

# EXPEDITIONARY TIMES

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Vol. 2, Issue 13

## Major Award

Sustainer named  
MNC-I DSARC of the  
Year

Page 8

## Balad In Bizness

Shayk operates NTV  
Oil Station at JBB

Page 10

## Military Saves

Organization offers  
troops deployment  
savings opportunities

Page 11

### Joint Base Balad Tax Center

Taxes are prepared and filed for all Soldiers, Airmen, Sailors, Marines and Coast Guard, as well as DOD/DA/DAF Civilians; and for those filing a Form 1040EZ, 1040, or 1040A, as well as Schedules A, B, C and D.

The JBB Tax center is open from Feb. 2 to April 30, 2009; Monday, Tuesday, Thursday and Friday 0800-1700 hrs; Saturday: 1600-2300 hrs; Closed: Wednesday and Sunday

The center is located at: 332 EMSG Building (Mission Support Group/JBB Info Center), directly across the street from DFAC 2

For more information, e-mail: Tech Sgt. Jerol Boyce at jerol.boyce@blab.afcent.af.mil, Spc. Jaclyn Mims at jaclyn.mims@blab.afcent.af.mil or call DSN: 443-8304 or stop by during business hours.

Personnel may be referred to a paid preparer for any tax returns that are complicated, or involve filing multiple forms and schedules.

# Sustainers Raise Safety Awareness At Local Iraqi Elementary School

STORY AND PHOTO BY SGT. HEATHER WRIGHT  
287th Sust. Bde. Public Affairs

DHI QAR PROVINCE, Iraq – Soldiers from the 287th Sustainment Brigade Civil Affairs Team and the 3rd Battalion, 133rd Field Artillery Regiment visited Al Nwares Elementary School in Dhi Qar province, March 11.



The purpose of the visit was to encourage children

to stay clear of convoy routes while explaining the dangers of throwing rocks at Coalition force vehicles and the importance of reporting unexploded ordnance (UXO).

“They’re just kids,” said Lt. Col. Clint Moyer, “and I don’t think they really understand the ramifications if one of the stones happens to hit someone.”

Moyer, the 287th Sust. Bde. Civil Military Affairs Team chief, conceived the idea after a recent trip to Al Habib Elementary School in Muthanna province. While returning to Contingency Operating Base Adder, some children from a nearby middle school threw rocks at their vehicles. Moyer went into the school and talked with the principal and students about the dangers of rock-throwing.

From that experience and other incidents of rock throwing, Moyer implemented a safe-

**See IRAQI ELEMENTARY SCHOOL, Page 7**

**Lt. Col. Clint Moyer, the 287th Sustainment Brigade Civil Military Operations chief, high-fives a student at Al Nwares Elementary School in Dhi Qar Province, Iraq. Moyer, also a teacher in Clearwater, Kan., gave the class a math pop quiz during his “Safety First” visit to teach children about convoy safety on March 11.**



# 3<sup>d</sup> Sustainment Command Wired for Safety

BY 1ST SGT. REGINALD M. SMITH  
123rd MPAD

JOINT BASE BALAD, Iraq – In March 2009, the



3<sup>d</sup> Sustainment Command (Expeditionary) G7 Engineers, working with base contractors,

completed the rewiring of their headquarters for the electrical safety of Sustainers here.

In an effort to ensure the safety of Soldiers, Sailors and Airmen currently working here,

the 3<sup>d</sup> ESC conducted an electrical assessment of their headquarters compound and determined the need for an electrical overhaul.

According to the National Electrical Code, a vast majority of the buildings and facilities here were not up to standard, said Col. Jarrold M. Reeves, 3<sup>d</sup> ESC deputy commander.

The 3<sup>d</sup> ESC Headquarters was identified as one of those buildings.

The NEC is a United States standard for the safe installation of electrical wiring and equipment.

“The U.S. Army has used this building since the beginning of Operation Iraqi Freedom. We basically used the available electrical panels that were in place which resulted in some things on one side of the building getting power from panels on the other side of the building,” said Lt. Col. Jeffrey R. Turner, a resident of Sedro Woolley, Wash., and the assistant chief of staff, engineer for the 3<sup>d</sup> ESC.

Once the need for rewiring was determined, a qualified team of electricians was established and the rewiring project

was underway.

Turner, along with Maj. Wayne E. McCormick, 3<sup>d</sup> ESC deputy G7; Staff Sgt. Aaron J. Larson, technical engineer specialist; Sgt. 1st Class Terry G. Dammann, noncommissioned officer in charge of the G7 Engineers and base contractors were assembled for the job.

According to Turner, one main problem was that no unit had ever reduced their electrical load during their deployment.

As new units rotated through

**See WIRED, Page 14**

## 332 ESFS Blotter 17 Mar. – 24 Mar.

### GO-1B VIOLATION:

A female victim called the law enforcement desk via 911 and reported a male individual was in the female shower area. Security forces were briefed and dispatched. The victim stated she was in the female shower when a male individual peeked into her stall and she told the individual to leave the shower area. The male subject ran out of the female shower area. The female victim waited 30-40 seconds, then ran into a secure hallway and made contact with a friend. Security forces conducted a sweep of H-6 housing for the male subject but unable to locate the individual.

### MAJOR VEHICLE ACCIDENT:

A complainant radioed JDOC and reported a vehicle accident. Security forces were briefed and dispatched. The security forces contacted the operator of the vehicle and transported the complainant to the law enforcement desk. The vehicle operator stated while heading southbound, driving approximately 50 kph, a truck w/trailer pulled out in front of him. The operator swerved, losing control of his vehicle, and rolled it over twice, causing the damage. The Air Force public affairs took seventy three digital photographs of the damage.

### UXO FINDING:

JBB security forces patrol radioed JDOC and relayed a UXO that was found at the above location. All of post personnel and patrols were notified. The EOD arrived on scene and determined the UXO to be a 155mm rocket casing that did not contain any explosives, and transported the casing for disposal.

### DEBARMENT FROM INSTALLATION:

A complainant telephoned law enforcement desk and stated a local national attempted to enroll for employment on JBB and was showing an alert message on the BAT system indicating debarment from JBB. The security forces were briefed and dispatched. The complainant stated he was enrolling local TCN workers into the BAT system when the subject's biometric information registered an alert message indicating the subject was disbarred from JBB. The local national was interviewed by security forces investigations and informed of his debarment from the installation. The local national was then escorted by security forces to the north entry control point and departed installation.

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# A message from the MNF-I Commanding General



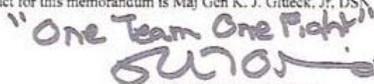
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MNF-I - CG

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Common-Use Department of Defense Facilities

- Throughout the Iraq Theater of Operations, there are no facilities reserved for the exclusive use of Army, Navy, Air Force, Marine or Civilian personnel. All Department of Defense facilities, to include physical fitness centers and medical treatment facilities, are open access to all Department of Defense personnel serving throughout Iraq. All signs currently posted on facilities indicating otherwise are to be removed immediately.
- We must remain committed to providing the quality facilities and excellent services that directly impact the readiness, relevance, and capabilities of all of our troopers bravely serving in harm's way, regardless of their branch of service.
- The Point of Contact for this memorandum is Maj Gen K. J. Glueck, Jr. DSN 318 485-2459.

  
 "One Team One Fight"  
 RAYMOND T. ODIERNO  
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# EXPEDITIONARY TIMES

3<sup>rd</sup> ESC Commanding General, Brig. Gen. Michael J. Lally

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- 287th Sustainment Brigade
- 304th Sustainment Brigade
- 371st Sustainment Brigade
- 555th Engineer Brigade
- 332nd Air Expeditionary Wing

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

### II Samuel 11: 2-6

...One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. The man said, "Isn't this Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite?" Then David sent messengers to get her. She came to him, and he slept with her. (She had purified herself from her uncleanness.) Then she went back home. The woman conceived and sent word to David, saying, "I am pregnant."

There is a little dog in all of us. Some dogs are small like poodles and so dogs are large like rock wilders. We must subdue our passions; we must put the dog in the pound. Self-control is advantageous to your military career.

David was on the roof top and saw a very beautiful woman (24-36-24); she was a brick house ... everything a man likes. She was stacked like a plate of hot buttermilk pancakes with strawberries on top.

Usually the devil will tempt us by the lust of the eyes, flesh or pride of life. David demonstrated all three at once. When he saw Bathsheba, he allowed what he saw to give birth to sin. James 1:15 reminds us: These evil desires lead to evil actions, and evil actions lead to death.

David sent the homeboys over to check her out and get the scoop. Check it out, the scripture tells us pride comes before the fall ... Proverbs 16:18. David knows that she is married because the homeboys came back and told him. In his mind, he said, "I do not care, I am the king." Have you ever been there? You know the right thing to do on a deployment, but instead you cater to the flesh. They told him that she was married to one of his closest body guards (Special Forces), your friend Uriah the Hittite. Uriah was a handpicked mercenary. He was considered to be loyal and a close friend. Great friendships are lost and broken over infidelity. Lust in the heart will prevail over loyalty to a friend -- every time.

When you think that it is over it is not over. As you whisper in one another's ears, telling each other, "you are my ice cream," and "you are my sweet milk..." and nine months later you discover that you have made a milk shake.

Nonetheless, remember that your sins will find you out. David probably thought that he had gotten away with sleeping with Bathsheba. But she sent three words to

David "I AM PREGNANT." These three words can bring a grown man to his knees and holler, "Please Lord, get me out of this, don't let it be my child, give me one more chance, I will start going to church, I will preach...."

Let me tell you, sin leads to more sin. Sin has the strongest shovel in the world; sin will keep on digging and digging, until you are buried in embarrassment, shame and guilt.

David tried to cover up his sin by bringing Uriah from war to sleep with his wife: Uriah said I can't sleep with my wife when my troops are on the battlefield... David tried and tried to get Uriah to sleep with Bathsheba--it didn't work! What do you do when your lies don't work? David had Uriah killed. Had David been in war fighting and leading his troops, he would not have been in this situation.

Let's examine ourselves. It was not Uriah's fault that King David was lazy and delegated his responsibility to Joab. You can delegate many things, but you can't delegate your responsibility. David's responsibility was to lead his troops in battle.

God forgave David. David still had to deal with the consequences, his first son died; his household was anarchy. Through it all, David was able to bounce back to be a very effective king. Today, you can bounce back to be an effective warrior/Soldier.

There is good news, if you seek God; he will renew in you a right spirit. Maybe you have fallen into sin; maybe you are in the wrong place. God is waiting to forgive and restore you. Isaiah 43:25 tells us that I am he who blots out your transgressions, for my own sake, and remember your sins no more.

In II Samuel the 12 chapter, Nathan brings David face to face with his sins. Only when you come face to face with your sins, you can begin the healing, forgiving, and reconciliation process. When you come face to face with your sins, then you can see it for what it is -- death. "For the wages of sin is death, but the gift of God is eternal life" (Romans 6:23).

Have you ever been in the right place, where God could use you to lead people in the right direction? God wants you in the right place, so he can use you for his purpose.

*By Chaplain (CPT) Dwayne A. Jones, USAF  
3<sup>rd</sup> Sustainment Command (Expeditionary) deputy command chaplain*

# Hooahs of the Week



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

Brig. Gen. Michael J. Lally, 3<sup>rd</sup> Sustainment Command (Expeditionary) commanding general, with (from left to right) Sgt. Maj. Wilbur R. Knight, Sgt. 1st Class Timothy J. Stewart, Master Sgt. Gerardo Flores, and Sgt. 1st Class David A. McClain. They were selected this week's "Hooahs of the Week". The 3<sup>rd</sup> ESC Soldiers were recognized for coordinating the logistics and marketing of the Sustainer Challenge 2009. With these Soldiers' participation, the Sustainer Challenge was successful.

Now airing on the Pentagon Channel every Tuesday at 2000 IZ every Thursday at 0930 IZ every Saturday at 1530 IZ

Telling the Sustainer Story from all across Iraq

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# BALAD AND BEYOND

# EO equal across service lines

BY STAFF SGT. DILIA AYALA  
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – Equal opportunity advisors from the 3rd Expeditionary Sustainment Command and surrounding Army units are hosting their quarterly Equal Opportunity Leader's Course here.

The classroom is filled by more than 40 Soldiers from across Iraq with one exception: Master Sgt. Joe Newton, 332nd Air Expeditionary Wing equal opportunity director; he's the sole Airman in the course, teaching a portion of the Army curriculum.

"When my Army counterparts needed an additional instructor for the course, I didn't think twice about helping," said Newton. "We have a really good relationship will all our Army counterparts. We have the same foundation and the same goals."

Students did notice the change between uniforms when the Air Force master sergeant took charge of the class, but the difference in uniform was the only difference.

"I don't see a difference between Air Force and Army, just in the person," said Army Sgt. Kyle Kizer, 50th Engineer Multi-Role Bridge Company crew chief. "This is the first time I've ever been taught by an Air Force instructor. I'm learning a lot from him. He is one of the best instructors we've had in the class so far."

"I think it's good to get the services together," continued the Imperial, Mo., native deployed here from Fort Leonard Wood, Mo. "It's interesting and a good experience to have an instructor from another branch come and teach us. The Army and the Air Force have the same standard when it comes to teaching. EO training is important. It's one of the main foundations the Army believes in. You can't have a good work atmosphere if you don't have it. I'm going to use what I am taught to the best of my abilities to promote EO."

Although the EO advisors are from different services, the training both Army and Air Force personnel receive is the same and has helped in their joint efforts.

"We all go to the same school, so our alma mater is the Defense Equal Opportunity Management Institute," said Newton. "Since we do that, we can teach on the same level on equal-opportunity issues."

"Master Sgt. Newton and I trained side by side at the institute," added Army Master Sgt. Tuynuykua Jackson, 3rd ESC senior human-relations and EO advisor. "That qualifies us to be able to work together and teach the course together no matter what branch we are from."

"When it comes to regulations or service specifics on handling complaints, we (Army) have our regulations and the other branches of services have theirs," continued the Army sergeant.

Due to some differences between Air Force and Army EO programs and regulations, the EO course is currently not open to Airmen, said Jackson, but she hopes this is something that will change in the future. Regardless of service-specific regulations, the Army and Air Force have the same goal here: to take care of JBB personnel, servicemembers and civilians alike.

"Whether it's an equal-opportunity issue, morale issue, or someone feels their issue isn't being resolved, regardless of branch of service, the key thing we need to worry about is that the mission is being taken care of," said Newton. "The way to do that is to make sure the people are being taken care of first, and we do that in a collaborative effort."

"With us being embedded with one another, we do have cross-service issues and the issues we have had, it's been as simple as making a phone call, or we've been able to interact with the Army and get those issues resolved quickly," he added.

