions, now she can write stories to go along with the pictures.

Drilling said she can gather ideas and properly express her unit's mission through a press release.

The second day of training consisted of how to market stories and facilitate interviews with civilian media.

Rouse said the marketing process will



U.S. Army photo by Spc. Brian A. Barbour
1st Lt. Mary L. Drilling, a native of Milford, Ohio, and Staff Sgt. Keauna S. Pasley from Los Angeles work on an assignment during unit public affairs representative training at Joint Base Balad, Iraq, Jan. 29. Drilling, who is a security escort platoon leader with the 20th Quartermaster Company from Ft. Campbell, Ky., and Pasley, a supply specialist with the 100th Base Support Battalion from Fort Sill Okla., were among 10 soldiers attending a two day class instructed by Maj. Paul R. Hayes, 3^d Sustainment Command (Expeditionary) public affairs officer.

help her as a PAO. Prior to the training, she had a lot of stories but didn't know what to do with them.

"The training helped me understand the workflow process to get the stories out to the media," Rouse said.

The student-Soldiers also learned the basics of how to market Soldiers so they can participate in radio and television media interviews.

Drilling said the media interview was her favorite part because they got to practice mock interviews. She added the lessons learned in class can prepare other Soldiers on what they can expect during an interview.

"I'm excited to get started," Drilling said. "I have already thought of story ideas from my unit I want to get out to the media."

Web Site Helps Troops, Families Adjust After Deployments

BY NAVY LT. JENNIFER CRAGG
American Forces Press Service

WASHINGTON, Feb. 2, 2009 – A Military Health System Web site continues to help returning service members and families adjust after a deployment ends, the site's program manager said Jan. 29.

About 20 percent of service members returning from Iraq and Afghanistan experience adjustment difficulties such as stress, irritability and sleep problems, Dr. Robert Ciulla, program manager for afterdeployment.org, said on the "Dot Mil Docs" program on BlogTalkRadio.com.

The afterdeployment.org project is one of several core projects within the National Center for Telehealth and Technology, known as "T2," located at Fort Lewis, Wash., under the direction of Dr. Greg Gahm. T2 is a directorate of the Defense Department's Center for Excellence for Psychological Health and Traumatic Brain Injury.

Ciulla noted that possible barriers to obtaining services, including a perceived stigma, stop many service members from seeking out care. Ciulla emphasized that online resources have many advantages.

"Users can log on to afterdeployment.org in the privacy and comfort of their own homes and work with the site's resources anonymously. This should help with concerns about stigma," he said.

Ciulla said that logging on to afterdeployment.org "means that users don't have to worry about transportation, or scheduling appointments, or arranging a sitter for the kids." He added that online tools have other advantages, including 24/7 access anywhere an Internet connection is available.

[Afterdeployment.org](http://afterdeployment.org) was officially launched in August, and is designed to provide behavioral health tools to service members, their families and veterans in all the service branches, Ciulla said. It includes exercises and tools that the entire family can use.

"All of the materials on the site have value to families ... the main exercises and tools on the site -- such as stress and anger management, sleep hygiene, getting balance in one's life -- all of these tools are as relevant for a spouse or other family member as they are for someone on active duty just returning from deployment," he said. "We consider the self-help workshops, modeled after actual therapy sessions and which include exercises and vignettes and self-assessments, to be the site's signature elements."

Ciulla said the self-care tools available on afterdeployment.org provide the entire military community with vital service-delivery options. He noted that the site has particular advantages for National Guard and reserve units, who may be distant from a military treatment facility or otherwise located in areas lacking providers who are knowledgeable about military-related adjustment concerns.

Ciulla added that officials are working on future workshops on topics such

as traumatic brain injury and resilience training. He also said he and others in the project office have "listened to the feedback we have received over the past months."

"In addition to TBI and resilience training," he said, "we'll be targeting content in a number of areas, including domestic and partner issues, and veterans' issues and women's issues, to name a few."

Additionally, Ciulla said, military leaders and health care providers can tap the site's materials to learn about common problems and change strategies, and to obtain useful contact information concerning local resources.

Currently, afterdeployment.org offers 12 programs: Adjusting to War Memories, Dealing with Depression, Handling Stress, Improving Relationships, Succeeding at Work, Overcoming Anger, Sleeping Better, Controlling Alcohol and Drugs, Helping Kids Deal with Deployment, Seeking Spiritual Fitness, Living with Physical Injuries and Balancing Your Life.

287th Husband and Wife Team Reenlist Together

By SGT. HEATHER WRIGHT
287th Public Affairs

CONTINGENCY OPERATING BASE

ADDER, Iraq – Some couples really do everything together. Staff Sgt. McKindree Perrin, a post security detail non-commissioned officer and his wife, Sgt. Teresa Perrin, a medical operations administrator both from the 287th Sustainment Brigade, not only serve in Iraq together, they also re-enlisted together on Dec. 19, during a change of command ceremony.

Teresa, a Junction City, Kan., na-

tive, met McKindree, from Falmouth, Tenn., while working as technicians for the Advanced Turbine Engine Army Maintenance facility at Ft. Riley, Kan.

Teresa worked for the A-TEAM as a production controller since 2004, and McKindree has worked as a welder since 2006; Teresa joined the Kansas Army National Guard in 2002 and McKindree joined in 2003 after his active duty tour ended.

“We’ve been friends for a while, but we started talking and it just clicked,” Teresa said. A few months later, they became engaged.

When Teresa found out she would deploy with the 287th Sust. Bde. McKindree volunteered to deploy with her. They hadn’t planned on getting married right away, but after talking to

other married Soldiers in the unit they were married.

“Why wait? We both loved each other and both knew that was what we wanted to do,” McKindree said.

Near the end of their pre-mobilization training at Salina, Kan., -- while on a four-day pass together -- the two were married Sept. 29 in a small ceremony.

“We got an all-expense paid honeymoon to Iraq,” McKindree joked.