Both master sergeants have enjoyed the opportunity to work together on EO issues and hope to continue teaching together.

"It is great working with the Air Force, and I will keep inviting our sister service back to help facilitate the course because no matter what service you are in, there is zero tolerance on discrimination of any kind and sexual harassment or assault throughout our Armed Forces," said Jackson. "Also, it allows the Soldiers a chance to see that our sister branches of service are consistent across the board on EO matters."

Newton concurred: "I've really enjoyed the opportunity to work with the Army. It's like we are all in the same unit. If something comes up, we get advice from



U.S. Air Force photo by Staff Sgt. Dilia Ayala

Master Sgt. Joe Newton, 332nd Air Expeditionary Wing equal opportunity director, teaches a portion of the Army's Equal Opportunity Leader's Course here March 16. Newton was the only Air Force instructor teaching during the Army course. Newton is deployed here from Wright-Patterson Air Force Base, Ohio.

one another and get the issue resolved quickly."

In addition to being the Air Force EO liaison to the Army EO advisors and helping teach the EO course here, Newton is the only one of his kind in the Iraqi theater and is responsible for providing guidance to more than 10,000 Airmen at four bases and 63 forward-operating bases. He is responsible for looking into allegations of unlawful discrimination and sexual harassment, provides human-relations education, and is an advisor to commanders and first sergeants.

## Security Forces destroy Iraqi weapons for base security

BY STAFF SGT. JOHN GORDINIER  
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq – Approximately 30 Iraqi weapons were destroyed here March 18 to enhance base security, including many AK-47s; a Browning 9-mm pistol; a World War



Pieces of weapons lay out to cool off here March 18 after being de-militarized by members of the 332nd Expeditionary Civil Engineer Squadron and 332nd Expeditionary Security Forces Squadron.

II-era .50 caliber anti-aircraft gun; an RPG 5 and 7; 61-mm and 81-mm mortars; and a 122-mm Howitzer Artillery piece.

"We destroy these weapons, so the weapons cannot be collected by enemy personnel and used against us at a later point in time," said Master Sgt. Gregg Fleming, 332nd Expeditionary Security Forces Squadron armory and combat-arms assistant NCO in charge.

"These weapons have been turned in by units on base. Other weapons were turned in through amnesty boxes," added the Minneapolis native deployed here from Altus Air Force Base, Okla. "We have no idea where some of the weapons came from that were turned in through amnesty, because amnesty asks no questions."

"We destroy any weapons not categorized as historical or classified as war trophies for home units," Fleming continued. "This is something we normally do at deployed locations."

Airmen from the 332nd ESFS began placing all the weapons outside the armory in preparation for destruction. Waiting for civil engineer Airmen and

the cutting torch, they stood guard over the weapons.

"We are going to chop the weapons down," Fleming said. "We are going to de-militarize them to specifications by using a cutting torch."

"Security forces have specific instructions on how to de-militarize weapons that show us where to cut," said Tech. Sgt. Roy Hurd, 332nd Expeditionary Civil Engineer Squadron constructions journeyman.

The torch uses an oxygen and acetylene mixture, which allows the temperature to get up to 1,000 degrees, added the Omaha, Neb., native deployed here from McChord Air Force Base, Wash. It can cut through just about anything.

Hurd kicks on the torch and begins cutting through the weapons with specific instructions from Fleming. Some melt like butter and break apart fast. Others take longer, like the 122-mm artillery weapon.

"It gives me great satisfaction to destroy these weapons, because now I know they are not going to be used to hurt Iraqis or military personnel again," Hurd concluded.



U.S. Air Force photo by Senior Airman Elizabeth Rissmiller

Tech. Sgt. Roy Hurd, 332nd Expeditionary Civil Engineer Squadron structural journeyman, de-militarizes enemy weapons here March 18. The weapons are being destroyed so they cannot be collected and used against Coalition Forces or Iraqis at a later point in time. Hurd is deployed here from McChord Air Force Base, Wash., and is a native of Omaha, Neb.

# Fort Campbell's ADA watches the sky

BY 1ST SGT REGINALD M. SMITH  
123rd MPAD

JOINT BASE BALAD, Iraq – Since April of 2008, Battery A, 2nd Battalion, 44th Air Defense Artillery from Fort Campbell, Ky., has kept a watchful eye for the unexpected over the skies of Balad.

On any given day or night, enemy combatants can launch rockets and mortars into the base. When that happens, members of Battery A are standing by.

In a joint effort between the U.S. Army and the Navy, Soldiers and Sailors work together to improve ground security at Joint Base Balad.

"We provide the opportunity for the Soldiers, Sailors, Airmen and Marines as well as DOD contractors and civilians on this base to go about doing their jobs in a little bit of a safer manner each day while not having to worry about indirect fire attacks while they are on the base," said Capt. Trey A. Guy, the battery commander for Battery A, 2nd Bn., 44th ADA.

Battery A, originally an Avenger Stinger surface-to-air missile battery, was transformed into a Counter-Rocket, Artillery, and Mortar intercept battery for deployment to Joint Base Balad, Iraq in support of Operation Iraqi Freedom.

The C-RAM is a piece of naval gun-

nery converted to a land-based platform. The unit consists of both Army and Navy artillerymen.

"Counter-Rocket, Artillery, and Mortar capabilities began as a response to the increasing indirect fire threats here and throughout Iraq," said 1st Sgt. Wayne C. Woods, the first sergeant of Battery A.

Battery A is augmented with approximately 60 U.S. Navy personnel on six month rotations. These Sailors, who are from different fleet commands, are sent to Fort Bliss, Texas, where they are combined with Soldiers for training. There they are trained as a joint team, given a mission rehearsal exercise and sent to Iraq or Afghanistan.

According to Guy, this type of unit composition makes C-RAM units better prepared for combat by focusing on the strengths of each service.

Guard posts around the base are manned by two-person teams 24 hours a day, seven days a week.

"We have to maintain basic security around the fence line to ensure no one is trying to penetrate it while we monitor the skies to keep track of whether we have in bound," said U.S. Navy Operations Specialist Jeremy W. Boyd. "If it's hostile, we shoot it down."

In addition to providing JBB with C-RAM intercept fires and Wireless Audio Visual Emergency System (WAVES) alerts, Battery A has conducted numerous dismantled counter IDF patrol



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

**Spc. Jamael O. Turner, of Nashville, Tenn., shows one of the first rockets his unit shot down with the counter-rocket artillery and mortar (CRAM) at Joint Base Balad, Iraq, March 4th. Turner, who is with Alpha Battery, 2nd Battalion, 44th Air Defense Artillery Regiment, out of Fort Campbell, Ky., operates the CRAM which can identify, track, and shoot the mortars and rockets out of the sky before they detonate.**

operations through common enemy launch sites in order to deny freedom of maneuver to enemy forces and to deter IDF attacks.

Battery A's six platoons are manned by both Army and Navy resources.

To accomplish their mission, they utilize a number of effective means to counter indirect fire attacks. One of these systems is the WAVES. This system is designed to alert, warn and inform personnel through a base wide intercom system of what action to take in case of an IDF attack.

"Your chances of surviving a rocket, mortar or small arms attack here increases 80 percent if you follow the instructions given by the Wireless Audio Visual Emergency System here, thanks in part to the dedication and expertise demonstrated by the joint service members and their technical and tactical knowledge of the systems," said to Sgt. 1st Class Kevin A. Bean, platoon sergeant for the engagement operation center here.

Other systems used are the U.S. Army Air Defense Artillery Forward Area Air Defense computer system and the Close-In Weapon System. The FAAD

is designed to prioritize targets and activate warning systems to defeat hostile mortars and rocket rounds while they are still in the air.

The Close-In Weapon System, is designed to defeat insurgent's indirect fire targets on Coalition forces in forward operating bases.

"The United States Navy Close In Weapon System was originally designed as an intercept weapon system for protecting naval assets at sea and was adapted to a land-based weapon system," Woods said.

Currently, Battery A is the only Joint Army-Navy Command on JBB. "I'm very proud of our Soldiers and Sailors," Woods said, "They have performed their mission very well. They are united and have watched over each other while representing the proud history of the 101st Airborne Division."

Scheduled to return home soon, Guy said: "My job is to educate the families of the Soldiers and Sailors who came over here with us, what their husbands, wives, daughters, sons, mothers or fathers did and by getting this story out, it could shed some light on what the great and wonderful things they have done."



Courtesy photo

**A counter-rocket artillery and mortar (CRAM) shoots into the night skies at Basrah, Iraq. The CRAM is used primarily to shoot down incoming fire on bases in Iraq.**

**Task Force Muleskinner**  
10th Sustainment Brigade  
Supporting the Climb  
10th Sustainment Brigade, Camp Taji <http://www.taskforcemuleskinner.army.mil/mm.asp>

# Multiple deployments bring the Alstons together

BY SGT. THOMAS J. POOLE  
UPAR, 167th CSSB,  
287th Sust. Bde..

CONTINGENCY OPERATING BASE ADDER, Iraq – Since 2001, multiple deployments have put a strain on Army Families, and two-Soldier marriages are no different.

Larry and Renalta Alston, both with the Texas Army National Guard, know this strain all too well. Their entire relationship has been subject to the current high-level operational tempo. Despite numerous deployments and the worst natural disaster to hit the United States in recent times, they are finding happiness in a place neither of them would have expected.

The two first met in 2003 at a troop medical clinic in Ft. Polk, La., while mobilizing for their first Operation Iraqi Freedom deployment with the Louisiana Army National Guard.

"I was in there for an upper respiratory infection and he was there for a spider bite, a brown recluse," said Spc. Renalta Alston, the noncommissioned officer in charge of the 167th Combat Sustainment Support Battalion fusion cell entry control point. "We started talking to each other there."

They deployed to Kuwait where they were assigned to sister truck units running missions into Iraq. They didn't get to see much of each other during that

deployment, but that didn't bother them too much.

"I didn't like him, and he didn't like me much either," Renalta said, smiling at her husband. "I'd speak to him just to be nice."

"We saw each other off and on, but only spoke briefly while in Kuwait," said Cpl. Larry Alston, a truck commander with Bravo Company, 636th Brigade Support Battalion. "We left and went back to the U.S. in 2004. That was about the end of that chapter."

It easily could have been the end for them, but the Army brought them back together.

"We mobilized again a couple months later in 2004 and went back to Iraq," Larry said with a sigh and a chuckle.

The two Soldiers wound up in Camp Victory, Baghdad. After a chance encounter in the dining facility, they realized they liked each other more than they thought.

"We started being really close friends in August 2005, right before Katrina hit," Larry said. Larry's two children from a previous relationship were in New Orleans when Katrina landed. He left Iraq to look for his kids without saying good-bye.

"I didn't know I was leaving," Larry said. "I wasn't scheduled to leave for about a week, but then they walked in my room and said, 'Pack your stuff, you're going home.'" When he got home, a relationship was the furthest thing from his mind.

"I went home to check on my family,"

he said. "I couldn't find my children for three weeks. My daughter Isis was in Galveston, Texas, and my son Saqu was in Panama City, Florida."

Renalta redeployed a short time later. With both of them finally back in the U.S., they were finally able to go on their first date.

"We went to Lafayette, La., to hang out and have dinner," Renalta said.

Their relationship progressed in fits and spurts -- seeing each other when and where they could -- until fate brought them both to Dallas.

Shortly after transferring to the Texas National Guard, Larry volunteered for another deployment to Iraq and went to Camp Shelby, Miss., for mobilization. Renalta wasn't ready to be separated from Larry for such a long time.

"My mom lives two hours away from Camp Shelby," she said with a wry grin. "I want to stay with her so I could see him every weekend."

Knowing they had to make it official if they wanted their relationship to last, the two used Larry's pre-deployment four-day pass to get married in Louisiana.

"July the tenth," Larry said without hesitating about the date, "we put on our tennis shoes and the nicest little outfits we had at the time and we went to the Concordia Parish Court House."

Renalta got quiet as she recalled what came next.

"He shipped out two days later," she said. It was the first OIF deployment they weren't going to spend together. The separation was particularly stressful

for Renalta.

"I wasn't used to being by myself," Renalta said. "I got involved in the church. I sang in the choir. On any given Sunday we could sing in four different churches including our own."

Renalta's coping method added stress to Larry's deployment.

"Sundays were my only day off, and when I called she wouldn't be there," Larry said.

Larry returned home to Renalta in May of 2008. Their reunion, however, was short-lived. Renalta was activated in July for her current deployment. Larry quickly volunteered for the deployment. He couldn't let her go to Iraq by herself.

The new rule allowing married couples to live together during deployments has made this tour surprisingly pleasant.

"It's like a little sanctuary," Renalta said of their room together.

The deployment has also provided the couple with time together they never had before.

"This deployment has given us a chance to reconnect. We're able to understand each other better," Renalta said.

Going from a deployment that separated him from his wife to a deployment where he lives with her has made Larry re-evaluate his life.

"There's a lot of stuff I used to take for granted that I don't take for granted any more. Especially time with my Family," he said. "You have so little time on this earth, and Family is all that you have."



# Quartermasters study to improve their careers

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

CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq — While other

Soldiers spend their free time watching movies or playing in sports leagues, a group of quartermaster Soldiers here have been trying to better their careers.

Cpl. Laura Cranfield, shower and laundry specialist, 506th Quartermaster Co., 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, and several other quartermaster Soldiers are studying to improve their Armed Services Vocational Aptitude

Battery scores.

The ASVAB is an entrance exam prospective Soldiers take before entering military service. The Army uses the test to gauge what military occupational specialties entrants are most qualified for.

But few prospective Soldiers understand the importance of the test when they take it. It determines what jobs a Soldier is eligible for or if the Soldier can someday become a warrant officer or officer.

Many jobs in the Army have a requirement of a minimum General Technical score.

But the Army offers a second chance for Soldiers that may not have adequately prepared for the ASVAB the first time. Called a "fast class," Soldiers

are taught a brief refresher on the ASVAB and given the opportunity to retake the test.

1st Lt. Amy Clark, 506th Quartermaster Company, who is currently teaching a "fast class" for company Soldiers, believes the course is an opportunity to improve scores that will allow Soldiers to cross train into a different MOS, or who want to leave the enlisted ranks.

"By improving your GT score, you will have more career options whether you stay in the military or decide to get out," Clark said. "I enjoy teaching and Soldiers appreciate the time and effort you invest in their future."

Clark, a native of Maryland, said that in the near future she hopes to not only be able to tutor Soldiers on improving

their GT score but also to proctor the ASVAB examination.

"I have completed all the tests required to be a proctor but I'm still waiting to be fully certified," Clark said.

Cranfield, a native of Ventura, Calif., is studying to improve her GT score to someday get a different job in the Army.

"I would like to re-class into an accounting MOS that requires a GT score of 110 or higher. First Lieutenant Clark is able to breakdown (math) problems so I can better understand the equations," Cranfield said.

Currently, six Soldiers participate in the study group which is held in the company's education center on Mondays, Wednesdays and Fridays from 7 p.m. to 8 p.m.

# Do you have a story idea?

## Contact the Expeditionary Times

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

# Graf's 23rd Ordnance Company accomplishes Ammo mission

BY LT. COL. RENEE ROUSE  
304th Sust. Bde. PAO

JOINT BASE BALAD, Iraq - In November 2008, the 23rd Ordnance Company from Grafenwoehr, Germany, commanded by Capt. George Nix, arrived in theater and took over operations at the ammunition corps storage area here from the 8th Ordnance Company. The unit has received praise since assuming mission as evidenced by the distribution of brigade coins by the 304th Sustainment Brigade Commander, Lt. Col. Norman B. Green.

On Feb. 20, Green made a special trip out to the CSA to commend the

men and women of the 23rd Ord. Co. for a "job well done." Nineteen coins were earned, which is a remarkable reward in itself because Green does not give out his coins easily.

Green stated that he has never seen platoon sergeants so engaged. He described the 23rd Ord. Co. as "detail oriented" and told them to "keep rocking!"

"We had to put the right people in the right positions to make things happen," Lindley said. "We don't have the luxury in the rear to do our jobs, it is done by the civilians," he said.

Crittendon said that the 23rd Ord. Co. had to have a memo of understanding in order to rotate Soldiers in to work with the German nationals. Given the unit's accomplishments since arrival in theater, they have not missed a beat in their training.

The 23rd Ord. Co. provides class V (ammunition) to Coalition and joint forces in the Iraqi theater as a corps storage area and operates a basic load ammunition holding area for logistical support throughout theater and Afghanistan.

The 23rd Ord. Co. organized Oct. 10, 1918 at Fort Bliss, Texas, as Group A, Repair Unit No. 315, Motor Transport. Between 1918 and 1985 the unit retained a number of different names, organizations and mission before being activated as the 23rd Ord. Co. on July 16, 1985 at Miesau, Germany. In 2007 the unit and its Soldiers and colors made the move to their current home of Grafenwoehr, Germany where they fall under the 16th Sust. Bde.

Those Soldiers recognized included the following:

Sgt. Mitchell Negrón-Johnson of

Bay St. Louis, Miss.; Pfc. Casey Nix of Mesa, Ariz.; Sgt. Michael Hasbun of Miami, Fla.; Sgt. Robert Spencer of Chicago, Ill.; Chief Warrant Officer 2 Alter Crittenden, of Ozark, Ala.; Pfc. Michal Smith of East Orange, N.J.; Pvt. Jesse Payton of Poconos, Pa.; Pfc. Andrew White of Franklin, Ind.; Spc. Jay Tarr of Harrisonville, Mo.; Spc. Timothy Roemer of Chicago, Ill.; 1st Sgt. Danny Lindley of Wynne, Ark.; Staff Sgt. Judith Hasbun of Miami, Fla.; 1st Lt. Terrence Flanagan of Glastonbury, Conn.; Spc. Jerome Thomas of Cedar Rapids, Ill.; Sgt. 1st Class Kenneth Person of Waycross, Ga.; Sergeant 1st Class Armando Bryant of South Central, La.; Sgt. 1st Class Gynell Britton of Chicago, Ill.; Sgt. 1st Class Miguel Quinones of Puerto Rico; Capt. George Nix of Milton, Ill.

# Anbar Province graduates 20 from BNCOC

BY 1ST LT. SCOTT DETLING  
UPAR, 371st Sust. Bde.

AL ASAD AIR BASE, Iraq -- Twenty noncommissioned officers from across the 371st Sustainment Brigade graduated from the Basic Noncommissioned Officers Course common core phase one March 13 here. Class 06-09 is the first class to graduate following the course's February 2009 establishment.

Special honors were handed out to Staff Sgt. Erica Winkle, Staff Sgt. Donald Elking, Sgt. Carol Preston and Sgt. Amanda Noonan. Each NCO exceeded the course standards, achieving over 97 percent on the course's five core tests. They placed in the top 20 percent of the BNCOC course, which

included students from Camp Liberty, Victory Base and two classes in Hawaii.

Command Sgt. Maj. William Myers, the 371st Sustainment Brigade command sergeant major, delivered the event's remarks and presented certificates of completion to each graduate.

Each class session began after evening chow and sometimes lasted until after 5:00 a.m. because much of the instruction was provided via video teleconference with Fort Bliss, Texas -- the United States Army Sergeant Major's Academy.

"The SPAWARE technicians were fantastic," said Master Sgt. Randall Hinkle, the course manager. "I believe there were only one or two occasions when we lost contact with the academy instructors. Considering we're here in Iraq and it was our very first class, I believe all went very well!"

Planning for the Al Asad class began almost a year ago. The idea for conducting the course in theater was pitched back in June 2008, before the 371st Sust. Bde. arrived in country. By August, the battalion command sergeants major pledged to support the effort. Now, the brigade would just need a driving force to make the endeavor happen.

"Sgt. 1st Class Sheila Parrish was identified as the NCO who could drive this effort," Hinkle said. "She did all the leg work to establish the course, including getting the technical support and conferencing setup, selecting assistant instructors and getting them certified, coordinating the class time and conduct of the class, and coordinating the communications between Al Asad and USASMA."

BNCOC common core phase one is an 80 hour course. Though 80 percent

of classroom instruction came from Fort Bliss, 16 hours were delivered by on-site assistant instructors -- Sgt. 1st Class Frederick McDaniel and Sgt. 1st Class Michelle Ramos. Each instructor went through an intra-theater certification process in September 2008.

"I'm proud of the efforts of the students, instructors, the technical folks and the administrators of this BNCOC course," Myers said. "It was a real team effort. I believe this model should be considered to be implemented theater-wide!"

Also in attendance were Col. Daniel Tack, 371st Sust. Bde. commander, Lt. Col. Mary Abrams, 548th Combat Sustainment Support Battalion commander, and Lt. Col. Mark Burkett, commander of the 2nd Bn., 142nd Infantry Regiment. Each battalion was well-represented with BNCOC graduates.

# IRAQI ELEMENTARY SCHOOL *Continued from Page 1*

ty education program in Dhi Qar and Muthanna provinces.

"Part of the problem was that at one time, troops were throwing food and water from convoys to the children," Moyer said. "They've discontinued that practice, but the children still expect it and are disappointed when they don't receive anything. My goal is to explain the policy that prohibits Soldiers (from) throwing out food and points out the possible outcome of their actions. Kids are kids - they don't always think things through."

To help implement the plan, Moyer relied on the professional assistance of 1st Lt. Travis Nelson and Cpt. Harris Russell, both with the 3rd Bn.,

133rd FA Regt. and police officers in Texas.

"Part of my job in Texas is to talk to children about safety and drug use," Russell said. "This is a different scenario, but the same concept. I want these kids to be safe and our troops to remain safe too."

This experience reflected in Russell's easy manner with the students, who listened politely to him. While visiting four classrooms in the school, he explained the dangers associated with UXOs, rock throwing and trying to collect food from passing vehicles.

In addition to the Safety First program, Moyer and his Soldiers took this opportunity to reach out to the

staff and students at the school. Nelson's mother, a teacher in the states, donated some school supplies, coloring books, crayons and candy to the excited and happy students. Nelson said the supplies were donated from "one teacher to another."

Moyer hopes their new friendship will continue. "There is every indication that this will be a good working relationship that will benefit the school, and most importantly, the safety and education of the children," Moyer said.

Al Nwares has not been visited by Coalition forces, aside from a 2003 visit from the Italian Army to help repair their courtyard.

## Check CHUsdays

Each **Tuesday** Check The Following in Your CHU

1. Power strips are free of debris and clothing
2. Electrical devices not in use are unplugged
3. Power strips and outlets are not overloaded
4. Smoke detector is operational
5. Fire extinguisher is serviceable (in the green)
6. Room is neat and orderly

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

# Sustainer awarded MNC-I DSARC of the Year

BY SGT. CRYSTAL G. REIDY  
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – In February, the 3<sup>d</sup> Sustainment Command (Expeditionary)'s deployed sexual assault response coordinator was selected as the Multi-National Corps – Iraq's DSARC of the Year for her role in assisting Soldiers who have been victims of sexual assault.

When a battalion-sized unit or higher is deployed it is required to have a DSARC to manage the sexual assault prevention and response coordination for the commander. The DSARC position is one example of how the Army is committed to eliminating sexual assault in five years.

Lt. Col. Lynn S. Jackson, equal opportunity program manager and DSARC for MNC-I, said every DSARC in Iraq does outstanding work. She said whether they are coordinating care for a victim of sexual assault, helping commanders identify safety risks for young men and women in their respective commands, or training unit personnel on the awareness of sexual assault – they are doing emotional and tough work that has a far reaching impact.

Master Sgt. Verlean Brown, DSARC for the 3<sup>d</sup> ESC, "stands out because of her professionalism," Jackson said. "Her compassion for others and her commitment to dignity and respect



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

*"I am a caregiver by nature, and being a Soldier you serve the citizens of the U.S.,"*

Master Sgt. Verlean Brown  
deployed sexual assault  
response coordinator

make her invaluable to this program."

Jackson, a resident of Fort Bragg, N.C., said Brown had a large community to represent and train. She said Brown personally oversaw the management of cases, worked with victims, and trained not only her unit's personnel but also their sister service and civilian personnel on JBB.

"There was not a request that was ignored for advice, training or program management," Jackson said. "There was not a victim or victim advocate who could not reach out to her 24/7 for support."

As part of managing her program, Brown personally assists service members who have been victims of sexual assault. Brown said her role as a DSARC, she feels she is doing what she was meant to do – to help others.

"I am a caregiver by nature, and being a Soldier you serve the citizens of the U.S.," Brown, a native of Sherwood, Ark. said. "In this job I feel I am serving God and country."

Brown is responsible for supervising and training 200 victim advocates. She has hosted more than 40 educational classes that provided sexual assault prevention training to over 3,000 Soldiers, Airmen, Sailors and Marines.

Brown said receiving the DSARC of the year award validates her hard work. She said she feels her effort and training has been recognized and she is doing a good job.

"Sometimes you question yourself, 'Am I doing things right?' or 'Am I doing enough?'" Brown said. "Receiving this award tells me I've done a good job and done it right."

In October, Brown implemented the Army's new I. A.M. Strong Campaign to combat sexual assault. Her office hosted promotional events, including a 5K run, the play "Sex Signals," and sexual assault and harassment prevention skits. She also co-chaired or

chaired more than 30 case management groups or luncheons.

"There is truly a cause and effect relationship between her efforts in training and awareness programs and the increased awareness of the response assets and the prevention measures for the personnel at Joint Base Balad," Jackson said.

Brown said her program has been successful because of the partnerships she has with the other victim advocates, senior leadership from the Air Expeditionary Wing and tenant units on JBB. She said she has close-working relationships with all of the branches of service, including first responders, chaplains, medical personnel, counselors, and criminal investigation divisions.

"Everyone works closely together to make sure the program works and we are taking care of victims," Brown said.

One example of the cohesive working relationship is how DSARCs from the different branches rotate as primary on-call sexual assault responders to victims on-post without a victim advocate, such as traveling Soldiers or third-country nationals.

Brown said she enjoys seeing a victim smile after they have been helped. She said when they first come in they may be confused, terrorized or ashamed and other negative emotions.

"I like the moment when you see the healing begin," Brown said. "I like seeing the good come out of a bad situation."

# Speicher Transporters train to stay safe

BY SPC. AMANDA TUCKER  
Expeditionary Times Staff

CONTINGENCY OPERATING BASE SPEICHER, Iraq – The 233rd Transportation Company, from Fort Knox, Ky., conducts a two-to four-day safety stand down every three months to enforce safety standards both on base and on the roads of

Iraq.

The classes are taught by junior enlisted Soldiers on the importance of safety in the buildings on base, convoy tracking, proper care of hazardous ma-

terials, and driving procedures to reinforce safety standards.

"It's so important to stress it now," said Sgt. 1st Class Richard M. Wolfe, the truck master for the 233rd Trans. Co., and Butler, Pa., native. "It keeps their focus on being safe and doing the right thing versus doing it quickly to get it done."

A primary focus during the safety stand down is electrical and fire hazards. Soldiers go through fire drills and ensure two fire exits are clear in all of the 233rd Trans. Co. buildings.

Soldiers also get a refresher class on the movement tracking system. The MTS provides texting capabilities via satellite and gives convoys a form of

communication to headquarters when vehicle radios are out of range.

The transporters also go through hazardous material training.

"With all the different chemicals they work with (in the motor pool), we have to have (the chemicals) properly disposed of, properly stored and take special time to train for certification," said 1st Lt. John. O. Ferrell, the safety officer for the 233rd Trans. Co., from Fort Knox, Ky., and Pasadena, Calif., native.

Some of the most useful training the drivers go through is emergency braking procedures, which they practice. They go through drills releasing the brakes, dropping the transmission

and using the trailer brakes and engine power to stop the heavy equipment transporter vehicles used by the unit.

These emergency braking procedures were introduced into the company's safety stand down after a vehicle accident occurred because of a steep slope on Fort Knox.

"If you train in a garrison environment, (conduct) repetitive training and emphasize the safety aspects its going to be instantaneous when you are put into a situation," said Wolfe. "Safety saves lives. Each deployment we have had no significant accidents and we've taken every Soldier home each time and we can do it again this time."



3D SUSTAINMENT COMMAND  
(EXPEDITIONARY)

<http://www.army.mil/3rdesc>

# Kansas Guard Soldiers Conduct "Read Iraq" at Al Habib School

STORY AND PHOTOS BY  
MASTER SGT. CARL MAR  
287th Sust. Bde. Public Affairs

CONTINGENCY OPERATING BASE  
ADDER, Iraq – On March 3, two Sustainment Soldiers visited Al Habib School in Muthanna Province as readers with "Read Iraq," the 287th Sustainment Brigade Civil Affairs program. The 287th Sust. Bde. is an Army National Guard unit from Wichita, Kan. "Read Iraq" places volunteer Sol-



diers, assisted by interpreters, in Iraqi school rooms to read children's stories. The students, who are learning English as a second language, learn about western culture in return.

Reading that day were 287th Sust. Bde. Special Troops Battalion Assistant Operations Noncommissioned Officer Staff Sgt. Lance Jones and 287th Sust. Bde. Support Operations Maintenance Branch Manager Sgt. 1st Class Jason Oesterreich.