Teresa said she is happy she was able to be with him during the deployment. “Being together makes coming back from work something to look forward to,” she said.

To keep the honeymoon going, the two have a date night every Sunday. They attend the COB Adder Chapel for

Mass and go to dinner after their shift.

Being in such close proximity has made the two learn new things about one other. “I’ve got so much respect for Mac (McKindree) as a Soldier. He’s phenomenal. He’s a good NCO, and I’ve gotten to see that part of him,” Teresa said.

“Even though she’s a Soldier, she’s still a lady. She’s entitled to that respect. I try to be more considerate, polite and understanding,” McKindree said.

The couple said they plan on spending their re-enlistment bonus to pay bills, make home improvements and possibly buy some land in the countryside. They both agree they would eventually like to build a house in the country.

Center Stage

by Byron Miller

When I’m on stage I feel like it’s a poem in itself.
The stage is the world and in this world I’m alone.
There are feelings of loneliness and power.
But I take that loneliness and turn it into character.
I take the power and let it fuel my already-overflowing tank of confidence.
They say in life confidence is key.
If that’s true, then I’m beyond any key.
I have “jaws of life!”
I’m more than confident in my world. This stage.
The words I speak up here become my life.
Full of struggle, pain, love, life, loses, joy and victories.
At times I struggle to find the right words to say,
Equivalent to the times I’m lost in the epic stage play of life.
As poets our poems, stories and skits come from our minds and souls;
Our words are as great and as vital as our actions.
For instance.
A poet’s poem of passion is that poet’s public pleasure poised to please the
minds of plenty,
Or, possibly, a particular person.
And when you’re listening, and you’re lost in that plethora of poetic passion,
Then the poet has made fulfilling love to your mind, and you are both intensely pleased.
Or if a poet recites a poem of love, that’s the same as he or she holding the
hand of one they cherish.
The words are life. And to stop speaking is death.
At the end of every performance a poet dies.
When I die bury me in the audience,
And wait for me to resurrect in my world.
Center stage.

Spc. Byron Miller, a signal support systems specialist, Bravo Company, 16th Special Troops Battalion, 16th Sustainment Brigade, monitors activities outside the base through cameras mounted on blimps that fly high above Contingency Operating Base Q-West, Iraq. The Washington, D.C., native said the job can be stressful but unwinds after work by studying different cultures, military history, and writing poetry.



Happy Valentine’s Day to Maj. Gina R. Garabedian and her husband, Kevin.

304th Sustainment Brigade



U.S. Army photo by Staff Sgt. Pasley Keauna

Eight Soldiers from the Fort Irwin, Calif. based 699th Maintenance Company, 304th Sustainment Brigade, shared their experiences as deployed married couples in Iraq. The couples in the photo are: Staff Sgt. Kari McKown of Mercersburg, Pa. (spouse not in photo); Spc. Sarah Gass of Dearborn Heights, Mich. and Spc. Stewart Gass, of California, Md.; Spc. Amber Buentello of Hammonton, N.J. (spouse not in photo); Sgt. Alma Galindo, of Ontario, Calif. and Spc. Frank Galindo of Calexico, Calif.

California Guardsman brings work experience with him to Iraq

BY CAPT. RENATO ROSSIGNOLI
UPAR, 1ST BN., 185TH ARMOR REGT., 16TH SUST. BDE.

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Sgt. Lawrence Thomas primarily handles awards, policies, and memorandums here; but in his civilian life he is a funeral director in Inglewood, Calif.

As a “citizen-Soldier” in the California Army National Guard for seven years, he has deployed for 18 months to Iraq, fought wildfires for three weeks in southern California,

and volunteered for several short-duration training operations in Southeast Asia. This is his second deployment to Iraq, but this time as a human resources non-commissioned officer with the 1st Battalion, 185th Armor Regiment.

The Los Angeles native feels that his civilian work experience benefits the military in the human domain.

“With 17 years in the business, I’ve learned how to deal with a diverse crowd,” Thomas said. “I’ve dealt with people who are angry and upset, people who are looking for justice in wrongful deaths and happy people expecting life insurance payments. This helps me in the military because I am prepared to deal with a large

spectrum of emotions and characters. I deal with a lot of ‘life’ where I work.”

Asked about what he plans to do upon his return to civilian life, Thomas said he’d jump right back in.

“I plan to go to work immediately!” Thomas said. “I need to start blending back in with non-military people so I can ease my way back into society and get back into the rhythm of my pre-deployed life.”



Sgt. Lawrence Thomas, human resources non-commissioned officer, 1st Battalion, 185th Armor Regiment, California Army National Guard, and native of Los Angeles stops to take a picture with his wife before a funeral service in Los Angeles. Thomas is currently deployed to Contingency Operating Base Speicher, Iraq, where he primarily handles awards, policies, and memorandums, but in his civilian life he is a funeral director in Inglewood, Calif.

Courtesy photo

Where do you read your Expeditionary Times?

For distribution, contact the 3^d ESC PAO located throughout Iraq

Joint Base Balad	318-483-4603
COB Adder	318-833-1002
Camp Taji	318-834-1281
COB Q-West	318-827-6101
Al Asad Air Base	318-440-4103
COB Speicher	318-849-2501

e-mail: expeditionarytimes@iraq.centcom.mil

African-American Black History Month 5K Run

This day and everyday, not just February

Date: 16 February 2009
Time: 0700
Location: Hero's Hall (Main Gym), Al Asad Air Base, Iraq

Over 400 T-Shirts for the first registered participants. Must register the day of race 0515-645. Categories for individual runners and teams.