Jones, of Manhattan, Kan., is employed as a management analyst for the Advanced Turbine Engine Army Maintenance facility at Fort Riley, Kan. A bachelor, he felt that his experience coaching flag football for the City of Manhattan prepared him well for this latest mission.

Jones read several storybooks to a class of fourth-graders. The most popular one, he said, was "There Is a Monster at the End of This Story." As he neared the end of the story, he told the kids that he was becoming too scared to turn the pages. The kids shouted back at him to continue – they wanted to see the monster.

His last book, "My First Counting Book," used animals to help children count to ten in English.

"The children I was working with were just learning English so I would hold up my fingers to show the number we were on," Jones said. "The children would shout out in Arabic the number I was on. At the end of the book we had a review and counted to ten in English."



Three Al Habib School fourth-graders pose for a quick portrait while waiting to hear the next storybook in a presentation of the 287th Sustainment Brigade's civil affairs program "Read Iraq" on March 3.

According to Jones, the best part of his Al Habib School experience was that it allowed him to feel that he had made a direct impact on the life of a child.

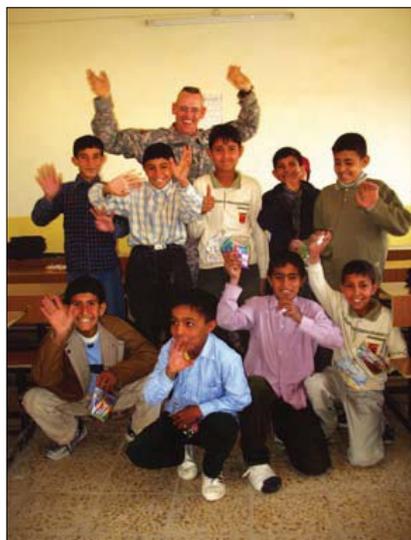
"We are in a war against terrorism to win the hearts and minds of the Iraqi people," Jones said. "I can't think of a better way to do that than to help build up the schools," he said.

Oesterreich resides in Topeka, Kan., with his wife and three sons. In civilian life he works as an overhead door technician and volunteers time at his son's school. He has also read several storybooks to a class of 11-year-olds, including "Where the Wild Things Are," by Maurice Sendak, which he said is a Family favorite.

"It reminded me of reading to my boys, which I do every night before bedtime," Oesterreich said. "The kids laughed and smiled at all the stories and the way I presented them. It felt great to make them happy," he said.

Later that evening, Oesterreich sent pictures of his classroom experience back home to share with his children. He thought it was "pretty cool" to hear his son Evan's reaction.

"He's a first grader," Oesterreich said. "He couldn't believe that they didn't have computers in the classroom. I think it's important for our children to see what the conditions are like in different countries so that they can better appreciate the opportunities they have at home."



287th Sustainment Brigade Support Operations Maintenance Branch Manager Sgt. 1st Class Jason Oesterreich waves hello with a school room of fifth-graders at Al Habib School during a "Read Iraq" visit March 3.

## Traveling band lightens lunch at Q-West

BY MAJ. SCOTT COOLEY  
UPAR, 181st SB, 16th Sust. Bde.

CONTINGENCY OPERATING BASE  
Q-WEST, Iraq – Seven members of the traveling 25th Infantry Division brass band, based out of Schofield Barracks, Hawaii, played a variety of big band, jazz, pop music and even movie themes, at the Knight's Feasting Hall dining facility here March 11 - 14.

"They were so good I didn't want to leave, but I had a meeting at brigade," said Sgt. Jolonda Terry, assistant noncommissioned officer in charge, Knight's Feasting Hall, after listening to the band during a lunch show.

Along with several shows at the main dining facility, the band also fit in a performance at the convoy sup-

port center dining facility. Soldiers couldn't get the catchy tunes off their minds.

"I still have that Jackson Five song stuck in my head. Everyone was walking out of the DFAC (dining facility) humming that," said Spc. Phillip Stosser, a cable technician with the 181st Brigade Support Battalion, 16th Sustainment Brigade.

The band, part of Task Force Lightning, Multi-National Division – North, at Contingency Operating Base Speicher, kicked off a tour of bases in northern Iraq with the first performance at COB Q-West.

Bandmembers enjoyed performing at Q-West, said Sgt. 1st Class Shawna Snodgrass, events coordinator, 181st BSB and COB Q-West Mayor's Cell.

"They were very appreciative of the support they felt during performances, as well as the accommodating arrangements for transportation



Members of the 25th Infantry Division's traveling brass band perform during the dinner meal at the convoy support center dining facility at Contingency Operating Base Q-West, Iraq, March 13.

and billeting," Snodgrass said. "They definitely want to come back to (COB Q-West during their tour."

U.S. Army photo by Sgt. 1st Class Shawna Snodgrass

# Safety is key when conducting combatives

STORY AND PHOTOS BY  
SPC. MARIO A. AGUIRRE  
*Expeditionary Times Staff*

JOINT BASE BALAD, Iraq – Many 3<sup>rd</sup> Sustainment Command (Expeditionary) Soldiers are learning modern Army combatives and other combative techniques as part of their training in Iraq today.

Modern Army combatives is a skill level one task Soldiers must train on annually. Soldiers can complete this level one task safely by using the proper techniques and ensuring there is always at least one level-one instructor present during training, said Staff Sgt. Benjamin D. Zucker, a level-three combatives instructor with the 602nd Maintenance Company from Fort Hood, Texas.

“We always stay in the crawl, walk phase while deployed, we never go 100 percent,” said Master Sgt. Jonathan F. Napier, the G-6 communications chief and a Modern Army Combatives Program level-four instructor for 3<sup>rd</sup> ESC.

The Army field manual 3-25.150, describes Army combatives as an engagement between two or more persons in an empty-handed struggle or with hand-held weapons such as knives, sticks, or projectile weapons that cannot be fired.

Regulations state a unit should develop as many skilled combatives instructors as possible. The instructor-to-Soldier ratios should not exceed one instructor for 20 Soldiers. A secure training environment is impor-



Staff Sgt. Nicholas L. Green with the 20th Quartermasters Co. and a level three combatives instructor watches over students as they go over level one combatives drills at Joint Base Balad on March 19.

tant to instructing combatives safely, Napier said.

“Getting leadership involved is key, it provides a sanitary environment where Soldiers can train,” Napier said.

Napier said combatives should be integrated with physical training as a way to build their combatives skills. He said Soldiers need to constantly train because combatives is a perishable skill.

“Soldiers who do physical training and stay in shape do better in combatives,” Napier said. “Soldiers who can’t do the minimum push-ups, sit-ups, and the run, won’t last in a fight.”

Zucker said that during combatives class, stretching and a good warm-up is imperative to training safely. He said ground techniques are taught first because it is the safest and easiest to learn.

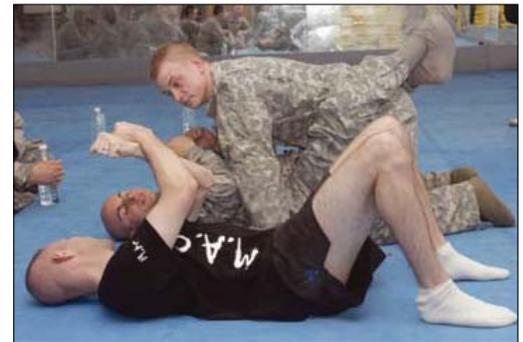
“We usually do 10 to 20 minutes of stretching and warming-up, then we do sit-ups and push-ups to build

core strength,” said Spc. Jonathan R. Hargrove, a mechanic for the 51st Expeditionary Signal Battalion from Fort Lewis, Wash. Hargrove instructs Jiu-Jitsu at the east fitness center on Joint Base Balad.

Zucker said Soldiers are briefed to use “gradual pressure,” which means using technique rather than brute strength to eliminate the chances of injury. He said another safety measure Soldiers can use is the “tap out” method, which is a physical or verbal signal to end a drill.

“Using these techniques keeps Soldiers safe,” Hargrove said. “When Soldiers get injured, it hurts the mission and the units are not at a 100 percent.”

The defining characteristic of a warrior is the willingness to close with the enemy, also known as the modern Army combatives motto.



Spc. Russell D. Harris with the 20th Quartermasters Co. and a combatives instructor reviews the cross-collar choke from the guard with students at Joint Base Balad on March 19.

# Shaykh gets down to business

STORY AND PHOTO BY  
SPC. AMANDA TUCKER  
*Expeditionary Times Staff*

JOINT BASE BALAD, Iraq – Shaykh Shehab Ahmed Saleh Al-tmime has been running a non-tactical vehicle business on Joint Base Balad since August 2008.

The business provides local nationals with jobs while providing a service to service members on base.

“As reward of my work and my sincerity ... (a) contract was signed between the Iraqi non-tactical vehicle oil station and Joint Base Balad about establishing the Iraqi Base Industrial Zone to do a lot of projects in an American base,” Shehab said.

Shehab said he had to overcome barriers when he first made contacts with Coalition forces. He had heard the bad propoganda and knew how the Iraqi people were afraid to get close to service members or enter JBB.

But a week after Coalition forces arrived, he met with commanders. After talking with American forces, however, he and his Family became the target of terrorists. According to Shehab, a commander of a terrorist organization offered \$200,000 to the person who could bring him the head of Shehab. As a result, rockets were launched at his house and improvised explosive devices were placed near his home.

“They tried to kill me three times and of course they couldn’t,” Shehab said. “Thank god they always failed to do that and they’re done forever.”

The NTV oil station changes oil, oil filters and air filters, and performs interior cleaning and tire checks. The station employs five mechanics.

“(We) don’t have these kind of vehicles outside the wire,” said Rick Assa’ad, the manager of the NTV oil station. “Before they (didn’t) know anything about American vehicles ... but they learned it and they are doing good.”

When the NTV oil station first opened in August it was responsible for servicing 223 vehicles. Now, the station

has grown to service 1,200 vehicles. It is open from 9 a.m. to 3 p.m. every day but Friday.

Shehab said he plans on extending the capabilities of his mechanics to take on larger tasks on vehicle repairs. He also said he hopes to become more independent and produce vehicle parts on his own instead of ordering them.

Assa’ad has been busy working with the military to get authorization for the contracts, making contacts with Iraqi vendors and contacting other companies outside of Iraq to make ordering his own parts possible.

“I’m always call-

ing my employees and directing them in the maintenance of vehicles,” Shehab said. “The work is getting better and it’s improving day after day.”



Iraqis work for an Iraqi non-tactical vehicle oil station on Joint Base Balad Feb. 18. According to Shaykh Shehab Ahmed Saleh Al-tmime, the NTV oil station owner, the car maintenance agreement between the Iraqi company and the American government is the first of its kind to work inside a military base.

# Deployment offers unique opportunities for savings

**Editor's Note:** This is a courtesy article from the Military Saves Saff to inform troops of their program.



For Capt. Robert Eckhardt, successful saving was about thrifty habits. "My expenses during deployment were minimal... Plus, I was earning extra money for serving in a combat zone. As soon as [my fiancé and I] decided to pool our resources and save money, it all came together very easily."

For Teraisa and Mark Rogers it was about taking responsibility. "My husband and I tried something we had never tried before: we became accountable to our bills, ourselves, and each other."

Deployment is stressful for both service members and their families. Changes can be as significant as extended deployment to a combat zone or as simple as short, temporary duty assignments in other locations around the United States. Regardless of the type or length of deployment, service members are presented with a unique set of challenges and opportunities.

Deployment offers a range of cash benefits and tax exemptions that can help boost savings and retirement accounts. The Department of Defense currently has 70 types of special pays and allowances, depending on your deployment and duty status, branch of service, and duty station on the books.

"It's about starting small and taking advantage of every opportunity. To me, that looks like 70 opportunities to contribute to retirement savings, a college savings account or a rainy day fund," said Sarah Shirley, Director of Military Saves.

The Defense Finance and Accounting Service Military Pay (DFAS) webpage offers detailed, easy to navigate,

information. DFAS also offers an "Ask Military Pay" feature that allows individuals to submit their questions and browse frequently asked questions (and answers!). They remind us that "Every individual is unique, but they often face similar issues."

For example, deploying to a combat zone not only offers an extension in filing and paying taxes, but also allows enlisted soldiers and warrant officers to exclude from gross income all combat pay received during the months spent in a combat zone or qualified hazardous duty area and this is just the beginning.

It can be complicated but knowing what you are entitled to can make all the difference. The IRS has provided an Armed Forces Tax Guide on the web at <http://www.irs.gov>. It includes detailed information for combat zone exclusion, adjustments to income and more.

When discussing all the lists of regulations and allowances, Shirley is quick to interject, "Military Saves is about support and encouragement. Your service's finance office is there to help, but so is the whole military community. Don't underestimate the power of taking or giving friendly advice that helps turn goals into dollars."

Capt. Eckhardt was able to pay off nearly \$60,000 of debt in a short time. Teraisa and Mark Rogers "Never had 'extra' money before. Whenever we did save, we somehow had some catastrophe waiting on the sidelines (like new tires, braces, etc.) making everything frustrating and impossible... Now we are open, honest and smart about shopping."

## Using deployment financial opportunities to boost your savings!

### Deployment and financial benefits

Deployment offers allowances, tax breaks, incentives and special pay. The Department of Defense currently has 70 types of special pays and allowances, depending on your deployment and duty status, branch of service, and duty station. Find detailed information through your service financial office or online through myPay.

### What to save during deployment

- Combat zone tax exclusion.
- Pay yourself instead of the government: As an E-6 with 6 years, you earn approximately \$35,410 per year; The taxes generally add up to \$8,800.00; Set aside \$8,000 in a retirement account with 2% interest for 10 years; Saving earns you \$1,769.60
- Make extra payments on credit cards, student loans, car loans or mortgages.
- Per diem while TDY: Minimize spending, maximize income and saving
- The difference that \$5-\$10/day can make... Over a week: \$35-\$70; Over a month: \$140-\$240; Over a year: \$1820-\$3640
- Small saving can be the difference between 1 cup of designer coffee per day and an HDTV.
- Family Separation Allowance: Use this cash for taxes, retirement, credit card and loan payments, college savings, home repairs, etc. Consider using it for something that the whole family will enjoy for years.