CONTACT: 440-7053 or
OMB_371SB_EO@aa.mnf-wiraq.usmc.mil

MNF-I TF SAFE **Check CHUsdays** MNF-I TF SAFE

Each Tuesday Check The Following In Your CHU

- ✗ Power strips are free of debris and clothing
- ✗ Electrical devices not in use are unplugged
- ✗ Power strips and outlets are not overloaded
- ✗ Smoke detector is operational
- ✗ Fire extinguisher is serviceable (in the green)
- ✗ Room is neat and orderly

This Simple Act Could Save You, Your CHU and Your Buddy Too

Quartermaster Company transfers Authority in Adder

BY 1ST LT. JAY GWAK
UPAR, 157TH CSSB,
287TH SUST. BDE.

CONTINGENCY OPERATING BASE ADDER, Iraq – The Army Reserves 894th Quartermaster Company transferred authority to the Fort Campbell, Ky. based, 305th QM Co. in front of guest at Contingency Operating Base Adder on Feb. 3.

The Jackson, Miss. based, 894th QM Co. spent 10-months conducting various missions throughout southeastern Iraq.

Lt. Col. David B. Whaling, battalion commander, 157th Combat Sustainment Support Battalion, was proud of the QM's accomplishments.

"You can hold your heads high and be proud of this tour. Job well done," he said.

The 894th QM Co. was recognized

for their many successful missions since arriving in February 2008.

During their tour, the Soldiers in the unit established a forward arming refueling point here and transferred a cold refueling mission to civilian contractors at Forward Operating Base Echo. They conducted daily convoys between COB Adder and Corps Support Center Cedar, and established a hazardous material (HAZMAT) waste yard as well as managed the Joint Distribution Center and Supply Support Area here.

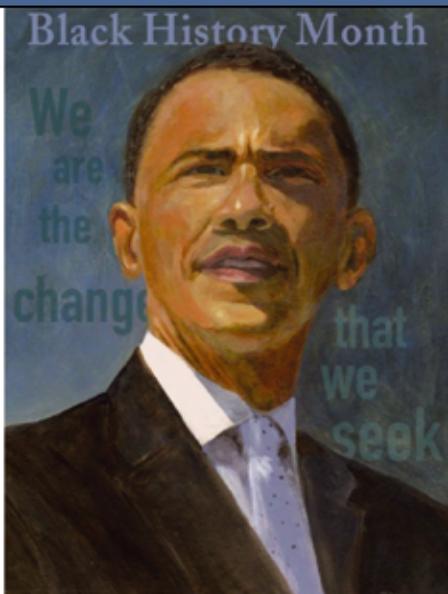
Some of the 894th QM Soldiers formed the Forward Logistics Element and augmented to provide personnel support to COB Basrah and Camp Bucca for the opening of a logistics support network.

Citing the unit's history during the ceremony, the 894th QM Co. cased its colors once again but this time for redeployment to Mississippi after participating in Operation Iraqi Freedom.



U.S. Army photo by Master Sgt. Carl Mar

894th Quartermaster Company Capt. Willie Rayford and Master Sgt. Carlton Dozier case the colors of during a transfer of authority ceremony at Contingency Operating Base Adder, Iraq on Feb. 3.



DOD National Theme:
*"The Quest for Black
Citizenship in the Americas."*

Lunch will be provided
Essay Awards Presentations
H6 Choir
Ugandan Choir
Inspirational Dance Praise Team



**African American/Black History Month
Observance**

MWR East Facility

19 February 2009 at 1130 to 1300 hours

Guest Speaker: LTC James-Michael Yates
EO Program Manager
Task Force 34

Contact: MSG Tuynuykua Jackson, 3rd ESC HR/EO Advisor @ 433-2527,
MSgt Joseph Newton 332nd AEW EO Director @ 443-8459,
SFC Everett Worman 555th EN BDE EO Advisor @ 483-4645,
SFC Lisa Paxton 304th SB EO Advisor @ 433-2917,
SSG DaMon Walker 51st ESB BN EOL @ 483-2217,
SFC Wanda Allen HHC/3d ESC EOL @ 483-2274

JBB Religious Service Schedule

PROTESTANT

TRADITIONAL

Sunday 0730 Air Force Hospital Chapel
0930 Provider Chapel
1030 Freedom Chapel (West side)
1100 Castle Heights (Bldg 4155)
1730 Gilbert Memorial Chapel
(H-6)
2000 Air Force Hospital Chapel

HISPANIC SERVICE

Saturday 1930 Provider Chapel

GOSPEL

Sunday 1100 MWR East building
1200 Freedom Chapel (West side)
1230 Gilbert Mem. Chapel (H-6)
1900 Provider Chapel

CONTEMPORARY

Sunday 0900 MWR East building
1030 Gilbert Mem. Chapel (H-6)
1400 Castle Heights (Bldg 4155)
1900 Freedom Chapel (West side)

Wednesday 2000 Gilbert Mem. Chapel (H-6)

LITURGICAL

Sunday 1500 Gilbert Chapel (H-6)

SEVENTH DAY ADVENTIST

Saturday 0900 Provider Chapel

CHURCH OF CHRIST

Sunday 1530 Castle Heights (Bldg 4155)

CHRISTIAN SCIENCE

Call the Provider Chapel

LATTER DAY SAINTS (MORMON)

Sunday 1300 Provider Chapel
1530 Freedom Chapel (West side)
1900 Gilbert Mem. Chapel (H-6)

ROMAN CATHOLIC MASS

Saturday 1700 Gilbert Mem. Chapel (H-6)
(Sacrament of Reconciliation Sat 1600 or by
appointment)
2000 Freedom Chapel (West side)
Sunday 0830 Gilbert Mem. Chapel (H-6)

1100 Provider Chapel

1100 Air Force Hospital Chapel

Thursday 1100 Air Force Hospital Chapel
Mon, Wed, Fri 1700 Gilbert Mem. Chapel (H-6)

JEWISH SHABBAT SERVICES

Friday 1700 Gilbert Mem. Chapel (H-6)
Saturday 0800 Gilbert Mem. Chapel (H-6)
1700 Gilbert Mem. Chapel (H-6)

ISLAMIC PRAYER

Friday 1230 Provider Chapel

PAGAN/WICCAN FELLOWSHIP

Thursday 1900 Eden Chapel
Saturday 1900 Eden Chapel

GREEK ORTHODOX

Sunday 0900 Provider Annex

For more information, call

Gilbert Chapel: 433-7703

Provider Chapel: 433-2430

Freedom Chapel: 443-6303

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.-
8-9 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.
P90x:
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.
MACP 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.

Do you have a story idea?

Contact the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

Sudoku

The objective is to fill the 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Level: Very Hard

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

Last weeks answers

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



UPCOMING SPORTS ON AFN

Wednesday 2/11/08

Michigan State @ Michigan, Live 3 a.m. AFN/sports
 San Jose Sharks @ Boston Bruins, Live 3:30 a.m. AFN/xtra
 Florida @ Kentucky, Live 5 a.m. AFN/sports
 New York Knicks @ Golden State Warriors, Live 6:30 a.m. AFN/xtra

Marquette @ Villano, Tape Delayed 11 a.m. AFN/sports
 Oklahoma State @ Texas, Tape Delayed 1 p.m. AFN/sports
 Denver Nuggets @ Miami Heat, Tape Delayed 5 p.m. AFN/sports

Thursday 2/12/09

Syracuse @ Connecticut, Live 3 p.m. AFN/sports
 US Men's Soccer - International Qualifier: Mexico vs United States, Live 3 a.m. AFN/xtra
 North Carolina @ Duke, Live 5 a.m. AFN/sports
 Oklahoma City Thunder @ Portland Trail Blazers, Live 6 a.m. AFN/xtra

Xavier @ Dayton, Tape Delayed 11 a.m. AFN/sports
 Oklahoma @ Baylor, Tape Delayed 1 p.m. AFN/sports
 Boston Celtics @ New Orleans Hornets, Tape Delayed 5 p.m. AFN/sports
 Phoenix Suns @ Cleveland Cavaliers, Tape Delayed 9 p.m. AFN/sports

Friday 2/13/09

Miami Heat @ Chicago Bulls, Live 3 a.m. AFN/sports
 Florida Panthers @ Carolina Hurricanes, Live 3 a.m. AFN/xtra
 Boston Celtics @ Dallas Mavericks, Live 5:30 a.m. AFN/sports
 Louisville @ Notre Dame, Tape Delayed 11 a.m. AFN/sports
 UCLA @ Arizona State, Tape Delayed 1 p.m. AFN/sports
 Basketball: USC @ Arizona, Tape Delayed 5 p.m. AFN/sports
 Boston Celtics @ Dallas Mavericks, Tape Delayed 9 p.m. AFN/sports

Saturday 2/14/09

Illinois-Chicago @ Butler, Live 3 a.m. AFN/xtra
 Villanova @ West Virginia, Live 5 a.m. AFN/xtra
 Montreal Canadiens @ Colorado Avalanche, Live 5 a.m. AFN/prime pacific
 Villanova @ West Virginia, Tape Delayed 11 a.m. AFN/sports

Georgetown @ Syracuse, Live 8 p.m. AFN/sports
 UCLA @ Arizona, Live 9 p.m. AFN/prime atlantic
 Texas @ Colorado, Live 10 p.m. AFN/sports
 Kansas @ Kansas State, Live 11:30 p.m. AFN/prime atlantic

Sunday 2/15/09

Cincinnati @ Pittsburgh, Live 12 a.m. AFN/sports
 Texas A&M @ Baylor, Live 2 a.m. AFN/prime atlantic
 Mississippi @ LSU, Live 3 a.m. AFN/xtra
 NBA All-Star Saturday Night: Shooting Stars, Skills Challenge, Three-Point Shootout, Slam Dunk Contest (U.S. Airways Center, Phoenix, AZ), Live 4:30 a.m. AFN/sports

Ohio State @ Wisconsin, Live 5 a.m. AFN/xtra
 Connecticut @ Seton Hall, Tape Delayed 7 a.m. AFN/xtra
 Minnesota @ Penn State, Tape Delayed 9 a.m. AFN/xtra
 Texas Tech @ Oklahoma, Tape Delayed 11 a.m. AFN/sports
 Boston Bruins @ Nashville Predators, Tape Delayed 11 a.m. AFN/xtra
 Dallas Stars @ Chicago Blackhawks, Tape Delayed 1:30 p.m. AFN/xtra
 Kentucky @ Arkansas, Tape Delayed 4 p.m. AFN/xtra
 Florida @ Georgia, Tape Delayed 6 p.m. AFN/xtra
 Illinois @ Indiana, Live 9 p.m. AFN/xtra
 Michigan @ Northwestern, Live 11 p.m. AFN/xtra

Monday 2/16/09

Duke @ Boston College, Live 1:30 a.m. AFN/xtra
 North Carolina @ Miami (FL), Live 3:45 a.m. AFN/xtra
 58th NBA All-Star Game: East All-Stars vs West All-Stars (U.S. Airways, Phoenix), Live 4:30 a.m. AFN/sports
 USC @ Arizona State, Live 6 a.m. AFN/xtra
 Clemson @ Virginia, Tape Delayed 8 a.m. AFN/xtra
 58th NBA All-Star Game: East All-Stars vs West All-Stars (U.S. Airways, Phoenix, AZ), Tape Delayed 6 p.m. AFN/xtra

Tuesday 2/17/09

Pittsburgh @ Connecticut, Live 3 a.m. AFN/sports
 New York Rangers @ St. Louis Blues, Live 3 AFN/xtra
 Texas @ Texas A&M, Live 5 a.m. AFN/sports
 Texas @ Texas A&M, Tape Delayed 1 p.m. AFN/sports
 Best Damn Top 50 Special: Sports Bloopers II, Tape Delayed 8 p.m. AFN/sports

Friday the 13th

According to folklorists, there is no written evidence for a "Friday the 13th" superstition before the 19th century. The earliest known documented reference in English occurs in an 1869 biography of Gioachino Rossini. Rossini was surrounded to the last by admiring and affectionate friends; and if it be true that, like so many other Italians, he regarded Friday as an unlucky day, and thirteen as an unlucky number, it is remarkable that on Friday, the 13th of November, he died.