### Live alone? Going to be gone for 3 months? 6 months? a year?

- Consider renting out your house or apartment for extra cash for a down payment on your first home.
- Subletting allows you to cover your housing costs while you still collect BAH and a great way to put money aside for home improvements

### Ways to save during deployment

- Create a rainy day fund
- See your local credit union or military bank to learn more about:
  - Basic Savings Accounts
  - Certificates of Deposit
  - College Savings Accounts
  - IRAs and other retirement accounts
  - Investment options
- Saving Deposit Program (SDP): For military members deployed in combat zones, qualified hazardous duty areas, or certain contingency operations ; Annual interest rate of 10%
- Thrift Savings Plan: TSP is a Federal Government-sponsored retirement savings and investment plan. For more detailed information, visit <http://www.tsp.gov>

Join a community of savers: Take the savers pledge at [www.militarysaves.org](http://www.militarysaves.org) today!

TAKE THE

# SAVER PLEDGE

[www.militarysaves.org](http://www.militarysaves.org)

# “Women Taking the Lead”

## WOMEN

By Spc. Leslie Maldonado-Rosa  
356th Quartermaster Company,  
259th Combat Sustainment Support Battalion



It's amazing looking back in time and bearing in mind the way women use to get treated, and the way women were not able to achieve the things men could because we were considered Minority. Through the years women worked their hardest, facing all types of situations and challenges that in the long run were worth every sweat and sacrifice. As time passed, women started gaining equality and began their journey to become one of the World's best seen Scientist, Environmentalist, Engineers and much more. Women commenced taking the lead in discovering things no one ever came close to discover as well as taking the lead in developing new technologies that to this day we couldn't have lived without. Women are truly taking the lead to save our planet.

Rachel Carson, a Marine Biologist and Writer discovered how damaging pesticides could spread disease and kill crops. She also discovered that many other animals were poisoned by pesticides because they ate the poisoned insects, and that soil and water were tainted pesticides. In 1962 she wrote a book called, "Silent Springs" which warned people of the ill effects of pesticides. Soon after, laws were created to protect the environment from poisonous pesticides. Another great Environmentalist was Wendy Abrams, that because of a Time Magazine her life changed forever. Abram is the founder and president of "Cool Globes" which uses public art as a medium to get people to think about global warming and do something about it. This women performance shows their leadership and their commitment in trying to help us make our planet a better place.

Women are also taking the lead in Filmmaking. Roswitha Augusta produced and directed a documentary entitled "Preserving the Future." The documentary, which took a year to film, examines the effects of impervious road surfaces, pollution and the destruction of wildlife.

With her efforts she grasped the public's attention and began to make a difference in her community as well as the world. She said, "I want to be an example in my industry as to how to run a business for profit and not ruin the world." Jennifer Kaplan is also trying to make a positive impact to the world by making a film about the environment called, "A Lighter Footprint." She believes that there are many small steps we can take to make changes in saving the planet. For example, using canvas bags in all kinds of stores, thereby decreasing the excessive manufacture and use of plastic bags and we can install compact fluorescent light bulbs in our home and offices, instead of purchasing the incandescent variety.

Science was another field that women quickly took part of, Niebla took a job at the Western Archaeological Center, where she worked on maintaining historic adobe buildings and ecosystems in national parks. In 1984, Niebla joined the Environmental Protection Agency and wrote regulations on the use of sludge made from decomposed garbage on agricultural land. In 1989 Niebla became national coordinator for global change research in the Forest Service, a division of the U.S. Department of Agriculture. She manages the science research program on global change in forests.

As you can see women are making a difference all around the planet and making history all around the world. The theme, "Women Taking the Lead to Save our Planet" is truly a great subject to talk about. We can show the world how women do take part in helping the environment and how we are taking the right steps to make sure that in the future we still have a great and safe world to live in. Without some of the great women mentioned, our planet would not have been the place that it is now. We have put in a lot of our time in working for our future so I believe that women are truly taking the lead to save our planet.

By Staff Sgt. Christopher D. Stewart  
Delta Company, 1st Bn., 161st Infantry Regiment



In the early 1970s, a few students from kindergarten through 12th grade had little to no awareness of the significant role women played in our history. It wasn't until 1978, when the Education Task Force of the Sonoma County (California) Commission on the Status of Women started a "Women's History Week". On March 8, the "International Women's Day" was initiated and within a few years, dozens of schools planned programs for "Women's History Week," including over one-hundred women who participated in an essay project "Real Women". Now in 2009, the topic for "Women's History Month" is "Women Taking the Lead to Save Our Planet". In my opinion, one of the biggest movements in 2009 for this topic is the "Green Movement".

Today, one of the biggest movements women have truly influenced is in the "Green Movement." The "Green Movement" first started back in 1970 with "Earth Day." It was believed then, and still to this day, the nature-centric movement; focused on ecosystems and biotic communities; on non-human species and their interrelationships with nature; on human society's dependence upon maintaining the integrity of these relationships between humans and nature; and lastly, on human effect of natural systems and natures

effects on humans. No longer was it enough to simply seek solutions to problems pertaining only to humans. Now much of our history and many of our laws would need to be rewritten so as to not only recognize, but re-establish the balance in the symbiotic relationship between humankind and nature.

One example of how the "Green Movement" has affected our youth today was on December 10, 1997, a 23-year-old woman named Julia "Butterfly" Hill climbed into a (180-foot) tall California Coast Redwood tree. Her aim was to prevent the destruction of the tree and of the forest where it had lived for a millennium. She came down December 18, 1999 and during those two years, she attracted world-wide attention for her non-violent action in defense of the forest. She went up the tree as an unknown campaigner. She came down an international symbol, the inspiration for thousands of people around the world. Her actions entitled her to be the youngest person thus far inducted into the Ecology Hall of Fame.

The "Green Movement" includes political parties such as the "Green Party" and organizations like "Friends of the Earth" and "Greenpeace". These women are not only at the forefront of the anti-globalization

movement but are key players across the nation, health, environment and human distinguished list of women include: Wan (Nobel Peace Prize for her contribution to sustainable development), Petra Kelly (as a poet she was instrumental in founding the Green Party), Caroline Lucas (English politician the Green Party of England and Wales), M (national chairperson of The Council of Co-founders of the Blue Planet Project), V (participated in the nonviolent Chipko movement is one of the leaders of the International Globalization), and Charlene Spretnak to the framing of the women's spirituality and Green politics movements).

So I ask you why are "Women Taking Save Our Planet" so important? It is because it is crucial and integral to the resolution of all of the outstanding social, economic and environmental problems facing the world. As proof of this, we only look at the list of women leaders, the scientists, teachers, researchers, scientists and activists which have made such a difference and the preservation of our natural world.

# and to Save Our Planet.”

**Editor’s Note:** In observance of the March 2009 “Women’s History month,” tenant units at Joint Base Balad hosted a luncheon Friday to honor women who are making a difference, both past and present. In addition to speeches and entertainment, the event featured a guest speaker; musical entertainment by the Women of Gospel Explosion choir; a women’s history slideshow; a poem reading; and the presentation of the essay contest winners.



By Maj. Angela G. Beck  
111th Multifunctional Medical Battalion

There was an amazing woman who lived from 1931 through 2005. She was an American Nun who lived her life as an environmentalist, activist, and educator. Her passion was the Amazon Rain Forest in Brazil. She lived there for 30 years both educating the poor about their beautiful rain forest and taking action to prevent the deforestation and destruction of the same. Her name was Sister Dorothy Stang, and she was murdered in the very Amazon Rain Forest that she loved, lived, and worked for. Her slogan was, “The death of the forest is the end of our life.”

She was taken from her place in life as she was quoting directly from the Bible to her killers,

“Blessed are the poor in spirit...” Two wealthy ranchers, who opposed her every effort to assist

and educate the local peasants of the rain forest, were the murderers. Her body was found face down in the mud, blood staining the back of her white blouse. Sister Dorothy opposed the illegal loggers and cattle ranchers who were clear cutting the forest for pasture, and for that environmental cause, she died.

She has been given the title of “Rainforest Martyr” in the town of Anapu. This small community is located on the edge of the Amazon rainforest. It is well known both for the dust that clogs its streets and for the number of store-fronts selling chain-saws. Most notably, for this essay, it is the place that Sister Dorothy called home for more than 30 years. It is the town where she organized her plans and efforts to protect the rainforest and its people from the illegal exploitation of ranchers and logging firms. Today, Anapu is known as the place where Sister Dorothy is buried.

Her cause and convictions took her to Brazil in the 1960s and it was there, in the vast Para Region of the Amazonian Rainforest, that she found her calling - despite the obvious dangers she faced. Her incredible life, filled with the desire to protect our planet and, ultimately, her tragic death, that was a result of that same environmental desire, have highlighted an enormous problem for the Brazilian government. Brazil must balance a desire to protect the rainforest with pressure to open tracts of forest to support strong economic growth. The stakes are high: World environmental agencies estimate that 90 per cent of the timber in the Para Region is illegally logged. The Para Region demonstrates Brazil’s highest rate of deaths related to land battles. More than 40 per cent of the murders in Brazil between 1985 and 2001 were related to such land disputes.

While the local people called Sister Dorothy, “Dora,” or “Angel of the Trans-Amazonian,” loggers and other opponents to her cause referred to her as a “terrorist” and accused her of supplying guns to the peasants. And yet this opposition and slander always seemed to motivate the sprightly 74-year-old. Whenever Sister Dorothy left the dusty village of Anapu and travelled into the jungle to meet with the small farmers and peasants she loved, she seemed to become a more vibrant and animated person. This was her milieu. This environmental cause encompassed her heart and soul, completely central to her very being. Because in addition to the good fight to preserve the rainforest, she was helping encourage and enable small-scale, sustainable agriculture by the poor.

Sister Dorothy was killed on February 12, 2005. Her simplicity and genuine interest and love for the poor people of the Amazon allowed her to win the confidence of the rural farm communities. It was always important to her to live among them. She spoke their language, ate their food, dressed simply, and most importantly, never looked down on them. She both lived and died for her convictions. She knew she was supporting a very dangerous cause. Shortly before her death she wrote the following, “I don’t want to flee, nor do I want to abandon the battle of these farmers who live without any protection in the forest. They have the sacrosanct right to aspire to a better life on land where they can live and work with dignity while respecting the environment. Our forest is being overtaken daily. Together we can make a difference.”

## Inner Butterfly

By Sgt. Crystal Reidy  
123rd MPAD



Julia “Butterfly” Hill was not officially affiliated with any environmental organization when the 23 year old decided to save a 180-foot tall, 600-year-old California redwood tree by living in it for 738 days between December 10, 1997 to December 18, 1999. She lived in the tree to prevent loggers from cutting the tree she named “Luna” down. She succeeded when the lumber company agreed to preserve “Luna” and all trees within a three acre circumference around the tree in exchange for \$50,000 donated by an environmentalist group with the promise of the money going to forestry research.

Many women might admire what Butterfly did, but they are not in a position to give up two years of their lives to make such a grand statement to protect the environment. What’s important to learn from Butterfly is everyone can have a positive impact on nature. You do not have to climb a tree to help the environment; you just have to find your inner Butterfly.

The first step in developing your inner butterfly is to find the part of nature that is the most important to you and then focus your attention on that. If you love the outdoors, go one step further and pick the forest or the sea. It is easier to see change the closer you get to your subject.

The second step is simplifying your inner Butterfly. It is exciting to think of adventures like Butterfly’s that will land you on the cover of Newsweek. In the end, however, Albert Einstein’s maxim that “everything should be made as simple as possible, but no simpler” is the right course of action. Before you save all the animals on the planet, make sure your local animal shelter has all the funding they need to save the animals in your community.

The final step is to encourage and inspire others with your new found Butterfly identity. You might encourage others to help you clean up a dirty lake or you can support them when they find what part of the environment they are most passionate about. As Butterfly once said, “By standing together in unity, solidarity, and love we will heal the wounds in the earth and in each other...”

Now that you have your inner Butterfly wings, take flight and change the world.

globe in edu- rights. This gari Maathai 1 to sustain- litical figure, erman Green and leader of laude Barlow anadians and andana Shiva ovement and al Forum on (contributed , ecofeminist ; the Lead to cause women a of virtually nd ecological this we need inkers, activ- organizers, mpact on the

# Sustainer becomes American Citizen

BY SGT. 1ST CLASS DAVID MCCLAIN  
3<sup>d</sup> ESC Public Affairs

JOINT BASE BALAD, Iraq – Spc. Fatima Benasser, an interpreter and translator assigned to Headquarters and Headquarters Company, 3<sup>d</sup> Sustainment Command (Expeditionary) took the oath of citizenship in a naturalization ceremony at Al Faw Palace, Camp Liberty on March 3.

After all the paperwork and background checks were complete, Benasser found out in mid-February that her dream of American citizenship was about to come true. She went to Baghdad andaced her citizenship interview. On March 3, she participated in the ceremony that officially made her a citizen.

“The ceremony was great and wonderful and I can’t tell how happy I felt at that moment,” said Benasser. “I’m so proud and really happy.”

Benasser grew up in Sale, Morocco. She loves her country, but wanted something more out of life than her homeland could offer. She came to the U.S. to go to college and that’s

when she fell in love with her adopted country.

“Living in the States made me want to become a citizen, to be part of that country so I can have more rights, more benefits,” Benasser said. “For example, the right to vote and give my opinion.”

When she was approached by a recruiter, she jumped at the chance to join the U.S. Army Reserves. She seized an opportunity that is only available in her native Morocco for citizens with college degrees. She also understood that serving in the U.S. military would put her on the fast track to American citizenship.

After basic training, she attended the Defense Language Institute in Monterey, Calif., and earned the mili-

tary occupational specialty 09L, interpreter/translator. Then she was off to Iraq to join the 3<sup>d</sup> ESC for their current deployment.

Benasser was assigned to the G-3, but is currently working as a translator and interpreter for the 3<sup>d</sup> ESC public affairs office, where she translates news releases into Arabic and participates in missions that require an Arabic interpreter.

“(Specialist) Benasser is an outstanding Soldier,” said Benasser’s battle buddy, Spc. Amanda Tucker, a native of Petersburg, Tenn. “I couldn’t see another person more deserving of receiving her citizenship.”

Benasser’s co-workers seemed to share that sentiment. They decorated

her desk with American flags and red, white and blue paper and gathered in her office to greet her when she returned from Baghdad.

“She was almost to the point of tears,” said Tucker. “We were all behind her 100 percent and knew she could do it.”

Benasser returned from Baghdad just in time to pack and head to Morocco for her rest and recuperation leave, citizenship certificate in hand.

But that’s not the end of the story. While she is excited about the freedoms and benefits that come with being an American citizen, she wants to serve her adopted country as well. She plans to serve another four or five years in the Army Reserves, finish her college degree and get a job working for the U.S. Department of State.

Benasser wants to share the excitement of her citizenship with others and expresses a message to her fellow Americans.

“They should appreciate being American,” she says, “because you have more rights to express yourself better without being scared.”