However, some folklore is passed on through oral traditions. In addition, determining the origins of superstitions is an inexact science, at best. In fact, it's mostly guesswork. Consequently, several theories have been proposed about the origin of the Friday the 13th superstition.

One theory states that it is a modern amalgamation of two older superstitions, that thirteen is an unlucky number and that Friday is an unlucky day.

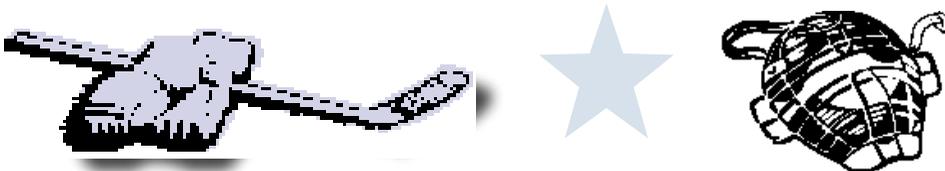
- In the theatre, it is bad luck to wish someone "Good luck." Instead, one is to say "Break a leg."
- Seeing a peacock in or near a theatre is bad luck. Peacocks were once believed to possess the "evil eye" in their tails.
- Most bad luck in theatre can be expelled by having the person responsible turn around themselves to the right three times, then spitting or farting.
- At times, a horseshoe may be found above doorways. When positioned like a regular 'U' it supposedly collects luck. However, when it is positioned like an upside-down 'U' the luck supposedly drains.
- Spilling salt is said to cause a fight or argument during the day. There are several options to "undo" this which seem to relate to various ways of acknowledging the fact that salt was spilled with others present at the scene. One way to revert this is tossing some salt over one's left shoulder with one's right hand.
- There are numerous sailors' superstitions, such as: it is considered bad luck for a ship to set sail on a Friday, to bring anything blue aboard, to stick a knife into the deck, to leave a hatch cover upside-down, to say "pig", or to eat walnuts aboard. Some beliefs state that it is bad luck to have a woman aboard ship, while others say that a storm will give way to calm if a woman bares her body to it, which may explain why female figureheads are often bare-breasted.



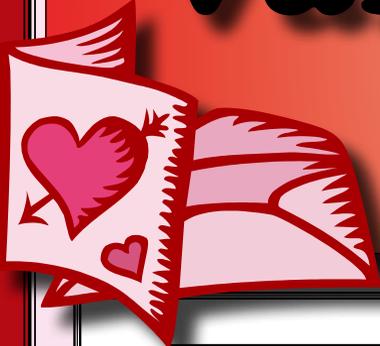
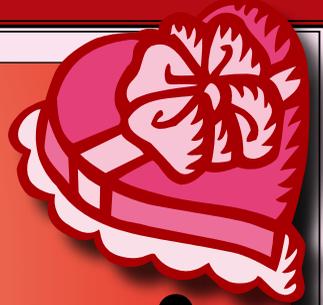
PVT. MURPHY'S LAW



Iraq according to Opet



Valentines Day Shout Outs!



2nd Lt. Forrest Kimes,

Happy Valentine's Day! Stay strong and see you soon! I miss you every-day!

Love Always,
Amy

**For MSG David Huddleston, B CO. 834th ASB,
Task Force 34, from Tulsa, Ok.**

When we met I said
When you proposed I said
When we married I said
When you left for Iraq I said I
Today I say I Love You

**HELLO BIG OKI
YES
I WILL
HAVE YOUR BACK
NOW and FOREVER**

Happy Valentine's Day! I Love You!

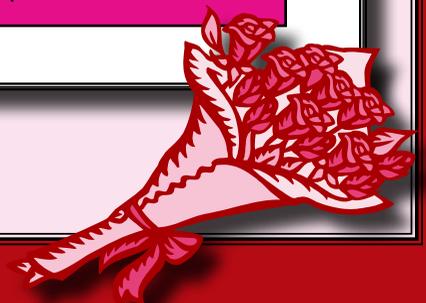
**Semper Fi,
Karen**

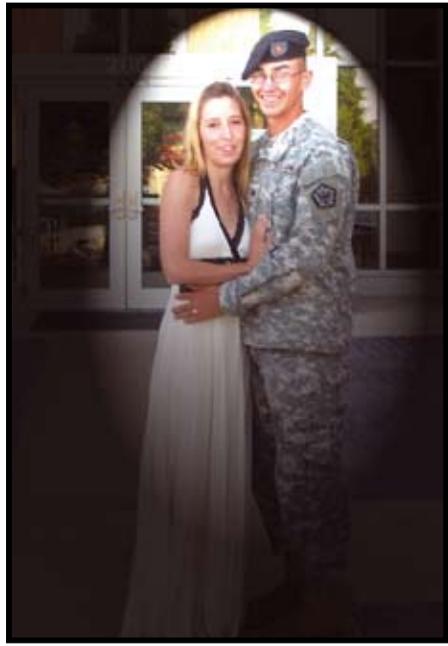


Happy Valentine's Day, Karen
I will love you forever and ever.
Love,
SSG Gerardo Regalado
304th SBDE

*MSG Moses J. Castillo,
Just a little message to let you know that
we are loving, missing, and thinking of you
each and every single day until you come
home to us.*

*Love, just the 2 of us
Armandina Castillo, RHIT*





Sgt. Christopher Williams,
Happy Valentines day! I am
always thinking of you and you
are always in my heart. I love you
honey!
Love always and forever,
Tanya

MY VALENTINE

By JoAnna Davis

I asked you for nothing, having your love was all
But you bought me flowers as I recall
You met me at the door with a proper kiss
Red box...heart shaped...Hershey's Milk Chocolate
Then we kissed and hugged as you pulled me in the door
On a day like this there is always more
Rose pedals lead throughout the house and I was amazed
There was a warm bubble bath waiting and on the bed...a suit and gown lay
I was enjoying my bath but on my mind was the suit and gown
I had a long day at work, needed rest, not a night out on the town
But just as always you knew me very well, you're not some beginner
I got out, groomed myself, got dressed and to my surprise you'd made a candle
lit dinner
Slow music, champagne, a dinner for just us two
You looked astounding as you turned to me; I smiled with tears in my eyes...Oh
how I love you!
You kissed me not once but twice as you wiped my tears away
You told me, "Honey relax and enjoy it, this is our day!"
As this day comes again while we are miles apart
The way you made it special is what I'll keep in my heart
Don't forget we'll chat on IM and we have a scheduled VTC
I'll send my love to you and you'll send it to the family
So do it big, have fun, go out with your friends, there's nothing to worry about
I won't be sitting in my room alone; I have no reason to pout
This day will quickly come and go because here, work never ends
I'll share it with those around, my "Knight's Pride" family and friends
Know that I'm happy, thinking of you, and I miss you but we'll be just fine
We'll have plenty more of these, I love you always and forever...My Valentine!

SUSTAINER REEL TIME THEATER

Wednesday, February 11

5 p.m. Seven Pounds

8 p.m. Yes Man

Thursday, February 12

5 p.m. Yes Man

8 p.m. Taken

Friday, February 13

2 p.m. Marley and Me

5 p.m. Valkrie

8:30 p.m. He's Just Not That
Into You

Saturday, February 14

LIVE CONCERT

Sunday, February 15

2 p.m. He's Just Not That
Into You

5 p.m. Marley and Me

8 p.m. Valkrie

Monday, February 16

5 p.m. Marley and Me

8 p.m. He's Just Not That
Into You

Tuesday, February 17

5 p.m. He's Just Not That
Into You

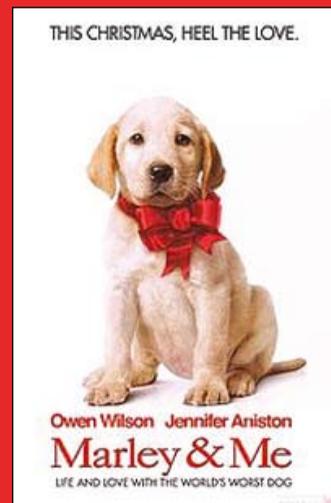
8 p.m. Seven Pounds

He's Just Not That Into You



"He's Just Not That Into You" tells the stories of a group of interconnected, Baltimore-based twenty-and thirtysomethings as they navigate their various relationships from the shallow end of the dating pool through the deep, murky waters of married life, trying to read the signs of the opposite sex... and hoping to be the exceptions to the "no-exceptions" rule.

Marley & Me



Soon after their wedding, John and Jenny (Owen Wilson and Jennifer Aniston) escape the brutal Michigan winters and relocate to a cottage in southern Florida, where they are hired as reporters for competing newspapers. At The Palm Beach Post, Jenny immediately receives prominent front-page assignments, while at the South Florida Sun-Sentinel, John finds himself writing obituaries and two-paragraph articles about mundane news like a fire at the local garbage dump

PHOTOS AROUND IRAQ



Army Staff Sgt. Matthew Arnold, a native of Portland, Ind., attached to Task Force Troy, 192nd Battalion, 752nd Explosive Ordnance Disposal Company, Fort Hood, Texas, explains to a class of Iraqi National Police, how to spot an improvised explosive device, on Jan. 22, in the Doura district, Baghdad, Iraq.

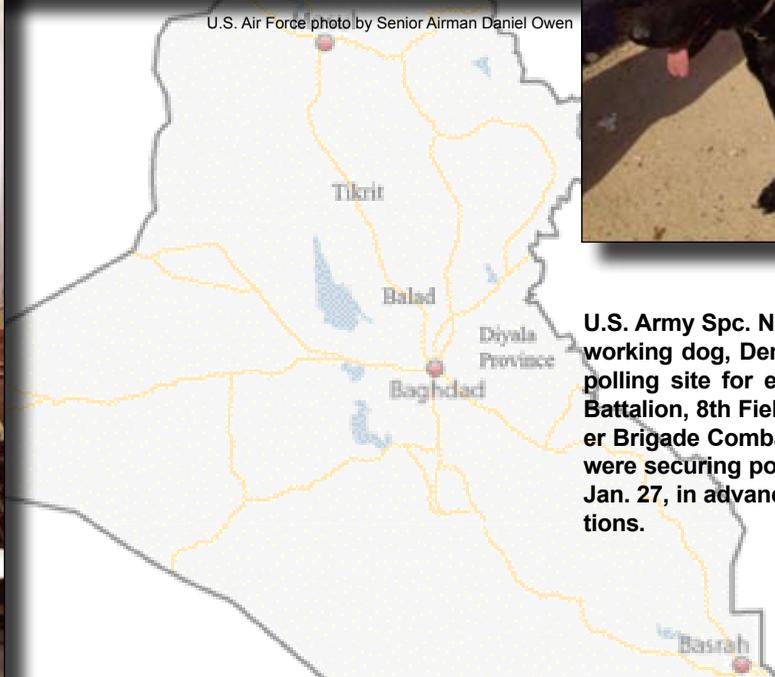


U.S. Navy photo by Mass Communications Specialist 2nd Class Walter J. Pels



U.S. Army photo by Sgt. Gustavo Olgiati

Army Spc. Brian Kilough, a metal worker, and native of Temple, Texas, assigned to 4th Support Battalion, Multi-National Division - Baghdad, grinds a stack of metal sheets using a circular grinder, on Jan. 25, at Forward Operating Base Falcon, Baghdad, Iraq.