And it’s that attitude of thankfulness and her goals of service that seem to assure a bright future for Benasser, one of America’s newest citizens.



Courtesy photo

Spc. Fatima Benasser is congratulated by Multi-National Corps Iraq Commander, Lt. Gen. Lloyd Austin III, after becoming an American citizen in a naturalization ceremony at Al Faw Palace, Baghdad, Iraq on March 3.

## WIRED Continued from Page 1



Staff Sgt. Aaron J. Larson, technical engineer specialist and a resident of Slayton, Minn., with the 3<sup>d</sup> Sustainment Command (Expeditionary), stands beside one of the newly installed electrical panels outside the 3<sup>d</sup> ESC Headquarters on March 23. The 3<sup>d</sup> ESC (G7) electrical engineer team rewired their headquarters building for the safety of its service members working here.

the headquarters building, they added to the electrical load by installing additional refrigerators, air conditioners and coffee pots. Adding these types of items gradually increased the load over time, Turner said.

“One of the things we did to reduce the electrical safety risk,” Turner said, “was follow the guidance of Brig. Gen. Michael J. Lally, commander of the 3<sup>d</sup> ESC, who mandated reducing the electrical footprint by limiting the number of appliances in each office. Then we sat down and came up with a plan to keep the building opera-

tional during the rewiring process.”

A new electrical system was installed in the building before the old system was disabled, Turner said. Once that was complete, the electrical team went through the building a second time to convert the building’s power over to the new power system.

“The critical point was when the power was switched over,” Turner said. “One generator was left powering the old circuit for the building while the other generator powered the new circuit. This allowed minimum impact on the headquarters operations personnel as they worked,” he added.

As a result this process took about a week to fully switch over to the new system.

The rewiring effort allowed the headquarters staff the ability to sustain continuous operations. This increases the capability to command and control its subordinate logistical units, while assisting in the 3<sup>d</sup> ESC’s mission to help secure Iraq.



The electrical panel shown here was not to National Electrical Code standards prior to the rewiring which was located outside 3<sup>d</sup> Sustainment Command (Expeditionary) headquarters building June 2008. The 3<sup>d</sup> ESC (G7) electrical engineer team rewired their headquarters building for the safety of its service members working here.



16th Sustainment Brigade “Knights” at COB Q-West  
<http://www.16sustainment.army.mil/>



# 271st Human Resources Company Postal Operations

BY 2ND LT. CHARLES CASTILLO  
271st HRC, 10th Sust. Bde.

CAMP TAJI, Iraq - The 22nd Human Resources Company, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade, from Fort Lewis, Wash., work to provide customer service, preserve morale and accomplish the mission while effectively running the Camp Taji's Army postal office and the Stryker Village Annex.

The unit consists of contracting officer representatives in the APO and at

the warehouse. A team of four Soldiers support units at Stryker Village once a week. The CORs ensure civilian contractors are following all guidelines and offer the best customer service. Camp Taji alone provides mail services to more than 21,000 military and civilian personnel.

Camp Taji employs two warehouses for their postal operations. One warehouse provides access to unit mail clerks to pick up accountable mail and redirect mail of personnel who are no longer on Camp Taji or in theater. The second warehouse allows unit mail clerks to pick up non-accountable daily mail.

The civilian contractors working with these Soldiers ensure the unit mail

clerks have their Camp Taji, DD Form 285 card and identification card before entering either warehouse.

Staff Sgt. Elizabeth Moment from Hobe Sound, Fla.; Spc. Gerly Sotelo from Anchorage, Alaska; Spc. Elizabeth Dycus from Mobile, Ala.; Spc. Angelica Pearce from Henderson, Nev., and Pvt. LaShea Gallon from San Francisco, Calif., conduct mail service once a week at the Stryker Village, North Taji Annex. The unit's postal mission provides a convenient postal services for the 2,064 personnel stationed on Stryker Village.

The 22nd HR Co., provides priority boxes, flat rate boxes, and free mail for envelopes for mail that does not exceed 16 ounces. Sotelo and Gallon will con-

duct thorough parcel inspections. Dycus is a finance clerk who greets each customer with a smile and provides them with the most efficient pricing of their package.

Every Saturday, the 22nd HR Co., holds a mail handler class for units. Pfc. Andrea Witt, of Greensboro, N.C., and Pfc. Corie Davis, of Richmond, Va., are technical inspectors and conducts the class. The class provides information and guidelines on running a unit mail room, actions of a postal officer, mail clerk or mail orderly. The class keeps those in attendance actively engaged by participating in the training. A test is administered after the class is complete.

# Transportation Soldiers use construction skills

BY 1ST LT. PAUL SCHMIDT  
UPAR, 391st CSSB, 16th Sust. Bde.

CONTINGENCY OPERATING BASE SPEICHER, Iraq - Transportation

Soldiers here have learned to take frequent moves in stride by using the opportunity to improve their wood-working, construction and painting skills.

The Mannheim, Germany-based Soldiers of the 70th Transportation

Co., 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, were recently moved to a new area for the fourth time in their deployment, but they enjoy the challenge.

"Soldiers love the results it gives them. It's the sense of accomplishment they really take away from it," said 1st Sgt. Andrew Crockwell, first sergeant, 70th Trans. Co. "When Soldiers are able to look at a project they helped finish, they are able to see the totality of their efforts."

Sometimes the Soldiers have to get creative. Materials are limited when

making improvements, and finding workable wood and paint has been the hardest part for the company.

Sgt. John Deeds, armorer, 70th Trans.Co., uses his civilian experience in construction to build sturdy walls and make other improvements for the company.

"It's good to use the construction background I have," said Deeds, who is a Cedaredge, Colo., native. "We have limited materials, but it's a good experiment in ingenuity."

Deeds said he has enjoyed the change of pace from his regular Army responsibilities.

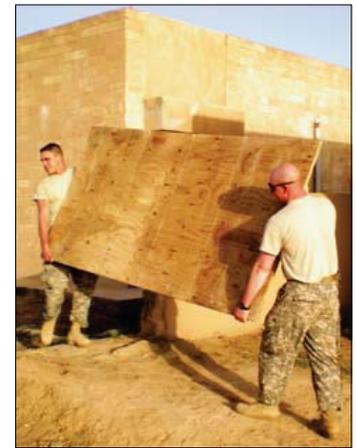
Spc. James Blanton, heavy wheeled vehicle operator, 70th Trans. Co., of Cordoua, Ala., said while his regular duties are rewarding, seeing tangible results from his work is more meaningful.

"I like to look at a job and see something I did," Blanton said. "I look at these buildings and think that I helped do this. The progress we have made is definitely the best thing to see."

Rebuilding and beautifying their areas isn't unnecessary work, Blanton said.

"We've moved around quite a bit," Blanton said. "It's been a lot of work and some people feel like we are just wasting time and effort, but I just like staying busy and doing what I can."

Company leadership said they also have a responsibility to the next group



U.S. Army courtesy photo

Spc. James Blanton (left), heavy wheeled vehicle operator, 70th Trans. Co., 391st Combat Sustainment Support Battalion, and Sgt. John Deeds, armorer, 70th Transportation Co., work together to carry a piece of plywood into their new company command post to build a wall to section off their offices.

of Soldiers that will fall in on the building.

"While we are here we should be leaning forward in the foxhole and doing what we can. If not for us, then for our replacements," Crockwell said. "What kind of leaders would we be if we left something the same as we found it?"

**Joint Base Balad**  
**Prayer Luncheon**

↑ April 2009  
1130-1245  
MWR (East) Lounge

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

**See page 21 for movie schedule**

# “Blackhawks” on the rise

BY CAPT. CAMILLA M. SWAIN  
UPAR, 101st FM Co.,  
10th Sust. Bde.

CAMP TAJI, Iraq - It has been nearly a month since Bravo Detachment, 101st Financial Management Company, from Fort Campbell, Ky., also known as the “Blackhawks,” landed here.

Bravo Detachment received short notice they were deploying and immediately assumed responsibility of their wartime mission. Upon arrival, Bravo Det. 101st FM Co., 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade, without delay started training with its predecessor unit, Delta Det., 24th Financial Management Company, 10th Sust. Bde. Troops Bn., 10th Sust. Bde.

Within a week, Bravo Det., 101st FM Co. assumed responsibility of the finance mission here and at Forward Operating Base War Eagle, providing direct support to both and area support to Sadr City and North Baghdad. The detachment consists of 22 personnel, including three located at the finance office at FOB War Eagle.

Detachment Soldiers hold each other accountable and push one another

to be the very best they can be. Every section leader has at least two Soldiers, who in addition to their wartime mission, are enrolled in college and graduate courses, pursuing and continuing their education.

Bravo Det. has serviced more than 5,000 customers. The military pay section picked up where they left off from at Fort Campbell. The section consists of the Chief of Military Pay Staff Sgt. Wilfredo Garcia, of Carolina, Puerto Rico, and two Military Pay Analysts, Cpl. Lucrecia Ruffin of Ocala, Fla. and Spc. Jason Kucza, a native of Philadelphia. The detachment also includes two military pay techs: Spc. Maribel Guerrero, of Hollywood, Fla., and Spc. Christian Lemont, of Brunswick, Maine. They have processed more than 3,750 transactions with a 99 percent accuracy rating. Garcia attributes this success to his team and the level of expertise they each team member possess, the chemistry they share and the smooth workflow of documentation.

“Every member of the team knows their place and their importance within the military pay section,” Garcia said.

The commercial vendor services and disbursing section from Camp Taji and FOB War Eagle hit the ground running and assumed the mission without missing a beat. These two areas require attention to detail and endurance

with a smile.

The CVS section, led by Staff Sgt. Leroy Hunter, of Fort Campbell, Ky., said: “The key factors of our success manifests in the junior leadership. I am fortunate to have strong NCOs with research capabilities who stay in the DODFMRs (Department of Defense financial management regulations). This is filtering down to the Soldiers who take pride in their work and find ways daily to exceed the standard. My section is a Family first that cares about matters beyond the work place, thus ensuring mission accomplishment and beyond.” Hunter’s team members include two certifiers – Sgt. Felicia Burnett, of Yazoo, Miss., and Sgt. Jason Cooley, of Cranston, R.I. – and three CVS clerks: Spc. Bryette Harris, of East Orange, N.J.; Spc. Efrain Santiago, of Sidra, Puerto Rico, and Spc. Jonathan Campbell, of Greensburg, Ky.

Since arriving to Camp Taji, Hunter’s team has processed more than \$3.3 million in contract and other miscellaneous payments.

2nd Lt. Katherine Palesky of Plano, Texas, heads the disbursing section at Camp Taji. Her team consists of Sgt. William Bungard, the section non-commissioned officer in charge, and Columbus, Ohio native, and four cashiers: Spc. Deshon Massey, of Flint,

Mich.; Spc. Emily Pelchat, of Tavares, Fla.; Spc. Amanda Tillotson, of Braman, Okla., and Pfc. Xin Bi, of Reading, Pa.

FOB War Eagle is headed by Staff Sgt. Colbie Jackson from New Orleans. His team consists of a certifier, Spc. Daniel Valoaga of Fort Riley, Kan., and a cashier, Spc. Josh Lee, a native of Memphis, Tenn.

Both sections have processed more than 5,000 transactions and disbursed more than \$3 million since taking over the mission. They each attribute their success to their teamwork.

“I personally enjoy a challenge and helping out fellow Soldiers,” Tillotson said, “I have learned a lot in a short time along with the rest of the Disbursing squad, whom I am proud to work with. The Soldiers and civilians who come in the office often help to make us smile during a long and stressful day. We work very hard and the customers see that and respect us for our dedication. I think I am successful because I take pride in my work and our mission here at Camp Taji.”

Within the last month, Bravo Det., 101st FM Co. has fully grasped the mission and the service provided to Soldiers, Airmen, Sailors, Marines, contractors, Department of Defense civilians. Blackhawks on the rise!

## Civilians at Marez-East are are important part of the mission

BY CPT. NATALIA MERCEDES-  
WILLIAMS  
UPAR, 18th CSSB, 16th Sust. Bde.

CONTINGENCY OPERATING SITE  
MAREZ-EAST, Iraq – Chris Kiefer and

other civilians that work with the 16th Sustainment Brigade in Iraq are important members of the team. Kiefer, a fielding site representative from Columbus, Ohio,

has been deployed to Iraq for two years now and is currently assigned to the 18th Combat Sustainment Support Battalion. He has also worked in Baghdad, Camp Victory, Liberty and Joint Base Balad.

Though Kiefer has never served in the military, he has enjoyed the experience of working for, and being around, Soldiers.

“It was nice to see how a civilian can

be so easily accepted by the military,” Kiefer said.

For Chris, the camaraderie that being in the military promotes is alien to a person who has only worked in the private sector.

“I appreciate how the units use my expertise and what I have to offer from the civilian side.”

The 18th CSSB supports numerous missions in support of Operation Iraqi Freedom 08-10, some of which may never be possible without the services of the little-known members of the unit.

Just like the support civilians provide back in garrison life, civilians continue to work with and deploy with military units in combat zones throughout Iraq. These civilians go through the same hardships as the Soldiers they work side by side with to keep the mission going.

Many of them have been deployed multiple times and have spent countless months away from family and friends.

They are sitting beside Soldiers, eating in the dining facility and also endure the same long hours of constant work and fatigue that the men and women in uniform experience.

Randy Lewis, a native of Killeen, Texas, has the added advantage of being retired from the military, and is accustomed to the different life-style and mentality of military service.

“I love working with the military and this (job) brings back memories of being on active duty” he said.

Randy too enjoys the camaraderie of the military and spends much of his down time lifting weights and playing basketball with the Soldiers of the 18th CSSB.

The wealth of knowledge and experience civilians like

Randy and Chris bring the battalion are greatly appreciated by both the Soldiers and the chain of command. Randy and Chris plan on returning to the states this summer.



U.S. Army photo Cpt. Natalia Mercedes-Williams

Randy Lewis (left) and Chris Kiefer, civilians that work with the 18th Combat Sustainment Support Battalion, work on a vehicle engine at the unit’s motorpool at Contingency Operating Site Marez-East, Iraq, Feb. 27.



287th Sustainment Brigade, COB Adder  
<http://www.287susbde.com/>



# Soldiers may better handle trauma with resilience training

By C. TODD LOPEZ

WASHINGTON (Army News Service, March 23, 2009) -- The Army can mitigate the effects of post traumatic stress disorder by training Soldiers to be more mentally resilient in advance, an Army doctor said Monday.

"You come across an event and you interpret it based on whatever strengths, weaknesses or baggage you show up in the Army with," said Brig. Gen. Rhonda Cornum, director of Comprehensive Soldier Fitness, Office of the G-3/5/7. "If we could improve the resilience of the people before they had some adverse event, we might very well

be able to have them view it as adverse -- but not traumatic."