U.S. Air Force photo by Senior Airman Daniel Owen

U.S. Army Spc. Nicholas Morton and his military working dog, Demon, search the perimeter of a polling site for explosives. Soldiers of 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, were securing polling sites in Baqubah, Iraq, on Jan. 27, in advance of the Diyala provincial elections.



U.S. Marine Corps photo by Lance Cpl. Geoffrey T. Campbell

U.S. Marine Corps Gunnery Sgt. John Schidlmeier and 1st Lt. Anthony Perez, 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 6, speak to an Iraqi Police Officer at a vehicle checkpoint, Kar-mah, Iraq, Jan. 31. U.S. Marines were observing Joint Combat Centers and Iraqi Security Force checkpoints in their area of operation during the provincial elections.

NEWS AROUND IRAQ

Al Anbar police receive 21st century forensics capability

 CAMP RAMADI, Iraq – For years, the Iraqi police had to make do without the scientific tools most police forces around the world rely upon to solve crimes – but no longer.

Coalition forces recently provided Iraqi Police with 21st century forensics equipment to furnish the newly-opened Al Anbar Forensics Center in order to support the overall goal of enhancing Iraqi Police capability in conducting criminal investigations and prosecutions.

Iraqis were using equipment dating back to the 1950s, and many of their investigations failed due to lack of evidence, according to Col. Azzam Abdel-Latif, chief of forensics for Al Anbar provincial Iraqi Police.

“We are in 2009. Things have changed, and now thanks to the U.S., our new equipment will help to stop crimes,” el-Latif continued.

Providing Iraqis with this forensics technology has further enabled them to solve crimes independently. Extracting latent fingerprints from crime scenes and criminal weapons without contaminating evidence is an important capability needed to ensure convictions.

“We are now able to squeeze crime into a corner ... control and defeat it,” said el-Latif.

The equipment donated consisted of advanced forensics gear ranging from fuming chambers to a crime scope. “This is a big component for the Iraqis to solve Iraqi crimes,” said Lt. Col. Robert T. Stanford of Stafford, Va., the I Marine Expeditionary Force director of the Joint Prosecution and Exploitation Center. “As Maj. Gen. [John F.] Kelly says, ‘close in the last 10 yards,’ and this equipment will help them accomplish that goal,” he added, using an American football analogy meaning to work hard until the mission is complete.

Basic Trainees moving out of tents and into barracks

 CAMP TAJI, Iraq – Iraqi Army basic trainees at the Taji Regional Training Center will be moving into barracks for the first time this spring. After living in tents, the quality-of-life for new recruits will drastically improve.

The Multi-National Security Transition Command – Iraq is constructing not only new barracks, but also new dining, administration, latrine and laundry facilities to support as many as 2,300 trainees.

U.S. Army Maj. Tom Heinold, assigned to MNSTC-I’s J7 (Engineer), is leading the TRTC’s \$10.5 million effort to construct the new basic training facilities. “The dining facility is state-of-the-art, designed to feed three sittings of 800 Soldiers at each meal. With additional sittings, its capacity is expandable based on the future of the basic training mission.”

All the facilities are designed with future expansion in mind. The Coalition-funded project will give the Iraqis the facilities they need to maintain sufficient output of basic trainees and keep the new Soldiers

healthy and safe. The new barracks are laid out and the utilities are sized in a manner that allows the Iraqi Ministry of Defense to add-on to the facilities and double the school’s capacity in the future. There are also plans to add to the existing electrical power generation to support new facilities.

As the Iraqi Army continues to train and equip its Soldiers, the popularity of military service is expected to increase to a point where Iraq’s standing Army is able to sustain itself without any assistance from its Coalition partners.

“Part of attracting new recruits to serve their country and establish peace and security in Iraq is having a high quality-of-life at the basic training facilities. Word of mouth travels fast here, and when basic training graduates go home and tell their families that they are living in hard barracks rather than run-down tents, their brothers and friends will be more likely to sign up,” said Heinold. “We’re giving our Iraqi friends every chance at success by putting the infrastructure on the ground that they need to generate forces and take on the security mission.”

The TRTC also encompasses a Noncommissioned Officer school and a Sergeant Major training academy, both of which benefited from renovations and new facilities funded by MNSTC-I.

MNSTC-I’s efforts at the TRTC highlight the commitment between the governments of the United States and Iraq in improving the infrastructure and capabilities of the Iraqi Security Forces during the critical transition from Coalition to Iraqi-led operations in support of a secure and stable Iraq.

Efforts underway to create standardized River Operations curriculum

 BAGHDAD — Signifying a first step towards creating a standardized Iraqi curriculum for all Iraqi River Patrol training throughout the country, Iraqi Police Lt. Laith, training officer for the Baghdad River Patrol Station and Training Center Operations Squadron, met in December and January with members of the Directorate of Interior Affairs at Multi-National Security Transition Command-Iraq for the first time

to discuss the way ahead.

The primary goal is to build a fully-functioning Iraqi River Patrol Training Center Academy in Baghdad. Efforts are already underway to develop a national standardized curriculum for use across Iraq. Pending Ministry of Interior approval, the final version of the curriculum will be based on Iraqi law, Iraqi requirements, and international standards.

“We are working to make this an accredited program,” said Lt. Col. Ed Smith, DoIA liaison to officer-in-charge of River Patrol operations and training here. “We are using the U.S. Navy template and, working with the Iraqis, are transforming it to work here.”

The curriculum, translated from English to Arabic, will go to the Ministry of Interior for final approval.

“This is a train-the-trainer program,” said Smith. “We are going through and verifying all the lessons and breaking down each week and each session.” Added Smith. One of the courses – Waterborne Operations – will change from eight weeks in length to six weeks based on Iraqi analysis of their requirements. Other courses being developed, standardized, and implemented include Search and Recovery (Diver) and Outboard Motor Maintenance.

MNSTC-I’s efforts with the Iraqi River Patrol highlight the commitment between the governments of the United States and Iraq in improving the infrastructure and capabilities of the Iraqi Security Forces during the critical transition from Coalition to Iraqi-led operations in support of a secure and stable Iraq.

Iraqi elections end peacefully

 CAMP TAJI, Iraq – Hundreds of Iraqi citizens pass through razor wire checkpoints manned by Iraqi Army and Iraqi Police on their way to prove their support for a democratic society.

“This is a day for democracy,” said a Taji resident, after he left the voting site.

Residents of the Taji and Tarmiyah Qadas, northwest of Baghdad, went to the one of the approximately 65 sites to cast their vote for their future provincial leaders Jan. 31.

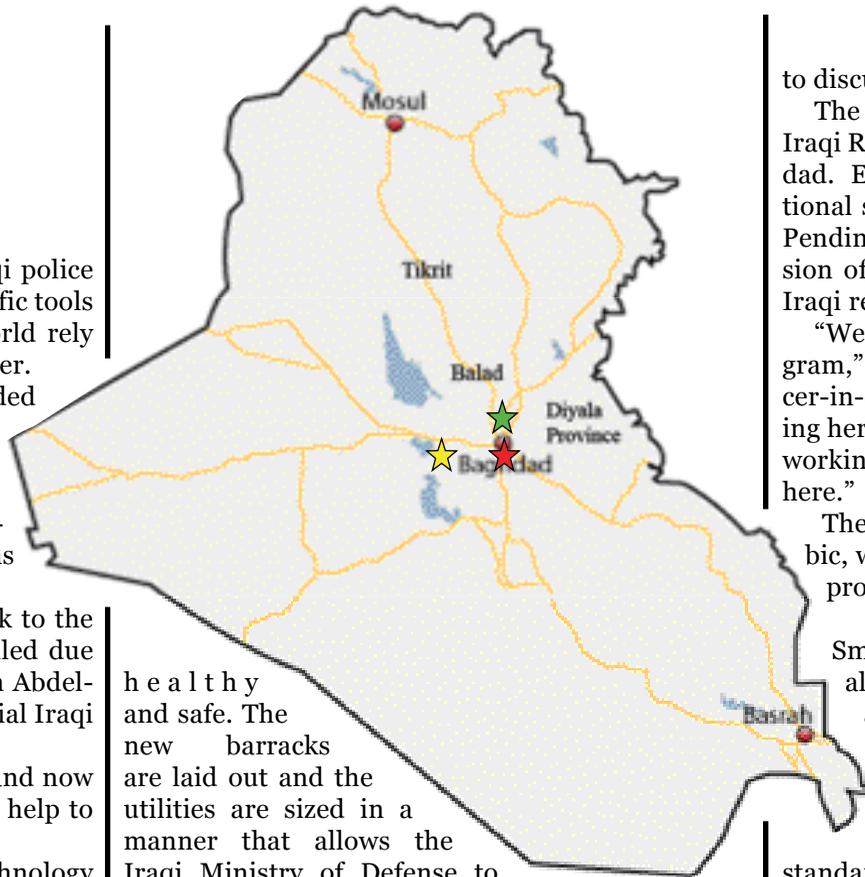
Across the country, there were more than 14,000 candidates vying for 440 seats in 14 of 18 Iraq’s provinces. The seats, for provincial councils, control provincial budgets and the employment of people within the areas. This kind of power and control give the winners a huge amount of influence.

Though the winners of the elections are not yet announced, the day was smooth.

Each site boasted teams of IA soldiers and IP officers to check voters entering the sites and keep a watchful eye on any threats.

By the end of the day, there was no violence in the areas.

“This was a huge success for the Government of Iraq,” said Linda Specht, embedded Provincial Reconstruction Team leader, attached to the 2nd Stryker Brigade Combat Team, 25th Infantry Division, Multi-National Division – Baghdad. “They did a great job with security and ensuring the day went by without incident.”



Sustaining the Line



U.S. Army photo by Sgt. Keith M. Anderson

Spc. Victor Guenther, gunner, Headquarters and Headquarters Battery, 2nd Battalion, 146th Field Artillery, 81st Brigade Special Troops Battalion, 16th Sustainment Brigade, looks on as a Sri Lankan contractor fuels his Armored Security Vehicle at the retail fuel farm at Contingency Operating Base Q-West, Iraq, Jan. 18.



U.S. Army photo by Spc. Brian A. Barbour

Army Reservist Sgt. Juan Rivera, an Aguadilla, Puerto Rico native and health care instructor for the 44th Medical Command, instructs Iraqi health care providers on CPR Jan. 28 at Jameson Combat Medic Training Center on Joint Base Balad, Iraq. The group, consisting of Iraqi doctors from Balad General Hospital, received a mass casualty training.



U.S. Army photo by Sgt. Keith M. Anderson

Staff Sgt. William Wolfe, 16th Sustainment Brigade, gets a kiss from "Sgt. 1st Class Budge," a therapy dog, in the 16th Sust. Bde. tactical operations center at Contingency Operating Base Q-West, Iraq, Jan. 27. Budge, currently on a 18-month tour in Iraq, travels to different bases with his handler, Staff Sgt. Syreete Reid, prevention team non-commissioned officer in charge, 528th Combat Stress Center, COB Marez, to help Soldiers deal with combat stress. Reid said Soldiers usually wait until the end of a deployment to start dealing with combat stress. "While Soldiers are going on missions and working in a fast-paced environment we rarely see them, but by the end of their deployments when they have time to think about what they've been doing, they come in," Reid said.



U.S. Army photo by Pfc. LaTraell Lowe

Spc. Byron Goodman, a light-wheeled mechanic and Juliet, Ill. native, inspects the security of the light system generators at Camp Liberty, Iraq on Jan. 16. He ensures they are in working conditions, as the light system generators are important for assisting Soldiers during night operations. Goodman is assigned to the 317th Maintenance Company, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade in support of Multi-National Division – Baghdad.