During a panel discussion March 23 at the Reserve Officer Association in Washington, D.C., Dr. Cornum discussed the importance of "Comprehensive Soldier Fitness" -- the idea that Soldiers must be both physically and mentally fit if they are going to be their best on the battlefield.

She said many that have reported traumatic events do report PTSD-related issues, such as nightmares, but many also report positive outcomes as well -- something she calls "Post Traumatic Growth." Those outcomes include such things as enhanced self confidence, enhanced leadership, personal

strength, spiritual growth or a greater appreciation of life.

More soldiers could be equipped ahead of time to deal with traumatic events, so they can avoid the problems associated with PTSD, she said.

"The best way to treat a 'death-by-heart-attack' is not CPR," she said. "The best way is to prevent the heart attack. It's a lifestyle and culture change. And that's how we should look at mental health. Look at it with a preventative model and enhanced health model, not a 'waiting-till-we-need-therapy' model. That's what Comprehensive Soldier Fitness is setting out to do."

She said that Comprehensive Soldier Fitness is about increasing the resil-

ency of Soldiers by developing all the dimensions of a Soldier, including the physical, emotional, social, spiritual and family elements.

Cornum said a "Global Assessment Tool" is under development by the Army now to help assess all five elements of a Soldier's fitness. The GAT is expected to be delivered across the Army this year, she said, and it's in a pilot status now.

"Based on this, you get an individual training program," Cornum said. And after that, if needed, Soldiers can be referred to intervention programs that can help them strengthen their fitness needs -- whether those be psychological or physical.

# On top of their game

By Pfc. Crystal Stout  
UPAR, 419th CSSB, 10th Sustain. Bde.

CAMP TAJI, Iraq - Of all the support personnel who work to ensure the success of each convoy security patrol, the ones that are "on top of their game" at all times, but hope they are never needed are



the medics.

Alpha Company, 949th Brigade Support Battalion, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade has four medics assigned: Sgt. Christina Bauer, of Frisco, Texas, Spc. Ian Shelley, of Fort Worth, Texas, Spc. Jorlynn Santos, of San Antonio, and Spc. Ashleigh Jones, of Dallas, Texas. These four Soldiers work tirelessly to ensure the health of all members of the company. When the company reached Camp Taji, they

quickly learned what they needed to know from their counterparts who were returning stateside. "It's really (not) hard," Jones said. "The hardest thing is being mentally prepared for anything."

The medics of Co. A, 949th Bde. Support Bn., are mentally prepared for anything. When a directive was issued to have a medic riding with the convoys, these Soldiers accepted the challenge of providing medical coverage for five different convoy security ele-

ments. According to Jones, "It's very, very tiring as I learned last week," referring to her performing back-to-back missions. "I roll out with one convoy on its mission and, as soon as it's over, I'm rolling out with another one. It makes for a very long two or three weeks."

Being a medic can get hectic at times but the medics of Co. A, 949th BSB will always work with a smile. Combat medics are greatly appreciated for all their hard work and true dedication.

# MAINTENANCE & SUPPLY

AN/PVS-7 NVGs...  
**ALL ABOUT THE BATTERIES**

THESE ARE SO MANY BATTERY CHOICES FOR MY NVG HOW DO I PICK ONE?

WHEN IT COMES TO POWERING THE AN/PVS-7 FAMILY OF NIGHT VISION DEVICES, YOU HAVE A BATTERY CHOICE.

YOU CAN PICK FROM *SEVERAL* ALTERNATIVES.

One possibility, and it's a good one, is the non-rechargeable lithium-manganese dioxide battery, BA-5367/U, NSN 6135-01-507-1135. It comes in a package of 12. You need just one to power your night vision goggles and it has a run time of around 30 hours unless temperatures are extreme.

Another possibility, and it's slowly going away, is the non-rechargeable lithium-sulfur dioxide battery, BA-5567/U, NSN 6135-01-447-5082 and NSN 6135-01-090-5365. This battery is a terminal item. Once the supply is gone, they're gone! It comes in a package of 12 and each battery has a run time of around 20 hours.

## Maintenance and Supply Topic of the Week

Courtesy of PS Magazine. Soldiers using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online: <https://www.logsa.army.mil/psmag/psonline.cfm>

A third possibility is the non-rechargeable lithium tin-dioxide AA battery, L91, NSN 6135-01-333-5111. It comes one per order and you'll need two to power your goggles. The two batteries should give you about 60 hours of run time.

Your fourth possibility is the non-rechargeable alkaline AA battery, BA-3058/U, NSN 6135-00-985-7345. It comes in a package of 24 and you'll need two to power your goggles. The two batteries will give you about 50 hours of run time. If you're deployed in a desert environment, skip the alkaline batteries. The L91s are your best bet.

Your fifth and final possibility includes all AA commercial rechargeable batteries. We recommend you not pick this possibility. Although rechargeables are usually the way to go, in this case, they have been found to be unreliable.

# JBB Religious Service Schedule

**PROTESTANT**

**TRADITIONAL**

Sunday 0200 Air Force Hospital Chapel  
 0930 Provider Chapel  
 1030 Freedom Chapel (West side)  
 1100 Castle Heights (Bldg 4155)  
 1400 Air Force Hospital Chapel  
 1730 Gilbert Memorial Chapel  
 2000 Air Force Hospital 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)

**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)*

Sunday 2000 Freedom Chapel (West side)  
 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)  
 Mon - Fri 1130 555th Eng. Bde. Bldg 7200

**JEWISH SHABBAT SERVICES**

Friday 1700 Gilbert Mem. Chapel (H-6)  
 Saturday 0930 Gilbert Mem. Chapel (H-6)  
 1700 Gilbert Mem. Chapel (H-6)

**ISLAMIC PRAYER**

Friday 1230 Provider Chapel

**PAGAN/WICCAN FELLOWSHIP**

Thursday 1900 The Shack  
 Saturday 1900 The Shack

**GREEK ORTHODOX**

Sunday 0900 Provider Annex

**HISPANIC CHURCH SERVICE**

Saturday 1930 Provider Chapel

*For more information, call*

Gilbert Chapel: 433-7703  
 Provider Chapel: 433-2430  
 Freedom Chapel: 443-6303  
 AF Hospital Chapel: 443-2547/2546

# JB BALAD ACTIVITIES

**INDOOR POOL**

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

**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 Ton-  
 ing 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.

# Sudoku

Level: Medium

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.

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

Last weeks answers

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



## UPCOMING SPORTS ON AFN

Wednesday 4/1/09

Chicago Blackhawks @ Montreal Canadiens, Live 2:30 a.m. AFN/xtra  
 Utah Jazz @ Portland Trail Blazers, Live 5:30 a.m. AFN/xtra  
 2009 NIT Tournament - Semifinal #1: Teams TBD, Tape Delayed 10 a.m. AFN/sports  
 Detroit Pistons @ Cleveland Cavaliers, Tape Delayed 3:30 p.m. AFN/sports  
 Florida Marlins @ Baltimore Orioles, Live 8 p.m. AFN/sports

Thursday 4/2/09

UFC Fight Night: Nashville, Live 3 a.m. AFN/xtra  
 Houston Rockets @ Phoenix Suns, Live 5 a.m. AFN/sports  
 The Ultimate Fighter: United States vs United Kingdom, Live 5 a.m. AFN/xtra  
 Charlotte Bobcats @ Boston Celtics, Tape Delayed 10 a.m. AFN/sports  
 Los Angeles Lakers @ Milwaukee Bucks, Tape Delayed 3:30 p.m. AFN/sports  
 Miami Heat @ Dallas Mavericks, Tape Delayed 8 p.m. AFN/sports

Friday 4/3/09

Cleveland Cavaliers @ Washington Wizard, Live 3 a.m. AFN/sports  
 Utah Jazz @ Denver Nugge, Live 5:30 a.m. AFN/sports  
 Columbus Crew @ Real Salt Lake, Tape Delayed 10 a.m. AFN/sports  
 Milwaukee Bucks @ Philadelphia 76ers, Tape Delayed 3:30 p.m. AFN/sports

Saturday 4/4/09

Atlanta Hawks @ Boston Celtics, Live 2:30 a.m. AFN/xtra  
 Cleveland Cavaliers @ Orlando Magic, Live 3 a.m. AFN/sports  
 Nashville Predators @ Chicago Blackhawks, Live 3:30 a.m. AFN/prime pacific  
 New Orleans Hornets @ Golden State Warriors, Live 5:30 a.m. AFN/xtra  
 Houston Rockets @ Los Angeles Lakers, Live 5:30 a.m. AFN/sports  
 New York Rangers @ Boston Bruins, Live 8 p.m. AFN/prime atlantic  
 Chicago White Sox @ Arizona Diamondbacks,

Live 11 p.m. AFN/prime atlantic

Sunday 4/5/09

Orlando Magic @ Atlanta Hawks, Live 1 a.m. AFN/prime atlantic  
 Anaheim Ducks @ San Jose Sharks, Live 5 a.m. AFN/xtra  
 Seattle Sounders FC @ Toronto FC, Tape Delayed 8 a.m. AFN/xtra  
 New Jersey Nets @ Chicago Bulls, Tape Delayed 10 a.m. AFN/xtra  
 Detroit Pistons @ Philadelphia 76ers, Tape Delayed 12:30 p.m. AFN/xtra  
 New York Rangers @ Boston Bruins, Tape Delayed 3:30 a.m. AFN/xtra  
 Columbus Blue Jackets @ Nashville Predators, Tape Delayed 6 p.m. AFN/xtra  
 Minnesota Wild @ Detroit Red Wings, Live 7:30 p.m. AFN/prime atlantic  
 San Antonio Spurs @ Cleveland Cavaliers, Live 8 p.m. AFN/sports  
 Phoenix Suns @ Dallas Mavericks, Live 10:30 p.m. AFN/sports

Monday 4/6/09

Portland Trail Blazers @ Houston Rockets, Live 2 a.m. AFN/xtra  
 Atlanta Braves @ Philadelphia Phillies, Live 3 a.m. AFN/prime atlantic  
 Atlanta Braves @ Philadelphia Phillies, Live 4:30 a.m. AFN/xtra  
 New York Mets @ Cincinnati Reds, Live 8 p.m. AFN/sports  
 New York Yankees @ Baltimore Orioles, Live 11 p.m. AFN/sports

Tuesday 4/7/09

Chicago Cubs @ Houston Astros, Live 2 a.m. AFN/xtra  
 Oakland Athletics @ Los Angeles Angels of Anaheim, Live 5 a.m. AFN/xtra  
 2009 NCAA Men's College Basketball Tournament - Championship Game: Teams TBD (Ford Field; Detroit, MI), Tape Delayed 1 p.m. AFN/sports  
 2009 NCAA Men's College Basketball Tournament - Championship Game: Teams TBD (Ford Field; Detroit, MI), Tape Delayed 8 p.m. AFN/sports

# Test your knowledge

1. What does the World RPS Society promote as "the world's most popular decision-making process?"
2. What city of 17 million paid Rudy Giuliani's security team \$4.3 million to solve its crime woes?
3. Which finger gets the workout in the traditional Inuit sport of finger-pulling -- the index finger, middle finger or pinky?
4. What unlucky theater patron's last pair of opera glasses fetched \$380,000 in a 2002 auction?
5. What city is powered by the bottled-up fears of children, according to the movie *Monsters, Inc.*?

1. Rock Paper Scissors
2. Mexico City
3. The middle finger
4. Abraham Lincoln's
5. Monstropolis



## PVT. MURPHY'S LAW



## Eastern Orthodox Services

**For the Great Fast**

Divine Liturgy  
Every Sun 0900 ~ 1030

PreSanctified Liturgy  
Wed 1900 ~ 2130  
Mar 4, 11, 18, 25  
Apr 1, 8, 15

**Holy Week and Pascha**

Apr 15 Unction 1900  
Apr 16 Passion Gospels 1900  
Apr 17 Royal Hours 1200  
Lamentations 1700  
Apr 18 St Basil Liturgy 0900  
Great and Holy Pascha 2100

Eastern Orthodox Priest Chaplain Henry Close 433-2429  
All services at Provider Chapel Annex

## TOBYHANNA FRA

We are located at Bldg 6828 Victory Loop N  
behind the Education Center at JBB

**Computer Repair**



**Exchanges and DX**



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EXT 6363/6364 HIT "F"  
TYAD\_FRA\_Balad@mmcs.army.mil

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- Desktops
- Printers
- HP copiers

**We exchange:**

- Batteries
- A/C Adapters
- Keyboards

- Digital Senders
- LCD Monitors
- UPS
- Cisco Switches

**Printer Repair**

**We DX:**

- HIIDE , PRC 112, HCLOS, TBC, CAISI





**\*\*GOVERNMENT EQUIPMENT ONLY!\*\***

To open an account with us , just bring a signature card and an assumption of command letter.

## “Caring for the Warfighter’s Soul”

**Joint Base Balad Protestant  
Easter Schedule**

Good Friday Service – Apr. 10  
2100 - Gilbert Memorial Chapel (H6)  
Easter Sunrise Service, Apr. 12  
0600 - Holt Stadium

**JBB Catholic Lent &  
Easter Schedule**

Good Friday

1130 - Provider Chapel  
1900 – H6 Chapel  
2000 - Freedom Chapel  
Easter Vigil – 11 April  
1900 - Gilbert Memorial Chapel (H6)  
Easter Sunday – 12 April  
0830 - Gilbert Memorial Chapel (H6)  
1100 – Provider Chapel  
1100 – Hospital Chapel  
2000 – Freedom Chapel

**JBB Purim and Passover**

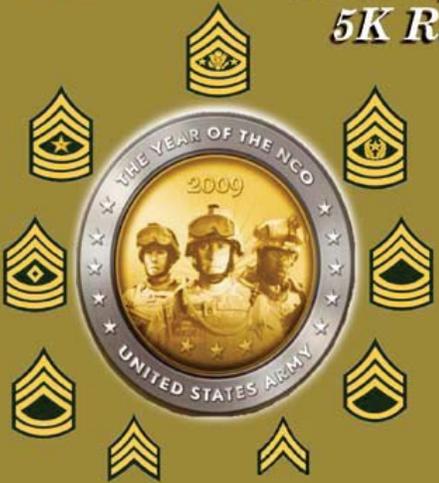
Passover:  
First Night Seder - 8 April, 1600-2000  
Second Night – 9 April, 1600-2000  
DFAC-1, Audie Murphy Room, RSVP

*For more information , call  
Gilbert Memorial Chapel: 443-7703*



## 2009 JOINT BASE BALAD Year of the NCO 5K Run/Walk





**Date: 20 April 2009**  
**Start Point: Holt Stadium**  
**Opening Remarks: 0600**  
**Run Start Time: 0615**

*T-Shirts will be given out to  
the first 900 finishers!*

POC: SGM Miller, Anthony  
51<sup>st</sup> SB(E) at 483-2633  
MSG Mitchell, Bernice  
3D ESC at 433-2314



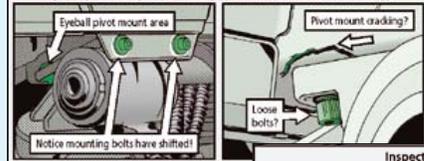


# SAFETY



**Safety Topic of the Week**  
 Courtesy of PS Magazine. For service members using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine on-line: <https://www.logsa.army.mil/psmag/psonline.cfm>

**Cab Pivot Block Area Inspection**  
 Visually inspect both cab pivot block areas where they attach to the pivot block frame for cracks. If cab mount cracking exceeds 1/4 inch in the pivot block mount area, your FMTV truck needs immediate repair! So mechanics, eyeball this link to find out how to fix cab mount cracks:  
[https://aepa2.ria.army.mil/commodity/gpm/Tacom\\_WN/08/RACK/Bracket.ppt](https://aepa2.ria.army.mil/commodity/gpm/Tacom_WN/08/RACK/Bracket.ppt)



**Inspections Needed**  
 Visually inspect all RACK-equipped FMTVs for cracks at the rear operator's FMCS. Any cabs found to be cracked will need a new RACK support repair kit installed as soon as tactical conditions permit. Qualified inspectors will evaluate the severity of all cracked cabs. Technical inspectors (TA), TACOM logistics assistance representatives (LAR), and unit commanders will determine the serviceability of any cracked cabs.  
 Cabs that show no evidence of cracking will be retrofitted with RACK support repair kits during their normally scheduled rotation into the Theater Provided Equipment Refurbishment (TPER) program.

**Cab Structure Inspection Guidance**  
 Inspect your RACK-equipped FMTV truck's cab structure by lowering the front grill cover. Then visually inspect the cab skin and structures surrounding the radiator. Single or multiple cracks in this area can't be longer than three inches. If they are, the cab needs immediate repair and installation of a new RACK support repair kit.  
 On the other hand, if cracks are less than three inches long, mark the end points of the crack or cracks. Then inspect these cracks during each operator-level FMCS to watch for increased cracking. Repairs should be made as your mission permits, but you have to fix these cracks within 90 days.

# SUSTAINER REEL TIME THEATER

## Movie Times

- Wednesday, April 1**
- 5 p.m. I Love You Man
- 8 p.m. Taken
- Thursday, April 2**
- 5 p.m. Taken
- 8 p.m. I Love You Man
- Friday, April 3**
- 2 p.m. Monsters VS Aliens
- 5 p.m. The Pink Panther 2
- 8:30 p.m. Friday The 13th
- Saturday, April 4**
- 7 p.m. JBB LIVE TALENT SHOW
- Sunday, April 5**
- 2 p.m. Friday The 13th
- 5 p.m. Push
- 8 p.m. The Pink Panther 2
- Monday, April 6**
- 5 p.m. The Pink Panther 2
- 8 p.m. Monsters VS Aliens
- Tuesday, April 7**
- 5 p.m. Monsters VS Aliens
- 8 p.m. Push

(Schedule is Subject to Change)

## Monsters Vs Aliens



When California girl Susan Murphy is unexpectedly clobbered by a meteor full of outer space gunk, she mysteriously grows to 49-feet-11-inches tall and is instantly labeled as a "monster" named Ginormica. The military jumps into action, and she is captured and held in a secret government compound. The world learns that the military has been quietly rounding up other monsters over the years.

Their confinement time is cut short, however, when a mysterious alien robot lands on Earth and begins storming the country. As a last resort, under the guidance of General W.R. Monger (on a desperate order from the President), the motley crew of monsters is called into action to combat the aliens and save the world from imminent destruction.



## The Pink Panther 2



When the world's greatest treasures, including the Pink Panther Diamond, are stolen, only one man can solve the mystery: Clouseau (Steve Martin). Together with his partner Ponton (Jean Reno) and a team of international detectives, the bumbling detective must catch the thief and retrieve the artifacts -- without causing too much collateral damage in the process.



# PHOTOS AROUND IRAQ



U.S. Army photo by Spc. Karah Cohen

U.S. Army Sgt. 1st Class Roberto Roig with the 304th Civil Affairs Brigade, briefs his team of Iraqi soldiers before a mission on March 17, on Camp Basra, in Basra, Iraq.



U.S. Navy Photo by Petty Officer 1st Class Wendy Wyman

U.S. Army Spc. Laura Garretto from Watervliet, N.Y., of Bravo Company, 403rd Civil Affairs Battalion, 172nd Infantry Brigade, shows U.S. Army Col. Daniel Ammerman of 304th Civil Affairs Brigade, through a market in Mahawil, Iraq, on March 18.



U.S. Navy photo by Petty Officer 2nd Class Brian L. Short

Iraqi Police Officers, and Joe Rouchet, a contracting investigator for the U.S. Military, inventory and document items found during a weapons cache search of farmland outside the town of Os-harea, Iraq, March 20.



U.S. Navy Photo by Petty Officer 1st Class Wendy Wyman

U.S. Army Pfc. George Crowell, of Charlie Company, 1st Battalion, 2nd Infantry Regiment, 172nd Infantry Brigade, talks with an Iraqi child at a market in Mahawil, Iraq, on March 18.

# NEWS AROUND IRAQ

## Iraqi Army marches in Maysan

**FORWARD OPERATING BASE HUNTER, Iraq** – Nearly 500 Iraqi soldiers traveled approximately 20 miles March 7 to reinforce the idea that the Iraqi army is capable of providing stability in southern Iraq.

The 3rd Battalion, 41st Iraqi Army Brigade, with assistance from the 5th Battalion, 82nd Field Artillery Regiment, 4th Brigade Combat Team, 1st Cavalry Division, completed 'Operation Thesinger'.

"I'm always excited to work with the Americans," said Lt. Nubrass Shaker, an operations officer in the Iraqi Army. "My Soldiers always learn new things during these missions."

The IA and American Soldiers conducted mounted and dismounted patrols. They tactically moved in full combat gear and body armor across open fields, villages and canal roads to interact with the locals and establish relationships in the area. The purpose of this operation was to emphasize to the Iraqi people that their Army is capable of providing stability in the Maysan province.

"This is my second time in Iraq, and the Iraqi Army is a much more organized and disciplined unit than it was when I was here in 2005," said Spc. David Dawson, a cannon crewmember with the 5th Btn., 82nd FA Regt. "I think they will be able to handle things once we leave Iraq."

As Coalition Forces patrolled along suspected smuggling routes, the local citizens were very excited to see the Iraqi and American troops working together.

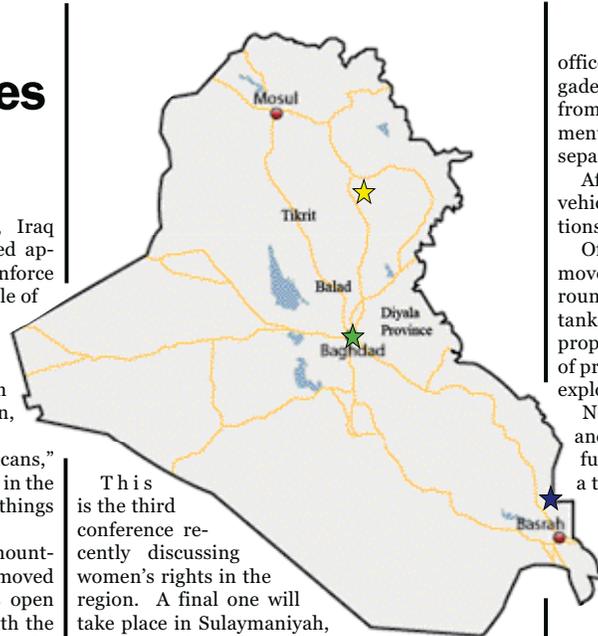
One local leader said his village consists of simple farmers who just want to live a peaceful life for themselves and their children, raise their crops and livestock and not have to worry about the criminals smuggling weapons into their homeland.

## Iraqi women set conditions to further equal rights

**FORWARD OPERATING BASE WARRIOR, Kirkuk, Iraq** – The women of Kirkuk city and northern Iraq gathered together to host a conference in Narwooz Hall in Kirkuk city March 14, aimed at improving the status of women's rights and their quality of life in Iraq.

"This is the first step," said Ali Noori Talabani, a retired member of parliament and the supervisor for women's activities in Kirkuk. "The goal of this conference, and others like it, is to bring together diverse groups that are involved in women's activities and build a goal that we can all work toward."

"They [women] have had very little political power for a long time," said Akar Azad, a student in Koya City, Iraq. "Even now, they have a very simple participation in politics."



This is the third conference recently discussing women's rights in the region. A final one will take place in Sulaymaniyah, Iraq, in April.

"After the final conference, we will take the decisions that we have made to the government in the region," said Azad. "Right now we are trying to increase women's representation in politics up to 30 percent, so they have the power to do what is best for them."

Overcoming negative attitudes and opinions of individuals about women's rights has been a struggle for women in the region.

"Under the old regime, we did not have many rights," Talabani said. "We were unable to make political and social gains. People try to use culture, society and religion as reasons not to grant women their rights or give them political power. It's not an easy job to change people's minds."

"We have to bring our issues to the neighborhoods, communities and media," Talabani said. "Women have been killed in the struggle to increase our rights, but, no matter what happens, it is important we keep trying everyday to make a difference."

Improving women's rights and political power could affect the region in many positive ways.

"Once we have more women in power, we will be able to continue making peace in the region," said Talabani. "When we get more rights, we will build a better city and country than we have today."

"They just have to give us a chance," she said.

## Iraqi police, Paratroopers uncover massive cache

**BAGHDAD, Iraq** – National Police Officers and Multi-National Division – Baghdad Paratroopers captured a massive weapons cache, including a sizable quantity of rockets, March 19 while conducting combat operations in the 9 Nissan district of eastern Baghdad.

Acting on a tip from a concerned local Iraqi, NP

officers assigned to the 2nd Battalion, 8th NP Brigade, 2nd NP Division supported by Paratroopers from 2nd Battalion, 505th Parachute Infantry Regiment, 82nd Airborne Division, uncovered three separate weapon cache sites in the district.

After securing the sites, NP officers filled their vehicles to capacity in order to transport the munitions to a nearby joint security station.

Officers and their Paratrooper partners safely removed 29 Katushya rockets, more than 620 mortar rounds of varying sizes, 20 pounds of TNT, 15 anti-tank rocket propelled grenade rounds, 44 rocket propelled grenade rounds, and substantial amounts of primers, mortar fuses, gunpowder and additional explosive materials and bomb making components.

NP officers removed the munitions from the scene and transported them to an Iraqi compound for further evaluation. Cleaning Kirkuk, one street at a time

## Cleaning Kirkuk, one street at a time

**FORWARD OPERATING BASE WARRIOR, Kirkuk, Iraq** – Once thought to be one of the most beautiful, cleanest cities in Iraq, Kirkuk is another step closer to regaining that reputation each week.

Iraqi policemen, firefighters and members of the Kirkuk city council participated in a new program March 8 aimed at cleaning up one street each week in downtown Kirkuk. "Kirkuk once won awards for being the cleanest, most beautiful city in Iraq," said Maj. David Chiarenza, the operations officers for 3rd Battalion, 82nd Field Artillery Regiment, 2nd Brigade Combat Team, 1st Cavalry Division.

This program will help return the city to its former beauty and improve living conditions, said Chiarenza.

The volunteers took to the streets and showed the residents of Kirkuk they were there for the benefit of the city.

"Volunteers were downtown showing the citizens they are there to help them in multiple ways," said 1st Sgt. Derrick Webb, first sergeant for Battery B, 3rd Bn., 82nd FA Regt. "The pickup day was important because it demonstrates they can take pride in their country and their communities."

Soldiers from 3rd 82nd FA Regt., who operate in Kirkuk city, also assisted with the trash pickup.

"We brought trash bags, broom, shovels and Soldiers to help them out," said Webb.

Cleaner streets improve the living conditions by creating a better environment and making it more difficult for insurgents to operate.

"Trash on the street poses a health hazard and provides a hiding place but for bombs," Chiarenza said. "Initiated by the Ministry of the Interior, the trash pickup days will take place Thursday or Friday of each week."

Cooperation between civil service personnel and Coalition forces help beautify the city as volunteers continue to try bringing their city back to its former beauty, Chiarenza continued.

# Sustaining the Line



U.S. Army photo by Staff Sgt. Chastity Martin

Spc. Matthew Love, a native of Kingwood, W.Va. and Spc. Logan Broome, a native of Dawsonville, Ga., are both wheeled vehicle mechanics for the 503rd Maintenance Company, 398th Combat Sustainment Support Battalion, 10th Sustainment Brigade. They uphold the "All Are Welcome" unofficial motto seen on signs throughout the Camp Liberty complex. These signs represent the 503rd Maint. Co., facility located on PAD 21 where Soldiers like Love and Broome perform repairs on M1114 for an Iraqi Special Forces unit. The automotive platoon provides maintenance support for a host of units at Camp Liberty complex and continues to provide timely repairs to those who come for maintenance support.



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

Maj. Gen. Robert L. Caslen Jr., commander, Task Force Lightning, Multi-National Division – North, and 1st Lt. John McGinn, civil affairs officer, 1st Battalion, 12th Cavalry Regiment, 3rd Heavy Brigade Combat Team, 1st Cavalry Division, cut a cake during the West Point Founder's Day observance at Contingency Operating Base Q-West, Iraq March 15.



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

Pfc. Jeffrey T. Johnson, of Coudersport, Penn., washes off a heavy equipment transport at the wash rack on Joint Base Balad, Iraq, March 14. Johnson, a truck driver with the 155th Inland Cargo Transfer Company from Fort Eustis Va., was cleaning the vehicle and trailer after its use during a class where Johnson was being licensed on the HET.



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

Col. Martin B. Pitts, commander, 16th Sustainment Brigade, thanks Shaykh Mahmoud, Qayarrah city council chairman, for his input at the March souq at Contingency Operating Base Q-West, Iraq, March 21. At the monthly souq, or market, Ninawa provincial leaders, Coalition forces and U.S. civilian leaders met to discuss the concerns of the provincial infrastructure projects from regional security concerns and the hiring of more Iraqis for the projects.